



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

MENU IDEAS FOR STUDENTS

BREAKFASTS

- Oatabix with rice or soya milk with fresh blackberries or blueberries sprinkled on top
- Boiled egg on wholemeal toast
- Smoothie of yoghurt and blackberries, raspberries and blueberries and 1 tbsp nuts and seeds (or eaten whole)
- Pancakes with berries and plain yoghurt
- Mix of cornflakes, rice crispies and Quaker's oat crisps with soya/rice milk with 1 tsp of Manuka honey and slices of crisp green apple on top

SMALLER MEALS

- Curly Kale Soup
- Lentil and Ham Soup
- Sweet Potato Soup
- Carrot and Parsnip Soup
- Tuna and sweetcorn salad with jacket potato
- Feta cheese in pitta bread and olives with salad
- Rice salad with diced peppers, sweetcorn and chopped ham
- Pasta with chicken and pesto
- Egg mayonnaise with cress in wholemeal sandwich

MAIN MEALS

- Roasted vegetable and mince beef lasagne
- Lamb chump chops in root vegetables, garlic, fresh thyme and red wine
- Chicken breast Tai stir fry, beans, red and yellow peppers
- Salmon piece in soya sauce with orange, spinach and green beans
- Chicken (thigh) casserole with prunes and apple juice
- Sausage casserole (good quality sausages), mashed potatoes with celeriac
- Cous Cous, broccoli with white fish: cod or plaice (steamed)
- Pasta with mince bolognaise
- Baked mackerel with orange and lemon served with potatoes and fresh spinach

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KURLY KALE SOUP

Saute an onion in 1 tsp olive oil until golden. Add 1 crushed clove garlic. Add 2 chopped large potatoes until golden and soft in 2 cups stock. Meantime steam the kale and add half the kale to the potato and stock. Blend then add the rest of the chopped steamed kale and add some milk or even low fat crème fraiche to taste.

CARROT AND PARSNIP SOUP

Chop 2 onions, 2 garlic cloves 2 sticks celery 2 parsnips and 4 carrots, sauté in 1 tsp olive oil. Add 875 ml stock, 2 tbsp fresh coriander or parsley and 2 tbsp red lentils. Simmer for 30 mins. Blend then add 100g ground almonds.

LENTIL AND HAM SOUP

Fry in 1 tsp olive oil 1 chopped onion and 1 clove garlic for 5 mins until clear and soft. Add 1 chopped carrot and 1 stick celery. Add 225g split red lentils and 875ml stock. Simmer for 20 mins. Can add diced smoked ham or bacon. Season and add lemon juice to taste. Can add optional 1 tbsp grated ginger or 1 tsp ground coriander and cumin. A pinch of chilli powder can add warmth on a cold day.

BUTTERNUT SQUASH AND SWEET POTATO SOUP

Add to 1.136l stock 1 chopped butternut squash, 1 sweet potato, 2 carrots, 1 chopped fennel bulb 1 onion and simmer for 10-12 mins. Add 1 clove garlic seasoning and then blend to desired consistency. Garnish with fresh parsley and pumpkin seeds.

ROASTED VEGETABLE LASAGNE/PASTA/RICE

Chop up into a roasting tin,
1 red onion
1 sweet potato
1 aubergine
1 red and yellow pepper
1 courgette and ½ butternut squash

Sprinkle over olive oil and salt and pepper. Can add whole or chopped cloves of garlic and fresh basil leaves if you fancy. Roast in a hot oven for 30 mins. When brown and steaming remove and add a jar of passata and tbsp sundried tomato paste. Use with plain pasta or rice or can layer with a cheese sauce and lasagne sheets and cook in moderate oven for 45 mins.

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LAMB CHOPS WITH ROOT VEGETABLES AND FRESH HERBS AND RED WINE

Place lamb chops into a large roasting tin and place around it chopped seasonal root veg such as carrots, onions, parsnips, turnips, swede. Add sprigs of fresh thyme and or rosemary, garlic and sprinkle over olive oil.

Roast for 20 mins then pour over 300ml red wine and cook for a further 2 mins covered.

Serve with seasonal cabbage or sprouts.

CHICKEN STIR FRY

Chop up 1-2 chicken breasts and stir fry with garlic, carrot strips, courgette strips and peppers. After 10 mins add 1 pkt bean sprouts or a mix and add a mixture of 4tsp soya sauce, 1 tsp chopped fresh ginger, and 1 tsp honey.

Serve with rice.

SALMON IN ORANGE JUICE AND SOYA SAUCE

Place salmon fillet in a glass dish and marinade in a 110ml orange juice and 2tbsp soya sauce, 1 diced garlic clove and diced ginger and chopped spring onion. 1 hr.

Wrap with baking paper and then aluminium foil bringing the edges up to the middle and folding a seam so there is room to steam. Bake in oven for 20 mins 200°C/400°F/Gas mark 6

CHICKEN WITH PRUNES AND APPLE JUICE

Take a large piece of baking parchment on top of aluminium foil and place your chicken breast or deboned thigh. Drizzle over 1 tsp olive oil, 2-3 prunes, half chopped small onion and finely diced carrot and slices of red pepper.

Pour over ½ tea cup of apple juice and season.

Fold up as above and cook for 15-20 mins.

Serve with small baked potato.

SAUSAGE CASSEROLE

Take 6 good quality butcher's sausages and lightly brown them under the grill. Place them into a casserole dish and add carrots, tinned chopped tomatoes, 300ml apple juice, stock cube and some different coloured peppers or alternative root vegetables. Can add a tin of baked beans if you so choose. Cook on low heat for 1 hour and add some dumplings for last 20 mins if you so wish, using the vegetable fat Altor Light mix.

Serve with mashed potatoes and some spring greens.

FISH WITH COUS COUS

Place in bottom of a steamer 300ml water and place on top piece of plaice and a handful of fine green beans. After steaming for 15 min, take steamer off bottom pan and add a pkt of Lemon and coriander cous cous with a knob of butter. (Available at

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major supermarkets).

BASIC MINCE BOLOGNAISE

Saute an onion, pepper, chopped aubergine, sweet potato and 2 carrots with 3 cloves garlic in 1 tbsp olive oil. Then add 250g best beef mince and fry until brown. Add a jar of passata, 1 tbsp pesto and 1 tbsp sundried tomato sauce. Cook then with 300ml stock for 30 mins or in a slow cooker. Serve with rice or pasta.

BAKED MACKEREL WITH ORANGE AND LEMON SAUCE

Gently fry in olive oil one onion and add the rind of one orange and lemon. Add the juice and 110ml of fish stock, and bake in the oven.

FRUIT COMPOTE

Soak dried prunes, dried apricots, dried apple and cranberries in apple juice overnight. Serve with low fat Plain Bio live yoghurt and sprinkle on some seeds or nuts.

FRESH MANGO FRUIT SALAD

Dice up a fresh mango and mix with 1 tin pineapple and 1 tin of pomegranate.

FRUIT CRUMBLE

Stewed apple with a pack of frozen Forest fruits. Make the crumble half with oats and half with flour. Can add ground up hazelnuts. Serve with Swiss Glace ice cream.

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