



# Healthy Eating

## **Tips on:**

*Eating Well*

*Shopping on a Budget*

*Food Hygiene*

*Cheap, Tasty Recipes*

*Campus Resources*

*Websites, Apps & Schemes*

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# Welcome

Maynooth University aims to provide an environment where a variety of food options exist for staff/students, along with access to information and resources to help you eat well.

This guide has been put together by the Healthy Campus Team in collaboration with the Student Budgeting Advisor. It is not a substitute for professional nutritional advice. As each person and each body is unique, we will all have different dietary requirements and preferences.

If you have queries about what is right for you we recommend consulting with your GP.

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# EATING WELL



## WHY IS IT IMPORTANT?



### IMPORTANCE

*Eating a wide variety of nourishing foods gives you the energy and nutrients you need to stay healthy and function in daily life.*

*It helps you feel your best, and can also reduce your chance of developing certain diseases such as type 2 diabetes, heart disease and cancer.*

*Foods are made up of nutrients. Proteins, carbohydrates, fat, vitamins & minerals are all types of nutrients. Your body needs the right mix of nutrients to be healthy & well (i.e. a balanced diet).*

*As different foods contain different nutrients, you need to choose a mix of foods every day to help you get all the nutrients you need.*

*([www.hse.ie](http://www.hse.ie))*

**For full detail on the Food Pyramid, nutrients & meal planning scan or visit:**

<https://www2.hse.ie/living-well/healthy-eating/how-to-eat-well/>



# QUICK TIPS



**Eat regular meals & snacks.**  
You can use the food pyramid as a general guide for serving size & nutrients.



**Eat slowly & mindfully so you can take time to enjoy each meal.**  
Try to avoid eating in front of the TV or the computer.



**Try to prepare meals using mostly fresh ingredients. Try to choose fruits, salads & vegetables for snacks instead of sweets.**



**Try to use cooking methods like grilling and steaming instead of frying or roasting with oil or fat.**

# SHOPPING ON A BUDGET



## WHAT TO CONSIDER?



## CONSIDERATIONS

**Bulk Buy & Batch Cook** – Buy ingredients & cook in bulk to help keep waste to a minimum & ensure you get the most value for money. Stock up your cupboard at the beginning of semester with key items (e.g. kilo of rice, big bags of pasta) & your weekly shop will be cheaper.

**Don't forget to Freeze** – Buy food when it's on special offer & freeze it to create big savings. Running a full freezer is also cost-effective as it uses less energy.

**Different sources of protein** – Choosing some veggie sources (e.g. beans, lentils, tofu) can help keep costs low & ensure you're not skimping on quality/needs.

**Frozen Vs Fresh** – Frozen fruit & veg have the same nutritional value as when picked at peak freshness. The frozen section offers plenty of variety, so you can keep costs low but not skimp on quality.

**Avoid checkout temptations** – Shops will often display tempting items to try persuade you to make a last-minute purchase. Resist the urge! Stick to your list.

**Bring your own bags** – Plastic bags start from 70 cent. So, bring reusable shopping bags to avoid this cost.

(Mark Bracken, MU Student Budgeting Advisor)

# QUICK TIPS



**PLAN:** Before you go shopping work out your budget, and then decide your meals for the week.



**LIST:** Write a list of all the items you need and commit to making NO impulse buys.



**FUEL:** Eat something before you go! If you shop on an empty stomach you're more likely to buy things that you don't need.



**LOYALTY:** Sign up for store 'loyalty card schemes' so you can collect points & avail of discounted prices whenever you shop.



**OWN BRAND:** Choosing a stores 'own brand' option when buying products means a cheaper price.

# SUPERMARKETS IN MAYNOOTH



**Aldi – Kilcock Rd, Maynooth, W23WY48**



**Lidl – Straffan Rd, Greenfield, Maynooth**



**Tesco – Dublin Rd, Maynooth**



**Mroz – 8B Main St, Maynooth**



**Supervalu – Glen Royal Shopping Centre  
Maynooth, W23 AOE4**



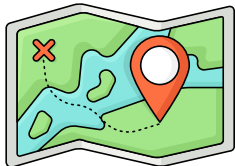
**Dunnes Stores – Manor Mills Shopping  
Centre, Mill St, Maynooth, W23 K4K8**



**EuroGiant – Carton Park Shopping  
Centre, Maynooth**



**Mini Asian Market –  
Main Street W23 N6F7**



# REVERSE VENDING MACHINES

*Looking for ways to reduce your  
weekly shopping bill?*

*With Ireland's new **Deposit Return Scheme** when you buy a drink in a plastic bottle, or an aluminum or steel can featuring the Re-turn logo, you will pay a small deposit in addition to the price of the drink.*

*When you return the empty, undamaged container to any participating retail outlet, the deposit will be paid back in full by receiving a voucher which can be redeemed for cash or against the value of your shopping.*

*For more info visit: <https://re-turn.ie/retailer>*



# THE EDIBLE GARDEN



## WHAT/WHERE IS THIS?



## THE EDIBLE GARDEN

*This great amenity is a place for people to come together, cultivate food, improve biodiversity, and eat nutritious food to improve environmental and human health.*

*Situated on North Campus between Rowan & Education House, the garden is an interactive space with an oasis of blooms, fruit and vegetables, apple tree groves and seating areas.*

*Developed by Patricia Healy Kettle and the Green Campus Sustainable Food & Agriculture Working Group in 2021, it has made great progress thanks to Green Campus, the MU Enviro Soc, volunteers and the local community of Maynooth.*

*There are a variety of events each year, so come plant your own seed, then nurture, harvest and eat veg you've cultivated with your own hands. If you are not interested in growing, simply come along to sit and enjoy the space. To find out more follow the MU Environmental Society on Instagram ([@muenvirosoc](https://www.instagram.com/muenvirosoc)) or contact [patricia.healykettle@mu.ie](mailto:patricia.healykettle@mu.ie).*



# THE PANTRY



## WHAT/WHERE IS THIS?



## THE PANTRY

*The Student Pantry (Pantrach AMLMN) is here to make student life a bit easier! Launched in April 2024 by Maynooth Students' Union and Maynooth University, this initiative provides essential non-perishable food items to support a balanced diet and make budgeting a little easier.*

*It aims to help alleviate food insecurity so students can focus on their studies, knowing they have access to food when they need it most. On pages 13 – 21 you will find a selection of tasty recipes whose ingredients align with the pantry stock.*

### **Opening Hours:**

*These can vary across the semester due to the administrative workload of staff. For the most up to date times or any questions visit the MSU website:*

*[www.msu.ie/yoursupport/studentpantry](http://www.msu.ie/yoursupport/studentpantry)*



# FOOD HYGIENE



## WHAT TO CONSIDER?



## CONSIDERATIONS

*Choosing the right food to keep us healthy isn't the only thing to consider! We also need to make sure we cook and store our food safely. Some frequently asked questions are:*

### ***How long can I store food in my fridge?***

*Always follow storage instructions on the food label. Leftovers should be covered in the fridge.*

### ***Can I reheat leftover food?***

*Yes – within 2–3 days. Leftovers should be refrigerated between 0–5° C during this time.*

### ***How should food be reheated?***

*To 70°C or higher. Food should be very hot & steaming before serving. Leftovers should only be reheated once.*

*([www.fsai.ie](http://www.fsai.ie))*

**For more information scan or visit  
the Food Safety Authority website:**

[www.fsai.ie/consumer-advice/  
food-safety-and-hygiene](http://www.fsai.ie/consumer-advice/food-safety-and-hygiene)



# QUICK TIPS



**CLEAN:** Keep it clean! Wash hands and the surfaces where you prepare/eat food often.



**SEPARATE:** Store raw meat, poultry, seafood, eggs, and ready-to-eat foods separately.



**COOK:** Food is safely cooked when the internal temperature gets high enough to kill germs. Temperature at the core of the food (thickest part) must be 75° C or higher.



**CHILL:** Refrigerate or freeze foods. Bacteria will form if food is left at room temperature.

# RECIPES

The following recipes are based around core ingredients that can be picked up for free in the **Student Pantry**:

- *Roasted Vegetable Pasta*
- *Chickpea & Lentil Curry*
- *Mixed Bean Salad*
- *Rice & Vegetable Hotpot*
- *Lentil & Vegetable Stew*
- *Tuna Pasta*
- *Bean Burritos*
- *Vegetable Hotpot*
- *Ratatouille*

The following are **favourite recipes** that were submitted by our own MU staff and students:

- *Homemade Spaghetti & Meatballs*
- *Glazed Chicken*
- *Corn Pancakes*
- *Hake & Bean Bake with Garlic Ciabatta*
- *Vegan Curried Chickpeas*
- *Curry Paste (Korma)*
- *Treacle Sunflower Seed Bread*
- *Vietnamese Shrimp & Pork Spring Rolls*
- *Salsa Roja*
- *Panko coated Salmon*
- *Burrito*
- *Homemade Green Pesto*



# ROASTED VEGETABLE PASTA



**Prep Time: 15 mins**

**Cooking Time: 50 mins**

**Serves: 4 Adults**

## Ingredients:

- 1 red onion, cut into wedges
- 1 red pepper + 1 yellow pepper, sliced
- 1 courgette, sliced
- 3 cloves of garlic (leave them unpeeled)
- 20 ml of olive oil
- pepper and salt
- 400 g tin of tomatoes
- 200 g pasta



## What you need:

- Chopping board
- Chopping knife
- Mixing bowl
- Wooden spoon
- 2x baking trays
- Saucepan
- Grater



## Method:

1. Preheat the oven to 160°C / 325°F / Gas Mark 3.
2. Place the sliced vegetables and garlic into a bowl. Pour in the oil, add the salt and pepper. Mix the vegetables to ensure they are coated in the oil.
3. Spread the vegetables onto 2 baking trays and roast them in the oven for 45 mins or until soft and turning golden, stirring occasionally. Add tomatoes to baking trays for the final 20 mins.
4. Cook the pasta in boiling water according to packet instructions.
5. Drain the pasta and return it to the saucepan, along with the roasted vegetable and tomato mixture. Stir and cook gently for 2 to 3 minutes.
6. Divide into 4 bowls to serve. Option to sprinkle some Parmesan on top when serving.

*\*Option to eat 1 portion for lunch/dinner then freeze the others for another day!*

Source: [www.safefood.net](http://www.safefood.net)

# CHICKPEA & LENTIL CURRY



1/4 of this recipe contains

Energy	Fat	Saturates	Sugars	Salt
2018kJ 478kcal	6.3g	0.6g	11g	0.2g
24%	9%	3%	12%	3%

3.5 of your 5 a day

**Prep Time: 5 mins    Cooking Time: 25 mins**

**Serves: 4 Adults**

## Ingredients:

- 1 tablespoon of vegetable oil
- 1 medium onion, peeled and diced
- 2 cloves of garlic, peeled and crushed
- 1 tin of chopped tomatoes (400g / 14oz.)
- 2 teaspoons of curry powder
- 2 teaspoon of ground ginger
- 1 tin of drained chickpeas (400g / 14oz.)
- 1 medium tomato, roughly chopped
- 1 medium red pepper, deseeded and diced
- 100g red lentils
- 240g of basmati rice
- 300g of spinach
- 1 low salt vegetable stock cube dissolved in 500ml of boiling water



## What you need:

- Can opener
- Chopping board
- Chopping knife
- Cutlery
- Frying pan
- Kitchen scales



## Method:

1. Heat oil in a pan and when hot, add the onion. Fry until softened.
2. Add garlic, tomatoes, curry powder and ginger and cook for another 2–3 minutes.
3. Add the chickpeas, tomato, red pepper, stock and lentils. Cook for a further 15 mins over a medium heat, stirring occasionally.
4. In the meantime, cook rice according to packet instructions, omitting any salt.
5. After your curry has simmered for 20 minutes, add the spinach leaves and let them wilt into the curry for the remaining 5 minutes of cooking time.
6. Drain the rice and serve alongside the curry, dividing into 4 portions.

*\*Option to eat 1 portion for lunch/dinner then freeze the others for another day!*

Source: [www.safefood.net](http://www.safefood.net)

# MIXED BEAN SALAD



1/4 of the recipe contains

Energy 928kJ 221kcal	Fat <b>5.2g</b>	Saturates <b>0.7g</b>	Sugars <b>6.1g</b>	Salt <b>0.3g</b>
11%	7%	3%	7%	5%

0.5 of your 5 a day

**Prep Time: 15 mins Cooking Time: None**

**Serves: 4 Adults**

## Ingredients:

- 1 x 400g can of kidney beans
- 1 x 400g can of chickpeas
- 1 x 400g can of butter beans
- 1 x 200g can of sweetcorn
- 1 medium red pepper
- 2 spring onions
- 2 teaspoons of wholegrain mustard
- Juice of half a lemon
- 1 teaspoon of olive oil
- 2 cloves of garlic
- Black pepper to season



## What you need:

- Can opener
- Chopping board
- Chopping knife
- Mixing Bowl
- Sieve



## Method:

1. Using a sieve rinse all the beans and sweetcorn.
2. Chop the onion, garlic and pepper.
3. Mix together the mustard, lemon juice, olive oil, garlic and black pepper.
4. Add the beans, sweetcorn, onion and red pepper to the above.
5. Divide into 4 portions and serve. Option to serve with some couscous or rice.

*\*Option to eat 1 portion then refrigerate/freeze the others for another day!*

Source: [www.safefood.net/recipes](http://www.safefood.net/recipes)

# RICE & VEGETABLE HOTPOT



1/4 of this recipe contains

Energy 2018kJ 478kcal	Fat 6.3g	Saturates 0.6g	Sugars 11g	Salt 0.2g
24%	9%	3%	12%	3%

3.5 of your 5 a day

**Prep Time: 10 mins    Cooking Time: 30 mins**

**Serves: 4 Adults**

## Ingredients:

- 10 ml of oil
- 1 large onion
- 1 tin of sweetcorn
- 1 medium-sized red pepper
- 1 medium-sized yellow pepper
- 2 medium-sized carrots
- 150 g of cauliflower
- 225 g of long grain rice
- 1 tsp of cumin powder
- 1 tsp of mild curry powder
- 1 tsp of tomato puree
- 1 low-salt vegetable stock cube dissolved in 600 ml of boiling water



## What you need:

- Chopping board
- Chopping knife
- Measuring jug
- Saucepan
- Wooden spoon
- Vegetable peeler



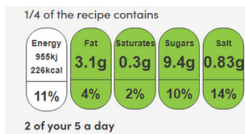
## Method:

1. Chop the vegetables.
2. Heat the oil in a saucepan and add the onions for 1 minute.
3. Add the remaining vegetables and cook until softened.
4. Add the rice. Stir in the cumin powder, curry powder, tomato puree and stock.
5. Bring to the boil.
6. Reduce the heat, cover the pan and simmer for 15 to 20 minutes, until the rice is tender and the liquid absorbed.

*\*Option to eat 1 portion then refrigerate/freeze the others for another day!*

Source: [www.safefood.net](http://www.safefood.net)

# LENTIL & VEGETABLE STEW



**Prep Time: 15 mins    Cooking Time: 45 mins**

**Serves: 4 Adults**

## Ingredients:

- 1 large onion
- 2 medium carrots
- 2 celery sticks
- 100g of mushrooms
- 2 small courgettes
- 1 tablespoon of oil
- 175g of red lentils
- 1 teaspoon of mixed herbs
- 600ml / 1 pint of low salt vegetable stock
- 2 tablespoons of tomato purée
- Black pepper to taste



## What you need:

- Casserole dish
- Chopping board
- Chopping knife
- Measuring jug (for liquids)
- Saucepan
- Wooden spoon



## Method:

1. Chop all the vegetables.
2. Heat the oil in a large saucepan, add the onion and cook for 5 minutes.
3. Add the carrots and celery, cook for 2 minutes.
4. Stir in the lentils, herbs, stock, puree and pepper and bring to the boil.
5. Cover and simmer for 20 minutes until the lentils are soft.
6. Stir in the courgettes and mushrooms and cook for a further 10 minutes.
7. Transfer to a casserole dish for serving.

Source: [www.safefood.net/recipes](http://www.safefood.net/recipes)

# TUNA PASTA



1/2 of this recipe contains

Energy	Fat	Saturates	Sugars	Salt
2124kJ 505kcal	15g	5.8g	15g	0.8g
25%	21%	29%	17%	13%

2.5 of your 5 a day

**Prep Time: 5 mins**

**Cooking Time: 15 mins**

**Serves: 2 Adults**

## Ingredients:

- 80g wholewheat penne pasta
- 25g butter
- 25g plain flour
- 200ml low fat milk
- 2 tablespoons of dijon mustard or tomato puree
- 1 green pepper
- 130g tin tuna in spring water
- 200g tin sweetcorn



## What you need:

- Chopping board
- Chopping knife
- Measuring jug
- Saucepan
- Wooden Spoon
- Sieve
- Whisk



## Method:

1. Cook the pasta in a pot of boiling water according to packet instructions.
2. Melt the butter in a pan over a medium/low heat. Sieve in the flour and cook for 1 minute, stirring quickly with a wooden spoon to make a smooth glossy paste.
3. Remove from the heat. Gradually pour in the milk, whisking until smooth.
4. Bring to the boil, then stir in the mustard or tomato puree until evenly combined.
5. Reduce the heat. Simmer for 5 mins, stirring occasionally, until smooth & thickened.
6. Cut the green pepper into small pieces. Drain the tuna and sweetcorn. Mix them into the sauce with the diced green pepper.
7. Drain the pasta. Then return it to the pan and mix it with the tuna & vegetable sauce.
8. Divide among 2 bowls to serve.

*\*Option to eat 1 portion for dinner and keep the 2nd refrigerated for lunch!*

Source: [www.safefood.net/recipes](http://www.safefood.net/recipes)

# BEAN BURRITOS



1/4 of this recipe contains

Energy  
1839kJ  
437kcal

Fat  
9.5g

Saturates  
3.7g

Sugars  
11g

Salt  
1.5g

22%

14%

18%

12%

25%

2.5 of your 5 a day

**Prep Time: 10 mins    Cooking Time: 40 mins**

**Serves: 4 Adults**

## Ingredients:

- 1 medium onion
- 1 medium red pepper
- 60g of reduced fat cheddar cheese
- 1 tablespoon of olive oil
- 1 clove of garlic
- 1 teaspoon of chilli powder
- 1 teaspoon of tomato puree
- 400g of tinned tomatoes
- 400g of kidney beans
- 4 large tortillas
- 2 handfuls of salad leaves



## What you need:

- Baking tray
- Can opener
- Cheese grater
- Chopping board
- Chopping knife
- Hand blender or Potato masher



## Method:

1. Preheat oven to 180°C/350°F/ gas 4.
2. Peel and finely slice the onion and slice up the pepper. Coarsely grate the cheese.
3. Heat half the oil in a pan on medium-low heat. Fry the onion for 10 mins, or until softened.
4. Peel and crush the garlic, then add it to the pan along with the chilli powder.
5. Add the tomato purée and tomatoes, breaking them up with a spoon as you go.
6. Drain and add the kidney beans.
7. Cook for 10 mins, or until slightly reduced, then season with sea salt and black pepper.
8. In another pan, fry the pepper in the rest of the oil until it starts to soften, then set it aside.
9. Divide the filling mixture in half. Blitz one half with a blender to form a bean paste – if you don't have a blender, mash with a potato masher.
10. Spread the tortillas with the warm bean paste. Add a serving spoon of the filling and a spoonful of red pepper. Sprinkle with cheese and some salad leaves.
11. Roll up the tortillas & place on baking tins. Bake for 5–10 mins until golden & warm through.

Source: [www.safefood.net/recipes](http://www.safefood.net/recipes)

# VEGETABLE HOTPOT



1/6 of the recipe contains

Energy	Fat	Saturates	Sugars	Salt
1056kj 251kcal	4g	0.4g	13g	0.73g
13%	6%	2%	14%	12%

3.5 of your 5 a day

**Prep Time: 15 mins    Cooking Time: 60 mins**  
**Serves: 6 Adults**

## Ingredients:

- 1 large onion
- 450g potatoes
- 250g of celery
- 350g of carrots
- 350g of leeks
- 225g of mushrooms
- 1 tablespoon of vegetable oil
- 2 garlic cloves
- 1 x tin of tomatoes + 1 x tin of kidney beans + 1 x tin of chickpeas
- 600ml / 1 pint of low salt vegetable stock
- 1 tablespoon of tomato puree
- 1 teaspoon of chilli powder and Black Pepper to taste



## What you need:

- Casserole dish
- Chopping board and chopping knife
- Measuring jug (for liquids)
- Saucepan
- Sieve
- Wooden spoon



## Method:

1. Preheat the oven to 180°C/ 350°F / Gas mark 4.
2. Peel the onion, potatoes and carrots. Chop all the vegetables & potatoes. Rinse and drain kidney beans and chickpeas.
3. Heat the oil in a saucepan, add the garlic and onion and cook for five minutes.
4. Add the chilli powder and cook for a further minute.
5. Add the potatoes, celery, carrots, leeks and mushrooms and cook for 3 to 4 minutes.
6. Stir in the stock, tomatoes, puree, black pepper and bring to the boil.
7. Transfer to a casserole dish, cover and put in the oven for 30 minutes.
8. Remove from the oven. Add the kidney beans and chickpeas, then return covered to the oven for a further 20 minutes. Serve and enjoy!

Source: <https://www.safefood.net>

# RATATOUILLE



1/4 of the recipe contains

Energy	Fat	Saturates	Sugars	Salt
743kj 178kcal	9.2g	1.4g	14g	0.02g
9%	13%	7%	16%	0%

5 of your 5 a day

**Prep Time: 15 mins**

**Cooking Time: 20 mins**

**Serves: 4 Adults**

## Ingredients:

- 2 large aubergines
- 2 medium courgettes
- 2 red peppers
- 4 large, ripe tomatoes
- 3 tablespoons of olive oil
- 1 x 25g / pack of fresh basil
- 1 medium onion, peeled and thinly sliced
- 3 garlic cloves, peeled and crushed
- 1 tablespoon red wine vinegar
- 1 teaspoon of sugar



## What you need:

- Baking tray
- Can opener
- Cheese grater
- Chopping board & chopping knife
- Hand blender
- Potato masher



## Method:

1. Cut the aubergines, peppers and courgettes into chunks.
2. Skin and deseed the tomatoes and cut into large chunks.
3. Brown the aubergines in a pan for 5 mins with 1 tablespoon of olive oil, then brown the courgettes in the same pan using 1 tablespoon of olive oil for 5 minutes.
4. With the remaining 1 tablespoon of olive oil repeat with peppers.
5. With the oil that's left in the pan, cook the onion for about 5 minutes, add the garlic and cook for another minute – make sure not to burn the garlic.
6. Stir in the vinegar and sugar and put in the tomatoes and half of the basil.
7. Put all the vegetables back in the pan and cook for 5 more minutes.
8. Serve with the remaining torn basil.

Source: <https://www.safefood.net>

# HOMEMADE SPAGHETTI & MEATBALLS

Staff  
Favourite!



## Ingredients:

- lean steak mince 500g
- 1 garlic clove, minced
- 2 tbsp fresh basil
- Low-cal spray oil
- 1 jar of passata
- 1 onion, finely chopped
- 1 beef Oxo cube
- 120g wholewheat spaghetti
- Fresh herbs, to season



## What you need:

- Bowl
- Pan
- Chopping knife



## Method:

1. Mix the mince, garlic, and basil together in a bowl. Form 16 meatballs.
2. Spray a pan with the low-cal spray oil and cook meatballs until browned all over and cooked through.
3. Remove the meatballs from the pan and then add in the jar of passata and the onion. Crumble the beef cube in. Simmer until the onion is soft.
4. Add the meatballs back into the pan and season with the fresh herbs.
5. Serve with 1/4 plate of spaghetti. Serves 2 Adults.

Submitted by Emma McDermott (Head of the Student Helpdesk)

# GLAZED CHICKEN

Staff  
Favourite!



## Ingredients:

- Chicken thighs (boneless)
- Cooking oil of your choice
- Seasonings (salt, pepper, Chinese 5 spice)

### For the glaze:

- Sweet chili sauce
- Soy sauce
- Honey
- Minced garlic



## What you need:

- Pan
- Bowl
- Glazing brush
- Spoon



## Method:

1. Season the chicken thighs (salt, pepper, Chinese 5 spice).
2. Add a little oil to a pan and turn the heat to medium-high. Once the oil has heated up pan fry the chicken thighs.
3. While the chicken is cooking, mix the glaze ingredients together. I recommend 3 x tablespoons sweet chili sauce, 1.5 x tablespoons honey and 1 x tablespoons soy sauce (but you can adjust the ratios to taste). Add the minced garlic and mix well.
4. When the chicken is cooked, remove it from the pan and turn the heat to medium-low (if there is a lot of oil left over you can pour most of this out before adding in the sauce).
5. Pour the glaze mix into the pan and simmer it for a minute or so before adding the chicken back in. Turn the heat up high again and turn the chicken pieces over for about a minute until each piece is coated.

*\*Option to serve with fresh rice, steamed veggies and a sprinkle of sesame seeds and chopped scallions!*

Submitted by Oriana Hackett (SEA, the Student Helpdesk)

# CORN PANCAKES

## (Traditional Venezuelan Recipe)

Student  
Favourite!



### Ingredients:

For two large pancakes:

- 1 egg
- 1 teaspoon of baking powder
- 1 corn can (325g)
- A pinch of salt
- 2 tablespoons of sugar (any sugar)
- A dash of vanilla
- 2 or 3 large tablespoons of wheat flour



### What you need:

- A blender
- A frying pan
- Fork, spoon or spatula



## Method:

1. Open the corn can and try to get rid of the water.
2. In the blender, place all the ingredients except the flour.
3. Blend until smooth.
4. Then, add 2 large tablespoons of wheat flour and mix with a spoon, fork, or spatula – what seems most comfortable to you. Do not blend the flour, just mix it by hand.
5. In a frying pan, heat a little bit of oil and make a mini pancake (like a coin) to test if it compacts (stays together), if you can flip it and to check if it's sweet enough. If it's ok and you don't have to rectify, then you are ready to do the 2 "cachapitas" (literally, little pancakes) that will come out (2 medium ones or one large).

*\*Note: the original ingredients for this recipe have been changed to adapt it to those that can be found here in Ireland, but if you're curious, I encourage you to search what was the original recipe! These pancakes go very well with cheeses like feta or halloumi! You can also eat them with avocado or even fried eggs on top.*

Submitted by Katheryn Diaz (MU Student)

# HAKE & BEAN BAKE

## with Garlic Ciabatta

Staff  
Favourite!



### Ingredients:

- 450g hake with skin on
- 8-10 tbsp of ground almonds
- 1 tbsp rapeseed oil
- 1x 400g tin of mixed beans
- 2-3tbsp of pesto

#### Garlic Ciabatta Ingredients:

- 1 ciabatta, cut in half
- 1 garlic clove
- 2 tbsp good quality olive oil



### What you need:

- Pan
- Baking tray



## Method:

1. Pat the hake dry with kitchen paper. Generously coat hake (flesh side up) in ground almonds. Return coated hake to the fridge for a few minutes to firm up. Pre-heat oven to 200°C.
2. Heat the rapeseed oil in a heat proof pan. Add hake fillet to the oil, coated side down. Cook for 3–4 minutes. Flip fish and cook skin side down for a further 3–4 minutes. Remove from pan and leave to rest on a plate.
3. Add tinned tomatoes and beans to pan, if needed add a little water to loosen mixture. Add pesto and stir on a medium heat for 3 minutes.
4. Return hake to this mix, skin side down and pop in the pre-heated oven for 15–18 minutes.
5. While fish is in the oven, drizzle halved ciabatta with good quality olive oil and crushed garlic. Pop under the grill and serve with fish.

Submitted by Rebecca Boyle (Froebel Department)

# VEGAN CURRIED CHICKPEAS

Prep Time: 10 mins

Cooking Time: 20 mins

Serves: 6 Adults

## Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 5 cloves garlic, minced
- 4 fresh thyme sprigs
- 1-inch fresh ginger, minced or grated
- 3 medium globe tomatoes, rough chop
- 1 tablespoon tomato paste +  
1 tablespoon water
- 2 tablespoon curry powder
- 1 teaspoon salt, more or less to taste
- ½ teaspoon all spice
- ½ teaspoon ground ginger
- ½ teaspoon ground cumin
- ½ teaspoon garam masala
- ¼ teaspoon turmeric
- 1/8 teaspoon red pepper flakes, more or  
less to taste
- 15 oz can coconut milk, full fat (400ml)
- ½ cup vegetable stock (120ml)
- 29 oz chickpeas, rinsed and drained  
(878g)
- 2-3 cups fresh spinach, chopped

Staff  
Favourite!



## What you need:

- Skillet
- Chopping knife
- Whisk (or use a fork)



## Method:

1. In a large skillet with high walls, over medium heat, add oil.
2. Add onion and cook until softened.
3. Toss in garlic, thyme and ginger to cook for an additional minute.
4. Next, add in your chopped tomatoes and cook for a few minutes to soften. Push down on tomatoes to help fall apart.
5. In a small bowl, whisk together tomato paste and water. Add it into the skillet, along with all the spices (from curry powder to red pepper flakes), then stir to combine. Add a little oil if needed to help create paste like mixture.
6. Stir in coconut milk and stock until mixture is well combined.
7. Add in chickpeas and bring to a simmer.
8. Allow curry to simmer for 20–25 minutes to reduce and become creamy.
9. Stir in your spinach to wilt and gently cook until ready (1 – 2 minutes).

*\*Option to serve with rice, naan, quinoa, then top with fresh red or green onions, additional red flakes etc!*

Submitted by Ciara Maguire (EA Healthy Campus Team)

# CURRY PASTE (KORMA)

Student  
Favourite!



## Ingredients:

- 2 tbsp tomato puree
- Tbsp ginger paste
- 60g cashew nuts
- Tbsp cumin powder
- Tbsp coriander powder
- 2 tbsp chili powder
- Tbsp garam masala powder
- Tbsp turmeric
- 4 cloves of garlic/2 tbsp garlic paste
- 1 x can of coconut milk



## What you need:

- A pan
- Ice-cube trays



## Method:

1. Fry all the spices together.
2. Add to can of coconut milk.
3. Store in ice cube trays and refrigerate or freeze.

*\*Option to use any way you like (e.g. in a meat or vegetable curry dish)!*

Submitted by Katie Loughran (MU Student)

# TREACLE SUNFLOWER SEED BREAD

Staff  
Favourite!



## Ingredients:

- 1 Tablespoon Black Treacle
- 2 Teaspoons of Bread Soda (level)
- 2 Eggs
- 50g Plain Flour sieved
- 50g Porridge Oats
- 350g Wholemeal Flour
- 500ml Buttermilk
- 1 pinch salt
- Hand full of sunflower seeds



## What you need:

- Mixing Bowl
- Loaf tin
- Wire Tray

## Method:

1. Mix all ingredients into a bowl (keeping aside some of the sunflower seeds) until the texture is wet/sloppy.
2. Pour into a greased loaf tin.
3. Sprinkle remaining sunflower seeds on top.
4. Bake at 160°C in a in pre-heated fan oven for 65 minutes.
5. Turn onto a wire tray to cool.
6. Enjoy!

Submitted by Emma McDermott (Head of the Student Helpdesk)

# VIETNAMESE SHRIMP AND PORK SPRING ROLLS

## with Peanut Sauce

### Ingredients:

#### For the rolls:

- 500g shrimp
- 700g pork belly
- 1 pack of rice paper (bánh tráng)
- 500g fresh rice vermicelli (bún)
- Lettuce, fresh herbs (mint, basil, perilla), chives
- Pickled vegetables
- Crushed roasted peanuts

#### For the peanut dipping sauce:

- 3 tbsp ground fermented soybean sauce (tương hột xay)
- 2 tbsp peanut butter
- 1 tbsp hoisin sauce
- 1 tbsp sugar
- ½ cup water
- 1 clove garlic (minced)
- 1 tsp vegetable oil

Staff  
Favourite!



## What you need:

- Boiling pot
- Saucepan
- Knife



## Method:

1. Prepare the vegetables: Wash lettuce, herbs, and chives. Soak in salt water, drain, and set aside.
2. Cook the shrimp: Boil shrimp with  $\frac{1}{2}$  tsp salt, 1 tbsp sugar, and 1–2 tbsp rice wine. Peel, de-vein, and cut in half lengthwise.
3. Cook the pork: Boil pork with a crushed shallot for 20 minutes. Transfer to ice water, then slice thinly.
4. Assemble the rolls: Wet rice paper, layer with lettuce, herbs, vermicelli, pork, shrimp (cut side up), and chives. Roll tightly.
5. Make the sauce: Sauté garlic in oil, add soybean sauce, peanut butter, hoisin sauce, sugar, and water. Simmer until thick. Top with crushed peanuts. Serve & enjoy!

*\*Option to pair rolls with some pickled veggies.*

Submitted by Natalie Huynh (EA, Healthy Campus Team)

# SALSA ROJO

Student Favourite!



## Ingredients:

- A bell pepper
- Chopped jalapenos (amount to your liking)
- 2 tins of chopped tomatoes/ Punnet of cherry tomatoes
- Half of a white onion
- 2 Tablespoon of garlic paste/4 cloves of garlic

- Can of black/ pinto/kidney beans
- One chili
- Juice of half a lemon

### Seasonings:

- Smoked Paprika
- Turmeric
- Cayenne Pepper
- Basil flakes
- Cumin
- Chili powder

## What you need:

- Knife
- Blender



## Method:

1. Mix/blend all ingredients to turn them into a pasta sauce!
2. Minus beans, add 2 tablespoon crème fraîche and chicken breast.

Submitted by Katie Loughran (MU Student)

# PANKO COATED SALMON

Staff  
Favourite!



## Ingredients:

- 450g salmon
- 1 beaten egg
- 5 tbsp of flour seasoned with pepper
- 8-10 tbsp of panko breadcrumbs
- Grated rind of 1 lemon



## What you need:

- Bowl
- Whisk
- Knife
- Kitchen Paper
- Baking Tray

## Method:

1. Heat oven to over 200°C.
2. Place seasoned flour on a plate, crack egg into a bowl and whisk, mix panko and lemon rind and add to another plate.
3. Cut your salmon into darnes and pat dry with kitchen paper.
4. Toss salmon in flour, then dip salmon in egg until well coated.
5. Finally toss salmon in panko crumb until thoroughly coated.
6. Return coated salmon to the fridge for 30 minutes.
7. Cook salmon on a tray in the pre-heated oven for 18 minutes, or until cooked through.

*\*Option to serve with salad and/or baby potatoes!*

Submitted by Rebecca Boyle (Froebel Department)

# BURRITO



## Ingredients:

- Two diced chicken breasts
- Half of a bell pepper, chopped
- Chopped jalapenos (amount to your liking)
- Tin of chopped tomatoes/ 15 cherry tomatoes
- Quarter of a white onion
- Tablespoon of garlic paste/2 cloves of garlic
- Half can of black/pinto/kidney beans
- 500g of white rice
- Packet of tortilla wraps

### Seasoning for chicken:

- Smoked Paprika
- Turmeric
- Cayenne Pepper
- Basil flakes
- Cumin
- Chili powder

## What you need:

- Pans
- Boiling pot
- Knife



## Method:

1. Boil rice according to packet instructions.
2. Heat oil in a large pan. Fry the onion, then add the pepper, jalapenos, tomatoes and spices.
3. Tip in the beans and the water from the can, stir and simmer everything for 20 mins.
4. In a separate pan cook chicken thoroughly, then add to above mix.
5. Heat the tortillas following pack instructions. Pile some rice and chicken/bean sauce along each tortilla. Fold over the ends and roll up to seal. Enjoy!

Submitted by Katie Loughran (MU Student)

# HOMEMADE GREEN PESTO

Staff  
Favourite!



## Ingredients:

*These are recommended quantities for a decent portion, but you can just adjust the measures in proportion for bigger or smaller portions.*



- 1 full basil plant
- One third/Half bag of spinach (depending on size of bag)
- Half bag of unsalted cashew nuts
- One third/quarter block of fresh Parmesan
- 1 clove of garlic
- Tablespoon of fresh lemon juice
- Olive oil
- Fresh ground salt & pepper

## What you need:

- Air fryer (or oven)
- Small electric chopper or food processor with blade tool.
- Medium sized container



## Method:

1. Toast nuts in air fryer (1-2 mins) or oven (4-5 mins) until starting to golden.
2. Put nuts and garlic clove in chopper and mince until fine or course (depending on preference).
3. Add to a medium sized container.
4. Blend basil & spinach leaves finely and add to container.
5. Cut Parmesan into small pieces. Chop as fine as possible but usually quite coarse. If you rather it finer then maybe use pre grated cheese. Then add to container.
6. Add lemon juice, salt & pepper.
7. Add 3-4 tablespoons of light olive oil and mix well. Add more oil as required for preferred consistency.
8. Serve on crackers or toasted Mediterranean wraps/ flatbread. It is also lovely for cooking. This will last in the fridge for a good few days.

Submitted by Ann Pepper (SEA, Human Resources)

# WEBSITES, APPS & SCHEMES

## Use Food Waste Websites and App's:

- **www.stopfoodwaste.ie** – offers tips on shopping, storage & cooking
- **Too Good to Go app** – allows you to explore local shops/ restaurants & get surprise bags of surplus food at a great price and stop it going to waste.

## Join the Loyal Scheme for each supermarket:

- **Dunnes Value Club Card** – members earn points across food/fashion/homeware & on-site cafes. Just present your app/physical clubcard in store each time you make a purchase or include your clubcard number in your online shopping account. One point collected for every €1 spent.
- **Tesco Clubcard** – collect points when you buy groceries/ clothes/pay your Tesco Mobile bill. Once you reach 150 points, you receive vouchers. 1 point collected for every €1 spent. 100 points = €1 in reward vouchers. Clubcard also gives access to special prices.
- **Supervalu Real Rewards** – weekly money-off voucher / coupons giving you money-off products + monthly prize draws. Electric Ireland customers who link their Real Rewards account to their EI account can also get discounts off their electricity/gas bills.
- **Lidl Plus App** – money off products weekly + a digital scratch card every time you shop, every scratch wins.

**\*Also keep an eye on the websites & social media of each supermarket for weekly special offers!**

## Healthy Campus Webpage:

Check out our 'Healthy Eating' Section for interesting articles:

[www.maynoothuniversity.ie/student-services/healthycampus/healthy-eating](http://www.maynoothuniversity.ie/student-services/healthycampus/healthy-eating)

