

UNIVERSITY OF
Southampton

START COOKING

with **STUDENT LIFE**

Student Life is available 24/7

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Recipes in this book may not be suitable for anyone suffering from allergies.

Please always check the manufactures guidelines and use by dates on any packaging.

Ensure all food is cooked and piping hot before consumption.

Do not Re-freeze frozen food.

Student Life

OMELETTE IN A MUG

INGREDIENTS

2 Large Eggs
2 tbsp of Milk
Pinch of Salt & Pepper
2 tbsp Grated Cheese
Cooking Spray

OPTIONAL MIX IN'S

2 tbsp Cooked & Chopped Ham/
Chicken/Turkey
1 Rasher Cooked & Chopped Bacon
2 tbsp Red Bell Pepper
5 Spinach leaves
2 tbsp Vegetable of Choice

METHOD

Spray a microwave safe mug with cooking spray. Beat together eggs, milk, seasoning, cheese and additional mix in's in the mug.

Microwave, uncovered, on high power for 1 minute. Remove mug and stir. Cook for an additional 1 minute, or until eggs are completely set. Let stand for a few minutes before eating.





JACKET POTATO WITH...

INGREDIENTS

Large Baking Potato
Pinch of Salt & Pepper
1 tbsp Butter/Vegetable Spread

OPTIONAL TOPPINGS

Baked Beans & Cheese
Tuna, Mayo & Cucumber
Cheese
Chili
Or absolutely anything you fancy!

METHOD

Pierce your potato with a fork on both sides. Place on a microwaveable plate inside the microwave. Cook in the microwave for 9 minutes on high power. Reduce the time to 7 minutes if a smaller potato. Slice a deep groove through the middle of the potato in both directions and repeat the process diagonally. Add the butter, your choice of topping and the seasoning. Enjoy!

GOOD TO KNOW

Measurements

Measurements come in all weights and sizes. Be sure not to mix your teaspoons from your tablespoons. Jugs and other kitchen equipment may display measurements and is actually very handy. You can pick up cheap measuring equipment from local supermarkets and cost very little.

Washing Up

The worst part of cooking, we know. However, there is an art to washing up and will save you time if you follow our handy little tip. Rinse heavily soiled pots, pans, plates, cutlery and anything else first. Fill a washing up bowl with warm soapy water (you will only need a small squirt of liquid). Start by washing the cleaner items such as cups and plates moving onto the greasier pots and pans last. Leave to dry on the draining board and dry with a clean tea towel. Your Washing up is now finished! Chill time.

FOOD SAFETY

Food Hygiene

Make sure you wash your hands before preparing food. Clean surfaces, utensils and equipment before making any food. Always ensure raw meat is prepared separately to other foods. Clean all equipment, surfaces and hands after preparation and cooking to avoid any contamination.

Storing Food

Raw meat needs to be stored in the fridge in an air tight container or other suitably sealed packaging.

Cooked food must be completely cooled before storing in an air tight container and placed in the fridge.

If freezing any food make sure it has not been previously frozen. Once food is defrosted it can not be re-frozen as it causes harmful bacteria to grow and a high chance this will give you food poisoning.

Spoiled Food

Ensure you are not storing food that has gone past its sell by date. Out of date food can cause mold to grow contaminating other food in the surrounding areas.

Please dispose of food waste in the bins provided. This will ensure the university can recycle waste correctly.

Remember that toasters are electrical. Do not put a knife in the toaster to retrieve food. Ensure the toaster is switched off and unplugged if trying to get to food that may be stuck.

Microwaves are a great appliance if used correctly. Remember to check that plates, bowls, mugs & pots are microwave safe if using in the microwave. Always clean any spillages straight away so food does not burn. Never put metal in a microwave. Microwaves are not to be turned on when empty.



VEGETABLE CHILI WITH RICE

INGREDIENTS

- 1 Onion (finely chopped)
- Pinch of Salt & Pepper
- 1 Red/Green/Yellow Pepper (cut into thin strips)
- 1 Red Chili
- 1 Tin of Chickpeas (replace with beef mince if required)
- 1 Tin Baked Beans
- 1 Tin of Kidney Beans in Chili Sauce
- 1 Tin Chopped Tomatoes
- 1 Cup of Rice

OPTIONAL EXTRAS

- Grated Cheese
- Tortilla Chips
- Sour Cream
- Jalapeños

METHOD

Add cooking spray to a hot pan and fry the onion for 2 minutes. Add the chickpeas, peppers and chili and cook for 30 seconds. Add the chopped tomato's and baked beans. Stir this altogether and let simmer for 10-15 minutes. Whilst this is simmering add 1 cup of rice to a pan with 1 cup of water and bring to boil. Swirl the rice with a fork, turn the heat to low and cover the pan with a lid. Leave to simmer for 10 minutes. Once cooked place the rice on a plate, cover with chili and add any extra toppings you fancy.

CHICKEN FAJITA PASTA

INGREDIENTS

- 275g Penne Pasta
- Pinch of Salt & Pepper
- 500g Chicken (Cut into strips)
- 1 Onion (Finely Sliced)
- 3 Mixed Peppers (De-seeded and Sliced)
- 30g Pack Fajita Seasoning Mix
- 1tbsp Tomato Puree
- 75g Grated Cheese

OPTIONAL TOPPINGS

- Sour Cream
- Salsa

METHOD

Bring a large pan of water to the boil, add the pasta and cook according to pack instructions (until al dente). Meanwhile, spray a frying pan with cooking spray or oil over a medium-high heat. Fry the chicken strips for 5 minutes until golden brown in colour and cooked through. Place the chicken onto a plate. In the empty pan add the onion & peppers until soft around 8 minute. Add the Fajita mix to the pan, add the chicken back to the pan along with the tomato puree and 50ml of water. Simmer for a few minutes, add the drained pasta and seasonings. Stir well, sprinkle on the cheese and other optional toppings. Yummy Pasta Time!.





MEAL PLANNING

You can be savvy when it comes to cooking. Who says you can't have chili for dinner tonight and use the leftovers for lunch tomorrow? Think about how you might be able to make one meal go a whole lot further.

If you make a big batch of one meal you may be able to freeze it for another day. An example of this would be cooking Spaghetti Bolognese with fresh mince/vegetables and freezing into small portions to use again with pasta or jacket potatoes.

Shopping

Before you go to the shops write out a small meal plan for the week. You can use the meal plan to create your shopping list saving you time and money throughout the week. Student Life have our very own meal planning template. If you would like a copy to print out just drop us an email studentlife@soton.ac.uk.

Online

Have a look online for other great recipes. Be creative and see if there are any adaptations to recipes that you can see.

Be sure to tag us in the recipes that you create

[#UoSStudentLife](https://twitter.com/UoSStudentLife) [#cookingwithstudlife](https://twitter.com/cookingwithstudlife)

CHOCOLATE MUG CAKE

INGREDIENTS

4 tbsp Flour
1/4 tsp Baking Powder
4 tbsp Sugar
2 tbsp Cocoa Powder
2 tbsp Oil
Small Pinch of Salt

OPTIONAL TOPPINGS

Chocolate Hazelnut Spread
Ice Cream
Whipped Cream

METHOD

Spray a microwavable mug with cooking spray. Measure all ingredients into the mug. Mix together carefully using a fork. Cook for 2 minutes on a high setting. Check cake is cooked the whole way through. If Chocolate Spread is required place a tbsp of spread onto the cake and heat on full power for a further 15 seconds. Leave to stand for a few minutes. Add toppings and dive in.



