and keeping you healthier.

as well as helping your money go further.

way to get more social with new friends.

Here at Imperial, we’d like to show you

takeaways.

to panic and turn to ready meals and

shock when you move away from home
to cook for you, you might be in for a

If you’re used to relying on mum or dad

first time?

Away from home for the first
time?

GET

COOKING

for students, staff and visitors.

and loves the thinking up new creations

for the College for a number of years

TUCO award winning chef, Steve

Robertson, has been turning out fabulous

food at the College for a number of years

You'll only need basic kitchen equipment

and a handy shopping list for all five

It's just you eating in one night, there's

Each recipe serves 4 people so even if

with or for friends.

for each weekday - which you can cook

We've put together five easy recipes - one

MINTY PEA PESTO

TOMATOES AND

PASTA WITH BABY PLUM

PESTO

COOK FOR MEAL

£4.27 per meal

£4.75 with ham

£4.67 waste less ham

£4.57, GF version

£4.47 and GF

YOU'LL NEED.

400g baby plum tomatoes

100g mixed salad leaves

100g reduced fat creme fraiche

50g parmesan cheese

40g fresh mint

250g baby plum tomatoes

100g half-fat creme fraiche

175g thinly sliced smoked ham (optional)

salt and pepper

INGREDIENTS

40g pesto-shapes

40g garden peas, defrosted

350g baby plum tomatoes

salt and pepper

METHDO

1. If you have a medium pan and

water bring to the boil. Add the pasta to the

bubbling water and cook as per packet

instructions. Add half of the garden

peas to the pasta for the final minute of

cooking. Once the pasta is cooked, drain

it's just you eating in one night, there's

cooking. Once the pasta is cooked, drain

COOKING

FISH CURRY

CREAMY

TUESDAY

PIRI PIRI CHICKEN & SPICY RICE

£5.99 per meal

£5.19 per person

oven tray

oven

frying pan

shark belly

INGREDIENTS

4 chicken thighs

4 chicken drumsticks

200g piri-piri marinade

2 red peppers, deseeded and diced

1 yellow pepper, deseeded and diced

1 red pepper, deseeded and diced

25ml sunflower oil

100g piri-piri marinade

4 chicken drumsticks

4 chicken thighs

INGREDIENTS

250g basmati rice

400g reduced fat coconut milk

1 white onion, thinly sliced

250g thawed coley, defrosted and cut into

250g defrosted coley, defrosted and cut into

250g baby plum tomatoes

25ml sunflower oil

100g washed salad leaves

175g thinly sliced smoked ham (optional)

50g mild curry paste

250g basmati rice

INGREDIENTS

2 chicken breast fillets

2 chicken drumsticks

400g reduced fat coconut milk

1 chicken stock cube

400g frozen coley, defrosted and cut into

2 chicken breast fillets

1 chicken drumstick

400g frozen peas, defrosted and cut into

400g frozen coley, defrosted and cut into chunks

250g baby plum tomatoes

400g frozen peas, defrosted and cut into

25ml sunflower oil

salt and pepper

METHOD

1. Heat the oven to 200˚c fan or gas mark

1. Cook the rice following the packet

instructions. While the rice is cooking heat the

oven tray

oven

frying pan

colander

blade

knife

oven tray

oven

frying pan

colander

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Let’s Cook

Five easy recipes to cook with new friends

**Thursday**

**TOMATO SOUP WITH TEAR & SHARE CHEESY BREAD**

£4.60 per meal  £1.15 per portion

** YOU’ll NEED... **
oven  mixing bowl  greaseproof paper  hand blender

**INGREDIENTS**
250g ciabatta bread mix or similar
100g garlic butter
10g dried oregano
40ml sunflower oil
1 white onion, roughly chopped
1 carrot, roughly chopped
2 x 400g tins of plum tomatoes
1 vegetable stock cube
100g half fat creme fraiche
50g caster sugar
salt and pepper

**METHOD**
1. Heat the oven to 200˚c fan or gas mark 6.
2. Add the onion, carrot, garlic butter and dried oregano to a saucepan on medium heat. Cook until softened.
3. Add the plum tomatoes, stock cube and remaining oregano to the pan. simmer for 15-20 minutes.
4. Add the creme fraiche and blend until smooth.
5. To serve, tear up the bread and place in the bowl, then add the soup and serve to your friends.

**Friday**

**BLACK BEAN BEEF MEATBALLS & NOODLES**

£7.21 per meal  £1.80 per portion

** YOU’ll NEED... **
oven and tray  mixing bowl  sharp knife  greaseproof paper  wok or frying pan

**INGREDIENTS**
300g minced beef
200g fresh breadcrumbs
60ml sweet chilli sauce
40ml tomato ketchup
10g chinese five spice
25ml sunflower oil
40g fresh mint, roughly chopped
100g mixed salad leaves
salt and pepper

**METHOD**
1. Heat the oven to 200˚c fan or gas mark 6.
2. Make the meatballs by mixing the minced beef with the breadcrumbs, three tbsps of the black bean sauce, one tbsp each of ketchup and sweet chilli sauces and 1 tsp of five spice. Roll into small meatballs.
3. Cook the egg noodles following the packet instructions, drain and set aside.
4. Add sunflower oil to a wok or frying pan over a high heat. Add the stir-fry vegetables until soft. Then add the garlic and noodles to the pan and toss to combine.
5. Place a spoonful of noodles into a bowl and add the cooked meatballs on top and sprinkle with sesame seeds, mint and salad leaves.

Great news! Most of the items on this shopping list are available to buy from Essentials, the College’s mini supermarket located on the ground floor of Eastside Halls in Prince’s Gardens.

Find out more at www.imperial.ac.uk/food-and-drink