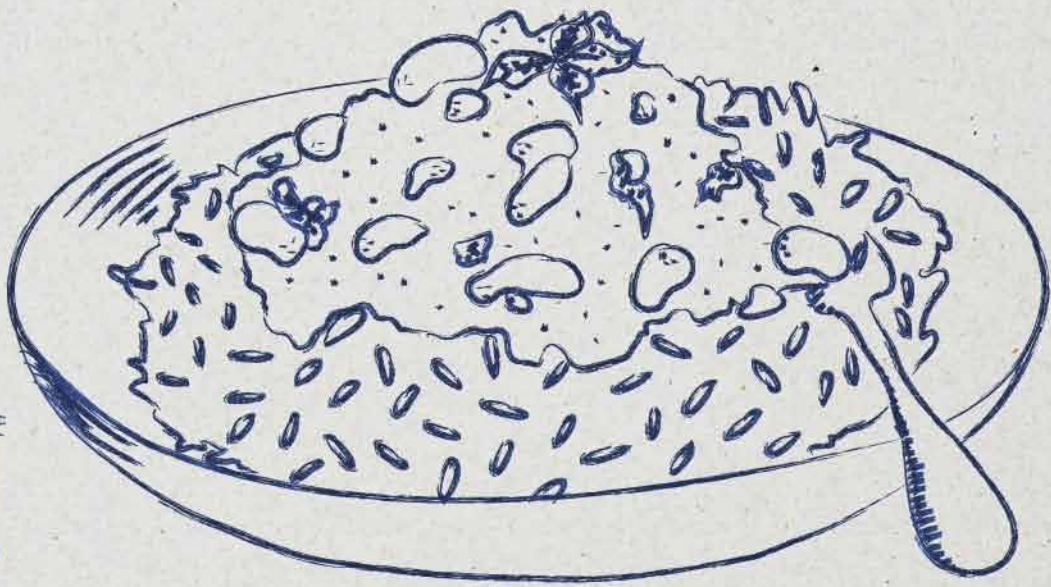




The Hungry Student



a collection
of easy recipes for students
By students & friends of
Currys PC World

in store online mobile
currys.co.uk

Currys  PC World

we can help

Homemade Burgers & Sweet Potato Wedges

By Bella from
www.b-dolly.co.uk

"homemade burgers used to be an old fall back favourite of ours back in 3rd year."

You will need:

for the burgers:

- mince (500g easily makes 4 burgers)
- 1 egg
- a good handful of breadcrumbs
- a squirt of BBQ sauce and/or a teaspoon of English mustard

for the wedges:

- Sweet potato (1 for each person)
- sprinkling of salt
- a drizzle of olive oil
- paprika



Instructions

Burgers

- 1) Break up the mince a bit and put it into a large mixing bowl
- 2) crack in the egg, and add your bread crumbs, BBQ sauce and/or mustard.
- 3) Now for the messy part...get your hands stuck in there and mix it all up.
- 4) when it begins to stick together, divide the mixture into burger-shaped rounds and whack them under the grill or on the George Foreman at about 180 degrees for about 10 minutes. keep an eye on them cooking times differ depending on how big your burgers are!

wedges:

- 1) give your potatoes a bit of a scrub and chop off any knobbly bits, then cut them into rough wedge shapes.
- 2) whack them on a baking tray, keeping them fairly separate if possible, and drizzle over olive oil, some salt, and your spice of choice.
- 3) give it all a shake about and pop them in the oven! it obviously depends how thinly you've cut your wedges, but they usually take about 20 - 25 minutes at 180 degrees.

Ridiculously Easy Chicken Tikka Masala

By Sami from
www.thatredheadsaid.com

"this recipe really is so simple! it can also be adapted for a veggie version, or you could use beef or lamb"



You will need:

- chicken breasts (i used 5 for a big batch)
- tikka masala curry paste (i use patak's)
- tikka masala spice blend
- curry powder
- olive oil
- coarse salt & ground black pepper
- 2 vegetable stock cubes
- 1 large onion
- 1 can light coconut milk

Instructions

Prep (2 hours):

coat the raw chicken with 3 tsp of tikka spice mix, 2 tsp curry powder and some salt then leave for about 2 hours. put the chicken in a large pyrex bowl, add 2 tbsp curry paste & a twist of salt & pepper, then cover with cling film & leave in the fridge for an hour.

- 1) cut the chicken into chunks, then heat some olive oil in a pan. next add the chicken and stock cubes and stir to coat the chicken. put some warm water in the pyrex bowl and mix with the remaining marinade
- 2) add this to the chicken, stir, then turn the heat down and let it simmer (add some water if it's catching in the pan)

- 3) chop the onion into small pieces and soften them in a frying pan with some oil & a pinch of salt.

- 4) add 1 tbsp paste, 1 tbsp spice mix, 1 tsp curry powder, a pinch of salt and pepper to your curry. give it a good mix, taste, re-cover and simmer for 5 minutes.

- 5) add 1/2 a can of coconut milk to the curry, mix thoroughly, then turn the hob to a low-medium to let the curry simmer.

- 6) next add the onions & the remaining coconut milk to the dish and let it simmer for another 5 minutes.

- 7) taste and adjust the flavour and/or heat
- 8) after 5 more minutes the curry is ready!

Vegetarian Noodle Soup

By Chelsea Jade from
www.chelseajadeloves.com

"this is a Budget, 'something quick and easy to make' recipe which my Boyfriend taught me a couple of years ago."



You will need:

- 2 eggs (beaten)
- 2 Spring onions (chopped)
- 2 tomatoes (chopped)
- 1 litre water
- 2 TBSP light Soy Sauce
- 1 TBSP oil
- 2 portions of dried egg noodles
- Pinch of salt and a tsp of sesame oil

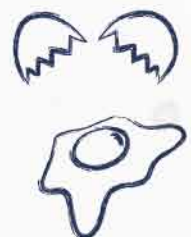
Instructions

- 1) Beat the eggs together in a bowl and mix in 1/2 the chopped spring onions
- 2) Heat a pan at the highest temperature and add the oil (wait for the oil to warm up as it needs to be hot for the next step)
- 3) Pour the beaten eggs into the pan, let it cook through and mix periodically until it looks like the type of eggs in 'egg fried rice' (feel free to wok them at this stage but a pan is fine)
- 4) Add the chopped tomatoes and cook for 2 minutes, reduce the heat a little here to stop the egg burning
- 5) After 2 minutes add the soy sauce and mix well.

6) Add the water followed by the salt for seasoning and noodles.

7) Leave this to simmer for 7-10 minutes (or however long it takes for your noodle of choice to cook through) the water will reduce at the stage leaving you with enough for your two bowls of soup.

8) Separate your pan into two serving bowls, add a splash of sesame oil and the remaining spring onion to each bowl and serve.



Carbonara Made Easy

By Lucy from
www.lucyloves.com

"The Quickest, cheapest, easiest carbonara
you'll ever make..."



You Will Need:

- 2 mugs of whole wheat pasta
- 3 free range eggs
- 4 rashers of Bacon
- 1 tablespoon of olive oil

Instructions

- 1) Stick the kettle on and put a splash of water in the saucepan on a high heat
- 2) whilst the kettle's boiling, get out your frying pan, oil, Bacon and scissors
- 3) as soon as the kettle's boiled, top up the saucepan and chuck in the pasta. turn down the heat, stick on the lid, and let it simmer for 10 mins
- 4) (optional) add a pinch of salt and a drop of oil to the water.
- 5) Whack the oil in the pan on a low heat.
- 6) snip the Bacon into pieces into the pan.
- 7) (optional) you can use pancetta instead of Bacon if you're feeling flush. you could also add a handful of chopped onions, mushrooms or garlic too.

8) drain the pasta well, dump it on top of the Bacon and give it a good stir so the Bacon juices coat the pasta.

9) Sprinkle a bit of salt and pepper in, then crack your eggs over the pan and mix it all up for a minute or two until the egg is cooked.

10) (optional) you could add a bit of cream here. I had a little bit of cream cheese to use up while taking the photos for this recipe and it worked really well. Nom!

11) Parmesan on top would be awesome. Any cheese on top would be awesome, but you don't really need it, it's pretty creamy as it is.



Courgette & Feta Tart

By Katie from

www.katieskitchendjournal.com

"a great main course served with a Big Side Salad and new potatoes (or cola as a hungover midnight snack!)"



You will need:

- 1 packet puff pastry
- 2 medium sized courgettes
- 2 garlic cloves
- 200g feta cheese
- handful of tomatoes (sliced in half)
- large handful mint (chopped)
- fresh Basil (chopped)
- olives (sliced in half)
- zest of 1 lemon
- Parmesan

Instructions

- 1) Preheat your oven at 200°C & warm up a baking tray.
- 2) roll your pastry into a large rectangle & spike the middle of the pastry a few times with a fork. then place it on a piece of baking paper on the preheated tray.
- 3) Bake the pastry in the oven for 10-15 minutes until it starts to turn golden brown and the edges are puffed up nicely.
- 4) meanwhile, wash and cut your courgettes lengthways into thin slices.
- 5) put a frying pan on a high heat and add a good glug of olive oil.
- 6) peel and chop the garlic cloves finely & fry these in the pan for a few minutes.
- 7) add the courgette and fry until they are tender and start to take on some colour

- 8) once you have cooked the courgette slices, lay them on a piece of kitchen towel on a plate to soak up any excess liquid.
- 9) once the pastry is baked, remove it from the oven and crumble half the feta cheese over the pastry.
- 10) next, lay the courgette slices on top, overlapping each one slightly.
- 11) top with the tomatoes, fresh mint, Basil, olives and the remaining the feta cheese.
- 12) grate over the zest of 1 lemon and some Parmesan cheese.
- 13) let it cool slightly before cutting into big wedges and serve with a big green salad, lentils or new potatoes.



Vegetarian pastry bake



INSTRUCTIONS

- 1) Preheat the oven to 200 degrees.
- 2) melt 1 tableSpoon of Butter in a large Saucepan then COOK the leek and garlic for 2 minutes. add the other vegetables and COOK for a further 5 minutes
- 3) add the flour and Stir to coat the veg
- 4) mix the Stock cube with 85ml of hot water in a jug then add to the pan along with the milk and wine.
- 5) Bring the Sauce to a Boil, stirring continuously until the Sauce is thickened. Stir in the oregano and add Salt and pepper to taste.
- 6) cover a Baking tray in Baking parchment and dampen slightly.

By hannah from
Blog.doodleheart.co.uk

"a crowd-pleaser and a welcome change from pasta or beans on toast - it's also a great excuse to open a bottle of wine!"

You will need:

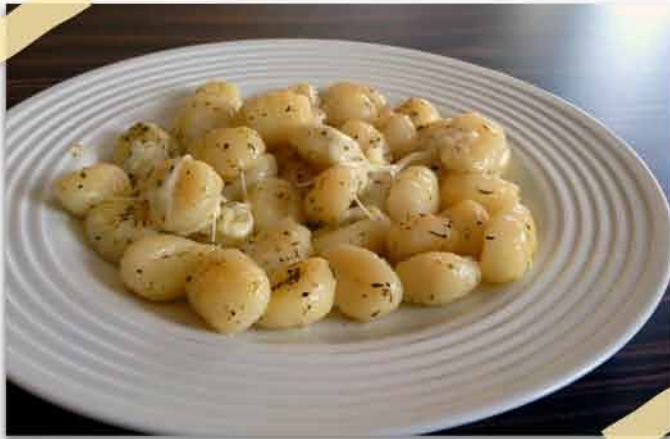
- (serves at least 5 people)
- 450g readymade puff pastry
- 1 egg (beaten)
- 2 garlic cloves (crushed)
- 1 leek (shredded)
- 2 peppers (sliced)
- 70g mushrooms (sliced)
- 75g asparagus spears
- 2 TBSP flour
- 1 vegetarian stock cube
- 85ml milk
- 4 TBSP white wine
- 1 TBSP oregano, dried

- 7) roll half the pastry out in a rectangle on a lightly floured kitchen surface, then put this onto the damp baking parchment.
- 8) Spoon the filling on top of the pastry, leaving about an inch clean at each edge. Brush the edges with the beaten egg.
- 9) roll out the other half of the pastry to the same shape but a little larger.
- 10) cut parallel slits across the rectangle to about an inch from each edge. Place this rectangle on top and seal the edges well by pinching the sides of the pastry together.
- 12) Brush the whole pastry with egg and bake for approximately 30 minutes, or until golden brown and bubbling, and serve.

Gnocchi with mixed herbs & mozzarella

By Chelsea from
www.loveinmodernlife.co.uk

"You could add all sorts to this dish - ham, different cheeses, asparagus - and really make it your own"



You will need:
(Serves 1 person)
250g Gnocchi
1 Mozzarella Ball
mixed herbs
Parmesan (grated)

Instructions

- 1) Pre-heat your grill (so you can melt the Parmesan later on)
- 2) Next, Boil a medium-sized pan of water, and chuck in a dash of salt.
- 3) Once bubbling, carefully pour in around half a packet of gnocchi. tip: i tend to use a slotted metal spoon to do this, to avoid being splashed with boiling water.
- 4) In a frying pan, melt a little bit of butter and shake in some mixed herbs.
- 5) You'll notice that after a few minutes the gnocchi will start to rise up to the top of the water. When this happens, use your slotted spoon to lift the gnocchi into the frying pan.
- 6) Once all the gnocchi is in the pan, tear up your mozzarella and add a few chunks to the pan.
- 7) Finally, sprinkle a small pinch of Parmesan over the top, and then place the frying pan under the grill. In less than a minute, your cheese will have melted and your gnocchi is ready to eat!



The 'Skinny' Pizza

By Stephanie from
thoughtsofawannabedjournalist.com

"a low-fat and delicious alternative to the usual cheese and dough loaded affair and it's made with a few simple ingredients!"



You will need:

- 1 white or wholegrain tortilla
- tomato purée
- low-fat soft cream cheese
- your choice of toppings (i use vegetarian ones like sweet corn, pepper and onion but the possibilities are endless, get imaginative!)



Instructions

- 1) Preheat your oven to 200°C
- 2) Place your tortilla on a baking tray
- 3) Smooth over a tablespoon of purée and follow with the cream cheese.
- 4) Add your toppings as desired (if using meats then be sure to have them cooked if required beforehand).

- 5) Pop into the oven for 10 minutes
- 6) Finally, plate it up and enjoy!

Low in calories, swiftly made and very filling. Plus, there is no guilt if you eat the entire thing!

Really easy Quesadillas

By amy from
www.amyPyt.com

"these are my favourite and are so easy and quick to make!"

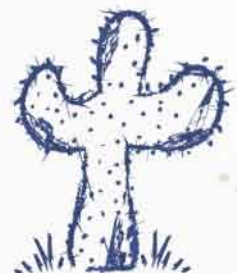


you will need:

- Pre-cooked chicken pieces (remember: if you use raw/frozen chicken remember to cook it first before adding it to your Quesadillas)
- onion (sliced small)
- red & green bell peppers (sliced small)
- grated cheese (i find red leicester the best)
- Soft tortillas

Instructions

- 1) Put a little oil into your pan and give it a few minutes to heat up. this is to stop the tortillas from sticking, so you only need a tiny amount of oil.
- 2) Pop your tortilla in the pan and add the pre-cooked chicken pieces, onion, cheese and peppers on top of the tortilla. try not to get cheese on the pan as this will be messy!
- 3) Once your toppings are all in the tortilla, fold the tortilla in half (try not to let the filling spill out into the pan).
- 4) Leave for a few minutes until the bottom side is golden brown.
- 5) Turn your tortilla over and leave until it is golden brown on both sides. when it is, it's done!
- 6) Then cut your Quesadilla in half and serve either as a snack on its own or with some salad or fries as a meal (i prefer curly fries as they are more fun!)



Mac & Cheese with Bacon



INSTRUCTIONS

- 1) IN a frying PAN, COOK your BACON THEN add the BROWN SUGAR to the PAN. THIS WILL leave a SWEET GLAZE ON the BACON.
- 2) NEXT, add the macaroni to a BOILING PAN of Salted water and COOK for 8-10 minutes. Set the COOKED PASTA and BACON to one side for NOW.
- 3) IN order to make the Sauce, melt the Butter in a Saucepan and add in the flour. Stir until it creates a roux (a paste)
- 4) WHISK IN the milk gradually a little at a time, leaving for 10 minutes until a thick, creamy Sauce is formed.

By amy from

www.thegirlinthebowlerhat.com

"to add a little twist to this classic dish, i thought it would be fun to add a little candied bacon to the mix, a favourite hangover cure for many!"

You will need:

- BACON (as much as you like!)
- 20g/a few handfuls BROWN SUGAR
- 250g macaroni
- 250g cheese of your choice
- 40g Plain flour
- 40g Butter
- 600ml milk
- PAPRIKA

- 4) remove the Sauce from the HOB and add 3/4 of the grated cheese. Stir in until the cheese has melted and mixed in, then add a SPRINKLE of PAPRIKA (if you're using it)
- 5) add the Sauce to the macaroni and make sure you mix them together well.
- 6) ONCE you're satisfied, transfer the mixture into an OVEN-PROOF dish.
- 7) tear and Scatter the pieces of candied BACON over the macaroni. then SPRINKLE on the remaining cheese (or if you're feeling extra daring, i like to add crushed CRISPS!)
- 8) POP the dish into the oven (at about 180°C) until the cheese is BROWNED off.
- 9) serve straightaway - enjoy!

Easy Peasy Homemade Thai Curry

By Sophie from
www.SimpleSophie.com

"Thai green curry is one of my favourites and even though it may sound challenging, this recipe is quick, easy & also gives that wow factor as if you've been slaving away for hours!"



You will need:

- 60g per person of Basmati rice
- 1 pepper
- 1 courgette (or 3 mini ones)
- chicken Breast
- thai curry Paste
- 400ml coconut milk

Instructions

- 1) Pour the coconut milk into a large frying pan on a medium heat with 4 teaspoons of the Thai curry paste and stir.
- 2) When you're happy with the sauce, pop in the chicken and keep stirring until it looks cooked.
- 3) Add the chopped up veggies and keep stirring.
- 4) You may want to taste the sauce once the ingredients are mixed and if you want it spicier, simply add more paste. As we're not making our own paste, the sauce won't be as green, but the colour does develop with cooking and varies with the amount of paste you add.

- 5) Now's the time to measure out your Basmati rice and pour into a large pan of boiling water. It should take around 10-15 minutes to cook.
- 6) When the rice has cooked, use a colander to drain the water away and then put the lid on to keep it warm.
- 7) The curry should be ready now as the vegetables should be just soft - I prefer to still have a bit of crunch.
- 8) Serve and enjoy!



Simple Sunday Chicken

By chloe-ellen from www.ninegrandstudent.com

"One of the things I missed most when I moved to university was a good Sunday lunch."



You will need:

chicken thighs (1-2 per person)
new potatoes (cut into chunks)
garlic (2 cloves per person)
salt
pepper
olive oil

Instructions

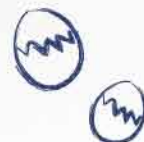
1) Par boil your potatoes in salted water for five minutes. Drain and toss with the garlic (don't bother to peel) and olive oil. Season.

2) Place the chicken skin side up on top of the potatoes, and drizzle with a little more olive oil. Use your hands to rub the olive oil over the skin then season again.

3) Pop in a pre-heated oven (200C) for 45 minutes - the chicken skin should be golden and crisp.

4) To check - remove a piece of chicken and place on a plate, then pierce the thickest part and press down. Juices should run clear without any pink; if not your chicken isn't quite cooked.

5) Cover with foil and rest for 10 minutes whilst you prep and cook any other veg, then serve up.



Tomato & Meatball Pasta Bake

By Becky from
doesmyblogmakemelookfat.com

"this is a much loved dinner in my house and something i make all the time. i like it because it is so versatile"



You Will Need:

- 500g of Pasta
- 1 onion (diced)
- 1 clove of garlic
- 1 litre carton of Passata
- 150ml of cream
- 5 meatballs (per serving)
- cheese (enough to cover the top)
- mixed veg (i use mushrooms, courgettes, corn & peas)

Instructions

- 1) Cook the pasta
- 2) Preheat the oven to 200°C
- 3) To make the sauce, sauté the onion and garlic in a saucepan with a little olive oil until soft. add the passata (you could also add chopped tomatoes for texture if you wanted) & salt and pepper.
- 4) Bring to the boil slowly and continue to simmer for a few minutes. remove from the heat and stir in the cream.
- 5) reduce heat and simmer for 5 more minutes.
- 6) get a big dish (you want enough room to stir) and pour in the sauce and add the pasta, mix well until it is all covered, add the veg and meatballs and put in the oven for 20 minutes.
- 7) finally, take the dish out, cover with cheese and cook until it is golden and bubbling - this should take another 15 minutes.
- 8) serve immediately so the cheese is nice and stringy.

Student Friendly Paella

By Kate from

www.whatkatedidblog.com

"Paella has always been a speciality of mine: it never fails to impress, is surprisingly effortless to make and is super adaptable"



You will need:

(serves 4 people)

1 chorizo sausage

2 peppers

Paella rice (approx. 60g per person)

olive oil

Spices: turmeric, paprika, chilli powder

1 chicken stock cube

2 Tbsp of tomato puree

200-250g pre-cooked mixed seafood



Instructions

1) chop the chorizo chunks & slice the peppers.

2) Next, start frying your chorizo in a large pan with a dash of olive oil & add a little turmeric, chilli and paprika.

3) whilst the chorizo is cooking, pop your chicken stock cube in a jug, fill with boiling water and stir until dissolved.

4) Pour your paella rice into the pan & stir to completely cover it in the juice from your chorizo.

5) then gradually add the stock to the pan, stirring the rice constantly.

6) add the peppers and tomato puree to your paella then bring to the boil.

7) once it begins to boil, turn down the heat slightly and leave to simmer slowly.

tip: there are two things to remember here, a) keep stirring throughout so you don't end up with a burnt sticky paella mess;

b) you may need to add more water if the rice absorbs it all before it is cooked

8) after around 15-20 minutes, taste your paella to make sure the rice is almost cooked and then season with salt and pepper, as well as more of the turmeric, chilli and paprika (to taste).

9) add in your pre-cooked seafood selection, stir for a final 5-10 minutes and serve while still hot.

Tasty Turkey Burgers

By danielle from
www.missdanielle.com

"One thing I eat quite a bit when I'm eating healthily are turkey burgers. They are so easy to make and really cheap too!"



You will need:

400g lean turkey mince

1 onion

1 clove of garlic

anything to flavour (I've used thyme, Bacon, lemon and peppers for this particular batch)

Instructions

1) Using a little oil, sauté the onions (they can taste a little raw if you don't)

2) Next, put the garlic into the pan too and cook until golden brown.

3) Whilst this is cooking, put all the other ingredients in a bowl and give them a good mix with a fork.

Tip: if you want a better flavour, leave the mixture in the fridge over night or through the day.

4) Add the onions and garlic to the mixture once done and stir around again.

5) Separate the mixture into six balls and pat into a burger shape.

6) Pop them into a frying pan with a little bit of coconut oil and cook until brown. This usually takes about 10 minutes in total.

7) Once finished, pop them in a bun or on top of a salad and enjoy!



Healthy Cornflake Chicken



Instructions

- 1) Preheat the oven to 200 degrees.
- 2) Cover the chicken in cling film and whack it with a rolling pin until it's flat
- 3) In a bowl, mix all the dry ingredients for the chicken. Pop the egg or milk in a separate bowl, and in a third bowl crush the crushed cornflakes.
- 4) Spray a tray with frylite then dip each chicken breast in the egg, then flour, then egg again, then cornflakes, and put it on the tray.
- 5) Cook the coated chicken in the oven for 45-50 minutes turning after 25 minutes

By India from

touchscreensandbeautyqueens.com

"Using cornflakes might seem weird, but trust me this is the crispiest, healthiest chicken ever"

You will need:

For the chips (per person)

4 new potatoes, pinch of salt, pinch of pepper, 1/4 tsp garlic powder, 1/4 tsp cayenne pepper, frylite

For the chicken (per person)

1 chicken breast, pinch of salt & pepper, 1/4 tsp cayenne pepper, 1/4 tsp paprika, 1/4 tsp garlic powder, 1 tbsp flour, 1/2 cup of cornflakes, 1 egg (beaten)

For the coleslaw:

1 carrot (grated), 1/2 red onion (shredded), 1/2 savoy cabbage, 3 tbsp mayo, pinch of pepper, dash of lemon

- 6) Quarter the potatoes, microwave for 7 minutes, then spray both sides with frylite and season with the ingredients.
- 8) The potatoes only need 30 - 35 minutes, so put them in when the chicken has 30 minutes left.
- 9) To make the coleslaw, mix the carrots, onions and cabbage with the mayo and pepper, and then add the lemon juice and mix again!
- 10) All that's left to do is serve - and if you want to make it really KFC, make sure you add some beans!

Chicken Stir Fry Noodles

By Catherine from
www.skylish.co.uk

"this recipe is ideal for uni students (like myself) as it is quick and easy to make and tastes like heavennnnn"



You will need:

- 1/2 a medium sized onion
- 2 pieces of smoked turkey (depending on how much you are cooking, i usually go with 1 piece per person)
- 1 chilli pepper
- 1 large red pepper
- 1 pack of chicken flavour instant noodles
- Black ground pepper
- thyme & mixed herbs
- 1 stock cube

Instructions

1. Slice up your vegetables and your turkey pieces into small slices
2. whilst you're doing this begin to heat up some oil in a saucepan at medium temperature, and boil some water in a separate saucepan.
3. once your water has boiled, add in your noodles.
4. as your noodles boil, add your vegetables and turkey into the pan with oil.
5. you can cook this together at a higher temperature. whilst cooking the vegetables and turkey, add in all of your seasoning apart from the seasoning sachets provided with the noodles.
6. when your noodles have boiled to a suitable softness, drain out all of the water.
7. tip your saucepan of vegetables and turkey into your now waterless noodles pan and mix thoroughly. at this point also add in the seasonings provided with the noodles. they're pretty unhealthy so i never use all of them, i'll usually use about half (so 2 of the 4 provided in this case).
8. cook this at a low temperature until satisfied - then your food is ready to serve!



Simple Sea Salad

By marie from

onmywaybymarie.com

"I love inventing new salad recipes and the two ones here are some of my most recent ones ^^"



You will need:

- rocket salad
- shell pasta
- 1 box of prawns
- 1 lemon
- a few cherry tomatoes
- dressing: black pepper, olive oil & balsamic vinegar
- crab meat (optional)

Instructions

1) Cook your pasta, drain it, and let it cool down.

2) Mix the following ingredients together in a bowl: your chilled pasta, a handful of rocket salad, a portion of prawns, a few cherry tomatoes (and the crab if you've opted to add it).

3) To prepare your sauce, juice your lemon and mix it with a bit of black pepper as well as 1 table spoon of balsamic vinegar and 2 table spoons of olive oil.

4) Pour your sauce over your mixed salad, and it's ready to eat!



Red Split Lentil Soup

By Helena from
www.Beautchic.com

"Whether you are an at home student or a student living away, simple, healthy eating is a must - Beans on toast is delicious but who wants it every day?!"



You will need:

- 1 red onion
- 1 carrot
- 1 cup of red lentils
- 1 vegetable stock cube
- a little fresh parsley

Instructions

1) Start off by preparing both your carrot and onion - I like to slice my carrot horizontally into round slices and then chop each of those into 4, leaving small triangular carrot pieces. For the onion, first slice it in half and then slice again into medium sized strips.

2) Wash the lentils thoroughly (if you're using dried lentils you'll probably need to soak them first - it's always best to check the instructions on the packet)

3) Add all ingredients (including the vegetable stock) to a medium sized pan.

4) Pour in 500ml of boiling water and place on a medium heat for 15-20 minutes, making sure to gently stir occasionally. If the mixture starts to become thick or sticks to the pan, slowly add small amounts of water, allowing the consistency to finish at a medium thickness. You will not need to add any salt to this recipe as the vegetable stock cube will already add all the flavour you need.

5) Once the lentils and carrots have softened and the soup has reduced to your desired amount, immediately remove the pan from the heat and serve :)



Giant Cookie Pizza



By CORINNE from
WWW.SKINNEdcartree.com

"i thought a massive pizza cookie would be a great way to either win over new flatmates, or impress those you haven't seen all summer"

you will need:

Base

- 115g unsalted Butter
- 200g caster Sugar
- 1 egg
- 1 tsp vanilla essence
- 225g plain flour
- 1 tsp Bicarbonate of Soda

toppings

- 200g chocolate
- 1 tube Smarties
- mini marshmallows

Instructions

how to cook the Base:

- 1) Pre-heat oven to 175c/345 mark 4 and line a pizza tray or Baking Sheet with Baking Paper.
- 2) Beat the Butter and caster Sugar together, then add the egg and vanilla essence.
- 3) Sift the flour and Bicarbonate of Soda into the mixture.
- 4) Spread the dough onto the pizza tray or Baking Sheet.
- 5) Bake for 18-20 minutes until golden BROWN.
- 6) allow cookie to cool completely (otherwise your toppings will melt!

topping your 'pizza':

- 1) Simply melt the chocolate and spread the chocolate over the cookie
- 2) Sprinkle the Smarties and marshmallows over the top.

you can use anything as a topping - reese's pieces, fudge chunks, chocolate chips, brownie chunks - so go on and create a delightful treat for your friends to enjoy!

Raspberry Jam, Yoghurt and granola

By marie from
onmywaybymarie.com

"Quick, Simple and perfectly healthy"



You will need:

- 1 Plain yoghurt
- 3 TBSP of raspberry jam
- 1-2 TBSP of granola (I used Special K granola with cranberries, pumpkin seeds and almonds)
- 3 fresh raspberries for decoration

Instructions

1) choose any container you fancy to prepare your yummy and healthy snack (I decided to recycle a Bonne Maman jam jar).

2) Put your 3 tablespoons of raspberry jam at the bottom of the jar.

3) add your plain yoghurt on top of your jam

4) Scatter some granola on the top and place your 3 fresh raspberries to decorate

5) and most importantly... enjoy!



Easy peasy Milkshake

By Beth from
www.BethanyWorrall.com

"the perfect company for any girlie
night in or revision session"



You will need:

- 1 Blender, 1 tall glass, 1 straw
- 2 scoops of vanilla ice-cream
- 1 pint of full fat milk (you can go for the healthier option, but it's so much better with the proper stuff!)
- Your choice of sweets/chocolate - aero and maltesers worked really well, as did milky bar, mmmm.
- (optional) chocolate sauce or spread

Instructions

I'd just like to note that you can put however much of each ingredient in, but I recommend lots of ice-cream so it's thick and creamy. It's all about trial and error, that's half the fun. You can use whatever chocolate/sweets you like, but try and pick something that will blend well - Skittles probably aren't a clever choice.

- 1) Put the ice-cream in your blender and then add about 1 pint of milk
- 2) If you're adding chocolate sauce or chocolate spread, put it in now. If not, move onto step 3.
- 3) Break up your chocolate/sweets and throw them into the mix.
- 4) Blend until you're happy with the consistency
- 5) Pour into a glass, add a straw and enjoy :)

5 Minute Microwave Crisps



By charley from
ramblingofabeauty&Blogger.com

"the perfect way to satisfy late night junk food cravings"

you will need:

1 medium Baking potato
dash of salt
drizzle of vegetable oil

equipment:

chopping board
peeler
cheese or vegetable slicer
2x plastic food bags
microwavable plate

instructions

- 1) peel your potato and cut into quarters.
- 2) Start to cut thin and even slices of potato using a cheese or vegetable slicer (do not use a knife which can make your slices too thick to cook) and place into a plastic food bag.
- 3) add a drizzle of vegetable oil into the bag and give it a small shake to ensure that all of your potato slices are covered.
- 4) remove the slices from the bag by turning it inside out onto a microwavable plate and spread out a thin layer of potato slices, being careful not to overlap them. if you have too many slices, don't worry you can always make another batch!
- 5) cook for 4-5 minutes (based on an 850w microwave) or until brown and crispy. this is really important!
- 6) whilst hot, scrape them off the plate taking care not to burn yourself and place into a second plastic food bag. season to taste with salt and shake the bag before serving to evenly coat the crisps. you can either place them on a plate to serve or knot the bag for the perfect pre-lecture snack.
- 7) get creative! you can and make many different flavoured crisps such as salt and vinegar, chip spice or even try apple slices topped with cinnamon for sweet treat!

Peach Melba Smoothie



By emma from
www.beautyanddrags.co.uk

"Perfect for kicking off your day in a healthy, energy-packed way, this smoothie contains basic ingredients that are both yummy and affordable"



You will need:

- 4 10g peaches (fresh or from a can)
- 100g frozen raspberries
- 100ml orange juice
- 150ml fresh custard

Instructions

1) first of all if you're using peaches from a can make sure to drain and rinse them. the same goes if you're using fresh peaches, rinse them and cut them into small pieces so they'll easily fit in your blender without getting stuck.

2) once you've prepared the peaches, place them in the blender with the frozen raspberries. add your orange juice and fresh custard before blending together.

3) once you've finished blending and are satisfied that the mixture is thin enough, pour it out of the blender and into a glass and garnish your smoothie with an extra spoonful of custard and some left over frozen strawberries.

See, as easy as one, two three - quite literally!

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