

TOP CHEF DISHES UP ADVICE FOR HUNGRY STUDENTS

New students will soon be learning to fend for themselves, not only in the lecture theatre and student bar but, more importantly, in the kitchen. To help these budding chefs, Lloyds TSB's award-winning chef is offering freshers some top culinary tips. And for those who want a break from cooking, the bank has also included free 'two for one' curry and fish and chip vouchers as part of its student account this year.

Chris Oddie, head chef at Lloyds TSB's London HQ, says: "The biggest mistake students can make is to buy into the myth that healthy food is beyond their budget or cooking skills. With a little thought and a few quick and easy recipes up your sleeve, there's no need to succumb to freshers' flu, see your waistband rapidly expand or live off tinned food for the next three years. And, by becoming a culinary whizz, you'll certainly see your friendships soar!"

Chef's Top Tips

- Simple meals can be given a twist with the clever use of fresh herbs and spices. Stock up on: garlic, pepper, soya sauce, mixed herbs, chilli and curry powder.
- Invest in olive oil for use as a base in sauces and for stir frying - it's healthy and delicious.
- Some tinned foods are essential for quick cooking and, as long as they're teamed with other fresh ingredients, will make a nutritionally sound meal. The staples are tinned fish - tuna, salmon, pilchards, sardines - sweetcorn, tomatoes, baked beans.
- Don't underestimate the humble potato - it's versatile and, jacket potatoes in particular, make a quick and satisfying meal.

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- Invest in a wok for easy, healthy and fast cooking.
- To top up the veg, try mixing chopped fresh mushrooms, onion and sweet peppers in with baked beans. Throw in some spice and pour over a jacket potato.
- Eat five pieces of fresh fruit, salad or vegetables a day - good for vitamins, water content and fibre.
- Drink at least 1.5 to 2 litres of water a day, more if you exercise a lot.
- Caffeine may be a 'pick me up' when you're writing an assignment at midnight, but try to keep your intake as low as possible.
- Brown bread and rice are always healthier than white.

Chris, Lloyds TSB's head chef, continues: "With the staples I've suggested safely in your cupboard, you're never far from a quick and healthy balanced meal that will send you to the top of the class."

Chef's Simple Recipe to Feed the Brain...

For a simple sauce that can be used with pasta, fish or meat: warm some olive oil and garlic in a wok. Add chopped onion, courgettes, mushrooms and sweet peppers and stir fry. Finally, add tinned tomatoes and stir on a medium heat until sauce is bubbling and ready to pour. Add some fresh ripped basil leaves for an intense flavour.

To turn into a chilli: add kidney beans and chilli powder with minced meat or tinned tuna optional. Cook through on a medium heat. Serve with sliced fresh chillis for a killer boost.

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Notes to editors:

For full details of the 2004 student package, contact the Lloyds TSB Press Office on the number below, or visit www.lloydstsb.com.

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