



te/ma

study
association

Sustainable

COOK BOOK

Student edition

WHY THIS COOKBOOK?

"For the first time in human history, we have a pretty good overview of everything that exists, everything that was, and what will happen if there's less. Anyone who continues to destroy in the same way our ignorant ancestors did is much more of an asshole than those people who genuinely believed that the whale population was infinite. Maybe we were always guilty. Then we became sinful. And now we tend towards criminal." (Arjen Lubach, 2020).

Dutch people are meat eaters. It has been ingrained in us since childhood that meat belongs on our dinner plates, alongside vegetables and potatoes. However, in recent years, we have gained a better understanding of the negative environmental impact of this habit. The meat industry is the world's biggest polluter, responsible for a staggering 24% of all greenhouse gas emissions. Additionally, meat requires a lot of water to produce; one steak alone can consume up to 3000 litres of water. This cannot continue, we must reduce our meat consumption.

Nowadays cookbooks are already focussing on sustainability, but we concluded that the dishes are way too complicated for us students. With time as our friend and enemy, we wanted to create fun, easy and accessible, but most of all, sustainable dishes for all students!



After a very successful 'Sustainable cookbook' by TeMa last year, hereby the Sustainability Event Committee of TeMa presents you the sustainable cookbook student edition! Over the last few years sustainability has become more and more important in our society. Students, the people of the future, can fulfil a big role in the transformation to a true sustainable future. But, as a student, how can you participate in this transformation? With this cookbook, we want to stimulate students to proceed living more sustainable lives.



We just want to say: try them all out! You will be amazed by how easy and delicious our dishes are! And besides, since we tried to only incorporate wallet friendly dishes, you will even save money on average!

We hope that our book will serve as a go-to guide for students who want to pursue a more sustainable life. Do you think you have a great addition to the book? Don't hesitate and email your idea to: sustainability@temagroningen.nl

Bon appétit!

TABLE OF CONTENTS

Starters

What is sustainable eating?	5
What is in the season?	6
Beet carpaccio	9
Bruschetta	10
Red lentil soup with tomato and chilli flakes	11

Mains

Tomato risotto	14
Turkish bread	16
Mushroom Pasta	18
Open Lasagna with spinach	20
Quick and easy curry	22
Sweet Potato Wraps	24
Dutch Spinach hotchpotch	26
Chickpeas Burger with Cucumber Salsa	27

Desserts

Mango Lassi	30
Dutch Appelflappen	31
Sgroppino (scroppino)	32



WHAT IS SUSTAINABLE EATING?

Sustainable eating is good for the environment and good for your health. The three most important steps you can take are:

- 1 Eat less meat and more plant-based foods.
- 2 Waste less food.
- 3 Don't eat more than you need.

Avoid products such as soda, snacks, and sweets, which unnecessarily burden the environment and contain many calories. However, you can do more. For example, choose products with a top-quality mark and eat what is in the season.



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, on the next page is a table that shows which vegetables are in the current season.



Did you know that...

kale contains more vitamin C than oranges (kale stew is a popular Dutch dish)?



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



STARTERS



BEET CARPACCIO

4 SERVES | 20 MINUTES



- 4 (pre-)cooked beetroot
- 100 grams cherry tomatoes
- 4 crushed walnuts
- 160 grams of rocket salad
- 80 grams soft goat cheese
- 4 tbsp cream balsamic vinegar
- 1 tsp pepper
- 1 tsp salt

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 rocket salad 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.



BRUSCHETTA

4-6 SERVES | 20 MINUTES

- ½ red onion
- 8 medium-sized tomatoes
- 2-3 cloves of garlic
- 30 ml of balsamic vinegar
- 60-80 ml of olive oil
- 1 tsp pepper
- 1 tsp salt
- 1 ciabatta bread
- 6-8 leaves of fresh basil *optional*



1. Finely chop the onion, cut the tomatoes into small cubes, put tomatoes in a bowl, mince the garlic into small pieces. Also add chopped fresh basil if desired.
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.



RED LENTIL SOUP

WITH TOMATO AND CHILLI FLAKES

4 SERVES | 40 MINUTES

- 300 grams of red lentils
- 2 potatoes
- 50 grams of tomato paste
- 1 carrot
- 1 onion
- 2 cloves of garlic
- 2 tomatoes
- 1 tsp of chilli flakes
- 2 tbsp of sunflower oil
- 2 tsp of salt
- 2 vegetable bouillon cubes
- fresh mint and/or cilantro, lemon, and extra chilli flakes *optional for garnish*



RED LENTIL SOUP

WITH TOMATO AND CHILLI FLAKES

4 SERVES | 40 MINUTES

1. Slice the carrot and dice the tomatoes. Peel the potatoes and finely chop the onion and garlic.
2. Heat the oil in a large soup pot and sauté the onion until golden brown. Add the garlic and sauté for another minute.
3. Add the tomato paste and sauté for another minute.
4. Add the carrots, tomatoes, and potatoes, along with the salt and chilli flakes. Sauté for 5 minutes over medium heat.
5. Rinse the red lentils and add them to the pot along with 1.5 litres of water and vegetable bouillon cubes. Stir everything together and bring to a boil. Cook the lentil soup for 30 minutes.
6. Puree the soup with a hand blender or blender. Add additional salt or pepper if desired.
7. Optional: Garnish each bowl of soup with chopped mint, cilantro, and lemon juice. If you like spicy food, add extra chilli flakes. Enjoy!

Did you know that...

81% of the dutch population eats meat 5 days a week at minimum?



MAINS



TOMATO RISOTTO

4 SERVES | 40 MINUTES

- 300 grams of risotto rice
- 2 yellow onions
- 2 cloves of garlic
- 4 tbsp of oil
- 1 vegetable bouillon cube
- 500 grams of cherry tomatoes on the vine
- 100 grams of Parmesan cheese
- 700 ml Tomato Frito sauce or tomato sauce
- 2 burrata (or mozzarella)
- splash of dry white wine
- fresh basil *optional*

Did you know that...

soft cheese (like mozzarella and brie) is a more sustainable choice than hard cheese (Goudse and Leerdammer)? Because for the production of soft cheese you need less milk.



TOMATO RISOTTO

4 SERVES | 40 MINUTES

1. Preheat the oven to 200 degrees Celsius.
2. Cook 600 ml of water and add 1 vegetable bouillon cube.
3. Chop the onion and garlic. Sauté them in a pan with a tablespoon of oil.
4. Add the risotto rice and sauté for 3 minutes.
5. Deglaze with the white wine. Wait until the wine is absorbed. Then add the tomato sauce and a ladle of bouillon water and stir occasionally.
6. Meanwhile, put the cherry tomatoes in an oven dish, drizzle with a little oil, sprinkle with a pinch of salt and pepper, and roast for 15 minutes in the oven or 10 minutes in the Airfryer.
7. Once the tomato sauce and the first ladle of bouillon water have been absorbed, add the next ladle bouillon water. Cook the risotto for a total of about 25 minutes, but taste it in between to see if it is cooked. It should be soft but still have a slight bite to it. You may have some stock left over or need more.
8. Grate the Parmesan cheese and stir into the risotto. Stir in a few basil leaves at the end.
9. Spoon the risotto onto plates and top with the burrata. Add the roasted tomatoes and garnish with basil when desired.

Tip

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



TURKISH BREAD

4 SERVES | 30 MINUTES



- 2 Turkish breads
- 3 cans tomato cubes (you can also choose for fresh tomatoes)
- 1 onion
- rocket salad
- grated aged cheese
- black olives
- 2 cloves garlic
- 2 tbsp olive oil
- 1 tsp Italian herbs
- 1 tsp chilli flakes
- 1 tsp salt
- 1 tsp pepper



TURKISH BREAD

4 SERVES | 30 MINUTES

1. Cut the onion and garlic into small pieces.
2. Heat a pan and add some olive oil. Add the onion first and let it simmer. Then add the garlic, chilli flakes, Italian herbs and pepper and let the garlic fry until golden brown. Then add the canned tomato cubes and season with some salt. Let this sauce simmer over medium heat.
3. Preheat the oven to 175°C and cut the Turkish bread in half so that you have two sides for toppings.
4. Spread the sides with the tomato sauce and sprinkle with a generous amount of cheese. Decorate with the olives and sun-dried tomatoes and possibly other tasty ingredients.
5. Put the pizzas in the oven for about 15 minutes until the cheese has melted and the Turkish bread has become crispy.
6. Sprinkle with some rocket salad and you're done!

Did you know that...

around one third of food produced for human consumption is either lost or wasted, amounting to a financial loss of about US\$1 trillion annually?



MUSHROOM PASTA

4 SERVES | 25 MINUTES

- 300 grams of pasta
- 300 grams of mushrooms and mixed mushrooms
- 200 grams of spinach
- 100 grams of gorgonzola, roughly chopped
- 15 grams of Parmesan cheese
- 1 onion
- 2 cloves of garlic
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp pepper
- splash of white wine *optional*
- Handful of thyme *optional*



MUSHROOM PASTA

4 SERVES | 25 MINUTES

1. Chop the onion garlic. Heat a pan and add olive oil. Fry the onion on medium heat, and add chopped garlic 3 minutes later.
2. Boil water for pasta in the meantime.
3. Clean and chop the mushrooms and add them to the pan. Fry until the moisture from the mushrooms evaporates and deglaze with a splash of white wine (which also evaporates). Add some salt, and pepper (and thyme), to taste.
4. Cook the pasta with a generous amount of salt. Note: the cooking time on the package is often too long, so cook it for 2 minutes less and taste if you like it.
5. Stir the spinach into the mushroom mixture until it shrinks. When the pasta is done, add it to the mushrooms with 3 tablespoons of cooking liquid. Stir in the gorgonzola cheese and let it cook on low heat for 3 minutes. Sprinkle generously with pepper and some Parmesan cheese and enjoy!



OPEN LASAGNA

WITH SPINACH

4 SERVES | 40 MINUTES

- 16 lasagne sheets
- 600 grams of fresh spinach
- 500 grams of ricotta cheese
- 60 g Parmesan cheese
- 800 ml tomato sauce
- 4 tsp Italian herbs
- 2 onions
- 2 garlic cloves
- 4 tbsp olive oil

Did you know that...

the junk food industry spends 30 times more on promoting products than the government does on healthy eating?



OPEN LASAGNA

WITH SPINACH

4 SERVES | 40 MINUTES

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 used and covered
7. At the last, sprinkle the open lasagna with some Parmesan cheese and basil leaves.



QUICK AND EASY CURRY

4 SERVES | 40 MINUTES



- 300 grams of rice
- 30 ml oil
- 1 onion (red or yellow)
- 3 garlic cloves
- 500 grams seasonal vegetable (see table p. 7)
- 4 tsp curry powder
- 2 tsp salt
- 2 tsp pepper
- 50 ml water
- 150 grams of tomato paste
- 400 ml coconut milk
- 400 grams of chickpeas
- 200 grams of cherry-tomatoes
- Optional: 100 gram of cashew nuts



QUICK AND EASY CURRY

4 SERVES | 40 MINUTES

1. Cook the rice according to the package instructions.
2. Mince the 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 onion, garlic and oil in a pan on medium heat for 2 minutes. Then, add the salt, pepper, sugar, cumin, kardamon 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.

Did you know that...

a red bell pepper contains 4 times the vitamin C content of an orange? Eat it raw so the bell peppers are crispy and the vitamins are not lost. It boosts our immune system, has anti-inflammatory properties, and ensures that our bodies absorb iron more effectively.



SWEET POTATO WRAPS

8 SERVES | 35 MINUTES

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



SWEET POTATO WRAPS

8 SERVES | 35 MINUTES

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!

Did you know that...

buying a cucumber that is packed in plastic is better for the environment than buying a non-plastic packed cucumber? This is caused by the difference in food waste.



CHICKPEAS BURGER

WITH CUCUMBER SALSA

4 SERVES | 45 MINUTES



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

CUCUMBER SALSA

(as sauce for the burger)

- 200 grams of Greek yoghurt
- 2 tbsp lemon juice
- 1 cucumber
- 2 tbsp fresh chives
- 1 tsp garlic powder
- 2 tbsp mayonnaise

Note

This dish can be more expensive due to the needed spices, but is very delicious and worth it!



CHICKPEAS BURGER

WITH CUCUMBER SALSA

4 SERVES | 45 MINUTES

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, add the burger, the cucumber salad, some lettuce, tomato slices, and carrot.

Did you know that...

for the production of 1 kg of meat, 15.000 litre of water is used on average?



DUTCH SPINACH HOTCHPOTCH

4 SERVES | 35 MINUTES

- 1 kg potatoes
- 4 eggs
- 600 grams of spinach
- 1 red onion
- 2 tsp curry
- ½ tsp nutmeg
- 4 tbsp oil



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.

Did you know that...

a quarter of the total greenhouse effect is caused by the food chain?



DESSERTS



DUTCH APPELFLAPPEN

10 SERVES | 35 MINUTES



- 10 slices of puff pastry (dutch: bladerdeeg)
- 4 apples
- 2 tsp of cinnamon
- 4 tbsp of sugar
- 1 egg

1. Preheat the oven to 210 degrees Celsius. Let the filo dough defrost.
2. Peel the apples and cut them into small pieces.
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 puff pastry. Fold the puff pastry as a triangle and properly push together the edges with a fork. Cover the top of the puff pastry 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!



MANGO LASSI

4 SERVES | 10 MINUTES



- 130 grams of ripe or frozen mango
- 130 grams of cold Greek yoghurt
- 8 tbsp of chilled milk
- 6 tbsp of sugar or honey
- 1 tsp salt

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!



SGROPPINO (SCROPPINO)

4 SERVERS | PREP TIME: 10 MINUTES | WAITING TIME: 3 HOURS



- 250 ml prosecco
- 50 ml vodka
- 1 lemon
- 500 ml sorbet ice cream (flavour of your liking)

1. Put the prosecco, vodka and champagne flutes (or other glasses) in the fridge 3 hours in advance. Cut the lime into 4 thin slices and cut them in half.
2. Put the lemon sorbet ice cream in a bowl. Add the prosecco and vodka little by little while mixing with a mixer. Pour the sgroppino into the glasses and put a lime slice on each glass. Serve immediately.

Did you know that...

sgroppino comes from the Northern of Italy? Besides that you can consume this as a dessert, it can also be consumed, for example, between two courses or as a refreshing welcome drink.

