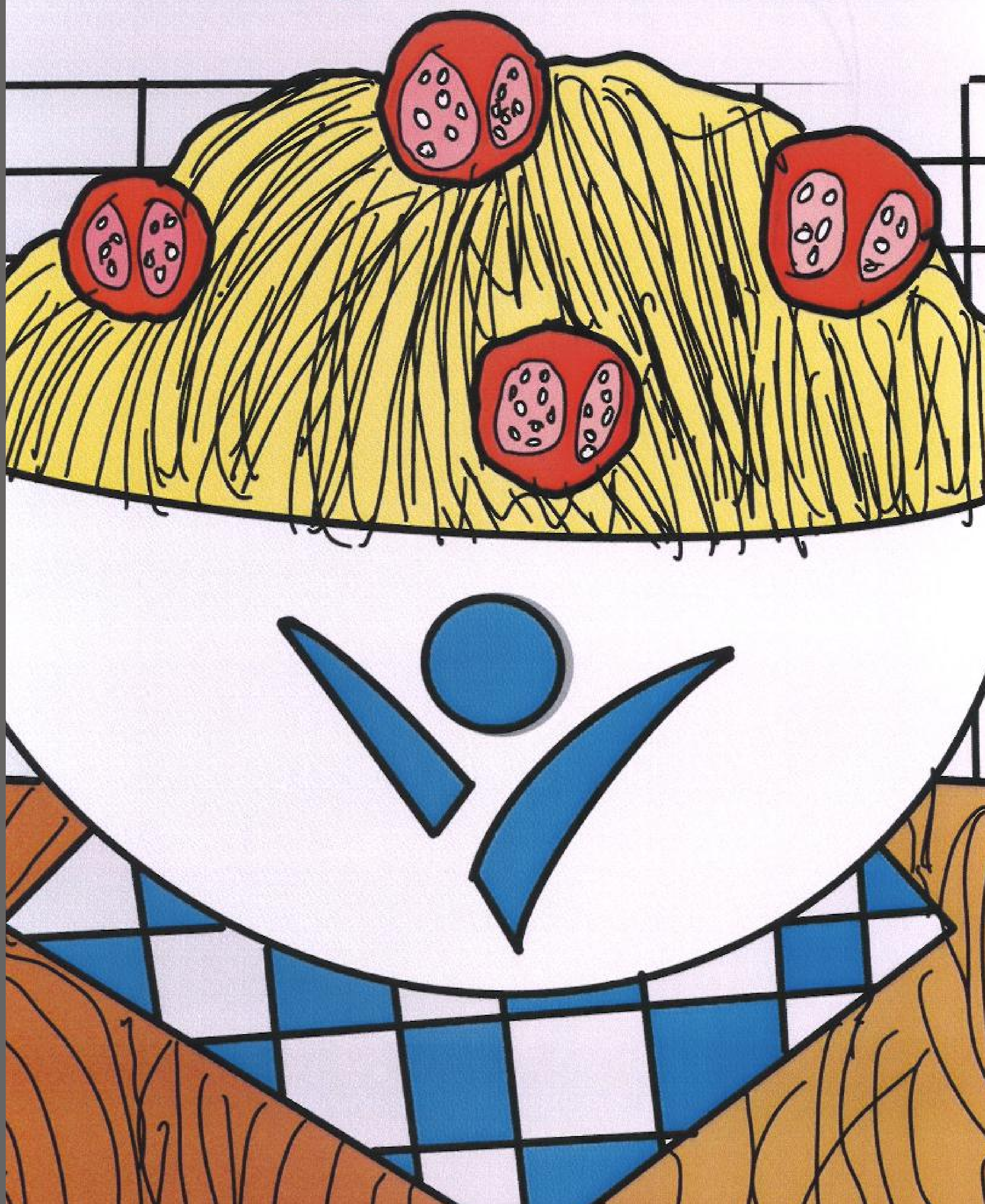


# The Best Vegetarian Meals Of All Time





# INTRODUCTION

By Zoe Badcock

**ISZL's EcoSchools journey began in January 2024 with a school-wide exploration of the theme Sustainable Food.**

**Across our campuses, students from Primary, Middle and High School each took on a unique line of inquiry connected to this timely topic.**

**At the Zug Campus, Primary students focused on reducing food waste and advocating for change. They encouraged our teachers and kitchen teams to allow more student choice during lunch and successfully campaigned to remove single-use plastics from Snack Attack.**

**In Middle School, students investigated the impact of our food choices on carbon emissions. Meanwhile, at the High School, students worked with the cafeteria team to introduce more healthy food options.**

**Throughout the year, students engaged with a wide range of voices across our school community to better understand how food decisions are made and how we can do better, together.**

**To celebrate the end of this chapter in 2025, we hosted a whole-school Vegetarian Food Festival. The event brought students, families, and staff together through food, culture and creativity. Participants submitted recipes, tasted new dishes, and shared stories that connected sustainability with tradition. Our Primary students even competed to design the front cover of this recipe book.**

**We are proud to share this book as our Eco-Code for our first EcoSchools journey: a celebration of food that is healthy, culturally diverse, and lower in carbon impact.**





# Creamy Vegetable Soup



Dish by: Kristien Van Lierop



**Scoring 1<sup>st</sup> place overall in the Zug Campus**

## Ingredients for 10 servings:

- 300g mushrooms
- 1 eggplant (aubergine)
- 3 carrots
- 300g pumpkin (or butternut squash)
- 2 leeks
- 4 onions
- 2 garlic cloves
- 2 bell peppers
- 400ml coconut milk
- 50g red curry paste
- Salt & pepper, optional herbs/spices to taste (e.g. cumin, paprika)

- Chop all vegetables.
- In a large pot, sauté onions, garlic, leeks, and curry paste in a little oil until fragrant.
- Add veg. Stir and cook for 5–10 minutes.
- Simmer: Add enough water to cover the vegetables.
- Bring to a boil, then simmer for 20–25 minutes until soft.
- Blend to puree the soup until smooth.
- Finish: Stir in coconut milk, season with salt, pepper, and optional spices. Simmer for another 5 minutes.







# Lentil Dal with Naan



**Dish by: Kathrin Hoffmann**

**Scoring 2nd place overall in the Zug Campus**

## Ingredients for 4 servings:

- 4 cm ginger
- 2 garlic cloves
- 500g swiss chard
- 2 tbsp coconut oil
- 2 tsp ground turmeric
- 1–2 tsp chili flakes
- 2 tsp ground cumin
- 300g red lentils
- 2 cans diced tomatoes (800g)
- 200–300ml vegetable broth
- 800ml coconut milk
- Agave syrup
- Cilantro (fresh)
- 250g spelt flour
- 120ml plant-based milk
- 80g soy yogurt alternative
- 8g sugar
- 2tsp baking powder
- 2tsp olive oil
- 1/2 tsp salt
- 4tbsp coconut oil
- 4tsp sesame seeds



**For the Dal: Peel the ginger and garlic, wash the chard, cut the stems into 1 cm pieces, and chop the leaves into small pieces for garnish.**

**Heat the coconut oil in a pot, sauté the ginger and garlic, then add the chard stems, lentils, and sauté for 2–3 minutes. Add the tomatoes and vegetable broth, cover, and let simmer over medium heat.**

**After 12 minutes, add the coconut milk. Let cook for another 5 minutes, season with salt, pepper, and agave syrup. Stir in the chard leaves just before serving.**

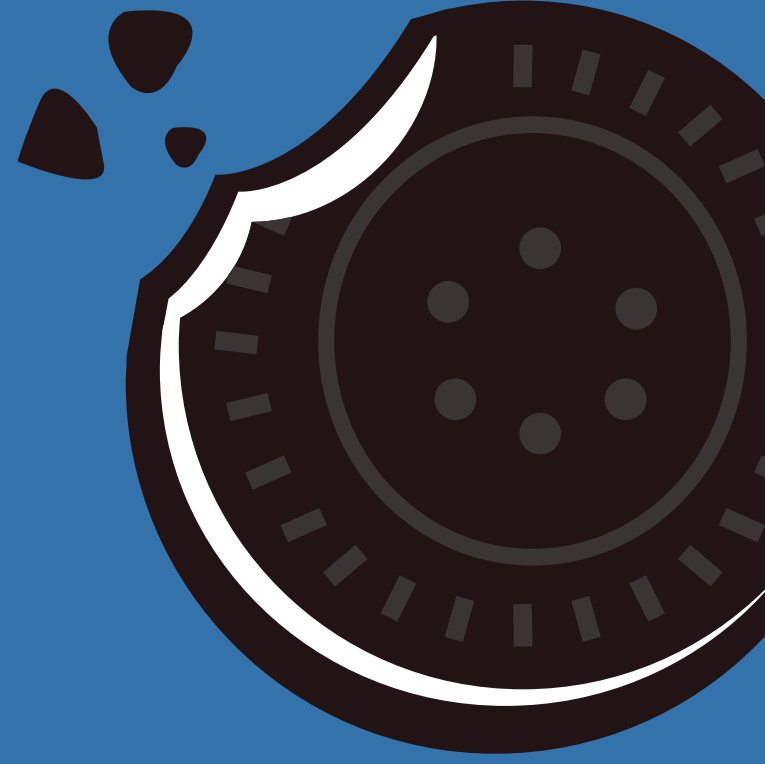
**For the Naan, mix all the ingredients except the coconut oil and sesame seeds into a dough. Divide it into four balls and roll them out into flatbreads. Heat the coconut oil in a pan until it starts smoking, then cook the flatbreads on both sides. Sprinkle with sesame seeds.**

**Serve the lentil dal in bowls, garnish with cilantro, and enjoy with Naan.**





# Oreo Truffle



**Dish by: Vyana Shah**

**Scoring 3<sup>rd</sup> place overall in the Zug Campus**

## **Ingredients for 20 balls:**

- 230g cream cheese
- 3 packs of Oreo (154 \* 3g)
- 200g cooking milk chocolate



1. Place the Oreos (the entire cookies, filling and cookie) in a food processor or blender. Pulse into a fine crumb.
2. Beat/pulse the Oreo crumbs with the softened cream cheese until combined.
3. Using a tablespoon, scoop out a spoonful of the mixture and, using your hands, roll into a ball. Place balls on baking sheets or plates lined with parchment paper.
4. Cover and refrigerate the balls for at least 15 mins.
5. Melt the chocolate
6. Coat the Oreo balls
7. If desired, top with sprinkles or Oreo crumbs while the chocolate is still warm.
8. Refrigerate balls for at least 1 hour to allow the chocolate to set before serving.
9. Once chocolate is set, you can store them in an airtight container in the refrigerator.





# Chocolate Sweet Potato Cupcakes

Dish by: Alexis Dahl



## Ingredients for 12 cupcakes:

- 1.5 cups cake flour
- 1 cup sugar
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup water
- 1/4 cup canola oil
- 2 tablespoons white or apple cider vinegar
- 2 teaspoons pure vanilla extract
- 3/4 cup pureed sweet potato
- 400ml coconut milk (not lite)



- Preheat the oven to 180°C.
- In a bowl, whisk together flour, sugar, cocoa, baking soda, and salt. In a separate bowl, whisk together the water, oil, vinegar, vanilla, and sweet potato until smooth. Pour the wet mixture into the dry mixture and mix until just combined. Do not overmix.
- Fill the cupcake liners and bake for 20 minutes.
- For the coconut whipped cream: Chill the bowl and whisk of a stand mixer in the freezer for about 10 minutes.
- Skim the solidified coconut cream from the chilled can of coconut milk and transfer the solids to the bowl of the stand mixer. Do not include any of the coconut water.
- Add the powdered sugar and whip till whipped cream. Chill the whipped cream in a covered container in the fridge overnight.
- Top each cupcake with whipped cream. Garnish each cupcake with chocolate and a dash of cinnamon, and enjoy!

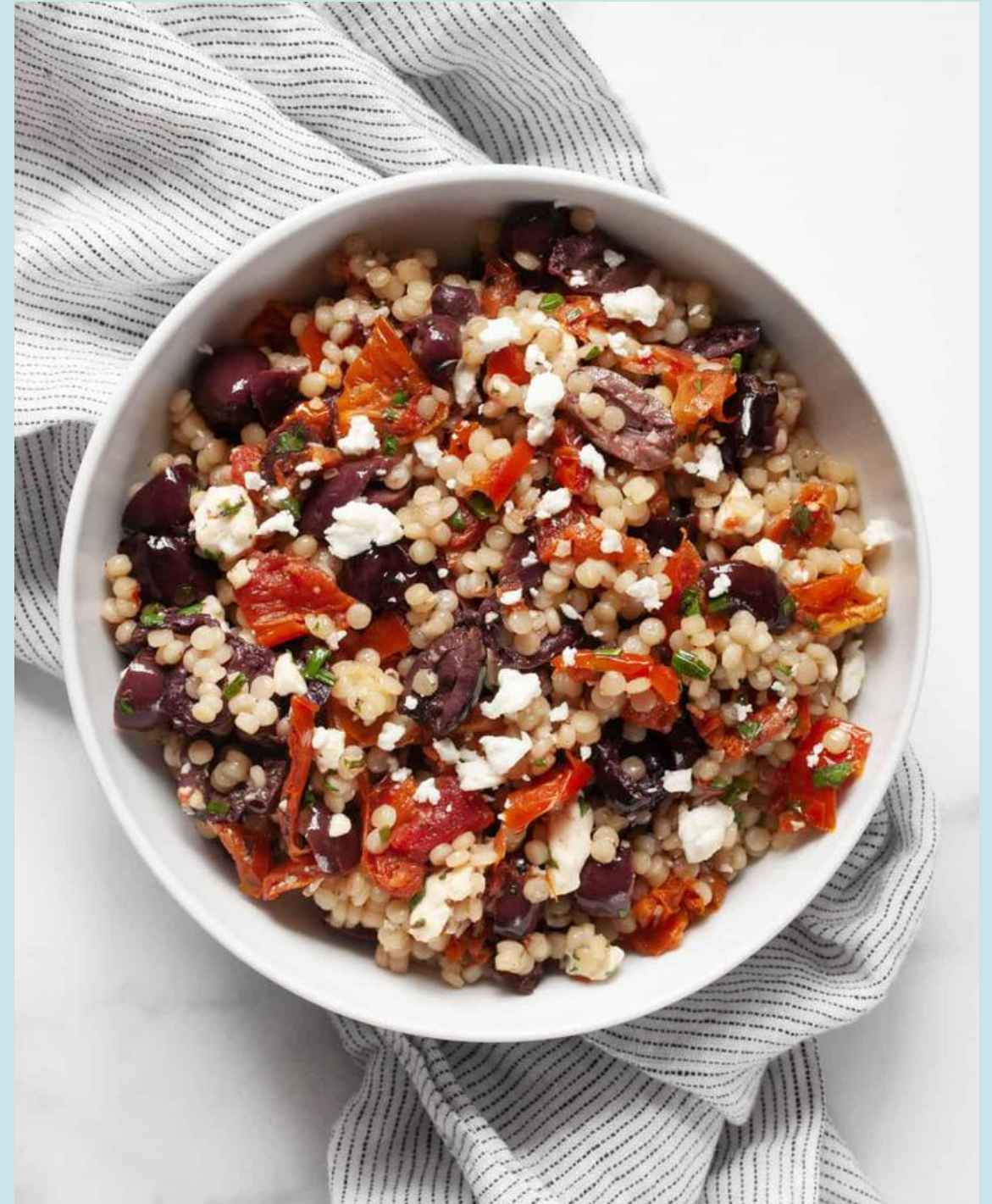


# Tomato Couscous and Feta with Roasted Vegetable

Dish by: Laura Price

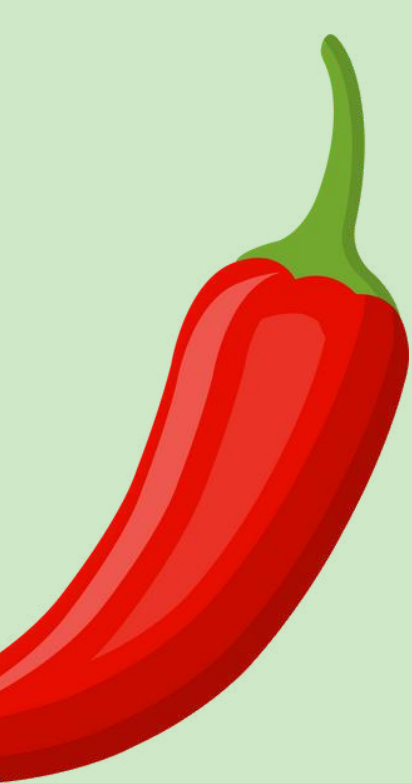
## Ingredients for 6-8 servings:

- 1 jar passata
- 1 bag couscous
- Mixed veg (e.g. onion, garlic, peppers, cherry tomatoes, carrot, aubergine)
- 1 block feta cheese
- Herbs (e.g. rosemary, basil, thyme)
- Olive oil
- Salt & pepper



- **Prep veg:** Chop all vegetables into bite-sized pieces. Spread on a baking tray, drizzle with olive oil, sprinkle with herbs, salt & pepper.
- **Roast:** Roast in a preheated oven at 200°C (fan 180°C) for about 25–30 minutes, until tender and slightly caramelized.
- **Cook couscous:** Place couscous in a bowl, add boiling water (according to packet), cover, and let sit for 5–10 minutes. Fluff with a fork.
- **Heat passata:** Warm passata in a saucepan, season with salt, pepper, and herbs to taste. Simmer for 5–10 minutes.
- **Assemble:** Mix couscous with the warm tomato sauce. Top with roasted veg and crumbled feta. Serve warm or at room temperature.





# Vegan Veggie Chilli

Dish by: Mags Faber



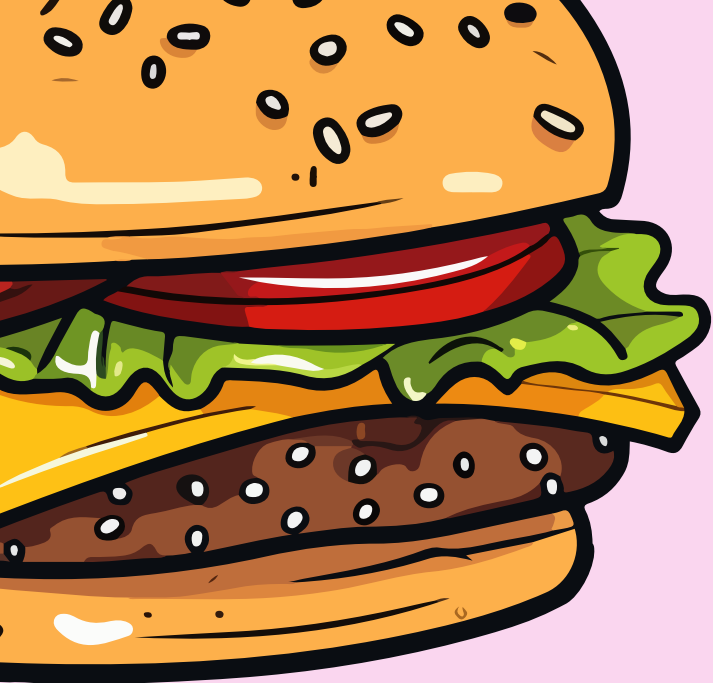
- In a large pot, heat olive oil over medium heat. Add chopped onion, bell pepper, carrot, and  $\frac{1}{4}$  tsp salt. Cook for 7–10 minutes, stirring occasionally, until vegetables are soft and onion is translucent.
- Add garlic, chili powder, cumin, smoked paprika, and oregano. Stir constantly for about 1 minute until fragrant.
- Add diced tomatoes (with juices), drained black and kidney beans, vegetable broth, and bay leaf. Stir well, bring to a simmer, and cook for 30 minutes on low heat, stirring occasionally.
- Remove from heat, discard the bay leaf, and blend part of the chili with a hand blender for a thicker texture (optional).
- Stir in dehydrated soy mince and let sit for 10 minutes to absorb liquid and soften.
- Mix in chopped cilantro and a splash of vinegar to taste.
- Serve in bowls with rice, tortillas, baked potatoes, or your favorite toppings.



## Ingredients for 6 servings:

- 1 medium red onion, chopped, 1 large red bell pepper, chopped, 2 medium carrots, chopped
- $\frac{1}{2}$  teaspoon salt, divided
- 4 cloves garlic, pressed or minced
- 2 teaspoons ground cumin, 2 tablespoons chili powder (optional), 2 tablespoons extra-virgin olive oil
- 1  $\frac{1}{2}$  teaspoons smoked paprika, 1 teaspoon dried oregano
- 1 large can or 2 small cans diced tomatoes, with their juices
- 2 cans black beans, rinsed and drained, 1 can kidney beans, rinsed and drained
- 2 cups vegetable broth or water
- 1 bay leaf
- Some dehydrated soy mince (or pea protein or protein of your choice)
- 2 tablespoons chopped fresh cilantro, plus more for garnishing
- 1 to 2 teaspoons sherry vinegar or red wine vinegar or lime juice, to taste
- Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream or crème fraîche, grated cheddar cheese, etc.





# Veggie Burgers

Dish by: Jain family

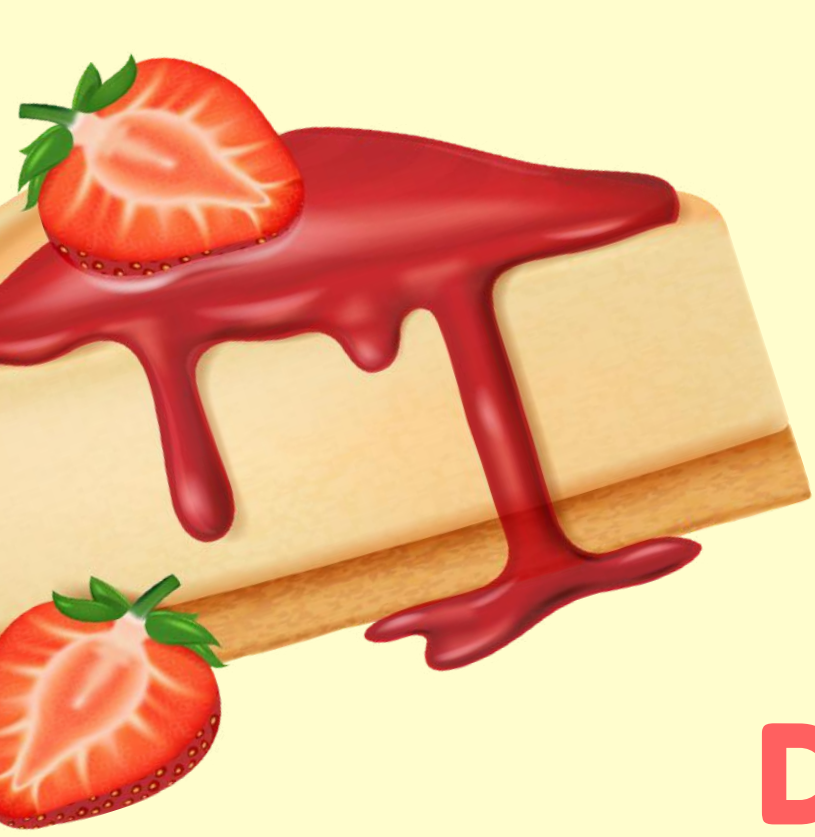


## Ingredients for 8 burgers

- 1 cup Quinoa
- 2 medium beetroots
- 3 medium potatoes
- 1/4 cup breadcrumbs/ oatmeal powder
- Salt, pepper, seasoning to taste.
- A large sprig of mint and coriander each
- A small piece of ginger
- 1/2 lemon juice
- 1/4 teaspoon roasted cumin powder
- 1/2 teaspoon sugar
- Small green chilli (optional).
- Tomato ketchup
- Butter
- Cheese slices
- 8 burger buns

- Boil the quinoa in 2 cups water.
- Boil the beetroots until soft and grate.
- Boil the potatoes and grate.
- Mix the quinoa, beetroot, and potato together, add breadcrumbs/ oatmeal powder, salt, pepper and seasoning. Shape into round patties and roast/bake on 180°C for 20 minutes in air fryer or oven (flip over in between).
- For the Chutney: grind together all ingredients listed above with a small amount of water to get a spreadable paste/sauce.
- Cut the burger buns/rolls into halves horizontally (or use two slices of sandwich bread to make one burger). Apply butter inside on both sides and toast lightly. Apply the Chutney on one inner side and ketchup on the other inner side. Place a slice of cheese and the baked patty in between to make the veggie burger.
- You can also add round slices of cucumbers, tomatoes, lettuce and mozzarella to this veggie burger/sandwich.
- Note: the patties can be made in advance and frozen, and remain fresh for several weeks in the freezer. The chutney can also be made in advance and refrigerated, and remains fresh in the fridge for up to 3 weeks.





# Cheese Cake



**Dish by: Vyana Shah**

## **Ingredients for 1 cake:**

- **For Crust:**
- **9 Tea biscuits**
- **5 tbsp Melted Butter**
- **For Filling:**
- **200 Cream cheese**
- **1/3 cup powdered sugar**
- **1.5 tbsp Milk**
- **1/2 tbsp Lemon juice**
- **1 tbsp cornstarch**
- **1/2 tsp vanilla extract**
- **Pinch salt**



- 1.Pre-heat oven at 165°C**
- 2.Blend biscuits finely**
- 3.Melt butter and mix with biscuits.**
- 4.Put the mixture in a baking tray, pressing to make an even layer.**
- 5.Bake for 8 mins, remove from oven and let the crust cool at room temperature.**
- 6.Pre-heat oven at 165°C**
- 7.In electric mixer/blender, beat cream cheese and sugar together on medium high untill smooth and creamy.**
- 8.Add milk, lemon juice, cornstarch, vanilla extract and salt, and mix on high for 2-3 mins**
- 9.With a spatula, gently spread the mixture evenly on the crust.**
- 10.Bake in oven for 40-45 mins.**
- 11.Remove and let it cool**
- 12.Once cool, transfer to refrigerator for 4-5 hours before serving.**





# Saffron Sunset Pasta



**Dish by: Kristien Van Lierop**

## **Ingredients for 4 servings:**

- **Pasta**
- **Salt to taste**
- **1 tsp coriander powder**
- **1 tsp cumin powder**
- **½ teaspoon ginger garlic**
- **½ tsp chilli**
- **¼ tsp turmeric**
- **2 tablespoon sour milk**
- **2 tablespoon butter**
- **1 tablespoon tomato puree**
- **½ cup fresh cream.**



- 1. Infuse saffron:** Soak a pinch of saffron threads in 2 tbsp of hot water or warm cream for 10 minutes.
- 2. Cook pasta:** Boil your preferred pasta (like tagliatelle or spaghetti) in salted water until al dente.
- 3. Make the sauce:** In a pan, sauté minced garlic in butter or olive oil, then add the saffron infusion and a splash of cream.
- 4. Combine:** Drain pasta and toss it in the saffron sauce; mix until evenly coated.
- 5. Serve:** Top with grated Parmesan and black pepper. Optional: garnish with lemon zest or parsley.





# Roasted Red Pepper Pasta



**Dish by: Oscar Pahlow**

## **Ingredients for 10 servings:**

- 1 large punnet cherry tomatoes
- 1 bunch shallots
- 4 garlic cloves
- 1 slab feta
- A few sprigs of thyme
- Olive oil
- Fusilli pasta



- **Roast veg:** Preheat oven to 200°C. Halve cherry tomatoes and shallots, peel garlic. Place in a baking dish with feta in the center. Add thyme, drizzle with olive oil, and roast for ~25 minutes.
- **Cook pasta:** Meanwhile, cook fusilli in salted boiling water until al dente. Reserve a cup of pasta water.
- **Blend sauce:** Optional – add roasted red peppers. Blend the roasted veg, garlic, feta, and a bit of pasta water until creamy (or mash with a fork for a chunkier sauce).
- **Combine:** Mix sauce with drained pasta. Adjust seasoning if needed. Serve warm.





# Shakshuka

Dish by: Hinde Smit



## Ingredients for 5 servings:

- Olive oil
- 1 sweet potato
- 1 yellow bell pepper
- 1 red bell pepper
- 1 red onion
- 2 garlic
- 150 chickpeas
- 1 can chopped tomatoes
- 1 teaspoon smoked pepper powder
- 1 teaspoon kummel
- 1/2 teaspoon chili flakes
- 100ml vegetable bouillon
- 5 eggs
- Feta cheese and flatbread/tortilla



- Cut sweet potato in cubes and stir fry in olive oil in pan for 7 minutes
- Add chopped onion and garlic until soft
- Add red and yellow pepper, both chopped in cubes. Cook for 5 minutes. Add spices and stir for 2 minutes.
- Add tomatoes and bouillon and let cook for 15 minutes. Add the chickpeas.
- Add in the eggs, careful so they can steam in the stew until done. Serve with feta flakes and piece of flatbread/tortilla.





# Albanian Byrek



**Dish by : Frida Zylka**

## **Ingredients for 15-20 servings:**

- 500g phyllo dough
- 4 onions, chopped
- 3 tomatoes, diced
- 100ml oil or butter
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp red pepper flakes (optional)
- 1 egg (optional, for egg wash)
- 50ml water (optional, for phyllo)



## **Make Filling**

- Sauté onions in oil until soft (5–7 min)
- Add tomatoes, salt, pepper, red pepper flakes
- Cook until thickened (10 min), then cool

## **Layer Byrek**

- Preheat oven to 180°C (350°F), grease baking dish
- Layer 2–3 phyllo sheets, brushing each with oil
- Spread filling, repeat layers, finish with phyllo on top

## **Bake**

- (Optional) Brush top with egg wash
- Bake 35–40 min until golden and crispy

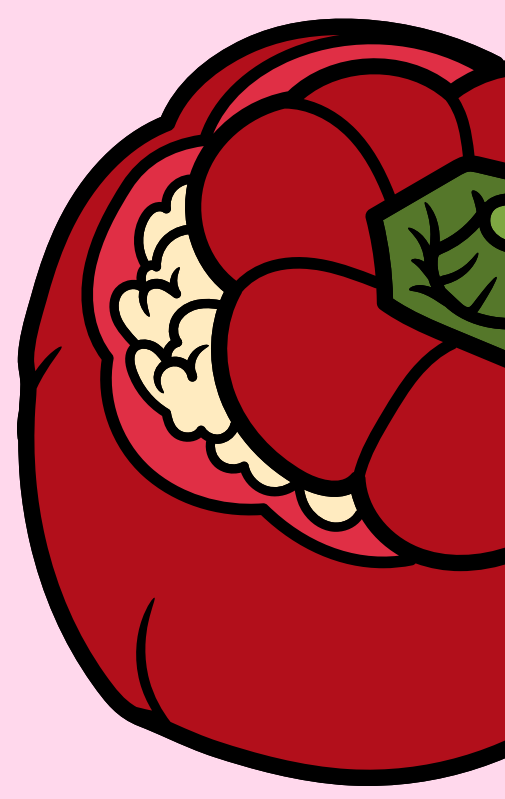
## **Serve**

- Let cool 10 min
- Slice and enjoy warm or at room temp





# Stuffed Vegetables



**Dish by: Sare Kanibir**

## **Ingredients for 15 servings:**

- Vegetables (bell peppers/red peppers/zucchini/eggplants/onions)
- Rice
- Garlic
- Parsley
- Tomato paste
- Pepper paste
- Spices and olive oil

- Hollow out the vegetables and set aside.
- Sauté chopped onion and garlic in olive oil. Add rice, tomato paste, pepper paste, spices, and chopped parsley. Cook for a few minutes.
- Fill the vegetables with the rice mixture. Place in a pot, drizzle with olive oil, add a splash of water, cover, and simmer on low heat for 30–40 minutes until tender.
- Serve warm or room temperature with yogurt or lemon wedges.







# Burek

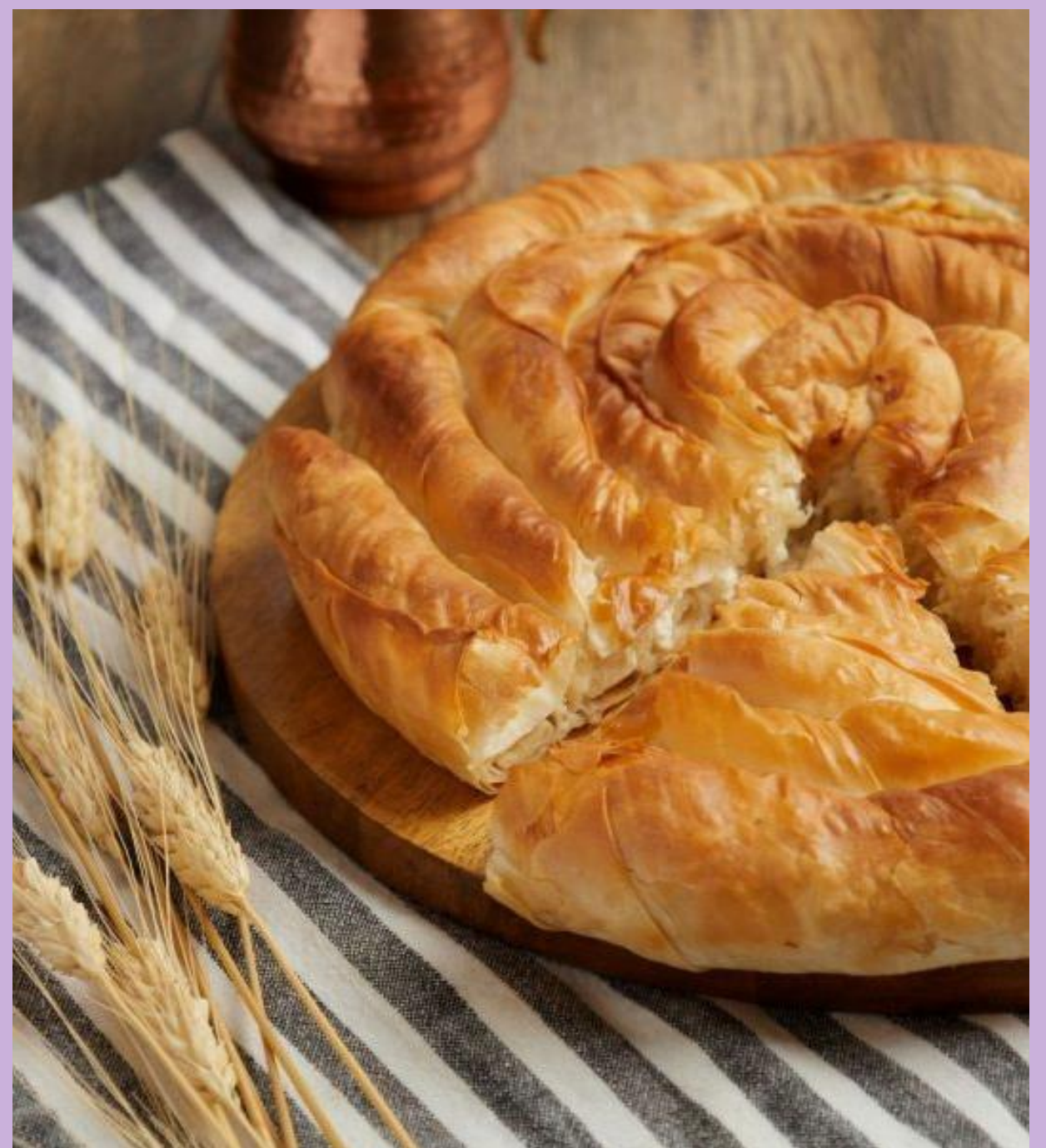
Dish by: Anita Brkanic



## Ingredients for 12 servings:

- 250g filo pastry
- 400g organic cottage cheese
- Half a cup of organic extra virgin olive oil
- 1 tsp of Himalayan salt

- Layer cottage cheese and filo pastry.
- sprinkle each layer with olive oil.
- Bake for 25-30 min at 180°C or until golden brown on top.







# Red Lentil Dahl



**Dish by: Victoria Newman**

## **Ingredients for 4 servings:**

- **1–2tbsp coconut or neutral oil, 2 chopped onions, 4 minced garlic cloves, 2tsp minced ginger (or to taste)**
- **1tsp each: turmeric, cumin, coriander, paprika, garam masala (or curry powder), plus salt and pepper to taste**
- **1  $\frac{2}{3}$  cups (300g) dry red lentils, 3  $\frac{1}{4}$  cups (780ml) vegetable broth, 1 cup (240ml) coconut milk, 1 cup strained or chopped tomatoes (optional)**
- **2tsp coconut sugar, 2–3tbsp lime or lemon juice (both to taste)**

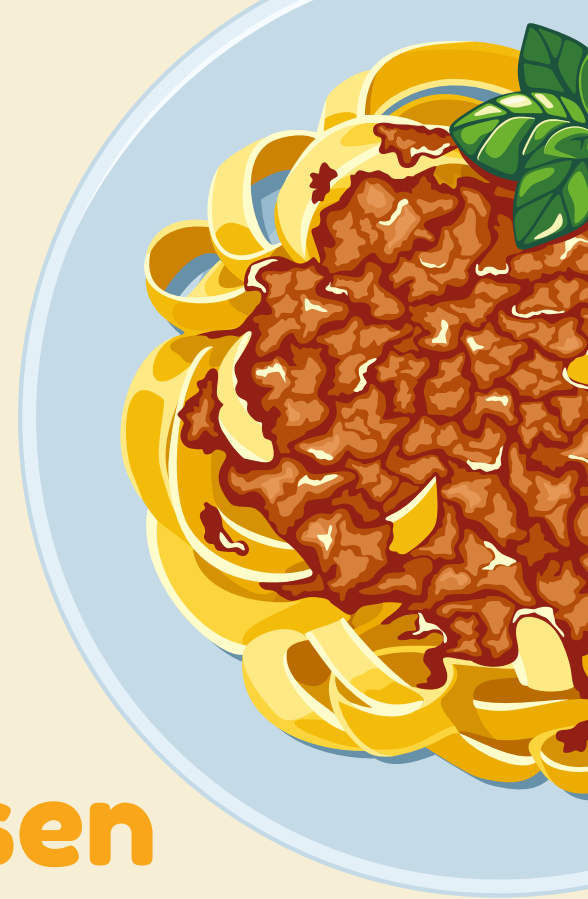


- **Heat oil in a skillet, sauté onions for 2–3 mins until translucent.**
- **Add garlic and ginger, cook 1 min until fragrant, then stir in spices briefly.**
- **Rinse lentils in a sieve, then add to the pan with vegetable broth.**
- **Simmer covered for 8–10 mins until most liquid is absorbed.**
- **Add coconut milk and tomatoes (if using), cook 5–10 mins until lentils are tender. Adjust consistency with more broth or milk if needed.**
- **Season with salt, pepper, coconut sugar, and lime juice to taste. Garnish with non-dairy yogurt, fresh herbs, and sesame seeds.**
- **Serve over rice, naan, or use as a filling for crêpes or wraps. Enjoy!**
- **Recipe by Bianca Zapatca**





# Vegetarian Spaghetti Bolognese



**Dish by: Johanne Qvist Pedersen**



## **Ingredients for 4 servings:**

- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 250g mushrooms, finely chopped
- 1 zucchini, grated (or 3 celery stalks)
- 50g red lentils
- 400g canned chopped tomatoes
- 75g sun-dried tomatoes in oil
- 1dl red wine or vegetable broth
- 2tbsp balsamic vinegar
- 1tsp dried thyme, 1 tsp smoked paprika, 1 tbsp chopped rosemary
- Salt and pepper to taste

- Sauté finely chopped onion and garlic in olive oil until soft.
- Increase heat, add finely chopped mushrooms, and cook briefly.
- Add grated squash, celery, sun-dried tomatoes, chopped tomatoes, red lentils, balsamic vinegar, red wine or vegetable broth, and seasonings.
- Simmer for 20 minutes until lentils are tender.
- Season with salt and freshly ground black pepper.
- Serve over cooked spaghetti, topped with grated cheese and fresh thyme.
- Recipe by Valdemarsro





# Gobi Manchurian



**Dish by: Anushka Malhotra**

## Ingredients

- Cauliflower (gobi), cut into florets
- All-purpose flour (maida)
- Cornflour
- Ginger-garlic paste
- Salt
- Water
- Oil
- Garlic and ginger
- Green chilies
- Spring onions
- Onion and capsicum
- Soy sauce
- Tomato ketchup
- Red chili sauce
- Vinegar
- Sugar
- Cornflour slurry (cornflour + water)
- Salt

**Scored 1st  
place overall  
in High School**



1. Blanch the cauliflower in boiling water for 2-3 minutes. Drain and set aside.
2. In a mixing bowl, combine flour, cornflour, ginger-garlic paste, and salt.
3. Add water gradually to make a smooth, thick batter.
4. Heat oil in a deep frying pan. Dip each cauliflower floret into the batter, ensuring it's well-coated.
5. Deep fry the florets until they are golden brown and crispy. Remove and drain.
6. In a large pan, heat 2tbsp oil: Add chopped garlic, ginger, and green chilies. Sauté for 1 min.
7. Add the white part of the spring onions, diced onion, and capsicum. Stir-fry for 2-3 min.
8. Add soy sauce, tomato ketchup, red chili sauce, vinegar, sugar, and salt. Mix well.
9. Add the cornflour slurry to the pan and cook until the sauce thickens.
10. Add the fried cauliflower florets to the sauce. Toss well to coat evenly.
11. Garnish with the green part of the spring onions.







# Avocado Chocolate Mousse



**Scoring 2nd place overall in High School**

**Dish by: Matvey Nikiforov**

## **Ingredients for 4 servings:**

- **2 ripe avocados (240g)**
- **1/4 cup regular cocoa powder**
- **1/4 cup dutch cocoa OR melted chocolate chips**
- **3-4tbsp milk of choice**
- **1/2tsp pure vanilla extract**
- **1/8tsp salt**

- **Scoop out 2 ripe avocados (240g) into a blender**
- **Add rest of ingredients**
- **Blend until completely smooth and creamy.**
- **Chill in fridge for 30+ minutes.**
- **Serve with toppings like berries, whipped cream, or nuts.**





# Creamy Veggie Stir Fry

Dish by: Eva Ebstein

Scoring 3rd place overall in High School



## Ingredients:

1. 2x spring onions
2. ½ Broccoli
3. 100ml of vegan cream
4. 4tbsp of oil
5. 6tbsp of soy sauce
6. 2 pinch of salt



1. Cut 2 spring onions and half a broccoli into smaller pieces.
2. Cut a bell pepper into cubes
3. Add a squirt of oil to a pan and heat it up.
4. Add the spring onions into the pan and let them cook until they're light brown.
5. Add broccoli and red bell pepper to pan.
6. Add a pinch of salt to season it.
7. Measure 800g of already cooked rice (it can be either freshly cooked or just taken out of the fridge). Add it to the pan, and try to remove any big rice clumps.
8. Let it cook for a while and add 6tsp of soy sauce. Stir again.
9. Once the rice is cooked, add 100ml of vegan cream, making sure the rice absorbs the cream.
10. When the fried rice is warm and cooked, serve it onto a plate and enjoy!





# Mushroom Spaghetti



Dish by: Tigris Hjertonssoni

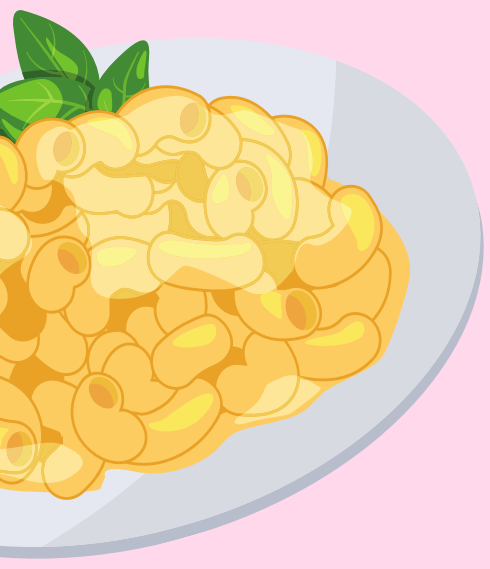
## Ingredients for 2 servings:

- 160g Pasta
- 1/2 tbsp olive oil
- 300g/ 10 oz mushrooms
- 3/4 cup cream
- 1/2 tsp salt and pepper

- Boil 160g spaghetti in salted water until al dente.
- Reserve 1/4 cup pasta water.
- In a pan, heat 1/2 tbsp olive oil.
- Add 300g sliced mushrooms. Sauté until golden and soft.
- Lower heat, add 3/4 cup cream to mushrooms.
- Season with 1/2 tsp salt and pepper. Simmer 2–3 min.
- Add drained pasta to sauce. Toss to coat.
- Add a splash of reserved pasta water if needed for creaminess.
- Optional: top with parmesan or herbs.







# Loaded Mac n' Cheese

Dish by: Hannah Lubber



## Ingredients for 1 serving:

- Olive oil
- Salt (1–2 shakes per serving)
- Diced veggies (1 handful)
- Alternative meat (1 serving)
- Cheese (3 types: e.g., gouda, emmentaler, cream cheese – a handful or more)
- Soy milk (start with 100ml)
- Margarine or butter (½ tbsp per serving)
- Complete Seasoning (2–3 shakes per serving)
- Macaroni (1 serving per person)
- Salsa
- Chili flakes

- Boil water in saucepan.
- Add olive oil, salt, and Complete seasoning.
- In a pan, heat olive oil.
- Add diced veggies and alternative meat. Sauté until golden.
- Add macaroni to boiling water.
- Cook until desired texture.
- Drain pasta, save a bit of pasta water.
- In the same saucepan, add pasta water on low heat.
- Add cheeses, soy milk, margarine, salt, and Complete Seasoning.
- Stir until smooth and melted.
- Add pasta to cheese sauce.
- Add sautéed veggies and fake meat. Mix well.
- Serve hot.
- Top with salsa or chili flakes if desired.







# Vegetarian Lasagna



**Dish by: Giulia Vigorelli**

## **Ingredients for 6 servings:**

- Lasagna sheets 270g
- Scamorza (provola) 250g
- Grated parmesan 120g
- Tomato sauce 400g
- Mushrooms 300g
- Zucchini 220g
- Spinach 200g
- Red onions 200g
- Carrots 180g
- Olive oil (to taste)
- Salt (to taste)
- Milk 600g
- Flour 50g
- Butter 50g



- Slice mushrooms, zucchini, carrots, and red onions.
- Sauté in olive oil with salt. Add spinach and cook until wilted.
- In a pot, melt 50g butter.
- Whisk in 50g flour.
- Slowly add 600g milk, stirring until thick. Add salt.
- Layer lasagna (in baking dish):
- Spread tomato sauce.
- Add lasagna sheets.
- Layer sautéed veggies.
- Add béchamel, sliced scamorza, and grated parmesan.
- Repeat layers until ingredients are used. Finish with béchamel and parmesan on top.
- Cover with foil. Bake at 180°C (356°F) for 25 min.
- Uncover and bake 10 more min until golden.
- Rest and serve. Let sit 10 min before slicing. Enjoy!





# Kladdkaka

Dish by: Natalie Douglas



## Ingredients for 1 cake:

- 100g butter
- 2 eggs
- 1 cup sugar
- 2/3 cups flour
- 4 tbsp cocoa powder
- 1 tsp vanilla sugar (or 1/2 tsp vanilla extract)
- A pinch of salt

- Preheat oven to 180C.
- Melt the butter and let it cool slightly.
- Mix eggs and sugar (do not whisk).
- Stir in flour, cocoa, vanilla, salt, and melted butter.
- Pour mixture into a greased 20–24 cm springform pan.
- Bake for 12–15 minutes – the centre should be sticky.
- Let it cool, then serve with whipped cream or ice cream.



# Spinach Mataar Paneer Curry

Dish by: Bob Sugden



## Ingredients for 4 servings:

- 5 cm piece of ginger, grated
- 1 clove garlic
- 0.5tsp cumin powder
- 0.5tsp coriander powder
- 0.5tsp turmeric
- 0.5tsp chilli or cayenne powder
- 1 onion
- 6 medium tomato, diced
- 200g tinned chopped tomato
- 200g mushroom
- 200g peas
- 1tsp garam masala
- 400g paneer, cubed
- 1 bag spinach
- Small bunch fresh coriander
- Naan or rice to serve

- 1.Heat oil in a large pan. Sauté onion, ginger, and garlic until soft.
- 2.Stir in cumin, coriander, turmeric, and chilli powder. Cook for 1 minute.
- 3.Add diced tomatoes and tinned tomatoes. Simmer for 5 minutes.
- 4.Stir in mushrooms and peas. Cook for 5 minutes.
- 5.Add paneer and spinach. Cook until spinach wilts and paneer softens (about 3–4 minutes).
- 6.Stir in garam masala, salt to taste, and fresh coriander.
- 7.Serve hot with naan or rice.





# Greek Style Potato and Aubergine Bake

Dish by: Zoe Badcock

## Ingredients for 4-6 servings:

- 3 large agria potatoes
- 2 medium aubergine
- olive oil
- 300ml precooked tomato sauce
- 1 block of feta cheese (or Vegan replacement)
- 100g parsley
- Dried oregano
- 100g grated parmesan



- Peel and cut potatoes into 1 cm rounds
- Cook potatoes for 5 minutes from point of boiling
- Drain, run under cold water to rinse off starch
- Wash aubergines and cut into 1 cm rounds
- Place in bowl with 20 ml extra virgin olive oil and half teaspoon of salt and mix
- Bake aubergine on tray in oven at 180 C (Fan) for 30 minutes
- Finely chop feta and parsley and mix
- Take a medium sized baking dish (c. 20 cm length)
- Place a layer of potatoes then a layer of aubergine
- Cover in a layer of the feta and parsley mix
- Repeat with one more layer of potato, aubergine and feta-parsley mix
- Pour the tomato sauce over the layers adding a good shake of dried oregano
- Top with 100 g of grated parmesan



# Breakfast Bagel Sandwich

**Dish by: the Van Den Berghe Sisters**

## Ingredients

- 4 eggs
- 2 avocados
- 2 tomatoes
- 1 pack of cream cheese
- 4 bagels
- Salt and pepper (to taste)
- Optional: chili flakes, lemon juice, or herbs for extra flavour



1. Place eggs in a saucepan, cover with water, bring to a boil, then simmer for 9–10 minutes. Cool under cold water, peel, and slice.
2. Scoop the avocados into a bowl. Mash with a fork.
3. Add a pinch of salt, pepper, and (optional) a squeeze of lemon or chili flakes for extra flavor.
4. Cut the tomatoes into thin slices.
5. Spread cream cheese on the bottom half of each toasted bagel.
6. Add a layer of mashed avocado.
7. Place sliced eggs on top and Add tomato slices.
8. Top with the other half of the bagel.



# Sesame Tofu Mango and Spicy Ginger dressing

Dish by: Hannah Guille

## Ingredients for 2 servings

- 1 chilli
- 4cm fresh ginger (use half)
- 1 lime
- 1 mango
- 2tsp maple syrup
- 2 spring onion
- 250g steamed brown basmati rice
- 1 tsp black sesame seeds (Sesame)
- 1tbsp sesame oil (Sesame)
- 40g baby spinach
- 80g sugar snap peas
- 1tbsp tamari (Soya)
- 280g Tofu (Soya)

- **Make the dressing:** Blend  $\frac{1}{2}$  chilli, 2cm ginger, juice of 1 lime, 2tsp maple syrup, and 1tbsp sesame oil until smooth.
- **Cook the tofu:** Cube 280g tofu and pan-fry in a little oil until golden. Add 1tbsp tamari, toss to coat.
- **Prep the rest:**
- Dice 1 mango, slice spring onions and sugar snap peas.
- Mix with 40g baby spinach.
- Add cooked 250g brown rice.
- **Assemble:** Top salad with tofu, drizzle with dressing, sprinkle with 1 tsp black sesame seeds.







# Carrot One Pot

Dish by : Karin Isch



## Ingredients for 4 servings:

- 3 large agria potatoes
- 2 medium aubergine
- olive oil
- 300 ml precooked tomato sauce
- 1 block of feta cheese (or Vegan replacement)
- 100 g parsley
- dried oregano
- 100 g grated parmesan 50 g



- In a large pot, heat olive oil over medium heat.
- Add diced potatoes and sliced carrots. Cook for 5–6 minutes, stirring occasionally.
- Add aubergine chunks and cook for another 5 minutes until slightly softened.
- Pour in the tomato sauce, oregano, salt, and pepper. Stir well.
- Cover and simmer on low heat for 25–30 minutes, stirring occasionally, until potatoes, carrots, and aubergines are tender.
- Stir in half of the parsley and crumble in the feta.
- Sprinkle grated parmesan on top, cover, and let it melt for 2 minutes.
- Garnish with the remaining parsley and serve warm.





# Smokey Lasagna



Dish by : Gaia Carozza

## Ingredients for 6 servings:

- lasagna sheets 270g
- Scamorza (provola) 250g
- Grated parmesan 120g
- Tomato sauce 400g
- Mushrooms 300g
- Zucchini 220g
- Spinach 200g
- Red onions 200g
- Carrots 180g
- Olive oil (to taste)
- Salt (to taste)
- Milk 600g
- Flour 50g
- Butter 50g



- Sauté onions, carrots, mushrooms, zucchini, and spinach in olive oil with salt until soft.
- Melt butter, stir in flour, then slowly whisk in milk. Cook until smooth and thick; season with salt.
- In a baking dish, layer tomato sauce, lasagna sheets, veggies, béchamel, scamorza slices, and Parmesan. Repeat layers and finish with béchamel, scamorza, and Parmesan on top.
- Cover with foil and bake at 180°C (350°F) for 30 min. Uncover and bake 15 min more until golden.
- Rest 10 min before slicing and serving.