




















STRIVE STUDENT RECIPE BOOK

**Our favourite recipes and tips
for cooking, nutrition, and sustainable food**



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Recipe key



Vegetarian



Vegan



Gluten-free



Dairy-free



Kosher



Halal

Introduction

Welcome to the Strive Student Recipe Book: a book created for students, by students. We are excited to share with you our favourite recipes and tips for cooking, nutrition, and sustainable food!

Our goal for the Strive Student Recipe Book was to make sure our recipes were as diverse as our Strive team and the University of Melbourne population.

This book includes a wide range of recipes that cater to various dietary and lifestyle preferences. In addition, we aim to share the values that our students have; being environmentally sustainable and health-conscious, while also understanding the limitations of time and money that come with being a student.

We also wanted to cater to all skill levels, so all students are able to make themselves a home cooked meal (no more ramen)!

I'd like to thank everyone who submitted recipes and helped fill this recipe book with fun and exciting meals! I'd also like to thank our amazing team of volunteers; without them this book would not have come together.

We hope that you will enjoy creating and sharing these much-loved recipes with your family and friends.

Brianna Heinken

Community Engagement Project Manager

Recipes from Strive students

**Our ♥
favourite
recipes**

Recipes from Strive students

Thai red curry

Submitted by Stella Liu

Bachelor of Biomedicine (Honours)

“

This is the perfect recipe that helped me get into the vegan diet. Have had this curry frozen and taken it as an easy reheat meal on camping trips!

This recipe is



Vegetarian



Vegan



Gluten-free



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Halal

Serves 🍴 4

Cooking time ⌚ 20 minutes

Ingredients

- 1 tbsp coconut oil
- 1 white/brown onion, chopped
- 1 tbsp grated ginger
- 2 cloves garlic, minced
- 2 capsicums, chopped into bite-sized pieces
- 1 carrot, sliced into half rounds
- 2 tbsp Thai red curry paste
- 1–2 handfuls of sugar snap peas, chopped into thirds
- bean sprouts (for garnish)
- cilantro (for garnish)
- 1 can coconut milk
- ½ cup water
- 1 ½ cup kale, sliced
- 1 ½ tbsp brown sugar
- 1 tbsp soy sauce
- 2 tsp lime juice
- pinch of salt
- rice

Method

- 1 Cook rice.
- 2 Warm a large pot (with deep sides) over medium heat.
- 3 Once hot, add oil, onion & sprinkle of salt.
- 4 Cook, stirring often until the onion has softened and turned translucent.
- 5 Add ginger and garlic and cook until fragrant, stirring continuously.
- 6 Add capsicum and carrots and cook until fork tender, stirring occasionally.
- 7 Add curry paste and cook for 2 more minutes.
- 8 Add coconut milk, water, kale and sugar. Stir to combine, bring the mixture to simmer over medium heat.
- 9 Reduce heat as necessary to maintain gentle simmer. Cook until capsicum, carrot and kale are appropriately softened, about 5–10 minutes. Add sugar snap pea in 2–3 minutes before vegetables are fully cooked.
- 10 Remove from heat and season with lime juice and soy sauce.
- 11 Serve over rice. Garnish with cilantro and bean sprouts.

Chef's note

Feel free to change up the vegetables! This works well with zucchini and bok choy! Try adding bean sprout on top of hot rice, before pouring over the curry. This slightly cooks the bean sprout to a perfect texture! Leftovers can be kept in the fridge for up to 3 days. Gently simmer in a pan to reheat.

Honey Sriracha Chicken

Submitted by Brianna Heinken

Bachelor of Biomedicine & Diploma in Languages (Spanish), second-year

“

This is my favourite weekly go-to recipe!

This recipe is



Gluten-free



Dairy-free

Serves  4

Cooking time  40 minutes

Ingredients

- 3–4 chicken breasts (amount can be adjusted based on desired quantity)
- corn flour (as needed to lightly coat the chicken)

For the sauce

- 1 cup water
- 2–3 tbsp Sriracha (depending on spice level)
- 5 tbsp soy sauce
- 1 tbsp minced garlic
- ¼ cup sugar
- 2–3 tbsp honey (depending on sweetness level)
- 2 tbsp corn flour
- 2 tbsp cold water

Method

- 1 In a small pot, combine sauce ingredients, except corn flour/cold water. Bring to a boil over medium heat.
- 2 Whisk together 2 tablespoons of corn flour and 2 tablespoons of cold water. Add to pot and stir until thickened. Reduce heat down to low.
- 3 Add diced chicken and corn flour into a large bag or bowl. Coat chicken thoroughly with a light layer of corn flour. Drizzle oil into a pan on medium heat. Sauté (cook) chicken until brown and cooked thoroughly.
- 4 Add sauce and stir to coat.
- 5 Serve with warm rice and desired veggies.

Chef's note

I love to use broccoli or broccolini as my veggies, but any work well! Corn flour in sauce is not required, but allows it to thicken and stick to the chicken. Corn flour can also be substituted with arrowroot flour.

Vegetarian Laksa

Submitted by Jessica Parry

Master of Science, 2021–2022

“

I love the fragrances in this dish, turmeric is a potent anti-inflammatory agent. A little goes a long way with these superfoods.

A bunch of us are sharing this meal on Saturday!

This recipe is



Vegetarian

Serves 🍴 4

Cooking time ⌚ 20 minutes

Ingredients

To make the laksa paste

- 1 brown onion
- 6 peeled garlic cloves
- thumb-sized piece of ginger
- ½ bunch of coriander
- 1 tsp turmeric
- 1 tbsp tomato paste

To make the laksa

- 1 tbsp olive oil
- 1 lemongrass stalk
- 400mL coconut milk
- 500mL chicken stock
- 1 tbsp brown sugar
- 1 tbsp soy sauce
- 500g firm tofu
- 2 cups snow peas
- 150g thick rice noodles
- 1 lime, cut into wedges

Method

- 1 Make the laksa paste: Combine onion, garlic, ginger, coriander, turmeric and tomato paste in a blender. Blitz until smooth.
- 2 Heat oil in a large saucepan over medium-high heat. Add prepared laksa paste and lemongrass. Stir for 2–3 minutes or until fragrant. Add coconut milk and stock, stir to combine. Season with soy sauce and brown sugar.
- 3 Bring broth to a boil then reduce heat to medium-low. Add tofu and simmer for 3–4 minutes or until warmed. Add snow peas during the last minute of cooking.
- 4 Meanwhile, boil rice noodles for 4–5 minutes in a medium saucepan.
- 5 Divide noodles between serving bowls. Top with tofu and snow peas. Pour over the broth. Finish with coriander leaves and serve with lime. Done!

Chef's note

If you don't have a blender to make the paste, you can reduce it down over heat as well!

Vietnamese Rice Paper Rolls

Submitted by Sonia Truong

Bachelor of Biomedicine, first-year

“

This is my favourite dish because can put whatever you'd like in the rice paper. Your rolls may not always look perfect, but they will always be tasty!

This recipe is



Vegetarian



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Kosher



Halal

Makes 🍴 5 rolls

Cooking time ⌚ 30 minutes

Ingredients

- rice paper
- 25g vermicelli noodles
- 1 egg
- handful of lettuce and Vietnamese mints
- 1 carrot, julienned
- 1 cup green beans, julienned
- ½ cucumber, thinly sliced
- ½ tsp soy sauce
- ½ tsp olive oil

For the peanut dipping sauce

- 1 garlic clove, finely chopped
- 2 tbsp peanut butter
- 1 tbsp hoisin sauce
- ½ cup water (will depend)
- fresh chilli & peanuts (optional)

Method

- 1 Cook vermicelli noodles according to packet.
- 2 Mix egg with soy sauce in a bowl.
- 3 Place a frying pan over medium heat with oil and pour in egg mixture.
- 4 Flip egg to cook both sides well and set aside to cool. Slice egg omelette into thin strips.
- 5 Sauté beans and carrots with olive oil and salt until fairly soft.
- 6 Dip rice paper in water and line up ingredients, then roll and dip with sauce.

For the peanut dipping sauce

- 7 Sauté garlic in oil in a small saucepan.
- 8 Add hoisin sauce, peanut butter, and water.
- 9 Stir until you reach a smooth consistency. Garnish with chopped peanuts and fresh chilli.

Spicy Mediterranean Spinach Shakshuka

Submitted by **Shanaya Ramchandani**

Bachelor of Biomedicine, third-year

This recipe is



Vegetarian

Serves  4–6

Cooking time  30 minutes

Ingredients

- olive oil
- 1 medium onion, diced
- 4 cloves garlic, finely chopped
- 2 tsp paprika
- 2 tsp cumin
- ½ tsp chilli powder/flakes
- 1 medium bottle tomato Passata sauce (or canned tomatoes)
- 1 large bunch spinach, sautéed
- 1 cube feta
- 6 eggs
- salt and pepper, to taste
- Italian herbs (to sprinkle)
- 1 small bunch fresh parsley, chopped
- 1 small bunch fresh basil, chopped
- 1 pack pita bread

Method

- 1 Heat olive oil in a large sauté pan. Add in chopped garlic and diced onion and cook for 5 minutes until the onion and garlic brown.
- 2 Add 1 bottle of Passata sauce or canned tomatoes. If there are tomato pieces, use a wooden spatula to break them down. Add in sautéed spinach as well.
- 3 Add in all spices (chilli powder, cumin, paprika, salt, pepper and Italian herbs) and bring sauce to a simmer.
- 4 Use wooden spatula to even out sauce and make wells for the eggs. Crack 6 eggs into each well and cook for 5–8 minutes, depending on how cooked you would like the eggs to be.
- 5 Crumble feta and sprinkle all over the eggs. Garnish with parsley, basil, and more chilli flakes if you would like.
- 6 Serve with toasted/oven-baked pita bread. Feel free to add hummus if you would like!

Chef's note

Use a stainless steel pan to avoid a metallic flavour (which usually comes from a cast iron pan).

Korean Steamed Egg (Gyeranjjim)

Submitted by Chelsea Alycia

Master of Dietetics — Monash University, first-year

Serves 🍴 2-3

Cooking time 🕒 20-25 minutes

This recipe is



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Ingredients

- 4 eggs
- 1 cup dashi stock
- 2 tsp sesame oil
- ½ teaspoon salt
- spring onion, chopped

Method

Mix all ingredients in a bowl and steam it!
Very simple.

Savoury muffins

Submitted by Rachel Lim

Bachelor of Biomedicine, third-year

Makes  12 muffins

Cooking time  30 minutes

This recipe is



Vegetarian

Ingredients

- 2 cups self-raising flour
- 3 cups vegetables, grated (any)
e.g. grated carrots, zucchini, corn kernels, spinach
- 1 ½ cups shredded cheese
- ½ cup milk
- 3 eggs
- 80g melted butter

Method

- 1 Preheat oven to 180°C.
- 2 Mix flour, grated vegetables and cheese.
- 3 Whisk eggs and milk together then pour in butter.
- 4 Pour liquid mixture into flour mixture and stir gently.
- 5 Divide into muffin trays.
- 6 Bake for 25–30 minutes.

Coconut Petit Fours

Submitted by Brianna Heinken

Bachelor of Biomedicine & Diploma in Languages (Spanish), second-year

This recipe is



Vegetarian

Serves  6

Cooking time  25–30 minutes

Ingredients

- 2 ½ cups coconut
- 1 large egg
- ¼ cup milk
- ¾ cup castor sugar
- 2 tablespoons self-raising flour
- 1 teaspoon vanilla or almond essence

Method

- 1 Put coconut, sugar, and sifted flour into a mixing bowl. Stir in lightly egg, milk, and essence. Mix well.
- 2 Roll mixture into balls the size of a walnut (about a tablespoon), pressing mixture well together. Wet hands will help.
- 3 Place balls on foil lined trays (no need to grease).
- 4 Bake in moderate oven for 25-30 minutes or until brown.

Chef's note

Place a few slivered almonds on top of petit fours prior to cooking if desired. Milk/egg can be substituted with vegan alternatives (still tastes great!)

ASK STRIVE STUDENTS...

tips for cooking, food waste, nutrition, and sustainable food



Tip by **Stella Liu**

Broccoli stems can be eaten! Just slice off the hard outer layer to leave the inner stem. This is great in blended soups (e.g. pea soup).

Kale stems can also be eaten! Chop the stems into bite size pieces and blanch in boiling water for 2–3 minutes to soften it up. Then the stems can be used in stir fries & pasta! Treat it as you would with asparagus.

Refer to Stella's *Thai Red Curry*

Tip by **Brianna Heinken**

Buy fruit and veggies that are in season! They taste better, have more nutrients, and are better for your budget.

If you have the ability, create your own veggie garden or try composting! There are also many local compost centers that are happy to accept your food waste donations.

Tip by **Jessica Parry**

Turmeric is a potent anti-inflammatory agent. A little goes a long way with these superfoods.

Refer to Jessica's *Vegetarian Laksa*

Tip by **Sonia Truong**

I think keeping a small garden is super fun and rewarding. If you'd like to start, Vietnamese mints and leafy greens are easy to grow.

If you can, support your local grocers and farmers' markets! You can find so much variety in foods.



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