

# FEED YOURSELF FOR 7 DAYS AT UNIVERSITY

BROUGHT TO YOU BY:



CHANCES ARE YOU WILL EAT OUT EVERY DAY OF FRESHERS WEEK. WE KNOW THAT, YOU KNOW THAT, YOUR PARENTS MIGHT NOT KNOW THAT, BUT THEY ARE PROBABLY MILES AWAY AND WON'T FIND OUT, SO NOT TO WORRY.

A TIME WILL INEVITABLY COME WHEN YOU REALISE THAT WONDERFUL PILE OF MONEY, I.E. YOUR STUDENT LOAN, MIGHT NOT LAST THE FIRST SEMESTER, LET ALONE THE WHOLE YEAR, IF EVERY MEAL YOU CONSUME IS BOUGHT FROM A CANTEEN, PUB, KEBAB SHOP OR HEATED UP IN A MICROWAVE.

SO WE THOUGHT WE WOULD PULL TOGETHER A LITTLE GUIDE THAT WILL HELP YOU SURVIVE A WHOLE WEEK AT UNI, WITHOUT EATING OUT ONCE.

# DAY 1

£1.13  
/PERSON



## SPAGHETTI BOLOGNESE

'SPAG BOL' IS A MUST TO MASTER. THIS RECIPE MAKES ENOUGH FOR 2 MEALS, SO SAVE HALF AS YOU ARE GOING TO NEED IT TOMORROW. YOU CAN ADD CURRY PASTE, OR CHILLI, AND EAT WITH RICE, OR BAKED POTATOES.

1 tablespoon **oil** to fry

1 **onion**, chopped

2 cloves **garlic**, chopped

250g packet of **mince**, beef, lamb or Quorn

400g tin **chopped tomatoes**

1 tablespoon **tomato purée**

4-5 **mushrooms**, sliced (optional)

1 teaspoon **sugar**

1 **beef stock cube**

1 teaspoon **dried mixed herbs**

**salt** and **pepper**

**spaghetti** to serve

1 Heat a little oil in a large saucepan and fry the onion and garlic for 1 minute.

2 Add the mince and cook until the meat is no longer pink.

3 Add the tin of tomatoes, tomato purée, mushrooms and sugar. Crumble the stock cube into the pan, stir well. Bring to boil, then simmer gently for 10 minutes. Add the herbs one minute before the end of the cooking time and season well with salt and pepper.

4 Put the spaghetti (when bunched together it is about 3cm diameter) in a large pan of salted boiling water. Simmer gently for 6-8 minutes.

5 Drain the pasta and add a little olive oil to stop it sticking together. Serve on the plate with the Bolognese sauce on the top. You can grate Parmesan or Cheddar cheese over the top if you like.



## SHOPPING LIST

- OIL TO COOK WITH
- 3 POTATOES
- 4 ONIONS
- BULB OF GARLIC
- 2 TINS TOMATOES
- TOMATO PUREE
- 11 MUSHROOMS
- BEEF STOCK CUBE
- CHICKEN STOCK CUBE
- TIN TUNA
- PASTA
- SPAGHETTI
- SUGAR
- SALT AND PEPPER
- PAPRIKA
- DRIED CHIVES
- DRIED MIXED HERBS
- DRIED BASIL
- DRIED CHILLI FLAKES
- PILAU RICE SEASONING
- BASMATI RICE
- 2 CHICKEN BREASTS
- 6 SAUSAGES
- 200G PACKET OF CORN CHIPS
- 2 PACKETS CRISPS
- 295G TIN CAMPBELLS CONDENSED MUSHROOM SOUP
- 500G CHEDDAR CHEESE
- 150ML DOUBLE CREAM

### YOU MIGHT ALSO WANT TO GET

- CEREAL FOR BREAKFAST
- MILK
- COFFEE/TEA
- BREAD & SANDWICH FILLERS FOR YOUR LUNCHES

# DAY 2

## IT'S TIME TO EAT THE REST OF THE SPAGHETTI BOLOGNESE FROM YESTERDAY. HOPEFULLY YOU DIDN'T EAT IT ALL!

FIRST OF ALL, REHEATED SPAGHETTI ISN'T THAT GREAT, SO MAKE SOME FRESH SPAGHETTI. IF YOU REHEAT IN A MICROWAVE OVEN, MAKE SURE IT IS PIPING HOT BEFORE YOU EAT IT. IF IT'S STEAMING, AND YOU CAN'T PICK UP THE PLATE WITHOUT A TEA TOWEL, IT IS PROBABLY OK. MAKE SURE YOU CHECK THE MIDDLE, IT MIGHT BE PIPING HOT ON THE EDGE OF THE PLATE, BUT IN THE MIDDLE IS STILL NOT HOT ENOUGH. IF YOU HAVE A 600WATT MICROWAVE OVEN, ABOUT 3 MINS SHOULD DO IT. WE DON'T WANT YOU GETTING FOOD POISONING ON YOUR SECOND DAY OF COOKING FOR YOURSELF.

ALSO, YOU ARE STILL MAKING NEW FRIENDS, RIGHT? A GREAT WAY TO LOSE FRIENDS IS TO MAKE A MASSIVE MESS IN THE KITCHEN! SO PUT SOME CLING FILM OVER THE FOOD WHILE YOU ARE REHEATING IT, THEN IT WON'T SPLATTER ALL OVER THE INSIDE OF THE MICROWAVE.

## #1 RULE FOR COOKING PERFECT RICE EVERY TIME

$$\text{rice for 1 person} = \frac{1}{2} \text{ mug rice} + 1 \text{ mug water}$$

+ 1 TEASPOON OF PILAU RICE SEASONING, OPTIONAL, BUT GIVES A YUMMY FLAVOUR.

- 1 Using a pan with a lid, bring the water to the boil, add the seasoning and stir until it has dissolved.
- 2 Add the rice and stir once. Bring back to the boil. Once boiling, turn down the heat to very low, so that the rice simmers gently. Put the lid on the pan and cook for approximately 15 minutes. Do not stir whilst the rice is cooking, or you will make it sticky. The rice should be cooked once the water has disappeared. Check occasionally to see if the water has boiled away.
- 3 Test the rice once the water has boiled away. If the rice is still too crunchy and the water has all gone, then you have boiled it too quickly. Add a little more water, replace the lid and cook for another 5 minutes.

**You  
Tube**

WE MADE A VIDEO OF THIS AT [WWW.NOSHBOOKS.COM/RICE](http://WWW.NOSHBOOKS.COM/RICE)



# DAY 3

**WARNING!! THIS IS VERY MOREISH, SO MAKE SURE YOU SAVE SOME FOR TOMORROW.**

YOU MAY HAVE NOTICED A PATTERN HERE...COOK ONCE, EAT TWICE. IT IS A SIMPLE CONCEPT, BUT YOU DON'T HAVE TO ALWAYS HAVE THE SAME THING 2 DAYS IN A ROW. YOU COULD FREEZE PORTIONS OF FOOD IN THE FREEZER, SO THAT WHEN YOU HAVE FORGOTTEN TO GO TO THE SHOPS AND ALL YOU HAVE IN THE CUPBOARD IS RICE... BOOM YOU HAVE A MEAL IN THE FREEZER! 10 MINS LATER YOU ARE EATING A TASTY MEAL AND YOU HAVEN'T HAD TO GO THE SHOPS AT THE LAST MINUTE.

£2.50  
/PERSON



## CREAMY CHICKEN

USING CHICKEN BREAST MAKES THIS RECIPE A LITTLE MORE EXPENSIVE, BUT IS VERY QUICK AND EASY TO COOK.

- 1 tablespoon oil to fry
- 1 onion, sliced
- 1 clove garlic, finely chopped
- 2 chicken breasts, cut into pieces
- 5–6 mushrooms, sliced
- ½ mug double cream (¼ pint)
- 1 chicken stock cube, crumbled
- 1 teaspoon freeze-dried basil
- 1 mug basmati rice
- 1 teaspoon pilau rice seasoning

- 1 Put the rice on to cook with the pilau seasoning (See Day 2 for how).
- 2 Heat a little oil in a frying pan and fry the onions and garlic until soft.
- 3 Add the chicken breast. Cook on a high heat until the chicken is no longer pink. Add the mushrooms and cook for 2 minutes.
- 4 Add the cream and the stock cube. Cook gently for 5–10 minutes, stirring occasionally.
- 5 Add the basil and cook for one minute.
- 6 Serve with rice.



# DAY 4

**THE WAIT IS OVER!  
YOU CAN EAT  
THE REST OF THE  
CREAMY CHICKEN  
FROM YESTERDAY.**

## 7 STEPS TO SUCCESS IN THE KITCHEN

Plan what you will eat and shop for the week, all in one go. This saves time and money, as you will not buy stuff you don't need. In the books we have sample menus just like the one you have used for this week. Once you are used to using these, you can make your own menus and shopping lists.

1

Start by cooking the easy things you know and like, if you are not a confident cook.

2

Read the recipe all the way through, before you begin, in order to get a clear idea of what you are doing.

3

Prepare all the ingredients before you begin cook. For example, don't try to chop vegetables whilst you are frying other things.

4

Avoid trying something new when you are cooking for others.

5

Avoid having the heat source too high, either in the oven or on the top of the cooker.

6

Try to keep clean your cooking area, your section of the fridge, etc

7

# DAY 5

£1.38  
/PERSON



## TUNA AND PASTA BAKE

YOU CAN USE DIFFERENT CONDENSED SOUPS; E.G. CELERY OR CHICKEN.

2 mugs **pasta**

185g tin **tuna steak**,  
drained of oil

295g tin Campbell's  
**condensed cream of  
mushroom soup**

2 packets of **crisps**

1/2 mug grated **cheese**

- 1 Preheat the oven to 200°C fan oven/220°C/Gas 7
- 2 Put the pasta in enough boiling water to cover it. Boil for 6-8 minutes until soft.
- 3 Drain and place back in the saucepan. Add the tuna and condensed soup (do not dilute the soup). Mix together.
- 4 Transfer to a casserole dish.
- 5 Crush the crisps in the bag, mix with the grated cheese, and sprinkle on top of the mixture in the casserole dish.
- 6 Cook in the oven for 20 minutes until the cheese and crisps are browned.



# DAY 6

**ANOTHER EASY MEAL - STICK THE LEFTOVER TUNA BAKE FROM YESTERDAY IN THE MICROWAVE AND EAT FOR LUNCH OR DINNER. YOU CAN HAVE THE NACHOS AND SALSA FOR YOUR OTHER MEAL.**

£1.41  
/PERSON



V

## NACHOS

NACHOS ARE SO QUICK TO MAKE AND ARE EXCELLENT FOR PARTIES OR SNACKS WHILE YOU ARE RELAXING, WATCHING A VIDEO, ETC.

½ x 200g packet of **corn chips**, plain or flavoured

1½ mugs of grated **cheese**

- 1 Heat the oven to 220°C fan oven/240°C/ Gas 9.
- 2 Pile the chips on an ovenproof plate.
- 3 Sprinkle the grated cheese on the top and cover the chips.
- 4 Place in the oven for 2–3 minutes only. The cheese only needs to melt, it does not need to brown.
- 5 Pour the salsa over the top, serve and eat immediately.

## DIPPING SALSA

1 tablespoon **oil** to fry

1 **onion**, finely chopped

3 **cloves garlic**, finely chopped

400g tin of **chopped tomatoes**

½ tablespoon **tomato purée**

1 teaspoon **chilli flakes**

½ teaspoon **paprika**

1 teaspoon **sugar**

2 teaspoons **dried chives**

- 1 Heat a little oil in a saucepan and fry the onions and garlic in a pan until they begin to brown.
- 2 Add the tin of tomatoes and bring to the boil. Add the tomato purée, chilli, paprika and sugar. Simmer gently for 3–4 minutes. Add the chives.



# DAY 7

## ROAST POTATOES AND SAUSAGES

YOU CAN JUST USE THIS RECIPE TO MAKE GREAT ROAST POTATOES.

1 tablespoon cooking **oil**

2–3 medium **potatoes**,  
each cut into 4

6 **sausages**, beef, pork or  
vegetarian

1 **onion**, cut into 6  
wedges

**salt** and **pepper**

- 1 Preheat the oven to 180°C fan oven/200°C/Gas 6.
- 2 Oil the casserole dish or baking tray and place the potatoes, sausages and onions in it. Distribute the oil over everything, using your hands. Season well with salt and pepper.
- 3 Put in the oven for 30 minutes. Take out of the oven and carefully turn things over, so that they brown on the other side. Cook for a further 20 minutes or until everything is browned.
- 4 Serve with baked beans.

£0.82  
/PERSON





# FEED YOURSELF FOR 7 DAYS AT UNIVERSITY

BROUGHT TO YOU BY:



WELL DONE! YOU FED YOURSELF FOR 7 DAYS AT UNIVERSITY. ALL THESE RECIPES WERE TAKEN FROM JOY MAY'S #1 BESTSELLING STUDENT COOKBOOK "NOSH FOR STUDENTS". WE JUST RELEASED THE 4TH EDITION WITH THE LATEST SUPERMARKET PRICES IN IT. 100% OF THE RECIPES IN THE BOOKS HAVE PHOTOS WITH THEM, SO YOU KNOW WHAT YOU ARE AIMING FOR. YOU WON'T NEED ANY WEIGHING SCALES AS WE ONLY USE MUGS AND SPOONS. IF YOU ARE A VEGETARIAN, OR FANCY SOME VEGETARIAN DISHES, CHECK OUT "VEGETARIAN NOSH FOR STUDENTS".

GO TO [WWW.NOSHBOOKS.COM/7DAYS](http://WWW.NOSHBOOKS.COM/7DAYS)

