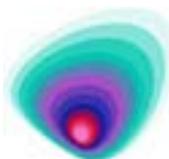
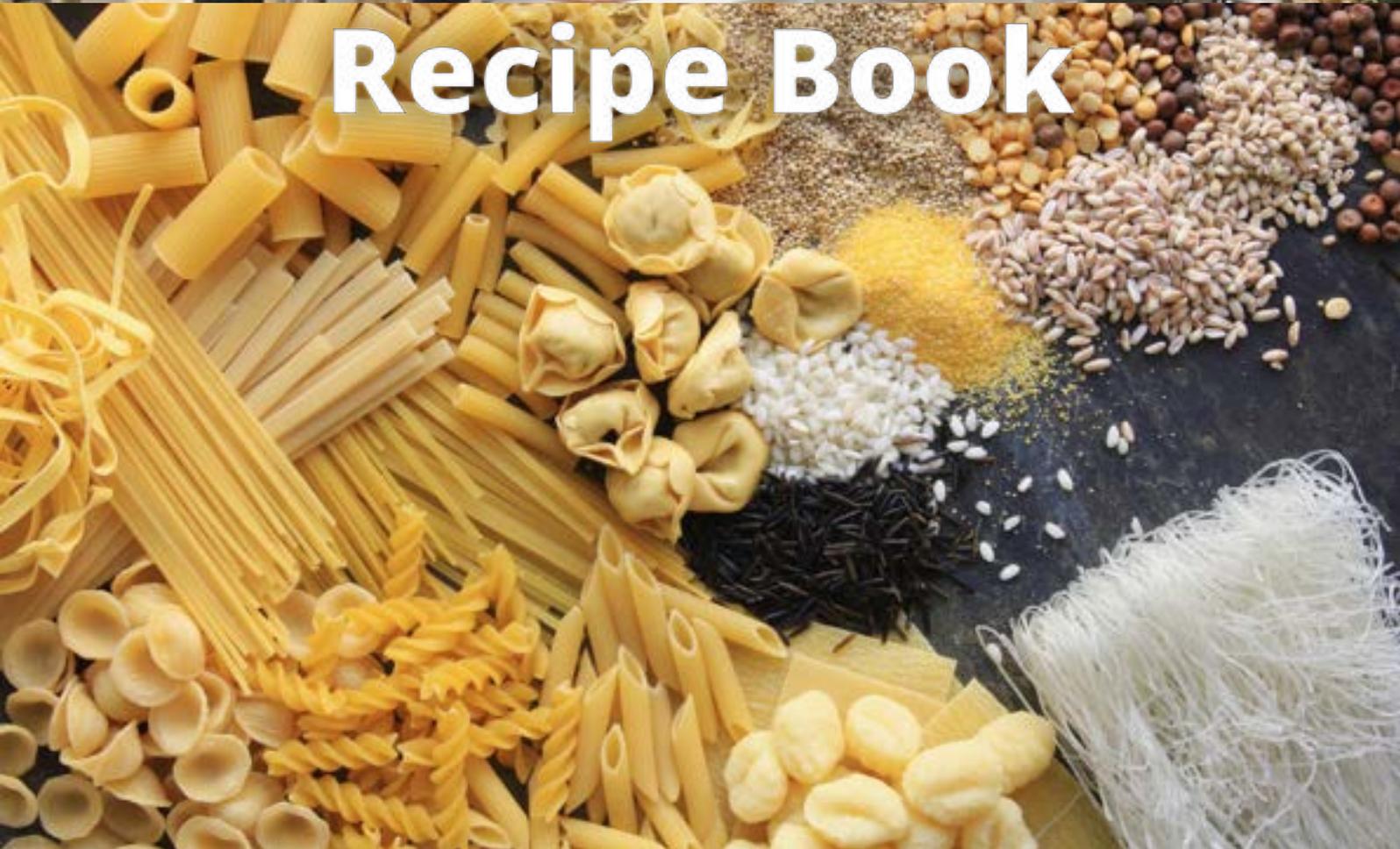




# SU PANTRY

## Recipe Book



QUEEN'S  
STUDENTS'  
UNION



QUEEN'S  
UNIVERSITY  
BELFAST

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# INTRODUCTION

University life is an exciting time! You will likely be busy with lectures, studying and experiencing new social activities which can influence what you choose to eat and drink. Studies show that university students drink more alcohol, eat more sugar and eat fewer fruit and vegetables than recommended for optimal health [1].

Choosing a **healthy diet** will ensure your body gets all the nutrients it needs to work well and help you get the most out of your University experience by:

- 1 **Improving energy, memory and focus to help you study**
- 2 **Contributing to positive mood and mental health**
- 3 **Improving gut health and immune function**

## TOP TIPS FOR A HEALTHY DIET



# INTRODUCTION

It is possible to eat a healthy diet even when you have a busy life and money is tight! This book contains easy, everyday meal ideas and snacks to make with foods from the SU Pantry.

For each recipe, you'll find:

- An ingredient list - these can be changed to suit your preferences
- A step-by-step method
- Estimated preparation / cooking time
- Number of people the recipe serves

## Serving Size:

You can multiply the ingredients if cooking for more people or half the ingredients to make smaller portions



## Cooking abbreviations:

tsp = teaspoon  
tbsp = tablespoon



Recipes are **budget friendly** and suitable for **all levels** of cooking skill



A top-down view of a rustic wooden bowl filled with white yogurt, topped with golden-brown granola, fresh raspberries, and blueberries. A silver spoon is tucked into the bowl. The bowl sits on a white-painted wooden plank surface, which is scattered with loose granola, a few raspberries, and blueberries. The overall aesthetic is clean, fresh, and natural.

# BREAKFAST AND SNACKS

A top-down view of a clear glass bowl filled with a breakfast meal. The bowl contains a layer of white yogurt at the bottom, topped with a generous amount of golden-brown granola. Fresh fruits are scattered throughout, including several blueberries, a large strawberry with its green stem, and several red raspberries. A sprig of fresh green mint leaves is placed in the center as a garnish. Shredded white coconut flakes are also visible, both inside the bowl and scattered on the surface around it. The background is a dense layer of granola and coconut flakes, creating a textured, warm-toned surface.

# MUESLI

# MUESLI

## MUESLI BARS

Serves  
8

INGREDIENTS	INSTRUCTIONS
<p>200g butter ..... 200g brown sugar ..... 4 tbsp honey ..... 2 tsp ground cinnamon ..... 500g muesli ..... a handful of pumpkin seeds ..... a handful of chopped dried apricots .....</p>	<p>Heat the oven to 180°C Fan/Gas 4.</p> <p>Melt the butter, sugar and honey together with the cinnamon and simmer for 2 minutes.</p> <p>Stir in the muesli, pumpkin seeds and dried apricots.</p> <p>Pack the mixture into a lined baking tray, cover with foil and bake for 15 minutes.</p> <p>Leave in the tin for 10 minutes, then loosen the edges and remove from the tray. Slice into squares and serve cold.</p> <p>(Ready in 30 minutes)</p>



# MUSELI BARS



# CINNAMON MUSELI

# MUESLI

## CINNAMON MUESLI

Serves  
2

INGREDIENTS	INSTRUCTIONS
100g oats ..... 35g bran flakes ..... 40g almonds, crushed ..... 20g hazelnuts, crushed ..... 100ml milk ..... ¼ tsp cinnamon ..... Optional: dried fruit and seeds .....	Mix the oats, bran flakes, nuts and milk together in a bowl.  Stir in the cinnamon and serve.  Add any optional ingredients.  (Ready in 5 minutes)

# MUESLI

## MUESLI ENERGY BALLS

Serves  
10

INGREDIENTS	INSTRUCTIONS
<p>2 tbsp honey .....</p> <p>130g Peanut Butter .....</p> <p>300g Muesli .....</p>	<p>Mix the honey and peanut butter until they form a paste.</p> <p>Mix the paste with the muesli in a bowl until it forms a moldable mass.</p> <p>Form the mix into 10 balls with your hands. Keep fresh in the fridge.</p> <p>(Ready in 10 minutes)</p>



**MUESLI ENERGY BALLS**

# OATS



# OATS

## OVERNIGHT OATS

Serves  
1

INGREDIENTS	INSTRUCTIONS
50g oats .....	The night before, mix the oats with 100ml water and the cinnamon.
100ml milk .....	Leave in the fridge overnight.
¼ tsp cinnamon .....	The next day, top with the berries, chopped nuts and a drizzle of honey.
80g berries (any variety) .....	Serve with natural yoghurt (optional).
1 handful of almonds, chopped .....	(Prep: 5 minutes, Chill: Overnight)
A drizzle of honey .....	
Optional: 2 tbsp natural yoghurt .....	



OVERNIGHT OATS



# FRUIT AND OAT SMOOTHIE



# BERRY AND BANANA PORRIDGE

# OATS

## FRUIT AND OAT SMOOTHIE

Serves  
1

INGREDIENTS	INSTRUCTIONS
125ml milk ..... 1 banana ..... 3 tbsp oats .....	Put oats into a blender and mix for 10 seconds.  Add the banana and milk and mix for another 20 seconds.  Pour into a glass and enjoy.  (Ready in 2 minutes)

- Try with a variety of fruit – strawberries, raspberries, or pears all work well
- Use fruit yoghurt instead of milk for a thicker drink
- Frozen fruit works well and is a cheaper alternative to fresh fruit



# OATS

## BERRY AND BANANA PORRIDGE

Serves  
1

INGREDIENTS	INSTRUCTIONS
<p>25g oats ..... 110ml milk ..... 60g natural yoghurt ..... 1 banana, sliced ..... 100g raspberries .....</p>	<p>Add the oats, milk and half the sliced banana to a saucepan. Bring to the boil, stirring occasionally.</p> <p>Lower the heat and cook for 4-5 minutes, stirring all the time.</p> <p>Serve in bowls and top with the yoghurt, raspberries and remaining banana.</p> <p>(Prep: 5 minutes, Cook: 5 minutes)</p>

- Try with a variety of fruit and see what you prefer best
- Frozen fruit works well in a smoothie and is a cheaper alternative to fresh fruit





# GRANOLA



# CORNFLAKES



# RICE KRISPIES

# GRANOLA

## FROZEN BERRY YOGHURT BITES

Serves  
16

INGREDIENTS	INSTRUCTIONS
<p>125g raspberries ..... 125g blackberries ..... 1 x 250g unsweetened greek yoghurt ..... 1 tbsp granola .....</p>	<p>In a large bowl, gently mash the berries with a fork but keep them chunky.</p> <p>Add the yoghurt and stir well.</p> <p>Spoon the mixture into an ice-cube tray, top it with a few sprinkles of granola and freeze for 3-6 hours until completely frozen.</p> <p>(Prep: 5 minutes, Freeze: 3-6 hours)</p>

- Try varying this recipe by using different berries and mixing in other fruit such as peach or mango





# FROZEN BERRY YOGHURT BITES



# GRANOLA BAKED APPLES

# GRANOLA

## GRANOLA BAKED APPLES

Serves  
4

INGREDIENTS	INSTRUCTIONS
<p>5 heaped tbsp granola .....</p> <p>1 tsp ground cinnamon .....</p> <p>1 tbsp brown sugar .....</p> <p>½ orange, zested and juiced .....</p> <p>4 dessert apples (such as Cox's or Braeburns), cored and scored around the outside (middle) .....</p> <p>20g butter .....</p> <p>Optional: crème fraîche or ice cream .....</p>	<p>Heat oven to 200°C/180°C fan/gas 6. Mix together the granola, cinnamon, sugar and orange zest and juice.</p> <p>Put the apples on a baking tray and spoon the granola mixture into the hole, spooning over any juice left.</p> <p>Top each one with a knob of butter and bake for 30 mins until soft and sticky.</p> <p>Serve with a scoop of crème fraîche or ice cream.</p> <p>(Prep: 10 minutes, Cook: 30 minutes)</p>

# RICE KRISPIES

## RICE KRISPIE BARS

Serves  
16

INGREDIENTS	INSTRUCTIONS
<p>80g unsalted, natural creamy almond butter ..... 110g maple syrup ..... 90g rice krispie cereal .....</p>	<p>Line an 8-inch square baking pan with wax paper or parchment paper. Set aside for later.</p> <p>Add almond butter and maple syrup to a microwave-safe bowl. Whisk until well mixed.</p> <p>Heat in 20-second increments in the microwave until warm and fragrant, and the mixture begins to dry out and caramelize. Whisk in between heating increments.</p> <p>Add rice krispie cereal to the almond butter mixture. Stir and fold until well incorporated.</p> <p>Pour into the prepared baking pan. Using a spatula, smooth into an even, very tightly packed layer.</p> <p>Chill in the freezer for 1 hour. Remove and slice into 16 square treats.</p> <p>(Prep: 10 minutes, Chill: 1 hour)</p>



# CORNFLAKES

## PEANUT BUTTER CORNFLAKE BARS

Serves  
20

INGREDIENTS	INSTRUCTIONS
240g creamy peanut butter ..... 220g brown sugar ..... 330ml maple syrup ..... 180g cornflakes .....	<p>In a large saucepan, combine peanut butter, sugar and corn syrup.</p> <p>Cook and stir over medium-low heat until sugar is dissolved.</p> <p>Remove from heat; stir in cereal.</p> <p>Spread into a greased 13x9-in. pan; press lightly.</p> <p>Let stand until set, about 1 hour.</p> <p>(Prep: 15 mins, Stand: 1 hour)</p>



# CORNFLAKES

## BANANA CORNFLAKE MUFFINS

Serves  
12

INGREDIENTS	INSTRUCTIONS
<p>160g all-purpose flour ..... 1 tbsp baking powder ..... 1/2 tsp salt ..... 1/2 tsp cinnamon ..... 60g cornflakes ..... 1 egg ..... 55ml oil ..... 110g brown sugar ..... 80ml milk ..... 2 large mashed, ripe bananas .....</p>	<p>In a bowl, stir together flour, baking powder, salt, cinnamon and cornflakes. Set aside.</p> <p>In large mixing bowl, combine egg, oil, sugar, and milk. Stir in bananas.</p> <p>Add flour mixture, stirring only until combined. Portion evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray.</p> <p>Bake at 200C for about 20 minutes or until lightly browned. Serve warm.</p> <p>(Prep: 15 minutes, Cook: 20 mins)</p>
	



**LUNCH OR**

**DINNER**





# PASTA

# PASTA

## MEDITERRANEAN PASTA SALAD

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>160g dried pasta .....</p> <p>10 cherry tomatoes, halved .....</p> <p>½ red onion, finely sliced .....</p> <p>60g cheese (cheddar, parmesan or feta, crumbled) .....</p> <p>2 tbsp oil .....</p> <p>Optional: cooked chicken, olives, toasted walnuts, seasoning or fresh basil .....</p>	<p>Cook the pasta for 10-15 minutes or until soft, in a saucepan of boiling water.</p> <p>In the meantime, chop the tomatoes and onion. Drain pasta when cooked and rinse under cold water.</p> <p>Toss the pasta together with the tomatoes, onion and cheese. Mix with oil and garnish with basil (optional).</p> <p>Add any optional ingredients and serve.</p> <p>(Prep: 10 minutes, Cook: 15 minutes)</p>

- Try other **toasted nuts** for more variety in your natural nuts intake
- Mix **balsamic vinegar** with the oil to make a more flavourful dressing





**MEDITERRANEAN CHICKEN PASTA SALAD**



**TUNA PASTA**

# PASTA

## TUNA PASTA

Serves  
2

INGREDIENTS	INSTRUCTIONS
160g dried pasta ..... 35g broccoli ..... 35g tinned sweetcorn ..... 100g cherry tomatoes, halved ..... 185g tinned tuna, drained ..... Medium pack parsley, roughly chopped ..... ¼ lemon, juiced ..... salt and pepper .....	Cook the pasta for 10-15 minutes or until soft, in a saucepan of boiling water.  Add the broccoli, sweetcorn and cherry tomatoes for the final 3 mins of cooking time.  Drain the pasta, then add the tuna, stirring through until hot and remove from the heat.  Stir through parsley and squeezed lemon juice and serve seasoned with pepper.  (Prep: 10 minutes, Cook: 15 minutes)

# PASTA

## LENTIL, COURGETTE AND FETA PASTA BAKE

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>150g dried pasta ..... 200g tin chopped tomatoes ..... 75g dried lentils ..... 15g tomato purée ..... 1 courgette, grated ..... 1 1/2 garlic cloves, grated ..... 1/2 tsp dried oregano ..... 300ml vegetable stock ..... 100g feta cheese ..... Optional: fresh basil, salt and pepper and green salad .....</p>	<p>Preheat the oven to 200°C/180°C Fan/Gas 6.</p> <p>Tip the pasta, tomatoes, lentils, tomato purée, courgette, garlic and oregano into an ovenproof dish, then pour over the stock and season with salt and pepper.</p> <p>Give everything a good mix, then place the block of feta in the middle. Cover the dish tightly with kitchen foil, then bake for 30 minutes.</p> <p>Remove the foil, then return the dish to the oven for a further 20 minutes.</p> <p>Remove from the oven, add the basil, then stir everything together until the cheese has melted through the pasta to create a creamy sauce.</p> <p>Add optional ingredients.</p> <p>(Prep: less than 10 mins, Cook: 50 mins)</p>





# NOODLES

# NOODLES

## VEGGIE STIR-FRIED NOODLES

Serves  
2

INGREDIENTS	INSTRUCTIONS
150g dried noodles .....	Cook the noodles for 4-5 minutes or until soft, in a saucepan of boiling water.
1 tbsp oil .....	
2 chicken fillets, sliced (optional) .....	Meanwhile, heat the oil in a frying pan. If using chicken, stir-fry for 5 minutes. Then add onion, carrot, broccoli and pepper and stir-fry over a high heat for 2-3 mins.
1 small onion, sliced .....	
1 carrot, cut into thin strips .....	Drain the noodles thoroughly and add to the pan with the mushrooms and beansprouts, then stir-fry for 2 mins.
50g broccoli, sliced .....	
1 pepper, deseeded and sliced .....	Stir the soy sauce and chilli powder into the pan, then cook for 1-2 minutes. Serve immediately.
6 mushrooms, sliced .....	
125g beansprouts .....	(Prep: 15 minutes, Cook: 15 minutes)
Pinch of chilli powder .....	
2 tbsp soy sauce .....	

- You can use any combination of vegetables that take your fancy for this recipe and it can also be used to make a beef stir fry





**VEGGIE STIR-FRIED NOODLES**



**ONE-POT CHINESE CHICKEN NOODLE SOUP**

# NOODLES

## ONE-POT CHINESE CHICKEN NOODLE SOUP

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>100g dried noodles .....</p> <p>1/2 tbsp honey .....</p> <p>1 1/2 tbsp dark soy .....</p> <p>Pinch of chilli powder .....</p> <p>500ml chicken stock .....</p> <p>40g cooked chicken (optional) .....</p> <p>1/4 Chinese cabbage, shredded .....</p> <p>2 spring onions, sliced .....</p> <p>Optional: 10g pickled pink ginger or normal ginger, peeled and finely sliced .....</p>	<p>Cook the noodles for 4-5 minutes or until soft, in a saucepan of boiling water.</p> <p>Meanwhile, in a separate large saucepan, drizzle the honey in the pan and bubble briefly to a caramel, then splash in the soy, bubble, add a small pinch of chilli and chicken stock and simmer for 5 minutes.</p> <p>Add the chicken and ginger, if using, and simmer for another 5 minutes.</p> <p>Stir in the cabbage and noodles and cook until just wilted and the noodles have heated through.</p> <p>Ladle into bowls and add a sprinkle of the spring onions (optional).</p> <p>(Prep: 10 minutes, Cook: 15 minutes)</p>

# NOODLES

## WARM THAI NOODLE SALAD

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>1 large skinless chicken breast (optional) ..... 150g dried noodles ..... 1 handful of greens, such as Chinese leaf, finely shredded ..... 1 carrot, cut into thin strips ..... 4 spring onions, finely sliced ..... 1 red pepper, seeded and finely sliced .....</p> <p><b>Dressing:</b></p> <ul style="list-style-type: none"> <li>• 130 g salted creamy peanut butter</li> <li>• 2-3 tbsp soya sauce</li> <li>• 1 tpsp maple syrup (or other sweetener of choice)</li> <li>• Pinch of chilli powder</li> <li>• 2-3 tbsp lime juice</li> <li>• ~60 ml water (to thin)</li> </ul> <p>.....</p>	<p>Preheat the grill to high, if using chicken and place on a baking tray and grill for 10-12 minutes without turning, until cooked through.</p> <p>Meanwhile, cook the noodles for 4-5 minutes or until soft, in a large saucepan of boiling water. Drain and rinse with cold water to stop them from sticking together.</p> <p>Mix the vegetables in a bowl. Thinly slice the chicken and add to the bowl (optional), along with the noodles.</p> <p>Mix the dressing ingredients together with water, adding a little at a time until a thick but pourable sauce is achieved.</p> <p>Pour sauce over the salad and toss well. Serve straight away.</p> <p>(Prep: 10-15 minutes, Cook: 20 minutes)</p>

• If your sauce has become too thin, add more nut butter - If it's too thick, thin with more water





# RICE

# RICE

## VEGETABLE CURRY WITH RICE

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>100g carrots ..... 50g broccoli ..... 150g potatoes ..... 1 tbsp oil ..... 1 onion, sliced ..... 1/2 tbsp curry powder ..... 125ml tinned tomatoes ..... 200ml vegetable stock ..... 140g dried rice ..... 58g frozen peas ..... Optional: Seasoning .....</p>	<p>Cut the carrots into chunks, the broccoli into small florets and the potatoes into quarters. Cook the carrots and potatoes for 10 minutes in a saucepan of boiling water, or until soft.</p> <p>Meanwhile, cook the rice in a separate saucepan of boiling water for 15 minutes or until soft.</p> <p>Heat oil over a medium heat in a large saucepan and add the onions, partially cover and cook over a medium-low heat until they soften. Add the curry powder and cook, stirring for 1 minute.</p> <p>Add the tomatoes, stock, carrots and potatoes and cook for 10 minutes. Add broccoli and peas and simmer for 5 minutes. Add seasoning and serve with rice.</p> <p>(Prep: 10 minutes, Cook: 35 minutes)</p>

- You can use any combination of vegetables for this recipe and chicken can be added to create a chicken curry





**CURRY WITH RICE**



**RICE AND LENTIL SALAD**

## RICE AND LENTIL SALAD

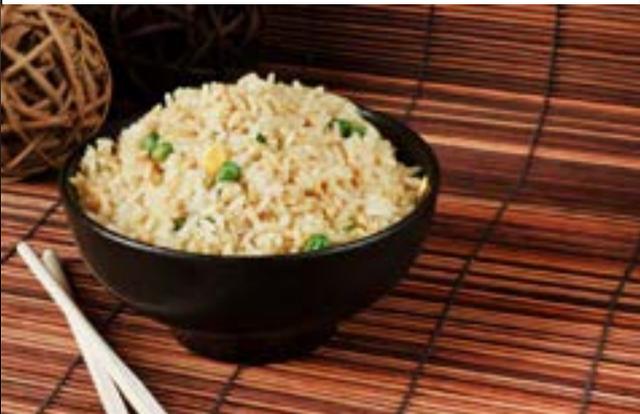
Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>160ml chicken stock ..... 80g dried rice ..... 65g dry lentils ..... 2 spring onions, finely chopped (optional) ..... 100g cherry tomatoes, quartered ..... ½ pepper, diced finely ..... 1 carrot, grated or finely diced ..... Optional: Feta cheese, seasoning .....</p> <p><b>Dressing:</b></p> <ul style="list-style-type: none"> <li>• 40ml oil</li> <li>• 20ml fresh lemon juice</li> <li>• 1 garlic clove, crushed</li> </ul> <p>.....</p>	<p>Add stock to a saucepan and bring to a boil. Add rice, cover, and simmer on medium heat until liquid has been absorbed, about 15 minutes.</p> <p>Meanwhile, place lentils in a saucepan over medium heat and cover with 150ml water. Simmer until just tender, about 15 minutes. Drain and let cool.</p> <p>Combine the cooked rice and lentils in a bowl.</p> <p>To make the dressing, mix together the oil, lemon juice and garlic in a bowl. Pour over lentils and rice. Add spring onion (optional), tomatoes, pepper and carrots.</p> <p>Chill in the refrigerator until ready to serve. Add feta (optional) and seasoning if required.</p> <p>(Prep: 15 minutes, Cook: 15 minutes)</p>

## EGG-FRIED RICE

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>140g dried rice .....</p> <p>100g frozen peas .....</p> <p>2 tsp oil .....</p> <p>2 eggs, lightly beaten .....</p> <p>4 spring onions, sliced .....</p> <p>2 tbsp dark soy sauce .....</p> <p>Optional: 2 tsp toasted sesame oil .....</p>	<p>Cook the rice for 15 minutes or until soft, in a saucepan of boiling water. Cook the frozen peas for 5 minutes, in a separate saucepan of boiling water.</p> <p>Heat half the oil in a large frying pan over a high heat. Add the beaten eggs and quickly stir-fry until just under-cooked. Remove from the pan and set aside.</p> <p>Heat the rest of the oil in the pan and add the spring onions, peas and cooked rice and stir-fry until the rice has started to crisp a little.</p> <p>Stir in the cooked egg, soy sauce, and sesame oil (optional) and serve.</p> <p>(Prep: 5 minutes, Cook: 20 minutes)</p>





# QUINOA



# QUINOA

## SPICY VEGETABLE AND QUINOA ONE-POT

Serves  
2

INGREDIENTS	INSTRUCTIONS
1/2 tbsp oil ..... 1/2 onion, sliced ..... 2 tsp curry powder (Alternatively use 2 tbsp of curry paste) ..... 500ml milk ..... 375g frozen mixed vegetable ..... 100g quinoa, rinsed ..... Optional: Naan bread, seasoning .....	Add oil to large saucepan and simmer the onion for 5 minutes. Add the curry powder and a splash of water and stir for 1 minute.  Heat the milk in a jug in the microwave.  Add the vegetables and quinoa to the pot, then stir in the milk. Bring to a boil, and simmer gently for 10 minutes until the quinoa is cooked.  Add seasoning if required and serve with warm naan bread (optional).  (Prep: 5 minutes, Cook: 15 minutes)



## **SPICY VEGETABLE AND QUINOA ONE-POT**



## **SPICY TUNA QUINOA SALAD**

# QUINOA

## SPICY TUNA QUINOA SALAD

Serves  
2

INGREDIENTS	INSTRUCTIONS
100g quinoa, rinsed ..... 1/2 tbsp oil ..... 1/2 onion, sliced ..... 175g pepper, deseeded, sliced ..... Pinch of chilli powder ..... 175g cherry tomato, halved ..... 185g canned tuna ..... Optional: Olives, seasoning .....	Cook the quinoa in a large pan of boiling water for 10-15 mins until tender, drain well, then set aside to cool.  Add oil to a frying pan, chilli powder and onion and peppers until soft. Allow to cool.  Mix the quinoa, onion mixture, cherry tomatoes, olives (optional) and add the tuna.  Add a little oil, seasoning and serve.  (Prep: 10 minutes, Cook: 10 minutes)

# QUINOA

## QUINOA, LENTIL AND FETA SALAD

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>100g quinoa, rinsed .....</p> <p>1 tsp oil .....</p> <p>100g dried lentils .....</p> <p>1/4 onion, finely chopped .....</p> <p>1/3 cucumber, lightly peeled and diced .....</p> <p>50g feta cheese, crumbled .....</p> <p>3 spring onions, thinly sliced .....</p> <p>Optional: seasoning, zest and juice 1/2 orange, 1/2 tbsp red or white wine vinegar .....</p>	<p>Cook the quinoa in a saucepan of boiling water for 10-15 mins until tender, drain well, then set aside to cool.</p> <p>Meanwhile, heat the oil in a small pan, add the onion and cook for a few minutes until softened.</p> <p>At the same time, cook the lentils in a separate saucepan for about 15 minutes.</p> <p>Stir the softened onion into the quinoa along with the cooked lentils, cucumber, feta, spring onions, orange zest and juice (optional) and vinegar (optional).</p> <p>Toss well together, add seasoning and chill until ready to serve.</p> <p>(Prep: 15 minutes, Cook: 20 minutes)</p>



# COUSCOUS

# COUSCOUS

## COUSCOUS AND VEGETABLE SALAD

Serves  
2

INGREDIENTS	INSTRUCTIONS
150g couscous ..... 250ml chicken stock ..... ½ garlic clove ..... 3 ½ tbsps oil ..... 1 ½ spring onions, finely chopped ..... ½ courgette, finely chopped ..... ½ red pepper, finely chopped ..... 160g cannellini beans (tinned, rinsed) ..... Optional: Mixed salad leaves and seasoning .....	<p>Place the couscous in a bowl. Add 250ml of hot chicken stock to the couscous. Mix well, cover and let stand for 10 minutes.</p> <p>Meanwhile, add 2 tbsp oil to a pan and fry the garlic for 1 minute. Add the couscous and fluff the couscous up with a fork until all the grains are separated.</p> <p>Add the chopped vegetables, seasoning and beans, and drizzle the remaining oil on top.</p> <p>Serve with mixed salad leaves (optional).</p> <p>(Prep: 10 minutes, Cook: 15 minutes)</p>

- You can vary this recipe by adding different vegetables





**COUSCOUS AND VEGETABLE SALAD**



**MORROCAN CHICKEN WITH  
LEMON COUSCOUS**

# COUSCOUS

## MORROCAN CHICKEN WITH LEMON COUSCOUS

Serves  
2

INGREDIENTS	INSTRUCTIONS
<p>150g couscous ..... zest and juice 1/2 lemon ..... 1 tsp oil ..... 1/2 tbsp honey ..... 2 skinless, boneless chicken breasts, sliced into large strips ..... 1/2 tsp ground cinnamon ..... 1/2 tsp ground cumin ..... 200g can chopped tomatoes ..... 150ml chicken stock ..... 100g fine green beans, trimmed .....</p>	<p>Put the couscous, half the lemon zest and half the juice in a medium bowl and pour over 250ml boiling water. Cover with cling film and leave to soak while you cook the chicken.</p> <p>Heat oil in a large frying pan, drizzle honey and some seasoning over the chicken and fry over a medium heat for 5-6 minutes, until golden.</p> <p>Mix in the spices, followed by the tomatoes, stock, green beans and remaining lemon zest and juice.</p> <p>Bring to the boil and simmer, uncovered, for 8-10 minutes or until the beans are tender. Fork through the couscous to fluff it up, then serve with the chicken.</p> <p>(Prep: 10 minutes, Cook: 20 minutes)</p>



# LENTILS

# LENTILS

Serves  
2

## SPICY CARROT AND LENTIL SOUP

INGREDIENTS	INSTRUCTIONS
2 tbsp oil .....	Heat oil in a saucepan. Add onion and celery and cook until soft, stirring.
1 medium onion, finely diced .....	
2 sticks celery, finely diced .....	Add carrots, lentils, cumin, coriander, stock and black pepper. Stir to mix.
3 carrots, coarsely grated .....	
90g dried lentils .....	Cover, bring to the boil, then simmer gently for 15-20 minutes or until carrots and lentils are soft, stirring occasionally.
1 tsp ground cumin .....	
1 tsp ground coriander .....	Add seasoning if required and serve.
850ml vegetable stock .....	
Optional: seasoning .....	(Prep: 15 minutes, Cook: 25 minutes)

- Use different **herbs** or **spices** to change the flavour





## **SPICY CARROT AND LENTIL SOUP**



## **SPICY LENTIL BOLOGNESE**

# LENTILS

Serves  
2

## SPICY LENTIL BOLOGNESE

INGREDIENTS	INSTRUCTIONS
2 tbsp dried lentils ..... 180g dried pasta ..... 1 tsp oil ..... ½ tsp garlic, finely chopped ..... ½ onion, finely chopped ..... 1 celery stalk, finely chopped ..... ½ green pepper, deseeded, finely chopped ..... ½ yellow pepper, deseeded, finely chopped ..... ½ carrot, finely chopped ..... 40g mushrooms, diced ..... 200g chopped tomatoes, strained through a colander and the juice and tomatoes kept separately ..... Pinch chilli powder ..... Optional: Fresh basil to garnish .....	Cook the lentils in a saucepan of boiling water for about 15 minutes.  Meanwhile, cook the pasta in a separate saucepan of boiling water for 10-15 minutes or until soft.  In another saucepan, add the oil and garlic and cook over low heat, stirring until golden brown. Add all the vegetables, except the mushrooms, and cook on a medium heat, stirring occasionally for 10-12 minutes, or until softened.  Add the mushrooms to the pan and cook on high heat for 2 minutes. Add the juice from the tomatoes and cook until the liquid is reduced by half.  Add the cooked lentils, chilli powder and tomatoes and cook for a further 3-4 minutes.  Serve with pasta and garnish with fresh basil (optional).  (Prep: 10 minutes, Cook: 20 minutes)

# LENTILS

Serves  
2

## LENTIL CURRY

INGREDIENTS	INSTRUCTIONS
<p>1 tbsp oil ..... 1 medium onion, cut into rough wedges ..... 2 tsp curry powder (Alternatively use 2 tbsp of curry paste) ..... 425ml vegetable stock ..... 375g frozen vegetables ..... 50g dried lentils ..... 100g dried rice ..... 1/2 tsp turmeric ..... Handful of raisins ..... Optional: seasoning, fresh parsley, poppadums and mango chutney .....</p>	<p>Heat the oil in a large pan. Add the onions and cook over a high heat for about 5 minutes or until they are golden brown.</p> <p>Stir in the curry powder and cook for a minute. Slowly pour in a little of the stock so it sizzles, scraping any bits from the bottom of the pan. Gradually pour in the rest of the stock.</p> <p>Stir the frozen vegetables, cover and simmer for 5 minutes. Add the lentils and simmer for a further 15-20 minutes or until the vegetables and lentils are cooked.</p> <p>While the curry is simmering, cook the rice for 15 minutes or until soft, adding the turmeric to the cooking water. Drain well.</p> <p>Add optional ingredients if required. Toss in a handful of raisins and then serve with rice.</p> <p>(Prep: 5 minutes, Cook: 45 minutes)</p>

# CONTACT DETAILS

Thank you for taking the time to look at the recipe book. We hope you found the recipes enjoyable.

## Did you make any of the recipes or any other dishes not included in the recipe book using the ingredients from the SU Pantry?

If so, we would love to hear your feedback on any recipes you tried and to hear about any other recipes you made which could be included in the next edition of the recipe book.

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For more information and tips on eating a healthy diet at University see the below website:

[1] British Nutrition Foundation. Life Stages - Students <https://www.nutrition.org.uk/life-stages/students/>  
(Accessed 10/03/2023)

NB: Recipes have been adapted from various nutrition studies conducted at the Centre for Public Health, Queen's University Belfast and from online recipes.

