

STUDENT RECIPE BIBLE

Everyday simple, affordable meals.
Made by students for students.

BREAKFAST OMELETTE

MAKES: 1 serve

APPROX. COST: \$4.73 per meal

INGREDIENTS

3 eggs
1 teaspoon oil or butter
100g ham (a few slices)
½ cup mushrooms, sliced
½ cup spinach, chopped
½ cup cheese, grated
Toast, to serve (optional)



Personally, this is one of my favourite breakfasts. It's a great change to the traditional bacon and eggs, although it may take you a few goes to get the method right so just be patient and don't be afraid to ask for some help (you can message H.Squad on Instagram for tips). It's worth it when you get there!

ADAM PLANCKE
DIPLOMA OF MARKETING
AND COMMUNICATION



METHOD

Step 1

Crack the eggs into a small bowl and whisk with a fork until combined.

Step 2

Heat oil or butter in a small non-stick frypan, then add the egg mixture and swirl around to coat the pan.

Step 3

Leave to cook for a minute or two (or until it starts to go firm around the edges) then place the ham, mushrooms, spinach and cheese over one half of the egg mixture.

Step 4

Once the egg mixture starts to look cooked (starting to go firm on top), use a flat spatula to flip one side of the egg mixture onto the other. It should be a semi-circle shape.

Step 5

Let the omelette cook for another 2 minutes (so the fillings get hot!), then turn onto a plate. Serve with toast, if you like. Enjoy!

TIPS

Omelette fillings are like pizza toppings... almost anything goes. So, feel free to switch it up to match your taste. Chopped feta, a drizzle of pesto and some sliced tomato is another favourite combo!

Omelettes aren't just for breakfast. They also make a great, affordable and nutritious lunch or dinner.

Leaving out the ham will almost halve the cost of this recipe, so if you're on a budget... consider the vegetarian option!

CHICKEN WITH QUINOA SALAD

MAKES: 1 serve

APPROX. COST: \$5.08 per meal

INGREDIENTS

½ cup quinoa

1 tablespoon olive oil

1 chicken breast

½ cup spinach Leaves, roughly chopped

Handful (6–8) cherry tomatoes,
cut in half

Parmesan cheese, grated, to serve



This is a great meal, especially for those looking for healthy, quick and light lunch. If this salad isn't quite enough, try adding some grated carrot or Zucchini.

ADAM PLANCKE

**DIPLOMA OF MARKETING
AND COMMUNICATION**

METHOD

Step 1

Cook quinoa according to the instructions on the pack (they all vary).

Step 2

While quinoa is cooking, heat oil in a non-stick fry pan over a medium heat.

Step 3

Add chicken and cook for approx. 6 minutes on each side, or until cooked through (cut the chicken in half at the thickest point to check).

Step 4

Put the cooked quinoa, spinach, tomatoes and parmesan in a bowl and mix to combine.

Step 5

Transfer the salad mixture to a plate and top with the chicken. Enjoy!

TIPS

If you don't have a cup measure, no problem. ½ cup is kind of like a big handful (or two normal handfuls if you're small). Near enough is perfectly good enough in this recipe.

You can replace quinoa with any other grain. Couscous, barley and freekeh all work well if you have them at home. Or just leave it out altogether!



CORN FRITTERS

MAKES: 4 serves

APPROX. COST: \$0.95 per serve

INGREDIENTS

1 ½ cups creamed corn
1 ½ cups frozen or tinned corn kernels
(if using frozen, defrost them first)
2 tablespoons soy sauce
3 eggs, lightly beaten
1 teaspoon chilli paste
(from the jar) (optional)
1 teaspoon minced ginger (from the jar)
2 teaspoons dried parsley
2 teaspoons dried coriander
(leaves or ground)
A generous grind of salt and pepper
2 cups self-raising flour
Olive oil, for frying
Various toppings or sides, to serve
(see tips below for ideas!)



Craving a café brunch? The café experience is never too far away with these quick and tasty golden fritters. And the best bit? They're totally acceptable as a breakfast, lunch, snack or dinner.

BELLA CAMERON
MASTER OF DIETETICS



METHOD

Step 1

Mix the creamed corn, corn kernels, soy sauce and eggs together in a large bowl.

Step 2

Add the chilli (if using), ginger, parsley, coriander, salt and pepper and stir to combine.

Step 3

Mix in the flour, a little bit at a time. Continue adding and mixing until well combined. Aim to have a batter that holds its shape in a spoon without dripping or running over the edges. You may need to add a splash of water if the batter is too dry or a little more flour if too wet.

Step 4

Heat a frypan over medium heat. Add the oil (enough to cover the bottom of the pan) then using a tablespoon, add flat spoonfuls of the batter to the pan, leaving plenty of space in between.

Step 5

Cook for 4–5 minutes on each side or until golden and cooked through.

Step 6

Serve in a stack with toppings or sides of your choice. Enjoy!

TIPS

These are great served in a stack with a selection of sides. I love a green salad and a dollop of plain yoghurt, but avocado, fresh tomatoes and sweet chilli sauce all work really well too.

If you want to get fancy, try making this for breakfast with a couple of eggs (poached, boiled, fried). If you want to get extra fancy add some bacon and avocado too and you'll have yourself a near café experience (while saving \$\$\$!).

You'll most likely have enough for leftovers the next day. They're still great cold, so cook them all if you can be bothered. And if not — the batter should keep for 1 day in the fridge. If it becomes wetter overnight, just add a bit more flour and give it a mix to get a thicker consistency.

If you have a few vegetables that need using at the bottom of the fridge (i.e. a lonely carrot or zucchini) grate them into your batter too. A great way to increase your daily veg intake.

EASY ONE POT PASTA

MAKES: 2–3 serves

APPROX. COST: \$2.85 per serve

INGREDIENTS

2 tablespoons olive oil
1 brown onion, finely chopped
2 cloves garlic, crushed
(or 1 teaspoon minced garlic from a jar)
4–5 large ripe tomatoes, finely chopped
3 cups vegetable stock
250g spaghetti
(about half a standard pack)
Parmesan or feta cheese, to serve



This is a “once-a-weeker” in our house. Super easy, quick and definitely a crowd pleaser! Delish with a green salad or garlic bread served on the side.

STEPHANIE MARKAKIS
MASTER OF DIETETICS

METHOD

Step 1

Heat olive oil in a large saucepan.

Step 2

Add the onion and cook, stirring, until soft.

Step 3

Add garlic and tomatoes and cook for a further 1–2 minutes.

Step 4

Add stock and spaghetti (you may need to break the spaghetti in half to fit in the pan!) and cook for about 10–12 minutes, stirring occasionally, until pasta is cooked and most of the liquid has been absorbed.

TIP

If the liquid disappears before the pasta is cooked just add a little more water.

Step 5

Serve sprinkled with feta or parmesan, if you like. Enjoy!

TIPS

If you are feeling fancy, or have some in the fridge, try adding a handful of chopped parsley or basil to the dish just before you serve.

If you are feeling even more fancy, oven roast some cherry tomatoes in a little olive oil while the pasta is cooking, and use as an extra topping.



EASY TUNA PATTIES

MAKES: 4 main meals

APPROX. COST: \$1.61 per meal

INGREDIENTS

3 medium potatoes
1 × 425g can tuna (preferably in oil)
1 cup frozen peas
1 egg
½ cup parsley, chopped (optional)
Salt and pepper, to season
Plain flour (for dusting)
Oil, for cooking
Lemon (to serve, optional)



These are a quick and budget-friendly dinner option and are easy to make, even for beginners. They are a good source of protein too, helping to keep you fuller for longer.

BROOKE BAKER

BACHELOR OF HEALTH SCIENCE
(PROFESSIONAL) (NUTRITION MAJOR)



METHOD

Step 1

Peel potatoes and cut into chunks about 2cm wide.

Step 2

Half fill a medium sized saucepan with water and add peeled potatoes. Bring the water to the boil then cook, gently boiling, for 15–20 minutes or until soft all the way through (test with a fork or knife).

Step 3

Once cooked, drain the water from the potatoes then roughly mash with a fork.

Step 4

Drain the tuna, reserving a bit of oil in the tin.

Step 5

Combine the tuna, mashed potatoes, peas, egg and parsley in a large mixing bowl. Season with salt and pepper, if you like.

Step 6

Use your hands to bring the mixture together, then take small handfuls and shape into patties.

Step 7

Spread some flour on a plate then coat the patties with a light dusting of flour and set aside.

Step 8

Heat 2–3 tablespoons of oil in a frypan over a medium heat. Add the patties and cook for about 4 minutes each side, or until golden brown and hot through the middle. (You may need to cook them in batches if your frying pan is small).

Step 9

Serve with lemon wedges, and your favourite vegetables/side salad. Enjoy!

TIPS

You can change this recipe up in so many ways. Try using tinned salmon instead of tuna, add some chunks of feta to the mix, or even a finely sliced fresh chilli if spice is your thing.

Sweet potato is a great alternative to regular potato in this recipe. It gives a sweeter taste (duh) and has a lower glycaemic index too, meaning it should help you feel fuller for longer.

Leftover patties keep really well in the fridge for 2–3 days. You can re-heat in the microwave or oven. Just be aware the microwave might result in a slightly less crispy finish.

HOW TO ROAST VEGGIES

MAKES: 4 serves

INGREDIENTS

2 cups mixed vegetables
(Any will do, but pumpkin, zucchini, potato, mushrooms, eggplant, onion and tomatoes all work really well)

A good glug of olive oil



Discovering how easy it was to roast vegetables really changed my life. It does take a bit of time to prepare and cook but is certainly worth the effort. And you can save leftovers in the fridge for up to 3 days! If some of the veggies aren't quite your thing, feel free to mix it up... any chunky vegetable will work.

ADAM PLANCKE

DIPLOMA OF MARKETING
AND COMMUNICATION

METHOD

Step 1

Preheat oven to 180 degrees.

Step 2

While oven is heating, cut all vegetables in similar sized cubes. (We suggest between 1–2cm in diameter, so it doesn't take too long to cook).

Step 3

Spread vegetables over a baking tray/dish, so they are all in a single layer.

Step 4

Drizzle with olive oil, then give the tray a bit of a shake to coat the vegetables evenly.

Step 5

Bake for 30–40 minutes, or until vegetables are soft all the way through and slightly browned at the edges.

TIP

Check your vegetables after 20 minutes, as some vegetables/ovens may take less time.

Step 6

Remove from the oven and enjoy!

TIPS

This recipe is the beginning of so many wonderful meals. Why not try:

- Mixing with some feta cheese and a can of brown lentils (drained) for a gourmet vegetarian salad?
- Serving with your favourite meat (fish, chicken, sausages... whatever) for a yummy, nutritious dinner. (TIP: you could cook most meats in the oven at the same time, you'll just have to keep an eye on the cooking time as many won't take as long (15–20 minutes))
- Warm leftover roast veg in a saucepan with a tin of tomatoes and a tin of chickpeas for a high fibre, vegetarian stew.
- Add to a wrap with some hummus and spinach for a filling burrito-style lunch.



INSIDE OUT CHICKEN

MAKES: 4–5 serves

APPROX. COST: \$2.45 per meal

INGREDIENTS

3 tablespoons butter
2 cups breadcrumbs
1 small onion, finely diced
1 tablespoon mixed herbs
6 boneless chicken thighs



This recipe is a favourite in our house and was a regular dinner for me growing up. Somewhere between a chicken schnitzel and roast chicken with stuffing it's perfect with a side of roast veg or a salad! Guaranteed to be gobbled by kids and adults alike! If you're a vegetarian the chicken can be substituted with sliced sweet potato which is equally delicious.

STEPHANIE MARKAKIS
MASTER OF DIETETICS

METHOD

Step 1

Heat oven to 200°C.

Step 2

Put butter in the bottom of a medium oven-proof dish and put in the oven for 1–2 minutes, until butter is melted. Remove.

Step 3

While the butter is melting, mix the breadcrumbs, onion and herbs in medium sized bowl.

Step 4

Dip chicken thighs, one by one, in the melted butter then roll in breadcrumb mixture.

Step 5

Assemble coated chicken thighs in the baking dish and bake for 25 minutes, or until the chicken is cooked through and golden brown on top.

TIPS

Serve this with rice or pasta and some cooked vegetables for a delicious, hearty, and nutritionally balanced meal.

Add leftover chicken to a salad or wrap for a yummy lunch the next day!

Leftovers can be stored in the fridge for 2 days, and gently re-heated in the microwave.



LENTIL SOUP

MAKES: 6 serves

APPROX. COST: \$0.80 per serve

INGREDIENTS

Olive oil (enough to cover the bottom of your saucepan)

1 medium onion, finely chopped

1 carrot, grated

1 cup dried red lentils

1L water or stock

1 handful rice (optional)

Salt, pepper and lemon juice, to taste



When winter comes or on a rainy day this soup is what's in my bowl. It is a hearty dish that will warm you up and bring a smile to your face. This dish also has a few simple notorious ingredients and guess what?... only a saucepan to cook it with.

ZELIHA HACIOGLU
MASTER OF DIETETICS

METHOD

Step 1

Heat olive oil in a large saucepan.

Step 2

Add the onion and carrot and cook, stirring, until onion is transparent and soft.

Step 3

Rinse lentils in a sieve and remove any stones, then to the saucepan with the rice and cook for around 1 minute, stirring constantly. The lentils should have changed colour slightly to a light orange/yellow.

Step 4

Add water or stock, and let it simmer gently over a low-medium heat for 15–20 minutes, until the soup has thickened a bit and the lentils and rice are soft (you'll have to taste one to find out). If the water dissolves before the lentils are cooked, add a bit more water.

Step 5

Add salt, pepper and lemon juice — if you like — to taste.

Step 6

Serve, and enjoy!

TIPS

Leftover soup keeps well in the fridge for up to 3 days, or in the freezer for up to 3 months. If you're freezing... store in individual serve sized containers so you can just take out what you need, when you need it.

Making your own croutons is a great way to use up stale bread and adds a brilliant crunch to any soup meal. Just chop each slice into cubes and fry in a little oil until browned and crunchy.



MICROWAVED BAKED POTATO

MAKES: 1 serve

APPROX. COST: \$3.36 per serve

INGREDIENTS

1 large potato
1 cup spinach leaves, washed
1/3 cucumber, sliced
1/2 tomato, cut into 8
Salt and pepper, to taste
Olive oil and balsamic vinegar, to drizzle
2 thin slices of ham, cut into strips
1 handful tasty cheese, grated



Looking for something other than a frozen meal?

Here's a quick, easy and versatile alternative using only a microwave!

GEMMA BIFANO
MASTER OF DIETETICS

METHOD

Step 1

Thoroughly wash the potato under cold running water. Pat dry.

Step 2

Use a fork to pierce the potato 3–4 times on each side. This will allow the steam to escape from the potato whilst baking.

Step 3

Place the potato on a microwave safe plate and microwave for 4 minutes.

Step 4

While the potato is cooking, prepare your salad: combine spinach, cucumber and tomato in a bowl. Drizzle with olive oil and balsamic vinegar and gently toss.

Step 5

Use tongs to flip the potato. Microwave for a further 3 minutes.

Step 6

Test the potato with a knife to make sure it is cooked (it should be soft all the way through). Microwave for a further 1–2 minutes if needed.

Step 7

Allow the potato to cool for 1–2 minutes, then cut in half lengthwise. Season with salt and pepper and gently mash the insides with a fork a bit.

Step 8

Top each half of the potato with the ham and cheese. Microwave for 1 minute to melt the cheese a bit, then serve with the salad on the side. Enjoy!

TIPS

Ham and cheese are a classic combo, but really anything goes on a baked potato. Baked beans, tuna, leftover Bolognese sauce or a big dollop of hummus and avocado are all winners too. The list is endless.

Herbs, spices and sauces all add extra flavour. Love sriracha? Add that. Can't get enough of that kewpie mayo? Add that too. The world is your oyster (or jacket potato, in this case).



NEW AND IMPROVED 2-MIN NOODLES

MAKES: About 2 serves

APPROX. COST: \$2.53 per serve

INGREDIENTS

1 tablespoon olive oil or butter
½ brown onion, finely chopped
2 rashers of bacon, chopped into small pieces
1 tablespoon plain flour
2 cups milk
2 x 72g packets of two-minute noodles
½ cup of frozen veggies
(peas / corns / carrot / broccoli)
½ cup cheese, grated
Season to taste
(salt / pepper / herbs / spices)



Getting sick of the same two-minute noodles? This recipe will help you spice them up.

OLIVIA YOUNG
MASTER OF DIETETICS



METHOD

Step 1

Heat oil or butter in a frying pan over a medium heat.

Step 2

Add onion and bacon and cook, stirring, until onion is soft and bacon is starting to brown.

Step 3

Add flour and flavour sachets from the noodle packets and stir to combine.

Step 4

Add milk and two cups of water and bring to a simmer, then add noodles and stir to mix through.

Step 5

Add frozen veggies and cheese and cook for a further 3–4 minutes, until all ingredients are cooked through and hot (test one of the frozen vegetables to check).

Step 6

Season to taste, if you like, and enjoy!

TIPS

You don't have to use frozen vegetables here. Fresh work too, particularly fast-cooking ones like spinach, zucchini and mushrooms. If you are using hard vegetables (i.e. pumpkin or broccoli) cut them into really small pieces (dice) so they don't take too long to cook.

You can keep leftovers in the fridge overnight and re-heat for lunch the next day.

ONE PAN BEANS

MAKES: 2 serves

APPROX. COST: \$2.00 per meal

INGREDIENTS

1 tablespoon olive oil
1 × 400g can mixed beans, drained and rinsed
½ medium brown onion, chopped
3 cloves garlic, chopped finely
2 medium fresh tomatoes, diced
Chilli flakes (optional, to taste)
1 large mushroom or 3 small mushrooms, diced
½ medium zucchini, diced
½ 400g can crushed tomatoes



I love cooking, but it has to be quick, simple and not create a mountain of dishes. That's why I love this recipe. It uses just one pan and you can make it as flavoursome and diverse as you like by adding different spices and vegetables and serving it in different ways. It is always a winner in my household. If you give this one a go, show us your creations by tagging @H.Squad_Swinburne on Instagram. Enjoy!

ASH MCCONNELL

**BACHELOR OF HEALTH SCIENCE,
MAJORING IN NUTRITION**

METHOD

Step 1

Heat oil in a large frying pan over a medium heat. Add onion and garlic, then turn the heat down to low.

Step 2

Cook, stirring regularly, for 1–2 minutes.

Step 3

Add the tomatoes and cook for another 1–2 minutes.

Step 4

Add beans, chilli flakes, mushroom and zucchini and cook for 3–4 minutes.

Step 5

Add the crushed tomatoes, and let it cook for 3–4 minutes, or until the mixture is bubbling and vegetables are soft.

Step 6

Enjoy!

TIPS

This recipe is super versatile, so you can easily make it your own. If you've got spices in your cupboard... add them when you cook the onion! I love paprika and cumin, but any would do.

You can use any vegetables in this. Red pepper, frozen peas, canned corn, spinach would all work really well too. If you use pumpkin or potato, just be aware they might take a little longer to turn soft.

The beans add a great source of protein here (to keep you feeling full for longer). Any tin of beans would work (chickpeas, black beans, kidney beans), or if you don't like them just leave them out and add a few more vegetables!

This recipe freezes really well, so why not make a double batch, and freeze half for another day?



OPEN KEBAB

MAKES: 2 serves

APPROX. COST: \$3.70 per serve

INGREDIENTS

1 chicken breast, sliced into strips
¼ teaspoon ground turmeric
¼ teaspoon ground cumin
Black pepper, to taste
1 tablespoon olive oil
½ Lebanese cucumber, diced
5–6 cherry tomatoes, cut into quarters
¼ cup parsley, chopped
¼ teaspoon sumac
170g Greek yoghurt
1 lemon, zest and a good squeeze of juice
Chilli flakes (optional)
2 pita pockets, to serve



Kebab is one of my favourite foods to eat, so I decided to make this recipe using fresh ingredients, and easy to prepare. This recipe incorporates 4 of the 5 food groups and uses spices and herbs to season the food rather than salt. This recipe doesn't make you feel sluggish like normal kebabs you buy from the trucks; it makes you feel energised and nourished. Try this one out and trust me you'll love it!

HANH NGUYEN
MASTER OF DIETETICS

METHOD

Step 1

Mix the chicken, turmeric, cumin and pepper in a bowl until the chicken is coated.

Step 2

Heat oil in fry pan over a medium heat then add the chicken mixture. Cook for 4–5 minutes, stirring, until chicken is cooked through (cut the thickest piece in half to check).

Step 3

In a medium bowl, combine the cucumber, tomatoes, parsley and sumac.

Step 4

In a separate small bowl, combine the lemon zest and juice, chilli (if using) and yoghurt. Set aside.

Step 5

Top each pita pocket with half the chicken, mixed salad and yoghurt and serve!

Step 6

Enjoy!

TIPS

If you're cooking for one, just use one pita pocket (you can freeze the rest in a sealed bag) and store leftover chicken, salad and yoghurt in the fridge for a fresh salad the next day. Just remember to store each element separately to avoid the salad going soft overnight.

Leftover chicken also makes a great topping for home-made pizza, and you can use spare pita pockets as a base! Just smear some tomato paste over a pita pocket and top with the chicken, grated cheese, and any other toppings you like. Bake in the oven for 5–10 minutes or until golden and hot. Enjoy!



PASTA E BROCCOLI

MAKES: 1 serve

APPROX. COST: \$2.15 per serve

INGREDIENTS

150g (or about $\frac{3}{4}$ cup) dried pasta
 $\frac{1}{2}$ cup broccoli, chopped
1 × 95g can tuna in olive oil,
NOT drained
3 teaspoons parmesan cheese, grated
Pepper and/or chilli flakes, to taste
(optional)



For those who are wanting to change up the traditional tomato-based sauce pasta, this delicious (and still traditionally Italian) recipe is the way to go! It is very easy and quick to make, involves little mess and should keep you pretty full till your next meal (or study snack).

MELISSA RUBIN
MASTER OF DIETETICS

METHOD

Step 1

Cook pasta according to pack instructions, adding the broccoli for the last 5 minutes of cooking.

Step 2

Once the pasta is cooked, drain water out and keep the pasta and broccoli in the pot.

Step 3

Add the cheese and pepper/chilli (if using) and stir gently to help the parmesan melt.

Step 4

Add the tuna (oil and all) and stir again to combine.
Serve on a warm plate and enjoy!

TIPS

Use the quantities in this recipe as a guide, but don't feel restrained by them! You can change the quantities of any ingredient and the method won't change at all. So if you just can't get enough broccoli and prefer less pasta... go for it!

If you like an extra kick, look for tuna in chilli oil or add some sliced fresh chilli.

If you don't have tuna in olive oil (i.e. you just have tuna in brine or in springwater) drain the can before adding the tuna, and add a dash of olive oil separately to keep the same texture.



PEANUT BUTTER AND DARK CHOC CHIP COOKIES

MAKES: About 16 cookies

APPROX. COST: \$0.29 per cookie

INGREDIENTS

½ cup crunchy natural peanut butter
½ cup maple syrup
1 egg
2 cups self-raising flour
½ cup dark chocolate chips



I am an absolute lover of natural crunchy peanut butter and dark chocolate as their separate, glorious selves, and this healthy cookie recipe combines the two so perfectly. You can thank me later ;)

ELAINE OSEI-SAFO
MASTER OF DIETETICS

METHOD

Step 1

Preheat oven to 160 degrees Celsius and line a large baking tray with baking paper.

Step 2

Place peanut butter, maple syrup and egg in a large mixing bowl and mix well.

Step 3

Add flour and mix again until combined.

Step 4

Add the chocolate chips and mix until just combined.

Step 5

Place a spoon full of mixture into your hands and roll into a ball. Press the ball and flatten into a cookie shape then place on the baking paper-lined tray. Repeat with the rest of the mixture.

Step 6

Bake for 15–20mins, or until golden.

Step 7

Take out of the oven and place on a cooling rack until cooled completely.

TIPS

Swap the maple syrup for honey, if you prefer.

If you are gluten-free like me, substitute the self-rising flour for the same quantity of gluten free self-rising flour.

Don't like dark chocolate? No stress, milk or white chocolate chips will work just fine too (and still be delicious I promise!). If you can't find any choc chips just break a normal block of chocolate into small chunks to get ½ cup.



PUMPKIN AND CHICKPEA SALAD

MAKES: 2 as a main or 4 as a side

APPROX. COST: \$3.54 per serve

INGREDIENTS

1 × 400g can of chickpeas, drained and rinsed
400g butternut pumpkin, peeled and chopped into 2cm cubes
Olive oil, to roast
200g feta, roughly chopped
120g baby spinach or rocket, shredded



I love this salad for so many reasons. It is very versatile and works well as a side dish for fish, chicken or meat. Or just enjoy it as meal by itself! I like to have this for dinner and then have leftovers for lunch the next day.

MATISSE MCCULLOUGH

BACHELOR OF HEALTH SCIENCE /
BACHELOR OF MEDIA AND COMMUNICATIONS

METHOD

Step 1

Preheat oven to 190 degrees Celsius (fan-forced).

Step 2

Place pumpkin and chickpeas on a baking tray and drizzle lightly with oil. Toss to coat.

Step 3

Roast for 20 minutes, or until golden and pumpkin is soft.

Step 4

Place cooked pumpkin and chickpeas in large bowl with remaining ingredients and mix lightly with a spoon to combine.

Step 5

That's it. Enjoy!

TIPS

Add a handful of nuts or seeds in Step 4 for some extra crunch and protein. Walnuts, if you have them, are a great addition.

Any greens work here in place of spinach and rocket. Finely chopped kale or a standard lettuce mix would be fine too.

Try adding your favourite spice or seasoning to the pumpkin before cooking for an extra kick.



QUICHE IN A CUP

MAKES: 1 serve

APPROX. COST: \$1.82 per serve

INGREDIENTS

2 eggs

¼ cup (or 2 tablespoons) self-raising flour

A handful of veggies, diced (e.g. frozen peas/corn/carrots, broccoli or capsicum)

A handful of cheese, grated (plus a little extra to sprinkle on top)

1 slice ham, roughly chopped

Dried herbs (if you have them), to sprinkle



This is so quick and easy you'll come back to it again and again, and chances are it will be different every time. The basics are just eggs, self-raising flour and cheese — the rest is up to you!

ELIZABETH BLACK
MASTERS OF DIETETICS

METHOD

Step 1

In a medium bowl, whisk the eggs together (with a fork is fine).

Step 2

Add the flour and keep whisking until smooth.

Step 3

Add everything else and mix well (don't forget to leave a little cheese aside for later).

Step 4

Spoon mixture into a decent-sized, microwave-safe cup (the mixture should not quite fill the cup as it will rise a little).

Step 5

Sprinkle the last of the cheese on top then microwave on high for about 2.5 minutes, or until the egg mixture is cooked. Enjoy!

TIPS

This is great served with toast. Add a side salad too if you wish!

You can experiment with other meats in this quiche... I like salami and roast chicken too. Or just leave them out to make it vegetarian.

If you fancy an oniony hit, add some chopped chives or spring onions with the vegetables.



RAID THE FRIDGE FRIED RICE

MAKES: 2–3 serves

APPROX. COST: \$2.60 per serve

INGREDIENTS

1 tablespoons olive oil
2–3 rashers of bacon, roughly chopped
1 brown onion, finely chopped
1 carrot, finely chopped
1–2 cloves garlic, crushed
(or 1 teaspoon minced garlic from a jar)
1 ½ cups frozen vegetables
(i.e. peas, corn, broccoli, green beans)
1 ½ cups cooked rice
(or 1 × 250g packet microwave rice)
1–2 eggs, lightly beaten with a fork
Soy sauce, to serve



This recipe calls for left-over rice, or pre-steamed rice you cook in the microwave in about 90 seconds (found in supermarkets in foil packets). A recipe is provided here, but you should feel free to swap out ingredients based on what you have in the fridge, freezer or cupboard.

ELIZABETH BLACK
MASTERS OF DIETETICS

METHOD

Step 1

Heat oil in a frypan over a medium heat. Add bacon and cook for 2–3 minutes, stirring occasionally, until sizzling but not yet brown.

Step 2

Add onion and carrot and cook until onion is soft and transparent.

Step 3

Add garlic, frozen vegetables and rice and cook, stirring, for 1–2 minutes, until everything is mixed well and hot.

Step 4

If you're using eggs, add them to the rice mixture and cook, stirring regularly, for 2–3 minutes, until the eggs are cooked through and mixed well with the rice.

Step 5

Add a dash (or two) of soy sauce, mix well and serve.

TIPS

Frozen vegetables are really handy if you're cooking for 1, or don't cook often, as you can just use what you need and save the rest. But if you have fresh... of course you can use this too. Just cut it up into small pieces so it cooks quickly.

Make this vegetarian by swapping the bacon for tofu. Fry it until just starting to change colour, then add the onion and continue as above.

You might like to experiment with extra additions to the soy sauce e.g. a mixture of soy and peanut butter, or soy and hoisin sauce.



ROCKING RISONI RISOTTO

MAKES: 2–3 serves

APPROX. COST: \$1.90 per serve

INGREDIENTS

1 tablespoons olive oil
2–3 rashers of bacon, roughly chopped
1 brown onion, finely chopped
1 cup risoni (dried, uncooked)
2 cups chicken stock
Handful frozen peas
Parmesan cheese, to serve



Hamish Blake posted recently on Instagram about risoni being at the bottom of the PPH (pasta popularity hierarchy). Well not in my house! This easy dish reminds me of risotto, but without the endless stirring. Better still, it takes less than half the time to prepare.

ELIZABETH BLACK
MASTERS OF DIETETICS



METHOD

Step 1

Heat oil in a medium saucepan over a medium heat. Add bacon and cook for 2–3 minutes, stirring occasionally.

Step 2

Add onion and cook until soft and transparent. (By now the bacon should be starting to brown up nicely).

Step 3

Add garlic and risoni, stirring briefly to coat in the bacon/onion mixture.

Step 4

Add stock, stir, and turn down the heat to low. Cook for about 10 minutes, stirring occasionally.

Step 5

Add peas and cook for another 2–3 minutes with the lid off, or until most of the stock has been absorbed and the risoni is cooked to your liking.

Step 6

Remove from heat, stir through as much parmesan cheese as you like, and serve.

Step 7

Enjoy!

TIPS

You can swap peas for any other vegetable you like... mushrooms or zucchini work well too, you might just want to add them a minute or two earlier.

To make this vegetarian just leave out the bacon and use vegetable stock. Note: parmesan cheese often contains rennet (from cows), so if you are strict vegetarian you may prefer to leave this out too.

Other meats work well in this recipe too. Chicken, sausage meat (just remove the skins and break meat into chunks) are other personal favourites.

You can keep leftovers in the fridge for up to 2 days. It reheats easily in the microwave, just make sure you stir it a couple of times so it doesn't get too sticky, and heat until piping hot.

SHELL PASTA WITH BEEF MINCE

MAKES: 5 serves

APPROX. COST: \$2.05 per serve

INGREDIENTS

Olive oil (enough to cover the bottom of your saucepan)

1 medium onion, chopped

500g lean beef mince

1.5 litre boiling water

Salt and pepper, to taste

1 bunch parsley, chopped (optional)

500g shell pasta (or other pasta of your choice)

Cheese, grated, to serve (optional)



The reason why I chose this dish is because it is my go-to dish when I want to cook something simple with few ingredients and the best part about cooking this dish is you get to use only one saucepan... so less dishes to wash yay! I hope you all enjoy it.

ZELIHA HACIOGLU

MASTERS OF DIETETICS

METHOD

Step 1

Heat oil in medium saucepan.

Step 2

Add onion, and cook until transparent and soft.

Step 3

Add mince and cook until brown, stirring regularly to break up any lumps.

Step 4

Add salt and pepper (to taste), and parsley (if using).

Step 5

Add 1.5 litres of boiling water and bring to a simmer (until small bubbles appear in the middle of the saucepan).

Step 6

Add in the pasta and stir well, cook until most of the liquid is absorbed. Make sure you stir the mixture a few times while cooking so it doesn't stick to the bottom! If liquid disappears before pasta is cooked, add a bit more water.

Step 7

Serve topped with grated cheese (if you like). Enjoy!

TIPS

You could make this dish vegan by replacing the mince with a 400g can chopped tomatoes and leaving off the cheese. Just make sure you cook the tomatoes before adding the water!

You could serve this with a side salad or some garlic bread if you're feeling fancy, or just enjoy as it is... I do.

Store any leftovers in the fridge for up to 2 days. Re-heat until steaming in the microwave!



SIMPLE BROCCOLI PASTA

MAKES: 1 main meal

APPROX. COST: \$1.62 per meal

INGREDIENTS

100g pasta (any kind)

1 cup broccoli, cut into small pieces

½ cup grated parmesan or other cheese



This dish is perfect if you want a quick, easy and healthy meal with limited ingredients. I sometimes mix through some pesto or tomato-based pasta sauce with a pinch of salt and pepper for extra flavour, which really livens up the dish.

ADAM PLANCKE

**DIPLOMA OF MARKETING
AND COMMUNICATION**

METHOD

Step 1

Boil water in a large saucepan. Add pasta and cook according to pack instructions (the time can vary for different types).

Step 2

Add broccoli to the pan for the last 4 minutes of cooking.

Step 3

Drain pasta and broccoli using a strainer or just the saucepan lid. (Be careful not to burn yourself!)

Step 4

Tip into a bowl and top with grated cheese. Enjoy!

TIPS

Use any vegetable you have in this recipe. Zucchini, frozen peas and tinned corn all work well too, and are sometimes more affordable. Looking for what's on special in the supermarket is a good idea to keep the cost low.

Did you know you can buy broccoli frozen? Well you can. And it comes already cut up. This is a great option if you don't cook too often and want to avoid food waste (it will last in the freezer for up to 6 months).



SUGAR FREE BANANA BREAD

MAKES: 1 loaf tin (10 slices)

APPROX. COST: \$3.40 per loaf (without walnuts)

INGREDIENTS

1 ½ cups self-raising flour
(plain or wholemeal)

1 ½ teaspoons cinnamon

¾ cup milk

⅓ cup light flavoured olive oil,
or vegetable oil

3 very ripe bananas, mashed with a fork

⅔ cup walnuts, roughly chopped
(optional)



I love this recipe because it is easy to make, and uses wholemeal flour (low GI) and no added sugar, making it a healthy alternative to store-bought banana bread. It also prevents food waste by using over-ripe bananas that otherwise may have gone to waste.

BROOKE BAKER

BACHELOR OF HEALTH SCIENCE
(PROFESSIONAL) (NUTRITION MAJOR)

METHOD

Step 1

Preheat your oven to 180 degrees Celsius, or 160 degrees Celsius if you have a fan forced oven.

Step 2

Line a loaf tin with baking paper. If you don't have baking paper, grease well with melted butter instead.

Step 3

In a large bowl, mix together the flour and cinnamon.

Step 4

In a separate bowl mix together the milk, olive oil and bananas until roughly combined.

Step 5

Pour the wet mixture into the dry mixture and stir gently until just combined (try not to over mix). If using walnuts, fold them gently into the mix.

Step 6

Pour mixture into your prepared loaf pan, and cook for 40–50 minutes, or until a skewer/knife inserted in the middle comes out clean.

Step 7

Let it cool in the tin for 5 minutes, then turn onto a wire rack or flat plate to cool completely. Enjoy!

TIPS

This is delicious served warm, in thick slices topped with Greek yoghurt and a drizzle of honey.

Keep leftover banana bread in an airtight container, stored in a cool place, for 3–4 days. Or... you can freeze slices of it in individual freezer bags ready to take out whenever you need a little pick-me-up!



THE SMASHED AVO STAPLE

MAKES: 1 serve

APPROX. COST: \$2.24 per serve

INGREDIENTS

2 slices of your favourite bread
½ avocado
1 good pinch salt
Pepper, to taste
A good squeeze of lemon juice
½ teaspoon chilli flakes (optional)



This is such a staple in my life. Why? Because it takes no more than five minutes to prepare! And you can eat it for breakfast, lunch, a snack or dinner! (Just maybe not all three all the time). You can prepare the avocado mix while the bread is toasting, so it's all ready at the same time. Enjoy with your favourite cup of tea or coffee!

ADAM PLANCKE
DIPLOMA OF MARKETING
AND COMMUNICATION

METHOD

Step 1

Put the bread in the toaster.

Step 2

While it's toasting, scoop the avocado into a bowl using a spoon, then mash with a fork until chunky.

Step 3

Add salt, pepper and lemon juice and mix to combine.

Step 4

When your toast is done, spread avocado mix over each slice and sprinkle with chilli flakes (if using).

Step 5

Enjoy!

TIPS

Don't have lemon juice or chilli? No problem! Just leave them out, it will still taste delicious.

Did you know you can freeze bread? It's true... you'll never need to waste bread again. Just make sure it's in a plastic bag (tied shut), then take out slices on demand!

Get creative and try adding other flavours. Crumbled feta, finely diced red onion, whatever spices you have in your pantry... you really can't go wrong.

Adding a high protein food (like an egg, tuna or a handful of nuts/seeds) will help this meal keep you feeling fuller for longer, which is great if you plan on having it for a main meal.



TWO CANS, THREE WAYS SERIES: CHICKPEA CURRY



A few items that seem to have been ignored by COVID-19 panic buying are tinned vegetables. People often turn away from canned products, but they are cheap and really convenient to have in the cupboard, especially when you need a quick meal! The best two canned items for flavour, nutrition and versatility have to be tomatoes and legumes (think black beans, chickpeas, four bean mix, lentils etc.).

Here are three of my go-to canned vegetable recipes for a quick meal or when the fridge — and supermarket shelves — are a little bare. They all use the same basic ingredients but by mixing up the spices you can have three completely different dishes on the table in about 30 minutes. Enjoy!

LYNDAL BAYLES
MASTER OF DIETETICS

MAKES: 2 serves

APPROX. COST: \$2.11 per serve

INGREDIENTS

2 tablespoons olive oil
(any vegetable oil will be fine)
1 medium onion, finely chopped
2 garlic cloves, finely chopped
2cm piece of ginger, peeled and finely chopped
2 tablespoon Tikka Masala spice paste
(any brand is fine, I use Patak's)
2 teaspoons sugar
½ teaspoon salt
1 × 400g tin diced tomatoes
1 × 400g tin chickpeas, drained
Handful of raisins or sultanas or feta cheese, to serve (optional, but great for flavour!)

METHOD

Step 1

Heat the olive oil in a medium fry pan over low heat.

Step 2

Add the onions, garlic and ginger and cook stirring, for 10 minutes until the onions are soft and fragrant (this step adds lots of flavour, so low heat and slow cooking with a slight sizzle is key).

Step 3

Add the spice paste and cook for 1–2 minutes, or until it smells fragrant.

Step 4

Add the tomatoes and chickpeas and simmer on low for 15 minutes.

Step 5

Add the raisins or sultanas if using and mix into the curry. Enjoy!

TIPS

Jars of minced garlic and ginger are great alternatives to fresh. They save you time and keep well in the fridge. You can usually find them in the 'spices' section of the supermarket.

If you don't have spice paste, substitute 1 tablespoon of curry powder (any brand) and add some chilli flakes or fresh chilli if you like more heat.

This is great served with rice or flat bread, plus some extra veg on the side if you like. Try adding a dollop of yoghurt or mango chutney on top for extra flavour.

Leftovers freeze really well. Defrost in the fridge then reheat in the microwave.



TWO CANS, THREE WAYS SERIES: LENTIL BOLOGNESE SAUCE



A few items that seem to have been ignored by COVID-19 panic buying are tinned vegetables. People often turn away from canned products, but they are cheap and really convenient to have in the cupboard, especially when you need a quick meal! The best two canned items for flavour, nutrition and versatility have to be tomatoes and legumes (think black beans, chickpeas, four bean mix, lentils etc.).

Here are three of my go-to canned vegetable recipes for a quick meal or when the fridge — and supermarket shelves — are a little bare. They all use the same basic ingredients but by mixing up the spices you can have three completely different dishes on the table in about 30 minutes. Enjoy!

LYNDAL BAYLES
MASTER OF DIETETICS

MAKES: 2 serves

APPROX. COST: \$2.01 per serve

INGREDIENTS

2 tablespoons olive oil
(any vegetable oil will be fine)
1 medium onion, finely chopped
2 garlic cloves, finely chopped
1 carrot, finely diced or grated
1 celery stick, finely diced
½ red capsicum, seeds removed,
finely diced
1 teaspoon dried Italian herbs (optional)
1 × 400g tin diced tomatoes
1 × 400g tin brown lentils
½ cup (125mL) of vegetable stock
1 teaspoon sugar
Salt and pepper, to taste

METHOD

Step 1

Heat the olive oil in a medium fry pan over low heat.

Step 2

Add the onions, garlic, carrot, celery and capsicum and cook, stirring, for 10 minutes or until the onion is soft and fragrant (this step adds lots of flavour, so low heat and slow cooking with a slight sizzle is key).

Step 3

Add the tomatoes, lentils, sugar and stock and simmer on low for 20 minutes, or until most of the liquid has disappeared and the vegetables are soft.

Step 4

Season with salt and pepper, if you like. Enjoy!

TIPS

If you don't have stock, use water instead and add salt and pepper to taste.

Get creative with your vegetables... most will work here! Zucchini and mushrooms are good alternatives to carrot and celery or add ½ cup frozen peas or corn during the last 5 minutes of cooking.

This is (obviously) delicious served with pasta, but also works with rice, or on top of a baked potato.

Store leftovers in the fridge for up to 3 days or freeze in individual portions for an easy (and nutritious) dinner at a later date.



TWO CANS, THREE WAYS SERIES: MEXICAN BEAN NACHOS



A few items that seem to have been ignored by COVID-19 panic buying are tinned vegetables. People often turn away from canned products, but they are cheap and really convenient to have in the cupboard, especially when you need a quick meal! The best two canned items for flavour, nutrition and versatility have to be tomatoes and legumes (think black beans, chickpeas, four bean mix, lentils etc.).

Here are three of my go-to canned vegetable recipes for a quick meal or when the fridge — and supermarket shelves — are a little bare. They all use the same basic ingredients but by mixing up the spices you can have three completely different dishes on the table in about 30 minutes. Enjoy!

LYNDAL BAYLES

MASTER OF DIETETICS

MAKES: 2 serves

APPROX. COST: \$3.10 per meal

INGREDIENTS

2 tablespoons olive oil
(any vegetable oil will be fine)
1 medium onion, finely chopped
2 garlic cloves, finely chopped
½ red capsicum, seeds removed,
roughly chopped
½ packet of taco seasoning mix
(seal the packet and save the
rest for another day)
1 × 400g tin diced tomatoes
1 × 400g tin black beans
or kidney beans, drained
½ cup frozen corn
(or a small tin of corn, drained)
½ cup (125mL) vegetable stock
150g corn chips
¾ cup cheese, grated

METHOD

Step 1

Preheat oven to 180 degrees Celsius.

Step 2

Heat the olive oil in a medium fry pan over low heat.

Step 3

Add the onions, garlic and capsicum and cook, stirring, for 10 minutes or until the onion is soft and fragrant (this step adds lots of flavour, so low heat and slow cooking with a slight sizzle is key).

Step 4

Add the seasoning mix and cook for 1–2 minutes, until fragrant.

Step 5

Add the tomatoes, beans, corn and stock and simmer on low for 15 minutes.

Step 6

While the bean mix is cooking, spread half the corn chips on an oven-proof dinner plate and top with ½ the cheese. Add another layer with the remaining corn chips and cheese.

Step 7

Bake nacho plates in the oven for 8–10 min or until the cheese has melted.

Step 8

Top the hot nachos with the bean mixture. Enjoy!

TIPS

Tinned stock powder is an economical way of buying stock and allows you to just make up as much or as little as you need. If you don't have stock, use water instead and add salt and pepper to taste.

I love to serve this topped with mashed avocado and sour cream, but it's yummy just as it is too.

Nachos really need to be eaten soon after preparation (while hot!) so alter the quantity of corn chips and cheese to just make what you need. Leftover bean mix, however, keeps well in the fridge for up to 3 days and has so many uses: wrap in tortillas with fresh lettuce, tomato, cucumber and cheese to make tasty fajitas, serve with rice as a vegetarian chilli con carne, or just enjoy on top of a baked potato!



VEGAN CHICKPEA AND PUMPKIN CURRY

MAKES: 2–3 serves

APPROX. COST: \$1.95 per serve

INGREDIENTS

1 tablespoon olive oil
1 medium onion, finely chopped
2 cloves garlic (or 1 teaspoon minced garlic from a jar)
Chilli — fresh, dried or powdered (optional)
1–2 teaspoons spices, to taste (you can use curry powder, cumin, turmeric, coriander, ginger, mustard seeds... whatever you have or like)
2 tablespoons tomato paste
300g pumpkin (approx. ⅓ of a whole pumpkin)
1 × 400g can coconut milk
1 × 400g can chickpeas, drained and rinsed
1 cup green vegetables (bok choy, spinach, beans, kale, peas, etc.), large leaves roughly chopped
Rice or flat breads (or both), to serve



Do you have a can of chickpeas in your pantry that you have no idea what to do with? Chickpeas (or other legumes) are so versatile and a great plant-based protein source. The thing I love about curries is that they are quite forgiving, and you can adjust the ingredients and flavour to suit what you have in your fridge, and what you enjoy.

NICOLE MISSEN
MASTER OF DIETETICS

METHOD

Step 1

Heat oil in a medium saucepan over a low heat.

Step 2

Add the onion and garlic and cook, stirring, for 4–5 minutes or until soft.

Step 3

Add the spices and chilli (if using) and stir so the onion is well coated, then add the tomato paste and a splash of water to loosen it. Cook for 2–3 minutes.

Step 4

Add the pumpkin and ½ cup water and leave to cook (with the lid on) for 15 minutes, until the pumpkin is soft and breaks up easily when stirred. (It should start to look more like a chunky soup than cubes of pumpkin).

Step 5

Pour in the coconut milk and chickpeas and cook with the lid on for another 10 minutes. At this point, taste the curry and add more spices or chilli if you like.

Step 6

Add the green vegetables and cook for a final 5 minutes, stirring occasionally, until vegetables are tender.

Step 7

Serve with rice or flat bread, or both. Enjoy!

TIPS

Freeze leftovers in an airtight container for up to 3 months.

This is really delicious reheated for lunch the next day, so don't worry if you have excess!



VEGETARIAN OMELETTE

MAKES: 1-2 serves

APPROX. COST: \$2.25 per serve

INGREDIENTS

2-3 Eggs
1 cup Milk
2 tablespoons cream (if you have it)
Pinch of Salt
Pinch of Pepper
Handful of cheese, grated
1 tablespoon olive oil
½ tomato, chopped
1 cup mushrooms, chopped
½ red capsicum, chopped
1 cup spinach
Toast, to serve (optional)



I chose this recipe as it is one of my favourite meals to cook in the morning for myself and my family. This meal is extremely nutritionally satisfying and is vibrant and colourful for children.

ALLY CAROLILLO
MASTER OF DIETETICS

METHOD

Step 1

In a bowl, whisk together eggs, milk, cream (if using), salt and pepper. Add cheese and set aside.

Step 2

Heat olive oil in a frying pan over medium-high heat.

Step 3

Place tomato, mushrooms, capsicum and spinach in the hot pan and cook, stirring regularly, for about 3 minutes then transfer to a bowl.

Step 4

Turn the heat down to medium, then return empty frying pan to the stove and pour the egg mixture into the pan, swirling to coat.

Step 5

Leave to cook for 2-3 minutes, until the underneath is golden and the mixture is starting to firm up.

Step 6

Add the cooked vegetables to one half of the egg mixture, then using a flat spatula, flip the other half of the egg mixture over the top to cover. It should end up as a semi-circle shape with the vegetables sandwiched in the middle.

Step 7

Leave to cook for a further 2 minutes, until the egg mixture looks cooked all the way through and the filling is hot. Serve with toast, or just as it is! Enjoy!

TIPS

Omelettes are extremely versatile, once you've mastered the basic technique. So get creative and use whatever vegetables, meats, cheese or salad you have in your fridge for the filling.

Fridge looking a bit bare? No worries, you don't really even need a filling at all. A plain omelette is also a good omelette. Serve with toast and whatever condiments you have for extra flavour (think ketchup, sriracha, mustard... etc.)



DISCLAIMERS

These are student submitted recipes, and have not been professionally tested.

Recipe costings were based on current online food prices at major Australian supermarkets in April 2020, and subject to change.

Photos were chosen from stock photos to reflect the recipes, but may differ from the prepared end product.

Developing this recipe collection was a coordinated effort between the Masters of Dietetics program and the Swinburne H.Squad.