



OÉ Gaillimh  
NUI Galway

# "HOW TO COOK WITHOUT A BOOK"

COLLEGE FRIENDLY RECIPES WITH TIPS AND TRICKS TO HELP YOU  
FEEL CONFIDENT COOKING AND SHOPPING

• NUI Galway Student  
Cookbook

# Introduction

Welcome to the NUI Galway Student Cookbook, which has been compiled by the Health Promotion & Wellbeing Team, Student Services. The purpose of this cookbook is to relieve student's stress in at least one area food. This cookbook is filled with quick, easy, affordable and nutritious recipes designed for busy students.

We understand that living away from home and making your own meals is a new challenge for some, which is why we've put these recipes together to help you settle into university life. Whether you've never cooked before or you're a professional in the kitchen- these recipes are easy to make and not only taste great- but won't stretch the bank balance either.

Some of the recipes allow you to freeze enough for future meals- which saves waste, money and time as you don't have to prepare them all over again. All you need is some containers and a freezer!

Enjoy!



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- Breakfast Favorites
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Show us your creations

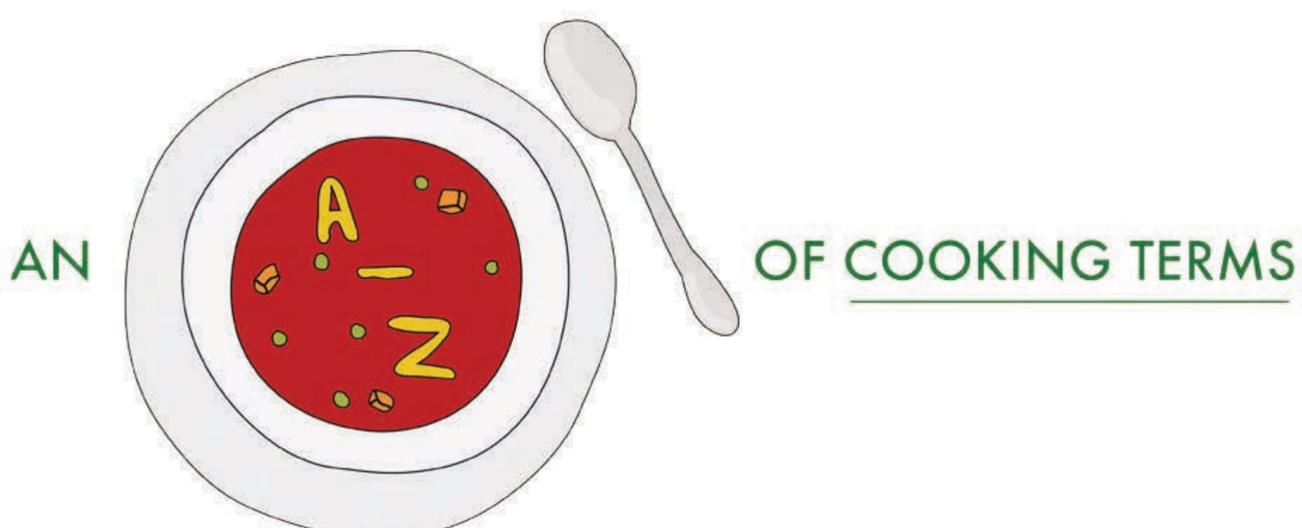
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Twitter



# A- Z of Culinary Terms

- **Al dente:** pasta cooked until just firm
- **Bake:** to cook food in an oven, surrounded with dry heat
- **Batter:** an uncooked pourable mixture usually made up of flour, a liquid, and other ingredients
- **Blanch:** to cook briefly in boiling water to seal in flavor and color; usually used for vegetables or fruit, to prepare for freezing, and to ease skin removal
- **Blend:** to thoroughly combine 2 or more ingredients, either by hand, with a whisk/spoon, or with a mixer/blender
- **Boil:** to cook in bubbling water that has been heated
- **Brown:** to cook over high heat, usually on a stove top, with the purpose to brown the outside of the food (usually meat) before continuing cooking using another method
- **Core:** to remove the seeds or tough woody centers from fruits and vegetables
- **Dice:** to cut food into very small cubes
- **Fillet:** to cut the bones from a piece of meat, poultry, or fish; a flat piece of boneless meat, poultry, or fish
- **Fold:** to combine light ingredients such as beaten egg whites with a heavier mixture, using a gentle over-and-under motion, usually with a rubber spatula
- **Grate:** to rub foods against a serrated surface to produce shredded or fine bits
- **Grease:** to rub the interior surface of a cooking dish or pan with oil or butter to prevent food from sticking to it
- **Grill:** to cook food on a rack under or over direct heat
- **Julienne:** to cut into long, thin strips, matchstick-like in shape



- **Marinate:** to soak in a flavoured liquid; usually refers to meat, poultry, or fish
- **Poach:** to cook gently over very low heat in barely simmering liquid just to cover
- **Purée:** to mash or grind food until completely smooth, usually in a food processor or blender
- **Roast:** to cook a large piece of meat or poultry uncovered with dry heat in an oven
- **Sauté or panfry:** to cook food in a small amount of fat over relatively high heat
- **Sear:** to brown the surface of meat by quick-cooking over high heat in order to seal in the meat's juices
- **Shred:** to cut food into narrow strips with a knife or a grater
- **Simmer:** to cook in liquid just below the boiling point; bubbles form but do not burst on the surface of the liquid
- **Steam:** to cook food on a rack or in a steamer set over boiling or simmering water in a covered pan
- **Stew:** to cook covered over low heat in a liquid
- **Stir-fry:** to quickly cook small pieces of food over high heat, stirring constantly
- **Whip:** to beat food with a whisk or mixer to incorporate air and produce volume
- **Whisk:** to beat ingredients with a fork or whisk to mix, blend, or incorporate air
- **Zest:** the outer, coloured part of the peel of citrus fruit; usually grated and incorporated into a dish for added flavour

Still unsure what you're doing? Search YouTube for videos that show you how to use these cooking skills/methods.





**WHAT MAKES A MEAL?**

# What makes a meal?

To keep it simple, a meal is made up of 3 different food groups:

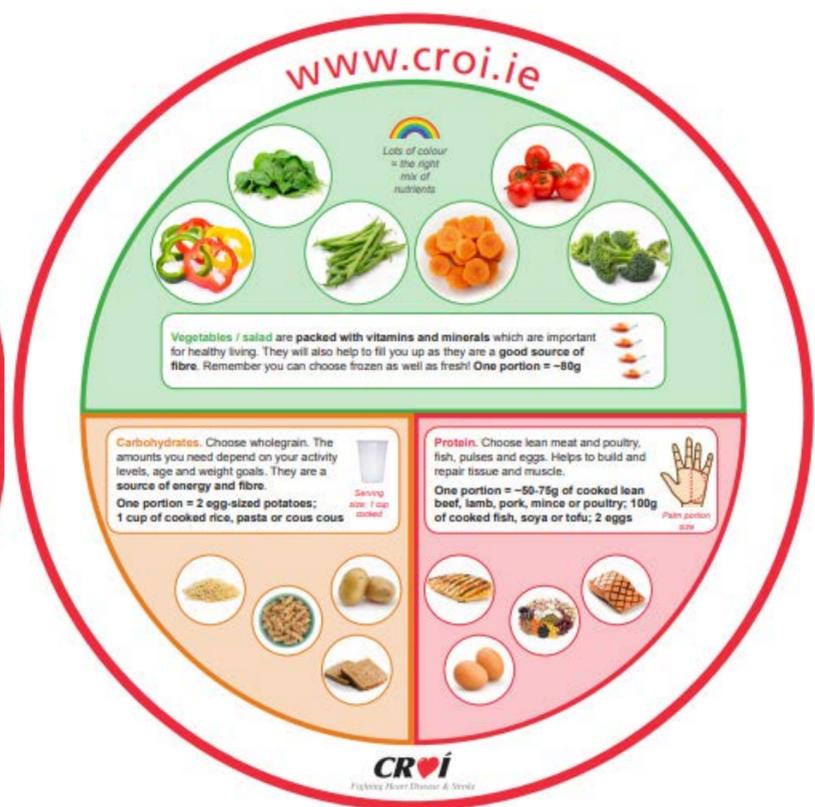
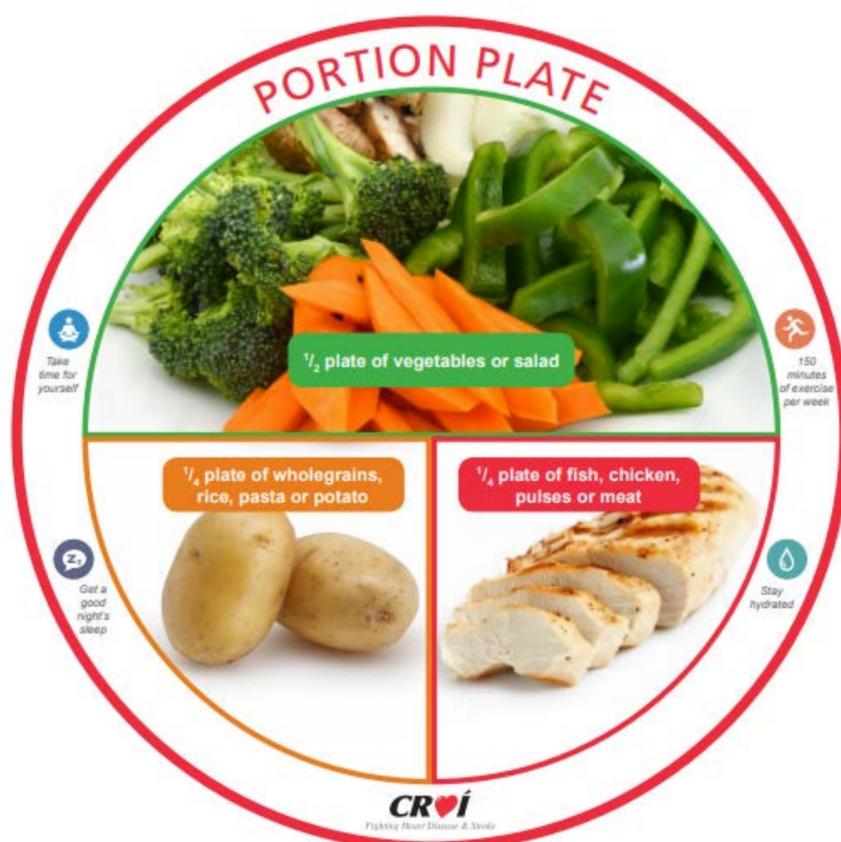
1. Protein (fish, meat or pulses)
2. Carbohydrates (wholegrain rice, pasta or potatoes)
3. Vegetables/fruits or salads

All of these different food groups have great health benefits on their own. **Protein** is a great source of energy and helps to build and rebuild muscles. **Carbohydrates** are the main source of fuel for our body and brain. **Vegetables, fruits or salads** are full of fibre and important vitamins and minerals.

When each component is combined together in a meal, the nutrition benefits increase even more. An easy way to make sure that you are getting a protein, carbohydrate and vegetables in each meal is to use a **portion plate**.

Aim to fill your plate as follows:

- Half plate of vegetables/salad
- Quarter plate of wholegrain carbohydrates
- Quarter plate of protein



A vibrant collage of various fruits including strawberries, oranges, lemons, kiwi, blackberries, and apples. The fruits are arranged in a dense, overlapping pattern, creating a colorful and fresh background. The text "Breakfast Favourites" is centered over the image in a large, bold, black font.

# **Breakfast Favourites**

**Simple and healthy recipes to start your day off right!**



# Porridge

Prep

2 mins

Cook Time

5 mins

Serves

1

Cost

Low

Ingredients:

- 40g of porridge oats
- 240ml of semi-skimmed milk/ water
- 1 teaspoon of honey
- 3 strawberries or add a handful of frozen summer berries like raspberries, blackberries
- 1 teaspoon of sunflower seeds

Method:

1. Put the oats, milk/water and honey in a saucepan, (non-stick if you have one) and gradually bring to the boil
2. Once it has come to the boil turn it down and simmer for 5 - 10 minutes depending on how tender you like your oats
3. Don't forget to stir it occasionally
4. If it gets too thick, just add an extra drop of semi-skimmed milk or water
5. Remove from heat and top with strawberries/berries and sunflower seeds
6. If you want to microwave the porridge, just follow the instructions on the pack and add the honey at the end.



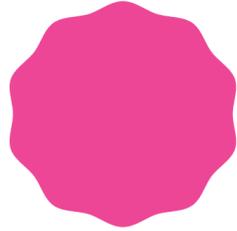
Porridge is a quick and easy breakfast

# Crunchy Yoghurt

Prep

2 mins

Cook Time



Serves

1

Cost

Low

## Ingredients:

- 125g of low-fat natural yoghurt
- 3 tablespoons of fresh blueberries
- 2 tablespoons of muesli

## Method:

1. Place all ingredients into a mixing bowl
2. Gently fold everything together
3. Eat immediately!

Pre-made fruit yoghurts can be expensive and high in added sugar.

Why not make your own fruit yoghurt using natural yoghurt and your favourite fruit?

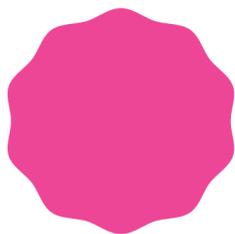


# Strawberry Smoothie

Prep

3 mins

Cook Time



Serves

2

Cost

Low

Ingredients:

- 160g of frozen strawberries
- 62g of low-fat natural yoghurt
- 90ml of semi-skimmed milk
- 4 ice cubes
- 90ml of unsweetened orange juice

Method:

1. Make sure all the ingredients are chilled before use
2. Wash the fruit
3. Blend fruit, yogurt, milk and juice together using a hand held blender or a smoothie maker until creamy
4. Add ice cubes and blend again
5. Pour into two glasses and serve immediately



Smoothies only take a few minutes to make!

# Veggie-topped bagels with poached eggs

Prep

5 mins

Cook Time

5 mins

Serves

2

Cost

Low

## Ingredients:

- 2 bagels (wholegrain if possible)
- 2 tablespoons of basil pesto
- 1 large tomato
- ¼ aubergine
- 2 medium eggs
- salt and pepper to taste

## Method:

1. Slice the tomato and aubergine (1-2 slices of tomato and aubergine per bagel)
2. Put the slices on a baking tray and roast them in the oven at 200°C / 400°F / Gas Mark 6 for 5 minutes, turning once
3. Put the 2 eggs on to poach
4. Pop your bagels in the toaster, remove and spread each with 1 tablespoon of basil pesto
5. Top with slices of aubergine, tomato and sit an egg on top!

There's nothing like the smell of cooked food wafting around the house in the morning.

# Cereal with fruit & nuts

Prep

5 mins

Cook Time

5 mins

Serves

1

Cost

Low

## Ingredients:

- 40g of wholegrain cereal (e.g. Weetabix / All-Bran)
- 200ml of semi-skimmed milk
- 8 strawberries (100g) chopped
- 15 raspberries (60g)
- 1 tablespoon of flaked almonds
- 1 tablespoon of chopped walnuts

## Method:

1. Put your cereal in your bowl / container
2. Add your milk of choice and chopped fruit
3. Top with the flaked almonds and chopped nuts
4. Enjoy on the go!

**TIP**

Mix it up and make it your own by choosing different combinations of fruit.



# Quick Lunches

Lunch hour is the best hour of the day...

# Get out of town Omelette

Prep	Cook Time	Serves	Cost
5 mins	10 mins	1	Low

## Ingredients:

- 3 eggs
- 50g cheddar cheese
- 1 tablespoon olive oil
- 100g vegetables (peppers, mushrooms, peas etc.)
- 30g spinach
- 50g onion
- Pepper

## Method:

1. Heat oil in a large frying pan over a medium heat
2. Cook the vegetables for 2 minutes
3. Beat eggs and add to vegetables in pan
4. Cook for 4 minutes, tilting the pan to ensure it cooks evenly
5. When the omelette begins to firm up but is not fully cooked, sprinkle the cheddar cheese over
6. Place under grill until golden. Serve with salad.

### TIP

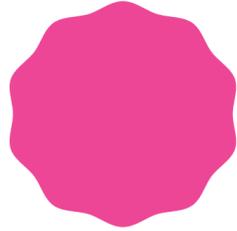
Try some chorizo sausage to add a little spice

# Avocado Salad Sandwich

Prep

5 mins

Cook Time



Serves

1

Cost

Low

## Ingredients:

- 2 slices of wholegrain bread
- 1 teaspoon of wholegrain mustard
- 2 leaves of lettuce
- 4 slices of cucumber
- 2 slices of ripe tomato
- ¼ of a ripe avocado, sliced into strips
- 55g of grated carrot

This fresh sandwich is quick and easy to prepare.

## Method:

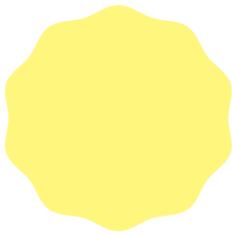
1. Spread the mustard onto each side of the bread
2. Place the lettuce leaves and tomato slices and any other optional ingredients on one side of the bread
3. Top the whole thing with the remaining slice of bread
4. Wrap up in cling film and store in your lunchbox





# Baked potato with beans & cheese

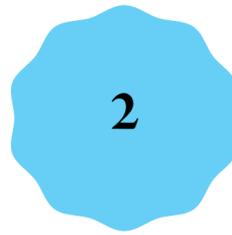
Prep



Cook Time



Serves



Cost



## Ingredients:

- 2 large potatoes, scrubbed but not peeled
- 1 x 225g small can of baked beans
- 55g of low-fat cheddar cheese, grated
- Salt and pepper to taste

## Method:

1. Pre-heat the oven to 220°C / Gas Mark 7
2. Wash the potatoes and then prick them all over with a fork
3. Bake in a pre-heated oven for 1½ hours or until the inside is tender
4. Heat the baked beans in a saucepan on the hob or in the microwave according to instructions on the tin
5. Cut the potato in half and carefully scoop the centre out of the potato
6. Mix this potato with the baked beans and pepper
7. Return the mixture to potato skin and sprinkle with grated cheese
8. Place in a hot oven and bake until warmed through and golden.

These are tasty alternatives to sandwiches for lunch. They are versatile and you can add your own favourite filling.

# Cheese and ham bagel

Prep

2 mins

Cook Time

2 mins

Serves

1

Cost

Low

## Ingredients:

- ½ a wholemeal bagel
- 30g of low-fat cheese, grated
- 1 slice of ham
- 2 slices of tomato
- 4 slices of cucumber
- Handful of lettuce leaves

## Method:

1. Cut and toast the bagel half
2. Top with the ham, cheese and salad vegetables.



# Spiced Chickpea Soup

Prep

**5 mins**

Cook Time

**30 mins**

Serves

**4**

Cost

**Low**

## Ingredients:

- 2 tablespoons of oil
- 1 onion
- 2 celery stalks
- 3 teaspoons ground cumin
- 1 tin chopped tomatoes
- ½ teaspoon sugar
- 1 tin chickpeas, drained & rinsed
- 1 pint veg or chicken stock (1 stock cube dissolved in 1 pint boiling water)
- Juice of ½ lemon
- Small bunch fresh coriander (optional, but delicious)



## Method:

1. Heat the oil in a large saucepan
2. Chop the onion and celery and add to the pot with a little salt and pepper
3. Fry on a medium heat for about 10 mins (keeping the lid on will help prevent it from drying out, but you will also need to stir it)
4. Add the cumin and cook for another minute, stirring all the time
5. Add the tomatoes, the sugar, the chickpeas and the stock
6. Bring to a boil, and then simmer for 5 to 10 mins
7. Add the lemon juice and chopped coriander if using.



# **Dinner in 30**

**Make a delicious home cooked meal with simple ingredients in 30 minutes or less**

# Sweet Potato, Red Lentil and Coconut Curry

Prep

5 mins

Cook Time

30 mins

Serves

4

Cost

Low

## Ingredients:

- 2 tablespoons of oil
- 1 onion
- 5 garlic cloves (crushed)
- 1 tbsp. ginger (grated)
- ½ teaspoon of chilli powder
- 2 teaspoons of ground coriander, ground cumin and ground turmeric
- 2 medium sweet potatoes (peeled & chopped)
- 150g red lentils, rinsed
- 1 tin coconut milk
- 500ml water
- 150 g spinach (optional)
- Juice ½ lemon or whole lime
- 2 cups brown rice
- Natural yogurt to serve (optional)



## Method:

1. Heat the oil in a large pot and fry the onion and garlic for a few minutes
2. Add the ginger and spices and fry for 5 minutes more, taking care they do not stick. Cook rice according to instructions
3. Add sweet potato, lentils, coconut milk and water to a pot- bring to the boil- then reduce heat and let simmer for about 20 mins (stirring often)
4. Add the spinach (if using), lime or lemon juice. Mix through.
5. Top with chopped fresh coriander (if you have it)
6. Season to taste and serve with some brown rice and a spoonful of natural/Greek yogurt.

# Rice & Mackerel with Lemon & Ginger

Prep



Cook Time



Serves



Cost



## Ingredients:

- 1 portion cooked rice
- 1 portion frozen peas
- 1 tin or fresh fillet mackerel (drain tin)
- 1 teaspoon grated ginger & soy sauce
- Juice lemon

## Method:

1. Cook rice according to instructions
2. Put the peas in the microwave and cook for 3 mins
3. Drain the peas and transfer to a bowl with the rice
4. Flake in the mackerel and mix through
5. Add the ginger, lemon juice and soy sauce
6. Taste and add more if you like.

An easy, quick, delicious and healthy  
recipe

# Fish Cakes with spicy sweet potato wedges

Prep

10 mins

Cook Time

15 mins

Serves

1

Cost

Low

## Ingredients:

- 120g salmon fresh or tinned
- ½ potato
- 300g sweet potato
- 1 bunch dill/chives
- 1 egg beaten (half)
- ½ lemon
- 50g salad leaves
- 20g light mayonnaise
- ½ medium tomato
- 5g chilli Puree
- 1 teaspoon salt

Do not over cook the potato or it will be too soggy.

**TIP**

## Method:

1. Chop potato in small chunks (this is quicker), boil and mash.
2. Cut sweet potato into wedges, sprinkle with oil and salt and put in oven- 180 degrees until golden brown
3. At the same time, bake salmon in the oven for 15 mins at 180 degrees
4. When the mashed potato is lukewarm, add chive, lemon zest, egg, salt, pepper and salmon
5. Mould into 2 ball shapes and flatten
6. Fry in pan until golden brown on both sides (this doesn't need much time as the ingredients are cooked already)
7. Mix the mayo with a small teaspoon of chilli puree
8. Make salad mix

# Friday Frittata & Mixed Salad

Prep

10 mins

Cook Time

10 mins

Serves

2

Cost

Low

Ingredients:

- 4 eggs
- ½ onion
- 200g mixed vegetables
- 100ml milk
- ½ lemon
- 50g salad leaves
- ½ medium tomato
- 1 teaspoon salt



Method:

1. Mix egg, milk, salt & pepper in a bowl
2. Fry veg mix for 1 minute
3. Add the egg mixture to the pan
4. Bake in the oven for 20 minutes at 170 degrees
5. Serve with salad leaves, tomato & lemon juice

**TIP**

Strain away any excess water from the vegetables before you add the eggs to the pan



# Oriental Veg Stir-fry with Noodles

Prep

10 mins

Cook Time

10 mins

Serves

2

Cost

Low

Ingredients:

- 125g noodles
- ½ pepper
- 1 onion
- 100g mushrooms
- 2 carrots
- 80g broccoli
- 60g mangetout
- 2 teaspoon teriyaki sauce
- 1 tablespoon soy sauce & sweet chilli
- 1 clove garlic, 1 chilli
- 20g ginger

**TIP**

Add chicken breast/tofu/beef or prawns for another dish the next day.

Method:

1. Slice the mushrooms and pepper
2. Chop onion, garlic, chillies, ginger, and julienne carrot
3. Blanch broccoli in boiling salted water for 2 minutes
4. Place noodles in a pot of boiling water with a pinch of salt
5. Leave covered for 7/8 minutes in wok/frying pan.
6. Sautee on a high heat
7. Add the onion, garlic, ginger, chillies, carrot, mushrooms, peppers, broccoli and mangetout.
8. Finish with 2 teaspoons of teriyaki and 2 tablespoons of soy and chilli sauce.



# **Sweet Treats**

**Help yourself to something sweet**

# Peanut Butter Flapjacks

Prep

5 mins

Cook Time

30 mins

Serves

2

Cost

Low

Ingredients:

- 3 ripe bananas
- 200g oats
- 50g raisins/dried fruit
- 80g mixed seeds
- 3 tablespoons peanut butter (or almond butter/ tahini)
- 1 tablespoon melted butter or coconut oil
- 2 tablespoons honey or maple syrup
- 2 teaspoon teriyaki sauce
- 1 teaspoon cinnamon



A healthy snack alternative without using any refined sugars while also using up your blackened bananas.

Method:

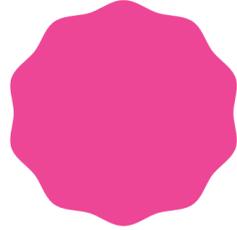
1. Preheat the oven to 180°C. Grease and line a baking tray
2. In a mixing bowl mash the bananas with a fork, add the oats, dried fruit and seeds. Stir well
3. In a small pot melt the coconut oil or butter, add the peanut butter, maple syrup & cinnamon
4. Pour the oil mixture over the bananas and oats, stir to combine
5. Transfer the mixture to your lined baking tray and spread to an even thickness
6. Bake in the oven for 30 to 35 mins until golden brown (DON'T over bake as the oats will turn bitter, you have been warned!) Place a sheet of tin foil loosely over the top of the tray about half way through baking
7. When your flapjacks are a light golden, remove from the oven and let sit in the tray for a few mins before lifting out
8. Slide off the paper and leave to cool completely on a rack before slicing.

# Healthy Chocolate Pecan Truffles (makes 30 small)

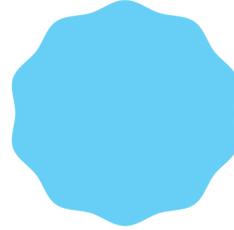
Prep

**10 mins**

Cook Time



Serves



Cost

**Low**

## Ingredients:

- 2 cups cacao powder
- 1 teaspoon vanilla extract
- 1 cup coconut oil
- 1 teaspoon cinnamon
- 1 cup agave nectar or honey
- 1 teaspoon sea salt
- 2.5 cups coarsely ground pecan pieces
- 1 teaspoon Himalayan salt



## Method:

1. Blend the cacao powder, vanilla extract, coconut oil, cinnamon, agave nectar and sea salt in a blender using until the mixture is well combined
2. Refrigerate for up to 2 hours to set
3. In the meantime combine pecans, cinnamon, and salt in a food processor and pulse into a fine crumb
4. Scoop out approximately 1 tablespoon of the set chocolate mixture and form into 2" balls with your hands by rolling in a circular pattern, and then drop into and roll in the pecan mixture
5. Store for one hour in refrigerator to set. Enjoy!

# Coconut Curry Nuts

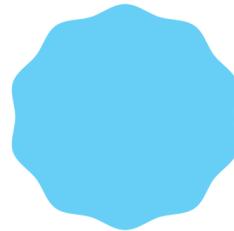
Prep



Cook Time



Serves



Cost



## Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 tablespoon maple syrup
- 2 teaspoons ground ginger
- 2 teaspoons curry powder
- 1 teaspoon salt
- 4 cups nuts (cashew, almonds, walnuts, pecans etc.)
- 2 tablespoons shredded and unsweetened coconut (optional)

## Method:

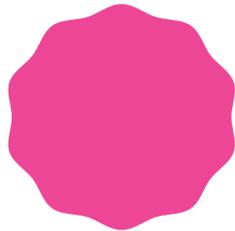
1. In a bowl mix the olive oil, syrup, ginger and curry powder
2. Add the nuts and shredded coconut.
3. Stir to combine thoroughly
4. Cover a large baking sheet with parchment paper and spread the mixture out evenly on the baking sheet
5. Bake at 350 °F/ 180 °C/ Gas mark 4 for 10 minutes, or just until beginning to toast. Do not overcook—they will continue to cook after removing from the oven
6. Cool the mixture and then store in a jar or plastic container for up to several weeks.

# Energy Bites

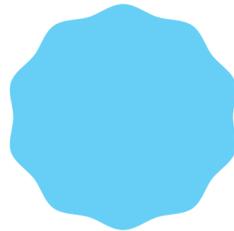
Prep

**10 mins**

Cook Time



Serves



Cost

**Low**

## Ingredients:

- 1 cup rolled oats
- 1/3 cup chocolate chips
- 1/2 cup ground flax seeds
- 1 tablespoon chia seeds
- 1/2 cup crunchy or smooth peanut butter
- 1/3 cup honey
- 1 teaspoon vanilla extract

Optional add-ins: Dried fruits, chopped nuts, dark chocolate chips or coconut flakes

## Method:

1. Combine oats, chocolate chips, flax seeds, nut butter, honey, and vanilla extract together in a bowl
2. Once everything is combined, form the mix into small balls, about 1", using your hands.
3. Arrange the energy bites on a baking sheet or in a Tupperware and freeze until set (about 1 hour).

This recipe can be easily doubled according to how many energy bites you want to make at one time.



# Healthy Rice Pudding

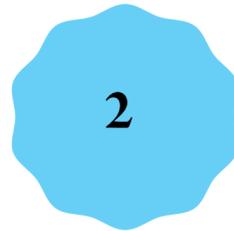
Prep



Cook Time



Serves



Cost



## Ingredients:

- 1/3 cup sugar
- 2 tablespoons corn starch
- 2 eggs
- 2 cups milk (skim, soy, full or nut milk)
- 2 cups cooked rice
- 1/4 cup raisins or other dried fruit (optional)
- 1 teaspoon vanilla

Optional add-ins: Dried fruits, chopped nuts , dark chocolate chips or fresh fruit

## Method:

1. Whisk sugar, cornstarch, and eggs together in a medium-sized, heavy-bottomed saucepan
2. Add milk, rice, and raisins (if desired) and heat over medium heat until thickened, stirring often
3. Remove from the heat and stir in vanilla
4. Serve warm or cold, according to your preference

Using brown rice will add extra flavor and fiber

**TIP**

# Baked Apples

Prep

10 mins

Cook Time

30 mins

Serves

6

Cost

Low

Ingredients:

- 3 eating apples
- 50 ml water
- 3 tablespoons brown sugar
- 3 teaspoon butter
- Low fat natural yoghurt

It's more economical to have an oven cooked dessert if you already have the oven on to cook dinner

**TIP**

Method:

1. Pre-heat the oven to 350 °F/ 180 °C/ Gas mark 4
2. Wash apples and remove the core
3. Place in a baking dish
4. Pour the water around the apples
5. Fill each apple with sugar and top with 1 teaspoon of butter
6. Bake in the oven until the apples are soft- this takes about 20 minutes
7. Remove from the baking dish and drizzle with low fat natural yoghurt



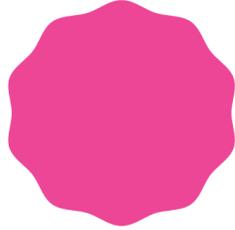


# Chocolate, Peanut Butter, and Banana Smoothie

Prep

5 mins

Cook Time



Serves

2

Cost

Low

## Ingredients:

- 2 large bananas
- 1 cup almond milk
- 3/4 cup ice
- 1/4 cup peanut butter
- 2 tablespoons cocoa powder
- 1/2 teaspoon vanilla extract

This smoothie aids in digestion, is full of antioxidants and boosts brain power.

## Method:

1. Add all ingredients to a blender and mix until well pureed. If you don't have a blender use a hand blender instead to make your smoothies.



# Crunchy Roasted Chickpeas

Prep

5 mins

Cook Time

40 mins

Serves

4

Cost

Low

## Ingredients:

- 1 400g tin chickpeas (drained)
- 2 tablespoons oil
- Paprika (optional)
- Curry powder (optional)
- Garlic powder (optional)
- Cayenne Pepper (optional)

This snack contains protein and fiber,  
which keeps you focused and full for  
longer

## Method:

1. Pre-heat the oven to 450 °F/ 230 °C/ Gas mark 6
2. Blot chickpeas with a paper towel to dry them
3. In a bowl, toss chickpeas with olive oil and season them to your taste with spices
4. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Pay attention in the last few minutes to make sure they don't burn.



# Meal Prepping Ideas



# Meal Prep...

Meal prepping is a great way to prepare your lunches (or dinners) for the whole week on just one day. You can make lunch for everyday of the week or only for those days when you're running all over campus from class to class and know you won't make it home to cook. Here are a few ideas to get you started with meal prepping:

- Pick one day a week to do your meal prep. This includes shopping, cooking, and storing your meals. Depending on your schedule, you might shop one day and then cook the next day. Find what works for you!
- Make sure you have the storage containers you will need. There are plenty of fancy containers available, but inexpensive glass containers work the same
- Before you shop, make a plan for what you're going to be making for your meals.

Ideas:

1. Pick a protein:

- a. Chicken/ Turkey/ Steak
- b. Egg
- c. Tofu
- d. Beans/Lentils

2. Pick a vegetable or two:

- a. Carrots/sweet potato
- b. Broccoli/ peas
- c. Courgette/ Cauliflower
- d. Leafy greens

3. Pick a carbohydrate:

- a. Brown Rice
- b. Quinoa/ Cous Cous/ Bulgurwheat
- c. Lentils
- d. Pasta/ Bread

Come up with any combination that you like and cook up your meals adding your favourite spices & herbs!



**TIP**

# Additional Resources

This student cookbook is a very basic start to giving you some resources to help you feel confident in preparing healthy, homemade meals from your apartment or student house.

Of course, this does not even begin to scratch the surface of all the healthy recipes that are available. So where can you go for more ideas if you can't find something you're looking for here? Try some of the following resources:

[BBC FOOD](#): Discover recipes on BBC Food, find recipes from your favourite programme or browse by ingredient or dish.

[Beyond Baked Beans](#): Cheap and healthy food for students on a budget.

[Irish Nutrition & Dietetic Institute \(INDI\)](#): INDI promotes the life - enhancing benefits of good nutrition.

[SafeFood](#): An all- island body set up to promote awareness and knowledge of food safety and nutrition.

[101 Square Meals](#): This cookery book was designed to provide easy-to-prepare, low-budget, tasty, yet highly nutritious meals.



OÉ Gaillimh  
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