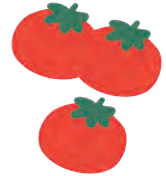




T OLLSCOIL TEICNEOLAÍOCHTA
BHAILE ÁTHA CLIATH
DUBLIN
TECHNOLOGICAL
UNIVERSITY DUBLIN



HEALTHY CAMPUS COOKBOOK



Healthy & Sustainable Recipes
Volume 3



Sustainability

TU DUBLIN SUSTAINABILITY STATEMENT GOOD HEALTH, WELL-BEING & COMMUNITY

TU Dublin is committed to protecting and enhancing the health and well-being of our University community and wider society by enabling people to achieve their full potential. The 2025 Limerick Framework for Action sets out the role and responsibility of Higher Education in the promotion of Health in relation to the interdependency of human health and planetary wellness. As a signatory to Ireland's Higher Education Healthy Campus Charter, we commit to taking a 'whole of campus approach to creating a learning environment and organisational culture' to ensure health and well-being within our community. TU Dublin commits to working across the University through an open, inclusive, and participatory network of people to inform the development and implementation of a Healthy TU Dublin Action Plan. Working closely with TU Dublin researchers we develop policies and practices for our priority actions including physical activity, tobacco, and mental health.

The intersection of Health & Well-being with the creation of more Sustainable and Liveable Cities & Communities is recognised and supported by TU Dublin as a place of learning and work for more than 35,000 people throughout the Dublin region. In our commitment to reduce Scope 3 greenhouse gas emissions, TU Dublin will increase its engagement and action research initiatives to promote active travel and Smarter Travel for Campuses programmes through advocacy and awareness building to encourage increased levels of walking, cycling and public transport ensuring safe and equal access by persons with disabilities, to promote good health, reduce carbon impact, and create a community culture for sustainable transportation.

Foreword



“As the Vice President for Sustainability at TU Dublin, it gives me great pleasure to present the 3rd TU Dublin Healthy Campus Cookbook publication. Healthy Campus is a University-wide initiative supporting our community of students and staff to achieve UN SDG 3 'Good Health & Well-being'. TU Dublin Healthy Campus is working to bring you sustainable initiatives that can make a real difference to our lives, communities and the planet. I hope you enjoy this wonderful range of creative green cuisines from the students and staff in TU Dublin for a healthier and more sustainable diet.

Jennifer Boyer

Vice President for Sustainability
TU Dublin

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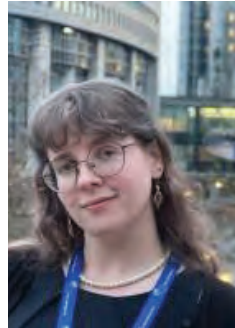
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Meet the Contributors

Charlie Beaudelot is a third-year student studying Human Nutrition and Dietetics. They have an interest in sustainability promotion and accessible nutrition. Charlie spends time volunteering with SpunOut, the National Youth Council of Ireland and Plan International

Charlie Beaudelot
Human Nutrition and Dietetics student



Louisa Siedersberger is a third-year Human Nutrition and Dietetics student. After working in the banking industry for several years focussing on ESG, she decided to make a career change and return to university. She hopes to work in the food industry after graduation, combining her passion for nutrition and sustainable finance.

Louisa Siederberger
Human Nutrition and Dietetics student

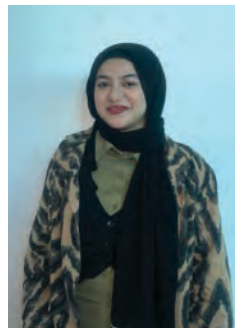
Yara Bakhet is a third-year Human Nutrition and Dietetics student. She is passionate about working with people to reach their health goals. Yara enjoys cooking and embraces a sustainable “no food waste” approach in the kitchen. After graduation, she hopes to further develop her clinical experience while remaining open to exploring industrial roles within dietetics.

Yara Bakhet
Human Nutrition and Dietetics student



Rebecca Hayes is a third-year Human Nutrition and Dietetics student. She has an interest in the role that diet plays in health and disease prevention. After graduation she hopes to work in a hospital setting.

Rebecca Hayes
Human Nutrition and Dietetics student



Meet the Contributors

Daramola Ogunji is a third-year student in Human Nutrition and Dietetics. She has a passion for culturally diverse and sustainable cooking. She is interested in working in a community setting where she can support wellbeing beyond the clinical environment.

Daramola Ogunji
Human Nutrition and Dietetics student



Dr. Dan McCartney is Programme Director of the BSc in Human Nutrition & Dietetics at TU Dublin and Trinity College Dublin; he is a former columnist with The Irish Examiner and a former Public Relations Officer with INDI, the professional body for dietitians in Ireland. His research focuses on the dietary prevention and management of obesity, high blood pressure, diabetes, cancer and ageing, as well as the optimisation of vitamin D status and pregnancy outcomes.

Dr. Dan McCartney
Human Nutrition and Dietetics Director

As a Nutritionist, Claire Connolly’s research focuses on the relationship between food and health in the context of chronic disease, with a particular interest in how dietary patterns influence health outcomes. Claire is dedicated to making nutrition accessible and practical for all, drawing on her experience in teaching, community engagement, and hands-on food education. Claire loves to cook and has even cooked alongside renowned chef Neven Maguire at MacNean House, further enriching her understanding of the role food plays in everyday wellbeing.

Dr. Claire Connolly, ANutr.
Assistant Lecturer in Nutrition



Meet the Design Team

As a member of the Societal Engagement Amplification Team, Paul works closely with the Healthy Campus project to enable them to co-ordinate and promote their campaigns and activities. The Healthy Campus Cookbook is part of a Societal Engagement Sustainability Action Lab collaboration with Healthy Campus and the third-year students from the Human Nutrition and Dietetics Programme.

Paul worked closely with the students and academic staff from the Human Nutrition and Dietetics Programme to collate the recipes and information required for the cookbook. He was also responsible for overseeing the design work as well as the printing of the cookbook with print partners Anglo Printers to bring the project from concept to finished product. We hope that the reader enjoys the recipes and will be inspired to try them.

Paul Duffy
Societal Engagement Amplification Team



Izu Nwagwu is a fourth-year Digital Marketing student and currently interns with the Student Success department, where he supports initiatives aimed at enhancing the overall student experience. He brings a strong interest in consumer experiences and a passion for creating meaningful engagement through marketing strategies.

As a member of the design team for the Healthy Campus Cookbook, Izu contributed to the visual design and layout of the project, working closely with students and staff to transform the cookbook from concept to completion. He also supported the coordination of content and design elements to ensure the final product is clear, engaging, and accessible for readers. He hopes to further his career in marketing after graduation, continuing to develop his skills in creating impactful experiences.

Izu Nwagwu
Student Success Intern

Glossary

WEIGHT MEASUREMENTS

Metric	Imperial
5g	¼ oz
15g	½ oz
20g	1 oz
50g	2 oz
85g	3 oz
110g	4 oz
140g	5 oz
180g	6 oz
200g	7 oz
225g	8 oz
250g	9 oz
280g	10 oz
300g	11 oz
340g	12 oz
375g	13 oz
425g	14 oz
450g	15 oz
675g	16 oz
700g	17 oz

ABBREVIATIONS

Teaspoon	Tsp
Tablespoon	Tbsp
Dessertspoon	Dstsp
Millilitre	ml
Litre	L
Gram	g
Kilogram	Kg
Ounce	oz
°Celsius	°C

OVEN TEMPERATURE

Description	°C	Gas Mark
Extremely Low	120	½
Very Low	140	1
Low	150	2
Very Moderate	160	3
Moderate	180	4
Moderately Hot	190	5
Fairly Hot	200	6
Hot	220	7
Very Hot	230	8
Extremely Hot	240	9



Introduction

Welcome to the Third Edition of the Healthy Campus Cookbook!

Following the success of previous volumes, we are delighted to once again showcase the creativity and passion of our university community through delicious recipes in the Healthy Campus Cookbook. This collection is far more than a list of ingredients, it is a celebration of how simple, affordable, and sustainable choices can nourish both ourselves and our planet.

This project is part of the Sustainability Action Lab Programme and has been developed with the invaluable contributions of some of our third-year Human Nutrition and Dietetics students. Their dedication, combined with the fantastic recipes shared by TU Dublin staff and students, has brought together a diverse range of dishes which are nutritious, budget-friendly, and easy to prepare. From quick, nourishing breakfasts, to budget-friendly meals and tasty treats, these recipes demonstrate how small changes in our cooking habits can support better health and a healthier environment.

Building confidence in preparing our own meals empowers us to make informed choices about what we eat, reduce waste, and embrace a more sustainable way of living. Whether you are a confident cook or just beginning your cookery journey, we hope this book serves as inspiration to try new ingredients, experiment with flavours, and enjoy the process of creating good food.



John Core, Sodexo Culinary Nutrition Lead, has over two decades of experience in professional kitchens, he specialises in making nutrition accessible and practical for modern working lives. His work focuses on reformulating classic dishes to enhance their nutritional value while maintaining flavour, texture, and appeal.

John holds a First-Class Honours MSc in Applied Culinary Nutrition from TU Dublin and leads culinary nutrition initiatives for Sodexo, supporting corporate clients across Ireland and the UK. He designs workplace wellness programmes, delivers seminars on evidence-based nutrition, and develops innovative, nutrient-dense recipes for private healthcare and contract catering. His philosophy promotes real food without restriction, guiding individuals towards sustainable, balanced eating habits.

John Core
Sodexo Culinary Nutrition Lead

The Healthy Campus Sustainable Cookbook is an example of how collaboration enhances the practical application of academic work, engaging the wider TU Dublin community through this Students Learning with Communities (SLWC) project to produce a healthy and sustainable initiative. The cookbook is a collaborative project with five 3rd year students from the Human Nutrition and Dietetics Programme at TU Dublin completing the cookbook as part of their third year project, with submissions provided by TU Dublin students and staff. The Cookbook was awarded a “Best Practice” award by FISU International Healthy Campus. We hope you get to try and enjoy some of the recipes for a healthier and more sustainable lifestyle.

Dr Teresa Hurley



As a registered dietitian, I believe cooking is one of the most valuable life skills we can develop. It is far more than simply preparing meals. Cooking builds confidence, creativity, and independence, and it empowers us to make thoughtful decisions about what we eat. Developing practical cooking skills also helps reduce food waste and supports a more sustainable way of living.

The TU Dublin Sustainable Cookbook aims to inspire students and staff to build their confidence in the kitchen, explore new techniques, experiment with flavours, and enjoy the process of preparing and sharing good food. Having been involved in this initiative since the beginning, it is rewarding to see the cookbook continue to grow with each volume.

My sincere thanks to everyone who contributed their recipes, ideas, and enthusiasm to make this third volume possible. May it remind us that healthy and sustainable eating is not about perfection, but about making small, positive choices that together create meaningful change.

Dr Aileen Kennedy RD
Head of Dietetics and Nutrition, and Sport Sciences
School of Biological, Health & Sport Sciences



Recipe Analysis

NUTRITION

The recipes submitted by students and staff for this cookbook were analysed using Nutritics food data management software to give a nutrient breakdown per serving of each recipe.

Nutritics provides automatically generated traffic labels for each recipe to highlight the amount of fat, saturated fat, sugar and salt per serving. The colours green, amber and red indicate if the food serving contains a low, medium, or high quantity of these nutrients. This traffic light system can also be seen on many prepackaged food products. As high amounts of these nutrients are bad for health, it is important to cut down foods with red labels. Amber indicates that the food isn't high or low in the nutrient and is an acceptable choice most of the time, while green indicates that the food is low in the nutrient. Keep an eye out for recipes with more green lights for a healthier option.

FRUITS AND VEGETABLES

Fruits and vegetables are essential in our diet and provide us with vitamins, minerals, fibre and antioxidants which help protect against various diseases. In general fruit and vegetables have a lower environmental impact than meat, dairy and processed foods. Thus, choosing plant-based meals more often can help to reduce your carbon footprint. It is also important to note that often fruits and vegetables can be shipped from thousands of miles away and thus increase carbon emissions. To reduce our carbon footprint, we should try and choose local and seasonal produce where possible, to ensure that we reach our 5-7 servings of fruits and vegetables/day while reducing our carbon footprint. Check out our 'what's in season' section to see when different fruits and vegetables are in season at different times of the year. Frozen or tinned fruits can be an effective way to reduce your waste.

PLANT PROTEINS

Did you know that, in Ireland in 2023, the Agriculture sector was directly responsible for 37.8% of national greenhouse gas (GHG) emissions - that's more than transport and energy industries combined (EPA). A vegan diet can help to reduce carbon emissions, however, in recent years the flexitarian diet has become quite popular and for some people is a sustainable approach to reducing meat consumption. This diet focuses on the use of plant proteins to provide our protein requirement. It is centred around fruits, vegetables, grains, and legumes, while allowing for meat occasionally. We can get protein from plant-based foods such as peas, beans, nuts, soya, mycoprotein and lentils.

PLANT-BASED IRON

Red meat is an umbrella term for commonly eaten meats like beef, lamb, and pork. It is a good source of protein, iron, B vitamins, and zinc. However, red meat is the food with the highest carbon emissions per serving, meaning that it doesn't support planetary health. As part of a balanced diet, reducing your consumption of red meat is a good place to start if you're looking to reduce the carbon footprint of your diet. Instead of eliminating red meat from the diet, you can include eating other nutritional dense foods such as lentils, tofu, eggs, beans, spinach, and fortified breakfast cereals. Eating these foods alongside foods containing vitamin C is crucial as the body doesn't absorb iron from non-meat sources as efficiently. Vitamin C can be found in fruits and vegetables. Give some of our delicious, nutritious, sustainable recipes a try!

SOURCES OF CALCIUM

Dairy products are important for providing calcium for strong bones and teeth. However, the production of dairy has a harsh effect on the planet. Some other sources of calcium we can incorporate in our diet alongside dairy include calcium-set tofu, broccoli, cabbage, sesame seeds, tahini, pulses, fortified bread, fortified breakfast cereals and dried fruit. It's important if choosing a plant-based milk instead of cow's milk to make sure it is fortified with calcium. To ensure adequate calcium absorption it is important to include vitamin D in our diet through eggs, oily fish and fortified breakfast cereals. In Ireland during our winter months, we don't get enough sunlight, and it is recommended that every adult supplement with 15 micrograms/day from Halloween through to St Patrick's Day. Some groups benefit from taking the supplement all year around, such as pregnant and breastfeeding women, people who have reduced sunlight exposure, and people with darker skin as it takes longer to generate vitamin D from the sun.

CARBOHYDRATES

Choose wholegrain and wholemeal varieties of bread, pasta, rice and cereals. Wholegrain/wholemeal products contain fibre, this helps to keep us fuller for longer, reduce constipation and protect against bowel cancer. It is important to know our portion sizes for carbohydrates to prevent overconsumption. The food pyramid is a helpful guide for us to use and navigate portion sizes.

FOODS HIGH IN SUGAR, FAT AND SALT

These foods should be kept to a minimum, not eaten every day and enjoyed in moderation. Managing our portion sizes helps to prevent excess consumption and extra waste.

PREVENTING FOOD WASTE

One of the easiest ways to reduce your carbon footprint is to reduce your food waste. Having a set out meal plan can help to avoid unintended food waste, buying only what you will eat before it spoils. Checking what you have at home first before you go shopping can help to avoid accidental double-ups and give ideas for what to buy to use up existing ingredients and reduce your overall food shopping costs. Making a shopping list, is a simple and effective way to avoid overbuying of unnecessary food products that may go to waste. Storage and freezing can be used for storing foods that you don't plan on using straight away after buying or to store leftover meals for a later date. Composting food scraps and using them to help your garden grow. Be open to new meals in the kitchen, e.g., making additions or substitutions to meals to use up food items while they last and reduce food waste. This can even help to add more variety to your meals and increase the nutritional content. Using up as much of the food as you can, for example with correct washing of carrots, there is no need to peel, all it will do is take away the extra added fibre.

What's in Season?

SEASONAL VEGETABLES, HERBS AND FRUIT IN IRELAND

SPRING Asparagus, cabbage, cauliflower, chives, beetroot, brussel sprouts, early potatoes, kale, lettuce, mint, mushrooms, spring onions, rhubarb, parsley, thyme, and wild garlic.



SUMMER Asparagus, beetroot, blackberries, chives, cauliflower, courgette, cucumber, lettuce, kale, mint, parsley, potatoes, pak choi, peppers, peas, rhubarb, raspberries, tomatoes, and strawberries.



AUTUMN Apple, asparagus, beetroot, blackberry, blueberry, broccoli, brussel sprouts, carrots, courgette, chives, cauliflower, corn, kale, lettuce, mushrooms, squash, parsnips, turnips, pak choi, potatoes, pumpkin, strawberry, peas, raspberry, peppers, pak choi, rhubarb, radish, mint, and parsley.



WINTER Beetroot, brussel sprouts, cabbage, carrot, cauliflower, kale, mushrooms, pear, parsnip, pak choi, parsley, kale, spinach, swede, turnips, thyme, and Jerusalem Artichokes



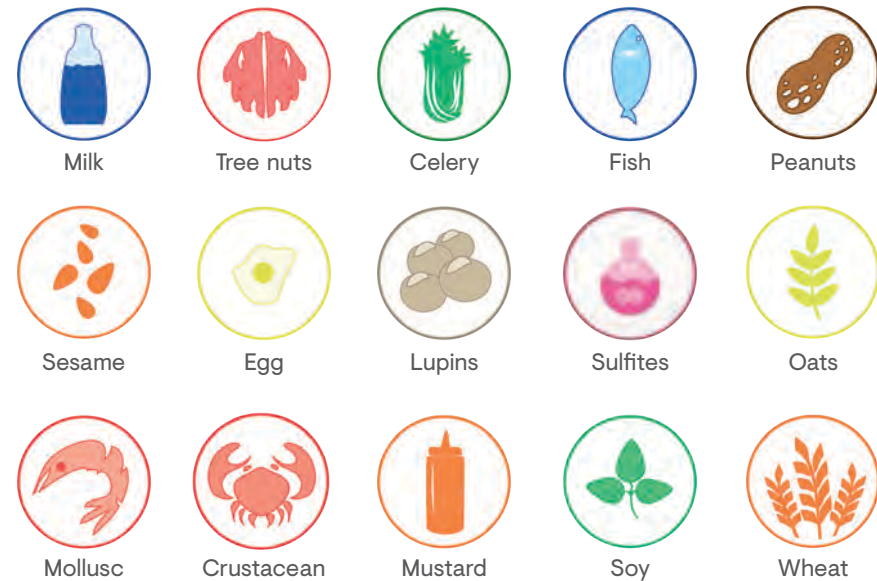
CARBON FOOTPRINT RATING

Each recipe was analysed using the My Emissions free food carbon footprint calculator which gives an estimate of carbon emissions per serving as well as a carbon rating from 'A', Very Low carbon footprint, to 'E', Very High carbon footprint.

ALLERGENS

Recipes were also analysed for food allergens. If you have a food allergy, please consult the allergen icons before trying out any of our recipes.

Note: Only allergens Nutritics deemed as present were included. Allergens that recipes 'may contain' were not included. Please take necessary precautions when cooking the following recipes if you have a food allergy. Prawns are a crustacean, however, please be aware if you have a Mollusc allergy as the Molluscs allergen is denoted as a prawn icon.



Breakfast



Culinary Start

INGREDIENTS

- 1 dollop coconut-based yoghurt
- ½ sliced grapefruit
- Handful crushed pistachios
- 3 heaped tbsp earl grey infused buckwheat

STEPS

1. Soak buckwheat in warm Earl Grey tea overnight, strain in the morning before serving.
2. Before serving, slice grapefruit into 1/8 wedges, save extra grapefruit for drinking.
3. Shell and crush pistachio with chopping knife.
4. Sprinkle buckwheat, nuts, and grapefruit over 1 large scoop of coconut-based yoghurt.



Serves: 1

Prep time: 15 minutes

Cook time: 0 minutes

Per serving

Energy (kcal)	338 kcal
Fat	27g
Of which saturates	21g
Carbohydrate	19g
Of which sugars	8.1g
Fibre	2.7g
Protein	4.7g
Salt	0.1g



B
0.33 kg CO₂eq
per serving



Serves: 1

Prep time: 15 minutes

Cook time: 5 minutes

Per serving

Energy (kcal)	437 kcal
Fat	35g
Of which saturates	8g
Carbohydrate	15g
Of which sugars	2.3g
Fibre	5.9g
Protein	13g
Salt	0.54g



C

0.50 kg CO₂eq per serving

Egg Avocado Salad on Toast

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INGREDIENTS

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- 1 sliced bread
- 1 avocado
- 1 egg
- Handful green leaves
- 6-8 cherry tomatoes
- 1 tsp olive oil
- 1 lime
- sprinkle red chilli flakes (optional)

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STEPS

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1. Fry one egg, leaving yolk runny.
2. Toast bread.
3. Scoop ½ ripe avocado onto bread and smash down with fork
4. Squeeze ½ of lime on other avocado, toss green leaves, tomatoes with olive oil.
5. Serve on plate together, sprinkle all in chilli flakes.

Chilli Crisp Fried eggs

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INGREDIENTS

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- 1 tsp chilli crisp
- 2 large eggs
- 1 tsp toasted sesame oil
- 1 medium scallion
- Pinch of salt
- Toast
- Furikake

.....

STEPS

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1. Heat the chilli crisp and sesame oil in a small, nonstick frying pan over medium heat. Meanwhile, thinly slice 1 medium scallions.
2. Gently crack 2 large eggs into the pan and season with pinch of salt. Cook undisturbed until the whites are set, the yolks are still runny, and the edges of the eggs are crisp, 3 to 5 minutes. Reduce the heat as needed to avoid burning. Cover with a lid for a cooked yolk if preferred.
3. Slide the eggs onto a plate with toast. Pour any oil left in the pan over the eggs. Garnish with furikake and scallions.

Tip: Feel free to skip the chilli crisp if spice is not well tolerated



Serves: 1

Prep time: 5 minutes

Cook time: 5 minutes

Per serving

Energy (kcal)	317 kcal
Fat	19g
Of which saturates	4.4g
Carbohydrate	16g
Of which sugars	1.7g
Fibre	1.1g
Protein	19g
Salt	1.5g



B

0.47 kg CO₂eq per serving

18



Serves: 3

Prep time: 10 minutes

Cook time: 30 -45 minutes

Per serving

Energy (kcal)	167 kcal
Fat	3g
Of which saturates	0.8g
Carbohydrate	26g
Of which sugars	3.3g
Fibre	3g
Protein	7.8g
Salt	1.3g



0.22 kg CO₂eq per serving

Congeeh

INGREDIENTS

- ¼ cup rice
- 2 cups water
- 2 cups broth of chicken
- 1 Pak choi
- mushrooms
- 1 stem of spring onion
- 1 egg
- Salt and garlic

STEPS

1. Wash and clean your rice and ingredients.
2. Boil the rice, broth and water and cook at a medium heat.
3. While that cooks cut your the vegs and fry or boil your egg and pok choi separately.
4. When there is 10 mins left of cooking check. The pot of rice it should to be close to a creamy consistency (if not add more water or broth) add in mushrooms.
5. Plate when ready and add spring onions on top and enjoy.

Sarah Shambamveva - School of Physics, Clinical and Optometric Sciences

Avocado, Feta, Chilli Eggs Toast

INGREDIENTS

- 1 slice sourdough bread
- ½ avocado
- Chilli oil
- Feta
- Salt and pepper
- 2 eggs

STEPS

1. Fry 2 eggs in chilli oil.
2. Mash 1/2 an avocado and season with salt and pepper to preference.
3. Toast a slice of sourdough bread.
4. Add mashed avocado and eggs to toast.
5. Crumble feta on top.

Tip: Use a ripe avocado

Caolinn O'Reilly - School of Biological, Health and Sports Sciences



Serves: 1

Prep time: 5 minutes

Cook time: 5 minutes

Per serving

Energy (kcal)	594 kcal
Fat	33g
Of which saturates	11g
Carbohydrate	42g
Of which sugars	2.8g
Fibre	4g
Protein	29g
Salt	3g



0.81 kg CO₂eq per serving

20



Serves: 2

Prep time: 10 minutes

Cook time: 15 minutes

Per serving

Energy (kcal)	469 kcal
Fat	21g
Of which saturates	9g
Carbohydrate	48g
Of which sugars	16g
Fibre	5.4g
Protein	19g
Salt	1.3g



1.11 kg CO₂eq per serving

Brekky Pancakes

INGREDIENTS

- 100g cottage cheese
- 100g porridge oats
- 2 eggs
- 50ml milk
- 2 tbsp sugar
- 1 tbsp milled flaxseeds (optional)
- 1 tsp vanilla
- ½ tsp baking powder
- dash of salt
- 2 tsp oil or butter

STEPS

1. Add the cottage cheese, porridge oats, eggs, milk, flaxseeds, baking powder, vanilla, sugar and salt into a blender. Blitz until a smooth thick batter is formed.
2. Heat a little of the oil or butter in non-stick frying pan over a medium heat.
3. Add a few tablespoons of the batter to the pan to make small pancakes. Cook in batches if needed.
4. Cook the pancakes for 2-3 minutes until bubbles come to the surface and the top looks set. Flip and cook for another 1-2 mins until golden brown on both sides. Keep the pancakes warm while you cook the remaining batches.
5. Serve the pancakes with some fruit and a drizzle of syrup, if desired.

Tip: Greek yoghurt or skyr is a great alternative for cottage cheese!

Bran Muffins

INGREDIENTS

- 1 cup of wholemeal flour
- 1 cup of bran
- 1 cup of sultanas
- 2 tbsp wheat germ
- 1 tbsp sesame seeds/linseeds
- ½ tsp baking powder
- 1 egg
- ¾ cup milk
- ½ cup vegetable oil
- Few drops vanilla extract

STEPS

1. Preheat oven at 190 degrees.
2. Place 5 bun cases into tray.
3. Combine the dry ingredients in a large mixing bowl.
4. Combine all the wet ingredients, add these into the dry ingredients.
5. Place equally in bun cases.
6. Bake in oven at 190 degrees for 20-25 mins.

Tip: Great for breakfast/mid morning snack



Serves: 5

Prep time: 5 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	420kcal
Fat	21g
Of which saturates	2.9g
Carbohydrate	43g
Of which sugars	23g
Fibre	9g
Protein	9.9g
Salt	0.24g



0.21 kg CO₂eq per serving



Serves: 3

Prep time: 5 minutes

Cook time: 5 minutes

Per serving

Energy (kcal)	352 kcal
Fat	14g
Of which saturates	6.4g
Carbohydrate	37g
Of which sugars	11g
Fibre	7.2g
Protein	15g
Salt	0.28g



0.35 kg CO₂eq per serving

Better than your Oats

INGREDIENTS

- 40g porridge oats
- 250mls milk
- 1 tbsp chia seeds or flaxseeds

STEPS

1. Add 40g porridge oats to a saucepan with the liquid of choice, and sprinkle pinch of salt. Bring to a boil and simmer for 5 minutes, stirring occasionally so it doesn't stick to the bottom of the pan. Alternatively, you can try this in the microwave on high for 3-5 minutes using a microwave-proof bowl. If the mixture is too thick, you can thin it with more milk or water.
2. For serving, top the porridge oats with the chia or flaxseeds, pumpkin seeds, dates, dark chocolate, nuts, or nut butter.

Tip: Play with the toppings to suit your own personal preferences- no nuts for allergies!

Cookie Dough Overnight Oats

INGREDIENTS

- 2 tbsp peanut butter
- 1 tsp sugar (optional)
- ½ cup Greek yogurt
- ½ tbsp chocolate chips
- 1 cup porridge oats
- ½ tsp cinnamon
- 1 cup milk

STEPS

1. In a small bowl, stir together the peanut butter and sugar if using until well combined.
2. Add 1 tablespoon of the Greek yogurt and beat until well combined and the mixture starts looking a bit like dough. Stir in the chocolate chips.
3. Divide the cookie dough between two cups, pressing down into the bottom. Spread 1/4 cup of Greek yogurt on top of each cookie dough layer.
4. In the same bowl, mix the oats, cinnamon and the milk and stir. Divide the oats between the two cups and leave in the fridge overnight.

Tip: You can leave out the sugar if you want, the chocolate chips are already quite sweet



Serves: 2

Prep time: 10 minutes

Cook time: Overnight

Per serving

Energy (kcal)	464 kcal
Fat	24g
Of which saturates	8.7g
Carbohydrate	41g
Of which sugars	15g
Fibre	5.2g
Protein	19g
Salt	0.3g



0.32 kg CO₂eq per serving



Serves: 8

Prep time: 40 minutes

Cook time: 20 minutes

Per serving

Energy (kcal)	204 kcal
Fat	0.9g
Of which saturates	0.2g
Carbohydrate	41g
Of which sugars	2.7g
Fibre	2g
Protein	6.9g
Salt	0.75g



0.05 kg CO₂eq per serving

Homemade Bagel

INGREDIENTS

- 6g active dry yeast
- 19g caster sugar
- 300ml warm water
- 440g flour/bread flour
- 6g salt
- Optional toppings: cream cheese, smoked salmon, or avocado

STEPS

1. Pour sugar and yeast into 120ml of the warm water.
2. Mix flour and salt in a bowl.
3. Add the yeast mixture and another 80ml of the warm water.
4. Mix and add the remaining 100ml of the water as needed.
5. Knead dough for 10 minutes until smooth and elastic.
6. Place in an oiled bowl, cover and rest until doubled in size. Punch down and rest for another 10 minutes.
7. Divide the dough into 8 pieces and shape into balls. Use your finger to make a hole in the middle.
8. Rest the bagels for 10 minutes, while you preheat the oven to 220 degrees and get a large pot of water to the boil.
9. Reduce the heat to a simmer. Use a slotted spoon to place the bagels in the water, boiling them for one minute on each side.
10. Optionally, you can add toppings such as sesame seeds after boiling them.
11. Transfer the bagels to a lined baking tray and bake for 20-25 minutes.

Josephina Quinn - School of Culinary Arts and Food Technology

Lunch






Serves: 4

Prep time: 5 minutes

Cook time: 10 minutes

Per serving

Energy (kcal)	118 kcal
Fat	8g
Of which saturates	0.9g
Carbohydrate	6.3g
Of which sugars	2.5g
Fibre	2.9g
Protein	4.5g
Salt	0.26g



A

0.09 kg CO₂eq per serving

Lockdown Lunch Mushroom Soup

INGREDIENTS

- Flat field mushrooms (250g)
- 2 small onions or 2 shallots
- 1-2 garlic cloves
- 500ml plant milk / oat or almond
- Extra virgin olive oil
- Salt and pepper

STEPS

1. Into a large (1L) nutribullet container add mushrooms (broken roughly by hand into chunks) peeled onions cut roughly into quarters, garlic chopped in small chunks, salt pepper to taste, glug of extra virgin olive oil and 500ml plant milk.
2. Blitz down and pour into saucepan on low heat.
3. Rinse container with 50ml of water and add to thin out the soup, simmer for 5-10 mins.

Tip: Add some olive oil and serve to yourself

Peter Mac Cann - School of Art and Design

Student Flat Tofu

INGREDIENTS

- 75g brown rice
- 1 block firm tofu
- 80g frozen vegetables - peas or mixed vegetables
- 1 tbsp 100% peanut butter
- 1 tbsp curry powder
- 1 tbsp soy sauce
- Juice of ½ a lemon
- Squeeze of honey
- Water to loosen

STEPS

1. Boil the rice as per packet instructions.
2. When there is 15 minutes of cook time remaining, cube the tofu and place it in the air fryer at 180°C.
3. Combine sauce ingredients in a bowl.
4. Pour frozen veg into rice pot to allow them to steam.
5. When rice is cooked, mix in sauce and tofu.

Tip: You can double the recipe to take for lunch for 2 days!

Amy Shiel - School of Biological, Health and Sports Sciences




Serves: 1

Prep time: 15 minutes

Cook time: 30 minutes

Per serving

Energy (kcal)	351 kcal
Fat	11g
Of which saturates	1.7g
Carbohydrate	42g
Of which sugars	12g
Fibre	5.6g
Protein	18g
Salt	1.6g



B

0.39 kg CO₂eq per serving

28



Serves: 2

Prep time: 10 minutes

Cook time: 15 - 20minutes

Per serving

Energy (kcal)	427 kcal
Fat	17g
Of which saturates	2.9g
Carbohydrate	48g
Of which sugars	2g
Fibre	4.6g
Protein	17g
Salt	0.36g



0.50 kg CO₂eq per serving

Spinach and Potato Tortilla

INGREDIENTS

- 4 potatoes
- 3 medium eggs
- 2 tbsp vegetable oil
- 2 onions
- 2 handfuls of spinach
- ground pepper

STEPS

1. Using medium heat, add 2 tbsp vegetable oil to the pan.
2. Add the thinly sliced onions and slices potatoes to the pan over medium heat. Placing the lid on, cook for 5 to 10 minutes, stirring regularly.
3. Season with pepper.
4. Crack the eggs into a bowl and whisk with a fork. Season with pepper.
5. When the contents of the pan are cooked, add the spinach and the beaten eggs.
6. Cook for at least 5 minutes, using the spatula to create a curved edge.
7. Turning down the heat slightly, if necessary, cook for a further 5 minutes to ensure it is fully cooked.
8. Cut the tortilla into wedges and serve alone or alongside other available options which you might like to use up e.g. spinach or mixed salad leaves.

Tip: Modify the tortilla as you wish to include ingredients from your fridge

Chicken Quesadilla

INGREDIENTS

- Leftover roast chicken
- Cheddar
- Red salsa
- Tortillas

STEPS

1. Heat a pan over medium and place a tortilla in it.
2. Add fillings: sprinkle cheddar cheese, then chicken, then a little red salsa.
3. Fold or top with another tortilla and cook until the cheese melts and the bottom is golden.
4. Flip, cook the other side, then slice and serve.

Tip: Serve with side of avocado



Serves: 1

Prep time: 15 minutes

Cook time: 15 minutes

Per serving

Energy (kcal)	418 kcal
Fat	14g
Of which saturates	7.2g
Carbohydrate	30g
Of which sugars	3g
Fibre	0.5g
Protein	43g
Salt	2.2g



0.70 kg CO₂eq per serving

Chicken Salad



Serves: 2

Prep time: 15 minutes

Cook time: 0 minutes

Per serving

Energy (kcal)	310 kcal
Fat	19g
Of which saturates	1.9g
Carbohydrate	1.9g
Of which sugars	1.8g
Fibre	0.5g
Protein	33g
Salt	2.7g



0.29 kg CO₂eq per serving

Spelt Berry Salad



Serves: 8

Prep time: 10 minutes

Cook time: 15 minutes

Per serving

Energy (kcal)	254 kcal
Fat	9.2g
Of which saturates	0.8g
Carbohydrate	32g
Of which sugars	6.5g
Fibre	6g
Protein	7.1g
Salt	0.07g



0.10 kg CO₂eq per serving

INGREDIENTS

- 200g Leftover Chicken
- 1 tsp Salt
- 1 tbsp Pepper
- 2 tbsp Mayonaise
- ½ bag of mixed salad leaves

STEPS

1. Shred or chop the leftover chicken into small pieces.
2. Add mayonnaise and mix until the chicken is nicely coated.
3. Season with salt & pepper to taste.
4. Mix well and serve (on bread, crackers, or as-is).

Tip: Apply to lettuce salad or two slices of bread!

Jennifer Boyer - Vice President for Sustainability TU Dublin

INGREDIENTS

- 350g Dunany Organic Spelt Berries
- Fresh mint
- Coriander
- Chives
- 2 Garlic cloves
- 3 medium tomatoes
- 1 medium cucumber
- 1 cup celery
- Juice of 2 limes
- 100g Pomegranate
- 5 tbsp Rapeseed oil

STEPS

1. Boil the berries till soft, then chill them.
2. Chop all ingredients into a very small dice.
3. Mix together the oil, lime juice and salt.
4. Toss all ingredients together.

Tip: Serve fresh as a salad or a side order

Dermot Seberry - School of Culinary Arts and Food Technology.

Coriander Cheddar Rolls



Serves: 4

Prep time: 10 minutes

Cook time: 30 minutes

Per serving

Energy (kcal)	631 kcal
Fat	42g
Of which saturates	19g
Carbohydrate	47g
Of which sugars	1.3g
Fibre	2g
Protein	16g
Salt	2.3g



0.85 kg CO₂e
per serving

INGREDIENTS

- 20g fresh coriander
- 60g spinach
- Juice of ½ lemon
- 1 tsp cumin
- ½ tsp salt
- 2 tbsp olive oil
- 1 roll of ready-made puff pastry
- 100g grated cheddar
- 1 egg

STEPS

1. Preheat the oven to 200 degrees fan and line an oven tray with baking paper.
2. Toss the coriander, spinach, lemon juice, cumin, salt, and olive oil in a blender and pulse until smooth.
3. Beat the egg in a separate bowl.
4. Roll out the puff pastry sheet (depending on the brand, it might need to rest at room temperature while you make the chutney). Spread the chutney over the puff pastry, leaving a strip free at the top edge.
5. Sprinkle the cheddar over the chutney and brush the empty strip with the beaten egg.
6. Roll the puff pastry away from towards the empty strip – it should look like a big Swiss roll. Cut it into about 8-9 slices, lay on your tray and brush the cut side of the slices with the rest of the egg.
7. Bake for 30 minutes (but check along the way so it doesn't burn!).

Tip: Feel free to add some chopped chillies or chilli flakes to the chutney if you like a bit of extra spice

Louisa Siedersberger - School of Biological, Health and Sports Sciences

Dinner





Serves: 2

Prep time: 10 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	711 kcal
Fat	32g
Of which saturates	4.6g
Carbohydrate	78g
Of which sugars	20g
Fibre	7.9g
Protein	24g
Salt	0.4g



E
2.46 kg CO₂eq
per serving

Stuffed Plantains

INGREDIENTS

- 2 ripe plantains
- 125g minced beef
- 1 diced onion
- 2 crushed garlic cloves
- ¼ diced green bell pepper
- ½ cup of tomato puree
- Pinch of salt
- 2 tbsp vegetable oil (1 tbsp for applying on plantains)
- 1 tbsp grated mozzarella cheese

STEPS

1. Start by peeling the plantains and split them in the middle but not until the end tips (create a stuffing area)
2. Brush the plantains with oil and place them in a baking pan for 15 minutes 180 degrees.
3. In a pan heat oil and minced beef till brown, add in onions and garlic mix them together
4. Add the tomato puree cover till reduced for 5 minutes then put in the green pepper and season it.
5. When the plantains are done, stuff them with the beef and add grated mozzarella on top bake again for extra 5 minutes.

Tip: you can eat with a green leafy salad or tomato salad

Sarah Makweba - School of Culinary Arts and Food Technology.

Chile Con Carne

INGREDIENTS

- 1 large onion
- 1 red pepper
- 2 garlic cloves
- 1 tsp hot chilli powder
- 1 tsp paprika, 1 tsp ground cumin
- 500g minced beef
- 1 beef stock cube
- 1 tin chopped tomatoes
- 1 can kidney beans
- Plain boiled rice

STEPS

1. Prepare vegetables: Chop the onion, red pepper into cubes and mince the garlic.
2. Cook onion: Heat oil in a pan and cook the onion until soft.
3. Add spices and vegetables: Stir in garlic, red pepper, chilli powder, paprika, and cumin. Cook for a few minutes.
4. Cook the beef: Add minced beef, break it up, and cook until browned.
5. Make the sauce: Add beef stock, chopped tomatoes, marjoram, sugar, salt, pepper, and tomato purée. Stir well.
6. Simmer: Bring to the boil, then simmer gently with a lid for about 20 minutes, stirring occasionally.
7. Add kidney beans: Stir in drained kidney beans and cook for another 10 minutes.
8. Season and rest: Taste and adjust seasoning, then let the chilli rest with the lid on for 10 minutes before serving.

Tip: To meet your 5-a-day, try adding carrots or mushrooms

Patrick Dowling - School of Biological, Health and Sports Sciences



Serves: 4

Prep time: 20 minutes

Cook time: 40 minutes

Per serving

Energy (kcal)	1638 kcal
Fat	13g
Of which saturates	5.8g
Carbohydrate	19g
Of which sugars	9g
Fibre	7.3g
Protein	44g
Salt	1.2g



E
12.2kg CO₂eq
per serving



Gut Friendly Roasted Veg

Serves: 4

Prep time: 20 minutes

Cook time: 95 minutes

Per serving

Energy (kcal)	220 kcal
Fat	13g
Of which saturates	1.8g
Carbohydrate	23g
Of which sugars	22g
Fibre	2.7g
Protein	1.5g
Salt	1.3g



A
0.10kg CO₂,eq
per serving

INGREDIENTS

- ½ small head white cabbage
- ½ small head red cabbage
- 2 cups baby organic carrots
- 4-6 shallots
- 8-10 whole garlic cloves, peeled
- Long stalk of rosemary and thyme
- ¼ cup olive oil
- ¼ cup balsamic vinegar
- 4 tbsp honey
- Salt and pepper

STEPS

1. Slice vegetables and onion long-ways.
2. Arrange in overlapping layers in a layer flat baking tray or pan.
3. Whisk together balsamic vinegar, honey, olive oil, salt and pepper and drizzle over veggies. Bake at 180 degrees for 40 minutes.

Jennifer Boyer - Vice President for Sustainability TU Dublin

Creamy Chicken and Parmesan Pasta



Serves: 4

Prep time: 10 minutes

Cook time: 20 minutes

Per serving

Energy (kcal)	701 kcal
Fat	28g
Of which saturates	10g
Carbohydrate	53g
Of which sugars	8.1g
Fibre	23g
Protein	48g
Salt	0.67g



INGREDIENTS

- 2 chicken breasts
- 1 bell pepper
- 150g pasta (dry)
- 100mls cream
- 100g grated parmesan
- Spices: paprika, garlic powder, onion powder, mixed herbs
- 2 tbsp vegetable oil

STEPS

1. Heat pan with spray oil (heat 4) and boil pasta in a pot.
2. Dice chicken, add to pan, and cook.
3. Add herbs, paprika, garlic powder, and onion powder.
4. Dice pepper and add to pan.
5. Cook chicken through, then set aside.
6. Lower heat to 3, add tomato purée and cream, mix.
7. Add spices and parmesan, stir into a sauce.
8. Drain pasta, add to sauce with chicken, mix and serve.

Tip: Best Enjoyed with friends

Bronagh Ryan - School of Biological, Health and Sports Sciences.

C
0.92 kg CO₂,eq
per serving

Chicken Broth



Serves: 4

Prep time: 15 minutes

Cook time: 90 minutes

Per serving

Energy (kcal)	40 kcal
Fat	0.5g
Of which saturates	0.1g
Carbohydrate	6.1g
Of which sugars	4.7g
Fibre	3.4g
Protein	1.3g
Salt	0.12g



A

0.06 kg CO₂eq per serving

INGREDIENTS

- Chicken carcass (approx. 675g)
- 5 sticks of celery
- 2 medium leeks
- 2 medium onions
- 2 large carrots
- ½ a bulb of garlic
- 3 bay leaves
- 2 sprigs of fresh rosemary
- 5 sprigs of fresh thyme
- 3L water

STEPS

1. Remove all chicken meat from carcass.
2. Put all bones, fat, skins and leftover chicken part into a large pot.
3. Fill with water and boil at medium temp for 90 minutes.
4. Add more water as necessary.
5. Cook until bones are brittle and reduced.
6. Strain bone/carcass leftover.

Tip: Use chicken stock for chicken noodle soup (add leek, carrots, spaghetti), preparing raw barley (simmer for 1 hour)

Jennifer Boyer - Vice President for Sustainability TU Dublin

Roast Chicken



Serves: 4

Prep time: 20 minutes

Cook time: 95 minutes

Per serving

Energy (kcal)	458 kcal
Fat	17g
Of which saturates	3g
Carbohydrate	13g
Of which sugars	9.1g
Fibre	2.9g
Protein	53g
Salt	0.77g



C

0.55 kg CO₂eq per serving

40

INGREDIENTS

- Whole chicken (free range organic)
- 1 x large brown onion
- ½ cup of pitted green olives
- 1 x apple
- 4 tbsp olive oil
- ½ garlic bulb
- 1 tbsp chopped rosemary
- 1 tbsp chopped thyme
- 1 tsp salt & 1 tsp pepper
- 1 ½ cups of white wine

STEPS

1. Preheat oven to 180°C.
2. Chop the onion, apple, garlic, rosemary, thyme, and olives.
3. Mix the chopped ingredients with the salt, pepper, olive oil, and white wine.
4. Stuff the chicken with the mixture and place in a roasting pan.
5. Spread any extra mixture around the chicken.
6. Roast for 95 minutes until cooked through.

Tip: Use left over chicken for lunch

Jennifer Boyer - Vice President for Sustainability TU Dublin



Serves: 1

Prep time: 10 minutes

Cook time: 20 minutes

Per serving

Energy (kcal)	561 kcal
Fat	8.7g
Of which saturates	2.1g
Carbohydrate	89g
Of which sugars	15g
Fibre	8.8g
Protein	27g
Salt	1.3g



0.99kg CO₂eq per serving

Barbecue Chicken Burrito Bowl

INGREDIENTS

- 2 breasts of chicken
- 5 tbsp of BBQ sauce
- 4 cups of cooked rice (1.5-2 cups dry rice)
- 1 tin taco mixed beans
- 1 large avocado
- 2 peppers, chopped
- 1 onion
- Seasoning: salt, pepper, garlic, smoked paprika, chilli flakes
- ½ head of lettuce

STEPS

1. Season chicken with salt, pepper and smoked paprika and cook on the pan on a medium heat for 14-15 minutes.
2. Sieve the rice under the a running tap until the water is clear to remove the starch. Using 2 cups of raw rice, use 3 cups of cold water. Bring to boil, cover and simmer as per packet instructions until light and fluffy.
3. Chop, season and cook the vegetables on the same pan for 5 minutes.
4. Shred the chicken and coat it with BBQ sauce.
5. Mash the avocado using a fork and season with salt, pepper and chilli flakes.
6. Build the burrito bowl using a cup of rice, 1/4 of the chicken, 1/4 tin of beans, cooked vegetables, tablespoon of avocado and add tortilla chips and/or cheese if you wish!

Tip: Add in or remove ingredients at your own preference

Lucy Cahill - School of Biological, Health and Sports Sciences

Sesame Chicken Rice & Broccoli

INGREDIENTS

- 100g Brown Rice
- 250g Broccoli
- 2 x 300g chicken breast fillet
- 25g Honey
- 25ml soy sauce
- 45ml water
- 5g cornstarch
- Ginger (to taste),
- 1 tbsp Sesame seeds

STEPS

1. Cook the brown rice according to the package instructions and set aside once ready.
2. Cut the broccoli into small, even florets. Bring a pot of water to the boil and cook the broccoli for 7-8 minutes, or until tender. Drain and set aside.
3. In a small bowl, prepare the sauce by combining honey, soy sauce, water, cornstarch, and freshly grated ginger. Mix well until smooth.
4. Dice the chicken breast fillets into small, bite-sized pieces. Heat a non-stick pan over medium heat and add a small amount of water. Cook the chicken, stirring occasionally, until fully cooked through and lightly browned.
5. Pour the sauce into the pan with the cooked chicken. Reduce the heat slightly and allow the mixture to simmer for about 10 minutes, stirring occasionally, until the sauce thickens and coats the chicken evenly.
6. To serve, plate the brown rice and broccoli, spoon the chicken and sauce over the top, and finish with a sprinkle of sesame seeds.

You can add crushed red pepper in the sauce for taste and spiciness!

Daniela Luca - School of Biological, Health and Sports Sciences



Serves: 2

Prep time: 10 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	521 kcal
Fat	7.6g
Of which saturates	1.7g
Carbohydrate	53g
Of which sugars	14g
Fibre	5.8g
Protein	57g
Salt	2.4g



0.65 kg CO₂eq per serving



Serves: 4

Prep time: 30 minutes

Cook time: 15 minutes

Per serving

Energy (kcal)	205 kcal
Fat	8.4g
Of which saturates	1.4g
Carbohydrate	4.8g
Of which sugars	3.6g
Fibre	1.4g
Protein	27g
Salt	0.74g

B

0.32kg CO₂eq per serving

Grilled Chicken Kebabs

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INGREDIENTS

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- 2 large skinless chicken breasts
- 2 tbsp olive oil
- 1 lemon, juiced
- 1-2 garlic cloves, minced
- 1 teaspoon paprika
- ½ teaspoon cumin
- ½ teaspoon dried oregano
- ½ tsp salt and pepper
- 1 large red onion
- 1 bell peppers

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STEPS

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STEPS

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1. Cut the chicken breasts into medium bite-sized pieces. Peel onion and cut into pieces. Cut bell pepper, remove seeds, and slice into pieces 2 inches square.
2. Combine the olive oil, lemon juice, garlic, paprika, cumin, dried oregano, salt and pepper. Add the chicken pieces to the mixture and mix well. Allow the chicken to marinate in the fridge for 30 minutes, or up to 8 hours.
3. Preheat the grill to medium-high heat.
4. Thread the chicken onto the skewers, with the vegetables in between the chicken kebabs.
5. Grill the chicken kebabs until fully cooked, about 10-15 minutes, turning the skewers every couple minutes to allow for even cooking.
6. Remove the chicken from the grill and serve.

Tip: Add other vegetables such as zucchini, mushrooms, aubergine, or squash.

Butter Chicken

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INGREDIENTS

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- 500g chicken breast pieces
- Canned tomatoes
- ⅓ cup double cream
- ½ cup plain yoghurt
- 1 tbsp butter
- Juice of lemon
- 1 tsp turmeric, cumin and garam masala

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STEPS

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STEPS

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1. Marinate chicken with yoghurt, garlic and spices (overnight or for 1 hour).
2. Cook for around 10 minutes and then take out of pan and prepare sauce.
3. Add in onions, garlic, spices and half canned tomatoes.
4. Once cooked blend into smooth paste
5. Add in double cream.
6. Pot cooked chicken back in and sprinkle with coriander as garnish.



Serves: 4

Prep time: 30 minutes

Cook time: 30 minutes

Per serving

Energy (kcal)	348 kcal
Fat	17g
Of which saturates	9.6g
Carbohydrate	4.6g
Of which sugars	3g
Fibre	1g
Protein	43g
Salt	0.37g

C

0.55 kg CO₂eq per serving

Pork Delight



Serves: 4

Prep time: 15 minutes

Cook time: 20 minutes

Per serving

Energy (kcal)	537 kcal
Fat	11g
Of which saturates	3.8g
Carbohydrate	75g
Of which sugars	24g
Fibre	18g
Protein	17g
Salt	2.6g

D

1.03kg CO₂eq per serving

INGREDIENTS

- 4 pork chops
- 1 bell pepper
- 1 onion
- Olive oil
- 1 can smooth tomato sauce

STEPS

1. Pat the pork chops dry and season with salt and pepper.
2. Sear in a medium-high pan with a little bit of olive oil 2-3 minutes on one side then 1-2 on the other.
3. Remove the chops and place to the side.
4. In the same pan add 1 bell pepper and half a large brown onion sliced. Allow to slightly brown, then add 1 jar of smooth tomato sauce and let simmer for 10 minutes. Add the chops back to the pan a couple of minutes before serving.

One Pan Chicken and Chorizo Rice



Serves: 4

Prep time: 5 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	388 kcal
Fat	11g
Of which saturates	5.4g
Carbohydrate	28g
Of which sugars	4.2g
Fibre	1.9g
Protein	43g
Salt	0.98g

C

0.84kg CO₂eq per serving

INGREDIENTS

- 1 diced onion
- 2 tbsp tomato puree
- 400g diced chicken breast
- 500ml stock
- 260g rice
- 3 crushed garlic cloves
- 1 tbsp smoked paprika
- 80g cheese of choice on top

STEPS

1. Fry the onion and chorizo in a pan. After 2 minutes, add the garlic and fry for a further 30 seconds until fragrant.
2. Add the chicken and paprika, then fry until the chicken is fully white on the outside.
3. Stir in the tomato purée.
4. Add the uncooked rice and stir for about 1 minute, making sure it's well coated.
5. Pour in the stock, bring to the boil, put on the lid, then, reduce the heat.
6. Simmer for 15-20 minutes, stirring occasionally, until the rice is fully cooked and the liquid absorbed.
7. Once cooked, scatter the cheese, cover the pan and leave to melt for 5 minutes.

Tip: Include mushrooms, peppers, peas to increase the nutritional value



Serves: 2

Prep time: 15 minutes

Cook time: 15 minutes

Per serving

Energy (kcal)	536 kcal
Fat	22g
Of which saturates	9.1g
Carbohydrate	51g
Of which sugars	12g
Fibre	7.5g
Protein	29g
Salt	1.8g

E

2.38kg CO₂eq per serving

Best Beef Tacos

INGREDIENTS

- 10g fresh coriander
- 1 x tomato
- 1 x red onion
- 10g jalapenos
- lemon
- ½ red & ½ yellow peppers
- 200g beef mince
- ½ tsp cumin
- ¼ tsp black pepper
- ¼ tsp chilli powder
- ½ tsp paprika
- 1 tbsp tomato puree
- 4 small tortilla

STEPS

1. Heat a pan on medium heat and add the beef mince, cook until browned.
2. add vertically sliced peppers and some sliced onions to the pan and cook for 3-4 minute.
3. add cumin, black pepper, paprika, and chilli powder to the pan.
4. Add the 1 tbsp of tomato puree and stir it in.
5. Add 2-3 tbsp water just enough to soak the tortilla and loosen the mixture.
6. Get a bowl and dice in onions and tomatoes. add some jalapeños. add a squeeze of lemon into the bowl.
7. soak up the tortilla with the liquid in the pan and then fill it with the mince mixture.
8. use a dry pan to to warm and seal the tortillas
9. serve with the diced onions and tomatoes and jalapenos.

Tip: Serve hot with warmed tortillas and enjoy straight away!!

Christeena Josemon - School of Biological, Health and Sports Sciences

Sticky Honey Beef

INGREDIENTS

- 450g beef mince
- 2 peppers
- 45g honey
- 60ml soy sauce
- 45ml sweet chili sauce
- 3 tbsp tomato puree
- 50ml water
- 1 tsp garlic powder
- 1 portion microwave rice

STEPS

1. Preheat frying pan.
2. Add mince to frying pan and break it up with wooden spoon.
3. Add garlic powder to the mince.
4. While mince is cooking, dice the peppers.
5. Add peppers to frying pan when mince is almost cooked.
6. In a bowl, add honey, soy sauce, sweet chili sauce, water, and tomato puree and mix until dark brown.
7. Once mince is cooked, add the sauce into frying pan and let simmer for 5-8minutes.
8. When the sauce is dark brown and bubbling, microwave the rice and add it to a bowl.
9. Add soy sauce and garlic to the rice for extra flavour if desired.
10. Serve mince with rice and enjoy!

Tip: Include mushrooms, peppers, peas to increase the nutritional value

Brónagh Ryan - School of Biological, Health and Sports Sciences



Serves: 4

Prep time: 10 minutes

Cook time: 20 minutes

Per serving

Energy (kcal)	514 kcal
Fat	18g
Of which saturates	7.1g
Carbohydrate	54g
Of which sugars	24g
Fibre	6g
Protein	30g
Salt	2.3g

E

2.62kg CO₂eq per serving

48



Serves: 1

Prep time: 10 minutes

Cook time: 30 minutes

Per serving

Energy (kcal)	471 kcal
Fat	6.7g
Of which saturates	3g
Carbohydrate	76g
Of which sugars	19g
Fibre	17g
Protein	18g
Salt	1.6g



0.72 kg CO₂eq per serving

Sweet Potato Kidney Beans

INGREDIENTS

- 1 sweet potato
- ½ can cooked kidney beans
- ½ red onion
- 2 garlic cloves
- 1/4 red pepper
- 1 tsp sour cream
- 1 tsp cottage cheese
- 2 tsp buffalo sauce
- ½ tsp Paprika
- ½ tsp Cumin
- 1 tbsp chopped Parsley

STEPS

1. Wash sweet potato and pierce holes in with a fork, wrap with kitchen roll and microwave for 5-6 minutes.
2. Take it out, slice it in half and place it cut side down on a baking tray, add olive oil and bake for 25 minutes.
3. Chop the onion and add to a hot pan with oil, cook for 2 minutes and add chopped pepper.
4. Cook until onions are translucent and add minced garlic, kidney beans, and seasonings.
5. Add the buffalo sauce, sour cream, and cottage cheese and mix until combined.
6. Add chopped parsley and mix.
7. Add butter, salt, and pepper to the sweet potato and add the bean mix on top.

Tip: Start making kidney beans once the sweet potatoes are in the oven. Add more seasoning to suit your own taste

Maleha Alam - School of Biological, Health and Sports Sciences

Paneer, Cauliflower and Potato Curry

INGREDIENTS

- 4 tbsp vegetable oil
- 1 tsp cumin seeds
- 2 green chillis, chopped
- 8 new potatoes, chopped
- 1 cauliflower head cut into small florets, stalk chopped
- ½ tsp ground turmeric
- 2 tsp ground coriander
- 200g paneer, chopped into small cubes
- 30g flaked almonds
- squeeze of lemon

STEPS

1. Heat oil in a large pan over medium-high. Fry cumin seeds until golden, then add chopped chillis for 30 seconds.
2. Reduce heat to low. Add potatoes and cauliflower stalks. Cook for 6 minutes until softening.
3. Stir in the cauliflower florets, turmeric, coriander, sugar, and salt. Cover and cook for 5 minutes.
4. Gently stir in the paneer cubes. Cover and cook for a final 5 minutes until all veg is tender.
5. In a separate small pan, toast the almonds until golden. Fold the almonds and a squeeze of lemon juice into the curry.
6. Adjust to taste with sugar and salt
7. Garnish with fresh coriander and serve hot with rice or flatbreads.

Tip: This is a dry curry, but add a tiny splash of water if it starts to burn

Cian Ryan - School of Biological, Health and Sports Sciences



Serves: 4

Prep time: 10 minutes

Cook time: 20 minutes

Per serving

Energy (kcal)	556 kcal
Fat	30g
Of which saturates	9.1g
Carbohydrate	47g
Of which sugars	4.6g
Fibre	6.4g
Protein	21g
Salt	0.03g



0.99kg CO₂eq per serving

50

Lentil and Vegetable stew



Serves: 4

Prep time: 10 minutes

Cook time: 45 minutes

Per serving

Energy (kcal)	236 kcal
Fat	3.9g
Of which saturates	0.5g
Carbohydrate	31g
Of which sugars	8.6g
Fibre	11g
Protein	14g
Salt	1.1g



B

0.22kg CO₂eq per serving

INGREDIENTS

- 10 ml vegetable oil
- 1 large onion
- 2 medium carrots
- 2 celery sticks
- 175g red lentils
- 1 vegetable stock
- 2 small courgettes
- 100g mushrooms
- 2 tbsp tomato puree

STEPS

1. Chop vegetables.
2. Heat oil in saucepan, add onions and cook for 5 minutes.
3. Add carrots and celery, cook for 2 minutes.
4. Stir in lentils, stock, puree and bring to boil.
5. Cover and simmer for 20 minutes.
6. Stir in courgettes and mushrooms and cook for a further 10 minutes.

Tip: Great for lunch or dinner, add more vegetables for nutrients

Deirdre Cusack - School of Biological, Health, and Sports Sciences

Hot Honey Salmon Bites



Serves: 2

Prep time: 10 minutes

Cook time: 12 minutes

Per serving

Energy (kcal)	481 kcal
Fat	23g
Of which saturates	6.5g
Carbohydrate	34g
Of which sugars	31g
Fibre	1g
Protein	33g
Salt	6.9g



D

1.07kg CO₂eq per serving

INGREDIENTS

- 2 salmon fillets
- 2 tsp garlic powder
- 3 tsp smoked paprika
- 4 garlic cloves (minced)
- ½ lime juice
- 4 tbsp light soy sauce
- 3 tbsp honey
- 1 tbsp butter
- chilli flakes to taste

STEPS

1. Remove skin from salmon and cut into bite sized cubes.
2. Season with spices, lime juice and olive oil.
3. Airfry at 200°C for 8 minutes.
4. To make sauce, heat butter with garlic in pan gently for a couple of minutes.
5. Add light soy sauce, honey, and chilli flakes and increase heat to thicken sauce.
6. Add in salmon bites and give a good stir.

Tip: Serve with rice, sliced avocado and cucumber, edamame beans, sesame seeds, and spring onion

Kate Honohan - School of Biological, Health, and Sports Sciences

Dessert



Vegan Gajar Ka Halwa

INGREDIENTS

- 500g carrots (peeled and roughly chopped into chunks)
- 240ml almond or cashew milk
- 100g brown sugar
- 30g cashews (roughly chopped)
- 2 tbsp sunflower butter or coconut oil
- ½ tsp ground cardamom

STEPS

1. Place the carrot chunks in a microwave-safe bowl with 2 tablespoons of water. Cover and microwave on high for 4–5 minutes, or until just fork-tender. Drain any excess water.
2. Transfer the softened carrots to a blender or food processor. Pulse a few times for just a few seconds until they reach a coarse, minced texture. Watch carefully so they don't turn into a puree!
3. Heat the butter or coconut oil in a wide pan over medium heat. Add the minced carrots and sauté for 5 minutes until they deepen in colour and smell fragrant.
4. Pour in the almond or cashew milk. Cook for 8–10 minutes, stirring occasionally, until almost all the liquid has evaporated.
5. Stir in the brown sugar, cashews, and cardamom. Cook for another 3–5 minutes, stirring constantly. The halwa is done when the sugar melts, the mixture thickens and gets glossy, and it starts to pull away from the sides of the pan.

Tip: If you want to prepare this dessert the traditional way, grate the carrots instead of softening in microwave

Cian Ryan - School of Biological, Health and Sports Sciences



Serves: 4

Prep time: 10 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	275 kcal
Fat	12g
Of which saturates	6.2g
Carbohydrate	35g
Of which sugars	33g
Fibre	5.9g
Protein	3.1g
Salt	0.11g



0.22kg CO₂eq per serving

54



Serves: 9

Prep time: 15 minutes

Cook time: 25 - 30 minutes

Per serving

Energy (kcal)	138 kcal
Fat	3g
Of which saturates	1.3g
Carbohydrate	23g
Of which sugars	8.7g
Fibre	2.3g
Protein	3.8g
Salt	0.27g



0.10kg CO₂eq per serving

Sweet Potato Brownies

INGREDIENTS

- 1 large cooked and peeled sweet potato
- 2 eggs
- ½ cup maple syrup
- 6 tbsp flour
- 3 tbsp cacao
- 1 tsp baking powder
- 1 tsp vanilla extract
- pinch salt
- Handful dark chocolate chips

STEPS

1. Preheat oven to 175C.
2. Mix all Ingredients in a bowl.
3. Spread into hummus baking dish.
4. Bake for 25 - 30mins (Still Soft)

Tip: Add a handful of frozen raspberries for extra fibre and flavour

Rebecca Hayes - School of Biological, Health, and Sports Sciences.

Vegan Dubai Chocolate Cake

INGREDIENTS

- 200g dark chocolate
- 390ml milk
- 100g sugar
- 25g oil
- 45g flour
- 10g cocoa powder
- ½ tsp baking powder
- pinch of salt
- 60g white chocolate
- 60g toasted kataifi pastry
- 215g pistachio butter

STEPS

1. Preheat the oven to 180°C. Chop all chocolate into small pieces and keep separate.
2. For the cake, heat milk until simmering, pour over the chopped chocolate, and whisk until smooth. Add sugar, oil, and remaining ingredients, mixing until smooth. Pour into a cake pan and bake for about 20 minutes. Let the cake cool completely.
3. For the pistachio layer, melt the white chocolate in the microwave, stirring between each. Mix with pistachio butter and kataifi, then spread evenly over the cooled cake.
4. For the ganache, heat milk with sugar until simmering, then pour over chopped chocolate. Let sit for 1 minute, then blend until smooth. Cover with cling film and refrigerate for 2 hours.
5. Once the ganache is chilled, whip it with a mixer until it lightens in colour and becomes fluffy. Spread evenly over the pistachio layer.
6. Chill the assembled cake in the fridge for at least 2 hours to set. Before serving, let it come to room temperature.

Tip: You can make your own pistachio butter by blending a cup of pistachios until smooth

Yara Bakhiet - School of Biological, Health and Sports Sciences



Serves: 12

Prep time: 70 minutes

Cook time: 90 minutes

Per serving

Energy (kcal)	355 kcal
Fat	22g
Of which saturates	7.8g
Carbohydrate	29g
Of which sugars	19g
Fibre	4.5g
Protein	7.6g
Salt	0.2g



0.16kg CO₂eq per serving



Chocolate Cottage Cheesecake

Serves: 2

Prep time: 10 minutes

Cook time: 15 minutes

Per serving

Energy (kcal)	450 kcal
Fat	25g
Of which saturates	6.8g
Carbohydrate	30g
Of which sugars	9g
Fibre	6.3g
Protein	23g
Salt	1.2g



E

2.04 kg CO₂eq per serving

- INGREDIENTS**
- 60g jumbo oats
 - 25g mixed nuts
 - 20g smooth nut butter
 - 12g maple syrup
 - 6g extra virgin olive oil
 - Pinch ground cinnamon
 - 260g cottage cheese
 - 24g maple syrup
 - 30g Greek yoghurt
 - 6g cacao powder
 - 2ml vanilla extract
 - Small pinch fine salt

- STEPS**
1. Start by making the granola base: place the oats and chopped nuts or seeds in a bowl. Warm the nut butter, maple syrup and olive oil gently in a saucepan or microwave until it loosens slightly. Pour this over the oats, add the cinnamon and salt, and mix well so everything is coated.
 2. Spread the mixture onto a small baking tray and bake at 150°C for 15 minutes, stirring once halfway through, until lightly golden. Leave it to cool completely so it becomes crunchy.
 3. To make the cheesecake layer, place the cottage cheese in a blender or food processor and blend until smooth. Add the maple syrup, Greek yoghurt, cacao powder and vanilla extract and blend again until the mixture is creamy and evenly mixed.
 4. To assemble, spoon about 2 to 3 tablespoons of granola into the bottom of each jar. Top with the chocolate cheesecake mixture. Chill in the fridge for at least 30 minutes before eating.

Tip: Blend the cottage cheese well so the texture becomes smooth and creamy.

John Core - Sodexo

Spiced Apple & Orange Crumble



Serves: 4

Prep time: 10-15 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	367 kcal
Fat	17g
Of which saturates	11g
Carbohydrate	48g
Of which sugars	24g
Fibre	2.9g
Protein	3.8g
Salt	0.61g



B

0.27kg CO₂eq per serving

- INGREDIENTS**
- 120g plain flour
 - 80g butter (cold/fridge temperature)
 - 40g brown sugar
 - ½ tsp mixed spice
 - Finely grated zest of 1 orange
 - Juice of 1 orange
 - 2 cooking apples
 - 25g sugar

- STEPS**
1. Preheat the oven to 180 °C.
 2. Juice the orange and pour the juice into the bottom of the baking dish.
 3. Peel and slice the apples, then place them evenly in the dish on top of the orange juice.
 4. Sprinkle sugar over the apples.
 5. In a mixing bowl, add the flour and butter. Rub the butter into the flour with your fingertips until it looks like breadcrumbs.
 6. Stir in the brown sugar, mixed spice, and orange zest.
 7. Sprinkle the crumble mixture evenly over the apples.
 8. Place in the oven and bake for 25 minutes, until the crumble is golden brown and the apples are soft.
 9. Remove from the oven and allow to cool slightly before serving.

Tip: Rub the butter into the flour lightly with your fingertips to keep the crumble mixture light and

Daramola Ogunji - School of Biological, Health and Sports Sciences



Serves: 1

Prep time: 5 minutes

Cook time: 0 minutes

Per serving

Energy (kcal)	184 kcal
Fat	0g
Of which saturates	0g
Carbohydrate	30g
Of which sugars	28g
Fibre	1.4g
Protein	14g
Salt	0.21g



0.33kg CO₂,eq
per serving

Super Easy Froyo

INGREDIENTS

- 125g greek yoghurt
- 80g fruits of choice- strawberries, bluberries, banana
- 1 tsp honey
- chocolate, melted (optional)

STEPS

1. Add the yoghurt, fruits and honey into a freezer safe container.
2. Press a piece of parchment paper against the top of yoghurt to prevent crystals from forming. Freeze for at least 30 minutes or overnight.
3. To serve, add a drizzle of melted chocolate if desired. Allow the frozen yoghurt to sit at room temperature for a few minutes until soft enough to scoop. Enjoy!

Tip: Add around a tablespoon of milled chia seeds for a fibre-rich snack

Yara Mohamed Bakhet - School of Biological, Health and Sports Sciences





Serves: 10
 Prep time: 25 minutes
 Cook time: 14 minutes
 Per serving

Energy (kcal)	442 kcal
Fat	20g
Of which saturates	12g
Carbohydrate	58g
Of which sugars	35g
Fibre	1.3g
Protein	6.1g
Salt	0.86g



B
 0.25kg CO₂eq per serving

Chocolate Chunk Cookies

INGREDIENTS

- 125g unsalted butter or mashed avocado
- 100g light brown sugar
- 75g white granulated sugar
- 1 large egg
- 1 tsp vanilla essence
- 300g plain flour
- 3 tsp baking powder
- ½ tsp sea salt
- 300g chocolate

STEPS

1. *Don't pre-heat oven yet!* Beat the sugars and butter/ avocado in the bowl until creamy, using a hand-mixer/ whisk.
2. Crack egg into bowl and add the vanilla, also beating in with the mixer.
3. Beat in the flour, baking powder, and salt, first with the mixer/ whisk and then manually with hands.
4. Then using both the mixer/ whisk and hands again, gradually add in all of the chocolate.
5. Weigh 80g for each cookie onto a baking tray until all the mix is used up.
6. Place these in the fridge for 20-30 minutes and pre-heat oven to 180 degrees if fan assisted or 200 degrees if regular.
7. Bake the cookies for 12-14 minutes until golden brown, using a skewer to check if they are cooked through and leave to cool.

Tip: You can substitute avocado for the unsalted butter

Jajeek



Serves: 3
 Prep time: 15 minutes
 Cook time: 0 minutes
 Per serving

Energy (kcal)	326 kcal
Fat	20g
Of which saturates	6.7g
Carbohydrate	20g
Of which sugars	20g
Fibre	0.8g
Protein	15g
Salt	1g



C
 0.56kg CO₂eq per serving

INGREDIENTS

- 250g yogurt
- 55g cucumber
- 1 tbsp parsley
- 1 tbsp olive oil
- 2 cloves garlic
- 1 tbsp mint

STEPS

1. Dice cucumber.
2. Combine the yogurt, parsley, olive oil, garlic and mint.
3. Add in diced cucumber.
4. Store in fridge until ready to serve.

Tip: Served with crackers or as a side dish



Serves: 8

Prep time: 5 minutes

Cook time: 5 minutes

Per serving

Energy (kcal)	81 kcal
Fat	0.6g
Of which saturates	0.1g
Carbohydrate	12g
Of which sugars	11g
Fibre	4.2g
Protein	4.1g
Salt	0.07g



A

0.17kg CO₂eq per serving

Fruit & Veg Smoothie

INGREDIENTS

- 1 large banana
- 125g yoghurt
- 12-15 cherry tomatoes
- 3 capsicum peppers
- Half a head of broccoli
- 1 large handful of spinach
- 1-2 satsuma oranges
- 2-3 sticks of celery
- 1 lemon
- 500g of frozen berries

STEPS

1. Place everything into a big blender and mix.

Tip: if you're working with a smaller blender/smoothie maker, just divide the amounts in half

Berry Cottage Cheese Muffins

INGREDIENTS

- 18 dried pitted dates
- 2 tsp baking powder
- 1 tub fat free cottage cheese
- 3 large eggs
- 1 tsp vanilla extract
- 1 lemon, zest & juice
- Pinch of salt
- 180g porridge oats
- 1 punnet (250g) strawberries, sliced
- 1 punnet blueberries

STEPS

1. Preheat oven to 180°C (160°C fan). Line a 12-cup muffin tin and lightly spray.
2. Microwave dates with 4 tbsp boiling water (covered) for 1½ minutes. Stir in baking powder (it will foam).
3. Blend cottage cheese until smooth. Add baking powder, vanilla, lemon juice/zest, salt, and eggs; blend well.
4. Add date mixture and oats; pulse to combine. Add most strawberries and pulse briefly (keep slightly chunky). Fold in blueberries.
5. Divide batter into muffin cases and top with remaining strawberries.
6. Bake 30-35 mins until golden and set. Cool 5 mins, then transfer to a rack.

Tip: You can mix up the flavours and toppings; try swapping out the lemon zest, juice, strawberries and blueberries for: 3 peeled, cored, grated apples plus 1 tsp cinnamon for autumnal apple muffins; or 1/2 cup chocolate chips and 1/2 cup chopped pecans for chocolate nut muffins



Serves: 12

Prep time: 20 minutes

Cook time: 30-35 minutes

Per serving

Energy (kcal)	131 kcal
Fat	2.5g
Of which saturates	0.6g
Carbohydrate	19g
Of which sugars	9.4g
Fibre	3g
Protein	6g
Salt	0.34g



B

0.44kg CO₂eq per serving



Serves: 1

Prep time: 5 minutes

Cook time: 2 minutes

Per serving

Energy (kcal)	658 kcal
Fat	23g
Of which saturates	6.7g
Carbohydrate	100g
Of which sugars	53g
Fibre	4.5g
Protein	9.4g
Salt	1.2g



B

0.30 kg CO₂eq per serving

Banana Bread Mug Cake

INGREDIENTS

- 1 very ripe banana
- 1 tablespoon oil
- 1 tablespoon almond
- 1 tablespoon brown sugar
- 3 tablespoons all-purpose flour
- Pinch of salt
- Pinch of ground cinnamon
- ½ teaspoon baking powder
- 1 tablespoon chocolate chips

STEPS

1. Mash the banana and then mix with the oil, milk and sugar in a wide mug. Whisk together for 30 seconds to combine completely.
2. Add in the flour, baking powder, salt and cinnamon. Make sure you stir the bottom of the cup too!
3. Add in the nuts and chocolate chips if using.
4. Place in your microwave for 1.5-2 minutes. Remove and let cool for few more minutes – it'll continue to cook while it cools so don't overcook it in the microwave.

Tip: Feel free to add your own extra toppings – chocolate chips are great, but nuts, seeds etc will provide additional nutrients

Louisa Siedersberger - School of Biological, Health and Sports Sciences

Sweeter Than your Sweetcorn

INGREDIENTS

- 1 cup of sweetcorn
- 1 tsp butter
- ½ lime, juiced
- ½ garlic clove, crushed
- 1/8 tsp cumin
- ½ tsp paprika
- ½ tsp onion powder
- ½ tsp chili powder
- salt & pepper
- Chopped cilantro

STEPS

1. If you have a leftover ear of corn on the cob, cut it off the cob and set aside.
2. Heat the saucepan to medium heat and add the butter.
3. Once melted, add the fresh crushed garlic and spices. Mix well to make the spicy butter sauce.
4. Add the fresh, canned, or frozen corn and saute for about 2-3 minutes making sure kernels heated through (note difference in cook time for each type of corn).
5. Turn the heat off and spoon the corn mixture into a serving bowl. Squeeze the lime juice and sprinkle some cilantro leaves on top and you are ready to serve.

Tip: for another variation, you could add some cajun shrimp for a quick nutritious salad!

Yara Bakhet - School of Biological, Health and Sport Sciences



Serves: 1

Prep time: 5 minutes

Cook time: 10 minutes

Per serving

Energy (kcal)	205 kcal
Fat	11g
Of which saturates	5.2g
Carbohydrate	18g
Of which sugars	9.5g
Fibre	6.2g
Protein	5.1g
Salt	0.94g



B

0.33 kg CO₂eq per serving

66

Feta Egg Wraps



Serves: 5

Prep time: 20 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	486 kcal
Fat	23g
Of which saturates	7.8g
Carbohydrate	39g
Of which sugars	13g
Fibre	4.4g
Protein	28g
Salt	2.4g



0.80kg CO₂eq per serving

INGREDIENTS

- 12 large eggs
- 1 block of feta
- 5 tbsp tomato relish
- 1 bunch scallions
- 5 sundried tomatoes
- Bag of spinach
- 5 wholemeal wraps

STEPS

Prepare egg mixture

1. Preheat oven to 190 Degrees.
2. Using greased oven dish, add 12 eggs, block of feta, sundried tomatoes and scallions.
3. Season with salt and pepper.
4. Place in oven for 25 minutes.
5. Remove from oven and mash.

Prepare wraps

1. Layout 5 wholemeal wraps.
2. Add 1 tbsp of relish to each wrap and handful of spinach.
3. Divide egg mixture evenly between the wraps.

Tip: Keep for up to 3 days in fridge and can be reheated for 90 seconds in microwave

Bruschetta



Serves: 2

Prep time: 5-7 minutes

Cook time: 0 minutes

Per serving

Energy (kcal)	347 kcal
Fat	13g
Of which saturates	2.1g
Carbohydrate	44g
Of which sugars	5.1g
Fibre	3.1g
Protein	11g
Salt	2.5g



0.14kg CO₂eq per serving

INGREDIENTS

- 2-3 slices of sourdough
- 1 cup of cherry tomatoes
- 1 garlic minced
- 1 tbsp olive oil
- 1 tbsp pesto
- ½ tbsp salt
- Pinch of pepper
- Few leaves of fresh basil
- Drizzle of balsamic glaze/vinegar

STEPS

1. Chop cherry tomatoes in half and add to a bowl.
2. Mince garlic.
3. Add garlic, sea salt, pepper, olive oil, fresh basil chopped to the bowl and mix gently until combined.
4. Toast sourdough slices.
5. Drizzle olive oil on the toast.
6. Add the tomato mixture.
7. Top with pesto and balsamic glaze.

Tip: Enjoy, you will be addicted

Golden Baked Sausage Rolls



Serves: 8

Prep time: 25-30 minutes

Cook time: 25 minutes

Per serving

Energy (kcal) 283 kcal

Fat 18g

Of which saturates 9.3g

Carbohydrate 22g

Of which sugars 1.2g

Fibre 1.6g

Protein 7.1g

Salt 0.67g



0.66kg CO₂eq per serving

INGREDIENTS

- 200g plain flour
- Pinch of salt
- 100g butter
- 4-6 tbsp water
- 1 egg
- 225g sausage meat
- Pinch of salt
- Pinch of pepper
- 1/2tsp mixed herbs

STEPS

1. Preheat the oven to 200°C.
2. Rub butter into flour with a pinch of salt until crumbly.
3. Add water little by little until it forms a ball. Chill 10-15 minutes.
4. Mix sausage meat with salt, pepper, and herbs. Shape into two long logs.
5. Roll pastry into a rectangle, cut in half lengthwise.
6. Place sausage logs on pastry, brush edges with beaten egg, roll up, seam down.
7. Cut each into 8 rolls, make two small slits on top, brush with egg.
8. Bake for 10 mins at 200 °C, then 15 minutes at 180 °C until golden. Cool on a rack.

Tip: Serve warm with salad or ketchup

Notes

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Happy Cooking.

