# SUSTAINABLE COOKBOOK

## EDITION: 23/24

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sustainability

# WHY THIS COOKBOOK

Our generation has a serious problem, affecting our future and the future of future generations. Of course, we are talking about climate change.

The climate is changing rapidly, and the earth is heating up. A large reason for this is the way in which we eat. By consuming a lot of beef, pork, dairy and other food, we exhaust too much carbon dioxide, which hurts our planet. It is important that we change our eating patterns rapidly, before it is too late.

“We are the first generation of humans to feel the impact of climate change, and the last generation who can do something about it.” – Barack Obama

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 liters of water. And this is only considering meat, not even beginning to mention the dairy and egg industry. These actions cannot continue, we must change our eating patterns.

And with this, TeMa wants to lend students a helping hand. Over the past year, the Sustainability Event Committee has created this wonderful cooking book full of recipes, designed for students. Considering not just sustainability, but also price, health, difficulty and timing.

We hope to offer you some delicious and fun recipes, which can help you to make the switch to eating more sustainable, which helps us all in our mission to saving the planet.

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# WHY SHOULD YOU GO VEGAN/VEGETARIAN?

There are several reasons to become more sustainable and be aware of limiting your meat consumption. Hence this cookbook will provide you with some unique and student proof meals! To give you a better understanding of why you you should eat more vegan or vegatarian food, we have summed up some important reasons:

- Health benefits
- Environmental impact
- Ethical considerations
- Global food security
- Personal values

These are ofcourse some of the points you could consider, but did you know you can already make a huge impact by reducing your meat consumption by just one day a week already?

**THE FUTURE IS GREEN, ARE YOU ?**

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# WHAT IS SUSTAINABLE COOKING?

Sustainable cooking is a shift towards a more responsible approach to food preparation that prioritizes environmental, social, and economic considerations. At its core, sustainable cooking seeks to minimize the ecological footprint of our food choices while promoting the well-being of local communities and future generations.

One key aspect of sustainable cooking is sourcing ingredients responsibly. This involves selecting foods that are produced in ways that minimize harm to the environment and support ethical practices. Choosing locally grown, seasonal produce reduces the carbon footprint associated with transportation and supports local farmers. Additionally, opting for organic products reduces the use of synthetic pesticides and fertilizers, which can have detrimental effects on soil health and biodiversity.

Another essential element of sustainable cooking is reducing food waste. Globally, a significant amount of food is wasted each year, contributing to greenhouse gas emissions and putting unnecessary strain on natural resources. By planning meals carefully, using leftovers creatively, and preserving foods through methods such as canning or freezing, we can minimize waste and make the most of our resources.

Furthermore, sustainable cooking emphasizes the use of whole ingredients and minimally processed foods. Not only are these options generally healthier, but they also require fewer resources to produce compared to heavily processed alternatives. Choosing plant-based meals more often has a positive impact, as plant-based diets typically have a lower environmental footprint compared to animal-based diets.

Overall, sustainable cooking is about making conscious choices that align with our values and contribute to a healthier planet and society. By adopting practices that prioritize sustainability in the kitchen, we can not only reduce our environmental impact but also inspire others to join us in creating a more sustainable future through food.

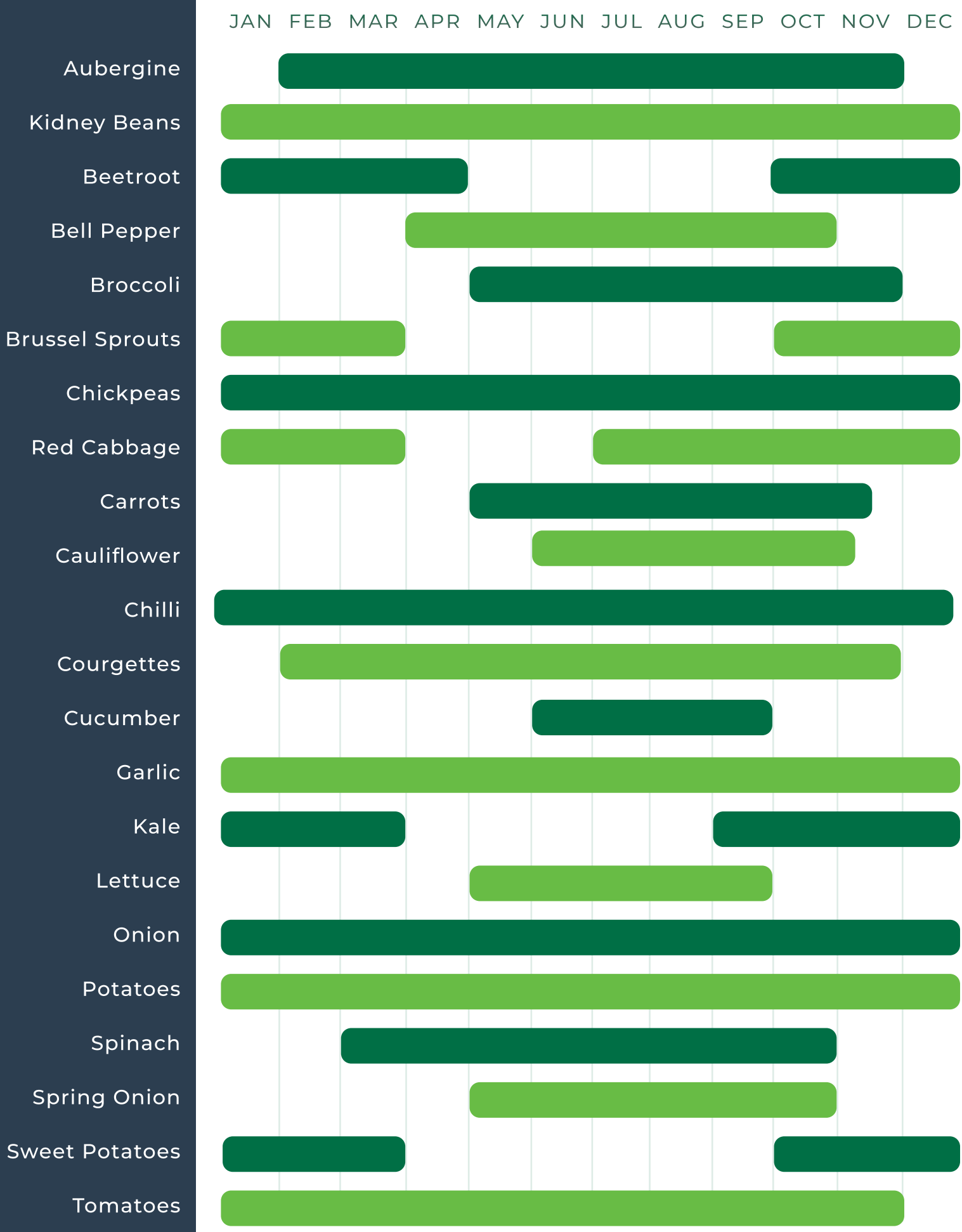
# WHAT IS IN THE SEASON?

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.

## *Fun Fact!*

Did you know that when having cooked vegetables which are in the season, this is not only better for the environment but also for you? Veggies in the season tend to taste better and also be more nutritious!


JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC
Aubergine
Kidney Beans
Beetroot
Bell Pepper
Broccoli
Brussel Sprouts
Chickpeas
Red Cabbage
Carrots
Cauliflower
Chilli
Courgettes
Cucumber
Garlic
Kale
Lettuce
Onion
Potatoes
Spinach
Spring Onion
Sweet Potatoes
Tomatoes

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# VEGETARIAN

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# VEGETARIAN STARTERS

# TOMATO FLATBREAD

4 SERVES | 10 MINUTES | DIFFICULTY ★☆☆☆☆

EXPECTED PRICE | €7,50

Per serving:

| | |
|---|---|
| Calories | 407 kcal |
| Carbs | 24 g |
| Protein | 23 g |
| Fat | 23 g |
| Fibre | 3 g |
| Sugar | 6 g |

- 140 gram flatbread
- 300 gram tomatoes
- 300 gram cherry tomatoes
- 400 gram mozzarella
- 15 grams of fresh basil
- 2 tsp of olive oil
- optional: some salt and pepper for more taste

1. Preheat the oven on 180 degrees Celsius.
2. Cut both the tomatoes and cherry tomatoes in slices.
3. Divide the sliced tomatoes, mozzarella and basil evenly over the flatbread. Top it off with the olive oil.
4. Put the flatbread in the oven for 4-8 minutes until baked golden-brown.

## *Tomato Fact!*

Did you know that tomato is actually a fruit and not a vegetable? Furthermore, tomato can grow in many different climates and soils which makes it a very sustainable crop to grow. You can even grow it yourself!

# SPINACH FETA ROLLS

4 SERVES | 30 MINUTES | DIFFICULTY ★★☆☆☆

EXPECTED PRICE | €6,50

Per serving:

| | |
|---|---|
| Calories | 570 kcal |
| Carbs | 102 g |
| Protein | 5 g |
| Fat | 17 g |
| Fibre | 2 g |
| Sugar | 2 g |

- Ingredients:
- 8 sheets of puff pastry
- 120g spinach
- 60g feta cheese
- 1 egg
- 1 onion
- 1 clove of garlic
- 2 tbsp liquid butter
- 1 tbsp olive oil
- Optional: 1 tbsp sesame seeds

1. Preheat the oven on 200 degrees Celsius
2. Finely chop the onion and garlic. Sauté both in a bit of oil in a pan. After 4 minutes, add the spinach and let it wilt completely. Then press out all the moisture. It's important that the spinach is not wet anymore.
3. Mix the mixture with the feta cheese
4. Take sheet of puff pastry and brush it with liquid butter. Place another sheet of puff pastry on top. Add a bit of the filling horizontally over the pastry, leaving the edges free. Fold the edges inward and roll it into a nice roll. Repeat with the remaining ingredients.
5. Beat the egg and brush the puff pastry rolls with the egg wash. Sprinkle sesame seeds over the puff pastry rolls and bake them for about 14 minutes until golden brown and crispy.

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# VEGETARIAN MAINS

# TOMATO RISOTTO

4 SERVES | 40 MINUTES | DIFFICULTY ★★★★☆

EXPECTED PRICE | €12,26

- 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 Mozzarella
- splash of dry white wine
- fresh basil *optional*

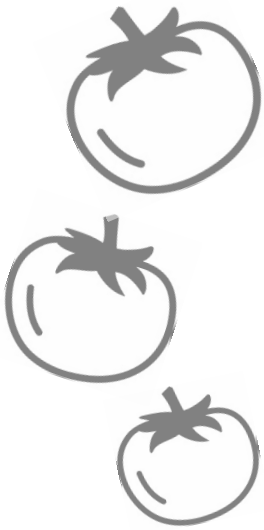
Per serving:

| | |
|---|---|
| Calories | 990 kcal |
| Carbs | 88 g |
| Protein | 55 g |
| Fat | 47 g |
| Fibre | 2 g |
| Sugar | 4 g |

## *Sustainability fact!*

Genetic Engineering in Agriculture: The use of genetically engineered crops has increased dramatically, with 93% of corn, 95% of cotton, and 95% of soybeans planted in the U.S. being genetically engineered by 2022. While genetic engineering can increase crop yields and resistance to pests, it also raises concerns about biodiversity, pesticide use, and the long-term sustainability of our food systems.

# TOMATO RISOTTO



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 mozzarella. Add the roasted tomatoes and garnish with basil when desired.

# MUSHROOM PASTA

4 SERVES I 25 MINUTES | DIFFICULTY ★★★☆☆

EXPECTED PRICE | €8,64

- 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*

Per serving:

| | |
|---|---|
| Calories | 690 kcal |
| Carbs | 66 g |
| Protein | 32 g |
| Fat | 28 g |
| Fibre | 8 g |
| Sugar | 3 g |

## Mushroom fact!

Mushrooms are incredible recyclers! They can break down complex organic compounds, including some types of plastics and petroleum products, into simpler forms that other organisms can use. This unique ability makes mushrooms potentially valuable tools for cleaning up environmental pollution and managing waste in a sustainable way.

# MUSHROOM PASTA

1. Chop the union 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!

## *Mushroom jokes!*

Why did the mushroom get invited to every pasta party?
***Because he's a fungi to be with!***

Why are mushrooms always invited to risqué dinner parties?
***Because they're known to be wild, steamy, and leave everyone feeling satisfied!***

# TURKISH BREAD

4 SERVES I 30 MINUTES | DIFFICULTY ★★☆☆☆

EXPECTED PRICE | €8,76

Per serving:

| | |
|---|---|
| Calories | 558 kcal |
| Carbs | 97 g |
| Protein | 20 g |
| Fat | 20 g |
| Fibre | 1 g |
| Sugar | 1 g |

- 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

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!

## *Sustainability fact!*

Carbon Dioxide Emissions from Food Miles: The transportation of food, or "food miles," could be responsible for as much as 6% of global annual greenhouse gas emissions. Opting for locally grown and sourced food can help reduce these emissions, emphasizing the importance of supporting local food systems for sustainability.

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# VEGETARIAN DESSERTS

# DUTCH APPELFLAPPEN

10 SERVES | 35 MINUTES | DIFFCULTY ★★☆☆☆

EXPECTED PRICE | €3,43

Per serving:

| | |
|---|---|
| Calories | 360 kcal |
| Carbs | 35 g |
| Protein | 4 g |
| Fat | 22 g |
| Fibre | 2 g |
| Sugar | 16 g |

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

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 | DIFFICULTY ★☆☆☆☆

EXPECTED PRICE | €2,66

Per serving:

| | |
|---|---|
| Calories | 80 kcal |
| Carbs | 12 g |
| Protein | 5 g |
| Fat | 1 g |
| Fibre | 1 g |
| Sugar | 12 g |

- 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

## Honey Fact!

Honey has an incredibly long shelf life due to its low moisture content and acidic pH. Archaeologists have found pots of honey in ancient Egyptian tombs that are over 3,000 years old and still perfectly edible.

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!

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# VEGETARIAN SNACK

# CHOCOLATE BAR WITH SALTED POPCORN

4 SERVES | 10 MINUTES | DIFFICULTY ★☆☆☆☆

EXPECTED PRICE | €4,99

Per serving:

| | |
|---|---|
| Calories | 325 kcal |
| Carbs | 36 g |
| Protein | 4 g |
| Fat | 18 g |
| Fibre | 2 g |
| Sugar | 32 g |

- 400 gram dark chocolate
- 200 gram white chocolate
- 15 grams of popped popcorn
- 1/2 tablespoon of seasalt
- optional: put small caramel fudge on top before the mixture solidifies
- Little fudge cubes *optional*

1. Line up baking sheer or  pan with baking paper
2. Bring a small pan with water to boil. Place dark chcolate in a smaller pan and put the pan in the pan with hot water to melt the chocolate. Repeat this step with the white chocolate, but in the white chocolate add half of the popcorn and stir.
3. Pour the dark chocolate on the baking sheet. Drizzle the white chocolate mixture on top and stir a little to create swirls. Sprinkle evenly with seasalt and the remaining popcorn
4. Put the baking tray in the regrifterator and wait until hard for at least 30 mins. After that, break the hard chocolate and serve it.

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# VEGAN STARTERS

# BRUSCHETTA

4-6 SERVES | 20 MINUTES | DIFFICULTY ★☆☆☆☆
EXPECTED PRICE | €6,45

- 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*

Per serving:

| | |
|---|---|
| Calories | 281 kcal |
| Carbs | 35 g |
| Protein | 6,5 g |
| Fat | 11,7 g |
| Fibre | 4,5 g |
| Sugar | 7 g |

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.

# GRONINGER MUSTERDSOUP

5 SERVES I 20 MINUTES | DIFFICULTY ★★☆☆☆
EXPECTED PRICE | €5,50

Ingredients

1. 1 Leek (only the white part)
2. 150 grams of floury potatoes
3. 100 ml oat cream (or other plant-based cream)
4. 1500 ml water with 1 low-sodium bouillon cube
5. 1 to 2 tbsp Groningen mustard
6. 1 clove of garlic
7. 1 tbsp olive oil
8. pepper to taste

Per serving:

| | |
|---|---|
| Calories | 93 kcal |
| Carbs | 13 g |
| Protein | 4 g |
| Fat | 1 g |
| Fibre | 2 g |
| Sugar | 1 g |

## Soup Fact!

Many soup recipes are naturally plant-based or can be easily adapted to be vegetarian or vegan. Choosing plant-based soups over meat-based options can help reduce greenhouse gas emissions associated with animal agriculture.

# GRONINGER MUSTERDSOUP

Instructions:

1. Slice the leek into rings and crush the garlic. Sauté briefly in a pan with olive oil.
2. Then add 2/3 of the water, the stock cube, and potatoes.  Let it cook for about 10 minutes.
3. Remove the pan from the heat and blend everything with an immersion blender until smooth.
4. Then add the oat cream and one spoonful of mustard (or two if you like it a bit spicy). Blend briefly again and finally add some pepper to taste. If the soup is too thick, add the remaining water.

**Tip!**

Get some cooked leek parts out of the soup before blending and put them in the soup before serving for a more luxurious plate.

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# VEGAN MAINS

# QUICK AND EASY CURRY

4 SERVES | 40 MINUTES | DIFFICULTY ★★★☆☆

EXPECTED PRICE | €9,03

Per serving:

| | |
|---|---|
| Calories | 763 kcal |
| Carbs | 88 g |
| Protein | 18 g |
| Fat | 35 g |
| Fibre | 13 g |
| Sugar | 9 g |

- 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 ofchickpeas
- 200 grams of cherry-tomatoes
- 100 gram of cashew nuts *optional*
- Fresh herbs *optional*

# QUICK AND EASY CURRY

1. Cook the rice according to the package instructions.
2. Mince the onion and garlic. Clean and cut the vegetable of your choice. Rince 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.

# CHICKPEAS BURGER

## WITH CUCUMBER SALSA

4 SERVES I 45 MINUTES | DIFFICULTY ★★★☆☆

EXPECTED PRICE | €9,97

Per serving:

| | |
|---|---|
| Calories | 536 kcal |
| Carbs | 76 g |
| Protein | 23 g |
| Fat | 13 g |
| Fibre | 12 g |
| Sugar | 5 g |

- 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
- Avocado *optional*

**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

# CHICKPEAS BURGER

## WITH CUCUMBER SALSA

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.

# VEGAN FRIED RICE

## WITH CARROT, PEPPER, ONIONS

4 SERVES I 50 MINUTES | DIFFICULTY ★★★☆☆

EXPECTED PRICE | €8,12

Ingredients:

- 2 cups cooked rice (white or brown)
- 2 tablespoons vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 bell pepper, diced
- 1 cup frozen peas and carrots (or mixed vegetables)
- 3 tablespoons soy sauce (or tamari for gluten-free option)
- 1 tablespoon sesame oil
- 1 teaspoon ground ginger
- Salt and pepper, to taste
- Marinated tofu *optional*
- Sesame seeds, for garnish *optional*
- Green onions, chopped, for garnish *optional*
- Edamame beans *optional*

Per serving:

| | |
|---|---|
| Calories | 524 kcal |
| Carbs | 104 g |
| Protein | 12 g |
| Fat | 8 g |
| Fibre | 4 g |
| Sugar | 2 g |

# VEGAN FRIED RICE

## WITH CARROT, PEPPER, ONIONS

1. Heat the vegetable oil in a large skillet or wok over medium-high heat.
2. Add the chopped onion and minced garlic to the skillet. Cook for 2-3 minutes until softened and fragrant.
3. Add the diced carrot and bell pepper to the skillet. Stir-fry for about 5 minutes until the vegetables are tender-crisp.
4. Stir in the frozen peas and carrots (or mixed vegetables). Cook for an additional 2-3 minutes until heated through.
5. Push the vegetables to one side of the skillet and add the cooked rice to the empty side. Break up any clumps of rice with a spatula and cook for a few minutes until heated through.
6. In a small bowl, whisk together the soy sauce, sesame oil, and ground ginger.
7. Pour the sauce over the rice and vegetables in the skillet. Stir everything together until well combined.
8. Season with salt and pepper to taste.
9. Cook for another 2-3 minutes, stirring occasionally, until everything is heated through and well combined.
10. Serve the vegan fried rice hot, garnished with chopped green onions and sesame seeds if desired.

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# VEGAN DESSERTS

# VEGAN BANANA PANCAKES

6 SERVINGS I TIME: 24 MIN |DIFFICULTY ★★☆☆☆

EXPECTED PRICE | € 1,50

Per serving:

| | |
|---|---|
| Calories | 94 kcal |
| Carbs | 14 g |
| Protein | 1 g |
| Fat | 4 g |
| Fibre | 1 g |
| Sugar | 6 g |

- 1 large ripe banana (150 grams)
- 2 tbsp golden caster sugar
- 1/4 tsp fine salt
- 120g self-raising flour
- 2 tbsp vegetable oil and more for cooking
- 1/4 tbsp baking powder
- 150ml oat, almond milk or soya
- optional options to improve diversity: Syrup, sliced fruits or vegan sorbet ice

1: Mash the banana in a mixing bowl, then mix in sugar, salt, and oil. Add flour and baking powder, blend well. Create a well in the center, slowly whisk in milk until a thick, droppable batter forms.

2: Heat oil in a frying pan over medium heat. Spoon 2 tbsp of batter for each American-style pancake, cooking 4-5 at once. Fry for 2-3 mins per side until golden. Serve with syrup, sliced banana, and berries if desired.

# SGROPPINO (SCROPPINO)

4 SERVINGS I TIME: 3 HOURS | DIFFICULTY ★☆☆☆☆

EXPECTED PRICE | €5,88

Per serving:

| | |
|---|---|
| Calories | 255 kcal |
| Carbs | 39 g |
| Protein | 2 g |
| Fat | 1 g |
| Fibre | 1 g |
| Sugar | 9 g |

- 250 ml prosecco
- 50 ml wodka
- 1 lemon or lime
- 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 or lemon 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.

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# VEGAN SNACK

# PROTEIN BALLS

4 SERVES | 10 MINUTES | DIFFICULTY ★★☆☆☆

EXPECTED PRICE | €4,46

Per serving:

| | |
|---|---|
| Calories | 106 kcal |
| Carbs | 10 g |
| Protein | 6 g |
| Fat | 7 g |
| Fibre | 2 g |
| Sugar | 4 g |

- 1/2 cup of peanut butter
- 1/2 cup ground flax seeds
- 1 cup organic oats
- 2 tablespoons of maple sirop
- 1/4 cup vegan chocolate chips
- Optional: add a little more peanut butter or vegan milk of your choice.

1. Combine peanut butter, flax seeds, oats and maple syrup. Stir until well combined. The consistency will be a bit on the dry side.
2. Add the chocolate chips and mix it again.
3. scoop a spoonful of the mixture and roll into balls. Continue until all mixture has been used.
4. Put the balls in the fridge for at least 1 hour.

# ABOUT THIS COMMITTEE SEC 23/24

Dear reader,

We hope we have informed and inspired you about cooking in a more sustainable manner. Furthermore, we hope that after you have read one of the recipes, you had a delicious meal.

We wish you good fortune in the future with your studies, and hope you remember that only together we can overcome climate change.

Kind regards,

The Sustainability Event Committee 23/24

*F.L.T.R: Hubert Taraszkiewicz-Hoogers (Acquisition & Day Coordinator), Rick Holt (Treasurer), Sam Koster (Promotion Officer), Latse Reidinga (Chairman), Felix Köster (Secretary), Milo van den Dool (Acquisition & Day Coordinator)*

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# Sustainable cookbook 23/24