



STUDENT COOK BOOK

Feed a flat for a fiver
Based on a flat housing 4 people

UNIVERSITY OF
BIRMINGHAM

guildofstudents

Student
Mentor
Scheme
Advice
& Guidance



HELLO!



The Student Mentor Scheme provides students living in University Residences with advice and guidance on a wide range of issues, but more specifically:

- Shared living and accommodation related issues
- Your academic course
- Financial matters
- Your general wellbeing whilst living and studying at the University

The Scheme also offers you a variety of services throughout the academic year. These include individual mentoring support, interactive workshops, flat mediation and house hunting advice. In addition, you will receive useful information to help you tackle important student issues.

This booklet has been lovingly written for you by our very own University of Birmingham students,

in partnership with Aldi. All of our dishes are simple, healthy and budget friendly and we think that cooking is a great way of creating a real sense of community in your flat.

If you find yourself worrying about money or need a bit more advice about budgeting, then the Student Mentor Scheme can help, from assisting you with writing a budget plan (and encouraging you to stick to it!) to advice on how to save money and student funding options that may be available to you.

Our Mentor Welfare Office is located in Shackleton Hub, the Vale and we are open every weekday during term time. Feel free to visit us, call us or drop us an email. You can also make contact with us through Facebook or Twitter.

HAPPY COOKING!! X

Email: mentors@guild.bham.ac.uk
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SAVE 50p

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STORE CUPBOARD ESSENTIALS

- **Salt** – 750g, 29p or sea salt grinder, 89p
- **Pepper** – black pepper grinder, 89p
- **Oregano** – dried, 49p per jar
- **Thyme** – dried, 49p per jar
- **Basil** – dried, 49p per jar
- **Cumin (ground or seeds)** – 300g, £1.75
- **Paprika** – 49p per Jar
- **Spices, Chilli** – 49p per jar
- **Beef stock cubes** – 49p per pack
- **Chicken stock cubes** – 49p per pack
- **Vegetable stock cubes** – 49p per pack
- **Lemon juice** – 500ml, 85p
- **Tomato puree** – 200g, 35p per Tube
- **Tinned tomatoes** – 400g, 31p per Can
- **Cooking oil** – olive oil 750ml, £2.39, sunflower oil 1 litre, £1.39
- **Soy sauce** – 150ml, 99p
- **Pasta/spaghetti** – 500g penne, fusilli or spaghetti, 49p
- **Rice** (brown if you're feeling healthy!) – 1kg easy cook rice, 99p or long grain rice, 40p

TIP



Look out for the fresh herbs, available in 9cm plant pots and ideal for your kitchen windowsill, 85p each. Some of these things (especially spices) may seem a little pricey at first but they have a good shelf life and make your food so much more exciting!

FRESH FRUIT AND VEGETABLES

There is a fantastic selection of fruit and vegetable to choose from in the UK, Aldi have 6 new offers every fortnight (look out for Super Six). Due to growing conditions the price of fruit and vegetables can vary, we think it's always best to check in store for the latest offers.



SLOW COOKED SPAGHETTI MEATBALLS

BY JACK LOCKYER STEVENS

Ingredients:

- 360g x beef meatballs (£1.89)
- 1 red, 1 yellow, 1 green pepper
- 3 red onions
- 100g mushrooms
- 2 x 400g tins of chopped tomatoes
- Salt, pepper, oregano and crushed garlic to season
- 300g Spaghetti

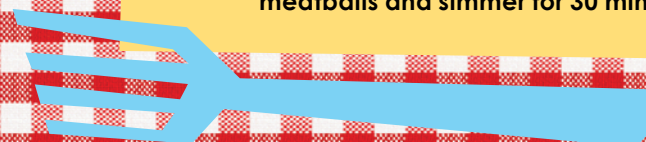
Method:

1. Chop the onions, peppers and mushrooms and fry in a pan with a little oil and seasoning for 2-3 minutes
2. Transfer to a slow cooker* and add the chopped tomatoes
3. Add the frozen meatballs, stir and put the lid on
4. Leave on a low heat for 4-5 hours, stirring hourly
5. 5 minutes before serving, cook the spaghetti



*A slow cooker is a life saver for any student. Hotpots, pasta dishes, chillies and curries are all as easy and cheap to make as this and taste fantastic when cooked slowly!

If you haven't got a slow cooker use a large frying pan with non-frozen meatballs and simmer for 30 minutes.



SAUSAGE CASSEROLE

BY WILL HEATON



Ingredients:

- 2 white onions
- 8 fresh pork sausages (£1.09)
- 2 x 400g tins of chopped tomatoes
- 1 tbsp. tomato puree
- 2 x 410g tins of baked beans (50p)
- 1 x Chicken stock cube
- 2 x carrots
- 1kg potatoes
- Salt and pepper

Method:

1. Finely chop the onions and carrots and cut the potatoes into large chunks
2. Heat some oil in a large saucepan or casserole dish over a moderate heat
3. Add the sausages and cook until lightly browned
4. Add the tomatoes, puree and beans and then crumble the stock cube in
5. Throw in the carrots and potatoes and season well with salt and pepper before bringing to the boil
6. Turn the heat right down and cook on the hob for at least an hour with the lid on. If using a casserole dish cook in a 170 degree oven for an hour and a half

To feed more people serve with some mashed potato!



PASTRY PIZZA (VEGETARIAN)

BY LAURA GOODRUM

Ingredients:

- 500g ready to roll puff pastry (375g, 99p) – you may need two of these
- 3 assorted peppers
- 2 red onions
- 125g mozzarella (44p)
- 300g tomato based sauce – passata works well (500g, 29p)
- Sprinkle of oregano and black pepper

Method:

1. Finely chop the onions and fry slowly in a little oil
2. Chop the peppers into larger chunks and add them to the pan
3. Slowly cook these while you roll out the pastry. You could make smaller pizzas or a few larger ones – depending on how big your baking trays are!
4. Lightly grease baking trays with a little more oil and place the rolled bases on them
5. Divide the pasta sauce between the bases and spread evenly, leaving a space around the edge
6. Add the cooked vegetables to the pizzas
7. Drain the mozzarella, roughly chop it and divided between the pizzas
8. Bake the pizzas at 200 degrees for 10-20 minutes until the cheese is bubbling. Keep an eye on them so they don't burn!

Glazing the edges of the pizzas with egg will make for a crispier crust. Bake in batches if you're oven is on the small side. Try experimenting with different toppings; you could even make a calzone simply by folding the pizza in half prior to cooking.



RATATOUILLE (VEGETARIAN)

Ingredients:

- Veggie sausages optional (336g Quorn Sausages, £1.59)
- 1 red onion
- 1 large courgette
- 1 red pepper
- 2 x 400g tins of chopped tomatoes
- 300ml vegetable stock
- Salt, pepper and oregano
- 300g rice or pasta to serve

Method:

1. Finely chop the onion and cut the courgette into chunks. Place the sausages (if using) under a medium grill. Be sure not to forget about them, give them a turn every few minutes!
2. Heat some oil and gently fry the chopped the vegetables for about 2 minutes
3. Chop the pepper and add to the pan along with the tomatoes
4. After a few minutes stir in the vegetable stock and turn down the heat
5. Cook gently for 20 minutes, stirring frequently until nice and thick
6. Meanwhile prepare the rice/pasta
7. Cut the sausages into chunks and stir them into the ratatouille and then season with salt, pepper and oregano before serving with the rice/pasta

You could also try serving this dish with garlic bread or a side salad.



COURGETTE AND BACON RISOTTO

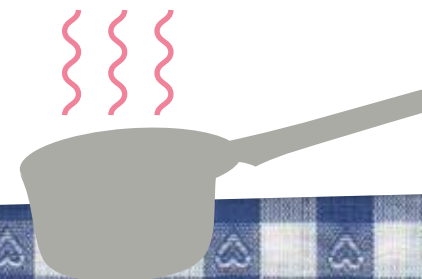
Ingredients:

- 1 white onion
- 4 bacon rashers cut into small pieces (8 smoked/un-smoked rashers, £1.79)
- 1 large courgette
- 300ml vegetable stock
- 300g rice (500g, 89p)
- Salt, pepper and oregano

Method:

1. Heat some oil in a large pan to a medium heat. Finely chop the onion and add to the pan with the bacon
2. Once the onion is slightly browned, chop the courgette into chunks and add to the pan.
3. After a few more minutes add half of the stock and pour in the rice
4. Stir regularly for about 5 minutes until the liquid is absorbed
5. Add the rest of the stock and continue to stir regularly until again the liquid is absorbed
6. Season well with salt, pepper and oregano and serve immediately

For an extra element, cook the onion and bacon with a tea spoon of crushed garlic. Sprinkle some grated parmesan cheese on after serving for added creaminess.





BEZZA'S CHICKEN CASSEROLE

BY VICTORIA WRIGHT AND
CHLOE ALEXANDER

Ingredients:

- 300g chicken breasts (£2.49)
- 1 white onion
- 2 x carrots
- 2 x medium potatoes
- 1/3 of a punnet of button mushrooms
- 1 x 400g tin of tomatoes
- 330ml chicken gravy made with 3tbsp granules (400g, 79p)
- 1 x beef stock cube
- 300g rice

Method:

1. Pre-heat oven to 190 degrees (if using casserole dish)
2. Cut the chicken breasts into small pieces, finely chop the onions, slice the carrots, peel and slice the potatoes and halve the mushrooms
3. Put the above into a casserole dish or large saucepan. If using a saucepan fry at this stage for 15 minutes before step 4
4. Add the remaining ingredients apart from the rice
5. Cook in the oven for 1 hour and 20 minutes or simmer for the same time
6. After 1 hour prepare the rice
7. Serve the casserole on top of the cooked rice



CHICKEN THIGHS WITH BOILED POTATOES & MIXED VEGETABLES

BY NISHA VAIDYA

Ingredients:

- 6 chicken thighs (£1.99)
- A splash of lemon Juice
- 750g potatoes
- Frozen vegetable medley (99p)
- Oregano, salt and pepper

Method:

1. Cut shallow slices into the chicken pieces and rub in lemon and salt. Leave to marinade for 15 minutes
2. Roughly dice the potatoes and boil them in water until soft. At the same time boil the vegetables in a separate pan
3. Heat the grill to a medium heat. Brush the chicken with oil, sprinkle with oregano and place on the middle shelf. Cook for 10 minutes on each side
4. Drain the potatoes and vegetables and sprinkle with oregano
5. Serve the chicken with the potatoes and vegetables



SCOTTISH KEDGEREE

BY MATT BEVERIDGE

Ingredients:

- 250g smoked haddock (£1.89)
- 4 eggs (6 free range eggs, 95p)
- 200g rice
- 100g peas (1kg frozen garden Peas, 99p)
- 300ml single cream (69p)
- Handful of fresh parsley if desired
- Salt and pepper

Method:

1. Preheat oven to 180 degrees. Heat some oil in a large pan, add the rice and stir well. Pour in 600ml water, stir and bring to the boil before reducing the heat and leaving to simmer for 20 minutes
2. Meanwhile, season the smoked haddock with pepper, wrap in foil and place on a baking tray. Bake in the oven for 20 minutes
3. Place the eggs in a small saucepan, cover with water and bring to the boil, and then simmer for 10 minutes until hardboiled
4. Remove from the pan and place in cold water. Once cool enough peel and cut the eggs into small pieces
5. Place the peas in a microwaveable bowl with 1tbsp. water. Microwave on a high heat for 3 minutes, stir then continue to heat in 1 minute intervals until cooked
6. Remove the fish from the oven. Once it is cool enough pull the skin off and break the fish into large flakes
7. Fold the fish, rice, peas and eggs into a large pan and gently heat through
8. Stir in the cream and parsley, season with salt and pepper and then serve

This dish is great and full of energy. Try it as a slightly unusual winter warmer.



MEXICAN FAJITAS

BY BEN RIDER

Ingredients:

- 300g chicken breasts (£2.49)
- 1tsp smoked paprika
- 1 white onion
- 2 red peppers
- Pinch of cumin
- A splash of lemon juice
- Salt and pepper
- 8 flour tortillas – white (89p)
- 200g natural yoghurt (500g, 45p)
- 1tsp crushed garlic
- Grated cheese to serve (optional)

Method:

1. Slice the chicken and onion into long strips. Place in a bowl with the paprika and cumin
2. Splash some lemon juice into the mix along with some oil. Season with salt and pepper and leave to marinate for 5 minutes
3. Meanwhile slice the pepper into long strips
4. Put them in a large frying pan with the chicken and onion mix. Cook on a high heat and stir continuously for 8 minutes until the chicken is golden and cooked through
5. Warm the tortillas according to packet instructions and mix the garlic into the yoghurt – it makes a great topping!
6. Serve the chicken mix with the tortillas, garlic infused yoghurt and grated cheese

This is a great meal to have with friends – put everything in the middle of the table (on heatproof mats) and dig in. You could also serve with guacamole (make your own with crushed avocado, chilli and lemon juice) and salsa. Easy to convert to vegetarian too! Just use a tin of kidney beans or chickpeas in place of the chicken.



CHICKEN CHOW MEIN

BY BEN RIDER

Ingredients:

- 300g medium egg noodles (250g, 49p) – you may need two of these
- 300g chicken breasts (£2.49)
- 1tsp. chilli powder
- 2 red peppers
- 350g beansprouts & vegetable stir-fry pack (79p)
- Soy Sauce
- Pepper

Method:

1. Slice the chicken into thin strips and mix in a bowl with the chilli powder and a splash of soy sauce
2. Leave to marinate for a few minutes while you cook the noodles according to packet instructions. Once cooked, rinse with cold water and set aside
3. Finely slice the red peppers while you heat some oil in a large frying pan or wok
4. Add the chicken and stir fry for 3-4 minutes until golden brown and cooked through
5. Add the red pepper and stir fry for a minute before throwing in the bean sprouts. Stir fry for a further 30 seconds before stirring in the cooked noodles
6. Season with soy sauce and pepper then serve. Best eaten with chopsticks!

Five spice powder is the magic ingredient for any stir fry. For extra authenticity you could cook using groundnut or sesame oil, but to keep costs down use regular cooking oil.



AUBERGINE CURRY (VEGETARIAN)

Ingredients:

- 1 white onion
- 1 large aubergine
- 1 tsp. crushed garlic
- Curry sauce
- 2 x 400g tins of tomatoes
- 1 x 400g tin of chickpeas (49p)
- 1 tsp. chilli powder
- Black pepper
- Fresh coriander
- 300g rice

Method:

1. Chop the onion finely and aubergine into chunks
2. Heat some oil in a deep frying pan over a medium heat. Add the onion and aubergine and cook for 10 minutes. Add the curry sauce and garlic for the last 2 minutes
3. Stir in the tomatoes and chickpeas and then simmer for 12-15 minutes. Add a little water if the curry is looking too thick
4. Meanwhile, put the rice in a pan with 400ml cold water. Bring to the boil, then cover and simmer for 10-12 minutes
5. Add the chilli powder to the curry and season with freshly ground black pepper. Stir through most of the coriander and mint just before serving. Divide the rice and curry between bowls and garnish with the rest of the coriander

Fancy a meaty version? Add a 300g pack of diced lamb by along with the aubergine.



SUMMER STUDENTS' PAELLA

Ingredients:

- 1 pack of chorizo (100g, 99p)
- 1 red onion
- 1 tsp. crushed garlic
- 1 red pepper
- 300g rice
- 650ml vegetable stock
- 1 x 400g tin tomatoes
- 325g peeled prawns (£2.99)
- 2 tsp. smoked paprika

Method:

1. Roughly chop the onion and chorizo while you heat a deep pan over a medium heat with some oil
2. Cook the onion with the chorizo and garlic until soft. Chop the red pepper while you wait
3. Add the rice, stir until it's opaque and then add the stock. Bring to the boil then simmer for 10 minutes until the rice is half cooked
4. Add the tomatoes, prawns and paprika before cooking for a further 10 minutes until the rice is nice and fluffy

Vegetarian? Swap the chorizo and prawns for 400g of kidney beans.



FISH, COURGETTE & POTATO BAKE

Ingredients:

- 1 white onion
- 1kg potatoes
- 1 tsp. crushed garlic
- 500ml vegetable stock
- 300g courgettes
- 250g frozen cod fillets – defrosted according to packet instructions (£2.99)
- 1 tsp. oregano
- 1 tsp. basil
- Salt and black pepper
- 3 tsp. lemon juice

Method:

1. Peel the potato and finely slice along with the onion
2. Heat some oil in a large frying pan and cook the onions and potatoes for 10-15 minutes, until starting to brown. Add the garlic at the last minute
3. Stir through the stock, season well, cover and simmer for 10 minutes. Slice the courgette and place on top after 5 minutes
4. Place the fish fillets on top of the courgettes. Sprinkle over the herbs, and season to taste. Cover and cook for 5-6 minutes, until the fish is opaque and flakes easily
5. Serve immediately with the potatoes and drizzle over the lemon juice



BAKED SAUSAGE WITH PEPPERS AND SWEET POTATO MASH

Ingredients:

- 12 Fresh Pork Sausages (8 pack, £1.09) – you may need to buy two of these
- 3 assorted peppers
- 1kg sweet potatoes
- 80g butter (250g, 98p)
- Splash of milk

Method:

1. Pre-heat the oven to 200°C/400°F/Gas Mark 6
2. Cut the peppers into large chunks, and put in a large roasting dish, along with sausages and the vegetable oil
3. Cook for 40 minutes
4. Meanwhile, peel the sweet potatoes, cut into large chunks and boil for 20 minutes, in some lightly salted water until tender
5. Drain the liquid from the sweet potatoes and mash them along with the butter and a little milk
6. Drain any excess oil from the sausages and peppers and serve on a bed of sweet potato mash



PATATAS BRAVAS

Ingredients:

- 1 pack of chorizo (100g, 99p)
- 1 x 400g tin of tomatoes
- 1 white onion
- 1 ½ tsp. crushed garlic
- 2 tsp. lemon juice
- 2 tsp. chilli powder
- Salt and black pepper
- 1kg potatoes
- 2 tsp. smoked paprika

Method:

1. Preheat the oven to 175°C/347°F/Gas Mark 4
2. Peel and finely chop the onion
3. Sauté them in a saucepan with one tablespoon of oil and the garlic, for 5 minutes
4. Add the tomatoes, lemon juice and chilli powder
5. Season with salt and pepper, simmer, covered for 30 minutes
6. Meanwhile, peel the potatoes and cut into 25mm/1 inch cubes
7. Heat the remaining oil in a metal roasting tray
8. Add the potato cubes, season and put them in the oven to cook, stirring occasionally for 25 minutes at 175°C
9. Liquidise the sauce. Chop the chorizo and add to the tomato sauce with the paprika
10. Drain the oil from the potatoes, add the tomato sauce and return to the oven to warm through for 10 minutes.

This is a Spanish dish that translates to “brave” or “fierce” potatoes. Usually served as part of a tapas line up but eaten on its own it makes a great dish!



ROAST MEDITERRANEAN VEGETABLE PASTA BAKE (VEGETARIAN)

Ingredients:

- 1 red onion
- 1 aubergine
- 1 red pepper
- 2 courgettes
- 1 x 400g tin of tomatoes
- 1 tsp. crushed garlic
- 2 tsp. oregano
- Salt and black pepper
- 300g pasta

Method:

1. Preheat the oven to 190°C/375°F/Gas 5, chop the onion into eighths and cut the aubergine, pepper and courgettes into chunks
2. Pour a generous glug of oil into a roasting tray and add the chopped vegetables. Toss together and bake for 30 minutes, turning half way through
3. Add the garlic, tomatoes and oregano then return to the oven. Season well
4. Cook the pasta 2 minutes short of the packet instructions. Drain but reserve a couple of spoonful's of water
5. Stir into the vegetables with the reserved water and cook for a further 5 minutes

Boost the spice by adding some chilli powder or paprika!



MACARONI CHEESE

Ingredients:

- 250g pasta (500g Macaroni for 49p if you're feeling authentic, but any pasta will do)
- 600ml milk (2 pints, 79p)
- 4 rashers of bacon (8 Smoked/Un-smoked rashers, £1.79)
- 1 white onion
- 50g butter
- 50g flour
- 200g cheese (250g mature cheddar £1.89)
- 50g breadcrumbs
- Salt and black pepper

Method:

1. Preheat the oven to 190°C/375°F/Gas 5
2. Cook the pasta according to packet instructions. Drain, rinse and set aside
3. Gently heat the milk in a large saucepan, taking care not to boil
4. Fry the bacon in a separate pan until crisp. Set aside but reserve the fat. Cut into chunks
5. Finely chop the onion and fry gently in the bacon fat. Add the butter and flour and simmer gently to make a roux
6. Whisk in the milk and stir in the bacon and cheese. Once mixed, add the pasta and mix again
7. Pour into an oven dish, top with the breadcrumbs and bake for 30 minutes until golden.



RED BEAN CHILLI (VEGETARIAN)

Ingredients:

- 2 x white onions
- 1 green pepper
- 1 tsp. crushed garlic
- 2 tsp. chilli powder
- ½ tsp. cumin
- 1 400g tin of tomatoes
- 1 400g tin of kidney beans
- Fresh coriander

Method:

1. Thinly slice the onions and pepper before cooking in a large saucepan with some oil for 7-8 minutes
2. Add the garlic, chilli powder and cumin and cook for another minute
3. Add the tomatoes, turn the heat down, cover and simmer for 15 minutes
4. Drain and rinse the beans, add them to the mixture and simmer for another 10 minutes

It's up to you how you serve this – it's great with nachos or tortillas. Why not make a full Mexican feast by serving with sides of cheese, guacamole and salsa?

CHICKEN PAPRIKA RISOTTO

Ingredients:

- 300g chicken breast (£2.49)
- 1 red onion
- 1/2 tbsp. paprika
- 1 tsp. crushed garlic
- 400g rice (500g, 89p)
- 1 400g tin chopped tomatoes
- 1 tsp. basil
- 900ml vegetable stock
- Black pepper

Method:

1. Chop the chicken into chunks and cook in a large saucepan over a medium heat until golden
2. Meanwhile, finely chop the red onion and add to the pan with the paprika and garlic once the chicken is cooked
3. Stir in the rice and cook for a minute before adding the tomatoes, basil and 50ml of stock. Bring to the boil then lower the heat to a simmer
4. Gradually add the rest of the stock as the rice soaks it up. Stir frequently while doing this
5. Once the rice is cooked, season with black pepper and serve immediately



SIMPLE SALMON PASTA

Ingredients:

- 300g of Pasta
- 1 red pepper
- 2 x 400g tins of tomatoes
- 1 tsp. garlic
- ½ tsp. oregano
- ½ tsp. basil
- 400g Salmon (418g Pink Salmon, £1.99)

Method:

1. Cook the pasta to packet instructions, drain, rinse and set aside
2. Finely chop the pepper and gently fry in a little oil in a large saucepan until beginning to soften
3. Add the tomatoes, garlic and herbs. Bring the mixture to the boil and then simmer for 10 minutes
4. Add the salmon to the mixture and heat through
5. Stir in the pasta and serve

Try grating some fresh parmesan onto each portion for extra sophistication!



PASTA PUTTANESCA

BY ANDREA FERRAZZO

Ingredients:

- 500g of pasta
- 400g Italian Passata (500g, 29p)
- One clove garlic
- 1 tbsp. Olive Oil
- Handful Black Olives (230g Pitted Olive Pot, 45p)
- Fresh Basil (optional)
- Salt/sea salt

Method:

1. In a pan pour some olive oil together with the chopped garlic slice.
2. Let it heat up for a minute or so, but paying attention not to burn the garlic.
3. When the pan is ready, pour the chopped tomatoes or Italian passata sauce into the pan.
4. After a couple of minutes add the black olives (which you can also cut into little pieces) and a pinch of basil.
5. Continue stirring whilst on a low heat.
6. Once the sauce is ready, boil some water and add (when at boiling temperature) a pinch of salt/ sea salt. Pour in the pasta.
7. When the pasta is ready (make sure not to cook it too much, but to make it "al dente" (or firm, but not hard)), drain it and add it to the sauce. Stir gently on a low heat for a minute or so and then serve.



BUDGETING TIPS FROM OUR VERY OWN STUDENTS!



Do the sums!

Let's face it, at 9 o'clock on a Monday; we all need a little boost to get us out of bed first thing in the morning! My guilty pleasure usually involves a detour to the Starbucks on campus at least once a week. However, it's worth considering how much this adds up to over the course of the year.

- 1 Coffee Frappuccino @ £3.25
- 40 Weeks in the year gives a total of £140 (And that's just one a week!)

Whether it's a coffee from Starbucks or a Panini from Avanti, do the sums!

Use those legs

It's easy to fall into the trap of having everything delivered to your front door. Whether it's the weekly food shop from Tesco's online or your pizza from Domino's on cheap Tuesdays!

By using your legs, you don't have to pay the extra delivery charge, which can usually be anything from £1 up to £5 in some cases!

Plan your meals in advance

It sounds simple, and it really is simple, so long as you keep a bit of discipline. Plan what you will need for the week, write a shopping list before you go to the shops

and set yourself a budget. That way, you only spend within your budget, you are likely to only buy the items you know you need, and any change left over once you have bought the items on your list is a bonus!

Take your own lunch

Take packed lunches into University for long days, to avoid spending money on campus.

Cook with others

Preferably cook with a flatmate as it halves the food bill; also plan meals in advance, using the same ingredients to avoid wastage.

Cook in bulk

There are only two of us and we always cook four portions then freeze two. When it came to exam period it was helpful as we just had to defrost the meal the night before and then pop it in the microwave which meant extra revision time.

TIPS ON EATING & LIVING WELL!

From the University of Birmingham Executive Chef, Mark Houghton

Base your meals on starchy foods

Starchy foods such as bread, cereals, rice, pasta and potatoes these are an important part of a healthy diet. Always choose wholegrain varieties where possible. Starchy food should make up about a third of the food you eat. It is a good source of energy. These foods also contain fibre, calcium iron and vitamin B.

Eat lots of fruit and veg

As we all know we should try and eat 5 portions of fruit or vegetables per day (80g portions of each). This can also include a glass of fruit juice or vegetable juice. Snack on a piece of fruit instead of a chocolate bar. Using frozen or tinned products

is also good for you. Remember potatoes do not count as vegetables as these are starchy foods.

Eat more fish

Most of us should be eating more fish, especially oily fish such as Mackerel, Sardines, Pilchards, and Salmon. It is an excellent source of protein and contains many vitamins and minerals. Aim for at least two portions of fish a week. You can use fresh, canned or frozen.

Cut down on saturated fat & sugar

We need fat in our diets but to stay healthy it is important to eat the right kind. There are two main types: Saturated fat: having too much of this increases cholesterol in the blood. This includes fatty meat, processed foods, dairy products; Unsaturated fat: this lowers cholesterol levels and is the best type to have. This comes from vegetable oils such as olive oil, oily fish, nuts and seeds.



Try and eat less salt

The daily intake of salt for persons over 11 years old should be no more than 6g. 75% of salt we eat comes from processed foods, such as some breakfast cereals, soups, sauces, breads, biscuits and ready meals. So you could easily be eating too much salt without realising it.

Get active and try to be a healthy weight

We all should do a little exercise to help with our healthy diets. Walking and cycling are a great help and mean you don't need to join a gym.

Drink plenty of water

We should aim to drink 6-8 glasses (1.2 litres of water a day). Some time when you think you are hungry you may be just getting dehydrated so if you drink water this should subside.

Don't skip breakfast

Breakfast can give you the energy you need to face the day, even if it is a light breakfast such a piece of fruit or bowl of cereal. Skipping meals doesn't help you to lose weight.

RETAIL CATERING FACILITIES ON CAMPUS

Café Go/Café Spice

1st Floor University Centre
Term time 8am-6pm/Vacation
8:30am-4:30pm
Hot food, deli bar, snacks and speciality drinks available

Avanti Restaurant

Ground Floor University Centre
Term time only 8am-3pm
Hot breakfast, hot food, snacks and drinks available

The Bakery

Ground Floor University Centre
Term time only 10am-3pm
Hot snacks, sandwiches and drinks available

Medical School

Ground Floor
Term time 8am-5pm/8:30am-3:30pm
Hot breakfast, hot food, snacks and drinks available

Go 2

Next to the Learning Centre
Term time 8am-5pm/Vacation
9am-3pm
Hot/cold snack and drinks available

Chemical Engineering

1st Floor
Term time only 10am-3pm
Hot/cold snack and drinks available

Mechanical Engineering

Ground Floor
Term time only 9am-3:30pm
Hot/cold snack and drinks available

Bio Sciences

Ground Floor
Term time only 10am-3pm
Hot/cold snack and drinks available

ilounge

Main Library
Term time 9am-8pm/Vacation
10am-4:30pm

Hot/cold snack and drinks available – open Saturday and Sunday during term time with extended opening hours during the exam period

Cyber Go

Arts Building, Ground Floor
Term time only 9am-3:30pm
Hot/cold snack and drinks available

Physics

Poynting Building, 2nd Floor
Term time only 9am-3:30pm
Hot/cold snack and drinks available

Skool Café

Education Building, Ground Floor
Term time 8:30am-3pm/Vacation
10am-2pm
Hot/cold snack and drinks available

Gisbert Kapp

Pritchatts Road, Ground Floor
Term time 8am-4:30pm/Vacation
9am-3pm
Hot/cold snacks, deli sandwich counter and drinks available

Business School Restaurant

Ground Floor
Term time 8:30am-3:30pm
Hot food, snacks and drinks available

OLRC

Selly Oak, Ground Floor
Term time only 10am-3pm
Hot/cold snack and drinks available

Raising the Bar

Munrow Sports Centre
Term time 8am-6pm/Vacation
8:30am-3:30pm
Selling Starbucks coffee and a limited selection of hot and cold snacks

Starbucks Store

Term time 8am-7pm/Vacation
8am-5pm
Full Starbucks experience,

selling hot and cold food. Full range of beverages.

The Vale

Infusion

Term time only Monday to Friday
4:30pm-8pm
Saturday and Sunday 10am-3pm
The main dining area and night venue

The Duck and Scholar

Term-time only Monday to Thursday
4:30pm-Midnight
Friday 4:30pm-2am
Saturday 12 noon-2am
Sunday 12 noon-Midnight
The main bar on The Vale, hosting a number of events throughout the year and it is equipped with pool tables and a large screen television with Sky Sports.

The Melt

Term time only, Monday to Friday
8am-6pm
Sat & Sun 9am-7pm
Panini bar by day and Pizza Shack by night!

Pizza Shack (The Melt by day)

Term time only, Monday to Wednesday 5pm-10pm
Thursday to Sunday 5pm-Midnight

Pritchatts Park

Pritchatts Bar

Term time only, daily 8pm-Midnight
The main bar at Pritchatts Park, hosting a number of events throughout the year and it is equipped with a pool table and a large screen television with Sky Sports.

INSIDE THE GUILD

Joe's bar
Costa
Subway
Spar

GET COOKING!

Brought to you by the University of Birmingham...

Are you a cooking connoisseur or a total newbie? They don't care – they just want you to get cooking!

The University of Birmingham's 'Get Cooking!' resource is your first port of call for recipe ideas, tips for cooking on a budget, and much, much more.

Check out their website at:

intranet.birmingham.ac.uk/students/getcooking

OR

Tweet them @UoBGetCooking!

OR

Email them at getcooking@contacts.bham.ac.uk

If you try out a recipe from their website, they'd love to hear about it – and why not send them a photo too? You can also send in recipe recommendations or any other tips you would like to share with your fellow students.

'Get Cooking!' will be running competitions throughout the year so keep an eye out and you could bag yourself an Amazon voucher as a reward for your culinary experiments. You'll also be featured on their website – just think of the fame...

So remember: check them out, because they have everything you need to get cooking!

ALDI: FROM LOW PRICES TO HIGH SUSTAINABILITY...

In supplying you with quality products at the best possible price, we take great care to ensure that we and our suppliers work in a responsible, sustainable manner.

Sustainable resources

Aldi is committed to sourcing the raw materials in our products sustainably. We work closely with our suppliers to minimise both the resource intensity of our products and the negative environmental impacts of their production. We focus on a number of areas including sustainable fish, forestry, palm oil, cocoa, british sourcing, animal welfare and packaging reduction.

Fairtrade

We want to be able to assure our customers that the people who make Aldi products are treated fairly. We work with our suppliers to ensure safe and fair working conditions in our supply chain. We also offer a number of Fairtrade certified products, an initiative that guarantees farmers and workers in developing countries a fair price for their products.

Operations

Aldi is committed to reducing the environmental impact of our business. We are constantly looking for ways to reduce our carbon footprint, maximise our energy efficiency and reduce, re-use or recycle our waste.

For more information about Aldi's corporate responsibility policy, visit <https://corporate.aldi.co.uk/en/responsibility/corporate-responsibility/>

GET IN TOUCH!

This booklet has been produced for you by the Student Mentor Scheme and is sponsored by Aldi.

It has been written for you by students who have lovingly created, tried and tested out these healthy and budget friendly recipes.

If you have a recipe that you would like to submit to go into our next recipe book, then please feel free to send it to us at mentors@guild.bham.ac.uk.

Remember, you must be able to feed four or more people for £5 or less!

Send us your piccies!

If you try out a recipe from our booklet, please do submit a photo (even a video clip if you're feeling adventurous!) to mentors@guild.bham.ac.uk with a little bit of blurb about what you did and how it went.

The best photo submitted by end of October 2013 will receive a £30 Aldi shopping voucher!



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KEEP IN TOUCH



Follow us on Twitter:
@StudentMentors1



Like us on Facebook:
Student Mentor Scheme.

If you 'like' us before the end of October, you will automatically be entered into a FREE prize draw to win an iPad-mini!

On average each recipe in this booklet will feed 4 people for £5 or less. The retail prices listed in this leaflet are from Aldi and were correct at the time of going to print (September, 2013)