

The background of the entire page is decorated with various food-related line drawings and a pattern of colorful triangles. The drawings include a large bowl with a leafy vegetable, a mushroom, a chili pepper, a slice of citrus fruit, a bell pepper, and a chili pepper. The colorful triangles are in shades of green, yellow, and pink, arranged in a repeating pattern.

Kingston
University
London

Careers and
Employability
Service

Recipes for Graduate Success Cookbook

Contents

Welcome to Recipes for Success, brought to you by the Graduate Success team. This recipe book gives you recipes and information about the support available to you after you graduate.

Throughout this guide, we'll be providing you with a little bit of information on various parts of the journey to getting your graduate role. All the recipes have been submitted by members of the Graduate Success team. All recipes are vegetarian and are suitable for lunch, dinner or as a side dish. We have made sure to include notes on how to adapt them where possible. Recipes with potential allergens have been clearly marked.

Welcome and Introduction	3
The Graduate Career Community	4
The Graduate Attributes	5
Recipes	6-22
Career Action Plan	23
Notes	

Welcome and Introduction

Graduation is just the beginning; the rest of your life is waiting for you. Let's get started.

At Kingston University, we have *nine graduate attributes* that we work with every graduate to develop during their time at Kingston and beyond.

They are,

- Adaptability
- Collaboration
- Creative Problem Solving
- Digital Competency
- Empathetic
- Enterprising
- Questioning Mindset
- Resilience
- Self-Awareness

How each graduate exhibits and develops these attributes throughout their career journey will be slightly different.

The Graduate Career Community

Those graduating this academic year or those who have graduated from a course in the last two years are invited to sign up to the Graduate Career Community.

There is a world of opportunities available to you and we invite you to join the Graduate Career Community, where you will have the opportunity to take part in all activities, get information, coaching sessions and advice to support you in reaching your personal future goals.

The Graduate Career Community is designed with you in mind to:

- Explore further study & career options
- Build your professional network
- Identify values & interests
- Develop career confidence
- Understand routes into self employment & freelancing
- Connect you to graduate employers

Throughout the year, the Graduate Career Community puts on various events and drop-ins to support our final-year students and graduates in developing themselves and their skills to help move towards your goals and graduate success.

Here is a selection of the webinars available to you in the Graduate Career Community:

How to: Write a great Graduate CV

How to: Graduate Job Search

How to Manage Stress During Interview

How to: Balance Final Year and Career Prep

How to: Figure out what you want to do (Career Planning)

All events are accessible via Handshake. Having trouble signing in to Handshake? Please email careers@kingston.ac.uk, or scan the QR code.



What We Offer

The Career Centre:

The Career Centre, open term-time 10:00-17:00, Monday to Friday, and is located on the ground floor of John Galsworthy building on the Penrhyn Road Campus.

Our team of Student Career Coaches offer a walk-in-service for help with CVs, cover letters, LinkedIn and other career essentials. The team can also facilitate access to the wider Career Service for more specialist guidance with a Faculty Career Advisor.

Alternatively this service is also available at Knights Park, Kingston Hill and Roehampton Vale via the Campus drop-ins service. The details of this drop-in can be found on MyKingston.

Workshops and Skills Development:

This year we have launched a wide variety of skills workshops, focused on developing you and your wider understanding about your career and how you can grow. These sessions are in-person or virtual and below are some of the topics covered in the sessions,

- | | |
|---------------------------------------|--|
| • Assessment Centres | • Handshake |
| • Confidence & Self Identity | • Interview Skills |
| • Cover Letters & Personal Statements | • LinkedIn and Digital Presence |
| • CVs | • Managing Expectations |
| • Elevator Pitches & Micronarratives | • Personal and Professional Branding |
| • Feedback and Communication | • Presentation Skills |
| • Finance & Salary Expectations | • Researching & Understanding Job Descriptions |
| • Goal Setting | • Wellness of Self |
| • Graduate Attributes | |

Careers Events:

These events offer students and graduates the opportunity to connect with employers, industry professionals, and alumni, which provide an opportunity to find out about roles employers are actively recruiting for, gain valuable industry insights as well as the chance to network with employers.

Resources:

Handshake is the place for Kingston University students and graduates to go for all things careers and employability. It is our platform for booking appointments, events, browsing jobs and accessing our available career resources.

We have a huge amount of resources available for our students and graduates to engage with. All of our factsheets and career booklets are available via Handshake and on the Graduates page on the main university website.



Caprese Sandwich

Prep time: 10 MINS

Cooking time: 10 MINS

Serving size: 1

Allergens: Milk, Nuts

Storage instructions: Once cooled down, store in the fridge in foil for maximum two days.

Ingredients

2 slices bread of your choice

Mature Cheddar cheese (or Red Leicester or Comte for a french touch)

1 tbsp cream cheese

1 small handful fresh green leaves of your choice

6-8 cherry tomatoes

1 tbsp green pesto

Salt and pepper to taste

Optional: 3 fresh basil leaves, hot sauce and can be served with crisps.

Method

1. Toast your slices of bread. Meanwhile, cut each of the cherry tomatoes lengthways.
2. Cut thin slices of hard cheese, enough to cover 1 slice of bread.
3. Spread green pesto on one slice of bread, and spread cream cheese on the other slice.
4. Place the hard cheese slices on your pesto slice, and your tomatoes on the cream cheese. If using, dash on your hot sauce with salt and pepper to taste.
5. Add your salad to the cream cheese and tomato slice. If using, add your basil as well.
6. Assemble both halves of your sandwich and then serve (optional: with crisps).

Recommendations

Any hard cheese of your choice, any green salad, add spices to suit your taste.



Farah's Bazella with Rice

Prep time: 10 MINS

Cooking time: 30 MINS

Serving size: 6

Allergens: Milk

Storage instructions: Store in fridge for up to 3 days in airtight container.

Ingredients

Stew:

1 tsp extra virgin olive oil

1 medium sweet onion, finely chopped

3 garlic cloves, finely minced

2 medium carrots, peeled and diced

250g frozen green peas

1 tsp black pepper

1 tsp of ground cinnamon

½ tsp salt

2 tbsp tomato paste

1 vegetable stock cube

350ml of water

Rice:

85g of broken vermicelli

255g of rice

590ml cups of water

½ vegetable stock cube

1 tbsp of butter

1 tbsp of oil

Method

Stew:

1. In the sauté pan, add the oil. Once the oil is hot, add the onion and carrots, and sauté until they begin to brown.
2. Add the garlic, black pepper, cinnamon and salt. Combine well and sauté for an additional two minutes.
3. Mix in the tomato paste and combine well with the vegetables.
4. Stir in the vegetable stock and water then bring it all to a boil - remember to stir.
5. Reduce the heat to medium and let simmer for 10 minutes.
6. Add the green peas, bring it back to a simmer, and cook for an additional 5 minutes.

Rice:

1. In a small pot, heat the oil. Before it gets too hot, add the vermicelli and keep on stirring until it is gold.
2. Lower the heat, and quickly add the washed rice, vegetable stock and water then mix it all.
3. Cover with lid and leave it to cook for 5-7 min.
4. Check if the rice is cooked by testing, (cooked rice should be fluffy). If it hasn't, and the water has dried, add 100ml of water to the rice and leave it to cook for a few more minutes.
5. Once ready add the butter and a sprinkle of salt.

Recommendations

It can be cooked with poultry, diced or minced lamb/ beef or simply prepare it as a vegetarian dish.



Pepper and Chickpea Salad

Prep time: 10 MINS

Cooking time: 10 MINS

Serving size: 2

Allergens: None

Storage instructions: You can store extra servings in an airtight container, in the fridge for up to 2 days.

Ingredients

2 medium/ large bell peppers (red, orange or yellow)

½ red onion or small bunch of spring onions

15g fresh coriander leaves

½ a cucumber

400g can of chickpeas

Salt and pepper to taste

Method

1. Finely chop the peppers, red onion or spring onion.
2. Roughly chop the cucumber into small pieces.
3. Drain and rinse the chickpeas.
4. Mix the chickpeas, onion, cucumber and bell peppers in a bowl.
5. Finely chop the coriander leaves and stir into the salad.
6. Add salt and pepper to taste.



Shakshuka

Prep time: 20 MINS

Cooking time: 20 MINS

Serving size: 2

Allergens: Eggs, Milk

Storage instructions: You can store extra servings in an airtight container, in the fridge for up to 2 days.

Ingredients

1 tbsp olive oil

1 brown onion

1 green pepper

2 garlic cloves

2 tbsp of tomato paste

4 medium tomatoes

1 tsp black pepper

1 tsp cumin

3 tsp (smoked) paprika

3 eggs

Optional: Bread, feta, humus & spring onion to serve.

Method

1. In a hot pan, sautee your onions and pepper in some olive oil seasoned by salt. Then, add your garlic and tomato paste and cook for a further 5-7 minutes until tomato paste is a dark red.
2. Add cumin, paprika and pepper. Mix well and pour water, bring to a light simmer then cover and cook for 15 mins, the longer you cook the richer the flavour.
3. Remove the lid and make 3 small wells.
4. Slowly crack 3 eggs into each hole on a medium heat. Cook until the whites are set and yolk is to your desire.
5. Once ready add the butter and a sprinkle of salt.

Recommendations

Chickpeas/lentils can be used instead of eggs if preferred.



Vivienne's Lentil Soup

Prep time: 15 MINS

Cooking time: 35 MINS

Serving size: 1

Allergens: None

Storage instructions: Store in an airtight container, in the fridge for 2-3 days (without lemon juice).

Ingredients

500g lentils
2 onions, diced
2 carrots, chopped in small pieces
4 garlic cloves, diced
4 bay leaves
100ml olive oil
1 can chopped tomatoes
1 vegetable cube (optional)
Salt and pepper to taste
Dash of vinegar

Method

1. Rinse the lentils and cook them in a saucepan over medium-high heat with plenty of water for 20 mins. Drain them and leave them aside.
2. In the same saucepan, add 2 tbsp of olive oil and then saute the onions until soft. Add the carrots and garlic and cook until shiny.
3. Add the lentils, can of chopped tomatoes, vegetable cube and warm water until all the ingredients are covered.
4. Add the bay leaves and let the soup cook (with a lid) for 30 mins on low heat until most of the water evaporates.
5. Add salt, pepper and the rest of the olive oil and mix well.
6. Add 2 tbsp of vinegar and adjust to taste.
7. Your soup is ready when it's not too watery and you can see the lentils. Enjoy!

Recommendations

Lentils are a rich source of protein making them a great alternative to meat or fish. It's best to eat with bread or rice to get a balanced meal.



Watermelon and Feta Salad

Prep time: 15 MINS

Cooking time: 0 MINS

Serving size: 2

Allergens: Milk and Sulphites. *If you have an allergy to sulphites do not use balsamic glaze.*

Instead use a squeeze of fresh lemon or lime

Storage instructions: Store in fridge for up to 3 days in airtight container.

Ingredients

½ watermelon
200g Greek feta cheese
½ cucumber
Small (198g) tin of sweetcorn
15g fresh mint or basil leaves
Balsamic glaze or squeeze of fresh lime to decorate
Salt and pepper to taste

Method

1. Roughly chop the watermelon and cucumber into pieces and place in a bowl.
2. Drain the tinned sweetcorn and add to bowl.
3. Drain the feta cheese and then chop or crumble into small pieces into the bowl.
4. Finely chop the fresh mint or basil leaves and stir through salad
5. Add salt and pepper to taste
6. When you serve the salad either drizzle with balsamic glaze or squeeze of fresh lemon or lime

Recommendations

You can use other types of melon e.g. honeydew if watermelon is not available. For a variety of texture add chopped avocado.



Annie's Sweet Potato Burrito Bowl

Prep time: 15 MINS

Cooking time: 30-45 MINS

Serving size: 3 to 4

Allergens: Milk

Storage instructions: Can be stored in an airtight container, in the fridge for up to 3 days.

Ingredients

2 large or 3-4 small sweet potatoes, peeled and diced into 1-2cm cubes

1 onion, diced

3 cloves of garlic (or more to taste!), minced

1 tin black beans, drained and rinsed

1 sweet pepper, diced

A few spoonfuls of soured cream

1 stalk of fresh coriander, diced (can be left out if desired)

1-2 tsp cumin

Oil for cooking

Salt to taste

Method

1. Parboil the diced sweet potatoes for 5-10 minutes so the potatoes start to cook through, but still firm.
2. While potatoes are boiling, coat pan with neutral oil (olive, vegetable, or coconut) and add onion and garlic. Cook until transparent.
3. Add parboiled potatoes to pan along with salt and cumin, adding more oil if necessary to prevent sticking. Toss in the pan until potatoes are cooked through to prevent sticking.
4. Add diced pepper and black beans, toss, and cook for an additional 3-5 minutes to ensure everything is mixed together.
5. Serve immediately with a spoonful of soured cream, fresh coriander and hot sauce. (optional)

Recommendations

This recipe is begging for hot sauce, so experiment with different heats and flavours. You can also dress it up with cheese, turn it into a burrito, or fry it up with an egg.



Carmen's Jackfruit Korma

Prep time: 5 MINS

Cooking time: 15 MINS

Serving size: 4

Allergens: None

Storage instructions: Can be stored in freezer, for one month. Defrost before cooking.

Ingredients

4 level tbsp korma curry paste

400g can cherry tomatoes in juice (or regular canned chopped tomatoes)

200ml coconut milk

2 x 400g cans of jackfruit in water, drained

100g baby spinach, washed

4 tbsp of water and rice to serve

Method

1. Put the curry paste and 4 tbsp water in a saucepan over a medium heat. Cook for 5 minutes and make sure the water evaporates. Stir occasionally.
2. Add the can of tomatoes, coconut milk and ½ tsp salt and simmer over a low heat for 5 minutes.
3. Gently break or slice the jackfruit chunks apart to make slightly smaller chunks. Add the jackfruit to the curry and simmer for 3-4 minutes, stirring gently.
4. Stir in the spinach and simmer until the leaves have wilted down.
5. Season to taste and serve with rice.

Recommendations

Swap the cherry tomatoes for chopped tomatoes. Coconut milk can be reduced fat.



Emily’s Vegetarian Sweet Potato Chili

Prep time: 20 MINS
Cooking time: 50 MINS
Serving size: 6
Allergens: None (Milk if using recommendations)
Storage instructions: Can be frozen for up to two months. Defrost before cooking.

Ingredients

- | | |
|--|--|
| 1 tbsp olive oil | |
| 1 medium red onion, chopped | A pinch of salt and freshly ground black pepper |
| 1 green bell pepper, chopped | 4 garlic cloves, pressed or minced, |
| 1 red bell pepper, chopped | 1 tsp cayenne pepper (more or less, depending on |
| 1 tbsp chili powder | how spicy you like your chili) |
| 1 tsp ground cumin | 1 tbsp of minced garlic |
| 2 tsp unsweetened cocoa powder | |
| ¼ tsp ground cinnamon | |
| 470ml vegetable broth | |
| 1 large can diced tomatoes, with their juices | |
| 1 can black beans, rinsed and drained | |
| 1 can kidney beans, rinsed and drained, | |
| 1 medium sweet potato, peeled and cut into 1cm cubes | |

Method

1. In a big pot over medium heat, warm the olive oil until shimmering.
2. Add the chopped vegetables (onion, peppers and sweet potatoes) and a sprinkle of salt and pepper.
3. Cook, stirring occasionally, until the onions start turning translucent, about 3 to 5 minutes. Reduce the heat to medium-low and add the garlic and spices (chili powder, cumin, cayenne, cocoa powder, cinnamon, and another dash of salt and pepper) and liquid ingredients (tomatoes, beans and broth), and stir.
3. Bring the mixture to a gentle simmer. Cover and cook, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, until the sweet potatoes are tender and the chili has reduced to a heartier consistency, about 45 minutes to 1 hour.
4. If you would like an even thicker consistency, use a potato masher to mash the chili until the texture suits your preferences. Season chili with salt and pepper to taste. Divide the chili into individual bowls, garnish as desired and serve.

Recommendations

I recommend garnishing with sour cream, chopped coriander, and grated cheese on top. Maybe a few jalapeños if you like heat!



Farah’s Lebanese Moudardara

Prep time: 5 MINS
Cooking time: 25 MINS
Serving size: 4
Allergens: None
Storage instructions: Can last in the fridge for 7 days in an airtight container.

Ingredients

- 3 tbsp extra virgin olive oil
- 400g Dried brown lentils
- 50g rice (ideally whole grain rice), rinsed
- 2 onions thinly sliced
- 1 lemon, freshly squeezed (approx. 4 tbsp)
- 1 tbsp sea salt (or salt to taste)

Method

1. Rinse lentils very well with cold water and drain. Rinse the rice with water and have the rest of ingredients prepared as indicated in the ingredients description.
2. Add the lentils in a pot with enough water to have them well covered and a pinch of salt. Bring them to a boil and then reduce the heat to simmer for about 15 minutes stirring from time to time.
3. While the lentils are cooking, heat 2 tbsp of olive oil in a frying pan over medium heat. Add the thinly sliced onions and a pinch of salt and sauté over low heat. Stir well to cover the onion slices with the olive oil and sauté for about 5 minutes until the onions are soft and golden.
4. Reserve a portion of the onions for decoration of the dish and add the remaining onions already sautéed to the lentils. Once the lentils have cooked for 15 minutes, add the rinsed rice and add 1 tsp of sea salt. Make sure there is enough cooking water from the lentils to cook the rice, at least 250 ml of water, if not add more. Cook on a low heat for approximately 10 mins (or as indicated on the rice cooking instructions) stirring from time to time.
5. Once the rice and lentils are cooked and the cooking water has evaporated, remove from heat. Add the freshly squeezed lemon juice, drizzle with olive oil and serve with the remaining sautéed onions on top. This dish can be served hot or cold.

Recommendations

The meal is vegetarian. You may choose to replace rice with Buckwheat.



Katie's Lentil Spaghetti Bolognese

Prep time: 15 MINS

Cooking time: 45 MINS

Serving size: 3 to 4

Allergens: Celery, Cereals containing gluten

Storage instructions: Keep in an airtight container in fridge for up to 3 days and up to 3 months in the freezer once cooled down.

Ingredients

1 can of green lentils in water

500ml passata

1 white or red onion

2 celery stalks

2 medium carrots

½ tsp smoked paprika

3 garlic cloves

½ tsp dried mixed herbs

1 vegetable stock cube

Salt and pepper

Olive oil

150-200g of any pasta. Spaghetti or rigatoni work well for this dish.

Method

1. Finely chop the onions, carrots, celery and garlic.
2. Add a dash of olive oil to a heavy based saucepan and place on hob on a medium heat.
3. Put all the chopped vegetables and chopped garlic in the pan and stir occasionally for up to 10 mins or until they are soft.
4. Once soft, add a pinch of salt and pepper and stir through.
5. Add in the passata, 2 tsp of smoked paprika, 2 tsp of mixed herbs, crumbled stock cube and mix altogether.
6. Bring to boil and then let simmer for 30-45 mins.
7. When you are ready, place pasta in boiling salted water and then cook to your preferred cooking time (roughly 10-15mins).
8. Drain the pasta, place on plate and then spoon lentil mixture on top.



Miriam's Red Lentil Dhal

Prep time: 5 MINS

Cooking time: 30 MINS

Serving size: 4

Allergens: None

Storage instructions: Suitable to freezing for up to three months.

Ingredients

250g red lentils

4 tbsp oil

2 onions, finely chopped

4 garlic cloves, finely chopped

Big handful coriander stalks, finely chopped

2 tsp ground cumin

1 tin chopped tomatoes

½ tsp ground turmeric

1 tin coconut milk

150g spinach

Salt and pepper (add as little or as much as you like to suit your taste)

Pinch chilli flakes (add more if you like it spicy, don't add any if you don't like spice!)

Method

1. Rinse the red lentils under cold running water, drain and set aside.
2. In a saucepan, heat the oil over a medium heat. Fry the onions with a pinch of salt for 5 minutes, before adding the garlic and frying for another minute until fragrant.
3. Add coriander stalks, cumin and chilli. Once warmed through, add the tomatoes and cook for 5 minutes, or until you have a tomato sauce.
4. Add the rinsed lentils and 600ml water and simmer for 25 minutes, or until the lentils have completely broken down, then season to taste with salt and freshly ground black pepper.
5. Add turmeric and coconut milk to the lentils and bring to a simmer. Stir in the spinach and as soon as it's wilted, it's time to eat. Serve with rice, couscous, naan bread, roti or any accompaniment you'd like.

Recommendations

You could add chickpeas or other beans to bulk it out, and you can adjust the spices depending on what flavours you like best.



Nish's Cheeky Chana Chickpeas

Prep time: 15-20 MINS

Cooking time: 20 MINS

Serving size: 3 to 4

Allergens: None

Storage instructions: Can be stored in fridge for 3 days in an airtight container.

Ingredients

½ tbsp rapeseed/sunflower oil

1 onion minced or finely diced

3 large tomatoes minced or finely diced

1-2 green chillies chopped finely

1 tsp salt

½ tsp chilli powder

½-1 tsp turmeric powder

½ - 1 tsp garam masala

1 tsp ground cumin (freshly ground is even better!)

1 ½ tsp amchoor (mango) powder

1 ½ tsp dry methi (fenugreek) leaves

1 handful fresh coriander leaves chopped

3-4 garlic cloves minced (or 1 ½ cubes frozen garlic)

800g canned chickpeas

Method

1. Heat a medium sized saucepan on medium heat and add the oil and leave for a minute or so to heat up, then add the minced onions and salt.

2. Stir and cook the onions until soft and slightly golden and then add the garlic. If freshly minced garlic is used then wait until it turns golden before adding green chilli/s. If frozen cubes are used then add green chilli/s straight away. Then leave to cook for a minute before adding chilli powder, turmeric, garam masala and cumin. Stir the mixture and cook until you can smell the pungent fragrance of spices.

3. Add the minced tomatoes, with 80ml of water. Let it simmer for 5 minutes or until you can see the oil coming through and the tomatoes have turned darker in colour. Open up the cans of chickpeas and rinse in a colander. Add the chickpeas once the tomatoes are ready, and stir everything.

4. Cover mixture and let it simmer for 10 minutes, stirring a couple of times in between. Once chickpeas have softened add the fenugreek. Before adding it to the dish, place the dry leaves between your hands and rub vigorously above the saucepan to release the flavour and at the same time combine with the chickpeas.

5. Add the tangy amchoor powder and mix it all together. If the mixture is getting too thick, then add a little bit of water. The dish should not be too runny either. Add the lid back on and cook for another 5 minutes or until the mixture has thickened. Add the coriander once the mixture has thickened, and stir. Season to taste and serve.



Vegetable Garden Pasta

Prep time: 10 MINS

Cooking time: 15 MINS

Serving size: 4

Allergens: Cereals containing gluten, Milk

Storage instructions: Can be stored in fridge an airtight container for up to 3 days.

Ingredients

350g penne

140g broccoli cut into small florets

100g sugar snap peas

Halved, 2 courgettes, diced

1 tbsp olive oil

100g light cream cheese

50g grated parmesan (or vegetarian alternative), as desired

Zest and juice of 1 lemon

Large handful basil, diced

Method

1. Cook the penne according to pack instructions, adding the broccoli florets and sugar snap peas to the pan for the final 3 mins.

2. Meanwhile, gently fry the courgettes in oil for 7-8 mins until soft and a nice golden colour. When the penne and vegetables are almost ready, remove a ladleful of cooking water from the pan. Add 4-6 tbsp of this to the pan of courgettes, along with the cream cheese, parmesan, lemon zest, half the lemon juice and seasoning. Stir to make a smooth, creamy sauce.

3. Drain the penne and vegetables, then mix with the creamy sauce, adding the basil, extra lemon juice and seasoning to taste. Serve and garnish with salt and pepper and chilli flakes for taste.

Recommendations

You can substitute for any veg you prefer.



Vegetarian Scotch Broth

Prep time: 20 MINS

Cooking time: 1 hr 20 MINS

Serving size: 12

Allergens: Cereals containing gluten

Storage instructions: Store broth mix in freezer for up to 4 months.

Ingredients

250g broth mix (or a mixture of 75g pearl barley, 75g yellow split peas, 50g red split lentils and 50g green split or marrowfat peas)

1 tbsp vegetable or olive oil

1 large onion, finely chopped

1 leek, washed and sliced

1 medium turnip, peeled and finely chopped

3 carrots, finely chopped

3 celery sticks, trimmed and finely chopped

3 litres vegetable stock

200g kale chopped

Salt and pepper to taste

Method

1. Rinse the soup mix and soak in cold water for 8 hrs or overnight, covered in a cool place.

Drain and rinse well.

2. Heat the oil in a large pan and fry the onion, leek, turnip, carrots and celery for 10 mins, covered with a lid, until soft but not golden. Add a generous pinch of salt and a good grinding of pepper.

3. Pour the stock into the pan and bring to a simmer. Add the drained soup mix, and gently simmer for 1 hour part-covered, until the barley and split peas are tender. Season again if needed. Stir in the kale, and cook for 10-15 mins until tender, then ladle into bowls to serve with crusty bread.

Recommendations

Traditional Scotch broth is made with lamb stock with stewing or braising cuts of lamb, mutton or beef. If you would like to add any of these meats, please feel free to substitute some of the broth mix.



Dipti's Cool Cucumber Salad

Prep time: 15 MINS

Cooking time: 0 MINS

Serving size: 2

Allergens: Milk, Peanuts

Storage instructions: Can be kept in an airtight container, in the fridge for up to 2 days.

Ingredients

1 cucumber - peeled and chopped into small cubes

1 salad tomato - cubed and pips removed

1 small onion (smaller than the tomato) - cubed

Sprigs of coriander/parsley - chopped (amount can vary as per your choice)

170g yoghurt mixed well to get a smooth consistency

40g roasted and chopped peanuts or any nut of your choice

Some sugar and salt to taste

(Optional) For tempering -

Some cooking oil

cumin seeds

chillies

Method

1. In a bowl, mix cucumber, tomato and onion. Once combined, add yoghurt, chopped nuts, sugar and salt and parsley/coriander. Then mix again.

2. (Optional) Tempering - heat some oil, add cumin seeds, some chillies chopped. When it splutters, take off the heat and add the tempering into the bowl with mixed ingredients. You can either eat this cold or soon after tempering. Serve with rice.



Mandy's Spinach and Artichoke Dip

Prep time: 15 MINS

Cooking time: 20 MINS

Serving size: 6

Allergens: Eggs, Milk

Storage instructions: Prepare the recipe through step 4 (before baking). Place mixture in a freezer safe container or bag and freeze for up to 2 months. Thaw overnight in the refrigerator and return to baking dish before baking.

Ahead of time instructions: Prepare the recipe through step 4 (before baking) and store it in the refrigerator for 1-2 days until ready to bake.

Ingredients

400g canned artichoke hearts, drained and chopped
120ml sour cream
120ml mayonnaise
235g cream cheese, room temperature
235g freshly grated parmesan cheese, loosely measured
1 garlic clove, minced
226g spinach, frozen, thawed and liquid squeezed out

Method

1. In a large bowl add sour cream, mayo, cream cheese, drained spinach, artichoke hearts, garlic and 170g of parmesan cheese. Combine until smooth.
2. Place in a greased baking dish (most pan sizes around 8x8 in or a little smaller will work. You could even use a glass pie dish).
3. Sprinkle remaining parmesan cheese on top.
4. Bake in preheated oven for about 20 minutes or until hot and bubbly. Serve warm with crackers or bread.

Career Action Plan

No matter what stage of your career you are at, a Career Action Plan can be a useful insight on how to start your job search, switch careers, or set goals towards gaining a promotion.

A career action plan is a personalised action/goal plan that you can use to create a roadmap for your next steps. This career action plan is for anyone who wants to give some structure, thought and a bit of their time to organising their next steps.

Are you asking yourself some of these questions...

- What will I do with my life?
- How can I get the job I want?
- How do I even begin?

Here are the key steps to work through in a career action plan,

Step 1: Reflections

Reflect and consider where you are now. It is useful to examine your current situation and consider whether your work matches your aspirations, needs and lifestyle.

Step 2: Decisions

Think about your skills and strengths. It is important to know your strengths and weaknesses to decide on your next step and improve your professional skill-sets.

Step 3: Exploration

Exploring and researching information such as salary, commuting culture and work/life balance can help you start to envision your career action plan.

List where you can start gathering information!

Think of 3 places (i.e. LinkedIn, CareerZone, Handshake etc)

Step 4: Planning

This is where you decide on a strategy to achieve your career aims. If you want to remain focused and committed to your aims, it is helpful to identify specific tasks to achieve them.

Step 5: Evaluating

It's really important to reflect, evaluate and re-evaluate where you are in your plan as often and as many times as you need. Success looks different for everyone, therefore the way to success will also be different.

A full version of the Career Action Plan is available on the graduate page on the Kingston University website.



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Graduate Career Community



For more information on what support is available for you as a graduate and how to join the GCC,
please scan the above QR code.

E: careers@kingston.ac.uk

W: <https://www.kingston.ac.uk/careers/graduates/>

A: The Career Centre, John Galsworthy Building, Kingston University Penrhyn Road Campus, Penrhyn Road, KT1 2EE

All recipes have been thoroughly checked for allergens and method; however, some allergen listings may be missing.

All information is correct at the time of printing, September 2024.