

MUSE COOKS

OUR TEAM BREAKS DOWN
SOME OF THEIR FAVOURITE
STUDENT STAPLES



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Welcome to the 2020 Nouse/Muse student cookbook. Here we have some fantastic, super easy, student-approved recipes straight from our team to you. We know that finding your feet with cooking for yourself at university is fairly high on your list of 99 problems, throw in a dose of coping with COVID, and dealing with Circuit laundry - it's a lot. We've compiled a range of recipes for a variety of diets, including veggie but all of these recipes are incredibly adaptable, making it super easy to make using whatever you have left in the fridge. Make it your own and feel free to tag us if you happen to take any pics and check out the song recommendations for instant vibes. Share with your bubble or meal prep Joe Wicks out of business, this resource will provide you with all you need for stress-free student cooking.

We're hoping that this will make your life a little bit easier as well as giving you a chance to get to know us better and find out ways of getting involved. As ever we would love to have you join us so look at the join pages on our website and follow us on social media to find out when you can meet with us (sadly on zoom for now).

Happy cooking,

Charlotte Lear, Food & Drink Editor

This collection of recipes was organised and edited together by Charlotte Lear. Designed by Jonathan Wellington, Alex Thompson, Matthew King, and Charlotte Lear. Sub-edited by Alex Thompson and Matthew King.



SWEET POTATO, CHICKPEA & KALE CURRY

CHARLOTTE LEAR - FOOD & DRINK EDITOR

(SHE/HER) | ♡ | SONG: DON'T WASTE MY TIME - ZILO

This is such a nostalgic dish for me. Picture me and my flatmate in the first week of first year, no clue how to hack a fully cooked hot meal from scratch. We chucked everything in a pan and hoped for the best but I've made it copious times over the last three years that I finally feel like it's been perfected. This is proper comfort food and super good for you: chickpeas are so high in protein if you're on a veggie diet, kale is a superfood (particularly Vitamin C and iron) and sweet potato bumps those all-important carbs up. Serve with rice, naan bread, or just pure good vibes.

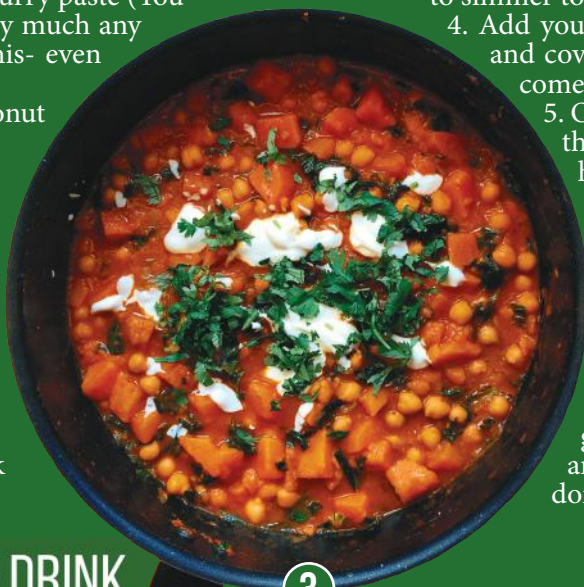
INGREDIENTS

Serves four:

- 1 Large red onion, diced
- 400-500g Sweet potato in 2cm cubes
- 3 Cloves of garlic (minimum, I'm a 4 kind of girl myself)
- About a thumbs worth of freshly grated ginger, I use easy ginger because it keeps longer (about 1tsp)
- 1tsp turmeric
- 1/2tsp garam masala (optional, I just have a habit of lobbing anything and everything in)
- 3tbsp Red thai curry paste (You can also use pretty much any curry paste for this- even korma)
- 400ml tin coconut milk
- 400g tin of cooked chickpeas, drained
- Few handfuls of kale or spinach, de-stemmed
- Juice of a lemon or a lime
- Chopped coriander & greek yoghurt

METHOD

1. Sweat your onions until they are soft and translucent (we don't want crunchy onions). A large saucepan with a lid will do - bigger the better really as it will cook quicker.
2. Add in your garlic and ginger. After about two minutes add in all of your dry spices, combine for a minute or so and then add in your curry paste. Leave to combine for two minutes.
3. Stir in your cubes of sweet potato and leave with the lid on for about five minutes to simmer to absorb the flavour.
4. Add your coconut milk. Stir and cover with a lid until it comes to a boil.
5. Once boiling, remove the lid, turn down the heat very slightly and leave to reduce, stirring occasionally. Once it's looking thicker you can add in your chickpeas and chopped up leaves of choice.
6. Serve with yoghurt, coriander and rice and the job's done.





10 MINUTE FRESH CHERRY TOMATO PASTA

LIZZIE MARTIN - FOOD & DRINK EDITOR

(SHE/HER) | ♡ | I'M GONNA MAKE YOU LOVE ME

Tomato pasta might not sound like a game-changing recipe, but this recipe really is something special. As its sauce uses so few ingredients, it's important for the taste that these are fresh wherever possible. Cherry tomatoes are worth it not only for the sharp-sweetness of flavour, but also because you don't have to remove the seeds or skin. In terms of the basil, it is really important to use fresh rather than dried here, but you don't have to break the bank doing it. Instead of buying a bag of fresh herbs every time you need them, buy yourself a basil plant and keep it on a windowsill – ours cost 60p from Lidl and is still thriving two months later.

This recipe serves one, and is perfect for when you're short on time but fancy something much fresher than instant noodles or a microwave lasagne.

INGREDIENTS

Serves one:

- 1 tbsp olive oil
- 2 cloves of garlic
- A large handful of cherry tomatoes
- 4 large basil leaves
- A squeeze of lemon juice
- A pinch of sugar
- 1 tbsp tomato puree
- 75g dried pasta
- Salt and pepper to taste

METHOD

1. Cook your pasta according to the packet instructions. The sauce itself only takes less than 10 minutes to come together, so if you time it right your pasta and sauce can finish simultaneously.
2. Mince your garlic finely, halve your tomatoes, and tear your basil leaves into small pieces.
3. Heat olive oil over a medium heat, add the garlic and fry for a minute, then add your tomatoes and half of the torn basil. Cook for 3-5 minutes, stirring constantly and adding a splash of water every now and then if the texture is looking too thick.
4. When the tomatoes seem to have cooked down, add a tablespoon of tomato puree, a small squeeze of lemon juice and a pinch of sugar. Cook for another minute or two, stirring regularly until a saucy consistency is achieved.
5. Taste the sauce, season to your liking with salt and pepper, and adding more sugar or lemon juice until the balance of sweetness and acidity is just right. Sprinkle in the rest of the basil, and stir to combine.
6. Serve over your pasta shape of choice – I prefer this sauce tangled up in a nest of spaghetti. You can eat it as is or add any toppings you desire, although personally this is one of a rare few pasta sauces that I don't absolutely smother in cheddar because I don't feel like it needs it. Add some cheese if you want though. I won't be offended.





CAJUN CAULIFLOWER STEAKS AND VEG

JONATHAN WELLINGTON - NOUSE EDITOR

(HE/HIM) | V | SUNFLOWER - REX ORANGE COUNTY

I think one of the issues I've historically had with vegan food is that few substitutes actually live up to the original. Facon was probably one of the first things I tried and that shit will put you off vegan food for life. Aside from the name, this dish doesn't try to be anything it isn't - it's not a meat substitute, it's just not meat and I think that's what I love so much about it. Some tasty roasted veg and some spices: It's relatively simple, it's vegan, and it's tasty as fuck. As you can tell by the very long title to this dish I've been adding stuff every time I make it so feel free to add things or take things away. Enjoy.

INGREDIENTS

Serves three:

- One cauliflower
- 5 potatoes
- 3 carrots
- One jar of pre-chopped chilli
- One jar of pre-chopped garlic
- (I can't recommend these lazy little pots highly enough)
- Couscous
- Red onion
- Courgette
- Kale
- Lots of oil
- Rosemary
- Cajun spice
- Breadcrumbs

Add tzatziki if you're feeling it to serve (you can make this yourself with vegan yoghurt and finely cut cucumber, a dash of lemon and mint)

METHOD

1. Preheat the oven to around 200 degrees.
2. Peel and chop the potatoes (2cm cubes) and the carrots (10cm-ish batons) then put onto a tray, season with s&p, rosemary, 1tsp of garlic and cook for 40 minutes.
3. De-leaf the cauliflower and aim to chop into steaks around an inch thick (it doesn't matter if it starts to fall apart it will still taste great).
3. Put cauliflower onto a baking tray drizzle with oil on both sides and then spread a paste of 1tbsp of chilli, garlic, cajun spice and small amount of oil over the top. Sprinkle with more Cajun and then breadcrumbs.
4. Cook for 30 minutes, baste the cauliflower with the oil every 10 minutes.
5. Wash and boil some red lentils. Once cooked drain and empty back into the pan.
8. Wash and dice a courgette roughly. Fry in a hot pan with chilli and garlic.
9. Combine courgette and lentils in a bowl and add half a red onion (diced). Cook couscous following packet instructions and once cooked combine with courgette, lentils, onion and mix (leave this until served).

10. Cook kale on tray with oil for 8(ish) minutes.

When the breadcrumbs on the cauliflower and potatoes are brown, they are ready to go. Remove from the oven, plate up with couscous.



5

HANGOVER PEANUT BUTTER NOODLES

ALEX THOMPSON - MUSE EDITOR

(HE/HIM) | ✓ | MY HIGH - DISCLOSURE FT. SLOWTHAI



This is something I improvised with what I had in the cupboard one lunchtime when I was hungry, then fine tuned until I got the recipe I have today. It sounds weird but trust me, it's banging - like the bastard child of noodle salad and peanut satay. This is a really easy recipe to play around with and add any of your favourite veg, and make it your own. These quantities also make a fair few portions, so feel free to batch cook and eat it throughout the week. This is vibe cooking - play with it and make it your own.

INGREDIENTS

For The Dressing:

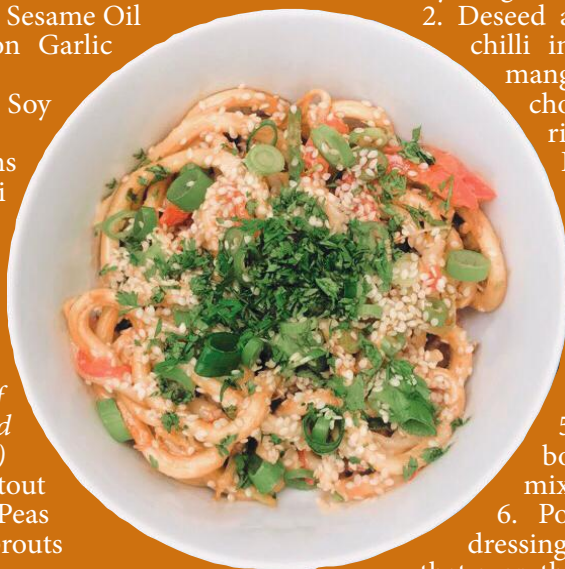
- 100g Smooth Peanut Butter
- 1 Tablespoon Sesame Oil
- 1 Tablespoon Garlic Oil
- 1 Tablespoon Soy Sauce
- 2 Tablespoons Sweet Chilli Sauce
- Juice Of 1 Lime

For The Main Bit:

- (use any of your preferred veg but I use...)*
- 150g Mangetout or Sugar Snap Peas
 - 150g Bean Sprouts
 - 1 Red Pepper
 - 2 Spring Onions
 - 1 Red Chilli
 - 2x275g Packets Of Ready To Cook Noodles
 - Sesame Seeds and Coriander (Optional)

METHOD

1. Mix together all the dressing ingredients in a jug until everything is incorporated.
2. Deseed and chop the pepper & chilli into fine slices. Cut the mangetout into strips. Finely chop your spring onions & rinse your bean sprouts. If you have other vegetables, prepare them as usual.
3. Combine the veg in a bowl and give it a good old shake.
4. Stir fry the noodles for 2 mins with some vegetable oil.
5. Add noodles to the veg bowl and give it a good mix.
6. Pour over that bad boy dressing and mix well to ensure that everything is thoroughly coated. Taste, and add more seasoning and spices if required.
7. I like to top mine with additional soy sauce and sweet chilli, as well as coriander and some toasted sesame seeds but I know some people aren't about that life.
8. Refridgerate and use later for a quick drunk snack. Bish bash bosh.





SUPER EASY VEGETARIAN CHILLI

JENNA LUXON - DEPUTY MUSE EDITOR

(SHE/HER) | ✓ | CAN'T STOP - RED HOT CHILLI PEPPERS

This recipe usually makes around six portions for me but it depends how big your portions are. This sort of thing is always super easy to make a lot of and then freeze later which is great for meal prepping. It works well served with rice and extra veg like peas and broccoli or with little roast potatoes if you're feeling fancy.

INGREDIENTS

Serves six:

- 1 onion, finely diced
- 2 carrots, chopped into small pieces
- 2 peppers, chopped into small pieces
- 1 large tin of chopped tomatoes
- 1 tin of lentils, rinsed and drained
- 1 tin of chickpeas, rinsed and drained
- 1 tin of kidney beans, rinsed and drained
- 3 tsp chilli powder

METHOD

1. Put a little oil in a large saucepan and add the onions.
2. Move the onions around with a wooden spoon to stop them sticking and once they have softened add the carrots and peppers.
3. Cook the vegetables for around 5-10 minutes, then add the chopped tomatoes.
4. Fill the empty tomato tin half full with water and add that too.
5. Then add the lentils, chickpeas and kidney beans.
6. Mix this all well and add spice to taste. I usually judge it by eye shaking a little mild chilli powder and some chilli flakes in and tasting as I go to see how hot it is. You can buy packets of chilli con carne spice mix which work well too.
7. Continue to stir the chilli occasionally and keep on a low heat to cook off the liquid.
6. This usually takes around 20 minutes but stop cooking when it begins to look the right thickness.





BBQ HALLOUMI BURGERS AND WEDGES

ANNABEL MULLINER - FEATURES EDITOR

(SHE/HER) | ♪ | SONG: SAY SO - DOJA CAT

What I love about this recipe is how easily it mystifies my friends when I make it for them - the umming and ahing, and inquiries as to how I made the halloumi taste so good. But the truth of the recipe is embarrassingly basic & easy. It follows my great mantra for cooking in general - season the shit out of it. I list here various seasonings to add to the burgers, but it can be a bit daunting to go and buy all these at once. I'd recommend buying a pre-mix of spices for ease, and Lidl have plenty of these. The sweet potato wedges are also a great money-saver, making your own is so much cheaper than buying chips. Plus, they're one of your five-a-day. So, zero guilt, right?

INGREDIENTS

Serves one:

- One medium sweet potato
- One block of halloumi
- BBQ Sauce
- Salt and pepper
- 1 or 2 brioche buns
- Rocket and vine tomato (optional)

Either Lidl Peri-Peri spice mix, or:

- Paprika
- Garlic Powder
- Onion Powder
- Chili flakes

METHOD

1. Preheat the oven to 200 degrees. Take your sweet potato, wash it, and cut it in half. Now slice each half into wedge shapes.
2. Pop your wedges on a baking tray, before drizzling with oil and seasoning. I go for salt, pepper, and paprika, but feel free to experiment. Distribute the seasoning and oil throughout the wedges by mixing them up with your hands.
3. Get those bad boys in the oven, and set a timer for 20 minutes. Prepare some thin slices of tomato for topping, if desired.
4. Now it's halloumi time. I tend to use between $\frac{1}{2}$ or $\frac{1}{3}$ of a block of halloumi per burger, so slice according to how many burgers you're having, and your preference on thickness.
6. Get some oil going in a frying pan on a medium/low heat. Pop your halloumi in the pan. Squirt about 1tsp of BBQ sauce on the top of your slices. Use the back of a teaspoon to spread evenly.
7. Over the BBQ sauce, shake your seasonings. I'm not one for precision; simply shake until it feels right in your heart.
8. Now flip your halloumi, and do the same on the other side. Continue to cook your halloumi until it is soft and not squeaky, adding additional spices or sauce if desired.
9. Lightly toast your brioche buns (beware, they burn very quickly so keep an eye on them)
10. Serve your halloumi burgers with tomato and rocket.

CANNELONI AND SPINACH PASTA BAKE

ALICE MANNING - DEPUTY FEATURES ED.

(SHE/HER) | ♡ | SONG: GIRLS DON'T ALWAYS SING ABOUT BOYS - EGO ELLA MAY

This super-easy-cheesy dish is both great comfort food for the cold months ahead and the perfect vegetarian alternative to lasagne. The basics are: stuff with cheese, cheat your way to pasta-bake-perfection using a shop-bought sauce, and garnish with even more cheese. If you want to you can also mix it up by adding more veg – sliced mushroom and chopped red pepper go particularly well in the filling. Then you simply shove everything in the oven while you get back to what really matters: catching up on your online lecture from three weeks ago...

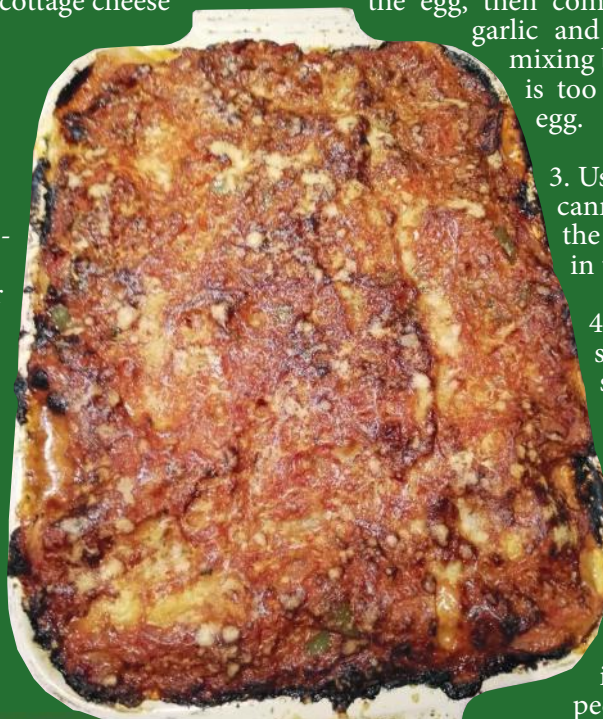
INGREDIENTS

Serves four:

- 16 cannelloni pasta tubes
- 250g spinach
- 600g ricotta or cottage cheese
- 1 garlic clove
- 2 eggs
- Your favourite jar of tomato sauce (or make your own!)
- 3 balls of mozzarella
- roughly 400g
- Salt and pepper

METHOD

1. Preheat the oven to 220C (Gas 7).
2. Briefly wash the spinach, then finely chop. Mash or finely chop the garlic. Beat the egg, then combine with spinach, garlic and ricotta in a large mixing bowl. If the mixture is too solid, add another egg.
3. Using a fork, stuff the cannelloni tubes with the filling and lay them in the casserole dish.
4. Spread the jar of sauce over the pasta so all the tubes are covered. Grate the mozzarella, and sprinkle it over the top.
5. Bake in the oven for 30 minutes, season, and serve with a salad if you're feeling especially fancy.





EASY SAUSAGE AND BACON TOMATO PASTA

ELIZABETH WALSH - ARTS EDITOR

(SHE/HER) | SONG: DON'T START NOW - DUA LIPA

Whenever I'm looking to make a quick and easy meal, pasta is without a doubt my go to. One of my favourite tea-time recipes has to be sausage and bacon tomato pasta, hearty and filling yet easy to make at the same time. I am certainly not a culinary genius and so simple recipes such as this one are always a winner. As it only takes twenty-five minutes including prep and cooking time. This is a great recipe that is especially useful for those nights when you're in a bit of a rush. Also, as it's so simple you can put your own spin on it - I love to add bacon if I have any!

INGREDIENTS

Serves one:

- 1 tbsp olive oil
- 4 pork sausages
- 1 jar of tomato and basil pasta sauce
- 2 large handfuls of penne pasta
- A handful of spinach leaves
- Dash of paprika
- A pinch of mixed herbs
- 2 rashers of bacon

To serve:

- Parmesan cheese
- Garlic bread

METHOD

1. Heat the olive oil in a pan and fry the sausages for around 8 minutes until golden brown.

2. While the sausages are cooking, boil the pasta for around 12 minutes until soft.

3. Next, stir in the tomato and basil sauce. Add Bacon and paprika or anything else you would like to season.

4. Simmer for 15 minutes until the sauce is thick.

5. While the sauce is simmering cook the garlic bread for around

6. 10 minutes (see packet if using shop bought like I do).

7. Make sure the pasta is piping hot all the way through, serve in a bowl and add the parmesan to finish.





MACARONI CHEESE (MAIN) | FLAPJACKS

CARA LEE - DEPUTY ARTS EDITOR

(SHE/HER) | ✓ | MAMMA MIA - FILM SOUNDTRACK

MACARONI CHEESE

This recipe is so simple, but so versatile too. Try adding spinach, ham, tuna, or sweet-corn to jazz it up if you want. If you have the time and patience to wait to eat, put the macaroni into a heatproof bowl, grate more cheese on top and grill it for a few minutes, to get a crunchy cheesy topping.

INGREDIENTS

Serves two:

- 100g cheese
- 25g butter
- 25g plain flour
- 250ml milk
- Pasta (2 Servings)
- Herbs, salt, pepper etc

METHOD

1. Put water in a pan to boil, and cook your pasta.
2. Whilst the pasta is cooking, prepare the other ingredients. Grating the cheese will help to avoid a lumpy sauce.
3. To save washing up, once the pasta is cooked, move it to a bowl or plate. There's no need to cover it to trap the heat - the sauce only takes 2 minutes or so. Add the butter, flour and milk into the pan, and slowly stir it on a low heat.
4. As soon as you see the butter melting, slowly add the cheese. Don't add it all at once or the sauce becomes too thick.
6. Stir in your favourite herbs if you haven't already
7. Add the pasta back to the pan, mix it into the sauce - voila.

FLAPJACKS

Flapjacks are such a cult-classic and you can jazz them up any way you like. Make a ton to share with your bubble and the best part is that they keep for a while too! Perfect for a snack and saves on the money buying them from the shops.

INGREDIENTS

Makes 10(ish):

- 300g porridge oats
- 100g caster sugar
- 140g margarine
- 3tbsp golden syrup

METHOD

1. Pour the margarine and caster sugar into a saucepan and heat until melted.
2. Put the oats into a bowl, and stir in the margarine and caster sugar mixture.
3. Pour the golden syrup in and mix.
4. Put the mixture into a tin and bake for 15-20 minutes, at 180° or gas mark 4.



VEGGIE MOROCCAN CHICKPEA STEW

BLYTH MCPHERSON - DEPUTY SPORTS ED.

(SHE/HER) | ♡ | SONG: BELTER - GERRY CINNAMON

Once again this is such a versatile dish, chuck all your veggies left in the fridge and get those nutrients up. This is a proper winter warmer, pair with couscous (even a cheeky garlic bread if you have it) to heat you up through the upcoming Yorkshire winters.

INGREDIENTS

Serves four:

- 1 can of chickpeas
- 1 can of chopped tomatoes
- 2 tbsp harissa paste
- 2 garlic cloves, crushed
- 2 tbsp tomato puree
- 1 tbsp ground coriander
- 1 or 2 thinly sliced onions
- 350ml vegetable stock (1 stock cube)
- Salt and Pepper to season

A selection of chopped vegetables.

Options:

- Courgettes
- Cauliflower
- Pepper
- Sweet Potato
- Anything you have in your fridge and want to chuck in to be honest.

METHOD

1. Heat oil in a large saucepan or non-stick pan. Add the onions over a medium heat, with the other vegetables you have chosen, and fry until softened - stirring occasionally.
2. Stir in the ground coriander and garlic. Tip the tomatoes and chickpeas into the pan and stir in the tomato puree, salt and pepper, and stock.
3. Bring everything to the boil and then reduce the heat, so the sauce is simmering and gently cook for around 20mins - stirring regularly until the sauce is thick.
4. If the sauce is too thick add a little water, when all the vegetables are cooked take it off the heat and voila, you are done.



SPICY CHICKPEA AND COUSCOUS SALAD

KRISTINA WEMYSS - DEPUTY MUSIC EDITOR

(SHE/HER) | ♡ | SONG: SEXOTEQUE - LA ROUX



This is the perfect easy and nutritious lunch. It provides plenty of protein and helps you get closer to meeting your 5-a-day target, but more importantly it's also delicious! The couscous packs a punch but you can decide how hot you want it depending on your own spice tolerance. Also, this recipe can help minimise your food waste as any spare veg that is in your fridge can be chopped up and put it in the salad. Furthermore, you can make it, eat half and then leave the other half in the fridge for the next day.

INGREDIENTS

Serves two:

- 120g of couscous
- 100ml boiling water
- 1/3 of a vegetable stock cube
- 1/2 can of chickpeas
- Cooking oil
- 1 small onion, sliced
- 1 chopped tomato
- 1 clove of garlic, finely chopped
- A generous pinch of salt
- 1/4 teaspoon of chilli powder
- 1 teaspoon of curry powder
- 1 teaspoon of ground cumin
- 1 heaped teaspoon of hummus
- 2 teaspoons of lemon juice
- Fresh chopped veg - whatever you need to use up in your fridge. Spring onions, carrots, cucumber, olives, peppers etc, anything works well!
- Small handful of coriander
- 1 carrot grated
- Hot sauce of your choice, e.g. sriracha

METHOD

1. Prep your veg by washing and chopping all of it up. Boil 100ml of water.
2. Measure out your couscous and place it into a bowl. Mix about 1/3 of a veg stock cube with the boiling water and pour this over your couscous and cover it. Leave this to one side to steam.
3. Pour your drained chickpeas into a frying pan with some oil and fry them over a medium heat for about 4 minutes. While these are cooking, separate the couscous with a fork and put it in the fridge to cool.
4. Turn the heat down low and pour in your sliced onion and fry until it starts to soften.
5. Add the garlic and tomato and continue to fry for a few minutes until the tomato has also softened.
6. Put all of the spices and salt in and give the mixture a good stir to ensure that everything is evenly coated. For an extra kick, add a generous squirt of hot sauce.
7. Take the chickpea mixture off of the heat and leave to one side. Then prepare the dressing; stir the hummus in a glass with a few drops of lemon juice, then add a splash of cold water (and a little more hot sauce if you like your food hot!) Chop up a small handful of coriander if you enjoy the flavour.
8. Mix the couscous with the chickpea mixture and any fresh chopped veg. Add grated carrot & sprinkle the coriander on.
9. If you are eating all of the couscous now then drizzle the dressing over the top. Make a new dressing every time as hummmus goes bad quickly.
10. Mix everything well and Refrigerate the leftovers in a covered container and use up within 2 days.

SATAY CHICKEN WITH RICE AND VEG

AMY COPE - SHOOT EDITOR

(SHE/HER) | SONG: PEANUT BUTTER - EASY LIFE



Our shoot editor shows us the easiest satay chicken using just peanut butter and soy sauce. Peanut butter is a fantastic source of protein as well as the inclusion of whatever vegetables you can get your hands on.

INGREDIENTS

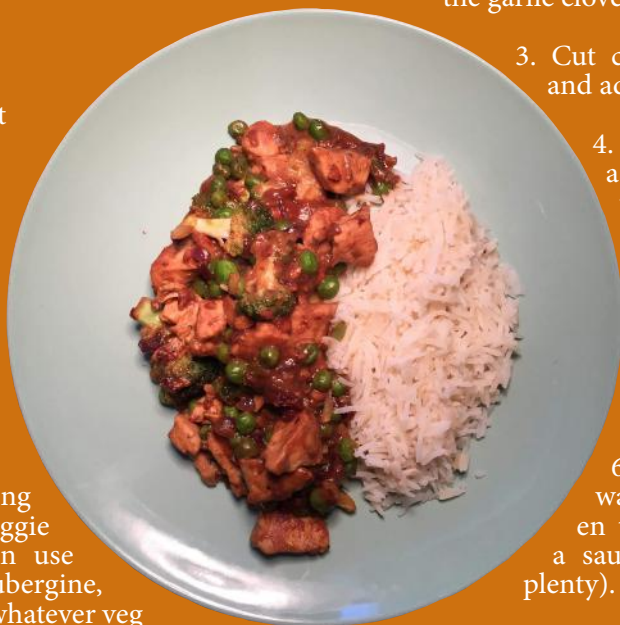
Serves one:

- 1 chicken breast
- 1 onion
- 2 garlic cloves
- 2 tbsp peanut butter
- 1 tbsp soy sauce
- Salt and pepper to taste
- Your choice of chopped vegetables:

If you're looking to make this veggie you could even use courgette, aubergine, cauliflower or whatever veg takes a lot of flavour. Otherwise your favourite chicken substitute will do.

METHOD

1. Heat oil in a saucepan on a medium heat.
2. Chop and fry onions in a pan and add the garlic cloves crushed/minced.
3. Cut chicken into pieces and add to the onions.
4. Fry the chicken for a couple of minutes, then add in the vegetables.
5. Add the peanut butter, soy sauce and season then mix everything together.
6. Add splashes of water to help loosen the mix and create a sauce (100ml will be plenty).
7. Keep the pan simmering for a further 5 minutes (until the chicken and vegetables are cooked), then serve with rice.
8. Garnish however you please.



SPICY FAJITA PASTA (TRUST ME)

LYDIA PARTRIDGE - MUSE CONTRIBUTOR

(SHE/HER) | ✓ | IBIZA, ACOUSTIC - THE MANOR



This is a quick spicy pasta dish that satiates carb cravings while packing in some of your five-a-day. It's also easy to switch up - this recipe serves one, but can easily be increased if you want to cook for the whole flat, or swap out for whatever veggies you love. You could even add chicken to this recipe, just chop up one chicken breast and add it in step 2.

INGREDIENTS

Serves one:

- 100g dried pasta, any shape
- 1 bell pepper, any colour
- 1 carrot
- ½ of an onion
- 2 tbsp tomato puree
- 1 tsp hot chilli powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp cayenne pepper
- 1 tbsp of oil
- 1 tbsp creme fraiche, optional
- 40g cheddar cheese, optional
- Salt and pepper, to taste

METHOD

1. Prep your veg. Chop them up however you fancy, as long as all they're all the same size.
2. Heat the oil in a large saucepan on a medium-high temp. Once the oil is 'shimmering', throw in the onion, and stir until they start to go translucent. Add the carrot and pepper.
3. Boil water in another saucepan. Make sure you salt the water well, maybe double what you think is normal, trust me. Then add your pasta.
4. After the veg should have softened nicely, add the tomato puree, and your spices.
5. Stir until all of the vegetables are nicely coated. Then, grab a mug, and steal about half a cup of water from the boiling pasta - dunk it in and make sure you don't grab any pasta with it. The starch in the pasta water will make the sauce smooth and thick. Add that to the veggies and stir, then reduce the heat to low-medium, and simmer.
6. Cook your pasta for just under the time that the packet recommends. Once cooked, drain the pasta, and add it to the saucepan with the veggies. Stir really well, for at least 2 or 3 minutes in the pan. The heat and starch will bring the sauce together.
7. This is my favourite step, it's time to add the creme fraiche and cheddar. I know I said 40g, but just use as much as your soul needs. Stir to combine. If you're vegan or non-dairy, I've also added in plant milk and vegan cheese in the past, which works maybe 50% of the time - I am still trying to work out the mysteries of vegan cheese.

Serve up, add some salt and pepper, and enjoy.



STUDENT FRIENDLY CHILLI CON CARNE

AMELIA MCTEAR - MUSE CONTRIBUTOR

(SHE/HER) | SONG: TAYLOR SWIFT - STYLE

Obviously you can substitute the meat to your dietary requirements but this is such a good freezer recipe- have the leftovers on a jacket potato the next day or pile on nachos and cheese for an easy Mexican-inspired dish, the opportunities are endless.

INGREDIENTS

Serves four:

- 500g minced beef
- 1 onion
- 1 red pepper
- 1 green pepper
- Can of red kidney beans
- 1 beef stock cube
- 400g can chopped tomatoes
- 1-2tbsp tomato purée
- Long grain rice
- 1 tsp chilli powder
- 1 garlic clove
- 1tsp ground cumin
- 1 tsp paprika
- 1 tbsp olive oil
- Sour cream to serve (optional)

METHOD

1. Dice the onion. Cut the peppers into small pieces. Peel and finely chop the garlic.
2. Add the olive oil in the pan and put the hob on a medium heat. Allow about 1 minute so the oil becomes hot.
3. Add the onion, stir and cook until browned.
4. Add the minced meat and turn up the heat. Break up in the pan and stir frequently until it starts to brown.
5. Add the garlic, pepper, chilli powder, paprika and cumin and stir.
6. Add 1 beef stock cube to 300ml hot water and stir.
7. When the meat is no longer pink at all, add the stock into the pan.
8. Add the chopped tomatoes, tomato purée and stir.
9. Bring to a boil and turn the heat down slightly. Cook for around 20 minutes, occasionally stirring to stop the sauce sticking to the bottom of the pan.
10. Drain the kidney beans and then add them. Bring to the boil for another 20 minutes. Taste the chilli to see if it needs more seasoning and add accordingly.
11. Serve with boiled long grain rice and sour cream.



ROASTED & STUFFED RED PEPPERS

KIRSTEN MURRAY - MUSE CONTRIBUTOR

(SHE/HER) | SONG: COMPLICATED - AVRIL LAVIGNE

This is such an easy recipe and there are so many variations to how you stuff your peppers! Easy preparation and then you just bang it in the oven. The ingredients can be as affordable or as boujee as you like and can be reused for many other meals too so there is no waste! I'll tailor this recipe to how I like to have them but add variations for you to choose from!

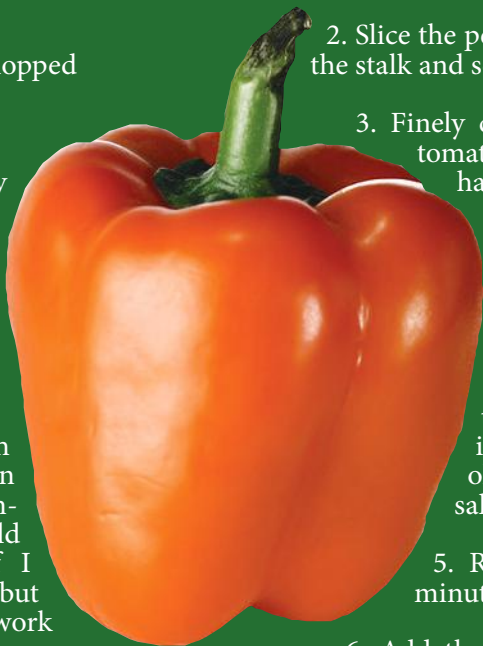
INGREDIENTS

Serves one:

- 1 pepper
- 1 clove of garlic, chopped
- Olive oil
- A handful of cherry tomatoes
- Salt and pepper
- Chopped vegetables (optional) – whatever you fancy
- Cheese – which you choose is down to you, my personal favourites would be goats cheese if I am feeling boujee, but mozzarella and feta work too
- Chorizo, chopped (you can buy pre-chopped which I find easiest)
- Packet of couscous or rice/quinoa to serve

METHOD

1. Preheat the oven to Gas Mark 7/ 220C/ 200C fan
2. Slice the peppers in half and remove the stalk and seeds.
3. Finely chop the garlic, slice the tomatoes in half and chop a handful of sliced red onions and courgette. Slice the cheese into chunks and set aside.
4. Place the peppers on a baking sheet and stuff the peppers with the garlic, tomatoes, chorizo (if using) and veg. Drizzle with olive oil and season with salt and pepper.
5. Roast in the oven for 20 minutes.



6. Add the cheese and roast in the oven for 5-10 more minutes to allow it to melt.

7. Serve with couscous or rice and enjoy!



**WITH THANKS TO OUR
TEAM, OUR CONTRIBUTORS,
AND YOU FOR GETTING
THIS FAR THROUGH**