



# UCD STARTER KIT

Healthy Eating, Active Living 2025

**HEAL  
WEEK**

Healthy  
UCD



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# WELCOME TO THE STUDENT STARTER KIT

HEALTHY EATING • ACTIVE LIVING • SUSTAINABLE CHOICES

STARTING COLLEGE IS EXCITING — BUT IT CAN ALSO BE OVERWHELMING, ESPECIALLY WHEN YOU'RE LIVING AWAY FROM HOME FOR THE FIRST TIME. BETWEEN CLASSES, ASSIGNMENTS, AND SOCIAL LIFE, IT'S EASY FOR COOKING AND HEALTHY EATING TO TAKE A BACK SEAT. THAT'S WHERE THE STUDENT STARTER KIT COMES IN.



THIS GUIDE WAS DESIGNED AS PART OF HEAL WEEK TO HELP YOU COOK CONFIDENTLY, EAT SUSTAINABLY, AND LIVE WELL ON A STUDENT BUDGET — NO FANCY KITCHEN REQUIRED



# WHAT IS HEAL?

Healthy Eating and Active Living (HEAL) week is a joint initiative between Healthy UCD and students of the MSc in Dietetics and MSc in Physiotherapy programmes, aimed at promoting simple and effective ways to fuel our bodies and encourage movement. The students collaborate to design, deliver and evaluate sustainable health promotion initiatives on campus. It is a fun and informative week which is very well received throughout the campus. HEAL week takes place each November.



UCD School of Public Health,  
Physiotherapy and Sports Science





# Your Essential Cooking Kit for College Life

*Moving into res and not sure what to bring?*

Don't worry — here's a simple checklist of affordable essentials that'll help you cook healthy, sustainable meals without taking up too much space



## 🔑 Everyday Basics

These are your “must-haves” — the tools you’ll use most days. Invest in a few quality pieces that will last your entire degree

### WHAT TO GET/WHERE TO GET THEM

|                                           |                                                                     |
|-------------------------------------------|---------------------------------------------------------------------|
| <i>Saucepan &amp; frying pan</i>          | <i>IKEA, Dunnes, Argos, or ALDI “Special Buys” kitchen section.</i> |
| <i>Chopping board &amp; kitchen knife</i> | <i>Dealz, IKEA — or ask family to bring a spare from home.</i>      |
| <i>Wooden spoon / spatula set</i>         | <i>IKEA multipacks or supermarket kitchen aisles</i>                |
| <i>Baking tray</i>                        | <i>Dunnes, Tesco — reusable trays last longer.</i>                  |
| <i>Mixing bowl &amp; measuring jug</i>    | <i>IKEA or local charity shops (great for cheap kitchenware).</i>   |
| <i>Tea towel &amp; dish brush</i>         | <i>Dealz multipacks or Dunnes home aisle.</i>                       |



TIP: ONE GOOD-QUALITY PAN AND A SHARP KNIFE WILL MAKE COOKING FASTER, EASIER, AND LESS FRUSTRATING.



## Meal Prep and Storage

These items make eating well all easier — and help you live sustainably

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### ***REUSABLE CONTAINERS (2–3):***

Essential for storing leftovers, packed lunches, or meal prep for the week. You can find affordable, good-quality options in ALDI, Lidl, Tesco, or IKEA. Look for stackable or leakproof containers to save space in your res kitchen and avoid spills when carrying food to campus

 Tip: Batch cooking on Sunday saves time, money, and stress during the week





## Dining & Serving

**You'll need a few basics for eating and cleaning up — but you don't need a full set**

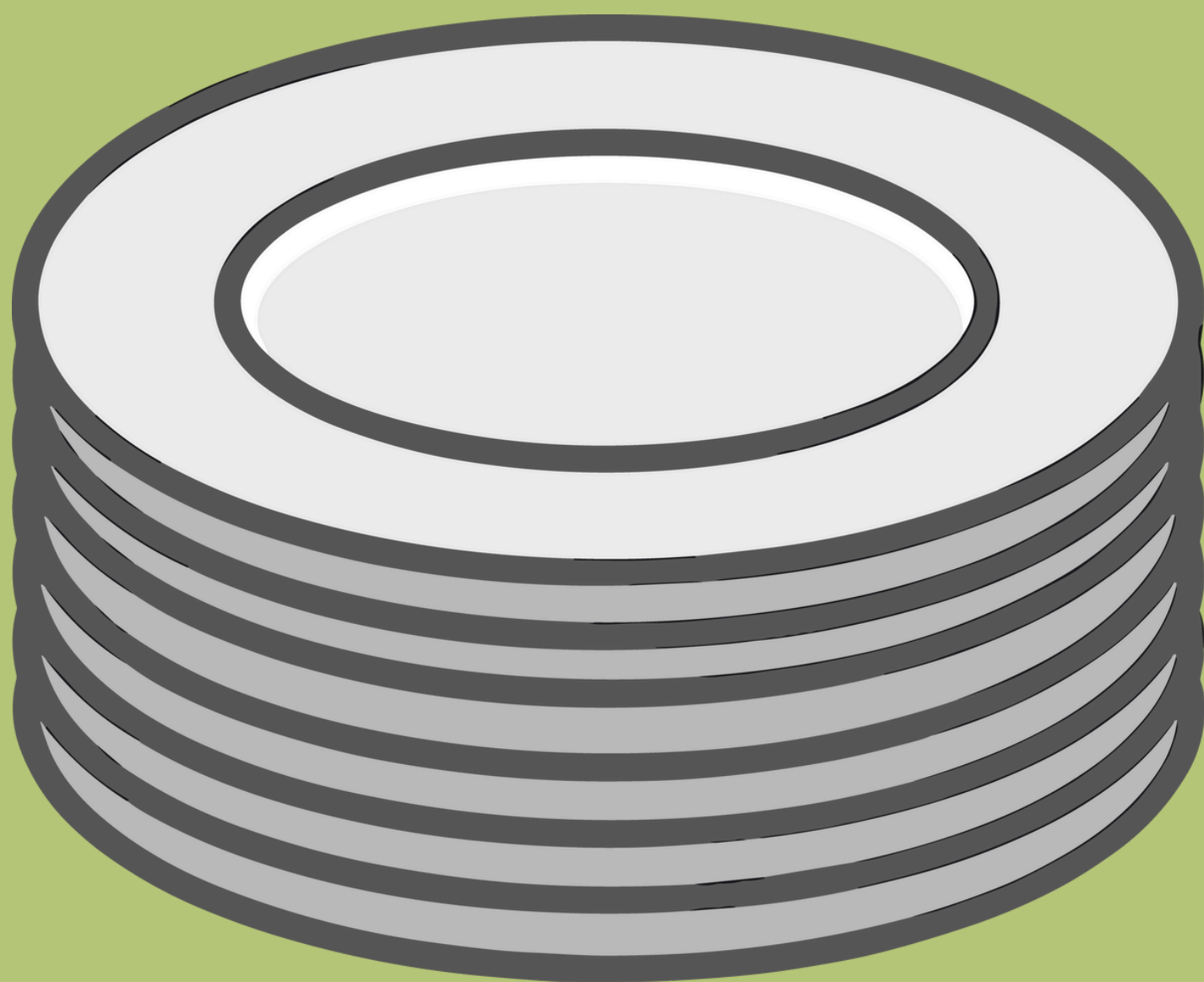
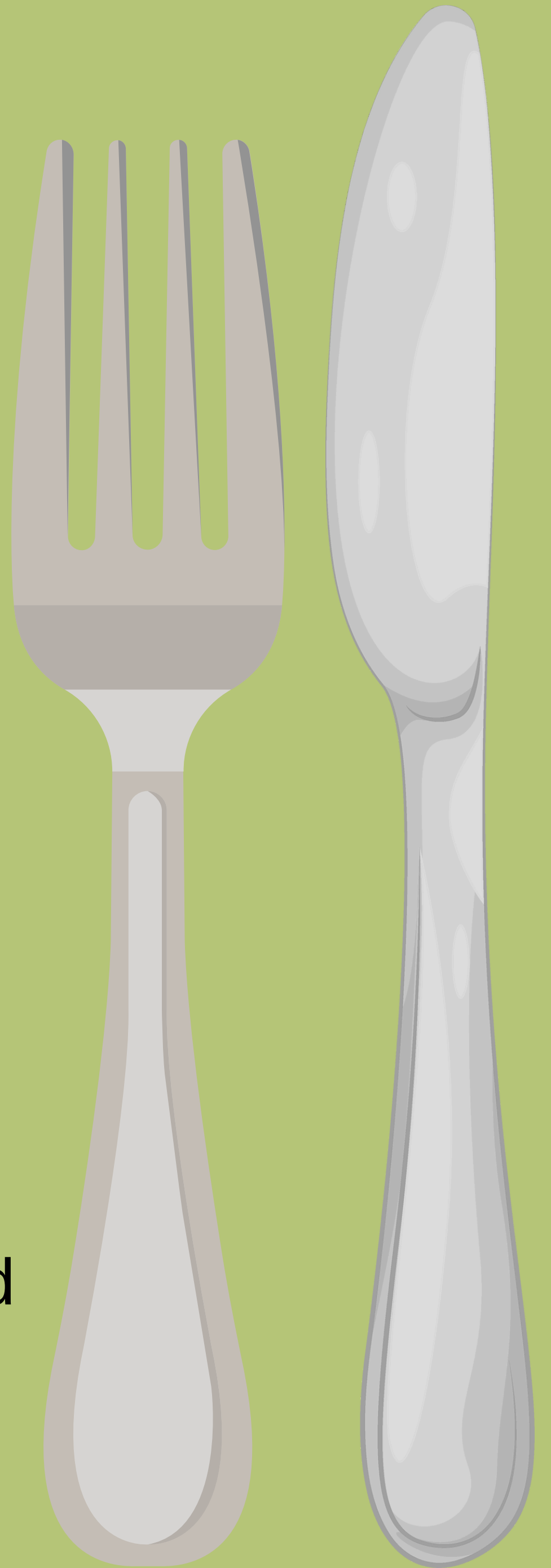
### ***What to get?***

**Plate, bowl, mug,  
cutlery set**

### ***Where to get them:***

**IKEA starter kits or  
Penneys home section  
(cheap + compact).**

 **Tip:** You don't need a full kitchen to eat well. With just a few basics, you can cook quick, healthy meals, save money, and live more sustainably — one meal at a time.



**See next page for your  
price breakdown**





# Prices of Cooking Essentials

Tesco

IKEA

Home Store + More



## How much does this cost.....

Medium Saucepan

Baking Tray

Frying Pan

Mixing Bowl

Chopping Board

Measuring Jug

Kitchen Knife

Tea Towel

Wooden Spoon

Dish Brush

Spatula

Can Opener

Reusable Containers





# Shop vs Shop

## Breakdown

Home  
Store



€123.87

Tesco

€77

Ikea

€53



Medium Saucepan  
€29.99

Frying Pan €14.99

Chopping Board €9.99

Kitchen Knife €3.99 / 5  
pk.

Wooden Spoon €6.99

Spatula €5.99

Baking Tray €4.99

Mixing Bowl €2.99-4.99

Measuring Jug €8.99

Tea Towel €6.99

Dish Brush €1.99

Can Opener €8.99

Reusable Containers  
€4.79-14.99

Medium Saucepan €18

Frying Pan €5

Chopping Board €3.50

Kitchen Knife €17 / 5  
pk.

Wooden Spoon €4.50

Spatula €4.50

Baking Tray €4.50

Mixing Bowl €1

Measuring Jug €1.50

Tea Towel €6.50

Dish Brush €3

Can Opener €4.50

Reusable Containers  
€2-3.50

Medium Saucepan €8

Frying Pan €5.50

Chopping Board €4

Kitchen Knife €6 / 4 pk.

Wooden Spoon €1.75

Spatula €1.25

Baking Tray €9

Mixing Bowl €1.50

Measuring Jug €1

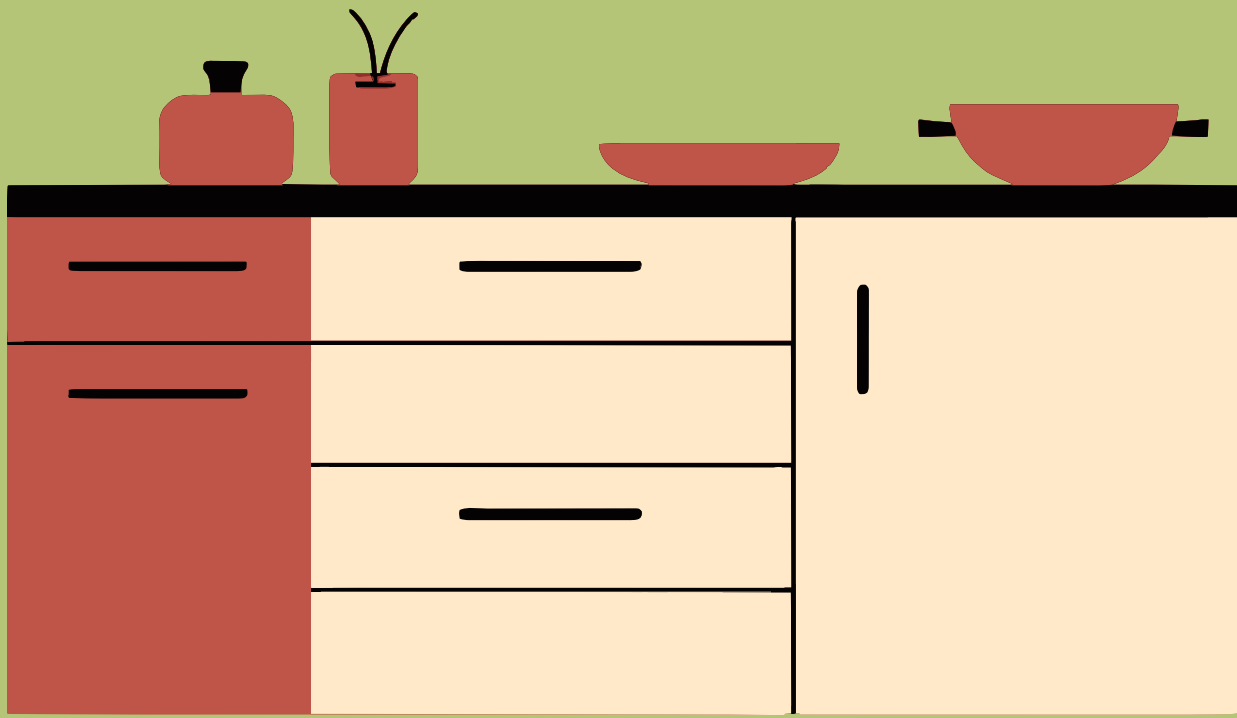
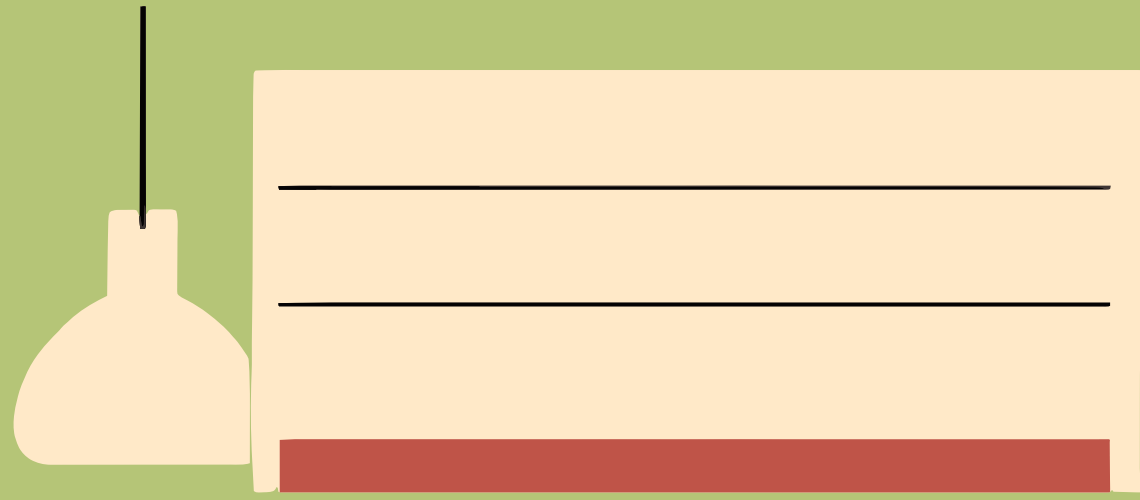
Tea Towel €3 / 4 pk.

Dish Brush €0.50

Can Opener €4.50

Reusable Containers  
€7 / 3 pk.

# Cupboard Ingredients



- OIL
- SALT
- PEPPER
- TURMERIC
- HONEY
- SOYA SAUCE
- CURRY POWDER
- VEGETABLE STOCK CUBES
- CUMIN
- PAPRIKA
- CHILI POWDER OR FLAKES
- TIN OF BLACK BEANS
- BROWN RICE
- TOMATO PASTE
- GARLIC
- OREGANO
- SPAGHETTI
- ONIONS
- LEMON JUICE



# Discounts in shops

Eating well on a student budget doesn't mean spending a fortune. Lidl, Tesco, and Dunnes Stores all offer easy ways to save money through loyalty apps, vouchers, and own-brand ranges



## TESCO





# Lidl – Lidl Plus App

How it works:

- Download the Lidl Plus app (free on iPhone & Android).
- Scan your app every time you shop to collect weekly coupons and digital scratch cards for extra discounts.
- Get access to exclusive offers like €5 off €25, or deals on fruit, veg, and bakery items.
- Regular “Middle Aisle” specials on kitchenware, reusable containers, and storage essentials — perfect for residence life.

💡 Student tip: Keep an eye on the app every Thursday — that’s when new discounts drop!

# Tesco – Clubcard

How it works:

- Sign up for a Tesco Clubcard (free online or in-store).
- Scan it at checkout to unlock Clubcard-only prices — often 10–50% cheaper than standard prices.
- Earn points for every €1 spent; convert them into money-off vouchers for future shops.
- You’ll also get exclusive discounts via the Clubcard app, including offers on essentials like bread, milk, and pasta.

💡 Student tip: Evening shoppers can also find yellow sticker reductions on fresh items close to expiry — perfect for meal prep or freezing.

# Dunnes Stores

**€10 Off €50 Vouchers**

How it works:

- Every time you spend €50, you’ll receive a €10 off your next €50 shop.
- You can stack multiple vouchers in one transaction — for example, two €10 vouchers = €20 off €100.
- Perfect for group shopping trips with housemates or stocking up on cupboard staples.
- Dunnes also offers the VALUEclub loyalty card, which gives points and personalised coupons over time.

💡 Student tip: Plan a big grocery trip with flatmates to hit €50 easily — you’ll all save and waste less by sharing food



# First Recipe

## 10 Ingredients 4 Ways

**Protein:**

1.2kg Boneless Skinless Chicken Breast,  
1kg Prawns (Use frozen)

**Carbs:**

Rice, 800g cooked (~500g raw)  
Sweet Potatoes, 5 medium

**Vegetables:**

Cauliflower, 1 large head  
Kale, 2 medium bunches  
2x Bell Peppers

**Flavour additions:**

Garlic, 16 cloves (2-3 bulbs)  
Italian Seasoning, 4 tbsp + 1 tsp  
Dried Cranberries, handfull



| Ingredients          | Tesco     | Aldi      |
|----------------------|-----------|-----------|
| 1.2kg Chicken Thighs | 12.80     | 3.62      |
| 1kg Frozen prawns    | 15.00     | 14.95     |
| Rice                 | 1.50      | 1.19      |
| 5x Sweet Potatoes    | 1.10      | 1.35      |
| 1x Cauliflower       | 1.89      | 1.89      |
| 350g Kale            | 2.70      | 2.30      |
| 2x Bell pepper       | 1.98      | 1.49      |
| Garlic               | 1.19      | 1.19      |
| Italian Seasoning    | 0.99/pack | 0.54/pack |
| Dried cranberries    | 12.50/kg  | 13.27/kg  |
| Total Price of Shop  | €51.65    | €41.79    |



# Sheet Pan Garlic & Shrimp



## INGREDIENTS

- 500g frozen shrimp, thawed
- 1/2 medium head of kale, stems removed, washed, and torn into bite-size pieces
- 2 tsp Italian seasoning
- 1 tbsp lemon juice
- 4 garlic cloves, minced
- Salt and pepper, to taste
- 2 cups cooked rice (for serving)
- Oil for cooking
- Vegan Alternative:** Tofu/ Tempeh/ oyster mushrooms can be used

## DIRECTIONS

1. Line a large sheet pan with parchment paper and pre-heat the oven to 220 Celcius.
2. In a small bowl, whisk together olive oil, Italian seasoning, lemon juice, and minced garlic. Season with salt and pepper.
3. Spread shrimp on the sheet pan. Drizzle the olive oil mixture and stir to coat.
4. Roast shrimp for about 6 minutes, until pink.
5. Remove the sheet pan from the oven and top with kale leaves. Drizzle with a small amount of oil and season with salt. Return to the oven and continue baking for another 5-6 minutes, or until kale is crispy and starting to brown on the edges.
6. Serve over rice.

## PER SERVING

| ENERGY   | FAT     | CARBS    | FIBRE    | PROTEIN  |
|----------|---------|----------|----------|----------|
| 289kcal  | 2.4G    | 35G      | 2.7G     | 30G      |
| %RI: 14% | %RI: 3% | %RI: 23% | %RI: 11% | %RI: 60% |

%RI = RECOMMENDED DAILY INTAKE

Serves: 3  
Allergens: **Crustations**  
Price per portion- €3.07

# Garlic Fried Rice with Shrimp



## INGREDIENTS

- 500g shrimp, shell and tail removed
  - 1 garlic clove, minced
  - 1/2 a medium head of kale
  - 5 garlic cloves, finely chopped
  - 2 cups cold rice
  - 1 tbsp lemon juice
  - Salt and pepper, to taste
  - Sriracha (optional, for serving)
  - Oil for cooking
- Vegan Alternative:** use Tempeh/ Edamame

## DIRECTIONS

- Drizzle 1 tbsp oil in a pan over medium heat. Add shrimp, season with salt and pepper, and sauté until pink and cooked through. Add minced garlic clove and kale. Season with salt and pepper. Sauté until kale has wilted. Remove from pan and set aside.
- Pour the remaining 2 tbsp oil into the pan. Sauté chopped garlic over low-medium heat for ~3 mins until just starting to brown. Remove garlic, keeping oil in the pan.
- Add cold rice, breaking apart with a wooden spoon and spreading it into a thin layer. Let the rice cook undisturbed for ~4 minutes. Stir and cook for another 4 mins. Repeat until the rice has crispy bits throughout.
- Add garlic, shrimp, and kale back to the pan. Drizzle with lemon juice and mix until combined and evenly heated through.
- Serve alone or with sriracha.

## PER SERVING

| ENERGY   | FAT     | CARBS    | FIBRE    | PROTEIN  |
|----------|---------|----------|----------|----------|
| 303KCAL  | 3.7G    | 35G      | 2.6G     | 30G      |
| %RI: 15% | %RI: 5% | %RI: 14% | %RI: 10% | %RI: 60% |

Serves: 3  
Allergens: **Crustations**  
Price per portion- €3.07



# Sweet Potato, Kale Salad with Chicken



## INGREDIENTS

2 medium sweet potatoes, cut into 1 inch cubes

1 bell pepper, cut into 1 inch pieces

200g cauliflower florets

1 bunch of kale

Handfull dried cranberries

600g chicken thigh

2 tbsp Italian seasoning

Salt and pepper, to taste

Dressing:

- 1 tbsp olive oil
- 60g lemon juice
- 1 clove garlic, minced

**Vegan Alternative:** Lentils/ Chickpeas/ Tofu

## DIRECTIONS

1. Preheat oven to 220 Celcius.

2. Dressing: combine dressing ingredients in a small bowl. Drizzle over salads immediately before serving.

3. Salad: Wash kale, remove stems and tear into bite-sized pieces & place in bowl. Top with cauliflower florets and dried cranberries.

4. Spread cubed sweet potato and pepper pieces on a parchment-lined baking sheet. Drizzle with olive oil and season with 1 tbsp Italian seasoning, salt, and pepper, to taste. Roast for ~30 minutes, or until easily pierced with a fork. Divide between four salads.

5. Chicken: rub chicken breast with oil and press on 1 tbsp Italian seasoning. Grill until cooked through. Slice and divide.

## PER SERVING

| ENERGY   | FAT      | CARBS    | FIBRE    | PROTEIN  |
|----------|----------|----------|----------|----------|
| 459KCAL  | 20G      | 28G      | 5.6G     | 40G      |
| %RI: 23% | %RI: 29% | %RI: 11% | %RI: 22% | %RI: 80% |

Serves: 3

Allergens: ***Sulphites***

Price per portion- €3.00

# One-Pan Baked Chicken



## INGREDIENTS

- 600g boneless skinless chicken breast
- 2 medium sweet potatoes, cut into 1 inch cubes
- 400g cauliflower florets
- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp Italian seasoning
- Salt and pepper, to taste
- Vegan Alternative:** Tofu/ Chickpeas can be used

## DIRECTIONS

1. Preheat the oven to 180 Celcius.
2. Add the potatoes, chicken, and cauliflower to a large baking pan. Drizzle with olive oil and season with garlic, Italian seasoning, salt, and pepper.
3. Bake for ~50 minutes, or until chicken is fully cooked, and both cauliflower and potatoes are easily pierced with a fork.

## PER SERVING

|                   |             |              |               |                |
|-------------------|-------------|--------------|---------------|----------------|
| ENERGY<br>466KCAL | FAT<br>9.5G | CARBS<br>38G | FIBRE<br>7.3G | PROTEIN<br>54G |
| %RI: 23%          | %RI: 14%    | %RI: 15%     | %RI: 29%      | %RI: 108%      |

Serves: 3  
Allergens: **None**  
Price per portion- €1.55



# Second Recipe

## Vegetarian Curry 3 Ways

### **Veg Base Ingredients:**

3 onions, 3 cloves garlic, thumb-sized piece ginger, 2 red peppers, 1 lime, 200g of frozen spinach

### **Cupboard Ingredients:**

Tin of chickpeas, tin of coconut milk. tofu, honey, soya sauce, olive oil

### **Spices:**

Salt & Pepper, ground turmeric, curry powder, red thai curry paste

# Second Recipe

## Vegetarian Curry 3 Ways

| Ingredients               | Tesco  | Aldi   |
|---------------------------|--------|--------|
| 3 onions                  | 1.49   | 1.49   |
| Garlic                    | 0.49   | 0.30   |
| Ginger                    | 0.60   | 0.50   |
| 2 Red Peppers             | 1.98   | 1.49   |
| 1 Lime                    | 0.45   | 0.40   |
| 200g of frozen spinach    | 1.50   | 0.99   |
| Tin of chickpeas          | 0.43   | 0.60   |
| Tin of light coconut milk | 0.95   | 0.90   |
| Tofu (pack)               | 3.20   | 2.79   |
| Plain Yoghurt             | 1.29   | 0.65   |
| Honey                     | 1.27   | 1.89   |
| Soya Sauce                | 0.95   | 0.85   |
| Curry Powder              | 0.95   | 0.99   |
| Tumeric Powder            | 0.95   | 0.69   |
| Red Thai Curry Paste      | 2.30   | 1.49   |
| Total Price of Shop       | €17.85 | €16.00 |



# Red Thai Chickpea Curry



## INGREDIENTS

- 1 onion
- 1 clove of garlic
- Piece of minced ginger
- 1 pepper
- ½ tin of coconut milk
- ½ can of chickpeas
- Juice of ½ lime
- 1 tbsp of soya sauce
- 2 tbsp of thai red curry paste

## DIRECTIONS

1. Dice the onion, mince the garlic and ginger and cut the pepper into strips
2. Fry all the veg in a pan for 5 mins, add the red curry paste and season with salt and pepper
3. Add in all the other ingredients, bring to the boil and simmer
4. Serve with rice

## PER SERVING

| ENERGY                | FAT            | CARBS           | FIBRE            | PROTEIN          |
|-----------------------|----------------|-----------------|------------------|------------------|
| 489 KCAL<br>%RI = 24% | 10G<br>%RI=14% | 78G<br>%RI= 30% | 9.2G<br>%RI= 37% | 16G<br>%RI = 32% |

Serves: 2  
Prep Time: 10 minutes  
Cooking time: 20 minutes  
Allergens: **Gluten, Soya, Crustaceans & Sulphites**  
Price per portion- €1.59



# Yellow Coconut Chickpea Curry



## INGREDIENTS

1 onion  
1 clove of garlic  
Piece of minced ginger  
·1 pepper  
·½ tin of coconut milk  
·½ can of chickpeas  
Juice of ½ lime  
1 tbsp of soya sauce  
1 tbsp of honey  
1 tsp ground turmeric  
1 tbsp curry powder

## DIRECTIONS

1. Dice the onion, mince the garlic and ginger and cut the pepper into strips
2. Fry all the veg in a pan for 5 mins, add the curry powder, tumeric and season with salt and pepper
3. Add in all the other ingredients, bring to the boil and simmer
4. Serve with rice

## PER SERVING

| ENERGY                | FAT             | CARBS           | FIBRE           | PROTEIN         |
|-----------------------|-----------------|-----------------|-----------------|-----------------|
| 504 KCAL<br>%RI = 25% | 9.6G<br>%RI=14% | 84G<br>%RI= 32% | 10G<br>%RI= 40% | 15G<br>%RI= 30% |

Serves: 2

Prep Time: 10 minutes

Cooking time: 20 minutes

Allergens: **Gluten, Soya, Crustaceans, Sulphites**

Price per- portion- €1.40



# Spinach and Tofu Curry



## INGREDIENTS

- 1 onion
- 1 clove of garlic
- Piece of ginger
- 200g frozen spinach
- 1 tbsp of soya sauce
- 1 tsp of honey
- 200g of tofu
- 100g of plain yoghurt
- 1 tbsp of curry powder

## DIRECTIONS

1. Dice the onion, mince the garlic and ginger, add to a pan and fry for 5 mins
2. Blend spinach, yoghurt, curry powder, chilli flakes, soya sauce, honey, salt and pepper. Add to pan.
3. Slice the tofu into cubes and add to the pan, cook everything for 10 minutes.
4. Serve with rice

## PER SERVING

| ENERGY    | FAT    | CARBS    | FIBRE    | PROTEIN   |
|-----------|--------|----------|----------|-----------|
| 312 KCAL  | 6G     | 43G      | 4.7G     | 19G       |
| %RI = 16% | %RI=9% | %RI= 17% | %RI= 19% | %RI = 38% |

Serves: 2  
Prep Time: 10 minutes  
Cooking time: 20 minutes  
Allergens: **Gluten, Soya, Sulphites**  
Price per portion- €2.00

# Third Recipe

## Lentil Vegetarian Recipes

### Veg Base Ingredients:

3 onions, 3 cloves garlic, Thumb-sized piece ginger, 2 red peppers, 1 lime, 200g of frozen spinach

### Cupboard Ingredients:

Tin of chickpeas, tin of coconut milk. tofu, honey, soya sauce, olive oil

### Spices:

Salt & Pepper, grond tumeric, curry powder, red thai curry paste

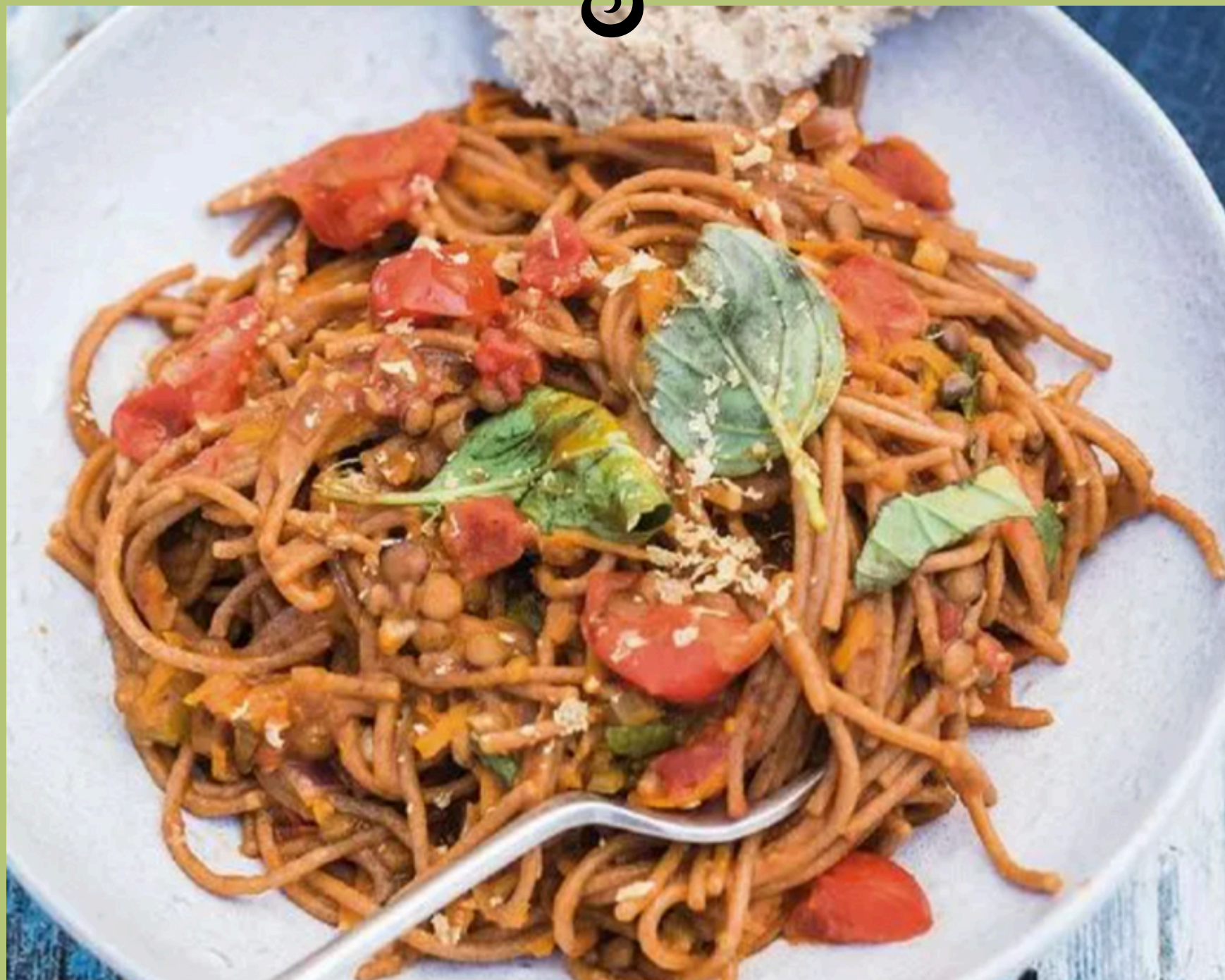


| Ingredients               | Tesco (€) | Aldi (€) |
|---------------------------|-----------|----------|
| 1 onion                   | 0.61      | 1.49     |
| Garlic                    | 0.49      | 0.30     |
| 1 carrot                  | 0.13      | 0.10     |
| Celery                    | 1.05      | 0.99     |
| Pack of cherry tomatoes   | 1.09      | 2.29     |
| 1 tin of lentils          | 0.95      | 0.90     |
| 2 vegetable stock cubes   | 0.46      | 0.49     |
| 2 tin of chopped tomatoes | 2.00      | 0.78     |
| Spaghetti                 | 0.59      | 0.59     |
| Lemon                     | 0.45      | 0.30     |
| Soya Sauce                | 0.95      | 0.85     |
| Curry Powder              | 0.95      | 0.99     |
| Total Price of Shop       | €9.72     | €10.07   |



# Lentil Spaghetti

## Bolognese



### INGREDIENTS

½ onion  
2 cloves garlic  
½ carrot  
2 celery sticks  
Small handful of cherry tomatoes  
½ tin of lentils  
500ml vegetable stock  
1 tin of chopped tomato  
200g spaghetti  
Juice of ½ lemon  
1 tbsp soy sauce  
Salt & pepper to taste

### DIRECTIONS

1. Dice the onion and garlic. Finely chop the carrot and celery and half the tomatoes
2. Drain and rinse the lentils
3. In a large pot fry the onion, garlic, carrot and celery for 3 mins
4. Add the rest of the ingredients including the spaghetti
5. Bring to the boil, then reduce to a simmer
6. Let it cook for 10-15 mins, until the spaghetti is cooked.
7. Can be topped with cheese or fresh basil

### PER SERVING

| ENERGY    | FAT    | CARBS    | FIBRE    | PROTEIN   |
|-----------|--------|----------|----------|-----------|
| 427 KCAL  | 4G     | 67G      | 17G      | 21G       |
| %RI = 21% | %RI=6% | %RI= 26% | %RI= 68% | %RI = 42% |

Serves: 2

Prep Time: 10 minutes

Cooking time: 20 - 25 minutes

Allergens: **Gluten, Soya, Celery**

Price per portion- €1.58



# Lentil Soup



## INGREDIENTS

- ½ onion
- 2 cloves of garlic
- ½ carrot
- 2 celery sticks
- Small handful of cherry tomatoes
- ½ tin of lentils
- 800ml vegetable stock
- 1 tin of chopped tomato
- 1 tbsp curry powder
- 1 tbsp soy sauce
- Salt & pepper to taste

## DIRECTIONS

1. Dice the onion and garlic. Chop the carrot and celery into bite sized pieces and half the cherry tomatoes
2. Drain the lentils
3. In a large pot, add the oil, fry the onions and garlic on a high heat for 4 mins.
4. Add the carrots and celery - put the lid on the pot and cook for 5-10mins
5. Add the rest of the ingredients, bring to the boil and reduce to simmer for 30 minutes, stirring regularly.
6. Serve with bread

### PER SERVING (EXCLUDING BREAD)

| ENERGY    | FAT    | CARBS    | FIBRE    | PROTEIN   |
|-----------|--------|----------|----------|-----------|
| 219 KCAL  | 3.2G   | 29G      | 13G      | 12G       |
| %RI = 11% | %RI=5% | %RI= 11% | %RI= 52% | %RI = 24% |

- Serves: 2
- Prep Time: 10 minutes
- Cooking time: 40 minutes
- Allergens: **Gluten, Soya, Celery**
- Price per portion- €1.53



# Fourth Recipe

## Chicken and Rice Bowls

### **Veg Base Ingredients:**

2 brown onions (1 for each recipe), 2 cloves fresh garlic (plus optional extra if you like), 1 tomato, diced

Optional toppings: 1 red pepper (for colour and crunch in the Mexican bowl), 1 tbsp lime juice (fresh or bottled), Jalapeños (optional for spice)

### **Cupboard Ingredients:**

2 cups white or brown rice (uncooked), 1 tin black beans (or any beans, drained), Cooking oil (e.g. sunflower or olive oil), Plain Greek yoghurt (approx. 2 heaped tbsp for shawarma + extra for topping/sauce)

Optional: cheese for topping (any melting type)

### **Spices:**

Salt & Pepper, Salt, 1 tsp paprika, ½ tsp cumin (for shawarma) + 1 tsp cumin (for burrito bowl), ½ tsp turmeric, 1 tsp chilli powder (or paprika substitute),

Optional: black pepper

### **Meat:**

- 500 g chicken thighs (deboned) or breast, sliced (for shawarma)
- 500 g cooked chicken (can reuse leftover shawarma chicken or deli meat for burrito bowl)

# Fourth Recipe

## Chicken and Rice Bowls



| Ingredient                              | Tesco<br>~ Price<br>(€) | Aldi<br>~ Price<br>(€) |
|-----------------------------------------|-------------------------|------------------------|
| 2 brown onions                          | 1.49                    | 1.19                   |
| 1 garlic (bulb price not found)         | 1.19                    | 0.69                   |
| 1 tomato                                | 1.29                    | 2.49                   |
| 2 cups white or brown rice<br>(≈0.5 kg) | 2                       | 2                      |
| 1 tin black beans                       | 0.95                    | 0.99                   |
| Cooking oil (e.g.<br>sunflower/olive)   | 3                       | 1.49                   |
| 500g plain Greek yoghurt                | 1.35                    | 0.99                   |
| Salt                                    | 1                       | 0.45                   |
| Pepper                                  | 1                       | 1.45                   |
| Paprika/chilli powder                   | 1                       | 0.69                   |
| Cumin                                   | 1                       | 0.69                   |
| Turmeric                                | 1                       | not<br>available       |
| 400-500 g chicken thighs                | 5                       | 3.99                   |
| 500 g chicken breast                    | 5                       | 5.79                   |
| Cheddar cheese                          | 2.5                     | 1.99                   |
| 1 red pepper                            | 1                       | 0.99                   |
| 1 tbsp lime juice                       | 1                       | 1.29                   |
| Jalapeños                               | 1                       | 0.79                   |



# Middle Eastern Chicken Shawarma Rice Bowl



## INGREDIENTS

- 500 g chicken thighs (deboned) or breast, sliced
- 2 cups rice (white or brown)
- 2 heaping tbsp plain greek yoghurt
- 2 tbsp cooking oil, eg sunflower
- 2 cloves fresh garlic
- 1 tsp paprika
- ½ tsp cumin
- ½ tsp turmeric
- ½ tsp salt
- 1 brown onion

## DIRECTIONS

1. Mix yoghurt, oil, and all spices in a bowl to make a marinade.
2. Add chicken and marinate in the fridge for at least 30 minutes.
3. Cook rice as per packet instructions.
4. Slice an onion and sauté in oil until softened.
5. Add the marinated chicken and cook with the onion

Serve with rice, top with the chicken mixture and yoghurt

## Lunch reuse idea:

Turn leftovers into shawarma wraps or panini.

Or make a cold shawarma rice salad with added chopped cucumber

## PER SERVING

| ENERGY  | FAT    | CARBS  | FIBRE  | PROTEIN |
|---------|--------|--------|--------|---------|
| 656KCAL | 17G    | 57G    | 13G    | 62G     |
| RI%=33  | RI%=24 | RI%=22 | RI%=52 | RI%=124 |

Serves: 3-4  
Cooking time: 30 minutes,  
Marinating time: 30min  
Allergens: **Milk**  
Price per portion- €2.33



# Mexican Chicken Burrito Bowl



## INGREDIENTS

500g cooked chicken (can reuse leftover shawarma chicken)

2 cups white or brown rice

1 tsp cumin

1 tsp paprika or chilli powder

1 tin black beans (drained)

1 brown onion, chopped

1 tomato, diced

Cooking oil e.g. sunflower

Optional topping choices:  
cheese, 1 tbs lime juice, sliced red pepper, jalapenos

## DIRECTIONS

1. Cook rice according to packet instructions
2. Slice the onion and fry with oil in a pan
3. Add in the spices, beans, and chicken and mix it is all hot
4. To assemble the bowl layer rice, chicken-bean mix, tomato, and toppings
5. Serve warm or cold.

### Lunch reuse idea:

Roll the rice-chicken-bean mix into burritos or wraps for easy packed lunches.  
Or serve cold as a rice and bean salad with lemon juice and yoghurt

## PER SERVING

| ENERGY  | FAT   | CARBS  | FIBRE  | PROTEIN |
|---------|-------|--------|--------|---------|
| 473KCAL | 4.8G  | 43G    | 6.4G   | 61G     |
| RI%=24  | RI%=7 | RI%=17 | RI%=26 | RI%=122 |

Serves: 3-4

Time: 35 minutes

Allergens: ***Sulphites***

Price per portion: €2.98



# Fifth Recipe

## Beef Bolognese

**Fresh Ingredients:**

1 large onion, 4 cloves of garlic, 200g mushrooms, 1 large carrot, mozzarella, optional parmesan, mince (400g)

**Cupboard Ingredients:**

x2 tins of chopped tomatos, olive oil, x1 veg stock cube, tomato paste, spaghetti

**Spices:**

Salt, pepper, dried basil, dried oregano

| Ingredients                | Tesco               | Aldi             |
|----------------------------|---------------------|------------------|
| 1 onion                    | 0.18                | 0.43             |
| Garlic                     | 0.49                | 0.30             |
| 200g Mushrooms             | 1.29                | 1.19             |
| 2 Red Peppers              | 1.99                | 1.99             |
| 1 carrot                   | 0.13                | 0.13 (0.75/pack) |
| x2 tins of chopped tomatos | 2.00                | 0.78             |
| 400g of lean mince         | 6.00                | 4.49             |
| 2 tbsp tomato paste        | 1.00                | 0.62             |
| 160g spaghetti             | 0.59                | 0.59             |
| Parmesan                   | 2.09                | 2.99             |
| 1 veg stock cube           | Cupboard Ingredient |                  |
| Total Cost                 | €15.21              | €11.85           |

# Beef Bolognese



## INGREDIENTS

- 1 large onion, finely diced
- 4 garlic cloves, crushed
- 200g mushrooms, sliced
- 1 large carrot, finely chopped
- 1 tbsp dried basil
- 1 tbsp dried oregano
- X2 400g tinned chopped tomatoes
- 400g of lean mince
- 1 veg stock cube/pot
- 2 tbsp tomato paste
- 160g wholemeal spaghetti
- Use leftover bolognese for stuffed pepper recipe

## DIRECTIONS

1. Finely dice the onion, crush the garlic, slice the mushrooms and chop the carrot
2. In a large pot, fry the onion and garlic for 5 mins.
3. Add in the mince and cook until brown.
4. Add the carrots, mushrooms and herbs and fry together for a few minutes until they soften
3. Add the tinned tomatoes and vegetable stock cube/pot, tomato puree and mix together. Place a lid of top and cook on a medium/high heat for 15 minutes until the it starts to thicken, stir it every 5 minutes
- 4.Boil the spaghetti as per packet instructions.
5. Serve the bolognese sauce on top/ mix into the pasta and enjoy.
6. Keep leftover bolognese for stuffed peppers recipe

## PER SERVING

| ENERGY   | FAT      | CARBS   | FIBRE     | PROTEIN  |
|----------|----------|---------|-----------|----------|
| 383 KCAL | 8.9G     | 39G     | 9.1G      | 31G      |
| RI= 19%  | RI= 8.9% | RI =15% | RI% = 36% | RI = 62% |

Serves: 2  
Time: 20 minutes  
Allergens: **Gluten, Celery, may contain eggs**  
Price Per Portion: €2.80



# Bolognese Stuffed Peppers



## INGREDIENTS

- Leftover bolognese mix
- X2 Peppers
- olive oil
- 60g Mozzarella
- Optional: grated parmesan

## DIRECTIONS

1. Preheat the oven to 200 degrees celsius. Brush the peppers (inside and outside) with 1 tablespoon of the olive oil and sprinkle with a big pinch of salt and pepper.
2. Place the peppers on a baking sheet and roast for 15- 20 minutes.
3. Remove the peppers from the oven. Fill the peppers with the bolognese mixture. Top with the grated cheese. Stick them back in the oven for 15 minutes until the cheese is melted.
4. Remove and optional top with parmesan before serving

## PER SERVING

| ENERGY   | FAT      | CARBS   | FIBRE    | PROTEIN  |
|----------|----------|---------|----------|----------|
| 474 KCAL | 22G      | 25G     | 8G       | 39G      |
| RI = 15% | RI = 12% | RI = 8% | RI = 30% | RI = 54% |

Serves: 2  
Cook: 30 mins - bologese mix prepared from previous recipe  
Allergens: **Celery, may contain eggs**  
Price Per Portion: €3.79

# Sixth Recipe

## Tomato & Feta Pasta/Frittata

**Veg + Dairy Base Ingredients:**

500g cherry tomatos, x1 bag of spinach, x1 red pepper, x1 pack spring onion, fresh basil, x2 garlic cloves, 200g feta cheese, 15g cheddar cheese, 3 medium eggs

**Cupboard Ingredients:**

160g pasta, olive oil, x1 veg stock cube, tomato paste, spaghetti

**Spices:**

Salt, pepper, dried oregano, chilli flakes

| Ingredients            | Tesco               | Aldi   |
|------------------------|---------------------|--------|
| x1 Pack Onion          | 1.49/3              | 1.29   |
| Garlic Cloves          | 1.19                | 1.19   |
| x2 Pack Cherry Tomatos | 1.09                | 4.58   |
| x1 Red Pepper          | 1.99                | 1.99   |
| 200g Bag of Spinach    | 1.39                | 1.39   |
| x1 pack Fresh Basil    | 0.99                | 0.99   |
| Pack of Feta Cheese    | 1.79                | 1.94   |
| Pack of Medium Eggs    | 2.09                | 2.09   |
| Pack of pasta          | 1.45                | 1.35   |
| x1 Dried Oregano       | Cupboard ingredient |        |
| x1 Pack Chilli Flakes  | Cupboard ingredient |        |
| Total Cost             | €14.57              | €18.80 |



# Tomato & Feta Pasta



## INGREDIENTS

- 160g pasta
- 100g feta cheese
- 250g cherry tomatos
- 1 tsp chilli flakes
- ½ pack fresh Basil
- 2 garlic cloves
- 100g Spinach (1/2 bag)
- 2 tbsp olive oil

## DIRECTIONS

1. Cook pasta, drain, and set aside.
2. Heat a medium to large pan over medium heat.
3. Add cherry tomatoes, olive oil, salt, black pepper, and oregano.
4. Stir well and cook until the tomatoes are tender, about 15 minutes.
5. Add the block of feta cheese, drizzle olive oil on top, sprinkle with oregano and chili flakes, and cook until the feta softens.
6. Break the feta with a wooden spoon and mix everything together.
7. Add minced garlic and mix well.
8. Add fresh basil and spinach - the residual heat will wilt the spinach 1–2 minutes..
9. Add the cooked pasta and stir until everything is well coated

## PER SERVING

| ENERGY  | FAT      | CARBS   | FIBRE   | PROTEIN |
|---------|----------|---------|---------|---------|
| 433KCAL | 25G      | 34G     | 5G      | 16G     |
| RI =22% | RI = 36% | RI =13% | RI =19% | RI=32%  |

- Serves: 2
- Cook: 45 mins
- Allergens: **Gluten, Eggs, Milk**
- Price Per Portion: €2.85



# Tomato & Feta Frittata



## INGREDIENTS

- 250g cherry tomatoes
- 3 medium eggs
- 15g cheddar cheese
- 30g feta cheese
- 100g spinach (1/2 bag)
- ½ pack fresh basil
- x1 red pepper
- x1 onion
- 1 tsp oregano
- Salt & pepper
- Add any leftover veggies

## DIRECTIONS

1. Add olive oil to a small non-stick frying pan over medium heat.
2. Chop the veggies and add red pepper, onion, spinach, and tomatoes. Cook for 2–3 minutes until soft.
3. Beat eggs with oregano, salt, and pepper. Pour into the pan over the veggies.
4. Sprinkle feta on top
5. Lower the heat, cover with a lid, and cook for 5–7 minutes until the eggs are set.
6. Slide onto a plate and enjoy warm.

## PER SERVING

| ENERGY  | FAT      | CARBS   | FIBRE    | PROTEIN  |
|---------|----------|---------|----------|----------|
| 321KCAL | 19G      | 12G     | 5G       | 22G      |
| RI= 16% | RI = 27% | RI = 5% | RI = 20% | RI = 44% |

Serves: 2  
Cook: 45 mins  
Allergens: **Eggs, Milk**  
Price Per Portion: €3.04



