Clapshot Haggis @HaggisHostels (Haggis Hostels)
serves 4
One for the devout meat eaters here – no tips for fending off the gannets that are sure to descend after cooking this up though.

**INGREDIENTS**
- 500g rooster potatoes (tatties)
- 300g turnip (neeps)
- 600g haggis
- 50g butter
- salt, pepper, nutmeg
- chives (optional)
- Whisky gravy (optional)

**METHOD**
1. Peel and chop potatoes and turnip, but keep separate.
2. Boil potatoes and turnips in different pans until soft.
3. Drain and mash potatoes and turnip together, add butter and season.
4. Dice haggis to 5cm cubes and steam until cooked.
5. Arrange the potatoes and turnip (the clapshot) on a plate and serve the piping hot haggis on top. Garnish with chopped chives and whisky gravy, and serve.

Curried Cornflakes @Cemonde (lemonicks.com)
serves 2
It’s easy to get hold of the ingredients for this wholesome and unique dish, and even better, you can have it ready in minutes.

**INGREDIENTS**
- 1 tbsp oil
- 1 medium onion, chopped
- 1 medium tomato, diced
- ½ cup green peas
- 1 medium capsicum (or bell pepper), chopped
- salt to taste
- 200ml water
- 2 bowls cornflakes
- coriander leaves or grated cheese to garnish

**METHOD**
1. Heat 1 tbsp oil in a pan and sauté onion till brown and tender.
2. Add tomato and peas and cook for 5 mins.
3. Add capsicum and sauté until tender.
4. Add salt and water and bring it to boil.
5. Lower flame and add cornflakes while constantly stirring until it thickens. Garnish with coriander leaves and cheese to taste, and serve.

Chicken in Plums @PanthersHostel (Pink Panther’s Hostel)
serves 1-2
This recipe is gooey, chickeny and even has a bit of fruit to boot. It’s also very easy to make – just cook some microwavable rice alongside and you’re sorted!

**INGREDIENTS**
- 1 chicken breast
- 100g dried plums
- 100g raisins
- 320g celeriac salad, jarred
- olive oil

**METHOD**
1. Dice chicken breast into cubes and simmer on a low heat.
2. Chop dried plums and half the raisins and add to the chicken.
3. Simmer for around 40 mins on low heat.
4. Meanwhile, mix celery with leftover raisins.
5. Serve chicken on the salad of celery and raisins.

Tuna Seaweed Roll @DineWithDeals (dinewithdeals.com)
serves 3
This tasty wrap is perfect for a quick meal when you’ve slept in too long and need to make that bus journey, quick! You can eat two now and save one for later too.

**INGREDIENTS**
- 125g flour
- 200ml water
- tbsp oil
- few pieces lettuce
- few pieces seaweed
- 1 tin tuna fish

**METHOD**
1. Sieve flour into a big bowl. Pour the water into the flour and mix well.
2. Heat oil in a pan and pour ½ mixture in, use a steel cup to flatten.
3. Layer a piece of seaweed on top.
4. Add a piece of lettuce on top of the seaweed.
5. Pile the tuna on and roll it up, and serve.

Our bookings show that many of you are solo travellers. Stay in a hostel with a kitchen and bring this guide in your back pocket and there’s no way you’ll be a lonely one. The fragrant smells of your newfound culinary skills will bring your fellow travellers flocking. And with all that money you’ve saved by eating in, you’ll be able to enjoy a night out on the beer getting to know them...
### Tomato, Mozzarella and Pesto Tortilla Pizza
**Serves 1**

A tasty and filling pizza that’s easy to make in a frying pan – load up the toppings and you’ll have yourself a feast.

**Ingredients**
- 1 large tortilla or pitta
- 1 tbsp prepared pesto
- handful cherry tomatoes, sliced (or a small regular tomato or drained, canned tomatoes)
- 2 regular sized bocconcini (or ¼ to ½ cup shredded mozzarella or other cheese)
- pepper

**Method**
1. Heat tortilla in a frying pan over medium heat.
2. Spread pesto on the tortilla.
3. Top with the sliced tomatoes and cheese.
4. Cover the pan with a lid or another frying pan for about 5 mins until cheese is melted, pesto is bubbling, and tortilla is crispy.
5. Season to taste, slice and enjoy!

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### Pesto and Mushroom Pizza
**Serves 2**

A delicious vegetarian pizza that will easily feed two, unless you’re super hungry after all that sightseeing – good job it’s cheap to make too!

**Ingredients**
- 12 inch pizza crust
- 1 tsp oil
- ½ cup pesto
- 1 cup mushrooms, sliced
- 150g firm tofu, cubed
- 2 cups mozzarella, shredded

**Method**
1. Preheat oven to 350F/180C/gas mark 4.
2. Place pizza crust on a lightly oiled baking sheet (or aluminium foil).
3. Spread pesto on the crust leaving a clear edge.
4. Top with mushrooms, tofu and mozzarella.
5. Bake for 15 minutes or until cheese is melted and bubbly.

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### Linguine with Sun-Dried Tomatoes, Haven on a Plate (Vegan)
**Serves 2**

This is a beautiful dish that’s easy to make in less than 20 minutes. The recipe is easily adaptable for large groups or fussy eaters too.

**Ingredients**
- 1 pack wholewheat or regular linguine pasta
- 1 tbsp extra virgin olive oil*
- 1 small jar of sundried tomatoes in oil, thinly sliced*
- 5 garlic cloves, thinly sliced or minced*
- 12 fresh cherry tomatoes, halved
- fresh basil leaves, roughly chopped
- salt, ground black pepper and Parmesan to garnish

**Method**
1. Cook pasta following instructions.
2. Meanwhile, heat oil in a large pan over medium-low heat. Sauté the sundried tomato slices for 5 mins. Add salt and pepper to taste.
3. Turn heat to low and add garlic. Sauté for 5 mins, stirring often to prevent garlic from burning. Add cherry tomato halves and chopped basil to cook for 2 mins. Turn heat off.
4. Drain the pasta. Toss with a little olive oil and a pinch of salt, coating thoroughly. Next, add the pan ingredients and gently toss to combine.
5. Serve pasta with grated Parmesan cheese, bread and some red wine, if you like.

**Notes**
* Dry sundried tomatoes may be used in lieu of ones from a jar. The oil from the tomatoes may be used instead of olive oil.
* You can replace the fresh garlic with 1 tsp of granulated garlic, if you prefer.

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### Avocado and Vegemite on Rye with a Poached Egg
**Serves 1**

A super easy anytime dish full of flavour and energy – you’ll soon develop a taste for the Vegemite too. If you’re travelling in England you might find it easier to get hold of some Marmite instead.

**Ingredients**
- 1 egg
- 2 slices of rye bread
- 1 tbsp butter
- 1 tbsp Vegemite
- 1 avocado
- ½ lemon
- pinch each salt and pepper

**Method**
1. Poach an egg in boiling water for 3 mins.
2. Meanwhile toast some rye bread.
3. Butter the toast and spread Vegemite to your liking.
4. Smooth over some avocado – be generous. Squeeze over some lemon juice.
5. Top with poached egg and season with salt and pepper.

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### Chicken and Sundried Tomato Pasta
**Serves 3-4**

Pasta is a clear essential when you’re travelling the world on a budget – filling, easy and cheap. Here’s a simple and tasty way to dress it healthily.

**Ingredients**
- 275g wholegrain spaghetti (or other long pasta)
- 2 small chicken breasts (about 300g total)
- 85g sundried tomatoes (not in oil, but nice and plump and bright red)
- 20-25 kalamata olives, chopped
- 2-3 tbsp fresh Parmesan cheese, grated
- 1 tbsp extra virgin olive oil
- ½ tsp each salt and pepper
- 2-3 tbsp fresh parsley, chopped
- ½ cup pasta cooking liquid

**Method**
1. Cook the pasta following instructions. Keep at least ½ cup of cooking liquid once pasta is cooked.
2. Meanwhile, cut chicken into bite-size cubes and cook in skillet over medium-high heat until golden brown on all sides.
3. Chop sundried tomatoes and kalamata olives and add to cooked chicken. Stir and cook until fragrant, about 1 min.
4. Add drained pasta, Parmesan cheese, olive oil, salt and pepper, fresh parsley and ¼ cup of the pasta cooking liquid. Toss delicately to combine.
5. Add more cooking liquid if necessary.
6. Serve immediately and garnish with more chopped parsley and grated Parmesan, if desired.

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### Creamy Feta Bake
**Serves 2**

This tastes incredible: a garlicky baguette covered in oozing, bubbling cheese with some spicy sausage in the mix, and ready in 15 minutes? Yes please!

**Ingredients**
- 1 packet feta
- olive oil
- finely chopped garlic
- 2 tomatoes, freshly diced
- 1 red onion, sliced
- 1 baguette
- tomato purée
- sausage, chopped (optional)
- pinch oregano
- chilli flakes (optional)

**Method**
1. Preheat oven to 400F/200C/gas mark 6.
2. Wrap the block of feta in foil with a drizzle of olive oil, chopped garlic, diced tomatoes, sliced red onions, a squeeze of tomato purée, a sprinkle of oregano, chopped sausage (if you like) and some chilli flakes if you like it a bit of spice!
3. Place the packet in the oven for 15 mins, or until the feta bubbles.
4. Remove and serve with a freshly sliced baguette.
5. If you’re like me and can never get enough garlic – try drizzling some olive oil and rubbing some garlic into the sliced baguette before toasting it in the oven.