



Beyond Beans On Toast







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DIETARY DECODING

GF **GF*** Gluten Free/
Gluten Free Option

DF **DF*** Dairy Free/
Dairy Free Option

V **V*** Vegetarian/
Vegetarian Option

VE **VE*** Vegan/
Vegan Option

Introduction

Moving out, settling in, receiving a reading list the size of your arm and learning to wield your wok like it's a weapon – these are all normal ingredients to starting life at uni.

The months ahead will be full of change, some you may have expected (like navigating your way around the town you'll be calling 'home') and some that may come as a surprise (like sitting next to an exchange student from South Carolina, who is adjusting to the climate by wearing all the contents of his suitcase).

IF YOU'RE EXCITED AND DAUNTED BY THE CHALLENGES AHEAD, THEN THIS LITTLE BOOK IS FOR YOU.

It's packed with tasty recipes donated by a professional chef to keep you well fed on a budget. It's crammed with tips as you prepare for the changes to come. And it's full of stories from students who discovered a new life at university that went far beyond beans on toast!



About the Authors

Claire Povey

A Creative Writing and Drama graduate, Claire lives on the south coast and works for festive.org.uk, a nationwide Christian charity supporting students in colleges and sixth forms. She is so thankful for the time she spent at university and hopes that *Beyond Beans on Toast* will go some way in making the transition to student life that bit easier.



Alex Reynolds

Alex started training as a chef aged sixteen and went on to work in some of London's top restaurants. She loves sitting over a meal with family and friends and finds that conversation over food is far more interesting and open. She hopes the recipes in this book will inspire students to cook well and share their food socially.





**ONE PAN
WONDER**



**EVERYDAY
EPIC**



**20
MINUTE
MARVEL**





Everyday Eats

Short on time, but want something full of flavour?
These simple yet delicious meals are great to whip up
during the week.

||





**ONE PAN
WONDER**



Vegan Jambalaya



1 SERVES 1

PREP 10 MINS

COOKING 20 MINS

INGREDIENTS

1 tbsp oil

100g white rice

200g chopped tomatoes

½ veg stock cube diluted
with 100g water (*check GF/DF/VE
if needed*)

2 spring onions, chopped

½ green pepper, chopped into
chunky pieces

1 clove garlic, finely chopped

1 tsp Cajun spice

1 tsp ground cumin

Handful of peas

1 tsp soy *or* GF tamari sauce

Lime zest and juice (*optional*)

Toasted cashews/other nuts
(*optional*)

Some fresh coriander (*optional*)

**A fab one-pan dish full of flavour; great for using up
leftovers too.**

METHOD

- 1 Heat the oil in a pan (use a pan that you definitely have a lid for – you'll need it later!)
- 2 Start by gently frying the spring onions, allowing them to soften. Add the garlic and fry for another 30 seconds. Pop in the green peppers, Cajun spice and cumin spice and stir. Fry for another 30 seconds.
- 3 Tip in the rice and stir so that each grain is coated.
- 4 Pour in the liquid stock and tomatoes – bringing it to a simmer. Pop the lid on and simmer gently for another 15 minutes.
- 5 Add the peas, soy/tamari and lime (if using) and give it all a quick stir. Pop the lid back on for another 3 mins or until the rice is cooked.
- 6 Stir in the herbs and toasted nuts (if using) and season to taste!

EVERYDAY EATS

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STEP 3



STEP 4



STEP 6



