

Lauren's Cookbook

Easy, Low Cost & Delicious Recipes



Lauren Leyva x The King's Trust
For The Brilliant Breakfast



To Start The Day...

Breakfast Blueberry Pancakes

1-2 PORTIONS

15 MINUTES

INGREDIENTS

50g oats

75g self raising flour

100g natural yoghurt

Pinch of baking powder

1 egg

40ml milk

1 Tsp vanilla extract

Handful of fresh blueberries

Butter (for frying)

Toppings:

Natural yoghurt

Berries

Biscoff biscuit crumbs

Jam

METHOD

Mix the flour and baking powder together.

To a large bowl, add the flour mixture, oats, 100g yoghurt, honey, vanilla, milk and a beaten egg. Whisk the mixture together until smooth. Gently fold in the blueberries.

In a frying pan, add 1 Tsp of butter and melt over medium heat. When small bubbles appear, add 3 dollops of the mixture, leaving space for them to spread slightly.

Fry for 2-3 minutes until golden brown, then flip and fry for another minute or so until golden brown.

Repeat the frying process until all mixture is used up.

Pile up the pancakes and add your toppings.

Enjoy!



Avocado Smash & Feta Toast

1 PORTION

10 MINUTES

INGREDIENTS

1-2 pieces of thick bread

1 avocado

2x2cm feta

1-2 TBsp raspberries

Drizzle of honey

Salt

METHOD

Cut the avocado in half, remove the stone and scoop out the inside flesh. Use a fork to crush the avocado & season with salt.

Crush the raspberries on a plate.

Toast the bread then layer up the smashed avocado, crumble the feta over the top and drizzle over the raspberries and honey.

Enjoy!



Lunches...

Roasted Tomato Soup & Homemade Croutons

4 PORTIONS 1 HOUR

SUPER LOW COST

INGREDIENTS

10 large tomatoes
6 medium tomatoes
2 red peppers
4 garlic cloves
Salt & pepper
Handful of fresh basil
1 vegetable stock cube
600ml boiling water
Olive oil

For Croutons:

3-4 thick bread slices
2 TBsp olive oil
Salt

METHOD

Preheat oven to 200°C. Peel the garlic cloves. Halve all the tomatoes and roughly slice the peppers into chunks. In a large baking tray, add the tomatoes, peppers, garlic and a generous drizzle of olive oil. Season with salt and pepper.

Roast in the oven for 20-25 mins.

For the croutons, dice the bread, add the pieces to another baking tray, drizzle with oil and add a few pinches of salt. Place in the oven for 10-15 mins until slightly browned.

In a large saucepan, add all the roasted tomato mixture, the stock cube and add 600ml of boiling water. Bring to the boil and simmer for 5 mins. Add the fresh basil, salt & pepper and blend until smooth. Add more water for a thinner consistency.

Serve up with your chunky croutons and enjoy!



Honey-Roasted Butternut Squash Salad

3-4 PORTIONS 1 HOUR

SUPER LOW COST

INGREDIENTS

2 brown onions
2 garlic cloves
1 butternut squash
100g feta cheese
10-15 cherry tomatoes
2 handfuls of salad leaves
Handful of fresh coriander
Chuck of red cabbage
4 TBsp honey
2 TBsp balsamic vinegar
1 TBsp mixed herbs
Salt & pepper
1 lime
1 TBsp wholegrain mustard
4 TBsp olive oil

METHOD

Preheat oven to 200°C. Dice the butternut squash into roughly 1.5x1.5cm chunks. Crush the garlic cloves.

Add the butternut squash chunks and garlic to a large baking tray with 2 TBsp of olive oil, the mixed herbs, salt & pepper. Mix well and bake for a total of 25 mins.

Whilst it bakes, mix 2 TBsp honey with 2 TBsp balsamic vinegar. After 10 mins, remove the baking tray, add quartered tomatoes, drizzle over the honey mixture and put back into the oven for 15 mins.

Whilst it continues to cook, mix together the juice of the lime, 2 TBsp olive oil, 2 TBsp honey & the mustard. Mix well. Finely sliced the red cabbage & coriander.

Remove the baking tray when the squash is softer but not mushy, and slightly browned.

Add to a large mixing bowl with the salad leaves, red cabbage, crumbled feta, coriander & the lime dressing.



Roasted Garlic, Butternut Squash & Sweetcorn Soup

4 PORTIONS 1 HOUR

SUPER LOW COST

INGREDIENTS

3 garlic cloves
2 brown onions
3 Tsp cumin
Salt and pepper
2 vegetable stock cubes
1 large butternut squash
1 tin of butter beans
1 tin of sweetcorn (260g)
700ml boiling water
300ml milk (OR 150ml
single cream)
Topping - parsley
Topping - single cream

METHOD

Peel the butternut squash, scrape out the seeds with a spoon and roughly chop into 2cm x 2cm chunks.

Crush the garlic cloves. Dice the onions. In a large saucepan (not frying pan), add both to a drizzle of oil and fry for 5 minutes on a low heat.

Add the cumin and a splash of water. Fry for another 5 minutes until soft.

Add the squash chunks, boiling water, stock cubes, drained butter beans and the tin of sweetcorn.

Generously season with salt and pepper.

Boil on a medium heat for 25-30 minutes (with a lid on for 15 minutes) until the squash is very soft and breakable.

Remove from the heat, add your chosen milk and use a hand blender to blend until smooth.

Top with chopped parsley, black pepper and cream if you like. Enjoy!



Dinner Time...

Mediterranean Baked Fish

4-6 PORTIONS

50 MINUTES

SUPER LOW COST

INGREDIENTS

4 garlic cloves
6 fillets of white fish (I used basa fillets)
6 medium potatoes
2 onions
8-10 cherry tomatoes
2 bell peppers
1 Tsp sweet paprika
Half a Tsp turmeric
4 TBsp red wine vinegar
Salt and pepper
Fresh parsley

METHOD

Preheat oven to 180°C.

Wash and slice the potatoes into roughly 5mm slices. Halve the tomatoes. Slice the onions and peppers. Crush the garlic.

In a large baking tray, add all the vegetables, garlic, a generous drizzle of oil, the vinegar and season with salt and pepper. Bake for 25-30 minutes until soft.

Add the fish fillets on top and sprinkle over the spices. Bake for 5-7 minutes until the fish is cooked through.

Top with chopped parsley and enjoy!



Chorizo Cheesy Macaroni

4 PORTIONS 45 MINUTES

INGREDIENTS

2 garlic cloves
300g dried macaroni
15cm of a chorizo ring
20-25 cherry tomatoes
Salt & pepper
Large handful of grated cheddar
2 Tsp mixed herbs
4 TBsp butter
8 TBsp plain flour
400ml milk

METHOD

Crush the garlic. Quarter the tomatoes. Slice the chorizo lengthways in half and then slice into small pieces (thickness of a £1 coin).

Add all to a large frying pan with 1 TBsp butter and the mixed herbs and fry on low heat for 5-6 mins. When the chorizo is slightly charred and tomatoes are soft and have released their juices, tip out the contents into a bowl (including all the juices & melted butter).

In a large saucepan, add the macaroni/pasta, cover with boiling water and start to boil for 10-15 mins until soft but not mushy.

In the large saucepan, melt 3 TBsp butter on low heat. When melted and bubbling, whisk in the flour to form a paste. Whisk in the milk and grated cheese bit by bit until smooth and thickened (be patient, it will happen). Season well with salt & pepper.

Drain the pasta when cooked. Add the pasta and chorizo mixture to the cheesy sauce. Top with some pepper & enjoy!



Sausage Casserole, Mash & Onion Gravy

4 PORTIONS 1 HOUR

SUPER LOW COST

INGREDIENTS

12 sausages
3 garlic cloves, crushed
2 brown onions
900ml boiling water
2 beef stock cubes
2 Tsp mixed herbs
2 TBsp Worcester sauce
2 TBsp cornflour
Salt and pepper
8 medium potatoes
3 TBsp butter
50ml milk

METHOD

Add the sausages to the pan. Fry on a low heat until browned on all sides.

Peel and slice the onions. Add the onion and garlic to a large saucepan with some oil. Fry on a low heat for 6-8 minutes until soft.

Meanwhile, roughly chop the potatoes and add to a large saucepan, cover with boiling water. Bring to the boil and simmer for 15-18 minutes until potatoes are very soft.

Into the onions, add the the boiling water, stock cubes, mixed herbs, Worcester sauce and generously season with salt and pepper.

Bring to the boil and then simmer for 5 minutes. To thicken the sauce, in a bowl mix the cornflour with 4 TBsp cold water until smooth, then mix into the frying pan, stir well whilst simmering. Add the sausages and simmer for 10 minutes until sausages are fully cooked.

Whilst the sausages cook, drain the potatoes, add back into the saucepan with the butter & milk, and a generous seasoning of salt & pepper. Mash until desired smoothness & enjoy!



Creamy Tomato Pasta

4 PORTIONS 45 MINUTES

SUPER LOW COST

INGREDIENTS

3 garlic cloves
400g dried pasta
1 tin chopped tomatoes
2 onions
200ml crème fraiche
1 TBsp tomato paste
Salt & pepper
2 Tsp mixed herbs
2 Tsp sugar
Handful of fresh parsley

METHOD

Dice the onion. Crush the garlic cloves. Boil a full kettle.

In a large frying pan on low heat, add a glug of olive oil and the onions, with a splash of water. Fry for 5-6 mins then add the garlic in a pile and a little more oil on the garlic. Fry for 1 minute then mix well.

In a large saucepan, add the pasta, a big pinch of salt and cover with boiling water. Bring to the boil and simmer for 12-15 mins until cooked.

Whilst the pasta cooks, to the frying pan add the chopped tomatoes, sugar, a few TBsp of pasta water, mixed herbs & tomato paste. Season with salt and pepper.

Drain the pasta, add to the tomato mixture and mix in the crème fraiche. Finish with some finely chopped parsley if you have some. Enjoy!



For a Sweet Treat...

Chocolate Oaty Cookies

10-12 COOKIES

30 MINUTES

SUPER LOW COST

INGREDIENTS

200g self raising flour
200g rolled oats
200g butter/margerine
120g light brown sugar
4 TBsp golden syrup
2 Tsp cinnamon
100g chocolate
1 Tsp icing sugar

METHOD

Preheat oven to 180°C.

Mix flour, oats and cinnamon in a large bowl.

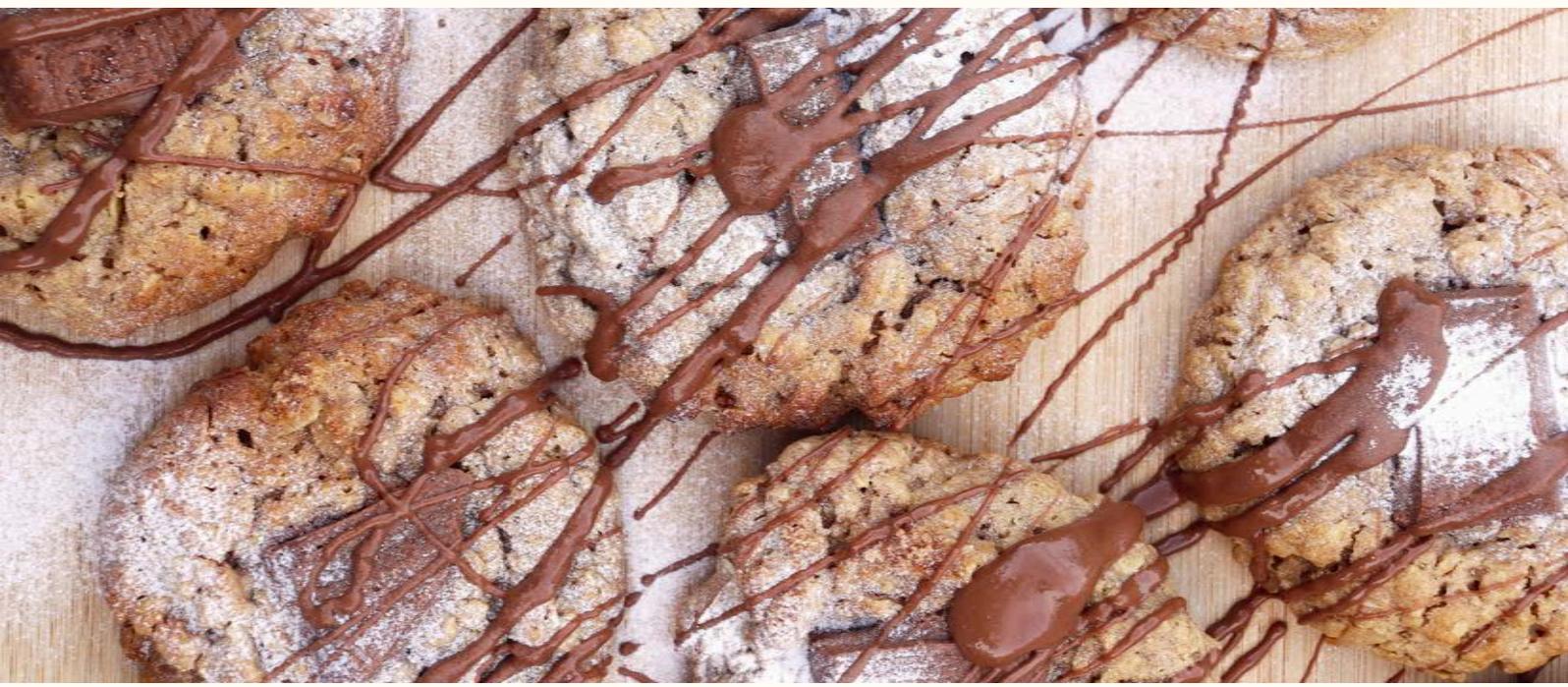
Slightly melt the butter and mix in another bowl with the sugar.

Add the butter mixture to the flour mixture, and add the golden syrup. Mix well (it will be quite a "solid" mixture).

On a baking tray with greaseproof paper, make golf ball sized balls with the mixture, rolling them in your hands. Distribute on the baking tray and press down slightly with wet fingers to flatten them a little.

If you want, chop the chocolate into chunks and press a chunk of chocolate into each cookie. Bake for 10 mins just until the edges start to turn golden. Remove from oven.

With remaining chocolate, melt in a bowl with 15 second microwave bursts, mix until smooth and drizzle over the cookies for decoration. Use a sieve to dust over the icing sugar.... enjoy!



Cinnamon Toast Rolls

8 ROLLS

20 MINUTES

SUPER LOW COST

INGREDIENTS

3 pieces of soft bread
2 Tsp cinnamon
4 TBsp caster sugar
4 TBsp butter
2 TBsp milk
1 egg
1 Tsp icing sugar
1 TBsp golden/maple syrup

METHOD

Use a rolling pin or bottle to flatten the bread slices.

In a bowl, add 3 TBsp butter, 2 TBsp sugar & 1 Tsp cinnamon. Heat in the microwave (to soften the butter) for 15 seconds then mix well to form a paste.

Spread the butter paste over 1 slice of all the bread slices. Roll the bread slices tightly, starting from a short edge, with the cinnamon paste on the inside of the roll.

Cut the rolls in half so you have 6 rolls. Beat the egg on a plate with the milk. Add the rolls and cover in the egg mixture.

Add 1 TBsp butter to a frying pan. When bubbles appear, add the rolls & fry on medium heat until browned, turning regularly.

On a plate, mix 2 TBsp sugar with 1 Tsp cinnamon. Mix well.

When browned, place the rolls in the sugar mixture and turn until covered. Serve with icing sugar on top & a drizzle of syrup!



Banana, Raspberry & Chocolate Cake

9-12 PORTIONS

1.5 HOURS

SUPER LOW COST

INGREDIENTS

4 bananas
60g margarine
2 Tsp vanilla extract
200g granulated sugar
260g plain flour
1.5 Tsp bicarbonate of soda
(baking soda)
Pinch of salt
200g non-dairy chocolate
15-20 fresh raspberries
2 TBsp light brown sugar

METHOD

Preheat the oven to 170 degrees Celsius. Line a 20-25cm square or circular baking tin.

In a large mixing bowl, mix together the plain flour, bicarbonate of soda and salt. Mash the bananas using a fork or masher on a plate. Add to a separate large mixing bowl.

Gently microwave the margarine for 15-20 seconds until melted, but not hot. Mix in the sugar. Add the margarine-sugar mixture to the banana and mix well.

Mix the wet mixture into the flour mixture along with the vanilla extract and beat for a few minutes.

Roughly chop up the chocolate into chunks.

Pour most of the mixture into the prepared tin. Scatter over half of the chopped chocolate and top off with the rest of the cake mixture.

Press the raspberries into the top of the mixture, evenly distributed. Scatter the brown sugar on top and then bake for 40-50 minutes until cooked through and golden brown on top.

When baked, remove from oven, melt the remaining 100g chocolate gently in the microwave (15 second bursts, mixing in between) and drizzle over the top. Enjoy!



Enjoy Cooking!

Please feel free to reach out if you would like advice on recipes, cooking or budgeting. Find me here...

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