



Budget  
**BITES**

23 / 24

Officer Team

# HELLO!

## FROM YOUR OFFICER TEAM

Hey there, awesome students!

We're your fellow student officers at the SU, Ilia (President), Doris (Activities), Osasu (Education) and Favour (PG & International), and we know that university life is a whirlwind of excitement, learning, and yes, some serious budget balancing. But guess what? You don't have to sacrifice delicious meals just because you're watching your wallet.

This cookbook is our way of sharing the recipes, tips and tricks we've picked up along the way. We've been there – juggling assignments, late-night study sessions, and, of course, the constant question of "What's for dinner?"

"Budget Bites" isn't just a cookbook – it's about empowering you to create amazing meals that won't drain your bank account. Inside these pages, you'll find a collection of recipes that celebrate flavour, nourishment, and the joy of eating well without breaking the bank.

We believe that eating good doesn't mean spending loads. With a sprinkle of creativity, a pinch of resourcefulness, and a splash of inspiration, you'll see that yummy and budget-friendly can totally go together. Each recipe has been chosen to give you maximum yum without maxing out your wallet.

As you jump into "Budget Bites" remember we've got your back. Whether you're thinking of mixing things up, planning ahead, or just want someone to chat cooking with, hit us up anytime. We're your friendly Student Union officers, here to help with advice, tricks, and a sprinkle of kitchen magic. Let's cruise through university life together, savoring every yummy step!

So, grab your apron, dust off those pots and pans, and let's embark on a culinary adventure that's not only delicious but also budget-savvy. Here's to filling your plate and your wallet without compromising on taste.

Happy cooking and happy eating!



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A top-down view of a white plate filled with a variety of breakfast items. The plate contains several pancakes, two sunny-side-up eggs, a smoothie, a piece of tofu, and a scramble. The plate is set on a dark, rustic wooden table. A white rectangular box is overlaid on the center of the plate, containing a list of breakfast items. The word 'Breakfast' is written in a white, cursive font at the top of the box. Below it, a list of items is presented in a white, bold, sans-serif font, each preceded by a white circular bullet point. The items are: PANCAKES, EGGS, SMOOTHIE, TOFU, and SCRAMBLE. At the bottom center of the white box, there is a small white circle containing a checkmark.

# Breakfast

- PANCAKES
- EGGS
- SMOOTHIE
- TOFU
- SCRAMBLE



# “Sizzle and Serve” Pancakes

## 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 or a bit of butter for the pan
- Toppings of choice

## Instruction

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.
6. Serve.
7. Add the toppings of your choice.



**Prepare Time**  
15 Minutes



**Servings**  
8



**Price**  
£6 - £8

# “Enlightened Morning Medley” Eggs

## Ingredients

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

## Instruction

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. Beat the eggs with a fork, first use the fork to break the yolks of the eggs (this makes beating the eggs easier). Then tip the bowl gently and using a fork in a circular motion beat the eggs until the yolks and whites are combined.
3. Heat pan, add butter, ham, and tomatoes. Cook 4 mins. Pour in eggs, cook 2 mins on high, then reduce heat..
4. Push set egg to center, add most cheese and parsley..
5. Cook another minute, loosen edges with spatula. Slide onto plate, let it fold.
6. Sprinkle remaining cheese and parsley, then serve.



**Prepare Time**  
10 Minutes



**Servings**  
1



**Price**  
£4 - £7

# Mixed Berry Smoothie

## 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)

## Instruction

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.



**Prepare Time**  
10 Minutes



**Servings**  
2



**Price**  
£3 - £6

# Tofu Scramble

## Ingredients

- 400g firm tofu
- 1 tsp turmeric (optional for colour)
- 1/2 tsp ground cumin
- 1/4 tsp chilli powder
- 1/4 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp freshly cracked pepper
- 1 Tbsp cooking oil
- 1 280g can diced tomatoes with green chiles
- 2 green onions, sliced

## Instruction

1. Remove the tofu from the package and drain the excess liquid (no need to press the tofu). Place the tofu in a bowl and use your hands to break it into crumbles.
2. In a small bowl, combine the turmeric, cumin, chilli powder, garlic powder, salt, and pepper.
3. Sprinkle the spice mix over the crumbled tofu and then gently stir until the tofu is evenly coated in spices.
4. Heat a large pan over medium heat. Add the cooking oil to the pan, swirl to coat the surface, then add the tofu.
5. Cook the tofu for about five minutes, stirring occasionally, or until heated through. The colour of the turmeric will brighten as it cooks.
6. Drain the canned tomatoes well, then add them to the skillet. Stir to combine, then cook another five minutes or until heated through.
7. Taste the tofu and adjust the seasonings to your liking. Sprinkle the sliced green onions over top, then serve.



**Prepare Time**  
15 Minutes



**Servings**  
3

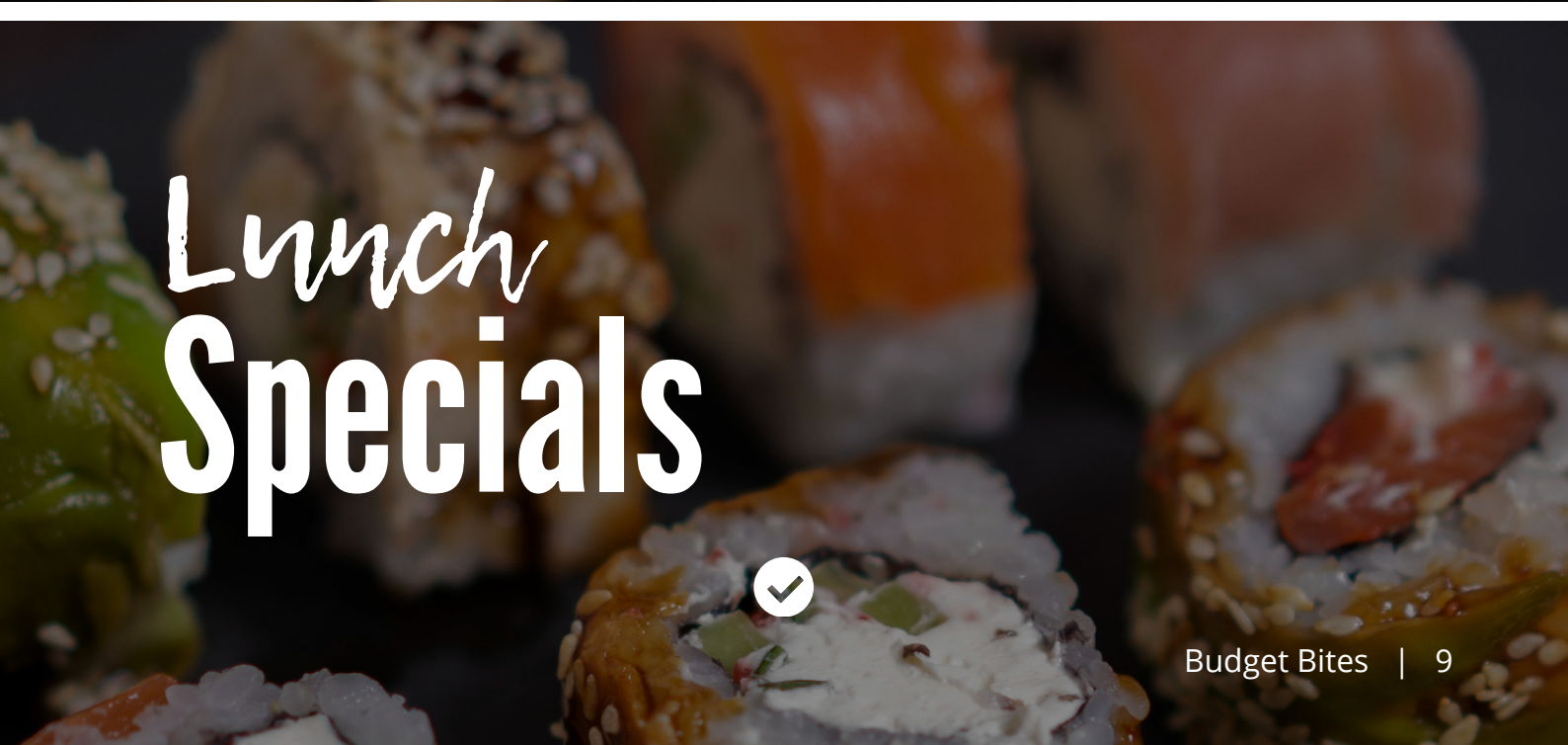


**Price**  
£6 - £10





- SOUP
- RAMEN
- CHICKEN
- SALAD
- RICE



*Lunch*  
**Specials**



# “Tomato Tornado” Soup

## Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 400g can chickpeas
- 150g small pasta shapes
- 700ml vegetable stock
- 2 tbsp basil pesto
- crusty bread (or any left over bread)

## Instruction

1. Heat 1 tbsp olive oil in a large saucepan. Add the onion and celery and fry for 10-15 mins, or until starting to soften, then add the garlic and cook for 1 min more. Stir in all the other ingredients, except for the pesto and remaining oil, and bring to the boil.
2. Reduce the heat and leave to simmer for 6-8 mins, or until the pasta is tender. Season to taste, then ladle into bowls.
3. Stir the remaining oil with the pesto, then drizzle over the soup.
4. Serve with chunks of crusty bread.



**Prepare Time**  
30 Minutes



**Servings**  
4



**Price**  
£4 - £6

# “Eggstravaganza” Ramen

## Ingredients

- 80g pack instant noodles
- 2 spring onions, finely chopped
- 1 egg
- 1/2 head pak choi/cabbage
- 1 tsp sesame seeds

## Instruction

1. Cook the noodles along with the provided flavoring sachet (or use stock if available).
2. In the last minute of cooking, add spring onions and pak choi.
3. Simmer the egg for 6 minutes from boiling.
4. Run the boiled egg under cold water to cool it, then peel it.
5. Toast sesame seeds in a frying pan.
6. Transfer the cooked noodles and greens to a deep bowl.
7. Halve the boiled egg and place it on top.
8. Sprinkle sesame seeds over the dish.
9. Drizzle the provided sauce or sesame oil from the noodles, and add chili sauce if desired.



**Prepare Time**  
15 Minutes



**Servings**  
1



**Price**  
£4 - £6

# “Tidal Tuna Twist” Spaghetti

## Ingredients

- 500g pack of spaghetti
- Canned tuna
- Chicken or vegetable stock cube
- Chicken stock (optional)

## Instruction

1. Bring a large pot of salted water to a boil. Add the spaghetti and cook according to the package instructions until al dente.
2. Drain the pasta and set it aside. Rinse it with cold water.
3. In a large pan, heat the oil over medium heat. Add the chopped onions and sauté until they become translucent and fragrant.
4. Stir in the tomato sauce and cook for about 3-5 minutes.
5. Add chicken cubes (or vegetable cubes), add chicken stock powder (if you have), add pepper, add tuna.
6. Add spaghetti in, mix it together, let it cook and all done.
7. Enjoy!



**Prepare Time**  
30 Minutes



**Servings**  
3



**Price**  
£4 - £6

# Broccoli Cheddar Chicken Salad

## Ingredients

- 2 cups fresh broccoli
- 1 cup chopped cooked chicken
- 60g cheddar, shredded
- 2 green onions, sliced
- 1/3 cup ranch dressing
- pepper to taste

## Instruction

1. Finely chop the broccoli. It's important that the broccoli pieces be very small. Chop the chicken into small pieces as well.
2. Add the broccoli, chopped chicken, shredded cheddar, sliced green onions, and ranch dressing to a large bowl. Stir well until everything is evenly coated in dressing. Add freshly cracked pepper to your liking.
3. Serve as is, stuff into a tortilla or pita for a sandwich, or stuff into a tortilla and toast in a skillet until the inside is melted for a quesadilla. Keep any remaining salad refrigerated for up to 3-4 days.



**Prepare Time**  
15 Minutes



**Servings**  
3



**Price**  
£6 - £8

# Tomato Rice

## Ingredients

- 2 cloves garlic
- 1 yellow onion
- 2 Tbsp cooking oil
- 1.5 cups long grain white rice
- 1/2 tsp chilli powder
- 1/4 tsp ground cumin
- 40g can petite diced tomatoes
- 1 Tbsp tomato paste
- 2 cups vegetable broth
- 1/2 tsp salt

## Instruction

1. Mince the garlic and finely dice the onion. Add the onion, garlic, and cooking oil to a saucepot and sauté over medium heat until the onions are soft and translucent.
2. Add the rice, chili powder, and cumin to the pot. Continue to stir and cook for a couple of minutes more to toast the rice and spices.
3. Add the diced tomatoes (with juices), tomato paste, and broth to the pot. Stir to combine and dissolve and spices that are stuck to the bottom.
4. Place a lid on the pot, turn the heat up to high, and let the broth come up to a full boil. Once boiling, turn the heat down to low (or just above low) to bring the broth down to a gentle simmer.
5. Let the rice gently simmer for 20 minutes without lifting the lid or stirring. After 20 minutes, remove the pot from the heat, and let the rice rest for five minutes without lifting the lid.
6. After resting, fluff the rice with a fork to redistribute the tomatoes throughout. Serve hot!



**Prepare Time**  
45 Minutes



**Servings**  
8



**Price**  
£6 - £8



# Special Desserts

# & Snacks



# “Loaded Nacho Avalanche”

## Ingredients

- 175g pack plain tortilla chips
- 225g jar of salsa chopped
- a few sliced spring onions
- a handful of cheese
- pinch of crushed chilli flakes
- soured cream or guacamole (optional)

## Instruction

1. Spread tortilla chips onto a baking tray.
2. Pour salsa over the chips.
3. Scatter sliced spring onions on top.
4. Grate a generous amount of cheese (fontina or cheddar) over the chips and salsa.
5. Sprinkle a pinch of crushed chili flakes.
6. Place the tray under a hot grill for about 3 minutes to melt the cheese.
7. Optionally, serve with soured cream or guacamole.



**Prepare Time**  
5 Minutes



**Servings**  
3



**Price**  
£4 - £6



# “The One” Chocolate Mug Cake

## Ingredients

- 2 Tbsp all-purpose flour
- 1 Tbsp unsweetened cocoa powder
- 2 tsp sugar
- 1/4 tsp baking powder
- a pinch salt
- 1 Tbsp cooking oil
- 2 Tbsp milk
- 1 Tbsp peanut butter (optional)

## Instruction

1. In your mug, stir together the dry ingredients (flour, cocoa powder, sugar, baking powder, and a pinch of salt). Make sure there are no clumps.
2. Stir in the vegetable oil and milk until the mixture is smooth. Drop a tablespoon of peanut butter into the center and push it down into the batter.
3. Microwave on high for one minute and then enjoy!



**Prepare Time**  
4 Minutes



**Servings**  
1



**Price**  
£4 - £6



*Enjoy this cookbook!*

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