

The Student Guide to store cupboard ingredients

Tiffany Goodall, author of *From Pasta to Pancakes: The Ultimate Student Cookbook*, provides a few key ingredients for your cupboard, so you don't need to live on beans on toast. Plus we've thrown in five delicious. (and cheap) recipes.

YOU WILL NEED:

Basmati Rice
Canned Tomatoes
Caster Sugar
Chicken/Vegetable Stock Cubes
Coconut Milk
English Mustard
Garlic
Ginger
Noodles
Olive Oil
Onions
Pasta
Plain Flour
Ready-made Pizza Bases
Sunflower Oil
White Wine Vinegar

Basmati-style baked chicken and rice (serves 4)



Takes 20 minutes to make and about 30 minutes in the oven

Ingredients

2 tbsp olive oil
8 bone-in chicken thighs, with skin
1 large onion, finely chopped
3 garlic cloves, sliced
2 tsp garam masala
1 tsp ground ginger
1 green chilli, finely sliced
300g basmati rice
650ml chicken stock, hot
200g frozen mixed green vegetables
2 tbsp chopped fresh flatleaf parsley

Method

1. Preheat the oven to 190°C/fan170°C/ gas 5. Heat the oil in a large roasting tin on the hob. Add the chicken and fry over a high heat until golden brown all over. Remove and set aside.
2. Add the onion and cook gently for 6-8 minutes. Stir in the garlic, garam masala, ginger and chilli. Stir in the rice and cook for 1 minute. Top with the chicken and pour over the stock.
3. Cover with foil and bake for 20 minutes, until the rice has nearly absorbed all of the stock. Add a dash of hot water if the rice looks dry. Uncover and stir in the frozen vegetables. Re-cover and bake for 8-10 minutes, until everything is cooked. Scatter with parsley to serve.

Nutritional info Per serving: 632kcal, 19g fat (4.3g saturated), 48.5g protein, 68.5g carbs, 3.2g sugar, 1.2g salt

Chef's tip Use salmon fillets with skin instead. Pan-fry in step 1, then put on the rice in step 3, after the veg.

Quick cottage pie (serves 2)



Ready in 15 minutes

Ingredients

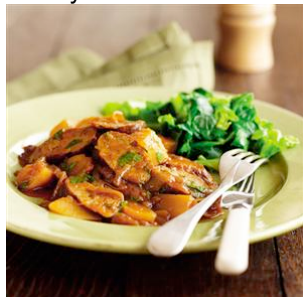
250g good beef mince
1 small onion, chopped
415g can baked beans in tomato sauce
2 tbsp Worcestershire sauce
1 tbsp dried mixed herbs
450g pack chilled, flavoured mashed potato
Serve with cooked peas

Method

1. Heat a large, dry frying pan over a high heat. Add the beef mince and 1 small onion, chopped, and cook, stirring to break up the meat, for 3-4 minutes, until the meat is browned.
2. Stir in a 415g can baked beans in tomato sauce, 2 tablespoons Worcestershire sauce, 1 tablespoon dried mixed herbs, some seasoning and a good dash of water. Simmer rapidly for 3-4 minutes, until thickened. Tip into a deep, 1.2-litre baking dish.
3. Meanwhile, preheat the grill to high. Heat a 450g pack chilled, flavoured mashed potato according to the pack instructions, spoon on top of the mince and rough up the surface. Pop under the hot grill for a few minutes, until golden and bubbling. Serve with cooked peas, if you like.

Quick sausage casserole (serves 4)

Ready in 1 hour



Ingredients

50g butter
1 large onion, sliced
1 tbsp demerara sugar
1 garlic clove, crushed
1 tbsp tomato purée
450ml beef stock or chicken stock, hot
Splash of Worcestershire sauce
2 large potatoes, cut into 2cm cubes
8 good-quality sausages (any kind), grilled
1 tbsp chopped fresh flatleaf parsley

Method

1. Heat the butter in a large, deep saucepan over a low heat. Add the sliced onion and fry gently for 20 minutes, stirring occasionally, until the onion is soft and beginning to caramelize.
2. Add the sugar to the pan, increase the heat to medium-high and cook, stirring occasionally, for another 3 minutes, until the onions are fully caramelised.
3. Reduce the heat to low again, add the garlic and tomato purée and cook for 5 minutes. Add the stock and Worcestershire sauce, bring to the boil, and simmer for 5 minutes.
4. Add the spuds and cook for 15 minutes, until soft. Add the cooked bangers – I tend to cut mine into 4 bits, but feel free to leave them whole or chop them up small. Cook for about 5 minutes, until the sausages are piping hot throughout.
5. Sprinkle with parsley and serve with lots of yummy greens.

Nutritional info

Per serving: 512kcal, 37.4g fat (15g saturated), 17.9g protein, 36.6g carbs, 8.4g sugar, 2.8g salt

Chicken noodle soup (serves 6)

Takes 30 minutes to make, 1½ hours to cook, plus freezing, defrosting and reheating



Ingredients

1.5kg whole chicken
4 carrots
3 celery sticks
3 onions
2 bay leaves
1 tbsp vegetable oil
1 leek, sliced
1 garlic clove, chopped
100g dried egg noodles
2cm piece fresh ginger, grated
Chopped fresh parsley leaves and spring onions, to serve

Method

1. Put the chicken in a large pan with 2 carrots and 2 celery sticks, all roughly chopped, 2 onions, quartered, and the bay leaves. Add 2.5 litres water, to cover the ingredients. Bring to the boil, skim off any fat and simmer for 1 hour. Remove the chicken and strain the stock, discarding the solids.
2. Heat the oil in a large pan over a medium heat. Add the leek, garlic and remaining carrots, cut into cubes, and the remaining onion and celery stick, both finely chopped. Cook for 5 minutes, until tender. Add 2 litres of the strained broth and bring to the boil, then reduce the heat to low and simmer gently for 10 minutes.
3. Meanwhile, remove the skin and strip the meat from the chicken. Tear the meat into bite-size pieces and add to the soup. Remove from the heat and cool completely. Ladle into sturdy freezer bags or rigid containers and freeze for up to 2 months.
4. Defrost, then reheat until piping hot. Add the noodles and ginger and simmer for 4-5 minutes, until the noodles are tender. Season and garnish with the parsley and spring onions.

Nutritional info Per serving: 343kcal, 11.5g fat (3g saturated), 38.5 protein, 22.6g carbs, 8.6g sugar, 0.5g salt

Cauliflower pasta (serves 4)

Ready in 25 minutes



Ingredients

1 cauliflower
500g pack chunky pasta shapes, such as penne or conchiglie
1 tbsp olive oil
1 small onion, finely chopped
2 garlic cloves, finely chopped
1 red chilli, halved, deseeded and finely chopped
2 ripe tomatoes, roughly chopped
Grated fresh vegetarian Parmesan, to serve

Method

1. Bring a large pan of lightly salted water to the boil. Cut the cauliflower into small florets and save the small green leaves. Add the pasta to the water and cook for 6 minutes. Add the cauliflower and cook for a further 5-6 minutes (add the cauliflower leaves in the last 2 minutes of cooking) or until tender and the pasta is al dente.
2. Heat the oil in a small non-stick frying pan and cook the onion, garlic and chilli for 5 minutes, until soft. Add the tomatoes and cook for a couple of minutes, until softened and pulpy. Season.
3. Drain the pasta, reserving some cooking water. Stir the cauliflower, leaves and pasta into the tomato mixture and add a little reserved water. Divide between bowls and serve with Parmesan.

Nutritional info Per serving: 549kcal, 8g fat (2.1g saturated), 23g protein, 102.7g carbs, 9.3g sugar, 0.2g salt