

English
National
Ballet
School



ENBS Recipe Booklet

RECIPES AND TIPS
TO IMPROVE YOUR
KITCHEN SKILLS

INTRODUCTION

Nutrition is a key component of your ballet education as it helps enhance your training and performance, can help prevent injury and allows for faster recovery.

For many of you, this might be the first time that you are having to shop, prepare and cook for yourselves and we have therefore come up with some quick simple recipes for ideas.

Predominantly, we have focussed on recipes that we believe are quick to make and prepare, are nutritious and provide you with the macronutrients and energy you need.

Please remember:

1. Carbohydrates for energy. Complex carbohydrates for longer-lasting energy and simple sugars that can be quickly absorbed and utilised.
2. Proteins for fuelling muscles and for growth and repair
3. Fats for insulation, and energy and to boost your immune system
4. Vegetables and fruit are needed for fibre and vitamins
5. Fluid with electrolytes is needed to aid hydration

**Recipes provided by staff and students and collated by
ENBS Sports Nutritionist, Maja Berry**



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Storecupboard ESSENTIALS

Condiments

- Salt & pepper
- olive oil
- Stock cubes
- Garlic & ginger

Freezer

- Frozen fruit
- frozen vegetables
- frozen meat/fish
- space for batch cooking

Cereals / Grains

- oats
- cereal
- pasta
- rice
- bread / bagels / wraps

Tins & Jars

- pasata
- tuna
- pesto
- nut butter
- jams / honey
- beans.& pulses

Snacks

- trail mix
- dried fruit
- cereal bars
- protein bars
- recovery shakes





Kitchen ESSENTIALS

Chopping/Preparing

- chopping board
- peeler
- knives
- grater
- measuring utensils

Pots/Pans

- mixing bowl
- casserole dish
- air fryer./ roasting tray
- pots & pans

Cooking/Serving

- spatula
- tea towels
- food storage containers
- wooden spoon

Nice to Have

- air fryer
- blender / smoothie maker

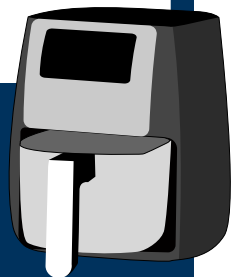


Kitchen ESSENTIALS

If you have limited cooking facilities

1. Portable blender - this is charged with a usb and very portable and small. Costs ± £20
2. Small rice cooker - this is great as it can cook rice and steam veg, so very handy if you don't have a hob. Price ranges from £20 to £100.
3. Air fryer - this is a great way to speed up cooking times. Price ranges from around £40 - £100. Especially helpful if cooking facilities and/or cooking abilities are limited.

Costs estimated in 2025





Overnight Oats



1 servings



10 minutes

INGREDIENTS

1/2 cup oats

125g pot (or 4-5tbsp) Greek yogurt

1tsp chia seeds

1tbsp nutella/ nut butter/ biscoff

1tsp honey

1-2tbsp milk

handful mixed berries

NOTES

Overnight oats are great as they can be made the night before. You can also add in different toppings and ingredients. to adapt them based on what you fancy and what you have in the fridge/cupboard.

DIRECTIONS

- 1.Pour the oats into a tupperware or glass jar
- 2.Mix in the yogurt, nut butter and berries
- 3.Top with chia seeds and honey
- 4.Leave in the fridge overnight to slightly set



Baked Blueberry Oats



4 servings



10 minutes

INGREDIENTS

2 cup oats

1tsp baking powder

1tbsp maple syrup

2 eggs

1 banana

large handful berries

4 ramekins or one baking dish

NOTES

This is a great option for batch cooking and especially if you have an air fryer.

DIRECTIONS

1. Mix all ingredients together
2. If you have a blender, you can also blend them for a smoother texture and then add the berries in at the end.
3. Either portion into 4 ramekins or into a dish
4. Bake in the oven at 180 degrees for 20-25min or in the air fryer at 180 degrees for 10min



Instant Oat Pot



1 servings



2 minutes

INGREDIENTS

1 large Oat Pot

3tbsp Greek yogurt

1tbsp peanut butter

1tbsp chia seeds/flax seeds

NOTES

Great if you are short on time and you can add more / less fillings depending on requirements.

DIRECTIONS

- 1.If short on time, any large oat pot can work but then add in toppings to ensure breakfast fuels your morning training.



Banana Pancakes



3 servings



10 minutes

INGREDIENTS

2 medium bananas

2 eggs

½ cup milk

1 ½ cup oats

2tsp baking powder

½tsp ground cinnamon

oil for cooking

DIRECTIONS

1. Add all the ingredients to a blender until smooth.
2. Lightly coat frying pan with oil and place over medium heat
3. Once pan is hot, use ⅓ cup batter for each pancake and fry for 2-4min
4. Flip and cook until golden brown on both sides. Lower the heat if they brown too quickly.

Enjoy with yogurt, maple syrup and blueberries

NOTES

If you don't have a blender, swap the oats for self-raising flour



Granola & Yogurt



1 servings



10 minutes

INGREDIENTS

½ cup granola

1 cup yogurt

Berries / fruit on top

Additional toppings: banana /
chocolate chip / chopped nuts

NOTES

Quick and easy breakfast but please make sure you have a good serving of granola, not just a sprinkling

DIRECTIONS

1. Assemble all of the ingredients and Enjoy!

INGREDIENTS TO MAKE YOUR OWN GRANOLA

150g mixed nuts

150 dried fruit including raisins

100g mixed seeds

250g oats

100ml maple syrup

zest of 1 orange

Roughly chop the nuts and dried fruit, mix all ingredients together, add the maple syrup and orange zest.

Spread on tray in oven at 160 degrees for 20-25min.



Eggs on Toast



1 servings



10 minutes

INGREDIENTS

2 slices toast

2 eggs

½ avocado / butter

DIRECTIONS

- 1.Toast the bread of choice
- 2.Boil / scramble / fry the eggs
- 3.Smash ½ avocado or butter toast and assemble

NOTES

Great option when you have more time or if you would like to have something alongside cereal



Chicken Caesar Wrap



1 serving



10 minutes

INGREDIENTS

- 1 cooked chicken breast sliced/shredded
- 1tbsp grated parmesan
- 1-2tbsp caesar salad dressing
- handful chopped romaine lettuce

DIRECTIONS

1. In a bowl, combine the chicken, parmesan, salad dressing and chopped lettuce.
2. If needed, season with salt and pepper
3. Add all ingredients into a wrap, fold and enjoy!

NOTES

Quick easy option to take to school. Add a juice and snack to create a Meal Deal.



Hummus and Avocado Sandwich



1 serving



10 minutes

INGREDIENTS

- Bagel / 2 slices bread
- 2tbsp hummus
- ½ avocado
- Lettuce
- ½ Tomato
- Few slices cucumber

DIRECTIONS

1. Spread the hummus on one slice and the avocado on the other slice
2. Add in salad ingredients of choice
3. Fold, slice in half and Enjoy!

NOTES

Quick easy option to take to school.
Add a juice and snack to create a Meal Deal.



Sardines on Toast/Bagel



1 serving



10 minutes

INGREDIENTS

- Small tin sardines
- Spoon greek yogurt
- black pepper
- tsp lemon juice
- 1 chopped pickled cucumber
- tsp mustard
- Bagel

DIRECTIONS

1. Mix the sardines with all ingredients
2. Top on bagel
3. Enjoy!



Tuna Pasta



2 serving



10 minutes

INGREDIENTS

- 200g dry pasta
- 1 tin tuna
- 1tbsp olive oil
- 2 garlic cloves
- ½ tsp chilli flakes
- 2 tsp capers
- 1 tsp lemon zest
- 2tbsp lemon juice
- 4 tbsp parmesan
- Salt & Pepper

DIRECTIONS

1. Cook pasta following package instructions
2. Scoop cup water before draining pasta
3. Heat the olive oil in a pan and add garlic and chilli flakes
4. Add in pasta and cup water and toss in pan
5. Stir in tuna, capers, lemon zest and lemon juice
6. Serve with 2tbsp parmesan
7. Season with salt and pepper



Egg fried Rice



2 servings



15 minutes

INGREDIENTS

1 tbsp sesame oil

1 cup uncooked rice

4 eggs

1 spring onion, sliced

frozen veg, e.g.

sweetcorn and peas

DIRECTIONS

1. Either cook the rice with 1:2 ratio rice to water or cook in a rice cooker
2. Beat the eggs in a bowl
3. Heat the oil in the pan
4. Add the eggs and heat until cooked
5. Add the rice, veg and sliced spring onions and mix

NOTES

A great recipe to add extra things into depending on what you have at home and what you fancy. So you could also add in some salmon or chicken or edamame beans and potentially some chilli oil if you enjoy a bit of heat.



Cous cous Salad



2 servings



15 minutes

INGREDIENTS

- 1 cup dry cous cous
- 200ml chicken stock, heated
- 2 spring onions
- 1 red pepper
- ½ cucumber
- 2 tbsp pesto
- 2 tbsp pine nuts
- 50g feta (1/4 block)

NOTES

This is a great option to add/change ingredients depending on what you have at home or what you like. You could have cous cous, rice, orzo or bulgar wheat as your carb. You can have chicken, halloumi, tuna, salmon or chickpeas as your protein alternatives and you could add things like olives or sundried tomatoes for a change in taste.

DIRECTIONS

1. Add the cous cous to a boil and pour the heated chicken stock over it
2. Wait 10min and then use fork to fluff it
3. While waiting, chop the spring onions, red pepper and cucumber and add to cous cous
4. Add in the pesto, pine nuts and feta and combine



Pesto Pasta



2 servings



15 minutes

INGREDIENTS

150-200g pasta

1 tin tuna

2tbsp pesto

2 tbsp grated parmesan

handful sweetcorn

NOTES

This can also be changed depending on what you have available. Chicken or salmon instead of tuna or you could also do prawns and feta.

DIRECTIONS

1. Boil pasta following instructions
2. Drain and add in the tuna, pesto and sweetcorn
3. Combine, split into 2 containers
4. Add grated cheese and you have 2 school lunches prepared!



Chicken Katsu with Rice



2 servings



15 minutes

INGREDIENTS

2 skinless chicken breasts

3-4 tbsp plain flour

2 eggs, lightly beaten

6tbsp panko breadcrumbs

1 cup uncooked rice

½ cup katsu paste

½ cup coconut milk

NOTES

If you don't like the katsu sauce, you could add a sauce pouch instead.

DIRECTIONS

1. Cook rice according to package instructions or in rice cooker
2. Split chicken fillets in half and coat in flour
3. Soak each one in the eggs and then cover with the crumbs
4. These can then be fried in oil or cooked in the air fryer or oven until cooked through
5. Heat the katsu paste with the coconut milk and pour over chicken



Chicken and Rice



1 servings



15 minutes

INGREDIENTS

1 chicken breast

1 egg

2-3 carrots

1 celery stick

½ cup rice or 1 nest noodles

NOTES

This meal is a great way to use up anything in the fridge - you can use any veg and any protein to create the meal.

DIRECTIONS

1. Chop and fry the carrots and celery stick
2. Add in chopped chicken breast
3. Whisk the egg and stir it in
4. Add in 1tbsp soya sauce
5. Separately cook the rice or noodles following package instructions
6. Serve the rice with the sauce on top
7. If you like it a bit spicy, add some sriracha sauce on top.

1st year Student



Salmon with new potatoes



1 servings



15 minutes

INGREDIENTS

1 salmon fillet

4-5 new potatoes

tbsp olive oil

pinch salt

large pinch garlic powder

pinch italian seasoning

tenderstem broccoli

tbsp butter

Juice from ½ lemon

NOTES

You can double this recipe for lunch the next day

DIRECTIONS

1. Halve and quarter the potatoes
2. In a bowl, mix the olive oil, salt, garlic powder and italian seasoning
3. Toss the chopped potatoes in the bowl and mix until coated
4. Line a baking tray with baking parchment and add in the potatoes
5. Bake at 200 degrees C for 15min in the oven or for 10min in the air fryer
6. Take out the oven/air fryer and add in the salmon and broccoli. Bake for a further 10min or 6-8min in the air fryer
7. Remove from the oven
8. Mix a tbsp melted butter with juice from half a lemon and paste over the salmon



Chicken Ramen



1 servings



15 minutes

INGREDIENTS

- 1 boiled egg
- 1 chicken breast
- 1 pack ramen noodles
- 500ml broth
- 1tsp chilli oil
- Veg of choice

NOTES

You can use a pot noodle and add ingredients if you don't have easy cooking facilities

DIRECTIONS

1. Boil the egg for 6min
2. Slice the chicken and either fry it or cook in air fryer until cooked through
3. Boil the Ramen noodles following instructions (if this is for 6-10min, can add egg to the boiling water and cook together)
4. Heat the chicken broth. You can add in the vegetables so that you steam them at the same time.
5. In a bowl, add the broth, stir in a tsp chilli oil, add the ramen noodles, chicken, egg and veg and enjoy!



Chilli Lentil and Tomato Soup



4 servings



15 minutes

INGREDIENTS

1tbsp olive oil
1 chopped onion
2 garlic cloves, chopped
1 400g tin tomatoes
2cm ginger, chopped
1tsp ground cumin
1 chilli, deseeded and
chopped
2 tins lentils
1 stock cube
salt & pepper

NOTES

Makes 4 portions so you can halve ingredients for 2 portions or freeze the extra portions for another day

DIRECTIONS

- 1.Heat the oil and fry the onion and garlic for 5-10min
- 2.Add the tinned tomatoes, ginger, ground cumin, chilli and lentils and stir
- 3.Pour in 1.2l water, crumble in the stock and bring to the boil
- 4.Turn down the heat and simmer for 30min
- 5.Add salt and pepper to taste
- 6.Enjoy with buttered toast or a cheese toastie.



Sheet Pan Kebabs



4 servings



15 minutes

INGREDIENTS

400g pack beef mince
1 small onion, diced
1tbsp ground paprika
½ tsp dried oregano
½ tsp. chilli powder
1 tbsp. ground cumin
2 tsp. ground coriander
2 tsp. salt
2 tbsp. sour cream/greek yogurt
Flabread
Salad ingredients

NOTES

Variations of this recipe can be found on instagram or tiktok

DIRECTIONS

1. Preheat the oven to 200 C
2. Mix all ingredients except the greek yogurt
3. Press the mixture evenly on a baking tray
4. Cut the mince mixture into 3cm rectangular strips and indent all over with a fork for even cooking
5. Cook for 15-20min in the oven or 12-15min in the airfryer
6. Assemble and enjoy!



Aloo Chaat



2 servings



15 minutes

INGREDIENTS

4-5 medium potatoes, diced

1 tin chickpeas

1tsp turmeric

1tsp coriander

1tsp chilli powder

1tsp cumin seeds

1tbsp vegetable oil

salt

2-3 tbsp yogurt/serving

chopped onion/salad

tamarind sauce (optional)

DIRECTIONS

- 1.Parboil the potatoes for around 8min
- 2.Heat the oil, add the spices and fry until they begin to brown (1-2min)
- 3.Add tin chickpeas with the water and stir
- 4.Simmer for 5min
- 5.Drain the parboiled potatoes and add to the chickpea sauce and simmer for further 5min
- 6.Add water/salt if needed

To Serve: Add the curry to a bowl and then add yogurt, sliced onions and tamarind sauce to the bowl. Also goes nicely with a small green salad

Staff member



Chocolate dipped Dates



5 servings



10 minutes

INGREDIENTS

10 dates

2-3 tbsp peanut butter

2-3 tbsp melted chocolate

DIRECTIONS

1. Melt chocolate in the microwave
2. Open the dates and spoon peanut butter equally between the dates
3. Dip in the melted chocolate
4. Refrigerate for 30min so chocolate hardens

Staff member



Banana Smoothie



1 servings



10 minutes

INGREDIENTS

1 banana

2tbsp cottage cheese

1tbsp cacao or protein powder

handful granola

DIRECTIONS

- 1.Mash the banana and mix in the cottage cheese and cacao or protein powder
- 2.Use a fork/whisk or blender to combine
- 3.Add in the granola and Enjoy!

Staff member



Strawberry Flapjacks



1 servings



10-15

INGREDIENTS

180g oats

3tbsp honey

2 mashed bananas

chopped strawberries

handful dark chocolate

chips

DIRECTIONS

1. Preheat the oven to 180 degrees celsius
2. Mix all the ingredients together
3. Using a spoon or your hands, make small portions on a greased baking tray
4. bake in the oven for 12min or in the air fryer for 8-10min



Chia seed Pudding



1 servings



10-15

INGREDIENTS

½ cup milk of choice

2tbsp chia seeds

tsp maple syrup

pinch cinnamon

Toppings:

Berries

Chopped nuts/Granola

tbsp maple syrup

DIRECTIONS

1. Combine milk, chia seeds, maple syrup and cinnamon.
2. Stir until completely combined and put in the fridge
3. Once set, add on toppings and enjoy!



Banana Bread



8-10 serving



10-15

INGREDIENTS

3 overripe bananas

5tbsp olive oil

¼ cup honey (80g)

1 ½ cups oats (150g)

½ cup plain flour (75g)

1 heaped tsp baking powder

1/2tsp bicarb of soda

½ cup walnuts (40g)

2tbsp pumpkin seeds

DIRECTIONS

1. Preheat oven to 200 degree C
2. Lightly grease a nonstick loaf tin
3. In a bowl, mash bananas, olive oil and honey until combined
4. Blend the oats into flour-like consistency, then add rest of dry ingredients
5. Gently fold wet ingredients into dry ingredients until just combined
6. Pour into loaf tin
7. Slice a banana in half lengthways and place on top
8. Bake for 20min, then cover loosely with foil and bake for further 20min until skewer comes out clean.

Useful Resources

RecipeMe: Great app to store all your recipes

Jamie Oliver website: lots of quick easy recipes

BBC Good Food: Super easy quick recipes

Amazon: great for bulk purchasing snacks

Online Japanese Store:

<https://www.japancentre.com/en/categories/10100-groceries>