

# OUR FAVOURITE RECIPES

This is not a professional cookbook but some recipes we like at TSDSU.

We have included some helpful cooking basics for those who are less comfortable cooking.

For some recipes we have also included a price guide of roughly how much this costs per portion. This goes to show how much cheaper it is to make something yourself, compared to buying a ready meal or getting a takeaway.

The majority of these recipes are vegetarian but can be easily adapted to be vegan, or add your preferred meat.

Hope you enjoy.



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# Cooking Basics 1

Is my chicken done?  
Juices that come out of a cooked chicken should be clear. All the meat should be white and NOT pink.

How to cook rice:  
rinse the rice under cold water until the water runoff is clear. Cover with water and boil. Pour off excess water and rinse once more with hot water before serving.

Meal Prep.  
Buy ingredients for specific recipes to keep cost low and avoid waste. Also portion out food to avoid overeating.

How to poach an egg:  
use a small pan or frying pan and put in enough boiling water to cover an egg. Add white-wine vinegar and stir. Crack in egg and allow to cook until the whites look solid.

Boiling water: don't boil more than you need for your pasta or your cup of tea. Boiling more water than is required is one of the biggest wastes of energy.

Storing jars and sauces:  
Once opened jars and sauces need to be stored in the fridge. You can check if a jar has been opened by pressing the popper on top of the lid.

Keeping pans clean.  
Make sure to not only wash the inside, but also the outside and handle. Detergent is essential to wash off oil.

If you heat up too much oil, pour off excess into a heat proof container and store (with lid on) until you next cook.

## Cooking Basics 2

Want to make a dish last longer:

Add a tin of beans to bulk it out. Or, add some stock and turn it into a soup

How to portion rice:  
One handful of rice is enough for one person.

How to store bread:  
keep bread in a sealed container, in a cool, dry environment - NOT the fridge. To make it last longer, bread can be frozen and used as needed.

How to portion pasta:  
one handful of dried pasta is enough for one adult.

Checking on your food whilst in the oven is very important; don't just use the guide times - check food is cooked all the way through and piping hot before eating.

Making dishes in bulk saves time and money.  
Portion out into containers which you can freeze and then microwave for a quick, healthy meal.

When using the oven it is important to pre-heat. Usually 15-20 minutes is enough time to reach full temperature.  
It is a good idea to turn the oven on whilst you gather ingredients and prepare items for the oven.

Don't throw away veg just because it's past it's best before. These dates are only guidelines, check veg for mould, if it's squishy discard it.

# Soups

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# Leek and potato soup

- Melt butter in a large pan, over a medium heat
- Add vegetables and cook, stirring frequently, for 2-3 minutes until slightly softened
- Pour in stock and bring to the boil
- Reduce heat, cover and allow to simmer for 15 minutes, stirring occasionally
- Remove from heat and allow to cool slightly
- Using a hand-held stick blender, blend the soup until smooth. Alternatively transfer to a blender/food processor to blend and return to pan.
- Return to heat and season to taste

## Variations:

Exact ratio of potato and leek can be adapted to what you have and your preference.

You can also not blend for a hearty, chunky soup.

**Serves:** 4-6

## Ingredients:

55g butter

1 onion - chopped into small pieces

3 leeks - sliced thinly

225g potatoes - peeled and cut into 2cm cubes

850ml (1½ pint) vegetable stock

Salt and Pepper to taste

## Top Tip:

Top with a swirl of cream and some chopped chives.

I like to mix Bouillon and a veg stock cube.

50p  
portion



# Spiced Lentil and Butternut Squash Soup

- Heat oil in a large pan over a medium-high heat
- Fry the onions with a pinch of salt for 7 mins, or until softened and just caramelised
- Add the garlic, chilli and masala powder, and cook for 1 min more then stir in the squash and lentils
- Pour over the stock and season to taste. Bring to the boil, then reduce the heat to a simmer and cook, covered, for 25 mins or until the squash is soft.
- Blitz the soup with a stick blender until smooth, then season to taste. (*To freeze, leave to cool completely and transfer to large freezer proof bags.*)
- Stir in the coriander leaves and ladle the soup into bowls.

## Variations:

Add more or less spice to your preference. Add more stock to create a thinner soup that'll last a bit longer.

**Serves: 4-6**

## Ingredients:

2 onions (finely chopped)

2 garlic cloves (crushed)

¼ tsp hot chilli powder

1 tbsp garam masala powder

1 butternut squash, peeled and cut into 2cm pieces

100g dried red lentils

1l hot vegetable stock

1 small bunch coriander, leaves chopped

Salt and pepper to taste

## Top Tip:

I like to mix Bouillon and a veg stock cube. Add *crème fraîche* and extra coriander on top to serve.

# Noodle Soup

- Add noodles and stock to large pan and simmer.
- Add curry powder/paste and peas.
- Keep stirring and allow to simmer until noodles are cooked.
- Season and serve.

## Variations:

You can add whatever you like to this: meat, sweetcorn, onion, etc.

**Serves:** 2

## Ingredients:

500ml Vegetable Stock

1 portion dried noodles

Handful frozen peas

1 tbsp Curry  
paste/powder

## Top Tip:

I like to mix Bouillon and a veg stock cube.

When seasoning, sesame oil and soy sauce can round it off nicely.



# Cawl

- Chop all veg into small, even chunks
- Fry onion and leeks over medium heat until soft
- In large pan add all veg and pour over stock
- Put lid on pan and allow to simmer until all the veg is cooked - around 30 minutes

## Variations:

Add whatever veg you like to this; it is a great way to use up root veg. You can also add any meat you have to this; Lamb is particularly popular.

**Serves: 4**

## Ingredients:

2 litre veg stock

2 Carrots

¼ Swede

2 Parsnips

1 large potato

1 brown onion

1 leek

## Top Tip:

I like to mix Bouillon and a veg stock cube. Top with mint sauce. Serve with a wedge of cheese. Bung the ingredients in a slow cooker in the morning and it'll be ready in time for dinner.

# Main Meals

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# Veg Pasta Bake

- Cut all veg into roughly equal size chunks
- Fry onion over a medium heat until soft
- Add garlic and remaining veg, keep stirring over medium heat for 5 minutes
- Add chopped tomatoes, pasta and herbs and allow to simmer for a further 5 minutes
- Stir in pasta and pour into an oven proof dish
- Bake in oven for 20 minutes on medium heat

## Variations:

You can add whatever you like to this: meat, sweetcorn, broccoli, etc. Use whichever pasta type you have at home: penne, twirl...

**Serves: 4**

## Ingredients:

- 4 portions cooked pasta
- 1 red or yellow pepper
- ½ large courgette
- 1 red onion
- 3 large cloves garlic
- 4 mushrooms
- 1 tin chopped tomatoes
- 250ml passata
- 3 tsp Italian mixed herbs
- 1 tsp chilli flakes

## Top Tip:

Top with cheese before baking.



£1  
portion

# Vegetable Paella

- Peel and dice onion and garlic and gently fry over medium heat
- Add spices and mix
- Add butternut squash, carrot, Bouillon, rice and stir
- Pour over 1 litre boiling water and keep stirring until all the water has been absorbed
- Season to taste

## Variations:

You can add whatever you like to this: meat, sweetcorn, any veg you have lying about.

**Serves: 2**

## Ingredients:

- ½ large butternut squash
- 1 brown onion
- 3 cloves garlic
- 1 large carrot
- 2 portions dried rice (already washed)
- 2 tsp Cumin
- ½ tbsp Smoked paprika
- 2 tsp Italian herbs
- 3 tsp bouillon powder
- Salt and Pepper to taste

# Chickpea and Paneer Curry

- Cut paneer into 1cm cubes, drizzle with oil and black pepper, roast in oven on high heat until starting to brown
- Meanwhile fry the onion on a medium heat, then add curry powder, garlic and splash of water
- When water has evaporated add tomatoes and gently simmer
- Add paneer once cooked and chickpeas (if too dry add another splash of water)
- Simmer for 15 minutes, occasionally stirring

## Variations:

You can add or take away what you like to this - make it all veg, add meat, alternate the spice level etc. If you can't find paneer, halloumi makes a decent replacement. You can alter the chickpea to paneer ratio and also add more to bulk it out and last longer.

**Serves:** 2-4

## Ingredients:

- 1 tin chickpeas
- 1 tin chopped tomatoes
- 1 pack of Paneer
- 1 heeled tsp curry powder/paste (as hot as you like)
- 1 onion - diced
- 3 cloves garlic - roughly diced

## Top Tip:

Serve with rice, naan and mango chutney. Another great side is carrot and mustard seeds lightly fried in oil with a little chilli. Add a handful of peas to the rice while cooking.



## 3 Bean Chilli

- Finely chop onion and garlic and fry over a medium heat until soft and golden brown
- Add herbs and spices and stir
- Add beans and mix together
- Add chopped tomatoes, passata and paste and stir, allowing to simmer
- Leave the mixture to simmer, stirring regularly
- While simmering add the BBQ sauce and balsamic vinegar
- Simmer until reached desired consistency - usually about 15 minutes

### Variations:

Have with rice, make into a burrito, top tortilla crisps to make machos, have on a jacket potato, on it's own in a bowl... the possibilities are endless.

Add whatever beans you like and adjust spices to your preference. Some people like to add dark chocolate.

**Serves: 4-6**

### Ingredients:

2 onions (1 red, 1 brown)

3 cloves garlic

1 tin kidney beans, black beans, cannellini beans

1 tin chopped tomatoes

250ml passata

1 tbsp tomato paste

1/2 tbsp Balsamic vinegar

1 tbsp BBQ sauce

Chilli mix (cumin, smoked paprika, salt, pepper, oregano, chilli powder)

### Top Tip:

Serve with rice, guacamole and coleslaw.



£1  
portion

## Stir Fry

- With wok on a medium-high heat, add all the veg and keep stirring for a couple of minutes
- Add ginger, chilli, soy sauce and sesame oil and stir for another minute
- Add cooked noodles and 3 tbsp water and keep stirring until water has evaporated

### Variations:

You can add whatever you like to this: meat, sweetcorn, mange tout, etc.

**Serves: 2**

### Ingredients:

- 2 portions cooked noodles
- 1 brown onion - diced
- ½ red pepper - cut into strips
- ¼ broccoli - cut into bite size pieces
- ½ carrot - cut into very thin strips
- 1 tsp finely diced ginger
- 1 tsp chilli flakes or freshly chopped chilli
- 4 tsp dark soy sauce
- 1 tsp Sesame oil

### Top Tip:

Don't overcook the veg, you want it to stay relatively crunchy.



# Shepherd's pie

- Fry onion until golden.
- Add carrots and most of the thyme, reserving a sprinkling for later.
- Pour in red wine, 150ml water and chopped tomatoes, then crumble in vegetable stock cubes and simmer for 10 mins.
- Tip in green lentils, including the juice, then cover and simmer for another 10 mins until the carrots still have a bit of bite and the lentils are pulpy.
- Meanwhile, boil the sweet potatoes for 15 mins until tender, drain well, then mash with the butter and season to taste.
- Pile the lentil mixture into a pie dish, spoon the mash on top, then sprinkle over the grated cheddar and the remaining thyme. *The pie can now be covered and chilled for 2 days, or frozen for up to a month.*
- Heat oven to 190C/170C fan/gas 5. Cook for 20 mins if cooking straightaway, or for 40 mins from chilled, until golden and hot all the way through.

## Variations:

You can add different veg to this depending on what you have.

**Serves: 4**

## Ingredients:

1 large onion – finely diced

2 large carrots - cut into sugar-cube size pieces

2 tbsp thyme – chopped

200ml red wine

1 400g can chopped tomatoes

2 vegetable stock cubes

410g can green lentils

950g sweet potatoes - peeled and cut into chunks

25g butter

85g vegetarian mature cheddar, grated

## Top Tip:

Serve with broccoli.

# Vegetable Lasagne

- Preheat the oven to 200C/180C Fan/Gas 6. Put the peppers, courgette and sweet potato into a large baking tray. Drizzle with 2 tablespoons of oil, season with salt and pepper and toss together. Roast for 30 minutes, until soft and lightly brown.
- While the vegetables are roasting, gently fry the onion for 5 minutes, stirring regularly.
- Add the chilli and garlic and cook for a few seconds more.
- Stir in the tomatoes, Italian seasoning and crumbled stock cube. Pour over the water and bring to a gentle simmer. Cook for 10 minutes, stirring regularly. Set aside.
- For the cheese sauce, put the flour, butter and milk in a large saucepan and place over a medium heat. Whisk constantly with a large whisk until the sauce is thickened and smooth. Stir in roughly two-thirds of the cheeses and season to taste.
- Take the vegetables out of the oven and add to the pan with the tomato sauce. Season with salt and lots of ground black pepper.
- Spoon a third of the vegetable mixture over the base of a 2½ –3 litre lasagne dish and cover with a single layer of lasagne. Top with another third of the vegetable mixture (don't worry if it doesn't cover evenly) and a second layer of lasagne.
- Pour over just under half of the cheese sauce and very gently top with the remaining vegetable mixture. Finish with a final layer of lasagne and the rest of the cheese sauce. Sprinkle the reserved cheese over the top.
- Bake for 35–40 minutes, or until the pasta has softened and the topping is golden brown and bubbling.
- Stand for 5 minutes before cutting to allow the filling to settle.

**Serves: 6**

## **Ingredients:**

2 yellow or red peppers –  
chopped into 2cm chunks

1 courgette - chopped into  
2cm chunks

1 large sweet potato -  
peeled and cut into roughly  
2cm chunks

1 large onion - finely  
chopped

½ tsp dried chilli flakes

2 garlic cloves, crushed

2 x 400g tins chopped  
tomatoes

2 tsp Italian seasoning or  
dried oregano

1 vegetable stock cube

200ml/7fl oz cold water

9 – 10 dried lasagne sheets

Salt and Pepper to taste.

## **For the cheese sauce**

75g/2½oz plain flour

75g/2½oz butter, cubed

750ml/1¼ pint milk, semi-  
skimmed or full-fat

125g/4½oz  
mature Cheddar cheese,  
coarsely grated

75g/2½oz ready-  
grated mozzarella cheese,  
or extra Cheddar

## **Top Tip:**

Add kale or baby spinach to  
the mix.

You can add whatever veg  
you like to this, it's a great  
way to use up left over veg.

# Chinese Curry

- Wash and slice mushrooms
- Peel and cut onion into chunks
- Fry onion and mushrooms over a medium heat until soft
- Add curry paste, peas and pour over  $\frac{1}{2}$  pint water
- Simmer mixture and stir until sauce thickens to desired consistency

## Variations:

You can add or take out whatever veg or meat you like to this. Chicken, mange tout, broccoli and carrots are all great additions.

**Serves: 1**

## Ingredients:

3 small mushrooms

$\frac{1}{2}$  brown onion

Handful frozen peas

1 tbsp Chinese Curry paste

## Top Tip:

Goldfish Chinese Curry paste is the best. Serve on top of boiled rice.

# Chicken Pesto Pasta

- Dice onion into small pieces and fry in small amount of oil
- Dice chicken and add to the pan with salt and pepper (cook until brown)
- Cook pasta in a separate pan
- Once cooked, drain pasta and add the remaining ingredients.
- Mix it all together and you're ready to serve.

## Variations:

This is pretty versatile: take out the chicken, add sweetcorn, add cheese on top, etc. The cream cheese can be substituted for mayo, cream or vegan alternatives. You could even just have pasta and pesto on it's own.

**Serves: 2**

## Ingredients:

2 portions pasta

2 chicken breasts

1 onion

4 tsp pesto

4 tsp cream cheese

Salt and pepper to taste

## Top Tip:

Add Worcester sauce while the chicken is cooking for extra flavour. Garnish with fresh basil and parmesan on top.

Snack / Light Bites

# Epic cheese toastie

- Toast the bread
- Slice or grate the cheese
- Slice gherkins into small round pieces and cut jalapeno slices into small pieces
- Once bread is toasted, add cheese on both pieces and place under the grill until the cheese begins to melt
- Evenly spread jalapenos and gherkins on top of the cheese of one slice and quickly sandwich the two sides together

## Variations:

Add or remove Gherkins and Jalapenos to taste; you could also add anything else you like to personalise.

**Serves:** 1 - as a snack or light meal

## Ingredients:

2 slices bread

Cheddar cheese

4 Jalapeno slices

2 Pickled Gherkins (4 if small)

## Top Tip:

Make in toastie machine if you have one. Dip in HP fruity sauce or hot sauce.



# Pizza baguette

- Slice baguette lengthways
- Spread tomato purée evenly over the baguette halves
- Sprinkle herbs over the purée and top with cheese
- Place the 2 baguette halves in the oven / under the grill on a medium temperature until the cheese has melted

## Variations:

You can add whatever you like to this: meat, sweetcorn, onion, etc.

**Serves: 1 – as a snack or light meal**

## Ingredients:

½ baguette (or 1 small one)

1 tbsp tomato purée

1 tsp Italian mixed herbs

1 cup Mozzarella and/or Cheddar

## Top Tip:

Add some garlic and a pinch of chilli to the tomato purée spread.

# Epic Beans on Toast

- Toast the bread
- Heat beans in a pan over a medium heat
- Add spices and stir through
- Butter toast and pour beans over the top
- Season to taste

## Variations:

Add or remove spices to your preference. Any brand of beans or bread can be used.

**Serves: 1 - as a snack or light meal**

## Ingredients:

2 slices bread

Butter or alternative spread

1 tin baked beans

Pinch mixed herbs

Pinch chilli powder

Salt and Pepper to taste

## Top Tip:

Top with grated cheese.

# Bruschetta

- Cut baguette lengthways and drizzle with oil
- Lightly toast baguette in oven while preparing mixture
- Peel and dice onion and garlic into small pieces and add to bowl
- Wash and chop tomatoes and cucumber into small pieces and add to bowl
- Wash basil leaves and roll together. Gently slice into thin strips and add to bowl
- Drizzle the mixture with oil and balsamic, add a pinch of oregano and season to taste
- Gently mix ingredients
- Remove lightly toasted baguette from oven and spoon mixture on top

## Variations:

Add peppers, spread tomato paste on the bread, add mozzarella; take out ingredients and add to personalise.

**Serves: 1 - as a snack or light meal**

## Ingredients:

Small slightly stale baguette

Cucumber

Salad tomatoes

Red onion

Fresh basil

Garlic

Olive Oil

Balsamic Vinegar

Oregano

## Top Tip:

Add chilli or garlic oil to the mix.

# Side Dishes

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# Bean Salad

- Wash and cut tomatoes in half
- Chop cucumber into small chunks
- Drain beans and carefully rinse
- Add cucumber, tomatoes, rocket salad and beans into bowl - mix
- Lightly drizzle over a little oil and balsamic and season to taste

## Variations:

Use whatever salad you prefer and add red onion, feta, peppers, spring onion etc. to personalise.

**Serves: 4 - as part of a meal**

## Ingredients:

1 bag rocket salad

Handful salad tomatoes

½ cucumber

1 tin borlotti beans

Olive Oil

Balsamic Vinegar

Salt and Pepper to taste

## Top Tip:

Add a little chilli or garlic oil instead of regular olive.

# Guacamole

- Peel the garlic and chop very finely
- Remove skin and stones from avocados and add to bowl with garlic
- Add remaining ingredients and mash together

## Variations:

Remove the cream cheese or replace with vegan alternative. Add/takeaway extras to personalise the dip. Make the dip as smooth or chunky as you like.

**Serves: 4 – as part of a meal or snack**

## Ingredients:

2 ripe avocados

½ tub cream cheese

2 cloves garlic

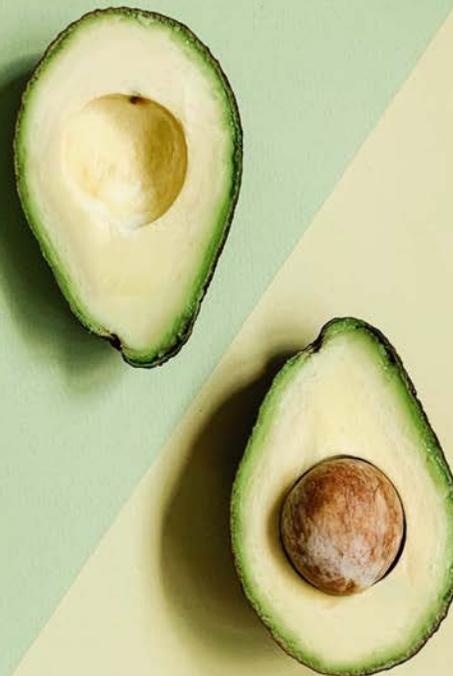
Sprinkling of chilli flakes

Salt and pepper to taste

## Top Tip:

Avocados must be very ripe to properly mash.

Add chopped up cucumber and tomatoes to bulk it out. Serve with fresh coriander on top.



# Coleslaw

- Wash carrots and grate
- Remove outer leaves of cabbage and cut into thin slices
- Wash mint and slice into thin strips - remember to remove the stalk and just use the leaves
- Add all ingredients into large bowl and mix well to ensure even coverage

## Variations:

You can use white cabbage instead, or as well as, red. Cut/grate the cabbage and carrot in different ways to mix it up. Alter the ratios to personalise the dish.

**Serves: 4 - as part of a meal**

## Ingredients:

2 carrots

¼ red cabbage

3 tbsp Mayonnaise

1 sprig Fresh Mint

Salt and Pepper to taste

## Top Tip:

Add some grated celeriac into the mix.

# Potato salad

- Wash and chop potatoes into bitesize chunks
- Add potatoes to a pan of boiling water and leave to simmer
- Once cooked - when a knife can be easily inserted (about 20 min) - remove from the heat and drain
- Wash mint and slice into thin strips - remember to remove the stalk and just use the leaves
- Mix mayo, mustard, mint and seasoning in a large bowl
- Add potatoes and mix until they are evenly covered

## Variations:

Add sausage and some roast veg to bulk this side dish into a meal. Remove or add whatever you like to personalise the dish.

**Serves: 4 - as part of a meal**

## Ingredients:

600g Salad potatoes

2 tsp Wholegrain mustard

3 tbsp Mayonnaise

1 sprig Fresh mint

Salt and Pepper to taste

## Top Tip:

Thinly sliced onion is a nice addition to the mix, as is cucumber.