

committee

sustainability


event

event



sustainability

committee



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who are we?



Greetings from the Sustainability Event Committee 2021-22 of TeMa. If you are reading this, then you must have already gotten to learn about the sustainable cookbook! This year onwards we want to encourage change in habits to help all people within and associated with TeMa to become sustainable in their daily life. "What better way than food to propagate that change!" we thought since it's so integrated in our lives. And as a result, we proposed sustainable recipes that are put together in this book. We hope that over the years this book will see some great additions and serve as a go-to guide for student friendly sustainable cooking.



TIPS & TRICKS

Do's & Don't's

/ What is in the season?

You want to change your eating and if you want to eat more sustainably, one of the most effective strategies is to reduce your food's carbon footprint by eating seasonally and locally. You'll receive the freshest, finest produce while reducing your environmental impact by eating in season. It's a win-win situation!

If you want to use more seasonal vegetables, below is a table that shows which vegetables are in the current season.



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichoke												
Asparagus												
Aubergine												
Beans												
Beetroot												
Bell pepper												
Broccoli												
Brussel Sprouts												
Cabbage, Red												
Cabbage, Savoy												
Carrots												
Cauliflower												
Celery												
Chilli												
Courgettes												
Cucumber												
Fennel												
Kale												
Lettuce, Iceberg												
Lettuce, little gem												
Peas												
Potatoes												
Radish												
Shallot												
Spinach												
Spring Onions												
Sweetcorn												
Tomatoes												

STARTERS

Beet Carpaccio with Walnuts

Ingredients

4 pre-cooked red beets, or 4 raw beets and cook them for 30 - 40 minutes to make it more sustainable

100 grams cherry tomatoes

4 tbsp walnuts

160 grams of rocket salad

80 grams soft goat cheese

4 tbsp cream balsamic vinegar

Pepper and salt

Instructions

1. Slice the beet into very thin slices. You can do this with a sharp knife or you can use a mandolin or cheese slicer. Cut the cherry tomatoes in half.
2. Roast the walnuts in a dry frying pan.
3. Divide the beet slices over four plates and distribute some arugula over them.
4. Finish the beet carpaccio by dividing the balsamic vinegar, walnuts, goat cheese, and cherry tomatoes over it.
5. Finish your dish with some salt and pepper.

servings

4

prep time

20

min

cook time

20

min



Zucchini & Broccoli Soup

/ ingredients

1 broccoli
1 zucchini
1 yellow onion
2-3 cloves of garlic
750 ml water
1 vegetable stock cube
Pepper and salt
Chilli flakes (optional)
Creme fraiche (optional)

servings

4

prep time

10
min

cook time

20-25
min

1. Cut the broccoli into small florets, roughly chop the onion and zucchini, mince the garlic.
2. In a large soup- or sauce pan, add oil and fry until hot, add the onion and garlic, cook until fragrant, about 1-2 minutes. Add broccoli and zucchini and cook, about 6-7 minutes.
3. Add the water and the vegetable stock cube, bring up to a boil. Once boiling, bring down the heat to medium-low, cook vegetables until soft, about 15 minutes.
4. Mix the soup using a (hand-held) blender, bring heat to low and leave on for 5-10 minutes, stirring occasionally. Add pepper and salt to taste. Taste, if needed, add additional spices.
5. Divide soup over smaller bowls. If you so wish, add half a tbsp of creme fraiche to each bowl. Bon appetit!



Vietnamese spring rolls

/ ingredients

1 egg
2 carrots
1 red bell pepper
4 rice sheets
50 g rice noodles
1 hand of Romaine lettuce
1 spring onion
Pepper and salt
1/2 lime
3 tbsp soy sauce
2 tbsp sesame oil

/ directions

1. Beat the egg with a pinch of salt and pepper and fry it in a pan to make an omelette. Then prepare the rice noodles according to the package.
2. Cut the carrot, red bell pepper and omelette into strips.
3. Fill a large bowl (or skillet) with warm water (not boiling) and dampen a tea towel. Put a rice sheet briefly in the hot water until the sheet feels limp, then remove it and place it on the tea towel. Fill with the romaine lettuce, carrot, rice noodles, red bell pepper, omelette, and a little of the spring onion, but keep a little space open at the top and bottom so you can fold that.
4. Fold closed like a burrito, the top and bottom first inwards and then slap one side (not too) tightly over the ingredients and roll on until the spring roll is rolled up.
5. Make the sauce by mixing lime juice, soy sauce, and sesame oil. Dip and enjoy!

servings

4

prep time

15

min

cook time

15

min



Honey Chilli Potato

/ ingredients

4 potatoes	
1 tbsp oil	3 tbsp honey
3 - 4 cloves of garlic	1 tbsp chilli flakes
1 Spring onion twig	1/2 tbsp salt
1 tbsp soy sauce	1/2 tbsp pepper
1/2 tbsp ketchup	1/2 tbsp white sesame seeds

/ directions

1. Chop potatoes into long French-fries pieces. Air-fry them for 10 minutes at 400 degrees Celsius. Or put them for 30 minutes in a preheated oven at 200 degrees celsius.
2. Next mince the garlic and chop the spring onions into small pieces.
3. Heat up a frying pan with 1 tbsp of oil. Once the oil is hot, add the chopped garlic, spring onion, and fry for 2-3 minutes on medium heat.
4. Then add the soy sauce, ketchup, honey, salt and pepper to the pan. Stir-fry for another 3-4 minutes.
5. Finally add the air-fried or oven baked potatoes to this mixture in the pan and let it be coated well. Also add sesame seeds at this stage. After 2 minutes, turn off the heat.
6. Serve it with some garnish of green onions on top.

servings

4

prep time

15

min

cooking time

1.5

hr



Bruschetta

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1/2 red onion

8 medium-sized tomatoes

2-3 cloves of garlic

6-8 leaves of fresh basil

30 ml of balsamic vinegar

60-80 ml of olive oil

Pepper and salt

1 Ciabatta bread

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1. Finely chop the onion, cut the tomatoes into small cubes, put tomatoes in a bowl, mince the garlic into small pieces, and finely chop the basil.

2. Drain the excess moisture from the tomatoes, put in a large bowl and add the onions, garlic and basil. Mix but be careful not to break-up the tomatoes too much.

3. Add the balsamic vinegar, olive oil and pepper and salt to taste. Mix again. If you have time, cover the mixture with a plate and let it sit in the fridge for up to an hour.

4. Slice the ciabatta bread diagonally into 10-12 thick slices and lightly toast them until light brown on both sides. Serve the mixture on the warm slices of bread. If you prefer the mixture at room temperature, remove from the fridge half an hour before serving.

servings

4

prep time

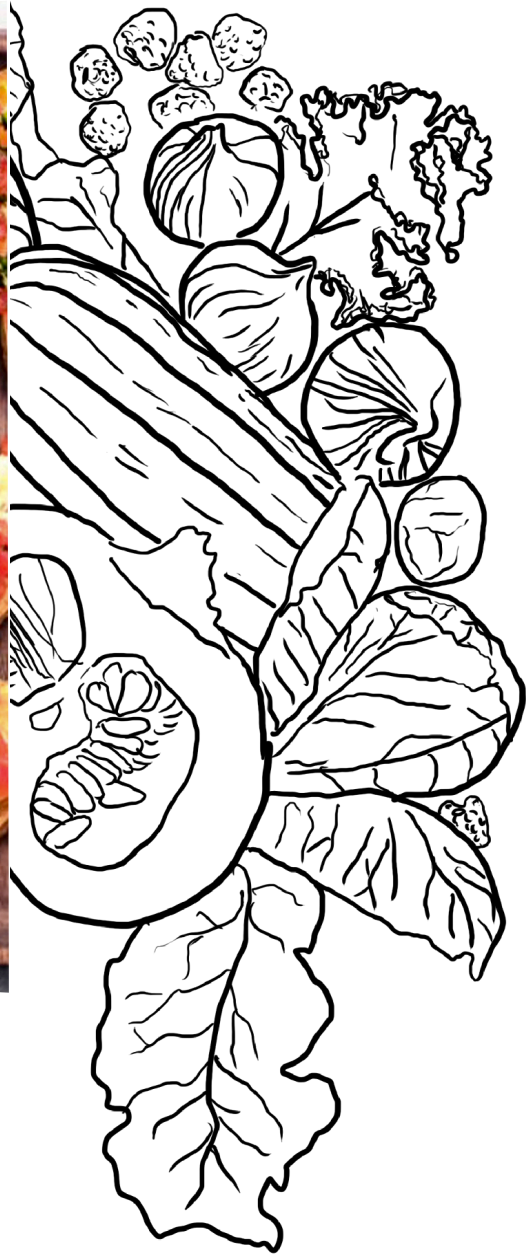
15

min

cook time

15

min



/ tips

1. If you do not have balsamic vinegar in your house it can be skipped, but it is a highly recommended addition to the recipe.
2. The excess tomato water can be stored in the fridge to be used in plenty of other ways, for example:
vinaigrettes, salad dressings and cocktails!

MAINS

Open Lasagna with spinach

/ingredients

16 lasagne sheets	4 tsp Italian herbs
600 g fresh spinach	2 onions
500 g ricotta cheese	2 garlic cloves
60 g parmesan cheese	6 tbsp pine nuts
800 ml tomato sauce	4 tbsp olive oil

/directions

1. First, make the sauce; chop the onion and garlic. Fry these in a pan with oil. Add the tomato sauce and season with Italian herbs and a small pinch of salt and pepper.
2. Heat another pan with a tablespoon of oil and add the spinach and stir-fry for a few minutes until it begins to shrink slightly.
3. Toast the pine nuts.
4. Boil a large pan of water and add 2 or 3 lasagna sheets and cook until al dente. Repeat a few times until all the lasagna sheets are cooked.
5. Drain the lasagna sheets, do not lay them on top of each other otherwise, they will stick together.
6. Place a lasagna sheet on a plate, spoon some of the tomato sauce on top and divide a little spinach over it. Spoon about 2 tablespoons of ricotta on top and sprinkle with a few pine nuts and a little Parmesan cheese. Cover with a lasagna sheet. Repeat a few times until all the lasagna sheets are cooked.
7. At the last, sprinkle the open lasagna with some Parmesan cheese and basil leaves.

servings

4

prep time

15

min

cooking time

1.5

hr



If you are afraid that the dish will already cool down while putting it together, make sure you preheat the plates. Place several plates on top of each other in a preheated oven at 80° degrees for about 10 minutes. Turn off the oven and leave the plates in the oven until you need them, otherwise they will also cool down very quickly. Make sure you only use ovenproof plates.

Parmesan cheese contains animal rennet so this recipe is not 100% vegetarian. Replace it with an aged or ripened cheese with vegetarian rennet or try a vegan cheese.

Chikpeas Burger with Cucumber Salsa

servings
4

prep time
45
min

cook time
45
min

1 400 grams chickpeas
2 red onions
4 garlic cloves
2 tbsp barbecue sauce
6 tbsp flour
1 tsp cumin powder
1 tsp paprika powder
pinch of chilli powder
Pepper and salt
4 hamburger buns
Barbecue sauce
Some lettuce
2 tomato
1 carrot

Cucumber salad (for over the burger)

200 g Greek yoghurt
2 tbsp mayonnaise
2 tbsp lemon juice
1 cucumber
2 tbsp fresh chives
1 tsp garlic powder

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1. Rinse the chickpeas and drain. Chop the onion and garlic finely. Heat a pan on the fire with some oil and fry the garlic and onion in it for about 5 minutes until golden brown.
2. Put the chickpeas in a bowl and use a fork to mash them. This may also be in a blender or with a hand blender. They do not have to be completely fine but there may be some coarse pieces in them. Now add the fried garlic and onion to the chickpeas along with the barbecue sauce, flour, cumin powder, smoked paprika, chilli powder, pepper, and salt. Mix until cohesive and set aside.
3. Now make the cucumber salad. To do this, slice the cucumber very thinly or use a mandolin/cheese slicer to cut thin slices. Finely chop the chives. In a bowl, mix the yoghurt with the mayonnaise, lemon juice, cucumber, chives, garlic powder, and a pinch of salt.
4. Form 4 burgers from the chickpea mixture and fry in a pan with oil or butter until brown on both sides. Turn the heat down low and leave on the heat for about 10 minutes to cook the insides. Turn regularly. You can also fry them on the BBQ, then grease them well with oil and make sure they do not get too dark while frying.
5. Cut the buns in half and spread with some barbecue sauce, top with the burger, the cucumber salad, some lettuce, tomato slices, and carrot.



/ d i r e c t i o n s

Quick & Easy Curry

/ ingredients

300 grams rice	2 tsp coriander powder
30 grams oil	4 tsp curry powder
Fresh coriander	2 tsp salt
4 cm ginger	2 tsp pepper
1 well-sized onion	50 ml water
3 garlic cloves	150 grams tomato paste
500 grams seasonal vegetable	400 ml coconut milk
20 grams brown sugar	400 grams chickpeas
2 tsp cumin powder	200 grams cherry-tomatoes

/ directions

1. Cook the rice according to the package instructions.
2. Mince the coriander, ginger, onion and garlic. Clean and cut the vegetable of your choice. Rinse the chickpeas a few times.
3. Heat up a (large) frying pan with 4 tbsp of oil. Put coriander, ginger, onion, garlic and oil in a pan on medium heat for 2 minutes. Then, add the salt, pepper, sugar, cumin, cardamon and curry, and heat for another 2 minutes.
4. Add water, tomato paste and coconut milk, let it cook for 15 minutes on low heat. Add chickpeas, cherry-tomatoes, and vegetables of your choice, and cook for another 10 minutes.
5. Serve the rice and the curry separately or mix them together. Garnish with fresh coriander.

servings

4

prep time

10
min

cooking time

30
min



Vegetarian Bolognese with Walnuts & Lentils

/ ingredients

2 tbsp (extra-virgin) olive oil	1 680 gram jar marinara sauce
130 gram Carrots	240 ml red wine
130 gram celery	2 tsp garlic powder
130 gram yellow onion	2 tsp Italian seasoning
6 garlic cloves	2 tsp black pepper
130 grams raw walnuts	1 tsp sea salt
130 grams dried lentils	450 grams tagliatelle (or your favourite pasta)
1 L vegetable stock	(vegan) Parmesan cheese (optional)

/ directions

1. Finely chop the carrots, mince the celery and finely mince the yellow onion, finely chop the walnuts and rinse the lentils.
2. Heat the oil in a large saucepan over medium heat. Once the oil is hot, add the carrots, celery and onion; cook until softened - about 6 minutes.
3. Add the garlic and cook until fragrant - about 1 minute.
4. Add walnuts and lentils, stir to combine. Add the marinara, stock, wine, garlic powder, Italian seasoning, pepper and salt. Stir to combine, increase the heat to bring up to a boil. Reduce heat to medium-low and, while stirring occasionally, cook until sauce thickens and lentils are soft to your liking, about 35 minutes.
5. Blend 2 cups or 0,5 L of the sauce in the blender until smooth. Return blended sauce back to the pan and stir. Taste and add salt if needed.
6. Serve using favourite pasta, optionally topped with Parmesan cheese.

servings

8

prep time

30

min

cook time

55

min



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Serve this pasta with thick spaghetti types of pasta like tagliatelle or pappardelle. If you have your favourite leftover pasta, this can be used.

Flexible Sesame Garlic Noodles

Ingredients

1 pack (4 servings)
noodles of your own
choice (e.g. wok
noodles)
4 cloves of garlic
2 fresh (leftover)
vegetables - see tips
(optional)
1 cm ginger
4-6 green onions
4 tbsp (light) soy sauce
4 tbsp oyster sauce
1 tbsp rice vinegar
1 tbsp brown sugar
(optional)
1 fresh spanish pepper
or 1/2 - 1 tsp of chilli
sauce (e.g. sambal or
sriracha)
60 ml water
2 tbsp sesame oil
1 tsp of sesame
seeds

Instructions

1. In a large pot of boiling water, cook noodles according to the package, about 3-4 minutes; drain well.
2. Cut vegetables of choice, cut the pepper, mince garlic, freshly grate ginger and cut the green onions; set-aside
3. Using a small bowl, whisk together soy sauce, oyster sauce, rice vinegar, brown sugar, fresh pepper (or chilli sauce) and water.
4. Heat sesame oil in a large pan over medium heat.
5. Stir in garlic and ginger until fragrant, about 1 minute.
6. Stir in vegetables of choice and bake, about 3-4 minutes.
7. Pour in the bowl of sauce and simmer for 3-4 minutes. Stir in cooked ramen noodles until heated through and evenly coated in sauce, about 3 minutes.
8. Garnish with green onions and sesame seeds.

servings

4

prep time

10

min

cooking time

15-20

min

calories

383



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1.

For the vegetables or choice, preferably take Asian Kitchen-inspired vegetables, think carrot, paprika, bak choy, sugar snaps or different types of mushrooms.

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The recipe is well-suited for leftover vegetables.

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A large wok can be a good substitute for the large pan.

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Indian Spinach Rice with Raita

servings
1

prep time
45
min

cook time
45
min

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65 gms basmati rice

130 grams spinach

1 red Onion

1 tomato

1-2 coriander leaf twigs

2-3 cm ginger

2-3 garlic cloves

1 tbsp cumin seeds (Optional)

1 stick cinnamon (Optional)

2 bay leaves (Optional)

65 gms greek yogurt

1/2 tbsp garam masala (Optional)

1/2 tbsp chat masala (Optional
but highly recommended)

1/2 tbsp salt

1. Start with washing the 1/2 cup basmati rice thoroughly and keep it aside. Then chop the spinach roughly into small pieces. Next dice the onions and tomatoes into small pieces. Mince the garlic and ginger at this stage as well. Lastly, finely chop the coriander leaves. Set everything aside for about 5 minutes until golden brown.



2. In a pan add 2 tbsp oil and let it heat it up and then add the whole cumin seeds, cinnamon stick and bay leaves to it and let it fry for 2 minutes.

3. Then add the finely chopped ginger and garlic to the pan. Next add half of the chopped red onions to the pan. Fry it all until the onions are golden brown.

4. Now add the spinach to the pan. Keep stirring the pan until spinach looks wilted and cooked. At this stage add 1 tbsp salt, 1 tbsp pepper and 1/2 tbsp garam masala. Mix everything well for 30 seconds.

5. Now add the washed and cleaned basmati rice to the pan. Fry for 20-40 seconds on medium heat. Next add 1/2 cup water in the pan and let everything boil on medium-high heat for about 10-12 minutes.

6. Meanwhile make a quick raita to serve the rice with. In a bowl add the Greek yogurt, chopped tomato, the remaining chopped onions, chopped coriander, 1/3 tbsp salt and chat masala and mix everything well with a fork. Put the raita in the fridge for 5 minutes.

7. When the rice is done, serve it with raita.

Dutch Spinach Stampot

/ ingredients

1 kilo grams potatoes

4 eggs

4 tbsp oil

600 grams spinach

1 Red onion

2 tsp curry

1/2 tsp nutmeg



/ directions

1. Peel the potatoes and cut them into pieces, the smaller the pieces the faster the cooking. Boil the potatoes in salted water for 20 minutes. Additionally, boil the eggs in water for 8 minutes.
2. Cut the red onion into half rings. If preferred, lightly chop the spinach as well.
3. Heat up a frying pan with 2 tbsp of oil and fruit the onion with the curry powder. Add the spinach in parts and stir it till all the spinach has schrank. Pour out excess liquid from the pan.
4. Drain the potatoes. Then, mash the potatoes and the rest of the oil into a puree. Stir in the spinach and season with salt and pepper. Finish with some nutmeg and the eggs.

servings

4

prep time

15

min

cook time

20

min



Sweet Potato Wraps

/ ingredients

3 large sweet potatoes	3 tomatoes
6 tbsp olive oil	1 red onion
1 tbsp salt	1 cucumber
1 tbsp black pepper	6 large whole-wheat tortillas
1 tbsp paprika powder	4 TBSP mayonnaise
200 grams black beans	1 TBSP sriracha sauce or sambal

/ directions

1. Preheat the oven (200 degrees Celsius) or airfryer (180 degrees Celsius). Clean the sweet potatoes, cut them into small pieces, and put them in an oven bowl.
2. Sprinkle the sweet potato in the oven bowl with 6 tbsp of olive oil. Season with salt, pepper, paprika powder and add some cayenne powder or chilli flakes if you want some extra spice. Put the oven bowl into the oven or airfryer for 10 minutes. Add the beans, stir them through and put in for another 10 minutes.
3. Cut the red onion, tomatoes, and cucumber and put in a separate bowl. Season with some salt and pepper.
4. Put 4 big tablespoons of mayonnaise in a small bowl, add 1 tablespoon of sriracha or sambal.
5. Heat up the wraps in the microwave or put them in the pan (1 minute both sides). Put the pan, vegetable bowl, and sauce bowl on the table and enjoy!

servings

6

prep time

15

min

cook time

20

min



DESSERTS

Mango Lassi

/ ingredients

65 gm of ripe or frozen mango

65 gm cold greek
yoghurt

4-5 tbsp of chilled milk

3-4 tbsp of sugar or honey

A pinch of salt

/ directions

1. Peel and chop the ripe mango in small pieces. For frozen diced mango and mango pulp, they can be used directly in the recipe.
2. Add the chopped mango in a blender, followed by the yoghurt, chilled milk, sugar and a pinch of salt. Blend at medium speed for a minute.
3. Adjust for taste as per preference and serve it in a glass!

servings

2

prep time

10

min

cook time

20

min



Vegan Limoncello Mousse

ingredients

- 2 800 grams of coconut milk - full fat - from the fridge
- 4 tbsp limoncello or lemon juice
- 2 tbsp granulated sugar
- 2 lime
- 2 tsp coconut oil

directions

1. Scoop out the thick coconut milk from the can, you don't want to use the watery part. Beat the thick coconut milk into cream with a hand mixer.
2. Spoon the limoncello (or lemon juice) and granulated sugar into the coconut cream.
3. Spoon the cream into four glasses and let set for 30 minutes.
4. Cut the lime into slices.
5. Melt the coconut oil in the frying pan and fry the lime slices for about 5 minutes.
6. Garnish the limoncello mousse with the lime slices and serve!

servings

4

prep time

40

min

cook time

40

min



10 Dutch Apelflappen

/ ingredients

10 slices of filo dough

4 apples

2 tsp of cinnamon

4 tbsp of sugar

1 egg

More sugar

servings

10

prep time

20

min

oven time

15

min

2. Peel the apples and cut them into small pieces.

1. Preheat the oven to 210 degrees Celsius. Let the filo dough defrost.

3. Put the apple pieces in a bowl and add sugar and cinnamon. Put the egg in a separate bowl and beat it (beat it, beat it, beat it, ...).



4. Put a small amount of apple mixture on the defrosted filo dough. Fold the filo dough as a triangle and properly push together the edges with a fork. Cover the top of the dough with a light strike of beaten egg and top off with some crystal sugar.

5. Bake the appelflappen until they are golden brown in the preheated oven (approximately 15 minutes). Let them cool off a bit and enjoy!

