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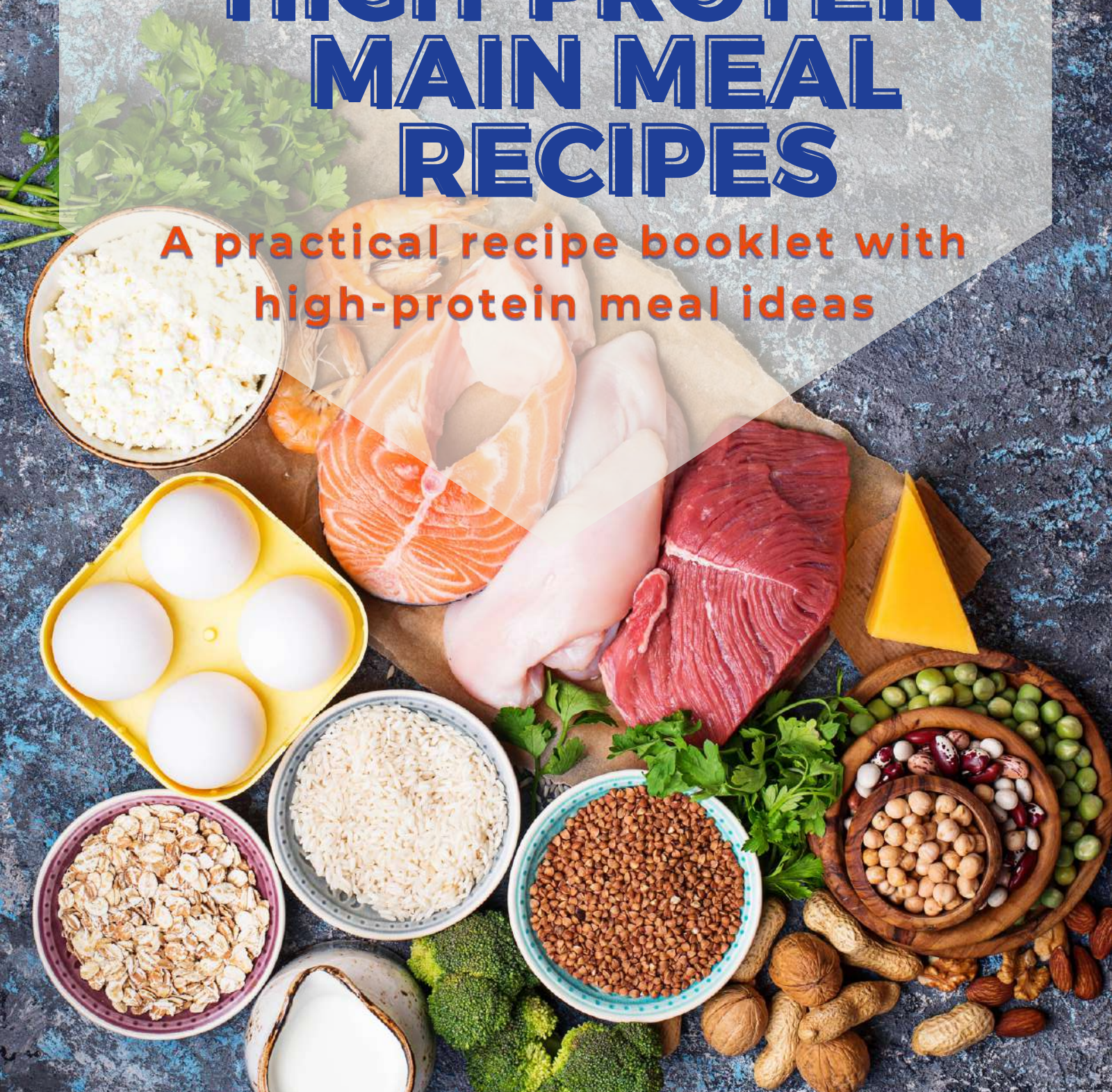
PROMISS

Nutrition for healthy ageing



HIGH-PROTEIN MAIN MEAL RECIPES

A practical recipe booklet with
high-protein meal ideas



ABOUT THE RECIPE BOOKLET

This collection of recipes is the result of the "High-Protein Meal for Older Adults Competition" organised by [the European Federation of the Associations of Dietitians](#), among dietitians and dietetic students, as a deliverable for the **PROMISS** dissemination work package.

The competition was supported by [the European Network of Dietetic Students \(ENDietS\)](#).

The **High-Protein Meals Recipe Booklet** aims to support dietitians in their everyday practice and inspire older adults to create healthy high-protein meals.

About PROMISS

PROMISS was a 5-year research project, funded by the European Union's Horizon 2020 research and innovation programme.

With the European population growing older, the challenge of **PROMISS** was to keep an increasing number of seniors across all European countries healthy and active. In Europe, between 1/5 and half of all older adults living at home are malnourished or at risk of protein-energy malnutrition.

PROMISS aimed to better understand and ultimately prevent protein-energy malnutrition in seniors and contribute to improve active and healthy ageing.

PROMISS Scientific Findings

Scientific findings from **PROMISS** show that older people living at home need to eat **more than 1.0 g** of protein per kg adjusted body weight per day as it benefits physical function. They should also consume at least **30 g of protein in one meal per day** and, if possible, in two meals per day.

Find out more about [PROMISS](#).

Find out more about the [PROMISS scientific findings](#).

Find the [PROMISS strategies for dietitians](#).



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Recipe for Soy Bolognese with brown rice

By Rossy Paulina Guzmán López



CUISINE

Spanish

INGREDIENTS

SERVES	Four (4)
PREP TIME	10 minutes
COOKING TIME	20 minutes
ENERGY (per serving)	460 Kcals
PROTEIN (per serving)	29 g
TYPE	Vegan

Texture Soy	160 g
1 onion	
1-2 garlic	
1 carrot	(100grams)
½ red pepper	
Mushrooms	100 g
Natural tomato sauce	400 g
Extra virgin olive oil	2 spoons
Brown Rice	240 g
Spices (Oregano, parsley, celery, bay leaf and salt)	

DIRECTIONS

1. Start by hydrating the textured soybeans. Put the soybeans in a bowl with some water.
2. Start making the bolognese sauce by cleaning and chopping the vegetables (onion, garlic, carrot, red pepper and mushrooms). In a pan sauté the vegetables with a bit of extra virgin olive oil for a couple of minutes, until you notice that the vegetables are cooked.
3. Then add the spices (oregano, parsley and celery) and the hydrating textured soybeans with the vegetables.
4. Then add the natural tomato sauce, stir and season the sauce with salt and add the bay leaf for an extra taste. Simmer on low-medium heat for 8-10 minutes.
5. Then cook the brown rice. Make sure the sauce is piping hot before serving with the rice.

Recipe for

Multigrain Rice: Japgok-bap

(잡곡밥)

By Sena Aydoğdu



CUISINE

Korean

SERVES	Four (4)
PREP TIME	10 minutes
COOKING TIME	30 minutes
ENERGY (per serving)	550 Kcals
PROTEIN (per serving)	30 g
TYPE	Vegan

INGREDIENTS

Rice	50 g
Whole wheat rice	50 g
Red bean	70 g
Maize	60 g
Cashew	30 g
Pinenuts	30 g
Currant	30 g
Olive oil	4 g

DIRECTIONS

- 1.Put the previously soaked rice, red kidney beans, millet and currants in a pot and mix well.
- 2.After roasting the cashews and peanuts in a little oil, add them to the resulting mixture.
- 3.Add three (3) glasses of water to the pot and boil for twenty-five (25) minutes with the lid closed.
- 4.When it is cooked and softened, leave the stove on low heat and wait for 10 minutes.
- 5.Gently mix it with a rice spoon, put it in the bowl and serve.

Recipe for

Vegan lentil pasta with homemade beetroot sauce and chickpeas

By Kiyara Michiels



CUISINE

Italian and Dutch

SERVES	Three (3)
PREP TIME	15 minutes
COOKING TIME	50 minutes
ENERGY (per serving)	590 Kcals
PROTEIN (per serving)	35.5 g
TYPE	Vegan

INGREDIENTS

- 1 Beetroot
- 1 Onion
- 1 Garlic clove
- Soy milk 100 ml
- Nutritional yeast 3 tbsp
- Salt 1 tsp
- Black pepper ½ tsp
- 100% Lentil penne 250 g
- Can of chickpeas 400 g
- Olive oil 2 tablespoons
- 1 Red bell pepper

DIRECTIONS

- 1.Preheat the oven to 210°C
- 2.Start by boiling some water. Remove the skin from the beetroot. Once the water is boiling, add the beetroot and let it cook for 25-30 minutes.
- 3.Drain the chickpeas and put them on a lined baking sheet. Cut the paprika into long pieces and add to the lined baking sheet as well. Drizzle over some olive oil and roast for 15 minutes in the preheated oven.
- 4.In the meanwhile, add one tablespoon of olive oil to a frying pan and sauté the onion and garlic over medium heat.
- 5.Add the sautéed onion, garlic and parsley to a food processor or a blender with the cooked beetroot, nutritional yeast, soymilk, salt and black pepper and blend for 1 minute until the desired consistency. Don't drain the water from the beetroot but use it to cook the pasta as directed on the packaging.
- 6.In the same frying pan, add the cooked pasta and beetroot sauce, stir over low-medium heat until everything is well combined.
- 7.Serve the pasta and beetroot sauce and add the roasted chickpeas and red bell pepper on top.

Recipe for

Red lentil pasta with tomato chickpea falafel-balls

By Dorottya Krisztina Vajdovich



CUISINE

Italian & Arabic

SERVES One (1)

PREP TIME 10 minutes

COOKING TIME 15 minutes

ENERGY (per serving) 545 Kcals

PROTEIN (per serving) 31 g

TYPE Vegan

INGREDIENTS

Red lentil pasta 80 g

Olive oil 5 ml

Linseed 10 g

Oat-flakes 10 g

Canned chickpeas 70 g

Onion 20 g

Garlic 5 g

Tomato purée 30 g

Herbs (oregano, basil, thyme) 3 g

DIRECTIONS

1. For the chickpea falafel-balls, preheat the oven to 160 ° C.
2. Start from the pasta. Boil 800 ml of water in a large pot.
3. Meanwhile, make the tomato sauce. First fry 10 g of the onion in a little olive oil, then add the tomato puree and pour over 70 ml of water.
4. Season with herbs (oregano, basil, thyme) to taste. You probably won't need to salt.
5. When the water is already boiling, add the red lentil pasta and cook for 6-8 minutes. Filter and set aside.
6. Strain the canned chickpeas. In a mixer, mash with the oat-flakes, the linseed, the remaining onion, the garlic, the herbs and a few drops of olive oil.
7. By hand, form balls from the mass and place them on a baking sheet lined with baking paper.
8. Bake the balls ready for 10-12 minutes, then add them to the tomato sauce and heat them together.
9. Serve the spicy tomato chickpea falafel-balls with red lentil pasta. Garnish with whole chickpeas, tomatoes and fresh or dried spices alike.

Recipe for

Lentil and barley stew

By Lara Butumović



CUISINE

Croatian

SERVES Five (5)

PREP TIME 10 minutes

COOKING TIME 35 minutes

ENERGY (per serving) 660 Kcals

PROTEIN (per serving) 26.3 g

TYPE Vegan

INGREDIENTS

Lentils 200 g

Barley 400 g

2 potatoes (250g)

1 Onion (110g)

2 carrots (100g)

1 clove garlic (30g)

Olive oil (40 mL)

Salt, pepper, red paprika,
bay leaf

DIRECTIONS

1. Chop all the vegetables into little cubes.
2. Heat olive oil in a pot, then add chopped onion and season it with salt and pepper.
3. Next, add the carrots and 1 clove of garlic.
4. After the onions become golden, put the rest of the ingredients in a pot: chopped potatoes, lentils and barley. Spice it up with some salt, pepper, red paprika and bay leaf.
5. Add about 1,5 L of water to the pot, cover it with a lid and cook on low medium heat for about 35 minutes, or until the lentils and the barley have cooked.

Recipe for

Tofu Stir-Fry

By Valeriya Stokman-Krasovskaya



CUISINE

Oriental

SERVES

One (1)

PREP TIME

10 minutes

COOKING TIME

35 minutes

ENERGY (per serving)

630 Kcals

PROTEIN (per serving)

34.6 g

TYPE

Vegan

INGREDIENTS

Tofu 200 g

Vegetables and mushrooms of choice 200 g

Rapeseed oil 1 tbsp

Cashew nuts 15 g (=10 p)

Sesame seeds 2 tsp

Low-sodium tamari (soy sauce) 1 tbsp

Grain of choice (e.g. whole-grain red rice) 50 g

Salt to taste

DIRECTIONS

1. Cook the grain of choice with just a bit of salt according to the instructions on the package.
2. Wash and dry vegetables and mushrooms. Slice.
3. Dry tofu with a paper towel and cut it into cubes.
4. In a large skillet over medium-high heat, heat the oil. Add tofu and vegetables. Cook until vegetables are almost done (it will take between 7-10 minutes).
5. Add cashew nuts, stir, and cook till vegetables are done.
6. Deglaze with tamari. When tamari is evaporated, add sesame seeds, stir, and serve with the grain on the side.

Recipe for

Vegan Mediterranean Cabbage stuffing (Greek dolmas)

By Eleni Skeparnakou



CUISINE
Greek

SERVES	Four (4)
PREP TIME	30 minutes
COOKING TIME	60 minutes
ENERGY (per serving)	720 Kcals
PROTEIN (per serving)	34.6 g
TYPE	Vegan

INGREDIENTS

- Cabbage (fluffy and light) 1 large
- Dry onions (chopped) 1
- Spring onions 3
- Grated Carrots 2
- Grated Zucchini 1
- Bunch dill 1/2
- Bunch parsley 1/4
- Soy minced meat 1 ½ cup
- Quinoa 1 ½ cups
- Chopped Mushrooms 1 cup
- Salt 1 pinch
- Olive oil 4 tbsp
- Water 3 cups
- Corn flour 2 tbsp
- Lemon juice 1 ½ lemon
- Pepper 1 pinch - Salt 1 pinch

DIRECTIONS

1. Start by boiling the cabbage. Remove the outer leaves gently, so that they do not break and place them in a large pot with boiling salted water. Boil over medium heat for 7-10 minutes, until they are slightly softened. Remove them and let cool slightly. Keep the water, because you will need it later.

For the filling:

- 1.Put a pot on low heat and add half the olive oil, dried onions, spring onions, soy minced meat and mushrooms for 3-4 minutes, until sautéed. Then, add the quinoa and mix well. Afterwards, add 3 cups of water and simmer for 6-7 minutes, until the liquids are absorbed. Subsequently, drop a pinch of salt and pepper and add the herbs. Then remove from the heat and add carrots, zucchini and stir.
- 2.Once the filling is ready, start wrapping.
- 3.Take out the cabbage leaves one by one and choose the ones that are too thick to place them on the base of the pot as a layer so the dolmas don't adhere to the pot. For each leaf put a tablespoon of the filling on it and wrap it to create the dolmas. Then place them next to each other on top of the cabbage leaves and cover them with a plate. Drizzle the dolmas with the boiled water until the leaves are covered. Put the lid on the pot to simmer for 40-45 minutes.

For the lemon sauce:

- 1.Remove some of the liquid from the pot with the dolmas and dissolve the cornflour, stirring with a whisk over low heat until the cream sets. Then squeeze the lemon and season with salt and pepper.
- 2.Serve the dolmas on a plate and pour the lemon sauce over them.

Recipe for Fish-chickpea “balls” with beetroot quinoa risotto

By Dorottya Krisztina Vajdovich



CUISINE

Hungarian & Italian

SERVES One (1)

PREP TIME 10 minutes

COOKING TIME 30 minutes

ENERGY (per serving) 530 Kcals

PROTEIN (per serving) 30 g

TYPE Pescatarian

INGREDIENTS

Marine fish fillet (labeled) 80 g

Canned chickpeas 50 g

Egg 0.5 piece

Onion 20 g

Garlic 5 g

Herbs (oregano, thyme) 3 g

Lemon juice 5 ml

Oil 5 ml

Quinoa 50 g

Beetroot 80 g

Oat cream 20 ml

Whole-wheat breadcrumbs 20 g

DIRECTIONS

1. Start by making the beetroot quinoa risotto. To do this, wash the beets thoroughly and cook until soft in water.
2. Pre-boil the quinoa to remove the bitter content and then filter thoroughly.
3. In a pan, fry 10 g of chopped onions in the oil, then add the scalded, filtered quinoa. Season and cook in a risotto texture by adding some water, stirring constantly. In the end, add the oat cream.
4. Meanwhile, the beets are already cooked. Soak in cold water for a few minutes and then peel them by hand, so there is less wasting.
5. Dice and add to the quinoa risotto and get a beautiful pink quinoa risotto.
6. For the fish balls: preheat the oven at 170 °C.
7. For the fish-chickpea “balls”, chop the fish fillet in a mixer and then add half of the egg, 10 g chopped onion, the garlic, the lemon juice, the filtered chickpeas, and the herbs and salt (optional). The whole thing is chopped into a mass.
8. When it is done, shape the mass into a fish shape by hand and roll in the whole-wheat breadcrumbs.
9. Then lay them on a baking sheet lined with parchment paper, sprinkled with a few drops of olive oil and bake them in the preheated oven for 10 to 12 minutes until golden brown.
10. Serve it with the beetroot quinoa risotto, but the dish can also be eaten with salad and garlic yoghurt.

Recipe for

Sea bream baked, bulgur and Greek yogurt sauce with tahini

By Paraskevi Michou





CUISINE

Greek

SERVES	Two (2)
PREP TIME	25 minutes
COOKING TIME	45 minutes
ENERGY (per serving)	420 Kcals
PROTEIN (per serving)	30 g
TYPE	Pescatarian

INGREDIENTS

- 2 fillets from 1 sea bream 240 g
- Greek yoghurt, fat-free 20 g
- Tahini 10 g
- Peeled beets, boiled in unsalted water 200 g
- Tomatoes 200 g
- Wheat, bulgur, 60 g
- Parsley, fresh 10 g
- Lemon juice 20 g
- Oregano 5 g
- Olive Oil 30 g
- Olive for decoration (optional)

DIRECTIONS

For the fish:

- 1.Fillet the sea bream into two fillets.
- 2.Add oregano.
- 3.Place in a pan.
- 4.Bake for 40 minutes.
- 5.After cooking, add a little lemon juice (10 grams) and olive oil (20 grams) to the fillets.

For the bulgur:

- 1.Boil the bulgur in unsalted water for 30 minutes.
- 2.Add oregano.

For the Greek yoghurt sauce with tahini:

- 1.Place the Greek yoghurt, lemon juice (10 grams), tahini, parsley leaves, olive oil (10 grams) in a blender, and mash until creamy.
- 2.Then, place on a small plate and serve with beets, tomato slices & one olive.

Recipe for

Trout with golden polenta

By Eliza Iulia Bota



CUISINE

Romanian

SERVES Three (3)

PREP TIME 10 minutes

COOKING TIME 30 minutes

ENERGY (per serving) 480 Kcal

PROTEIN (per serving) 37.7 g

TYPE Pescatarian

INGREDIENTS

Trout fillets 485 g

Polenta 200 g

Lemons 90 g

Fish condiments 2 g

Extra virgin olive oil 40 g

Dairy 35 g

Pepper 3 g

Salt 2 g

DIRECTIONS

For the fish

1. Start the oven on the grill mode at 220 °C.
2. Mix the extra virgin olive oil with the fish condiments and a bit of salt and pepper in one cup. Place the trout fillets with the skin up, on the oven tray together with a baking paper. With a teaspoon put half of the mixed condiments, leave it for 5 min, turn the trout fillets on the other side and place the other half of the condiments.
3. When the oven is ready place an aluminium foil on top of the tray and leave it in the oven for 15 min. Remove the aluminium foil after 15 min and leave it for another 15 min.

For the polenta

1. Boil 800 ml of water. When boiling, add the corn for polenta little by little while stirring for 5 min.
2. Cut the lemons into slides and place it on top of the trout. On top of the polenta add 2 teaspoons of dairy.
3. You can use also a bit of green parsley for plating.

Recipe for

Roast Sardines with Mediterranean Borlotti Beans

By Eleni Skeparnakou



CUISINE

Greek Mediterranean

SERVES Two (2)

PREP TIME 15 minutes

COOKING TIME 55 minutes

ENERGY (per serving) 620 Kcal

PROTEIN (per serving) 40 g

TYPE Pescatarian

INGREDIENTS

Sardines 200gr
Borlotti Beans 1 cup (100gr)
Tomatoes 2 pieces (200gr)
Cherry tomatoes 150gr
Dry onions 1 piece (60gr)
Zucchini 2 pieces (100gr)
Parsley 1 bunch
Lemon juice 20ml
Salt 5gr - Pepper 5gr
Oregano 3 tbsp
White wine 50ml
Olive oil 4 tbsp
Water 2 cup
Balsamic 1 tbsp

DIRECTIONS

1. Preheat the oven to 180°C in the air.
2. Clean the sardines with a knife and, remove the heads by cutting obliquely towards the abdomen.
3. Open the abdomen to the tail and remove the entrails and the central bone.
4. Make sure that the sardines stay together on the back.
5. Rinse the sardines under running water and let them drain in a colander.
6. Cut the zucchini into thin slices and place them in the oven pan.
7. Mix in a bowl the wine, the lemon juice, the olive oil, the oregano, the salt and the pepper.
8. Place the sardines in the oven pan over the zucchini and pour the mixture over them.
9. Then, mash the tomatoes and pour them over the sardines.
10. Finely chop the parsley, pour half of it on top, and keep the rest for the next step.
11. Bake in the oven for 30 minutes.
12. While waiting for the sardines to cook, put a pot on the fire with water and 1 pinch of salt and once it boils, add the beans and wait for 15-20 minutes until they boil.
13. At the same time, cut the cherry tomatoes into 2 pieces, and the onions into thin slices.
14. When the beans are ready, strain them and put them in a bowl with the cherry tomatoes, the onion, the leftover parsley, 1 pinch of oregano, 2 tablespoons olive oil and 1 tablespoon balsamic. Once everything is ready, serve.

Recipe for

Whole wheat pasta with peas and salmon

By Nanke Post



CUISINE

Italian

SERVES Two (2)

PREP TIME 5 minutes

COOKING TIME 20 minutes

ENERGY (per serving) 500 Kcal

PROTEIN (per serving) 37.2 g

TYPE Pescatarian

INGREDIENTS

Whole wheat pasta 150 g

Peas (frozen) 350 g

Onion 1

Garlic 1 clove

Low-fat quark 150 g

Olive oil 1 tbsp

Salmon with MSC/ASC logo
(fresh or frozen) 150 g

Pepper 1 pinch

Salt 1 pinch

DIRECTIONS

1. Cook the pasta according to the package.
2. Bring 1 litre of water to a boil. Put the peas in a bowl and pour the boiling water over it. Let stand for 5 minutes.
3. Meanwhile, chop the onion and the garlic.
4. Drain the peas in a colander. Place half of the peas with the low-fat quark and 3 tablespoons of water in a tall cup and mash into a thick sauce.
5. Heat ½ tablespoon of olive oil in a frying pan and fry the onion and garlic over low heat. Add the remaining peas and cook for 5 minutes.
6. Meanwhile, heat ½ tablespoon in a frying pan and fry the salmon for about 2-3 minutes on each side.
7. Mix the drained pasta, the onion/pea mixture and the pea sauce together.
8. Serve the pasta on plates and place the salmon on top. Season with pepper and a little bit of salt.

Recipe for

Mediterranean salad with mackerel, chickpeas and quinoa

By Mia Majerr



CUISINE

Mediterranean

SERVES	Two (2)
PREP TIME	10 minutes
COOKING TIME	10 minutes
ENERGY (per serving)	780 Kcals
PROTEIN (per serving)	48 g
TYPE	Pescatarian

INGREDIENTS

- Mackerel -fillet 200 g
- Pag cheese -paški sir 50 g
- Chickpeas, cooked 160 g
- Quinoa, cooked 200 g
- Cherry tomatoes 200 g
- Spinach 100 g
- Romaine lettuce 140 g
- Pumpkin seeds-unsalted 30 g
- Rye bread-cubbed 80 grams
- Olive oil 20 g
- Black pepper 1/8 tsp
- Sea salt 1/4 tsp
- Lemon juice 1 tbsp
- Garlic clove-grated 1 clove

DIRECTIONS

- 1.Start by washing romaine lettuce, spinach and cherry tomatoes. Tear romaine lettuce into larger pieces and cut cherry tomatoes in half.
- 2.Meanwhile, heat one tablespoon of olive oil in a large pan over medium heat. Season the mackerel fillet on both sides and fry for 3 mins each side, starting on the skin side.
- 3.Drain and rinse cooked chickpeas and quinoa.
- 4.Start putting your salad together; add romaine lettuce, cherry tomatoes, spinach to the bowl along with the chickpeas, quinoa and cubbed rye bread.
- 5.Mix the rest of the olive oil and lemon juice in a small bowl and add ground sea salt and black pepper. Pour over the salad and using your hands or forks, mix to coat everything in the dressing. Sprinkle pumpkin seeds on top.
- 6.Tear the mackerel into big chunks and add them to the bowl on top.

Recipe for

Couscous with prawns and baked vegetables

By Daria Riabus



CUISINE

Mediterranean

SERVES	One (1)
PREP TIME	10 minutes
COOKING TIME	25 minutes
ENERGY (per serving)	440 Kcals
PROTEIN (per serving)	31 g
TYPE	Pescatarian

INGREDIENTS

- King prawns, raw & peeled 120 g
- Couscous 50 g
- Water 70 ml
- Green asparagus 150 g
- Cherry tomatoes mix 70 g
- Olive oil 15 ml
- Seasoning (mix of salt, pepper, garlic, chilli, coriander, cumin)
- Salt, paper To taste
- Marjoram To taste

DIRECTIONS

1. Defrost the prawns (it can take from 1 up to 2 hours).
2. Prepare green asparagus: wash it, slice off the bottom white portion and peel 1/3 of it. Use salt and pepper to taste, add olive oil and mix it.
3. Wash cherry tomatoes and cut in two halves, use salt and pepper to taste, add olive oil, mix it.
4. Put vegetables on a baking pan, bake asparagus for 20 min, cherry tomatoes for 10 min in preheated oven to 180 degrees C.
5. Get defrosted prawns, use pepper, herbs (e.g. marjoram) and olive oil, mix it, put it on a baking pan. Bake for 10-12 min in preheated oven to 180 degrees C. Read the compositions of frozen prawns before cooking, sometimes some salt can be added to it, so don't put extra salt to not increase the sodium in the dish.
6. Put the couscous into a small bowl, add seasoning (e.g. salt, pepper, garlic, chilli, coriander, cumin). Pour in bowl 70 ml of boiling water, cover the bowl with a plate and wait for 3 min, then fluff with fork before serving.
7. Mix vegetables with couscous, put prawns on the top.

Recipe for

Salmon salad

By Katja Vrabec



CUISINE

Mediterranean

SERVES One (1)

PREP TIME 10 minutes

COOKING TIME 15 minutes

ENERGY (per serving) 770 Kcals

PROTEIN (per serving) 47 g

TYPE Pescatarian

INGREDIENTS

Buckwheat groats 60 g

Smoked salmon 100 g

Cooked chickpeas 75 g

Lettuce 125 g

Extra virgin olive oil 10 g

Tomatoes 140 g

Spring onion 10 g

Seeds (sesame, linseed) 10 g

Vinegar 10 g

Salt, pepper, garlic to taste

DIRECTIONS

1. Cook buckwheat groats in boiled water for 10-15 minutes. During that time, clean all the vegetables (cooked chickpeas, lettuce, tomatoes and spring onions). Shredd salmon to pieces.
2. Cut the lettuce, tomatoes and spring onions into small pieces. Put all the vegetables in a large bowl.
3. Then add salmon, seeds, salt, pepper, garlic, pour over olive oil and vinegar. Once the buckwheat is cooked, drain the water and cool it with cold water.
4. Drain the water again and add cooled buckwheat to the salad. Mix all ingredients together.

Recipe for Purrusalda with cod

By Berta Vilariño Rodríguez



CUISINE

Spanish

SERVES Four (4)

PREP TIME 20 minutes

COOKING TIME 20 minutes

ENERGY (per serving) 330 Kcals

PROTEIN (per serving) 31.6 g

TYPE Pescatarian

INGREDIENTS

Leeks 3

Potatoes 3 medium

Fresh cod 600 g

Onions 1

Garlic 3 cloves

Carrots 3

Olive oil 2 tbsp

Black pepper 1 pinch

DIRECTIONS

1. Peel the onion and garlic cut them in halves and chop them up.
2. Add olive oil to the pot, medium heat. When hot, add the onion and garlic, fry them until they are poached.
3. Wash and cut the leeks into small chunks, add them to the pot and mix everything together.
4. Peel the carrots and potatoes cut them into slices and add them to the pot.
5. Add a little bit of ground black pepper, cover everything with water and put the lid on.
6. Let it cook for 15 minutes.
7. Add the cod in small pieces and let it cook for 5 more minutes.

Recipe for

Spinach and hake spiced rice

By Sofia Mendes de Sousa



CUISINE

Portuguese

SERVES	Four (4)
PREP TIME	10 minutes
COOKING TIME	20 minutes
ENERGY (per serving)	370 Kcals
PROTEIN (per serving)	33 g
TYPE	Pescatarian

INGREDIENTS

Hake	400 g
Rice	300 g
Spinach	400 g
Onion	120 g
Garlic	10 g
Leek	120 g
Parsley	30 g
Olive oil	10 g
Fresh tomato	200 g
Celery	100 g
Vinegar	10g
Ginger	5 g
Red beans	400 g
Saffron	2 g
Bay leaf	1 g
Aromatic vegetable broth	500 ml

DIRECTIONS

- 1.Start by preparing the aromatic vegetable broth. Wash the peels and stems of the vegetables, boil the water in a pan and add the onion and garlic peels, spinach stems and boil everything until you have an aromatic vegetable broth with the leftovers from the vegetables. Strain the mixture.
- 2.Sauté the chopped onion with the garlic, leek and the bay leaf. Add the celery, half the parsley and the rice. Mix everything.
- 3.Add the vegetable broth slowly, the hake in pieces, the chopped tomato, the spinach, the red beans. Season with grated ginger, vinegar and saffron. Let it simmer on low heat and add some more water or vegetable broth if needed until de rice and the fish is cooked.
4. Finish with the olive oil and serve with the chopped parsley on top.

Recipe for

Nutritious Mucver

By Başak Esmanur Sarıtaş



CUISINE

Turkish

SERVES Two (2)

PREP TIME 15 minutes

COOKING TIME 25 minutes

ENERGY (per serving) 480 Kcals

PROTEIN (per serving) 34 g

TYPE Vegetarian

INGREDIENTS

Zucchini 600 g

Carrot 200 g

Mushroom 200 g

Oatmeal 60 g (6 tbsp)

Eggs 2

Curd cheese 100 g (6 tbsp)

Yoghurt 300 g (for serving)

Olive oil 10 g (2 tbsp)

Black pepper 1 pinch

Salt 1 pinch

DIRECTIONS

1. Wash all the vegetables.
2. Grate the zucchinis and the carrots.
3. Squeeze out the excess juice.
4. Separate the mushrooms from the stalks and chop them into cubes.
5. Mix the vegetables, 6 tablespoons of oatmeal, 6 tablespoons of curd cheese, 2 eggs, 2 tablespoons of olive oil, 1 pinch of black pepper & salt in a bowl homogeneously.
6. Spread the mixture on the tray on which you laid greaseproof paper.
7. Bake in a preheated 180-degree oven for about 25 minutes with top and bottom running.
8. Serve with yoghurt after cooking.

Recipe for

The Mediterannen bean dish

By Dilek Ongan & Özge Görünmezoglu



CUISINE

Turkish

SERVES Five (5)

PREP TIME 15 minutes

COOKING TIME 30 minutes

ENERGY (per serving) 500 Kcals

PROTEIN (per serving) 30 g

TYPE Vegetarian

INGREDIENTS

Dried white beans 370 g

Tahini 116 g

Grape vinegar 32 g

Lemon juice 32g

Olive oil 30 g (4 ½ tbsp)

2 cloves of garlic

Salt 1 pinch

Cumin 1 pinch

4 Cherry tomatoes

2 hardboiled eggs

Red onion 20 g

Parsley 5 g

DIRECTIONS

For the beans

- 1.Wash the dried beans and soak them in hot water for 10 hours (soaking process).
- 2.Remove the soaking water after the soaking is finished.
- 3.Boil the dried beans in water for 30 minutes. Do not remove the boiling water after boiling is finished.

For the tahini sauce

- 1.Add all ingredients of the sauce (tahini, grape vinegar, lemon juice, olive oil, garlic, salt, cumin, 1 glass of warm water, 1 glass of the boiled water of dried beans and 120 gr. of the boiled dried beans) into a deep mixing bowl and blend them all together.

- 2.Get a flowing sauce.

For the plating

- 1.Place the rest of the boiled dried beans on a deep plate. Pour tahini sauce over the dried beans.
- 2.Cut the cherry tomatoes and place them over the dried beans.
- 3.Cut the hardboiled eggs into quarters. Place the eggs on the cherry tomatoes.
- 4.Chop the red onion in small cubes or in a half-moon shape (optionally) and sprinkle on the eggs.
- 5.Chop 1 pinch of parsley. Sprinkle on the red onions.
- 6.Finally, drizzle olive oil over all the foods.

Recipe for

Steamed “fried eggs” with
mashed potatoes, carrot and
kefir

By Julia Tracz



CUISINE

Polish

SERVES

One (1)

PREP TIME

5 minutes

COOKING TIME

25 minutes

ENERGY (per serving)

580 Kcals

PROTEIN (per serving)

30.9 g

TYPE

Vegetarian

INGREDIENTS

Potatoes 190 g

Free-Range eggs 100 g

Milk 15 g

Olive oil 10 g

Carrot 45 g

Sunflower seeds 5 g

Kefir 300 ml

Dill 2 g

Salt 1 pinch

DIRECTIONS

1. Wash the potatoes and then peel them.
2. Cut the potatoes into quarters and cook them in salted and slowly boiling water until tender.
4. Mash the cooked potatoes and mix them with 1 tablespoon of olive oil and 1 tablespoon of milk.
5. Sprinkle the mashed potatoes with dill.
6. In the meantime, wash the carrot and peel it.
7. Grate the carrot and add 1 tablespoon of olive oil.
8. Crush sunflower seeds and sprinkle them over the grated carrot.
9. Pour a little bit of water into the frying pan and heat it up.
10. Break eggs and slip into a pan. Cook slowly until white is set and use a lid if needed.
11. Pour kefir into a cup.

Recipe for

Walnut-cottage cheese balls with strawberry sauce

By Dorottya Krisztina Vajdovich



CUISINE

Hungarian

SERVES One (1)

PREP TIME 20 minutes

COOKING TIME 15 minutes

ENERGY (per serving) 510 Kcals

PROTEIN (per serving) 33 g

TYPE Vegetarian

INGREDIENTS

Low-fat cottage cheese 100 g

Low-fat creamy cottage cheese 25 g

Egg 1 piece

Oat-flakes 20 g

Oat-flour 10 g

Oat-bran 10 g

Honey 10 g

Sweet fresh strawberries 100 g

Walnut 10 g

Whole-wheat breadcrumbs 10 g

DIRECTIONS

1. For the cottage cheese balls, mix the egg yolk thoroughly with the creamy cottage cheese and 1 tsp. honey.
2. Add the oat flour, the oat-flakes and the oat-bran, as well as the low-fat cottage cheese.
3. Beat the egg white and mix gently with the cottage cheese mass.
4. Cover and let stand for 15 minutes to allow the oatmeal and the oat bran to swell.
5. For the walnut crumbs, weigh the whole-wheat breadcrumbs and the ground walnuts in a small pan and lightly fry.
6. For the strawberry topping, heat 50 g of strawberries with 1 tsp. of honey and 20-30 ml of water in a pan, stirring constantly. When the strawberry has softened sufficiently, mix with a stick mixer and place it in the refrigerator.
7. In a pot, heat the water. When it boils slightly, form balls from the cottage cheese mass by hand and drop them into the water.
8. They are ready when they come to the top of the water.
9. Turn the finished balls into the walnut crumbs.
10. Serve on a nice plate sprinkled with strawberry sauce, garnished with the rest of the fresh strawberries and some mint leaves.

Recipe for

Egg rolls with vegetables

By Dražena Čermak



CUISINE

Croatian

SERVES

One (1)

PREP TIME

30 minutes

COOKING TIME

20 minutes

ENERGY (per serving)

580 Kcals

PROTEIN (per serving)

31.9 g

TYPE

Vegetarian

INGREDIENTS

Eggs 2 whole

Milk 5 tbsp

Cottage cheese 70 g (3 tbsp)

Spinach 2 cups

Tomato 1

Radish 6 pieces

Hazelnuts 6 pieces

Olive oil 1 tbsp

Pumpkin seed oil 1 tsp

1/2 Carrot

Peas 1/2 cup

Balsamic vinegar 1 tsp

Salt-Pepper-Mediterranean spice mix

DIRECTIONS

- Vegetables:** Wash and cut the carrot into thin slices. Measure the needed amount of peas. Add a few drops of olive oil to the pan and add carrots first. Let them toast for a few minutes and then add the peas.
- After 5 minutes, add boiling water enough to cover the bottom of the pan so that the vegetables are sautéing. They should be done in 20 minutes. Season with Mediterranean spice mix (oregano, rosemary, thyme..).
- Egg rolls:** Wash the spinach underwater. Boil a cup of water and use it to blanch the spinach for 1 minute, then drain it.
- Scramble the 2 eggs and add 3 tablespoons of milk in it, add salt and pepper. Add a few drops of olive oil to the pan and pour out the eggs.
- Cook them on low heat so that they do not burn on the bottom but also cook nicely on top.
- To prepare the cheese spread, mix cottage cheese with 2 tablespoons of milk until you get a smooth spread.
- Put the cooked egg batter on the plate, evenly spread cheese on top of it and put spinach on one side of your batter. Start rolling the egg batter from the side where you put spinach and roll it tightly. You can serve it like that or cut it into a few smaller pieces.
- Salad:** Wash tomato and radish and cut them into small pieces. Cut the hazelnuts into small pieces and add to your vegetables. Add a teaspoon of balsamic vinegar and a teaspoon of pumpkin seed oil and mix your salad well.

Recipe for

Leek tart

By Angelika Beirer



CUISINE

International

SERVES

Six (6)

PREP TIME

15 minutes

COOKING TIME

55 minutes

ENERGY (per serving)

700 Kcals

PROTEIN (per serving)

31 g

TYPE

Vegetarian

INGREDIENTS

Wholemeal flour 250 g

Butter 250 g

Curd cheese low fat 250 g

Seasoned salt 1 g

Leek 300 g

Eggs 3

Grated cheese (regional) 250 g

Cream cheese (low fat) 250 g

Pepper 0,5 g

Salt 1 g

Lovage or seasonal herbs 0,5 g

DIRECTIONS

1. Sift the flour into a large bowl, add butter, curd cheese and seasoned salt and knead a firm and homogenous dough. Roll out the pastry to the thickness of 5 mm. Lay the pastry over a 24 cm tart mould and using your fingers, press the pastry into the edges as well as up the side of the mould.
2. Wash the leek and cut it into small rings. Beat the eggs, add grated cheese, cream cheese, pepper, salt and lovage or seasonal herbs and mix it with the leek. Pour that mixture into the pastry case.
3. Bake it at 200°C for 45 minutes until the surface gets golden-brown.

Recipe for

Cold beet soup with egg and potatoes

By Aleksandra Kaproń



CUISINE

Polish

SERVES One (1)

PREP TIME 35 minutes

COOKING TIME 5 minutes

ENERGY (per serving) 600 Kcals

PROTEIN (per serving) 30 g

TYPE Vegetarian

INGREDIENTS

Potatoes 3 pieces (280 g)

Kefir 200 grams

Beetroot 1 piece (120 g)

Egg 1 piece

Thick natural yoghurt 4 tbsp

Cooked chickpeas 2.5 tbsp

Parsley 1.5 tbsp

Flaxseed oil 1 tsp

DIRECTIONS

1. Wash and peel the beetroot. Cut it in half.
2. Cook the beetroot in boiling water until soft.
3. Meanwhile: wash, peel and cook potatoes in boiling water.
4. Prepare one hard-boiled egg.
5. Grate cooked beetroot using the large holes and mix it in a bowl with kefir, cooked chickpea and yoghurt.
6. Chop some fresh parsley.
7. Serve the soup with egg and parsley on the top and potatoes with a drizzle of flaxseed oil on the side.

Recipe for

Vegetarian and Mexican kidney bean dish

By Nanke Post



CUISINE

Mexican

SERVES

Two (2)

PREP TIME

10 minutes

COOKING TIME

30 minutes

ENERGY (per serving)

500 Kcal

PROTEIN (per serving)

30 g

TYPE

Vegetarian

INGREDIENTS

Kidney beans 250 g

Corn 100 g

Paprika 1

Tomatoes 4

Garlic 1 clove

Olive oil 1 tbsp

Quinoa 150 gram

Cumin ½ tsp

Coriander 2 tsp

Water 150 ml

Eggs 2

Cottage cheese 100 gram

DIRECTIONS

1. If you are using canned corn and kidney beans, put both in a colander and rinse with cold water. Set aside for a moment.
2. Dice the paprika and tomatoes. Chop the garlic.
3. Heat ½ tablespoon of olive oil in a large pan (frying pan/ skillet). Fry the garlic briefly.
4. Then add the kidney beans, corn, paprika, tomatoes, quinoa, cumin, coriander and water. Cook for 20 minutes on low heat without a lid.
5. Meanwhile, heat ½ tablespoon of olive oil in a frying pan and fry two eggs.
6. Serve the quinoa/kidney bean mixture on a plate with cottage cheese and eggs.

Recipe for

Brown lentils with bread dumplings

By Barbara Kohlmaier



CUISINE
Austrian

SERVES	Four (4)
PREP TIME	120 minutes
COOKING TIME	40 minutes
ENERGY (per serving)	730 Kcals
PROTEIN (per serving)	32 g
TYPE	Vegetarian

INGREDIENTS

- Rolls, white bread 300 g
- Milk 3.5 % Fat 125 ml
- Onions 60 g
- Raps seed Oil 40 g
- Wheat flour 30 g
- Eggs 3
- Parsley leaves
- Brown lentils 280 g
- Onions 60 g
- Rapeseed oil 20 g
- Wheat flour 10 g
- Tomato paste 10 g
- Apple vinegar 5 g
- Mustard 10 g
- Capers 10 g
- Salt, Pepper, Thyme, bay leaves
- Nutmeg, parsley leaves

DIRECTIONS

For the lentils:

1. Water the brown lentils for around 2 hours (or overnight). Afterwards, strain the lentils and wash them with fresh water.
3. Cook the lentils in around 1-litre water, seasoned with bay leaves and thyme for around 15-20 minutes.
4. Meanwhile, peel the onions, garlic and finely chop. Wash the parsley, tear the leaves off the stems and chop.
5. Heat the raps seed oil in a frying pan and sweat/fry the diced onions.
6. Add the garlic, tomato paste and capers, thicken with flour and stir.
7. Strain the lentils and stir approx. 125 ml of the hot cooking water from the lentils into the onion sauce.
8. Whisk the onion sauce and simmer, add the lentils and season with salt, pepper, vinegar, mustard, parsley. Simmer for around five minutes.

For the bread dumplings:

1. Chop bread (5 rolls from the days before) into chunky cubes of 1 cm and put them with the flour in a large bowl.
2. Peel the onion and chop finely. Fry the onions in the oil slowly.
3. Wash the parsley, tear the leaves off the stems and chop.
4. Whisk the eggs with a fork and put them together with the milk and the spices (salt, pepper, nutmeg, parsley, fried onion) to the bread cubes.
4. Mix the dumpling mixture carefully and steep for around 15 minutes.
5. Mix it again with a spoon. If the dumpling mass is too soft, add additional flour, if the mass is too dry, add some milk. Form 4 dumplings with wet hands.
6. Boil the bread dumplings in a steamer for 20 minutes (or simmer the dumplings in salted water).

Recipe for

Yoghurt Soup

By Sena Aydoğdu



CUISINE

Turkish

SERVES One (1)

PREP TIME 30 minutes

COOKING TIME 30 minutes

ENERGY (per serving) 550 Kcal

PROTEIN (per serving) 30.7 g

TYPE Vegetarian

INGREDIENTS

White beans 20 g

Dry chickpeas 20 g

Wheat 30 g

Rice 20 g

Egg 50 g

Yoghurt 300 g

Onion 20 g

Mint 5 g

Red pepper powder 5 g

Olive oil 5 g

DIRECTIONS

1. Boil the beans, chickpeas, and wheat for 30 minutes.
2. Soak the rice in hot water.
3. Mix the boiled whole grains and rice and, add the egg and yoghurt to it in a large saucepan.
4. Add water and boil for 20-30 minutes.
5. Ready to serve when cooked.
6. Mix red pepper powder, mint, and olive oil as a sauce and pour over it.

Recipe for

Alternative Stuffed Veggies with Quinoa and Soy Mince

By Christina Andronikaki



CUISINE

Greek

SERVES Five (5)

PREP TIME 90 minutes

COOKING TIME 30 minutes

ENERGY (per serving) 710 Kcals

PROTEIN (per serving) 30 g

TYPE Vegetarian

INGREDIENTS

Coloured Peppers 9 items
Tomatoes 9 items
Quinoa 15 tbs (raw) (~180 grams)
Soy mince ½ cup (raw)
Almonds 70 g
Black currants 70 grams
Parsley 1 handful
Spearmint 1 handful
Dill 2 tbs
Onions 2 (large size)
Olive oil ¾ cup
Canned tomato 250 g
Red wine ½ cup
Salt & pepper to taste
Sweet Paprika 1 tsp
Cinnamon ½ tsp
Feta cheese 45 g

DIRECTIONS

1. Start by emptying the tomatoes and peppers.
2. Blend the inside of the tomatoes and pour the juice into a bowl. Also, keep the cups, you are going to need them later.
3. Clean and rinse the quinoa and mix it with the fresh tomato juice.
4. Chop 1 onion and put it in the bowl. Also, add the almonds, the black currants, the parsley, the spearmint and the dill, 4 tbs of olive oil, salt and pepper. Set aside.
5. It's time to prepare the mince. Boil it according to the package instructions.
6. Chop the other onion and sauté it in a large non-stick pan with 1 tbs of olive oil. Add the mince, the canned tomato juice, salt, pepper, paprika and cinnamon and let it boil for approximately 15 minutes. Then, add the wine and let it simmer for another 10 minutes until the alcohol has evaporated. The mince is ready.
7. Add the mince to the bowl and mix it with the other ingredients of the stuffing.
8. Preheat the oven to 190oC and then put the empty peppers and tomatoes in a tray. Use a spoon to fill them until almost full, leaving approximately 2 cm empty on top.
9. Close the vegetables with their cups and sprinkle them with the remaining olive oil.
10. Bake for approximately 1 hour and 50 minutes, until the outside of the vegetables gets soft. In the meanwhile, the stuffed vegetables are going to absorb the liquids, so you might need to add some, like water, extra olive oil or remaining tomato juice, in order to create a juicy final result.
11. Serve 3 stuffed vegetables with 45 grams of greek feta cheese

Recipe for

Bulgur Pilaf with Red and Green Lentils

By Ayşenur Çelik



CUISINE

Turkish

SERVES

One (1)

PREP TIME

10 minutes

COOKING TIME

20 minutes

ENERGY (per serving)

560 Kcal

PROTEIN (per serving)

30 g

TYPE

Vegetarian

INGREDIENTS

Coarse bulgur 40 g

Green lentils 42 g

Red lentils 50 gr

Onion 1 small onion, diced

Tomato 1 small tomato

Yoghurt (%10 fat) 40 g

Salt ½ tsp

Black pepper ½ tsp

Cumin ½ tsp

Olive oil ½ tbsp

Water 400 ml (1 ¾ cup) *the amount may vary depending on the cooking condition of the food

DIRECTIONS

1. Add a little water in a small pot and cook soaked green lentils for 5 minutes
2. Heat olive oil in another pot. Sauté the diced onion until they get softer.
3. Add the grated or finely chopped tomato
4. Add salt, pepper and cumin and stir them.
5. Add bulgur, soaked red lentils, the green lentils and stir them well. Cook over medium-high heat for a few minutes stirring occasionally.
6. Bring it to the lowest heat.
7. Pour about 1 ¾ water in the pan and cook covered until all the water is gone, for about 15 minutes
8. Let it rest for at least 15 minutes before serving.
9. Serve with yoghurt when it gets warm.

Recipe for

Legume Salad

By Fatma Gültekin



CUISINE

Turkish

SERVES

One (1)

PREP TIME

10 minutes

COOKING TIME

20 minutes

ENERGY (per serving)

500 Kcals

PROTEIN (per serving)

31.2 g

TYPE

Vegetarian

INGREDIENTS

Chickpea 55 g

Green lentils 55 g

Low-fat Cheese 35 g

Lemon juice 5 ml

Parsley 10 g

Dry tomato 10 g

Walnut 10 g

Olive Oil 5 ml

Salt 2 g

Chilli peppers 1 g

DIRECTIONS

1. Soak the chickpeas and green lentils in water for 1 day.
2. Boil the chickpeas and green lentils that you have
3. Chop the parsley, the cheese, the chilli pepper, the dry tomatoes and the walnuts.
4. Then mix all the ingredients and the meal is ready.

Recipe for

Tofu sate with pasta gratin savoy cabbage and kohlrabi

By Tessa Uytterhoeven



CUISINE

Dutch

SERVES Four (4)

PREP TIME 20 minutes

COOKING TIME 45 minutes

ENERGY (per serving) 655 Kcals

PROTEIN (per serving) 38 g

TYPE Vegetarian

INGREDIENTS

Tofu 500g
Soy sauce 4 tablespoons (40ml)
Ginger 28g
Honey 2 tablespoons
Whole-wheat pasta 240g
Hazelnuts 40g
Kohlrabi 300g
Savoy cabbage 260g
Onion 100g
Garlic 2 cloves
Soy milk 400ml
Cheddar 100g
Flour 20g
Panko 28g
Butter plant-based 40g
Pepper 8g - Salt 8g

DIRECTIONS

1. Marinate the tofu with soy sauce, garlic and some ginger.
2. Clean the vegetables (savoy cabbage and kohlrabi) and the onion and garlic.
3. Cut the vegetables, the savoy cabbage in slices and de kohlrabi in wedges.
4. Cook the pasta as recommended on the package.
5. Heat $\frac{1}{2}$ of the butter in a pan and bake the onion and the garlic in it. When it starts to become brown add the savoy cabbage and bake for 2 minutes.
6. Sprinkle the flour over the Savoy cabbage and add the soy milk, let it cook until it thickens.
7. Take the pan off the stove and add the cheddar cheese to make a creamy sauce. Add pepper and salt as you wish.
8. Take the pasta off the stove and put it in an oven tray. Put $\frac{1}{2}$ of the Savoy cabbage above the pasta, then add the kohlrabi and end with a layer of cabbage again.
9. End with a crust of hazelnuts and panko.
10. Put it in the oven for 40 minutes on 180°C.
11. Make some sates of tofu.
12. Bake the tofu until it begins to brown.
13. Now all the components are ready to serve.

Recipe for

Rolls with curd cheese and chickpeas

By Katja Vrabec



CUISINE

-

SERVES One (1)

PREP TIME 15 minutes

COOKING TIME 20 minutes

ENERGY (per serving) 870 Kcal

PROTEIN (per serving) 49 g

TYPE Vegetarian

INGREDIENTS

Milk (1,5 % fat) 140 g
Whole wheat flour 100 g
Egg (M) 48 g
Extra virgin olive oil 12 g
Curd cheese (low fat) 50 g
Cooked chickpeas 75 g
Ground turmeric < 1 g
Cheese 20 g
Frozen spinach 200 g
Garlic 5 g
Corn starch 1 g
Tomatoes 180 g
Salt 2 g
Vinegar 10 g

DIRECTIONS

1. In a mixing bowl, mix together the eggs, milk and olive oil. Gradually whisk in the flour to get a smooth batter.
2. Pour the batter into a heated skillet. Cook until a pancake hardens and the bottom is golden brown. Turn over the pancake and cook until this side is also golden brown.
3. Fill the pancakes with curd cheese, chickpeas, cheese and sprinkle with a little turmeric. Roll pancakes into rolls and put them in preheated oven (200 °C) for 15 minutes.
4. Meanwhile, put into heated pan olive oil and sliced garlic, fry it for 1 minute, add corn starch, roast for 1 minute and add defrosted spinach. Prepare salad from tomatoes, add salt, pepper and vinegar.
5. Serve spinach and tomato salad as an addition to the baked rolls.

Recipe for

Socca with cottage cheese and baked vegetables

By Valeriya Stokman-Krasovskaya



CUISINE

Mediterranean

SERVES

One (1)

PREP TIME

15 minutes

COOKING TIME

35 minutes

ENERGY (per serving)

570 Kcal

PROTEIN (per serving)

35.4 g

TYPE

Vegetarian

INGREDIENTS

Chickpea flour 50 g

Water 100 ml

Juice of ¼ lemon

Salt 1 pinch

Baking soda ¼ tsp

Vegetables of your choice (e.g. yellow squash, bell pepper, fennel and yellow onion) 200 g

Oil 1 tbsp + 1 tsp

Tahini (optional) 1 tbsp

Cottage cheese 100 g

DIRECTIONS

1. For the baked veggies, preheat the oven to 180 degrees Celsius. Wash, dry and cut your vegetables of choice. Add oil and salt, stir, place in an oven-proof dish and bake till done (time depends on the type of the vegetables, on average it will take between 30-45 minutes).
2. Meanwhile, for the socca, in a large bowl, whisk together the chickpea flour, lemon juice, soda, salt and water.
3. Heat a pancake pan or a cast-iron skillet over medium-high heat. Add one tsp of oil to the pan and swirl. Pour all the batter into the pan, turning the pan to spread the batter all along the bottom of the pan. The batter will start cooking instantly so it is important to work quickly to spread. Lower the heat to medium to allow the bottom of the socca to cook without scorching. Once the bottom is cooked (the edges will start to peel from the bottom of the pan and the socca will turn golden brown), flip the socca and finish cooking the other side.
4. Transfer the socca to the serving plate. Spread tahini (if using) over the whole surface.
5. Spread cottage cheese over the half of the socca closest to you.
6. Spread the veggies over the cottage cheese.
7. Roll tightly and cut in two.

Recipe for

Couscous with pumpkin and cashews

By Nanke Post



CUISINE

Mix of cuisines

SERVES	Four (4)
PREP TIME	15 minutes
COOKING TIME	25 minutes
ENERGY (per serving)	510 Kcals
PROTEIN (per serving)	31.4 g
TYPE	Omnivore

INGREDIENTS

Whole wheat couscous	250 g
Pumpkin (fresh or frozen)	400 g
Zucchini	1
Chicken	200 g
Olive oil	2 tbsp
Water	100 ml
Soy sauce less salt	3 tbsp
Curry powder	2 tbsp
Unsalted cashews	80 g
Arugula	75 g

DIRECTIONS

- 1.Prepare the couscous according to the package.
- 2.When using a whole pumpkin; peel and dice it.
- 3.Cut the zucchini and chicken into cubes.
- 4.Heat ½ tablespoon of olive oil in a large pan (frying pan/ skillet) and fry the pumpkin for 5 minutes.
- 5.Then add the zucchini, curry powder, water and soy sauce. Put the lid on the pan and let it simmer for 12 minutes. Stir a few times.
- 6.Meanwhile, heat ½ tablespoon of olive oil in a frying pan and fry the chicken until done.
- 7.Add the chicken and cashews to the pumpkin/zucchini mixture.
- 8.Finally, add the arugula and serve.

Recipe for

Anatolian Sun

By Gizem Alaca & Ezgi Bellikci-Koyu
& Gülşah Kaner-Tohtak



CUISINE

Mediterranean

SERVES Four (4)

PREP TIME 30 minutes

COOKING TIME 30 minutes

ENERGY (per serving) 580 Kcals

PROTEIN (per serving) 38.7 g

TYPE Omnivore

INGREDIENTS

Skinless chicken breasts 400 g
Leek 1200 g
Carrot 240 grams
Bulgur 200 grams
Onion 75 grams (1 small size)
Garlic 12 grams (4 garlic cloves)
Tomato paste 40 grams (1.5 tbsp)
Extra virgin olive oil 40 g
Butter 10 g
Vinegar 10 g
Black pepper ½ tsp - Salt 1 tsp
Oregano ½ tsp - Allspice 1/8 tsp
Cumin 1 tsp - Turmeric ½ tsp
Hot Water 400 ml

DIRECTIONS

For the Marinate Chicken

1. Cut all chicken into 2.5 cm cubes. Add vinegar, tomato paste, 2 tbsp extra virgin olive oil, and 4 grated garlic cloves. Marinate in the refrigerator for half an hour.

For the Bulgur Pilaf with Vegetables

1. Clean the roots and dark green leaves of the leek. Clean the skin of the carrots. Grate carrot, and sliced leek in small pieces.
3. Cook carrot and leek in a nonstick pan for approximately 5-6 minutes, stirring occasionally.
4. Add 1 tbsp extra virgin olive oil and ½ tsp salt. Cook until carrots and leeks are tender.
5. In a different pot, melt 2/3 tbsp (≈10 gram) butter.
6. When the butter is melted add turmeric and bulgur and toast stirring frequently for about 2 minutes.
7. Add 2 glasses (400 ml) of hot water and ½ tsp salt and cover the pot, set heat to low. Simmer until all liquid is absorbed and bulgur becomes tender.
8. Stir bulgur with cooked carrot and leeks.

For the chicken

1. Peel the skin of 1 small onion and chop the onion finely. Put 1 tbsp extra virgin in a pan and add onions.
3. Add marinated chicken and sauté, stirring occasionally.
4. When chickens become tender, add seasonings (black pepper, allspice, oregano, and cumin).
5. Put the cooked chicken on top of the bulgur pilaf.

For the dressing:

1. Put 4 tbsp strained yoghurt in a cup, add 50 ml water and mix them.
2. Chop 2 garlic cloves, grate 8 walnuts and mix them with yoghurt.
3. Put yoghurt sauce on the chicken and add one leaf of parsley as décor.

Recipe for

Chicken soup with sweet pumpkin

By Foteini Toliopoulou



CUISINE

Greek

SERVES	Four (4)
PREP TIME	10 minutes
COOKING TIME	30 minutes
ENERGY (per serving)	320 Kcals
PROTEIN (per serving)	33 g
TYPE	Omnivore

INGREDIENTS

- Leek 200 g
- Garlic 10-15 g
- Sweet pumpkin (peeled) 800 g
- Celery 60 g
- Potatoes (peeled) 400 g
- Extra virgin olive oil 15nmL
- Ginger powder 3ng
- Sweet paprika 3 g
- Lemon juice 30-50 mL
- Chicken breast fillet 500 g
- White wine 80 mL
- Salt 1 g
- Pepper 0,5 g
- Water 1-1,25 L

DIRECTIONS

- 1.Put a saucepan on the stove and heat to a high temperature. Then, add the olive oil.
- 2.Cut the leeks, garlic, celery, pumpkin and potatoes into large pieces and sauté them in the pot.
- 3.Add ginger, paprika, salt and pepper and mix well. After sautéing, take the wine and reduce it in the saucepan. Then, let the food boil for 5 minutes.
- 4.Add 1-1.25 litres of water (depending on how thick we want the soup) and then add the chicken we have cut into small pieces.
- 5.Let the food simmer for about 30 minutes.
- 6.Remove some broth and mash a quantity or all of the vegetables until desired consistency with a hand blender. Add as much broth as you want, until you have the desired texture.

Recipe for Protein Boommus

By Elif Gülak



CUISINE

Turkish

SERVES

Two (2)

PREP TIME

5 minutes

COOKING TIME

15 minutes

ENERGY (per serving)

550 Kcals

PROTEIN (per serving)

30.3 g

TYPE

Omnivore

INGREDIENTS

Chickpeas 100 g

Rolled oats 100 g

Garlic 3g (1 clove)

Fresh Lemon Juice 60g (1 lemon)

Olive oil 10 g

Tahini 10 g

Cumin 5 g

Chili Pepper 2g (1tsp.)

Black Pepper 2g (1tsp.)

Sesame seeds 3 g

Skinless chicken breast 80 g

Broccoli 100 g

Cauliflower 100 g

Carrot 40 g

DIRECTIONS

- 1.Preheat oven to 250°C
- 2.Chop all the veggies into large pieces. On another cutting board chop the chicken into cubes.
- 3.Place the chicken and veggies in a medium roasting dish or sheet pan. Add the olive oil, sesame seeds, red pepper and cumin powder and combine.
- 4.Bake for 15 minutes or until veggies are charred and chicken is cooked.
- 5.While the veggies and chicken are cooking, in a food processor combine the tahini and the lemon juice.
- 6.Then add the garlic, chickpeas, cumin powder and water (200ml).
- 7.Process until smooth.
- 8.Take the hummus on a plate and place the cooked veggies and chicken.

Recipe for

Quinoa chicken spinach salad with tahini dressing

By Thiresia Chondrou



CUISINE

Greek/ Mediterranean

SERVES One (1)

PREP TIME 5 minutes

COOKING TIME 25 minutes

ENERGY (per serving) 700 Kcal

PROTEIN (per serving) 55.9 g

TYPE Omnivore

INGREDIENTS

Chicken breast 1
Quinoa raw 30 g
Fresh Spinach 2 cups
Pine nuts 1 tsp
Walnuts raw 3
Olive Oil 1 tbsps & 1 tsp
Tahini 1 tsp
Balsamic vinegar ½ tsp
Fresh lemon juice 1 tsp
Thyme Honey ½ tsp
Salt 2 pinches
Black Pepper 2 pinches
Sweet Paprika 1 pinch
Turmeric 1 pinch
Cherry Tomatoes 4

DIRECTIONS

1. Preheat the oven at 220 °C.
2. Toss the chicken breast with 1 teaspoon olive oil, salt, pepper, turmeric and paprika.
3. Put the chicken breast in a baking pan and cover it with baking paper and aluminium foil.
4. Put it in the oven for 25 minutes. The last 5 minutes uncover the pan and let the chicken breast take a light brown colour.
5. Meanwhile, in a medium pot, cook quinoa according to package directions.
6. Once the quinoa is cooked, let it cool.
7. Wash and dry the spinach.
8. Mix the spinach with quinoa, walnuts and pine nuts.
9. **For the dressing:** mix the tahini with the balsamic vinegar, thyme honey, fresh lemon juice and one tablespoon of olive oil, salt and pepper.
10. Cut the chicken into slices and put it on the salad with 4 half cut cherry tomatoes.
11. Pour the dressing on top.

Recipe for

Hungarian ratatouille with pork tenderloin and bulgur

By Anita Herbay-Varga



CUISINE

Hungarian

SERVES One (1)

PREP TIME 15 minutes

COOKING TIME 40 minutes

ENERGY (per serving) 540 Kcals

PROTEIN (per serving) 37.9 g

TYPE Omnivore

INGREDIENTS

Pork, tenderloin 100 g
Bulgur, dry 50 g
Pepper 1 medium piece
Tomato 1 medium piece
Onion (red) ½ small piece
Olive Oil 2 tsp
Spices paprika ½ tsp
Salt 2 pinches
Black pepper 1 pinch
Thyme (dry or fresh) according to your taste

DIRECTIONS

1. Marinate the meat, sprinkle with oil and massage in the thyme, salt and pepper. Put in the fridge for 20-30 minutes.
2. Simmer the diced onion in a little oil. Pulled off the heat, add the paprika and mix thoroughly. Throw in the diced peppers, simmer, stirring over medium heat, until they collapse.
3. Add the salt, pepper and tomatoes. Simmer under a lid until the tomatoes are cooked.
4. Add the bulgur, pour in double the amount of water. Simmer under a lid until the bulgur softens, then remove from the heat and set aside covered.
5. Heat a non-stick pan. Add the meat slices (extra oil isn't needed due to the marinade), fry for 4-5 minutes per side.

Recipe for

Bibimbap (비빔밥)

By Sena Aydoğdu



CUISINE

Korean

SERVES

Two (2)

PREP TIME

30 minutes

COOKING TIME

30 minutes

ENERGY (per serving)

590 Kcals

PROTEIN (per serving)

30.8 g

TYPE

Omnivore

INGREDIENTS

Rice 230 g
Mushroom 50 g
Spinach leaf 50 g
Zucchini 50 g
Carrot 50 g
Onion 50 g
Red pepper, Paprika 50 g
Egg 50 g
Chicken breast 50 g
Hot pepper sauce 15 g
Olive oil 10 g
Soy sauce 10 g
Sesame 5 g
Black seed 2 g

DIRECTIONS

1. Beforehand, wash the rice well and soak it in lukewarm water for 30 minutes.
2. Put the soaked rice in the pot and add water and cook for 20 minutes.
3. Wash the vegetables thoroughly and chop them very finely.
4. Boil 2 glasses of water and gently boil the spinach for 1 minute.
5. After washing the boiled spinach in cold water, squeeze the juice. Add sesame seeds and a little soy sauce and fry in a preheated pan for 1 minute.
6. Roast the other chopped vegetables in a pot for 1 minute each.
7. Fry the eggs and chicken in a pan with a little oil.
8. Put the rice on the bottom, then the vegetables, chicken, and egg on top.
9. Prepare for service by pouring pepper paste over it.

Recipe for

Chicken in an almond-cheese crust with quinoa salad

By Tessa Uytterhoeven



CUISINE

Dutch

SERVES	Four (4)
PREP TIME	30 minutes
COOKING TIME	40 minutes
ENERGY (per serving)	650 Kcal
PROTEIN (per serving)	46 g
TYPE	Omnivore

INGREDIENTS

Chicken breast	480 g
Almonds	20 g
Parmesan cheese	40 g
Quinoa	300 g
Broccoli	280 g
Taugé	120 g
Rapeseed oil	60 ml
Soy sauce	20 ml
Pepper	8 g

DIRECTIONS

1. Preheat the oven at 200°C.
2. Cut the broccoli into finer pieces of 1cm.
3. Make the crust out of parmesan and almonds. Grate the parmesan fine and add the crushed nuts.
4. Bake the chicken breast in a pan with a little rapeseed oil brown. Season with some pepper.
5. Take the chicken out of the pan and add the crust of parmesan and almonds. Put it in the oven for 20 minutes.
6. Steam the broccoli for 10 minutes. Cook the quinoa also for 10 minutes.
7. Now you need to make the quinoa salad by adding the broccoli, the quinoa and the taugé to the pan with rapeseed oil. Bake it for 4min.
8. Quench with the soy sauce.
9. Now all the components are ready to serve.

Recipe for

Spinach pottage with meatballs

By Zsuzsanna Katona



CUISINE

Hungarian

SERVES Five (5)

PREP TIME 10 minutes

COOKING TIME 30 minutes

ENERGY (per serving) 420 Kcals

PROTEIN (per serving) 30.5 g

TYPE Omnivore

INGREDIENTS

Spinach puree 500 gr
Oatmeal flour 100 gr
Milk 1,5% 625 ml
Sunflower oil 25 gr
Salt 10 gr
Pork leg 400 gr
Chickpea flour 100 gr
Red onion 50 gr
Sunflower oil 25 gr
Red ground paprika 5 gr
Fresh lovage (or parsley) 5 gr

DIRECTIONS

For the spinach pottage

1. Heat the oil and lightly toast the oatmeal flour.
2. Add spinach puree, mix lump-free as possible
3. Add milk and salt
4. With constant stirring cook approx. 5-8 min at middle heat
5. If necessary, use hand blender for lump-free texture

For the meatballs

1. Fry the fine chopped onion on the sunflower oil, let it cools down a little
2. Preheat the oven at 180 °C
3. Mix the minced meat with the chickpea flour, the fried onion and the spices
4. Form meatballs from the mass (I formed long rods, not balls, ~60 gr/pieces)
5. Place them in a baking dish lined with baking paper
6. Bake in the oven for 15 minutes
7. Turn them over
8. Bake another 15 minutes



HAPPY COOKING!

