



INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

[www.mya-consulting.co.uk](http://www.mya-consulting.co.uk)



**SIMPLE STUDENT  
RECIPES THAT DON'T  
COST THE EARTH**



INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS



This recipe book has been written with simplicity and student budget in mind. To this end, a lot of the delicious dishes you will find in this book are made using one pot and minimal equipment.

If you find yourself with a random selection of ingredients that you have no idea what to do with, please feel free to challenge me. I will create a bespoke recipe just for your cupboard.

Any other food-based questions, or if you're just looking for handy hints and tips, get in touch!

Nutrition is a really important part of wellbeing. Try and maintain a healthy diet and eat salads, vegetables and fruit with your meals.

A stylized, handwritten signature in white ink.

Mike Bradshaw  
Senior Consultant at MYA

[mike.bradshaw@mya-consulting.co.uk](mailto:mike.bradshaw@mya-consulting.co.uk)

# BEFORE WE BEGIN

## THE 10 RULES OF HYGIENE

1. Wash your hands, use warm water and soap at all times, washing your hands thoroughly—at least for about 20 seconds.
2. Proper storage, All your food should always be covered, as left in the open it becomes vulnerable to bacteria. All raw foods should be stored in the bottom of the fridge. This is because raw fish, meat, and poultry can easily drip onto other ready-to-eat foods in the fridge causing illness.
3. Cook Food Thoroughly, You are perhaps thinking this is obvious stuff! But you will be surprised by the number of people who actually under cook their food. With undercooked food, there is a higher risk of harmful bacteria getting ingested which may trigger food poisoning. All animal foods ought to be cooked to a minimum of 75°C, if you want to get rid of viruses, bacteria, and parasites which bring food borne illnesses.
4. Never Defrost Food On The Counter, Defrost the food to be cooked in the refrigerator, in cold water, or in the microwave, never on the counter. All perishable foods must never be thawed on the counter for periods lasting more than 2 hours because while at the centre, the food may still be frozen but the outer food surface could enter into what is referred to as the Danger Zone where any bacteria would grow significantly.
5. Clean Up and Down, After cooking, keeping a clean kitchen is very important.
6. Either Keep it Hot or Cold If you cannot keep it hot or cold, then it's best not to keep it at all. There are some particular foods that are extremely vulnerable to rapid bacterial growth prior to cooking and after. This group of food includes poultry, eggs, fish, sliced melons, tofu, beans, rice, Such foods ought to always be kept above 65°C or below 5°C.
7. Clean the Kitchen Sink and Worktops, make sure your preparation areas are clean and hygienic, use a kitchen safe antibacterial spray if possible.
8. Avoid Cross Contamination, Always use individual or separate cutting boards or different ingredients like fish, raw meat, chicken and cooked foods. If you don't have spare boards make sure you thoroughly wash your cutting boards and knives in-between tasks.
9. Maintain your Kitchen Fridge and Freezer. At least once a month, take out the fridge shelves and compartments and have them washed with warm water and soap. As part of your hygiene rules, always rinse and dry the shelves before putting back. You can wipe the fridge inside with a mixture of water and bicarbonate of soda. Remember to wipe down the fridge outside too, particularly the handle!
10. Use a good Kitchen Bin. What is most important is that you need to regularly empty your bin, preferably on a daily basis. If that does not happen, the food leftovers may start to decompose and bacteria will grow very fast in your kitchen.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

## EQUIPMENT YOU WILL NEED

1. Frying pan
2. Knife
3. Chopping board
4. Cooking spoon
5. Slotted spoon
6. Whisk
7. Spatula
8. Hand blender, smoothie maker or liquidiser







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# SOUP

This is a basic recipe that you can easily adapt to whatever needs using up from the fridge.

**Serves 4**

## Ingredients

- 200g chopped raw vegetables, such as onions, celery and carrots
- 300g potato
- 1 tbsp oil
- 700ml stock (1 stock cube - any flavour and 700ml of hot water)

## Instructions

1. Fry 200g chopped raw vegetables with 300g potatoes, peeled and cubed, in 1 tbsp oil for a few mins until beginning to soften.
2. Cover with 700ml stock and simmer for 10-15 mins until the veg is tender. Blend until smooth, add some salt and pepper if needed.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT EGGS - OMELETTE

Fill it with what you like!

Serves 1

## Ingredients

- 3 eggs, beaten
- 1 tsp sunflower oil

## Instructions

1. Season the beaten eggs well with salt and pepper. Heat the oil and butter in a frying pan over a medium-low heat until the butter has melted and is foaming.
2. Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
3. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.
4. At this point you can fill the omelette with whatever you like - some grated cheese, sliced ham, fresh herbs, mushrooms. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT EGGS - BOILED

Boiled eggs are super easy and packed full of protein!

Serves 1

## Instructions

1. Simply put a pan of water (filled enough to cover an egg) on the heat, bring to the boil.
2. Follow the guide below to cook your perfect egg. Use your phone or smart watch as a timer.

## Dish ideas for boiled eggs

1. Smash them up add a table spoon of mayonnaise to make egg mayonnaise. Ideal for a sandwich or a salad.
2. Slice them onto toast or even have a dippy egg.
3. Peas, celery, hard-cooked egg, shredded cheddar, and sweet bell peppers combined to make a salad.
4. Love avocados as much as eggs? Smash them together with a fork to make the ultimate toast topper.



**6 MINS**



**8 MINS**



**10 MINS**



**12 MINS**



**14 MINS**





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT EGGS - POACHED EGG ON TOAST

## Ingredients

- 2x slices of bread
- 2x eggs
- Butter or margarine for toast (optional)

Serves 1

## Instructions

1. Bring a pan of water filled at least 5cm deep to a simmer. Don't add any salt as this may break up the egg white.
2. Stir the water to create a gentle whirlpool to help the egg white wrap around the yolk.
3. Slowly tip the egg into the centre one at a time. Make sure the heat is low enough not to throw the egg around - there should only be small bubbles rising.
4. Cook for 3-4 minutes or until the white is set.
5. Place your bread in the toaster or under the grill.
6. Lift the egg out with a slotted spoon and drain it on kitchen paper.

Why not try adding smashed Avocado?





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT EGGS - FRIED EGGS

How to cook them without risking having shell in it!

Serves 1

## Ingredients

- 2x egg
- 1 tbsp oil

## Instructions

1. Heat the oil on a low heat
2. Crack the egg onto a small plate or saucer (don't crack it straight into the pan in case some shell ends up in there as well). Slide it off the saucer into the pan.
3. Cover with a lid and leave for 3 minutes over a low heat. Check the white is set and, if not, leave it for another 30 seconds and check again. Season.

## Dish ideas for fried eggs

1. As a sandwich or on toast
2. With avocado and spicy sauce





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT EGGS - SCRAMBLED EGGS

## Ingredients

- 2 large free range eggs
- 6 tbsp milk
- 1 tbsp oil
- Baked Beans (optional)

Serves 1

## Instructions

1. Lightly whisk 2 large eggs, 6 tbsp milk and a pinch of salt together until the mixture has just one consistency. (do one by one into a cup if you're worried you will get shell in it)
2. Start heating your baked beans if your planning on having these with your scrambled egg.
3. Heat a small frying pan for a minute or so, then add oil.
4. Pour in the egg mixture and let it sit, without stirring, for 20 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan.
5. Let it sit for another 10 seconds then stir and fold again.
6. Repeat until the eggs are softly set
7. Place on top of Bread, toast or even in a tortilla to make a wrap







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT EGGS - SCRAMBLED WITH BACON

## Ingredients

- 2 large free range eggs
- 6 tbsp milk
- 1 tbsp oil
- 1x rasher bacon chopped up

Serves 1

## Instructions

1. Lightly whisk 2 large eggs, 6 tbsp milk and a pinch of salt together until the mixture has just one consistency. (do one by one into a cup if you're worried you will get shell in it)
2. Heat a small frying pan for a minute or so, then add oil and bacon, once bacon is cooked, pour in the egg mixture and let it sit, without stirring, for 20 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan.
3. Let it sit for another 10 seconds then stir and fold again.
4. Repeat until the eggs are softly set.
5. Place on top of Bread, toast or even in a tortilla to make a wrap.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT EGGS - PANCAKE

## Ingredients

- 100g plain flour
- 2 large eggs
- 300ml milk
- 1 tbsp sunflower or vegetable oil, plus a little extra for frying

Makes 6

## Optional Toppings

1. Banana slices.
2. Blueberries.
3. Maple syrup.
4. Chocolate.
5. Ice Cream.

## Instructions

1. Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
2. Set aside for 30 mins to rest if you have time, or start cooking straight away.
3. Set a medium sized flat bottomed frying pan over a medium heat and carefully wipe it with some oiled kitchen paper.
4. When hot, cook your pancakes for 1 min on each side until golden.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREAT 'EGGS' - EGGLESS PANCAKE

## Ingredients

- 300g self-raising flour
- 1 tsp baking powder
- 1 tbsp sugar (any kind)
- 1 tbsp vanilla extract (optional)
- 400ml plant-based milk (such as oat, almond or soya)
- 1 tbsp vegetable oil for cooking

Makes 6

## Optional Toppings

1. Banana slices.
2. Blueberries.
3. Maple syrup.
4. Vegan chocolate chips.
5. Plant-based yogurt.

## Instructions

1. Whisk the flour, baking powder, sugar, vanilla extract and a pinch of salt in a bowl using a balloon whisk until mixed. Slowly pour in the milk until you get a smooth, thick batter.
2. Heat a little of the oil in a non-stick frying pan over a medium-low heat, and add 2 tbsp batter into the pan at a time to make small, round pancakes. You will need to do this in batches of two-three at a time. Cook for 3-4 mins until the edges are set, and bubbles are appearing on the surface. Flip the pancakes over and cook for another 2-3 mins until golden on both sides and cooked through. Keep warm in a low oven while you cook the remaining pancakes.
3. Serve stacked with lots of toppings of your choice.







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# MAC & CHEESE

## Ingredients

- 300g macaroni
- 30g butter
- 25g flour
- 500ml milk
- 1tsp mustard or to taste
- 200g mature cheddar or to taste, grated
- Salt and pepper to taste

## Serves 4

(You can chill/re-heat this recipe  
in an oven or microwave)

## Instructions

1. Preheat the oven to 220°C / 200°C Fan / Gas Mark 7.
2. Cook the macaroni in boiling water for 4 minutes
3. While the macaroni is cooking, make the cheese sauce. Melt the butter in a medium sized pan on a low heat. When the butter is foaming, add the flour and stir until it's mixed in. Then keep cooking for 2 minutes, stirring frequently. It looks like something is going to go wrong but it doesn't!
4. Very gradually add the milk, stirring constantly. Make sure each bit of milk is incorporated before adding the next bit. If you do this slowly on a very low heat, you should end up with a perfectly smooth cheese sauce with no lumps and no need to whisk. However, if it does go wrong for some reason, you can always use a whisk to beat out the lumps or put it through a flour sieve after.
5. When all the milk is incorporated, add the mustard, salt and pepper. (N.B. I use slightly salted butter, so I don't add any extra salt here.) Then add half the cheese, stir to combine and turn off.
6. When the pasta is done, drain it, retaining a little bit of the cooking water.
7. Tip the pasta and a couple of millilitres of the cooking water into the cheese sauce and stir.
8. Pour the macaroni cheese into a shallow ovenproof dish and sprinkle over the remaining cheese.
9. Bake in the oven for 10 minutes. The top should be brown but the bottom should still be saucy and the macaroni should be perfectly cooked.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# SIMPLE MAC & CHEESE

## Ingredients

- 300g macaroni
- Mac & cheese packet mix
- Salt and pepper to taste

## Serves 4

(You can chill/re-heat this recipe  
in an oven or microwave)

## Instructions

1. Preheat the oven to 220°C / 200°C Fan / Gas Mark 7.
2. Cook the macaroni in boiling water for 4 minutes
3. While the macaroni is cooking, warm up cheese sauce in a pan according to the instructions.
4. When the pasta is done, drain it, retaining a little bit of the cooking water.
5. Tip the pasta and a couple of millilitres of the cooking water into the cheese sauce and stir.
6. Pour the macaroni cheese into a shallow ovenproof dish and sprinkle over the remaining cheese.
7. Bake in the oven for 10 minutes. The top should be brown but the bottom should still be saucy and the macaroni should be perfectly cooked.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# ONE POT MEXICAN RICE WITH BLACK BEANS AND CORN (VEGAN)

## Ingredients

- 1 onion diced
- 3 garlic cloves crushed or grated
- 1 teaspoon cumin
- 3 teaspoons smoked paprika
- ½ teaspoon chilli flakes (more if you like things hot, or fresh chilli)
- 1 red, green or yellow (bell) pepper diced
- 300g basmati or long grain rice
- 350ml passata (or 400g tin chopped tomatoes)
- 350ml water (use the empty passata jar to measure)
- Salt and pepper to taste
- 100g corn tinned or frozen (or corn on the cob)
- 400g tin black beans drained and rinsed
- Optional spring onions or fresh chillies for garnish

Serves 4

## Instructions

1. Use a wide frying pan, or a wide shallow saucepan and add the onions and oil. Fry gently for 3 minutes with the lid on until softened but not brown. Add the garlic, chilli, spices and peppers and fry for a further 2 minutes with the lid off, stirring occasionally.
2. Add the rice, passata, water, salt and pepper. Stir to mix thoroughly then bring to the boil. Turn down to a low heat, cover with a lid and allow to simmer gently for 10 minutes.
3. Remove the lid and add the corn and black beans, stir and replace the lid. Cook for a further 2-3 minutes or until the rice is done to your liking.
4. If the dish gets too dry before the rice is done enough for you, add an extra splash of water.
5. Serve garnished with spring onions/chillies. Serve with sweet potato cubes, roasted sweetcorn and guacamole for a vegan Mexican Feast!!







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# QUICHE LORRAINE FRITTATA

## Ingredients

- 250g baby new potato
- 90g chopped up bacon
- 6 large eggs
- 50g cheddar cheese, grated
- Salt and pepper
- 5g butter
- Optional Parsley for garnish
- Optional Side salad or baked beans to serve with the frittata

Serves 4

## Instructions

1. Start by cooking the whole new potatoes in boiling water for 15 minutes - until they are just done. Drain and then chop into thick slices.
2. Meanwhile fry the bacon in a frying pan over a high heat for 2 to 3 minutes until golden. Tip out onto a plate but don't wash up the pan.
3. Crack all the eggs into a jug, add half the grated cheese and a pinch of salt and pepper, mix together thoroughly with a fork.
4. Put the frying pan back on the heat and add the sliced potato - cook for 2 to 3 minutes on each side until golden. Tip onto a plate.
5. Now give the frying pan a quick wash and dry, then put it back over a medium heat and melt the butter. When the butter is foaming, turn the heat down and add the eggs. Set a timer for 5 minutes.
6. While the egg is cooking in the pan, place the potato slices on top of the egg (some may sink - this is fine) and then scatter the bacon on top. Finally scatter over the remaining cheese.
7. Next turn your grill up to high and put the frittata under the grill to brown - this should take about 3 minutes, but watch carefully, you don't want it to burn.
8. Finally, serve your frittata scattered with parsley and with a side salad...or baked beans!





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# NAAN BREAD PIZZA

## Ingredients

- 1 plain naan bread
- Small amount olive oil
- 3 tablespoons tomato puree
- 100g grated mozzarella cheese
- 4 cherry tomatoes
- 6 black/green olives
- 1 sprinkle dried mixed herbs

Serves 1

Note. You can use anything you like as a topping!

## Instructions

1. Brush the naan bread with a little oil. Spread the tomato puree on the top.
2. Slice the mozzarella, tomatoes and olives. Arrange on top of the naan bread. Sprinkle with a pinch of oregano.
3. Cook under a medium grill until the cheese is melted and the bread is crispy.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# PEANUT & SOY NOODLES

## Ingredients

- 1 Red Onion sliced
- 2 cloves Garlic crushed
- 4 nests Noodles (any type, the ones in the picture are Ramen)
- 4 tbsp. Soy Sauce
- 4 tbsp. Crunchy Peanut Butter
- 2 tbsp. Vegetable Oil
- 1 Lime
- Fried Eggs, Spring Onions and Lime Wedges to serve

Serves 4

## Instructions

1. Mix together the soy sauce, peanut butter, 1 tbsp. of vegetable oil and the juice of the lime.
2. Put a pan of water on to cook the noodles.
3. Heat the other tbsp. of oil in a pan or wok over a medium heat. Add the onion and garlic and cook until soft. Cook the noodles according to packet instructions.
4. Add the soy sauce mixture to the pan or wok and cook for 30 seconds before adding the cooked noodles and mixing everything together. Serve with sliced spring onion, lime wedges and a fried egg if desired.







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# VEGGIE LENTIL STEW

## Ingredients

- 250g red lentils, dried
- 250g rice
- 4 cloves garlic
- 1 medium onion
- 1 tbsp tomato paste
- 500ml Vegetable stock
- 1-1.2l water
- 1 tsp cumin
- 1 tsp turmeric
- 1½ tsp sweet paprika (smoked paprika would also work nicely)
- ¼ tsp cayenne pepper
- 1 bay leaf
- 1 tbsp thyme, dried
- 5 tbsp olive oil
- Optional: 1 tbsp onion chutney (or a drizzle of lemon or yogurt. All are great as garnish!)

## Instructions

1. Put the cumin and cayenne pepper into a large pot and toast it slowly (no oil).
2. In the meantime, dice the garlic and onion.
3. When the cumin begins to smell (after 2 or 3 minutes usually), add the olive oil, garlic and onion. Let it cook for 5 minutes, stirring occasionally.
4. Add the tomato concentrate, the red lentils, rice, the vegetable stock and water.
5. When it begins to boil, add the turmeric, bay leaf and thyme. Cover and let simmer gently for 20-25 minutes. Stir every few minutes. Have a quick taste test to make sure the rice is cooked to your liking. Add the salt, Add the paprika and serve.

Serves 4







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# MEDITERRANEAN BUTTER BEAN STEW

## Ingredients

- 1x tin of butter beans (you could also use chickpeas or cannellini beans)
- 1x tin of chopped tomatoes
- 1x courgette
- 1x carrot
- 1x white onion
- 1x red pepper
- 200g mushrooms
- 100g of spinach
- 2x garlic cloves
- 1x Tsp Dried Mixed herbs
- Salt and pepper to taste.

Serves 4

## Instructions

1. Start by chopping the onion and garlic into small chunks whilst heating some oil up in a frying pan. Once chopped, cook on a low heat until translucent.
2. Chop up the courgette, carrot, mushroom and red pepper into small pieces, and add to the pan. Cook for around 10 - 15 minutes until the vegetables are soft.
3. Drain the tin of butter beans and add to the vegetables, then pour in the tinned tomatoes.
4. Fill the tin of tomatoes up  $\frac{3}{4}$  full with water and add to the pan. Bring to the boil, add dried herbs then leave to simmer.
5. Simmer for around 20 minutes then add the spinach and stir until wilted. If you like things spiced up, add dried chilli flakes.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# HIBACHI-STYLE FRIED RICE

## Ingredients

### The Rice:

- 2 cups previously cooked long-grain white rice
- 1/4 cup carrots, finely chopped
- 1/4 cup peas
- 1 egg
- 1/2 cup white onion, chopped
- 1 tablespoon canola oil, for frying

### The Peanut Butter Sauce:

- 2 tbsp soy sauce
- 3 tbsp unsalted butter
- 1/2 teaspoon garlic powder

## Instructions

1. Prepare white rice using instructions on packaging, Run under cold water to cool, drain and set aside.
2. Meanwhile, chop all vegetables into finely chopped pieces, set aside in prep bowls.
3. To make the Peanut Butter Sauce, place butter in microwave for 10-15 seconds to soften, stir in soy sauce and garlic powder until mixed. Set aside.
4. In a large frying pan or wok, bring oil to just under high heat.
5. Fry one egg until no longer runny and break into small pieces using the tip of a spatula.
6. Add vegetables to the pan/wok and cook for 2-3 minutes. Add rice and stir in Peanut Butter Sauce until well mixed and fully coated. Cook for an additional 5-7 minutes. Serve immediately.

Serves 4





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# AUBERGINE AND TOMATO CURRY

## Ingredients

### The Curry:

- 600g baby aubergines, sliced into rounds
- 3 tbsp olive oil
- 2 Onions finely sliced
- 2 garlic cloves, crushed
- 1 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground coriander
- 400ml can chopped tomatoes
- 400ml can coconut milk
- Pinch of sugar

### Optional:

- ½ small pack coriander, roughly chopped
- Rice to serve

## Instructions

1. Heat oven to 200°C/180°C fan/gas 6. Toss the aubergines in a roasting tin with 2 tbsp olive oil, season well and spread out. Roast for 20 mins or until dark golden and soft.
2. Heat the remaining oil in an ovenproof pan or flameproof casserole dish and cook the onions over a medium heat for 5-6 mins until softening. Stir in the garlic and spices, for a few mins until the spices release their aromas.
3. Tip in the tomatoes, coconut milk and roasted aubergines, and bring to a gentle simmer. Simmer for 20-25 mins, removing the lid for the final 5 mins to thicken the sauce. Add a little seasoning if you like, and a pinch of sugar if it needs it. Stir through most of the coriander.
4. (Optional) Serve over rice, scattering with the remaining coriander.

Serves 4







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# VEGGIE YAKI UDON

## Ingredients

### The Curry:

- 1½ tbsp sesame oil
- 1 red onion, cut into thin wedges
- 160g mangetout
- 70g baby corn, halved
- 2 baby pak choi, quartered
- 3 spring onions, sliced
- 1 large garlic clove, crushed
- ½ tbsp mild curry powder
- 4 tsp low-salt soy sauce
- 300g ready-to-cook udon noodles

Serves 2

## Instructions

1. Heat the oil in a non-stick frying pan or wok over a high heat. Add the onion and fry for 5 mins. Stir in the mangetout, corn, pak choi and spring onions and cook for 5 mins more. Add the garlic, curry powder and soy sauce, and cook for another minute.
2. Add the udon noodles and stir in 2-3 tbsp hot water until the noodles are heated through. Divide between bowls and serve.







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# CHICKEN & AVOCADO SANDWICH

## Ingredients

- 2 Tsp Mayonnaise
- 4 slices cooked chicken
- ½ Avocado (smashed)
- ¼ Lemon (juiced)
- ½ Red Onion (diced)
- 1 tomato (sliced)
- 2 slices of Bread or wrap, pitta etc.

Serves 1

## Instructions

1. Top bread or fill pitta with mayonnaise and chicken then add avocado, lemon, red onion, cherry tomatoes.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# CURRIED EGG MAYO SANDWICH

## Ingredients

- 1 Boiled Egg
- ¼ Tsp Curry Powder
- 1 Tbsp Mayonnaise
- ½ Tsp Tomato Puree
- 10g Lettuce - Doesn't matter what type
- 2 slices of Bread or wrap, pitta etc.

Serves 1

## Optional

- Chopped Spring Onion
- Slices of Cucumber

## Instructions

1. Stir boiled egg and curry paste into mayonnaise and tomato purée. Pile onto bread or into pitta with lettuce, spring onion and cucumber.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# GREEN CLUB SANDWICH

## Ingredients

- 3 slices of bread
- 3 tbsp hummus
- 1 avocado de-stoned and sliced
- 10g lettuce - doesn't matter what type
- 1 sliced tomato
- Pepper (Optional)

Serves 1

## Instructions

1. Toast the bread and spread hummus evenly over one side of each slice. On one slice of bread, lay half the avocado, lettuce and tomato. Season with pepper (optional), then cover with another slice.
2. Pile on the rest of the avocado, Lettuce and tomato, season again and top with the third slice.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# CHICKEN TIKKA SANDWICH

## Ingredients

- ¼ Cucumber, halved and sliced
- 10g of lettuce, shredded
- 2 spring onions
- 140g cooked chicken tikka pieces
- 4 mint leaves (optional)
- 1 Tbsp. Yoghurt (optional)

Serves 1

## Instructions

1. Toss all the salad together (lettuce, cucumber, spring onion).
2. (Optional) Cut or tear the mint and add to yogurt
3. Build your sandwich with the salad, chicken and a spoonful of optional yogurt.







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# BEETROOT, CARROT AND CHICKPEA SANDWICH

## Ingredients

- 1 cooked beetroot grated
- 1 carrot grated
- 200g chickpea drained and rinsed
- 4 mint leaves sliced
- 1tsp harissa
- 2 tbsp yoghurt
- Either Bread, wrap, pitta

Serves 1

## Instructions

1. In a bowl mix together the beetroot, carrot, mint and chickpea. Mix the harissa into the yogurt and spread inside or on the breads.
2. Fill or top with the beetroot mixture





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# STUFFED MOROCCAN PITTA

## Ingredients

- 1 or 2 pitta breads
- 4 falafels (halved, I use the frozen ones from the supermarkets)
- 4 tbsp. hummus
- ½ red pepper deseeded and sliced
- 10g lettuce (any lettuce)

Serves 1

## Instructions

1. Toast your pitta either in a toaster or under the grill, they only require about a minute and once they start to puff up they are ready to be cut open for your fillings.
2. Spread the hummus on the inside of each pitta, then layer with the falafels, pepper and lettuce.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# PANINI PIZZA

## Ingredients

- 1 Panini
- 10g tomato puree (or more if you like it saucy)
- Sprinkle of mixed herbs
- Any topping you like (ham, chicken, mushrooms etc)
- 40g grated cheese

Serves 1

## Instructions

1. Preheat oven to 180c
2. Cut your panini in half, spread tomato puree on both halves and sprinkle with mixed herbs
3. Place your toppings onto
4. Add your grated cheese
5. Bake for around 12-15 minutes or until cheese has melted and your topping is piping hot.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# LOADED MUSHROOM SANDWICH

## Ingredients

- 1 roll
- 40g Mushrooms
- 1 Tomato
- 10g Cheese, sliced or grated
- 10g Lettuce
- 1 tbsp Butter or oil

Serves 1

## Instructions

1. Heat the butter in a frying pan over a medium-high heat. Meanwhile, slice the mushrooms
2. Add the mushrooms and cook for 10-15 minutes until golden brown, season to taste
3. Slice the tomato and add to the frying pan for a minute either side
4. Slice the roll in half and assemble the sandwich starting with lettuce then tomato then mushroom and finish with cheese.







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# TUNA AND CHEESE MELT

## Ingredients

- 1 small tin of Tuna, drained
- 20g grated cheese
- Margarine or butter
- Bread of your choice

Serves 1

## Optional ingredients/suggestions

- Sweetcorn
- Spring Onion
- Tomato

## Instructions

1. Turn on your toastie maker or if you don't have one turn your oven onto 180°C
2. Mix the tuna and cheese together (and any other optional ingredients) and spread onto one side of your bread
3. If using a toastie machine, make sure the outside of your bread is buttered and place it in the machine or if using an oven, wrap in tin foil (this will stop the bread becoming too hard) and place in the oven for 12-15 minutes.
4. Ensure centre is piping hot before eating.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# CLASSIC BLT SANDWICH

## Ingredients

- 2 slices Bacon
- Lettuce washed and shredded, torn, or in whole leaves
- Tomato Cut into thin slices
- 1 tbsp Mayonnaise

Serves 1

## Instructions

1. Toast the two slices of bread.
2. While the bread is toasting grill or fry the bacon until crisp, taking care not to burn it.
3. Once the toasted bread is ready, spread with mayonnaise.
4. Layer one slice of toast with the lettuce, tomato slices, and bacon. Top with other slice of toast, cut in half.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# BASIC FLAPJACK

## Ingredients

- 175g Butter
- 175g Golden Syrup
- 175g Sugar (any apart from really dark sugar)
- 350g Porridge Oats

Serves 6

## Optional

- 100g Dried fruit (sultanas, raisins, cranberries, banana chips, anything!)

## Instructions

1. Preheat the oven to 150°C/130°C Fan/Gas 2 and line a 20cm square baking tin with baking paper. If you don't have this size tin then use two smaller ones.
2. Melt the butter in a medium pan over a low heat. Dip a brush in the butter and brush the baking tin with a little bit of it. Add the golden syrup and sugar to the butter and heat gently. Once the sugar is dissolved and the butter is melted, remove the pan from the heat and stir in the porridge oats (add your optional dried fruit at this point too).
3. Pack the mixture into the baking tin and squash down. Bake in the oven for 40 minutes.
4. Once cooked, remove from the oven, leave to cool for 15 minutes, then turn out on to a chopping board and cut into squares.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# COOKIES

## Ingredients

- 125g Unsalted Butter
- 115g Soft Brown Sugar (use caster if you can't find any)
- 110g Caster Sugar (if you only have granulated sugar, you can blitz this in a smoothie maker to make your own caster sugar)
- 1tsp Vanilla extract
- 220g Self Raising Flour
- 200g Chocolate chips or Dried Fruit

Serves 6

## Instructions

1. Preheat the oven to 200°C, (fan 180°C, gas mark 4) and line 2 baking trays with baking parchment.
2. In a large bowl cream together the butter and sugars until pale and fluffy then add the egg and vanilla extract and mix together well.
3. Sift the flour and salt and then add to the egg mixture. Mixing thoroughly until a soft dough forms. Finally stir in the chocolate chips.
4. Break off walnut sized pieces of the dough, and roll into balls. Place these on the baking sheets leaving space between them as they will spread out during baking.
5. Place in the oven and bake for 7 minutes for the ultimate Millie's experience, or 10 minutes if you prefer a crunch. Leave to cool on the trays for about 10 minutes then transfer onto a cooling wire to cool completely.







INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# CUPCAKES

## Ingredients

- 110g Butter at room temperature
- 110g Caster Sugar
- 2 eggs
- ½ Tsp Vanilla Essence
- 110g Self Raising Flour

Serves 6

## Optional - Buttercream Icing

- 150g Butter at room temperature
- 300g Icing Sugar
- 1Tsp Vanilla extract
- 3 Tbsp of milk
- Food colouring (Optional)

## Instructions

1. Heat oven to 180°C/160°C fan/gas 4 and fill a 12 cupcake tray with cases.
2. Using an electric or hand whisk beat 110g softened butter and 110g caster sugar together until pale and fluffy then whisk in 2 large eggs, one at a time, scraping down the sides of the bowl after each addition (Don't worry if the mix looks like it has split/lumpy).
3. Add ½ tsp vanilla extract, 110g self-raising flour and whisk until just combined then spoon the mixture into the cupcake cases.
4. Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack if you have one or just on the side if you don't.

## Optional

1. To make the buttercream, whisk 150g softened butter until super soft then add 300g icing sugar, 1 tsp vanilla extract and a pinch of salt.
2. Whisk together until smooth (start off slowly to avoid an icing sugar cloud) then beat in 3 tbsp milk.
3. 6. If wanting to colour, stir in the food colouring now. Spoon or pipe onto the cooled cupcakes.





INTERNATIONAL  
HOTEL & CATERING  
CONSULTANTS

# EGGLESS CUPCAKES (VEGAN)

## Ingredients

- 275g Self-raising flour
- 1 tsp Vanilla extract
- 1 tsp Baking Powder
- 225g Caster Sugar
- 200ml Sunflower or vegetable oil
- 200ml soya milk

Serves 6

## Optional - Vegan Icing

- 400g Icing Sugar
- 150g Dairy-free Margarine
- 2 Tsp Vanilla Extract

## Instructions

1. Preheat the oven to 190°C/170°C Fan/Gas 5. Line a 12-hole muffin tin with paper cupcake cases.
2. Mix the flour, baking powder and sugar together in a large bowl. Make a well in the centre and add the sunflower oil, soya milk and vanilla. Use a large metal whisk to thoroughly combine all the ingredients.
3. Spoon the batter into the cupcake cases and bake for 18-20 minutes, or until well risen and firm to the touch. Leave to cool in the tin for at least 1 hour before icing.

## Optional

1. To make the frosting, sift the icing sugar into a large bowl and add the dairy-free spread and vanilla. Beat with a wooden spoon until smooth and creamy.
2. Either spread the frosting on the cooled cupcakes or spoon into a large piping bag fitted with a star nozzle and pipe on top. Leave to set for 30-60 minutes in the fridge before serving.

