



University of
Sheffield

FEASTS

BNBR

Belief, No Belief and Religious

Life
Centre

A guide to eating well on a low budget

Over 50 recipes inside!



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ACKNOWLEDGEMENTS



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The
Alumni
Foundation

We are grateful to The University of Sheffield Alumni Foundation for providing funding for the initial printing of this book.

The Alumni Foundation exists to channel the donations of Sheffield alumni (former students), staff, and friends of the University, into projects that benefit current students. More information about the Foundation can be found at: www.shef.ac.uk/alumni/foundation

As a Sheffield student you're part of a global network of over 160,000 people who have studied at the University. Graduation doesn't mean goodbye as you automatically become 'alumni' and remain an important part of the University for years to come.

Out of their love for all things Sheffield, from riding the Paternoster to wandering down Fargate to campaigning with the SU, alumni are proud to give back to the University and help current students through scholarships, grants to clubs and careers advice. The Alumni Relations team is here to connect students with alumni so find out below how we can help you with funding or careers support at <http://www.sheffield.ac.uk/alumni/student>



The BNBR Life Centre also acknowledges Lucy Sam, who is responsible for the design, graphics and photography of this book. We would like to thank her for her time and continuous hard work spent researching, testing and presenting the recipes.

EATING TOGETHER

The University of Sheffield is a diverse community with students and staff from a wide range of nationalities and cultures. In fact, you will probably never again have such a good opportunity to try new foods or drinks, and to understand more about other cultures and alternative ways of living - so make the most of it!

Offering to cook for your flatmates or organising social events are great ways to get to know people better. However, people may feel unwelcome if there is no food or drink that they can enjoy. People may have cultural, ethical, medical or religious reasons for avoiding certain foods. If so, they are not just being difficult! For instance, a beer festival could be difficult, not just for religious groups who avoid alcohol, but also for those who have coeliac disease. If you are organising an event with food it's a good idea to consider people's needs when you start planning, and to offer alternatives.

In British culture it is not considered polite to pressurise someone to eat or drink food that they have already refused. Equally, it is acceptable to politely turn down food that you do not want to eat.

SHARING KITCHENS

Sharing a flat and a kitchen with new people can be one of the best parts of University life. It can also be challenging. You may find you're sharing with people from different cultures, or who have dietary restrictions, or who are much less/more tidy than you. Most flatmates will have a disagreement about the kitchen at some point.

It is reasonable to ask flatmates:

- to cover shared kitchen equipment with foil if they are cooking foods that you avoid, e.g. covering a grill pan before cooking bacon.
 - to wash up their own dirty things soon after a meal
- to not to use your things to prepare foods that you avoid

It is not so reasonable to ask them:

- to not cook or eat foods that you don't like or can't eat*
 - to not cook foods with a smell that you don't like
- to wash up dirty pots and pans that someone else has left

*Unless you have a medical condition that means you must not be in contact with a particular food (e.g. a severe nut allergy)

FOOD AND RELIGION

This section gives a brief description of the food and drink that different groups of people may avoid for religious, cultural, or spiritual reasons. However, everyone is different, so it's always best to ask someone what they can or can't eat.

Note: 'Fasting' is done by many people for religious or spiritual reasons. It means to restrict what you eat/drink for a period of time. Different groups have different definitions of what it means to fast. For example, it may mean to eat/drink nothing at all, to eat nothing but drink normally, or to eat only a vegetarian/vegan diet.

Christian: Many Christians have no particular dietary restrictions. Individuals may choose to follow a particular diet (e.g. vegetarian or vegan).

Orthodox Christians: try to fast every Wednesday and Friday (vegan diet). Fasting is a private matter, so if invited to a meal they may be happy to eat whatever is provided.

Seventh Day Adventists: are often vegetarian. They may avoid food or drink containing caffeine (e.g. coffee or cola).

Hindu: Many Hindus do not eat meat, poultry, fish, or eggs. Milk products are allowed and encouraged. Beef is forbidden. Hindus may fast at certain times of the year.

Jewish/kosher: 'Kosher' refers to food that observant Jewish people can eat. Some meats are forbidden (such as pork, rabbit, horse) and so is shellfish. Beef, lamb, fish and most birds/poultry are allowed. Animals must be slaughtered by a properly qualified butcher in accordance with strict laws. Some Jews do not eat dairy products and meat at the same meal or use the same crockery, pots, pans, etc for both dairy and meat. Some Jews observe the laws less closely than others. If you are sharing a kitchen or a meal with a Jewish person, talk to them about it in advance.

OTHER DIETARY PRACTICES & BELIEFS

Muslim/halal: ‘Halal’ means food that is allowed to be eaten according to Islamic Sharia law. Meats should be slaughtered under Halal guidance. Pork (including ham, bacon etc.) is not allowed. Alcohol is also banned. The major fasting time is Ramadan.

Sikh: The food provided at meals held at a Gurdwara is always vegetarian. The decision to eat meat or not is a personal decision for every Sikh.

Buddhist: Many, but not all, Buddhists are vegetarian.

Pagan: Paganism has no specific food rules. However, in Paganism, the body and the earth are generally considered sacred, so eating healthily and well is important. As a result they may focus on free-range, organic, locally produced, vegetarian or homemade foods. More rarely, Pagans may eat only seasonal food out of respect for our earth and our climate.

People may follow these diets for medical reasons or because of their culture or beliefs.

Gluten-free: People can eat naturally gluten-free foods, such as fruit and vegetables, rice, lentils, potatoes, meat and fish. They can’t eat foods containing gluten such as wheat, rye, and barley, and also any foods made with these grains. Oats may also be contaminated with gluten.

Vegetarian: Vegetarians can eat fruits, vegetables, grains, pulses, nuts, seeds. They may or may not eat dairy products and eggs. They do not eat meat, poultry, game, fish, shellfish, or animal by-products such as gelatine or animal rennet (often found in hard cheese).

Vegan: Vegans only eat food that comes from plants, such as fruits, vegetables, grains, legumes, nuts and seeds. They do not eat any animal products e.g. meat, fish, seafood, dairy products, eggs and honey.

HEALTHY EATING

A balanced healthy diet includes a wide variety of foods from each of the main food groups.

FRUIT & VEGETABLES

- Try to eat at least 5 portions of different fruit and vegetables each day. 1 portion is 80g, or 150 ml of unsweetened 100% fruit or vegetable juice.
- Frozen options are cheaper and more convenient than fresh, and are just as healthy.
- Tinned options are also convenient, but may include added sugar, salt and/or oil.

STARCHY CARBOHYDRATES - bread, rice, potatoes, pasta, noodles, and oats.

- These staple foods are cheap and filling with a long shelf-life.
- Choosing brown rice and wholewheat pasta and leaving the skins on potatoes will increase your fibre intake.

MILK & DAIRY PRODUCTS

- These are good sources of calcium and protein.
- Lower fat versions are often available (look for skimmed or semi-skimmed milk).
- Soya and nut milk and products are good non-dairy alternatives and usually contain calcium and vitamins.

PROTEIN - Meat, poultry, fish, seafood, eggs, beans, nuts, seeds and pulses

- Processed meats such as sausage, ham and bacon are less good for you than other sorts of meat. The Department of Health advises no more than 70g of red and processed meat per day.
- Aim to eat oily fish such as salmon, sardines, mackerel, and fresh tuna a couple of times per week. Tinned tuna is a good source of protein but does not count as an oily fish.
- Beans and pulses (e.g. lentils) are good cheaper alternatives to meat. They are also higher in fibre, lower in fat, and just three heaped tablespoons count as one of your 5-A-DAY!

FOOD & DRINK HIGH IN FAT AND/OR SUGAR

- This includes butter, spreads, cooking oils, fried foods, bakery, confectionery, soft drinks.
- It is best to eat these in moderation, or find healthier alternatives. Look out for tips on how to achieve this throughout this recipe book!

ALCOHOL

There are many options for social life and entertainment at University. It can seem as if alcohol is part of this life for many students; when in fact, 14% of our students don't drink at all and 40% drink no more than once a month. You don't need to drink to have fun! In 2016, UK Government guidelines recommend drinking no more than 14 units per week. If you choose not to drink alcohol, don't feel pressurised to do so. All venues provide soft (non-alcoholic) and often low-alcohol drinks. If you do drink alcohol, you can do this responsibly.

Here are a few things to think about:

- Quality, not quantity. The cheapest alcohol is likely to be poorer quality, and more likely to have a negative effect.
- Too much alcohol is likely to have a negative impact on your grades.
- It takes roughly one hour to process one unit of alcohol, so last night's alcohol may still be in your body the next day.
- Alcohol can cause low mood; if you're feeling down, you can end up feeling worse if you drink alcohol.
- Alternating water / soft drinks with alcoholic drinks helps to reduce the number of units taken. It also keeps you hydrated which reduces the risk of feeling bad the next day.
- As well as fizzy soft drinks, water, and fruit juices, many places sell alcohol-free versions of popular drinks including cocktails (often called mocktails), mulled fruit drinks, sparkling cordials, and mixed fruit drinks.

People choose not to drink alcohol for various reasons. Don't harass or pressurise students who don't want to drink, whether it's for personal, health or religious reasons.

55 SIMPLE & NUTRITIOUS RECIPES

Remove or substitute ingredients to suit your convenience, budget and tastes.

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BREAKFAST

1. WHOLEGRAIN CEREALS

A top-down view of a white ceramic bowl filled with whole grain cereal. The cereal is topped with several fresh raspberries, sliced almonds, and peanuts. The bowl sits on a light-colored wooden surface. To the left of the bowl, a silver spoon is partially visible. Scattered around the bowl are more almonds and peanuts, and a large pile of raspberries is visible on the right side of the frame.

Try skimmed or semi-skimmed milk instead of full fat milk to reduce your fat intake.

2. PORRIDGE

Using dried or fresh fruit instead of sugar in a recipe brings in additional vitamins and nutrients.

INGREDIENTS

- ½ cup oats
- 1 banana, mashed
- ½ cup milk
- ½ cup boiling hot water

OPTIONAL: cinnamon, nuts, seeds, berries, dried fruit, desiccated coconut

METHOD

Put oats, milk and water into a microwavable bowl. Place into the microwave and heat for 1 minute.

Stir in the mashed banana and heat for a further 1-2 minutes.

Add desired toppings and serve.

SERVES: 1
TOTAL TIME: 4-5 min



INGREDIENTS

½ cup oats

¾ cup milk or water

Fruit/sweetener of choice:

mashed banana, crushed berries, grated apple or pear, sliced grapes, etc

OPTIONAL TOPPINGS: nuts, seeds, desiccate coconut, cinnamon, yogurt, dried fruit

METHOD

Stir together uncooked oats, milk, and choice of fruit.

Place into a container.

Cover and place in the fridge for a minimum of 2 hours.

Remove from the fridge and serve with desired toppings.

Add more liquid if needed.

3.OVERNIGHT OATS

Regular cereals can contain a lot of added sugar, so try opting for oats and wholegrain cereals instead.

SERVES: 1

TOTAL TIME: 2hrs+



4.OAT PANCAKES

INGREDIENTS

4-5 tbsp oats
1 ripe medium banana
1 medium egg
1 tbsp milk
½ tsp cinnamon
1 tbsp olive oil

OPTIONAL: fruit, yogurt, nuts,
honey

METHOD

Use fork to mash the banana into a paste.
Add the egg, milk, oats and cinnamon. Stir until a thick pourable batter forms.
Heat oil in pan over medium-high heat. Spoon in 3 tbsp of batter. Cook for 2-3 minutes on each side or until golden brown.
Serve with desired toppings.

SERVES: 1

TOTAL TIME: 20-25 min

5. BEANS ON TOAST

INGREDIENTS

½ tin cannellini beans,
drained
½ tin chopped tomatoes
1 tbsp tomato paste
1 tbsp Henderson's relish or
balsamic vinegar
½ tsp each mixed dried herbs,
cayenne, paprika, garlic
powder
Salt & pepper to taste
Wholemeal bread, toasted

METHOD

Add beans, tomatoes, tomato
paste, relish or vinegar, herbs
and spices to a pan.
Stir and cook for 2-3 minutes
until heated through. Season
to taste.
Serve with toasted bread.

SERVES: 1
TOTAL TIME: 5-10 min



INGREDIENTS

Medium-large eggs
Salt & pepper to taste

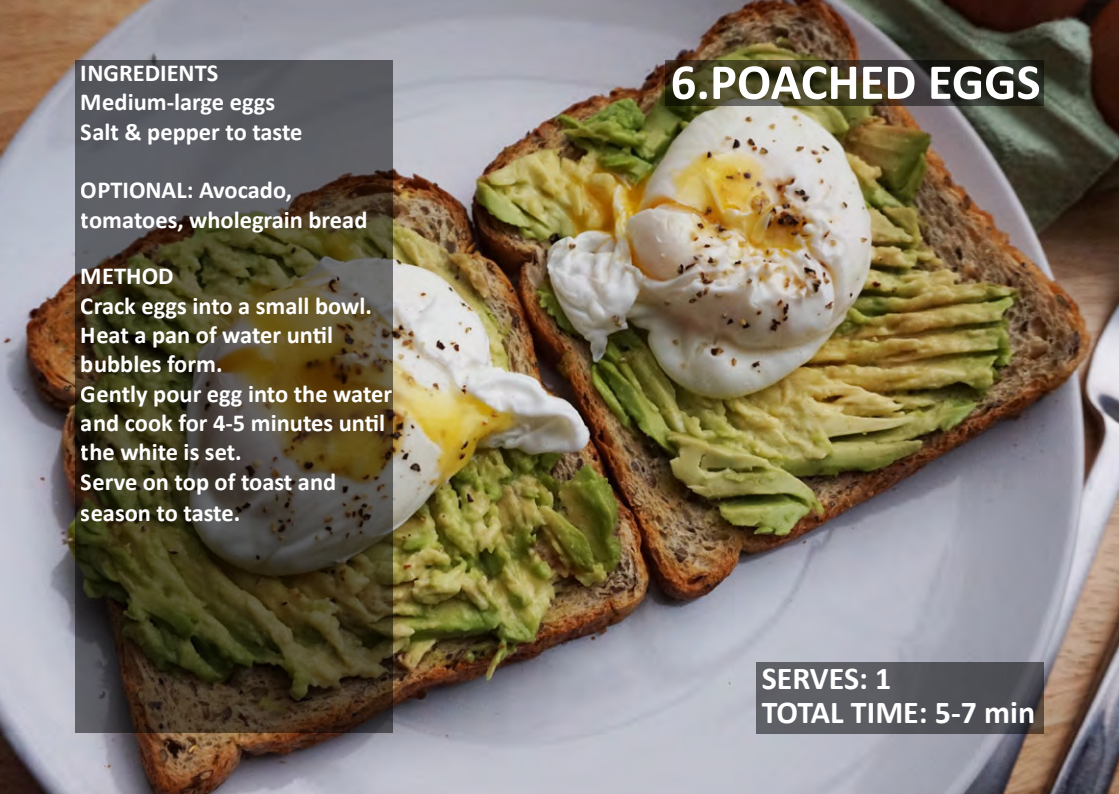
OPTIONAL: Avocado,
tomatoes, wholegrain bread

METHOD

Crack eggs into a small bowl.
Heat a pan of water until
bubbles form.
Gently pour egg into the water
and cook for 4-5 minutes until
the white is set.
Serve on top of toast and
season to taste.

6. POACHED EGGS

SERVES: 1
TOTAL TIME: 5-7 min



7. SCRAMBLED EGGS

A top-down view of a wholemeal wrap on a white plate. The wrap is filled with scrambled eggs, sliced tomatoes, and fresh herbs like basil and coriander. The wrap is placed on a wooden surface, with a slice of lemon and a tomato slice visible nearby.

INGREDIENTS

2 medium eggs
2 tbsp milk
1 spring onion, chopped
Mixed dried herbs
Salt & pepper to taste
1 wholemeal wrap

OPTIONAL: Spinach,
tomatoes, coriander

METHOD

Crack eggs into a microwavable bowl and whisk. Add the milk, green onion, mixed herbs, salt and pepper. Stir until combined. Microwave for 2-3 minutes or until set. Cut into smaller "scrambled" pieces using a fork. Serve with optional toppings.

SERVES: 1
TOTAL TIME: 5 min

8. OMELETTE



INGREDIENTS

2 large eggs
2 tbsp milk
Salt & pepper to taste
2 tsp olive oil
Fillings of choice

METHOD

Crack eggs into a bowl and beat. Add the milk, salt and pepper, and whisk. Heat oil in a pan over high heat. Pour in the egg and turn the pan until mixture covers the surface evenly. Cook for 1-2 minutes until mixture is slightly set and sides can be lifted. Add the fillings to one half and fold over the other half of the omelette. Cook for 1-2 minutes or until fully set. Serve.

SERVES: 1
TOTAL TIME: 5-7 min

9.SPICY EGGS

INGREDIENTS

2 tsp olive oil
1 onion, diced
1 tomato, diced
2 cups of leafy greens (e.g. kale, spinach)
1 tbsp balsamic vinegar
1 tsp chilli flakes
2 large eggs
Salt & pepper to taste

METHOD

Heat oil in a pan over medium heat. Add the vegetables and cook for 2-3 minutes until the greens start to wilt. Add balsamic vinegar and chilli flakes. Stir to combine. Push vegetables to the sides to create two wells, and crack in the eggs. Season, cover and cook for 4-5 minutes or until the egg whites have set. Serve.

SERVES: 1
TOTAL TIME: 7-10 min



10. DIPPY EGGS

A top-down view of a white plate featuring a dippy egg in a glass cup, a slice of toast with butter, and a glass of tomato soup. The egg is cracked open, showing a runny yolk. A silver spoon is placed to the right of the egg. The background is a light-colored wooden surface.

INGREDIENTS

Eggs

Half pan of water

METHOD

Bring water to a boil in the pan.

Once the water is bubbling, drop in the eggs.

Cook the egg for 5-6 minutes.

Drain, leave to sit in a bowl of cold water for 1-2 minutes - this makes the eggs easier to peel.

Crack open the top of the egg. Serve with toast.

SERVES: 1

TOTAL TIME: 10-15 min

INGREDIENTS

2 medium eggs
2 tbsp milk
2 slices wholemeal bread
1 knob of butter

OPTIONAL: frozen or fresh fruit, honey, cinnamon, yogurt.

METHOD

Crack eggs into a shallow bowl and whisk.
Add the milk and stir until combined.
Coat both sides of the bread in egg and leave to sit for 1 minute.
Heat butter in a pan over medium-high heat. Add the bread and fry both sides until golden brown.
Serve with desired toppings.

11. EGGY BREAD

Switching from white bread or rice to wholegrain increases the soluble fibre in your diet.

SERVES: 1
TOTAL TIME: 5-7 min



SALADS &
SOUPS

A top-down view of a white bowl filled with a colorful salad. The salad consists of shredded red cabbage, thin slices of red onion, shredded orange carrots, thin slices of yellow-green apples, dark raisins, and fresh green coriander leaves. The ingredients are mixed together and appear to be coated in a dressing. The bowl is set on a light-colored wooden surface. A silver fork is visible on the right side of the frame, and a slice of lemon is partially visible in the top left corner.

12. FRUITY SLAW

INGREDIENTS

2-3 tbsp balsamic vinegar
1 cup red cabbage, shredded
1 medium carrot, shredded
1 red onion, thinly sliced
1 apple, thinly sliced
1 handful raisins
1 handful coriander, chopped

DRESSING

Juice of $\frac{1}{2}$ lemon
2 tbsp Greek yogurt
1 tsp Dijon mustard

METHOD

Soak the cabbage, carrot and onion in vinegar for 10 minutes to soften. Drain.
Mix all dressing ingredients together.
Combine all of the salad ingredients together with the dressing.
Mix well and serve.

SERVES: 1

TOTAL TIME: 20-25 min

INGREDIENTS

2 handfuls of spinach
1 sweet potato, boiled
100g green beans, boiled,
chopped
1 hard-boiled egg, quartered
½ cup cherry tomatoes, halved
5 olives, thinly sliced
1 can tuna in spring water,
drained
5 black olives, halved

DRESSING

1 tbsp balsamic vinegar
2 tsp lemon juice
1 tsp Dijon mustard
1 tsp olive oil

METHOD

Whisk all of the dressing ingredients together. Season tuna with garlic powder, salt and pepper. Arrange all salad ingredients in a bowl, pour over the dressing. Serve.

13. NICOISE SALAD

SERVES: 1

TOTAL TIME: 20-25 min





14. POTATO SALAD

INGREDIENTS

300g new potatoes
Handful coriander, chopped
100g smoked mackerel

Optional extras: onion, radish,
capers, olives

DRESSING

1 tbsp balsamic vinegar
1 tbsp lemon juice
1 tbsp olive oil
Salt & pepper to taste

METHOD

Boil the potatoes in water for
15-20 minutes until tender.
Drain and chop into large
chunks. Toss with coriander.
Whisk all of the dressing
ingredients together. Pour
over potato salad. Toss to
combine.
Serve with mackerel and
optional extras.

SERVES: 1

TOTAL TIME: 20-25 min



15. COUSCOUS TABBOULEH

INGREDIENTS

½ cup couscous
1 cup boiling hot water
2 tomatoes, diced
½ red onion, diced
⅓ cucumber, seeded, diced
½ cup pomegranate seeds
Handful mint, parsley, chives,
chopped
3 tbsp lemon juice
1 tbsp olive oil
Salt & pepper to taste

METHOD

Cover couscous in water and
leave for 5-10 minutes, fluff
with a fork.
Add in the tomatoes, onion,
cucumber, pomegranate
seeds, herbs, lemon juice,
and oil.
Toss to combine. Season to
taste.
Serve.

SERVES: 1-2

TOTAL TIME: 15-20 min

A top-down view of a white bowl filled with a vibrant Greek salad. The salad consists of sliced cucumbers, red and yellow bell peppers, red onions, black olives, and crumbled white feta cheese. A slice of lemon is visible on the right side of the bowl. The bowl is placed on a wooden surface, and a silver fork is visible on the left edge. The background shows a piece of pita bread.

16. GREEK SALAD

Instead of salt in a dish try adding spices, herbs and lemon/lime juice so as to reduce salt content.

INGREDIENTS

Salad leaves
½ small red onion, sliced
1 bell pepper, sliced
1/3 cucumber, sliced
1 tomato, chopped
5 black olives, sliced
2 tbsp feta cheese, crumbled
1 tsp dried oregano
Salt & pepper to taste

DRESSING

2 tbsp lemon juice
1 tbsp red wine vinegar
1 tbsp olive oil

METHOD

Whisk all of the dressing ingredients together.
Combine salad ingredients together.
Pour over dressing, toss to mix.
Season to taste, Garnish with oregano and feta.
Serve.

SERVES: 1

TOTAL TIME: 10-15 min

A top-down view of a white bowl filled with a vibrant pasta salad. The salad consists of yellow fusilli pasta, halved cherry tomatoes, sliced radishes, yellow corn kernels, and fresh green herbs. A generous amount of white, crumbled cheese is sprinkled over the top. The bowl is set on a light-colored wooden surface, with a silver fork on the left and a slice of lemon on the right.

17. PASTA SALAD

INGREDIENTS

1 cup wholewheat pasta
Leftover salad vegetables,
chopped
Cheese, grated/crumbled

DRESSING

1 tbsp olive oil
2 tbsp balsamic vinegar
1 tsp each of mixed dried
herbs, garlic powder, paprika
Salt & pepper to taste

METHOD

Boil the pasta in water for
10-15 minutes until soft, and
drain.
Combine the pasta with
leftover salad ingredients.
Whisk all of the dressing
ingredients together.
Pour dressing over pasta salad
and toss to combine.
Serve with cheese.

SERVES: 1

TOTAL TIME: 15-20 min

18. MIXED BEAN SALAD



INGREDIENTS

½ can cannellini beans,
drained, rinsed
½ can kidney beans, drained,
rinsed
½ cup sweetcorn
½ red onion, finely diced
1 bell pepper, finely sliced
1 handful coriander, minced
Juice of ½ lemon
1 tbsp olive oil
Salt & pepper to taste

METHOD

Combine all salad ingredients
together.
Squeeze in the lemon juice,
drizzle the olive oil, season to
taste, and combine well.
Garnish with coriander.
Serve.

SERVES: 1-2

TOTAL TIME: 15-20 min

INGREDIENTS

½ cup sweetcorn
½ cup cooked rice
½ can pinto beans, drained
1-2 tomatoes, diced
½ red onion, diced
½ Jalapeño, finely chopped
1 head baby gem lettuce
1 avocado, mashed
Tortillas

METHOD

Combine beans and corn together.
Mash the avocado.
Mix the tomatoes, jalapeño, onion and lime juice together.
Arrange all ingredients in a serving bowl.
Serve with heated tortillas.

19. BURRITO BOWL

Remember to sign up for supermarket loyalty cards, collect points and exchange them for money off your shopping.

SERVES: 1-2
TOTAL TIME: 30-40 min



20.VIETNAMESE CABBAGE SALAD

SERVES: 1-2

TOTAL TIME: 25-30 min

INGREDIENTS

1 chicken breast, boiled, shredded
½ red cabbage, shredded
1 large carrot, peeled, finely sliced
1 small red onion, finely sliced
2 tbsp white wine vinegar
Handful basil & mint, chopped
Handful crushed cashews

DRESSING

1 tbsp fish sauce
Juice of ½ lime
1 garlic clove, minced
1 tsp honey
½ fresh red chilli, minced

METHOD

Soak the cabbage, carrots and onion in vinegar for 15-20 minutes. Drain.
Add in the chicken and herbs.
Whisk dressing ingredients together. Pour over salad, garnish with nuts. Serve.

21.SUSHI BOWL

INGREDIENTS

1 cup brown rice, cooked

100g smoked salmon

OPTIONAL: cucumber, carrot,

bell pepper, avocado, radish,

nor/seaweed sheets

Soy sauce

METHOD

Place 1 cup of brown rice and 2 cups water into a pot. Bring to boil on high heat

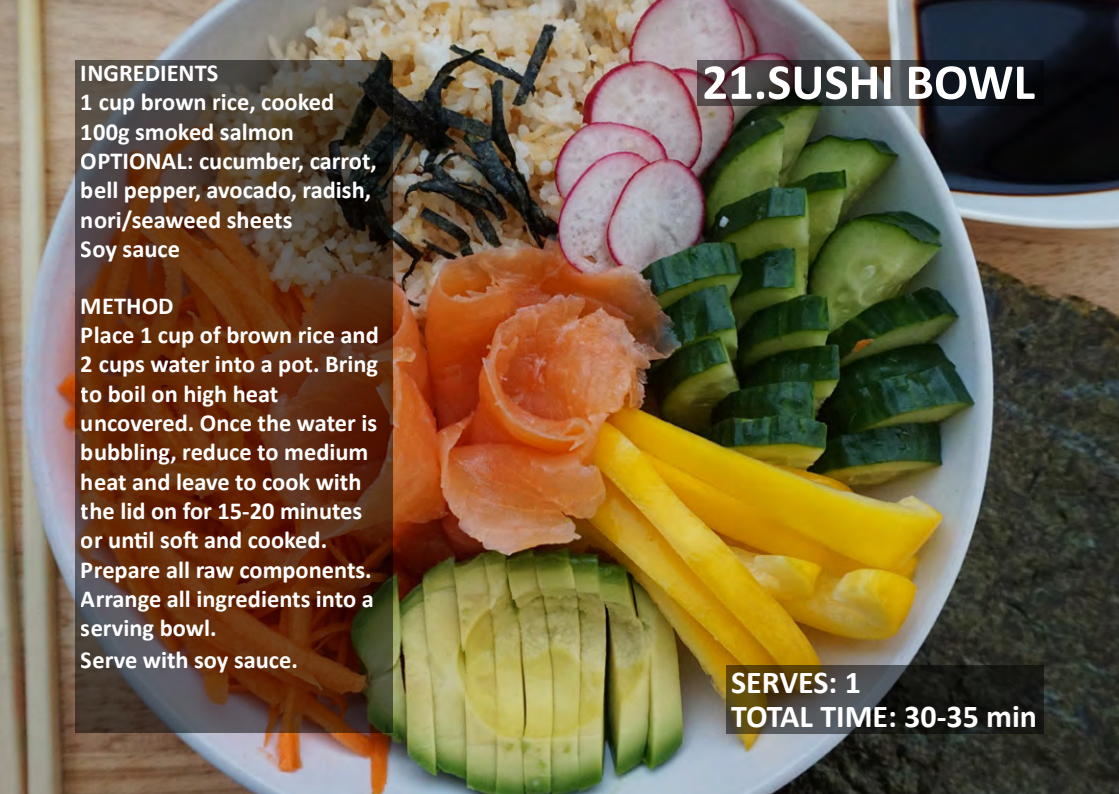
uncovered. Once the water is bubbling, reduce to medium heat and leave to cook with the lid on for 15-20 minutes or until soft and cooked.

Prepare all raw components. Arrange all ingredients into a serving bowl.

Serve with soy sauce.

SERVES: 1

TOTAL TIME: 30-35 min



A top-down view of a white ceramic bowl filled with a vibrant yellow-orange coconut carrot soup. The soup is garnished with fresh green parsley leaves. To the right of the bowl, several slices of rustic, dark brown bread are visible. The entire scene is set on a light-colored wooden surface. A silver spoon is partially visible on the left side of the frame.

22.COCONUT CARROT SOUP

INGREDIENTS

4-5 carrots, peeled, chopped
1 white onion, chopped
½ cup coconut cream
1 cup milk or water
1 tsp paprika, garlic powder,
mixed herbs
Salt & pepper to taste

METHOD

Boil carrots in a pan of water
for 10-15 minutes or until
soft.
Transfer to a blender.
Add in the onion, coconut
cream, milk and spices.
Blitz until smooth or until
desired consistency. Add
more liquid if needed.
Season to taste.
Serve with bread.

SERVES: 1
TOTAL TIME: 30-35 min

A top-down view of a white bowl filled with a thick, reddish-brown tomato lentil soup. The bowl sits on a white plate. To the right of the bowl, a black-handled knife with two silver rivets is placed on the plate. In the background, several pieces of golden-brown, crusty bread are visible. The entire scene is set on a light-colored wooden surface. The text is overlaid on semi-transparent dark grey boxes.

23. TOMATO LENTIL SOUP

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
½ cup red lentils
1½ - 2 cups water or stock
4-5 tbsp tomato paste
1 tsp each of dried mixed herbs, paprika, cayenne
2 tbsp Henderson's relish or balsamic vinegar
Salt & pepper to taste

METHOD

Heat oil in pan over medium heat, sauté onion for 2-3 minutes until soft. Add the rest of the ingredients and season to taste. Bring to a boil, and then reduce to a simmer and cook for 15 minutes or until the lentils are soft. Pour soup into a blender and puree until smooth. Serve with bread.

SERVES: 1
TOTAL TIME: 30-35 min

24. MINISTRONE SOUP

Stock up on staples (rice, pasta, oats, etc.) that can be bought in bulk and stored for a long time.

INGREDIENTS

1 tbsp olive oil
2 stalks celery, chopped
1 clove of garlic, minced
2 carrots, peeled, chopped
2 cups vegetable stock
½ can kidney beans, drained
½ can chickpeas, drained
3 tbsp tomato paste
1 tsp paprika, garlic powder,
mixed herbs, cayenne, pepper
1 handful kale, chopped

METHOD

Heat oil in a pot over medium heat. Add garlic and cook for 2 minutes or until soft. Add in celery and carrot and sauté for 2-3 minutes. Add stock, chickpeas, tomato paste, and spices. Bring to a boil and then reduce to a simmer. Add more liquid if needed. Cook for 30-40 minutes until pasta and vegetables are tender. Add kale and cook until wilted.

SERVES: 1-2
TOTAL TIME: 45-50 min

A top-down view of a white ceramic bowl filled with chicken noodle soup. The soup contains thin, yellow egg noodles, chunks of white chicken breast, sliced orange carrots, and green celery. The dish is garnished with fresh green cilantro leaves. The bowl is set on a light-colored wooden surface. In the background, a slice of bread and a silver spoon are partially visible.

25.CHICKEN NOODLE SOUP

INGREDIENTS

1 tbsp olive oil
1 white onion, diced
2 stalks celery, chopped
1 large carrot, peeled, chopped
1 serving of pasta, uncooked
1 chicken breast, boiled
2 cups chicken stock
2 tsp mixed dried herbs
Salt & pepper to taste

METHOD

Heat oil in a pot over medium-high heat. Sauté the onion, celery and carrots for 4-5 minutes. Add the rest of the ingredients and bring to a boil. Reduce heat to a simmer and cover for 15-20 minutes until pasta is cooked and vegetables are soft. Serve with bread.

SERVES: 1-2
TOTAL TIME: 25-30 min

MAIN DISHES



26. SWEET CHILLI STIRFRY

INGREDIENTS

1 tbsp olive oil
1 onion, sliced
Vegetables of choice

SAUCE

2 tbsp soy sauce
1 tsp sesame oil
2 tsp honey
1 clove garlic, minced
½ fresh chilli, minced
Salt & pepper to taste

METHOD

Heat oil in a pan over medium heat. Sauté onion for 2-3 minutes until soft.

Add the vegetables, stir-fry until tender.

Stir together all of the sauce ingredients and pour it over the vegetables.

Toss and fry until heated through.

Serve with rice or noodles.

SERVES: 1-2

TOTAL TIME: 25-30 min

27. FRIED RICE

INGREDIENTS

1 cup brown rice, cooked
1 tbsp olive oil
1 onion, diced
1 clove garlic, minced
2 eggs, lightly beaten
1 cup prawns (optional)
4 tbsp frozen peas
1 small carrot, peeled, diced
1 tbsp lime juice
1 tbsp soy sauce
½ fresh chilli, finely sliced

METHOD

Heat oil in a pan over medium heat. Sauté onions and garlic until soft. Add rice and carrots, and cook for 5-7 minutes. Make a well in the centre, add the eggs, and stir until it thickens.

Add prawns, peas, lime juice, fish sauce and chilli. Toss everything together until heated through. Serve with coriander and chilli.

SERVES: 1-2

TOTAL TIME: 25-30 min



28.ASIAN STEAMED FISH

A top-down view of a white ceramic plate containing a piece of steamed fish, likely cod, topped with a sauce and garnishes of sliced green onions and ginger. The fish is surrounded by a bed of fresh green beans. To the right of the plate, a portion of a white bowl filled with white rice is visible. A pair of light-colored wooden chopsticks lies on the wooden surface to the right of the rice bowl.

INGREDIENTS

2 skinless white fish
2 spring onions, thinly sliced

SAUCE

1 tbsp rice vinegar
1 tbsp soy sauce
1 tsp sesame oil
1 tbsp fresh ginger, grated

METHOD

In a large pan, combine all sauce ingredients together. Season both sides of the cod fillets and place in the pan with the sauce. Bring to a boil, reduce heat to a simmer, cover, and cook for 6-8 minutes until fish is almost opaque throughout. Add the green onion, and cook for 2-3 minutes until fish is opaque and onions are wilted. Serve.

SERVES: 1-2
TOTAL TIME: 25-30 min

29.CHICKEN PHO

A top-down view of a white bowl filled with chicken pho. The dish consists of thin rice noodles, tender chicken pieces, bean sprouts, sliced green onions, fresh cilantro leaves, and sliced red chili peppers. A slice of lemon is visible on the rim of the bowl. In the background, another plate with more bean sprouts is partially visible.

INGREDIENTS

1 skinless chicken breast
1 portion rice noodles
3 cups chicken stock
1 tbsp soy sauce
1 tbsp fish sauce (optional)
1 cup beansprouts
1 spring onion, finely sliced
OPTIONAL: coriander, mint,
chilli, lemon

METHOD

Heat chicken, stock, soy and fish sauce in a pan over high heat. Cover, bring to a boil, and then reduce to a low simmer for 10 minutes until chicken is cooked.

Meanwhile, cover noodles in boiling water for 5 minutes until tender. Drain.

Shred the chicken and add on top of noodles. Pour over stock mixture.

Serve with beansprouts, spring onion, herbs, chilli, and lemon.

SERVES: 1

TOTAL TIME: 30-35 min



30.COCONUT & LIME PRAWNS

INGREDIENTS

1 tbsp olive oil
1 clove garlic, minced
1 tsp minced ginger
2 green onion, chopped
1 cup prawns
Vegetables of choice

SAUCE

2 tbsp coconut milk
3 tbsp lime juice
1 tbsp soy sauce
½ tsp black pepper

METHOD

Heat oil in a pan over medium-high heat. Sauté garlic, ginger and green onion for 1-2 minutes. Add vegetables and sauté for 2-3 minutes until soft. Whisk all sauce ingredients together and pour over the vegetables. Mix well. Add the prawns and stir-fry until pink and cooked. Serve.

SERVES: 1

TOTAL TIME: 35-40 min

INGREDIENTS

1 chicken breast, cut into strips
1 tbsp olive oil
1 tbsp mixed dried herbs
1 wholemeal pita, toasted
OPTIONAL: spinach, red onion

TZATZIKI DRESSING

½ cucumber, seeded, grated
1 tbsp Greek yogurt
2 tsp lemon juice
1 garlic clove, minced

METHOD

Whisk all of the dressing ingredients together. Toss the chicken in oil and season with herbs. Heat a pan over medium heat, Sear the chicken for 5-6 minutes per side until cooked through. Add chicken and desired fillings to the pita. Serve with tzatziki.

31. CHICKEN GYROS WITH TZATZIKI

Trim off any visible fat and skin from the meat before cooking, and drain the fat/oil after cooking to reduce your fat intake.

SERVES: 1
TOTAL TIME: 20-25 min



32.PITTA PIZZA

INGREDIENTS

Pitta bread
Mozzarella cheese
Tomato paste
Garlic powder
Mixed dried herbs
Salt & pepper to taste
Toppings of choice

METHOD

Lightly toast the pitta.
Spread tomato paste onto the pitta.
Sprinkle on cheese.
Add desired toppings.
Add the garlic powder, dried herbs, salt and pepper.
Place under the grill for 3-4 minutes or until cheese is melted.
Serve.

SERVES: 1

TOTAL TIME: 20-25 min

33. BEAN CHILLI

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
½ can kidney beans, drained
½ can cannellini beans, drained
½ cup sweetcorn
1 bell pepper, finely diced
1 can chopped tomatoes
2 tbsp tomato paste
1 tsp paprika, chilli powder,
cumin, garlic powder
Salt & pepper to taste

METHOD

Heat oil in a saucepan over medium heat. Sauté onions and peppers for 2-3 minutes. Add the chopped tomatoes, tomato paste and spices. Season to taste and stir well. Cover and leave to simmer on low heat for 10-15 minutes. Add the beans and sweetcorn. Simmer for 10-15 minutes. Add water if it is too dry, and add more spices if necessary. Serve.

SERVES: 2-3

TOTAL TIME: 30-40 min

INGREDIENTS

1 whole chicken
2 tbsp olive oil
Salt & pepper to taste

METHOD

Preheat oven to 220C.
Place chicken into an oven dish, breast down. Rub oil, salt and pepper onto the chicken. Place dish into the preheated oven.
Turn the chicken over after 30 minutes so that the round part is upwards. Roast for another 50 minutes at 200C. To make sure the chicken is cooked through: stab with a knife and juices should be clear. Cook for longer if juices are pink.
Once cooked, place the whole chicken on a plate and cover with foil for 10 minutes. Serve with gravy as part of a roast dinner, or use as a sandwich filling.

34. ROAST CHICKEN

Cook and share with friends to minimise waste and the cost of meals.

SERVES: 3-4
TOTAL TIME: 1hr+

INGREDIENTS

2 medium sweet potatoes
1-2 tbsp olive oil
1 tsp each of garlic powder,
dried mixed herbs, paprika

DIP

2-3 tbsp tomato paste
1 tbsp balsamic vinegar
2-3 tsp Henderson's relish
Salt & pepper to taste

METHOD

Scrub and then cut potatoes into long thin strips.
Place strips into a large bowl and add in the oil and spices. Mix well to combine.
Transfer potatoes to a baking tray lined with baking paper. Bake in the oven at 200C for 40-45 minutes (flip potatoes over after 20 minutes).
Combine all dip ingredients together and serve with fries.

35. SWEET POTATO FRIES & DIP

Using a non-stick pan and a spray bottle to mist the pan with oil when frying reduces the amount of fat in your food. Alternatively, cut out oil completely by steaming or grilling instead.

SERVES: 1

TOTAL TIME: 50-55 min

INGREDIENTS

Medium-large sweet potatoes

OPTIONAL FILLINGS

Tuna, Greek yogurt & onion

Mixed beans

Beans & cheese

Feta, olives & tomatoes

Cottage cheese

Meat or bean chilli

METHOD

Scrub the potato skin clean.

Prick the potato all over using a fork.

Microwave potatoes in a dish with 3-4 tbsp of water for 10 minutes until potato is easily pierced with a knife.

Prepare filling.

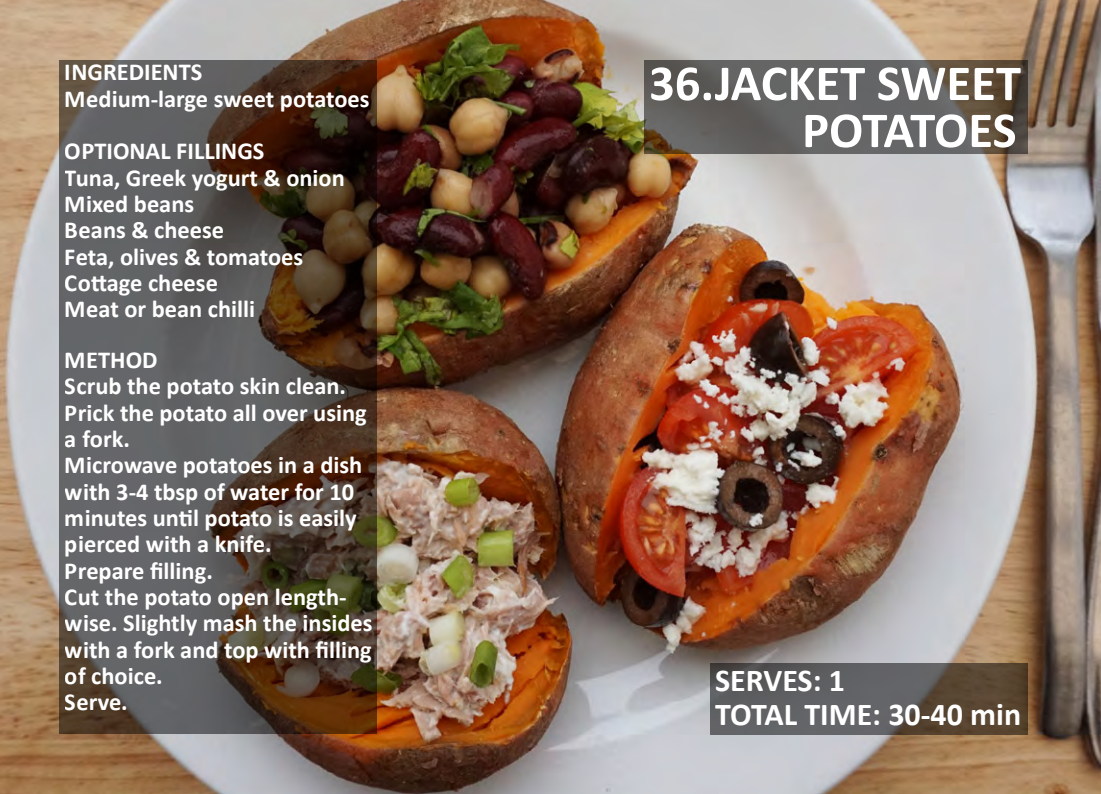
Cut the potato open lengthwise. Slightly mash the insides with a fork and top with filling of choice.

Serve.

36. JACKET SWEET POTATOES

SERVES: 1

TOTAL TIME: 30-40 min



37. SHEPHERD'S PIE

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
2 carrots, peeled, diced
100g mince meat
1 cup vegetable/chicken stock
1 tbsp Henderson's relish
2 tbsp tomato paste
1 large potato, boiled, peeled
3 tbsp milk
Salt & pepper to taste

METHOD

Heat oil in pan over medium heat, sauté onion and carrots for 2-3 minutes.

Add the mince, stock, relish, and tomato paste. Simmer for 15-20 minutes.

Mash the boiled potato with the milk. Season to taste.

Transfer meat mixture to a baking dish and top with mashed potato. Bake in the oven for at 180C for 10-15 minutes.

Serve with peas and gravy.

SERVES: 1-2

TOTAL TIME: 40-45 min





38. MACKEREL KEDGEREE

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
1 clove garlic, minced
1 tsp each of curry powder,
cumin, turmeric, ginger
1 cup rice, cooked
100g smoked mackerel, flaked
1 medium egg, boiled
Salt & pepper to taste

METHOD

Heat oil in pan over medium heat, sauté onion and garlic for 2-3 minutes until soft. Add the rice and spices. Stir and cook for 2-3 minutes until heated through. Season to taste and remove from heat. Remove the shell from the egg and chop into quarters. Serve the rice with any smoked fish and egg.

SERVES: 1-2
TOTAL TIME: 30-40 min

39. CHICKPEA & LENTIL CURRY

Substituting vegetable protein e.g. lentils or beans for some or all of the meat in a dish reduces the fat content and brings in other nutrients.

SERVES: 1-2
TOTAL TIME: 30-40 min

INGREDIENTS

1 tbsp olive oil
1 onion, chopped
2 cloves garlic, minced
1 tbsp curry powder,
1 tsp each ground coriander,
turmeric, ginger, cumin, chilli
1 can chopped tomatoes
1 can chickpeas, drained,
rinsed
½ cup lentils
1 handful spinach

METHOD

Heat oil in a pan over medium heat. Sauté the onion and garlic for 3-5 minutes until soft. Add the curry powder and spices, and sauté for 1 minute. Add the canned tomatoes, chickpeas and lentils. Stir and simmer on medium heat for 10-15 minutes. Add spinach and cook until wilted. Serve.

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
1 garlic clove, minced
1 green chilli, finely sliced
1 tbsp garam masala powder
1 tsp each of ginger, turmeric, cumin, cinnamon
1 skinless chicken breast, chopped
1 cup brown rice, uncooked
2 cups stock

METHOD

Heat oil in a pan over medium-high heat. Sauté onions, garlic and chilli until soft. Add in the spices and chicken. Cook for 5-7 minutes. Add the rice and stock. Cover, bring to boil, reduce heat to a simmer for 20 minutes until rice is cooked. Add more water if needed. Serve.

40.CHICKEN BIRYANI

Choose leaner cuts of meat such as chicken or turkey breasts when appropriate and trim off visible fat to reduce your fat intake from meat.

SERVES: 1-2

TOTAL TIME: 30-40 min

41. MOROCCAN SPICED SQUASH

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
½ butternut squash, peeled, cubed
½ can chickpeas, drained
1 cup kale, roughly chopped
4 tbsp tomato paste
1 cup water
1 tsp each coriander, turmeric, ginger, paprika, cinnamon, cayenne, cumin, garlic powder
4-5 dried apricots, chopped

METHOD

Heat oil in pan over medium heat, sauté onion, garlic and spices for 2-3 minutes. Add the squash, tomato paste, and water. Season to taste. Cover and simmer on medium heat for 20-30 minutes until squash is soft. Add the chickpeas and kale, and cook until soft. Stir in apricots. Serve with cous cous.

SERVES: 1-2
TOTAL TIME: 45-50 min



42. EGYPTIAN KOSHARI

INGREDIENTS

- ½ cup rice, cooked
- ½ cup brown lentils, cooked
- ½ cup pasta, cooked
- 1 handful chickpeas, cooked

SAUCE

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can chopped tomatoes
- 1 tbsp red wine vinegar
- Salt & pepper to taste

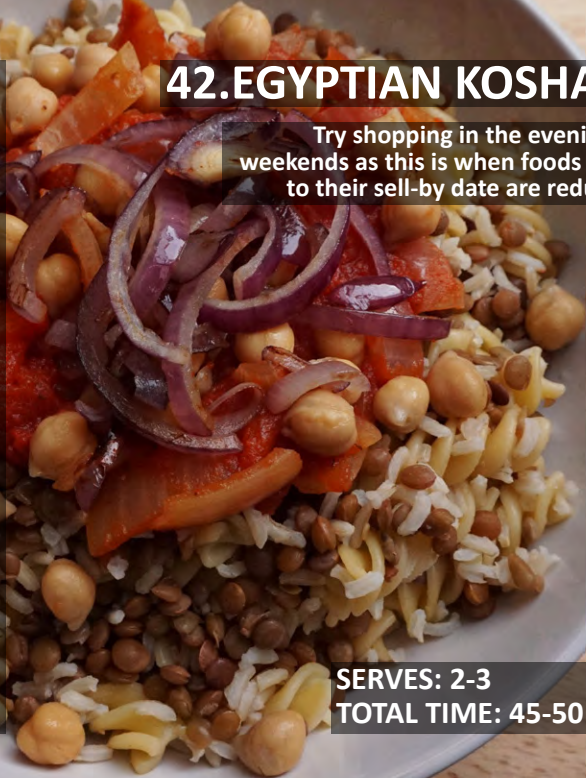
METHOD

For the sauce, heat oil in a pan over a medium heat. Sauté onion and garlic until soft. Set aside some of the onion. Add in the rest of the sauce ingredients. Stir, bring to boil, cover and simmer for 15-20 minutes until sauce thickens. Toss together rice, pasta and lentils. Pour over the sauce, garnish with chickpeas and the onion that was set aside. Serve.

Try shopping in the evening or weekends as this is when foods close to their sell-by date are reduced.

SERVES: 2-3

TOTAL TIME: 45-50 min



A top-down view of a white ceramic bowl filled with Caribbean Rice & Beans. The dish consists of brown rice, kidney beans, and green onions. A slice of lemon is placed on the top right edge of the bowl. The background is a light-colored wooden surface.

43. CARIBBEAN RICE & BEANS

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
1 clove garlic, minced
1 tsp each of dried thyme, basil, cumin, cayenne pepper, paprika
1 cup uncooked brown rice
1 can kidney beans, drained
1 cup coconut milk
2 cups vegetable/chicken stock
Salt & pepper to taste

METHOD

Heat oil in a saucepan over medium heat. Sauté onions, garlic, herbs and spices for 2-3 minutes until soft. Stir in rice and beans, and cook for 2 minutes. Add the rest of the ingredients. Cover, bring to boil, and then reduce heat to a simmer for 20-25 minutes until rice is cooked. Add more water if needed. Season to taste. Serve.

SERVES: 1-2
TOTAL TIME: 30-40 min

INGREDIENTS

1 tbsp olive oil
1 medium onion, diced
1 can chopped tomatoes
1 carrot, peeled, chopped
1 stalk celery, chopped
1 red pepper, chopped
1 tbsp curry powder
1 tsp paprika, ginger, ground
coriander, garlic powder
1 cup stock
1 sweet potato, peeled, cubed
2 tbsp peanut butter

METHOD

Heat oil in a pot over medium heat. Sauté onions, pepper, carrots and celery for 5-6 minutes. Add tomatoes, curry powder, and spices. Cook for 5 minutes until sauce thickens. Add stock and sweet potato. Bring to a boil, and then reduce heat to a simmer for 15-20 minutes until potatoes are soft. Stir in peanut butter. Serve.

44. WEST AFRICAN PEANUT STEW

SERVES: 1-2
TOTAL TIME: 40-45 min



SNACKS
& EXTRAS

45. FRUIT SALAD



Try adding chopped nuts, seeds, or plain yoghurt to your fruit salad.

46. BAKED APPLES

INGREDIENTS

- ½ cup oats
- 1 tsp cinnamon
- 3 tbsp honey
- 2 tbsp lemon/orange juice
- 2-3 large apples
- ½ cup water

METHOD

Preheat oven to 180C degrees.

Combine oats, cinnamon, raisins, honey and lemon juice in a bowl and mix well.

Remove apple cores without cutting through bottom.

Fill apple centres with oat mixture. Place apples in a baking dish, and add water. Bake for 30-40 minutes in the oven until tender but not mushy.

Serve.

MAKES: 3 portions
TOTAL TIME: 45-50 min



47.FLAPJACKS

INGREDIENTS

2 cups oats
½ cup peanuts
½ cup mixed seeds
1 cup raisins or other chopped dried fruit
2 tbsp smooth peanut butter
3-4 tbsp honey
1 tsp vanilla extract

METHOD

Line a baking tray with greaseproof paper. Combine all dry ingredients together in a bowl. Combine wet ingredients in a microwave-safe bowl and microwave for 30 seconds-1 minute. Add wet mixture in with dry ingredients, stir well until combined. Transfer mixture into baking tray, press down firmly. Bake in the oven at 150C degrees for 20-25 minutes or until brown.

MAKES: 5-7 bars
TOTAL TIME: 35-40 min

INGREDIENTS

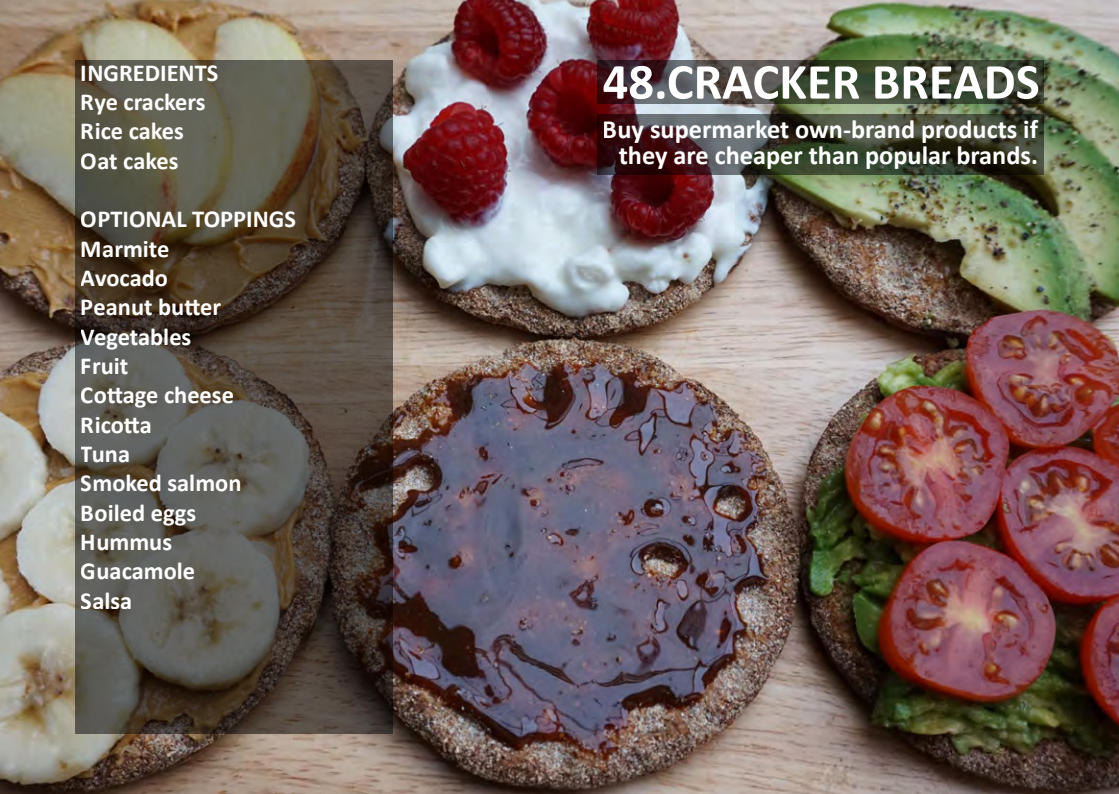
Rye crackers
Rice cakes
Oat cakes

OPTIONAL TOPPINGS

Marmite
Avocado
Peanut butter
Vegetables
Fruit
Cottage cheese
Ricotta
Tuna
Smoked salmon
Boiled eggs
Hummus
Guacamole
Salsa

48. CRACKER BREADS

Buy supermarket own-brand products if they are cheaper than popular brands.



INGREDIENTS

1-2 tsp smooth peanut
butter
1 tsp cocoa
2 tsp honey
1 tbsp milk

OPTIONAL

Dash of chilli powder
Pinch of salt

METHOD

Add all ingredients into a mug
and mix well.
Enjoy as a spread for toast, a
filling for sandwiches, or a dip
for fruit.

49. NUTTY CHOCOLATE SPREAD

MAKES: 1 portion
TOTAL TIME: 5 min

50.HUMMUS

INGREDIENTS

1 can chickpeas, drained,
rinsed
Handful coriander, chopped
Juice of ½ lemon
2 cloves garlic, minced
2 tbsp olive oil
2 tbsp tahini
3-4 tbsp water
1½ tsp each of cumin,
paprika, turmeric
Salt & pepper to taste

METHOD

Blend all ingredients together
until smooth.
Store in an air tight container
in the fridge.
Serve as a dip for raw
vegetables and crackers, a
dressing in salads, or a filling
for wraps and sandwiches.

MAKES: 1 portion
TOTAL TIME: 15 min

51.POPCORN

INGREDIENTS

½ cup popcorn kernels
1 tbsp olive oil

OPTIONAL SEASONINGS

Salt & pepper
Honey & sea salt
Honey & cinnamon
Paprika, garlic powder,
cayenne

METHOD

Heat oil in a pan over medium-high heat. Add 3 popcorn kernels, cover, and wait until popped.

Add the rest of the kernels, cover, turn off the heat, shake and leave until the popping sounds stops.

Transfer popcorn to a bowl, season and shake to combine. Serve.

MAKES: 1 bowl
TOTAL TIME: 10 min

The image shows three vibrant red ice lollies on a light-colored wooden cutting board. The lollies are rectangular with a wooden stick protruding from the bottom. They have a slightly textured surface with some small holes and a few dark spots, likely from the berries used in the recipe. The background is a plain wooden surface.

52. ICE LOLLIES

INGREDIENTS

1 cup frozen berries

½ cup low fat Greek yogurt

1 tbsp honey

Enough water to blend

METHOD

Place all ingredients into a blender/food processor and blitz until smooth.

Pour into moulds and place into freezer. Wait 30-40 minutes or until firm before inserting the lollipop sticks.

Return to freezer and leave for at least 6 hours or until set.

Try opting for frozen fruit & vegetables - these are generally cheaper, last for longer, and still retain their nutritional value.

MAKES: 4-6 ice lollies
TOTAL TIME: 6hrs+

53.SMOOTHIE BOWL



INGREDIENTS

- 1 cup frozen berries
- 1 frozen banana
- 3 tbsp plain yogurt
- ½ cup cold water or milk
- 1 tsp vanilla
- ½ tsp cinnamon

METHOD

- Chop up ripe bananas into coins, freeze for at least 6 hours or overnight.
- Thaw all frozen ingredients for at least 10 minutes.
- Place all ingredients in a blender/food processor and blitz until smooth.
- Add desired toppings.

MAKES: 1 bowl
TOTAL TIME: 15 min

54. ENERGY BALLS

The image shows seven round, brown oat energy balls arranged on a light-colored wooden cutting board. The balls have a textured surface with visible oats and small dark spots, likely raisins. The background is slightly blurred, showing a banana on the left and some oat flakes scattered on the board.

INGREDIENTS

1½ cup oats

½ cup desiccated coconut

½ cup raisins

½ tsp cinnamon

1 tsp vanilla extract

2 tbsp honey

1 tbsp smooth peanut butter

1-2 tbsp water or milk

METHOD

Add oats, coconut, raisins, cinnamon and vanilla into a bowl. Mix well.


Stir in the honey and peanut butter. Combine well. Mixture should be sticky but slightly crumbly.

Use hands to form 1 inch balls. If mixture is too dry then add water/milk.

Place balls in the fridge to set for at least 30 minutes.

MAKES: 6-8 balls
TOTAL TIME: 10-15 min

55. CHOCOLATE BANANAS



INGREDIENTS

Bananas
Dark chocolate

OPTIONAL

Desiccated coconut
Chopped nuts

METHOD

Chop the banana in half or into thirds. Insert an ice lolly sticks into each part.

Melt the dark chocolate in the microwave or in a bowl over a saucepan of hot water.

Dip the bananas into the melted chocolate and then sprinkle on desiccated coconut (optional).

Place onto tin foil or grease-proof baking paper.
Freeze for at least 1hr.

MAKES: 4-6

TOTAL TIME: 1+ hours

GLOSSARY

MEASUREMENTS

Tsp = teaspoon (the small spoon used to make coffee or tea), approximately 5ml

Dsp = dessert spoon (the spoon used to eat cereal), approximately 10ml

Tbsp = tablespoon, approximately 15ml

Cup = approximately 240ml. You can use any size as long as you stick to using the same cup throughout the recipe.

COOKERY TERMS

Boil = water should be vigorously bubbling

Garnish = sprinkle over a dish just before serving

Minced = chopped very finely

Season to taste = add the amount of salt, pepper or chilli that you prefer

Simmer = water should be bubbling slightly

FOOD ITEMS

Stock = a flavoured liquid that is the basis of many soups. Can be made by adding boiling water to stock cubes, by simmering vegetable or meat in water, or can be bought in cartons in supermarkets.

Some foods have different names in the UK and USA. These include spring onions (scallions or green onions), red/green/sweet peppers (bell peppers), aubergine (eggplant), beetroot (beets), broad beans (fava beans), butter beans (lima beans), chickpeas (gabanzo beans), chips (french fries), and prawns (shrimp).

FOOD SHOPPING IN SHEFFIELD

LARGE SUPERMARKETS & MARKETS

Tesco, Montgomery Terrace Rd, S6 3BU
Morrisons, Penistone Rd, Hillsborough, S6 2GY
Moor Markets, Earl St, City Centre, S1 4PF

HALAL FOOD

Ak Groceries & Halal Meat, Sharrow Lane, S11 8AL
Yafai & Sons International Foods, Filey St, S10 2FG
Peace Valley, Glossop Rd, S10 2HS
Zed Wholefoods, Nether Edge Rd, S7 1RU
Ozmen International Food, London Rd, S2 4LT

ORIENTAL FOOD

KH Oriental Food Ltd, Sheldon St, S2 4QF
Soya Express, Union St, S1 2JP
Yi-mart Oriental Supermarket, Matilda St, S1 4QD
Tai Sun Oriental Supermarket, Matilda St, S1 4QB
Fitzwilliam Global Food, Fitzwilliam St, S1 4JP
Wa Ding Supermarket, The Plaza, Fitzwilliam St, S1 4JB
Oisoi Oriental Market, St Pauls Place, Norfolk St, S1 2JF

BUTCHERS

Roney's Butchers, Sharrow Vale Rd, S11 8ZH
Real Meat Sheffield, Ecclesall Rd, S11 8TR
S10 Butchers, Glossop Rd, S10 2QE
John Crawshaw Butchers, Hillsborough Rd, S6 2LR
Beechers of Walkley, South Rd, Walkley, S6 2TE
Simmonite Butchers, Division St, S1 4GE

ORGANIC, VEGETARIAN & VEGAN FOOD

Porter Brook Deli, Sharrow Vale Rd, S11 8ZP
Barra Organics, Sharrow Vale Rd, S11 8ZG
New Roots, Glossop Rd, S10 2HP
Urban Pantry, Crookes, S10 1TE
Holland & Barrett, Barker's Pool, S1 2HB

USEFUL CONTACTS

The Belief, No Belief & Religious (BNBR) Life Centre

The Octagon Centre
Western Bank
Sheffield
S10 2TQ
Tel: 0114 222 8923
E: bnbr-life@sheffield.ac.uk

International Student Support

Level 6, SU Building
Western Bank
Sheffield
S10 2TG
Tel: 0114 222 1269

University Health Service

53 Gell Street
Sheffield
S3 7QP
Tel: 0114 222 2100
E: health.service@sheffield.ac.uk
The UHS App is available for download from the app store.

Student Services Information Desk

Level 3, Students' Union Building
Western Bank
Sheffield
S10 2TG
Tel: 0114 222 1299

Students' Union

Western Bank
Sheffield
S10 2TG
Tel: 0114 222 8500
E: union@sheffield.ac.uk

Students' Advice Centre

Level 3, Students' Union Building
Western Bank
Sheffield
S10 2TG
Tel: 0114 222 8660

Sheffield Eating Disorders Association

Healthy Living Centre
18 Upperthorpe
Sheffield
S6 3NA
Tel: 0114 272 8855

HELPLINES

Student Nightline

Tel: 0114 222 8787

Alcoholics Anonymous

Alcoholics Anonymous

Tel: 0114 270 1984

Samaritans

Tel: 0114 276 7277