



SIZZLE START KITCHEN

Student Kitchen Starter Pack

A simple 7-day beginner meal plan, shopping list,
kitchen setup checklist, and core cooking skills guide.

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Start Here

Most students do not struggle with cooking because they are lazy. They struggle because nobody ever showed them properly.

This guide is designed to make the first week easier. It gives you a practical meal plan, a simple shopping list, a basic kitchen setup, and the core skills that turn recipes into real confidence.

No complicated chef talk. No expensive ingredients. Just straightforward food that works.

How to use this pack

Pick meals from the plan, shop once, batch where possible, and reuse leftovers instead of starting from zero every day. The meals are deliberately built around repeat ingredients so you waste less food and spend less money.

*This starter pack is adapted from **First Time Cooking: A Beginner's Cookbook for University Students** by Brian Hall.*

Sizzle Start Kitchen Recipe List

The meal plan in this pack draws on the recipes below. Swap meals around based on what you have, what is reduced in the shop, or what you actually feel like eating.

Breakfast

Peanut Butter Banana Toast
Egg Fried Toast

Speedy Lunches

Tuna Pasta Salad
Veggie Omelette

Weeknight Dinners

Indian Chicken Curry
Spaghetti Bolognese
Chickpea & Spinach Curry
Budget Chilli
Tinned Salmon Fishcakes
Chicken Fajita Wraps

One-Pan Wonders

One-Pan Sausage & Veg Bake
One-Pan Garlic Chicken & Potatoes

Rice & Noodle Bowls

Easy Fried Rice
Stir-Fried Noodles
Stir-Fried Cabbage Rice
Garlic Butter Rice

Pasta Perfection

Creamy Mushroom Pasta
Garlic Butter Pasta

Simple Soups & Stews

Quick Lentil Soup
Easy Tomato & Bean Soup

Fun with Tortillas

Cheesy Veggie Quesadillas

Rule: choose meals that share ingredients. That is how you keep the budget under control.

7-Day Beginner Meal Plan

Simple, repeatable, and built from proper beginner meals — not emergency food.

Day	Lunch	Dinner
1	Tuna Pasta Salad	Spaghetti Bolognese
2	Veggie Omelette	Indian Chicken Curry
3	Leftover Spaghetti Bolognese	Chickpea & Spinach Curry
4	Chicken Fajita Wraps	One-Pan Sausage & Veg Bake
5	Cheesy Veggie Quesadillas	Stir-Fried Noodles
6	Tinned Salmon Fishcakes	Budget Chilli
7	Easy Fried Rice	Garlic Butter Pasta

Cook once, eat twice. Leftovers are not a failure — they are how students save money.

Simple Shopping List

This list supports the revised meal plan. The ingredients are deliberately flexible — most appear in several recipes.

Protein	Chicken Minced beef Eggs Tinned tuna Tinned salmon Chickpeas Sausages or veggie sausages
Carbs	Pasta Rice Tortillas Noodles Bread Potatoes
Vegetables	Onions Garlic Peppers Spinach Mushrooms Carrots Cabbage Salad leaves
Cupboard basics	Cooking oil Salt Black pepper Curry powder Chilli powder Mixed herbs Soy sauce Tinned tomatoes Beans
Fridge extras	Cheese Butter Milk or dairy-free alternative Yoghurt

Shopping rule: if an ingredient does not appear in at least 3 meals, think twice before buying it.

Budget tip: frozen vegetables, tinned tomatoes, rice, pasta, eggs, and beans are student kitchen workhorses. They are cheap, flexible, and hard to waste.

Kitchen Setup Checklist

You do not need a perfect kitchen. You need a few reliable basics and the confidence to use them.

Essential kit

- 1 frying pan
- 1 saucepan
- 1 sharp knife
- 1 chopping board
- 1 wooden spoon
- 1 spatula
- 1 measuring jug
- 1 baking tray

Helpful but not urgent

- Colander
- Mixing bowl
- Tin opener
- Peeler
- Storage containers
- Kitchen scissors

Do not rush to buy

- Gadget-heavy tools
- Huge knife sets
- Single-use appliances
- Anything you cannot clean easily
- Anything you do not understand yet

Set the kitchen up for repeat use. The goal is not to look professional. The goal is to cook safely, cleanly, and consistently.

Core Cooking Skills Guide

Recipes get easier the moment you understand the few skills that sit underneath them. These are the ones to focus on first.

1. Heat control

High heat gives colour and flavour. Low heat gives control and helps food cook through. Do not just turn the hob on — learn what the heat is doing and adjust as you go.

2. Knife control

You do not need speed. You need consistency. Even pieces cook evenly, and a sharp knife is safer than a blunt one.

3. Seasoning

Salt brings food alive. Add a little at different stages, taste as you go, and adjust. Do not dump it all in at the end.

4. Timing

Start with what takes longest and finish with what cooks fastest. Most kitchen stress is bad timing, not bad cooking.

5. Pan confidence

Do not move food too early. Let it sit, colour, and develop flavour. If it sticks, it usually is not ready to turn yet.

6. Colour = flavour

Browning is not burning. The golden crust on chicken, onions, or toast is where the deep, savoury taste lives. **Golden brown is where flavour starts.**

7. Cleaning as you go

A clear board and clean pan make cooking calmer. Wash or wipe while food simmers instead of leaving everything until the end.

Want the full beginner system?

First Time Cooking: A Beginner's Cookbook for University Students gives complete beginners simple meals, clear steps, and practical cooking confidence from day one.

Confident Cook teaches the core kitchen skills that make recipes easier to follow and easier to adapt — heat, seasoning, timing, and pan confidence in one structured course.

Stop guessing. Start cooking properly.

Brian Hall | Sizzle Start Kitchen

Professional chef | Practical teaching for complete beginners

Excerpt from *First Time Cooking: A Beginner's Cookbook for University Students* by Brian Hall.
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