



RECIPE

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VEGETABLE SOUP WITH PASTA/NOODLES

This soup is simple and delicious. Serve it hot, over your cooked pasta (cook pasta or noodles in a separate pot). Great for vegans too! You can also add some little touch according to your taste such as – chilli olive oil, grated parmesan cheese or tofu.

2-3 portions:

- 1 onion, chopped
- 2 cloves garlic
- 1 carrot, finely chopped
- ½ large or 1 small parsnip, finely chopped
- 2 celery sticks, chopped
- 1 whole tomato
- 1 bay leave
- Salt, pepper, fresh or dried parsley
- + add your extras if you like



1. Heat 1 spoon of olive oil in larger pot. Add all of your chopped vegetable and sauté for couple of minutes. Add water, salt, pepper, 1 tomato, bay leaf.
2. Cook your broth for about 30 minutes.
3. Remove tomato from your soup. Add fresh parsley at the end.
4. Put your cooked pasta in a bowl and pour hot soup over the pasta.
5. Top your extras if you want – parmesan cheese, chilli or tofu.





TERIYAKI SALMON WITH GREEN BEANS & BROCCOLI

This simple salmon salad is so delicious and quick. Crunchy greens and teriyaki dressing is a perfect combination.



1 portion:

100g broccoli

150g green beans

100g edamame beans

100g salmon

Spring onions

Chilli

Teriyaki sauce

1. Steam broccoli and green beans for couple of minutes, let them be crunchy. Add edamame beans and steam for another 2-3 minutes.
2. Add little piece of butter into a frying pan. Add salmon and fry until its colour turns into a light pink.
3. Place your vegetable on a plate, top with the salmon and scatter over the spring onions, chilli and teriyaki sauce.
4. You can eat it as a warm dish or take to work cold as a salad.

