



UnivConnect

COOKING

WITHOUT

COOKING

Curated by [An With A Pan](#)

UnivConnect x An With A Pan

“Moving to college is a big change, and for me, the hardest part, by far, was adjusting to the food. This cookbook is my way of making the transition to college life and college food just a tad bit simpler. It features six recipes, involving simple ingredients, no fancy kitchen tools or appliances, and are quick and easy enough to prepare in a small dorm kitchen.

(Trust me, all I have access to is a microwave and a bowl)”

-An With A Pan

“What they said ↑.”

-UnivConnect

Table of Contents

Microwave Pancake.....5

Mug Cookies.....7

Microwave Omlette.....9

Salad Guide.....11

Sandwich Guide.....15

Stir Fry Noodles.....17



@univconnect || @anwithapan

Microwave Pancakes

Ingredients:

- | | |
|------------------------|--------|
| 1. Butter | ½ tbsp |
| 2. Plain Flour | 5 tbsp |
| 3. Large Egg | 1 |
| 4. Milk/Water | 1 tbsp |
| 5. Olive/Vegitable Oil | 1 tbsp |

Method:

1. Mix flour, egg, butter, and milk. Whisk the egg and half the milk in a bowl. Gradually add the flour to make a smooth, thick batter. Beat throughout until there are no more lumps, then add the remaining milk.
2. Brush a plate with butter to keep the pancake from sticking to it.
3. Pour about ¾ cup of pancake mix onto the plate.
4. Put the plate in the microwave for 60 seconds. If the pancake is still runny, heat it for another ten seconds.

Tips:

1. You can also cook microwave pancakes in a mug or a bowl - any utensil than you have on hand works.
2. You can also add chopped fruit or chocolate into the mix to make it yummiier!



@univconnect || @anwithapan

Mug Cookies

Ingredients:

- | | |
|--------------------------------------|--------|
| 1. Melted butter/oil | 2 tbsp |
| 2. Sugar | 3 tbsp |
| 3. Vanilla | ¼tbsp |
| 4. Plain flour | 6 tbsp |
| 5. Milk/water | 3 tbsp |
| 6. Chocolate chips/Chopped chocolate | |

Method:

1. In a microwave-safe mug, melt butter then add the sugar and vanilla and mix well.
2. Mix in the flour and add milk/water, mix well till combined.
3. Stir through the chocolate chips/chopped chocolate and add a couple to the top.
4. Microwave on high for 1-2 minutes depending on your microwave and how cooked you want your cookie to be. Check at 30-second intervals.

Tips:

To make a chocolate cookie, reduce flour to 5 Tbsp and add 1 Tbsp cocoa powder.



@univconnect || @anwithapan

Microwave Omelette

Ingredients:

1. Olive oil/ butter
2. Large eggs- 2
3. Water- 1 tablespoon
4. Grated cheddar cheese- 1 tablespoon (OPTIONAL)
5. Vegetables of choice, Suggestions- red peppers, carrots, beans, broccoli, green onions
6. Pinch of salt
7. Pinch of black pepper

Method:

1. Coat the inside of a large, microwave-safe mug lightly with olive oil/ butter.
2. Crack 2 eggs into the mug, add 1 tablespoon of water, and beat with a fork.
3. Add grated cheese (optional) and choice of vegetables. Add a sprinkle of salt and pepper. Stir with a fork until well mixed.
4. Microwave and stir in 20 to 30 second increments: Microwave for 30 seconds on high. Remove from microwave and stir with a fork.
5. Return to the microwave and cook for another 20 to 30 seconds. You'll see patches of firm cooked egg mixture beginning to form. Remove and stir again.
6. Return to the microwave and cook for another 20 to 30 seconds or until the omelette has set.

Salad Guide

Step 1: Pick your base

While choosing your base, you can pick either greens or grains. Choose something that you enjoy eating, as most green leafy vegetables are easily available at low prices, as are grains.

Suggestion: Spinach, rocket, lettuce, cabbage, kale, quinoa, barley, brown rice

You could also blend various greens, or even mix together greens and grains

Step 2: Load up on veggies

Most supermarkets sell pre-cut vegetables, as well as frozen vegetables that are much cheaper than fresh produce. Throw together a mix of your favourite vegetables to add some bite to the salad.

Suggestions: Tomatoes, carrots, beans, onions, peas, cucumbers, broccoli, corn

Step 3: Add fruit

If vegetables are not your go-to, you can always switch it up by adding in fruit instead.

Suggestions: Strawberries, apples, blueberries, oranges





@univconnect || @anwithapan

Step 4: Optional- add protien

To make your salad more filling, you can add in some protein. To save time, buy pre-cooked or canned protein, or you can also use cold cuts.

Suggestions: Tofu, boiled eggs, chicken, shrimp

Step 5: Dress it up!

The fun part about salads is - they're super super flexible. You can use a pre-made bottled salad dressing, or use some suggested below. The basic rule of thumb to remember for salad dressings is - 1 part acid to 3 parts oil.

1. Olive oil and balsamic vinegar
2. Sesame oil/olive oil and soy sauce
3. Vinger, mustard and olive oil
4. Vinegar, chilli sauce, olive oil
5. Lemon juice, mayo, sauce of choice (mustard, sriracha, brown sauce)
6. Hummus and olive oil

Sandwich Guide

Step 1: Choose a good bread

You can pick up a loaf of your favourite bread from the supermarket or steal some from the dining hall to save money - whatever works for you!

Step 2: Grab a sauce

Solid, classic options are mustard and ketchup - but you can go with anything you like - chilli sauce, mayo, brown sauce, hummus - the possibilities are endless.

Step 3: Stack up on protein & cheese

On top of the sauce goes your protein, followed by the cheese.

Suggestions: Shredded chicken or pork or beef, fried or shredded boiled egg, omelette, ham, bacon, salami, tofu
Cheddar, mozzarella, swiss

Most of these proteins and cheeses are often served at university dining halls, and dinner leftovers make for great breakfasts

Step 4: Add your veggies

While this step is completely optional, it is highly recommended. Vegetables add great texture, crunch and dimension to your sandwich. Choose leafy greens such as lettuce and cabbage, or opt for the classic tomatoes and cucumber



@univconnect || @anwithapan

Stir Fry Noodles

Ingredients:

1. Oil
2. Noodles of choice - Boiled
3. Green onions
4. Eggs
5. Salt and pepper
6. Soy sauce
7. Vegetables/protein of choice (optional), Suggestions- Chicken/ tofu/pork/beef, carrots, cabbage, broccoli, mushrooms, onions, red peppers, beans.

Method:

1. In a pan, heat some oil and sauté your veggies and protein.
2. Once cooked, add in the eggs and scramble. (If not using any veggies/protein straight away scramble the egg).
3. Once cooked, add in the spring onions and sauté till mushy.
4. Add in boiled noodles, soy sauce, salt and pepper.
5. Coat noodles and veggies in soy.



@univconnect || @anwithapan

Don't be an "Idiot sandwich"



@univconnect || @anwithapan

Afterword

Alright let's be honest here, we were not going to show you how to make a *Croque Monsieur*. Our main aim was to bring you the easiest yet classiest recipes we could curate. And maybe with a little bit of finesse you could impress your friends and be an absolute magnet in your dorm kitchen. Who knows?

Seriously though, these recipe's were pretty darn easy, so if you've managed to screw them up, maybe you should stock up on instant noodles and rice crackers like ASAP.

Who are we?

UnivConnect is an organization that connects students in high school with students in their dream university. Now, one might think, "Why would I use UnivConnect as a platform, when I can get in touch with someone in my dream college through friends, or by just emailing the university?" All of these are very valid points, but UnivConnect gives you a great student, the surety that there will be someone to talk to, moreover it is really easy to contact an advisor from our website.

Okay! Enough self promotion, why did we think of a cookbook, that too with such basic recipes. Food is what ties all the students together, from 2am instant noodles to a 2pm grilled cheese. This cookbook will give you such easy and quick recipes (and somewhat healthy), so that you can just relax and make something within minutes!

- UnivConnect

"An With A Pan is a passion project that we started to share our mutual love of food with the world. We belong to a family of foodies and naturally, cooking and food have been and continues to be a huge part of our lives. During the lockdown, we started cooking more often and began experimenting with yummy dishes to compensate for all the yummy food we weren't able to order in owing to the pandemic. We had such a blast doing this! It went from cooking for our families to uploading pictures of our dishes on Instagram as a food blog to bring a home delivery kitchen run by us in two cities, i.e. Delhi and Mumbai simultaneously."

- An With A Pan

@univconnect || @anwithapan

Find us @:

 @univconnect

 UnivConnect

 @univconnect.co

 www.univconnect.in

 @anwithapan

 An With A Pan