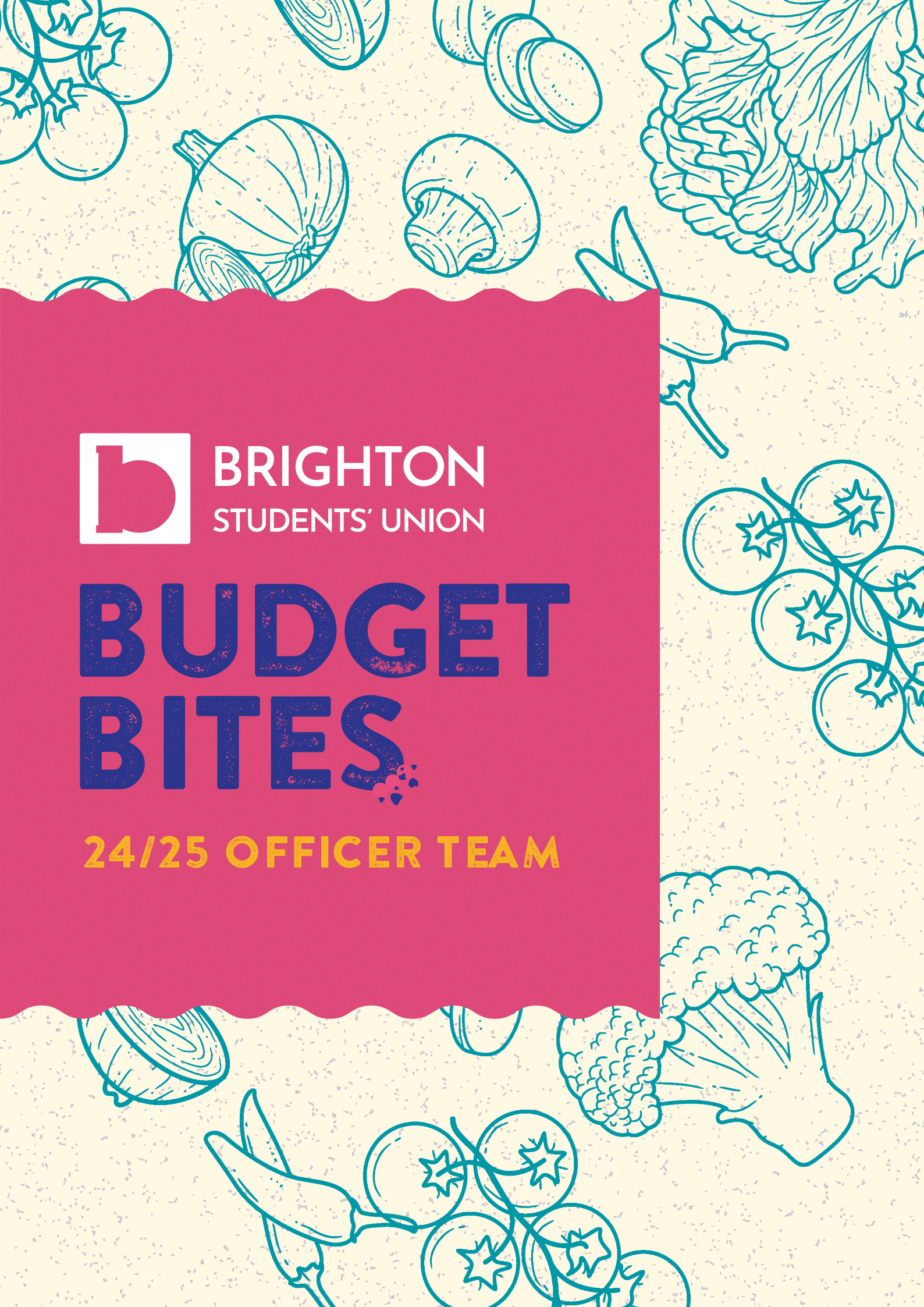




BRIGHTON
STUDENTS' UNION

BUDGET BITES

24/25 OFFICER TEAM



HEY BRIGHTON STUDENTS!



We know uni life is a wild ride, and keeping your wallet and taste buds happy can be tricky. But fear not—"Budget Bites" is here! This isn't just a cookbook; it's your go-to guide for whipping up delicious, wallet-friendly meals with a dash of fun.

We've been in your shoes—late-night cramming, last-minute essays, and the dreaded "What's for dinner?" Inside, you'll find tasty recipes that prove you don't need to spend big to eat well. Each dish is designed to stretch your budget without skimping on flavour.

So, grab your apron, dust off those pans, and let's cook up some magic! Your Students' Union officers are here with advice, tips, and a sprinkle of kitchen fun. Let's make uni life tasty and budget-savvy together.

HAPPY COOKING AND EVEN HAPPIER EATING!

TOP WEBSITES

Here's our top pick of useful recipe sites that are student-friendly.

1. BBC GOOD FOOD

BBC Goodfood has got loads of student recipes on their site that is quick and very easy to make. Each one has a video to follow along with too!

<https://www.bbcgoodfood.com/recipes/collection/student-recipes>



2. SAVE THE STUDENT

SaveTheStudent has got a load of articles for budget meals. They even have a budget planner to help you.

<https://www.savethestudent.org/save-money/food-drink/student-recipes>



3. TESCO REAL FOOD

We all love Britain biggest supermarket. Thankfully with all the food they supply they have a lovely website showcasing wonderful budget and student friendly meals. They do look nice!

<https://realfood.tesco.com/student-recipes.html>



4. THE STUDENT FOOD PROJECT

This website is dedicated to making meals exactly with student in mind and it is regularly updated.

<https://www.thestudentfoodproject.com/>



5. TAMING TWINS

A great website of curated foods for students. The author even gives more information about how she developed the recipes.

<https://www.tamingtwins.com/student-recipes/>



6. FOOD NETWORK

Food Network Have a life-saving recipe guide for students, showcasing several different meals to make.

<https://foodnetwork.co.uk/spotlight/student-meal-ideas-a-life-saving-recipe-guide>



7. STUDENT EATS

Student Eats offers up cheap, quick and simple budget-friendly meals. With just a few ingredients, cupboard basics and tinned goods these recipes are great for when times are tight.

<https://studenteats.co.uk/12-cheap-and-thrifty-meals-for-broke-students/>



OFFICER'S GO-TO MEALS



Union President

Osasu Atomon



Communities Officer

Favour Emmanuel



Education Officer

David Dada



Activities Officer

Kenny Ononiba

BREAKFAST

Frosties Cereal for me. Quick, fast and of course sweet!

Yoghurt and granola is my option. It's quick, nice and nutritious!

My go to is oats with sliced strawberries and bananas. Honey for extra boost during the day.

For me, it's got to be French Toast. It's both sweet and delicious.

LUNCH

It's got to be my Special Tuna Spaghetti! It's amazing!

I love a baguette filled with loads of goodness like chicken, spinach and sweetcorn!

Pasta has got to be my go-to. It's quick, simple and delicious. Plus it's a life-saver for meal prep.

Egg Fried Rice is a go-to for me. Has got loads of protein and so many nutritious benefits.

DINNER

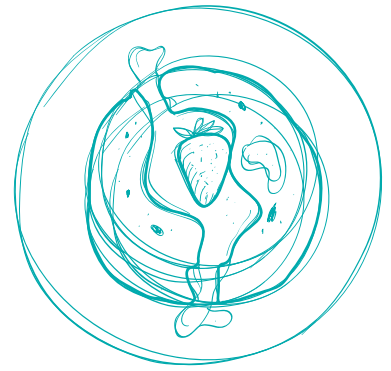
I love me some beans and plantain with bread.

Chicken Tikka Curry has got to my go-to. But I add fresh ginger and garlic to add a bit of flavour.

A nice chicken wrap is so filling and nutritious. That's a great dinner for me.

One-Pot Pasta with Vegetables provides loads of versatility. Plus it's easy to cook and clean up.

BREAKFAST RECIPES



Here are some quick and easy Breakfast recipes

01 ————— 04

PANCAKES

A lovely breakfast filled with fresh fruits and energy.

🕒 **Prep: 15 mins, Serves 8**

£ **£3 - £4**



INGREDIENTS:

- 1 cup self raising flour
- 1 cup of milk (or almond, soy or oat)
- 1 large egg (or 1 large ripe banana)
- Sugar
- Cooking oil spray/ bit of butter
- Toppings of choice

INSTRUCTIONS:

- 1 Crack the egg into a mixing bowl, adding the mug of flour and the mug of milk into the same bowl.
- 2 Whisk the ingredients until you have a smooth batter.
- 3 Put a large frying pan on medium heat and add oil/butter until hot/melted.
- 4 Add a scoop of batter to the pan (can use more for larger pancakes).
- 5 Cook for 1-2 mins on each side, or until golden brown on both sides. Serve.
- 6 Add the toppings of your choice.

OMELETTE

A simple and quick to make dish.

🕒 **Prep: 10 mins, Serves 1**

£ **£4 - £7**



INGREDIENTS:

- 3 eggs
- 1 tbsp butter or oil
- 1 tomato, finely chopped
- 2 tbsp grated cheddar cheese (optional)
- 1 tbsp finely chopped fresh parsley or 1tsp dried parsley (optional)
- 2 slices ham (optional)

INSTRUCTIONS:

- 1 Crack the egg into a mixing bowl – don't put them directly into the pan as you need to mix them first! Add a pinch of salt and pepper to the eggs.
- 2 Heat pan, add butter, ham, and tomatoes. Cook 4 mins. Pour in eggs, cook 2 mins on high, then reduce heat.
- 3 Push set egg to center, add most cheese and parsley.
- 4 Cook another minute, loosen edges with spatula. Slide onto plate, let it fold.
- 5 Sprinkle remaining cheese and parsley, then serve.

FRUIT SMOOTHIES

A refreshing and colourful drink to enjoy!

🕒 Prep: 10 mins, Serves 2

£ £4 - £7

INGREDIENTS:

- 3 cups frozen mixed berries
- 1 frozen banana, sliced
- 1/2 cup plain yogurt
- 1/2 tsp vanilla extract (optional)
- 1 tbsp sugar
- 1 1/2 cups milk (almond, oat or soy)

INSTRUCTIONS:

- 1 Add the frozen mixed berries, frozen banana (sliced in half), yogurt, vanilla extract (optional), sugar, and almond milk to a large blender
- 2 Blend the ingredients until smooth. If the smoothie is too thick, add more milk as needed to make it blend smoothly.
- 3 Serve immediately and enjoy.



VEGETARIAN SMOOTHIE BOWL

A lovely healthy vegetarian option.

🕒 Prep: 5 mins, Serves 1

£ £5 - £7



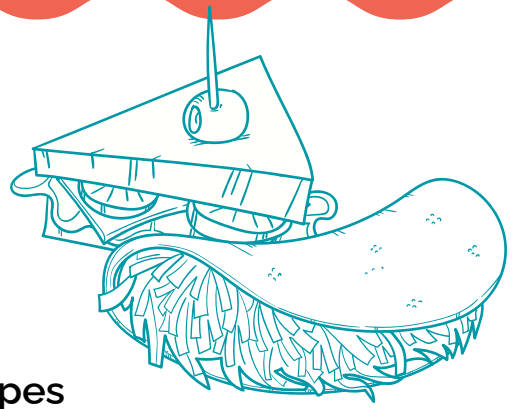
INGREDIENTS:

- 500g frozen berries
- 3 bananas
- 500ml yogurt
- Granola

INSTRUCTIONS:

- 1 Blend frozen berries, bananas, and yogurt until smooth.
- 2 Pour into bowl and top with granola.
- 3 Add additional toppings like nuts or seeds if desired.

LUNCH RECIPES



Here are some quick and easy Lunch recipes

01 ————— 03

CHICKEN WRAPS

A filling lunch with amazing veg and goodness.

🕒 Prep: 20 mins, Serves 1

£ £6 - £8

INGREDIENTS:

- 250g chicken breast
- 2 wraps
- 1 lettuce
- 1 cucumber
- 200g grated cheese
- Mayonnaise or alternative sauce

INSTRUCTIONS:

- 1 Cook the chicken breasts in a pan over medium heat until they are golden and cooked through (about 7-10 minutes per side). Once done, let them rest for a few minutes, then slice thinly.
- 2 While the chicken is cooking, wash and chop the lettuce and cucumber.
- 3 Warm the wraps in the microwave or on a dry pan for a few seconds.
- 4 To assemble the wraps, place a portion of sliced chicken in the center of each wrap. Add lettuce, cucumber, and grated cheese on top.
- 5 Drizzle with chosen sauce, then fold the sides of the wrap over the filling and roll it up.
- 6 Serve immediately.



VEGETARIAN PASTA SALAD

A simple and quick meal to make.

🕒 **Prep: 20 mins, Serves 1**

£ **£4 - £7**



INGREDIENTS:

- 500g pasta (e.g., fusilli or penne)
- 1 cucumber
- 250g cherry tomatoes
- 200g feta cheese
- 100g olives
- 2 tbsp olive oil
- 1 lemon
- Salt and pepper to taste

INSTRUCTIONS:

1. Cook the pasta according to the package instructions until al dente. Drain and let it cool.
2. While the pasta is cooling, wash and chop the cucumber into small cubes. Halve the cherry tomatoes.
3. Crumble the feta cheese into small pieces and slice the olives.
4. In a large bowl, combine the cooled pasta, cucumber, cherry tomatoes, feta cheese, and olives.
5. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to make the dressing.
6. Pour the dressing over the pasta salad and toss everything together until well combined.
7. Serve chilled or at room temperature

SANDWICHES

A quick and easy and customisable meal to enjoy!

🕒 **Prep: 10 mins, Serves 1**

£ **£4 - £7**



INGREDIENTS:

- 1 can of tuna or alternative choice
- 4 slices of bread
- Mayonnaise (or alternative sauce)
- Lettuce

INSTRUCTIONS:

- 1 Drain tuna and mix with mayonnaise.
- 2 Spread the tuna mixture on bread slices and add lettuce.
- 3 Top with another slice of bread, cut in half, and serve.

NOTES:

Feel free to change the tuna to a meat of your choice

DINNER RECIPES



Here are some quick and easy Dinner recipes

01 ————— 04

SPAGHETTI

A classic dish that's easy to make and always a joy to eat.

🕒 **Prep: 20 mins, Serves 1**

£ **£6 - £8**



INGREDIENTS:

- 100g spaghetti (or other pasta)
- 100g minced beef
- 1 onion
- 1 garlic cloves
- 150g pasta sauce
- 1 tbsp olive oil
- Salt and pepper to taste

INSTRUCTIONS:

- 1 Cook the Spaghetti:** Bring a large pot of salted water to a boil. Add the spaghetti and cook for around 10 minutes, then drain and set aside.
- 2 Prepare the sauce:** While the spaghetti is cooking, heat the oil in a large pan over medium heat.
 - Chop onions and garlic thinly and add them to the pan, sauté until softened for 5 minutes.
 - Add the minced beef to the pan, breaking it up with a wooden spoon as it cooks until the beef is browned all over.
 - Pour in the pasta sauce and stir well, then add the dried mixed herbs, salt, and pepper.
 - Let the sauce simmer on low heat for about 10-20 minutes, stirring occasionally.

3 Combine and Serve: Once sauce has thickened, taste and add adjust seasoning if necessary. Then serve spaghetti over cooked Bolognese sauce.

NOTES:

Feel free to change the pasta type, to use penne or fusilli or another type of pasta with the Bolognese sauce



Conchiglie



Cannelloni



Fusilli



Farfalle



Gnocchi



Lunache



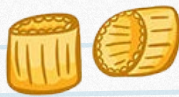
Penne



Cavatappi



Rigatoni



Anelloni



Macaroni



Gemelli



Bugatini



Fettuccine

VEGETARIAN STIR-FRY

A simple and quick meal to make.

🕒 **Prep: 20 mins, Serves 1**

£ **£4 - £7**



INGREDIENTS:

- 100g rice
- 1 broccoli
- 1 carrot
- 1 pepper
- 2 tbsp soy sauce
- 1 tbsp vegetable oil

INSTRUCTIONS:

1 Cook the Rice:

Rinse rice until water runs clear. Cook according to package instructions, simmering for about 15 minutes. Fluff and keep warm.

2 Prepare Vegetables:

While the rice cooks, wash and chop broccoli, carrots, and pepper. Grate ginger and mince garlic if using.

3 Stir-Fry Vegetables:

Heat oil in a wok or large pan, Sauté ginger and garlic for 30 seconds. Add carrots, stir-fry 2 minutes, then broccoli for 3-4 minutes, and finally the peppers for 2 minutes until tender-crisp.

4 Add Rice and Soy Sauce:

Add cooked rice to the vegetables. Pour in soy sauce and stir-fry for 2-3 minutes, mixing well.

5 Serve:

Adjust seasoning, add optional toppings like spring onions, sesame seeds, or lemon juice, and serve hot.

CHICKEN QUESADILLAS

A simple and quick meal to make.

🕒 Prep: 40 mins, Serves 4

£ £4 - £7



INGREDIENTS:

- 6 tbsp. vegetable oil, divided
- 2 bell peppers, thinly sliced
- 1/2 onion, thinly sliced
- 250g boneless skinless chicken breasts, sliced into strips
- 1/2 tsp. chili powder
- 1/2 tsp. ground cumin
- 1/2 tsp. dried oregano
- 4 tortilla wraps
- Shredded cheddar
- Sour cream, for serving)

INSTRUCTIONS:

- 1 Heat 1 tbsp. of oil over medium heat . Add peppers and onion and season with salt. Cook until soft, 5 minutes.
- 2 Heat 1 tbsp. oil in pan and over medium-high heat. Add chicken to pan and season with chili powder, cumin, dried oregano, and 1/2 teaspoon salt. Cook, stirring occasionally, until golden and cooked through, 8 minutes.
- 3 Heat 1 tbsp. oil in a skillet. Place a flour tortilla in the skillet, add cheese, 1/4 of the chicken and pepper-onion mixture on one half. Fold, cook for 3 minutes per side until golden, flipping once.
- 4 Repeat with remaining oil, tortillas, chicken and pepper-onion mixture to make 4 quesadillas.
- 5 Slice into wedges and serve with sour cream.

GREEK YOGHURT W/ HONEY AND NUTS

A lovely healthy vegetarian option.

🕒 **Prep: 5 mins, Serves 1**

£ **£5 - £7**

INGREDIENTS:

- 150g Greek yogurt
- 1 tbsp honey
- 20g mixed nuts
- 1 small apple or pear, sliced

INSTRUCTIONS:

1. Spoon the Greek yogurt into a bowl.
2. Drizzle the honey over the yogurt.
3. Sprinkle the mixed nuts on top.
4. Serve the yogurt topped with sliced apple or pear for added freshness.



QUICK TIPS

TIP 1 - LEARN AN EASY TOMATO SAUCE RECIPE

Knowing a quick recipe for tomato sauce can be really useful! It's great to store in the fridge and is very versatile with most dishes. Whether it's rice and chicken, or the bulk batch of pasta, tomato sauce is an essential sauce to master.

Here's a link to a simple and quick recipe on BBC Food.

https://www.bbc.co.uk/food/recipes/how_to_make_a_tomato_07153



TIP 2 - FREEZE FOOD

Freezing food makes it last much longer. Using freezer bags as opposed to containers can help save freezer space. Also, most food can be frozen which is a plus.



TIP 3 - MEAL PLAN

Planning meals can help you save money in the long run and help you to maintain healthy eating habits. It helps be more organised and avoid the temptation of spending money on takeaways.



TIP 4 - BULK COOK

In line with meal planning, cooking in bulk is great as it ensures you have enough for the week and that you'll never go hungry. You can implement other tips mentioned, like freezing food so that it is available at any time.

