

NUTRITION & YOU

IN UNIVERSITY OF GALWAY

Smart

EATING FOR
STUDENT
SUCCESS

8

DELICIOUS YET
SIMPLE
RECIPES



WELLNESS
ON
CAMPUS

NUTRITION WISDOM FOR
UNIVERSITY LIVING



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FUELING
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HEALTHY COOKING TIPS & RECIPES



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NUTRITION & YOU IN UNIVERSITY

As a college student, juggling academics, social life, and perhaps a part-time job, the idea of eating healthily might seem daunting. Tight schedules and sometimes tighter budgets often lead to unhealthy eating habits. However, with some knowledge and planning, maintaining a nutritious diet is not only achievable but also enjoyable. In your campus Sodexo offer healthy dining options, and there are numerous affordable, nourishing foods available if you know where to look.

To help guide you along Sodexo have developed a practical guide to eat healthy while navigating your academic year.



What is Proper Food?

Understanding the difference between whole foods, processed foods, and ultra-processed foods, can empower students to make healthier food choices. By incorporating more whole and minimally processed foods into your diet and being mindful of the consumption of ultra-processed foods, you can maintain a balanced and nutritious diet even amidst the hectic college lifestyle. Remember, the goal is not perfection but progress towards healthier eating habits that will benefit you throughout your college years and beyond

Whole Foods

Whole foods are foods in their natural or minimally processed state. They include fresh fruits and vegetables, whole grains, nuts, seeds, meat, fish, and eggs. These foods are typically high in essential nutrients and low in added sugars, fats, and sodium.

Processed Foods

Processed foods have been altered in some way during preparation. This can include canning, freezing, refrigeration, dehydration, and aseptic processing. Not all processed foods are unhealthy. For example, milk is pasteurised to remove harmful bacteria, and frozen vegetables are often as nutritious as their fresh counterparts.



What is Proper Food?

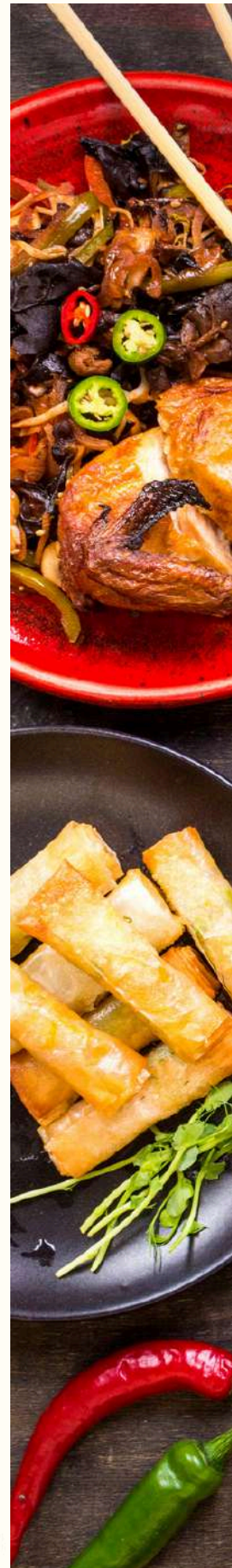
Ultra-Processed Foods

In Ireland nearly 50% of calories consumed are in the form of ultra-processed foods. Ultra-processed foods are a step beyond simple processed foods. They often contain little to no intact whole foods and are typically made from substances extracted from foods (e.g., oils, fats, sugar, starch, and proteins), derived from food constituents (e.g., hydrogenated fats and modified starch), or synthesized in laboratories from food substrates or other organic sources (e.g., flavour enhancers, colours, and several food additives). These foods are generally calorie dense and nutritionally poor even if they are marketed as "healthy"

The NOVA classification system categorises foods based on the extent and purpose of their processing. It's a useful tool for understanding the spectrum of food processing and its implications for health. The NOVA system classifies foods into four groups: unprocessed or minimally processed foods, processed culinary ingredients, processed foods, and ultra-processed food and drink products. By using the NOVA classification, students can better understand what they are consuming and make healthier choices. For instance, opting for minimally processed foods more often and limiting ultra-processed foods can be a beneficial dietary change. Pay attention to food labels. Look for products with fewer ingredients and ingredients that you recognise as whole foods. A good rule of thumb is that when you read a food label, if there are ingredients that you don't recognise as thing that you would have in your fridge or cupboard, then chances are that product is an ultra-processed food.

Whenever possible, cook your meals. This gives you control over what goes into your food.

It's okay to have processed or ultra-processed foods occasionally. Strive for a balanced diet where these foods are not the mainstay.





The Importance of Gut Health

For college students, understanding the link between gut health and academic performance is a step towards not just better academic performance, but also improved overall wellbeing. Embracing a diet rich in fibre and varied vegetables can significantly contribute to a healthy gut microbiome, which in turn can enhance cognitive functions, emotional wellbeing, and academic success.

The human gut is more than just a digestive organ; it's a complex ecosystem hosting billions of bacteria, collectively known as the gut microbiome. This microbiome plays a critical role in overall health, including mental wellbeing and cognitive function.

Surprisingly, about 95% of serotonin is produced in the gastrointestinal tract. Often dubbed the 'feel-good' neurotransmitter, serotonin influences mood, happiness, and anxiety levels. A healthy gut can thus directly impact serotonin levels, influencing emotional wellbeing and stress management – crucial elements for academic success.

Melatonin is the neurotransmitter that regulates sleep patterns. Its production is also linked to gut health. Adequate sleep is essential for memory consolidation, learning, and maintaining focus, all of which are vital for academic performance.

Dietary fibre, found abundantly in vegetables, fruits, legumes, and whole grains, is not digested by the body. Instead, it serves as food for beneficial gut bacteria. These bacteria ferment fibre, producing short-chain fatty acids (SCFAs) that have been shown to support gut lining health, reduce inflammation, and improve immune function. A diverse diet rich in various vegetables ensures a wide range of nutrients and fibre types, fostering a diverse and resilient microbiome.

Vegetables like garlic, onions, and asparagus are excellent prebiotics, feeding good bacteria. Fermented foods like yogurt and kimchi provide probiotics, directly adding beneficial bacteria to the gut. It's a good idea to try to get both probiotics and prebiotics into your diet every day if possible to help keep your microbiome in good shape, and enjoy the benefits of good gut health.



THE IMPORTANCE OF BREAKFAST



Breakfast is often described as the most important meal of the day, and for good reason. It jumpstarts your metabolism and provides the energy needed to focus in classes and engage in daily activities. As a student, your brain needs fuel from the moment you wake up.

If you're rushing to a morning lecture, opt for quick yet nutritious options. A small packet of nuts, a piece of fruit with peanut butter, or a natural live yogurt are excellent choices.

When you have time to meal prep, breakfast bars, overnight oats, porridge, yogurt parfaits, or loaded toast when you have a bit more time. These options are not only a great start to the day but also customisable to your taste preferences.

Focus on breakfasts rich in fibre and protein. Fibre helps keep you full and aids in digestion, while protein is essential for muscle repair and growth. This combination will keep you satiated (full) and energised throughout the morning.



Coffee & Caffeine

Caffeine, a stimulant found in various beverages but mostly consumed in coffee form, can temporarily ward off drowsiness and restore alertness. However, its effects go beyond just keeping you awake.

Some positives of caffeine consumption are enhanced focus and concentration, potential improvement in athletic performance, short-term boost in metabolism and its important to note that barista coffee like espresso and americanos is a great form of polyphenols and fibre.

However, excessive caffeine consumption can cause anxiety and jitteriness, disrupted sleep patterns, dependency leading to withdrawal symptoms and even digestive issues.

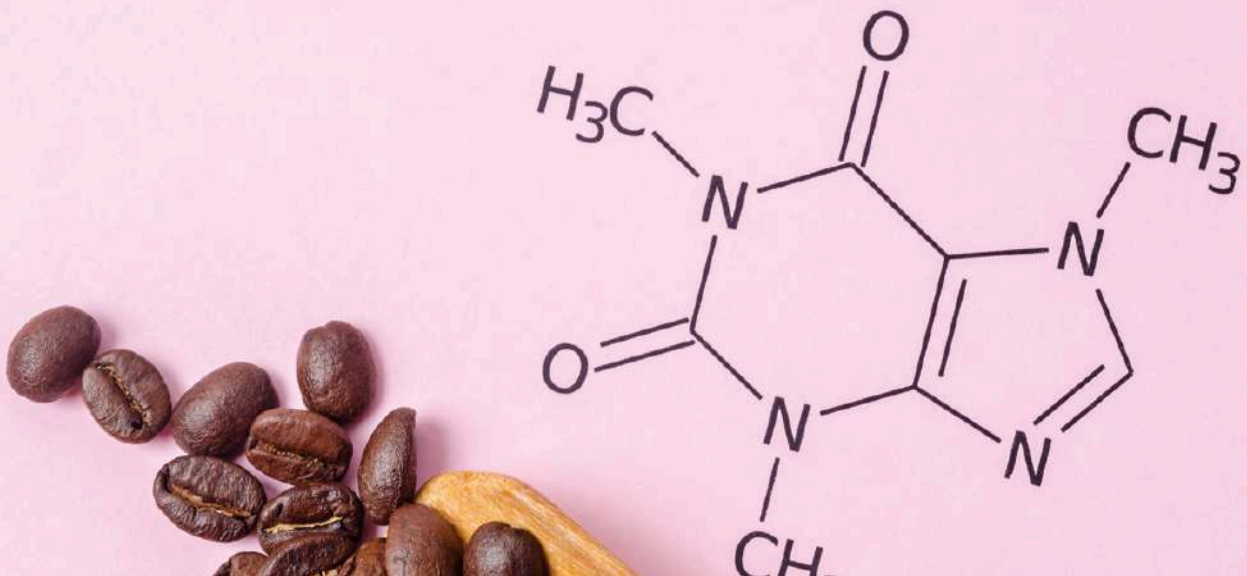
To mitigate against these its important to limit your intake. Stick to 2-3 cups of caffeinated drinks per day. This moderate amount can provide the benefits without leading to the negative side effects associated with higher doses.

Caffeine is not just in coffee. It's also in tea, soft drinks, energy drinks, and even certain medications and supplements. Keep track of all your sources to avoid unintentional overconsumption.

While reaching for a cup of coffee or an energy drink might be instinctual, there are healthier alternatives that can also boost your energy levels. Drinking water can refresh and re-energize you without the need for caffeine.

Snacks like nuts, fruits (especially bananas), and yogurt can provide a natural energy boost. Engaging in physical activity, even a short walk or stretch, can increase your energy levels. Sleep is crucial. Quality sleep can reduce your dependency on caffeine for energy.

If you're currently consuming a lot of caffeine and want to cut back, do it gradually to avoid withdrawal symptoms such as headaches and irritability.



Eating Healthy on a Budget

Contrary to popular belief, eating healthily doesn't have to be expensive. Here are some tips for maintaining a nutritious diet without breaking the bank:

- Items like rice, beans, and oats have a very long self-life. These can be the base for many healthy meals. Beans, peas and legumes are fantastic choices for healthy eating. Even baked beans are very nutritious.
- Opt for fruits and vegetables that are in season. They are not only fresher and tastier but often more affordable. Many supermarkets do weekly special prices on fruits and vegetables, fill up your basket with these first.
- Cooking in bulk and storing meals can save both time and money. This also allows you to control portion sizes and ingredients.

At Sodexo, we are aware of the dietary needs of their students and provide various healthy options in their dining halls. Don't hesitate to take advantage of these.

Explore our salad bars, which often offers a variety of fresh vegetables, nuts, and seeds.

Look for stations offering grilled protein options like chicken or fish. Check if there are special dietary accommodations, such as vegetarian, vegan, or gluten-free options and keep an eye out of our pop-up kitchen concepts and themed days.



Drinks & Hydration

Water is essential for almost every function in the body. It impacts cardiovascular health, aids in muscle and joint function, maintains skin health, regulates body temperature, and prevents dry mouth. Dehydration, even in mild forms, can lead to fatigue, headaches, and impaired cognitive functions – all of which can negatively affect your academic performance and overall health. Both energy drinks and soft drinks can be high in sugar, contributing to obesity, type 2 diabetes, and dental issues. The sudden spike in blood sugar levels can also lead to energy crashes, affecting academic performance. Sugar free drinks of this type have been proven to have an adverse effect on your good gut bacteria and can still fuel a sweetness craving causing you to crave sugary foods at mealtimes.

If you choose to drink alcohol, do so in moderation. Set limits for yourself, never drink on an empty stomach, and alternate alcoholic drinks with water to stay hydrated.

The general guideline is to aim for at least 2 to 3 litres of water daily. However, individual needs may vary depending on factors like activity level, weather its warm or cold outside, and personal health. It's important to listen to your body and adjust your water intake accordingly.

Having a water bottle with you always serves as a constant reminder to drink water. It ensures you stay hydrated throughout the day, especially during long lectures, study sessions, or workouts.

A reusable water bottle is not only environmentally friendly but also economical in the long run. It reduces the need for single-use plastic bottles, saving you money and contributing to environmental conservation.

With a water bottle at hand, you're less likely to opt for sugary drinks like soft drinks or energy drinks. These alternatives not only contribute to poor health outcomes but can also lead to energy crashes.

Make it a habit to drink water first thing in the morning to kickstart your hydration. If plain water doesn't appeal to you, try adding slices of fruits like lemon, cucumber, or berries to enhance the taste or you can use your phone or a smartwatch to set reminders to drink water at regular intervals.



Snacking

In the hustle and bustle of campus life in university, it's easy to rely on vending machine options or a quick bag of crisps or snacks between lectures. While these might satisfy immediate hunger, they often lead to a cycle of unhealthy eating habits, they can be expensive and they are mostly likely to be classed as a UPF (ultra processed foods).

Choosing the right snacks provide essential nutrients that might be missed in regular meals and prevent overeating later in the day when you get ravenous.

The trick is not just to snack, but to snack wisely. Mixed nuts like bags of almonds, walnuts, cashews and pecans are not only filling but also provide healthy fats, proteins, and fibres. Like all plants different nuts provide different health benefits so mixed nuts provide more health benefits than any individual one on their own. Fresh whole fruits are great to fill you up and keep you full. Dried fruits like apricots, raisins, or apple chips offer a quick energy boost and are easy to carry around but do contain more sugar than fresh whole fruit. Rice Cakes are low in calories and versatile, rice cakes can be topped with avocado, hummus, or peanut butter for an extra nutrient kick.

Avoid overeating by portioning your snacks into small bags or containers and mix up your snack options to avoid boredom and ensure a range of nutrients.

Plan Ahead: Dedicate some time each week to prepare or purchase your snacks. This foresight prevents the temptation to grab unhealthy options in a pinch.

It's okay to have a bag of chips or your favourite treat occasionally. The goal is balance, not restriction. By predominantly choosing healthy snacks, you create room for occasional indulgences without compromising your overall nutrition.



Grocery Shopping

For some young adults, third level education brings a new level of independence, including the responsibility of making your own food choices. Smart grocery shopping is a crucial skill for maintaining a healthy diet and managing your budget effectively.

Before stepping out for grocery shopping, always prepare a list.

Think about what you'd like to eat during the week. This helps in buying only what you need, reducing waste and saving money. Ensure your list includes a balance of protein, fruits, vegetables, whole grains, and healthy fats. It's not just about buying food but buying the right kind of food.

While fresh produce is great, frozen vegetables and berries are a far cheaper alternative. They last longer and are usually frozen at peak freshness, retaining most of their nutrients.

This might seem trivial, but it's a well-known fact that shopping while hungry can lead to unnecessary and often unhealthy purchases. Eat a small snack before heading out to ensure you stick to your grocery list.

Familiarize yourself with the layout of your preferred supermarket. This can help you navigate more efficiently and avoid aisles with tempting, unhealthy options.

Pay attention to nutrition labels and ingredients. This will help you make informed choices about what you're consuming. Remember every 5g of sugar per portion is a teaspoon, some "fat-free" and "Healthy" products like yogurts have up to 25g-30g of sugar per portion, that's 5-6 teaspoons!



Meal Prepping

Meal prepping is not just about saving time; it's about making intentional, healthy food choices. When you have a fridge full of ready-to-eat meals, you're less likely to reach for fast food or unhealthy snacks. It also helps in portion control and ensures a balanced intake of nutrients.

Concentrate on your macros first and look up recipes around them;

- Proteins: Chicken, fish, tofu, beans, or lentils.
- Carbohydrates: Whole grains like brown rice, quinoa, or whole-wheat pasta.
- Vegetables: A mix of colourful veggies to ensure a range of vitamins and minerals.
- Healthy Fats: Avocado, nuts, seeds, or olive oil.

Select a day when you have a few spare hours, like a Sunday afternoon. This will be your meal prep day for the week ahead. Decide which meals you want to prep. If you're usually out dining in campus during breakfast and lunch, focus on preparing dinners. Consider variety to avoid monotony. Include different proteins, vegetables, and grains throughout the week. Based on your meal plan, write a grocery list. This ensures you buy only what you need, saving money and reducing food waste.



Meal Prepping

Begin with recipes that are easy and require minimal ingredients. Think stir-fries, one-pot pasta, chilli, curry, or rice bowls with various toppings. Prepare large quantities of base ingredients like rice, quinoa, or chicken; these can be used in different meals throughout the week. Add fresh elements like a side salad or fresh fruit just before eating, to keep your meals vibrant and nutritious.

Good storage containers are crucial. Opt for microwave-safe, BPA-free containers that are durable and leak-proof.

Maintaining a healthy diet in college might seem daunting, but it's a crucial part of your overall well-being and academic success. By avoiding late-night snacks, indulging in moderation, and planning your meals, you can develop habits that will not only benefit you during your college years but also set a foundation for a healthy lifestyle in the future. Remember, it's about balance and making choices that nourish both your body and mind.

Balancing a healthy diet in college might seem challenging, but it's far from impossible. By incorporating these tips into your daily routine, you can nourish your body and mind, enhancing both your academic performance and overall well-being. Remember, eating healthily in college is a journey of small steps – start with a wholesome breakfast, make smart shopping choices, and see what healthy options we have in our dining areas!





Quick & Easy Chicken Tacos

Ingredients

For the marinade

- 2 garlic cloves, crushed or finely grated
- 1 orange, zest and juice only
- 2 large limes, zest and juice only
- 2 tbsp Mexican hot chilli sauce
- 2 tbsp tomato purée
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp flaked sea salt or ½ tsp fine salt
- 1 tsp freshly ground black pepper

For the chicken

- 6 boneless, skinless chicken thigh fillets, fat trimmed
- 4 corn tortillas, warmed, to serve
- 2 Little Gem lettuces, leaves separated, rinsed and dried, to serve
- 1 ripe avocado (about 150g/5½oz), stoned, peeled and sliced, to serve
- soured cream or reduced-fat crème fraîche, to serve
- For the pickled red onion
 - 1 red onion, finely sliced
 - 1 tbsp white or red wine vinegar
 - 1 tbsp caster sugar



STEPS

- To make the marinade, place all the ingredients into a large bowl and mix well. Add the chicken and turn several times until well coated. Cover the bowl and put in the fridge to marinate for 30–60 minutes.
- Preheat the oven to 200C. Line a large baking tray with baking paper. Place the marinated chicken on the prepared tray.
- Brush the chicken generously with more of the marinade. Roast in the preheated oven for 20–25 minutes, or until the chicken is tender and cooked through and the marinade is slightly charred in places. The chicken is cooked through when the juices run clear with no trace of pink when the thickest part of the fillet is pierced with a skewer.
- Meanwhile, make the pickled red onion. Put the onion in a heatproof bowl. Cover with just-boiled water and leave to stand for 10 minutes. Drain well and then stir in the vinegar and caster sugar. Leave to stand for at least 10 minutes before draining and serving.

Transfer the chicken to a board and tear into pieces with two forks. To serve, place the chicken on the warmed tortillas and top with the lettuce, avocado, pickled onions and soured cream.



Aloo Bun Chat

Indian Street Food Buns

Ingredients

- 500g/1lb 2oz ready-made mashed potato
- 2 spring onions, finely sliced
- handful fresh coriander, finely chopped
- 1 tsp chilli powder
- ½ tsp turmeric
- 1 tsp coarsely ground, toasted cumin seeds
- ½ tsp garam masala
- vegetable oil, for shallow frying
- 3 tbsp plain flour
- 1 free-range egg, beaten
- Salt

STEPS

- To make the aloo bun chat, combine the mashed potato, spring onions, coriander, chilli powder, turmeric, cumin seeds and garam masala in a bowl and season with salt. Shape into four equal-sized thick patties, the same circumference as the bread rolls. Chill in the fridge until ready to use.
- Pour the vegetable oil to a depth of 1.5cm in a large frying pan and place over a medium heat for around 5 minutes. (CAUTION: hot oil can be dangerous. Do not leave unattended.) Place the flour and egg in two shallow bowls and season the flour well with salt. Dip the potato patties in the flour until completely coated, then dip in the egg, followed by a final dip back in the flour. Carefully place the patties in the hot oil and fry for 2 minutes on each side, or until a deep golden colour. Try to move them as little as possible and handle carefully with a metal palette knife or slotted spoon. Transfer to drain on a plate lined with kitchen paper.
- To serve, toast the rolls lightly on a griddle or non-stick frying pan. Rub a tablespoon of your favourite chutney on the base of each. Place a potato patty on the base of each roll and top with some fresh salad and yogurt dressing. Then add the lid of the rolls and serve immediately with extra chutney on the side.





Banh Mi Baguette

Ingredients

- For the Vietnamese pork belly
- 1 large garlic clove, crushed
- ½ thumb-sized piece fresh root ginger, peeled and grated
- ½ tbsp soy sauce
- ½ tbsp fish sauce
- 1 tsp lemongrass paste
- 1 tsp runny honey
- 2 large pork belly strips (approx. 150g/5½oz)

For the quick pickles

- 2 tbsp rice wine vinegar
- ¼ tsp golden caster sugar
- ¼ tsp sea salt
- 1 small carrot, peeled and thinly sliced into batons
- 3 large radishes, thinly sliced
- For the sandwiches
- 2 small baguettes

To Serve

- Japanese Kewpie mayonnaise, to serve
- large handful fresh coriander
- sriracha hot sauce, to serve (optional)

STEPS

- First, marinate the pork belly. Whisk the garlic and ginger together in a small shallow dish along with the soy sauce, fish sauce, lemongrass paste and honey. Add the pork belly strips, making sure they're completely coated in the marinade. Set aside for at least an hour, but preferably overnight.
- Preheat the grill to its highest setting. Meanwhile, to make the quick pickles, whisk together the vinegar, sugar and salt in a shallow bowl and add the carrot and radish. Set aside.
- Line the grill pan with kitchen foil, placing the rack on top. Place the pork belly strips on the rack and grill for 15 minutes, turning half way, or until the pork is cooked through and is crisp and caramelised around the edges.
- To assemble the sandwiches, split the baguettes lengthways and spread them generously with mayonnaise. Slice the pork belly on a diagonal and pat the pickles dry using kitchen paper before stuffing both into the baguettes along with a good amount of fresh coriander. Serve with a squeeze of sriracha hot sauce, if desired.





Pad See Ew

Ingredients

STEPS

For the stir fry

- 100g dried flat rice noodles
- 4 tbsp vegetable oil
- 250g pork loin, thinly sliced
- 2 garlic cloves, finely chopped
- 2 free-range eggs
- 60g baby corn, sliced
- 60g broccoli, cut into bite-sized florets
- 120g pak choi, trimmed and cut into chunks
- 1 tsp lemon juice
- 1 tsp sesame oil (optional)
- pinch dried red chilli flakes (optional)
- salt and pepper

For the pad see ew sauce

- 1 tbsp dark soy sauce
- 1 tbsp caster sugar
- 1 tbsp oyster sauce
- 1 tsp fish sauce

To garnish

- 5–6 fresh coriander leaves (optional)
- ½ red chilli, thinly sliced

- Cook the rice noodles according to packet instructions, or soak them in room temperature water for at least 2 hours. Drain and set aside.
- Mix all the ingredients for the pad see ew sauce together in a small bowl, then set aside.
- Heat 1 tablespoon of oil in a non-stick wok or frying pan over a medium-high heat, then add the pork and fry until cooked through, about 6–7 minutes. Lightly season with salt and pepper. Once cooked, transfer the pork to a plate and set aside.
- Return the same pan back to a medium heat (no need to wash). Add the remaining oil along with the garlic and gently fry until it turns slightly golden.
- Crack the two eggs into the pan and leave until they are half cooked, then beat with a spatula. This will create a marble effect.
- Add the baby corn, broccoli, cooked rice noodles and pad see ew sauce to the pan. Stir until the sauce coats the noodles evenly. If required, add 2–3 tablespoons of water.
- Return the cooked pork to the pan, then add the pak choi and stir, cooking briefly for no more than a minute. Season with salt and pepper. Remove from the heat.
- Drizzle over the lemon juice along with the sesame oil and chilli flakes, if using. Fold and transfer to a serving plate. Garnish with coriander leaves and sliced red chilli, if you like. Serve immediately.





Easy Spaghetti Bolognaise

Ingredients

- 2 tbsp olive oil
- 400g beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 100g carrot, grated
- 2 x 400g tins chopped tomatoes
- 400ml stock (made from stock cube. Ideally beef, but any will do)
- 400g dried spaghetti preferably brown spaghetti

STEPS

- Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.
- Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
- Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
- When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the Bolognese sauce. Mix well and serve.
- If your feeling adventurous a splash of milk in the last 15 mins of cooking brings the bolognaise together to a silky sauce.





Easy Egg Fried Rice

Ingredients

For the rice

- 2 free-range eggs, beaten
- dash sesame oil
- pinch salt
- handful lettuce or cabbage, thinly sliced
- 1 carrot, peeled and finely chopped
- handful green beans, sugar-snap peas or mangetout, finely chopped
- 50g/1¾oz frozen petit pois, thawed
- 150g/5½oz cooked jasmine rice, cooled in the fridge, grains separated
- 2 spring onions, thinly sliced, plus extra to serve
- 2½ tbsp vegetable oil
- 1–2 tsp chilli oil
- For the sauce
- 1–2 tbsp light soy sauce
- 1 tsp sesame oil

STEPS

- Combine the beaten eggs, sesame oil and salt in a small bowl. Set aside.
- To make the sauce, mix the light soy sauce and sesame oil in a small bowl and set aside.
- Put the lettuce or cabbage in a bowl of ice cold water. This will help to crisp up the leaves and provide a crunch to the finished dish.
- Make sure you have all your ingredients prepared and ready. You can set them all up clockwise on a large plate in this order – eggs, carrot, beans, petit pois, rice, sauce and spring onions. This makes it easy to remember what order to add things to the wok. Heat 2 tablespoons of the vegetable oil in a wok over a high heat. Once smoking hot, pour the eggs into the wok and allow them to bubble up. Turn the heat down to medium-high, then gradually fold the egg into the hot oil to form a 'rippled omelette'.
- Push the egg to one side of the wok. Add the remaining ½ tablespoon of vegetable oil and, once smoking hot, add the carrot, followed by the rest of the vegetables, stirring and leaving 30 seconds in between each addition. Add the rice, turn the heat back up to high and mix well, trying to separate the grains with a spatula or ladle to remove any large clumps. Add the sauce and stir-fry for a further 2–3 minutes until all the sauce has absorbed into the rice. Stir the egg through the rice and veg.
- Pile the rice high in a bowl or keep warm in the wok, scattered with the remaining spring onion. Shake the excess water off the lettuce or cabbage, clump it in the palm of your hand and arrange it on the top of the rice. Drizzle over the chilli oil and serve.





Loaded Sweet Potato Fries

Ingredients

For the chilli sauce

- 2 x 200g jars jalapeño chillies, drained
- 1 tsp smoked paprika
- 4 red chillies, roughly chopped
- 3 garlic cloves, roughly chopped
- 6 tbsp soft light brown sugar
- 1 tbsp sea salt
- 125ml/4fl oz white wine vinegar

For the fries

- 2 tbsp cornflour
- ¼ tsp fine sea salt
- 3 tsp smoked paprika
- 800g/1lb 12oz sweet potatoes, scrubbed and cut lengthways into 1cm/½in thick slices or wedges
- 3 tbsp vegetable oil
- 400g/14oz chicken thighs, boneless, skin removed and roughly chopped
- 1 tsp garlic granules
- 2 peppers, seeds removed, thickly sliced
- 150g/5½oz cherry tomatoes, halved
- salt and freshly ground black pepper

For the toppings

- 4 tbsp Greek yogurt
- 2 garlic cloves, finely grated or crushed
- 1 tbsp chilli sauce, from above
- 60g/2¼oz extra-mature Cheddar, grated
- 2 spring onions, thinly sliced
- 1 tbsp roughly chopped fresh coriander



STEPS

- To make the chilli sauce, put the ingredients in a blender with 75ml/2½fl oz water and blend to a smooth paste. Transfer to a saucepan, bring to the boil, then simmer for 5 minutes, stirring occasionally, until reduced slightly. Set aside to cool.
- To make the loaded fries, preheat the oven to 220C/200C Fan/Gas 7. Line two large baking trays with baking paper.
- Mix the cornflour, salt and 2 teaspoons of the smoked paprika together in a large bowl. Add the sweet potatoes and mix well to coat. Add 2 tablespoons of the oil and massage in so each piece is well coated. Divide between the baking trays and cook for 20–25 minutes, or until golden and crisp.
- Meanwhile, tip the chicken into another large bowl with the remaining oil and smoked paprika, the garlic granules and plenty of salt and pepper. Mix well, cover and marinate for 15 minutes.
- Heat a frying pan over a high heat and fry the chicken and peppers for 6–8 minutes, or until golden brown and cooked through (add a little more oil if needed). Add the tomatoes and cook for 2 minutes.
- To make the toppings, mix the yogurt with the garlic and set aside.
- Divide the fries between serving plates and top with the grated cheese, then the cooked chicken and peppers, the chilli sauce, garlic yogurt, spring onions and coriander and serve straight away.





Vegan Cauliflower Wings & Garlic Dip

Ingredients

- 1 small–medium cauliflower, cut the cauliflower into florets, approx. 4–6cm/1½–2½in, save the stalk and leaves for another recipe
- 125g/4½oz plain flour
- 1 tsp baking powder
- 1 tsp paprika
- cooking oil spray
- 2–3 tbsp buffalo hot sauce (check that it's vegan)
- salt and freshly ground black pepper

For the dip

1. 175g/6oz unsweetened oat-based yoghurt
2. 1 small garlic clove, crushed or finely grated
3. 1 lemon, zest only, plus juice of ½ lemon
4. 3 tbsp finely chopped fresh herbs, such as coriander, chives, dill, mint – or a mix

STEPS

- Preheat the air fryer to 200C.
- Put the flour, baking powder and paprika in a bowl with some salt and pepper. Whisk in 150ml/¼ pint cold water to make a thick batter. Dip the cauliflower florets in to coat them and set aside on a plate.
- Spray the air fryer basket with oil, then add the florets in a single layer (they can be touching: you can break them apart after cooking). Spray the tops with more oil and air-fry for 10 minutes, or until golden brown and crispy but cooked through. (You may need to cook in two batches.)
- Meanwhile, make the dip. Mix the yoghurt, garlic, lemon zest and juice together in a bowl, then stir in the chopped herbs and season to taste.
- If you cooked the cauliflower in batches, put all the florets back into the air fryer and heat for 1 minute.
- Put 2 tablespoons of the hot sauce into a big bowl. Tip in the hot cauliflower florets and mix to coat all of the pieces. Serve immediately, drizzled with the third tablespoon of hot sauce if you dare, and the cooling dip alongside.