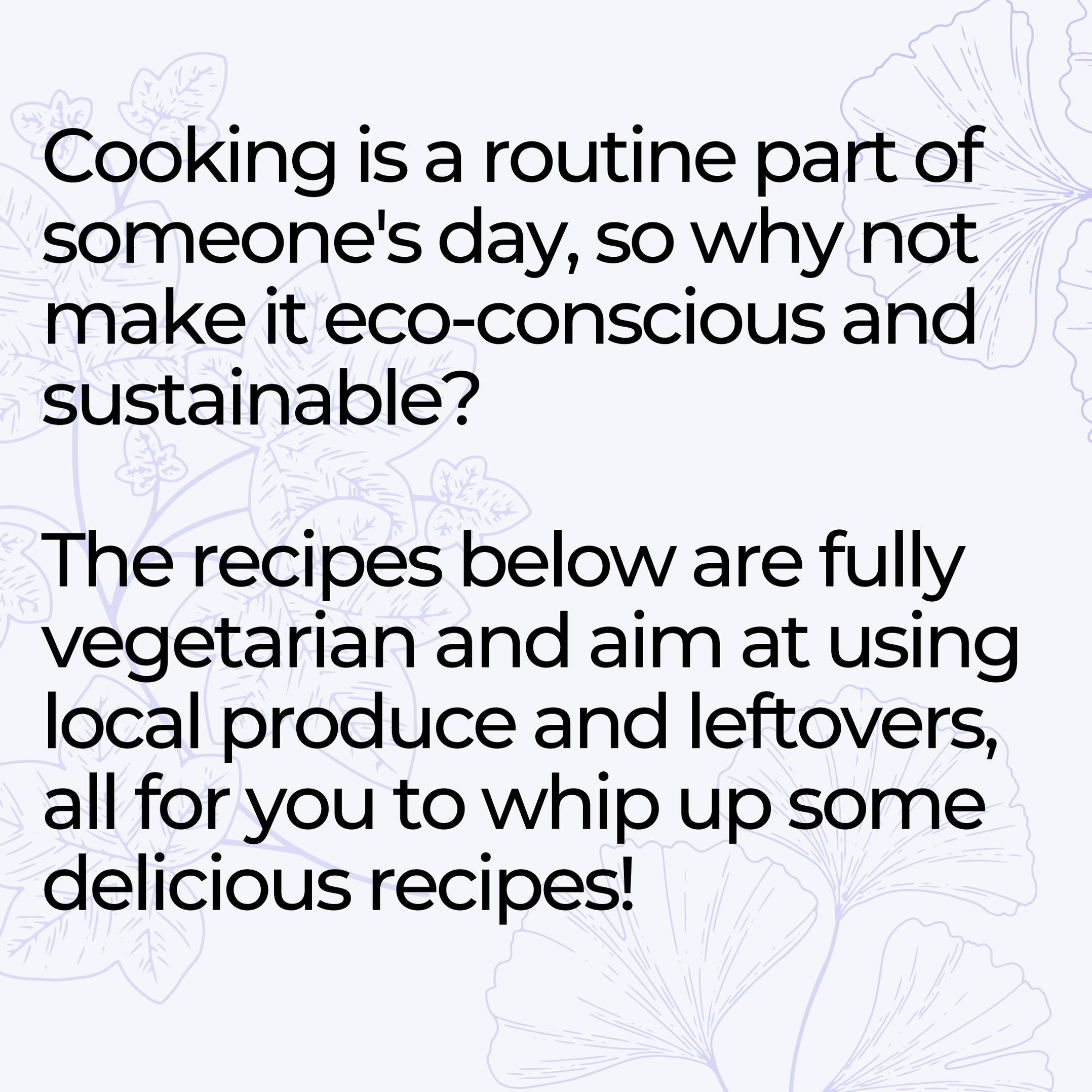


Sustainable Ecolution Cookbook



The background of the slide features a light blue, stylized floral pattern. It consists of several large, five-petaled flowers with prominent veins, interspersed with smaller leaves and stems. The overall aesthetic is clean and modern, with a focus on natural elements.

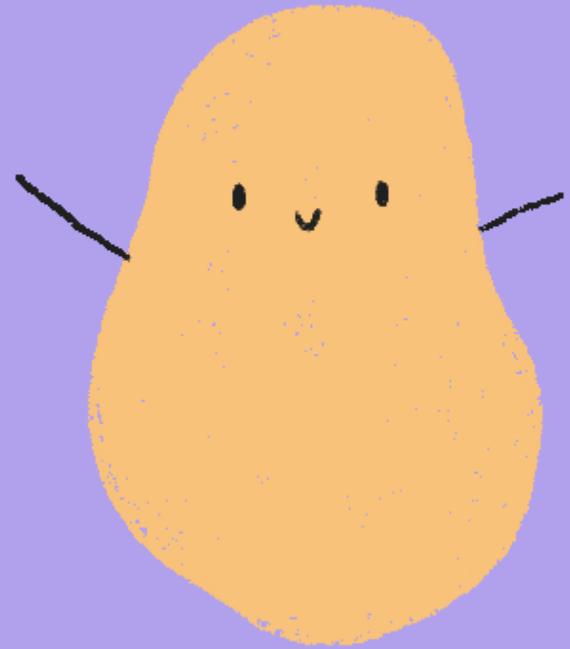
Cooking is a routine part of someone's day, so why not make it eco-conscious and sustainable?

The recipes below are fully vegetarian and aim at using local produce and leftovers, all for you to whip up some delicious recipes!



Appetizers

potato
peel
chips





Ingredients

- Peels of 2 potatoes
- Olive oil
- Salt & pepper
- Garlic Powder (optional)
- Paprika (optional)

Instructions

1: Preheat oven to **215 °C** and line baking tray with parchment paper

2: Gently toss the peelings with olive oil and spices to taste. Place in a single layer on the baking sheet.

3: Bake for about **15 to 20** minutes or so, watching carefully through the door to make sure they don't get too brown. Remove when they are crispy and serve at once.

Cucumber Sandwiches





Total time
~10m

Ingredients

- Garlic Powder
- Dill or Chives
- Olive oil
- Bread of your choice
- 1 cucumber (~ 8 slices)
- 2 tbsp cream cheese
- Salt & pepper

Instructions

- 1: With a whisk or fork mix cream cheese herbs and spices in a small bowl until smooth.
- 2: Spread lightly toasted bread slices with cream cheese mixture.
- 3: Thinly slice cucumbers, toss with olive oil and salt. Layer over half of the bread slices.
- 4: Top with remaining bread slice, remove crusts if desired and cut each sandwich into halves.

Moroccan Eggplant Zaalouk



Ingredients

- 2 eggplants
- 2 tomatoes, cut in half, pulp grated, and skin discarded
- 3 tbsp olive oil
- 2 garlic cloves, grated
- 1 tsp ground chilli powder
- 1 tsp ground paprika
- 1 tsp ground cumin
- 1/2 teaspoon salt
- 1 tbsp finely chopped cilantro
- 1 tbsp vinegar (or lemon juice)

Total time
~45m

*All spices
and vinegar
to taste

Instructions



- 1:** Place the eggplants over the stove at medium heat or a grill. Grill the eggplants for 10 to 15 minutes while turning them from time to time until they are charred entirely.
- 2:** Remove the eggplants from the stove and let them cool down.
- 3:** In a pan over medium heat, place the grated tomatoes, olive oil, grated garlic cloves, chili pepper, paprika, cumin, salt, and cilantro. Using a wooden spoon, mix until all the ingredients are combined and cook for 5 minutes.
- 4:** Once the eggplants are a bit cooler, remove the charred skin by scraping it gently. Cut off the eggplant tail.
- 5:** Slice the eggplants into small cubes.
- 6:** Add the eggplants to the pan, mix, and cook for about 15 minutes while stirring regularly until the mixture thickens.
- 7:** Add the vinegar, mix, and cook for 2 minutes.
- 8:** Plate Zaalouk and decorate with fried eggplant slices and finely chopped cilantro. Serve hot or cold with crusty bread!

Courgette Fritters





Ingredients

- 3 eggs
- cooking oil of choice
- 1 courgette
- 50g self-rising flour
- 1/2 tsp ground turmeric
- 1 tsp ground cumin
- salt & pepper

Instructions

- 1: Tip the flour, spices, 1 of the eggs into a bowl.
- 2: Whisk in 50ml of water to create a batter that has a dropping consistency.
- 3: Use a mandolin to turn the courgette into long thin noodles, then gently fold into the batter.
- 4: Spray a pan with oil and put over medium-high heat. Divide the batter into 4 and, in batches, cook for 2-3 minutes on each side until golden and puffed, then flip and repeat. Keep warm in a low oven.

Hummus





Ingredients

- juice of 1 small lemon
- paprika for presentation
- 2 pitted garlic cloves
- 500g cooked/bottled chickpea (with reserved liquid)
- 2 large chugs of olive oil
- 2 tsp ground cumin
- salt
- 2 1/2 tbsps tahini

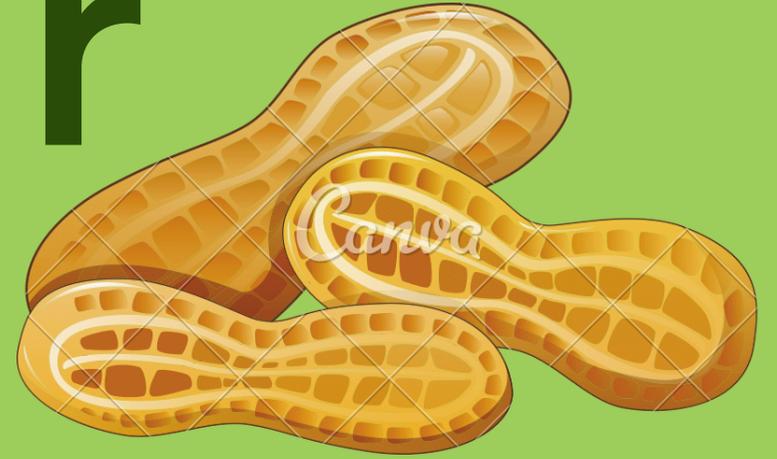
Instructions

- 1: Put all ingredients into a blender, and blend until smooth
- 2: While blending stop occasionally to adjust seasoning as needed
- 3: Transfer to serving dish. Decorate with olive oil and paprika

Main Courses



Summer Rolls





Total time
~25m

Ingredients

PEANUT SAUCE:

- 65 g peanut butter unsweetened
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 2 tbsp brown sugar
- 1 teaspoons chili paste/ sauce
- 3 large garlic cloves (grated)
- 1 tbsp lime juice
- 1 tbsp ginger root grated
- 2-4 tbsp warm water

ROLLS

- 4 rice paper wrappers
- 2 large carrots, cut into ribbons peeler or mandolin
- 1 small cucumber, cut into ribbons with a peeler or mandolin
- 4 spring onions, cut finely into strips
- 100g red cabbage, very finely sliced
- Small bunch of coriander, leaves
- 100g rice vermicelli noodles

Instructions



PEANUT SAUCE:

1: Combine all ingredients except water. Whisk to fully combine.

2: Add water, 1 tablespoon at a time, until desired consistency is reached.

ROLLS

1: Fill a plate with cold water and get a large plate ready.

2: Dip the dry wrapper into the water until it softens partially, then lay it out flat on the plate or board.

3: Place around $\frac{1}{4}$ of the filling ingredients onto the wrapper, making sure the vegetables and noodles are all facing the same direction. Roll the left side over the vegetables, then fold the top and bottom over the ends. Continue rolling the wrap over itself from left to right until it's a tight roll.

4: repeat with leftover wrappers and ingredients until all used

5: Served with the dipping sauce

Portobello Mushroom Burger





Total time
~20m

Ingredients

- 4 portobello mushrooms
- 60 ml olive oil
- 2 Tbsp soy sauce
- 2 Tbsp lemon juice
- 4 cloves garlic minced
- 2 tbsp very finely chopped onion
- ½ tsp each oregano, smoked paprika, salt, pepper
- 4 slices of sharp cheddar cheese (or any cheese for your burger)
 - 4 toasted burger buns
- **Toppings:** sliced tomatoes, lettuce, sliced red onions (any of your favourite burger toppings and sauces!)

Instructions



1: Clean portobellos gently with a damp paper towel. Remove stems (and gills, if you don't like the texture). **2:** In a small bowl, combine olive oil, soy sauce, lemon juice, garlic, and seasonings.

Brush liberally onto the tops and bottoms of the mushrooms.

3: Heat a large pan over medium/high heat. Add the mushrooms and cook for 3 minutes on each side, or until slightly softened, brushing with remaining marinade to add more flavour

3.5: Alternatively, cook on the grill for 5 minutes per side until grill lines appear. Add cheese in the last minute of cooking.

4: Serve mushroom burgers on toasted buns with preferred toppings

Stuffed Bell Peppers





Total time
~30m

Ingredients

- 100g firm tofu crumbled
- 1/2 onion finely chopped
- 1 clove garlic grated
- 1/2 tsp grated ginger
- 1 finely chopped green chilli
- 1/2 tomato finely chopped
- 1/2 tsp red chilli powder
- 1/4 tsp garam masala powder
- 1 tbsp coriander leaves finely chopped
- Salt to taste
- 2 tsp oil of choice
- 2 bell peppers halved and gutted

Instructions



1: Heat oil in a pan; add onions, green chilli, ginger, garlic and sauté till golden brown.

2: Add tomato and sauté for a minute, then add chilli powder, garam masala powder, and salt. I would give a quick stir, it should not be too dry or too saucy. Takes around 5 mins.

3: Preheat oven to 180° C

4: Add tofu crumbles to the pan. Mix well. Cook for a minute, garnish with coriander leaves and switch off.

5: Take a baking pan with aluminium foil. Add the bell peppers sprinkle some oil, stuff it with tofu.

6: Bake it for 18 - 20 mins. Bell pepper will soften and tofu will get roasted.

Fried Rice





Total time
~10m

Ingredients

- 380g cooked rice (leftover)
- 2 tbsp oil
- 2 garlic cloves finely chopped
- 180g cooked leftovers such as vegetables or tofu, cut or broken up into pea-sized pieces
- 3 tbsp soy sauce
- 1 large egg beaten
- 2 spring onion chopped
- 1 tsp sesame oil

Instructions



- 1: Stir the rice to break up any clumps.
- 2: In a large pan over high heat, warm 1 tbsp oil. When the fat just begins to shimmer, add the garlic and stir-fry until aromatic, 10 to 15 seconds.
- 3: Add the leftovers, stirring, until warmed through, 1 to 2 minutes.
- 4: Add the rice and stir-fry until everything is completely combined and heated through,
- 5: Slowly dribble sauces over the rice and toss quickly. Taste and, if desired, add more soy or sesame oil
- 6: Use your spoon to push the rice to the edge of the pan to create a well
- 7: Add 1 tbsp oil to the well and pour in the egg. Quickly stir-fry to scramble the egg and then gently stir to combine the rice with the egg.
- 8: Add the spring onion and stir-fry just until the scallion has softened
- 9: Served with optional chilli oil

Ratatouille





Total time
~80m

Ingredients

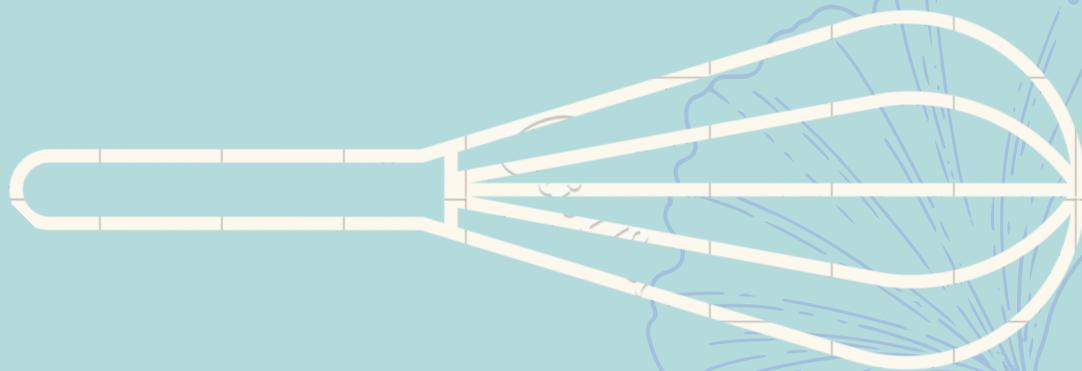
- 350g eggplant
- 350g courgette
- 350g red and green bell peppers
- 350g onion
- 500g ripe tomatoes
- 3 garlic cloves chopped finely
- 6 tbsp olive oil
- 1 bunch of thyme
- 2 bay leaves
- Salt & pepper

Instructions



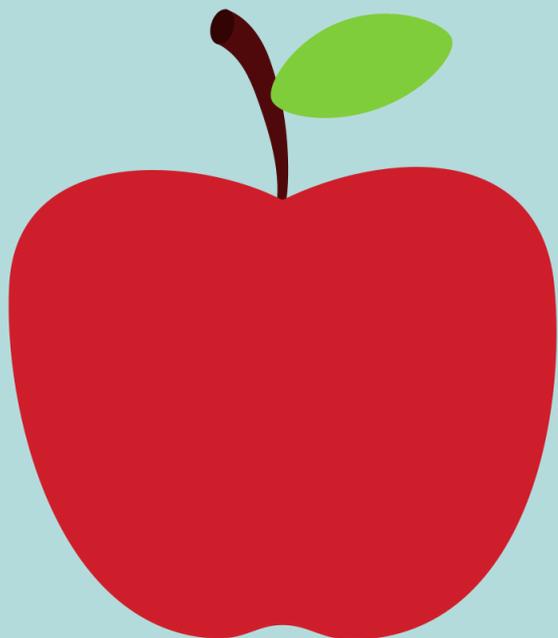
- 1: Cut and peel tomatoes into quarters
- 2: Cut the eggplant and courgettes into thin disks
- 3: Cut bell peppers and onions into long strips
- 4: Heat 2 tbsp oil in a pan. When shiny add the onions and bell peppers until very soft.
- 5: Add in tomatoes, garlic cloves, thyme and bay leaves
- 6: Add salt and pepper to taste and leave on low heat covered for 45m
- 7: During that time cook the eggplant and bell peppers on medium heat for 15m (to allow the water to cook off)
- 8: Check the vegetables so they are no longer firm. Add the tomato mixture and continue cooking on low heat for 10m
- 9: If necessary add more salt and pepper to taste
- 10: Serve with leftover rice or pasta

Desserts



Apple
Pie

Overnight
Oats





Total time
~15m +
overnight

Ingredients

APPLES

- 100g apple, cut into small bite-size pieces
- 3/4 tsp cinnamon
- 1 tbsp maple syrup
- pinch of salt

Overnight Oats

- 100g almond milk (choice of milk)
- 1 tbsp chia seeds
- 1 tbsp maple syrup
- 1/2 tsp ground cinnamon
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 65g rolled oats

Instructions



1: To a small saucepan, add chopped apples, cinnamon, maple syrup, and salt and mix to evenly distribute the cinnamon.

2: Turn heat on low and cover. Cook, stirring occasionally, for about 10 minutes or until the apples are soft and tender.

3: Remove the lid, turn the heat up to medium, and cook for 2-3 more minutes, stirring constantly, to evaporate some of the juices and create a nice syrup around the apples. Once most of the liquid is gone, turn off the heat and set it aside.

4: In a small bowl or liquid measuring cup, mix the almond milk, chia seeds, maple syrup, cinnamon, coconut oil, and vanilla. Add the oats and stir until well-combined.

5: Get two small mason jars or small bowls with lids. Place about a quarter of the cooked apple mixture into the bottom of each container, add half the oat mixture to each as your middle layer, then divide and place the rest of the cooked apples on top of the oats. Place in the refrigerator overnight, or for at least 6 hours.

Banana



"ice-cream"





Total time
~5m +
overnight

Ingredients

- 4 ripe bananas
- Toppings of choice

Instructions

- 1: Peel the bananas cut them in 2- to 3-inch chunks and place them in a freezer bag in the freezer for at least 6 hours.
- 2: Remove and blend in a blender until smooth.
- 3: Serve immediately, or freeze in an airtight container for at least 2 hours. Scoop and serve with toppings of choice.

French Toast



Total time
~20m

Ingredients

- Around 6-8 slices of old sliced old bread
- 250 ml milk of choice
- 2 beaten eggs
- pinch of salt
- 1 tsp vanilla extract (optional)
- butter

Instructions

- 1: Mix all the liquid ingredients in a bowl, add salt to taste.
- 2: In a medium-high heat pan, melt butter
- 3: Soak both sides of a slice of bread very well and when hot enough add to the stove.
- 4: Cook and flip until they reach a golden brown colour
- 5: Serve with powdered sugar or toppings of choice.

Chia Seed Pudding





Total time
~5m +
refrigeration

Ingredients

- 4 tbsp chia seeds
- 130 ml milk of choice
- 1 tbsp maple syrup or honey
- $\frac{1}{4}$ tsp vanilla extract
- Toppings of choice: fresh berries or other fruit, granola, nut butter, etc

Instructions

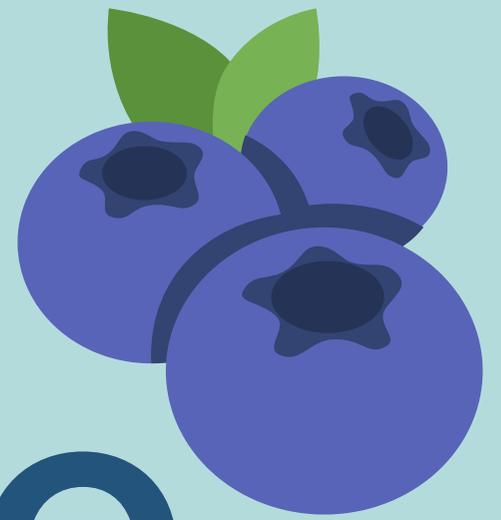
1: In a bowl stir together chia seeds, milk, maple syrup and vanilla.

2: Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds

3: Cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy. If it's not thick enough, just add more chia seeds.

4: Add toppings of choice when serving

Berry Smoothie





Ingredients

- 195 ml milk of choice
- 1 banana

- 195g frozen berries (strawberry, blueberry, raspberry, blackberry)
- 95g Greek yoghurt
- 4 tbsp condensed milk (optional)

Instructions

1: Place all ingredients into a blender; blend until smooth. (If the smoothie seems too thick, add a little more liquid (30g)).

Bon- Appétit!

