



The Real Student Life Experience
Recipe Book

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Spaghetti Bolognese

Serves 6

Ingredients

30ml oil
500g minced beef
1 onion, diced
2 garlic cloves, chopped
15g tomato puree
2 x 400g tins chopped tomatoes
5g dried herbs
500g dried spaghetti
Salt and Pepper

Method

1. Warm the oil in a pan and then add the onion, herbs and garlic and sweat off until the onion is soft
2. Turn the heat up a bit and add the minced beef and the tomato puree. Add some salt and pepper. Stir continuously and cook until the mince is browned.
3. Add the chopped tomatoes and turn the heat down to a simmer. Cook for 30-40 minutes until the sauce is rich and thick.
4. When the sauce is ready, cook the spaghetti.
5. Get a large pan, fill it $\frac{3}{4}$ full with water and bring it to the boil. Add some salt.
6. Put the dried spaghetti into the water and cook for about 10 minutes until it is soft. If you like pasta to be a bit chewy (al dente), cook for a couple of minutes less.
7. Pour through a big sieve to drain all the water.

Scone Based Pizza

Serves 2

Ingredients

For the Base

110g self raising flour

25g margarine

60ml milk

50g grated cheddar cheese

For the Sauce

25g tomato puree

30ml water

Fresh herbs

Toppings

25g sliced mozzarella

Any meat, tomatoes or veg you like!

Method

1. Set the oven to 200 deg C
2. Make the base by sieving the flour into a bowl. Add the margarine and rub them together until the margarine is incorporated into the flour.
3. Add the milk and the cheese and mix it all. Then tip the mix out of the bowl and knead it gently until you form a ball.
4. Get a rolling pin and roll the ball out until it is round. The thinner you make it, the crispier your pizza will be.
5. Put the sauce ingredients into a bowl and mix them together
6. Spread the sauce over the base but leave about 2cm from the edge
7. Put the mozzarella on top of the sauce
8. Put on your favourite toppings!
9. Bake in the oven at 200c for about 20 minutes.

Butternut Squash Curry and Rice

Serves 4

Ingredients

15ml oil
1 butternut squash, diced
1 red onion, diced
2 tablespoons curry paste
300ml vegetable stock
4 large tomatoes, roughly chopped
400g can chickpeas, rinsed and drained
3 tablespoons low fat Greek yoghurt
200g brown or white rice
400ml water

Method

1. Heat the oil in a large pan then add the squash. Cook for 3-4 minutes until it is slightly browned, then add the onion and curry paste and cook for another 3-4 minutes. Stir occasionally so it doesn't stick to the pan.
2. Pour in the stock, then cover the pan and simmer for 20 minutes until the squash is tender. Add the tomatoes and chickpeas and gently cook for 3-4 minutes until the tomatoes soften.
3. When it is cooked, take off the heat and set aside.
4. Cook the rice. Put the water and rice into a pan, cover with a lid and bring to the boil. Cook for 20 minutes or until the rice is soft. Drain the rice through a sieve if there is any excess water.
5. Gently heat the curry then add the yoghurt to it and stir. Serve with the rice.

Macaroni Cheese

Serves 4

Ingredients

250g macaroni

40g butter

40g plain flour

600ml milk

300g grated cheddar

Method

1. Set the oven to 200 deg C
2. Cook the macaroni in a large pan of boiling salted water for 8-10 minutes. Drain and set aside
3. Melt the butter over a medium heat in a large saucepan. Add the flour and stir to form a roux (a paste), and cook this for a few minutes.
4. Add the milk a bit at a time, stirring the mix all the time. This will take about 10-15 minutes of cooking time.
5. Take the pan off the heat and stir in the cheese.
6. Put the macaroni into the pan and stir it through the cheesy sauce. Then place this into an ovenproof dish
7. Bake for about 20 minutes until the top is crisp and golden.

Beef Burgers

Serves 4

Ingredients

500g beef mince
1 small onion
25g tomato puree
Big pinch of salt and pepper
4 Buns

Lettuce leaves, sliced tomato, cheese slices

Method

1. Set the oven to 200 deg C
2. Dice the onion into small pieces
3. Put all ingredients into a bowl and mix together
4. Divide the mixture into 4 equal amounts
5. Squish each amount of the mixture with your hands for a minute or so until you have a small ball. Then press the ball to form a burger.
6. Try to make the burgers the same thickness so they will cook at the same time.
7. Chill the burgers in the fridge for 30 minutes
8. Remove from fridge and put them onto a tray and bake in the oven for 25 minutes. Turn over each burger after 15 minutes in the oven
9. Serve on buns with lettuce, tomato, cheese slices etc.

Mushroom and Chickpea Burgers

Serves 4

Ingredients

15ml oil
250g chestnut mushrooms, finely chopped
1 bunch spring onions, sliced
Zest and juice ½ lemon
400g can chickpeas, drained and rinsed
85g breadcrumbs

Lettuce leaves, sliced tomato

Method

1. Heat 5ml of oil in a non stick frying pan and cook the mushrooms and spring onion for 5 minutes. Add the lemon zest and juice and cook for another 2 minutes until the mixture looks dry. Take off heat, tip onto a plate and allow to cool a bit.
2. Mash the chickpeas in a bowl, leaving a few chunky pieces. Add the mushroom mix and breadcrumbs, and then shape into 4 patties.
3. Fry in the remaining oil for 3-4 minutes on each side until they are crisp and browned.
4. Serve on buns with tomato and lettuce

Roasted Veg and Couscous

Serves 4

Ingredients

1 red pepper, halved and deseeded
1 yellow pepper, halved and deseeded
½ butternut squash
4 garlic cloves with skins left on
45ml olive oil
1 red onion, thickly sliced
2 courgettes, thickly sliced
250g couscous
300ml hot vegetable stock
Zest and juice 1 lemon
20g chopped fresh mint
Salt and pepper

Method

1. Set oven to 200 deg C
2. Cut the peppers and squash into bite sized pieces
3. Tip all the veg into a baking tray, add 30ml oil, salt and pepper, mix together then roast for 40 minutes until soft. Stir halfway through the cooking time. Take out and leave to cool slightly
4. Put the couscous into a large bowl, pour over the stock and cover the bowl with clingfilm. Set aside for 10 minutes.
5. In another bowl, mix the zest and juice of the lemon and the remaining oil. Squeeze the garlic pulp from the skins, mash well and fold in the mint. Pour this over the veg.
6. Serve the veg and couscous together.

BOLOGNESE/CHILLI/LASAGNE MINCE BASE

Serves 4

Ingredients

30ml oil
500g minced beef
1 onion, diced
2 garlic cloves, chopped
15g tomato puree
2 x 400g tins chopped tomatoes
Salt and Pepper

For Bolognese – Add Mixed Herbs/Basil and Mushrooms and serve with pasta

For Chilli – Add Chilli Powder or Fresh Chilli and a Tin of Red Kidney Beans, you can add Peppers if you wish. Serve with rice or tacos or baked potatoes

For Lasagne – Add Italian Herbs/Basil or Mixed Herbs

Method

- 1 In a pan heat a little oil and sweat off the onions and garlic (and peppers if you are making a chilli)
- 2 Add the mince to brown, stirring all the time. (Add mushrooms if you are making Bolognese)
- 3 Add tins of chopped tomatoes, puree and black pepper (and chilli powder if you are making chilli)
- 4 Simmer gently for 20 minutes, (add kidney beans and heat thoroughly if making chilli), season to taste with salt and pepper

Cooking Rice

1 Part Rice to 2 Parts Water – for every 1 cup of rice add two cups of water

Place the above in a pan with salt, cover with a lid and boil for 15-20 minutes until tender. Drain if necessary.

Cooking Spaghetti

Bring a large pan $\frac{3}{4}$ filled with salted water to the boil. Add your pasta and stir. Boil for until soft or if you like your pasta with a bit of 'bite' remove from the heat earlier. Drain through a sieve or colander and serve.

You could add green vegetables to the water 5 minutes before the end of cooking (peas, green beans or small florets of broccoli).

To Make Lasagne

To make a white or cheese sauce:

Place 50g butter, 50g plain flour and 350 ml milk in a pan and heat stirring all the time with a whisk until thick. Add some grated cheese if required, season with salt and pepper and check the thickness of the sauce (add more milk if too thick).

In an oven-proof dish, place a layer of your mince mixture, a layer of flat lasagne pasta, then a layer of your sauce. Build this up in turn finishing off with mince or sauce on top. Sprinkle some grated cheese on top and bake in an oven for 20 minutes or until the sheets of pasta are soft.

Brownies

Makes 16

Ingredients

150g unsalted butter
300g light brown muscovado sugar
75g cocoa powder, sifted
150g plain flour
5g bicarb of soda
4 eggs
5ml vanilla extract
150g milk chocolate, chopped into small chunks
Salt

Method

1. Set the oven to 190 deg C
2. Foil line a 25cm square baking tin
3. Melt the butter over a gentle heat in a saucepan
4. Add the sugar when the butter is melted , then stir with a wooden spoon
5. In a bowl, sift the cocoa powder, flour, bicarb with a pinch of salt.
6. Stir this into the pan, when it is mixed, remove from heat (it will look very dry at this stage)
7. Whisk the eggs and vanilla extract in a jug until combined then add that to the brownie mix in the pan
8. Stir in the chocolate and quickly pour into the baking tray, spreading the mixture evenly. Cook in oven for 20-25 minutes. If they look dry, set and dark on the top but wobbly when you touch them, they are ready!

Apple Crumble

Serves 8

Ingredients

1kg cooking apples (e.g. bramleys)

50g caster sugar

15g butter

200g plain flour

30ml baking powder

150g cold unsalted butter, cut into small cubes

100g Demerara sugar

Method

1. Set the oven to 190 deg C
2. Peel and core the apples, quarter then cut into 3 pieces
3. Put into a pan with the butter and caster sugar and heat gently for 5 minutes, stirring occasionally
4. Put the mixture into your baking tray
5. Sieve the flour and baking powder into a bowl and add the butter. Rub the mixture lightly between your fingers until the butter is incorporated into the flour. You can use a food processor to do this if you are feeling lazy!
6. Add the Demerara sugar and mix it gently using a fork.
7. Pour the crumble mix over the fruit, making sure that it is evenly spread right up to the edges of the dish.
8. Bake in the oven for about 40 minutes until the top is lightly browned.
9. Leave to stand for 10 minutes and serve.

Banoffee Pie

Serves 8

Ingredients

250g digestive biscuits, finely crushed

100g butter, melted

3 large bananas, thinly sliced

1 tin (397g) carnation caramel

300ml double cream

Method

1. Melt the butter in a saucepan and combine this with the biscuits
2. Push this mix into a loose bottom cake tin, using the back of a spoon so it is firmly in
3. Scatter the bananas over the base
4. Open the caramel and spread over the bananas using a spatula
5. Whip the double cream to form soft peaks
6. Put the whipped cream over the top of the caramel
7. Chill in the fridge until ready for service