

STUDENT  
PULSE  
Te Runanga Tairā

# Recipe Book!





# Welcome!

The team at Student Pulse have collated this awesome recipe book, with easy and fun recipes for YOU!

As students we are budget conscious, so all the recipes are based on what is generally in your cupboard at home.



## basic mince

Oil, 1 finely chopped brown onion, 2 crushed garlic cloves,  
600g beef mince, 1 large carrot finely chopped,  
2 Tbsp tomato paste, 3 x 400g cans crushed tomatoes.

Heat oil in a large saucepan over medium heat. Add carrot, onion and garlic. Cook for 5 minutes or until onion is soft. Add mince. Cook until browned. Add tomato paste. Cook for 2 to 4 minutes. Add crushed tomatoes. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 20 to 30 minutes or until sauce thickens.

Season with salt and pepper

## one pot meal

1 sliced onion, 500g lean beef mince, 1 large kumara (peeled and diced), 2 tsp marmite/vegemite, 1 Tbsp flour, ½ cup tomato sauce,  
1 ½ cups water, 3 cups mixed veg.

Cook the onion and mince in a dash of oil in a large lidded frying pan for 4-5 minutes until the onion has softened and the mince is browned. Break up the mince with a spoon or fork as you go. Stir in the kumara. In a jug mix together the marmite, flour, tomato sauce and water and pour over the mince. Cover and simmer 10-15 minutes until the kumara is almost cooked. Add the mixed veg and stir to mix.

Cover and simmer a further 10 minutes.

Season with salt and pepper if wished.

## hash brown bake

1 diced onion, 1 tsp crushed garlic, 250g sliced mushrooms,  
500g lean beef mince, 420g can Condensed Vegetable Soup,  
2 Tbsp chopped fresh parsley, salt and pepper,  
500g box frozen Hash Browns, ½ cup fresh white breadcrumbs,  
½ cup grated Cheese

Heat the oil in a frying pan, gently fry onion and garlic until softened, add the mushrooms and fry until lightly browned. In a bowl, combine lean beef mince, Condensed Vegetable Soup, parsley, cooked onion mixture and season with salt and pepper. Place frozen Hash Browns in a single layer, in a shallow 2 litre capacity lasagne-style dish. Spread beef mixture evenly over the hash browns, sprinkle with breadcrumbs and cheese. Cook at 190°C for about 50-60 minutes, until cooked through.

## basic meatloaf

1 diced onion, 1 egg, ½ cup milk, 3 slices bread (crumbed/ripped up),  
½ cup grated carrot, 1 tsp mustard, 2 tsp curry powder, 2 Tblsp tomato  
sauce, salt and pepper, 500g minced beef, 500g sausage meat, ¼ cup  
sauce (tomato/bbq)

Preheat oven to 180c. In a bowl mix all of the meatloaf ingredients thoroughly. Place into loaf tin. Bake in oven for 50 minutes. Remove meatloaf from oven and pour off excess fat. Pour sauce over and replace in oven at 180c for a further 15 minutes

## homestyle meatloaf

1/4 cup chopped onion, 1kg beef mince, 1 cup rolled oats, 1 can chopped tomatoes (in juice), 1/2 cup barbecue sauce, 1 egg, 1/2 tsp salt, 1/2 tsp pepper, 1 tsp garlic salt.

Combine onion, ground beef, oats, tomatoes in juice, 1/4 cup barbecue sauce, egg, salt, pepper, and garlic salt. Stir until well blended. Press into loaf pan. Bake at 180° for 50 to 60 minutes. Remove from oven and spread remaining barbecue sauce over top. Return to oven and bake 10 minutes longer. Remove from oven and let stand 5 minutes

## easy French meatloaf

1kg beef mince, 1/2 cup rolled oats, 1/2 cup fine dry bread crumbs, 1 lightly beaten egg, 1 can condensed French onion soup, (undiluted), 1/4 tsp salt, 1/4 tsp pepper, 1 Tblsp dried parsley flakes, ketchup or barbecue sauce (optional)

Combine all ingredients in a bowl; pack into a meatloaf pan or large (9x5x3-inch) loaf pan. Bake at 350° for about 1 hour and 15 minutes. Spread top with a little barbecue sauce or ketchup about 5 or 10 minutes before done. Let rest a few minutes before slicing.

## mini meatloaf

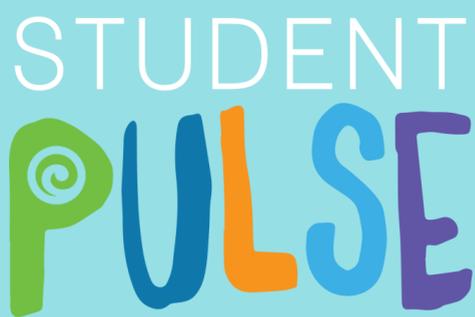
1 diced onion, 1 egg, ½ cup milk, 3 slices bread (crumbed/ripped up), ½ cup grated carrot, 1 tsp mustard, 2 tsp curry powder, 2 Tblsp tomato sauce, salt and pepper, 500g minced beef, 500g sausage meat, ¼ cup sauce (tomato/bbq)

Preheat oven to 180c. In a bowl mix all of the meatloaf ingredients thoroughly. Place into muffin tin. Bake in oven for 50 minutes. Remove meatloaf from oven and pour off excess fat. Pour sauce over and replace in oven at 180c for a further 15 minutes

## devilled sausages

8 sausages, 1 tablespoon oil, 1/2 cup water, 1 chopped onion, 1 chopped apple, 2 tablespoons Worcestershire sauce, 1 tablespoon mustard powder, 1/4 teaspoon cayenne pepper (or to taste), 2 tablespoons tomato paste, 1 tablespoon brown sugar.

Heat oil in pan and brown sausages until cooked. Drain any excess oil from pan. Combine all other ingredients with the water to make a sauce. Add to sausages stir until sauce begins to boil then reduce heat to a simmer. Stirring occasionally for about 10 mins. Serve with rice or bread.

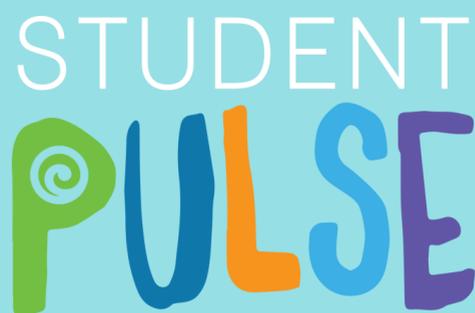


Te Runanga Tairā

## sausage & bean casserole

4-5 sausages, 2-3 cloves crushed garlic, 1 red or green pepper, 1 tin of good quality baked beans, 1-2 teaspoons of tomato puree, 1-2 teaspoons of paprika, salt and pepper.

Cook the sausages in a pan and set aside. Fry garlic for 1-2 minutes over a low heat and then add in the sliced chorizo and pepper, continuing to cook for 5 minutes or until pepper begins to soften. Add the cooked sausage, can of beans, tomato puree and paprika and simmer gently for about 5 minutes, making sure not to let the beans turn mushy. Season to taste.



Te Runanga Tairā

## curried sausages

1kg sausages, 1 tbs oil, 1 sliced onion, 2 tbs curry powder, 1 cup beef stock, 400g can diced tomatoes, 1 cup frozen peas, 1/2 cup sultanas

Place sausages in large pan, cover with cold water. Bring to a boil over high heat, boil 2 minutes. Drain sausages. Heat oil in large saucepan, cook onion until soft. Add curry powder, cook, stirring about 1 minute or until fragrant. Add sausages, stir to coat in curry mixture. Add stock and tomatoes, simmer, uncovered about 5 minutes or until thickened slightly. Stir in peas and sultanas. Cook a further 5 minutes until thickened and peas are heated through. Serve with rice.

## bangers and mash

8 large potatoes (peeled and quartered), 1 tablespoon butter, about ½ cup milk (or as needed for mashing), salt and pepper, 8 sausages, ½ cup diced onion, 1 pack gravy mix (made up)

Preheat the oven to 180C. Boil potatoes until tender. Drain and mash with half the butter and enough milk to reach your desired creaminess. In a large frypan over medium heat, cook the sausages until heated through. Remove from pan, and set aside. Fry onions until softened and add to made up gravy.

Pour half of the gravy into a square casserole dish so that it coats the base. Place sausages in a layer over the gravy. Pour the remaining gravy over them, and then top with the mashed potatoes. Bake in preheated oven uncovered for 20 minutes or until potatoes are evenly brown.

## stuffed sausages

Ingredients: sausages and filling of your choice.

For an easy dinner, cook sausages in boiling water, split top, place thin slices of cheese and tomato in each split, and grill until cheese bubbles.

Other filling ideas:

- mashed potato or leftover veges
- baked or kidney beans (slightly mashed)
- fried onion and bbq sauce
- salsa

## leftover sausage bake

8 large potatoes (peeled and quartered), 1 tablespoon butter, about ½ cup milk (or as needed for mashing), salt and pepper, 8 sausages, ½ cup diced onion, 1 pack gravy mix (made up)

Preheat the oven to 180C. Boil potatoes until tender. Drain and mash with half the butter and enough milk to reach your desired creaminess. In a large frypan over medium heat, cook the sausages until heated through. Remove from pan, and set aside. Fry onions until softened and add to made up gravy.

Pour half of the gravy into a square casserole dish so that it coats the base. Place sausages in a layer over the gravy. Pour the remaining gravy over them, and then top with the mashed potatoes. Bake in preheated oven uncovered for 20 minutes or until potatoes are evenly brown.

## basic casserole base

Meat (e.g. diced lamb/beef/sausages etc), 2 tins tomatoes, 2 tsp stock powder, 1 diced onion, salt and pepper.

Add any veg you like and try out different seasonings like garlic, paprika, cumin, turmeric, thyme, oregano.

Chuck everything into the casserole dish, mix, cover and put it into the oven until cooked – 180c 1 - 1½ hrs aprox.

## beef stroganoff

1 kg blade steak, 1 thinly sliced onion, 2 cloves crushed garlic, 200g thickly sliced mushrooms, 2 Tbsp tomato paste, 1 cup beef stock, 1 Tbsp mustard, 1 Tbsp flour, ½ cup sour cream

Cut the steak into 1.5cm wide strips and season with salt and pepper. Brown the beef in batches in a dash of hot oil in a frying pan, transferring each batch to a slow cooker when browned. Pan fry the onions and garlic in a little more oil until softened. Scatter over the beef with the mushrooms. Mix together the tomato paste, beef stock, mustard and flour and pour over the beef. Cover with the lid. Cook on low for 6-8 hours or high for 4-5 hours. Stir in the sour cream.

Oven cooking instructions Prepare the casserole as above, adding an extra 1 cup of beef stock. Cook in a lidded ovenproof dish at 180°C for 40 minutes. Stir in the sour cream.

## boil up

1kg pork bones, 1 bacon hock, salt, 4 medium-sized potatoes (peeled and cubed), 2 large kumara (peeled and cubed), ½ pumpkin (peeled and cubed) 4 kamokamo (peeled, de-seeded and cubed), 1 large bunch watercress

Place pork bones and hock in a large stockpot. Pour in just enough water to cover bones and hock, season with salt and then gently simmer for 1½ hours. Add potatoes, kumara, pumpkin and kamokamo to the pot. When veggies are tender place watercress on top of boil-up and cook until watercress is tender.

## easy beef casserole

1kg beef blade or chuck steak (trimmed and cut into 5cm cubes), 1 chopped large onion, 1 Tbsp minced garlic, 4 Tbsp flour, 4 cups beef stock, salt and pepper, 2 cups diced vegetables eg celery, capsicums, carrots, potatoes, 1 tsp dried thyme.

Brown the meat in 2-3 batches with the oil in a heavy-based pan. Transfer to a casserole dish. Gently fry the onions and garlic for 2-3 minutes in the same pan. Sprinkle over the flour and stir well until the onions and garlic are well coated. Gradually pour in the stock and bring to the boil, stirring well, to make a smooth sauce. Season to taste. Add the diced vegetables and thyme and pour the sauce over the beef and vegetables. Cover and cook in a pre-heated 160°C oven for 1½ to 2 hours or until very tender

## lemon chicken

6-8 chicken pieces, 2 Tbsp lemon zest, 1/3 cup lemon juice, 2 cloves crushed garlic, 2 teaspoons dried rosemary, 1 teaspoon dried thyme, 1 tsp salt and pepper, 2-3 Tbsp melted butter

Place lemon juice, lemon peel, garlic, thyme, rosemary, salt, and pepper in a small bowl, whisk to combine. With the tip of a sharp knife, cut into each chicken piece a couple of times (This will help the marinade penetrate.) Place the chicken pieces and the marinade in a bag and make sure all chicken pieces are coated with the marinade. Seal the bag and place in a bowl in the refrigerator. Let marinate for 2 hours. Preheat oven to 180c. Remove chicken from marinade and place in a single layer in a large baking dish, skin side up. Reserve the marinade. Pour a little melted butter on to each piece of chicken. Bake for a total of 50 to 55 minutes, until the skins are crispy brown, and the chicken is cooked through. Half-way through the baking pour the reserved marinade over the chicken.

## chicken vegetable bake

2 large potatoes (peeled and finely sliced), 6 chicken thigh fillets, 1 finely diced onion, 1 cup grated pumpkin, 2-3 cups frozen vegetables (Chunky Mix is nice), 420g can Condensed Creamy Chicken Soup, ¼ cup each: breadcrumbs and grated cheese

Place the sliced potatoes in an overlapping layer in the base of a lasagne-style dish. In a bowl, mix together the chicken, onion, grated pumpkin, frozen veg, and soup. Spread the mixture evenly over the potatoes. Sprinkle with the breadcrumbs and cheese. Bake at 180oC for 40-45 minutes until chicken is cooked through

## chicken curry in a hurry

6-8 chicken pieces, 2 Tbsp lemon zest, 1/3 cup lemon juice, 2 cloves crushed garlic, 2 teaspoons dried rosemary, 1 teaspoon dried thyme, 1 tsp salt and pepper, 2-3 Tbsp melted butter

Place lemon juice, lemon peel, garlic, thyme, rosemary, salt, and pepper in a small bowl, whisk to combine. With the tip of a sharp knife, cut into each chicken piece a couple of times (This will help the marinade penetrate.) Place the chicken pieces and the marinade in a bag and make sure all chicken pieces are coated with the marinade. Seal the bag and place in a bowl in the refrigerator. Let marinate for 2 hours. Preheat oven to 180c. Remove chicken from marinade and place in a single layer in a large baking dish, skin side up.

Reserve the marinade. Pour a little melted butter on to each piece of chicken. Bake for a total of 50 to 55 minutes, until the skins are crispy brown, and the chicken is cooked through. Half-way through the baking pour the reserved marinade over the chicken.

# STUDENT PULSE

Te Runanga Taurua

## roast chicken with a twist

6-8 chicken pieces, 1 medium red onion (cut into thick wedges), 4 potatoes (cut into wedges),  $\frac{1}{4}$  -  $\frac{1}{2}$  pumpkin (seeds removed and cut into wedges), 8 peeled cloves garlic, 400g can Wattie's Pesto Style Tomatoes,  $\frac{1}{2}$  cup chicken stock or water

Preheat oven to 200°C. Trim the chicken pieces if necessary. Season and place in a large open roasting dish. Toss the vegetables in a little oil and place the veg around the chicken. Roast chicken and veg for 40 minutes. Mix tomatoes and stock together. Pour over the chicken and veg. Return to the oven and continue cooking a further 15-20 minutes until cooked.

# STUDENT PULSE

Te Runanga Taurua

## chicken & bacon pasta bake

320g bacon (sliced), 1 finely chopped onion, 2-3 stalks celery (finely sliced, optional), 4 cups cooked pasta, 420g can Condensed Creamy Chicken Soup,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup cream, 8 sundried tomatoes roughly chopped (optional),  $\frac{1}{4}$  cup grated cheese

Preheat oven to 180°C. Cook the bacon, onion and celery in a dash of oil. Drain well and put in a bowl with pasta. Add the soup, milk, cream and sundried tomatoes. Mix well and pour into a well-greased 6-cup-capacity ovenproof dish. Sprinkle with the grated cheese.

Bake for 35-40 minutes or until hot and golden

## creamy carbonara

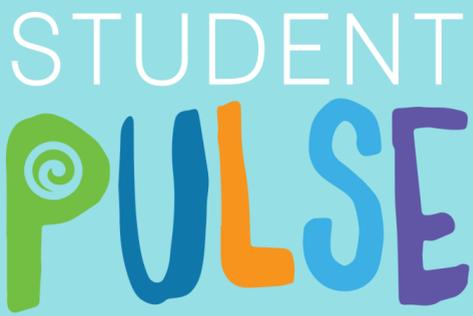
375g dried spaghetti pasta, 200g bacon cut into 2cm-long pieces, 2 eggs and 2 egg yolks, ½ cup cream, 2/3 cup finely grated cheese

Cook pasta in a large saucepan of boiling salted water, following packet directions until tender. Drain. Return to pot. Heat oil in a frying pan over medium-high heat. Add bacon. Cook for 4 minutes or until crisp. Whisk eggs, egg yolks, cream and cheese in a jug. Season with pepper. Add bacon and egg mixture to pasta. Cook, tossing, over low heat for 1 minute or until combined.

## tuna pasta bake

1 packet pasta, 60g butter, 4Tbsp plain flour, 3 cups milk, 1 cup grated cheese, 1 large tin tuna in spring water (drained), 330g tin sweetcorn (drained)

Heat oven to 180C. Boil the pasta for 2 mins less time than stated on the pack. To make the sauce, melt the butter in a saucepan and stir in the flour. Cook for 1 min, then gradually stir in the milk to make a thick white sauce. Remove from the heat and stir in all but a handful of cheese. Drain the pasta, mix with the white sauce, tuna, sweetcorn and parsley, then season. Transfer to a baking dish and top with the rest of the grated cheese. Bake for 15-20 mins until the cheese on top is golden.



Te Runanga Tairā

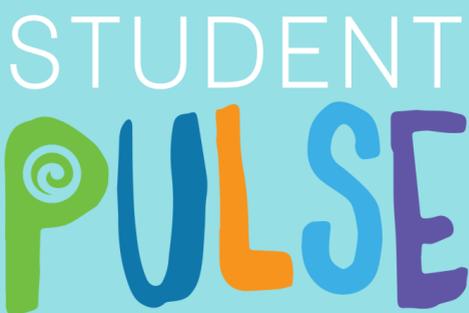
## lasagne

500g lean beef mince, 1 small finely chopped onion, 1 clove finely chopped garlic, ¼ cup tomato paste, 400g can tomatoes, ½ cup beef stock, 1 tsp sugar, 1 tsp dried mixed herbs, 250g pkt instant lasagne, 1 cup grated cheese,

White Sauce Cook onion and garlic in frypan, add mince and cook.

Add the tomato paste, tomatoes, stock, sugar and mixed herbs. Bring to the boil, reduce heat and simmer for 20 minutes. Season to taste with salt and pepper.

Preheat the oven to 180°C. Alternate layers of meat sauce with the lasagne sheets and half the white sauce in a greased lasagne dish, finishing with a layer of white sauce. Sprinkle with the grated cheese. Bake lasagne uncovered for about 30 minutes or until thoroughly hot



Te Runanga Tairā

## ham and rice bake

1 can Condensed Cream of Chicken Soup, 1 cup grated cheese, 1-2 cups mixed vegetables thawed, 1 cup cooked regular long-grain white rice, 1 cup cubed cooked ham

Heat the soup and half the cheese in a saucepan over medium heat until the cheese is melted, stirring often. Stir in the vegetables, rice and ham. Spoon the ham mixture into a greased baking dish. Sprinkle with the remaining cheese. Bake at 180c for 25 minutes or until the mixture is hot and bubbling.



## chicken rice bake

4 skinless boneless chicken breasts cut in half, 1 Condensed Cream of Chicken Soup, 1 ½ cups water, 1 cup uncooked regular long-grain white rice, 2 cups frozen mixed vegetables, 1/2 cup grated cheese

Heat the oil in a frying pan over medium-high heat. Add the chicken and cook for 10 minutes or until well browned on both sides.

Remove the chicken from the pan. Stir the soup, water, salt and pepper and rice in the pan and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes, stirring once halfway through the cooking time. Stir in the vegetables. Return the chicken to the pan. Sprinkle with the cheese. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender.



## basic fried rice

5 cups of cooked rice (approx. 2 cups uncooked rice), 2 finely diced rashers of bacon, 2 finely diced onions, 1/3 cup corn kernels, 1/3 cup peas or beans, 1 carrot finely diced, 2 Tbsp soy sauce, 2 eggs, lightly beaten

Heat oil in frying pan, wait until it is sizzling hot. Add bacon, onion, corn, peas/beans, carrots and stir until lightly cooked. Add rice. Cook for about 5 minutes, stirring. Add soy sauce, and stir for another 2 minutes. Move ingredients over to one side to leave some space in frypan, pour in egg and let cook for 30 seconds. With fork, scramble and then combine through rest of rice.



## easy chicken on rice

6 chicken pieces, 1  $\frac{3}{4}$  cups water, 2 tsp salt, 2 tsp curry powder, 1 tin tomatoes/pasta sauce, 1 chopped onion, 1 cup rice, 1/3 cup golden raisins, 1 tsp Worcestershire Sauce

Combine rice, onion and raisins in a casserole dish. Arrange chicken on rice mixture, skin side-up. Combine water, tomato sauce, curry powder, salt and Worcestershire sauce in bowl. Pour evenly around the casserole. Cover and cook in a preheated 180c oven for 20 minutes. Uncover the dish and continue cooking for 15 minutes or until chicken is tender.



## potato salad

potatoes, dressing, salt and pepper.

Boil potatoes until soft. Stir through dressing and seasoning.

Add extras:

bacon or ham bits

finely chopped onion or spring onion

boiled carrots / broccoli / cauli / corn...

herbs



## scalloped potatoes

potatoes, onion, 1cup milk or cream, salt and pepper (seasoning).

Using a medium sized casserole dish put a layer of potatoes then sprinkle with some of the onion, cheese, salt and pepper. Repeat the layers until you've used all the ingredients - finish with a layer of cheese. Pour the cream/milk over it evenly.

Bake at 180 C for about 50 min or until the potatoes are soft. For the first 30 min of baking have the casserole dish covered with a lid, for the rest of the time bake uncovered.



## pumpkin soup

1 butternut pumpkin (peeled de-seeded and cubed), 1 large potato (peeled and cubed), 1 large carrot (peeled and roughly chopped), 1 diced onion, 2 tbsp olive oil, 4 tbsp chicken flavoured stock powder, Salt and pepper.

Heat oil in a pan and fry all vegetables until golden.

Add 2 litres boiling water to the pan and stir in stock powder.. Bring to the boil and simmer for 20 minutes until all vegetables are soft.

Using a stick mixer liquefy all the soup until it's nice and smooth (or use potato masher). Taste and season with salt and pepper accordingly

## omelette

2 eggs, 2 tablespoon of milk, salt and pepper.

Whisk all ingredients together.

Heat 1 tablespoon oil in frying pan and pour egg into pan. Cook until nearly set then add fillings and fold in half. Cook until filling is hot.

Fillings: Ham, cheese, tomato, onion, spinach, mushroom...

## bacon and cheese frittata

6 eggs, 250ml milk, 30g butter (melted), 1/2 teaspoon salt and pepper, 4 tablespoons chopped spring onion, 5 rashers bacon (cooked and diced), 120g grated Cheddar cheese.

In a bowl, beat eggs, milk, butter, salt and pepper. Pour into a greased 28x28cm (11x7 in) baking dish. Sprinkle with onions, bacon and cheese. Bake, uncovered, at 180 C / Gas 4 for 25-30 minutes or until a knife inserted near the centre comes out clean.

This is a great base recipe. Instead of adding bacon, you can try adding any of the following: cooked and diced ham; chopped chorizo; chopped and sautéed mushrooms; chopped and sautéed spinach; tinned salmon; chopped and sautéed peppers.

## corn fritters

1 egg, 1 tablespoon water (more if needed), 1 cup plain flour, 1 tsp baking powder, pinch of salt and pepper, 1 can (410g) creamed corn

In a medium bowl, lightly beat egg with a little water. Sift in flour and baking powder, add salt and pepper and stir - adding water if needed - to achieve a medium batter. Make sure the mixture is not too thin.

Add the can of cream corn, season and stir. Heat oil in a frypan to a medium heat and add spoonfuls of the batter in the pan. Flip the fritters when they start to bubble on the top - 1-2 minutes but test they are cooked through before removing them. You may need to add a little more oil after each lot is taken out of the pan.

## bacon and cheese frittata

60g butter, 1 ½ cups self raising flour, 1 cup sugar, ¼ cup cocoa, ¾ cup milk, 2 tsp vanilla, 1 cup brown sugar, another 1/3 cup cocoa, 1 ½ cups boiling water

Place butter in microwave-safe bowl. Melt on high for 1 minute. Stir in sifted flour, sugar and cocoa, milk and vanilla. Beat until smooth. Spoon batter into a greased baking dish. Mix extra cocoa and brown sugar together and sprinkle on top of mixture. Carefully pour hot water over mixture. Cook on high for 12 minutes or until just cooked in centre. Stand for 5 minutes before serving.

## bread cases

Cut off crusts and butter one side. Push bread (butter side down) into muffin tins. Mix 2 eggs with 3 big spoons of milk. Stir in chosen ingredients and pour into bread cases. Bake in oven until set (about 10-15 min). Ideas: corn, tomato, onion, cheese, ham.... OR just crack small egg into case and bake until set

## savoury tart

Roll out dough to a 5mm-thick large circle and transfer to a lightly-oiled baking tray. Add any chunky filling to the middle, leaving at least a 5cm margin around the border.

Filling suggestions: leftover roasted vegetables with pumpkin seeds and grated edam cheese; chilli beans or baked beans with spring onions and grated cheese; cranberry, smoked chicken, finely-chopped red onion, sliced green capsicum and sliced brie; leftover casserole or mince dishes.

Turn the edge over to encase filling. Brush dough with milk and bake at 180°C for 20-25 minutes, or until scone dough is golden and filling piping hot

STUDENT

PULSE

Te Runanga Tairā