

# THE HUNGRY STUDENT

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**CHSA  
STUDENT  
COOKBOOK**

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# WELCOME!

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Welcome to the CHSA Student Cookbook! This has been put together specifically for students, and includes mostly student contributed recipes!

Our focus is on fresh, easy, affordable food that is mostly healthy, with the occasional treat!

Whether you are new to cooking or a seasoned chef, there will be inspiration for you.

Designed to compliment the student lifestyle, these recipes will get you through time poor tight spots, exam stress and empty bank balance syndrome!

Whether you are cooking for yourself or friends, we've got you covered.

Please note some recipes have been slightly edited or adjusted after submission for simplicity and consistency.

We have also added variations and extra ideas so that you can adapt the recipes to suit your preferences, dietary requirements or just what you have in the cupboard!

We'd love to hear your feedback, so let us know what you think and if you have any ideas, or would like to submit your own recipes for future editions, please email them through to [chsa@scu.edu.au](mailto:chsa@scu.edu.au).

Happy cooking!

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# PANTRY STAPLES + HERBS + SPICES



## GET THE BASICS

You are going to need some essentials to get you started. If this is your first foray in cooking for yourself, it may seem like a bit of an outlay, but the investment will pay itself off in no time in pennies saved.

We've included a very basic list to get you started, which you can add to over time as you try out different recipes.

## PANTRY STAPLES

- Olive oil
- Salt & pepper
- Vinegar (choose from balsamic, apple cider or red wine)
- Rice
- Pasta
- Tinned tomatoes
- Eggs
- Milk or milk substitute
- Butter or margarine
- Garlic
- Onions
- Mustard and/or mayonnaise
- Soy sauce

## HERBS & SPICES

These are the cheapest, healthiest and easiest way to give your food yum factor. While there is a long list of options, some basics include:

- Mixed herbs
- Smoked paprika
- Chilli flakes or powder
- Cumin powder
- Coriander powder
- Cinnamon powder
- Curry powder

# ESSENTIAL COOKWARE, UTENSILS+ APPLIANCES



## SET YOURSELF UP FOR SUCCESS

This list of cookware and utensils will allow you to cook most things. Buy the best you can afford, as they last a lot longer and give better results.

Be aware that cheap non-stick pots and pans have a limited lifespan as the coating starts to peel off after a while and this is not safe to consume.

If you are starting from scratch, consider buying sets to save money.

## ESSENTIAL COOKWARE

- Large pot
- Medium pot
- Small pot
- Large frying pan
- Colander
- Baking tray
- Cheese grater
- Cake tin if you'd like to bake
- Large stainless steel bowl
- Large chopping board
- Set of tupperware containers

## UTENSILS

- Chopping knife
- Serrated knife
- Wooden spoon
- Soup ladle
- Slotted spoon
- Serving spoon
- Spatula / egg flip
- Measuring cups set

## APPLIANCES

- Toaster
- Kettle
- Microwave (optional)
- Sandwich press (optional)
- Rice cooker (optional)



# TIPS FOR SHOPPING ON A BUDGET



## PLAN AND SAVE

Having a limited budget is no reason you can't continue to eat well. With a little care and attention, you can save yourself lots of money and still have delicious meals.

Ultimately, the best way to save money on food is to cook it yourself. Anything more is a bonus!

## TIPS FOR SHOPPING

- Don't shop when you're hungry. You'll come home with all sorts of things you don't need and spend a fortune!
- Make a list and stick to it. Impulse buys can really add up!
- Buy meat and seafood from the deli counter rather than packaged, the per kilo price is generally lower.
- Buy fruit and veggies that are in season, they are cheaper and fresher and this also brings diversity to your diet.
- Fruit and veggies in packages are usually more expensive than those that are loose, unless on sale.
- Buy in bulk. Items like olive oil are significantly cheaper if you buy a big tin upfront.
- If you are vegetarian or enjoy legumes, cooking dried ones is much cheaper and tastier than using tinned ones, although not as convenient.
- Nuts from the baking aisle are often cheaper than nuts from the snacking section.

## TIPS FOR SAVING

- Cook in bulk and freeze portion sized amounts to reheat later.
- Get creative with leftovers. Last night's pasta sauce can have a can of black beans added and be turned into nachos or a burrito, for example.

# TIPS FOR HEALTHY EATING



## HEALTHY EATING

While individual dietary requirements and preferences can vary, focusing on fresh, unprocessed foods with a good balance of protein, carbohydrates and nutrients is beneficial for everyone.

Eating properly balanced meals keeps you satisfied and energised and reduces the temptation to reach for unhealthy snacks.

Eating well will not only be good for your health, but will help you focus on your studies and manage your stress!

## TIPS FOR SHOPPING

- Check the ingredients on the package. If you don't know what it is, or it has a number, it's probably not good for you. Simple ingredients are best.
- Compare different brands. Some brands of an item will be significantly lower in additives than others.
- Keep an eye out for high sugar content, high sodium (salt) content and corn syrup, which is also high in sugars. You want to minimise unnecessary sugars and salt.

## TIPS FOR COOKING

- Using spices and fresh herbs to flavour your food can be cheaper and healthier than using packaged sachets and sauces, and can be just as easy to add. Packaged flavouring often dilutes the spices with salt, caking agent, flours and sugars, so you are paying more for less actual flavour.
- If you like, you can mix up batches of herb and spice blends to have on hand and make flavouring your meals as easy as adding packet flavours.



# FRENCH CREPES

**CONTRIBUTED BY: VANESSA PERKINS**  
**SERVES: 4**  
**TIME: 30 MINS**  
**COST: \$**

## INGREDIENTS:

- 1 1/2 cup milk of choice
- 1 cup all purpose flour, gluten-free flour or wholemeal flour
- 1 tbsp maple syrup
- 2 tbsp coconut oil
- 1 tsp vanilla extract
- Pinch salt
- Lemon or orange zest (optional)
- 1 tbsp cold water
- Toppings of choice

## METHOD:

1. Add ingredients to make a batter, mix until there are no lumps.
2. Add cold water if needed until mixture is thin (but not too much).
3. Spray coconut or a neutral oil to hot, flat pan and ladle mixture in. Quickly spread batter thinly around pan. (Medium mixture spreads out quickly to make the best crepes).
4. Leave to cook for 1 minute and flip over with a spatula and cook for another minute.
5. Take crepe off pan onto a plate, and start next crepe (Keep warm in microwave or covered).
6. Add your topping(s) of choice.



## Ideas for toppings:

- Maple syrup
- Yoghurt
- Bananas, chopped or fried in butter!
- Berries
- Chopped fruit e.g. peaches, nectarines
- Cinnamon
- Vanilla syrup
- Ice cream
- Jam
- Nutella
- Honey
- Ricotta
- Lemon juice
- Whipped or pouring cream
- Crushed nuts
- Peanut butter

**BREAKFAST**

# UPSIDE DOWN OMLETTE

CONTRIBUTED BY:STUART O'NEILL  
SERVES:1(DOUBLE TO SHARE)  
TIME: 15 MINS  
COST:\$

## INGREDIENTS:

- 2 Eggs
- Chilli flakes (optional)
- Chopped onion
- Butter
- Hot salami thinly sliced, enough to cover 50% of pan
- Grated cheese
- Small amount of milk

## METHOD:

Preheat grill setting on oven.  
Heat frying pan to just above medium heat.

Beat eggs, adding 30ml milk. Melt butter in pan. Use plenty of butter, I mean plenty!

Fry the salami strips for 1 min in pan, then add onion for 1-2 minutes, pour egg and milk mix over the top and let cook for a few minutes. Sprinkle chilli flakes and cheese over the top.

Place pan on top shelf oven under grill and leave for 1-2 minutes max, with constant checking. When cheese and flakes look ready remove pan and let stand for 1 minute. This finishes off the cooking.

Gently shake pan to see if omelette is loose. If its not you didn't use enough butter in the beginning.  
The omelettes under the grill rises and become fluffy, cooking the eggs from the top. Gently slide the perfect omelette onto your plate.

BREAKFAST



## Pimp your omelette!

Substitute or add any of the following ingredients to suit your preference, or what you have in the fridge!

- Mushrooms
- Sliced zucchini
- Olives
- Leftover steamed or roast veggies
- Fetta cheese
- Fresh herbs
- Capsicum
- Shallots
- Spring onions
- Cherry tomatoes
- Pine nuts



# EASY PANCAKES

CONTRIBUTED BY: KYLIE CAMERON

SERVES: 4

TIME: 30 MINS

COST: \$

## INGREDIENTS:

- 1½ cups of plain flour (can be any flour variety)
- ⅓ cup sugar
- 1 tsp bicarb soda
- 2 eggs
- 1 cup milk of choice
- 50g butter or margarine (melted)

## METHOD:

1. Add flour, sugar and bicarb to a bowl and make a well in the centre
2. Add eggs, milk and butter
3. Mix well till all combined and not lumpy
4. Let sit for a few minutes while you prepare the pan for cooking
5. Add butter to grease your pan
6. Pour desired amount of pancake batter into your pan depending on the size of pancakes you wish to cook
7. Once batter bubbles in the pan it's time to flip your pancake and cook on the other side. Give it a minute or so and should be cooked on the other side.
8. Serve with butter syrup and icing sugar.

BREAKFAST



## Ideas for toppings:

- Maple syrup
- Yoghurt
- Bananas, chopped or fried in butter!
- Berries
- Chopped fruit e.g. peaches, nectarines
- Cinnamon
- Vanilla syrup
- Ice cream
- Jam
- Nutella
- Honey
- Ricotta
- Lemon juice
- Whipped or pouring cream
- Crushed nuts
- Peanut butter

# BEEF BURGERS

CONTRIBUTED BY: BAYAH CREIGHTON

SERVES: 4-6

TIME: 30 MINSS

COST: \$



## INGREDIENTS:

### Patties:

- 500g beef mince
- 1 tablespoon mixed herbs
- 1 egg
- Breadcrumbs

### YOUR CHOICE OF FIXINGS:

- Bread rolls
- Lettuce leaves for bunless burgers
- BBQ or tomato sauce
- Butter
- Bacon
- Fried egg
- Fried onions
- Cheese
- Pineapple
- Spinach leaves
- Sliced tomato
- Sliced red onion
- Lettuce
- Shredded carrot

## METHOD:

1. Mix mince, mixed herbs, egg, sauce and breadcrumbs into a bowl. Roll chunks in hands and gently flatten to make patties.

2. If using bacon or onions, cook and set aside.

3. Fry in hot pan.

4. Assemble your burger with your choice of fixings and enjoy.

Note: Burgers can also be made in bulk and frozen raw to defrost and cook for later meals.



# CHILLI SAUCE FOR BURGERS

CONTRIBUTED BY: CHRIS WARDLAW

SERVES: DEPENDS ON QUANTITIES

TIME: 5 MINS

COST: \$

## INGREDIENTS:

- 2 parts Aldi chilli or sambal oleck
- 2 parts crushed garlic or garlic paste
- .5 part ginger paste
- .5 part lemongrass
- Pinch salt
- Dollop oil

## METHOD:

1. Fry pan heat chuck it in all together and stir.
2. Put in jar and keep in fridge for days.

## SAUCES + SNACKS



# LUB-LUB

By Eli Stewart

## INGREDIENTS:

Slice of bread (wholemeal bread recommended) + butter or oil on both sides

## METHOD:

1. Put on hot stove (pan or toastie machine can work).
2. Leave for 15 to 20 seconds then flip slice and repeat.

Serve with spreads or eggs, haloumi and baby spinach, for example.



# QUICK-FIX NOODLES

CONTRIBUTED BY: DIPENDRA  
TAMANG

SERVES: 1

TIME: 10 MINS

COST: \$

## INGREDIENTS:

- 1-2 pack instant noodles (I prefer Mi Goreng brand)
- Handful of fresh or frozen peas
- 1/2 a carrot
- 1/4 onion
- 1/2 - 1 stalk spring onion
- 1 - 2 boiled eggs
- 1-2 pieces of crispy bacon

## METHOD:

1. Either boil or microwave the noodles (soaked) for about 3-4 minutes. (Maximum 5 min)
2. Slice the onions, carrots (bite-sized). You can cook the fresh peas and carrots with or alongside the noodles.
3. When the noodles cool to medium temperature, add the peas, carrots. (If cooked all together proceed to step 4).
4. Add the packet contents to the noodles, mix well, and add salt and pepper to taste.
5. Top it off with fried bacon pieces, boiled egg/s, sliced green shallots.
6. Now thank the Lord for instant noodles, the invention of the microwave and bacon. All that's left is to enjoy the treat because you deserve it.

LUNCH / DINNER



## Pimp your noodles! Other ideas to add:

- Shredded cabbage
- Leftover meat
- Tofu or tempeh
- Baby spinach leaves
- Broccoli florets
- Any frozen vegetables
- Bok choy or choy sum
- Green beans
- Bean shoots
- Make your own flavouring with any combination of soy sauce, sesame oil, fresh grated ginger, Sriracha or chilli of choice, fish sauce, sweet soy, sweet chilli, stock cubes.



# PORK SAUERKRAUT

CONTRIBUTED BY: LYNDA PASCOE

SERVES: 1

TIME: 30 MINS

COST: \$



## INGREDIENTS:

- Pork steak
- Can of sauerkraut
- Handful of frozen beans or mixed vegetables

## METHOD:

1. Take some pork steak and lightly brown on each side in a fry pan that has a lid, in a teaspoon of oil.
2. Pour a drained can of sauerkraut over the steak. Put the lid on the pan and turn the heat to very low. Leave on very low heat and then do 30 minutes more on your assignment.
3. Add a handful of frozen beans, or beans and carrots, to the pan and cover again for about ten minutes while you pack up your study things.
4. Serve. Preferably with a cider.

# TACHO POTS

CONTRIBUTED BY: FIONA HAMPSHIRE

SERVES: 4

TIME: 30 MINS

COST: \$\$

LUNCH / DINNER

## INGREDIENTS:

- 500g Mince (beef or pork or whatever you prefer)
- 1 Onion
- 1 tsp minced garlic
- 1 tin Kidney beans, drained
- 1 tin of tomato soup
- 1 dessert spoon of Masterfoods Mexican chilli powder
- 2 Whole Potatoes, washed

## OPTIONAL TOPPINGS:

- Grated cheese
- Sour cream
- Avocado

## METHOD:

1. Cook onion & garlic in fry pan with a little oil for a few minutes.
2. Add mince and stir to break up lumps until all browned.
3. Add kidney beans, and then add tomato soup and Mexican chilli powder to taste.
4. Pierce potato a few times with a fork and cook in microwave in between kitchen towel for 4 minutes or until cooked through.
5. Cut potato in half & top with cooked mince. Also nice with grated cheese, sour cream and avocado on top.



## Pimp your potatoes! Other ideas to add:

- Diced carrot
- Sliced mushrooms
- Diced zucchini
- Sliced capsicum
- Olives
- Fresh coriander as a garnish
- Extra spices, such as cumin, coriander, chipotle chilli, smoked paprika or Mexican spice mix
- Sliced spring onions as a garnish
- Diced bacon
- Crumbled fetta
- Substitute tomato soup for a tin of tomatoes or pasta sauce



# CURRY LENTIL PIE

CONTRIBUTED BY: AMY LEWIS

SERVES: 4-6

TIME: 30 MINS + BAKING TIME

COST: \$\$



## INGREDIENTS:

- 1 onion
- 2 cups vegetable stock
- 1 zucchini, grated
- 1 carrot, grated
- 2 tbsp tamari
- 3 tbsp gluten-free Worcestershire sauce (for vegetarians or vegans, ensure sauce is free from anchovies)
- 4 tbsp wholemeal flour
- 1-2 tbsp curry powder
- 2 x 400g tins of lentils, drained
- 2 sheets puff pastry

## METHOD:

1. Preheat oven to 200°C.

2. Heat large saucepan over high heat, add onion and dry sauté until brown. Add all other ingredients except pastry and stir well. Bring to boil, stirring regularly.

When boiling, reduce heat and simmer for a few mins, stirring regularly.

3. Line a pie pan with puff pastry and pour in filling when it's ready.

4. Place pastry lid on top. Trim to fit and pinch closed around edges. Brush pastry with oil or whisked egg.

5. Bake in oven until top is golden brown.

Note: You can also use a pie maker if you have one, or you can use large muffin tins if you'd like to make individual pies.

# SPICY SAUSAGE PASTA

CONTRIBUTED BY: CHSA

SERVES: 4

TIME: 30 MINS

COST: \$

## INGREDIENTS:

- 1 packet penne rigate
- 3-4 sausages, e.g. chicken & rosemary
- 2 Tsp extra virgin olive oil
- 2 Tbp butter
- 4 large cloves garlic or 1 Tsp minced garlic
- 1 bag chopped kale (140g)
- ¼ tsp chilli flakes, powder or hot paprika
- Pinch salt
- Cracked pepper to taste
- Parmesan cheese for serving
- 1 punnet cherry tomatoes, halved

## METHOD:

1. Cook pasta according to packet instruction, in boiling water with a teaspoon of salt. While cooking, reserve 1/3 of a cup of the cooking water. Drain and set aside.
2. While pasta is cooking, slice sausages into round medallions about 1cm thick.
3. Heat a large pot and add the olive oil and sausage pieces. Cook on medium heat until sausages begin to brown, (about 5 mins) stirring regularly.
4. Add garlic and chilli and cook for a further 2 mins.
5. Add the cherry tomatoes, chopped kale and the reserved pasta water. Turn heat down to medium-low and keep cooking and stirring until the kale has wilted (about 3-4 mins). Make sure nothing is sticking to the bottom of the pot.
6. When kale is cooked, remove the pot from the heat and add the cooked pasta. Stir through.
7. Once it has stopped steaming heavily, add the parmesan, salt and crushed pepper. Stir to combine, taste and adjust the seasoning if needed.
8. Serve with extra parmesan if desired.

LUNCH / DINNER



## Switch it up! Other ideas to add:

- Use vegetarian sausages instead of meat to make it vegetarian
- Sliced mushrooms
- Diced or grated zucchini
- Sliced capsicum
- Olives
- Crumbled fetta as a garnish
- Baby spinach or rocket instead of kale
- Toasted pine nuts
- Pesto
- Onion
- Instead of slicing the sausages into medallions, you can also take the skins off and cook the meat like mince instead.
- Garnish with fresh basil or parsley



# HAM & CHEESE NAKED QUICHE

CONTRIBUTED BY: MARK HOWDEN

SERVES: 4-6

TIME: 30 MINS

COST: \$



## INGREDIENTS:

- 125g ham, chopped
- 1 small onion, finely chopped
- 1 1/2 cups (180g) grated tasty cheese
- 1/3 cup (50g) self-raising flour
- Salt & freshly ground pepper, to season
- 4 eggs
- 1 1/2 cups (375ml) milk

## Switch it up! Use what you have:

- **Leftover roast veggies**
- **Sliced mushrooms**
- **Semi-dried tomatoes**
- **Olives**
- **Other leftover meat like chicken**

## METHOD:

Step 1: Preheat oven to 200°C. Grease a capacity pie dish.

Step 2: Combine ham, onion, cheese, flour, salt and pepper in a medium bowl. Scatter over base of dish.

Step 3: Whisk eggs and milk together in a large jug and pour over ham mixture. Cook for about 40 minutes or until puffed and golden. Cool slightly. Serve warm or cold.

Now, you can serve this with chips and/or salad, whatever your heart chooses.

# BEEF STROGANOFF

LUNCH / DINNER

CONTRIBUTED BY: BAYAH CREIGHTON

SERVES: 4

TIME: 30 MINS

COST: \$

## INGREDIENTS:

- 400 g diced beef (or chicken or meat alternative)
- 1 brown onion - chopped
- 3 garlic cloves - peeled and chopped
- (If your a garlic lover like me, use a couple more 😊)
- 1 cup beef stock (or chicken or veg stock if you use an alternative to beef)
- 1 tablespoon tomato paste
- 1 big swirl paprika (I don't measure this, use 1 tablespoon and go from there. Smoked paprika gives a really nice smokey taste but can use sweet as well)
- 1 cup sour cream mixed with 1 tspn corn flour
- Salt and pepper

## METHOD:

1. Brown off meat and onion on medium heat in fry pan.
2. Turn to low and add garlic. Cook garlic.
3. When garlic is cooked, add stock, paprika and tomato paste. Season with salt and pepper.
4. Simmer for 15 mins. Add sour cream and corn flour mixture and simmer till thick and creamy.
5. Serve with your choice of mash and veg, pasta or rice.



## Switch it up! Other ideas to add:

- Melt through some baby spinach
- Garnish with fresh parsley
- Add peas or veggies to the pot if you don't want to steam them separately

**NOTE:** To cook in slow cooker - put all ingredients except for sour cream and flour mixture, into slow cooker and leave on high for 4 hours or low for 8 hours. Add sour cream and flour mix approx 10 mins before serving.



# TANDOORI CHICKEN

CONTRIBUTED BY: BAYAH CREIGHTON

SERVES: 4-6

TIME: 30 MINS

COST: \$\$



## INGREDIENTS:

- 2 large chicken breasts - diced (can use thighs or any other cut of chicken)
- 1 jar tandoori paste - you only use a tablespoon but can freeze jar for later uses. It freezes well 😊
- 500 g to 1 kg Greek yoghurt (depending on how much you like Greek yoghurt as there's usually leftovers 😊 if your not big on it, just get 500g)
- 1 lemon
- Salt and pepper
- 1 cucumber
- 1 jar mango chutney (optional)
- Naan bread - we use 2 x 4pk of garlic naan but can use as much as you wish. Can even use wraps if you wish 😊
- Sliced onion, tomato and lettuce (optional)

## METHOD:

1. In a bowl, mix 1 tablespoon of tandoori paste with approx half the yoghurt. Add more yoghurt to taste if you're not big on spice. Add diced raw chicken and mix into the marinade.
2. In another bowl, grate cucumber, add yoghurt and mix. Add a squirt of lemon and a pinch of salt. Set in fridge.
3. In fry pan, fry off chicken on high heat to start and then turn to simmer.
4. Cook naan as per instructions on packet.
5. To serve, place cooked naan bread down on plate. Top with the tandoori chicken. On top of the chicken, add the mango chutney and raita.

NOTE: It is very filling! We usually get 6 portions out of this (including leftovers from our dinner plus extra portions for our lunch as I cook for 4 people instead of just 2 to cover lunches).

# EASY BUTTER CHICKEN

LUNCH / DINNER

CONTRIBUTED BY: APOORV ONKAR  
SERVES: DEPENDS ON QUANTITIES  
TIME: 30 MINS  
COST: \$\$

## INGREDIENTS:

### For Marinade:

- Chicken Breast
- Yogurt
- Fresh ginger & garlic paste
- Curry powder / garam masala
- Red chilli powder
- Hint of Lemon juice
- Salt

### For Sauce:

- Butter
- Onions (finely chopped)
- Fresh ginger & garlic paste
- Canned tomatoes
- Cardamom power
- Cinnamon powder
- Tumeric powder
- Red chilli powder
- Salt
- Cream

## METHOD:

1. Mix marinade ingredients altogether and refrigerate for 3 to 12 hours.
2. Then roast or cook the chicken with all of the Marinade.
3. For the sauce, heat some oil and lots of butter in a pan.
4. Add onions and fry them till brown. Add ginger garlic paste and fry for 2-3 minutes. Add canned tomatoes and simmer them for 15 to 20 minutes.
5. Let the sauce cool a bit and then blend it. Put it back on stove and add the spices to suit your taste. Let it simmer for 10 minutes. Add chicken and cream. Heat through.
6. Serve with basmati rice and/or naan bread and salad or steamed vegetables.



### Switch it up! Other ideas to add:

- **Garnish with fresh coriander**
- **Substitute the chicken with tofu or cauliflower for a vegetarian version**
- **Substitute the cream with coconut cream for a vegan or dairy-free version**



# CREAMY 'BELLISSIMO' PASTA

CONTRIBUTED BY: COURTNEY PILON

SERVES: 4

TIME: 30 MINS

COST: \$\$



**Handy tip:** to get more out of your meals, if you have left over spaghetti, add the left over into pan after meals with a little extra pot water to soak and bind the little bit of sauce. Can be a base for another meal.

## INGREDIENTS:

- 1 x Chicken Breast, thinly sliced
- 1 x Table spoon of crushed Garlic
- 5 x button Mushrooms, sliced
- ½ block Philadelphia cream cheese
- 1 packet Spaghetti Pasta.
- 2 x Bacon strips, diced
- Olive oil
- Salt and pepper to taste
- 1/2 cup liquid Chicken Stock
- Parmesan cheese if desired.

## MIX IT UP!

- Substitute the cream cheese with cream
- Substitute the cream cheese with coconut cream and the parmesan with nutritional yeast to make vegan or dairy free
- Melt through some baby spinach or kale for greens, or some frozen peas
- Garnish with fresh basil or parsley

## METHOD:

1. Slice mushrooms and chicken into thin strips.
2. Boil a pot of water and add a pinch of salt. Cook spaghetti for 2 mins less than packet instructions. Pasta will finish cooking in sauce later. Reserve 1 cup pasta water before draining pasta.
3. Fry bacon cubes till crispy. Set aside. Add more olive oil to pan and cook garlic on low heat.
4. Add chicken and cook on medium heat. Cook half way through. Add the bacon back in the pan. Add ½ punnet of cream cheese then add the chicken stock, stirring thoroughly. Season to taste with salt and pepper. Add the mushrooms toward the end of cooking process.
5. When pasta is ready, drain and add to sauce with reserved pasta water. Stir thoroughly. Lower heat to simmer.
6. Place on a serving plate, add parmesan cheese on top. Your pasta awaits!

# GF VEGAN BLACK BEAN BURRITOS

LUNCH / DINNER

CONTRIBUTED BY: FELICITY WALES

SERVES: 2

TIME: 30 MINS

COST: \$\$

## INGREDIENTS:

- Onion (small) diced finely
- 1 can Black Beans – drained
- 1 packet frozen or microwave brown rice & quinoa
- Frozen spinach – 3 small blocks or two tablespoons
- Vegan cheddar cheese grated - handful
- Vegeta vegetable stock powder x 1 tablespoon
- 1/2 tspn cumin powder
- 1/4 tspn Chilli powder or 1 dried chilli, diced
- Salt & pepper to taste
- Sweet gerkins
- Coconut Oil
- Gluten Free soft tortillas
- Guacamole (smashed avocado x 2, 2 garlic cloves crushed, juice of 1 lime, salt & pepper)

## METHOD:

1. Add onion, black beans, brown rice & quinoa, spinach, stock powder, cumin, chilli, salt and pepper to a saucepan and heat on high for 5 minutes while stirring occasionally.
2. Reduce to a simmer and cover with a lid for another minute. Remove from heat and allow to rest.
3. Prepare a hot frypan with a good drizzle of coconut oil. Place the bean mixture into four tortillas and cover with cheese and gerkins if desired. Role up the bottom of the tortilla then fold both sides inward.
4. Fry the burritos on both sides until brown on the outside.
5. Serve in a bowl with the guacamole and extra gerkins. Great with a Corona and Lime! ☺



## Switch it up! Other ideas to add:

- Drizzle with fresh lime
- Garlic
- Grated zucchini
- Diced tomatoes
- Mushrooms
- Baby spinach instead of frozen spinach
- Fresh coriander
- Spices to taste, e.g. smokey paprika, coriander, chipotle chilli
- Switch out the gerkins for pickled jalapenos
- Add leftover chicken or meat to pot
- Serve with a jar of salsa and/or sour cream



# EASY GREEK PASTA SALAD

CONTRIBUTED BY: CIANNA ITLOW

SERVES: 4

TIME: 15 MINS

COST: \$



## INGREDIENTS:

- 4 good handfuls of pasta
- Three medium tomatoes chopped
- One medium sized capsicum chopped
- Two spring onions chopped, or a small red onion
- Half a cucumber...yep, also chopped
- Few sprigs of fresh oregano (chopped of course), or two teaspoons of dried oregano
- 250gm of CHOPPED olives (kalamata are nice)
- 250gm of feta cheese cubed or crumbled
- Half a tsp of salt
- Juice of a lemon
- Big glug of good quality olive oil

## METHOD:

1. Put pasta on to boil while you prep the rest.
2. Mix everything together, drain that pasta (rinse to cool it down) and throw that in too. So good!

## MIX IT UP! USE WHAT YOU HAVE:

- Add some baby spinach leaves.
- Garnish with fresh parsley and / or basil.
- Mix through some fresh pesto.
- Add any delicatessen-style vegetables you might have... capsicums, artichokes, eggplants etc.
- Throw in leftover roasted vegetables such as pumpkin, onion, eggplant, capsicum etc.

# GF VEGAN DOUBLE CHEEZE BURGERS

LUNCH / DINNER

CONTRIBUTED BY: FELICITY WALES

SERVES: UP TO YOU

TIME: 30 MINS

COST: \$\$

## INGREDIENTS:

- Favourite oil (I use coconut and olive) – a couple of tablespoons
- Frozen Vegan Burger Patties (I use Fry's Gluten Free Vegan Burgers)
- Vegan mayo (I use Celebrate Health brand)
- Vegan Sriracha
- Vegan Mayo Sauce
- 2 cups Vegan cheddar cheese grated
- Frozen Spinach – 3 small blocks or two tablespoons
- Flat Mushrooms – the bigger the better – stalks removed
- Salt & pepper to taste

## METHOD:

1. On high, heat oil in a large frypan (one that has a lid).
2. Add onion and stir fry till onions are translucent.
3. Remove onion and add to frozen spinach and the grated cheese in a small bowl.
4. Heat extra oil in the frypan for 1 minute. Add the Vegan burger patties and mushrooms to the fry pan. Press them with a spatula and flip every minute as you fry for 3 minutes. Grind over the salt and pepper, turn the heat to low and cover the frypan with a lid for 2 minutes.
5. Remove the cooked mushrooms and heated patties onto a warm plate.
6. Fry the onion, spinach, cheese mix for a minute to warm and melt the cheese then turn off the heat.



## To Assemble:

- Place a mushroom on the bottom.
- Squirt with a generous amount of Vegan Mayo.
- 3. Place a veggie patty on the mayo.
- Cover with half the onion, spinach, cheese mix.
- 5. Add another patty.
- Cover with the remaining onion, spinach, cheese mix.
- Squirt with Sriracha mayo.
- Top with the other mushroom. Serve while still warm.

Great with a Corona and Lime! ☺



# VEGAN HUMMOUS PASTA

CONTRIBUTED BY: VANESSA PERKINS

SERVES: 4

TIME: 20 MINS

COST: \$



## INGREDIENTS:

- 2 tbsp olive oil
- 1 medium onion - chopped
- 2 tbsp garlic or 2 cloves - chopped
- 1 cup spinach
- 1 cup plain hummus
- 350 spaghetti pasta or zucchini noodles
- 1 lemon - juice and zest
- 1/4 cup fresh basil - chopped (leave some for garnish)
- Pinch of salt and black pepper
- 1 tsp of nutritional yeast - optional

## MIX IT UP!

- Substitute the hummus for a can of chickpeas or cannellini beans. Mash them with a potato masher to get a creamy consistency.
- Add some smoked paprika or chilli flakes to the cooked onion and garlic for extra flavour.

## METHOD:

1. Boil a large pot of salted water over high heat.
2. Add pasta and cook until al dente. Reserve 1 cup of pasta water, then drain pasta and return pasta in the pot to keep warm.
3. In a large pan heat oil over medium heat.
4. Add onion and cook 5-7 mins until soft, then add garlic, then spinach, cook until spinach wilts.
5. Add lemon juice and zest and hummus, then add 1/2 cup of pasta water. Add more pasta water to get a creamy consistency if desired.
6. Transfer the cooked pasta or zucchini noodles to the pan. Add salt, black pepper, basil and nutritional yeast if desired.

Serve immediately and enjoy.

# TACO LASAGNA STACK

CONTRIBUTED BY: BAYAH CREIGHTON

SERVES: 4

TIME: 30 MINS

COST: \$\$

LUNCH / DINNER

## INGREDIENTS:

- 1 kg mince
- 1 packet taco seasoning
- 1 large jar salsa
- 6 large wraps
- A lot of grated cheese (I don't measure lol but we usually use nearly a whole large bag of grated cheese as we love cheese so use as much or as little as you like)
- Sour cream to serve
- Salt and pepper

Note: you can also use a Prepare Burrito Kit which covers the seasoning, wraps and salsa 😊 we use them when on special or get the ones at Aldi for \$3.

## METHOD:

1. Preheat oven to 180 degrees.
2. Cut 3 of the wraps into quarters, leave 3 whole. In a square oven tray, place one whole wrap down. Place four of the quarter pieces in the corners of the tray with the point towards the corner.
3. Brown off mince in a hot fry pan and add taco seasoning, salt and pepper.
4. Place half of the mince mixture into oven tray and top with some of the salsa and cheese. Repeat wrap step on top of the mince mixture. Place remaining mince mixture on top into the tray. Top with some salsa and cheese. Repeat wrap step one last time. Top with remainder salsa and cheese.
5. Bake in oven for 15 - 20 mins or until cheese is golden.
6. Serve with a dollop of sour cream and a nice garden salad on the side.



## Extra options:

- **Substitute the mince with kidney or black beans for a vegetarian version.**
- **Throw in a few veggies, such as sliced button mushrooms, corn kernels, capsicum, grated or diced zucchini, diced carrot etc.**



# CURRIED POTATO

CONTRIBUTED BY: JANET BESANÇON

SERVES: 4

TIME: 20 MINS

COST: \$



## INGREDIENTS:

- 4-5 Potatoes (organic is always better)
- 6 - 10 Bay leaves
- Can coconut cream
- 2 tablespoons green curry paste
- Cherry tomatoes

## METHOD:

1. Clean potatoes and throw them in a large amount of salted water, with 6 to 10 bay leaves. Boil for around 20 to 25 mins. (Bay leaves are not indispensable but make a huge difference).

2. Check if the potatoes are cooked by poking a knife inside if it is going in with no resistance, the potatoes are cooked.

3. During the boiling time, prepare an easy vegan sauce. Add green curry paste in a sauce pan and can of coconut cream and stir thoroughly. Let it warm up on low heat until you serve the potatoes, stir it from time to time.

4. When potatoes are ready, serve one or two per persons, cut in half on the plate (the skin is edible if the potatoes have been washed properly and especially if they are organic.)

5. Pour three to five spoons of sauce on each potato. Serve with some cherry tomatoes on the side. Bon appétit!

## MIX IT UP!

- Chop potatoes up for faster cooking time.
- Add a form of protein, such as meat or fish.
- Vegetarian protein options include tofu, tempeh and chickpeas.
- Throw in a few extra vegetables, such as mushrooms, cauliflower, broccoli, spinach, green beans, frozen peas, carrots capsicum or whatever you have in the fridge.
- You can also fry an onion as a base for the sauce before adding the curry paste and coconut cream.
- Garnish with fresh coriander.
- Serve with rice if desired.

# EASY DECADENT CHOC MOUSSE

SWEETS & TREATS

CONTRIBUTED BY: BRIDGET BIBLE

SERVES: 4

TIME: 30 MINS+ SETTING TIME

COST: \$

You know when people talk about dying and going to chocolate heaven – well this is it! This is a chocolate mousse to die for! And so simple – just three ingredients. Silky, smooth, Irresistible... So, death by chocolate mousse it shall be!

These measurements serve four – just double it for a dinner party of 8!

## INGREDIENTS:

- 200g dark chocolate
- 2 x 400g tins full-fat coconut cream, chilled in the fridge overnight
- 2 tbsp maple syrup

## METHOD

1. Using the bain marie method bring a pot of water to a gentle simmer. Break the chocolate into pieces and place in a heatproof bowl over the simmering water.
2. Make sure the bowl is not touching the water. Stir the chocolate with a wooden spoon occasionally until melted.
3. Remove the bowl from the heat and stir the maple syrup into the melted chocolate. Set aside to cool.
4. Open the can of chilled coconut cream. The coconut cream should have risen to the top of the can so it can easily be scooped out.
5. Pop this into a mixing bowl and vigorously whisk until thickened to a creamy consistency.
6. Add the cooled chocolate and whip again.
7. Pour into 4 containers (you could use tea cups, sorbet glasses or dessert bowls).
8. Refrigerate for at least four hours – preferably overnight for best results.



## Optional extras:

### Serve with your choice of:

- Cinnamon
- Berries
- Chopped fruit
- Coconut yoghurt
- Chopped / flaked nuts
- Chocolate shavings
- Tinned fruit

**You can also add a desert spoon of vanilla to the melting chocolate for some extra flavour.**



# CHOC-CHERRY COCONUT BALLS

SWEETS & TREATS

CONTRIBUTED BY: GREGORY STANTON

SERVES: 4

TIME: 30 MINS+ SETTING TIME

COST: \$

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## INGREDIENTS:

- 250g desiccated coconut
- 395g sweetened can condensed milk
- 1 tsp vanilla essence
- 125g copha, melted
- 1/2 tsp pink food colouring
- 200g dark or white cooking chocolate, melted
- 100g chopped glace cherries, finely diced (not essential)

## METHOD

1. Pour condensed milk, essence, copha and food colouring into a large mixing bowl and mix well. Add cherries and coconut and keep mixing, adding a few extra drops of food colouring until it reaches the desired colour.
2. Spoon mixture into small balls of preferred size and place in the fridge for 2 hours (or until firm).
3. Melt chocolate.
4. Coat cherry-balls in the melted chocolate (use a skewer to hold the cherry-balls and dip in the melted chocolate) and then roll in extra coconut (if desired).
5. Place into the fridge until chocolate coating sets.

Enjoy.

Recipe adapted from taste.com.au 'Cherry ripe slice' available at:  
<https://www.taste.com.au/recipes/cherry-ripe-slice/ec867b19-a492-46a6-b7ed-7955fb839803>



# VEGAN DONUTS

CONTRIBUTED BY: VANESSA PERKINS

SERVES: 4

TIME: 20 MINS

COST: \$



## INGREDIENTS:

- 250g plain flour or gluten-free or wholemeal flour
- 50g castor sugar
- Pinch of salt
- 1 tsp baking powder
- 50g Butter or \*Nutellex butter
- 120ml milk \*soy/almond milk
- 2 tbsp sunflower oil

## METHOD:

1. Add dry ingredients (flour, castor sugar, baking powder and salt) and stir in a bowl. Make a well or hole in the middle of dry ingredients.
2. Add wet ingredients (butter, milk, and oil) in a pot over medium heat until warm (not boiling).
3. Pour pot with wet ingredients into the middle of the dry ingredient bowl.
4. Stir ingredients together to form a batter. (Take rings/jewellery off as batter is sticky).
5. Wash hands and roll mixture into a ball (Any size you want your donuts), and make a whole in middle or leave round.
6. Have a shallow frying pan with oil on high heat until hot.
7. Add donut to hot oil and fry for 1-2 minutes and turn over gently with spatula and cook other side for 1 or 2 minutes until golden, take off heat onto a plate lined with a paper towel (soaks up oil) and repeat.
8. Dip donuts in castor sugar, cinnamon sugar, dipping sauces, icing mixture etc.



# GULABJAMUN

SWEETS & TREATS

CONTRIBUTED BY: KAWALJIT KAUR

SERVES: 4

TIME: 30 MINS+ SETTING TIME

COST: \$

I want to tell a sweet recipe of India, which is very good in taste. We called it gulabjamun.

## INGREDIENTS:

- 2 cups of milk powder
- 4 tablespoon plain flour
- 1 teaspoon baking powder
- 1/2 tablespoon bicarb soda
- Cream according to the dough

## FOR THE SYRUP:

- 2 cups water
- 1 and 1/2 cup sugar
- 2 Cardamon pods, crushed

## METHOD

1. Mix the all ingredients and make a dough with the help of cream, do not use water.

2. Roll the dough into small balls.

3. Preheat the oil to medium heat for 5 mins, then lower the flame to low. When the oil has cooled, then dip the balls into the oil and cook on the low heat. Cooking on high heats makes them hard instead of nice and soft.

4. Take them out when the colour gets golden brown.

5. To make the syrup, put sugar and water in a container and put on the flame and put the crushed cardamon pods in it. Boil for 15 mins.

6. Lower the temperature, and when syrup has cooled, put the cooked balls in it and cook for two minutes.

7. After that leave to sit for 30 minutes.

Yummy gulabjamuns are ready. Enjoy!



## OPTIONAL EXTRAS:

- **Add rosewater to the syrup.**
- **Garnish with chopped pistachios.**
- **If you don't have cardamon pods, you can use 1/4 teaspoon ground cardamon powder in the syrup instead.**

# CHOCOLATE BROWNIES

CONTRIBUTED BY: SHANNEN RUSSELL

SERVES: 6-8

TIME: 20 MINS + BAKING TIME

COST: \$



## INGREDIENTS:

- 160g of melted butter
- 1 1/4 cup of caster sugar
- 1/2 tbsp of vegetable oil
- 2 eggs
- 2 tsp vanilla essence
- 1/2 cup coco powder
- 1/4 cup plain flour
- 1/4 cup self raising flour
- Pinch of salt
- Optional: Chocolate chips

## METHOD:

1. Preheat oven to 200 degrees Celsius (180 fan forced)
2. Combine the sugar, melted butter and oil and mix with a whisk until well combined.
3. Next, add the eggs and mix for a until the mixture starts to become slightly lighter in colour, about a couple minutes.
4. Now add the vanilla and combine.

5. Next, sift both flours and coco powder into the wet mixture. add the salt.

6. Mix with a wooden spoon until just combined, do not over mix at this point. The less air in them at this point, the better. If you get too much air in the batter after the flour's have gone in, it'll be more like cake texture.

7. Now lightly grease a brownie tray (a 20x30 tin) with butter and line with parchment paper.

8. Place in the oven and cook for 20-25 minutes.

9. When done, test with a cake poker or a knife. If a few crumbs come out on the knife but the batter is set, they're done.

10. Let them sit for 30 minutes before lifting out of the tray and slicing.

Enjoy!

## EXTRA IDEAS:

- Add some chopped nuts, such as macadamia.
- Substitute flours for gluten free flour or almond meal to make gluten free.
- Add some cinnamon if you like.



# SUBMIT YOUR OWN RECIPES!

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See your own recipe in the next edition of our cookbook by sending it through to us at [chsa@scu.edu.au](mailto:chsa@scu.edu.au).

We'd love to hear from you!

