

Four cheap and easy recipes for PhD students

Because writing your thesis doesn't have to mean eating bad food

Veggie burgers

- 1 x 400g tin of kidney beans
- 1 onion, peeled and finely chopped
- 1 large carrot, grated
- 1 teaspoon ground cumin
- 1 tbsp veg or sunflower oil, plus extra for frying
- 1 heaped teaspoon flour

1. Drain, rinse and boil kidney beans (10 minutes); drain.
2. Fry onion, carrot and cumin and a dash of oil on low heat a few minutes. Add beans, remove from heat and mash.
3. Add flour and shape into patties. Keep some aside to freeze.
4. Fry in oil until browned; serve on a bread roll and salad.

Chilli

- 1 x 400g tin of red kidney beans, rinsed
- 1 x 400g tin of white beans, rinsed
- 1 onion, peeled and diced
- 1 small chilli, chopped
- a shake of paprika
- a shake of ground cumin
- a splash of oil
- 75ml red wine
- 1 x 400g carton/tin of chopped tomatoes
- 1 vegetable stock cube
- 3 squares dark chocolate

1. Boil beans for 10 minutes, then reduce to a simmer.
2. Gently fry onion, chilli, paprika and cumin in oil until onion is soft.
3. Add wine, tomato and stock cube and simmer on low.
4. When beans are softened, drain and add to sauce with chocolate. Serve when chocolate has melted. Serve with rice.

Stir Fry

- 1 x 410g tin baby corn, drained
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 carrot, halved, chopped lengthwise
- 1 packet instant noodles
- 2 tbsp vegetable oil
- 100g diced chicken, if desired
- Soy sauce, to serve

1. Heat oil in a wok or frying pan on high.
2. Add garlic and onion and cook for 1-2 minutes; remove from pan.
3. If using chicken, add to pan and cook until white all the way through.
4. Add carrot and corn and cook 1 minute.
5. Return onion and garlic to pan, cook 1-2 minutes.
6. Meanwhile, cook noodles according to packet directions.
7. Serve with noodles and soy sauce.

Vegetable soup

- 2 potatoes, peeled and quartered
- 1 carrot, sliced into rounds
- 2 celery sticks, chopped
- 1 onion, peeled and chopped
- Stock cube

1. Add all ingredients to a large saucepan and cover with cold water.
 2. Simmer over low heat until tender. Use a stick mixer to blend, if desired.
- (Most vegetables you have in the fridge or in tins will work in vegetable soup!)

