



FOOD & DRINK
DUBLIN UNIVERSITY

COOK BOOK

BREAKFAST

LUNCH

DINNER

SNACKS



BREAKFAST

MUSHROOMS ON TOAST

"This recipe belongs to Erica from the food and drink society's committee. An adapted version of the Ballymaloe classic, this one pan wonder gifts you a decadent brunch in a matter of moments and with the slightest of effort. Adding cream enriches the dish but can be replaced by a non-dairy alternative to make for a delicious vegan Brunch. Leftover cooked bacon could also be added to enrich it further, but let's face it, there's never going to be any bacon leftover, because...bacon."

INGREDIENTS

- 1tbsp. olive oil or butter
- 2 spring onions or half an onion, finely chopped
- 100g mushrooms, quartered (A good mix is preferable, but, if you're on a budget use Chestnut mushrooms...NOT button mushrooms)
- 3tbsp. cream (or plain yoghurt if you have it to hand)
- 1/4tsp. dried thyme
- A squeeze of lemon juice (bottled will do if you don't have fresh)
- Salt and pepper to season
- Toast, to serve (A thick crusty loaf works best)

METHOD

- 1 Heat a large pan on medium heat and add the butter/oil
- 2 Once the fat is hot, add in the onion and cook for 3-4 minutes until soft and translucent
- 3 Following this, add the thyme and cook for a further minute before adding the mushrooms
- 4 Cook the mushrooms for 5-7 minutes until they have released their juices and evaporate
- 5 Season the mushrooms with a good pinch of salt and plenty of black pepper, followed by the cream, and, finally the lemon juice
- 6 Stir everything to combine and turn off the heat, allowing the cream to gently warm
- 7 Serve the mushrooms and their sauce on a thick slice of crusty toast, with a coffee in one hand, and Instagram in the other **#BreakfastGoals**

BREAKFAST

EGGS: AN INTRODUCTION

“Oscar Wilde wrote that “Only dull people are boring at breakfast”. Eggs, however, are brilliant all day and make an amazing quick and easy meal no matter the time. For such a humble and basic ingredient, the egg can truly do a lot; whether it be a quick and filling breakfast, soft boiled with soldiers; or perhaps poached on top of a salad or toast; or even an amazing omelette stuffed with oozing cheese for those days when assignments take over and all you want is a quick and easy comfort food meal. Eggs really are a lifesaver and should always be on hand in every student’s kitchen.”

CLASSIC CHEESE OMELETTE

- 1 Crack 3 eggs into a bowl with 1tbsp. of water
- 2 Season the eggs with salt and pepper before beating them to combine
- 3 Heat a large pan on high heat and add to it 1tbsp. butter
- 4 Pour the eggs into the centre of the pan and cook for 1 seconds before using a spatula to pull the edges of the egg gently into the centre to create folds
- 5 Once the egg is nearly cooked (about a minute and a half), add a handful of grated cheese in a line along the centre of the Omelette
- 6 Fold the eggs over the cheese and serve
- 7 If this doesn't work out, cheesy scrambled eggs are pretty amazing too!

BOILED

- 1 Bring a small pot of salted water to the boil
- 2 Once there is a rolling bubble, GENTLY lower one or two eggs into the pan
- 3 Cook the eggs for five minutes (soft ad runny) to seven and a half minutes (firm yolk)
- 4 Once cooked, remove the eggs from the water with a spoon and enjoy hot with soldiers
- 5 If the eggs are for a salad, run the eggs under cold water to cool them rapidly before peeling

POACHED

- 1 Bring a medium pot of salted water to the boil, before reducing it to a gentle simmer
- 2 Add 1tsp. of vinegar per liter of water to the pan
- 3 With a spoon or whisk, stir the water in the pan to create a vortex
- 4 Crack the eggs into a mug and gently drop them into the centre of the pan
- 5 Cook the eggs for 3 minutes until the whites are set and the yolk runny
- 6 Remove the eggs using a slotted spoon and drying them with kitchen paper

BREAKFAST OVERNIGHT OATS

"Overnight oats have become a foodie trend in recent months. They are a convenient way to start your day, but do require a little planning, but only a little. These are perfect for days when you have early morning lectures and need to get up and go! Topping them with fruit boosts their nutritional value and can form the basis of an energetic and productive day."

TIP

A good tip is to buy three or four varieties of seeds at the start of the term. Then, in a jam jar or other sealable container, mix the seeds together to create your own seed mix. This makes adding a varied spoonful of seeds to any breakfast or salad quick and easy, cutting out the opening and resealing of various packets

INGREDIENTS

- 40g rolled oats
- 200g natural yoghurt (or 100g with 100ml milk)
- A handful of fresh berries (blueberries, strawberries and raspberries work well, and frozen berries can be used also)
- 1tbsp. of seeds such as sunflower, sesame or flax (optional)

METHOD

- 1** To a bowl or jar (with a lid if you plan to take the oats on the go the next morning), add the oats and dairy
- 2** Stir to combine before layering the fruit on top
- 3** Seal the jar or cover the bowl with cling wrap and leave to sit overnight in the fridge
- 4** In the morning, the oats will have absorbed the yoghurt and milk, leaving a thick and creamy oatmeal
- 5** Stir the fruit into the oats, and if you're feeling extra healthy, sprinkle the top of the oats with a tablespoon of seeds to add texture and added nutrients

BREAKFAST

GET-UP-AND-GO SMOOTHIE FREEZER PACKS

"Not only are smoothies a versatile, cheap and convenient way to start your day, but the prep work can be done weeks in advance. Freezing the pre-measured amounts of fruit, juice and yoghurt makes breakfast as speedy affair for those mornings when time is not on your side. Simply add the contents of the freezer pack to a blender along with the liquid of your choice, and you're good to go! Pre-frozen packets of fruit can also be used since it'll be frozen anyway, making these smoothies even more economical."

INGREDIENTS

-Fruit (a classic combination is a mix of blueberries, strawberries and raspberries)
-1 Banana, sliced

Liquids (250ml of one of these)

-Milk (coconut, nut or soy milk can be swapped out)
-Orange Juice

-A handful of greens such as spinach (optional)
-A Tablespoon of seed mix (optional)

METHOD

- 1 For the make ahead portion of this recipe, simply choose the fruits that you like and measure them out
- 2 Freeze the fruit in resalable plastic bags for up to 3months
- 3 When it's time for breakfast, remove a smoothie pack from the freezer and place it in the blender along with the 250ml of liquid of your choice
- 4 For extra nutrition, a handful of greens can be added to the mix at this stage
- 5 Blend the ingredients together until combined
- 6 A heaped teaspoon of mixed seeds goes great on top!

BREAKFAST

5 INGREDIENT HOMEMEADE GRANOLA

"This delicious homemade granola is the perfect foundation for a filling and nutritious breakfast. Paired with yoghurt (or milk) and some fresh fruit, this granola is sure to set you up for the busy college day ahead. And, if you find yourself itching for a mid-day snack, this granola is the perfect stuff to munch on. The ingredients can be chopped and changed (different fruits and nuts added to make your own signature granola) as long as you retain the 3 essential ingredients; oats, peanut butter and a syrup of some kind. On top of all this, by using maple syrup instead of honey, this granola is vegan friendly too!"

INGREDIENTS

- 180g rolled oats
- 190g natural peanut butter, room temperature
- 4tbsp. maple syrup or honey
- 60g cup dried fruit (cranberries, apricots and golden sultanas work best)
- 115g cup nuts (such as hazelnuts, whole or flaked almonds, or macadamia nuts)

METHOD

- 1 Preheat the oven to 190 c
- 2 Combine all the ingredients in a large bowl, tossing to ensure they're all evenly coated and distributed
- 3 Pour the mixture onto a parchment paper (or foil if that's all you have to hand) lined baking tray
- 4 Bake the granola for 10-15 minutes, until it turns a light golden colour
- 5 Allow the mixture to cool fully before transferring it to an airtight jar or container
- 6 The granola will keep for up to 2 weeks (or it can be frozen in zip-lock bags for up to 6 months!)

LUNCH

WARM CHICKPEA SALAD

"This simple yet warming salad is the perfect quick fix when you're stuck in studying as it utilizes the most basic of ingredients to make a filling and delicious meal. Leaving out the feta cheese makes this recipe vegan and could be replaced with a vegan cheese alternative. Apart from serving as a warming lunch, this recipe is perfect as a side dish for lamb. The heartiness of chickpeas also means that this is perfect for make-ahead time frames, allowing you to simply reheat what you want when needed and keeping the rest in the fridge for up to 3 days."

INGREDIENTS

- 1 red onion, cut into wedges
- 2 courgettes, thickly sliced
- 1 red pepper, seeded and cut into chunks
- 375g tomatoes, halved
- 5tbsp. olive oil
- Juice of half a lemon
- 3tbsp. chopped fresh parsley
- 2x400g tins of chickpeas, drained
- 100g feta cheese, crumbled
- Salt and pepper, to season

METHOD

- 1 Preheat the oven to 200c
- 2 In a roasting tin, toss together the tomatoes, pepper, courgettes and onion with 2tbsp. olive oil before seasoning with pepper
- 3 Roast the vegetables for 30minutes until cooked through, tossing every 10mins
- 4 In a separate bowl, mix together the remaining 3tbsp. of olive oil and lemon juice and season with salt and pepper
- 5 When the vegetables are cooked, add the chickpeas to the roasting tin before returning it to the oven for 2minutes to allow the chickpeas to warm through
- 6 Remove the tin from the oven and toss in the chopped herbs and feta before finally adding the dressing, tossing to coat
- 7 Serve with warmed pita bread as a lunch, or as a side to lamb or chicken for dinner

LUNCH

ULTIMATE GRILLED CHEESE

"Grilled cheese is a versatile American classic. The original uses only sharp red cheddar but any good cheese or combination them can be used. To add a greater depth of flavour and an added salty richness, this recipe uses a slice of Parma ham which almost becomes melted into the cheese itself. This is not diet food by any means but the Italians have a saying; "everything in moderation, including moderation itself"- permission to indulge For extra indulgence, mayonnaise can be substituted for the butter as it is also a fat based product, its gentle acidity cuts through the richness of the cheese a little."

INGREDIENTS

- 2 sliced of white bread (plain old sliced pan works best)
- Butter for both sides of the bread
- About 100g of cheese (Sharp red cheddar is the classic but Parmesan, Manchego, Edam, Gruyere and Brie work great - aim for a mix of three if you have them to hand)
- 1 Slice of Parma Ham
- Black pepper to season

METHOD

- 1 Begin by buttering one side of each slice of bread
- 2 Place a pan large enough to fit the sandwich on a medium heat
- 3 Layer the cheeses on one slice of the bread, seasoning with a small crack of black pepper between each layer, layering the Parma ham in the middle (this will ensure that cheese melts on either side of it, holding it in place and the sandwich together)
- 4 Place the other slice on top of the cheese, butter side down and the butter the top
- 5 Place the sandwich butter side down in the pan and cook for 4-5minutes until the underside becomes a rich golden brown and crisp
- 6 Butter the uncooked side of the sandwich before flipping it
- 7 Continue cooking for a further 4-5minutes, pressing down on the sandwich with a spatula every so often to ensure contact with the pan
- 8 Once both sides are coloured and crisp, and the cheese crisp, remove to a plate and serve immediately

LUNCH

PESTO PASTA SALAD

"This pasta salad is super simple and can be enjoyed hot or cold. Although we've listed it here as a lunch, it makes for a great dinner served with some garlic toasts, and, any leftovers can be enjoyed cold the next day for lunch. We've used chicken here to add some protein but for a vegan alternative, edamame beans can be added along with the peas. Make sure to check the pesto, however, as mainstream pesto contains cheese, but vegan alternatives are available such as cheese-free classic green pesto, or, red pesto which is made with sundried tomatoes instead."

LEFTOVERS

-For lunch the next day, the pasta can be enjoyed cold as a salad

-Alternatively, to heat any leftovers up, place them in a microwavable container and all about 1 tablespoon of water

-Loosely cover the container with the lid (or with cling wrap if using a bowl) and reheat the pasta for a couple minutes until warmed through

-The water will ensure that the chicken doesn't dry out and the pasta does not become claggy

-Use this method for reheating any pasta dishes in future

INGREDIENTS

-200g pasta (fusilli, farfalle or any short pasta works best)

-3 Heaped tablespoons of a pesto of your choice

-100g of cooked chicken(shredded)/edamame beans (you can use store bought or rotisserie chicken, but we suggest you cook your own as not only does it taste far better but also saves you money – follow our recipe for how to roast a chicken elsewhere in this book)

-4 heaped tablespoons of frozen peas

-Parmesan cheese, to serve

-Pepper to season

METHOD

- 1 Cook your pasta according to its packets' instructions
- 2 3 minutes before the pasta is cooked, add the peas to the water and cook for the remaining time
- 3 Once the pasta and peas are cooked, drain them in a colander, reserving half a mug full of the pasta cooking water
- 4 Add the pasta and peas back to the pot, stirring through the pesto
- 5 Add about two tablespoons of the pasta water along with some black pepper to season
- 6 The pasta water will loosen the pesto slightly, while the starch in it will help the pesto to cling to the pasta itself
- 7 Add more pasta water if a thinner sauce is desired
- 8 Finally, stir through the shredded chicken and allow it to warm before serving
- 9 Top the dish off with a grating of parmesan cheese to serve

LUNCH

ROASTED TOMATO SOUP

"This soup is super simple and can be made ahead. Leftovers can be stored in an airtight container in the fridge for up to 3 days or frozen for up to three months. This is the perfect recipe to make on a Sunday morning, giving you the time while the tomatoes roast to do some study, reading, or just chill out and relax before the week ahead. Any variety of fresh tomatoes work for this recipe, and roasting them intensifies their flavour, making an already affordable ingredient go further on the flavour front. This recipe also works extremely well with carrots, replacing the 1kg of tomatoes with 1kg of carrots and removing the balsamic vinegar and replacing it with some grated ginger and a drizzle of honey."

INGREDIENTS

- 1kg of fresh tomatoes
- 6 cloves of garlic, peeled and left whole
- Half an onion or 3 spring onions, roughly chopped
- 3tbsp. of olive oil
- 1tbsp. balsamic vinegar
- 1/2tsp. dried oregano
- 500ml of vegetable stock
- Salt and pepper
- 50ml of cream (milk can be substituted)

METHOD

- 1 Preheat the oven to 190c
- 2 Slice the tomatoes and place them on a baking sheet, cut side up, along with the onion, garlic, and oregano
- 3 Drizzle over the oil and vinegar and toss everything together to coat
- 4 Season generously with salt and pepper before baking for 45minutes
- 5 Place the contents of the tray, including the juices and oil, into a blender (or a pot if using a stick blender)
- 6 Add in about 2/3 of the stock and blitz until smooth, followed by the cream
- 7 Add more stock until your desired consistency is achieved and serve
- 8 If using a stick blender, you can use cold stock and warm the soup up in the pot once it is blended, alternatively, if using a conventional blender, use hot stock to avoid having an extra pot to wash up
- 9 Drizzle the soup with a little extra cream and olive oil when serving

DINNER

CHILLI CON CARNE

"This classic Mexican dish is super simple and economical, utilising basic pantry spices to elevate the most economical of meat choices: minced beef. The dish is great served over rice or with nachos, and a topping of some sour cream, grated cheese and avocado never goes amiss, but this is of course optional. The quantities listed are for a rather mild chilli, so feel free to add more spice to suit your taste."

TIP

If you follow a vegan diet, uncooked lentils can be used instead of minced beef, and the beef stock can be replaced by vegetable or mushroom stock

INGREDIENTS

- Olive oil
- 1 large onion & 1 red pepper, chopped
- 2 garlic cloves, finely chopped
- 1 heaped teaspoon of hot chilli powder
- 1tsp. paprika & 1tsp. ground cumin
- 500g lean minced beef
- 300ml beef stock
- 1x400g tin of chopped tomatoes
- 1tsp. of sugar (or 1 square of dark chocolate)
- 2tbsp. tomato purée
- 1x410g tin of kidney beans

METHOD

- 1 Heat a large pot on medium heat, adding one tablespoon of olive oil once it is up to temperature
- 2 Add the onions and cook for 5 minutes until translucent
- 3 Add in the garlic, red pepper, and spices, stirring and cooking for a further 5 minutes
- 4 Next, add in the minced beef and stir it frequently so as to brown the meat, breaking it up as you stir
- 5 Adding in the chopped tomatoes, stock and sugar, turn the heat up and bring the chilli to a boil before lowering the heat to low, seasoning with salt and pepper and allowing it to simmer gently for 20 minutes
- 6 Stir the chilli often to ensure that it doesn't stick to the bottom of the pan
- 7 Following the 20 minutes of cooking, add in the beans, allowing the chilli to simmer for a further 10 minutes to warm the beans through
- 8 Once the chilli is cooked, turn off the heat, adjust the seasoning (chilli can take quite a lot of salt), and place the lid back on the pot, allowing the chilli to rest for 10 minutes
- 9 Allowing your chilli to rest gives time for the spices to mingle a little more and give an overall better flavour
- 10 Serve with rice or nachos, or, if you're really not bothered, top with a pile of grated cheese in a bowl and eat at will

DINNER

SUPER-SIMPLE FRIDGE-EMPTYING TRAY BAKE

"This super simple tray bake can be made with a few base ingredients and any combination of vegetables tucked away in your fridge. Because you're roasting all of the ingredients together, you can make use of vegetables on the brink of going bad, cutting back on food waste and costs! Variation is also an up, as you can use any combination of vegetables and even replace the salmon for chicken thighs."

INGREDIENTS

- 2 salmon darns, skin on
- 500g baby potatoes, cut in half
- 125g fresh spinach
- 100g tender stem broccoli, ends trimmed
- 1 red pepper, chopped
- Juice of half a lemon
- 1 onion, cut into wedges
- 2tsp. paprika
- 2tbsp. olive oil
- Salt and pepper

TIP

If using chicken thighs, add them at the beginning with the potatoes as it will take the full 40 minutes to cook through

METHOD

- 1 Preheat the oven to 190c
- 2 To a baking tray, add the potatoes and oil along with the paprika, tossing to coat
- 3 Nestle the onion and pepper in and around the potatoes before seasoning with salt and pepper
- 4 Bake for 25minutes
- 5 Remove the tray from the oven and place the salmon on top of the potatoes along with the broccoli
- 6 Season the salmon with some more salt and pepper and some extra paprika
- 7 Return the tray to the oven and bake for a further 15minutes
- 8 Remove the salmon to a plate
- 9 Squeeze the lemon juice over the potatoes and veg, tossing to coat
- 10 Add the spinach to the pan, coating everything in the oil and lemon juice
- 11 Serve the vegetables alongside the salmon

DINNER

HALLOUMI STUFFED PEPPERS

"These stuffed peppers have wonderful flavours and textures, making for an amazing vegetarian supper. The halloumi can be replaced with a vegan alternative to make these vegan friendly also"



INGREDIENTS

- 3tbsp. olive oil
- 125g chestnut mushrooms, roughly chopped
- 2 large red peppers
- 30g couscous
- 60ml vegetable stock
- 125g halloumi cheese, cubed
- 1tsp. fresh chopped parsley

METHOD

- 1 Preheat the oven to 180c and place a pan on medium heat
- 2 Pour 1tbsp. of olive oil into the pan and cook the mushrooms for 5minutes until their liquid has released and evaporated before taking them off the heat
- 3 Cut the tops off of the peppers and deseed them
- 4 Drizzle one tablespoon of olive oil in each, turning to coat before seasoning the inside with salt and baking them, on a tray, for 20minutes until tender
- 5 Meanwhile, in a bowl, pour the hot stock over the couscous and cover the bowl with cling wrap, leaving the couscous to cook for 10mins in the residual heat
- 6 Once the couscous has absorbed the liquid, fold through the mushrooms, halloumi and parsley
- 7 Season the filling with salt and pepper
- 8 Stuff the peppers with the mix and return them to the oven for a further 15minutes
- 9 Serve the peppers with a salad to make for a lovely and warming supper!

DINNER

SIMPLE THAI GREEN CURRY

"This curry is super simple and perfect for both the novice and experienced cook. You can easily adapt this recipe to suit the diet you follow, replacing the protein as required. The veggies are also super easy going, allowing you to add in any variation of vegetables to suit your taste (or budget!). The potatoes also save you having to cook rice to serve alongside, but, if you wanted, you can omit the potatoes and serve rice with the dish instead. All things considered, this is more of a guide than a recipe, and you put your own stamp on it easily enough!"

INGREDIENTS

- 1tbsp. olive oil
- 1 rounded tablespoon of green curry paste
- 400ml tin of coconut milk
- 2tsp. Thai fish sauce
- 1tsp. sugar
- 450g chicken, cut into bite-sized pieces
- 100g green beans, trimmed and halved
- 225g baby potatoes, cut into chunks
- Juice of 1 lime (optional but definitely a game changer)

METHOD

In a large pot, bring water to a boil and cook the potatoes for 8 minutes and the green beans for 3 before setting them aside until needed

In a large wok (or the large pot used for the potatoes, but rinsed out), heat the olive oil on high heat

Add in the curry paste and cook for a few moments, stirring all the while

Follow by adding the coconut milk before bringing the contents of the pot to a gentle bubble

Stir in the fish sauce and the sugar before adding in the chicken and giving a good stir

Turn the heat down to a simmer and cook, uncovered, for about 8 minutes until the chicken is cooked through

Tip in the potatoes and green beans and allow them to warm through before squeezing in the lime juice

Serve the dish with rice or eat as it is with the potatoes serving as the starch

DINNER

DETOX SALAD

"For when the weekend is past, the head is hanging and assignments are due; this super simple detox salad is the perfect cleansing supper to pick you up and get you back on track! Not only is the dressing a 'no-mix dressing', heightening the dish's simplicity, but you can add more protein by simply adding more sunflower seeds or serving the salad with quinoa (or both!)."



INGREDIENTS

- 125g of mixed greens or roughly chopped kale
- 1/4 of a red onion, finely chopped
- 3 radishes, thinly sliced
- 1tbsp. roasted unsalted sunflower seeds
- 1 ripe avocado, thinly sliced
- 2tbsp. dried cranberries (optional)

For the Dressing

- 2tbsp. tahini
- 1tbsp. extra virgin olive oil
- 1 lemon, juiced
- A good pinch of salt and pepper

METHOD

- 1 Simply add all of the salad ingredients to a large serving bowl
- 2 Next, drizzle over the tahini and olive oil before squeezing the lemon over the top
- 3 Season generously with salt and pepper
- 4 Toss the salad to combine and serve!
- 5 If you're feeling super lazy, eat straight from the bowl you made the salad in, because, who needs more washing up in their life?!

DINNER

THE ULTIMATE ROAST CHICKEN

"Okay, again this is less of a recipe and more of a guide. Nonetheless, knowing how to roast a chicken is essential in the kitchen. Not only is buying a whole chicken cheaper per pound when compared to pre-portioned chicken, but the smell of roast chicken perfuming through your apartment is an instantaneous reminder of home! Classics can be phenomenal when done correctly - not all food has to be well-faffed and fancy - but this roast chicken is set to impress no matter the occasion!"

INGREDIENTS

- 1 large whole chicken (around 1.6-1.8kg in weight is preferable)
- 2 onions
- 2 carrots
- 1 bulb of garlic (yes, the ENTIRE bulb!)
- Olive oil
- 1 lemon
- 1 bunch of fresh thyme (1tbsp of dried will do if you already have it, just sprinkle it on with the salt and pepper)
- 100g streaky bacon (smoked or unsmoked)



METHOD

- 1 Before starting the recipe, take the chicken out of the fridge and allow it to come to room temperature for about 30minutes (this will allow the meat to cook more evenly in the oven)
- 2 Preheat the oven to 220c
- 3 Roughly chop the carrots and onions, skins on
- 4 Separate the bulb of garlic, leaving all of the cloves unpeeled
- 5 Pile all of the vegetables on a roasting tin and drizzle them with a generous amount of oil
- 6 Place the chicken on top of the vegetables before drizzling it with oil and rubbing it all over to ensure even coating
- 7 Pierce the skin of the lemon 10-15 times with a knife to create holes from which the lemon juice will steam and escape
- 8 Place the lemon inside the cavity of the bird

DINNER

THE ULTIMATE ROAST CHICKEN



- 9** Season the vegetables and the chicken with a generous amount of salt and pepper (and the thyme if using dried)
- 10** Layer the bacon onto the breast meat in a single layer
- 11** Lower the temperature of the oven to 200c before immediately placing the chicken in the oven for 1 hour and 20minutes
- 12** Halfway through the cooking time, remove the tray from the oven and spoon the juices in the bottom of the tray over the chicken before returning the tray to the oven
- 13** When the chicken is cooked, remove the tray from the oven and allow it to rest for at least 15minutes before carving and serving
- 14** This recipe is great for meal preparation for the week ahead as refrigerated cooked chicken can last for up to 4 days in an airtight container
- 15** The crispy bacon bits are, obviously, the best part of the recipe so eat them before an argument brews over them!

SNACK

SPICY ROASTED CHICKPEAS

"Crunchy and deliciously spicy morsels, these roasted chickpeas make for the perfect mid-day or evening snack (or even an amazing crunchy topping for a salad in place of nuts). This is very much a one-pot, or, one pan dish and takes little or no time to throw together. The chickpeas will stay crisp and crunchy in an airtight container at room temperature for 3 days, but allow them to cool fully before packing them away as residual heat will allow steam to form in the container, softening their crunchy exterior."

INGREDIENTS

- 1x400g tin of chickpeas, drained and rinsed
- 2tsp. olive oil
- 1tsp. smoked paprika
- 1tsp. ground cumin
- 1tsp. ground coriander

METHOD

- 1 Preheat the oven to 160c
- 2 Tip the chickpeas onto a baking tray before adding the remaining ingredients
- 3 Toss them to coat (hands work best)
- 4 A large bowl can be used for this step, but being a little more patient and doing it on the tray saves you greater time when it comes to the washing up!
- 5 Roast the chickpeas for 35minutes, tossing once halfway through
- 6 Enjoy warm as a snack or allow to cool before packaging them away

SNACK

HUMMUS THREE WAYS

"Hummus...that is all"

BASIC INGREDIENTS

- 1x400g tin of chickpeas, drained and well rinsed (you can make your hummus with them as is, but, if you want an even better finished product take the extra few minutes to squeeze each chickpea out of its fibrous casing, which will then give you a much creamier finish)
- 1 garlic clove
- 1tbsp. tahini
- Juice of half a lemon
- Salt and pepper

METHOD

- 1 Simply place all of the base ingredients in a blender or food processor and pulse until you reach the desired consistency
- 2 If the hummus is too thick, add a little extra lemon juice or a dribble of olive oil to thin it a little
- 3 To make any of the variations, simply add in the additional ingredients to the blender and blitz!

VARIATIONS

Pepper and Walnut Hummus

- 1 roasted red pepper (from a jar, although you could roast your own)
- 3 walnuts, chopped

Spiced Lemon Hummus

- Juice of half a lemon
- 2tbsp. of harissa
- 3tbsp. pine nuts
- A small bunch of coriander

Avocado Hummus

- 1 avocado, chopped
- A sprinkle of chilli flakes

SNACK FLAPJACKS

"These flapjacks are an easy make ahead breakfast. Once baked, they can last over a week in an airtight container and serve as the perfect grab-and-go breakfast or snack between classes. An excellent idea is to buy an airtight container and keep a stash of these in your locker for those mid-morning or in between class cravings!"

INGREDIENTS

- 175g butter
- 175g golden syrup
- 175g dark brown sugar
- 300g rolled oats
- Zest of half a lemon
- 1/4tsp. ground ginger
- 50g dried fruit such as cranberries
- 35g nuts, almonds work particularly well, roughly chopped

METHOD

- 1 Preheat the oven to 150c and line a 20cm/8inch square baking tin with parchment paper
- 2 In a large saucepan, melt together the butter, sugar and syrup over a medium heat until the sugar is dissolved
- 3 Add in the oats, fruit, nuts, ginger and lemon zest, stirring to combine
- 4 Transfer the mixture to the baking tin and bake for 40minutes
- 5 Once baked, remove the pan from the oven and set it aside to cool for about 15minutes before removing the flapjack from the pan
- 6 Cut the slab into 12 individual flapjacks and store in an airtight container