

Student Cookbook



A delicious collection of recipes
from our student community

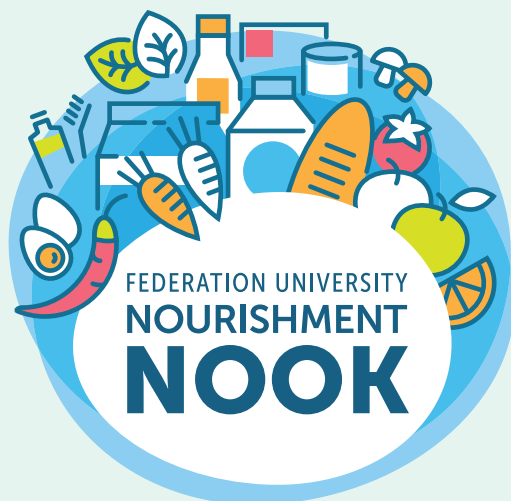


Welcome to the Federation University Student Cookbook

We'd like to say a big thank you to all the students who helped create it by taking the time to submit recipes. There's a huge variety, but you don't need to be an expert in the kitchen to cook these meals – most of them are quick and easy to make. Which is just what you need when you're busy studying.

We also understand that for many of our students, finding the money to pay for groceries is an ongoing struggle. Our on-campus Nourishment Nook is making life a little easier by providing free food. We stock lots of pantry staples (core ingredients in many of the recipes). For more information about the Nourishment Nook and how you can access it, visit the Federation website.

We hope you try out some of these recipes and enjoy eating them with your family, fellow students, housemates and friends.



Learn more about
the Nourishment Nook

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Acknowledgments

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Recipes supplied by Federation University staff and students.

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Contents

Special guest submission from 'Nat's What I Reckon': Doesn't Suck, Simple Tomato Pasta	2
Special guest submission from Duncan Bentley: Butternut and Chickpea Korma	6
Butter Chickpeas	8
Banana and Mixed Berry Bread	9
Korean Fire Chicken	10
Tofu Bibim Guksu	11
Peanut Turkey Stir-Fry	12
Comfort Pasta	13
Broccoli and Bacon Bucatini	15
Garlic Butter Chicken	16
Butter-Infused Spicy Egg Pasta	17
Thai Green Noodle Salad	18
Cauliflower Salad	19
Chicken and Zucchini Pasta Bake	20
Special guest submission from Kelsey Weight: Overnight Oats	21
Food Facts by Kelsey Weight	22
Milk Pot-Au-Feu	24
Macaroni and Cheese (Grandma's Recipe)	25
Sour and Creamy Eggplant	26
Gnocchi Bolognese Bake	27
Basque Cheesecake	28
Pork with Garlic Sauce	29
Indo-Chinese Chilli Chicken	31
Thai Red Curry	32
Carrot and Apple Muffins	33
Tuna Melt	34
Indian Chickpeas	35
Shepherd's Pie	36
The Trick	37
Quick and Delicious Stir-Fry	38
Salty Egg Chicken Wings	40
Meatless Meatballs	41
Mozzarella Spaghetti	42
Nourish Bowl	43
Rainbow Sandwich	44
Avocado Toast and Indian Tea	45



**Nat – Aussie
comedian, musician,
social commentator,
mental health advocate
and star of YouTube
channel 'Nat's
What I Reckon'.**

Quick Chat Thingo

How many times have you made yourself a simple pasta sauce and thought, "Well, this tastes nothing like I wanted it to", and kinda wondering where you went wrong? I have certainly been there before, you're not on your own champion.

Never fear mate, I got ya back here with a simple winner that doesn't take as long as trimming the lawn with scissors to throw together.

It can be used as a base for lots of other things aside from pasta – as a pizza sauce base, served with grilled chicken – it's also really great for ruining ice cream. Feel free to mess around with it too, it loves to hang with lots of additions, eg: chilli, mushroom, bacon, a splash of cream or milk also works, even though I know that sounds super weird to some people.

So go forth champion and slay dinner with this sauce recipe, and hey, if it sucks you can just blame me.



YouTube @NatsWhatIReckon

Instagram @nats_what_i_reckon

Doesn't Suck, Simple Tomato Pasta

Ingredients

2 tins whole / diced tomatoes
(1kg ripe fresh tomatoes)
1 onion, diced
1 clove garlic, roughly diced
1 cup chicken / veggie stock /
water
1 tbsp butter or a plant-
based alternative
Olive oil (optional)
Salt and pepper
1–2 tsp brown sugar to taste

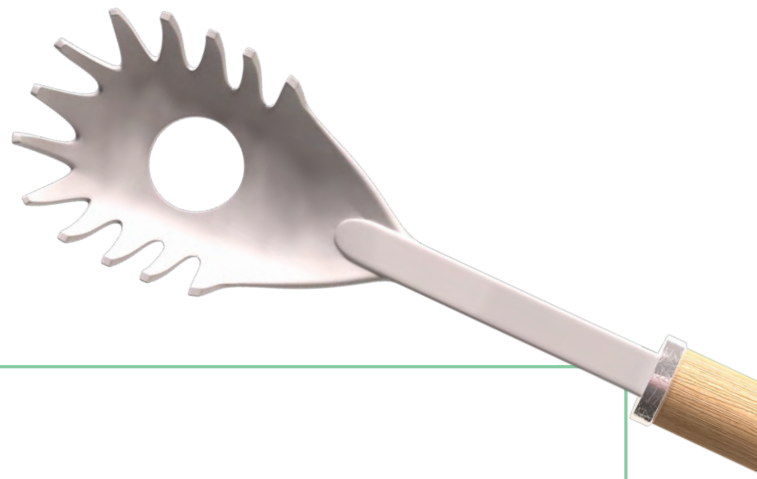
Other optional additions

2 bird's eye chillies
Fresh basil
Rosemary
1 tbsp tomato paste (for
more rich tomato flavour)
Ya fav pasta
Splash of milk at the end
Grated parmesan cheese
Whatever you're feelin'

Directions

1. Fill a pot with good old plain water, fang in a pinch of salt and get that champion on the boil for your pasta in a sec.
2. If you are using fresh tomatoes, cut them up roughly, removing that green hat it's wearing. If you can be bothered, I like to squeeze the seeds out to keep it sweeter. Set those aside.
3. Chop up your garlic. Seriously champion, please don't stress about dicing the garlic super fine, in fact, a rougher chop will stop it from burning and save you from wasting your time.
4. Onion, once you've peeled it, chop it however ya like. I personally like to dice them more on the finer side, but that is because I like to carry on.
5. Bung a pan on the stove, crank it to about a medium heat – even low is fine to play it safe – but avoid that high setting.
6. Melt some butter / plant-based alternative in a pan with a splash of olive oil if you like (it also works fine without the oil, but it can help prevent the butter from burning and tasting less rad and more like burning).
7. Now, into the pan with the onions and garlic (and chillies if you've decided to party). Cook this nice and gently, being careful not to burn things. If it is too hot or smoking just take the pan off the heat or turn the heat down until it chills out a bit.
8. Stir every 30 secs for about 5–7 mins until the onions start becoming soft and translucent. Don't stress if the onions are a little brown, that's super fine.
9. Introduce your tomatoes and stock to the pan, stir to combine.
10. If you like your tomato sauce a bit richer, you can add a tablespoon or two of tomato paste at this stage to give it a nudge in that deep tomato flavour direction.
11. Bring the sauce to a simmer at the same medium to low heat for about 20 mins, just make sure ya give it a stir occasionally and keep an eye on the heat. (If you're opting for the fresh tomato option whack a lid on it and let them soften and reduce down.)





- 12.** Get the pasta on the cook in the boiling water following whatever the packet suggests but shave off 30 secs to 1 min from its time suggestion if you like your pasta al dente (bit firmer).
- 13.** This bit is awesome if you can be bothered, but is fine to give a miss if you prefer your sauce chunky. If you have a stick blender /hand blender (not normal standing one, they have a habit of kinda exploding with hot stuff in them so be careful ploise) give the sauce a pulse /blend to shred all the tasty stuff into a sauce that's as smooth as you like.
- 14.** Give the sauce a taste and use your secret sodium detection powers to decide to add as much salt that suits you.
- 15.** Add in the brown sugar in the same manner as the salt, one teaspoon at a time as you taste it between sets. You can add a splash of milk at this stage if it's tasting a little too tart for your liking, it works a treat.
- 16.** Drain your pasta and add as much sauce as you bloody feel like, thank you very much.
- 17.** Sprinkle over some parmesan cheese and even a little chopped parsley if you're feeling like a fancy pants.
- 18.** Save whatever sauce you have left over and freeze it in 'per serve' portions – such a winner if you're flat out, which you probably are, so next time all ya have to do is fang it in a pot and add ya pasta.
- 19.** Cut sick and get wild with it champion, add your fav stuff, take things out etc. Mess with things till you're calling it your own. Party on!

Grab your
tinned tomatoes,
milk, stock and
pasta from the
Nourishment
Nook!



Prep

5 min

Cook

30 min

Ready in

35 min

Serves

4





Butternut and Chickpea Korma

Ingredients

1 tbsp olive oil
1 tbsp butter (or extra oil)
1 medium onion, chopped
2 cloves garlic, crushed
3 tsp ginger, grated
4 tbsp korma spice blend
1 tsp honey (or maple syrup)
1 tin coconut milk (400ml)
4 tbsp ground almonds or cashews (these help to thicken the sauce)
Basmati or cauliflower rice
500g butternut pumpkin, cut into 2cm cubes
1 tin chickpeas, drained
½ cup frozen peas or 100g baby spinach (rinsed)
Salt and freshly ground black pepper to taste
Squeeze of lemon juice
Handful fresh coriander, chopped

Directions

1. Add olive oil and butter to a saucepan over a medium-high heat. When butter foams, add onion and cook for about 6 mins, stirring often, until onion softens and is golden. Add ginger, garlic and spice mix and cook for 2–3 mins, stirring to prevent burning.
2. Add honey, coconut milk and ground nuts. Stir well and bring to simmer.
3. Cook the rice and set aside.
4. Add butternut and chickpeas to the sauce. Leave to simmer with the lid off until the butternut is tender (15–20 mins).
5. Once butternut is cooked and the sauce thickened, stir in peas /spinach, seasoning and lemon juice.
6. Add coriander and stir in gently.
7. Serve the curry and rice in warmed bowls topped with fresh coriander. This recipe also works with chicken and freezes well.

“ I was born in Nairobi and lived for many years in Africa, where we had a large community from India. My children loved to cook this dish, which has both Indian and African influences (butternut pumpkins grew everywhere). It is a healthy vegetarian meal, to which chicken or meat can easily be added.

– Duncan



Grab your rice, coconut milk and tinned chickpeas from the Nourishment Nook!

Prep

10 min

Cook

35 min

Ready in

45 min

Serves

4

Butter Chickpeas

Ingredients

3 tins chickpeas, drained

Marinade

1 tsp chilli powder

¼ tsp turmeric

½ tsp coriander

1 tsp garam masala

1 tbsp ginger or garlic paste

2 tbsp thickened cream

1 tsp fenugreek leaves

4 tbsp yoghurt

1 tsp salt

Other ingredients

1 tbsp oil

2 tbsp butter

1 ½ cups onion, diced

1 cup tomatoes, diced

½ tsp chilli powder

10 cashews, chopped

½ tsp ginger or garlic paste

1 large green chilli, thinly sliced (optional)

¼ tsp turmeric

½ tsp coriander

½ tsp garam masala

Salt to taste

2 tbsp thickened cream

4 tbsp yoghurt

2 tbsp lime juice

Directions

1. Combine chickpeas with all marinade ingredients in a large bowl. Set this aside for 1 hour.
2. On medium heat, add oil and butter to pan. Saute the onions, tomatoes, chilli powder, cashews and garlic / ginger paste for 5 mins.
3. Add chilli, turmeric, coriander and garam masala and fry for an additional 5 mins.
4. Add 4 tbsp of water and salt to taste. Turn off heat, stir and leave to cool. Transfer to a blender, or stick blend until smooth.
5. Return the puree to the pan with ½ cup water and add the marinated chickpeas. Simmer uncovered for 10 mins.
6. Stir in cream, yoghurt and lime juice and serve with rice.



“ I came up with this recipe for some newly vegetarian friends that loved butter chicken.

– Katherine

Prep

1 hr 15 min

Cook

30 min

Ready in

1 hr 45 min

Serves

6

Banana and Mixed Berry Bread

Ingredients

¾ cup caster sugar
125g unsalted butter,
softened
1 tsp vanilla essence
2 eggs
2 overripe bananas, mashed
¾ cup self-raising flour
¾ cup plain flour
½ tsp bicarb soda
1 cup fresh or frozen mixed
berries

Directions

1. Preheat oven to 160°C. Line a bread tin with baking paper.
2. Combine sugar, butter and vanilla essence in a large bowl and beat until fluffy.
3. Add eggs, one at a time, and beat until combined.
4. Fold banana into sugar and butter mixture.
5. Sift flours and bicarb soda into mixture.
6. Gently fold through frozen berries and pour into bread tin.
7. Bake for 50–60 minutes until a knife comes out clean.
8. Serve warm or cold!

Note: This recipe is easily customisable as you can add any fruits you like. You can use up bananas that haven't been eaten and reduce food waste. It's budget-friendly and consists of household staples most people would have in their pantry. You can also use fresh or frozen fruit.



“ You can freeze the bread for a quick and easy pre-prepared breakfast or work / school snack!

– Georgia



Prep

15 min

Cook

1 hr

Ready in

1 hr 15 min

Serves

12

Korean Fire Chicken

Ingredients

500g chicken thigh, chopped into bite-sized pieces
¼ cup hot Korean pepper flakes
2 bird's eye chillies, chopped
5 cloves garlic, minced
1 tbsp Japanese soy sauce (low salt)
2 tbsp gochujang (Korean red chilli paste)
1 tbsp honey
1 tsp pepper
200g Korean rice cake, sliced
100g cheese of your choice, grated
2 serves of vegetables per person (broccoli, carrot, capsicum, etc)

Directions

1. Mix the Korean pepper flakes, bird's eye chillies, garlic, soy sauce, gochujang, honey and pepper into a paste.
2. Coat chicken with the paste. Cover and leave to marinate in the fridge for a minimum of 2 hours (24 hours max).
3. Put Korean rice cake slices into the bottom of an oven-safe pan and place marinated chicken mix on top. Cook over low /medium heat for 15 minutes or until the chicken is cooked. Stir occasionally.
4. Sprinkle cheese on top and put pan under the grill until the cheese goes crispy.
5. Serve with steamed vegetables.

“It's spicy and chewy and sweet and very flavourful and colourful.

– Joseph



Prep

20 min

Cook

25 min

Ready in

2 hr 45min

Serves

4–6

Tofu Bibim Guksu

Ingredients

1 pk dried wheat or egg noodles
¼ cup kimchi
½ cup edamame
1–2 tomatoes, sliced
220g firm tofu, thinly sliced

Sauce

2 cloves garlic, minced
1 tsp sugar
1 tbsp soy sauce
1 tbsp sesame oil
1 tbsp rice vinegar
1 tbsp gochujang (Korean red chilli paste)

Garnish

Sesame seeds

Directions

1. Boil noodles according to packet directions, then cool in a strainer under cold water.
2. Combine sauce ingredients in a bowl.
3. Combine vegetables, tofu, kimchi, noodles and sauce.
4. Serve and garnish with sesame seeds.

Note: For the raw vegetables, thinly sliced cucumber, carrot, spring onion, and red capsicum work well! You can also substitute the tofu for your protein of choice.



“ It’s spicy, savoury, sweet, healthy, customisable and so quick to make with whatever veggies are in your fridge. Korean-inspired cold noodles are perfect for a warm spring or summer day!

– Carissa



Prep

5 min

Cook

5 min

Ready in

10 min

Serves

2

Peanut Turkey Stir-Fry

Ingredients

4 cups (880g) brown rice

Stir-fry

Splash of oil

1 kg turkey mince

4 cups (480g) frozen vegetables

432g pineapple chunks

½ cup (70g) cashews

Sauce

3 tbsp sesame oil

3 tbsp rice wine vinegar

85g crunchy peanut butter

70g honey

4 tbsp soy sauce

Directions

1. Cook rice in rice cooker, or however you prefer.
2. Using a wok over medium heat, brown turkey mince in a splash of oil.
3. While the turkey is cooking, microwave frozen vegetables on high for 4 mins to thaw.
4. Combine all sauce ingredients in a bowl.
5. Check your vegetables are thawed and microwave longer if needed. Drain any liquid and add veggies to wok.
6. Stir in the pineapple, cashews and sauce.
7. Simmer until sauce thickens and has cooked through.
8. Divide into 10 food storage containers.

Note: My peanut turkey stir-fry makes 10 serves at \$2.35 each. Each serve contains 561 calories, 69.5g carbs, 19.7g fat and 25.7g protein per serve, and all for less than an hour's work.

“As a student and an athlete, there are four boxes a meal must check:

1. cheap
2. healthy
3. quick
4. multiple serves.

– Hamish



Grab your brown rice from the Nourishment Nook!

Prep

10 min

Cook

25 min

Ready in

35 min

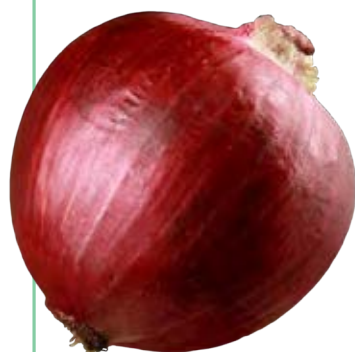
Serves

10

Comfort Pasta

Ingredients

250g of penne pasta
2–3 tbsp olive oil
1 red onion, finely chopped
3 tbsp tomato passata
2 tbsp Italian tomato paste
250–300ml cooking cream
(light or full cream)
Salt



Directions

1. Cook pasta according to packet instructions. Drain and set aside.
2. Heat olive oil in a frying pan and fry onion on medium heat until golden brown.
3. Add tomato paste and passata and stir.
4. Pour 20–30 ml boiling water into the pan, mix, reduce heat and cover for 1 min.
5. Add cooking cream, adjusting for desired thickness, and continue to stir.
6. Add another 30ml boiling water, mix and cover. Cook on low heat for 2 mins.
7. Add pasta and salt to taste.
8. Cover and cook on low heat for 2 mins. Ready to eat!

“ I love this recipe because it’s quick to make, uses affordable and accessible ingredients, and provides great comfort, especially when I’m craving carbs and fats, while still being mindful of my diet.

– Prapti



Grab your pasta from the Nourishment Nook!

Prep

5–10 min

Cook

20 min

Ready in

25–30 min

Serves

4–6



Broccoli and Bacon Bucatini

Ingredients

½ tbsp butter
½ tbsp olive oil
6 rashers bacon, sliced
1 brown onion, diced
1 tsp garlic powder
1 tsp onion powder
1 tsp paprika
½ tsp chilli flakes (optional)
Salt and pepper
250g bucatini (or alternative pasta)
270g sun-dried tomatoes, sliced
4 cloves garlic, finely chopped
2 tbsp cream cheese
150ml thickened cream
1 head of broccoli, cut into florets

Directions

1. Bring large pot of water to boil and salt heavily. In a separate pan over medium heat, cook off the bacon in the butter and oil. Remove from pan once crispy.
2. Add the broccoli to boiling water and cook for 2 mins.
3. Discard some of the fat from the bacon then add onions and seasonings to pan.
4. Cook pasta in broccoli water and stir continuously for one minute to prevent sticking. Drain once al dente.
5. Once onions are soft, add sun-dried tomatoes and garlic. Cook until fragrant. Add cream cheese and cream and stir well until melted and combined.
6. Add broccoli and half of the bacon and stir to combine.
7. Mix in some pasta water to help emulsify the sauce, before adding the bucatini to the pan. Coat evenly.
8. Serve with parmesan.

“ Super-easy weeknight dinner and it's so versatile. I've swapped the broccoli out for peas and rocket and each way is fantastic. Source of all the food groups and a crowd pleaser.

– Trynitee



Grab your pasta from the Nourishment Nook!

Prep

15 min

Cook

25 min

Ready in

40 min

Serves

4

Garlic Butter Chicken

Ingredients

4 boneless chicken breasts
(no skin)
Salt and pepper to taste
1 tsp paprika
2 tbsp olive oil
4 tbsp unsalted butter,
chopped
6 cloves garlic, minced
1 tsp fresh thyme leaves
(or ½ tsp dried)
1 cup chicken stock
1 tbsp lemon juice
Fresh parsley, chopped
(optional)

Directions

1. Season chicken breasts with salt, pepper and paprika on both sides.
2. In a large skillet, heat the olive oil over medium heat. Fry chicken for 6–7 mins on each side, until golden brown and cooked through. Remove and set aside.
3. In the same skillet, melt 2 tbsp butter. Add garlic and cook for 1 min, until fragrant.
4. Add thyme, chicken stock and lemon juice, stirring to combine. Let the sauce simmer for about 5 mins, allowing it to reduce slightly.
5. Return chicken breasts to the skillet. Add the remaining 2 tbsp butter to the sauce and stir well.
6. Spoon garlic butter sauce over chicken and garnish with chopped parsley, if desired. Serve with your favorite sides, such as mashed potatoes, rice or steamed vegetables.

“Flavourful and comforting! The combination of garlic, butter and thyme creates a rich, savory sauce that enhances the natural taste of the chicken.

– Bipu



Grab your
chicken stock
from the
Nourishment
Nook!

Prep

10 min

Cook

20–25 min

Ready in

30–35 min

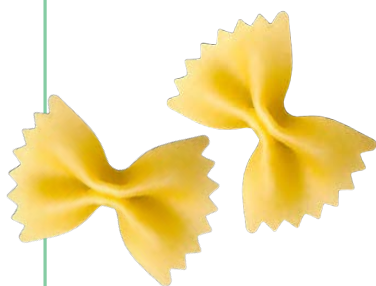
Serves

4

Butter-Infused Spicy Egg Pasta

Ingredients

200g pasta of choice
1 cup cabbage, chopped
1 cup capsicum, diced
2 tbsp butter
2 green chillies, chopped
1 tsp chicken salt
½ tsp black pepper
2 eggs
2 tbsp olive oil



Directions

1. Cook pasta according to packet instructions. Drain and set aside.
2. Heat olive oil and butter in a pan over medium heat. Sauté cabbage and capsicum until tender.
3. Stir in green chillies and cook for another 2 mins.
4. Push vegetables to one side of the pan and scramble eggs in the empty space.
5. Add cooked pasta, chicken salt and black pepper. Toss to combine.
6. Cook for 2–3 mins until everything is well mixed and heated through.
7. Serve immediately and enjoy!

“ I love this recipe for the richness of butter with the fresh crunch of cabbage, the zing of chilli, and the sweetness of capsicum. The chicken salt adds a savory depth, while the eggs and pasta make it a satisfying meal.

– Rabeya



Grab your
pasta from the
Nourishment
Nook!

Prep

10 min

Cook

10–15 min

Ready in

20–25 min

Serves

4



Thai Green Noodle Salad

Ingredients

120g firm tofu
120g prawns
10g soy sauce
2 cloves garlic, crushed

Noodles

150g plain flour
1 egg
20g kale puree

Dressing

Juice of 2–3 limes or lemons
10g palm sugar
10g brown /raw sugar
10g soy sauce
5g salt
5g olive oil

Garnish

Handful grated carrot
Handful bean shoots
2 tbsp spring onions,
chopped

Directions

1. Marinate tofu and prawns (separately) in soy sauce and garlic for minimum 2 hrs in refrigerator.
2. Put noodle ingredients into a bowl and mix to form a firm dough. Rest for 5 mins.
3. Add a little olive oil to fry pan. Add the marinated tofu and cook until browned. Remove tofu, then cook the marinated prawns (will only need a few mins).
4. Roll the noodle dough out very thin and cut into strips. You can use a pasta rolling machine for this step.
5. Cook noodles in boiling water (2–3 mins). Rinse and set aside.
6. Place noodles onto serving plate and arrange the cooked prawns and tofu on top.
7. Combine dressing ingredients and pour over the dish.
8. Garnish with grated carrot, bean sprouts and spring onions.

“ The ingredients are easy to prepare. It doesn't take long to cook. The nutrients received will reduce health problems, and what is important is the deliciousness of the food . It's easy, delicious and healthy!

– Damrussiri



Grab your
flour from the
Nourishment
Nook!

Prep

60 min

Cook

15–20 min

Ready in

1hr 20 min

Serves

3

Cauliflower Salad

Ingredients

1 head cauliflower, chopped into small pieces
Olive oil
1 pk taco spice
2 tins black beans, drained
1 tin corn, drained
2 pks Danish fetta, crumbled
1 bunch coriander, chopped

Garnish (per serve)

¼ cup pickled red onions, chopped
½ avocado, diced

Directions

1. Place cauliflower into bowl.
2. Drizzle a small amount of olive oil.
3. Stir in taco spice.
4. Add tins of beans and corn, fetta and coriander. Mix well.
5. Add avocado and onion to garnish.

“

It's healthy, nutritious, has lots of goodness and it's YUM!

– Sarah



Grab your black beans and corn from the Nourishment Nook!

Prep

25 min

Cook

0 min

Ready in

25 min

Serves

6

Chicken and Zucchini Pasta Bake

Ingredients

250g fettuccine (or other pasta)
500g chicken, diced
1 leek, thinly sliced
4 zucchini, grated
350g spinach, chopped
250g ricotta
100g butter, melted
Zest of 1 lemon
500g mozzarella

Directions

1. Preheat oven to 200°C.
2. Cook pasta according to packet instructions. Drain and set aside.
3. Fry chicken in a drizzle of oil until golden (around 5 mins).
4. Mix leek, zucchini, ricotta, spinach, butter and lemon zest in a large bowl.
5. Stir through chicken and pasta.
6. Transfer to a large baking dish and sprinkle mozzarella on top.
7. Bake for 1 hour or until golden.

“ I made up this recipe in the winter when it's cold and you want something warm. It's a winner! It's creamy, a little healthy and so filling. Definitely good for leftovers the next day too.

– Georgia



Grab your
pasta from the
Nourishment
Nook!

Prep

30 min

Cook

1 hr

Ready in

1 hr 30 min

Serves

8

Overnight Oats

Ingredients

2 cups rolled oats
4 cups (1 Lt) milk of choice
1/3 cup peanut butter
10 dates, roughly chopped
1/2 cup mixed nuts and seeds,
roughly chopped
2 tbsp chia seeds (optional)
1 tsp cinnamon
Fresh fruit and yoghurt to
serve (optional)
5 jars with lids

Directions

1. Add all ingredients and to a large bowl and mix well to combine.
2. Spoon mixture into jars, leaving enough room at top to add some extra milk or fruit before serving.
3. Refrigerate overnight, ready for brekky the following morning!

Note: Serve as it is, or add fruit, extra milk or yoghurt and mix well to combine.



Grab your
milk from the
Nourishment
Nook!

Prep

10 min

Chill

overnight

Ready in

24 hrs

Serves

5

Food Facts

by Kelsey Weight (APD)



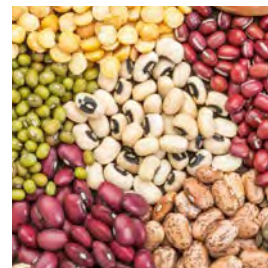
Vitamin D is actually a hormone and we meet the majority of our vitamin D requirements through the sun, not food. One of the foods we can get vitamin D from is mushrooms! When sat in the sun, grill side up for just 15 minutes, mushrooms can create and store vitamin D, ready for you to eat.



Your **gut** is the most densely populated ecosystem ON THE PLANET!! There are 10x the number of microbial cells in the human gut than in the whole human body, totalling roughly 100 trillion microbes representing as many as 5,000 different species and weighing approximately 2 kilograms.



In need of a late-night study snack? **Dark chocolate** actually contains more caffeine than coffee, with 100g providing 59mg, compared to 100ml of instant coffee providing 31mg.



Looking for a cheap and filling protein hit? Learn to love **lentils and legumes**! Chickpeas, black beans, split peas and lentils are packed with protein, gut loving fibre and immune-supporting nutrients. Try a cannellini bean dip, black bean chilli, lentil dhal or a tray of roasted spiced chickpeas.



If coriander tastes like soap to you, blame your **genetics**. Many coriander haters share a group of olfactory receptor genes called OR6A2 that have the capacity to identify the smell of aldehyde chemicals that are present in coriander leaves as well as soaps.




Oranges are hailed as the king of the immune-supporting antioxidant, vitamin C. But did you know the vitamin C content in many of our native fruits are far superior to the orange. For example, **Kakadu plums** contain over 7000mg of vitamin C per 100 g compared to 52mg per 100g for oranges.



Don't skip carbs such as wholegrain breads, cereals, fruits, starchy vegetables, dairy, rice, legumes and pasta. Diet culture loves to demonise **carbohydrates** but without them our gut, brain and energy levels become sluggish, and we struggle to perform at our best. Our brain alone requires over 120g of glucose per day, and meeting our fibre requirements for gut health becomes a challenge if we restrict carbs. Aim to include six serves of grain foods per day – your body will love you for it!



Instagram @nurture.nutrition

A woman with long dark hair, wearing a white lab coat over a white t-shirt and blue jeans, stands in a kitchen. She is smiling and looking at the camera. In front of her on a grey countertop is a large bowl of colorful salad and an open cookbook. To her left is a wooden cutting board with green leafy vegetables. A green plant is visible in the background on the left.

Kelsey Weight (APD)
– accredited practising
dietitian and sessional
academic at Federation
University.

Milk Pot-Au-Feu

Ingredients

80g bacon, sliced
1 onion, chopped
1 carrot, chopped
2 potatoes, chopped
300g cabbage, chopped
200g mushrooms, sliced
2 cup water
15ml chicken stock
1½ cups milk
Salt and pepper

Directions

1. In a medium saucepan, add vegetables, bacon, water and stock. Bring to boil.
2. Reduce heat to medium-low, cover and simmer for 10 mins.
3. When the vegetables are soft, add the milk and cook over low heat for another 7–8 minutes.
4. Season with salt and pepper.



“ Heart-warming recipe, perfect for the cold winter months.

– lori



Grab your milk and chicken stock from the Nourishment Nook!

Prep

20 min

Cook

20 min

Ready in

40 min

Serves

4

Macaroni and Cheese (Grandma's Recipe)

Ingredients

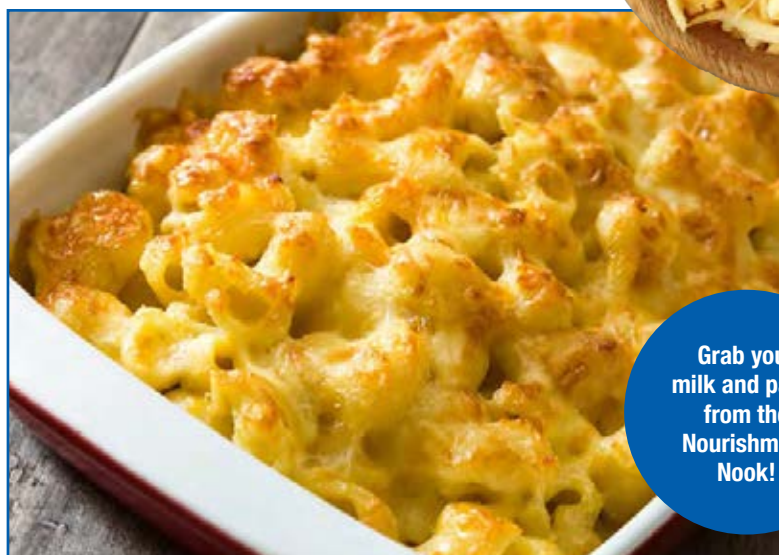
500g macaroni
50g butter
¼ cup plain flour
2–3 cups milk
½ cup grated cheese
of your choice, plus an
extra handful to sprinkle
on top

Directions

1. Preheat oven to 180°C.
2. Cook macaroni according to packet instructions. Drain, rinse and set aside.
3. Melt butter in a pot, add flour, then slowly stir in milk until thickened.
4. Combine macaroni with white sauce mixture, pour into a baking dish and sprinkle with cheese.
5. Bake until cheese is crispy and golden brown.

“ This recipe holds a special place in my heart and even the hearts of all my siblings. It was like a tradition that every week we would go to my grandma's for lunch, or she would even pre-prepare it and drop it off for our dinner. This dish holds a lot of memories for me, and I hope to pass it on to my children one day.

– Jazmyn



Grab your
milk and pasta
from the
Nourishment
Nook!

Prep

20 min

Cook

15 min

Ready in

75 min

Serves

6

Sour and Creamy Eggplant

Ingredients

1–2 tsp chilli powder
1 tsp turmeric
2 tbsp salt
4 tbsp oil
2 medium eggplants,
chopped into finger-sized
pieces
1 tsp mustard seeds
1 tsp cumin seeds
2 dry chillies
10 curry leaves
1 onion, finely chopped
250ml yoghurt

Directions

1. In a bowl, combine chilli powder, turmeric and salt. Toss eggplant slices in mixture until evenly coated.
2. Add 2 tbsp oil to pan on medium heat. Once hot, add eggplant and fry for 2 mins on each side, or until golden brown and cooked through. Remove from pan and set aside.
3. Add 2 tbsp oil to same pan on medium heat. Add mustard and cumin seeds and allow to sizzle for a few seconds. Add dried chillies and curry leaves and sauté for 30 seconds.
4. Add onion, stirring frequently until golden brown.
5. Reduce heat to low. Stir in yoghurt and mix well.
6. Gently fold in the fried eggplant pieces, ensuring they are well coated with yoghurt and spices.
7. Serve with rice or bread.

“It’s a quick, easy, tasty recipe and my family love it.

– Seemalekshmi



Prep

5–10 min

Cook

10 min

Ready in

15–20 min

Serves

4

Gnocchi Bolognese Bake

Ingredients

Olive oil
1 onion, diced
3 cloves garlic, minced
500g bolognese mince (pork and beef mince)
1 red capsicum, diced
1 carrot, grated
120g mushrooms, thinly sliced
2 × 500g jars passata
½ cup cream
Salt and pepper to taste
Dried chilli flakes (optional)
2 pks potato gnocchi (500g each)
250g baby spinach
500g grated light tasty cheese
Bunch fresh basil (or 2 tbsp dried basil)
2 tbsp dried Italian mixed herbs

“ Such an easy dinner to prep and bake in bulk to last over 5+ dinners. High in protein and carbs, a great source of vegetables and lastly, a great winter staple.

– Georgie

Directions

1. Preheat oven to 180°C. Bring pot of salted water to the boil.
2. In another pan, heat splash of olive oil and add onion and garlic. Cook for 1 min until translucent. Add mince.
3. Add red capsicum, carrot, chilli and mushroom to bolognese mince and cook until soft. Add passata and season to taste. Stir through cream.
4. While the bolognese is cooking, add gnocchi to boiling water and cook until floating (2-3 mins). Drain immediately.
5. In a baking dish, add the bolognese, gnocchi and spinach and stir until combined. Sprinkle with cheese and herbs. Bake for 12 mins.
6. Let the dish rest and slightly cool for 5 mins. (It's worth the wait!) Serve in bowls and enjoy.



Prep

10 min

Cook

25 min

Ready in

35 min

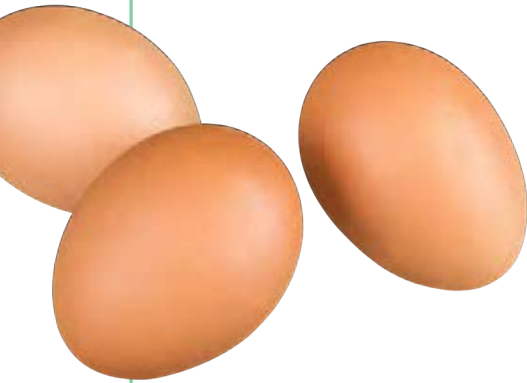
Serves

6–8

Basque Cheesecake

Ingredients

2 blocks cream cheese
150ml whipping cream
70g sugar
3 eggs
8g flour



Directions

1. Preheat oven to 230°C.
2. Place cheese blocks into a large bowl and let them soften.
3. Gradually mix in the eggs, one at a time.
4. Gradually add sugar and cream, stirring continuously.
5. Sift in flour, stirring continuously.
6. Mix everything well, tap the bowl to release any air bubbles and pour mixture into a round baking pan.
7. Bake for 25 mins.
8. Remove cake and let it cool before serving.
9. Can be served chilled (refrigerate for 4 hours).

“ This cake recipe is simple yet delicious, with a rich and creamy texture. The easy steps ensure anyone can bake it, and the option to chill is a refreshing twist. Perfect for both casual and special occasions!

– Xiaochun



Grab your
flour from the
Nourishment
Nook!

Prep

10 min

Cook

25 min

Ready in

35 min

Serves

6–8

Pork with Garlic Sauce

Ingredients

200g pork, sliced into strips
Salt and black pepper
2 tbsp cornflour
1 tbsp cooking wine
2 tbsp oil
1 green capsicum, sliced into thin strips
1 carrot, grated
½ cup spring onions, chopped
1cm ginger, finely sliced (or 3 tsp ginger paste)
2–3 cloves garlic, finely sliced (or 3 tsp garlic paste)
1 tbsp chilli paste (to taste)
1 tbsp soy sauce
1 tbsp sugar
2 tbsp black vinegar
2 tbsp sesame oil

“ This quick and easy recipe is perfect for busy uni life. With three main ingredients, it's super affordable, takes only 20 mins, and still delivers that comforting, home-cooked taste we all crave. Trust me, it's a crowd-pleaser and a lifesaver on those hectic days!

– Yakun

Directions

1. Marinate the pork with salt and black pepper, cornflour and cooking wine for 20 mins.
2. Heat oil in a pan and fry the marinated pork strips until they change colour. Remove and set aside.
3. In the same pan, add a little oil and stir-fry the capsicum and carrot until they are tender and crisp. Remove and set aside.
4. Add a little oil to the pan again and stir-fry spring onion, ginger and garlic until fragrant. Add chilli paste and stir-fry until well combined.
5. Add the pork strips, green capsicum and carrot and continue to stir.
6. Add soy sauce, sugar and a pinch of salt and stir-fry for a few more minutes.
7. Pour vinegar along the edge of the pan, stir well then drizzle with sesame oil. Stir and remove from heat.
8. Serve and enjoy with rice or noodles!



Prep

25 min

Cook

15 min

Ready in

40 min

Serves

1–2



Indo-Chinese Chilli Chicken



Ingredients

Chicken

1kg boneless chicken,
(no skin), sliced into 2–3cm
pieces
1 tbsp ginger paste
1 tbsp garlic paste
1 tsp black pepper
3 tbsp soy sauce
1 tbsp white vinegar
1 egg, beaten
¾ cup corn flour
¼ cup oil, for frying

Sauce

1 tbsp oil
1 cup onion, diced
4 cloves garlic, sliced
1 large capsicum, chopped
⅓ cup soy sauce
2 tbsp white vinegar
1 tbsp chilli sauce
10 chillies, sliced lengthwise
½ bunch spring onions

“ The aroma of soy sauce and chillies sizzling in a wok transported me back to my childhood in Kolkata. Each bite of the spicy, tangy chicken captured the city’s vibrant fusion of cultures and unpretentious charm. It’s a comforting connection to the city that will always be home.

– Snehapriya

Directions

1. Marinate chicken with the soy sauce, vinegar, ginger-garlic paste and black pepper, then coat with egg. Set aside for 2 hrs.
2. Stir corn flour through chicken mixture, creating a uniform coating. Make sure there are no lumps.
3. Heat the oil in a pan (a wide-bottomed, non-stick wok is ideal). Place all chicken in a single layer. You may need to cook in two batches. Cook for around 4 mins on each side. Remove chicken with a slotted spoon and place onto paper towel.
4. To prepare the sauce, heat the oil and fry the onion and garlic for around 1 min, or until pale golden, then add capsicum, soy sauce, chilli sauce and vinegar and bring to a simmer. The sauce should thicken.
5. Add the chicken and chillies to the sauce and toss for 2 mins to coat well.
6. Garnish with additional chillies and spring onion. Serve hot with rice.



Prep

2 hr 15 min

Cook

30 min

Ready in

2 hrs 45 mins

Serves

6

Thai Red Curry

Ingredients

500g lamb chops, steaks or pieces (substitute if vegetarian / vegan)
114g Thai red curry paste
400ml coconut cream
3 heaped tbsp crunchy peanut butter
3 tbsp soy sauce
250g frozen stir-fry Thai vegetables
3 cups rice, steamed



Directions

Slow cooker version

1. Place all ingredients into a slow cooker and add 400ml of water.
2. Stir together and cook on high for 4 hrs, or low for 8 hrs.
3. Serve with steamed rice.

Stove top version

1. Brown off lamb in large French oven or pot on medium-high heat.
2. Steam vegetables for 10 minutes.
3. Stir the curry paste, coconut cream, soy sauce and peanut butter into the lamb and turn down to medium heat.
4. Add vegetables and simmer on low heat for 10 mins.
5. Serve with steamed rice.

“ It is a crowd favourite, very easy to make, creates plenty of leftovers and tastes delicious!

– Lauren



Grab your coconut milk and rice from the Nourishment Nook!

Prep

5–10 min

Cook

30 min (8 hr slow cooker)

Ready in

35–40 min

Serves

6

Carrot and Apple Muffins

Ingredients

Dry ingredients

2 cups wholemeal self-raising flour
1 tsp bicarb soda
2 tsp cinnamon
1 tsp nutmeg
½ cup brown sugar
1 tsp salt

Wet ingredients

1 cup milk of choice
½ cup olive oil
1 tsp vanilla essence
2 eggs
3 medium carrots, grated
2 medium apples, grated

Directions

1. Preheat oven to 180°C.
2. Combine dry ingredients in a bowl.
3. Combine wet ingredients in a separate bowl.
4. Add wet ingredients to dry mixture, but do not over-mix.
5. Portion evenly into a 12-cup muffin tray and bake for 30 mins or until cooked in the centre. Test this by placing a knife into the centre of one muffin and if it comes out dry, they're ready!

“Healthy alternative – my toddler and husband love them too!

– Samantha

Grab your milk and flour from the Nourishment Nook!



Prep

10 min

Cook

30 min

Ready in

40 min

Serves

12

Tuna Melt

Ingredients

2 slices of your preferred bread
Small tin tuna
2 slices of your preferred cheese (or grated cheese)
Mayonnaise
Butter

Directions

1. Turn on sandwich press to preheat.
2. Open and drain tin of tuna.
3. Butter bread slices.
4. Place one slice of bread on sandwich press (buttered side face down).
5. Spread some mayonnaise on bread, followed by tuna and cheese.
6. Put second slice of bread on top, buttered side facing out.
7. Close sandwich press and cook until cheese has melted and bread is browned to your liking.



“ This toastie is filling with enough protein, carbs and dairy.

– Cindy



Prep

2 min

Cook

10 min

Ready in

12 min

Serves

1

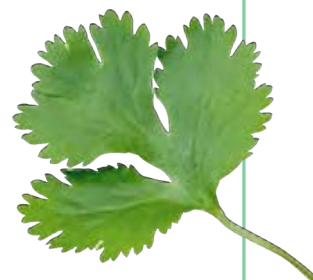
Indian Chickpeas

Ingredients

1 tbsp olive oil
1 onion, chopped
2 cloves garlic, minced
1 tsp cumin seeds
1 tsp turmeric powder
1 tsp ground coriander
1 tsp garam masala
1 tin diced tomatoes
1 tin chickpeas, drained and rinsed
Salt to taste
Fresh coriander, chopped (optional, for garnish)

Directions

1. Heat olive oil in a pan over medium heat.
2. Add cumin seeds and cook until fragrant.
3. Add onion and garlic and sauté until golden.
4. Stir in turmeric, ground coriander and garam masala.
5. Add diced tomatoes and cook for 5 minutes.
6. Add chickpeas and salt. Simmer for 10 minutes.
7. Garnish with fresh coriander before serving.



“ This dish is a flavorful blend of spices and chickpeas, offering a satisfying and nutritious meal that’s perfect for any occasion. It’s quick, easy, and brings a taste of India to your table!

– Divanshu



Grab your
tinned chickpeas
and tomatoes from
the Nourishment
Nook!

Prep

10 min

Cook

20 min

Ready in

30 min

Serves

2–3

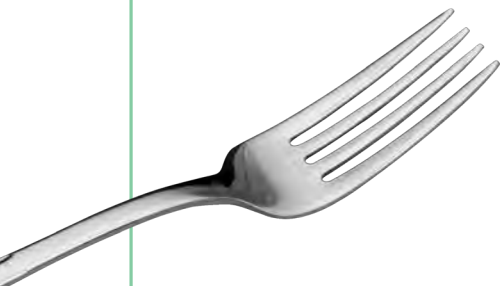
Shepherd's Pie

Ingredients

4–6 large potatoes, diced
1 tbsp margarine
½ – 1 cup milk
1 onion, diced
1kg beef mince
Garlic salt (to taste)
1 tbsp Vegemite
1 tbsp Worcestershire sauce
1 tin tomatoes, crushed
2 tins peas, corn and carrot
(or 2 cups fresh, diced)
1 cup grated cheese
(mix of tasty and mozzarella
works well)

Directions

1. Preheat oven to 180°C.
2. Boil potatoes for 15–20 mins. Drain, add margarine and a splash of milk then mash. Add more milk to reach desired consistency.
3. Brown onion and mince in pan over medium heat. Reduce heat, add garlic salt, Vegemite, Worcestershire sauce, tinned tomatoes and vegetables, and mix until combined.
4. Cover and simmer on low heat for 30 mins.
5. Transfer meat mixture to a casserole dish and layer the mashed potatoes on the top. Spread potato evenly and sprinkle grated cheese on top (the more cheese the better!).
6. Bake for 30 mins until cheese is melted and slightly browned. Serve and enjoy!



“ This pie is so easy to make and it tastes delicious. I’ve been cooking it for my family since I was about 15, so I don’t even need to measure things anymore!

– Jessica



Grab your milk, tinned vegetables and Vegemite from the Nourishment Nook!

Prep

10 min

Cook

1 hr 20 min

Ready in

1 hr 30 min

Serves

4–6

The Trick

Ingredients

1 carrot, grated
1 zucchini, grated
½ onion, grated
2 tbsp tomato paste
3 cloves garlic, crushed
(or 3 tsp garlic powder)
Salt to taste
Pepper to taste
1–2 tbsp Italian herbs
1 tbsp paprika
1 tbsp chilli (optional)
1 tin tomatoes, crushed
1 tin black beans (or other
beans), drained
250g beef (optional)

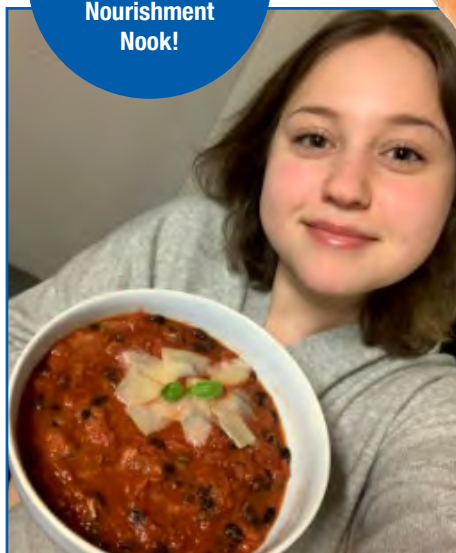
Directions

1. Simmer carrots, zucchini and onion in a large pot on medium-high heat with a splash of water for around 10–15 mins (the vegetables will caramelize and release natural sugars).
2. If including beef, add it after caramelizing the veggies and let it brown. Simmer for 5–10 mins.
3. Add the tomato paste, garlic and seasonings and stir for 2 mins. Pour in the tomatoes and mash them in with the veggies. Cook for 5 mins, then add the beans. Simmer for 5 mins.
4. Serve with pasta or eat by itself. Trick yourself into eating more veggies!

“ This recipe tricks you into eating more veggies. It is nutritious, has protein and vitamins, can be vegan, can be used as pasta sauce and does not have fats or sugars. Most ingredients can be found at the Nourishment Nook and Food Bank.

– Guoda

Grab your
tinned tomatoes
and beans from the
Nourishment
Nook!



Prep

5–10 min

Cook

30 min

Ready in

35–45 min

Serves

4–6

Quick and Delicious Stir-Fry

Ingredients

1 small onion, diced
1 tsp garlic powder
500g mixed fresh or frozen vegetables, chopped
½ cup of tamari
2 handfuls of snow peas
400g enoki mushrooms
400g frozen edamame, unshelled
4 sticks dehydrated tofu
Steamed rice to serve

Directions

1. Steam onion in a little water with the garlic powder.
2. Once soft, add vegetables and tamari. After a few mins, add the mushrooms, edamame, snow peas, dehydrated tofu sticks.
3. The above process takes less than 15 mins to whip together (even quicker if you're using already cooked rice or microwave), however I recommend letting it soak up the flavour for a further 5 mins. Then, reheat on the stove just before serving.
4. While the stir-fry is cooking, steam the rice.



“ I love it because it's not only quick and easy to make, but also very delicious and allows me to nourish myself and my non-veg family!

– Eliza

Grab your rice from the Nourishment Nook!



Prep

5 min

Cook

15 min

Ready in

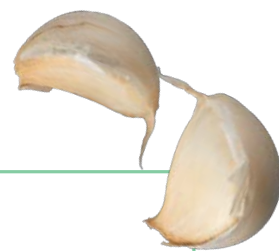
20 min

Serves

4



Salty Egg Chicken Wings



Ingredients

1 kg chicken wings
Salt to taste
Black pepper to taste
1 tsp garlic powder (optional)
1 tsp chilli flakes (optional)
1 cup cornflour
1 cup all-purpose flour
1 egg, beaten
Oil for deep frying
2 tbsp butter
2 cloves garlic, crushed
6 salted egg yolks, mashed
or 4 tbsp salted egg powder
(both found at Asian
supermarkets)
¼ cup cream (optional)
Fresh herbs (optional)

Directions

1. Rinse chicken wings then pat dry with paper towel. Season with salt, pepper, garlic powder and chilli flakes.
2. Mix the cornflour and flour in a wide bowl. Dip each chicken wing into the beaten egg, then coat thoroughly with the cornflour and flour mixture. Ensure you coat them evenly for a crispy texture.
3. Heat oil in a deep fryer or large pan to 180°C. Fry the wings in batches until golden brown and crispy (about 8–10 mins). Remove and drain on paper towel.
4. In a pan, melt the butter over medium heat. Add the garlic and cook until fragrant.
5. Add the mashed salted egg yolks and cook, stirring constantly, until well combined and fragrant. If using cream, add it now and stir until the sauce is smooth and creamy.
6. Toss the fried chicken wings in the salty egg sauce until well coated.
7. Garnish with chopped fresh herbs and serve immediately.

“ The combination of salty egg yolk with the crispy, seasoned chicken wings creates a deliciously indulgent taste experience. The crunchy exterior contrasts beautifully with the tender, juicy meat inside. This texture adds to the overall enjoyment of the dish.

– Sandy



Grab your
flour from the
Nourishment
Nook!

Prep

15 min

Cook

30–45 min

Ready in

1 hr

Serves

2

Meatless Meatballs

Ingredients

Glaze

2 tbsp tomato paste
3 tbsp maple syrup
1 tbsp soy sauce
2 tbsp tomato sauce
3 tbsp water

Other ingredients

450g firm tofu (gently squeeze out moisture)
1 small onion, diced
¼ cup fresh coriander, chopped
¼ cup fresh mint, chopped
2 tsp ginger, crushed
2 tbsp tomato paste
4 tbsp oat flour
½ tsp salt
½ tsp black pepper
2 tbsp olive oil

Directions

1. Preheat oven to 180°C.
2. Combine glaze ingredients. Set aside.
3. Squish together all remaining ingredients (except oil) in a large bowl until combined. Roll into 20 balls.
4. Heat oil in frying pan and fry balls until beginning to brown. Bake in oven for further 15 minutes.
5. Heat glaze in frying pan on low heat. Gently mix through meatballs until coated. YUM!

Note: I served with lemon herbed quinoa.



“Yummy plant-based meal with heaps of protein.”

– Cass



Prep

20 min

Cook

25 min

Ready in

45 min

Serves

4

Mozzarella Spaghetti

Ingredients

400g spaghetti (or pasta of choice)
300ml thickened cream
Chicken stock
2 tbsp olive oil
1 onion, diced
2–3 cloves garlic, minced
500g chicken breast, chopped
½ cup mushrooms, sliced
Salt
Black pepper
Red pepper flakes (optional)
1–2 cups mozzarella cheese (grated or cubed)
Handful of fresh basil (optional)
Mozzarella cheese

Directions

1. Add spaghetti to large pot of salted, boiling water and cook until al dente. Drain and set aside (reserving about ½ cup water).
2. In a large pan, heat thickened cream and olive oil over medium heat. Add the onion and minced garlic and sauté for 1–2 minutes until fragrant but not browned.
3. Add the chicken and mushrooms, cooking for 5–7 minutes (until chicken cooked through). Stir frequently. Season with salt, pepper and red pepper flakes.
4. Add spaghetti to sauce and toss to combine. If mixture seems too thick, add some reserved pasta water until the desired consistency is reached.
5. Stir in grated mozzarella until it begins to melt and becomes stretchy. This will take 2–3 mins.
6. Remove from heat and sprinkle with fresh basil and extra mozzarella cheese (optional).
7. Serve immediately while the mozzarella is still gooey and melted.

“Pasta is such a versatile and comforting dish. Whether I’m making a classic marinara or experimenting with different sauces and ingredients, it offers endless possibilities. The process of boiling the pasta to the perfect texture, mixing it with rich sauces, and adding fresh herbs or cheese is satisfying.

– Opeyemi



Grab your pasta and chicken stock from the Nourishment Nook!

Prep

10 min

Cook

20 min

Ready in

30 min

Serves

8

Nourish Bowl

Ingredients

1 large sweet potato, diced
4 chicken breasts
1 tin chickpeas, rinsed
Avocado oil
Salt and pepper, smoked
Paprika, chilli flakes and
mixed herbs to taste
¼ cup quinoa, rinsed
1 bunch broccolini
1 red capsicum, sliced
2 avocados, sliced
120g baby spinach leaves,
washed
4 tbsp honey
4 tsp black and white
sesame seeds

Directions

1. Preheat oven to 180°C.
2. Season sweet potato with oil, salt, pepper, smoked paprika, chilli flakes and mixed herbs. Roast on an oven tray for 30 mins.
3. Oil the chicken breast and season with salt, pepper and paprika and roast on an oven tray for 22 mins.
4. Season chickpeas with oil and smoked paprika, then roast on an oven tray for 5 minutes.
5. Simmer quinoa in ½ cup of water for 15 mins.
6. Pan-fry broccolini and capsicum with a generous amount of salt on low-medium heat until tender and crisp.
7. Assemble baby spinach, quinoa, sweet potato, chickpeas, broccolini and capsicum in a large bowl.
8. Slice chicken and layer on top, along with avocado.
9. Drizzle honey on top and sprinkle with sesame seeds. Finally add salt, pepper and extra chilli flakes. Enjoy!

“ I love this recipe because it nourishes the body with plenty of nutrients. Being a uni student is hard and having optimal fuel for energy is vital for getting through a busy day. This meal is easy to cook and each serve costs under \$6 – making it affordable to eat well.

– Emily



Grab your
tinned chickpeas
from the
Nourishment
Nook!

Prep

35 min

Cook

30 min

Ready in

1 hr 35 min

Serves

4

Rainbow Sandwich

Ingredients

2 beetroots, sliced (or 1 tin beetroot slices)
1 large potato, diced
1 carrot, sliced
Handful of fresh herbs, chopped (optional)
½ cup green peas (frozen or fresh)
2 tbsp butter (or mayo)
Crispy chilli oil (optional)
Wholemeal sandwich loaf
Salt and pepper

Optional sides

Tortilla chips
Veggie sticks (cucumber, carrot, capsicum)

Directions

1. In three separate pots, boil or steam beetroot, potato and carrot until tender.
2. Add peas and herbs to potato and cook for a further 2 mins.
3. Mash all vegetables separately. Add a little butter (or mayonnaise) and season with salt and pepper.
4. Add the crispy chilli oil to the mashed beetroot.
5. Spread the three mixtures onto sliced bread (with a slice of bread between each) until a layered, tri-colour pattern is created.
6. Enjoy your rainbow sandwich with a side of tortilla chips or veggie sticks for added nutrition.

“ This recipe reminds me of my childhood, as my mother used to make the sandwiches during the holidays. The ingredients are easy to find and simple to make. It is also a nourishing, quick fix that keeps you full on a busy day.

– Carty



Prep

10 min

Cook

20 min

Ready in

30 min

Serves

1

Avocado Toast and Indian Tea



Ingredients

Tea

2 cups water
1-inch piece ginger, grated
2–3 green cardamom pods, crushed
2–3 cloves
1 small cinnamon stick
2–3 black peppercorns (optional)
1–2 star anise (optional)
2 tsp loose black tea, or 2 black tea bags
1 cup milk of choice
1–2 tbsp sugar (to taste)

Toast

4 slices of your preferred bread
1–2 ripe avocados, mashed
Salt and pepper

Directions

1. Boil water.
2. Add the ginger, cardamom pods, cloves, cinnamon stick, black peppercorns and star anise.
3. Reduce heat and simmer for about 2–3 mins.
4. Add the loose black tea or tea bags. Allow it to steep for 2 mins.
5. Add the milk and sugar. Stir well and bring the mixture to a boil, then lower heat and simmer for 5 mins.
6. Use a fine mesh strainer to strain the tea into cups, removing the spices and tea leaves.
7. Toast sliced bread and spread generously with avocado. Add salt and pepper to taste. Serve with hot tea.

“ This dish brings together the best of both worlds: creamy, rich avocado toast and the warming, aromatic spices of Indian masala tea. It makes for a satisfying and comforting meal. The masala tea offers a nostalgic touch of my cultural heritage, reminding me of cozy mornings and family gatherings.

– Preeti



Grab your milk and tea from the Nourishment Nook!

Prep

5 min

Cook

10 min

Ready in

15 min

Serves

3–4



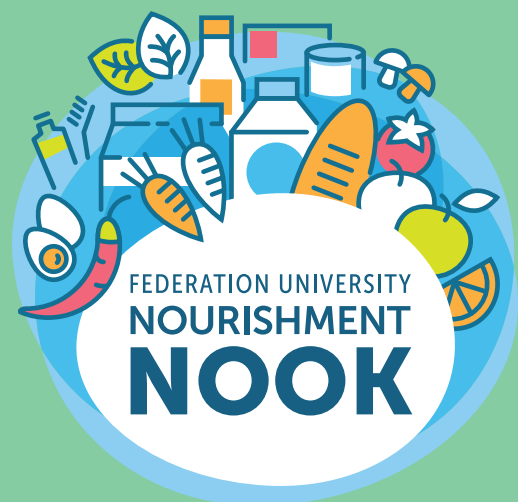
Nourishment Nook: Student Food Pantry

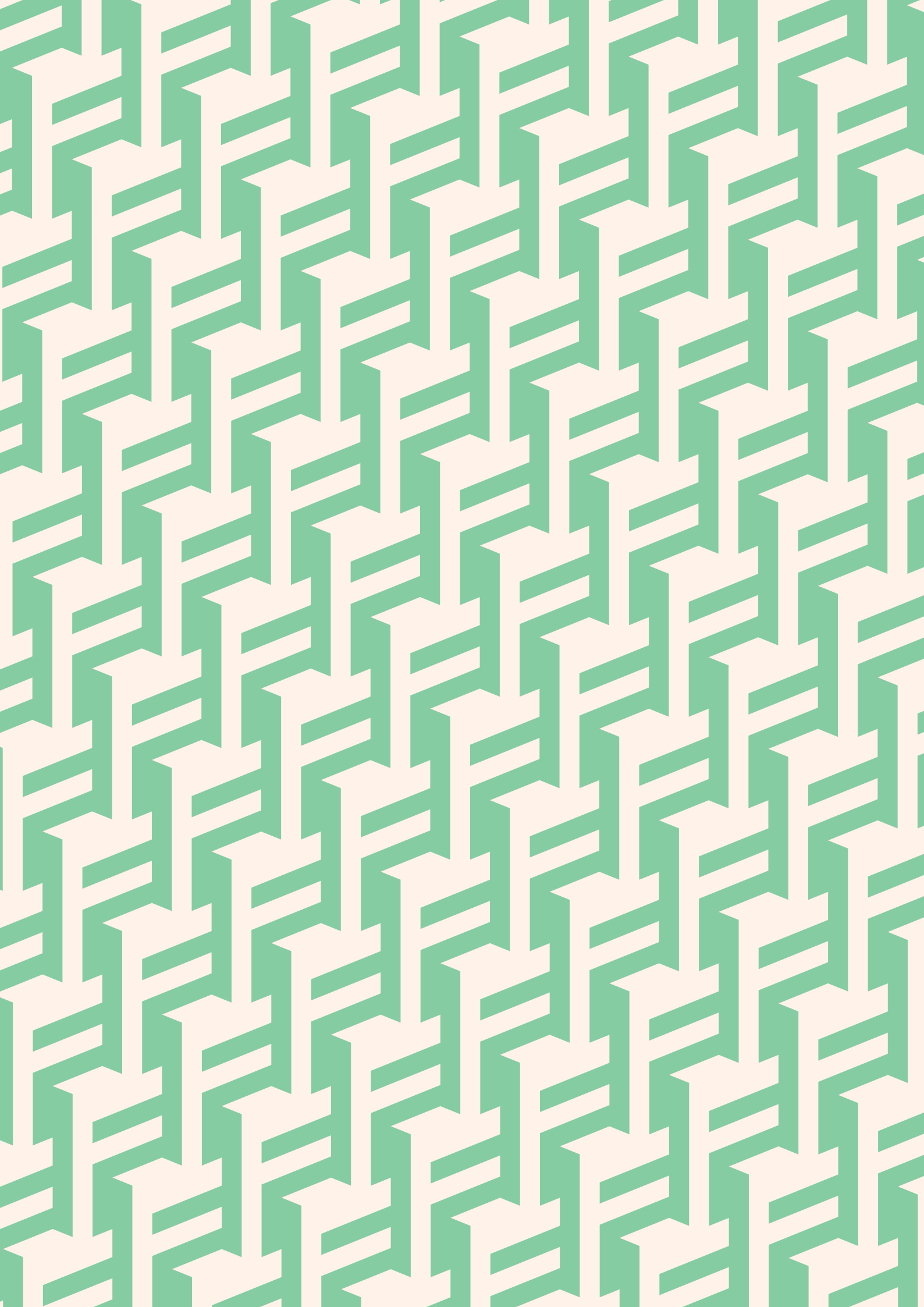
A caring, confidential and free service for students experiencing food insecurity

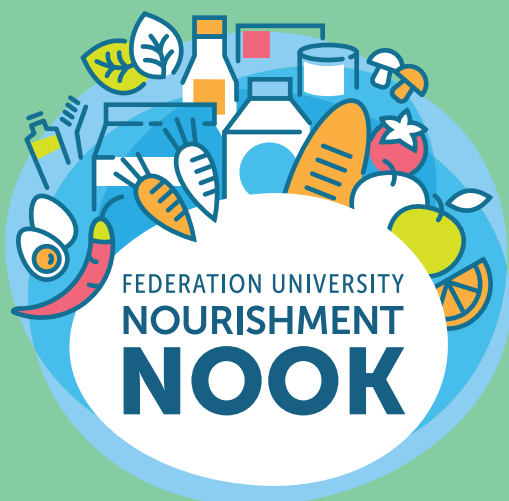
Open During Semester

Where? Gippsland, Mt Helen,
Berwick and Camp St campuses

BYO Reusable bag!







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