



# LIFE HACKS

HELPING U LIVE YOUR BEST LIFE

## NO FUSS FEEDS



# INTRODUCTION

We believe that university students should be able to have delicious healthy meals on the daily. But we know this isn't easy for everyone – with time, energy, and money being a factor to complete this everyday task (and at least three times a day!)

So we've got the Life Hack for you. UQ Union's Student Advocacy and Support team brings you: **No Fuss Feeds**.

No Fuss Feeds is the cookbook you need – with low-cost, lazy meals for students. With recipes written by you for you thanks to the UQ School of Dietetics, these recipes are budget-friendly, nutritious, and easy-to-make. With a range of simple breakfast foods and meals for lunch and dinners, you can follow along with the recipe, adjust it to your tastes and needs, or even use them for dinner parties! With these easy versatile recipes, this cookbook will help you cook with confidence.

*Note: While some of these recipes request using specific brands, please use whatever is most accessible for you.*

Free nutrition consultation with a Master of Dietetic Studies students available. Book at:

[hmns.uq.edu.au/dietetics-practice](https://hmns.uq.edu.au/dietetics-practice)



# BREAKFAST

# FREEZER-FRIENDLY BREAKFAST FRITTATA

**RECIPE BY STEPHANIE SHI**, *first year Master of Dietetic Studies, UQ 2020.*  
Preparation time and cooking time: 10 minutes

## INGREDIENTS

- » 120g baby spinach
- » 150g frozen peas, thawed
- » 8 large eggs (approx. 50g each)
- » 1 tbsp olive oil
- » 4 rashers streaky bacon, thinly sliced
- » 2 cloves garlic, finely chopped
- » 1 small red chilli, deseeded and thinly sliced
- » 1 red capsicum, finely chopped
- » 70g cheddar cheese, grated

## INSTRUCTIONS

- 1 Put the baby spinach into a colander and pour over some boiling water to wilt. Let it sit until cool enough to handle then use hands to squeeze as much water out as possible.
- 2 Crack the eggs into a mixing bowl and whisk rigorously. Add in wilted spinach and thawed frozen peas, mix until combined. Season egg mixture generously with salt and pepper.
- 3 Preheat oven to grill.
- 4 Heat olive oil in a non-stick and oven-proof shallow frying pan and fry the bacon for approximately 5 minutes until the majority of fat has rendered.
- 5 Add the garlic, red chilli and capsicum, and cook until capsicum has softened slightly.
- 6 Tip in the egg mixture and cook gently with minimal stirring until the bottom is set, then sprinkle the top evenly with grated cheddar cheese. Cook further for approximately 5 minutes until the bottom is lightly golden.
- 7 Put under the grill for 5-7 minutes until cooked through and golden on top. Cut into 4 wedges and serve warm.

## EQUIPMENT REQUIRED

Knife  
.....  
Chopping board  
.....  
Colander  
.....  
Large bowl  
.....  
Non-stick and oven-proof shallow frying pan  
.....  
Wooden spoon  
.....

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 4

Protein (g)	29.25
Fat (g)	21.25
Carbohydrate (g)	7
Fibre (g)	5
Energy (kJ)	1447

**TOTAL = approx. \$3.12 per serve**



# BANANA BLUEBERRY PANCAKES

**RECIPE BY CLAIRE BATES**, first year Master of Dietetic Studies, UQ 2020.  
Preparation time and cooking time: 15 minutes

## INGREDIENTS

- » 1 Ripe banana
- » 1/2 cup Woolworths traditional rolled oats
- » 1 free range egg
- » 1 tbs cinnamon
- » 1/4 cup Woolworths frozen blueberries
- » 1 tsp Capilano honey

## INSTRUCTIONS

- 1 In a blender, add rolled oats, egg, 3/4 of a banana and cinnamon. Blend until a smooth consistency.
- 2 In a non-stick pan on medium heat, pour pancake mixture and place frozen blueberries into the uncooked mixture side. Lightly cover with more pancake mixture and flip once pancake is brown.
- 3 Slice the rest of the banana and stack pancakes. Drizzle with honey and banana on your pancake stack. Enjoy!

*Note: This recipe is also can also easy be mixed without a blender. Mush the banana, whisk the egg into the mixture and combine oats and cinnamon.*

## EQUIPMENT REQUIRED

Blender (optional)

Frying pan

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 1

Protein (g)	11
Fat (g)	11
Carbohydrate (g)	48
Fibre (g)	7
Energy (kJ)	1400

**TOTAL = approx. \$2.40 per serve**



# OVERNIGHT OATS

**RECIPE BY JESSICA MARTINEZ**, *first year Master of Dietetic Studies, UQ 2020.*

Preparation time and cooking time: 15 minutes

## INGREDIENTS

- » 50g Heritage Mill Traditional Rolled Oats
- » 22g Bega Simply Nuts Smooth Peanut Butter
- » Approx. 188mL Vitasoy Almond Milk
- » 15g The Chia Co Black Chia Seeds
- » 10g Capilano Pure Honey
- » Approx. 1.3g Ground Cinnamon
- » 200g Banana
- » Approx. 31g Raspberries

## INSTRUCTIONS

- 1 In a small bowl or jar, add oats, chia seeds, and milk and stir with a spoon to combine.
- 2 Add peanut butter, honey, and cinnamon and stir a few times to roughly mix in (Note, the peanut butter and honey don't need to be completely mixed in – by doing so this leaves swirls of peanut butter and honey to enjoy when eating!).
- 3 Ensuring all oats are submerged, cover with lid or seal and set in the fridge overnight (or at least 6 hours) in order to set/soak.
- 4 When ready to eat, top with fresh seasonal fruit and enjoy!
  - » Options for toppings may also include crunchy granola or chopped nuts if preferred.

*Notes: If you don't want to use chia seeds, you can substitute for other seeds (e.g. flax seed) or leave out completely. If not including, cut milk down to ½ cup.*

*Overnight oats will keep in the fridge for 2-3 days, however is best eaten within 12-24 hours.*

## EQUIPMENT REQUIRED

Small bowl/jar with lid or covering

Measuring cups

Measuring spoons

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 1

Protein (g)	18.6
Fat (g)	24.1
Carbohydrate (g)	72.3
Fibre (g)	11.9
Energy (kJ)	2439

**TOTAL = approx. \$3.42 per serve**





# LUNCH & DINNER

# PRAWN AND AVOCADO RICE PAPER ROLLS

RECIPE BY YU SHAN YUANG, *first year Master of Dietetic Studies, UQ 2020.*  
Preparation time and cooking time: 25 minutes

## INGREDIENTS

- » 3 rice paper wrappers (e.g. Pandaroo, Valcom)
- » 3 cooked prawns (150g)
- » ½ medium carrot
- » ½ medium cucumber
- » ½ medium avocado
- » 2 tbs Sweet chilli sauce (e.g. Woolworths, Masterfoods)

## INSTRUCTIONS

- 1 Fill the pan with water and bring to boil.
- 2 Put the prawns into boiling water and cook for 3 minutes.
- 3 Take the prawns out and put them in a bowl of cool water.
- 4 Rinse carrot and cucumber and peel them into ribbons.
- 5 Rinse and thinly slice the avocado.
- 6 Soak the rice paper in a bowl of lukewarm water until softened. Work with 1 wrapper at a time.
- 7 Place the soften wrapper on a damp tea towel, fill centre of the sheet with 1 prawn, carrot, cucumber and avocado.
- 8 Fold the rice paper over the end closest to you, fold each side into centre and roll up.
- 9 Rest the wrap on damp baking paper to prevent them from drying out.
- 10 Serve with sweet chilli sauce.

## EQUIPMENT REQUIRED

Knife/Peeler  
Chopping board  
Large bowl  
Pot  
Stove  
Clean tea towel  
Baking paper

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 1

Protein (g)	46.3
Fat (g)	20
Carbohydrate (g)	86
Fibre (g)	7.9
Energy (kJ)	2851

TOTAL = approx. \$7.15 per serve





# BEAN SALAD

**RECIPE BY ZOE SHELBY**, *first year Master of Dietetic Studies, UQ 2020.*  
Preparation time and cooking time: 10 minutes

## INGREDIENTS

- » 1 can of cannellini beans
- » 1 can chickpeas
- » 1 cup cherry tomatoes
- » 1 large cucumber
- » ½ red onion
- » 1 cup capsicum
- » ½ cup crumbled feta
- » 1 cup spinach leaves
- » 1tsp balsamic vinegar

## INSTRUCTIONS

- 1 Drain and rinse thoroughly both chickpeas and cannellini beans.
- 2 Dice cherry tomatoes, cucumber, red onion and capsicum.
- 3 Place cannellini beans and chickpeas into a large bowl. Add tomatoes, cucumber, onion, capsicum, feta and spinach leaves and toss the salad together.
- 4 Add the balsamic vinegar for dressing.
- 5 Serve. Left overs can be kept well covered in the fridge for several days.

*Tip: Add more brown rice to increase calories per serving.*

## EQUIPMENT REQUIRED

- Knife
- Chopping board
- Large bowl
- Measuring cups and spoons

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 5

Protein (g)	16.82
Fat (g)	8.51
Carbohydrate (g)	42.18
Fibre (g)	10.76
Energy (kJ)	1264

**TOTAL = approx. \$2.57 per serve**



# COCONUT CURRY CHICKEN WITH VEGETABLES AND RICE

RECIPE BY HOLLY KUR, *first year Master of Dietetic Studies, UQ 2020.*  
Preparation time and cooking time: 60 minutes

## INGREDIENTS

- » 400g chicken thigh, skinless & trimmed
- » 1x 400g can of chickpeas, drained
- » 4 medium carrots (400g)
- » 2 cups green beans, frozen (250g)
- » 2 large potatoes (360g)
- » 1 large brown onion, peeled & sliced
- » 3 cloves garlic, chopped fine (10g)
- » 4 cups water (1Ltr)
- » ½ can light coconut milk(200ml)
- » 1.5 tbs curry powder, Keen's brand (10g)
- » Pinch of salt & pepper to taste
- » 1 cup brown rice, uncooked(218g)

## INSTRUCTIONS

- 1 In a large bowl, place the green beans and sliced onion. Then wash the carrots and potatoes and roughly dice/cut into chunks leaving the skin on and add to bowl.
- 2 Heat a non-stick cooking pot on stovetop at medium-high heat, meanwhile trim excess fat from chicken thigh and cut into large chunks, then add to the pre-heated pot.
- 3 Add the curry powder, garlic and a pinch of salt and pepper to the pot, stir to coat chicken, then cook for 2 minutes.
- 4 Add the pre-cut bowl of vegetables, chickpeas, water and coconut milk to the pot and stir well to combine.
- 5 Reduce the cooking heat to medium-low, place lid on the pot (or cover with foil) and cook for 30 minutes until vegetables are tender. While the curry is cooking, prepare the rice.

### STOVETOP ABSORPTION METHOD FOR RICE

- 6 In a pot, add one cup of brown rice and two cups of water (tap/room temp), bring to a boil then reduce heat to low, cover with lid (or plate/foil) and simmer for 30–35 minutes. Remove from heat and leave covered for 5 minutes.
- 7 Once cooked, serve the curry in a bowl on top of rice (recipe makes 4 serves). If cooking for one person the additional 3 serves can be put into containers and placed in the fridge or freezer for quick meals on following days.

*Note: If you do not have non-stick pot add 1tsp of olive oil before adding chicken.*

## EQUIPMENT REQUIRED

Stove  
.....  
Knife  
.....  
Cooking pot  
.....  
Bowl  
.....  
Wooden spoon  
.....  
Measuring cup  
.....  
Tablespoon  
.....

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 4

Protein (g)	27.6
Fat (g)	10.0
Carbohydrate (g)	58.5
Fibre (g)	10.7
Energy (kJ)	1907

**TOTAL = approx. \$2.75 per serve**



# HOMEMADE PIZZA

**RECIPE BY SUNÉ JOUBERT**, *first year Master of Dietetic Studies, UQ 2020.*  
Preparation time and cooking time: 30 minutes

## INGREDIENTS

- » 1 cup Greek yogurt
- » 1 ½ cups self raising flour
- » ¼ cups red onion
- » 1 cup capsicum
- » ½ cup spinach
- » 1 cup mozzarella cheese
- » ¾ cup Pasta Sauce
- » Salt and Pepper

## INSTRUCTIONS

- 1 Preheat the oven to 220°C.
- 2 Mix the flour and the Greek yogurt together in a bowl. Once evenly mixed, transfer to a clean flat surface, sprinkled with self-raising flour. Knead the dough for 10 minutes, adding more flour as needed. Spread the dough to the edges of a 12 inch pizza pan. Ensure the base is rolled thinly for a well-cooked and crispy pizza base.
- 3 Dice the onion and capsicum.
- 4 Evenly spread the pizza sauce onto the pizza base.
- 5 Sprinkle the onion, capsicum, cheese and spinach onto the pizza.
- 6 Add a pinch of salt and pepper to taste.
- 7 Place the pizza in the oven and cook for 15 minutes, or until the cheese is melted and slightly browning.
- 8 Repeat for second pizza.

## EQUIPMENT REQUIRED

Knife  
Chopping board  
Large bowl  
12" pizza pan  
Oven  
Measuring cups and spoons

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 2

Protein (g)	20
Fat (g)	12
Carbohydrate (g)	86
Fibre (g)	6.5
Energy (kJ)	2320

**TOTAL = approx. \$3.82 per serve**



# TUNA PASTA PESTO BAKE

RECIPE BY EMILY WHITHERS, *first year Master of Dietetic Studies, UQ 2020.*

Preparation time and cooking time: 50 minutes

## INGREDIENTS

- » 250g San Remo Wholemeal Penne Pasta
- » 1 tsp Coles Olive Oil
- » 4 Spring Onions (scallion/green onion), finely chopped
- » 1 tsp Coles Crushed Garlic
- » 125g Cherry Tomatoes, halved
- » 60g Baby Spinach
- » 2 small Zucchinis, sliced
- » ½ jar Coles Basil Pesto
- » ½ cup Carnation Light Evaporated Milk
- » 185g Coles Tuna in Springwater, drained
- » 100g Coles Light Mozzarella Cheese

## INSTRUCTIONS

- 1 Preheat oven to 200°C. Bring a large saucepan of water to the boil (boil kettle in water first to reduce time). Cook pasta according to packet instructions. Drain.
- 2 Meanwhile, heat olive oil in a frypan over medium heat. Add spring onions and garlic. Cook for about 2 minutes, stirring regularly. Add zucchini and tomatoes and cook for 2 minutes. Add spinach, pesto, tuna and evaporated milk. Cook for around 3 minutes until spinach starts to wilt.
- 3 Add pasta into baking dish. Pour the veg and evaporated milk mix over the pasta and stir gently to combine. Top with cheese.
- 4 Baked for ~20 minutes or until cheese is melted and golden. Let stand for 5 minutes before serving.

## EQUIPMENT REQUIRED

Chopping board

Knife

Wooden Spoon

Measuring cups & spoons

Saucepan

Frypan

Colander

Oven safe baking dish

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 4

Protein (g)	32
Fat (g)	17
Carbohydrate (g)	58
Fibre (g)	9
Energy (kJ)	2050

TOTAL = approx. \$3.25 per serve



# QUICK MUSHROOM RAMEN

RECIPE BY OLIVIA HAYES, *first year Master of Dietetic Studies, UQ 2020.*  
Preparation time and cooking time: 15 minutes

## INGREDIENTS

- » 1 ½ cup vegetable stock
- » 125g Chang's long life noodles
- » 2 eggs
- » 1 tbsp soy sauce
- » ½ cup coconut milk
- » 60g spinach
- » 4 shiitake mushrooms
- » ½ bunch bok choy
- » ¼ cup shallots

## INSTRUCTIONS

- 1 Boil 2 eggs for 3 minutes.
- 2 In a new pot add mushrooms and soy sauce and fry on a low heat.
- 3 Add vegetable stock and turn up the heat to medium/high to bring the broth to boil. Add noodles and cook for 3 minutes.
- 4 Stir in spinach and bok choy.
- 5 Turn off heat, add coconut milk and stir.
- 6 Serve and garnish with a boiled egg (halved) and shallots.

*This recipe makes 2 serves at a time but it doesn't store well as leftovers so either make this for you and your roommate OR halve the recipe to just make 1 serve for yourself. You can also adjust this recipe by adding different vegetables in each time you create it.*

## EQUIPMENT REQUIRED

Stove  
.....  
2 x Pot  
.....  
Wooden spoon  
.....

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 2

Protein (g)	13
Fat (g)	12.7
Carbohydrate (g)	22.7
Fibre (g)	4
Energy (kJ)	1106

**TOTAL = approx. \$4.85 per serve**



# QUICK CRUNCHY SLAW

RECIPE BY SAMANTHA STAINES, *first year Master of Dietetic Studies, UQ 2020.*  
Preparation time and cooking time: 25 minutes

## INGREDIENTS

### SALAD

- » 2 x 350 bag Coles Prepacked Supreme vegetable mix
- » 250g bag bean sprouts
- » 1/3 cup mint leaves, chopped roughly
- » 1/3 cup coriander leaves, chopped roughly

### DRESSING

- » 1 tbsp coles minced garlic
- » 2 tbsp soy sauce
- » Juice of 1 fresh lime
- » 2 tsp Coles olive oil
- » 1 tsp Yeo's sesame oil
- » 1 tsp Hoyts dried chilli flakes

### PROTEIN OPTIONS

- » 300g Coles Nature's Kitchen tempeh with 1 tsp olive oil
- OR**
- » 500g raw chicken breast with 1tsp salt

## INSTRUCTIONS

- 1 Heat oil in frypan and cook tempeh at high heat, cook evenly on both sides and remove from heat, **OR** Bring a medium pot of water to a gentle simmer over medium-high heat, add salt and chicken breast, cover and poach until cooked through (approx.. 15 mins). Remove with tongs and set aside to cool.
- 2 Place entire bag of salad into a large mixing bowl with bean sprouts, roughly chopped mint and coriander, add to bowl and mix until combined evenly.
- 3 Mix ingredients for dressing together and set aside.
- 4 Either; cut up tempeh into even strips, **OR** On a chopping board use 2 forks to shred chicken breast.
- 5 Add protein to salad, mix together and then add dressing and mix again.
- 6 Toast sesame seeds in saucepan until golden and use to garnish. Serve and enjoy!
- 7 Put leftovers in container; keeps refrigerated for 3 days.

## EQUIPMENT REQUIRED

Stove  
.....  
Frying pan  
.....  
Pot  
.....  
Tongs  
.....  
Large bowl  
.....  
Wooden spoon  
.....

## NUTRITIONAL INFORMATION

SERVES IN THIS RECIPE: 4

### WITH CHICKEN

Protein (g)	9.0
Fat (g)	4.3
Carbohydrate (g)	12.4
Fibre (g)	8.2
Energy (kJ)	577.88

### WITH TEMPEH

Protein (g)	4.6
Fat (g)	4.0
Carbohydrate (g)	12.9
Fibre (g)	9.3
Energy (kJ)	367.88

**TOTAL =** VEGETARIAN  
approx. \$3.40 per serve  
CHICKEN  
approx. \$3.80 per serve

