

STUDENT RECIPES

**Delicious recipes to inspire
you, from hearty soups
to main meals and sweet
treats!**



GREEN PEA SOUP WITH MINT PESTO

Ingredients

Soup

- 300g frozen peas
- 1 small onion
- 1 crushed clove of garlic
- 25 ml vegetable oil
- 4 medium peeled potatoes (chopped)
- 1 litre vegetable stock

Mint pesto

- 60g mint leaves (washed)
- 25g flaked almonds
- 25g Grano Padano cheese
- 25ml vegetable oil

Method

1. In a medium pot, place oil, chopped onion and garlic and cook over a slow heat for 5 minutes, add peas and potatoes.
2. Add vegetable stock and cook for 30 minutes.
3. Liquidise until smooth.
4. Place mint, parmesan, almonds and oil in a food processor and blitz until smooth.
5. Stir into the soup as required to serve.



LENTIL, TOMATO AND ROSEMARY SOUP

Ingredients

- 175g red split lentils
- 1 small onion, chopped
- 50g butter
- 1 small can chopped tomatoes
- 1.5 litre vegetable stock
- 5 sprigs of fresh rosemary, chopped
- Salt and pepper for seasoning

Method

1. Melt butter in pan.
2. Add onion and rosemary and cook on slow heat for 10 minutes.
3. Add lentils and chopped tomatoes.
4. Add vegetable stock and simmer for 30 minutes.



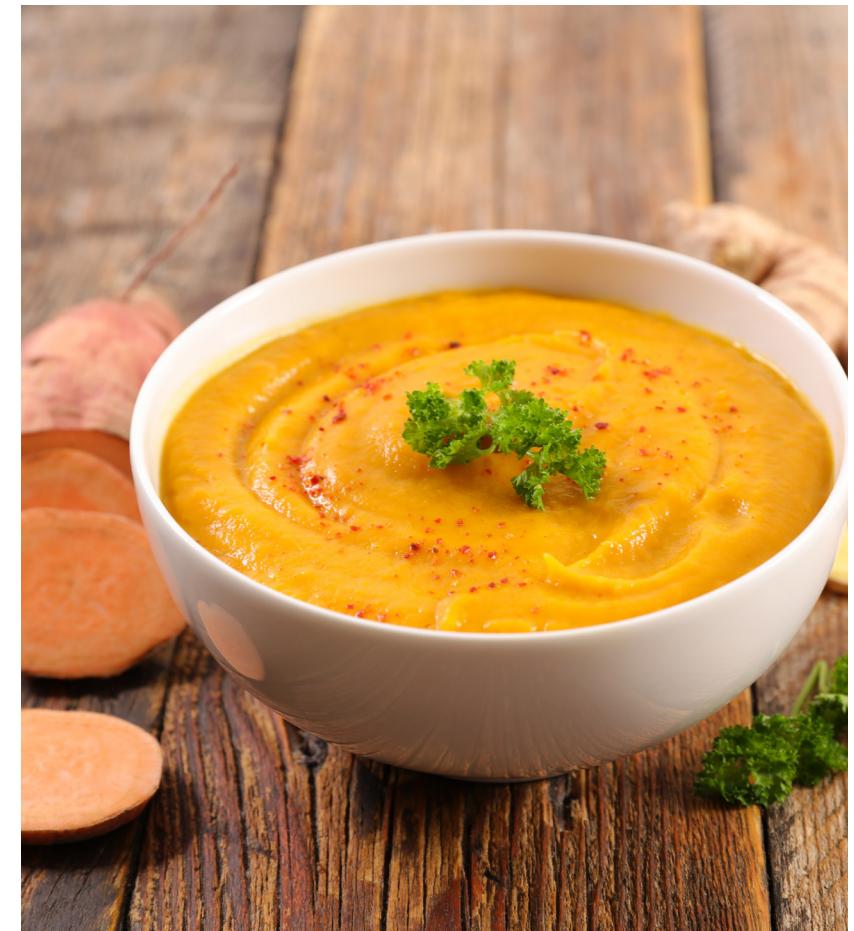
SWEET POTATO, LIME AND GINGER SOUP

Ingredients

- 3 tbsp olive oil
- 2 peeled and chopped onions
- 5cm fresh root ginger, skinned and chopped
- 1 clove garlic, skinned and chopped
- 4 large sweet potatoes, peeled and chopped
- 1.1 litres vegetable stock
- Zest and juice of 2 limes
- 225ml crème fraîche
- Salt and black pepper for seasoning

Method

1. Heat oil in pot and add onion and cook until soft, add garlic and ginger and cook for a further couple of minutes.
2. Add sweet potatoes and cook for further 5 minutes.
3. Add vegetable stock and lime zest, simmer gently until potatoes are soft.
4. Liquidize the soup with lime juice and the crème fraîche, taste and check seasoning.



POT ROASTED CHICKEN CASSEROLE

Ingredients

- 4 portions chicken supreme (skin-on chicken breast with the first wing bone still attached)
- 5g prepared whole carrots
- 25g prepared whole onions
- 25g celery
- 1 chicken stock cube
- 50g gravy granules
- 1 tbsp clear honey
- 25g parsley
- 30g tarragon
- 50g pearl barley
- 50g button mushrooms
- 40ml oil

Method

1. Seal chicken breasts in a hot pan with the oil, remove and place onto an oven proof tray. Preheat the oven 160°C.
2. Cut the carrot, onion, celery into approx. 1/2 cm dice. Wipe clean and finely slice the mushrooms. Make the stock by diluting the bouillon with 2 litres of hot water. Chop the tarragon and parsley.
3. Sauté the vegetables in the same pan the chicken was sealed in without colour for approx. 5 minutes.
4. Add the stock to the vegetables, bring to the boil and slowly whisk in the gravy granules.
5. Once the sauce has thickened, pour over the chicken, add the pearl barley, sliced mushrooms and stir through with the honey and tarragon. Cover with foil.
6. Cook in the preheated oven for approx. 1 hour 15 minutes until chicken is tender and core temperature has been reached.
7. Finish with the chopped parsley.



THAI GREEN VEGETABLE CURRY

Ingredients

- 50g Thai green curry paste
- 2 green chillies
- 250 ml coconut milk
- 1 vegetable stock
- 10g minced lime leaf
- 100g aubergine
- 100g French beans
- 1 tin bamboo shoots
- 15g fresh basil
- 15g coriander leaves
- 2 dashes lime juice
- 15ml sunflower oil
- 100g prepared whole onions
- 100g green peppers
- 150g courgettes
- 200g long grain rice

Method

1. Preparation
2. Deseed and slice the peppers into 1/4 cm squares. Drain the bamboo shoots. Dice the courgettes in 1/2cm. Combine and place into an appropriate service container.
3. Dice the onion into 1/2cm. Deseed and slice thinly slice the green chilli. Combine the onion and chilli with the curry paste.
4. Tear the basil leaves and chop the coriander. Place into a service container. Pour the oil into a squeeze bottle.
5. Make the bouillon up to 500ml stock. Mix the stock with the coconut milk, lime juice and lime leaf paste and pour into a service container.
6. Cut the green beans in half. Blanch the green beans in boiling water for 5 minutes, refresh in cold water, once cooled drain. Cut the aubergines into 1/4 cm squares. Combine and place into a service container. Cook the rice as per manufacturer's instructions.
7. Cooking
8. Heat the oil in a large pan or wok and then add the onion mix stir fry for approx. 8 minutes.
9. Stir in the coconut milk mix along with peppers and courgettes mix. Simmer uncovered for 10-15 minutes, stirring occasionally.
10. Add the green beans mix and continue to simmer for 6-8 minutes.
11. Remove from the heat and stir in the herbs.



COTTAGE PIE

Ingredients

- 300g minced beef
- 15ml oil
- 120g prepared whole onions
- 200g prepared whole carrots
- 1 bay leaf
- 1 sprig fresh thyme
- 1 beef stock cube
- 2 tsp tomato puree
- 200g canned chopped tomatoes
- Sea salt
- Cracked black pepper
- 500g peeled potatoes
- 15g butter
- 100g garden peas

Method

1. Cut the onions into 1/2 cm dice. Cut the carrots into 1/2 cm dice. Remove the thyme from the stalk and chop. Make the beef bouillon into stock by adding 500ml of hot water. Cut the potatoes into 2cm dice. Preheat the oven 180°C.
2. Heat the oil in a large saucepan. Add the onion and carrot and cook over a medium heat for 5 minutes or until soft.
3. Add the minced beef and cook for 3 minutes to brown.
4. Add the chopped tomatoes, tomato puree, beef stock, bay leaf and thyme.
5. Cover and simmer for 30 minutes. Season well using half the salt & pepper. Transfer into a suitable ovenproof serving dish.
6. Boil (or steam in steamer) the potatoes until soft and tender for mashing. Drain the potatoes and return to the pan, place on the heat for approx. 5 minutes to dry any excess liquid, remove from the heat and mash with the remaining seasoning and the butter.
7. Pipe or spoon the potatoes on top of the beef mixture with a piping bag and piping tube, then place in the preheated oven and cook for approx. 20 minutes or until golden brown on top and the core temperature has been reached.
8. Cook the peas and carrots as per recipe.
9. Serve with the peas and carrots.



CHOCOLATE BROWNIES

Ingredients

- 500g butter
- 700g caster sugar
- 300g dark chocolate (70% cocoa)
- 300g plain flour
- 7 eggs
- 1 tsp vanilla essence

Method

1. Melt butter in pan on low heat and stir in sugar.
2. Take off heat, stir in chocolate until melted.
3. Mix in flour in 3-4 batches.
4. Whisk in eggs 4 at a time.
5. Whisk in vanilla essence.
6. Pour into 1 lined deep tray (39cm x 27cm x 3cm). Bake in fan oven at 160C for 45 minutes.
7. Leave for 1-2 hours and cut as desired.



MUFFINS

Ingredients

- 600g self-raising flour
- 300g sugar
- 250ml milk
- 6 eggs
- 250g butter/spread

Method

1. Whisk all ingredients together and add desired flavour, e.g. 4 bananas, chocolate chips, blueberries, coconut.
2. Place tulip muffin cases in muffin tray and divide mixture evenly in each of the 12 cases.
3. Bake at 200C for 25 minutes on the second shelf of oven and 5 minutes on the top shelf. Cool for 5-10 mins, dust with icing sugar and serve.



STICKY GINGERBREAD

Ingredients

- 280g plain flour
- 1 tsp bicarbonate of soda
- 1 tbsp ground ginger
- 1 tsp cinnamon
- 170g soft butter
- 90g soft brown sugar
- 220g golden syrup
- 200ml milk
- 50g glace ginger
- 1 egg

Method

1. Beat all ingredients together, grease and line with discs of non-stick baking paper on base of 8-10 small individual pudding basins and fill to 3/4 levels of basins.
2. Bake at 180C for 25-30 minutes. Test with a skewer - if it comes out clean it's cooked; if not, give them an extra 5 minutes until done.

