



## EuroNet's Sustainable MasterHealthyChef starts here...

This **recipe collection** aims to inspire you and get you in the kitchen for some healthy and delicious creations. Healthy not just for you but also for the planet, as sustainability is key. For this, we aimed at using whole foods because we believe that's in everyone's best interest.

We hope you enjoy our selection, and that you share some of it with us as well!

Do not forget our event at <https://www.facebook.com/events/321059405225828/>.

We are waiting to see your amazing skills,

*the EuroNet MRPH Communication Team*

### Symbols Used:



Shopping List



Number of Servings



Time Needed



Difficulty Level

### EuroNet Challenge:



# Lentil Bolognese

4 people 45 minutes

- 200g of lentils (dry)
- Whole wheat pasta for 4 people
- 1 medium sized onion
- 2 garlic cloves
- 1/2 dice of vegetable broth
- 1 tablespoon paprika powder
- 1 tablespoon tomato puree
- 1 medium sized carrot
- 400g crushed tomatoes (ex. canned)
- 150g of fresh baby spinach
- 200mL oat or soy cream
- 100-200mL of water
- 2 tablespoons herbs (fresh or frozen), ex. basil and parsley
- 1 pinch of chili flakes
- 1 tablespoon of olive oil
- Salt & pepper

1 Peel and finely chop the onion and garlic. Place a pan on a medium heat and gently fry the onion and garlic in the olive oil until blanc. Add the paprika powder.



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2 Rinse the lentils and add them in the pan. Stir and add the tomato puree.

3 Add the canned tomatoes, water and vegetable broth. Bring to a slow boil for 10 minutes.



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4 Peel and chop or grate the carrot finely. Add the carrot, the spinach and the spices to the bolognese.



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5 Meanwhile, prepare the water for the pasta and bring it to boil. Add the pasta and salt and boil until *al dente*.



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6 When the bolognese has slowly boiled for totally 20-25 minutes, taste the lentils and parsnip and make sure they are cooked through. If not, continue to boil until they are. Add the oat cream, stir and add additional salt and pepper if needed.



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# Fish Frittata

3 people 25 minutes

- 5 large eggs
- 1/2 tablespoon of black pepper
- 1/2 leek
- 1/2 cup cooked fish (any leftovers you have on the fridge!)
- 1 tablespoon of olive oil
- 2 tablespoons of fresh parsley
- 1-2 tablespoons of Parmesan cheese (optional)
- Salt & Pepper

1 Preheat the oven at 180°C. Finely chop the leek and sauté it in a non-stick pan with 1 tablespoon of olive oil (add 1-2 tablespoons of water if needed). Season with salt and pepper at taste.



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2 In a large bowl, whisk together the eggs until the egg whites and the yolks are well combined. Add the sautéed leek and season the mix at taste. Add the parsley and whisk again.

3 In a non-stick oven-safe pan, add the previous mix and sprinkle over the fish and the cheese, not stirring again. Bake it in the oven during 10-15 minutes, or until the frittata is fully cooked.



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4 Turn out the frittata onto a platter and top with a bit more parsley and cheese.

# Chickpeas Paprika Popcorn

2 4 15



- 400g of cooked chickpeas
  - 1-2 tablespoons of olive oil
  - 2 tablespoons of smoked paprika
  - 1-2 tablespoons of herbs (ex. oregano, basil, coriander... choose your flavor!)
  - Salt & Pepper
- You can use dried chickpeas instead of canned chickpeas to reduce your waste! Just buy them in bulk, soak them for about 12h and cook them with just a pinch of salt. Perfect!

Preheat the oven at 180°C. Mix all the ingredients together in a large bowl. Season at taste.



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Bake for 30-35 minutes, shaking the tray regularly to prevent the chickpeas from sticking to the bottom. The chickpeas are ready when they are golden-brown and crunchy.

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Note: You can make these chickpea popcorn in many other flavours, not just paprika. If you prefer you can use some turmeric and/or curry powder, or other seasonings to enjoy different popcorn...



# Scrambled Tofu & Avocado Bruschetta

2 15 15



- 250g of firm/extra firm tofu (preferably smoked tofu)
- 100g of cherry tomatoes
- 100 of fresh baby spinach
- 1 avocado
- 1 tablespoon of olive oil
- ½ teaspoon of turmeric powder
- 1 tablespoon of fresh or dried basil
- 1 pinch of chili flakes
- 1 tablespoon of olive oil
- 3 tablespoons of water
- 4 whole wheat toasts
- Salt & pepper

Crumble the tofu with your hands or a fork. Chop the cherry tomatoes in halves and grossly chop the baby spinach leaves.

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Place a pan on a medium heat and add the olive oil, the crumbled tofu, cherry tomatoes and spinach. Add the salt & pepper and the turmeric. Stir well and let it cook, adding the tablespoons of water as needed.

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When the tomatoes and spinach are well cooked and combined with the tofu (add more water or olive oil if needed), turn off the heat, add the basil and chili flakes and stir well.

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Cut the avocado in halves and slice it at taste. Start toasting the whole wheat bread.

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Serve the scrambled tofu on the toasts with the avocado slices. Add salt and pepper if needed.

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# Leftovers Curry

4 30

- 250g of chicken fillet (cooked) or tofu or chickpeas (cooked)
  - ½ squash/pumpkin
  - ½ red pepper
  - ½ green pepper
  - 1 small onion
  - 2 garlic cloves
  - 1 tablespoon of olive oil
  - 1 tablespoon of red curry paste
  - 1 tablespoon of miso (optional)
  - 2 tablespoons of water
  - 1 tablespoon of curry powder
  - 1 can of full-fat coconut milk (better if chilled)
  - 2-3 tablespoons of fresh coriander or basil
  - 2 tablespoons of lemon juice
  - 1 + ½ cup of jasmine rice
  - 3 cups of water
  - Salt & Pepper
- If you have any other vegetables available, throw them in! This dish is meant as a base for leftover food. Use whatever you have at home!

1 Chop the onion and garlic finely. Cut the vegetables into small strips, chop and cook them for a few minutes in a medium heat pan with the vegetable oil.



2 Add the chicken/tofu/chickpeas and the coconut milk, cooking again for at least 10 minutes.



5 Turn off the heat from the curry and add the fresh herbs and the lemon juice, mixing well.

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2 Add the curry paste to the previous vegetable mix, with the miso paste (optional) and the water tablespoons (more if needed). Add salt and pepper at taste. Cook for a few more minutes until the flavors are well combined.

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4 Meanwhile, cook the rice in the water with a pinch of salt in a different pan. Set aside after it's done.

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# Cabbage Tacos

2 20

- 1 small head cabbage
- 1 cup cooked black beans
- 2 tablespoons of olive oil
- 1 lime
- 1 jalapeño, seeded and minced, or ½ teaspoon of chili flakes
- 2 grilled chicken breasts
- 1 ripe avocado, pitted, peeled and diced
- 2 tablespoons of fresh cilantro
- Salt & Pepper

1 Carefully separate 8 whole leaves from the head of the cabbage. Rinse the leaves well and shake most of the water off. Reserve the remaining cabbage for another use. If the whole leaves are very large, trim them down to tortilla size.

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2 Warm the black beans in a pan with salt and pepper at taste. Warm/grill the chicken breasts and slice them in pieces.

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Toss the leaves in a large bowl with half of the lime juice and 1 teaspoon of salt. Let the leaves sit while you assemble the rest of the dish.

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4 Make the sauce by mixing the remaining half of the lime juice with the olive oil, the jalapeño, the cilantro and salt and pepper at taste.

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5 Assemble the cabbage tacos by adding chicken breasts, black beans, slices of avocado and topping it with the taco sauce.

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# The Fluffiest Banana Pancakes

2 30

- 1 + 1/2 cup of all-purpose flour
- 1 small over-ripe banana, peeled (the browner, the better!)
- 1 teaspoon of baking powder
- 1 teaspoon of sodium bicarbonate
- 1/2 teaspoon salt
- 2 large eggs / 3 flaxseed eggs (if vegan)
- 1 cup of low-fat milk / any vegetable drink of choice (if vegan)
- 1 tablespoon of vinegar
- 1 teaspoon of vanilla extract
- 2 tablespoons of vegetable oil

1 Start by adding the vinegar to the milk/vegetable drink. Leave aside for 5 minutes (it's supposed to make a buttermilk-like texture).



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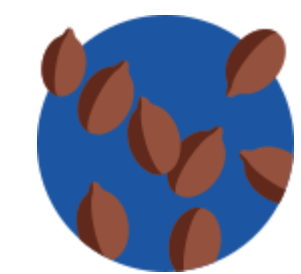
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2 In a large bowl, mix the flour with the baking powder, sodium bicarbonate and salt. In a separate bowl, beat the eggs until the egg white and the yolk are well combined.

3 In a separate bowl, smash the banana with a fork until puree. Add the vanilla extract and the oil.



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4 If vegan: To make the flaxseed eggs, mix in a small bowl 3 tablespoons of flaxseed meal with 9 tablespoons of water and let it sit for 3-5 minutes.

5 Combine the eggs, banana puree and flour mix, and add the buttermilk. Mix well until no large crumbs



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5 Cook the pancakes in a non-stick pan over medium heat. Cook until a few holes form on top of each pancake and the underside is golden brown (about 2 minutes each side). Using a cooking spatula, transfer the pancakes to a serving plate.

# Rice Tuna Pie

4 45

- 2 cans of tuna in water or in olive oil
- 1 onion
- 2 tablespoons of olive oil (omit if already using tuna in oil)
- 2 bay leaves
- 200g crushed tomatoes (canned)
- 100mL tomato puree
- 2 cups of uncooked rice or 4 cups of cooked rice
- 4 cups of water
- 1 small egg
- Salt & pepper

1 Peel and finely chop the onion and garlic. Place a pan on a medium heat and gently fry the onion and garlic with the bay leaves in the olive oil until blanc.



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2 Drain the tuna and add it to the pan with the crushed tomatoes and the tomato puree. Season with salt and pepper a taste. Let it stew for about 10 minutes.

3 Meanwhile, cook the rice in the water with a pinch of salt in a different pan. Set aside after it's done.



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4 In a safe-oven container, cover the base with half the cooked rice. Add the tuna mix and then cover it completely with the other half of the rice.

5 In a bowl, mix the egg nicely with a fork until the egg white and the yolk are well combined. Coat the rice pie with the beaten egg and sprinkle with a pinch of salt and pepper.



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6 Preheat the oven at 180°C. Put the rice pie in the oven for about 10 minutes or until the top gets nicely golden.

# Any-flavor-you-want Granola!



-  3 cups rolled oats (not the 'quick cook' type)
-  ½ cup coconut flakes
-  ½ cup almonds, hazelnuts or any other type of nuts
- ½ cup pumpkin seeds
- ½ cup flaxseeds
- ½ cup raisins or any other dried fruit
- 1 pinch of salt
- 1-2 teaspoons of cinnamon or cacao powder (optional)
- Chocolate chips (optional)
- ¼ cup vegetable oil or any nut butter of your choice
- ¼ cup honey, maple syrup or any other liquid sweetener

1 Preheat the oven at 180°C. Combine all ingredients (except the raisins or other dried fruits and the chocolate chips) in a mixing bowl until evenly coated with coconut oil and the liquid sweetener of your choice.



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2 Spread the mixture evenly onto a large baking sheet. Every 10 minutes stir the granola mix. Bake in the oven for about 30 minutes or until lightly toasted.


3 After taking the granola out of the oven, add the raisins, any other dried fruits and/or the chocolate chips to the mix. Allow to cool before storing in an airtight container. It lasts for about 2-4 weeks.

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# Use-it-all-up Apple Crumble



-  **Filling:**
- 8 medium ripe apples
- 1 lemon
- 1 teaspoon of cinnamon
- 1/3 teaspoon nutmeg
- 2 tablespoons of brown sugar
- 2-3 tablespoons of arrowroot starch or cornstarch
- ¼ cup fresh apple juice or water
- Topping:**
- 1 cup rolled oats (not the 'quick cook' type)
- 1/2 cup almond meal (or substitute with another ½ oats)
- 1/2 cup unbleached all-purpose flour
- 1/2 cup brown sugar
- 1/2 cup pecans (roughly chopped; optional)
- 1/4 teaspoon of sea salt
- 1 teaspoon of cinnamon
- 1/2 cup melted coconut oil or olive oil

1 Preheat the oven at 180°C. Peel and thinly slice the apples lengthwise.

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2 Add the apple slices to a large mixing bowl and top with remaining filling ingredients. Toss to combine. Add to a 9x13 (or similar size) oven-safe baking dish.

3 In a different mixing bowl add all topping ingredients. Stir to combine, then use fingers to break down any clumps of brown sugar. Pour over the apples in an even layer.

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4 Bake for 50 minutes to 1 hour (uncovered) or until the filling is bubbly, the apples are very fork tender (especially in the center of the dish), and the topping is deep golden brown. Let it rest at least 30 minutes before serving.

5 Serve with ice cream if dessert or yoghurt for a special breakfast, and enjoy!

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