



RECIPE BOOK

Warm school lunch project 2021-2022

OBS de Wereld



PREFACE

In the past school year, the pupils from groups 6, 7, 8 and the transition class of primary school OBS de Wereld participated in the Warm School Lunch project, as part of the food agenda 2021 – 2030. The pupils received a healthy vegetarian warm lunch for 22 weeks. Every week they received a completely different warm lunch; sometimes Italian, sometimes Mexican, sometimes Dutch or something completely different. Children could always choose between 2 different warm lunches. All recipes fit in the ‘Schijf van vijf’. Whole grain products, legumes, and many different vegetables have been tasted by the children. This way the children have been familiarized with many different new types of dishes and flavors!

To conclude the warm lunch project, we have put together nice recipes in this recipe bundle. The first part lists 15 recipes that the pupils ate during the warm lunch project. The kids will surely recognize them! In the second part of the bundle are several favorite recipes that the pupils have passed on as a result of a nutrition lesson at school. Every month the children received a nutrition lesson in the class of Victoire of ‘Groente & Meer’.

Delicious and healthy cooking is not difficult at all, it does not have to be expensive and can be a lot of fun! Get started with your child(ren) and put a delicious warm lunch on the table!

For even more inspiration: every month a delicious recipe was published in the newsletter of the warm school lunch project!

Special thanks to Marjolein Voshart from Solidez, and all the children and people who contributed to this beautiful project!

Have fun cooking on behalf of the Warm lunch project team.



This project was made possible by Groente & Meer, TSO Kinderstralen, OBS de Wereld, Huis van de Wijk de Nude Solidez, Buurtbedrijf Nude Toekomst and the Municipality of Wageningen.

TABLE OF CONTENTS

| | |
|---|-----------|
| PREFACE | 2 |
| RECIPES OF THE WARM SCHOOL LUNCH PROJECT | 4 |
| Vegetarian 'Kapsalon' | 5 |
| Dahl With Spinach | 6 |
| Sweet Potato Curry | 7 |
| Gnocchi With Pesto And Zucchini | 8 |
| Pasta Roll With Spinach (Rotolo) | 8 |
| Couscous With Apple | 10 |
| Vegetarian Paella | 11 |
| Lunch Wraps | 12 |
| Foe Yong Hai | 12 |
| Mexican Bean Dish With Egg | 14 |
| Lettuce Wraps With Sweet Potato | 15 |
| Tjap Tjoy | 16 |
| Beetroot Quiche | 17 |
| Carrot 'Stampot' | 18 |
| Boboti With Green Beans | 19 |
| PUPILS' OWN RECIPES | 20 |
| 'Kapsalon' | 21 |
| Poké bowl | 22 |
| Homemade Pizza | 23 |
| Cauliflower Dish With Sweet And Sour Cucumber | 24 |
| Pancakes | 25 |
| Chicken Tandoori | 26 |
| Pasta With Cheese | 26 |
| Funchi | 27 |
| Pasta With Yogurt | 27 |

Photo: City councillor Leo Bosland has lunch with the children of OBS De Wereld.



RECIPES
OF THE
WARM
SCHOOL
LUNCH
PROJECT

VEGETARIAN ‘KAPSALON’

This is what you need (4p)

- 4 sweet potatoes
- 600 gr vegetarian chicken pieces
- 4 teaspoons shawarma spices
- 20 cherry tomatoes
- 1 cucumber
- Handful of iceberg lettuce
- Handful of grated cheese
- 340 ml Greek yogurt
- 2 cloves garlic
- Pinch of salt and pepper
- 2 tablespoons olive oil



This is how you make it

Preheat the oven to 200 degrees. Peel the sweet potatoes and cut into cubes. Put them in a bowl and add a tablespoon of oil and a little bit of salt and pepper and stir. Divide the sweet potato on a baking sheet and bake for about 15 to 17 minutes.

Meanwhile, bake the vegetarian chicken pieces in a pan with a little butter or oil and add the shawarma spices. Squeeze the garlic cloves and add to the yogurt together with a little lemon juice or water. Cut the cucumber and tomatoes into pieces.

Remove the sweet potato from the oven and divide over 2 small baking dishes or 1 larger one. Turn on the grill in the oven or heat it to 230 degrees. Divide the vegetarian chicken over the potatoes and sprinkle with cheese. Put it in the oven for a few minutes until the cheese has melted.

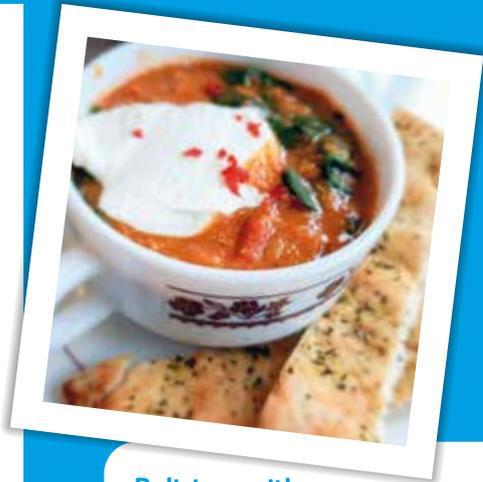
Remove the ‘kapsalon’ from the oven and sprinkle with iceberg lettuce, cucumber, tomatoes and drizzle some garlic sauce over it.

“ *I only like the ‘kapsalon’* ”
Lovely

DAHL WITH SPINACH

This is what you need (4p)

- 325 gr red lentils
- 1 litre of water
- 1 teaspoon turmeric
- 1 teaspoon of salt
- 2 tablespoons sunflower oil
- 1 small red chili pepper
- 1 teaspoon cumin seeds
- 1 large white onion
- 3 cloves garlic
- 1 teaspoon pickled ginger
- 4 tomatoes
- 2 teaspoons garam masala
- 400 gr spinach
- 1 bunch coriander (chopped)



Delicious with

- 4 naan breads
- 125 ml creamy coconut milk

This is how you make it

Wash the lentils well and soak in cold water for 10 minutes. Rinse the lentils well and add the lentils together with 1 liter of water, turmeric, and salt in a pan. Bring the water with the lentils to a boil and cook for about 15–20 minutes or until the lentils are soft. Meanwhile, chop the onion, grate the ginger, press the garlic, and cut the tomatoes into cubes.

Take another pan, add 2 tablespoons of sunflower oil, and fry the chili for about 3 minutes. Add the cumin seeds and bake for 2 minutes, remove the chili, but save it for garnish. After 1 minute add the onions and add the grated ginger and garlic. After 2 minutes, add tomato paste and tomato cubes. Let it simmer on low heat for 10 minutes and chop the coriander in the meantime.

Mix the tomato mixture with the lentils, add garam masala and finally spinach and chopped coriander.

Serve the dahl with (4) naan breads and (125 ml) coconut milk.

SWEET POTATO CURRY

This is how you make it

Peel the sweet potato and cut into cubes. Clean the red pepper and cut it into strips. Chop the onion and finely chop the garlic and ginger. Rinse the chickpeas and drain.

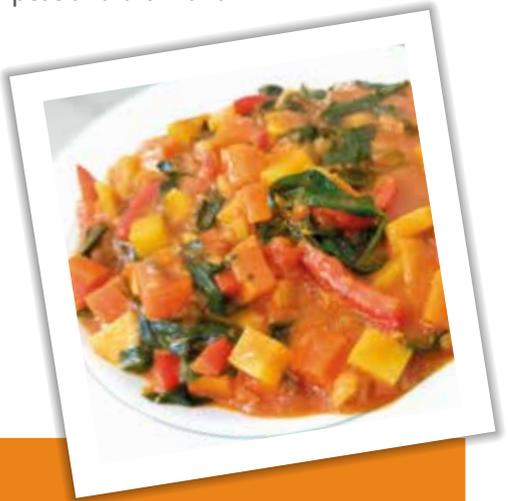
Heat a pan on the stove with some olive oil in it. Fry the garlic, onion, and ginger. Then add the sweet potato cubes and red peppers, fry this briefly.

Add all the herbs (the garam masala, curry powder and cumin powder) in the pan together with the tomato paste and fry briefly.

Add the tomato cubes, coconut milk, chickpeas and broth and bring to a gentle boil. Cook gently for about 20 minutes. Stir regularly.

When the curry is ready, stir in the spinach and let it shrink. Season with salt and pepper.

Serve the curry with some rice, lime, and sesame seeds.



This is what you need (4p)

- 2 sweet potatoes (approx. 500 gr)
- 200 gr spinach
- 2 cans of chickpeas
- 1 red pepper
- 1 onion
- 4 cloves garlic
- 1 slice of ginger
- 200 ml coconut milk
- 250 ml bouillon
- 1 can diced tomatoes (400 gr)
- 1 can tomato paste
- 1 tablespoon garam masala
- 1 tablespoon curry powder
- 1 teaspoon cumin powder

GNOCCHI WITH PESTO AND ZUCCHINI

This is what you need (4p)

- 800 gr gnocchi
- 2 small zucchinis
- 6 tablespoons Parmesan cheese
- 4 tablespoons pesto
- 50 gr arugula
- 250 gr cherry tomatoes
- Pinch of salt and pepper



This is how you make it

Cut the zucchini into pieces. Bake it briefly in a pan with a pinch of salt and pepper and a little oil. Remove from the pan.

Cook the gnocchi al dente, this only needs 1 or 2 minutes. Drain and fry the gnocchi briefly in the frying pan so that it gets a little color. Meanwhile, halve the cherry tomatoes.

Put the fried gnocchi in a bowl, add the pesto and stir. Then add the pieces of zucchini and then also the halved cherry tomatoes and arugula. Mix everything together gently and garnish the dish with some Parmesan cheese.

Combination tip: This meal is also delicious with pine nuts!

PASTA ROLL WITH SPINACH (ROTOLO)

This is how you make it

Cut the pumpkin into small cubes. Cook these for 5 minutes in a pan with water or in the microwave and drain well. Finely chop the onion and garlic.

Fry these in a large pan. Add the spinach little by little and let it shrink. Drain the spinach in a sieve.

Put the spinach in a bowl and add the pumpkin together with the ricotta, pepper, salt and some coarsely chopped basil. Grate the lemon and beat the egg. Add about half of the egg and all grater to the mixture.

Cook the lasagna leaves for a few minutes until they are soft. Cook them with max. 2 or 3 at a time in the pan, so that they do not stick together.

Take a clean dishcloth and put the lasagna sheets on top of each other, two next to each other and 4 above each other. Stick the edges slightly on top of each other with the remaining beaten egg. Spoon the filling onto the large piece of pasta. Spread and keep about 2 cm of the edge free.

Roll it up gently with the help of the dishcloth. Roll tightly but do not press too hard so that the filling does not spill out. Roll the tea towel tightly around it and twist the ends like a candy. Tie tightly with rope.

Place the roll in a large pan with hot water. You can bend it slightly if it doesn't fit. Cook the pasta roll for about 30 minutes, roll it over halfway through. Meanwhile, roast the pine nuts and let them cool.

Carefully remove the pasta roll from the water and place on a cutting board. Hold it at an angle for a moment, so that the water can run out. Remove the dishcloth and plastic and cut the pasta roll into approx. 12 slices.

Put them on plates and drip some pesto over them. Garnish with roasted pine nuts and basil.



This is what you need (4p)

- 8 fresh lasagna sheets
- 250 gr pumpkin
- 400 gr fresh spinach
- Fresh basil
- 250 gr ricotta
- 1 clove garlic
- 1 onion
- 1 lemon
- 1 egg
- Pinch of salt and pepper
- 4 tablespoons pesto
- 2 tablespoons pine nuts

COUSCOUS WITH APPLE

This is what you need (4p)

- 300 gr couscous
- 2 apples
- 124 gr dried cranberries
- 1 tablespoon honey or agave syrup
- Fresh mint leaves
- 4 spring onions
- 60 gr walnuts
- 1/2 vegetable stock cube
- 1 teaspoon cumin
- Cube of butter or margarine



This is how you make it

Peel the apples and cut them into pieces. Chop the walnuts coarsely and cut the spring onion into rings. Heat a little butter in the pan and fry the apples, walnuts, spring onions and cranberries in a large pan for about five minutes.

Bring the water (300 ml, if otherwise indicated on the package) to a boil and dissolve the stock cube in it. Turn off the heat and stir in the couscous. Let well for 5 minutes.

Stir the couscous into the apple mixture. Season with honey and cumin. Finely chop the mint and stir it into the couscous just before serving.

Serving tip: This couscous is also tasty when it's cold!

“ I think the food from the warm school lunch is very tasty and good. I learn how it is to eat vegetarian. I find this special because I don't often eat vegetarian at home. ”

Chloë

VEGETARIAN PAELLA

This is what you need (4p)

- 1 red onion
- 3 cloves garlic
- 300 gr paella rice (or risotto rice)
- 200 gr peas (frozen)
- 150 gr carrots
- 2 bell peppers
- 250 gr cherry tomatoes
- Pinch of smoked paprika powder
- 200 ml sieved tomatoes
- 750 ml vegetable stock
- 1 lemon
- Fresh parsley
- Oil for baking
- Optional: saffron



This is how you make it

Finely chop the onion and garlic. Fry it for a few minutes in a large (paella, wok or skillet) pan. Meanwhile, cut the carrot and bell pepper into small pieces. First add the carrot to the pan and after a few minutes add the bell pepper. Then stir in the rice.

Add the paprika powder and the sifted tomatoes and stir it in. (Dissolve the saffron in the warm vegetable stock). Pour the broth with the paella and rice. Cook the paella while stirring, this takes about 20 minutes in total.

Add the frozen peas halfway through after about 10 minutes and let it cook in the paella. Meanwhile, cut the tomatoes into pieces.

Taste if the rice is cooked and add the tomatoes. Halve the lemon and sprinkle and garnish the paella with it. Before serving, sprinkle with some fresh parsley.

LUNCH WRAPS

This is what you need (3 pieces)

- 3 medium wraps
- 1 avocado
- 2 pieces grilled bell peppers
- 3 handfuls of lettuce
- 2 tablespoons pine nuts
- 3 tablespoons Parmesan cheese
- 1 tablespoon lemon juice
- Pinch of salt and pepper



This is how you make it

Heat a frying pan without oil or butter. Place the wraps briefly in the pan so that they brown a bit.

Halve the avocado, remove the skin and pit and mash the flesh finely. Add the lemon juice with a pinch of salt and pepper. Take a wrap and spread some of the avocado puree on it. Cut the grilled bell peppers into slices and divide over the wrap.

Divide some lettuce, roasted pine nuts and Parmesan cheese on the wrap. Roll up the wrap and 'stick' a little with avocado. Serve directly or wrap in some foil and store in the fridge.

FOE YONG HAI

This is how you make it

Start by making the sauce. Add all the ingredients for the sauce in a pan and heat it and stir well. Taste if the Foe yong hai sauce is well balanced, if the sauce is a bit too sweet add a little extra vinegar. If the sauce is a bit too acidic, add a little extra ginger syrup.

Cut the bell pepper into pieces, the spring onion into rings, the mushrooms into slices and finely chop the leek. Heat a little oil in a frying pan and fry the bell peppers,

“ If I just eat bread I’m still hungry. If I eat a warm lunch this is not the case. ”

Mia

mushrooms and leeks for a few minutes until the vegetable mixture has shrunk.

Keep some bean sprouts and spring onions separate and add the rest to the vegetables and fry briefly. Add the Chinese five-spice powder and a pinch of salt and pepper and mix everything well together.

Remove half of the vegetables from the pan and store under a covered plate. Mix the eggs together in a bowl. Add this to the vegetables in the pan. Let the mixture solidify and then gently turn the omelet over and fry the other side lightly as well.

Place the vegetable omelet on a plate. Scoop up the remaining fried vegetables and fold in half. Spoon some foe yong hai sauce on top and garnish with separately kept spring onion and bean sprouts.

Combination tip: This meal is also delicious with some rice and prawn crackers!



This is what you need (4p)

- 8 eggs
- 200 gr leek
- 250 gr mushrooms
- 4 spring onions
- 2 bell peppers
- 250 gr bean sprouts
- 4 teaspoons Chinese five-spice powder
- Pinch of salt and pepper

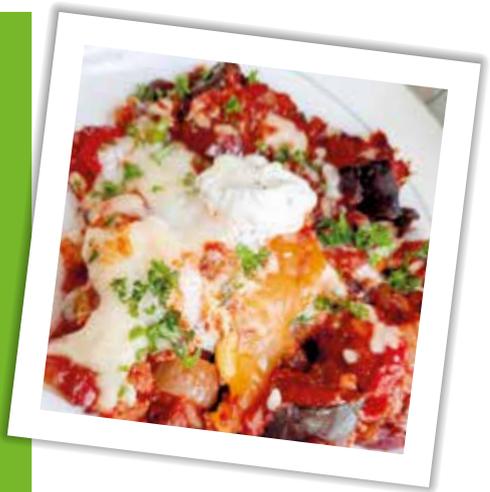
Foe yong hai sauce

- 8 tablespoons ketchup
- 4 tablespoons ginger syrup
- 4 tablespoons soy sauce
- Pinch of garlic powder
- 4 tablespoons vinegar
- 400 ml sifted tomatoes

MEXICAN BEAN DISH WITH EGG

This is what you need (4p)

- 800 gr peeled canned tomatoes
- 4 tablespoons Mexican spice mix
- Pinch of salt and pepper
- 6 eggs
- 2 cloves of garlic
- 2 onions
- 400 gr kidney beans
- 280 gr canned corn
- 6 tablespoons grated cheese
- 250 ml sour cream
- 2 avocados
- Coriander or parsley to garnish



This is how you make it

Preheat the oven to 200 degrees. Chop the onion and garlic. Fry these in a pan with a little oil. Add the canned tomatoes (including the juice), heat and crush them a little with a spatula.

Then add the drained beans and corn. Season the sauce with the Mexican herbs, salt and pepper. Let the sauce simmer for a few minutes and then put everything in an ovenproof dish. Make dimples in the mixture and put in the eggs. Sprinkle with some cheese.

Put the dish in the oven for about 12 to 15 minutes until the eggs are (partially) solidified, hard or softly cooked to taste. Cut the avocado into slices. Divide together with the sour cream over the bean dish and garnish with some coriander.

Combination tip: This meal is also delicious with some tortilla chips!

“ *Kapsalon*’ and pizza. I only like those.
But it’s fun with my friends. ”

Jowi

LETTUCE WRAPS WITH SWEET POTATO

This is what you need (4p)

- 2 heads of lettuce romaine
- 500 gr sweet potato
- 2 tablespoons taco seasonings
- 1 tablespoon oil
- 1 red onion
- 400 ml diced tomatoes
- 180 gr vegetarian minced meat
- 125 ml sour cream
- 140 gr maize
- 125 gr mushrooms
- Pinch of salt and pepper
- 1 lime



This is how you make it

Preheat the oven to 200 degrees.

Peel the sweet potatoes and cut them into cubes the size of a dice. Put them in a bowl and mix in the oil and taco seasonings. Then divide them on a baking sheet with parchment paper. Bake them in the oven for about 20 minutes.

Meanwhile, cut the mushrooms into slices and finely chop the onion. Fry these in a pan with a little oil.

Add the vegetarian minced meat and mushrooms and fry briefly. Add the tomato cubes and stir together. Season the mixture with salt and pepper.

Drain the corn and stir into the mixture as well. Remove the sweet potatoes from the oven and gently spoon through the sauce.

Remove the leaves of lettuce from the heads and place on a plate. Fill them with the Mexican mixture with sweet potato and minced meat. Spoon on top heaps of sour cream and sprinkle with the juice of the lime.

Tip: Also delicious with some rice!

TJAP TJOY

This is what you need (4p)

- 2 tablespoons sesame oil
- 1 onion
- 2 cm ginger
- 2 cloves garlic
- 100 gr snow peas
- 125 gr bean sprouts
- 100 gr carrot
- 100 gr mushrooms
- 1 bell pepper
- 1 tablespoon soy sauce
- 3 tablespoons oyster sauce
- 75 ml water
- 0.25 vegetable stock cube
- 1 teaspoon cornstarch
- Sesame seeds

This is how you make it

But the snow peas clean. Finely chop the onion, ginger and garlic and fry in a pan with a sesame oil. Cut the carrot and pepper into thin strips and fry in the pan. Cut the mushrooms into strips and also add to the pan together with the snow peas. Bake the vegetables for 5 minutes.

Add the soy sauce and oyster sauce and stir in. Let the 1/4 stock cube dissolve in hot water and pour with the vegetables. Dissolve the cornstarch in a tablespoon of water. Add this to the vegetables and let this sauce thicken slightly.

Sprinkle with sesame.

Tip: Delicious with tofu and/or rice. If you want more spice, add a pepper!



BETROOT QUICHE

This is what you need (4p)

- 5 slices pie dough
- 75 gr goat cheese
- 400 gr beetroot (pre-cooked)
- Pinch of thyme
- Pinch of salt and pepper
- 200 ml cooking cream
- 3 eggs
- 40 gr walnuts
- 1 tablespoon bread-crumbs
- Butter for greasing
- Parsley to garnish
- Baking tin



This is how you make it

Preheat the oven to 180 degrees. Grease the baking tin with a little butter. Line the baking tin with the slices of dough and press them tightly together. Prick some holes in the dough with a fork. Sprinkle the bottom with breadcrumbs.

Beat the eggs with the cream, thyme, pepper and salt with a whisk or mixer. Divide this mixture over the bottom of the quiche.

Cut the beetroots into thick slices (2 cm) and divide into the egg mixture. Crumble the goat cheese and walnuts over it. Bake the quiche in the oven for about 45 minutes until tender.

Garnish with some parsley before serving.

Tip: Delicious with a fresh salad next to it.

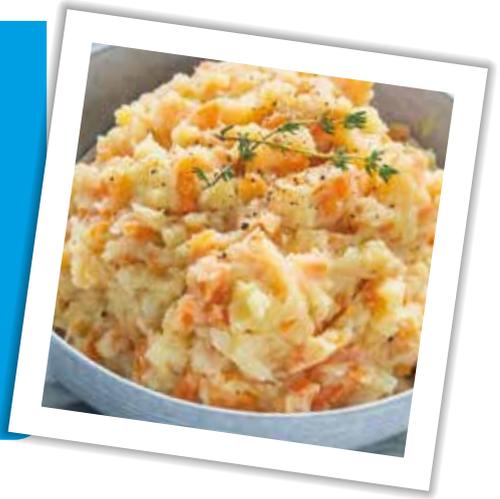
“ *Eating together with my friends is fun!* ”

Hatin

CARROT ‘STAMPPOT’

This is what you need (4p)

- 1000 gr crumbly potatoes (peeled)
- 1000 gr carrots (scraped)
- 200 ml milk
- Lump of butter
- Pinch of curry
- Pinch of nutmeg
- Pinch of salt and pepper
- Veggie balls to go with it
- Parsley to garnish



This is how you make it

Cut the potatoes and carrots into coarse equal pieces and bring a pan of water to a boil with a pinch of salt. Add the potatoes and carrots and cook them for about 15 minutes. Check that they are cooked.

Drain the potatoes and carrots and put back in the pan. Mash them finely and add the milk, butter, curry, pepper, salt, and nutmeg. You can make the carrot mash very fine or leave it coarse, just what you like.

Bake the veggie balls and serve with the carrot mash. Garnish with some parsley.

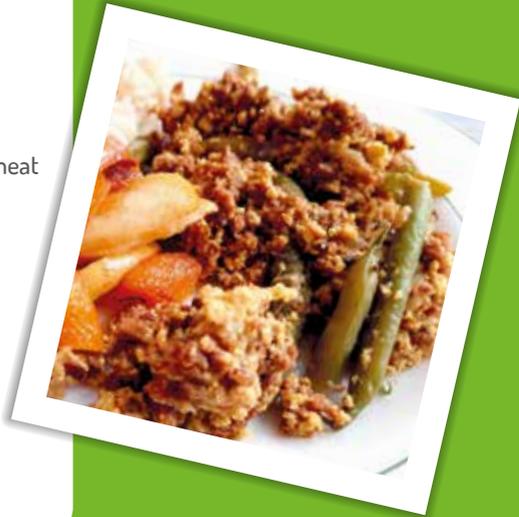
“ I love eating at the Wijkcentrum with my classmates. I like the lunch a lot. ”

Daan

BOBOTI WITH GREEN BEANS

This is what you need (4p)

- 400 gr green beans
- 120 gr dried apricots
- 2 apples
- 1 onion
- 500 gr vegetarian minced meat
- 1 clove garlic
- 1 teaspoon curry
- 0.5 teaspoon ginger
- Pinch of cinnamon
- Pinch of salt and pepper
- 1 slice of bread
- 3 eggs
- 250 ml milk
- 125 ml crème fraiche



This is how you make it

Heat the oven to 200 degrees. Boil the green beans for 10 minutes in a pan with water. Chop the onion and garlic and sauté in a pan. Add the vegetarian minced meat and fry it. Season the mixture with ginger, cinnamon and salt and pepper.

Pour about 50 ml of the milk over the slice of bread and leave for a few minutes. Then tear into pieces and spoon together with the green beans through the minced meat. Cut the apple and apricots into pieces and spoon through the vegetarian minced meat.

Beat the eggs with the 200 ml milk, crème fraiche and curry. Put the minced meat mixture in a baking dish. Pour the egg mixture over it. Garnish with some pieces of apple.

Bake the boboti in 35 min until done.

Tip: Also delicious with some rice!

PUPILS'
OWN
RECIPES

'KAPSALON'

Recipe from: Eisa and Munasar

This is what you need (4p)

- 350 gr (vegetarian) shawarma
- 700 gr Potato fries
- 100 gr Iceberg lettuce
- 1 Red onion
- 5 Tomatoes
- 1 Cucumber
- 100 gr. Oof cheese
- 2 tablespoons of olive oil
- Garlic sauce
- Pepper sauce



This is how you make it

Preheat the oven to 200 °C. Spread the fries on a baking tray lined with baking paper and sprinkle with salt if desired. Bake for about 25 minutes until golden brown and cooked through.

Meanwhile, fry the shawarma in a pan with oil. Divide the shawarma over the fries. Sprinkle with the cheese and put in the oven for about 10 minutes until the cheese has melted.

Meanwhile, chop the onion. Cut the tomatoes into 1 cm cubes and the cucumbers into slices. Remove the baking tray from the oven and divide the lettuce, cucumber, diced tomatoes and red onion over the fries and shawarma

Serving tip: Do you like something spicier or sharper? Then add some sambal or garlic sauce to taste.

Combination tip: This meal is also delicious with chilled potato slices instead of fries. Fry these potato slices with some oil in a pan.

Vegetarian tip: Replace the shawarma for some vegan shawarma or 1 can of black beans (400 g) (per 4 persons). You don't have to bake these.

*“ The meal is good and it
is fun to come here. ”*

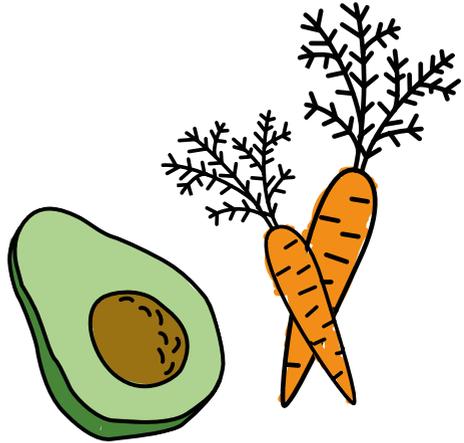
Eny

POKÉBOWL

Recipe by: Chloë

This is what you need (4p)

- 250 gr sushi rice
- 120 ml rice vinegar
- 300 gr fresh salmon fillet
- 1 cucumber
- Can of soybeans
- 2 avocados
- 1 carrot
- Dried seaweed



This is how you make it

Cook the rice according to the instructions on the package. Cut the salmon and put it in the refrigerator. Halve the avocados, remove the pit, scoop the flesh out of the skin with a spoon and cut into thin slices widthwise. Also cut the cucumbers, carrot and dried seaweed into thin slices. When the rice has cooled, divide it first and then add the salmon, sliced vegetables and soybeans. Make it a nice bowl!

Serving suggestion: It is nice and tasty with sesame seeds and soy sauce!

Combination tip: You can vary endlessly with pokébowls! For example, add some fruit, such as mango or melon. And other vegetables, such as peppers, red cabbage, radishes, broccolini, spring onions or corn.

Vegetarian tip: You can replace the fresh salmon fillet with, for example, tofu, tempeh, chickpeas or falafel.

“ It tastes very good. Because the sauce is on top, I can choose myself what to eat. And because it’s vegetarian. ”

Mari

HOMEMADE PIZZA

Recipe from: Asra and Hatin

This is what you need (4p)

- Fresh pizza dough
- Tomato sauce
- Grated cheese
- Toppings of your choice, for example:
 - Mushrooms (recipe Hatin)
 - Tuna, pineapple, and olives (recipe Asra)



This is how you make it

Preheat the oven according to the packaging of the dough. Cut the toppings: mushrooms or pineapple and olives. Roll out the pizza dough and spread it with the tomato sauce. Sprinkle the cheese on top of it. Place the toppings on the pizza and put in the oven. Bake for about 10-15 minutes (according to the package).

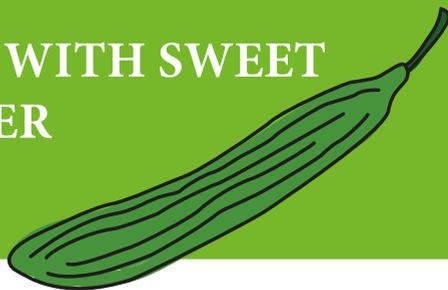
Serving suggestion: it is delicious with arugula or basil!

Combination tip: You can vary endlessly with pizzas. Create your own pizza easily with other toppings, such as bell pepper, zucchini, red onion, tomatoes, artichoke, broccoli or avocado.

Vegetarian tip: Replace the tuna for feta, mozzarella or some extra vegetables!

CAULIFLOWER DISH WITH SWEET AND SOUR CUCUMBER

Recipe from: Daan



This is what you need (4p)

- 600 gr potato slices
- 1 cauliflower
- 300 gr (vegetarian) minced meat
- 2 cloves of garlic
- 200 gr grated cheese
- 400 ml whole milk
- 40 gr wheat flour
- 1 egg
- ½ teaspoon nutmeg
- Unsalted butter
- 1 cucumber
- 2 tablespoons vinegar
- 2 teaspoons sugar
- A pinch of salt and pepper

This is how you make it

Preheat the oven to 180 degrees. Finely chop the garlic and the cauliflower into small florets. Brown the minced meat and cauliflower for 5 minutes. Add the garlic for the last 2 minutes. Season with salt and pepper.

Meanwhile, make the cheese sauce. Melt the butter in a saucepan. Add the flour and stir with a whisk (roux) until smooth. Let it cook for 3 minutes on low heat and then add the milk while stirring. Bring to the boil and cook over low heat for 2-3 minutes, stirring until a thick sauce (bechamel).

Meanwhile, finely grate the cheese. Add the nutmeg and half of the cheese to the bechamel. Stir until the cheese has melted and season with salt and pepper.

Spread half of the potato slices over the bottom of the greased baking dish. Divide the minced meat-cauliflower mixture over this and the rest of the potato slices. Pour over the cheese sauce. Sprinkle with the rest of the cheese.

Put the oven dish in the middle of the preheated oven for 35 minutes until golden brown. If necessary, cover the dish with aluminum foil to prevent browning.

Side dish: Use a cheese slicer or vegetable peeler and slice the cucumbers lengthwise into thin ribbons. Place the cucumber in a bowl. Mix the vinegar, sugar, and salt in a bowl. Add the mixture to the cucumber and serve with the cauliflower dish.

Serving suggestion: Serve with finely chopped fresh flat-leaf parsley!

Combination tip: This cauliflower dish is also delicious with some extra vegetables, such as 200 g finely chopped leek. In the beginning, fry these for 2 minutes on medium heat and then add the minced meat and the cauliflower.

Vegetarian tip: Replace the minced meat for vegetarian minced meat or some extra vegetables!

PANCAKES

Recipe by: Shaila and Aseel

This is what you need (4p)

- 2 eggs
- 400 gr whole grain flour or multigrain flour
- 800 ml milk
- Pinch of salt
- Butter or oil to bake in



This is how you make it

In a bowl, mix the eggs, flour, milk, and a pinch of salt. When all the lumps have disappeared, the pancakes can be baked.

Heat a little butter or margarine in a pan. Wait until the pan is warm and then divide some batter in the middle of the pan with a soup spoon. Move the pan back and forth a little until the batter is spread over the entire pan.

Bake the pancake for about 2–3 minutes until the top is dry. Turn the pancake over and bake it on the other side for another 1–2 minutes.

Combination tip: You can vary endlessly with pancakes! For example, fill the pancakes with some tasty, stir-fried vegetables, or top them with eggplant, tomato, spinach, mushrooms, or cheese. If you feel like something sweet on your pancake, add some fruit, such as banana, strawberry, or apple.

CHICKEN TANDOORI

Recipe from: Lotte

This is what you need (4p)

- 500 gr string beans
- 400 gr whole grain (butterfly) pasta
- 300 gr (vegetarian) chicken
- 80 gr cheese
- Tandoori sauce



Zo maak je het

Cut the chicken breast and fry it. Cut the beans and cook them al dente. Cook the pasta according to the package. Put the string beans and pasta in the pan and add the sauce. Serve it with cheese.

Combination tip: This meal is also delicious with other vegetables, such as broccoli, zucchini, bell pepper and tomatoes. You can also replace the whole grain pasta for chickpeas.

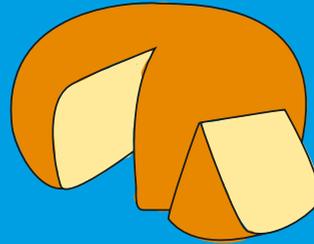
Vegetarian tip: Replace the chicken with vegetarian chicken or some extra vegetables.

PASTA WITH CHEESE

Recipe from: Chinasa

This is what you need (4p)

- 300 gr whole grain penne
- 400 gr red sauce
- 100 gr mozzarella cheese



This is how you make it

First, cook the pasta according to the package. Heat the sauce in a pot. Put the pasta in the sauce and stir well. Sprinkle the mozzarella over it and stir until melted.

Serving suggestion: Tasty and beautiful with some fresh basil and pine nuts!

Combination tip: Add some vegetables to the red sauce, such as bell pepper, onion, tomatoes, mushrooms, zucchini, leek, spinach, carrot you name it!

FUNCHI

Recipe from: Jowi: 'On Curaçao we eat funchi as a side dish. Just like the side dish boiled potatoes in the Netherlands.'

This is what you need (4p)

- 1 tablespoon butter
- 8 dl water
- Salt
- 200 gr yellow cornmeal

This is how you make it

Bring water with salt to a boil. When the water boils, add the cornmeal little by little while stirring. Make sure that the mixture remains boiling and that you keep stirring on low heat (Beware: it can splash).

After 5 minutes, add the butter. When everything is mixed, put the funchi on a wet plate. Cover this with another wet plate.

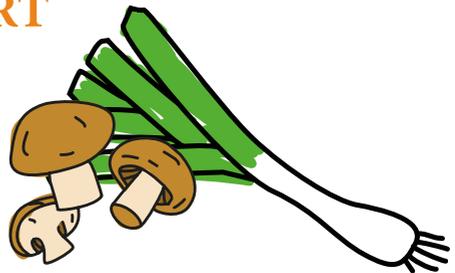
Combination tip: Now you can eat the funchi with a stewed dish or a piece of vegetarian fish!

PASTA WITH YOGURT

Recipe from: Taim

This is what you need (4p)

- 200 gr unsweetened yoghurt
- 300 gr whole grain tagliatelle



This is how you make it

Cook the pasta in the pan according to the package. Then put the yogurt through it.

Combination tip: Add some lemon peel, herbs such as chives, mint or basil and a dash of olive oil and salt to the yogurt. The pasta is also delicious with some extra vegetables, such as fresh chopped spinach, pieces of zucchini, leek, or mushrooms.

EN
JOY
YOUR
MEAL