



# NO FUSS FEEDS

VOL.2



you asked.  
we listened.





# INTRODUCTION

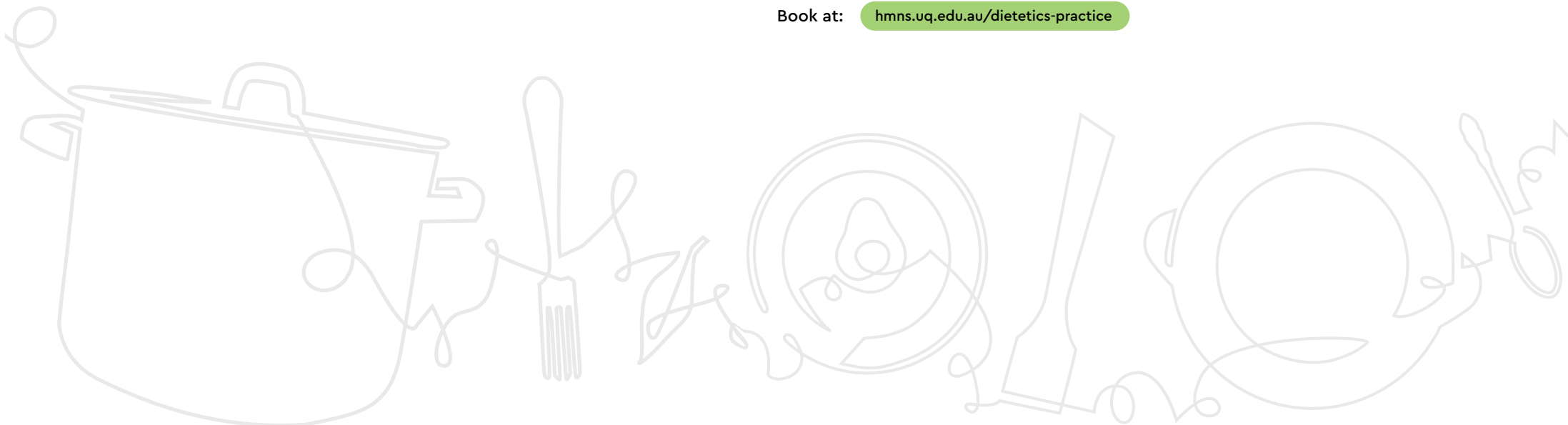
We believe university students should be able to have delicious healthy meals daily. But we know this isn't easy for everyone – with time, energy and money being a factor to complete this everyday task (and at least three times a day!)

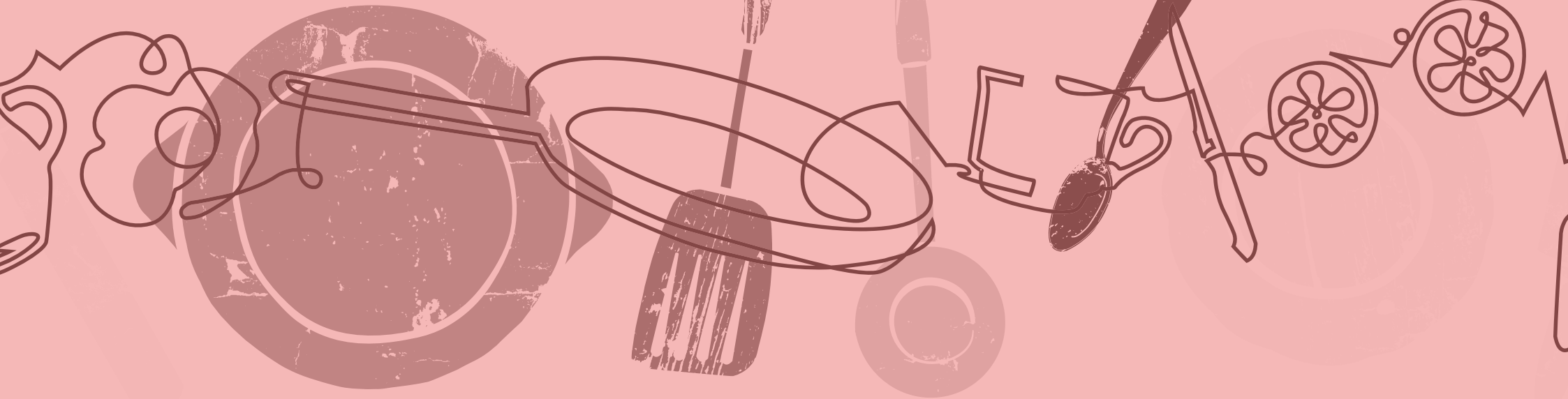
So we've got the Life Hack for you. UQ Union's Student Advocacy and Support team brings you: No Fuss Feeds.

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.

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



# PEANUT BUTTER AND BANANA OVERNIGHT OATS

## INGREDIENTS

1/2 cup rolled oats  
1 tbsp peanut butter  
1 banana (or fruit of choice)

### OPTIONAL EXTRAS

Honey and/or additional fruit

### OPTION 1

1 cup lite milk (or milk of choice)

### OPTION 2

1/2 cup lite milk (or milk of choice)  
95g Greek yogurt

## EQUIPMENT

No equipment required

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 1

OPTION 1	1 cup of lite milk
Calories	488 calories
Fibre	10g
Protein	18g (15%)
Carbohydrates	68g (56%)
Fats	15g (29%)
Saturated Fats	5g

OPTION 2	1/2 cup of lite milk and 95g Greek yogurt
Calories	541 calories
Fibre	10g
Protein	22g (16%)
Carbohydrates	74g (54%)
Fats	17g (29%)
Saturated Fats	4g

## INSTRUCTIONS

COOKING TIME: <10 MINUTES PREPARATION; 4+ HOURS CHILL TIME

- 1 Place oats, milk and yogurt into a bowl and mix well.
- 2 Mash half the banana and stir into the bowl.
- 3 Slice the other half of the banana and place on top.
- 4 Add peanut butter and any honey/additional toppings.
- 5 Cover and place in the fridge overnight (minimum 4+ hours).
- 6 Ready to eat in the morning, can add additional liquid to get desired texture.

TOTAL= \$1.13 – \$1.53 per serve



# BREAKFAST FRITTATA

AS VEGETARIAN OR WITH MEAT

## INGREDIENTS

3 x medium free-range eggs  
1/4 cup frozen spinach, thawed  
1/4 cup zucchini, squeezed & grated  
1/4 cup carrot, grated  
1/4 cup mushroom sliced  
1 tbsp capsicum, cut into 1x1cm cubes

2 tbsp spring onion, chopped  
1 tsp dried chilli flakes  
1 tsp olive oil  
salt & pepper to season

## PROTEIN OPTIONS

1 x 95g can tuna in springwater  
(drained ~67g)

OR

Use 100g any other leftover meat!  
e.g. leg ham (cut into 1x1cm cubes)

## EQUIPMENT

mixing bowl      fork / whisk  
frying pan      spatula/egg lifter

## INSTRUCTIONS

- 1 Prepare all ingredients as directed above.
- 2 In a large mixing bowl, crack eggs carefully and whisk well with a fork until frothy.
- 3 Add salt, pepper and chilli to egg mix. Whisk until combined.
- 4 Add all the vegetables and spring onion to the egg mix, whisk again to combine, then add tuna (optional) and whisk together gently.
- 5 Heat a frying pan at medium heat until warm, add oil and swirl the pan so the oil covers the entire base of the pan.
- 6 Pour in frittata mix slowly, and cover entire pan with mix. Turn the stovetop to low heat, and cover with lid.
- 7 Cook for 2 minutes, then use spatula/egg lifter to flip frittata, cooking for another 2 minutes on other side. Transfer onto plate, and enjoy!

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 1

### PER SERVE WITH TUNA

Energy	1483.15kJ
Protein	37.1g
Carbohydrates	10.1g
Fat	21.5g
Fibre	3.1g

### PER SERVE WITH VEGETARIAN

Energy	1200.15kJ
Protein	22g
Carbohydrates	9.6g
Fat	21g
Fibre	3.1g

## TOTAL=

vegetarian cost \$2.98  
with tuna cost \$3.84  
with other meat cost \$3.94

# SAVOURY MUFFINS

These muffins are not like the traditional ones — regarded as sugar and calorie bombs! These savoury muffins come with a different salty taste, and there is zero added sugar. They are a relatively healthier snack for you to enjoy for morning or afternoon tea.

## INGREDIENTS

225g of white plain flour  
1 tsp of salt  
2 tsp of baking powder  
1 cup (125g) of grated cheese

1x grated zucchini/carrot  
2x eggs  
1/2 cup (125 ml) of full cream milk  
2/3 cup (100g) of bacon

125g frozen mash pumpkin  
olive oil  
1 tbsp of basil pesto

## INSTRUCTIONS

- 1 Finely chop the zucchini, cook the bacon and unfreeze the pumpkin smash.
- 2 Grease the muffin holes with some oil.
- 3 In a bowl, mix the flour, salt, baking powder, bacon (if using), cheese and zucchini.
- 4 In the other bowl, mix the eggs, milk, mashed pumpkin, oil and pesto.
- 5 Combine the contents of the bowl and stir until just combined.
- 6 Spoon the mixture into the prepared muffin tin.
- 7 Roast for about 20–25 minutes.

## EQUIPMENT

Muffin baking tin  
.....  
Knife  
.....  
Chopping board  
.....  
2x bowl  
.....  
Measuring cup or scales  
.....  
Teaspoon and tablespoon  
.....

## NUTRITIONAL INFO

### PER SERVE

Energy	2018kJ
Protein	17.75g
Carbohydrate	35.8g
Total fat	32.5g
Dietary fibre	2.8g
Sodium	882.5mg
Potassium	120.2mg

**TOTAL=** cost \$0.66 each



# CORN ZUCCHINI FRITTERS

## INGREDIENTS

1/4 cup green onions – finely chopped  
1 clove garlic – crushed  
1 medium zucchini – grated  
1/2 cup corn (frozen and defrosted, or fresh)  
1/2 cup of besan (chickpea) flour  
(can find this in the flour aisle in Coles/Woolworths)

1/4 – 1/2 tsp smoked paprika  
Salt to taste  
1–2 tbsps of oil for frying

## INSTRUCTIONS

- 1 In a large mixing bowl add shallots, garlic, zucchini, corn, chickpea flour, smoked paprika and salt. Stir together until well combined.
- 2 Set the mixture aside and let it sit for ~5 minutes. The flour will absorb any moisture from the zucchini.
- 3 The mixture should form a batter (you may need to add a dash or two of water to bring the mixture to a batter-like consistency).
- 4 Add a bit of oil to a frypan and heat over medium heat.
- 5 Using a tablespoon, place a heaped spoonful of batter onto the frypan and cook for ~3–5 minutes on each side until golden brown in colour. Repeat process with remaining batter.
- 6 Fritters can be served with a salad on the side along with your favourite dipping sauce.

## EQUIPMENT

Stove ..... Measuring spoons .....  
Fry pan ..... Measuring cups .....  
Chopping board ..... Mixing bowl .....  
Knife ..... Mixing spoon .....  
Flipper/turner/spatula .....

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 3–4

### PER SERVE

Energy: ..... 864kJ .....  
Protein: ..... 8g .....  
Fat, total: ..... 7g .....  
-saturated: ..... 1.0g .....  
Carbohydrate: ..... 20g .....  
-sugars: ..... 2.0g .....  
Sodium: ..... 64mg .....  
Fibre: ..... 4g .....

TOTAL = \$3.00 per serve





LUNCH



# BLACK BEAN QUESADILLA

## INGREDIENTS

1 can black beans  
2 sprigs coriander  
1 can corn  
2 tomatoes

Iceberg lettuce  
2/3 cup low-fat grated cheese  
Avocado

## INSTRUCTIONS

SERVES: 4

PREPARATION TIME- 10 MINUTES COOKING TIME: 3 MINUTES

- 1 Drain beans and corn in a colander and rinse.
- 2 Prepare vegetables by dicing tomato and chopping lettuce into small pieces.
- 3 In a bowl, mix together the beans, corn, tomato, lettuce, coriander and cheese.
- 4 Warm a frying pan on the stove over a medium heat or turn on toasted sandwich maker. Add a small amount of oil followed by one of the tortillas. Evenly spread the bean mixture to cover half of the tortilla and fold the tortilla in half.
- 5 Cook for 2-3 minutes. Using a spatula carefully flip the quesadilla and cook for another 2-3 minutes. You want the quesadilla to be golden on both sides and the cheese melted. Repeat for rest of the tortillas.
- 6 Slice avocado and serve with quesadillas.
- 7 Excess quesadillas can be frozen, and avocado kept in the fridge for a few days.

## EQUIPMENT

Toasted sandwich maker or small  
saucepan and stove  
Colander  
Bowl  
Spatula  
Knife  
Chopping Board

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 4

### PER SERVE

Energy	267 calories
Fibre	9g
Carbohydrates	45%
Protein	19%
Fat	36%
Fibre:	4g

**TOTAL=** cost \$2.37 per serve



# MISO NOODLE SOUP

## INGREDIENTS

1 packet of wholegrain instant noodles  
2 tbsp (30g) miso paste  
1 vegetable stock cube  
100g firm tofu, diced into 1 cm cubes

4 small (80g) mushrooms, sliced  
1 cup (50g) baby spinach  
1 spring onion, thinly sliced

## EQUIPMENT

A kettle, microwave or stove

A large bowl

Plate or lid

## INSTRUCTIONS

- 1 Bring some water to the boil in a kettle, microwave or stove (about 3 cups should do).
- 2 Layer your soup ingredients in a large bowl; noodles on the bottom, followed by the miso paste, stock cube, tofu, mushrooms, spinach and spring onions.
- 3 Add enough boiling water to the bowl to cover all the ingredients.
- 4 Cover the bowl with a plate or lid and let sit for 3 – 5 minutes until the noodles are cooked and the vegetables have softened.

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 1

### PER SERVE

Energy	468 calories/1958kJ
Protein	31g
Fat, total	11g
Saturated	2g
Carbohydrates	54g
Sugars	8g
Fibre	11g

**TOTAL=** cost \$3.94 per serve



# CHILLI CON CARNE STYLE BURRITO BOWL

## INGREDIENTS

### CHILLI MINCE MIXTURE

500g extra lean beef mince  
40g Master Mix Chilli  
    Con Carne Recipe Base  
5g ground paprika  
5g ground cumin seeds  
2 cloves garlic loose ~12g

1 brown onion ~200g  
1 can/400g peeled tomatoes  
1 small tin/140g Italian tomato paste  
1 can/400g red kidney beans  
3/4 cup water  
1 1/2 cups Low GI brown rice  
1 tbsp extra virgin olive oil

### TOPPERS

1/2 red capsicum ~100g  
1 truss tomato ~130g  
1/2 cup brown lentils ~100g  
1/2 bunch spring onions  
1/2 cup corn kernels ~125g

## EQUIPMENT

Measuring cups & spoons .....  
Measuring scales    Stove .....  
Chopping board    Pot .....  
Knife                      Sieve/Strainer .....  
Fry pan                      Wooden spoon .....

## INSTRUCTIONS

- 1 Prepare all ingredients, measuring out required amounts of each.
- 2 Cook brown rice according to packet instructions. It may take up to 25 minutes to cook.
- 3 Chop up garlic and onion finely.
- 4 Heat oil in a non-stick fry pan over medium heat. Add onion, cook for 2-3 minutes or until soft and translucent. Add garlic and fry lightly (~30 seconds).
- 5 Add mince and cook till brown. Add chilli con carne recipe base and stir through.
- 6 Drain and rinse kidney beans, then add these, the canned tomatoes, paprika, ground cumin seeds, tomato paste and water to mixture. Stir ingredients through.
- 7 Bring to the boil and then allow to simmer for 15 minutes or until the mixture thickens.
- 8 While chilli mince mixture is simmering, prepare toppers. Slice tomato, capsicum and spring onions into bite sized chunks. Drain and rinse lentils and corn.
- 9 Drain water from rice when finished cooking.
- 10 Serve chilli mince mixture with rice and add toppers. Enjoy.

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 4

### PER SERVE

Energy                      673 calories/2813kJ  
Fat                              10g  
Carbohydrates              95g  
Protein                        40g  
Dietary Fibre                12g

**TOTAL=** cost of meal \$11.30  
cost \$2.80 per serve

# TUNA RICE BOWL

## INGREDIENTS

1x 450g packet of microwave brown rice  
5x 90g tins tuna (in springwater)  
1 packet steam fresh peas, beans, corn and broccoli mix  
5 tbsp sweet chilli sauce

## INSTRUCTIONS

- 1 Microwave rice packet for time indicated on packet. Divide rice amongst five bowls/containers (90g each).
- 2 If preparing just one meal at a time, microwave one steam bag of vegetables for time indicated on packet.
- 3 Drain the tuna and combine one tin of tuna per bowl with rice and veggies.
- 4 Stir through 1 tbsp sweet chilli (if desired).

## EQUIPMENT

Microwave  
Bowl

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 5

### PER SERVE

Energy	350 calories/ 1460kJ
Fat	3.4g
Carbohydrates	48g
Protein	10g
Dietary Fibre	10g

**TOTAL=** cost of meal \$18  
cost \$3.60 per serve



# QUICK MUSHROOM RAMEN

## INGREDIENTS

1 ½ cups vegetable stock  
125g long life noodles  
2 boiled eggs  
1 tbsp soy sauce  
1/2 cup coconut milk

60g spinach  
6 shiitake mushrooms  
1/2 bunch bok choy  
1/4 cup shallots

## INSTRUCTIONS

- 1 Boil 2 eggs for 3 minutes
- 2 In a new pot add mushrooms and soy sauce then 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.

**NOTE** 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

Stove top  
.....  
Pot x 2  
.....  
Wooden Spoon  
.....

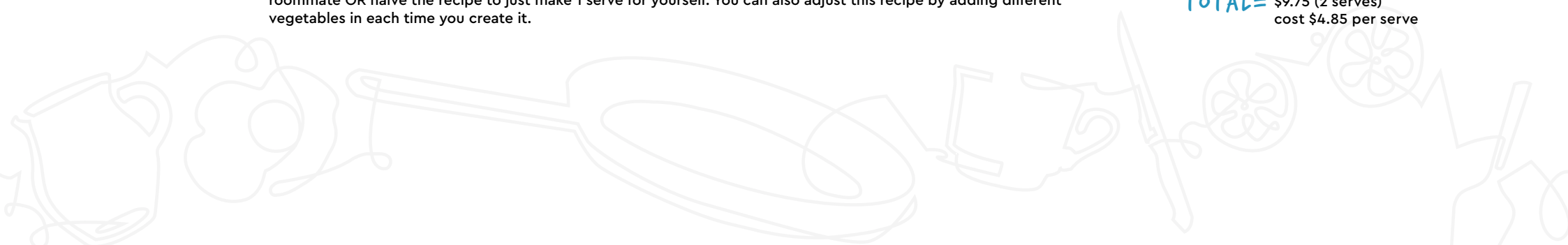
## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 2

### PER SERVE

Energy	1106kJ
Protein	13g
Fat	12.7g
Carbs	22.7g
Fibre	4g

**TOTAL=** \$9.75 (2 serves)  
cost \$4.85 per serve





DINNER

# MICROWAVED MEXICAN STUFFED SWEET POTATO

## INGREDIENTS

2 small sweet potatoes (skin on)  
1 can black beans (400g)  
1/2 tsp cumin  
Pinch chilli powder  
1/2 tsp paprika

1 tsp tomato paste (or siracha)  
1 cup frozen or canned corn kernels  
1/2 cup light cheddar cheese  
2 tomatoes  
1 small red onion

## INSTRUCTIONS

- 1 Wash and pat dry sweet potatoes. Prick sweet potatoes all over using a fork. Place sweet potatoes on a plate and microwave for 6 minutes, (cooking time depends on microwave) or until a knife can be easily inserted.
- 2 Drain and rinse beans and place in a microwavable bowl. Add tomato pasta, spices, 1 teaspoon of water and smash slightly with fork. Cook in microwave for 2 minutes. Set aside.
- 3 Add frozen corn to microwavable bowl and cook in microwave for 2 minutes. Set aside.
- 4 Dice tomatoes and red onion, and mix together in a bowl.
- 5 Now to assemble the stuffed burrito! Place one sweet potato on the plate and slice length-ways with the knife, then using your fingers widen the slit to allow room for stuffing. Sprinkle the sweet potato with half the cheese. Then place half the bean-mix on top of the sweet potato. Top with corn and tomato/onion mix.

## EQUIPMENT

Microwave .....  
Cutting board .....  
Plate .....  
Knife .....  
Fork .....  
1 teaspoon .....  
Microwavable bowls .....

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 2

### PER SERVE

Energy	2320kJ
Protein	27.6g
Total Fat	8.6g
Saturated Fat	4g
Carbohydrate	84g
Fibre	20.5g

**TOTAL=** cost \$6.70  
cost per serve: \$3.35



# TUNA PESTO PASTA BAKE

## INGREDIENTS

250g wholemeal penne pasta	2 small zucchinis, sliced
1 tsp olive oil	1/2 jar basil pesto
4 spring onions (scallion/green onion), finely chopped	1/2 cup light evaporated milk
1 tsp crushed garlic	185g tuna in springwater, drained
125g cherry tomatoes, halved	100g light mozzarella cheese
60g baby spinach	

## 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

Chopping board	Frypan
Knife	Sieve
Wooden spoon	Oven safe baking dish
Saucepan	Food Scales
Measuring cups & spoons	

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 4

### PER SERVE

Energy	490 calories
Protein	32g
Fat	17g
Carbohydrates	58g
Fibre	9g

**TOTAL=** cost \$13  
cost per serve \$3.25





# CHICKEN NOODLE STIR FRY (PAD THAI STYLE)

## INGREDIENTS

250g pad Thai style rice noodles	2 x garlic cloves, finely diced	1 tbsp soy sauce
500g chicken breast fillets (raw), diced	1 tsp ginger (crushed paste) or 2.5cm fresh ginger root, finely diced	2 tsp cornflour
150g fresh green beans	3 tbsp white wine or verjuice	1 tsp white sugar
100g fresh snow peas, sliced	2 tbsp hoisin sauce	2 tsp sesame oil
1/2 red capsicum, sliced (100g)	2 tbsp sweet chilli sauce	2 tbsp olive oil
1 large carrot, thinly sliced (julienned)	1 tbsp oyster sauce	
1/2 cup shelled edamame (soybeans)		

## INSTRUCTIONS

- 1 Make sauce – combine verjuice, hoisin sauce, sweet chilli sauce, oyster sauce, soy sauce, sesame oil, and sugar in a mixing bowl – set aside. Optional: add diced chicken to sauce and let marinate in fridge for a few hours.
- 2 In the wok or frypan, heat olive oil, garlic and ginger for 30 seconds. Add chicken and cook until browned (if marinated in sauce, try and drain as much sauce from chicken as possible before adding to wok).
- 3 Add all vegetables and let cook for a few minutes, stirring often.
- 4 Add pre-made sauce and continue to stir. Cook for approximately 10 minutes, or until chicken is cooked through and vegetables are to desired texture. If sauce is runny, combine cornflour and a tablespoon water and add to wok.
- 5 While that is cooking, place noodles in a heatproof container and cover in boiling water (as per instructions on noodle packet). Allow noodles to sit for up to 10 minutes, stirring constantly to separate.
- 6 Once noodles and stir fry are both cooked, add noodles to the wok stirring briefly.
- 7 Serve immediately, and top with chopped cashew nuts (optional).
- 8 Store leftovers in the fridge for up to 4 days, or in the freezer for up to a month.

## EQUIPMENT

Wok or large frypan (preferably deep)
chopping knife
cutting board
medium mixing bowl
heatproof container/ large saucepan
spatula
set measuring cups
set measuring spoons

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 4

### PER SERVE

Energy	3516kJ
Protein	47.2g
Fat	28.5g
Carbohydrates	91.6g
Fibre	9.4g

**TOTAL=** cost of meal \$16.70  
cost \$4.18 per serve



# LENTIL STEW

## INGREDIENTS

Lentils (420g)  
Diced tomatoes (400g)  
Onion (1 large onion)  
Minced garlic (15g)

Mixed vegetables (200g)  
Water (1/4 Cup)  
Paprika (2 tsp)  
Salt & pepper

## INSTRUCTIONS

- 1 Drain and rinse the lentils with water.
- 2 Chop the onion into small cubes.
- 3 Place the tin of lentils, tin of diced tomatoes, onion, minced garlic, mixed vegetables and water into a large pot.
- 4 Add paprika and a pinch of salt and pepper.
- 5 Bring to a boil and then lower the heat.
- 6 Let the pot simmer for 30 minutes, stirring every 5 minutes.
- 7 Taste and add more paprika, salt and pepper as required.
- 8 Serve hot and separate the rest into small containers for a week's worth of dinners!

## EQUIPMENT

Chopping board  
.....  
Knife  
.....  
Wooden spoon  
.....  
Saucepan  
.....  
Stove  
.....

## NUTRITIONAL INFO

SERVES IN THIS RECIPE: 5

### PER SERVE

Energy	570 calories
Carbohydrate	20g
Protein	10g
Fat	1.4g
Fibre	6g

**TOTAL=** cost \$8.14  
cost per serve \$0.59



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- Removal of course

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