

The VUWSA Cookbook

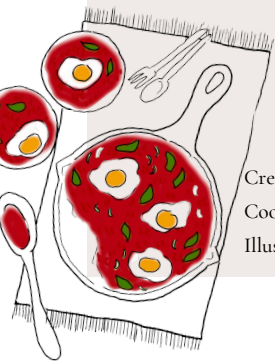
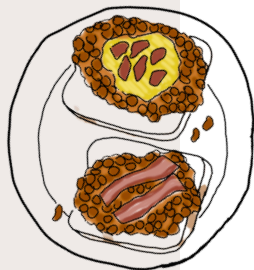
FLATTING WEEK
2023





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The VUWSA Cookbook

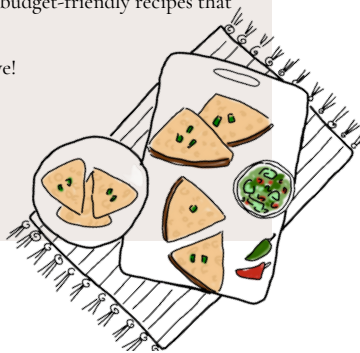
Foreword:

Welcome to the VUWSA flat cookbook. 10 cheap, simple and delicious recipes to keep you fueled through your flatting experiences.

All the recipes we've written for you can be cooked by anyone no matter your cooking ability, take less than an hour to make, can easily be adapted for different dietary requirements, and cost less than \$5 a serving.

This cookbook is a tribute to student creativity and ingenuity. From humble beginnings in tiny, shared kitchens students have risen to the challenge of creating delicious but budget-friendly recipes that satisfy the stomach and the soul.

Get cooking, take risks, and get creative!



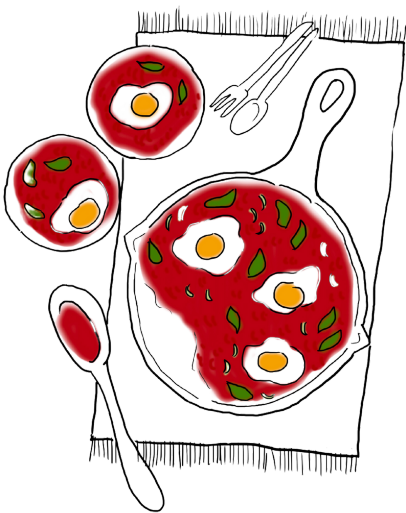
Shakshuka



1-2 servings



35 minutes



INGREDIENTS

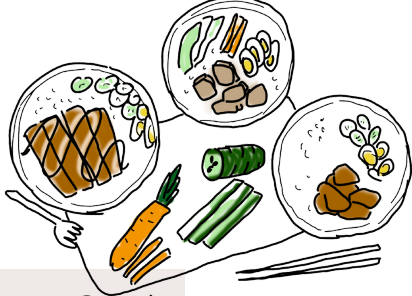
- 1 tbsp neutral oil
- 1 small onion
- 3-5 cloves of garlic
- 1 tsp smoked paprika
- 1 tsp mixed herbs
- 1 tin of chopped tomatoes
- $\frac{1}{4}$ cup of boiling water
- 2 eggs
- $\frac{1}{4}$ cup grated cheese (optional)
- 1 cup of spinach (optional)
- 1-2 Pita breads (optional)

METHOD

1. Dice onion and garlic and add to a hot saucepan with some oil and herbs, cook till fragrant. (3-5mins)
2. Add tin of tomatoes and water and bring to a simmer (should be bubbling but not sticking to the pan)
3. Once the tomato mix is nice and hot use a spoon to create 2 holes and crack an egg into each one, then cover the eggs with cheese and put a lid on the pan, and cook till the white of the egg has cooked through (6-10mins)
4. Spoon over a bowl of spinach and serve with pita bread or toast!

HOT TIPS

The great thing about shakshuka is that you can pretty much add whatever you want to jazz it up! Finely chop any veg you have lying around and mix it into the tomatoes to get in your 5+ a day or try different toppings like bacon bits, chicken or feta.



Teriyaki Rice Bowls



2-3 servings



30 minutes

INGREDIENTS

1 cup of rice

1 tsp neutral oil

300g firm tofu or diced chicken

1 cup teriyaki marinade

1 cup assorted veg (see hot tip for suggestions)

Kewpie mayo (optional)

Siracha (optional)

Sesame seeds (optional)

Kimchi (optional)

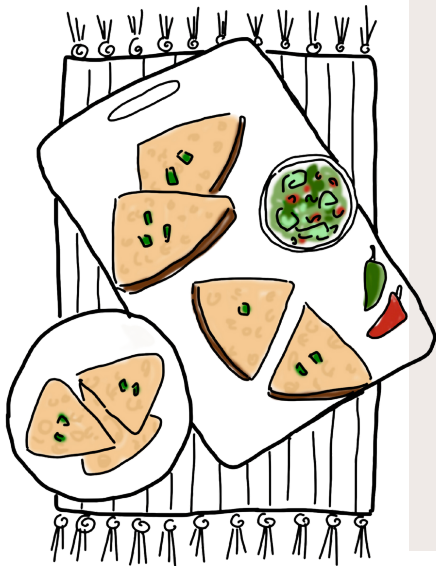
METHOD

1. Cook rice according to packet instructions
2. If using tofu – press between 2 chopping boards to remove excess moisture and then dice into approx. 2cm cubes
3. Fry chicken/tofu in a hot pan with oil till golden brown
4. Add teriyaki marinade and reduce heat to low
5. Chop veg into bite sized pieces
6. Assemble all the ingredients in a bowl and drizzle over sauces and sprinkle sesame seeds
7. Serve and enjoy! .

HOT TIPS

You can use seasonal veg (or whatever you feel like) for this one, but some great options are: cucumber, avocado, edamame, spinach, red onion, carrot, and micro greens.

You can also top with a soft boiled or fried egg for an extra protein boost! If you have any leftovers just pop them in the fridge and you've got lunch sorted!



Quesadillas



4-5 servings



15 minutes

INGREDIENTS

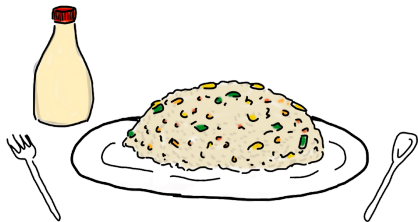
- 10 Wraps/tortillas
- 1 tin of mexican beans
- $\frac{1}{2}$ cup of cheese
- 1 finely diced onion
- $\frac{1}{2}$ cup of sliced mushrooms
- $\frac{1}{4}$ cup of corn
- Sour cream (optional)
- Salsa (optional)

METHOD

1. Place 1 wrap in a hot pan with oil
2. Spread over 1 large spoon each of beans, onion, corn, and mushrooms
3. Sprinkle on cheese to evenly cover the toppings and place a second wrap on top
4. Fry for 2-3 minutes on each side
5. Repeat until you've used all the wraps
6. Slice in half and serve

HOT TIPS

You can add mince or chicken to this one or try with some extra veg or some guac on the side to get in your 5+ a day!



Egg Fried Rice



3-4 servings



30 minutes

INGREDIENTS

- 50g of butter
- 2 cups of leftover Rice
- 1 diced onion
- 3-4 cloves of garlic
- ½ cup of Frozen mixed veg
- 3 eggs
- 1 tbsp of oyster sauce
- 1 tsp of sesame oil
- 3 tbsp of soy sauce
- 1 tsp of Fish sauce

METHOD

1. Add diced onion, garlic, and butter to a large pan or wok on medium heat and fry until fragrant
2. Add the rice and fry for a further 3-5 minutes
3. Push everything in the pan to one side and crack your eggs into the empty space and stir to scramble, then stir through the rice mix
4. Add all the sauces and stir to combine, then mix through the frozen veg and cook for a further 5 minutes
5. Serve and enjoy!

HOT TIPS

You can add pretty much any veg you have lying around into this one as well as any meat if you want an extra protein boost. For a vegan version swap the egg for tofu and the butter for oil, and you can beef things up by adding some dumplings!

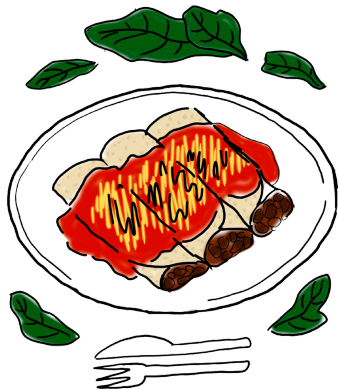
Enchiladas



4-5 servings



55 minutes



INGREDIENTS

- 8 Wraps
- 1 tin of black beans (drained)
- 200g Mince (or another tin of beans)
- 2 tbsp tomato paste
- 2 onions
- 4-5 cloves of garlic
- 1 tin of chopped tomatoes
- 300g salsa
- 30g of pre-made taco/mexican seasoning
- 1 cup grated cheese
- Sour cream (optional)

METHOD

1. Preheat oven to 180degrees
2. Dice onions and garlic
3. Add onions and garlic to a pan with oil on a medium heat and fry till fragrant
4. Add tomato paste and cook for a further 2 minutes
5. Add mince and fry till cooked through (skip this step if vegetarian)
6. Add beans and $\frac{1}{2}$ the seasoning and fry for 5-10 minutes
7. Add a few spoons of the bean mix to each wrap, roll up and place in a baking dish with the seam side down
8. Once all wraps have been assembled sprinkle the remaining seasoning over and then pour on the tin of tomatoes and $\frac{1}{2}$ the salsa, then sprinkle over the cheese
9. Bake at 180 for 20mins or until cheese is melted and golden
10. Serve while hot with sour cream and the remaining salsa

HOT TIPS

You can sub out the mince in this one for diced chicken.

If you like your food spicy then get a hot salsa!

You can add any extra veg you have lying around into the bean mix, just dice and add when you add the tinned beans.

This also tastes great with guac and a side salad.



Vege Gratin



4-6 servings



65 minutes

INGREDIENTS

- 2 zucchini
- 4 potatoes
- 3 onions
- 2 kumara
- 4 carrots
- 1 pumpkin
- 500ml milk (regular or plant based)
- 2 tbsp plain flour
- 50g butter
- 1 cup grated cheese

METHOD

1. Preheat oven to 180 bake
2. Slice all veg into 1-2cm disks
3. Layer all veg in a baking tray
4. Melt butter in a saucepan or small pot on a low heat
5. Add flour and whisk in
6. Add milk, turn heat up to medium and whisk until thickened (5-7 mins)
7. Turn off heat and stir in $\frac{1}{2}$ the cheese
8. Pour cheese sauce over veg, sprinkle remaining cheese on top
9. Bake for 30 minutes or until cheese is golden brown
10. Serve while hot!

HOT TIPS

You can use pretty much any combos of veg you want for this, test some things out, and see what you like!

Loaded Baked Beans



4-5 servings



30 minutes

INGREDIENTS

50g of butter

2 Onions

4-5 cloves of Garlic

200g mince (omit to make vegetarian)

1 tin of butter beans

1 tin of cannellini beans

100g Tomato paste

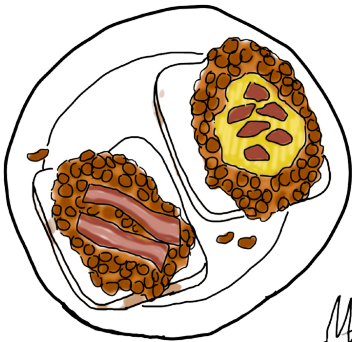
3 tbspb bbq sauce

1 tin of chopped tomatoes

1 tsp crushed chili (optional)

$\frac{1}{4}$ cup grated cheese

Hash browns or pita bread to serve

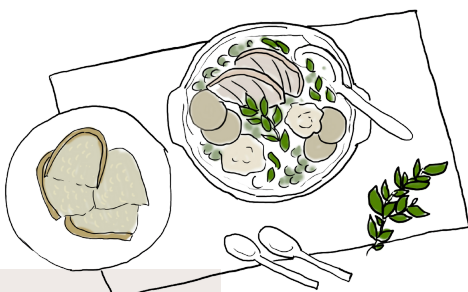


METHOD

1. Add butter, onions, garlic, and chili to a pot or large pan on a medium heat and cook for 3-5mins
2. Add mince if using and cook through (5-10mins)
3. Add tomato paste and bbq sauce and cook for a further 3mins
4. Drain and add both tins of beans and the tin of tomatoes and simmer for 10mins, stirring occasionally
5. Mix in cheese and serve with hash browns or pita bread

HOT TIPS

You can add any toppings or extras you want to this to beef it up, some great options are bacon bits, chicken, mushrooms, spinach, or a fried egg.



Boil-Up



4-6 servings



65 minutes

INGREDIENTS

- 2 - 3kgs of Bacon or Pork bones (whichever is cheapest!)
- 1 kg of Watercress or Pūhā
- 2 Large potatoes
- 1-2 Kūmara, washed, not peeled

*add salt as you cook, to make it as salty as you would like!

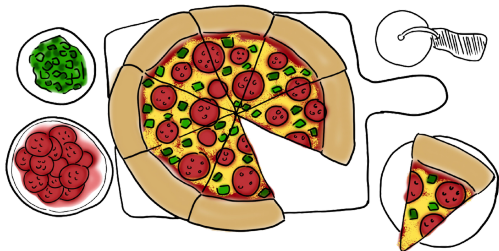
METHOD

1. Add meat into a large pot and add water so the meat is just covered. Cook on a high heat until water starts to boil, then turn heat down to medium and let simmer for an hour.
2. While the meat is cooking, wash watercress and leave to the side (chop cabbage/silverbeet if you decide to use!). Chop and quarter potatoes and kumara.
3. Remove any residue from the top of the pot and add in the potatoes and kumara.
4. Add washed watercress (or your chosen greens) to the pot and poke down with a wooden spoon
5. Leave to sit on medium - high heat for another 20 minutes and then serve with white bread and real butter for the true experience!

HOT TIPS

If you can't get watercress or Pūhā, cabbage and silverbeet are great alternatives!

You can also use pork sausages or brisket if you can't find pork/bacon bones.



Pizza



4-5 servings



2 hours

INGREDIENTS

Pizza dough:

- 4 tsp yeast
- 1 tsp white sugar
- 1 3/4 cups warm water
- 4 cups plain flour
- 1 tsp salt
- 2 tbsp olive oil

Toppings:

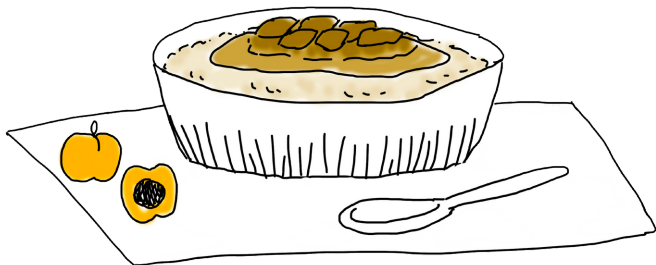
- Tomato paste or bbq sauce
- 1 cup grated cheese
- Whatever your favs are!

METHOD

1. Add yeast, water and sugar together in a small bowl and mix well. Leave for 5-10 mins until foamy
2. Sift flour and salt into a large bowl and make a well in the centre, pour the yeast mixture into the well and mix into a dough
3. Dust a chopping board or clean bench with flour and knead the dough for 5-8 minutes – if too sticky add a tsp of flour, if too dry add a tsp of water
4. Put the dough into a lightly oiled bowl and cover with plastic wrap. Leave to rise in a warm place for 45mins or until doubled in size.
5. Remove from the bowl and knead again for 3-5mins, then quarter and shape into pizza bases
6. Top with all your favourite toppings and then bake at 200 degrees for 15mins or until the cheese is melted and the crust starts to brown.

HOT TIPS

You can par-bake the bases by cooking them for 5-10 minutes at 180 degrees and then they can be frozen for up to 3 months



Apricot Chicken Couscous



4-6 servings



30 minutes

INGREDIENTS

400g diced chicken (or 1 tin of chickpeas)

2 cups couscous

1 diced onion

1 tbsp Moroccan spice mix

1 cup seasonal chopped vegetables

50-100g dried apricot.

1 tin of apricots in juice

1 tablespoon Crushed Garlic

1 teaspoon crushed ginger.

50g butter or oil

1 stock cube

1 cup of boiling water

1 teaspoon of crushed chili (optional)

METHOD

1. Add the onion, garlic, ginger and chili to a pan with some neutral oil and fry for 3-5mins or till fragrant
2. Add chicken (or drained chickpeas) and fry till cooked through, around 5-10mins
3. Add spice mix, vegetables, apricots, stock, and water, then bring to a boil
4. Add couscous and stir through
5. Turn the element off and leave to sit for 5mins before serving

HOT TIPS

You can use any seasonal veg you want or just use a bag of frozen mixed veg!