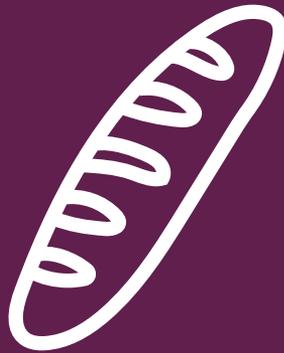
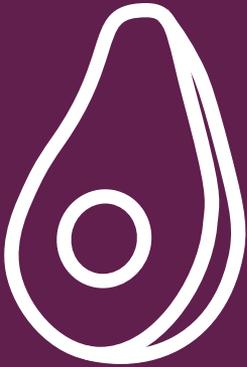


# #ABERTAYSTY

# COOKBOOK

EASY • BALANCED • STUDENT-FRIENDLY



# CONTENTS

## STUDENT COOKING BASICS

### BREAKFASTS:

PORRIDGE  
AVOCADO TOAST  
SMOOTHIES

### LIGHT BITES:

WRAPS  
QUESADILLAS  
OMELETTE

### SOUPS:

BASICS

### MAINS:

CURRY  
SPAGHETTI BOLOGNESE  
STIR FRY

### SALADS:

CHICKEN CAESAR  
WATERMELON & FETA  
HALLOUMI  
AVOCADO SALSA

### SWEETS & SNACKS

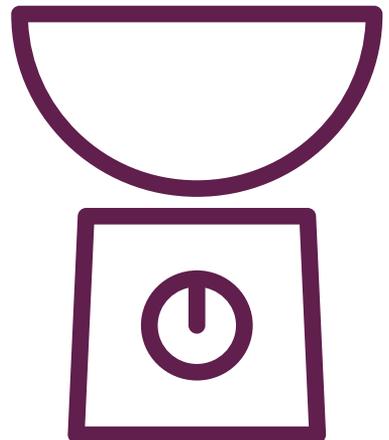
APPLE CRUMBLE  
FROZEN YOGHURT FRUIT  
POPCORN

ALL OUR RECIPES SERVE 1 – SO TO COOK FOR MORE SIMPLE TIMES  
THE INGREDIENTS BY THE NUMBER OF PEOPLE YOU'RE COOKING FOR!

REMEMBER TO CHECK OUT

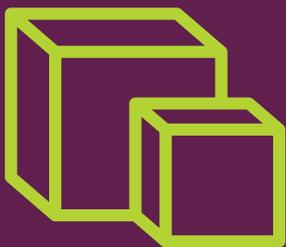
[ABERTAYSA.COM/ABERTAYSTY](http://ABERTAYSA.COM/ABERTAYSTY)

FOR MORE RECIPES AND  
INFORMATION ON THE  
CAMPAIGN.



# STUDENT COOKING BASICS

FROM [STUDENTEATS.CO.UK](http://STUDENTEATS.CO.UK)

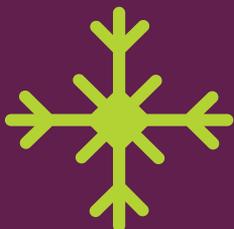


## BUY IN BULK

You can save cash by buying lots of cupboard staples in bulk, especially things that will keep well such as pasta or tins. Other foods that you could consider buying in bulk include sauces and oil, chocolate and sweets and crisps. Plus kitchen roll!

## HERBS AND SPICES

A few cheap spices and herbs can turn even the most boring meal into something more interesting and tasty. You can also buy ready made spice mixes that require you just to simply add them to your food as is.



## LOVE YOUR FREEZER

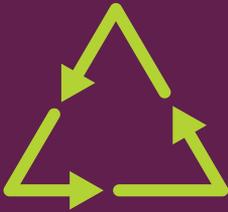
You can store a lot more foods than you think in your freezer so make use of it! Top freezer tips include freezing food as soon as possible after purchase and dividing into meal sized portions.

## PLAN AHEAD

Plan your meals in advance to save money by avoiding waste and by making sure you buy only what you need. It's possible to live off just £10 a week with a tight weekly meal plan. Make use of cheap food that you can use in various meals such as pasta, potato, onions, peppers and mushrooms.



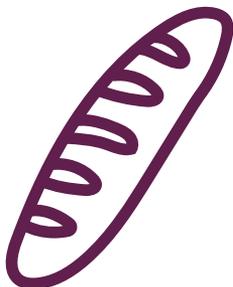
## LOWER WASTE



Know the difference between Best Before and Use By dates: The former foods can still be eaten after the date shown! Use your common sense (and nose) to judge whether or not something's gone off. Although it's probably better to be safe than sorry with high-risk foods like meats, eggs and dairy.

Even if food has begun to turn it can still be used: For example, overripe bananas make for a great banana loaf while stale bread can be fine for toast or for desserts like bread and butter pudding.

TIPS FEATURED FROM [STUDENTEATS.CO.UK](http://STUDENTEATS.CO.UK)



**Save Money by Saving Your Leftovers**

[tinyurl.com/studenteats-leftovers](http://tinyurl.com/studenteats-leftovers)

**27+ Quick & Easy Student Lunches**

[tinyurl.com/studenteats-lunches](http://tinyurl.com/studenteats-lunches)

# BREAKFAST

## AVOCADO TOAST



 5mins

 EASY

½ an Avocado  
Salt & Pepper  
Bread (your preference)  
Lemon or lime juice

Simply cut, peel and smash half an avocado on your toast. Season with a pinch of salt and pepper, and a squeeze of lemon or lime for a citrus edge.

## SPICE IT UP!

### + EGG

Add an egg the way you like them - poached or fried works best!

### + BACON

Avocado and bacon is a great combo - add it as you like it.

### + TOMATO

Either add some slices of big beef tomatoes or halved cherry tomatoes for a sharper taste.

## BREADS

Remember you can use healthier breads like brown or seeded loaves, and you can also use avocado on snackbreads and crispbreads.

# PORRIDGE



10mins



EASY

- ½ mug oats
- ½ mug milk
- ½ mug water



Add the ingredients and any mix-ins to a saucepan and cook over a medium heat, stirring often, until it thickens to your liking. Serve and add toppings.

## TOPPINGS & FLAVOURS!

### BANANA & CHOCOLATE

Mix in: 1/2 mashed banana  
Toppings: 1 tsp chocolate spread, sliced banana

### COCONUT / ALMOND

Replace cows milk with Coconut or almond milk

VEGAN FRIENDLY

### BERRY

Mix in: Frozen or fresh berries, vanilla flavouring

Toppings: 1 tsp honey

### CHAI TEA

Replace water with hot well-stewed chai tea

Toppings: Brown sugar, poppy seeds

### CARROT CAKE

Mix in: 1/2 grated carrot, nutmeg, cinnamon

Toppings: Grated carrot, brown sugar

### APPLE & CINNAMON

Mix in: cinnamon

Toppings: sliced apple, brown sugar

FIND MORE: [TINYURL.COM/PORRIDGE-TOPPINGS](https://tinyurl.com/porridge-toppings)

# SMOOTHIES



5mins



EASY

Smoothies are super easy to make - just throw all the ingredients in a blender and then enjoy!



## BASIC RATIO

- ½ mug yoghurt
- ½ mug fruit
- ½ mug water, milk or juice

### FRUIT POTS

Use the mixed fruit snack pots from your supermarket for an easy variety of fruits!

### FROZEN FRUIT

Frozen fruit is easy to buy in bulk and a variety of mixes. It makes a nice chill smoothie.

### FLAVOURED YOGHURT

Use flavoured yoghurt or yoghurt pots to add extra flavour.

### BANANA & COCONUT

- 1 banana
- ½ mug yoghurt
- ½ mug coconut milk
- 2 tbsp oats
- + poppy seeds

### RASPBERRY & HONEY

- ½ mug of raspberries
- ½ mug yoghurt
- ½ mug almond milk
- 1tsp honey

### GREEN!

- ½ mug yoghurt
- 1 banana
- ½ mug coconut milk
- 1tsp matcha powder
- handful of spinach

# SOUPS

 20-30mins

   MEDIUM

## START HERE

Stock (Chicken, Veg or Beef depending on your preference.)  
Salt & Pepper, Garlic, Oil

### + TOMATO

#### TOMATO

- + Tomato Passata
- + 3-4tbsp Cream
- + 2tbsp Sugar
- + Basil

#### + BEANS CANNELLINI OR BUTTERBEANS

#### ITALIAN

- + Spinach
- + Onion\*
- + Parsley
- + Beans
- + Chopped Tomatoes

#### LENTIL

- + Red lentils
- + Onion\*
- + Celery\*
- + Beans
- + Chopped Tomatoes

#### MINISTRONE

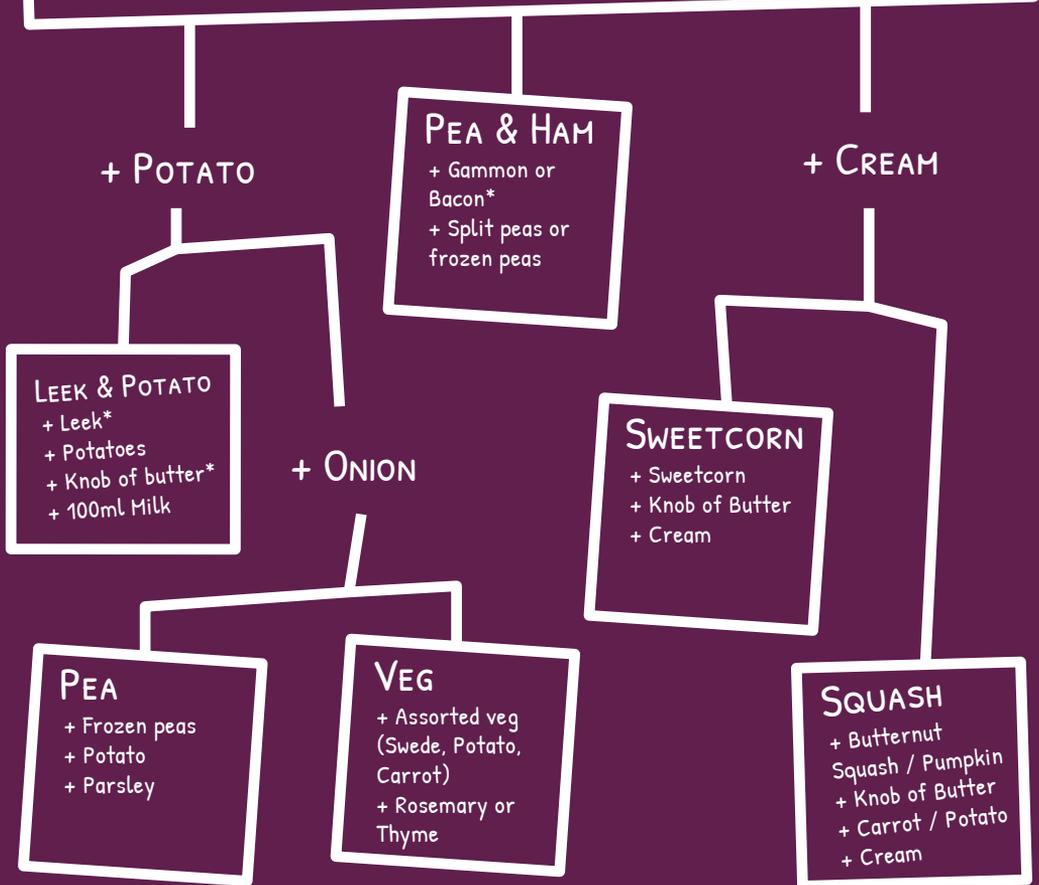
- + Pasta (add 10 minutes before you want to serve)
- + Spinach
- + Onion\*
- + Parsley
- + Beans
- + Chopped Tomatoes

#### CHORIZO

- + Chorizo\*
- + Spinach
- + Onion\*
- + Parsley
- + Beans
- + Chopped Tomatoes

# START HERE

Stock (Chicken, Veg or Beef depending on your preference.)  
Salt & Pepper, Garlic



STEP 1: Put any ingredients marked \* in the pan and fry gently with a little oil for 5-10 minutes.

STEP 2: Add stock, and all other ingredients and cook over a medium heat until veg is soft.

STEP 3: Blitz with a blender if you want.

# SALADS



## THE BASICS!

Salads are easy, healthy and totally adaptable to your own tastes!

### DON'T LIKE SOMETHING? SWAP IT OUT!

Salads are like lego - you can build them any way you like. As long as the basic flavours are there you can easily swap ingredients that you don't like. Our salads have suggestions for easy swaps, and you can easily google other combinations of ingredients that you like.

### SALADS SCALE

You can have salads for lunch, a main meal or a smaller portion as a side.

### ADD CRUNCH

You can add nuts to most salads to add a crunch. Walnuts, cashews and pine nuts are popular choices.

### EASY FLAVOURS

Salads are easy to flavour, by using fresh herbs, juices and vinegars. Making your own dressings is really easy and sometimes just a sprinkle of lime juice and a sprig of coriander can do the trick!

FIND MORE: [TINYURL.COM/EASY-SALAD-DRESSINGS](https://www.tinyurl.com/easy-salad-dressings)

# GRILLED HALLOUMI

 10mins

- ½ Block of Halloumi
- ½ Pepper (choose your favourite colour)
- ¼ Red Onion
- ¼ Cucumber
- A few handfuls of salad leaves (Rocket or Watercress recommended)
- Handful of chopped walnuts / ½ can of chickpeas
- 1 tsp Olive Oil
- Salt & Pepper

 MEDIUM

1. Wash the salad leaves and add to a bowl.
2. Thinly slice the onion, pepper and cucumber and add to the bowl. If using the chickpeas, drain and add them to the bowl.
3. Add a sprinkle of oil to a frying pan over a medium heat. Slice the halloumi and fry until browned on both sides. Add the walnuts (if you're using them) and toast lightly. Add to the bowl.
4. Mix in the Olive Oil, salt and pepper and serve.

## TRY SOMETHING DIFFERENT!

### GO GREEK

Replace the halloumi with Feta (don't fry) and the walnuts with olives!

### LIME & CORIANDER

Add a squeeze of lime juice and some fresh coriander

# WATERMELON & FETA



5mins



EASY

100g Watermelon (chunks)  
A few handfuls of Rocket  
A few sprigs of fresh Mint  
50g Feta  
Lime Juice  
Olive Oil  
Pinch of Black Pepper

1. Wash the rocket and add it to a bowl.
2. Roughly chop the mint, crumble the feta and add it to the bowl with the other ingredients.
3. Mix and serve

## HERE ARE A FEW VARIATIONS...

### GO GREEK

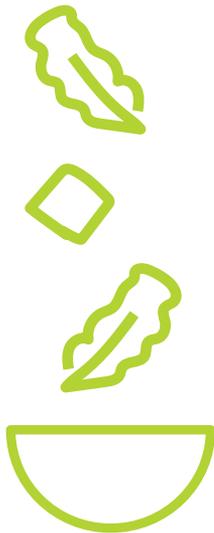
Replace the Watermelon with Olives for a greek twist.

### STRAWBERRY

Swap out the melon for Strawberries for something a bit sweeter

### BEETROOT

Go savoury by replacing the melon with beetroot (not pickled) and the mint with thinly sliced red onion.



# CHICKEN CAESAR

 5mins

 EASY

1 small gem lettuce  
100g cooked chicken breast  
1 Small pack of croutons  
2 tbsp caesar salad dressing  
Handful of chopped walnuts  
Parmesan or Hard cheese

1. Wash and cut the gem lettuce and add to a bowl.
2. Thinly slice or grate the hard cheese and add to the bowl.
3. Slice the chicken roughly and mix it in with the lettuce, adding the croutons and walnuts.
4. Serve in a bowl and top with the salad dressing.

## SPICE IT UP!

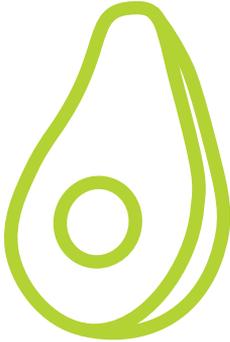
### + BACON

Just add it as you like it.

### CROUTONS

Make your own by cutting bread into small cubes and toasting in a pan (over a low heat) or in the oven at 180 for 10 minutes.

# AVOCADO SALSA



5mins



EASY

½ Avocado  
Handful of Cherry Tomatoes  
Sprig of Fresh Coriander  
Squeeze of Lime Juice  
¼ Red onion  
¼ Cucumber (optional)  
Salt & Pepper  
Olive Oil

1. Peel and cut the avocado into chunks, add to a bowl.
2. Thinly slice the red onion, roughly chop the coriander, cucumber and halve the tomatoes. Add them to the bowl.
3. Add the seasoning, juice and oil and mix thoroughly. Serve.

## MAKE IT YOUR MAIN

### + SALMON

This salsa is perfect with cooked or hot smoked Salmon.

### + BURGERS

This salsa can go nicely with chicken burgers instead of fries.

### + CHICKEN

This will go great with chicken, including vegan alternatives.

# LIGHT BITES

## WRAPS

 10mins

 EASY

### CHICKEN BACON CAESAR

1 Tortilla Wrap  
A few leaves of Gem Lettuce  
A handful of cooked chicken  
2 Rashers of bacon, cooked to your liking  
Caesar Salad Dressing

### HALOUMI WRAP

1 Tortilla Wrap  
A handful of rocket  
A few slices of fried halloumi  
A few slices of red onion  
A few slices of cucumber

 15mins

 MEDIUM

 10mins

 EASY

### SWEET CHILI

1 Tortilla Wrap  
A handful of cooked Chicken or Tofu  
1tbsp Sweet Chilli Sauce (coat the meat/tofu)  
A handful of salad leaves  
1 Sliced Spring Onion

FIND MORE: [TINYURL.COM/STUDENT-WRAPS](https://tinyurl.com/student-wraps)

# QUESADILLAS

## VEGGIE

 35mins

 MEDIUM

2 Tortilla Wraps  
A few slices of Red Onion  
A handful of sliced courgette  
A handful of sliced pepper  
Grated cheese (dairy free for vegan)

1. Put the veg on a baking tray and toss with oil and seasoning. Cook in an oven for 30 minutes at 180 degrees (Gas Mark 4), or grill for a few minutes, checking them often.
2. Put oil into a frying pan big enough to fit a wrap in and set the heat to medium. Place in one wrap, cover with grated cheese and layer the cooked veg on top. Put the other wrap on top and put a plate on top to help squash it.
3. Cook for a few minutes until the cheese is partially melted and the wrap on the bottom is browned. Flip and cook on the other side until the cheese is fully melted and the wrap is golden brown. Remove from the pan, cut into quarters and serve.

 15mins

## CHICKEN

Replace the cooked veggies with:

- + Cooked chicken (or quorn)
- + Red Onion
- + Coriander

 15mins

## GOAT'S CHEESE

Replace the cooked veggies and cheese with:

- + Goat's Cheese
- + Red Onion
- + Rocket

# OMELETTE



20mins



MEDIUM

3 Eggs

Salt & Pepper

Low Fat Cooking Spray

Any Fillings/Leftovers

1. Crack the eggs into a bowl, season with salt & pepper and beat well. Spray a frying pan with low fat cooking spray and heat over a low-medium heat.
2. Pour the eggs into the pan, tilt the pan slightly to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds, then scrape a line through the middle with a spatula.
3. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
4. At this point you can fill the omelette with whatever you like - grated cheese, sliced ham, mushrooms or any leftovers you might have. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate and serve.

## FILLING IDEAS

Cheese

Cooked Chicken

Onion

Smoked Salmon

Roasted Veg

Cold Meats

Mushrooms

Spinach

Peppers

FIND MORE: [TINYURL.COM/OMELETTE-FILLING-IDEAS](https://tinyurl.com/omelette-filling-ideas)

# MAINS

## CURRY

 55mins

 MEDIUM



1 Chicken Breast/Quorn Chicken/Tofu  
½ Red Pepper  
½ Green Pepper  
1 Garlic Clove  
25g Mushrooms  
½ Onion  
200g Tin of Chopped Tomatoes  
1 heaped tsp curry spice (Mild, Medium or Hot)  
125ml Chicken Stock/ Vegetable Stock  
80g Rice

1. Spray a frying pan with low fat cooking spray and place over a medium heat. Add the chopped onion, mushrooms and peppers and stir-fry for 5-6 minutes or until starting to lightly brown.
2. Stir in the crushed garlic, curry powder and stir-fry over a high heat for 1-2 minutes.
3. Add the chicken and cook for 2-3 minutes until sealed, then add the tomatoes and stock. Stir through, bring to the boil then cover tightly, reduce to the heat to low and allow to simmer gently for 40-45 minutes, stirring occasionally until the chicken is cooked through.
4. In the last 20 minutes, boil a pan of water and cook the rice.
5. Once cooked, drain and serve with the curry.

# SPAGHETTI BOLOGNESE

 30mins

 MEDIUM

250g of Mince/Quorn mince  
Onion  
Carrot  
Mushrooms  
200g Tin of Chopped Tomatoes  
Tomato Purée  
1 Garlic Clove  
Pasta  
Dried Mixed Herbs  
Beef Stock Cube  
Cheese

1. Spray a frying pan and brown the mince on a medium-high heat.
2. Once the mince has browned, add the chopped tomatoes, diced onion, mushrooms and carrot and mixed through.
3. Put a pot of water onto boil, once boiling add the pasta and cook to preference.
4. Add 1 tbs of tomato purée, dried mixed herbs, garlic and beef stock cube to the mince. Stir through and leave to simmer on a low-medium heat.
5. Once the pasta is cooked, drain and serve with the mince. Top with some grated cheese if you like.

**MAKE IT VEGAN BY USING GREEN OR BROWN LENTILS.  
BOIL 1 PART LENTILS TO 3 PARTS WATER FOR 35 MINUTES THEN START FROM STEP 2.**

# STIR FRY

 20mins

 MEDIUM

2 tbsp Soy Sauce  
1 tsp sesame oil  
Thumb-sized piece of root ginger  
Onion  
Red Pepper  
Bean Sprouts  
Pack of straight to wok noodles  
Chicken / Beef / Pork / Tofu

1. Dice the onion, slice the pepper and peel and grate the ginger.
2. Put the noodle in a bowl and pour boiling water over them. Stir gently to separate, then drain thoroughly.
3. Spray a large frying pan with low fat cooking spray, and stir-fry chosen meat/tofu on a medium-high heat until cooked, then set aside.
4. Stir-fry the ginger and harder pieces of vegetables for 2 minutes.
5. Add the noodles and the rest of the vegetables and stir-fry over a high heat until just cooked.
6. Add the meat/tofu back into the pan, along with the soy sauce and sesame oil. Cook for a couple of minutes and then serve.

## + COCONUT

Add some canned coconut milk during step 6 and a squeeze of lime.

## + HONEY

Make a teriyaki sauce by mixing the soy sauce and ginger with honey.

## + ORIENTAL

Oriental veg you can add: Water Chestnuts, Bamboo, Edamame Beans

# SWEETS & SNACKS



## FROZEN FRUIT



90mins



EASY

Your chosen fruit

Small pot of yoghurt (dairy free for vegans)

Mix your fruit with the yoghurt and then lay them out on a plate or tray. Put in the freezer for at least an hour and a half.

## SPICE IT UP!

### FRUIT

Blueberries  
Raspberries  
Cranberries  
Redcurrants  
Strawberries (cut)  
Grapes  
Banana (slices)  
Mango (chunks)

### FLAVOURED YOGHURT

Use flavoured  
yoghurt or  
yoghurt pots to  
add extra flavour.

### COVERINGS

Sprinkle over  
before freezing.

Crushed Biscuits  
Crushed Nuts  
Chia Seeds  
Poppy Seeds  
Sesame Seeds

# FRUIT CRUMBLE

 40mins

 MEDIUM

Flour 200g  
Butter 125g  
Brown Sugar 60g  
Your chosen fruit

1. Peel (if necessary) and cut your chosen fruit into chunks. Put in a saucepan with a splash of water. You can also add 1tbsp of Sugar if you like. Add any other flavourings now. Cook on a low heat until the fruit is soft and any sugar dissolved.
2. Put the butter, sugar and flour in a bowl. Using your finger tips, get your hands in mix the ingredients until you get a small breadcrumbs-like texture. Add any flavourings now (coconut, ground cinnamon, ground ginger, flaked or ground almonds)
3. Put the fruit mixture in a dish, top evenly with the crumble. Cook in the oven for 15–20 minutes at 180 degrees (Gas Mark 4), until the crumble is golden brown. Serve.

## FILLING IDEAS

Apple + Cinnamon

Apple + Raspberry

Raspberry + Honey

Strawberry + Basil

Mixed Berries

Blueberry + Plum

Peaches

Peach + Strawberry

Mango + Strawberry

Mango + Banana

Rhubarb + Ginger

Apricot

MAKE IT VEGAN WITH DAIRY-FREE BUTTER

MAKE THESE IN BULK AND FREEZE IN FOIL CONTAINERS FOR EASY DESSERTS

# POPCORN

 5mins

 EASY

Just add the kernels to a pan with the oil and pop - then cover with your toppings!

## BASIC RATIO

$\frac{1}{4}$  mug of kernels  
1tbsp oil



### SWEET

Add 1tsp of sugar after the popcorn has popped

### SALTED

Add a pinch of salt to the kernels

### BUTTER

Add 1tsp of butter to the popcorn in the pan after it's popped, stir to melt & coat.

### TROPICAL

1tbsp of Desiccated Coconut  
Handful of dried mango / pineapple / banana

### RASPBERRY & HONEY

1tbsp Sunflower Seeds  
1tsp Poppy Seeds  
1tsp Chia Seeds  
Sprinkle of sugar

### GINGERBREAD

1tsp soft brown sugar  
Pinch of ginger  
Pinch of nutmeg

# #ABERTAYSTY

Abertaysty is a project provided by Abertay SA to offer free food to students. The food is sourced from Fare Share, a charity set up to fight hunger, tackling food waste. Working with Fare Share we purchase quality surplus food that is available to us each week. We try to get a variety of foods for a balanced diet of the donated foods each week.

This cookbook was created to help you get the most out of your food and your budget, and encourage you to learn to cook in an easy and fun way. As much as possible, our recipes are adaptable for different diets - making this cookbook suitable for anyone.

All the recipes serve 1 - making it easy for you to not waste food and you can simply multiply the ingredients for more people!

 @ABERTAYSA

 @ABERTAYSA

 HELLO@ABERTAYSA.COM

