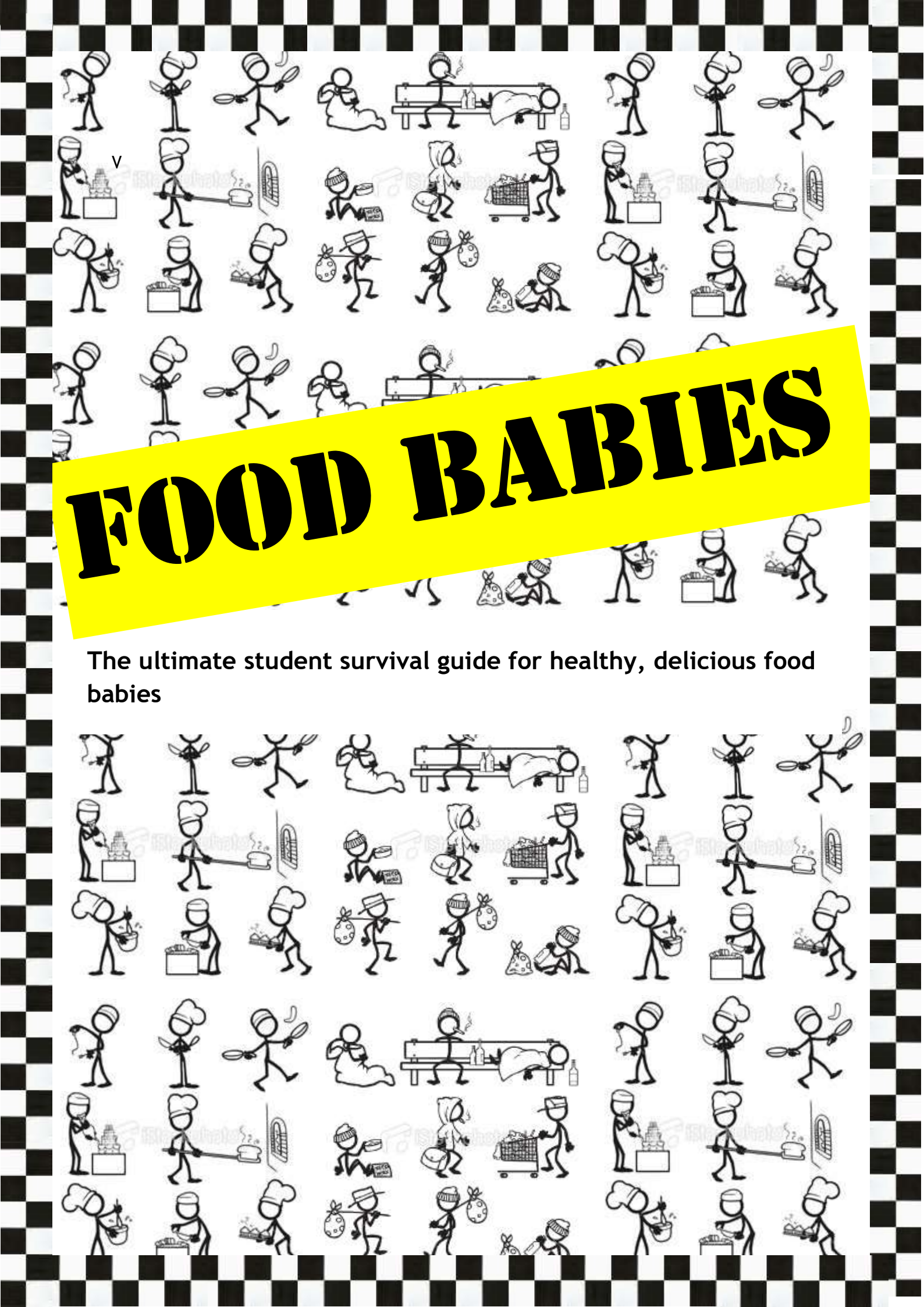




FOOD BABIES

The ultimate student survival guide for healthy, delicious food babies



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Hi There!

Hi! My name is Rebecca Curran and I am, at most, an amateur cook. This flattering photo represents my cooking: unexplainable, worrying and defiantly out there. So why did a disaster decide to write a recipe book? Because I want to show you that if I can feed me and my family with only almost poisoning them- you can do it too!

However, now I feel excited to try new things and find inspiration as I've begun to recognise how special our bodies are and how we should specially feed them. That is why I wrote this cookbook. To end all microwave meals.

I started cooking meals because my parents work late and I wanted to help relieve their stress in the little ways that I could. At first, it was hard and I found myself always looking for premade food in the freezer and cooking boring meals, which made me dread having to cook.



Tips & Info

How can I help you save money on food?

The majority of people spend around 1/3 of their weekly budget on food. Here are a few tips n' tricks I've picked up on to help get more food for less price.

Weekly Budgets:

- Plan your meals during the week so you can plan how much you need to spend.
- Do a big shop one day a week as it's easier to overspend and buy unnecessary ingredients when you do loads of little shops

Shop in the Evening:

- Supermarkets often sell at reduced prices later as products are nearing their sell by date.
- Can keep frozen for later

Frozen Vegetables:

- Whilst fresh vegetables often get forgotten and quickly go off, frozen vegetables are cheaper, last longer and still retain all of their nutritional value.

Welcome to the Kitchen!

The kitchen is a wonderful space, full of creative sparks. However, there are also gas sparks and climates varying from ice cold to burning hot. I know you're thinking to skip this page as your old enough now right? But simple mistakes can lead to burns and cuts, or worse, hair on fire. It's possible! Even a kitchen pro on MasterChef caught his hair on fire! So here are some of the main safety features to be aware of in your kitchen

1. When holding hot things, always wear oven gloves!
2. If you have a gas hob be aware of the flames when turning it on and try not to hold the gas on for too long. However if you have an electric hob always stay near when it is on as it is hard to tell when it is hot and warm, so you could forget or a flatmate could be harmed.
3. When using sharp knives to cut food, always pay attention to where you're cutting and use the correct method, to keep your fingers away from the blade.

The 'Claw' technique:



The 'Bridge' technique



Guide to a balanced diet!



A lot of people mistake a balanced diet as where you limit your portions and only eat fruit and vegetables. However, a balance diet includes fats and carbohydrates too, so you get all the nutrients you need for your body to function effectively. A balanced diet should be made up of carbohydrates, proteins, fats and fruits and vegetables.

Also, a lot of people forget about the importance of water. Whilst refreshing, it is essential for kidney and bodily functions as it flushes body waste and assists in digestion. This means water can also aid weight loss. To prove just how important water is, our bodies are around 60% water and our blood 70%. To help make sure you're drinking around 2 litres a day you could set times of the day that you drink a glass of water or carry a water bottle around with you and drink it throughout the day.

Another important food group is carbohydrates and starch. It is a misconception that carbohydrates are fattening; however it is excessive use of oils and saturated fats. That is why recommended that the majority (1/3) of your plate is starchy carbohydrates. This is because carbohydrates provide lots of energy and release it slower than sugars, so you feel full longer, preventing snacking and fuelling your body. Starchy carbohydrates include: potatoes, bread, rice, pasta and cereals. Also, when you can choose the wholegrain option as they contain more fibre and keep you full longer. Wholegrain options include keeping skin on potatoes, wholegrain pasta, Weetabix.

Lastly, it is very important to eat your fruits and veg. These food groups provide all the vitamins and minerals our body requires and are therefore extremely important. That is why I'm sure you know that you should have "5 a day". To stay interested in eating your fruits and vegetables, always try new types as variety is the spice of life! An easy way to incorporate your fruits is as a snack or in smoothies. Vegetables can be also incorporated in smoothies, snacks and meals.

Wakey Wakey!

Breakfast ideas



3-INGREDIENT BANANA PANCAKES

Serves 1-2

INGREDIENTS

For the pancake

- 2 Bananas
- 2 eggs

For toppings

- Spread(e.g. Nutella)
- Fruit (e.g. Strawberries)

METHOD

- Mash up bananas in a large bowl using a fork
- Whisk eggs (using a fork is just fine!)
- and add to banana paste, stirring in thoroughly
- Fry in a pan with a little heated oil or butter, making sure to flip so both sides are browned
- When ready, serve and enjoy!



GREEN SMOOTHIE

Serves 1-2

INGREDIENTS

For the smoothie

- Green leaves (Spinach and/or kale)
- Milk (almond milk or dairy milk)
- 1 Banana
- Additional flavours (e.g. peanut butter, chocolate chips)

For the topping

- Optional toppings (Granola, fruit)

METHOD

- Add all the ingredients other than topping into a blender and blend.
- Transfer into a glass or bowl and add any optional toppings

I highly recommend investing in a blender as it can be used for many things and makes meals very quick and easy.



BANANA OATMEAL COOKIES

Serves around 9

INGREDIENTS

For the mixture

- 1 Large banana (2 small)
- 1 ½ cups of oats (quick or rolled)
- Optional extras (e.g. chocolate chips, raisins, walnuts)



METHOD

- Mash the ripe bananas in a bowl using a fork
- Add the oats to the banana and any additional toppings
- Bake in the oven at 190C for around 10 minutes

Ripe bananas
are much easier
to mash



OATMEAL

Serves 1-2

INGREDIENTS

For the mixture

- 1 cup of oats
- 2 cups of milk (can be plant milk)
- Optional flavours (e.g. 1 mashed banana, peanut butter, chocolate chips, nuts, cinnamon)

For toppings

- Fruit (e.g. blueberries, strawberries)

METHOD

- Combine all ingredients into a small saucepan and turn heat to medium/ high. Bring to a boil.
- Then, turn heat down to low/medium and continually stir with a wooden spoon for around 3-5 minutes.
- Add any additional flavouring in this period.
- Once oatmeal is at desired consistency, remove from heat and serve immediately.



MUG PIZZA

Serves 1

INGREDIENTS

For the base

- 4 tablespoons all-purpose flour
- 1/8 teaspoon baking powder (a pinch)
- 1/16 teaspoon baking soda (a pinch)
- 1/8 teaspoon salt (a pinch)
- 3 tablespoons milk
- 1 tablespoon olive oil
- 1 tablespoon marinara sauce
- 1 generous tablespoon shredded mozzarella cheese

For the topping

- 5 mini pepperoni
- 1/2 teaspoon dried Italian herbs (basil or oregano will

METHOD

- Mix the flour, baking powder, baking soda and salt together in a microwavable mug
- Add in the milk and oil with mix together. There might be some lumps but that is ok
- Spoon on the marinara sauce and spread it around the surface of the batter
- Sprinkle on the cheese, pepperoni and dried herbs
- Microwave for 1 minute 10-20 seconds, or until it rises up and the topping are bubbling (timing is based on my 1200W microwave so your timing might vary)

MUG LASAGNE

Serves 1

INGREDIENTS

- 2 pasta lasagne sheets
- $\frac{3}{4}$ cup (180g) water
- 1 teaspoon olive oil
- 3 tablespoons pizza sauce
- 4 tablespoons ricotta cheese
- 3 tablespoons spinach , uncooked
- Optional flavours (mushrooms, sausage)
- 1 tablespoon grated cheddar cheese

METHOD

- Break the pasta sheets and place in a large microwavable mug.
- Cover with water and olive oil. The olive oil stops the lasagne sticking together while cooking.
- Microwave for 3-4 min or until the pasta is tender. Check on it half way through and stir.
- Once cooked drain away the cooking water and remove the pasta from the mug
- Add 1 tablespoon pizza sauce and spread on the bottom of your mug.
- Then do a layer of pasta, layer of spinach, and ricotta, adding in any optional flavours
- Repeat the layers all the way to the top of the mug
- Once you get to the top sprinkle grated cheddar on top.
- Place in the microwave and cook for 2 1/2 - 3 minutes or until the lasagne is heated through.

MUG CURRY

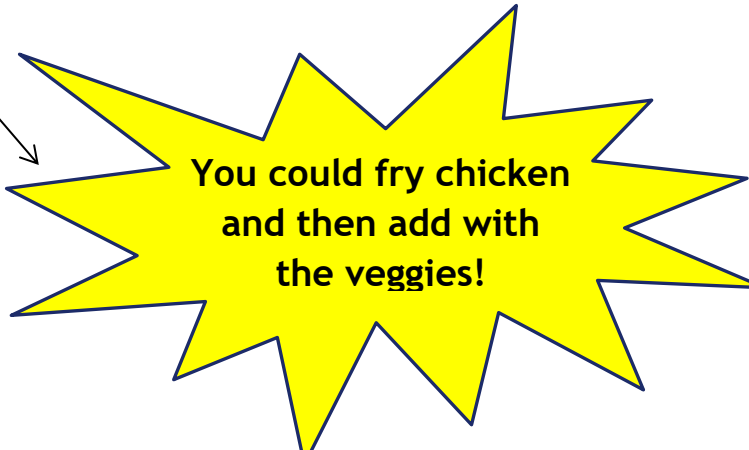
Serves 1

INGREDIENTS

- ½ cup (4floz/120ml) coconut milk
- 1 teaspoon green curry paste
- 3 tablespoons frozen carrots and peas (or whatever frozen veggies you like)
- 1 handful vermicelli rice noodles
- 1 tablespoon lime juice
- Cilantro for garnish (optional)
- Sliced red chili for garnish (optional)

METHOD

- In a microwave safe mug add your coconut milk, green curry paste, lime juice and frozen veggies
- Give this a good stir to combine then add in your noodles.
- Microwave for 1 minute and 30 seconds to 2 minutes or until the noodles are soft and fully cooked (timing is based on my 1200W microwave so your timing might vary)



**You could fry chicken
and then add with
the veggies!**



MUG MACARONI

Serves 1

INGREDIENTS

- $\frac{1}{3}$ cup (28g) pasta
- $\frac{3}{4}$ cup (175ml) water, cold
- 4 tablespoons milk
- $\frac{1}{4}$ teaspoons corn-starch(aka cornflour) or plain flour
- 4 tablespoons cheddar cheese , grated
- salt and pepper

METHOD

- In a large microwavable mug or large bowl add in the macaroni and the water.
- Microwave for roughly 3 $\frac{1}{2}$ minutes. You want the pasta to be fully cooked.
- Pour off the remaining cooking water.
- Stir in the milk, corn-starch/flour and shredded cheese and microwave for a final 60 seconds to create your sauce.
- Stir well, season with salt and pepper and enjoy!

**FEW
INGREDIENT
MEALS**



SHEPARDS PIE

Serves 1

INGREDIENTS

- 500g lean beef mince
- 300g fruit chutney
- 800g potatoes, peeled, boiled and mashed
- $\frac{3}{4}$ cup (75g) grated cheddar cheese

METHOD

- Preheat oven 180° C.
- In a non-stick frying pan over moderate heat, brown the mince, season and stir through chutney. Reduce heat and simmer for 8 minutes.
- Pour into a casserole dish; top evenly with mashed potato and sprinkle with grated cheese.
- Bake for 20 to 30 minutes or until cheese is nice and bubbly.



TUNA-PASTA BAKE

Serves 1

INGREDIENTS

- 400 grams penne pasta
- 425 gram can tuna in spring water
- 1 cup grated cheddar cheese
- 420 gram can condensed cream of celery soup

METHOD

- Preheat oven to 180C
- Cook the pasta, 2 minutes short of the packet directions, drain
- Add the tuna, half the cheese and season with cracked pepper
- Stir in the soup
- Pour the mixture into a small baking dish and sprinkle with remaining cheese



SAUSAGE & MASH

Serves 1

INGREDIENTS

- 2 large white potatoes
- Olive oil, for frying
- 2 large sausages
- Choice of vegetables (e.g. peas, carrots, broccoli)

METHOD

- Peel and quarter the potatoes
- Cook in a large pan of salted, boiling water for 15 mins. Drain and set aside.
- Pour a 1 Tbsp. of olive oil into a large frying pan over a medium heat and cook the sausages for 15 mins.
- Mash the potatoes well. Season and serve with the sausages and vegetables.



RED PEPPER LINGUINE

Serves 1

INGREDIENTS

- 1 pepper
- 30ml Olive oil
- 1 garlic clove
- 100g of Linguine

METHOD

- Blitz the roasted red pepper with the olive oil, walnuts and garlic in a food processor, season well and set aside.
- Bring a pan of salted water to the boil, add the pasta and cook for 1 min less than the pack instructions and drain, reserving a ladleful of cooking water.
- Tip the pasta back into the pan, along with the reserved cooking water and red pepper sauce, and return to the heat to warm through.
- Tip the pasta into a bowl and top with the parmesan and some chopped toasted walnuts. Season and serve.



BROCCOLI SOUP

Serves 1

INGREDIENTS

- 1 Medium Onion (chopped)
- Olive oil
- Small Potato (peeled and cubed)
- Vegetable stock (500ml)
- Broccoli (1 head)
- Bread

METHOD

- Fry the onion until slightly browned and soft.
- Add the potato and stock cube and simmer until tender.
- Add the broccoli and cook for 3-4 minutes (until slightly tender but still bright green)
- Blend to make a smooth soup and season

HUMMUS PASTA

Serves 1-2

INGREDIENTS

- 2 servings of pasta (100g)
- hummus (120g)
- milk (50ml)
- Additional textures of choice
- Salt and pepper to taste



**Be adventurous!
Why not try
guacamole or
flavoured hummus?**

METHOD

- Cook the pasta in boiling water until it's cooked (time depends on the pasta type, so look on the packaging)
- Once cooked, drain and transfer the pasta back into the pot.
- Add all of the remaining ingredients and mix
- Add herbs to taste (salt and pepper)
- Serve half into a bowl and freeze the rest for another night!



MOCHA SQUARES

Serves around 1-2

INGREDIENTS

For the base

- 8oz/225g butter
- 8oz/225g granulated sugar
- 8oz/225g plain flour (all-purpose flour)
- 3 tsp baking powder
- 2oz/55g cocoa powder
- 5oz/140g porridge oats (oatmeal)

For the topping

- 1 tbsp. coffee essence + 1 tbsp. water (or use 2 tbsp. of strong coffee)
- 2oz/55g butter
- 8oz/225g icing sugar (powdered sugar)

METHOD

- Melt the butter in a large saucepan. Add the sieved flour, baking powder and cocoa powder and the oats and sugar and mix well. Press into a lined tin. I used my 9inch/23cm square tin.
- Bake for 10-15 minutes at 350F/180C. The base will have turned slightly darker and will still be a little springy to the touch when it comes out. Leave it to cool in the tin.
- Melt the butter with the coffee essence and water. Sift the icing sugar into a bowl and then add the melted ingredients and beat well. Pour into the tin and spread over the base.
- Once it has set, cut into squares!



BANANA BREAD

Serves 1 loaf

INGREDIENTS

- 2 large bananas (really ripe)
- 1/2 cup caster sugar
- 1 cup whole egg mayonnaise
- 2 cups self-raising flour



END

CHALLENGE

CAKE

Serves 8-14

METHOD

- Preheat the oven to 190 C / 170 C Fan / Gas 5. Butter or lay a tin with baking paper thoroughly.
- In a large bowl, sieve the flour, add and beat all the ingredients together until you have a smooth cake mixture.
- Transfer the mixture to the prepared cake tin, smooth the surface with a spatula or the back of a spoon.
- Bake in the preheated oven for 30 to 35 minutes until golden, a skewer inserted into the centre comes out clean and the cake springs back when pressed. Make sure to keep an eye on it as it may take less or longer, depending on your oven.
- Turn onto a cooling rack and leave to cool completely. Once cooled, decorate however you want!

INGREDIENTS

- 175g Self-raising flour
- 3 large Eggs
- 175g Caster sugar
- 175g Butter (margarine)
- 1 tsp. Baking powder
- 1 tbsp. milk



HERE YOU CAN
ADD YOUR
EXTRA
FLAVOURS

