

2021

2q's Climate Friendly Recipe Book



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Vegetarian lasagna (Anders)



- **Time it takes to prepare**
- All in all, it takes about an hour and 15 minutes to cut everything up and cook it for about 30 minutes in a pot and finish it off in the oven for about 30 minutes.
- The lasagna is for 4 people

About the lasagna

A simple and very easy vegetarian lasagna that anybody can make. Everybody can make this lasagna. It has so many flavors it is unbelievable, you have the spice from the paprika, you have the tomato flavors from the tomato puree and the chopped tomatoes. And to top it all off, it is healthy compared to a normal lasagna. You do not really notice there isn't any meat in there because of the other vegetables. To finish it off I would say that this is a nice change to the normal lasagna.

- **List of ingredients**

2 tbsp of oil
2 onions
2 cloves of garlic
2 carrots
1 squash
1 eggplant
2 cans of chopped tomatoes
2 dl vegetable broth
3 tsp basil (If you do not have basil, you can use oregano, or thyme)
2 tsp paprika
2 tbsp chili sauce (You do not need chili sauce if you don't want it)
Some tomato puree (I used a whole can, but you can decide how much you want)
Salt and pepper
12-16 lasagna plates
The spices you get from the lasagna package

100 grams of grated cheese, for example mozzarella

For the Bechamel sauce you need

40 grams of butter

4 tbsp of flour

4-5 dl of milk

Grated nutmeg

To make the sauce

- You start off by heating up some oil in a pan
- Chop up your onions and garlic and sauté them in the pot till they are clear and golden
- Peel your carrots. Wash the squash and eggplant, then chop them up real nicely to very small pieces, and sauté them in the pot with the onions for about 2-3 minutes
- Add your chopped tomatoes, vegetable broth, spices, and chili sauce to the pot
- Boil your sauce at low heat, and let it simmer for a minimum of 30 minutes, until it becomes thick. Add salt and pepper if it needs it

To make the lasagna

- Put butter all over the pan that you are going to cook the lasagna in
- Put a layer of your sauce on the bottom
- Then a layer of either bechamel sauce or mornay sauce
- Then a layer of your lasagna plates
- Repeat that process two more times.
- Finish your top layer with the sauce and your bechamel or mornay sauce
- Put a layer of cheese on the top.
- After that you put it in the oven and bake it at 200 degrees for about 30 minutes

Tips

- Instead of making a Bechamel sauce, you can use a Mornay sauce instead
- Instead of using the spices from the lasagna package, you can just buy a spice mix and use that or make a spice mix yourself

Chicken and Root vegetables Casserole (Benjamin)

Ingrediens: (4 persons)

700-1000g of chicken breast

900g of mixed root vegetables (carrots, celery, red onions, and parsnips)

20g of butter

140g of tomato paste

2 teaspoons of salt

2 teaspoons of paprika

0,5 teaspoon of curry

5 clove of garlic

1 spoonful of chili sauce



Recipe:

1. Cut the chicken in dice.
2. Melt the butter in a 5L pot.
3. Sear the chicken in the pot with salt, pepper, curry, paprika and garlic.
4. Add 0,5L of water and stir tomato paste and chili sauce in.
5. When its boiling, add all the root vegetables and more water if needed.
6. Let the dish simmer for about 30-40 minutes. While the dish is resting, start up a new pot with water for the rice and cook the rice.
7. When the dish has rested, the rice will be done and you can start serving the dish.

The easy vegetable pasta salad recipe (Camilla)

Time in total: 30 minutes

Servings: 4 servings



A delicious healthy lunch that's very fast to make and taste good! Perfect salad to the summertime and easy to take on the beach in a box.

Ingredients

- 1 pound dried pasta like fusilli or penne
- 2 tsp olive oil
- 1 tsp salt
- 1 cup sliced red pepper
- 1 cup peas
- 1 cup corn
- ½ cup kidney beans
- 3 tbsp red pesto

Blue Mussel soup (Emil)

Serves 4 people as an appetizer.



1 kg. Blue Mussel
1 big onion
1 Bottle of white wine
1 Cooking cream 250 ml.
1 tsp. Salt
1 tsp. Garlic powder
Possibly some carrots

Cut the onions and carrots into small pieces and fry them in a pan.

Pour the entire bottle of white wine and cooking cream in a large pot, add the onions, the carrots, the Salt, and the Garlic powder then bring the pot to a boil.

Rinse mussels and add them when the pot is boiling.

Boil them for 15 minutes, halfway shake the pot forcefully so that the mussels do not stick together.

Then serve it in a bowl and remember to take the meat out of the shell before you eat.

Fried noodles with vegetables and insects (Emilie)

Insects are the food of the future. They are full of protein and rich in essential micronutrients, they are also good for the environment, but in Western societies people feel sick or gag just by the thought of eating insects. But why not try it?

1 hour - 2 servings

12 locusts

100g of noodles

2 garlic cloves

1 onion

½ head of broccoli

3 carrots

Some oil for the frying

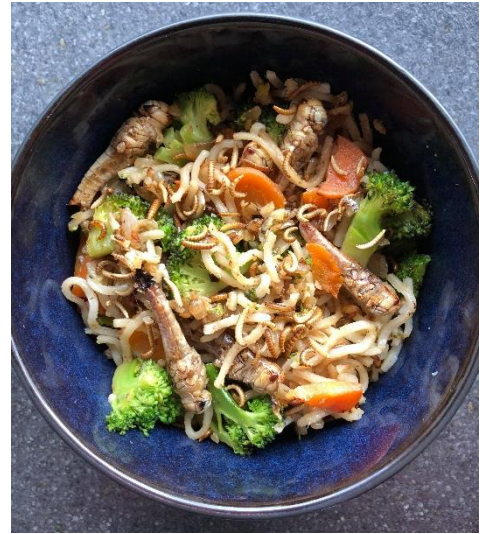
3 tablespoons of buffalo worms

Some oil for the frying

1 tablespoon of light soy sauce

1 teaspoon of sugar

Some salt



Tips:

You don't have to use locusts or buffalo worms, you can also use crickets or mealworms.

And if you want to do more for the environment you can use organic and local vegetables.

1. Peel legs and wings from the locusts. (like on the picture)
2. Boil the noodles in 2-3 minutes and let them cool down.
3. Chop the onion and the garlic cloves finely. Then chop the broccoli and the carrots.
4. First fry the chopped garlic and onion on a pan with the locusts and the buffalo worms until the locusts seems crispy. Then add the chopped carrots and broccoli into the pan and continue frying.
5. Add soy sauce, sugar and salt before the noodles and mix everything together.
6. Fry it for a few minutes and then serve.



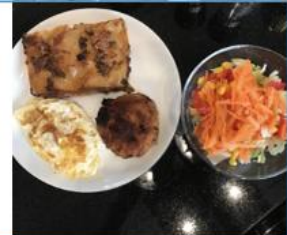
Empty the refrigerator (Emma)

EMMA KONGSGAARD JAKOBSEN

EMPTY THE REFRIGIATOR



I understand that climate-friendly food is getting more and more important. But bear with me because I'm not the most inventive cook. I have gathered the leftovers that I had in my kitchen but jazzed it up by adding different things such as a wonderful egg. It tastes, remarkably, like a whole new dish. Make sure you use most of the ingredients that you already have in your kitchen. It takes about 15 minutes to make.



INGREDIENTS (serves 1)

10g butter, or rapeseed or sunflower oil
1 egg with salt and freshly ground black pepper
whatever leftovers you have (I used 1 rissole and about 250 g lasagna)

To finish (optional)

Take whatever vegetables you have e.g.:

- Cucumber
- Carrots
- Maize
- Red pepper
- Lettuce

TIPS

Leftovers

Think about what you eat at dinner the upcoming days, so the food matches each other in the best possible way.

Freezer

Think about adding something from your freezer that matches the leftovers you're having.

Easiness



METHOD

Pre-heat the oven on 150 degrees

Heat the butter or oil on a small pan over a medium heat and add the egg, after the egg white have turned white, point the egg yolk. After about 4 minutes gently flip the egg. Repeat until it has a bit of a golden surface, about 10 minutes.

Add the leftovers to the oven and leave it in there to the food is warm.

Scrub the vegetables and chop them, put them in a bowl.

Remove the egg from the heat and serv the egg on a plate.

Return to the leftovers and take them out of the oven, finish by placing them on the plate

*Buy food that meets a credible certified standard. Consider RSPCA Assured, outdoor bred, free-range or organic.

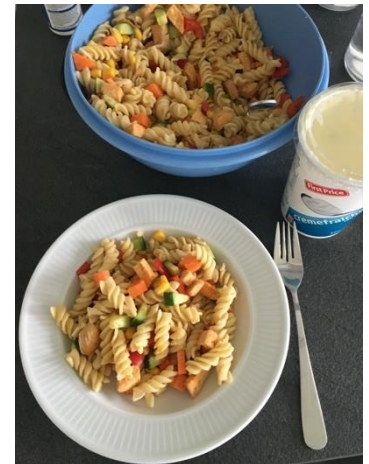
Pasta salad with chicken (Johanne)

- It takes 20minutes.
- 4-5 people.

Using the leftover chicken and salad from dinner and make it into a delicious pasta salad. A super-nice and delicious dish. It can be served for dinner and lunch. In this way, we are helping to reduce food waste.

You will need:

- 350 g. Cooked chicken
- Paprika spice
- 11/2 dl. Oil/margarine
- 400 g. pasta
- 450 g. mixed lettuce (carrot, cucumber, pepper, corn, etc.)
- Salt and pepper



1. Cut the chicken into cubes
2. Put the chicken on a pan and fry them with oil. Season the chicken with paprika (or some other spice). Remove the chicken from the pan after it has a golden brown colour.
3. Cook your pasta in a pot
4. Cut the ingredients for your mixing salad into pieces (if it's not already there)
5. Then mix the salad, chicken and pasta together in a bowl bit by bit (make sure it gets well mixed together)
6. Season the pasta salad with salt and pepper

The dish can be served cold or snug. You may want to serve pasta salad with bread and crème fraiche to. You can also make the pasta salad with other ingredients, depending on the leftovers you have in the fridge.

POTATO POCKET PIZZA (Josefine)

You need

Pizza:

2 teaspoons yeast
3 dl lukewarm water
1 teaspoon salt
½ teaspoon cane sugar
3 tablespoons olive oil + a little extra
500 g wheat flour, if necessary. Pizza flour

1

Stir the yeast into the lukewarm water and add sugar, salt, and oil.

2

Stir in the wheat flour a little at a time and add so much that the dough can be kneaded.

3

Knead the dough well and leave it to rise for a few hours, preferably overnight.

4

Knead the dough through again and divide it into approx. 14 pieces. Roll the pieces into round balls and roll them out with a rolling pin to a diameter of approx. 10 cm.

5

Place the pizza bases on baking paper on a baking sheet.

6

Cut the potatoes into millimetre-thin slices. Feel free to use a mandolin iron.

7

Cover the dough with potato slices and a little flake salt. Drizzle with a little olive oil.

8

Cut the cheese into thin slices and spread them on the pizzas.

9

Put the pizzas in a 250-degree oven and turn down to 225 degrees.

10

Bake the pizzas for 8-10 minutes until golden on the surface.

Fill:

7 medium-sized potatoes
flake salt (Maldon)
1 tablespoon dried thyme
1 tablespoon dried oregano
200 g vegan soft cheese



Quick and delicious taco salad with minced beef (Karoline)

Cooking time

10 min.

Waiting time

10 min.

Total time

20 min.

Recipe for 1 person:

Ingredients:

200 grams of minced beef

0.5 tbsp olive oil

0.5 taco seasoning

1.5 loose tomatoes

100 grams of mixed salad

0.5 avocado

1.5 stalks spring onions

30 grams of salsa

25 grams of sour cream 18%

40 grams of cheddar



Course of action:

This dish is super quick and easy and yet delicious. Start by heating olive oil in a pan and fry the beef. Once cooked through, add the taco seasoning and let it cook for 1 minute. Cut tomatoes into boats, chop lettuce and spring onions, and cut avocado into slices. Serve the plates with lettuce at the bottom, then tomatoes and avocado and minced beef in the middle. Supplement with tomato salsa and sour cream and place the cheddar cheese on or on top of the meat.

Final assessment of the court:

Do you miss easy food with lots of dietary fiber? Here you get it. The taco salad is extremely easy, quick and healthy. In fact, it is almost served when the meat is fried on the pan, which only takes a moment. A super good dish!



Potato pizza (Katja)

2-3 pers. (about 30 minutes)

Delicious creamy potato pizza, easy and cheap. Not only does it taste good, but it's also vegan, so we're Klima conscious.

Reviews: 4/5 stars

Easy delicious dish that most people can make. If you like potatoes this is just right for you! It's really just a cheese pizza with potatoes! Yummy!

Ingredients

- Pizza dough (you can make one yourself or buy a ready-made one that I have chosen)
- Potatoes (5-6 potatoes)
- Oil (the one you prefer) I used olive oil. (so, all the potatoes are turned in oil)
- pizza cheese (100-150 grams)
- Mozzarella (125 grams)
- spices (use the ones you prefer) I chose to use oregano, thyme, garlic and chili flakes (I take a teaspoon of each)
- Must be baked in a preheated oven at 200 degrees for about 25-30 min.

Tip: If you are not into potatoes, you can always try other vegetables

Obs. If you want meat on it, you can always put beef on! However, the pizza will not be climate friendly and vegan.



Bulgur salad with bean mixture (Katrine)



If you want a healthy lunch, with both good fiber and protein - this dish can be recommended. Quick and easy recipe that satisfies incredibly well. It only takes about 20 minutes!

Ingredients (servers 1)

- 100 g bulgur
- 2 teaspoons "ANKFOND", with a taste of duck
- 1 tablespoon of rapeseed oil
- 150 g bean mixture on frost
- salt, pepper and oregano

Method

Fill a saucepan half full of water and add a little salt.

Let it boil.

When the water boils, add 2 teaspoons "ANKFOND", with a taste of duck.

Let it boil again until it bubbles slightly.

Rinse 100 g of bulgur in water, then strain the water into a sieve.

Put the bulgur in the boiling water and cook for 10 minutes until tender. Remember to stir it a little.

Fry 150 g bean mixture on a pan and add salt, pepper and oregano to taste.

Fry them on the pan until the greens are slightly light brown.

After the bulgur has boiled for the 10 minutes, pour the water from the bulgur into the sieve and mix it all together on a plate.

Cookies!

Recommendation: You can always add other vegetables, feta cheese and chicken, as desired!

Sustainable and Omelet with red pesto and spinach scalloped in cream (Kristian)

Who come first the chicken or the egg. Another talk is omelet. Omelet is a dish you can eat at breakfast, lunch, or supper. An omelet is a simple dish. You can eat it every time, put what you want in and it's saturate good. If you want an omelet with spices and vegetables, then try my omelet with red pesto, Thyme and spinach scalloped in cream. Try this recipe and enjoy a comfortable meal.



Time: 35 minutes

Persons: 2-3 people

Level: easy

You need:

5 eggs from your local egg dealer

1 tomato if you have one to scrap

Check pattern of 1 snack-pepper

75 gram of Spinach scalloped in cream

2,5 dl of milk

A handful of thyme leaves from your garden

Salt and pepper after your taste

A half deciliter cream

1 tablespoon. Husk

1 shape for the omelet

Fittings:

Red pesto

Spinach scalloped in cream

Decoration:

A pair of sweet basil leaves

1: take your tomatoes and slice it up l big slices and lay it on a plate

- 2: go in your garden and scraps a little handful thyme
- 3: take the thyme and shaft the leaves of and put it into a bowl
- 4: take the snack-pepper and turn it into check patterns and put it together with the basil and thyme
- 5: take the eggs and put them into the bowl with thyme, pepper and basil
- 6: put the 2,5-dl milk into the bowl with egg, thyme, basil, and pepper
- 7: put some salt and pepper in the eggs, milks, and spice after your taste
- 8: put 1 tablespoon. Husk in the mix
- 9: put It into a shape and put it in the oven on 200 degree Celsius.
- 10: when the omelet is in your oven take the spinach and wash it
- 11: warm a pan and put the spinach on
- 12: when the spinach's water is out taking the cream and put I over (whisp it instantly)
- 13: let it in the pan
- 14: scrap a pair of basil leaves and decorate the omelet with it when it's done.

Now is the omelet done. Hope you enjoying.



Tip: you can put all in the omelet. You can put some meat and other vegetable in the omelet. You can also try green pesto instead of red pesto 🤩 😊

Sausage bread rolls (Kristinna)

Homemade and easy sausage bread rolls with soft and airy dough - always sure success in children and childish souls. Sausage horns are good outdoors and at home, cold and warm - they should probably arouse enthusiasm wherever they are served. Bake delicious sausage horns for the freezer, then there is help for the little hunger in time.

Ingredients (24 pieces)

50g butter
A half of a liter milk
50g yeast
1 teaspoon salt
800g flour
12 sausage

Method

Melt the butter in a pan and add the milk. Pour the mixture into a bowl and stir out the yeast.

Add the other ingredients. beat the dough well together.

Cover the bowl with, for example, a lid and place the dough in a warm place for about 1 hour.

Take the dough out on a floured table and knead it well.

Roll out the dough to a leading edge (about 25 x 40cm) and divide the dough on the long joint. Cut each piece of dough into three squares. Divide each square diagonally so that they each form 2 triangles.

Divide the sausages in half and roll the dough around the sausages before the wide end.

Place the sausage bread rolls with the tip facing down on a baking sheet with parchment paper and let them rise covered for about 15 minutes.

brush the sausage bread rolls with water. Bake them in the middle of the oven - until golden.

Baking time

About 20 minutes at 200 degrees.

Tips

Top the sausage bread rolls with sesame seeds or put some ketchup inside them.



Recipe for beetroot-parts with brown bread (Laura Hedegaard)

Try this well tasty vegetarian meal. Based on Climate-friendly ingredients. It is very easy to prepare and cook. The meal has a juicy and have beautiful colors.

1 ½ hour



Ingredients:

- ❖ 300gram long seasonal beetroot's
- ❖ 2 locally grown potatoes
- ❖ 2 locally grown Carrots
- ❖ (Optional a bite of celery root in your recipe).
- ❖ ½ locally grown Onion
- ❖ 2 tbsp whole grain flour
- ❖ 1 tsp Salt
- ❖ ½ tsp Pepper
- ❖ 0,75 dl cream
- ❖ 2 eggs
- ❖ Rapeseed oil

Accessories:

- ❖ 4 Brown bread
- ❖ ½ handful Chives
- ❖ Some pieces of Cucumbers
- ❖ Leftovers of potatoes



Description

Find all the things you need to make this meal, look at the ingredients above. Peel the beetroots, potatoes, and carrots. After that roughly grate them on a grater. Put the vegetables in a medium bowl. Cut the onion in small pieces and added to the bowl. Measure the whole grain flour, salt and pepper, and the cream. Hatch the eggs. Added to the bowl.

Find a ladle and stir the blending well. Taste it and add some salt and pepper if it needs more flavor. The blending will not be stick as meat farce. Put the bowl in the refrigerator, while heat a pan with oil. When the pan is getting hot, take the bowl out of the refrigerator.

Turn down to medium heat. Form some of the mass with a tablespoon, as best you can. Is not easy when the mass is not like meat farce. Lay the beetroot ball on the pan, turn them over when they feel firm. Add some oil, among making them to avoid they get dry.

In the meantime, find brown bread, a handful chives, cut some cucumbers into sticks. add some potatoes leftovers to the meal.

When the beetroot parts are done, serve it.

TIP: Add the beetroot-parts in your favorite burger/sandwich, instead of meat.

GREEN VEGAN SANDWICH (Line)

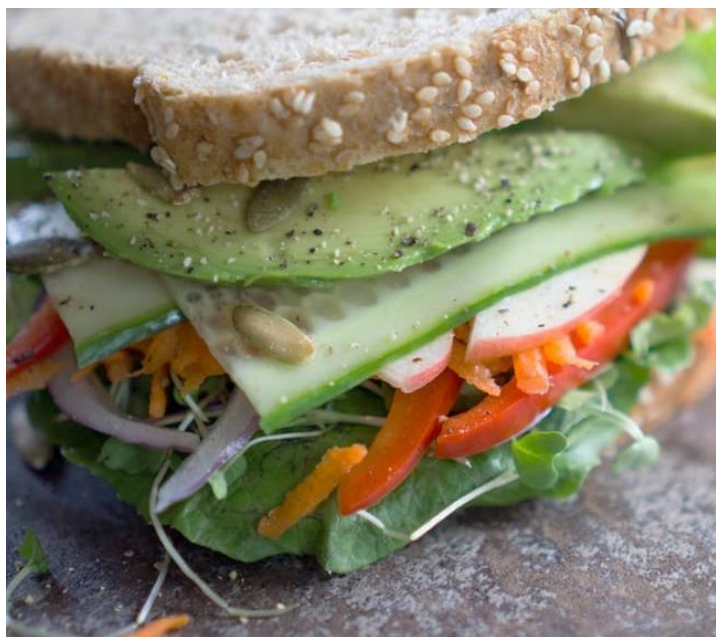
Published: Feb 10, 2021 / Author: Line Brogaard

<i>Prep Time</i>	<i>Total Time</i>	<i>Servings</i>
15 min	15 min	1

Sandwiches! Who doesn't love them? A filling and tasteful lunch that are easy to make. Make this vegan sandwich and do a favor for the animals and climate. No need to add meat, I promise you won't miss it. This is my take on a vegan sandwich, packed with fresh vegetables and an explosion of taste.

INGREDIENTS

- 2 slices of bread
- 3 tbsp hummus
- ¼ lettuce head, sliced
- ½ red bell pepper, sliced
- 1 carrot, shredded
- 1 red onion, sliced
- 1 radish, sliced
- ¼ cucumber, sliced
- ½ avocado, sliced
- 2 tsp pumpkin seeds
- 1 pinch salt
- 1 pinch pepper
- 1 tsp lemon juice (optional)



INSTRUCTIONS

- Lay down the two slices of bread and spread an even layer of hummus on each.
- Now to the greens. Start with the lettuce and work your way up. Place the bell pepper, the shredded carrots, sliced red onions, the radish slices, and the cucumber slices.
- Before adding the avocado slices, pour over 1 tsp of lemon juice. Then add a pinch of salt and pepper to the avocado
- Sprinkle with some sunflower seeds, and place the last bread slice on top
- Enjoy!

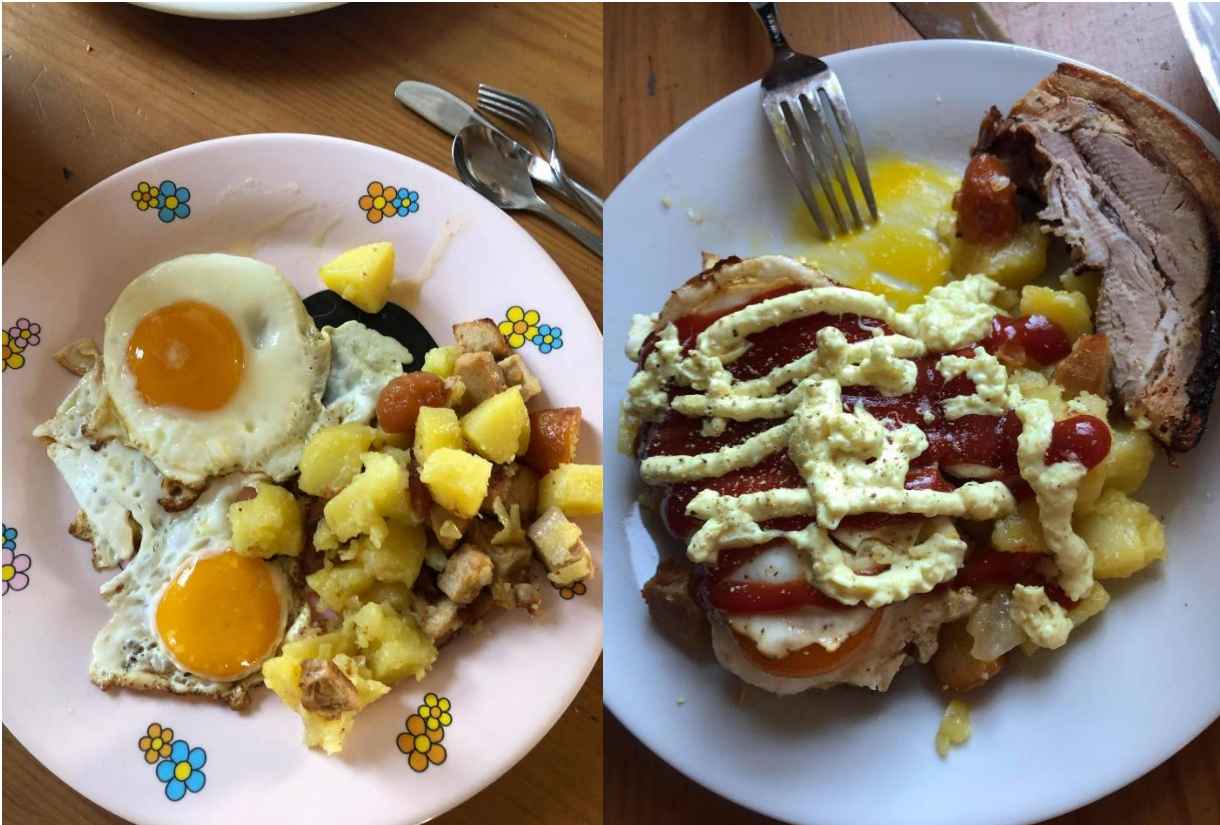
TIPS AND SWAPS

Use whole grain bread for a healthier option

Any spread will do. Try beetroot hummus (Its good!)

Use whatever vegetables you have laying in your fridge.

Hash(Natasha)



- Time: 35 minutes
- Persons: 4-5 persons
- Level: Easy

Ingredients:

- 3 onions
- 500 g fried pork roast
- 1 kg boiled potatoes from the day before
- 100 g butter
- 1 teaspoon salt
- 1 teaspoon pepper

Extra:

- 4 eggs
 - Ketchup
 - Remo
 - Brown sauce from the day before
-

Course of action:

1. The onions are peeled and cut into small cubes.
2. Cut the potatoes and the fried pork roast into small cubes.
3. Brown the onions, then the meat and finally the potatoes.
4. Mix onions, meat and potatoes together and taste with salt and pepper.
5. Serve the hash in a dish and serve with fried eggs, ketchup and remo

Burning Love (Patrick and Peter)

Ingredients:

0.5kg potatoes
50g butter
50g bacon
1dl milk
1 onion
Dried apple squares (?)
Salt & pepper



How to make it:

Fill up your pot with water, peel your potatoes and dice your onion.

Start boiling the potatoes and when they are done, stop boiling the potatoes.

Put the potatoes in a bowl and start mashing them with a fork or something else.

While you are mashing the potatoes, put in the butter, milk and seasoning.

You can put however much you would like in there.

Start searing your bacon on your pan until they are crispy (not charcoal), then put them on a paper towel to dry off the excess fat. That way they get crisper.

Put the onions in the pan until they get soft and golden brown.

Assembling:

Put the mashed potatoes in a bowl (or on a plate), then take your onion and bacon, and put it on top of the potato mash.

And then finish it all off, by putting your dried apple squares on the top of it all.

And that is how you make Burning Love.

Peter Rønn Lehmann Jensen and Patrick Riske Geertsen

This classic pie is a good choice, if you have small amounts of leftovers in the fridge, but don't know what to use it for. You can pretty much use all kinds of vegetables, as long as they are not too watery.

The pie can be eaten for lunch as it is, or for dinner, with a simple salad on the side.



Egg & leek pie (Semso)

Portions: 4-6 | Cooking time: 50 min

INGREDIENTS

Egg mixture

4 eggs

100ml milk or cream

1 tsp salt

½ tsp pepper

Filling

Use whatever leftover vegetables and meat available to you. In my case I used:

¼ of a broccoli head

1 tomato

½ leek

100 grams ham

Pie crust

I bought a premade wholemeal pie crust on sale, that was about to expire. But I have provided a recipe for a similar pie crust.

50g whole meal flour

125g AP flour

100g butter

3 tbsp water

1 tsp salt

DIRECTIONS

Preheat your oven to 180 c

PIE CRUST

In a foodprocessor, combine the flours, salt and butter, and process, until the butter is broken up into small pieces. While the machine is on, slowly drizzle in the water, and process until a dough ball forms. Leave the dough to rest for 5 minutes, then roll it out, and press it out into a pie dish. Prick it with a fork and bake the crust for 10 minutes.

FILLING

Cut all your vegetables in small similar chunks, and fry it on a pan for 5 minutes over medium heat, then add in your meat and warm it through.

EGG MIXTURE

Crack your eggs in a bowl. Add milk, salt and pepper, and whisk it all together.

Once the crust is baked, spread out the filling and the egg mixture on the crust.

Bake in the oven at 180 c for 25 minutes.

Wok Shrimp with Carrots, Onion, Garlic & Basmati Rice (Søren)



A simple and easy exotic Asian-style seafood wok dish, with rice, carrots, and rich seafood sauce. Perfect for the colder months where the soul needs a little something special and the tongue something hot and spicy to fight the icy cold winds outside. The dish is very open-ended when it comes to ingredients, and it is encouraged to experiment and look for new ingredients to add and try, perfect for couples and families who love cooking together. Can be eaten as a quick lunch, a cosy dinner on the couch or a fancy dinner when you need to show off to the neighbours, and the best part, it's environmentally sustainable, most of the ingredients can be found in your very own garden, and the rest easily acquired through world-friendly shopping at your local store (Keep an eye out for ASC certificates and Organic / Eco-Friendly products).

Servings: 2 - 3.

Prep & cook time: 20 minutes.

Ingredients:

- 40 grams of regular unsalted butter.
- 2 big carrots.
- 1 small onion.
- 4 cloves garlic.
- 200 - 250 grams of tiger shrimp, peeled (ASC Certified).
- 2 spoons of oyster sauce.
- 1 spoon of soy sauce.
- 1 teaspoon of pepper.
- 250 grams of Basmati rice.
- Sweet chili sauce (optional).
- Hot & spicy sriracha sauce (optional).

Directions:

Remove all the (ASC certified) Tiger Shrimp from their shells and discard the heads, be sure to give the shrimp a quick rinse and set aside in a bowl.

Cut the carrots into planks, to do this, cut them in half by length, then cut out around 3mm thick planks from each half.

Dice onion and garlic, size doesn't matter, small or large pieces are equally as delicious.

Heat up 40 grams of butter in a wok, wait until fully melted and beginning to froth.

Drop in Onion, Garlic & Carrots, fry until lightly browned.

Drop in Tiger Shrimp, then two spoons of Oyster Sauce, one spoon of soy sauce, one teaspoon of pepper and begin agitating the food. Cook for 10 minutes and set aside.

Rinse the rice until water is no longer milky to remove starch.

Drop rice in rice cooker and let it cook until finished, serve.

Top with sweet chili sauce or sriracha sauce for a little extra 'oomf', enjoy.

Options and Variations:

If vegan, shrimp can be replaced with tofu or plant-based meat replacements.

If allergic to oyster sauce, bean paste can be used instead with a dash sugar.

Carrots can be replaced with all sorts of vegetables, notable favourites are: Mushrooms & Broccoli.

For a special twist: If there are left-over boiled potatoes in the fridge, cut them into bite-sized cubes and toss into the wok with the rest to find a whole new level of 'OOMF'.



Potato pizza (Signe)



The potato pizza is easy to make the recipe is for 4 people the ingredients make the pizza climate friendly. Very delicious and crispy pizza It can be served for dinner and lunch.

It takes 30 minutes

To 4 people

Ingredients:

2 rolls pizza dough

300g - 350g Potato

150g Grated cheese

2 dl Sour cream

Olive oil

Salt and pepper

1. Pre-heat the oven on 250°
2. Peel and cut the potato in thin slices
3. Unfold the pizza dough
4. Smear the sour cream spread it on the dough
5. Arrange the potato slice on the pizza
6. Arrange the grated cheese on the pizza
7. As the last step arrange the salt, pepper and dripping the oil on the pizza

Bake the pizza in the oven for 10 minutes.



Write a Recipe.

I will make a delicious pasta salad with focus on no meat.

Pasta salad from what you have in the fridge- without meat (Tonje)

INGREDIENTS. (serves 4)→
30 minuts

- Pasta (300 g)
- 1 Pepper(plante)
- ½ Cucumber
- 1 Avocado
- Teaspoonful Salt
- 3 teaspoonful Pesto
- Pineapple (50 gram)
- 3 Tablespoonful Sour
Creme

Method

1. Come pasta in pot and let it boil (7-9 minutes)

2. Cut the vegetables I into cubes.
3. Put the pasta in the fridge.
4. Put all the vegetables from the ingredients list in a bowl a mix it all.
5. Take a small bowl and put sour creme in together with some pesto and mix it.
6. Come pasta in the bowl with all the vegetable.
7. Come pesto-dressing in the same bowl and mix it.



Super tomat soup! (Laura Schmuck)

Here is what you are going to use:

1 kg tomatoes (possibly on a stem)
1 red onion
3 cloves garlic
2 tablespoons oil
2 teaspoons thyme
2 teaspoons cane sugar
1 tablespoon sour cream 18%
salt
pepper
Suggestions for accessories: rye bread croutons
3 slices of rye bread
oil
salt
Serving suggestions
Possibly. sour cream
Possibly. fresh basil/ or persil.

Place the tomatoes in a dish - leave the stems on if you are using tomatoes on the stem. Peel red onions and garlic, and cut them into large pieces. Spread onion and garlic between the tomatoes. Pour oil over, and sprinkle with thyme and sugar. Bake the tomatoes at 160 degrees for 1 hour - you can bake them for a shorter time, but then you have to increase the oven heat.

Remove the stems from the tomatoes and pour all the contents of the dish into a blender - you can also use a stick blender, then simply pour the contents into a saucepan. Blend the soup thoroughly so that there are no lumps in. Stir in the sour cream and season with salt and pepper. Serve the soup immediately, or heat it through in a saucepan.

