



DIGS™ THE PINNACLES

COOK BOOK

Top 5 quick and easy student friendly recipes for you to follow. Perfect for beginners or students wanting to get experimental in the kitchen!

 @digsthepinnacles  @digsstudent



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SPAGHETTI BOLOGNESE

(Serves 4)



Ingredients

- 500g mince
- Tin of chopped tomatoes
- 1 white onion
- 1 carrot
- 1 large celery stick
- 3 chopped cloves of garlic
- 1 stock cube
- Tablespoon of oil
- Basil
- Salt
- Pepper
- Option for your own preference - pasta, spaghetti, any grains you prefer on the side.

Step By Step

1. Chop up the white onion, carrot, celery stick and garlic cloves finely.
2. Add some oil and fry all the vegetables: carrots, celery, garlic, onion. Fry till the onion turns golden.
3. Then add mince. When cooked add chopped tomatoes.
4. Make a stock by using 150ml boiled water with one stock cube. Pour that into the pan.
5. Mix everything and add seasoning: salt, pepper and basil.
6. Let it simmer (up to an hour) on a low heat for your desired thickness.





STICKY SOY MINCE RICE BOWL

(Serves 2)



Ingredients

- 250g mince of your choice
- 45ml dark soy
- Full teaspoon of honey
- Half a courgette
- One small carrot
- 60g spinach
- (Optional) - corn starch slurry (4:1 ratio water to corn-starch)
- Teaspoon garlic granola

Step By Step

1. Mix soy, honey and garlic. Then add the slurry of corn starch a little bit at a time until you have desired thickness.
2. Pre-heat the pan to a medium high heat.
3. Add sliced carrot and courgette to the pan and fry for 2-3min.
4. Then, add mince. When mince is cooked, add the soy mix.
5. Add spinach. Add salt and pepper to your personal taste.
6. Enjoy your rice with parsley garnish on top.





ONION BHAJI MEZZALUNA

(Serves 2)



Ingredients

- 8 Onion bhaji balls
- 2 Flatbreads
- Mango chutney
- Salt
- Pepper
- Handful of wild rocket

Step By Step

1. Bake 8 onion bhaji balls.
2. Spread mango chutney all over the flat breads to your own liking.
3. Add wild rocket and chopped up the cooked onion bhaji balls to bite size pieces.
4. Fold the flatbread and pop it in the oven for another 3 minutes for the flatbread to crisp.
5. Add salt, pepper and enjoy!





CHOCOLATE CHIP COOKIES

(8 Cookies)

Ingredients

- 2/3 cup (80g) all-purpose flour measured by weight or the spoon and sweep method*
- 1/4 teaspoon baking soda
- Pinch of salt
- 1/4 cup (57g) butter melted and slightly cooled
- 1/3 cup (66g) brown sugar
- 2 tablespoons (25g) granulated sugar
- 1/2 teaspoon vanilla extract
- 1 large egg yolk
- 1/2 cup (85g) semi-sweet chocolate chips

Step By Step

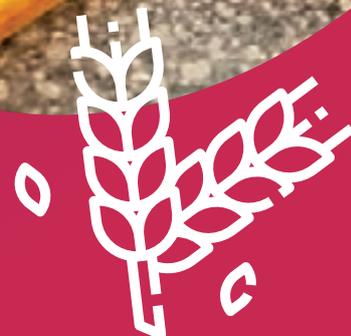
1. Preheat your oven to 350°F/ 175c and line a baking sheet with parchment paper or a silicone baking mat.
2. In a small bowl, whisk together flour, baking soda, and salt.
3. In a medium bowl, whisk together the butter and brown and granulated sugars. Add egg yolk and vanilla and whisk until well-combined. Stir in the flour mixture until just mixed and fold in the chocolate chips.
4. Drop dough by rounded spoonfuls (just under two ounces) onto your prepared cookie sheet (for the most perfectly round cookies, roll each cookie dough into a ball first), and bake for 9 to 12 minutes, until the cookies just look set. Cool on the cookie sheet and enjoy!





OVERNIGHT OATS

(Serves 2)



Ingredients

- Milk of your choice
- Chia seeds (optional)
- Vanilla extract, honey or jam
- Toppings (any fruit, chocolate, etc.)

Step By Step

1. Add oats and seeds together.
2. Add milk and half a teaspoon of honey.
3. Chop up some fruits and add them to the mix.
4. Next, seal or cover your overnight oats and chill in the fridge for at least 2 hours or overnight.
5. Your overnight oats should consist of 1 part oats, 1 part milk and $\frac{1}{8}$ seeds)

