



DMU STUDENT  
COOKBOOK



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**INTRODUCTION**

Hello, my name is Meenakshi and welcome to the De Montfort University (DMU) Student Cookbook! The recipes inside this cookbook are from me and my fellow students and they are quick, easy and affordable.

We understand that living away from home and making your own meals is a new challenge, which is why we have put together a few favourites to help you settle in to university life – and to show you that it actually isn't as scary as you probably first thought! Whether you're a first time cook, or a professional in the kitchen – these recipes are easy to make and not only taste great – but won't stretch your bank balance either.

If you get the chance to try any of our recipes or have any recipes of your own we would love to hear about it, so please do share your dishes with us on social media. I look forward to seeing you on campus soon.

Meenakshi



# KAIT'S COTTAGE PIE VG GF (Serves 4, £1.23 p/serving)

## Ingredients:

### Filling:

Cooking oil  
450g pack of beef mince/Quorn mince  
2 beef/vegetable stock cubes  
1 large onion  
2 teaspoons of dried mixed herbs  
1 x 290g can of peas, undrained  
1 x 300g can of carrots, undrained  
200g mushrooms  
1 teaspoon of tomato puree  
A pinch of salt and pepper

### Mash:

4 large potatoes, peeled and cut into chunks  
Knob of butter  
Splash of milk  
1 tablespoon of dried mint (optional)

**Kaitlan Baker-Smith,**  
third-year English Language and Creative Writing BA (Hons) student

## Method:

1. Preheat your oven to 200°C/gas 6.
2. In a pan boil the potatoes in some water, cooking them until soft.
3. While the potatoes cook, in another pan add a splash of oil, the mince and onions and cook until the mince is browned.
4. Then add seasoning, stock cubes, canned vegetables, mixed herbs, and tomato puree. Bring to the boil then leave to simmer for 15 minutes.
5. While the filling of the pie is cooking, check on your potatoes. When they're cooked, drain them and mash with butter, milk and dried mint.
6. Transfer your filling into a casserole dish and spoon your mash over the top. Place it in the oven until the mash goes a little bit crispy, roughly 20-25 minutes. If you're not a big fan of mint, why not grate some cheese onto your mash? It's lovely when it melts on the cottage pie!
7. When you're happy with how it looks, take it out and serve it up with some more vegetables, or my favourite - Yorkshire puddings!

**TIP:** This recipe is really versatile, so if you have any other vegetables that you prefer to put in, go for it! Just make sure you either use canned vegetables (including the water as this helps to make a lovely gravy), or simply add in some water to fresh veg!



*TIP: If you don't have a casserole dish, don't worry. You can serve the mash alongside the filling - it doesn't make much difference. Also, this meal freezes well and will last a good few days in the fridge.*





*TIP: Any leftovers can be refrigerated for three days, or frozen for longer. Also I like asparagus in mine but have also tried it with potato, broccoli and green beans*

# EMILY'S SPANISH CHICKEN GF (Serves 2, £1.90 p/serving)

## Ingredients:

2 pieces of chicken breast

100g baby sweetcorn

1 bell pepper

100g asparagus (all vegetables can be changed depending on your preference)

130g pasta/rice (can be cooked with either)

½ bottle Spanish chicken sauce

## Method:

1. Dice the chicken roughly into small chunks.
2. Add a splash of olive oil to the pan and cook it slowly, season to taste.
3. Boil the kettle and prepare the rice/pasta. Once boiled, cook for the recommended time, usually around 10 minutes.
4. Chop your chosen vegetables roughly 2cm long and begin to cook them.
5. Once the chicken starts to brown, check that it is cooked properly by cutting through the largest bit (it should be white inside).
6. If cooked all the way through, add the sauce to the pan to heat it up.
7. Once the sauce starts to boil reduce the heat to simmer.
8. Drain the vegetables and add them to the pan, stirring occasionally.
9. Drain the rice/pasta and once you are happy that the sauce is heated you can serve your meal!

**Emily Davis,**  
second-year Contour Fashion BA (Hons) student

# RUMAYSA'S CHICKEN AND VEGETABLE STIR-FRY

(Serves 1, £1.90 p/serving)

## Ingredients:

1 pack of stir-fry rice noodles  
2 tablespoons of olive oil  
1 teaspoon of garlic  
½ teaspoon of ginger paste  
Green chillies (to taste)  
50g red onion  
30g carrots  
1 bell pepper  
50g mushrooms  
30g green beans  
60g chicken, cut into strips  
20ml soy sauce  
1 tablespoon of honey  
1 tablespoon of lemon juice  
Sesame seeds

Rumaysa Jassat,  
second-year Health and Wellbeing in Society BSc (Hons) student

## Method:

1. Prepare the noodles using the instructions on the packaging.
2. Meanwhile heat a tablespoon of oil in a wok and add the chicken, garlic, ginger and green chillies. Cook chicken for 4-5 minutes, transfer to a bowl and set aside.
3. Prepare the vegetables. Slice the red onion, carrots, peppers and mushrooms.
4. Heat another tablespoon of oil in the wok and cook the onions on a low heat until soft.
5. Add the remaining vegetables to the wok and cook for a few minutes stirring occasionally.
6. Combine the noodles, chicken and vegetables along with the soy sauce, honey and lemon juice and cook for a further minute. Season to taste.
7. Garnish with sesame seeds.



TIP: This can easily be made into a vegetarian dish by replacing the chicken with tofu!



 Tip: This meal is simple and easy to make, and can act as a great breakfast when you have a little extra time in the morning!

# MEENAKSHI'S AVOCADO WRAP GF

(Serves 4, £1.40 p/serving)

## Ingredients:

- 2 eggs
- 1 wrap (wheat flour or gluten-free)
- 1 teaspoon of olive oil
- 2 mushrooms
- 1 small carrot
- 2-3 slices of onion (optional)
- 2-3 small tomatoes
- A pinch of salt
- Freshly ground black pepper
- 4-5 leaves of spinach
- Grated cheese
- ½ avocado

## Method:

1. Cut all the vegetables into small pieces.
2. Crack and mix two eggs in a small bowl. Add salt and pepper according to taste.
3. Add one teaspoon of oil to a frying pan and add the egg. Spread evenly. Let it set for a few seconds, then add a layer of vegetables on top. Top this off with cheese.
4. Add spinach leaves over the layer of cheese.
5. Cook one side for at least two minutes on a medium heat until it is lightly cooked and then do the same for the other side. Make sure the vegetables look slightly browned and crispy.
6. Plate the wrap, place the omelette on top of it and garnish with chopped avocados. Feel free to add sauces of your choice. Wrap it and enjoy!

**Meenakshi Bhardwaj,**  
PhD Pharmacy student

# LAURA'S TOMATO PASTA GF V VG

(Serves 4, £0.86 p/serving)

## Ingredients:

200g wheat/rice pasta  
300g cherry tomatoes  
1 onion  
1 tablespoon of olive oil  
Salt to taste  
Sugar to taste

Serve hot with a dash of olive oil and grated parmesan (optional).

## Method:

1. Chop half an onion into cubes.
2. Heat a tablespoon of olive oil and add the onion. Keep stirring until it is lightly browned.
3. Wash the cherry tomatoes and cut them in half.
4. Add the tomatoes to the fried onion and keep the hob on a medium heat.
5. Boil the pasta for the required time in a separate pot with a pinch of salt.
6. Once the tomatoes have gone softer, squash them down and try to make a sauce with them. Add a spoon or two of water from the boiling pasta pot, the starch will help make a creamy sauce.
7. Add salt and sugar as you wish on the tomatoes. I normally add two pinches of salt and one of sugar. Add a few basil leaves if you like.
8. Once the pasta is cooked, drain it and mix it with the tomatoes, which should now look like a creamy tomato sauce.

Laura Valsecchi,  
third-year Pharmaceutical and Cosmetic Sciences BSc (Hons) student



TIP: if you like,  
feel free to add  
tuna to change  
up the taste!

TIP: Use baby gem lettuce leaves instead of a burger bun for a healthy, gluten free option.



# FELICITY'S HOMEMADE BURGERS GF

(Serves 4, £3.61 p/serving)

## Ingredients:

500g beef mince  
1 onion, finely diced  
2 garlic cloves, crushed  
1 teaspoon of whole grain mustard  
1 teaspoon of Dijon mustard  
A splash of Worcestershire sauce  
8 smoked bacon rashers  
1-2 cheese slices  
1 avocado  
1 lemon, squeezed  
Burger buns as required or baby gem lettuce  
Chips (optional)

## Method:

1. Fry the onion on a low heat for 7 mins, add the garlic and continue frying on a low heat for a further 3 mins. Set aside.
2. Mix together the mince, both mustards, fried onion and garlic, Worcestershire sauce and seasoning in a large mixing bowl.
3. Separate the mixture into 4 equal measures and mould into burger shapes. Plate and refrigerate for thirty minutes.
4. Meanwhile, cook the bacon under the grill.
5. Once done, you can start on the guacamole. Flesh out the avocado into a bowl and mash. Add lemon juice, salt and pepper. Mix well.
6. Heat a non-stick pan on a medium heat and add a tbsp of olive oil.
7. Fry the burgers on medium high heat for 3 mins on each side.
8. Place the burger in a bun and top with cheese slices and bacon. Spread on the guacamole and you are ready to enjoy!

Felicity Archer,  
second-year Midwifery BSc (Hons) student

# JALEEL'S PAN FRIED ROSEMARY AND GARLIC SALMON

(Serves 2, £2.90 p/serving)

## Ingredients:

2 boneless salmon fillets  
1-2 sprigs of rosemary  
3-4 garlic cloves  
1 packet of egg noodles  
40g butter (cut into 5-6 cubes)  
Salt to taste  
Freshly ground pepper to taste  
Chilli flakes to taste  
Rocket for garnish

Jaleel Hudson,  
Second-year Graphic Design BA (Hons) student

## Method:

1. Cut salmon on skin-side on a chopping board, with 3-4 cuts. Open up the cuts to allow seasoning to go in.
2. Season sides of the fillets to taste. Rub into salmon.
3. Meanwhile, preheat pan to a medium-high heat with a generous amount of vegetable oil ready for pan-frying.
4. Take 2-3 rosemary stems, pull apart the leaves and stuff into the seared parts of the salmon.
5. Once seasoned, carefully place fillets in the pan, skin side down. When fillets are half cooked, turn over to cook the other side.
6. Cook noodles according to packet instruction.
7. In a frying pan, begin heating vegetable oil and when hot, add the cooked egg noodles.
8. Fry butter cubes along with the garlic cloves and leftover rosemary. Once the butter has melted, using a spoon, pour the butter, garlic and rosemary on top of the fillets to marinate it.
9. After a few minutes, remove the cloves and rosemary from the fillets, and plate the fish on top of noodles.
10. Garnish with rocket.



Tip: If you don't fancy noodles you can serve the salmon with rice or steamed vegetables.



# DHWANI'S 3-MIN CHOCOLATE MUG CAKE

VG GF (Serves 1, £1.80 p/serving)

## Ingredients:

- 1-2 tablespoons of melted butter.
- 2 tablespoons of whole wheat/plain flour/gluten-free flour
- 1 tablespoon of cocoa powder or Nutella
- 2 teaspoons of icing sugar or honey to taste
- 1-2 teaspoons of baking powder or baking soda
- 1 egg white (optional)
- 1 teaspoon of vanilla essence

## Method:

1. Mix all the ingredients together with a spoon in a microwavable mug, avoiding bubbles. Make sure the mixture is smooth, slightly thick and not too runny.
2. Microwave for 3-5 minutes, depending on microwave power.
3. Check your cake is properly cooked from the inside with a fork.
4. Your tasty hot mug cake is ready. Serve it on its own or with vanilla ice-cream.



Dhwani Shah,  
second-year Biomedical Science BSc (Hons) student

# DHWANI'S BANANA MILKSHAKE GF VG V

(Serves 1, £1.24 p/serving)

## Ingredients:

1 whole banana  
3-4 ice cubes  
1 cup of milk (dairy or soya/almond milk alternatives)  
1-2 scoops of vanilla ice cream (optional)  
1 teaspoon of cinnamon or honey to taste  
Chocolate chips, (optional)

## Method:

1. In a blender, mix all the ingredients together, aiming for a thick consistency. Add more milk to water it down if you wish.
2. Finally drizzle chocolate syrup or honey inside the glass, pour the mixture, serve it with some chopped bananas, a straw and enjoy.



TIP! For that extra treat, top with a big spoonful of whipped cream and decorate with a pinch of cinnamon, some banana chips and a cherry.

Dhwani Shah,  
Second-year Biomedical Science BSc (Hons) student





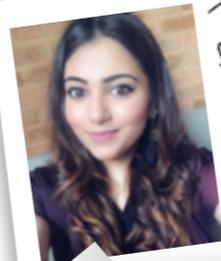
# AREEBA'S OREO TRUFFLES vG (Makes 15, Total cost: £3.17)

## Ingredients:

- 25 Oreo cookies
- 100g cream cheese, softened
- 60g of chopped white chocolate, for dipping
- 60g of chopped dark chocolate, for dipping
- Assorted sprinkles, for decoration

## Method:

1. Pulse the Oreos in a food processor until crushed into small crumbs.
2. Add the cream cheese and process until you get a big balled clump.
3. Use a medium-sized cookie scoop to portion the mixture into 1 inch balls, then place the truffles on parchment paper and refrigerate for 15 minutes.
4. Place the white and dark chocolate into two separate, microwaveable bowls, and microwave for 30 second intervals until melted.
5. Dip each truffle in the chocolate dip of your choice, then place back onto the parchment paper.
6. Decorate with sprinkles, if desired.
7. Wait until the chocolate has hardened to enjoy, either by letting it set at room temperature or by putting the truffles in the fridge.



*Tip: If you don't have a food processor you can put the Oreo cookies into a food bag and give them a good bash with a rolling pin until they are just crumbs.*

**Areeba Javed,**  
first-year Speech and Language Therapy BSc (Hons) student



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