



Food for Thought

QUICK, CHEAP AND HEALTHY MEALS
FOR UNIVERSITY STUDENTS

Presented by Charles Darwin University and Allianz



Global Assistance

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Introduction

Hello CDU Students,

Here's 20+ Healthy budget-friendly meal ideas to keep your taste buds happy, your belly full, and your budget on track!

The recipes in this booklet are based around the Australian Guide to Healthy Eating. All food used in the recipes can be obtained from local grocery outlets and fresh food markets.

I know it's easier to stop and grab some fast food but taking a few minutes to prepare a homemade meal can be both nutritious and therapeutic. So, take the time to take care of yourself!

TOP TIPS TO SAVE ON FOOD SHOPPING AND EATING HEALTHY ON A BUDGET

- ▶ Plan, prepare, and portion your meals ahead of time is one of the most effective tools for keeping your food budget in check. Plan your meals for the week, write a grocery list and stick to it!
- ▶ Don't go shopping on an empty stomach as you will buy things you don't need or unhealthy options.
- ▶ Invest in a slow cooker. There are cheap meat cuts available, that when cooked in a slow cooker, are super tender. Also, most slow cooker recipes are easy to make and a great way to cook a large amount to share with friends or freeze for another time.
- ▶ Save time and money by taking your lunch and snacks to university.
- ▶ Use all your food. If you have leftovers, use them as fillers in wraps, sandwiches.
- ▶ Fresh fruits and vegetables are always the healthiest options; however, they can add up, so purchase fresh food that is in season. The local markets are an excellent source of cheaper local fresh food.
- ▶ Cook double and freeze the extra food so you can defrost when you are busy with assignments and final exams.

*Best Wishes,
Charles Darwin University and Allianz*

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Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Vegetables and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts



Breakfast

Quiche in a Mug

This delicious spinach and cheddar quiche can be made from scratch in only five minutes – in your microwave. This quiche tastes so good, and it has that creamy consistency of quiche that isn't too dry. It's salty from the cheese and is packed with good-for-you spinach.

SERVES 1

PREPARATION TIME 2 minutes

COOKING TIME 3 minutes

INGREDIENTS

1/2 cup chopped frozen spinach thawed and drained (or 1/2 cup packed fresh spinach)

1 egg

1/3 cup milk

1/3 cup shredded cheddar cheese

1 slice cooked bacon chopped (optional)

Pepper to taste

NOTES:

- ▶ If you have a powerful microwave, you may need less time. If you are unsure, check it at 2 minutes, then again at 2 1/2 minutes. If the eggs seem watery, they need more time. But if they are solid, then you're good to go!
- ▶ Sometimes, even a paper towel isn't enough to prevent a microwave mess. If you find that your eggs tend to pop and make a mess, you can dampen the paper towel to weigh it down a bit or even cover it with a small plate.

INSTRUCTIONS

Step 1: If using fresh spinach, place it in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for one minute. Remove from microwave and drain the water and liquid from spinach thoroughly.

Step 2: If using frozen spinach, make sure it is completely thawed and drained and add it to the mug. (If there is too much liquid, the quiche will be runny. I like to put the thawed spinach in a mesh sieve and press firmly with a wooden spoon to remove as much liquid as possible.

Step 3: Crack the egg into the mug with the spinach and add the milk, cheese, bacon (if using), and salt and pepper. Mix until thoroughly combined.

Step 4: Cover with a paper towel and microwave on high for 3 minutes (see note on timing), or until fully cooked.



NOTE: This recipe has been obtained from <https://www.bowlfulofdelicious.com/5-minute-spinach-and-cheddar-microwave-quiche-in-a-mug/>

Zucchini Slice

Super-healthy and versatile, this zucchini slice is perfect as a side dish, a main served with a fresh Greek salad and crusty bread, or cooked the day before ready for tomorrow's lunchbox or quick breakfast.

SERVES 4

PREPARATION TIME 5 minutes

COOKING TIME 25 minutes

INGREDIENTS

6 eggs

1 cup grated zucchini

½ cup self-raising flour

1 cup grated cheddar cheese

INSTRUCTIONS

Step 1: Preheat oven to 180°C. Line a 20 x 30cm baking tray with baking paper.

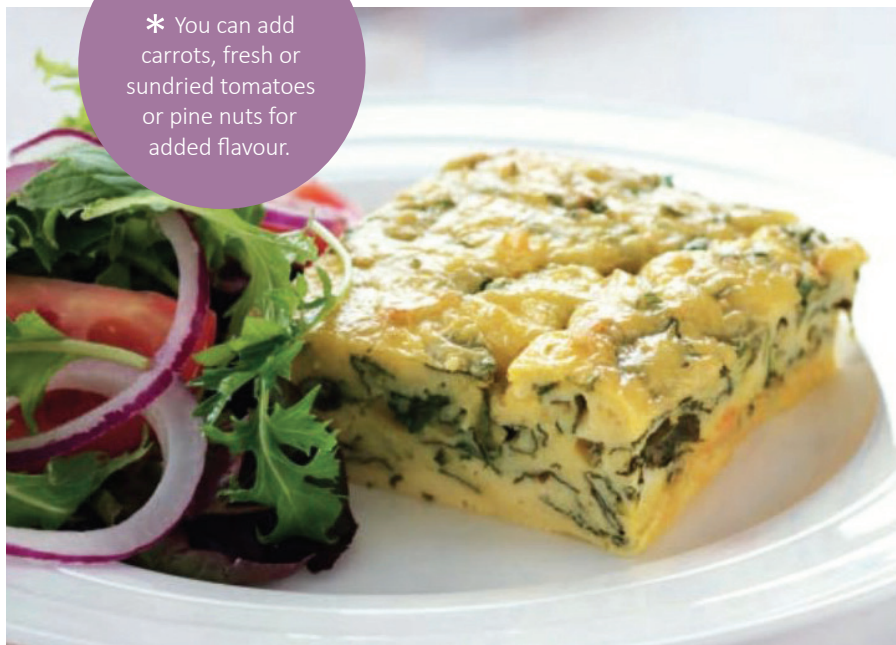
Step 2: In a large bowl, whisk the eggs, add the remaining ingredients and season to taste.

Step 3: Pour the contents into the prepared tray and bake for 25 minutes or until nice and brown.

Step 4: Allow to cool slightly, then serve sliced with a simple little salad.

OPTIONAL

* You can add carrots, fresh or sundried tomatoes or pine nuts for added flavour.



NOTE: This recipe has been obtained from https://www.4ingredients.com.au/recipes/zucchini-slice?_page=2

Bacon & Cheese Muffins

Whip up a batch of quick and easy bacon & cheese muffins using our famous four-ingredient savoury muffin recipe. They are great to make the day before, for tomorrow's lunchbox or quick breakfast.

SERVES 4

PREPARATION TIME 15 minutes

COOKING TIME 25 minutes

INGREDIENTS

2 cups self-raising flour

1 1/2 cups milk

1 1/2 cups cheddar cheese grated

60 grams bacon chopped

OPTIONAL

* You can swap the bacon and add vegetables, i.e. capsicums, grated carrots, zucchini, tinned or fresh corn, onions. Just about any left-over veggies in your fridge.

INSTRUCTIONS

Step 1: Preheat oven to 180°C. Line a 12-cup muffin tin with paper cases.

Step 2: Heat up a frying pan with a splash of oil and add the bacon. Once cooked, remove to cool.

Step 3: Add flour to a large bowl and make a well in the middle, pour in milk, cheese and two thirds of the bacon.

Step 4: Season generously with salt and cracked pepper. Gently fold until just combined.

Step 5: Spoon evenly across the muffin cases and place a little of the remaining bacon on top of each.

Step 6: Bake for 20-25 minutes or until the muffin tops are golden brown.



NOTE: This recipe has been obtained from https://www.4ingredients.com.au/recipes/bacon-cheese-muffin?_page=4

Saucy Bean Baked Eggs

Make these five-ingredient baked eggs with tomatoes and beans: it's a quick, easy, tasty and healthy dish.

SERVES 2

PREPARATION TIME 5 minutes

COOKING TIME 20 minutes

INGREDIENTS

2 x 400g cans cherry tomatoes
400g can mixed bean salad, drained
200g baby spinach
4 medium eggs
50g thinly sliced smoked ham
Wholemeal or sour dough bread
Salt and pepper to taste

OPTIONAL

- * Add any spices that you like i.e. chilli, cumin, basil.
- * Instead of ham, you can use chorizo for a spicy smoky flavour. Just make sure you lightly cook the chorizo first before adding to the dish.
- * You can add more ingredients such as Spanish onions and capsicums.

INSTRUCTIONS

Step 1: Tip the tomatoes and bean salad into an ovenproof frying pan.

Step 2: Place frying pan on the stove top and let it simmer for 10 mins, or until reduced.

Step 3: Stir in the spinach and cook for 5 mins more until wilted.

Step 4: Heat the grill to medium. Make four indentations in the mixture using the back of a spoon, then crack one egg in each. Nestle the ham in the mixture, then grill for 4-5 mins, or until the whites are set and the yolks runny.

Serve with wholemeal or sour dough bread.



NOTE: This recipe has been obtained from
<https://www.bbcgoodfood.com/recipes/saucy-bean-baked-eggs>

Mixed Berry Smoothie

Recipe provided by Adelia Mu-Prasad – CDU Staff

Enjoy as a meal when you're not that hungry or before a meal if you are. It is refreshing, full of goodness and will give you energy for the day.

INGREDIENTS

- 1 cup coconut water or milk of your choice
- ½ an avocado
- ½ cup frozen mixed berries

INSTRUCTIONS

Step 1: Put all ingredients into a blender. Blend until all the ingredients are well blended into a smoothie consistency.

Step 2: This recipe can be adjusted according to your preferred taste. You can add more or less of the liquid ingredient to make the smoothie thicker or thinner.

OPTIONAL

- * 1 tablespoon chia seeds
- * 1 teaspoon honey or maple syrup
- * Half a banana
- * A small handful of spinach leaves



Ginisang Ampalaya with Egg

Recipe provided by Nova Cadungon – CDU Staff

A typical *ginisa* starts with chopped onion, garlic, and tomatoes - the trinity of Filipino cooking - and is then tossed with the remaining ingredients of whatever it is you're cooking. This *ginisa* recipe starts the same way but is made more colourful with the addition of **ampalaya**, or bitter melon, and scrambled eggs. It's a fast and easy recipe that takes minutes to cook!

SERVES 4

PREPARATION TIME 20 minutes

COOKING TIME 10 minutes

INGREDIENTS

2 medium ampalaya (bitter melon),
seeded, cut into half moons
2 tablespoons salt, more to taste
2 tablespoons canola oil
1 medium red onion, peeled, sliced thinly
3 cloves garlic, peeled, chopped
2 small tomatoes, sliced
1/4 cup water or stock



INSTRUCTIONS

Step 1: In a medium bowl, add ampalaya. Season with salt and toss to coat evenly. Set aside for at least 10 minutes or until the ampalaya pieces weep or water has collected on the bottom of the bowl. Drain and then rinse the ampalaya well. Set aside.

Step 2: In a wok over medium heat, heat oil. Add onion and then garlic, and sauté until just softened. Add tomatoes and cook until just softened. Add ampalaya and toss to mix.

Step 3: Pour in water and bring to a simmer. Simmer until almost all the water has evaporated and the ampalaya has become more tender but still crisp. Push the ampalaya mix to one side of the wok.

Step 4: On the other side of the ampalaya, pour in beaten eggs. Season with salt and ground black pepper. Cook just until the eggs are just set on the bottom before stirring and scrambling the eggs. Toss eggs and ampalaya mix together, and season with salt and pepper. Serve while hot.

NOTE: This recipe has been obtained from

<https://www.yummy.ph/recipe/ginisang-ampalaya-with-egg-recipe-a439-20190228>

Coconut Pikelets

Smaller than pancakes, and fluffier than crepes, pikelets make a great breakfast, brunch or afternoon snack. Traditionally served with jam and cream, but you can put any topping you like. For a healthy breakfast options, add fresh fruit, i.e. mixed berries, bananas.

SERVES 4

PREPARATION TIME 5 minutes

COOKING TIME 10 minutes

INGREDIENTS

400ml coconut milk

2 cups self-raising flour

1 tablespoon honey or agave nectar

2 eggs

OPTIONAL

- * Serve drizzled with delicious Caramel Sauce, the combination of coconut and caramel just screams 'DELICIOSO!'.
- * Add grated apple and cinnamon to the batter before cooking.
- * Add toppings like fresh fruit, i.e. mixed berries or bananas for a healthier option.

INSTRUCTIONS

Step 1: Combine all ingredients with $\frac{1}{2}$ cup (125ml) water, and gently whisk until smooth.

Step 2: Pour a small amount of mixture into a hot, non-stick frying pan and cook over moderate heat until bubbles appear.

Step 3: Flip and cook until lightly browned.

Step 4: Repeat in batches until all the batter is used.

Serve with your favourite topping.



NOTE: This recipe has been obtained from <https://www.4ingredients.com.au/recipes/coconut-pikelets>

Lunch

Fish Cakes

This Fish Cake recipe is very simple to make and versatile. You could add some leftover corn or other vegetables to your mixture as well as using different types of fish, such as salmon.

SERVES 4

PREPARATION TIME 10 minutes

COOKING TIME 10 minutes

INGREDIENTS

2 cooked fish fillets – cheap fish such as Basa fillets

2 cups leftover mashed potato

¼ cup chopped dill

½ cup plain flour

Dash of oil for frying

Salt & cracked pepper

OPTIONAL

- * Serve with lemon if desired.
- * Left over vegetables you have in your fridge i.e. corn, mashed potatoes, onions. Just add a couple of tablespoons to help with binding of ingredients.
- * You can serve them with salad or steamed vegetables and rice too.

INSTRUCTIONS

Step 1: Preheat non-stick frying pan on a low to moderate heat.

Step 2: Mash the fish fillets in a bowl with a fork.

Step 3: Add the mash and dill, season with sea salt and cracked pepper, then mix well to combine.

Step 4: With wet hands, gently form 6 even balls. Dust with the flour.

Step 5: Add a dash of oil (this will give the fish cakes a little extra crust). Place on the frying pan and cook until browning, 3 minutes, turn and cook the other side.

Step 6: Serve with lemon if desired.



NOTES:

- If time permitting, you can chill the fish cakes in the fridge for ½ hr before cooking as this helps them to keep their shape.
- These Fish Cakes are freezer friendly.

NOTE: This recipe has been obtained from <https://www.4ingredients.com.au/recipes/fish-cakes>

Kale Quinoa Salad

Kale and Quinoa Salad is loaded with colourful vegetables and protein-rich chickpeas for a delicious and healthy lunch, dinner or serve as a side salad with any main dish. Serve at room temperature or chilled. This is a salad you can eat with a spoon!

SERVES 4-6

PREPARATION TIME 15 minutes

COOKING TIME 5 minutes

INGREDIENTS

1 cup dry quinoa, rinsed
1 3/4 cups water or broth of choice
1 can (15oz) chickpeas, drained and rinsed (optional)
6 – 8 good sized kale leaves, stems removed and finely chopped or julienned
1/4 red onion, finely diced or 3 scallions, thinly sliced
2 carrots, diced
1/2 large zucchini, diced
1/2 cucumber, diced
1 red bell pepper, diced
2 – 3 lemons
Drizzle of extra virgin olive oil, optional
Lemon pepper seasoning or cracked pepper, to taste
Salt & pepper to taste



INSTRUCTIONS

Step 1: Quinoa: Rinse your quinoa and place in a medium saucepan with water. Bring to boil over medium high heat, cover, reduce heat and simmer on low for 15 minutes. Once done, remove cover and let set for 10 minutes. Fluff with a fork.

Step 2: Kale: While your quinoa is cooking, place the chopped kale in a medium size bowl or on a chopping board, drizzle with the juice of one lemon and mix occasionally. This will help massage and soften the kale a bit, reducing its bitterness.

Step 3: Assemble: Once quinoa is done, combine the prepped veggies and kale, along with lemon pepper and salt to taste. Squeeze the juice of the remaining lemon on top and drizzle with optional oil, mix once more.

NOTES:

- Use a broth instead of water to cook your quinoa as it gives more flavour.
- Store in an airtight container in the refrigerator for 5 – 6 days.

NOTE: This recipe has been obtained from <https://simple-veganista.com/kale-quinoa-salad/>

Corn Fritters

Not just another corn fritter – these are Bill Granger’s famous corn fritters! This is restaurant-quality food made in your own home. The flavour will knock your socks off!

SERVES 4

PREPARATION TIME 5 minutes

COOKING TIME 10 minutes

INGREDIENTS

3 cups (525g / 18oz) fresh corn kernels (3 large corn cobs) OR defrosted frozen corn. Even tin corn kernel will do.

1 small red onion chopped

2 Eggs

1/4 cup coriander leaves and some stems

Salt & Pepper

1 cup plain flour

1 tsp baking powder

3 tbsp olive oil

Optional

* Serve with

avocado salsa (refer to the link below for my avocado salsa recipe) or make it simple with a salad and a dipping sauce i.e. chilli or aioli.



INSTRUCTIONS

Step 1: Turn on the oven to very low - just to keep the fritters warm.

Step 2: Place 2 cups of the corn kernels and the onion, eggs, coriander, salt and pepper in a bowl and whizz with a stick blender until most of the corn is pureed (but still lumpy, not completely smooth). You can also do this step in a blender or food processor.

Step 3: Stir through remaining corn, flour and baking powder until just combined.

Step 4: Heat 1 tablespoon of the oil in a skillet/fry pan over a medium high heat.

Step 5: When the oil is hot, drop 2 heaped tablespoons of mixture per fritter into the pan and cook in batches for 1 1/2 minutes each side, or until golden.

Step 6: Transfer to a baking tray and keep warm in the oven while you are making the rest of the fritters.

Step 7: To serve, stack 3 corn fritters on each plate and top with avocado salsa and extra coriander leaves if desired. Or a salad of your choice.

NOTE: This recipe has been obtained from <https://www.recipetineats.com/bill-grangers-corn-fritters-avocado-salsa/>

The Easiest Egg Fried Rice

This easy egg fried rice is a no-fuss meal, made with four key ingredients: rice, eggs, vegetables, and soy sauce. The fried rice is great for lunch, dinner or serve as a side with any main dish.

SERVES 4

PREPARATION TIME 10 minutes

COOKING TIME 10 minutes

INGREDIENTS

- 3 large eggs
- 2 tablespoons peanut, vegetable, or olive oil, divided (see note 1)
- 1 cup diced red onion (about 1 small onion, see note 2)
- 1 1/3 cups frozen mixed vegetables, thawed (or a mixture of diced carrots, bell pepper, peas, and carrots)
- 3 stalks of scallions, sliced, white and green parts divided
- 4 cups cooked jasmine rice (see note1)
- 2 1/2 tablespoons soy sauce (use tamari if gluten free)
- 1/2 teaspoon five-spice powder (optional)
- 1 teaspoon toasted sesame oil (optional)

NOTES:

1. Try to use day-old rice. This ensures that there isn't too much moisture in the rice so that the fried rice does not end up being too mushy. If you are cooking rice on the same day, let the rice cool completely before stir frying.
2. If you want more flavour, you can add a drizzle of teriyaki sauce or oyster sauce (if you're not vegetarian).



INSTRUCTIONS

Step 1: Crack 3 eggs into a small bowl and beat them together.

Step 2: Heat a wok (or large sauté pan) with 1/2 tablespoon of the oil over medium-high heat. Once the pan is hot, add the beaten eggs and scramble them for about a minute. Transfer the eggs to a dish and turn off the heat. Wipe off the wok with a kitchen towel.

Step 3: Drizzle the remaining 1 1/2 tablespoons of oil in the wok over medium-high heat. Add the onions and cook them for about 2 minutes, stirring constantly. Add the mixed vegetables and white parts of the scallions and cook for another minute.

Step 4: Add the cooked rice into the pan or wok and cook for a few minutes, until the rice is heated through.

Step 5: Add the soy sauce, sesame oil, and five-spice powder (if using) and stir to distribute the seasonings. Add the scrambled eggs and stir to mix again. Garnish with remaining sliced scallions. Serve immediately.

NOTE: This recipe has been obtained from <https://healthynibblesandbits.com/easiest-egg-fried-rice/>

Cupboard Soup

Recipe provided by Monica Bugno – CDU Staff

The Cupboard Soup is named because it uses stuff from your cupboard and freezer. A quick and easy vegetable soup recipe made in one pot. This recipe freezes well, so make it in bulk, freeze and when you're after something healthy, defrost!

SERVES 4

PREPARATION TIME 15 minutes

COOKING TIME 10 minutes

INGREDIENTS

- 1 medium onion chopped
- 1 teaspoon of chopped garlic (or as much garlic as you like)
- 1 teaspoon olive oil
- 1 cup lentil soup mix
- 2 cups of frozen mixed veg (the Snap frozen Woolworth mix is cheap and has everything you need – carrot, beans, potato, cauliflower etc)
- 1 large chicken breast

Optional

- * For extra flavour if you like (add at step 4)
- * Chilli
- * Stock powder or salt
- * Basil or other dried herbs
- * Any other veg leftover in the bottom of your fridge (celery, carrots etc)

INSTRUCTIONS

Step 1: Rinse and soak the lentil soup mix as per the instructions on the packet.

Step 2: Chop all the veggies, onion, garlic.

Step 3: In a saucepan, add olive oil, onion and garlic and cook until soft.

Step 4: Add the frozen veg and rinsed lentils. Add water to cover and boil.

Step 5: Once boiling, reduce heat and add the chicken breast to poach for about 5-10 mins.

Step 6: Remove the chicken breast and chop, put in a container in the fridge until your soup is ready.

Step 7: Keep cooking the soup until the lentils are cooked.

Step 8: Add the chicken breast back in and serve.



Side Dishes

Snake Bean Dish

Recipe provided by Kalindi Marnell – CDU Staff

This Snake Bean recipe is oh so delicious! Though it has quite a few ingredients, it is worth purchasing the dry spices as they will keep for a long time and you'll make this dish time after time. It's the perfect accompaniment to any main meal.

SERVES 4

PREPARATION TIME 10 minutes

COOKING TIME 5 minutes

INGREDIENTS

500 g snake beans, washed and cut into 3cm lengths

1 onion, finely chopped

10 fresh curry leaves

2 small green chillies, finely chopped (optional)

1 tsp each dried chilli flakes (optional) and ground cumin

½ tsp fenugreek seeds

½ tsp fennel seeds

¼ tsp ground turmeric

3 tbsp coconut or vegetable oil

125 ml (½ cup) coconut cream

1/2 to 1 tsp salt

INSTRUCTIONS

Step 1: Toss beans in a bowl with all ingredients except oil and coconut cream.

Step 2: Heat oil in a frying pan over high heat until just beginning to smoke.

Step 3: Add bean mixture and stir for 5 minutes, then add coconut cream, reduce the heat to low and simmer until the cream has reduced by half.

Step 4: Remove from heat and season to taste with salt.



Gwyneth Paltrow's Carrot Salad Recipe

This fresh, vibrant salad is a perfect side dish to any main meal.

SERVES 4

PREPARATION TIME 8 minutes

COOKING TIME 5 minutes

INGREDIENTS

2 tablespoons extra virgin olive oil

2 teaspoons finely minced fresh ginger

4 Large carrots cut into matchsticks (about 4 cups)

Coarse sea salt

A couple of drops of hot sesame oil

1 teaspoon soy sauce

1 tablespoon toasted black sesame seeds

INSTRUCTIONS

Step 1: Heat olive oil in a large non-stick skillet set over high heat.

Step 2: Add the ginger and cook, stirring it into the oil, until it becomes fragrant, just 30 seconds or so.

Step 3: Add the carrots and stir to combine them with the gingery oil.

Step 4: Add a big pinch of salt and 1/4 cup of water and turn the heat down to medium-high.

Step 5: Cook until the carrots just begin to soften, and the water evaporates, 4 to 5 minutes.

Step 6: Stir in the sesame oil, soy sauce (I replaced with gluten free tamari sauce), and sesame seeds and serve.



NOTE: This recipe has been obtained from <https://redfairypoint.com/2014/01/gwyneth-paltrows-carrots-with-black-sesame-and-ginger/>

Garlicky & Spicy Cucumber Salad

This refreshing cucumber salad is the perfect appetizer or side dish.

SERVES 6

PREPARATION TIME 15 minutes

COOKING TIME 0 minutes

INGREDIENTS

1/2 tablespoon minced garlic (about 2 large cloves)

1/2 teaspoon sea salt

1 tablespoon rice vinegar

2 teaspoons soy sauce

1 1/2 teaspoons sugar

1/2 to 1 teaspoon red pepper flakes

4 to 5 Persian cucumbers or Lebanese (about 11 to 12 ounces)

INSTRUCTIONS

Step 1: In a small bowl, stir the garlic, salt, rice vinegar, soy sauce, sugar, and red pepper flakes. Adjust the amount of red pepper flakes to taste. I used 1 teaspoon of it. Let the marinade sit for 10 minutes.

Step 2: Trim the edges off the cucumber. Slice the cucumbers in half and slice the cucumber halves into thin slices. Transfer the cucumber slices to a bowl. Drizzle the garlic marinade over the cucumber and toss everything together.

Step 3: Serve the cucumbers immediately, or you can prep the cucumber salad a few hours ahead. I don't like preparing it overnight because the cucumbers won't look as fresh.



NOTE: This recipe has been obtained from <https://healthynibblesandbits.com/chinese-garlic-cucumber-salad/>

Main

Fish Fillets with Orange Sauce

A quick and easy dish that is healthy and delicious with just four-ingredients. Add a salad or cooked vegetables, and you have a meal fit for a king!

SERVES 4

PREPARATION TIME 5 minutes

COOKING TIME 5 minutes

INGREDIENTS

4 fresh white fish fillets (Basa Fillet a budget, yet tasty fish)

1 orange

2 tablespoons dry white wine
tablespoons butter

INSTRUCTIONS

Step 1: Place 1 tablespoon butter in heavy frying pan and heat.

Step 2: Place fish in pan.

Step 3: Blend 2 tablespoons orange juice and with remaining 2 tablespoons melted butter, pour half over the fish fillets.

Step 4: Sprinkle with sea salt, pepper and 2 tablespoons orange zest.

Step 5: Cook for 2 minutes, pour remaining sauce over fish and continue cooking until fish is done. Fish should flake easily with fork.



NOTE: This recipe has been obtained from <https://www.4ingredients.com.au/recipes/fish-fillets-with-orange-sauce>

East Salmon Poke Bowl

The fish-and-rice staple from Hawaii has reached peak popularity for excellent reason. It's pronounced "po-kay", and this Hawaiian dish combines the goodness of raw fish with the crunch of fresh salad ingredients, with rice for sustenance. Traditionally, tuna is the fish of choice, but you can mix things up with ocean trout, salmon, snapper, and even prawns and scallops for good measure.

SERVES 2-4

PREPARATION TIME 20 minutes

COOKING TIME 30 minutes

INGREDIENTS

Poke

1-pound salmon, diced into 1/2-inch cubes
1/4 cup soy sauce
1 tablespoon sesame oil
1 tablespoon rice wine vinegar
1 teaspoon ginger, grated
1/2 teaspoon garlic, minced
3 green onions, white parts thinly sliced

Rice Bowl

brown rice, see instructions
1 cucumber
4 radishes
1 avocado
2 carrots
black sesame seeds

INSTRUCTIONS

Step 1: Make a batch of steamed brown rice.

Step 2: Next, in a medium sized bowl, combine soy sauce, sesame oil, rice wine vinegar, ginger, garlic, and green onions. Stir well to combine. Add salmon and marinate for about 30 minutes in the refrigerator.

Step 3: With a vegetable peeler, peel thin, long ribbons of cucumber. Then thinly slice, or mandolin, the radishes. Quarter the avocado and cut into thin slices. Lastly, peel carrots and then cut into 1-inch long, thin matchsticks.

Step 4: Serve the salmon on top of brown rice and top with sesame seeds. Then place the cucumber, radish, avocado, and carrots in the bowl with the salmon poke.

NOTE: This recipe has been obtained from <https://www.chowhound.com/recipes/salmon-poke-bowl-31837>

For more Poke bowl recipes go to: <https://www.gourmettraveller.com.au/recipes/recipe-collections/poke-bowl-recipes-17013>



Spinach & Feta Tart

A few minutes of prep time and takes a while to cook. But when your golden pastry topped with spinach, feta, and eggs comes out of the oven, you'll forget about the wait. Perfect for breakfast, brunch, dinner or even as an appetizer.

SERVES 4

PREPARATION TIME 15 minutes

COOKING TIME 45 minutes

INGREDIENTS

250gram spinach shredded

1 sheet short crust pastry

150gram feta crumbled

3 large eggs lightly beaten (reserve 1 tablespoon)

Season with salt & cracked pepper

INSTRUCTIONS

Step 1: Preheat the oven to 200C.

Step 2: Heat a large non-stick frying pan, add ¼ cup (60ml) of water and the spinach and cook gently until wilted.

Step 3: Squeeze out excess liquid and set aside.

Step 4: Line a 16cm round cake tin with baking paper and then the sheet of pastry.

Step 5: Add the feta and beaten eggs to the spinach. Mix well and season with sea salt and cracked pepper.

Step 6: Pour the mixture into the pastry case and fold the excess pastry towards the centre.

Step 7: Brush the folded pastry with the reserved egg.

Step 8: Bake for 40 to 45 minutes or until golden and set.



NOTE: This recipe has been obtained from <https://www.4ingredients.com.au/recipes/spinach-feta-tart>

Italian Meatballs

With seven ingredients. It doesn't get any easier than this!

SERVES 4

PREPARATION TIME 10 minutes

COOKING TIME 20 minutes

INGREDIENTS

500g beef mince OR a mixture of both pork & beef

Salt & Pepper

1 teaspoon of crushed garlic

1 egg

¼ cup basil pesto plus fresh basil to serve

500g jar pasta sauce

½ cup grated Mozzarella or mixed cheeses

INSTRUCTIONS

Step 1: Combine mince, egg and basil pesto. Add a pinch of salt & pepper.

Step 2: Form the mixture into 6cm meatballs.

Step 3: In a non-stick frying pan over medium heat, add the meatballs and cook, turning, for 6 to 7 minutes until browned all over.

Step 4: Reduce heat and add the pasta sauce.

Step 5: Season and simmer for 10 to 15 minutes.

Step 6: Sprinkle grated Cheese and fresh basil and grill for 2 to 3 minutes or until the cheese is bubbling.

Optional

* You can add additional ingredients from your fridge to make it even more tasty i.e. capsicums, Spanish onions.

* Serve with boiled rice, cooked pasta or garlic bread.



NOTE: This recipe has been obtained from <https://www.4ingredients.com.au/recipes/italian-meatballs>

Teriyaki Noodle Stir Fry

This vegan teriyaki noodle stir fry is the perfect weeknight meal. It is packed with flavour and ready in less than 30 minutes.

SERVES 3-4

PREPARATION TIME 10 minutes

COOKING TIME 30 minutes

INGREDIENTS

10 ounces wide rice noodles
1/2 tablespoon sesame oil
2 tablespoons canola oil
1/4 large yellow onion, sliced
1 large carrot, julienned
150 grams baby bok choy (see notes for how to prep bok choy)
300 grams fried tofu, sliced (can sub with extra firm tofu)
1 scallion, sliced
salt
4 tablespoons teriyaki sauce, add more to taste

NOTES:

- ▶ To prepare baby bok choy is to trim off the bottom of a head of bok choy. A lot of dirt gets trapped down there, so I like to slice the bottoms off. Peel off the larger leaves and discard. Once you reach the centre where there are about 4 or 5 smaller leaves attached to the stem, stop peeling. Slice the choy sum down the middle. Rinse the baby bok choy thoroughly in water before cooking.
- ▶ You can add more vegetables or tofu to this dish if you like. You may need to adjust the amount of sauce and salt in the dish.

INSTRUCTIONS

Step 1: Bring about 6 to 7 cups of water to boil in a large pot. Add the rice noodles and cook for about 6 to 7 minutes, stirring often to break the noodles apart. The cooking time will be less if you are using very thin rice noodles. Drain and rinse the noodles under cold water. Transfer the noodles to a bowl and toss with the sesame oil. This will keep the noodles from sticking together.

Step 2: Heat a large wok or sauce pan with the canola oil over medium-high heat. Add the onions and cook for 1 to 2 minutes, until the onions start to soften

Step 3: Add the carrots and bok choy and cook for about 2 to 3 minutes more. Next, add the tofu, sliced scallions, and a pinch of salt and stir everything together. Cook until the tofu is heated through.

Step 4: Finally, add the noodles and teriyaki sauce and toss to combine everything with the sauce. Taste and add more teriyaki sauce or salt as necessary. Serve the noodles immediately.



NOTE: This recipe has been obtained from <https://healthynibblesandbits.com/teriyaki-noodle-stir-fry/>

Two Ingredient Dough Recipe

This two-ingredient dough recipe is super simple to make with no yeast! Just mix it up, knead the dough, and use it as you want.

Refer to the website to get additional recipes, using your two-ingredient dough.
<https://www.thegunnysack.com/two-ingredient-dough-recipes/>

INGREDIENTS

2 cups self-raising flour

1 cup Greek yoghurt - Use whatever kind is available at your local grocery store

INSTRUCTIONS

Step 1: Mix by hand to combine the self-rising flour and Greek yogurt.

Step 2: Turn it out onto a floured surface and knead until smooth.

Step 3: Cut the dough into however many pieces you need depending on what you are making.

The recipe ideas are endless!

- ▶ **PIZZA** The dough base is great to make a pizza. Turn out onto a floured surface. Sprinkle with flour, knead a couple of times and form into a ball.
- ▶ Roll the dough out into a large circle on a floured surface. Move the dough over to a greased baking sheet or pizza stone. Reshape dough to fill the pan.
- ▶ Top with pizza sauce, shredded cheese, pepperoni, and oregano.
- ▶ Bake at 425°F for 17-20 minutes until the crust is golden brown and the cheese is melted.



Aussie Steak

Here's a quick, simple way to prepare a steak with an authentic Aussie flavour. Serve with salad or hot vegetables, and you're done!

SERVES 4

PREPARATION TIME 10 minutes

COOKING TIME 15 minutes

INGREDIENTS

8 sirloin steaks

120g good quality butter softened

2 tablespoons Vegemite

1/2 tablespoon fresh thyme leaves

Season with salt & cracked pepper

Optional

* You can use cheaper steak options i.e. rump steak.

* Serve with all types of salad dishes or vegetables.



INSTRUCTIONS

Step 1: In a bowl, place the butter, Vegemite and thyme. Season with sea salt and cracked pepper, and mix to combine, until nice and smooth.

Step 2: Spoon the mixture onto a piece of glad wrap, roll tightly and fashion into a log.

Step 3: Twist both ends and refrigerate until needed.

Step 4: Preheat a frying pan on high.

Step 5: Brush both sides of the steak with a little olive oil or melted butter to prevent it from sticking to the pan.

Step 6: Cook the steaks until golden brown and, 2 to 4 minutes each side, depending on thickness of steaks and how you like it cooked.

Step 7: 10-seconds from removing, add a few slices of the slightly hardened butter to the top of each steak. Transfer the steaks to a plate and rest under foil for 5 minutes, letting the yummy butter melt into the steak.

NOTE: This recipe has been obtained from https://www.4ingredients.com.au/recipes/aussie-steak?_page=2

Ricotta Gnocchi

Recipe provided by Monica Bugno – CDU Staff

Nothing beats homemade gnocchi! Here's a simple gnocchi recipe to go with your favourite sauce. It makes enough for four people or a greedy two.

INGREDIENTS

500g ricotta (smooth)
1 cup parmesan finely grated
½ - 1 cup plain flour
2 free range eggs lightly beaten
1 tbsp Extra Virgin Olive Oil - Optional

Optional

* You can add in a handful of fresh chopped spinach or herbs when mixing the ingredients together. I use fresh baby spinach finely chopped. However, you can use frozen (defrosted and drained) spinach as well. You may need to use a little more flour.



INSTRUCTIONS

Step 1: In a bowl, add your Ricotta, egg, flour, parmesan and oil and start working it together with a spoon. Adding more flour until it comes together into a soft ball.

Step 2: Once you have made it into a ball, knead on a lightly floured surface for 1 minute or until a soft dough forms.

Step 3: Divide the dough into 4 logs and roll each into a rope, roughly 1.5cm thick. Get a sharp knife and chop off pieces roughly the size of the top of your thumb.

Step 4: I like to roll the Gnocchi down the back of the fork to make grooves, this is completely optional but does help the sauce stick to the Gnocchi.

Step 5: Boil a large saucepan of salted water, drop in half of the Gnocchi and gently stir so they don't stick. As soon as they rise to the surface (2-3 minutes), they are cooked. Remove, rinse and drain the Gnocchi. Repeat with the remaining Gnocchi.

Step 6: Serve with your favourite sauce, I like a simple Sugo with mine.

Step 7: If you aren't cooking it immediately, store in a single layer in the fridge, covered in glad wrap for up to a day. Gnocchi can also be frozen and when cooked, should be cooked from frozen as per the instructions above.

Basil Pesto with Almonds

Recipe provided Monica Bugno – CDU Staff

This is a super easy sauce to make, simply mix all the ingredients in the food processor or bullet and blitz, yum!

I also like to use my homegrown Basil, it tastes better than the shops and is grown organically on my balcony. Basil is an herb that grows like crazy in Darwin. If you are a first-time gardener, Basil should be your starting plant.

INGREDIENTS

3 cups packed fresh basil leaves from about 3 oz. fresh basil
1/2 cup almonds
1/2 cup grated parmesan cheese (can purchase already grated)
3 garlic cloves
1/2 tsp. salt
1/4 tsp. ground black pepper
1/2 cup extra virgin olive oil

Optional

* This pesto is great on pasta, as a spread on bread instead of using butter for your sandwiches and toasties. Anywhere you want to add some extra flavour.



INSTRUCTIONS

Step 1: In a food processor or bullet, add the basil, almonds, parmesan, garlic, salt, and pepper. Turn on the processor for about 15 seconds to break down the ingredients. Scrape down the sides of the processor.

Step 2: Turn the processor on and slowly drizzle in the olive oil until well combined. It's ready in minutes.

Step 3: If using immediately, cook and drain your pasta, reserve the water it was cooked in.

Step 4: Start by adding 1 tablespoon of pesto to one serve of pasta and add a little of the reserved cooking water. Stir and the pesto should coat the pasta.

Step 5: Add more pesto to make the sauce stronger or thicker. Add more water to make it a bit creamier or make the sauce thinner.

Step 6: If you want to use it for later. Store in a sealed container in the refrigerator and cover the top in oil. Slight discolouration will occur.

NOTE: This recipe is taken and adapted from The Wholesome Dish blog
<https://www.thewholesomedish.com/>

For more recipes from Monica
<https://www.pastapartiesdarwin.com.au/post/basil-pesto-with-almonds>

Dessert

The Moistest Chocolate Mug Cake

This recipe is specially made for the microwave. This chocolate mug cake recipe has no eggs and can be made for one or two (if you like to share).

SERVES 1

PREPARATION TIME 1 minute

COOKING TIME 1 minute

INGREDIENTS

1/4 cup all-purpose flour
2 tablespoon unsweetened cocoa powder
1/4 teaspoon baking powder
2 tablespoon granulated sugar (you can add 1 tbsp. more if you like it a bit sweeter)
1/8 teaspoon salt
1/4 cup + 1 tbsp. milk
2 tablespoon vegetable oil
1 tablespoon hazelnut chocolate spread or mini chocolate chips

Optional

* You can omit the tablespoon of chocolate hazelnut spread if you want or use a different spread of your choice (peanut butter, chocolate chips).

* Serve with whipped cream or ice-cream.



INSTRUCTIONS

Step 1: In a medium bowl, whisk together dry ingredients.

Step 2: Whisk in the milk and vegetable oil until all ingredients are combined and batter has no clumps.

Step 3: Pour batter into a microwave-safe mug. Mine was a 14-ounce mug. You want enough head space for the cake to rise without pouring over.

Step 4: Add hazelnut chocolate spread in the middle of the batter or mini chocolate chips. Just drop it in the middle, no need to push it down and sink it in the batter. It does that on its own when it cooks!

Step 5: Place a paper towel into the microwave and set the mug on top (this is to catch any batter if your mug cake overflows).

Step 6: Microwave mug cake for 70 seconds on high. Please note that ALL microwaves are different therefore can yield different results and can overcook this mug cake if you aren't careful. My microwave is 950 watts and I cooked mine on 100% power for 70 seconds. Knowing this information, it may help you better judge how long to cook yours for and at what power.

Carefully remove from microwave and enjoy!

NOTE: This recipe has been obtained from <https://www.tablefortwoblog.com/the-moistest-chocolate-mug-cake/>

Coconut Milk Mango Chia Pudding

This beautiful Coconut Milk Mango Chia Pudding is a refreshing breakfast combo or dessert, ideal for hot summer days. Vegan and Gluten-Free!

SERVES 2

PREPARATION TIME 10 minutes

COOKING TIME 0 minutes

INGREDIENTS

30 grams chia seeds
200 ml coconut milk
150 ml coconut water
drop of vanilla extract
1 mango
1 lime
1 passion fruit
toasted coconut flakes



INSTRUCTIONS

Step 1: Place chia seeds in a container and add coconut milk, coconut water and a drop of vanilla extract. With a spoon stir until well combined. Close the jar with a lid or with cling film and leave to soak for about 2 hours. You can also refrigerate overnight, but keep in mind your coconut milk will thicken to almost solid and you may need to warm it up to loosen again in the morning (I refrigerated overnight and then in the morning gave it a quick steam bath).

Step 2: Peel and cut mango into chunks and put into a blender. Save a couple of smaller chunks for topping. Add juice of 1 lime to blender. Blend until smooth and thick.

Step 3: Assemble your pudding: place a couple of spoons of mango puree, then add a layer of chia pudding and repeat. Top your pudding with the saved mango chunks, passion fruit and toasted coconut. Serve.

NOTE: This recipe has been obtained from <https://www.vibrantplate.com/coconut-milk-mango-chia-pudding/>

Easiest Apple Cake Ever

This has a beautiful crunchy top that makes it perfect for serving with whipped cream, ice cream, or both! To say it's delicious is an understatement. This will be your new go-to recipe.

SERVES 6

PREPARATION TIME 10 minutes

COOKING TIME 35 minutes

INGREDIENTS

100g butter
2 cups self-raising flour
1 egg
1 cup sugar
3 apples (peeled and diced)
1 teaspoon cinnamon (optional)

INSTRUCTIONS

Step 1: Preheat the oven to 180°C.

Step 2: Chop up apples into small pieces.

Step 3: Melt 100 grams of butter and set aside.

Step 4: Mixed all dry ingredients first then add melted butter.

Step 5: Add mixture to greased baking dish (or other non-stick tin).

Step 6: Bake for 35 minutes. Test with a skewer or knife to see if the cake is cooked right through after 25 minutes. As cooking time can vary with different ovens.

Optional

* Serve with ice cream or whipped cream. Or simply some sprinkle some icing sugar.



NOTE: This recipe has been obtained from <https://thewhoot.com/whoot-news/recipes/apple-pie-slice>

Tahini Chewy Bars

These simple bars are made with wholesome ingredients and are naturally gluten-free and vegan-friendly. Great for an evening snack or packed in your lunchbox.

SERVES 4

PREPARATION TIME 10 minutes

COOKING TIME 10 minutes

INGREDIENTS

½ cup tahini

½ cup agave nectar honey or rice malt syrup

1½ cups rolled oats

½ cup raisins

Optional

* Start experimenting and add other types of dry fruits i.e. dates

INSTRUCTIONS

Step 1: Preheat the oven to 180°C.

Step 2: Line a 20 x 20cm square cake tin with baking paper.

Step 3: In a large bowl, stir together the tahini and agave.

Step 4: Stir in the oats and raisins.

Step 5: Spoon the mixture into the prepared tin and smooth with the back of a spoon.

Step 6: Bake for 10 minutes or until golden.

Step 7: Cool completely before slicing to serve.



NOTE: This recipe has been obtained from https://www.4ingredients.com.au/recipes/tahini-chewy-bars?_page=3

The 10 Best Brain Food Snacks for Studying

Put down the chocolate, biscuit or ice-cream – they might be delicious, but healthy study snacks are much better for your brain. The right snacks can boost your ability to focus, make you more productive and help keep your mind sharp. Plus, they won't lead to a sugar crash followed by an emergency nap (unlike way too much ice cream).

So, for all the undergraduates, postgraduates and high school students who need something to nibble on while they study – this is our roundup of the ten best healthy and affordable study snacks:

1. ALMONDS

Almonds are a satisfying but healthy snack. A handful can give you a quick energy boost while you study but stick to buying the unsalted kind and adding any salt yourself at home (otherwise you'll be eating more salt than is healthy).

And if you're not a fan of almonds, other good options are peanuts, cashews, walnuts and pistachios.

2. DARK CHOCOLATE

This is a snack for all the chocoholics out there. Dark chocolate is full of antioxidants and natural stimulants. It improves blood flow to your brain, helping you focus better. And it increases your body's production of mood-boosting endorphins, making you happier. Just remember, this is a snack to eat in moderation.

3. AIR-POPPED POPCORN

Popcorn isn't just for movie theatres! It's easy to make popcorn yourself on the stove-top, or you can use a popcorn maker if you have one. Then drizzle a little olive oil over it and sprinkle on some salt. Or go for cinnamon and sugar, if you're craving something sweet. Making popcorn like this is much healthier than using microwave popcorn, and it's tastier too.

4. FRUIT SALAD

It's time to raid the fruit bowl! Apples, oranges, grapes, strawberries, blueberries, kiwis, the pineapple chunks from the back of the cupboard and that slightly bruised banana you don't know what to do with. They'll give your brain a boost of energy and fill your body with vitamins, minerals and fibre. Plus, you can save yourself time with this snack: make a big batch, and you'll have enough for breakfast the next morning, too.

5. GREEK YOGURT

This is great if you need a more substantial and filling snack (hello, all-nighter). It's higher in protein than regular yogurt (it contains twice as much per serving!), which will help fill you up and curb your hunger. And it's also full of bone-building calcium and gut-friendly probiotics. To mix up the flavour, try adding a drizzle of honey or some of your leftover fruit salad.

6. FROZEN GRAPES

This snack needs overnight prep, so you'll need to plan ahead. Buy a bunch of grapes, pop them into a Ziploc bag and put them in the freezer – they'll be ready for you to snack on while you're studying the next day.

7. VEGGIES (AND HUMMUS)

You can snack on just raw vegetables, but they're better with hummus. Hummus is high in protein, calcium and brain-boosting Omega 3 fatty acids, which makes it the perfect partner for vitamin and fibre filled veggie sticks! Eat your hummus with carrots, cucumber, red pepper, celery, sugar snap peas or your fingers.

8. HOMEMADE TRAIL MIX

Pumpkin seeds, cashews, sunflower seeds, pecans, almonds, dried cranberries, raisins or any other mix of dried fruit, nuts and seeds which takes your fancy! You can keep your trail mix in an airtight container (like a Ziploc bag or a mason jar) for up to a month, so make yourself a big batch to have on hand.

It's better to make your own trail mix – the shop-bought kind is usually loaded with salt and hydrogenated oils, plus the dried fruit is coated with added sugar. And it's overpriced, too.

9. APPLES WITH PEANUT BUTTER

This is a perfect combination of two great snacks: apples and peanut butter. Cut your apple into slices and spread a little peanut butter onto each one. If you're feeling fancy (or you need something to put on your Instagram) you can create adorable mini sandwiches.

10. CRUNCHY ROASTED CHICKPEAS

This is great if you need a more substantial and filling snack (hello, all-nighter). It's higher in protein than regular yogurt (it contains twice as much per serving!), which will help fill you up and curb your hunger. And it's also full of bone-building calcium and gut-friendly probiotics. To mix up the flavour, try adding a drizzle of honey or some of your leftover fruit salad.

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