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DU**BLIN  
TECHNOLOGICAL  
UNIVERSITY DUBLIN



# HEALTHY CAMPUS COOKBOOK

Healthy & Sustainable Recipes



Laura Kestell, Sarah Healy, Dr Teresa Hurley, Dr  
Aileen Kennedy & Rebecca Flanagan



# 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 2015 Okanagan Charter 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 will 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 TU Dublin Healthy Campus Cookbook. 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 to enjoy the leaner, greener recipes provided by 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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## Healthy Campus Team



Welcome to TU Dublin's first ever Healthy Campus Cookbook, an initiative brought to you through the N-TUTORR sponsored Healthy Campus Sustainability Internship Programme. Main authors, Laura Kestell and Sarah Healy, final year students from the Public Health Nutrition Programme at TU Dublin, completed the cookbook as part of their nine-month internship with Healthy Campus. This was indeed a celebratory project of the wider TU Dublin community, with featured recipes submitted by students and staff across campuses, special thanks to all who contributed and to Rebecca Flanagan for training and guidance on graphic design. We hope you enjoy reading, cooking and tasting the delicious recipes provided for a healthier and more sustainable lifestyle.

Dr Teresa Hurley  
Project Lead – Healthy Campus



Laura Kestell is in her final year of studying Public Health Nutrition at TU Dublin. With a passion for helping others and a love for cooking, Laura is dedicated to promoting nutritional well-being and sustainable lifestyle choices. During the 3rd year of her degree, Laura was given the opportunity to conduct her research project in Malta. Her study focused on the assessment of carbon dioxide emissions associated with food miles on fruit and vegetables found in the Maltese market. After graduation, Laura aims to pursue a career in dietetics.

Sarah Healy is a final year Public Health Nutrition student who completed her final year internship with TU Dublin Healthy Campus. Sarah is very passionate about health and well-being and carried out her third-year research project on the relationship between diet quality, physical activity, and mental well-being in Irish undergraduate students. Sarah hopes to travel upon graduation prior to pursuing a career in nutrition.



# Introduction

Welcome to our very first TU Dublin Healthy Campus Cookbook – a delightful collection of recipes. As a dietitian, I'm thrilled to introduce this diverse compilation of recipes crafted by the talented students and staff at TU Dublin, from nourishing breakfasts (setting us up for the day) to indulgent treats, each recipe showcases the rich tapestry of our University's culinary traditions and personal preferences.

We've provided you with information to assist you in navigating the nutritional and environmental aspects of each recipe to help you make healthier and more sustainable choices. The nutritional analysis offers insight into the balance of nutrients, helping you make choices that support your wellbeing. The carbon footprint information sheds light on the environmental impact of ingredients and cooking methods, empowering you to make choices that align with your own sustainability goals. Eating sustainably need not be an all-or-nothing endeavour—there are elements to suit every lifestyle and preference. It's up to you to find what fits best.

I believe the fundamental basis to sustainable eating is being able to cook and prepare your own food. This skill allows us to use up leftovers (reducing food waste) and reduce packaging (from ready-to-eat meals). As a quick guide to making your diet healthier and more sustainable, consider the following tips.



## PORTION CONTROL

Avoid foods high in fat, sugar, and salt. Practicing portion control, not only helps in preventing food waste, but also as a way to avoid overconsumption.

## FOOD WASTE

Plan your meals before shopping to avoid buying too much. Consider your portion size when cooking. Ask yourself can you keep the skin of the fruit/vegetable and consume it for added fibre. Consider using leftover vegetable peelings to make stock.

## DAIRY

Moderate dairy consumption. If using a plant-based alternatives, ensure it is fortified with calcium.

## FISH

Source from sustainable sources (read the label). Consider oily fish recommendations for Omega-3.

## PLANT PROTEINS

Increase and prioritise beans, lentils, soya, mycoprotein, nuts and seeds.

## RED MEAT

Red meat (such as beef, lamb and pork) can form part of a healthy diet, however eating a lot of red and processed meat can have a negative impact on your health and the environment. You can reduce your consumption of red meat by reducing the portion consumed or consider meat-free days and other protein sources.

## STARCHY CARBOHYDRATES

Increase wholegrain varieties for added fibre.

## FRUIT & VEG

Increase seasonal and locally produced fruit and vegetables. Use tinned or frozen to avoid waste. Avoid overpackaged or pre-packed/prepared fruit and vegetables.

## HYDRATION

Choose tap water and unsweetened tea or coffee over soft drinks, and use a reusable cup or bottle when on the go.

As you embark on this culinary journey, I encourage you to embrace the opportunity to explore new flavours, cooking techniques, and our students' and staffs' perspectives on what it means to eat well and tread lightly on our planet. Together, let's celebrate the diversity of our culinary landscape and our shared commitment to fostering a culture of wellness and sustainability within our University community. Through mindful food choices, we can nourish both ourselves and the planet, one delicious dish at a time.

Dr Aileen Kennedy  
Registered Dietitian  
Lecturer in the 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.



Per portion	
Energy (kcal)	kcal
Fat	High
Of which saturates	Medium
Carbohydrate	g
Of which sugars	Low
Fibre	g
Protein	g
Salt	Medium



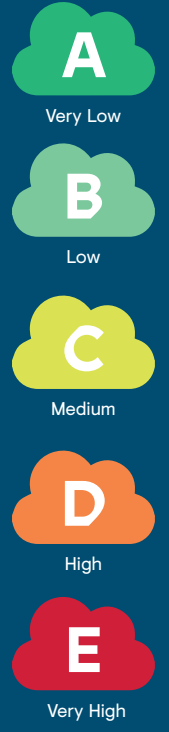
## CARBON FOOTPRINT RATING

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.



# Glossary

## 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

## 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

# Breakfast





Serves: 6

Prep time: 10 minutes

Cook time: 20 minutes

Per serving

Energy (kcal)	282 kcal
Fat	9.2g
Of which saturates	0.8g
Carbohydrate	44g
Of which sugars	13g
Fibre	2.4g
Protein	4.5g
Salt	0.4g



**A**

120 gCO<sub>2</sub>e per serving

## Vegan Banana & Cinnamon Pancakes

### INGREDIENTS

- 2 bananas
- 3 tbsp sugar
- 250g flour
- 1 tbsp baking powder
- ½ tbsp cinnamon
- 4 tbsp vegetable oil
- 100ml plant-based milk
- Pinch of salt

### STEPS

1. Mash the bananas in a bowl.
2. Add all the dry ingredients and mix.
3. Stir in the oil and milk until the batter is smooth.
4. Heat oil on pan over medium heat, ladle a serving of batter into the pan.
5. Fry each side for 2-3 minutes, until golden.
6. Enjoy with your favourite fruits, jam or syrup.

*Add some blueberries or raspberries to your batter for a fun twist*

## Fruit Yogurt Smoothie

### INGREDIENTS

- 200g desired fruit
- 100g bananas
- 100g mixed berries
- 200ml skimmed milk
- 200ml Greek yogurt
- 200g ice

### STEPS

1. Chop preferred fruit such as bananas, strawberries, mango, and pineapple.
2. Add all the ingredients in a blender and blend well until smooth.
3. Garnish with fruit or mint.
4. Serve cold and enjoy.

*Choose fortified low-fat milk/yoghurt options for added nutrients and lower calories*



Serves: 2

Prep time: 10 minutes

Cook time: 0 minutes

Per serving

Energy (kcal)	215 kcal
Fat	7.5g
Of which saturates	4.7g
Carbohydrate	21g
Of which sugars	20g
Fibre	2g
Protein	14g
Salt	0.29g



**A**

604 gCO<sub>2</sub>e per serving





**Serves: 2**

**Prep time: 10 minutes**

**Cook time: 20 minutes**

**Per serving**

Energy (kcal)	436 kcal
Fat	6.3g
Of which saturates	4.1g
Carbohydrate	88g
Of which sugars	20g
Fibre	3.4g
Protein	5g
Salt	1.4g



**A**

224 gCO<sub>2</sub>e per serving

## Planet Friendly Pancakes

### INGREDIENTS

- 1 overripe banana
- 150g gluten-free flour
- 250ml plant-based milk
- 2 tbsp maple syrup
- 1 tbsp cornstarch
- ½ tbsp bicarbonate of soda
- Pinch of salt
- 1 tsp coconut oil

### STEPS

1. In a small bowl, mash the banana.
2. In a large mixing bowl, sift the flour, then add the bicarbonate of soda, starch and salt together.
3. Add the wet ingredients to the mashed banana and mix.
4. Slowly add in the dry ingredients and combine to get a rich and creamy texture.
5. Heat vegetable oil on pan over medium heat.
6. Ladle a serving batter into the pan.
7. Fry each side for 2-3 minutes, until golden.
8. Serve with fruit, agave syrup or organic honey and enjoy.

*Mix in some spinach for some fun colour and extra nutrients*

## Lazy Girl Boss Overnight Oats

### INGREDIENTS

- 40g oats
- 1 tbsp chia seeds
- 1 small banana
- 100ml milk
- 2 tbsp yoghurt
- 1 tbsp peanut butter
- 60g frozen berries
- 1 square of chopped dark chocolate

### STEPS

1. Mix porridge and chia seeds.
2. Mash in the banana using a fork.
3. Add yoghurt and milk and mix. The consistency should be runny as the chia seeds will soak up the liquid.
4. Evenly dollop the peanut butter across the top.
5. Top with berries and chocolate to finish.
6. Keep refrigerated overnight and enjoy the next day.

*An unsweetened yoghurt drink can be used in place of yogurt or choose fortified milk/ yoghurt for added nutrients*



**Serves: 1**

**Prep time: 5 minutes**

**Cook time: 0 minutes**

**Per serving**

Energy (kcal)	615 kcal
Fat	29g
Of which saturates	11g
Carbohydrate	57g
Of which sugars	28g
Fibre	12g
Protein	26g
Salt	0.45g



**B**

772 gCO<sub>2</sub>e per serving





**Serves: 6**

**Prep time: 25 minutes**

**Cook time: 1 hr 10 minutes**

**Per serving**

Energy (kcal)	510 kcal
Fat	18g
Of which saturates	1.4g
Carbohydrate	75g
Of which sugars	45g
Fibre	6.2g
Protein	9.3g
Salt	1g



**A**

221 gCO<sub>2</sub>e per serving

# Banana & Spelt Loaf Cake

## INGREDIENTS

- 40g ground almonds
- 20g baking powder
- 100g pitted dates
- 80ml rapeseed oil
- 3-4 bananas (275g)
- 260g spelt organic flour
- 80ml almond milk
- 115g light brown sugar

## STEPS

1. Preheat the oven to 160°C.
2. Place the parchment paper into a greased loaf tin.
3. Finely chop the stoned dates.
4. In a small bowl, mash the bananas using a fork into a thick paste.
5. In a mixing bowl, combine the spelt flour, ground almonds, baking powder, dates and light brown sugar.
6. Add mashed banana, rapeseed oil and almond milk to the other ingredients and beat together until well mixed.
7. Pour the mixture into the baking tin and place into the oven for 60-70 minutes.
8. Allow to cool before removing from tin.
9. Cool on a wire rack, dust lightly with icing sugar and serve sliced.

*Check by inserting a skewer into the mixture, when it comes out clean your cake is perfectly cooked*

# Eco-Wrap

## INGREDIENTS

- 2 eggs
- 25g of Brewers Spent Grains (Biasol 'Super Milled Grains')
- 4g Vegetable Stock
- 40g lettuce
- 20g yoghurt
- 20g ketchup
- 2ml Sunflower Oil

## STEPS

1. Break the eggs into a mixing bowl.
2. Add the Brewers Spent Grain & vegetable stock, and mix.
3. Heat a frying pan over medium heat for 1 minute.
4. Pour oil, spreading it to cover the pan.
5. Pour a ladle of the mixture into the pan, spreading it evenly to cover the pan's surface.
6. Cook for 2 minutes on each side, until golden brown.
7. Remove from pan and place onto a plate, allowing it to cool.
8. Mix yoghurt and ketchup in a small bowl until well combined.
9. Wash and chop the lettuce into large chunks.
10. Assemble the wrap and enjoy.

*Feel free to add any additional wrap ingredients such as cherry tomatoes, peppers or onion*



**Serves: 2**

**Prep time: 10 minutes**

**Cook time: 10 minutes**

**Per serving**

Energy (kcal)	116 kcal
Fat	6.9g
Of which saturates	2g
Carbohydrate	3.6g
Of which sugars	3.4g
Fibre	0.5g
Protein	8.7g
Salt	0.45g



**B**

307 gCO<sub>2</sub>e per serving

# Lunch

## Creamy Cashew Curry

### INGREDIENTS

- 200g cashew nuts
- 250ml coconut milk
- 1 red onion
- 2 tbsp garlic paste
- 1 tsp cumin
- Salt
- 1 sprig of curry leaves
- 2 tsp turmeric
- 1 tsp chilli powder
- 1 tbsp curry powder
- 1 medium tomato
- ½ inch piece of cinnamon
- 2-3 tbsp of coconut/vegetable oil
- 2-3 chillies

### STEPS

1. Soak the cashew nuts for about 3 hours.
2. Chop the onion, tomato and chillies.
3. Place a pan over medium heat and add oil.
4. Once oil is heated, add a few curry leaves, cinnamon and cumin, cook until fragrant.
5. Add onion and garlic and cook until soft.
6. Add the chillies, chilli powder and curry powder. Add salt to taste.
7. Mix in the drained cashews and coat in the mixture.
8. Add turmeric, cover and cook for about 10 minutes on low heat.
9. Stir in coconut milk, cover, simmer for 30 minutes.
10. Check if cashews are tender and set the pan aside.
11. Plate and enjoy.

*Can be served with rice - opt for wholegrain/brown and try Ghee rice for a flavourful twist*



Serves: 4

Prep time: 3 hours

Cook time: 30-45 minutes

### Per serving

Energy (kcal)	504 kcal
Fat	42g
Of which saturates	20g
Carbohydrate	17g
Of which sugars	6.8g
Fibre	4.4g
Protein	12g
Salt	0.24g



A

304 gCO<sub>2</sub>e  
per serving



# Vegan Meatballs



**Serves: 4**

**Prep time: 10 minutes**

**Cook time: 5 minutes**

**Per serving**

Energy (kcal)	302 kcal
Fat	3.1g
Of which saturates	0.5g
Carbohydrate	53g
Of which sugars	3.7g
Fibre	11g
Protein	9.7g
Salt	0.83g



**A**

150 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 126g banana peels
- 86g breadcrumbs
- 82g plain flour
- 10g milled flaxseed
- 30g cornflakes cereal (grind to powder)
- 15g nutritional yeast
- 1 onion
- ½ tsp garlic powder
- ½ tsp cumin
- ½ tsp mild paprika
- ½ tsp nutmeg
- ¼ tsp salt
- Pinch of black pepper
- 4 tbsp water
- 2 tsp olive oil

## STEPS

1. Mix the flaxseed with water to create an egg substitute.
2. Finely chop the onion and grind the cornflakes into a powder.
3. Wash the banana peels and roughly chop, discarding the heads and tails.
4. Add to a blender and pulse 8/9 times, scraping the sides when required.
5. Add all the ingredients into a bowl and mix well.
6. Roll the mixture into small balls.
7. Heat oil in pan over high heat, place the meatballs on the pan for 1 minute, flip the meatballs then lower to a medium heat and cook for another 2 minutes.
8. The meatballs should be browned and slightly crispy.
9. Serve hot and enjoy.

*Can be served as spaghetti with meatballs, or meatball sandwich and more*

# 'Use it up' Soup



**Serves: 2**

**Prep time: 15 minutes**

**Cook time: 2 minutes**

**Per serving**

Energy (kcal)	526kcal
Fat	1.8g
Of which saturates	0.4g
Carbohydrate	108g
Of which sugars	12g
Fibre	15g
Protein	12g
Salt	2.5g



**A**

842 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 2 medium carrots
- ½ onion
- Stick of celery
- 6 small potatoes (3 large)
- ½ leek
- 1 stock pot/cube
- Salt & pepper
- Mixed herbs/ parsley (optional)

## STEPS

1. Peel vegetables and chop or slice into small chunks.
2. Add vegetables to pot and cover with water.
3. Bring to a simmer.
4. Dissolve the stock pot/cube in the liquid.
5. Add herbs/parsley if being used.
6. Simmer until all vegetables are soft (a knife cuts easily into them).
7. Remove from the heat and blend.
8. Mixture should be a thick purée.
9. Add boiling water and stir to bring it to the soup consistency you like.
10. Serve hot with fresh bread and enjoy.

*Freeze leftovers for an easy lunch*





Serves: 6

Prep time: 20 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	384 kcal
Fat	5.6g
Of which saturates	0.7g
Carbohydrate	58g
Of which sugars	13g
Fibre	11g
Protein	19g
Salt	1.5g



**B**

761 gCO<sub>2</sub>e per serving

## Tomato & Turkey Rasher Pasta

### INGREDIENTS

- 1 tbsp rapeseed oil
- 1 large onion
- 3 large garlic cloves
- 2 peppers
- 800g canned chopped tomatoes
- 1 tbsp sun-dried tomato puree
- 1 tsp paprika
- 1 pinch dried chilli flakes
- 150g smoked turkey rashers
- 2 tbsp parsley
- Salt & pepper
- 450g wholegrain pasta

### STEPS

1. Finely chop the onion and garlic. Dice the rasher and peppers.
1. Heat oil in a large pan over low/medium heat, add the rashers and fry for 3 minutes.
2. Add the onion and garlic and fry for an additional 2 minutes.
3. Add peppers, tomatoes tomato puree, paprika, dried chilli flakes, and salt & pepper. Stir well and bring to a boil, then reduce heat and simmer for 25 minutes.
4. Meanwhile, bring a large saucepan of lightly salted water to boil. Add pasta, cook for 12-14 minutes until tender, then drain.
5. Remove sauce from the heat, add parsley and stir well. Combine the sauce and pasta, and mix.
6. Divide into 6 portions and serve immediately.

*The sauce can be pre-prepared, divided into six portions, left in the fridge or freezer and added to individual portions of pasta*

Abigail Bacon - School of Biological Health & Sports Sciences

## Jewelled Herby Couscous

### INGREDIENTS

- 300g couscous
- 400ml chicken stock
- 3 tbsp extra virgin olive oil
- 1 lemon, juiced
- Salt & pepper
- 1 cucumber
- ½ red onion
- 150g flaked almonds, toasted
- Large bunch flat leaf parsley
- Large bunch coriander (optional)
- 2 pomegranates, seeds only

### STEPS

1. Chop the vegetables and leaves finely.
2. Add the couscous to a large wide bowl. Pour over the boiling hot stock and cover with a tea towel.
3. Allow to stand for 10 minutes before fluffing up the grains with a fork.
4. Whisk together the extra virgin olive oil and lemon juice in a small bowl, season well with salt and pepper.
5. Combine with the couscous.
6. When ready to serve, stir in chopped cucumber, red onion, parsley, coriander, flaked almonds and pomegranate seeds.

*Can be an accompanying side dish to a chicken recipe or with a barbecue*

*Keeps fresh in the fridge for up to three days and freezes well*

Fiona Canning - Recruitment Admissions & Participation



Serves: 10

Prep time: 10 minutes

Cook time: 5 minutes

Per serving

Energy (kcal)	250 kcal
Fat	13g
Of which saturates	1.4g
Carbohydrate	23g
Of which sugars	2.9g
Fibre	4.2g
Protein	7.7g
Salt	0.62g



**A**

274 gCO<sub>2</sub>e per serving



**Serves: 1**  
**Prep time: 10 minutes**  
**Cook time: 25 minutes**  
**Per serving**

Energy (kcal)	375 kcal
Fat	27g
Of which saturates	11g
Carbohydrate	20g
Of which sugars	8.2g
Fibre	3.1g
Protein	11g
Salt	0.25g



542 gCO<sub>2</sub>e per serving

# Tzatziki and Sautéed Potatoes

## INGREDIENTS

- 2 medium potatoes
- 3 tbsp Turkish/Greek yoghurt
- 3 tsp olive oil
- 50g sliced cucumber
- 1 tsp lemon juice
- Seasonings: dill, black pepper, salt, onion powder, garlic powder, paprika

## STEPS

1. Wash and prod potatoes.
2. Microwave for 3 minutes at 700-800W, make sure to turn them every minute.
3. Slice potatoes into thick discs and cut in half.
4. Toss the potatoes in a bowl with 2 tps of oil and seasonings of your choice e.g. salt, pepper, onion powder, garlic powder, paprika etc.
5. Heat oil in a pan over medium/high heat, and fry the seasoned potatoes for 10 minutes until crispy.
6. Meanwhile, make the tzatziki by mixing the yoghurt, lemon juice, cucumber, 1 tsp olive oil, 1 tsp dill, salt and pepper to taste.
7. Serve potatoes and tzatziki on a plate with salad fruit e.g., olives, tomatoes.

# Oriental Apple Salad

## INGREDIENTS

- 50g spinach (or any leafy salad greens like lettuce)
- 1 apple
- 10g walnuts
- 1 tsp oyster sauce
- 2 tsp Kewpie mayonnaise

## STEPS

1. Rinse salad leaves and place into a bowl.
2. Slice apple into bite-sized pieces and add to bowl.
3. In a separate bowl, mix together the oyster sauce and mayonnaise.
4. Add the sauce to the salad and mix well.
5. Place salad on a plate.
6. Crush the nuts, and sprinkle ontop of the salad to garnish.



**Serves: 1**  
**Prep time: 10 minutes**  
**Cook time: 0 minutes**  
**Per serving**

Energy (kcal)	139 kcal
Fat	11g
Of which saturates	1.1g
Carbohydrate	5.8g
Of which sugars	5g
Fibre	1.6g
Protein	3.2g
Salt	0.42g



142 gCO<sub>2</sub>e per serving



# Parsnip & Butterbean Soup



Serves: 4

Prep time: 20 minutes

Cook time: 20-25 minutes

Per serving

Energy (kcal)	458 kcal
Fat	9.5g
Of which saturates	4.5g
Carbohydrate	70g
Of which sugars	16g
Fibre	17g
Protein	15g
Salt	1.5g



**A**

499 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 2 tbsp olive oil
- 1 large onion
- 3 cloves garlic
- 2 large parsnips
- 3 medium potatoes
- 400g butterbeans
- 1 bay leave
- 900mls vegetable stock
- 1 tbsp lemon juice
- 4 tbsp oat cream
- 600mls oat milk
- Salt & pepper

## STEPS

1. Peel and chop the parsnips and potatoes, dice the onion and slice the garlic.
2. Heat oil in a deep pot over medium heat.
3. Add the onion and garlic and cook until soft.
4. Add the parsnips and potato and stir well for 1 minute.
5. Add the butterbeans, including the juices from the can and stir.
6. Stir in the vegetable stock, bay leaf and lemon juice.
7. Bring everything to a boil, then cover and reduce the heat and simmer gently for 20-25 minutes, until the vegetables are soft.
8. Remove the bay leaf and stir in the oat cream.
9. Blend the soup with a hand blender/ food processor.
10. Add in as much oat milk as necessary to achieve desired consistency.
11. Salt and pepper to taste and serve hot.

*Be careful not to over blend the soup - blend slowly until you reach a smooth texture*

Nicholas Herbert - Library Services



# Dinner





Serves: 4

Prep time: 15 minutes

Cook time: 1 hr 50 minutes

Per serving

Energy (kcal)	466 kcal
Fat	18g
Of which saturates	5.1g
Carbohydrate	37g
Of which sugars	17g
Fibre	10g
Protein	35g
Salt	0.63g

# Roast Chicken Traybake

## INGREDIENTS

- 2kg whole chicken (only use half)
- 500g baby potatoes
- 6-8 organic carrots
- 2 red onions
- 2 tsp rosemary
- 2 tsp sage
- 3 tbsps olive oil
- 2 knob of butter
- Salt & pepper

## STEPS

1. Preheat oven to 200°C.
2. Wash the vegetables, slice carrots length ways and roughly chop the onions and add to tray.
3. Toss the vegetables in 1 tbsps of oil.
4. Place the whole chicken directly on top of vegetables.
5. Place a spoon under the skin on each side of the breast to make a gap to insert the butter under the skin.
6. Pour remaining 2 tbsps of oil on top of the chicken.
7. Season with the herbs, salt, and pepper.
8. Roast for 110 minutes for a 2kg chicken (40 minutes per kilogram, with an extra 25 minutes).
9. Baste in the juices at bottom of tray halfway through cooking time.
10. Remove vegetables and chicken from roasting tray and place on kitchen roll to absorb excess oil.
11. Serve hot and enjoy.

*Store leftover chicken (1kg) in a lunchbox in the fridge to use in the next recipe - Teriyaki Chicken Noodles*

# Teriyaki Chicken Noodles

## INGREDIENTS

- 200g soba noodles
- Leftover chicken from day 1 (1kg chicken)
- 1 large carrot
- 100g sugarsnap peas
- 1-2 cloves garlic
- 4 spring onions
- 2 tbsps honey
- 4 tbsps soy sauce
- 1 tbsps sesame oil
- 1 tsp sherry vinegar
- 1 tsp Chinese 5 spice
- 1 tbsps olive oil

## STEPS

1. Chop the leftover chicken, garlic and spring onion (discard the root).
2. Add oil to a wok over medium heat.
3. Add garlic and onion and fry until soft.
4. Add the vegetables and fry for 3-4 minutes.
5. Toss in the cooked leftover chicken.
6. Sprinkle in the Chinese 5 spice.
7. Add the honey, soy sauce, sesame oil and vinegar.
8. Mix well, making sure everything is coated in sauce and break up the chicken.
9. Cover with a lid and cook over medium heat, cook for 2-5 minutes, if dish becomes too dry add a dash of water.
10. Meanwhile, place noodles in boiling water and cook according to instructions.
11. Serve and enjoy.

*Try it out with fish or tofu instead of chicken*



Serves: 4

Prep time: 15 minutes

Cook time: 15 minutes

Per serving

Energy (kcal)	595 kcal
Fat	22g
Of which saturates	5.5g
Carbohydrate	54g
Of which sugars	14g
Fibre	7g
Protein	41g
Salt	3.2g



1435 gCO<sub>2</sub>e per serving



1637 gCO<sub>2</sub>e per serving

# Turkey Bolognese



**Serves: 8**

**Prep time: 10 minutes**

**Cook time: 45-50 minutes**

**Per serving**

Energy (kcal)	401 kcal
Fat	8.7g
Of which saturates	2.7g
Carbohydrate	39g
Of which sugars	20g
Fibre	8.8g
Protein	35g
Salt	1g



1330 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 800g chopped
- 800g turkey mince
- 280g tomato paste
- 250g pasta
- 250g mushrooms
- 1 large onion
- 2 large carrots
- 180g celery
- 2 medium peppers
- 80g reduced fat red-cheddar
- 30g sugar
- 10g oregano
- 3.5g salt
- 1 garlic clove
- 1 tsp cayenne pepper

## STEPS

1. Dice the vegetables.
2. Heat the oil in a large pan over medium/high heat, sauté the onion and garlic.
3. Add the remaining vegetables for 5-7 minutes, until al dente.
4. Remove from heat and place aside.
5. Heat the oil in a large saucepan over medium/high heat, add the turkey mince and fry until its white, stirring occasionally.
6. Spoon off the excess fat, stir in the tomatoes, remaining ingredients and vegetables. Reduce the heat, cover, and simmer for 30-35 minutes.
7. Meanwhile, boil the pasta in a separate saucepan for 10-12 minutes, then drain.
8. Serve spaghetti and bolognese on a plate with a sprinkle of cheese and enjoy.

*Freeze excess sauce for later use*

# Fish Tacos



**Serves: 6**

**Prep time: 20 minutes**

**Cook time: 10 minutes**

**Per serving**

Energy (kcal)	281 kcal
Fat	9.1g
Of which saturates	5.1g
Carbohydrate	26g
Of which sugars	3.4g
Fibre	2.5g
Protein	21g
Salt	0.94g



594 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 85g self-raising flour
- ¼ tsp salt
- 125ml beer/soda water
- 300ml vegetable oil
- 400kg white fish
- 150g tomatoes
- ½ red onion
- 90g cabbage
- 2 tbsp coriander
- 1 lime, juiced
- 6 tacos/mini wraps
- 1 chilli
- 110g cheddar cheese

## STEPS

1. Mix flour and salt together in a large bowl.
2. Form a well in the centre, then add the beer or soda water and whisk to form batter.
3. Dice the fish, coat in the batter and set aside.
4. Dice all the vegetables and add the lime juice to make a salsa.
5. Shallow fry four pieces of battered fish at a time for 5 minutes over high heat.
6. Transfer fish to a kitchen towel-lined sieve to drain any oil.
7. Dress the tacos or wraps with salsa, cheese, and fish, garnish with fresh chilli and enjoy.

*Choose locally sourced sustainable white fish such as hake, haddock fish was used for this recipe*



Serves: 2

Prep time: 25 minutes

Cook time: 12 minutes

Per serving

Energy (kcal)	331 kcal
Fat	2.5g
Of which saturates	0.5g
Carbohydrate	31g
Of which sugars	13g
Fibre	8g
Protein	42g
Salt	4.2g



**B**

1095 gCO<sub>2</sub>e per serving

# Chicken Chow Mein

## INGREDIENTS

- 100g noodles
- 300g chicken
- 2 shallots
- ½ red pepper
- 1 pak choi
- 2 organic carrots
- 3 tbsp light soy sauce
- 1 thumb ginger
- 2-3 garlic cloves
- 1 celery stalk
- 1 tsp curry powder

## STEPS

1. Chop the chicken into small pieces and marinate in a bowl with 1 tbsp soy sauce, finely chopped garlic and grated ginger.
2. Cover and refrigerate for 30 minutes.
3. Soak the noodles in a bowl with the boiling hot water until al dente (approx 5 minutes).
4. Chop the carrots, celery, pak choi, red pepper and shallots, and set aside.
5. Heat oil in a wok over high heat and add the chicken.
6. Stir-fry the chicken pieces for 5 minutes, then add all the vegetables, curry powder and any additional seasonings.
7. Add 2 tbsp soy sauce to the wok. Stir-fry the vegetables for another 3-4 minutes until cooked and add the noodles.
8. Serve immediately and enjoy.

*Seasonal wild garlic can be used instead of coriander*

# Sweet Potato & Peanut Curry

## INGREDIENTS

- 1 tbsp coconut oil
- 1 onion
- 2 garlic cloves
- Thumb-sized piece ginger
- 3 tbsp Thai red curry paste
- 1 tbsp peanut butter
- 500g sweet potato
- 400ml coconut milk
- 200ml water
- 200g spinach
- 1 lime, juiced
- 200g brown rice

## STEPS

1. Chop the onion and sweet potato. Grate the garlic and ginger.
2. Heat coconut oil in a pan over medium heat.
3. Add onions, and cook for 5 minutes until soft.
4. Add the grated garlic and ginger.
5. Stir in the curry paste, peanut butter and sweet potato.
6. Add 400ml coconut milk and 200ml water and bring to the boil, turn down the heat and simmer, uncovered for 25-30 minutes, until the sweet potato softens.
7. Meanwhile, wash rice and boil in a separate saucepan for 25-30 minutes.
8. Stir the spinach and the juice of 1 lime into the curry and season to taste.
9. Plate with rice and serve hot.

*For extra crunch, sprinkle over a few dry roasted peanuts*



Serves: 4

Prep time: 15 minutes

Cook time: 45 minutes

Per serving

Energy (kcal)	540 kcal
Fat	24g
Of which saturates	18g
Carbohydrate	69g
Of which sugars	12g
Fibre	6.6g
Protein	9.4g
Salt	0.81g



**A**

420 gCO<sub>2</sub>e per serving





Serves: 4

Prep time: 10 minutes

Cook time: 35 minutes

Per serving

Energy (kcal)	344 kcal
Fat	2.4g
Of which saturates	0.6g
Carbohydrate	54g
Of which sugars	9.5g
Fibre	14g
Protein	19g
Salt	1.4g



**A**

277 gCO<sub>2</sub>e per serving

## Sweet Potato, Spinach & Lentil Dhal

### INGREDIENTS

- 1 red onion
- 1 clove of garlic
- 1 thumb ginger
- 1 red chilli
- 1½ tsp turmeric
- 1½ teaspoon cumin
- 4 sweet potatoes
- 250g red split lentils
- 600ml vegetable stock
- 80g spinach
- 2 tbsp coconut oil
- Salt & pepper

### STEPS

1. Heat oil in a pan over low heat, add the onion and cook until soft.
2. Chop/grate the garlic, ginger, and chilli, add to pan cook for 1 minute.
3. Add the turmeric and cumin, cook for another minute.
4. Increase the heat to medium, add in the sweet potatoes, lentils, and stock.
5. Bring the liquid to a boil, reduce the heat and simmer with a lid for 20 minutes until the lentils are tender and the potato holds its shape, stirring occasionally.
6. Season with salt & pepper, and gently fold in the fresh spinach until wilted (if using frozen spinach, add it at the last 10 minutes of cooking to ensure it is heated).
7. Serve with brown rice and a dollop of yoghurt.

Store in the fridge for up to three days/freezer for up to two months

Kate Flanagan - School of Biological Health & Sports Sciences

## Vegan Ragu

### INGREDIENTS

- 1 large onion
- 1 large carrot
- 1 celery stalk
- 1 red bell pepper
- 150g mushrooms
- 3 garlic cloves
- 1 tsp dried thyme
- 1 tsp mixed herbs
- 2 tbsp olive oil
- 1 vegetable stock pot
- 1 tbsp dark soy sauce
- 1 tsp paprika
- 500g tomato passata
- 100g tomato puree
- 400g spaghetti
- Salt & pepper

### STEPS

1. Heat water in a large pot over high heat, add stock, bring to a boil and set aside.
2. Peel, chop, and dice the vegetables, keep the trimmings for later.
3. Heat oil in a pot over medium heat, add all vegetables and cook for 5-7 minutes until soft.
4. In another pot, bring a cup of water to a boil and add all vegetable trimmings, cook for a 2-4 minutes.
5. Strain the peel water into the diced vegetables and continue to cook for another 5 minutes.
6. Add herbs, paprika, soy sauce, stock, passata and puree, mix well and leave to simmer for 10-15 minutes.
7. Boil the pasta in a separate saucepan for 10-12 minutes, then drain.
8. Place pasta on a plate and spoon sauce on top, garnish with basil (optional).

Toss over penne and top with cheese, bake in oven for a pasta bake

Double up the recipe for lasagne and buy a jar of white sauce

Margaret Brennan - School of Biological Health & Sports Sciences



Serves: 4

Prep time: 10-15 minutes

Cook time: 20-25 minutes

Per serving

Energy (kcal)	321 kcal
Fat	3.9g
Of which saturates	0.8g
Carbohydrate	53g
Of which sugars	21g
Fibre	8.9g
Protein	11g
Salt	1.8g



**B**

1102 gCO<sub>2</sub>e per serving

34

# Tofu & Broccoli Stir-Fry



Serves: 2

Prep time: 15 minutes

Cook time: 30 minutes

Per serving

Energy (kcal)	646 kcal
Fat	30g
Of which saturates	4g
Carbohydrate	38g
Of which sugars	18g
Fibre	14g
Protein	49g
Salt	3.8g



**A**

751 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 500g tofu, pressed, firm
- 400g broccoli
- 2 tbsp cornstarch
- 1 tbsp vegetable oil
- ½ chilli pepper
- 2-3 spring onion sticks
- ½ tsp ginger, grated
- 2 tbsp maple syrup/honey
- 3 tbsp dark soy sauce
- 1 tbsp vinegar
- ½ tsp chilli flakes
- 1 tsp cornstarch
- Spring onion & sesame seeds

## STEPS

1. Preheat the oven to 180°C.
2. Toss the tofu in the cornstarch and place with the broccoli.
3. Drizzle with oil, place in the oven and cook for 20-25 minutes.
4. Heat oil in a pan over low heat, and cook chilli pepper, spring onions and ginger for 3-5 minutes until soft.
5. In a small bowl, mix in the ingredients for the sauce well.
6. Add the sauce into the pan, cook for 2 minutes, to thicken. Then add up to ¼ cup of water and stir until mixed.
7. Add in the tofu and broccoli, mix and allow the sauce to thicken for another 2 minutes, then remove from heat.
8. Serve with rice and garnish with spring onion and sesame seeds.

*Include the broccoli stems instead of throwing them out to avoid food waste.*

# Spicy Chickpea Curry



Serves: 4

Prep time: 20 minutes

Cook time: 45 minutes

Per serving

Energy (kcal)	491 kcal
Fat	7.9g
Of which saturates	1.2g
Carbohydrate	75g
Of which sugars	19g
Fibre	9g
Protein	23g
Salt	1.3g



**A**

949 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 1 tbsp vegetable oil
- 2 onions
- 2 bell peppers
- 2 tsp hot chilli powder
- 1 tbsp coriander
- 1 tsp ground cumin
- 500ml tomato passata
- 2 x 400g canned chickpeas
- 1 vegetable stock cube
- Add other vegetables e.g., spinach
- 350g cauliflower florets (fresh/frozen)
- 140g couscous
- 175ml water

## STEPS

1. Chop all the vegetables.
2. Heat oil in a pan over medium heat and fry the onions for 10 minutes, until golden.
3. Stir in the peppers and cook for 5 minutes.
4. Add chilli powder, coriander and cumin, stir briefly, then tip in the passata and chickpeas along with the liquid from the cans.
5. Stir in the stock cube, then add the cauliflower.
6. Cover tightly and simmer over medium heat for 15-20 minutes until the cauliflower softens.
7. Put the couscous in a heatproof bowl and pour over 175ml boiling water from the kettle.
8. Cover and let stand for 10 minutes until couscous has absorbed the liquid.
9. Divide the couscous between four plates and top with the chickpea stew.

*Will keep covered and chilled for up to three days*



**Serves: 4-6**

**Prep time: 30 minutes**

**Cook time: 25-40 minutes**

**Per serving**

Energy (kcal) 466 kcal

Fat 16g

Of which saturates 4.8g

Carbohydrate 41g

Of which sugars 7g

Fibre 5.1g

Protein 37g

Salt 2.3g



941 gCO<sub>2</sub>e per serving

## Creamy Cajun Chicken Pasta

### INGREDIENTS

- 250g chicken breast
- 2 peppers
- 1 garlic clove
- 150g pasta
- 2 tbsp Philadelphia Cheese light
- 30g feta cheese
- 2 tbsp Cajun seasoning
- ½ tsp chilli flakes
- 2 tbsp olive oil

### STEPS

1. Preheat oven at 200°C.
2. Cut chicken into strips, place in a baking tray, drizzle with olive oil and toss with ½ tbsp cajun seasoning.
3. Grill for 10 minutes, turning halfway through.
4. Heat oil in a wok over medium/high heat, add chopped peppers and fry for 3-5 minutes.
5. Add crushed garlic and remaining cajun seasoning and fry for another minute.
6. Boil pasta in a saucepan for 8-10 minutes, drain, and save one cup of pasta water.
7. Remove the chicken from the oven, chop it into smaller pieces and add to the wok.
8. Add the pasta, Philadelphia, ¾ of the feta cheese and pasta water to the wok, mix, add chilli flakes and allow to thicken.
9. Sprinkle with the remaining feta cheese and serve.

*If you don't have an oven, chicken can be fried in a small amount of oil*

## Rainbow Vegetable Pasta Salad

### INGREDIENTS

- 250g pasta
- 150g cherry tomatoes/ ½ bell pepper
- 2 large carrots
- ½ large cucumber
- 1 lemon, juiced
- 1 tsp honey
- 35g olive oil
- 2 tbsp parmesan cheese, grated
- Salt & pepper

### STEPS

1. Boil pasta in a saucepan for 10-12 minutes, drain and set aside.
2. Chop vegetables into small pieces, slice the cucumber into long, thin strips and grate the carrots.
3. Add all the vegetables into a large bowl, then add the cooked pasta on top.
4. For the sauce: add 3 tbsp of lemon juice, honey, olive oil, grated cheese, and a large pinch of salt into a small bowl, mix well until combined.
5. Pour dressing over pasta and vegetables. Stir to coat everything in the dressing.
6. Season to taste, and sprinkle on extra cheese (optional).
7. Serve immediately.

*Can include cooked meat chopped in cubes for extra protein*



**Serves: 4**

**Prep time: 20 minutes**

**Cook time: 10 minutes**

**Per serving**

Energy (kcal) 267 kcal

Fat 13g

Of which saturates 3.1g

Carbohydrate 26g

Of which sugars 8.4g

Fibre 4.6g

Protein 8.5g

Salt 0.33g



493 gCO<sub>2</sub>e per serving



# 'Marry Me' Chicken



Serves: 4

Prep time: 15 minutes

Cook time: 25 minutes

Per serving

Energy (kcal)	602 kcal
Fat	19g
Of which saturates	10g
Carbohydrate	35g
Of which sugars	21g
Fibre	7.2g
Protein	63g
Salt	1.6g



**B**

506 gCO<sub>2</sub>e per serving

INGREDIENTS	
• 4 chicken breasts	• 2 tsp mixed Italian dried herbs
• 60g plain flour (or gluten-free)	• 1 tsp sweet paprika
• 2 tbsp olive oil	• 250ml chicken stock
• 3 garlic cloves, crushed	• 200ml cream
• 200g sun-dried tomatoes, diced	• 60g parmesan, grated
	• Salt & pepper

- STEPS**
1. Place the chicken breast flat on the chopping board and flatten.
  2. Slice the chicken horizontally to butterfly it open, then coat each piece in flour.
  3. Heat oil in a wide pan over high heat, cook the chicken for 5 minutes on each side, and set aside.
  4. Lower the heat in the pan, add the sun-dried tomato and garlic, stir to combine and cook for a 3-5 minutes.
  5. Add herbs and paprika and stir in the stock, cream and parmesan. Season to taste.
  6. Return the chicken to the pan and sit it into the sauce. Cover with a lid and cook for 3 minutes, turn chicken and cook for another 3 minutes, until cooked through.
  7. Remove the pan from the heat.
  8. Serve straight away.

*This dish is lovely brought to the table with accompanying sides of mashed potato, your choice of pasta (conchiglie served in the photo) and a big green salad*

# Honey & Balsamic Chicken



Serves: 4

Prep time: 30 minutes

Cook time: 25-40 minutes

Per serving

Energy (kcal)	254 kcal
Fat	3g
Of which saturates	1g
Carbohydrate	20g
Of which sugars	17g
Fibre	7.2g
Protein	32g
Salt	0.75g



**B**

823 gCO<sub>2</sub>e per serving

INGREDIENTS	
• 400g chicken mini fillets	• 1 courgette
• 60mls balsamic vinegar	• 1 red pepper
• 15mls/1 tbsp lemon juice	• 1 butternut squash
• 1 garlic clove, finely chopped	• 3 carrots
• 2 tbsp olive oil	• ½ tsp garlic granules
• 1 onion	• ½ tsp dried thyme leaves
	• Black pepper

- STEPS**
1. Preheat oven to 180°C.
  2. Mix the balsamic vinegar, lemon juice, garlic and 1 tbsp olive oil together in a bowl.
  3. Add in the chicken and allow to marinate for 15 minutes in the fridge.
  4. Meanwhile, chop the vegetables into bite size pieces.
  5. Sprinkle the vegetables with the rest of the olive oil, garlic granules, thyme and black pepper and toss together.
  6. Place on a baking sheet/tin. Spread evenly out
  7. Place in the oven for 15 minutes.
  8. Remove from the oven and add in the chicken and some of the marinade.
  9. Bake for a further 15-20 minutes until the chicken is tender and cooked.

*Can be served with wholegrain rice or a jacket potato*

# Dessert

## Bread & Butter Pudding

### INGREDIENTS

- 11 stale bread slices
- 3 tbsp vegan butter
- 470ml coconut milk
- 2 tbsp unsweetened applesauce
- 65g granulated sugar
- 1 tsp vanilla extract

### STEPS

1. Preheat the oven to 180°C .
2. Melt butter in a pan over low-heat while stirring gently.
3. Tear the bread into large even pieces.
4. Add the milk, applesauce, sugar, vanilla extract, and melted butter to mixing bowl and stir well.
5. Add the chunks of bread to the mixing bowl and use the spatula to gently toss, until coated.
6. Transfer the bread and remaining liquid into a bread tin and evenly distribute.
7. Bake for 40-45 minutes until the top is just starting to brown.
8. Serve warm.

#### Alternatives ingredients:

*Dairy butter can be instead of plant-based,  
Applesauce can be swapped for two eggs,  
Can use other unsweetened plant-based milk*



Serves: 4

Prep time: 15 minutes

Cook time: 1 hour 50 minutes

#### Per serving

Energy (kcal)	272 kcal
Fat	7.7g
Of which saturates	4.3g
Carbohydrate	43g
Of which sugars	15g
Fibre	2.2g
Protein	6.5g
Salt	0.89g



A

206 gCO<sub>2</sub>e  
per serving



# Chocolate Souffle



Serves: 1

Prep time: 20 minutes

Cook time: 13 minutes

Per serving

Energy (kcal)	448 kcal
Fat	24g
Of which saturates	9.4g
Carbohydrate	40g
Of which sugars	28g
Fibre	7.8g
Protein	13g
Salt	0.52g



**B**

619 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 1 ripe banana
- 1 egg
- 1 tbsp porridge oats
- 1 tbsp cacao powder
- ¼ tbsp baking powder
- 25g dark/milk chocolate
- ½ tbsp vegetable oil

## STEPS

1. Preheat the oven to 190°C.
2. Add the banana, egg and oats to a blender. Blend until smooth.
3. Add in the cacao powder and baking powder and blend.
4. Grease the soufflé/muffin cup with the oil using a brush.
5. Pour the mixture into the soufflé/muffin cup and place the chocolate pieces in the middle of the mixture using a spoon.
6. Bake for 13 minutes.
7. Serve warm.

*If you want a sweeter taste, you can also add a few dried dates to the mixture*

Gizem Kara - School of Culinary Arts & Food Technology

# Vegan Zero Waste Banana Bread



Serves: 4-6

Prep time: 20 minutes

Cook time: 1 hour

Per serving

Energy (kcal)	603 kcal
Fat	2.7g
Of which saturates	0.6g
Carbohydrate	133g
Of which sugars	99g
Fibre	5.5g
Protein	8.4g
Salt	1.7g



**A**

279 gCO<sub>2</sub>e per serving

## INGREDIENTS

- 4 banana (keep skins)
- 150g light muscovado sugar
- 5g vanilla
- 2g salt
- ½ tsp xanten gum
- 4g baking powder
- 7g bicarbonate of soda
- 250g flour
- 125g plain soy yoghurt
- 5g cider vinegar
- 100g sugar
- 1 tbsp water

## STEPS

1. Preheat the oven to 175°C.
2. Banana Bread: mash 2 bananas, add the muscovado sugar and yoghurt. Mix in flour, baking powder, bicarbonate, salt, xanten gum and vinegar - place in loaf tin, bake for 40 minutes. Remove and let cool.
3. Candied Banana Skin: slice banana skins and heat on pan with the sugar and water, stirring occasionally. Once the sugar has crystallised and is golden brown, pour onto greaseproof paper, allow cool.
4. Caramelised Bananas: slice 2 bananas and top with the extra muscovado sugar. Bake at 180°C for 10-15 minutes until browned on top.
5. Assembly: slice and fry the banana bread on a pan with a drizzle of oil then toss in a mix of 100g sugar & 1 tbsp cinnamon (optional). Plate banana bread, caramelised banana, and candied banana skins and serve with homemade vanilla yogurt (320g plain soy yogurt, 5g vanilla extract & 30g light muscovado sugar).
6. Serve and enjoy.

*The candied banana skins can be used in multiple ways, top your porridge, cereal, or with granola*

Nathan Farrell - School of Culinary Arts & Food Technology





Serves: 12

Prep time: 60 minutes

Cook time: 35 minutes

Per serving

Energy (kcal) 650 kcal

Fat 36g

Of which saturates 13g

Carbohydrate 68g

Of which sugars 30g

Fibre 4.2g

Protein 12g

Salt 1.1g



427 gCO<sub>2</sub>e per serving

## Nutty Maple Buns

### INGREDIENTS

- 235ml milk
- 7g active dry yeast
- 585g all-purpose flour
- 70g granulated sugar
- 2½ tsp salt
- 255g unsalted butter
- 3 large eggs
- 2 tsp ground cinnamon
- 120g light brown sugar
- 120ml maple syrup
- 2 tsp vanilla extract
- 2 cups hazelnuts

### STEPS

1. Preheat the oven to 175°C.
2. **Sweet Dough:** heat milk until lukewarm, pour half into a bowl. Add yeast, whisk and let sit for 5 minutes. In a stand mixer, combine flour, granulated sugar, and 1½ tsp salt. Mix in 145g butter. Make a well and add eggs, yeast mixture, and remaining milk. Mix on low with a dough hook until combined, increase speed slightly for 5 minutes. Increase to high speed for 5 minutes. Form dough into a ball on a floured surface, place in a bowl, cover and let rise in a warm place for 1 hour. Once doubled, chill for 1 hour.
3. **Nutty Topping:** toast nuts for 10 minutes, let cool and chop into smaller pieces. Boil maple syrup, vanilla, 60g brown sugar, and ½ tsp salt in a saucepan, then pour over nuts.
4. **Filling:** In the same saucepan, melt 55g butter. Cool slightly, add cinnamon, 60g brown sugar, and ½ tsp salt.
5. **Forming the Buns:** roll dough on a floured surface into a 20x9" rectangle. Spread the filling and roll into a log. Cut into 12 even buns and place on nut topping. Cover and let rise for 30 minutes, Bake for 30-35 minutes. Flip onto rack to cool and enjoy.

Ellen Gaffney - School of Culinary Arts & Food Technology

## Banana Muffins

### INGREDIENTS

- 180g buckwheat flour
- 20g oats
- ½ tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 large bananas
- 2 eggs
- 80ml vegetable oil
- 80ml milk
- 50ml maple syrup
- 1 tbsp chia seeds
- 1 tsp milled flaxseed
- 3 tbsp pumpkin seeds

### STEPS

1. Preheat the oven to 180°C.
2. Grease the muffin tin with vegetable oil or place in muffin cases.
3. Peel and mash bananas in a large bowl using a fork until soft.
4. Add eggs and the remaining wet ingredients and whisk.
5. Sieve and gently fold in the dry ingredients.
6. Fold in the chia, flax & pumpkin seeds (optional).
7. Pour the mixture into the tin and spread evenly.
8. Sprinkle with toppings such as pumpkin seeds and bake for 20-25 minutes, until a skewer/toothpick inserted comes out dry and clean.
9. Remove the muffins from the tin and allow them to cool on a wire rack.

*Alternatives ingredients:  
Add chopped nuts such as walnuts or seeds such as pumpkin seeds,  
Add some dried fruits or even chocolate chips,  
Sieve 2 tbsps of unsweetened cacao powder with the dry ingredients for a more chocolatey taste*

Niamh Yep - School of Biological Health & Sports Sciences



Serves: 10

Prep time: 10 minutes

Cook time: 25 minutes

Per serving

Energy (kcal) 198 kcal

Fat 9.4g

Of which saturates 1.1g

Carbohydrate 23g

Of which sugars 8.2g

Fibre 2.4g

Protein 4.5g

Salt 0.41g



139 gCO<sub>2</sub>e per serving

# Gluten-Free Banana Bread

## Notes



Serves: 10

Prep time: 15 minutes

Cook time: 1 hr 50 minutes

Per serving

Energy (kcal) 131 kcal

Fat 2.1g

Of which saturates 0.8g

Carbohydrate 24g

Of which sugars 12g

Fibre 0.6g

Protein 3.2g

Salt 0.35g



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148 gCO<sub>2</sub>e  
per serving

### INGREDIENTS

- 3 large bananas
- 3 eggs
- 1 tsp coconut oil
- 150g gluten free self-raising flour
- 1 tsp cinnamon
- 1 tsp baking powder
- 50g sugar

### STEPS

1. Preheat the oven to 180°C.
2. Melt the coconut oil in a small pot on a low heat, then take off once melted.
3. Mash bananas in a large bowl until there are no lumps.
4. Add the eggs and sugar and whisk until frothy.
5. Sieve and fold in the dry ingredients a little at a time.
6. Transfer to a lined 1lb loaf tin.
7. Slice the last banana and place on top of the mixture.
8. Bake for 30-40 minutes, allow to cool slightly.
9. Remove from tin and cool completely.
10. Serve and enjoy.

*Check after 30 minutes, if banana bread is very brown on top but not cooked through, cover with tinfoil for the remaining time*

Special thanks to Healthy Campus Interns, Laura Kestell and Sarah Healy for all their hard work in making this Cookbook happen and analysing the recipes in great detail, Dr Aileen Kennedy for project specific expertise, Rebecca Flanagan for help on design, and to our students and staff for their delicious, nutritious and sustainable recipe contributions to this Healthy Campus Cookbook.

Happy Cooking.

Dr Teresa Hurley  
Healthy Campus Project Lead.

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