

Calendar Cookbook



*You can substitute
any meat ingredient
in this calendar for a
vegetarian/Vegan option.*



All recipes in this calendar were designed to be budget friendly and were created by BU BSc Nutrition students Dominique Cator-Knight, Emily Dance and Gavin Lording

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Food Safety Tips

Chill your food safely

Using a thermometer for the fridge, make sure that it is at a temperature of 5°C or less. The freezer should be at a temperature of -18°C.

Defrost food in the fridge or, if it needs to be done more quickly, use the defrost button on the microwave just before cooking the product. Consume within 24 hours of defrosting.

Hot foods that need to go back in the fridge need to be cooled as quickly as possible at room temperature and once cool should be put in the fridge within 1-2 hours.

Do not put open cans in a fridge.

Cook your food safely

When cooking turkey, chicken, duck, pork, or minced meat products such as burgers, sausages and kebabs, ensure the juices run clear and that there is no pink meat.

Do not reheat any type of food more than once.

Wash your fruits and vegetables before using with fresh cold water, not using soaps.

Do not wash any raw meat.

Cool leftover rice as quickly as possible. Do not reheat it if it has been in the fridge for more than 24 hours and when you do reheat it, make sure it is steaming hot.

Do not leave your food unattended while it is cooking.

Food hygiene tips

Wash all boards, knives and utensils that have been used (especially raw meats, poultry, and dairy products) thoroughly in hot soapy water this prevents cross contamination.

Wash your hands after touching raw meats, eggs, and dairy to prevent cross contamination. If you don't it could cause food poisoning.

If you have any cuts on your hands, use a plaster to stop bacteria spreading from your hands to the food.

Wear suitable clothing so that you don't burn yourself when cooking for example, use oven gloves when taking things out of the oven.

Grab and go Recipes

Eggs

Serves 1
Approximate cost per portion: £0.38-£0.70

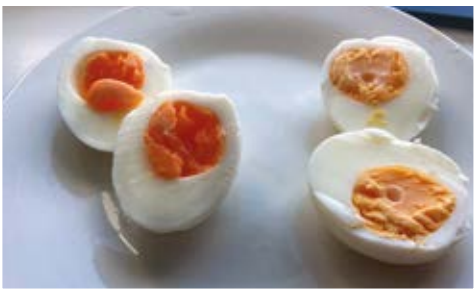
Ingredients

- | | |
|------------------|-------------------------|
| Eggs | Spring onion (optional) |
| Salt (optional) | Spinach (optional) |
| Toast (optional) | |

Health benefit:
Contains almost all essential vitamins and minerals.
Eggs great source of protein.

Method (boiled)

- Place water in saucepan, you need enough that would fully submerge an egg.
- Place saucepan on the hob, and heat until water is boiling.
- Place eggs into the water carefully. Set a timer 4-5 mins for soft/runny, 6-7 mins for medium, 8-10 mins hard boiled. Place in cold water after to stop it cooking further.
- Either crack top and enjoy with toast or peel the shell off by gently tapping egg on countertop for whole boiled egg.



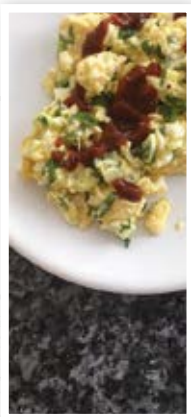
Method (poached)

- Place water in saucepan, you need enough that would fully submerge an egg.
- Place saucepan on the hob, and heat until water is boiling.
- Crack egg into a cup or container.
- Spin the water creating a vortex in the saucepan using a kitchen utensil and place egg in centre, dropping egg as close to water as possible.
- Leave in there for 3-5 mins depending on how well cooked you want your egg.
- Bring egg out and drain, dab with kitchen roll and serve.



Method (scrambled)

- Crack 2 eggs into a measuring jug.
- Slice spring onion and thinly slice spinach then place into the jug, with salt and pepper.
- Place a teaspoon olive oil into pan, then empty jug into frying pan.
- Leave still for 30 seconds after keep the scrambled egg moving around the pan, lifting any stuck parts from pan back into the mixture.
- After 3-6mins, remove from the heat and serve.



Porridge oats with peanut butter honey and fruit

Serves 1
Approximate cost per portion: £0.90

Ingredients

- | | | |
|--|--------------------|------------|
| 1 tsp smooth peanut butter (no palm oil) | Honey | Chia seeds |
| Rollled porridge oats | Frozen blueberries | Banana |
| | Water | |

Method

- Pour 1 cup of oats into a microwaveable bowl and add 1 cup of water
- Add 3 tbsp of honey and 1 tbsp of smooth peanut butter, give it a stir
- Microwave for 2 minutes
- Remove and stir well, add chia seeds frozen blueberries, and chopped banana (add a square of chocolate to make it a bit sweeter)



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September 2022

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Vegan Tacos

Serves 4
Approximate cost per portion:
without chicken or chicken
alternative £1.15



Ingredients

Black beans and corn	Pico de gallo	½ tsp onion granules
1 tin of black beans (400g)	2 medium tomatoes	Salt to taste
1 tin of sweetcorn (150-200g)	½ red onion	To serve
1 tbsp olive oil	½ lime	3-4 small tortillas per person
½ red onion	Pinch of salt	1 head of romaine
½ tsp chilli powder	Small handful of coriander	Optional- for more meaty texture add fake chicken strips
1 tsp garlic granules	Guacamole	
1 tbsp tomato puree	1 ripe avocado	
Salt and pepper to taste	½ lime	
	½ tsp garlic granules	

Method

If using chicken or fake chicken cook first according to packet instructions.

Black beans and corn

1. Drain and rinse the black beans, then just drain the corn, and set aside. Dice the ½ red onion and set aside.
2. Bring a pan to a medium heat and add a tbsp of olive oil then the red onion and fry for 4-5 minutes or until translucent.
3. Then add the black beans and the corn alongside the chilli powder, garlic granules, tomato puree, salt, and pepper to taste and cook for 10 minutes then take off the heat and set aside.

Pico de gallo

1. Wash to tomatoes then dice them and the red onion and place into a bowl.
2. Add the juice of half a lime, salt and coriander chopped finely and mix well and set aside.

Guacamole

1. Cut the avocado in half lengthways and scoop out the insides with a spoon, take care when cutting around the stone.
2. Mash the avocado in a bowl with a fork, then add the juice of ½ lime, garlic granules, onion granules and a pinch of salt.
3. Mix well and set aside.

To serve

1. Wash and cut the lettuce into thin strips, then serve the beans and corn, pico de gallo, guacamole, meat/fake meat (if using) in the tortillas and enjoy.
2. Add Sriracha for a spicy addition.

Overnight Oats

Serves 1
Approximate cost per portion:
(made using almond milk) £1.00



Ingredients

45g oats	1 tbsp maple syrup or sweetener of choice	80g strawberries or fruit of choice
100ml milk of choice		

Method

Prepare the overnight oats the night before or at least 2 hours before consuming.

1. Add the oats, milk and maple syrup to a glass, jar or bowl and mix well.
2. Place in the fridge and leave to sit overnight or for at least 2 hours.
3. Wash and cut off the stems of the strawberries, then cut them in half and add on top of the overnight oats and enjoy.

Health tip

Add in a tablespoon of chia seeds in the oats for extra fibre, protein, and omega-3 fatty acids.

October 2022

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Green Thai Curry

Serves 4
Approximate cost per portion:
 50g dried brown basmati rice per person £1.58



Ingredients

Olive oil	1 can of coconut milk	200-400g tofu block
1 medium aubergine	1 tbsp soy sauce	1 tbsp cornflour
100g tenderstem broccoli	1 lime	
100g pak choi	Salt and pepper	
Thai green curry paste	Rice of choice or microwave rice	

Method

Tofu

1. Drain the tofu from the packet, place in between 2 tea towels and place 2 heavy books on top and leave for at least 5 minutes, preferably 10-15.
2. Once pressed, cut the tofu into 2 cm cubes and place into a bowl. Add the cornflour, 1 tbsp olive oil and a sprinkle of salt and pepper then mix well.
3. Add a tablespoon of oil into a pan on medium-high heat and add the tofu, fry until golden then remove from the pan and set aside.

Preparing the vegetables

1. Wash all the veg and pat dry with kitchen roll.
2. Cut off the stem of the aubergine and cut it into 2cm cubes.
3. Trim off the edges of the broccoli
4. Cut off the stem of the pak choi and slice each leaf half lengthways.

Curry

1. Cook the rice according to packet instructions (50g dry rice per person), or if using microwave rice cook at the end.
2. Add 1 tbsp of olive oil to a wok or pan and heat the oil up. Add the aubergine with a sprinkle of salt and pepper then stir for 2 minutes.
3. Then add 2 heaped tbsp of green Thai curry paste, the can of coconut milk, soy sauce and the juice of the lime and mix well. Turn up the heat slightly, add a lid and let simmer for 6 minutes.
4. Add the tenderstem broccoli, stir and cook for a further 3 minutes, then add the pak choi and cook for a further 2 minutes. Then add the tofu block and gently stir and further season with salt and pepper to taste.

To serve

Serve the curry over your chosen rice and enjoy!

Fruit jelly

Serves 2
Approximate cost per portion:
 £1.10-1.90 (varies with fruits used)



Ingredients

1 sugar free jelly packet
 250-350gs mixed fruit at least 2 different types. Strawberries, blueberries, raspberries, grapes and mango all taste great! Avoid using pineapple, kiwi or papaya as these fruits contain enzymes that break down the jelly and prevent it from setting.

Method

1. Make jelly as directed on the packet, however before placing in refrigerator wash then chop fruits then place in a container.
2. Pour jelly over the top of the fruit and place in the refrigerator to set for 3-4 hours, if smaller moulds are used it may be quicker.

Health benefit:
 Easy to get 2
 of your 5 a day

Health Tip

If you struggle to exercise, walking is an easy and free way to move your body, try walking with some music or chatting with a friend, aiming for 10,000 steps a day.

Do not leave cooking unattended

november 2022

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Cheesy vegetable bake

Serves 1
Approximate cost per portion: £1.56



Ingredients

250ml of your milk of choice 10gs/1 tablespoon cornflour 2gs/1 teaspoon turmeric
100gs broccoli 20gs mature cheddar cheese 1tsp cornflour
100gs cauliflower 2gs/1 teaspoon paprika

Method

1. Preheat oven to 200/180 fan/gas mark 6.
2. Place water in a saucepan then onto hob medium-high. Chop cauliflower and broccoli, cut the florets off the main stem, cut any extra-large florets in half. Once the water is boiled add vegetables to water for 10mins, after this drain the water away.
3. Add 200ml of the milk (leaving about 50ml) to a saucepan on medium-high heat for 5mins. Add cornflour to the remaining 50ml of milk and stir with a fork until there is no lumps. Add this slowly into the saucepan and keep stirring. As you stir whilst it's heated it will thicken, stop stirring once this has happened. Add the paprika and turmeric into the sauce.
4. Place vegetables into an oven dish, then pour the sauce over the top, move the vegetables to ensure they are evenly covered.
5. Spread the cheese on top and cook in oven for at least 10 mins, cook for longer if you want a crispy top.

Health benefit:
2 of your 5 a day
Turmeric is a well-known antioxidant

Speedy Home-made Granola

Serves 6-8
Approximate cost per portion: £0.35 (for 8 servings)



Ingredients

2 tbsp olive oil 1 tsp cinnamon 60g dried cranberries
200g oats 60g flaked almonds Serve with yogurt or milk and fruit of choice.
Pinch of salt 80ml maple syrup or syrup alternative

Method

1. Bring a pan to a medium heat and add the olive oil to warm up then add the oats, salt, almonds, and cinnamon and turn the oven down to a medium-low heat and stir for around 10 minutes, be careful not to burn the oats.
2. Once toasted, add the maple syrup, and stir for another 5 minutes.
3. Remove from the heat and let cool down then add the cranberries and store in an airtight container for up to 2 weeks.
4. Give the container a good shake before serving as the granola can stick together.

Health Tip

If you are vegan or vegetarian, it is recommended to take a b12 supplement as this nutrient is mostly found in meat products.

December 2022

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
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Salmon and mixed vegetable stir fry

Serves 1
Approximate cost per portion: £2.40



Tuna pasta bake

Serves 2
Approximate cost per portion: £1.65



Ingredients

½ cup rice **please change to: 65g rice**
Soy sauce
1 ½ cups of mixed frozen veg (broccoli, carrots, peas)
1 salmon fillet
Honey
Olive oil

please change to: 190g mixed ...

Method

- Pre heat the oven to 180°C
- Measure ½ cup of brown rice and put into a saucepan, then add ¼ of water. Boil on a high heat for 20-25 minutes.
- Line a baking tray with foil and place 1 salmon fillet skin down in the middle of the baking tray. Drizzle a tbsp of olive oil over the top. Fold the foil over to ensure no oil or heat can escape and pop it in the oven on the middle shelf. Bake the salmon for 15-20 minutes. After 10 minutes in the oven take the salmon out and drizzle a tsp of soy sauce and a tbsp of honey onto the top. Pop it back into the oven for the remaining time.
- Put your frozen vegetables in a saucepan and add around ½ the pan of water. Boil on a high heat for 10-15 minutes. Keep checking by putting a fork through the veg after 5 minutes of boiling as soon as it seems soft turn the heat off and drain the water out of the saucepan using a colander.

Equipment

Baking tray
2 saucepans
Frying pan
Foil
Spatula or something similar
Colander
Rice drainer or sieve

- Add 2-3 tbsp of olive oil to a frying pan. Drain the water from your rice once it is done and add to the frying pan on a medium to low heat. Add the cooked vegetables to the mix in the frying pan and drizzle a tbsp of olive oil over the top. Fry for 3-4 minutes until some of the oil looks soaked in.
- Finally take your salmon out of the oven and check it is cooked by putting a fork through the middle. It should be easy to break apart and piping hot.
- Add your rice mix to your plate and place your salmon on the top.

Ingredients

170gs (dry) pasta
145gs/1 can tuna in water
180gs broccoli
400gs/1 can
chopped tomatoes
100gs low fat soft cheese
120gs/1 onion
80gs/½ can sweetcorn
3gs/1 ½ teaspoons Italian mixed herbs
5gs/1 teaspoon/clove garlic
5gs/1 teaspoon olive oil
50gs mature cheddar cheese
1 slice of bread (optional)

Method

- Place pasta in a saucepan filled with boiling water and continue to boil for about 10-12mins (check instructions on packet). Chop the broccoli into small florets and add into the water about half way.
- Slice onions and garlic then place in frying pan until onions are soft (5-10mins).
- Add chopped tomatoes to frying pan and then add the mixed herbs and stir. Then stir the soft cheese.
- Drain the broccoli and the pasta, add them to a deep baking tray with the sweetcorn, then pour the sauce over the top. Stir to spread the sauce.
- Take the slice of bread and use a grater over the top to create a breadcrumb.
- Grate the cheese on top.
- Place under the grill on a medium heat for 3-5 minutes, keep an eye you want to remove it when the breadcrumbs go brown.

Health benefit:
High in protein
Contains lots of B vitamins (including B12)

Health Tip

You should aim for at least 5 different portions of fruit and vegetables every day. If you drink them (smoothies, fruit juices etc), it can only count as 2 of your 5 even if it's a 5 veg smoothie!! So, make sure you're eating a varied diet with plenty of fresh food.

Do not leave cooking unattended

January 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Bean stuffed peppers

Serves 2
Approximate cost per portion: £1.55

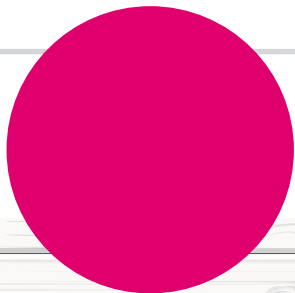


Ingredients

2 bell peppers (320gs roughly)	100gs/¼ can chopped tomatoes	2gs/1 teaspoon chilli powder (more if you like it spicy!)
120gs/1 onion	50gs cheese	2gs/1 teaspoon cumin
70gs mushrooms	5gs/1 teaspoon/ a clove of garlic	2gs/1 teaspoon paprika
120gs (drained)/ ½ can kidney beans		5gs/1 teaspoon olive oil

Method

- Preheat oven to 190/170 fan/gas mark 5
- Slice mushrooms, onions and garlic then add to saucepan with olive oil for 5 mins.
- Add beans and the tomatoes to the saucepan followed by the chilli, cumin and paprika. Squish some of the beans and keep some whole.
- Allow to simmer for 5 minutes, in the meantime, slice bell peppers in half removing the seeds and stems then place in the oven for 10 mins, turn half way.
- Remove from oven and spoon the mixture from the saucepan into the peppers and grate the cheese on the top.
- Return to the oven for 10mins then remove. Tastes amazing with a salad!



Health Tip

It's important to take breaks even when studying. Plan break times in your day to ensure you can stay focussed and happy, maybe meet up with a friend who is doing the same.

Spicy Penne Arrabiata pasta with a side salad

Serves 4
Approximate cost per portion: £0.44 without cheese



Ingredients

Pasta	1 tsp mixed Italian herbs	Side salad
2 tbsp olive oil	250g dried pasta (wholewheat penne works well)	½ cucumber
2 cloves of garlic or 1 tbsp garlic paste	1 tbsp sugar	½ red onion
Salt and pepper	50g cheese (optional)	2 salad tomatoes
½ tsp red chilli flakes		Salt and pepper
1x 400g can chopped tomatoes		1 tsp olive oil
		1 tbsp balsamic vinegar

Method

- | | |
|--|---|
| Pasta <ol style="list-style-type: none"> Add the pasta to a pot of boiling water and boil for 10-14 minutes depending on packet instructions. Peel and chop the garlic into small pieces or use a garlic press if you have one. Bring a pan to a medium heat and add 2 tbsp olive oil. Add the cloves of garlic or paste with the red chilli flakes and stir frequently for 3-4 minutes. Then add the can of chopped tomatoes, Italian herbs and salt and pepper to taste and let cook for 10 minutes, add the sugar, and cook for a further 5 minutes. Once the pasta has finished cooking, save a 1/3 cup of the pasta water, and add to the sauce, then drain the pasta and add to the sauce and leave to cook for a few minutes on a lower heat. | Salad <ol style="list-style-type: none"> Wash the cucumber and tomatoes and peel the onion. Cut the cucumber into quarters then into slices, the tomatoes into cubes and red onion into thin slices. Add the vegetables into a bowl and add the olive oil, balsamic vinegar and salt and pepper to taste and mix well. Serve the pasta with cheese if desired and the side salad. |
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February 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Pancake Day (Shrove Tuesday)	22	23	24	25	26
27	28					

Homemade beans on toast

Serves 2
Approximate cost per portion: £0.82
Time: 15-20mins



Ingredients

400g tin of mixed beans in water	5gs or 1 teaspoon tomato puree	5gs or 1 teaspoon Olive oil
200g or half a can chopped tomatoes	2gs or 1 teaspoon paprika	50gs spinach
120gs or 1 whole onion	1g or ½ teaspoon chilli powder (or more to taste!)	Seeded bread
		Black pepper
		Salt

Method

1. Slice onion then add to saucepan with teaspoon of olive oil cook for 5mins.
2. Add paprika to saucepan stir, after 1 minute add chopped tomatoes, chilli powder and stir.
3. While that's simmering, open can and drain all the water out from the beans, then add to saucepan.
4. Leave on low-medium heat for 5 mins then add tomato puree, leave for another 5.
5. Now is a good time toast your bread.
6. Pop your spinach in the pan stir into sauce should wilt within a few minutes. If you're going to store some for later, take it out before adding spinach.
7. Place bread on a plate with beans on top.

Health benefit:
Source of fibre
High in protein

Health Tip

Stretching and deep breathing is a great way to improve your mood, try to get these into your routine, there are lots of videos and local classes to help.

Sushi bowls

Serves 2
Approximate cost per portion: £0.96 without protein or seaweed thins



Ingredients

150g sushi rice	60g frozen edamame
2 tbsp rice vinegar	1 tbsp soy sauce
1 tbsp sesame seeds	Protein of choice (optional) e.g., salmon, chicken, tofu.
½ cucumber	1 pack of seaweed thins (optional)
1 carrot	

Method

Sushi rice

1. Make the sushi rice according to packet instructions.
2. Leave to cool once cooked and add 2 tbsp rice vinegar and fold in then set aside.

Prepare the vegetables

1. Wash the vegetables well, slice the cucumber using a peeler into long strips or cut into slices.
2. Slice the carrot using a peeler into long strips or cut into thin strips.

Edamame

1. Boil the edamame in boiling water according to packet instructions.

Assembling the bowl

1. Add a layer of sushi rice to the bottom of your bowl.
2. On top, add the cucumber, carrot, edamame, protein choice (if desired), and seaweed thins (if using).
3. Sprinkle sesame seeds over the top and add soy sauce over the top.

Health Tip

Creating a night time routine which can help you relax and can help improve your sleep, this can include winding down at a similar time each night, reducing light sources or reading a book.

March 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Homemade Courgetti with sauce

Serves 1
Approximate cost per portion: £0.90



Ingredients

160gs/1 courgette	200gs/½ a can chopped tomatoes	2gs/1 teaspoon Italian style seasoning (basil, oregano, rosemary, thyme, and marjoram)
For an easy sauce	5gs/1 teaspoon/ a clove of garlic	Black pepper
60gs/½ an onion		2.5gs/½ teaspoon olive oil
60gs/1 carrot		

Method

Method courgetti

1. Chop the top and bottom of the courgette so it's the shape of a cylinder.
2. Get a vegetable peeler and cut thin slices using the peeler.
3. Get the strips and cut them into a long thin noodle shape.
4. These can be boiled in any sauce (or water) for 5 mins or added into a stir fry for 1-2 mins, if making the sauce no need to pre-cook, the sauce will do that.

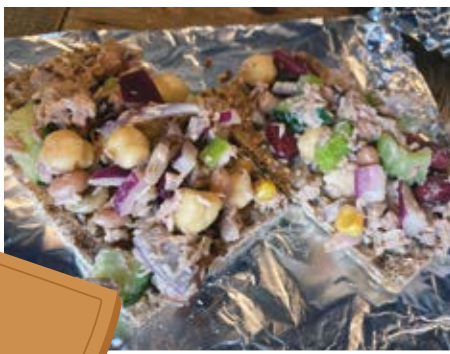
Method (Sauce)

1. Chop onions and garlic and add to saucepan with olive oil cook medium heat for 5 mins.
2. Add chopped tomatoes and grate the carrot into the sauce, then add the herbs, mix the sauce for 3 mins.
3. Add courgetti into sauce and cook for another 5 mins then serve.

Health benefit:
Low in calories

Bean salad and tuna on crackers

Serves 2
Approximate cost per portion: £1.75



Ingredients

1 tin of mixed bean salad	Red pepper	Crackers
1 small tin of kidney beans	Balsamic vinegar	Mayonaisse
Red onion	1 tin of tuna	Celery
Sweetcorn	Riveta wholegrain seeded	

Method

1. Empty ½ a tin of mixed bean salad into a colander, add ½ of kidney beans and rinse with water, then add them to a bowl.
2. Chop red onion and pepper into small pieces and add to a bowl. Add half a tin of sweetcorn.
3. Chop celery into small pieces and add to the mixture
4. Drizzle balsamic vinegar over the bean salad
5. Drain a tin of tuna and add two tbsp of mayonnaise, stir.
6. Add tuna to the crackers and top with bean salad.

Health Tip

Find someone to talk to about any problems you face, sometimes when you share a problem it reduces it..

April 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1	2
3	4	5	6	7 Good Friday	8	9 Easter Sunday
10 Easter Monday	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Piri chicken stir fry with fried rice, mixed peppers, onion, and peas

Serves 1
Approximate cost per portion: £2.68

Ingredients

½ cup brown rice please change to: 65g brown rice
 ½ red pepper ¼ red onion
 ½ yellow pepper ½ cup of frozen peas
 Olive oil please change to: 65g frozen peas
 Piri piri seasoning
 1 chicken breast
 1 Tsp salt

Method

- Preheat the oven to 200oc gas mark 7
- Line a baking tray with foil and place one chicken breast in the middle, drizzle a tsp of olive oil over the chicken. After this you need to season the chicken breast, take piri piri seasoning and sprinkle a generous amount over the top of the chicken breast so that it almost covers. Wrap the foil over so that the heat can't escape and pop it in the oven on the middle shelf. Set a timer for 25 minutes.
- Using a mug, measure half a cup of brown rice and put it into a saucepan, add around ¼ of water to the saucepan and put it on the hob on a high heat. This will take 20-25 minutes.
- Using a separate saucepan add ¼ of a cup of frozen peas and add ¼ of water. Boil on a high heat for 8-10 minutes.
- Time to grab your peppers and onion and chop into chunks. Once you have done this add around 2 tbsp of olive oil to a frying pan. On a medium-low heat, start to fry your peppers and onion, add the peas when they are done.
- As soon as your rice is done drain any excess water away and add the rice to your frying pan with the peppers, onion and peas. Fry for 3-4 minutes. Give it a mix around and add a little drizzle of olive oil. Keep mixing it around every few seconds to ensure it doesn't stick to the pan.
- After your timer has gone off, check your chicken breast by cutting through the middle. Ensure it is piping hot and that the inside is not pink.
- Put your rice mixture onto a plate and put your chicken breast on top.



Nourishing bowl

Serves 2
Approximate cost per portion: made with lettuce, couscous, cucumber, hummus, falafel, simple dressing, cucumber, tomato, and spicy peppers. £1.50

Ingredients

2 cups of salad leaves of choice please change to: 250g
 1 pouch couscous or 100g dry couscous
 2 tbsp hummus
 4 falafel or protein of choice e.g. tofu, chicken, chickpeas, beef or a plant substitute
 Salad dressing of choice- or keep it simple with 1 tbsp olive oil, 1 tbsp balsamic vinegar and 1 tbsp lemon juice
 Vegetables of choice e.g. ½ cucumber, 1 tomato, 2 tbsp sweetcorn etc.
Spicy bell peppers
 1 red bell pepper
 ½ tsp paprika
 Salt and pepper to taste
 1 tsp olive oil

Method

Prepare the vegetables

- Wash the salad and the vegetables.
- Chop the lettuce into bite size pieces, cut the cucumber into slices and chop the tomatoes into 3cm cubes.

Couscous

- To cook the couscous, add 50ml of boiling hot water to the 50g of couscous into a bowl, stir and cover then leave for at least 5 minutes then fluff the couscous with a fork to mix.

Spicy peppers

- Wash the pepper and slice into thin strips then add to a pan on medium heat with a tbsp of olive oil and cook for 5 minutes.

- Add the paprika, salt and pepper to taste and give it a good mix and continue to cook for another 5 minutes until the peppers are a little soft then take of the heat.

Assembling the bowl

- Add the salad leaves to the base of the bowl
- For the simple salad dressing add the olive oil, lemon juice and balsamic vinegar to a bowl or jar and mix well.
- Add the cucumber, spicy peppers, couscous, falafels or other protein choice, tomatoes, and any other vegetables. Then drizzle the salad dressing over the top and add a tbsp hummus in the centre.



May 2023

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Pitta Pizzas

Serves 1
Approximate cost per portion:
 made with vegan cheese, sweetcorn,
 and red bell pepper. £0.78

Ingredients

1-2 wholemeal pitta breads
 2 tbsp tomato puree
 1 tsp garlic puree

Method

1. Preheat the oven to 200 degrees.
2. Place the pitta bread on a large baking tray. Spread the tomato puree and garlic puree over the pitta bread and sprinkle cheese over the top.
3. Wash and cut the vegetables into bite-sized pieces and add to the pitta



30g grated cheese (regular or vegan)
 Your favourite pizza toppings e.g., sweetcorn,
 peppers, mushroom, meat, plant-based protein

Health Tip

If you are vegan or dairy free, it is important to make sure you are getting enough calcium, sources can be found in dark leafy greens, fortified milk alternatives, and pulses like beans and lentils.

Chicken fajita

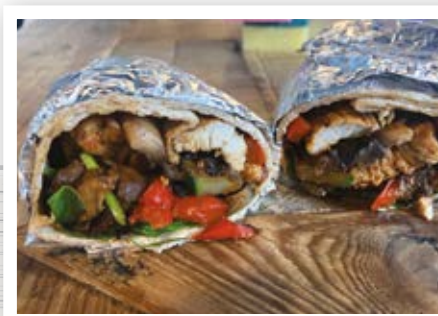
Serves 1
Approximate cost per cookie: £1.60

Ingredients

80gs/½ courgette
 100gs chicken
 (breast, or thigh)
 70gs mushrooms
 70gs/half a bell pepper

60gs/½ an onion
 3gs/1 ½ teaspoon of cumin
 1g/½ teaspoon onion powder
 2gs/1 teaspoon paprika
 1g/½ teaspoon cinnamon

5gs/1 teaspoon olive oil
 Black pepper
 Tortilla wrap or lettuce
 leaves or side salad



Method

1. Chop and slice chicken thighs into strips using a sharp knife, place them in a frying pan, medium-high heat with half the olive oil allow chicken to brown off for 10 mins moving occasionally (make sure you wash your hands and surfaces after dealing with raw chicken).
2. Chop the onion, bell pepper, mushrooms, courgette into slices.
3. Add the onions into the pan then drizzle remaining olive oil on top them. Place the mushrooms, courgette and bell peppers in the pan too. After 3 minutes add all spices stir and add all spices into the pan.
4. Allow the pan to simmer for 10 minutes on a low-medium heat. Then its ready to serve however you decide to eat it.

Health benefit:
 High in protein
 At least 2 portions
 of your 5 a day

Health Tip

It's very important to stay hydrated for your mind, and body. So, make sure you drink 6-8 glasses of water per day, this will help you feel your best.

Do not leave cooking unattended

June 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Scrambled Tofu on Toast

Serves 1
Approximate cost per portion:
 Made with almond milk and wholemeal bread. £1.43

Ingredients

½ block of tofu	½ tsp turmeric	1 tsp garlic granules
1-2 slices of wholemeal bread	½ tsp paprika	2 tbsp milk of choice
Salt and pepper	1 tbsp olive oil	

Method

1. Bring a pan to a medium heat, add a tablespoon of olive oil to warm up.
2. Crumble in the tofu using your hands and fry for 4-5 minutes.
3. Add the turmeric, paprika, garlic granules and salt and pepper to taste and fry for another 4-5 minutes.
4. Then add your milk of choice and stir for 2-3 minutes.
5. Toast your bread and serve the scrambled tofu over the top.

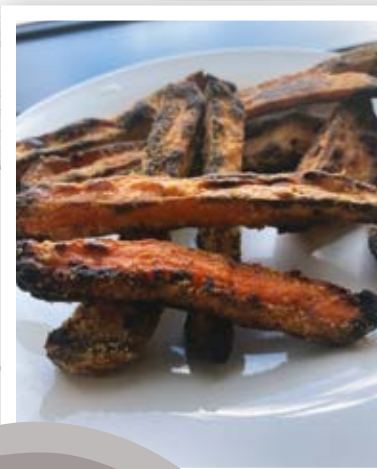


Sweet potato fries

Serves 1
Approximate cost per portion: £0.34
Time: 30-35 mins

Ingredients

Roughly 200gs or 2 small sweet potatoes
 5gs/½ tablespoon cornflour
 7gs/1 ½ teaspoons olive oil
 1g/½ teaspoon paprika
 A pinch of black pepper
 A small pinch of salt



Method

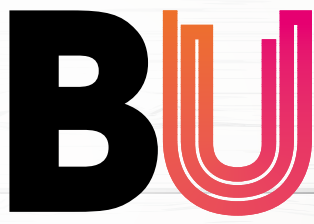
1. Pre-heat the oven to 200C/180C/ gas mark 6.
2. No need to peel, cut into thick slices, (about 1cm) then cut the slices again to resemble chips or fries, try to keep them similar sizes, if you make them thicker, they take longer to cook.
3. Mix cornflour, paprika and a dash of black pepper together.
4. Place sweet potatoes in a mixing bowl, then add the cornflour mix, move them around the bowl to ensure an even coating.
5. Add olive oil into the bowl and ensure it's spread evenly throughout mix, move the bowl to ensure they are all coated.
6. Place them on a baking tray, ensuring they don't overlap, cook in the oven for 15 mins.
7. Remove from the oven and flip each one, then return to oven for another 10-20 minutes, remove from oven as they start to brown.

Health Tip

Switch out white bread, pasta, grains for wholemeal or wholegrain to help increase your fibre intake to help improve satiety.

Health benefit:
 A source of vitamin A, E & C.
 Source of potassium and manganese.
 Good source of fibre

Do not leave cooking unattended



Bournemouth University

July 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
31					1	2
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Kale chips

Serves 1
Approximate cost per portion: £0.35



Ingredients

80gs kale
2gs or 1 teaspoon turmeric
5gs or 1 teaspoon olive oil
Salt

Method

1. Preheat oven to 170/150fan/gas 3.

2. Wash and shred kale using a knife remove some thick parts of stem are removed, then dry the leaves thoroughly with kitchen towel.

3. Place kale into a bowl add olive oil, and mix to ensure kale is evenly covered.

4. Place some kitchen foil on the baking tray (to avoid turmeric stains!), then spread the kale on the foil in a single layer. Sprinkle a pinch of salt and the turmeric on the kale evenly.
5. Place kale in the oven for 5-10 mins until it starts to go slightly dark on edges of leaves.

6. Remove and allow to rest for 1 minute then enjoy.

Health benefit:
High in vitamins
K, C & A

Falafel Wrap

Serves 1
Approximate cost per portion: £1.44



Ingredients

1 wholemeal tortilla
1 tbsp hummus
1 handful of lettuce
¼ cucumber
2-3 falafel
½ medium tomato
Drizzle of sweet chilli sauce

Method

- Vegetable Prep

1. Wash the lettuce, cucumber, and tomatoes.

2. Chop the lettuce finely into strips and cut the tomatoes into 2cm chunks and the cucumber into fine slices.
- Falafels

1. Preheat the oven to 180-200 degrees.

2. Place the falafels on a baking tray and reheat for 5-7 minutes or according to packet instructions.
- Wrap

1. Place the tortilla onto a plate, spread a tbsp of hummus around the wrap and drizzle sweet chilli sauce over as well.

2. Add the lettuce, cucumber, tomatoes, and falafels.

3. Fold in 2 sides of the wrap, bring the bottom flap up and roll over the filling, then continue to roll until all the filling is tucked in.

Health Tip

Don't compare yourself to others, compare yourself to who you were yesterday. Everyone is different, keep working hard and you'll reach your goal.

August 2023

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
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21	22	23	24	25	26	27
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Courgette and egg pitta

Serves 1
Approximate cost per portion: £1.16



Ingredients

1 egg
1 pitta bread
40gs/¼ a courgette
60gs/½ an onion
30gs spinach
25gs mature cheese
5gs/1 teaspoon olive oil
1g/½ teaspoon paprika
1g/½ teaspoon chilli powder
0.5gs/¼ teaspoon onion powder/granules
Black pepper

Method

1. Slice the onion and heat in the frying pan with olive oil for roughly 5mins.
2. While that's cooking, cut the courgette into circular slices, then cut in half or quarters. Add the courgette slices then the chilli powder into the frying pan for 5 mins.
3. Crack the eggs into a cup then mix with a fork, then add paprika, onion powder and black pepper and mix.
4. Add the egg to the frying pan and move to ensure all ingredients are covered.
5. After a few minutes use spatula to free up edges as it starts to set. Grate the cheese on top of the egg, then place it under the grill for 3 mins or until golden brown.
6. Once egg is out of the grill place pitta under the grill for 1 minute each side then remove and cut in half, you should be able to make a pocket in each half using a knife carefully.
7. Add the spinach into the pitta pockets then add the egg mixture and enjoy!

Health benefit:
High in protein
Full of vitamins
and minerals

No Beef Teriyaki Stir Fry

Serves 2
Approximate cost per portion:
Using brown rice and Aldi no beef teriyaki strips £1.88



Ingredients

130g brown rice or 1 packet of microwave rice
1 pack no beef strips (200g)
1 head pak choi
1 head of broccoli
1 pouch of teriyaki sauce (120g)
1 tsp sesame seeds
1 tbsp olive oil

Method

1. Cook the rice according to packet instructions or use microwave rice and cook to instructions at the end.
2. Wash the pak choi and broccoli, cut off the end of the pak choi and slice the leaves in half lengthways. Then cut the florets off the broccoli and cut into bite size pieces and set aside.
3. Bring a frying pan to a medium heat and add the oil and no beef strips and stir for 8 minutes.
4. Add the broccoli and fry for another 4 minutes then add the pak choi and fry for a further 2-3 minutes.
5. Add the teriyaki sauce and stir in for 2-3 minutes
6. Served over the cooked rice and sprinkle with sesame seeds