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Recipes for a HealthyU

Helping you eat cheaply and well at University



Recipes

Starters

- Carrot and parsnip soup
- Butternut squash risotto
- Aromatic slow-cooked sesame beef
- Warm salad of butternut squash, feta and chickpea
- Wild mushroom risotto

Mains

- Chicken, chorizo and lentil stew
- Thai hot and sour steak salad
- Smoked salmon, spinach and mushroom pasta
- Any-veg-spaghetti
- Sweet potato cottage pie
- Revamped kebab

Desserts

- Chocolate banana 'ice cream' with berries
- Meringue-topped persimmon compote
- Fruity pancakes
- Rhubarb crumble

Healthy eating, made easy

Want to stay healthy while at university? Eating healthily will help ensure you have enough energy to study and enjoy student life.

The pressures of time and budget don't make this easy... So the HealthyU team asked Nottingham students to share their favourite recipes. All of the starters, mains and desserts featured in this book are simple to make and can be prepared for less than £2.50 per person.

The quantities provided are based on four portions, so why not try out the recipes with housemates? It will save you cash and provide you with the perfect reason for a quiet night in.

If you have tried all of these recipes, you can also find more tasty meals, created by Nottingham's very own Michelin-starred chef — Sat Bains — on the HealthyU website.

www.nottingham.ac.uk/healthyu

Enjoy

Denise Eaves
Health Promotion Adviser



Starters

Carrot and parsnip soup

Recipe submitted by Daisy Foster,
School of Humanities

Ingredients

- 25g butter
- One large onion
- 450g carrots
- 150g large parsnips
- Grated root ginger
- Grated orange rind
- 600ml vegetable stock
- 125ml single cream
- Salt and ground black pepper
- Coriander

Method

1. Melt the butter in a large saucepan over a low heat.
2. Add the onion and cook.
3. Add the carrots and parsnips and cook until they are all softened.
4. Stir in the ginger, orange rind and stock.
5. Bring to the boil. Then reduce the heat, cover the pan and simmer for 30-35 minutes.
6. Check that the vegetables are tender.
7. Transfer the soup to a blender or food processor and whizz until smooth.
8. Return the soup to the rinsed-out saucepan.
9. Stir in the cream.
10. Add salt and pepper and finally garnish with the coriander.



Butternut squash risotto

Recipe submitted by Seshnie Taylor,
School of Cultures, Languages and Area Studies

Ingredients

- 500g butternut squash
- 300g button mushrooms
- 200g spinach
- One medium-sized onion
- One clove of garlic
- One vegetable stock cube
- Four cups of Arborio risotto rice
- One litre of water
- Parmesan to serve
- Basil for decoration (a few leaves)
- Pinch of salt

These two recipes can be made as listed for main course-sized portions. Or you could reduce the amount of ingredients used for starter-sized portions.

Method

1. Peel the butternut squash, deseed and chop into small squares.
2. Place in a microwavable bowl and boil in water in the microwave for about eight minutes until soft.
3. Finely chop the onion, mushrooms and garlic clove.
4. Fry the onion with a pinch of salt in olive oil for two minutes until soft.
5. Put the vegetable stock cube into a pint of freshly boiled water and mix until dissolved entirely.
6. Add the Arborio risotto rice to the cooked onion and pour in the vegetable stock.
7. After three minutes add the chopped mushrooms and garlic.
8. After the risotto rice has been cooking for 10 minutes, add the butternut squash and spinach.
9. Continually stir the risotto for a further 15 minutes or until soft.
10. Dish up and sprinkle a little parmesan cheese and some basil leaves on top for decoration.

Aromatic slow-cooked sesame beef

Recipe submitted by Ellie Cohen,
Department of Chemical and Environmental Engineering

Ingredients

- 500g lean stewing beef
- Six cloves of garlic, chopped
- One low sodium beef stock cube (for 500ml stock)
- One tbsp low sodium soy sauce
- Juice and zest of half a lime
- One tsp honey
- One tsp cornflour
- 320g frozen stir fry vegetables
- One tbsp sesame seeds
- 200g pearl barley
- Fresh coriander (optional)
- One tbsp of grated fresh ginger (optional)
- Spices — half tsp dried chilli flakes, one tsp Chinese five spice, two star anise (optional)

Method

1. Preheat the oven to 150°C.
2. Put the beef and garlic in a large casserole dish.
3. Use a measuring jug to combine the stock, soy sauce, lime, honey, ginger and spices.
4. Stir and add to the dish.
5. Cook in the oven for three hours.
6. When cooked, shred the beef with a fork (it should be meltingly tender).
7. Add the stir fry vegetables, sesame and cornflour (mixed with a little water to make a paste).
8. Return to the oven for another 30 minutes.
9. While the beef is cooking boil the pearl barley according to packet instructions.
10. Serve with chopped fresh coriander and lime zest.



Warm salad of butternut squash, feta and chickpea

Recipe submitted by Isabel Palmer,
School of Physics and Astronomy



Ingredients

- One large butternut squash
- Four cloves of garlic
- One large onion
- 150ml white wine or cider vinegar
- Three tins of chickpeas
- 200g feta cheese
- Four tbsp olive oil
- 250g natural yogurt to serve
- Salt and pepper

Method

1. Preheat the oven to 180°C/gas mark four. Peel and chop the butternut squash into small cubes and place on a large baking tray.
2. Add finely chopped garlic, two tbsp of olive oil, salt and pepper and mix.
3. Cover the tray with foil and put this in the oven to roast.
4. Peel and thinly slice the onions and drain the chickpeas.
5. Once the butternut squash has been in the oven for about 30 minutes, stir so the chunks cook evenly.
6. Place the remaining two tbsp of olive oil in a large pan on a low heat, add the sliced onions and cover the pan, stirring often for 20 minutes.
7. When the onions are soft, slightly golden and translucent turn the heat up high and sizzle the onions. Add the vinegar to the pan, and turn the heat off immediately, leaving a small amount of syrupy dressing.
8. Take the butternut squash out of the oven, and add to the pan along with the chickpeas. Crumble in the feta and stir well to combine. Season with salt and pepper to taste.
9. Put the lid back on the pan and leave to stand for a good ten minutes for it to cool slightly and the flavours to meld together.
10. Serve with a blob of natural yogurt on top.



Ingredients

- 175g risotto rice
- 400g wild mushrooms
- 100g parmesan shavings
- 100g grated parmesan
- 50ml cream
- Drizzle of basil oil
- One litre mushroom stock
- 50g chopped onions
- Two tbsp olive oil
- Salt and pepper

Method

1. Heat the olive oil in a pan and add the onions and a pinch of salt. Cook until the onions are soft and transparent.
2. When the onions are cooked, add the rice and stir until the rice is very hot and the grains start to turn translucent.
3. Add the stock little by little, stirring continuously.
4. Cook for 18-20 minutes then remove the pan from the heat and leave to stand.
5. To complete the risotto, heat a little olive oil in a frying pan, add the mushrooms and fry for a few minutes.
6. When the mushrooms have softened, mix them through the risotto base and cook the rice for a further few minutes.
7. Once the rice is soft, stir in the parmesan.
8. Season with salt and freshly ground black pepper.
9. Put the risotto in the bowl and add the basil oil.
10. Finish with the parmesan, cream and some mushrooms.

Wild mushroom risotto

Recipe submitted by
The University of Nottingham Catering Department

Healthy food for a HealthyU

- Vegetable-based soups are a great option. They contribute to your recommended five-a-day and provide lots of key nutrients for relatively few calories.
- Low in fat, butternut squash provides dietary fibre as well as potassium, which is important for healthy bones. And vitamin B6, which keeps your nervous and immune systems functioning well.
- Sesame seeds not only taste great, they also contain high levels of copper, manganese, calcium, and magnesium, which are a key part of a balanced diet.
- Feta cheese is high in calcium which helps keeps your bones strong. But it's relatively high in saturated fat so don't go overboard.
- Like broccoli and blueberries, mushrooms are often described as a super food, with numerous studies showing that they may help reduce the risk of heart disease and cancer.



Mains

Chicken, chorizo and lentil stew

Recipe submitted by Camilla Babbage,
School of Psychology

Ingredients

- 380g dried brown lentils, soaked overnight — follow instructions on packet
- 100g chorizo cut into half cm slices, then halved
- One large onion, peeled and sliced
- Two large potatoes, peeled and diced
- Three large carrots, peeled and sliced
- One red pepper, peeled and sliced
- One tbsp tomato puree
- Four chicken thighs (remove skin for healthier option)
- Two tbsp extra virgin olive oil
- Two garlic cloves, crushed
- 400g tinned tomatoes
- One litre boiling water and vegetable or chicken stock

Method

1. Put half the oil in a pan on medium heat until hot.
2. Add the chicken and turn every now and then for five minutes.
3. Add the chorizo, pepper, carrots and potatoes and stir every couple of minutes.
4. Heat the rest of the oil in another pan on medium heat.
5. Place onions and garlic into the second pan and stir until onions are soft.
6. Add tinned tomatoes to the onions.
7. After about fifteen minutes, add the lentils to the chicken pan.
8. Now add the onions to the chicken and mix.
9. Add the stock and water mix as well as the tomato puree to the pan.
10. Simmer for 45 minutes.

Thai hot and sour steak salad

Recipe submitted by Nicholas Chaplin,
Nottingham University Business School

Ingredients

- One lettuce
- 250 grams beef steak
- Two tbsp Thai fish sauce
- Two tbsp lime juice
- One tsp white sugar
- One spring onion (sliced finely)
- One red chilli (deseeded depending on level of heat)
- One handful of roughly chopped/torn coriander (to serve)
- Salt and pepper

Method

1. Heat a frying pan with no oil.
2. Lightly brush steak with extra virgin oil and season with salt and pepper — make sure water droplets smoke and sizzle when dropped into pan.
3. Lay steak into frying pan and leave for around three minutes until slightly charred on the base. Flip and repeat for two minutes. You are looking to sear it, not cook it completely.
4. Times vary depending on the size and cut of steak/beef — but remember it continues to cook after you remove it from the heat.
5. Place steak in a tin foil parcel to rest for five minutes.
6. Combine fish sauce, lime juice, sugar, spring onion and chili in a bowl — mix together then add juices from resting steak.
7. Slice the steak into thin strips and mix in the dressing to coat.
8. Arrange the salad on a plate and add the steak on top.
9. Drizzle the remaining dressing over the dish.
10. Garnish with coriander.



Smoked salmon, spinach and mushroom pasta

Ingredients

Recipe submitted by Sarah Perkins,
School of Biosciences

- 240g value smoked salmon trimmings
- 200g of mushrooms
- 200g spinach
- 750ml + four tbsp milk
- 60g of corn flour
- 300g pasta
- Black pepper

Method

1. Roughly chop the mushrooms.
2. Fill a medium saucepan with water, put on the hob and boil.
3. Add the pasta and cook according to pack instructions.
4. Fry the smoked salmon trimmings and sliced mushrooms in a large frying pan on a medium heat until the mushrooms are cooked.
5. Pour 750ml of milk over the salmon and mushrooms and heat until steaming.
6. Mix the corn flour with four tbsp milk to make a smooth paste.
7. Once the salmon mix is steaming stir in the corn flour paste and stir — it should thicken fairly quickly to make a velvety sauce.
8. When the pasta is around a minute from being cooked, stir the spinach into the salmon sauce in batches.
9. Drain the cooked pasta, add to the salmon sauce and season with pepper to taste.

Any-veg spaghetti

Recipe submitted by Iga Kasparek,
School of Biosciences



Ingredients

- Four mushrooms
- One onion
- Two garlic cloves
- Eight tbsp green peas (or any other veg you can find in the fridge)
- Two tins chopped tomatoes
- One tbsp olive oil
- One tsp oregano
- Pinch of black pepper
- 300g spaghetti pasta
- 25g mature cheddar cheese

Method

1. Heat the oil in the pan, and fry the chopped onions for a minute or two.
2. Add the chopped mushrooms and let them fry for two minutes.
3. Add finely chopped garlic, then the peas, oregano and black pepper, and stir.
4. Add chopped tomatoes and stir again.
5. Cook for about five minutes, or until peas are soft enough to eat.
6. Cook the spaghetti in a separate pan.
7. Drain the pasta and place it in a bowl or on a plate.
8. Add the sauce.
9. Grate some cheese on top of your dish.
10. Garnish with a basil leaf or some extra oregano to taste.



Sweet potato cottage pie

Recipe submitted by Laura Feldman,
School of Sociology and Social Policy

Ingredients

- 500g beef mince
- One large onion, chopped
- Two large sweet potatoes
- One and a half cups of frozen vegetables — peas, carrots, sweet corn, anything!
- One pint of beef stock
- Two tbsp gravy granules
- One tbsp vegetable oil to fry
- Half a cup of milk
- One tsp of salt, pepper, chilli powder, and mixed herbs

Method

1. Preheat the oven to 200°C.
2. Peel potatoes, chop into cubes and boil for 10 minutes.
3. In the meantime, heat oil in a saucepan and fry the onion and mince until browned.
4. Drain the fat from the saucepan and then add the beef stock.
5. Cook for five minutes until the vegetables have softened and the sauce has thickened.
6. Add the frozen vegetables, gravy granules and other seasoning to the mince and stir well.
7. While the mince is left to simmer, drain the potatoes and return them to the pan.
8. Add the milk to the potatoes and mash.
9. When the mince has a thick consistency (still a little liquid) pour into an ovenproof dish.
10. Lay the mashed potato on top and cook in the oven until the potato has browned.

Revamped kebab

Recipe submitted by Daniel Barclay,
School of Humanities

Ingredients

- 400g diced chicken breast
- One lime
- Fresh coriander
- Fresh chillies
- Wholemeal pitta bread
- 500g courgette
- 500g Greek yoghurt
- One red onion, thinly chopped
- Two carrots
- Half a cucumber

Method

1. Place the diced chicken into a bowl with a thinly chopped chilli and a handful of coriander.
2. Add the zest of the lime and half of the lime juice.
3. Add a spoonful of yoghurt, season well and mix together.
4. Cover with clingfilm and leave to marinade for 30 minutes.
5. Place the chicken into a griddle pan or under the grill to cook with the marinade. Make sure the grill or pan is at a high heat and the chicken will cook in 5-10 minutes.
6. Cut the courgettes into long slices and season well.
7. Place on a griddle pan or under the grill to create tasty and healthy courgette chips. They will only take 3-5 minutes to cook.
8. To create the dressing, add the remaining yoghurt into a bowl and grate three quarters of the cucumber. Mix together with a little coriander.
9. Add the rest of the chopped coriander to a bowl, with grated carrots, cucumber and red onion.
10. When the chicken is cooked add some to a wholemeal pitta, along with the salad and the yogurt dressing. Enjoy with the courgette chips.



Desserts

Chocolate banana 'ice cream' with berries

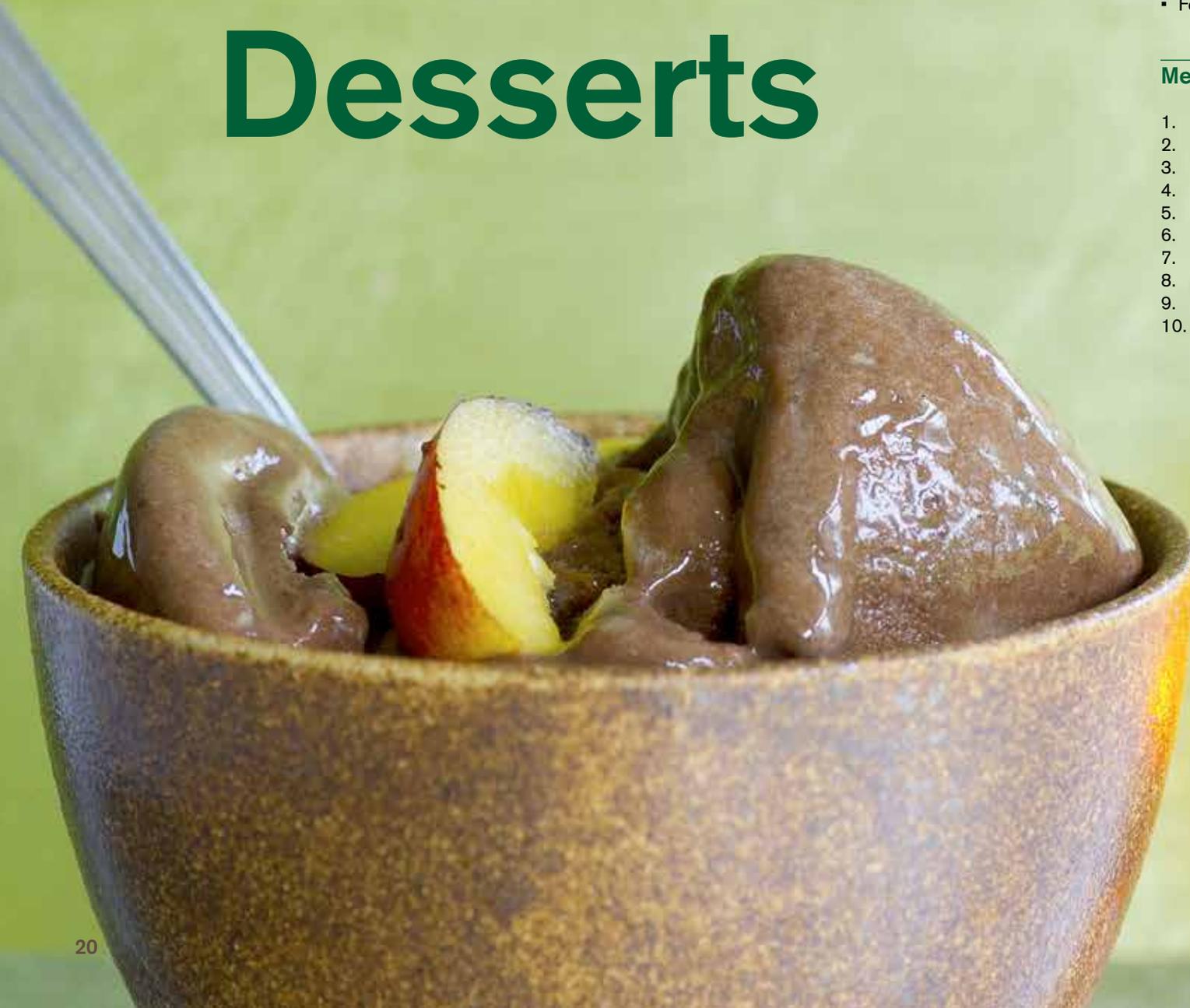
Recipe submitted by Sarah Archer,
School of Cultures, Languages and Area Studies

Ingredients

- Four bananas
- Two tbsp cocoa powder
- 100ml semi-skimmed milk (can also use dairy-free alternatives such as almond or soy milk)
- Four handfuls of a fruit of your choice — we used nectarines but berries would also work well

Method

1. Chop up the bananas.
2. Freeze them for at least two to three hours.
3. Put the chopped bananas in a blender.
4. Add in the milk.
5. Add more or less milk depending on the preferred consistency.
6. Add the cocoa powder.
7. Blend the mixture.
8. Spoon the 'ice cream' into four bowls or ramekins.
9. Add a handful of fruit to each bowl.
10. Serve.



Meringue-topped persimmon compote

Recipe submitted by Veronique Falconer,
School of Education

Ingredients

- Three large, ripe persimmons
- 60g brown sugar — or adjust to taste
- Four egg whites
- 180g caster sugar

Method

1. Chop the ripe persimmons and place in a saucepan with the brown sugar. Stew over a medium heat for 5-10 minutes.
2. Pour the compote into four individual ramekins and while it cools, heat oven to 200°C.
3. Place your egg whites into a clean bowl and whisk until they form soft peaks.
4. Still whisking, add the caster sugar slowly until the bowl is full of stiff, glossy peaks.
5. Carefully tip the bowl upside down. If the mixture does not move or fall it is ready.
6. Using a piping bag or spoon, place the egg white mixture on top of the compotes.
7. Place the ramekins on a baking tray and add a little water onto the baking tray (not the ramekins) to stop the compote from overcooking.
8. Cook for 15-20 minutes, until the meringue has browned. The shell should have a definite crispness while remaining soft inside.
9. Remove from the oven when you're happy with the colouring.
10. Serve immediately.

Fruity pancakes

Recipe submitted by Daisy Foster,
School of Humanities

Ingredients

- 50g strawberries
- 50g raspberries
- 60g plain flour
- Pinch of salt
- One medium-sized egg
- 175ml milk

Method

1. Tip the flour into a bowl and stir in the salt.
2. Lightly beat together the egg and milk.
3. Pour over the flour mixture, a little at a time, whisking it well to give a smooth batter.
4. Heat a frying pan and grease it very lightly.
5. Pour a thin layer of batter over the base of the pan. Cook it until the edges start to curl back.
6. Use a palette knife to loosen it around the edges and flip it over.
7. Cook the pancake briefly on the second side, then slide it out on to a plate.
8. Cut the mixed berries and blend until a puree.
9. Drizzle the puree over the top for serving.
10. Dust with icing sugar.



HealthyU rhubarb crumble

Recipe submitted by the HealthyU team

Ingredients

- 10 sticks of rhubarb (washed and cut into two inch lengths)
- Three tablespoons water
- 50g brown sugar
- 100g plain flour
- 60g low fat spread
- Five tbsp sunflower seeds
- 60g chopped pecan nuts
- 75g rolled oats
- 50g brown sugar

Method

1. Preheat oven to 180°C/gas mark four.
2. Put the rhubarb slices in a pan.
3. Add the sugar, and water and cover.
4. Allow to stew gently, stirring occasionally with a wooden spoon.
5. Check that the fruit is cooked by mashing it with a wooden spoon. The rhubarb should be soft but not puréed.
6. Put the rhubarb into an ovenproof dish and leave to cool slightly.
7. Rub the flour and low fat spread together in a bowl.
8. Stir in the sugar, oats, nuts and sunflower seeds.
9. Cover the rhubarb with the crumble topping, without pressing down.
10. Bake for approximately 30 minutes.

Top tips for healthy meals on a student budget

Get organised. With some planning you can eat healthy, tasty meals without breaking the bank.

- Buy store brands instead of well-known ones — they tend to be cheaper and taste just as good.
- Canned or frozen fruit and vegetables can be cheaper than fresh and just as healthy. And they contribute to your five-a-day.
- Shop locally and compare prices. Local shops and markets are often cheaper than the big supermarkets.
- Vegetables are often cheaper than meat, try cooking a few more veggie meals.
- Think about portion size, try not to cook more than you need.
- Pasta is both filling and cheap — go for whole-grain options if possible.
- Buy seasonal fruit and vegetables; they will be cheaper and some can be frozen to eat later.
- Got a full day of lectures and seminar and need to eat on campus? Take your own lunch — it's a lot cheaper, and you choose exactly what you want to eat.
- Eat a good breakfast. Porridge is a great cheap and healthy choice — and you won't be tempted to snack later.
- Share your shop. Two-for-one deals can be a good buy if there are two of you to split the portions and the cost.

Acknowledgements

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