



## 5 Tips to making cooking easier for students.

Being at university has its many challenges and tests, getting into a good routine is something that is very important to keep students on the right track. It is a big façade that university students live off beans on toast or pot noodles but it is really easy to make affordable delicious easy meals at home. The idea of making meals every day can seem quite intimidating and finding new ideas and recipes can seem even harder. Once you find food you love and flavours you enjoy creating new tasty meals becomes a lot easier. It is also a lot more cost efficient which is very ideal for students.

1. Get to know your seasonings- this tip is something so simple yet so effective, start off with the basics (paprika, Cajun, Chinese five spice, garlic granules, onion granules). Spices like these can take your food to the next level with flavour. Spices are also very inexpensive; a common theme you will see through these tips are that it's the simple techniques that are the most effective.

2. Vegetables can go in anything and can be made into anything. Dishes as simple as soups, salads may seem boring and tasteless but if you get the right veg and seasonings you can make something delicious.

3. Figure out a simple tomato base for dishes such as pasta- Pasta is a staple for a lot of students because it is simple, filling and inexpensive. If you add some chopped tomatoes, onion and garlic in a pan you can anything you like to it and rustle up a scrumptious bowl of pasta in all sorts of variations and different types of pasta. You can also meal prep with pasta and reheat for the following day.

4. You don't have to cook on your own- cooking is fun and can be even easier doing it with flat mates/ friends. Having nights where you can cook with friends and you can also split the costs of the food you make to save some extra cash.

5. Trying to plan your meals throughout the week- meal prepping is very easy and saves a lot of time when it comes to making food. If you have the time you could make your food for the week one night and either refrigerate or freeze your meals. If not making a plan would also be beneficial so you know what you're going to eat for the week and you can just get into making it when you're ready to eat.

Use these simple tips and watch what amazing meals that you could create and you'll never want to opt for a takeaway again.