

MANCHESTER  
1824

The University of Manchester



# RESLIFE

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# RECIPES



# Introduction

Welcome to your hall's kitchen! Whilst some students may be excited to get cooking on their own, ResLife know that many of you may have never cooked for yourself before. No matter your experience, ResLife Recipes is here to be your guide to cooking tasty meals on a budget. These meals are ideal to work around your student lifestyle, to help you avoid those tempting takeaways and meal deals! Including many vegan and vegetarian recipes, there is something for everyone to try.

ResLife Recipes is split into three meals sections: lunch, dinner and flat dinner. While the lunch section mostly provides individual meals for you to prepare for yourself, the dinner and flat dinner sections offer larger portion meals for you to cook in bulk or prepare for a flat meal to eat together. Bonding over food is definitely one of the best ways for you and your new flatmates to get acquainted, plus, cooking as a group means you can split the cost of ingredients if you wish.

Not only does the book provide appetising recipes, but the early pages cover useful tips and essential information on safety, budgeting, where your nearest shops are and how to reduce waste and help save the environment. Make sure to check them out before diving into our delicious dishes.

We would love to see your creations! Share them with us on Facebook or Instagram with the hashtag **#ResLifeRecipes** and remember to look out for our cooking videos on Facebook!

**Facebook: [facebook.com/UoMResLife](https://www.facebook.com/UoMResLife)**

**Instagram: [uom.reslife](https://www.instagram.com/uom.reslife)**

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# Fire Safety

It is extremely important for your own safety and the safety of others that you take an active role in reducing fire risks. Below are some of the important ways you must do this:

- 1) GET OUT. STAY OUT.**  
Evacuate immediately when you hear the fire alarm!
- 2) STAND BY YOUR PAN.**  
Do not leave your cooking unattended at any time! Ensure the extractor fan is kept on whilst cooking.
- 3) HOT STUFF.**  
Keep things that burn away from the hob! Don't trail any electrical cables across your cooker hob!
- 4) SAFE STUFF ONLY.**  
Never put any pots, pans or dishes into the oven or microwave which are not labelled as safe to do so! Never put anything metal in the microwave.
- 5) DIRTY GRILLS KILL.**  
Clean your grill pan regularly as a build-up of grease could ignite! Check under your tin foil before cooking and remove any excess grease.
- 6) DON'T MESS.**  
Never tamper with smoke detectors or fire-fighting equipment.
- 7) FIRE DOOR, KEEP SHUT.**  
Do not prop open fire doors, including your kitchen door.

# Food Safety

## Freezing and leftovers:

- » Use refrigerated leftovers within two days.
- » If you wish to freeze food, freeze it when it is still in date and eat it within 24 hours of defrosting it.
- » Fully defrost meats and leftovers in the microwave or fridge before cooking. If you are doing it in the fridge, allow the food to defrost the night before so it is fully defrosted by dinner time.
- » Once you have defrosted food, do not refreeze it.
- » The more times you reheat food, the higher the risk of food poisoning. Only reheat your food once and make sure it is piping hot, especially meat.
- » Always eat food within its use-by date. Even if it smells or looks fine it can still be dangerous.

## Storage:

- » Keep raw meats away from ready-to-eat food to avoid cross-contamination.
- » Store raw meat in sealed containers in the bottom of your fridge.

## Cooking:

- » When cooking for others, make sure to check nobody has any allergies. Check food packaging for ingredients.
- » Always make sure your food is properly cooked before eating, especially things like meat and eggs.
- » Never use the same utensils to handle raw and ready-to-eat/cooked food.
- » The cooking times provided in this book are estimates and may need to be adjusted for your own oven and hob - always ensure food is cooked through before tucking in!

# Kitchen Safety

## Using Sharp Objects:

- 1) Always use a chopping board when slicing food. Never use a plate which can cause the food to slip, and most importantly never try and chop anything in your hands.
- 2) If your chopping board does not have rubber stabilisers, place a damp cloth underneath it to stop the board from moving.
- 3) Never point a knife, scissors or any other sharp object towards yourself or others.
- 4) Always cut away from your body and your hand, keeping your fingers well out of the way.

## Hot Stuff:

- 1) Always use an oven glove when putting items in and taking items out of the oven.
- 2) Be wary of pots and pans with metal handles, these can get very hot!
- 3) Make sure you only put pots and pans on heat proof surfaces, not directly on the counter.

## Hygiene:

- 1) Make sure all preparation and cooking spaces are cleaned regularly, before and after cooking.
- 2) Wash your hands! Especially after handling raw meat.

## What to do if you hurt yourself

**In an emergency always call your hall's Security team**

## Cuts:

- 1) Rinse the cut with clean water.
- 2) Apply pressure to the cut using a cloth or paper towel to stop the bleeding. Keep your arm raised above your head as you stem the bleeding.
- 3) Once the bleeding stops, apply antibiotic cream and bandage the cut. If the cut does not stop bleeding after a considerable length of time, seek medical assistance.

## Burns:

- 1) Hold burned skin under cool (not cold) running water until pain subsides.
- 2) Cover with sterile, non-adhesive bandage or clean cloth.
- 3) If you see signs of infection such as redness, swelling, or increased pain, seek medical assistance.

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## Top Tips!

For more tips on safety, preparation, storage and cooking, visit:

**[bbcgoodfood.com/howto/guide/category/cookery](http://bbcgoodfood.com/howto/guide/category/cookery)**

# Budgeting

Here are some tips and tricks we suggest:

- 1) **Buy own brand** - many large chain supermarkets produce replicas of popular branded food for a fraction of the price, and the quality doesn't often differ!
- 2) **Avoid shopping in convenience stores** as these are often more expensive.
- 3) **Shop in bulk** - write out a shopping list and aim to do one weekly shop to avoid impulse buys.
- 4) **Planning your weekly meals** can help make sure you are buying the correct quantities of food.
- 5) **Keep an eye out for reduced sections** in the evening in supermarkets. Often these items will have a same-day use-by date, so make sure you eat them that day or freeze them if packaging says you can do so.
- 6) Join with friends and house-mates to buy and cook together. This often saves time, money and means food is less likely to go to waste!
- 7) Try to **meal prep** wherever possible.
- 8) **Avoid buying ready meals and takeaways** as whilst they can be less time-consuming, they are usually expensive and unhealthy.
- 9) For more info on budgeting and using leftovers, visit:  
***[studentsupport.manchester.ac.uk/finances/money-matters/mypages/myfood/](https://studentsupport.manchester.ac.uk/finances/money-matters/mypages/myfood/)***

## Average price of essentials in Manchester:

Milk	£0.89 for 1l
Eggs	£1.78 for 12
Chicken Breasts	£5.94 for 1kg
White Rice	£1.28 for 1kg
Tomatoes	£1.70 for 1kg
Potatoes	£1.40 for 1kg
Onions	£1.49 for 1kg

As of June 2018 (<https://www.numbeo.com/food-prices/in/Manchester>)

# Purchasing Ingredients

Below is a selection of some of the nearby supermarkets for each accommodation site. Remember to bring your own bags to save money and the environment!

## Location Key

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Near City

Near Victoria Park

Near Fallowfield

## Supermarkets

**Aldi** – Arndale Centre, Market Street, M1 1WR

**Asda** (large supermarket) – Princess Road, Hulme, M15 5AS

**Morrisons** – Grafton Street, M13 9NU

**W.H Lung Supermarket** – Upper Brook Street, M13 9TX

**Lidl** – Wilmslow Road, Rusholme, M13 9PD

**Asda** (large supermarket) – Stanley Grove, Longsight, M12 4NH

**Worldwide Foods** – Wilmslow Road, Rusholme, M14 4AH

**Sainsbury's** (large supermarket) – Wilmslow Road, Fallowfield, M14 6SS

**Aldi** – Lloyd Street South, nr. Fallowfield, M14 7LA

**Aldi** – Wilmslow Road, Didsbury, M20 2DN

## Alternative Supermarkets for groceries

**Manchester Superstore** – Wilmslow Road, Rusholme, M14 5AH

**Venus Supermarket** – Anson Road, Victoria Park, M14 5DE

## Veg Box People – *online ordering and collection*

Veg Box People provide vegetable bags of a variety of sizes, including a small student size, which contain fresh and local produce. You can order these online at [vegboxpeople.org.uk](http://vegboxpeople.org.uk) and collect at numerous collection points in Manchester, with two sites on campus **beside the Alan Turing Building** and at **Fallowfield reception**. Visit their website for more info.

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## Top Tip!

All of the shops on Wilmslow Road can be reached via a journey on the Stagecoach Magic Bus (for Aldi Didsbury, the 142 only).

# Waste Reduction

It is well known that plastics such as food packaging and carrier bags are terrible for the environment, however, did you know that even food waste itself has a negative impact?

In the UK alone, 7 million tonnes of food and drink is thrown away each year, costing the average person up to £200 in food which ends up straight in the bin. Not only is this a waste of money, this is bad for the environment as rotting food generates gases 20 times more potent than carbon dioxide.

However, with a little bit of guidance and small lifestyle changes, it's super easy to save your wallet and the environment while you're at it! Here are some tips and tricks we suggest:

- » **Planning your meals** is a great way to avoid waste. Try planning meals which use the same ingredients throughout the week, and avoid shopping when you're hungry otherwise your planning will go out the window!
- » It's generally best to **buy loose food** like vegetables wherever possible, so you don't end up with more than you need. Loose food is always cheaper and saves plastic waste too. Shopping at local food markets are the best ways to save.
- » **Get your portions right!** Make sure you know how much you need to measure out for each dish to avoid making too much. For example:
  - *a mug of rice serves four adults.*
  - *Use a 500ml plastic bottle to measure spaghetti! One portion size = the amount of spaghetti you can fit in the hole of the bottle.*
- » **Store smartly** - many foods which go bad quickly can be preserved for longer if you're smart about food storage. For example:
  - *Store salad leaves in a sealed Tupperware container lined with kitchen roll so they don't go soggy as quickly.*
  - *Bread goes mouldy very quickly - put some of it in the freezer and take it out when you need it, otherwise a lot of it will probably go to waste. Most foods can be frozen. See our freezing guide on page 4 to learn how to do this safely.*
- » **B.Y.O.B.!** Remember to bring your own bags to the shops. Carrier bags now cost 5p each, meaning you can save money and also help ultimately reduce plastic waste.



The background of the entire image is a repeating pattern of red chili peppers. Each pepper is a vibrant red color with a green stem and a small green leaf at the top. The peppers are scattered across the white background in various orientations, some pointing upwards, some downwards, and some horizontally. The pattern is dense and covers the entire area.

**LUNCH**

# STUFFED PEPPERS

*Vegetarian and Vegan*

*Serves: 1*

*Time: 20 mins*

## **Ingredients**

---

*1 tbsp of olive oil*

*1 bell pepper*

*Pinch of salt and pepper*

*Filling of your choice*

## **Method**

- i. Preheat the oven to 200C.
- ii. Cut the top off the bell pepper so it has a bowl-like shape. Season the bell pepper with the salt and pepper and drizzle the oil over the top.
- iii. Place the bell pepper on a baking tray and roast in the oven for 15 minutes, or until the skin is browning and tender.
- iv. While the bell pepper is roasting, prepare the filling.
- v. Fill your bell pepper and enjoy.

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## **Top Tip!**

You can stuff your peppers with almost anything! You can either use leftovers such as paella or kidney bean curry, or start from scratch.



# PITA CHIPS & HUMMUS

*Vegetarian and Vegan*

*Serves: 1*

*Time: 25 mins*

## **Ingredients for Pita Chips**

---

*Roughly 2 tps of olive oil*

*2 pita breads*

*½ tsp of salt*

*½ tsp of pepper*

*1 tsp of paprika (optional)*

## **Ingredients for Hummus**

---

*2 tps of olive oil*

*200g tin of chickpeas*

*2 garlic cloves, finely*

*chopped*

*3-4 tbsps of water*

*½ tsp of cumin*

*A dash of paprika (optional)*

*2 tbsps of lemon juice*

*Pinch of salt*

## **Pita Chips Method**

- i. Preheat the oven to 180C.
- ii. Slice pitas in half so they separate into two thin pieces of bread, then cut or rip into crisp-sized wedges.
- iii. Lightly grease a baking tray with 1 tsp of olive oil and arrange pita pieces on top.
- iv. Drizzle 1 tsp of olive oil and sprinkle salt, pepper and paprika on top of the pita pieces.
- v. Cook for around 10 minutes until crisp and browning, then remove and allow to cool for a few minutes.
- vi. Check for taste and add extra salt if needed. Dip into hummus and enjoy straight away, or keep in an airtight container for up to 2 days.

## **Hummus Method**

- i. Drain the chickpeas and rinse. Combine with the garlic, cumin, salt, oil and lemon juice into a food processor and blend. Most likely the hummus will be thick, so add water one tbsp at a time until you reach the right consistency.
- ii. Add extra salt, lemon juice, garlic or cumin to taste.
- iii. Transfer into serving bowl and sprinkle with a dash of paprika or drizzle of olive oil.

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## **Top Tip!**

If you don't have time to make hummus, store bought is just as good! To make it extra healthy, chop up some leftover vegetables, like carrots and peppers, and enjoy them with the hummus too.

## Regular Method

- i. Preheat the oven to 200C.
- ii. Rinse potato and dry with paper towel, then pierce potato all over with a fork.
- iii. Rub in oil and a sprinkling of salt into the potato skin.
- iv. Place potato on a baking tray and cook in the oven for 60-80 minutes (until the inside is soft throughout).
- v. Slice the potato in half and fill with your chosen topping.

## Quick Method

- i. Rinse potato and dry with paper towel, then pierce potato all over with a fork.
- ii. Place potato on a microwave safe plate and cook in the microwave for 4 minutes.
- iii. Remove plate, flip potato over and dry any excess water on the plate with a paper towel if necessary. ***(Use an oven glove when removing plate - both the plate and potato will be very hot!)***
- iv. Place plate back in microwave and cook for a further 3 ½ minutes (until the inside is soft throughout - cook for an extra 30 seconds if not).
- v. Leave potato to stand for a minute then slice in half and fill with your chosen topping.

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### Top Tip!

Any leftovers you have from other meals can work as ideal jacket potato toppings, such as kidney bean curry.

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# JACKET POTATO

*Vegetarian and Vegan*

*Serves: 1*

*Time: 10-80 mins*

## **Ingredients**

---

*1 baking potato*

*1 tsp of olive oil (Regular  
Method only)*

*Pinch of salt*

*(Regular Method only)*

*Toppings of your choice (i.e.  
tuna, baked beans, cheese)*

**PITA**

**PIZZA**

*Vegetarian*

*Serves: 1*

*Time: 15 mins*

### **Ingredients**

---

*1 pita bread*

*1 ½ tsps of tomato purée*

*½ 125g ball of mozzarella*

*(or any cheese of your preference)*

*Toppings of your choice*

### **Method**

- i. Preheat the oven to 180C.
- ii. Spread the tomato purée evenly onto the pita bread, then tear the mozzarella into chunks and scatter on top.
- iii. Add any extra toppings of your choice.
- iv. Place on a baking tray and bake for around 10 minutes until mozzarella is bubbling and starting to brown. Remove from oven and leave to cool for a minute before serving.

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### **Top Tip!**

Almost anything works as a pizza topping, including cooked meats and vegetables. If you have food that is reaching its use by date and are struggling to know what to use it with, peppers, tomatoes, onions and even *pineapple* can be ideal pizza toppings!



# TUNA SALAD

Serves: 2

Time: 5 mins

## Ingredients

---

*1 romaine lettuce, roughly chopped*

*400g can of chopped tomatoes*

*140g/160g of tinned tuna in water*

*½ a bell pepper, chopped*

*1 carrot, diced (optional)*

*Grated cheese (optional)*

*1 tbsp of hummus (optional)*

## Method

- i. Add the lettuce, bell pepper, chopped tomatoes, hummus and carrot to a medium-sized bowl.
- ii. Drain the tuna and add to the bowl. Using a fork, mix ingredients making sure you separate the tuna chunks.
- iii. Sprinkle with cheese and serve.

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## Top Tip!

Instead of chopping the lettuce, you can always use the romaine lettuce leaves as wraps and fill them with the rest of the ingredients for a healthy twist.





**DINNER**

# KIDNEY BEAN CURRY

*Vegetarian and Vegan*

*Serves: 3*

*Time: 25 mins*

## **Ingredients**

---

*1 tbsp of olive oil*

*1 onion, chopped*

*2 garlic cloves, finely  
chopped*

*400g can of chopped  
tomatoes*

*400g can of kidney beans*

*¾ cup of rice (basmati  
recommended)*

*1 tsp of cumin*

*1 tsp of paprika*

*1 tsp of turmeric (optional)*

*1 tsp of garam masala  
(optional)*

## **Method**

- i. Heat the oil in a large frying pan on medium heat. When hot, add the onion and a pinch of salt then cook until onions start to turn translucent, stirring regularly.
- ii. While onions are cooking, cook the rice according to packet instructions.
- iii. Add garlic to the onions and cook for a further 2 minutes.
- iv. Add the cumin, paprika, turmeric and garam masala to the pan and cook for another minute. Then add the chopped tomatoes and kidney beans (drained or undrained, your preference).
- v. Bring to a simmer for 15 minutes or until the curry is thick.
- vi. Remove the curry from heat and serve with rice.

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## **Top Tip!**

Herbs and spices such as cumin are very irregular, cheap purchases which last a long time and work well in numerous recipes - a worthwhile investment!

## Method

- i. Drain and rinse the kidney beans, put them in a saucepan and cover with water. Bring to boil for 10 minutes to soften.
- ii. Heat 1 tbsp of oil in a frying pan on low heat and add the onion, carrot and cumin until onions and carrot soften.
- iii. Once the kidney beans have softened, remove from heat and drain the water. Then add the onion, carrot and cumin into the saucepan. Mash together until you have a mashed potato-like consistency.
- iv. Heat a second tbsp of oil in the frying pan on medium heat. Take a quarter of the mixture and roll into a ball, using flour to stiffen the mixture if necessary. Repeat this 3 more times then place the four balls in the frying pan, gently flattening them with a fork. Depending on your pan size, you might have to cook the patties in batches.
- v. Cook for a few minutes on each side before turning. When cooked and slightly crispy on both sides remove carefully (they will be quite fragile) and serve in a bun.
- vi. These are best served with mango chutney or sweet chilli sauce, but work well with anything.

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### Top Tip!

These will keep in the fridge for up to two days, but can easily be frozen and reheated to enjoy at a later date.

# BEAN BURGER

*Vegetarian and Vegan*

*Serves: 2*

*(2 burgers each)*

*Time: 30 mins*

## **Ingredients**

---

*2 tbsps of olive oil*

*1 small onion, chopped*

*1 large carrot, grated*

*1 tsp of cumin*

*400g tin of kidney beans*

*1 tbsp of flour (optional)*



# SIMPLE TOMATO SOUP

*Vegetarian*

*Serves: 1-2*

*Time: 60 mins*

## **Ingredients**

---

*4 tbsps of salted butter*

*½ a large onion, cut into  
large wedges*

*400g can of tinned  
tomatoes*

*(peeled or chopped)*

*1 ½ cups of water or  
vegetable stock*

*1 tsp of salt*

*1 tsp of pepper*

*1 tsp of sugar (optional)*

## **Method**

- i. Melt the butter in a large saucepan over medium heat.
- ii. Add the onion wedges, water/stock, chopped tomatoes and sugar and bring to a simmer.
- iii. Cook uncovered for 40 minutes, stirring occasionally.
- iv. Allow soup to cool slightly, then transfer it to a blender and blend until nearly smooth.
- v. Eat plain, sprinkle with cheese or enjoy with bread!

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## **Top Tip!**

This soup is a great way to use up vegetables! If you have spare carrots or celery, dice them up and throw them in to add some great flavour to your soup.

# TOMATO & MOZZARELLA GNOCCHI

*Vegetarian*

*Serves: 2*

*Time: 45 mins*

## **Ingredients**

---

*1 tbsp of olive oil*

*½ an onion, chopped*

*1 garlic clove, finely  
chopped*

*400g can of chopped  
tomatoes*

*500g pack of gnocchi*

*125g ball of mozzarella*

*1 tsp of salt*

*1 tsp of pepper*

## **Method**

- i. Preheat the oven to 180C.
- ii. Heat the oil in a frying pan on medium heat, add the onion and cook at medium heat until the onion starts to soften. Add garlic and fry for a minute, then add the chopped tomatoes, gnocchi, salt and pepper. Stir together and bring to a simmer.
- iii. Leave for 15 minutes, stirring occasionally until the gnocchi is soft and the sauce is thick.
- iv. Transfer the gnocchi to an ovenproof dish, then tear the mozzarella into chunks and scatter on top.
- v. Bake in the oven for 10-15 minutes until cheese is bubbling and golden.

---

## **Top Tip!**

Pasta is often seen as a staple of a student diet - gnocchi can help mix things up and bring new flavours to your dish.



# SPAGHETTI CARBONARA

Serves: 2

Time: 20 mins

## Ingredients

---

1 tbsp of olive oil

3 egg yolks

200g of wholemeal  
spaghetti

1 garlic clove, finely  
chopped

2 slices of bacon, diced

¼ cup of parmesan, grated

1 tsp of pepper

½ tsp of salt

## Method

- i. Cook spaghetti according to packet instructions, leaving some pasta water for later.
- ii. While spaghetti is cooking, whisk together the egg yolks and parmesan and set aside.
- iii. Heat the olive oil in a frying pan and add the bacon. Cook for 6-8 minutes, stirring frequently, until brown and crispy, then add the garlic and cook for a minute on low heat.
- iv. Once the spaghetti is cooked, leave the frying pan on low heat the lift the spaghetti into the pan using tongs.
- v. Take the frying pan off heat, then add and egg mixture. Working quickly, gently toss and combine the ingredients together, coating the spaghetti in the egg mixture. Make sure you allow the egg mixture to thicken, but not scramble. Add leftover pasta water 1 tbsp at a time until the consistency is glossy and smooth.
- vi. Season with salt and pepper, then serve.

---

## Top Tip!

You can switch the bacon for pancetta or sausage for another delicious variation, just make sure you properly cook the meat before adding the spaghetti and eggs!



# CHICKEN FAJITAS

Serves: 2

(2 fajitas each)

Time: 25 mins

## Ingredients

2 tbsps of olive oil  
1 tsp of cumin  
1 tsp of chilli powder or  
flakes  
1 tsp of paprika  
½ tsp of salt  
½ tsp of pepper  
2 tps of lemon juice  
1 onion, chopped into  
large, thick strips  
2 bell peppers (any colour),  
sliced into strips  
2 large chicken breasts,  
sliced in thin strips  
4 wholemeal tortillas  
Salsa (for filling, highly  
recommended)  
Sour cream (for filling,  
highly recommended)  
Guacamole (for filling,  
highly recommended)

## Method

- i. Preheat the oven to 200C.
- ii. Mix the oil, cumin, chilli powder/flakes, paprika, lemon juice, salt and pepper in a large bowl.
- iii. Marinate the chicken strips in the mix, making sure each piece is covered. Then add the onions and bell peppers and stir.
- iv. Line a baking tray with foil, then empty the entire contents of the bowl onto the tray, spreading out the pieces evenly.
- v. Cook on the middle shelf of the oven for approximately 15 minutes, until the chicken has cooked through. Slice open one of the largest pieces of chicken to check the meat is thoroughly cooked. If not, cook for a further few minutes and then check the chicken again. If necessary, remove the vegetables so they don't burn.
- vi. Fill tortillas with the fajita mix and any other optional fillings like salsa and sour cream and wrap tightly.

---

## Top Tip!

To make burritos instead, simply add cheese, cooked rice and beans to your wraps! Remember to reduce your portion size though, 1 burrito feeds 1 person.



**FLAT  
DINNER**

# PAELLA

## Method

- i. Heat the oil in a large frying pan on low to medium heat. Once hot, add the garlic and peppers and cook until the peppers are slightly softened, stirring continuously to avoid burning the garlic.
- ii. Stir in the chopped tomatoes and cook for a further 5-10 minutes, stirring occasionally.
- iii. Add the rice and cook for 1 minute.
- iv. Add the vegetable stock, peas, turmeric, paprika and salt & pepper (if desired). Stir the mix and cook on medium to high heat until the rice is cooked, about 15-20 minutes.
- v. Serve. Squeeze a lemon wedge over each portion for extra flavour.

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## Top Tip!

Paella is often made with seafood such as prawns, as well as chorizo and chicken. Why not try for yourself? Just make sure your seafood and chicken are properly cooked! You can also add whatever vegetables you want!

*Vegetarian and Vegan*

*Serves: 3-4*

*Time: 45 mins*

## Ingredients

---

*2 tbsps of olive oil*

*3 garlic cloves, finely  
chopped*

*1 bell pepper, chopped*

*1 400g can of chopped  
tomatoes*

*½ cup of frozen peas*

*1 ¼ cups of basmati rice*

*900ml of vegetable stock*

*2 tsps of turmeric*

*1 tsp of hot paprika*

*Salt & pepper to taste*

*1 lemon, sliced into  
wedges (optional)*



# TOMATO & PEPPER FRITTATA

*Vegetarian*

*Serves: 4*

*Time: 60 mins*

## Method

- i. Preheat the oven to 180C.
- ii. Line a deep 20cm baking tin with baking paper if it has a loose bottom.
- iii. Heat oil in a frying pan on low heat. Add the onions and cook for a minute, then add the bell peppers and cook until the onions are translucent and the bell peppers begin to soften, stirring continuously.
- iv. Whisk the eggs in a jug. Then place the onions and bell peppers into a bowl with the eggs, cottage cheese, salt and pepper. Mix together.
- v. Tip mixture into the baking tin and top with the tomatoes. Bake for approximately 45 minutes on the middle shelf of the oven, until the frittata is set throughout and starts to puff up.
- vi. Serve in quarters, hot or cold.

## Ingredients

---

- 1 tbsp of olive oil*
- 6 eggs*
- 1 onion, chopped*
- 1 red bell pepper, chopped*
- 300g of natural cottage cheese (low fat)*
- Handful of cherry tomatoes, sliced in half*
- 1 tsp of salt*
- 1 tsp of pepper*

---

## Top Tip!

Try serving with a side salad. A large salad is easy to make in one big bowl and dish out among your flatmates!

# PASTA BAKE

*Vegetarian*

*Serves: 4*

*Time: 40 mins*

## **Ingredients**

---

*1 tbsp of olive oil*

*1 garlic clove, finely  
chopped*

*400g tin of chopped  
tomatoes*

*½ an onion, chopped*

*150g of pasta (penne works  
best)*

*1 cup of frozen peas*

*1 bell pepper, chopped*

*1 tsp of mixed herbs*

*1 tsp of salt*

*1 tsp of pepper*

*Cheese of your choice*

*(mozzarella and/or grated  
cheddar work best)*

## **Method**

- i. Preheat the oven to 180C and begin to cook pasta according to packet instructions.
- ii. Whilst pasta is cooking, heat the oil in a frying pan on low to medium heat. When hot, add the onions and garlic, stirring continuously for 3 minutes. Add bell pepper and cook until the onions are soft and translucent, stirring continuously.
- iii. Add the chopped tomatoes and mixed herbs. Simmer and stir occasionally for 5-10 minutes.
- iv. Once pasta is cooked, drain and add the vegetable sauce and frozen peas. Mix well until pasta is well covered in sauce.
- v. Transfer the mix into an oven-proof dish and sprinkle with cheese, covering the top. If using mozzarella, roughly tear and scatter on top.
- vi. Bake for around 20 minutes or until golden brown and bubbling.

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## **Top Tip!**

Ideal to serve with a leafy salad or garlic bread.

# SPAGHETTI BOLOGNESE

Serves: 3

Time: 40 mins

## Method

- i. Heat 1 tbsp of oil in a very large saucepan on medium heat. When hot add the onion and garlic for 3-4 minutes, stirring continuously. Then add 1 tbsp of oil and the carrot and cook until onions start to soften, stirring continuously.
- ii. Add the mince and cook until all of the mince has browned, stirring regularly. Then add the mushrooms and cook for a further 2 minutes.
- iii. Begin to cook the spaghetti according to packet instructions, then drain when cooked.
- iv. Stir in the chopped tomatoes, tomato purée, dried oregano, beef stock, salt, pepper, wine and sugar. Allow the bolognese to simmer on medium heat for 20-25 minutes until the sauce is thick, stirring occasionally.
- v. Serve the spaghetti then spoon bolognese on top. Sprinkle with parsley.

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## Top Tip!

This recipe can easily be made to serve a larger group. Double up your quantities to serve 6 people, but allow extra time for more ingredients to cook. You may need to use more than one pan!

## Ingredients

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- 2 tbsps of olive oil*
- 250g of wholemeal spaghetti*
- 250g of beef mince (the leaner the better, recommended 10% fat or less)*
- 400ml of beef stock*
- 400g tin of chopped tomatoes*
- A handful of mushrooms, sliced*
- 1 large carrot, grated*
- 1 small onion, chopped*
- 2 tbsps of tomato purée*
- 1 tsp of dried oregano*
- 1 garlic clove, finely chopped*
- Salt and pepper (to taste)*
- 75ml red wine (optional)*
- ½ tsp of sugar (optional)*
- Handful of chopped parsley (optional)*

# VEGETABLE HOT POT

*Vegetarian*

*Serves: 4*

*Time: 105 mins*

## **Ingredients**

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*2 tbsps of olive oil*

*1 small tbsp of butter  
(melted)*

*1 onion, chopped*

*1 tbsp of flour*

*3 carrots, thickly chopped*

*2 tsps of mixed herbs*

*525ml of vegetable stock*

*400g can of green lentils*

*400g can of butter beans*

*2 large/3 medium baking  
potatoes, peeled and thinly  
sliced*

*1 tsp of salt*

*1 tsp of pepper*

## **Method**

- i. Preheat the oven to 200C.
- ii. Heat 1 tbsp of olive oil in a frying pan on low to medium heat and add the onions. Cook for 5 minutes, then turn to low heat and add a second tbsp of olive oil, the carrots and the flour. Stir together and cook for a further 30 seconds.
- iii. Stir in the vegetable stock and heat for around 10 minutes until the mix has thickened.
- iv. Drain the cans of lentils and butter beans, then stir in the lentils, butter beans and mixed herbs. Simmer for around 10-15 minutes until the vegetables begin to soften, stirring occasionally. Then pour into a small to medium-sized casserole dish.
- v. Toss potatoes in a bowl with the melted butter, salt and pepper, making sure all the potato slices get covered in the butter. Arrange the potato slices on top of vegetables in the casserole dish, so you can no longer see the vegetables. Cover and place in the oven for 20 minutes.
- vi. Uncover and cook for an extra 55 minutes, or until golden brown on top.
- vii. Leave to settle for 5 minutes, then quarter and serve.

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## **Top Tip!**

Hot Pots are very hearty meals which are ideal for cold days. Make sure you bring your appetite to the table!







Co-created by Lucy Stockdale and Lydia Taylor, ResLife Interns 2018