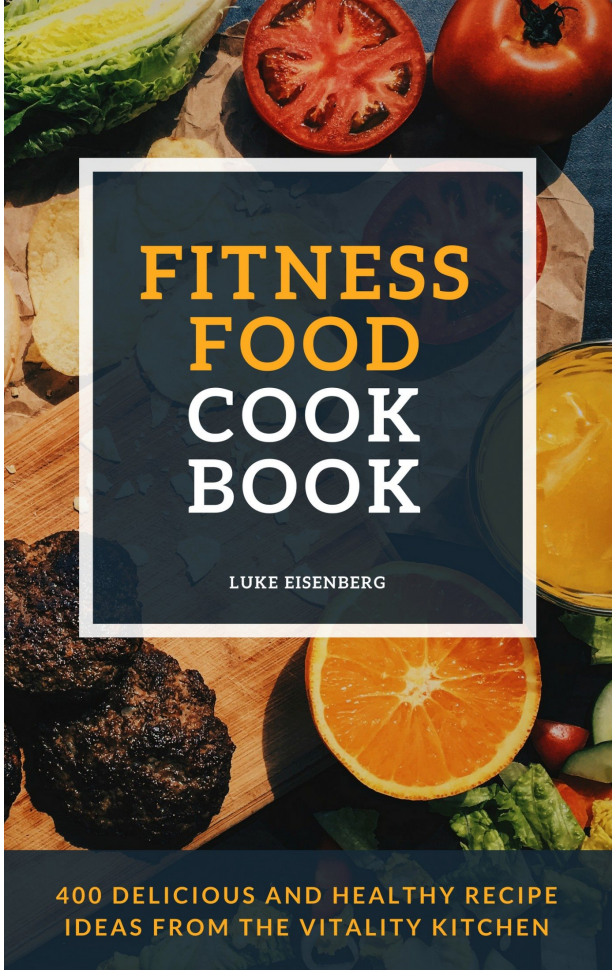


FITNESS FOOD COOK BOOK

LUKE EISENBERG

400 DELICIOUS AND HEALTHY RECIPE
IDEAS FROM THE VITALITY KITCHEN



**FITNESS
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Fitness Food Cookbook: 400 Delicious And Healthy Recipe Ideas From The Vitality Kitchen

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Low Carb Kitchen - delicious low-carb recipe ideas

Chicken Chilli pan, boiling pan with spicy yoghurt sauce

Chicken with fresh peppers and paprika as hearty stew has beneficial effects: It is rich in protein and helps build muscles, the blood sugar level is kept constant and increases the body's defenses by a lot of vitamin C and phytochemicals.

Serves 4 meals

2 chicken legs (so about 350 grams)

1 double chicken breast on the bone (so about 500 grams)

1 teaspoon cumin

2 cloves of garlic

1 organic lemon

1 tablespoon paprika (rose sharply)

2 tablespoons paprika (noble sweet)

2 large red peppers (so about 500 grams)

3 onions

2 tablespoons oil
400 milliliters chicken stock
350 grams of yogurt (3.5% fat)
1 tablespoon tomato paste
3 tablespoons flour
20 cherry tomatoes
Salt and freshly ground pepper

The preparation sequence

Clean chicken legs in water, pat dry and cut through the joint.

Clean chicken breast in water, pat dry and cut bone along and then crosswise into two halves. Caraway with little salt in a mortar.

Peel and mince garlic. Rinse lemon in hot water, dry and grate the peel finely. Cumin salt, garlic, lemon zest and chili powder with a little water mix to a paste.

Chicken pieces mingle in a bowl with the paste, cover with cling film and leave in the fridge for 2 hours (marinate).

The peppers into quarters, remove the seeds, clean water and chop into bite size pieces. Peel the onions and chop finely.

Oil heat in a roasting pan. Chicken pieces fry around, take out.

Add the onions and peppers in the roasting pan and fry while stirring, until the onions are golden brown.

give chicken pieces back in the roasting pan, fill with the broth, bring to a boil, then heated, preheated oven at 200 °

C (with convection not recommended for gas: regulator to position 3) open on the 2nd level from below 30 minutes cooking, simmer; turn once.

Yogurt, tomato paste and flour with 100 milliliters of water Stir to a smooth cream. Clean tomatoes in water.

After 30 minutes Cooking tomatoes yogurt and tomatoes in roasting pan give, stir and continue roasting 15 minutes. Season chili pot with salt and pepper.

A bit of advice

The thicken the sauce with yogurt and little flour instead of cream or sour cream makes them lighter and fresher. Something white bread for Auftunken the sauce - and the extra carbs provide even prolonged satiety.

Per serving: 626 kcal

Sauerbraten of chicken with cranberries and pumpernickel

The muscular flesh of the chicken does fit: niacin, iron, B vitamins and zinc confer new powers and strengthen the immune system. Instead of the usual raisins like a Sauerbraten prepared chicken flavored with cranberries. The tart berries are anti-inflammatory in bladder problems.

Serves 4 meals

4 sprigs parsley

100 milliliters of white wine vinegar
200 milliliters of white wine or grape juice
12 black peppercorns
4 bay leaves
1 carrot (so about 100 grams)
2 onions
1 stalk celery (so about 100 grams)
2 double chicken breasts on the bone (so about 650 grams)
2 tablespoons oil
Salt and freshly ground pepper
1 tablespoon flour
400 milliliters chicken stock
2 slices of pumpernickel (so around 85 grams)
30 grams of dried cranberries
2 tablespoons balsamic vinegar

The preparation sequence

clean parsley in water. Heat white wine vinegar and white wine once, peppercorns, bay leaves and parsley stalks and cook 5 minutes. Let cool down.

Carrot and onion peel, clean celery, clean water and unthreading. Everything in so crushing to the 2 centimeter pieces.

Clean chicken breasts in water, pat dry, peel and cut with bone respectively longitudinally and transversely into two halves.

enter With the vegetables in a bowl and pour the cooled marinade. be covered one day with clingfilm in the fridge drag (marinate).

The next day, take chicken from marinade. Marinade pour through a sieve and collect. drain well vegetables.

Oil heat in a frying pan. The chicken breasts with salt and pepper and brown on each side for 1 minute.

Remove the meat from the skillet; the vegetables in the frying pan, sauté colorless stirring. Sprinkle flour over and stir.

Place vegetables in a roasting pan. Trapped marinade and pour chicken stock, add the meat, heat again over medium heat covered for 15-20 minutes cooking, simmer.

Pumpernickel crumble.

give pumpernickel crumbs, cranberries and balsamic vinegar in the roasting pan and continue cooking for 5 minutes. Season with salt and pepper.

A bit of advice

Serve the protein-rich meat a carbohydrate side dish like potatoes, potato or bread dumplings. To make the festive food long lasting sick.

Per serving: 415 kcal

Roulades on Moroccan style with sultanas and almonds

The protein-rich meat is a great way to meet the need for iron. If you like to eat dinner protein stresses corresponds these low carb meal to your wishes.

Serves 4 meals

1 yellow pepper

30 grams sultanas

40 grams almonds (skinned)

2 tablespoons tomato paste

1 ½ teaspoons harissa

4 large thin slices of beef (as the so around 200 grams)

3 onions

2 cloves of garlic

2 tablespoons oil

2 tablespoons flour

425 grams of canned tomatoes

225 milliliters of dry sherry

Salt and black pepper

The preparation sequence

The pepper into quarters, remove the seeds, clean water and chop into fine strips.

Sultanas and almonds mince separated.

Tomato paste and harissa mix to a paste.

give beef slices on work surface, brush them lightly salt and the tomato Harissa paste.

distribute sultanas and almonds on it. The peppers place transversely to the rolls.

Roll the rolls tight and stuck with toothpicks.

Peel the onions and garlic and finely shred.

The oil in a deep frying pan or in a Dutch oven heat. Dip the rolls in flour, shaking off excess flour and fry the rolls in hot oil all around, take out.

Add the onions and garlic to the skillet and sauté 1 minute.

give rolls back into the frying pan. Canned tomatoes and sherry and leave to heat up again.

Everything covered over medium heat simmer 70-80 minutes, while the roulades from time to contact.

When cooked, remove the meat rolls and season the sauce with salt and pepper. Good to: couscous.

A bit of advice

When children eat with and you want to forego the sherry, replace the alcohol by vegetable broth.

Per serving: 511 kcal

Mustard eggs with spinach and tarragon

Although this vegetarian classics contains a considerable amount of grease, but the calories are well spent. Because

eggs provide in addition to vitamins, minerals and omega-3 fatty acid abundant lecithin; of spinach contains a lot of folic acid. Both together ensure shiny hair, beautiful skin and strong nails, say some experts.

Ingredients for 2 meals

4 eggs (M)

1 onion

2 stalks tarragon (may substitute 1 / 2 Teelöffel dried tarragon)

125 grams of young spinach

1 tablespoon oil

160 milliliters soy cream

2 tablespoons coarse mustard

Salt and freshly ground pepper

Tabasco

The preparation sequence

anpiksen eggs, put in boiling water and cook soft as wax in 6-7 minutes. Peel onion and chop finely. clean tarragon in water, shake dry, pluck leaves and finely shred. clean spinach in cold water in water and drain well.

Oil heat in a frying pan and sauté the onions in it. Stir in soy cream and heat again.

the spinach to the sauce and cook for 2 minutes.

Stir in mustard and tarragon and season the sauce with salt, pepper and a few splashes of Tabasco.

Drain the eggs and discourage short. Peel eggs and warm in the mustard sauce. These potatoes fits.

A bit of advice

Because free-range chickens eat a lot of green stuff, contain their eggs usually more bioactive plant compounds than that of animals without outlet. It is worthwhile to pay attention to quality.

Per serving: 394 kcal

Spicy chicken curry with ginger and tomatoes

Thanks to its high content of good usable protein saturates chicken enjoyable without overloading with fat calories. Fresh ginger and the abundance of spices contained in the paste invigorating and stimulate digestion gently.

Ingredients for 2 meals

350 grams of chicken breast

50 grams Tikka Masala Paste

3 tablespoons cream yoghurt

3 small red onions

1 piece of ginger root (so about 30 grams)

1 tablespoon oil

425 grams of canned tomatoes (drained)

1 tablespoon tomato paste

75 grams of soy cream

Salt and black pepper

Black cumin as desired

The preparation sequence

Chicken breast fillet rinse and pat dry. First, in thick slices, then chop into cubes.

Tikka masala spice mix and cream yoghurt mix in a bowl, chicken cubes and blend it well. infuse Cover and refrigerate overnight (marinate).

Peel the onions and chop into wide strips. Ginger, peel and finely chop. Oil heat in a frying pan, fry the onions and ginger for 2-3 minutes. Chicken diced and continue to fry for 1 minute.

chop canned tomatoes little give with tomato paste and 125 milliliters of water in the frying pan, heat up again. Cover and cook over medium heat for 10 minutes.

When cooked, pour little soy cream to again briefly heat again. Season with salt and pepper. Preparing with remaining soy cream. sprinkle If desired Nigella about. These brown rice fits.

A bit of advice

bring a green salad to the table: Thus, from the Curry a complete, easy low-carb eating.

Per serving: 385 kcal

Asparagus and tomato salad with shrimps and dill

The combination of various beneficial nutrients such as protein, fiber, potassium, vitamin A and C and unsaturated fatty acids does Galle, eyes, gastrointestinal tract and the blood pressure well.

Ingredients for 2 meals

1 lemon
1 red onion
1 bunch dill
200 grams of cherry tomato
150 grams prawns (ready to cook)
2 tablespoons olive oil
1 teaspoon agave syrup or honey
Salt and black pepper
500 grams of white asparagus

The preparation sequence

express lemon. Onion peel and chop into fine strips. clean Dill in water, shake dry and chop. Clean tomatoes in water and cut into two halves. lemon juice, onion, dill and tomatoes with shrimp, oil and agave syrup in a bowl. Add salt and pepper, and mix well.

Clean asparagus in water and peel thoroughly with a vegetable peeler. Woody ends from crushing and the

crushing rods diagonally into slices. Allow the asparagus tips throughout.

Putting a sufficiently large saucepan, boiling pan with salt water for cooking and the asparagus in it for 4-5 minutes until al dente cooking, simmer.

Drain asparagus in a colander and drain well.

give still warm to the remaining ingredients and mix thoroughly. infuse 3 minutes again with salt and pepper from the mill and bring to the table.

A bit of advice

Even faster and slightly spicy: Take sometimes green asparagus, which needs only the lower end peeled to be.

Per serving: 238 kcal

Roast beef rolls with pumpkin curd and Chinese cabbage

Much protein and low in carbohydrates making filled rolls for optimum light dinner. They also provide the body with B vitamins and iron and are therefore good for nerves and oxygenation.

Ingredients for 2 meals

2 eggs

100 grams of pickled pumpkin (glass)

3 stalks coriander

150 grams Magerquark

1 small organic lemon

Salt and freshly ground pepper

150 grams of Chinese cabbage

10 slices of roast beef (without fat trim)

The preparation sequence

anpiksen eggs, place in boiling water and boil hard in 8-9 minutes. Quenching peel, and chop.

Meanwhile pumpkin to drain in a colander and coarsely chop. clean coriander in water and shake dry. Papers pluck and finely shred.

cottage cheese with pumpkin and coriander in a bowl. clean lemon in water, wipe dry; grate the peel finely expressing juice and both mix with the cottage cheese mixture. Add salt and pepper, and stir in the chopped eggs.

Clean chinese cabbage, clean water and shake dry. mince with a large knife into very fine strips. In a bowl, lightly salt and knead vigorously for 3-4 minutes, so that it is smooth.

give roast beef slices on work surface, lightly salt and pepper. distribute each 1-2 teaspoons pumpkin Quark it.

Each disc with little Chinese cabbage prove firmly roll up and place on a plate. Garnish with remaining cabbage and bring to the table.

A bit of advice

For those who prefer it, the filling can also wrap in well-fat slices of turkey or chicken breast cuts. And if you want

more fiber, served all remaining Chinese cabbage - with little vinaigrette mixed - as a raw vegetable salad.

Per serving: 356 kcal

Fish fillets with almond crust on melted cherry tomatoes

With one serving, take the daily requirement of iodine to be. Abundant protein and unsaturated fatty acids provide fillets and almonds. And the tomatoes bear cytoprotective agents and pro-vitamin A to the positive balance in!

Ingredients for 2 meals

1 onion

1 large clove garlic

1 small organic lemon

2 tablespoons canola oil

300 grams of cherry tomato

75 milliliters of white wine or vegetable broth

4 tablespoons ground almonds (40 grams)

1 pinch dried thyme

Salt and freshly ground pepper

4 Lengfischfilets (so around 75 grams)

1 bunch of parsley

The preparation sequence

Onion and garlic peel and finely shred. clean lemon in water, the bowl rub and set aside.

Sauté onion and garlic glazed in 1 tablespoon oil.

Clean tomatoes in water and pour into the saucepan, Cauldron.

Deglaze with wine or vegetable broth. Cover and simmer for 10 minutes at low heat.

Meanwhile, ground almonds with thyme and grated lemon zest Mix. Lightly salt and pepper.

Rinse fish fillets, pat dry and sprinkle with salt. Laying With one side in the seasoning mixture and press firmly.

Residual oil heat in a nonstick skillet. Fish fry on the spicy side over medium heat briefly. Consult and place in a baking dish. In the heated, preheated oven tube Küchenherd bei 200 ° C (with convection: regulator to position 3: 180 ° C, at gas) Bake about 8 minutes.

clean parsley in water, shake dry and chop. Under the tomato stir, season with salt and pepper and place on plate 2. Preparing The 2 fish fillets on top and bring to the table.

A bit of advice

Lengfischfilets is tasty - but you can for this recipe as desired also other solid fish fillet such as take the redfish, cod or pollock.

Per serving: 396 kcal

Fried plaice fillets with crab, spinach and crispy croutons

Much easily digestible protein makes the delicious creation for optimum dinner late at night or the ideal lunch for all those who love to enjoy, without burdening the stomach and intestines.

Ingredients for 2 meals

75 grams whole grain ciabatta (the previous day)

1 onion

150 grams of young spinach

3 stalks dill

6 plaice fillets without skin (so about 60 grams)

Salt and coarsely ground pepper

1 tablespoon oil

1 piece of lemon

75 grams shrimps (peeled)

The preparation sequence

crush bread into very thin slices and heated, preheated oven at 200 ° C (with convection: regulator to position 3: 180 ° C, for gas) until golden brown around the 4-5 minutes on the rack in that way.

Meanwhile, peel the onion and chop into fine strips. take croutons from the oven and crush with your hands.

clean spinach in cold water, rinse in water and drain well.
clean Dill in water, shake dry and coarse teasing. Rinse
plaice fillets, pat dry, salt and pepper.

Heat the oil in a nonstick skillet heat and plaice fillets fry on
each side for 1-2 minutes. Carefully add on plate and keep
in oven when switched off warm.

the onion strips and spinach in the frying pan and fry for 1-
2 minutes, stirring constantly. Season with salt and pepper.
express lemon over the frying pan.

give crabmeat into the skillet and miterwärmen short. The
crushed croutons and dill, mix.

distribute Spinach Crab vegetables on the fish fillets and go
immediately to the table.

A bit of advice

Variations complacent? No problem: try the dish it out with
chard, mustard cabbage or bok choy instead of spinach!
Something cheaper wird's way, if you replace the North Sea
crabmeat by deepwater crab meat.

Per serving: 370 kcal

Grilled zucchini flowers with pecorino and chili

In the flowers of the garden pumpkins infected beta-
carotene, and helps prevent fatty deposits in the arteries.
Support is the yellow dye by olive oil. His unsaturated fatty
acid helps to keep the blood lipids liquid.

Serves 4 meals

8 zucchini flowers

1 dried red chili pepper

3 stalks Oregano

1 lime

4 tablespoons olive oil

50 grams pecorino cheese

Salt and freshly ground pepper

The preparation sequence

The sharp outer sepals around the stem eliminate approaches.

Open flowers carefully detach the punches and then the lower flowers ends from crushing.

Chilli crumble. clean oregano in water, shake dry, pluck leaves, finely chop and add the squeezed lime juice in a bowl.

Olive oil stir.

Pecorino with a vegetable peeler planing fine.

A grill pan to warm. Grill the flowers over medium heat around 4-5 minutes, then place on a plate, season with salt and pepper and sprinkle immediately with the marinade. give cheese on top and leave for 15 minutes.

A bit of advice

The season for zucchini flowers is short; mostly they are only offered in June. Anyone who wants to make the dish

more satiating, sprinkled roasted sunflower seeds and it would be both the flavor as on the circulatory support by the unsaturated fatty acids.

Per serving: 160 kcal

Marinated mozzarella with olives and dried tomatoes

Olives and their oil are rich in oleic acid, a monounsaturated fatty acid. Thus they improve the relationship between the "good" and "bad" cholesterol, have a hypotensive action and curb inflammation in the vessels. Especially people with a high risk of cardiovascular disease benefit.

Serves 4 meals

½ lime

40 grams of green olives without stone

50 grams of dried tomatoes (drained)

2 tablespoons olive oil

1 small dried chilli pepper

250 grams of mozzarella (9% fat)

black pepper

Rosemary for garnish

The preparation sequence

The lime express Measure 1 tablespoon of juice. Olives and dried tomatoes finely shred.

In a bowl with olive oil and lime juice mix. Chilli crumble and also mix in.

Drain the cheese and cut into small pieces.

mince mozzarella in slices or cubes

Drizzle with the spiced oil and infuse at room temperature for 15 minutes (marinate). With little rosemary garnished bring to the table.

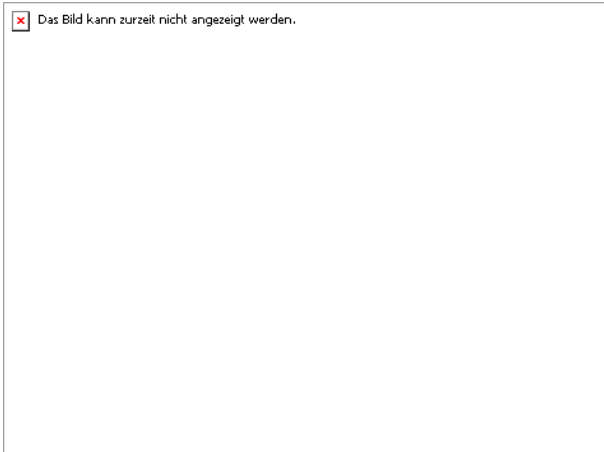
Tips

When buying of mozzarella on the packaging: Did she once inflated, is good taste there, the cheese may have already become bitter.

Per serving: 183 kcal

Marinated Clams with chilli pepper and parsley

The clams are low in fat, contain selenium and zinc for a properly functioning immune system. In addition, a portion of which already provides half the daily requirement of vitamin D, which also acts in the immune system: It pushes the immune cells, which can then react faster to attackers.



Serves 4 meals

1 kg clams (fresh or frozen)

1 large onion

2 cloves of garlic

1 green chilli pepper

½ bunch of parsley

½ lemon

2 tablespoons olive oil

275 milliliters of dry white wine or fish stock

Salt and freshly ground pepper

The preparation sequence

Scrub clams and provide for 1 hour in cold water; thereby changing the water once. (Thaw Frozen mussels.)

Peel and chop onion and garlic Meanwhile in small cubes. Pfefferschote cut lengthwise in half, remove the seeds, clean water and chop into fine strips.

clean parsley in water, shake dry, pluck leaves and coarsely chop. express lemon.

Drain in a colander clams. Open mussels sort.

Oil in a wide saucepan, Cauldron heat, sauté onion and garlic until soft. Pfefferschote add and also sauté briefly.

Pour the white wine and cook once.

Clams and cook covered over high heat about 4 minutes of boiling, simmer until all the mussels have opened, thereby shaking the saucepan, Cauldron several times.

Clams with a slotted spoon from the saucepan, take Cauldron and enter on a plate. Mussels that have not opened, sort out.

give parsley in the Sud, with salt, pepper from the mill and lemon juice.

Sud pour over the clams and bring immediately or cooled on the table.

A bit of advice

The fresh clams nearing shopping The preparation sequence; they are not long lasting. As soon as the slightest hint of ammonia odor is noticeable, it may no longer be used.

Per serving: 97 kcal

Mushrooms in balsamic vinegar with garlic and parsley

Whether wild or cultivated mushrooms if mushrooms or chestnuts: The vegetable side shines through a high content of vitamin D. It is one of the substances of which we often take too little. Especially for vegetarians are fungi, a particularly valuable source of this bone strengthening vitamin, because they come otherwise mostly too short.

Serves 4 meals

425 grams mixed mushrooms
2 cloves of garlic
2 stalks parsley
2 tablespoons olive oil
Salt and freshly ground pepper
175 milliliters of classic vegetable
3 tablespoons balsamic vinegar

The preparation sequence

Clean mushrooms with a brush or a paper towel and chop into pieces of equal size.

Peel garlic and finely shred.

clean parsley in water, shake dry, pluck leaves and coarsely chop.

Heat oil in a skillet and garlic in it sauté 1 minute.

Mushrooms and cook for 3-4 minutes until vigorously over high heat while stirring. Season with salt and pepper.

Pour the broth.

The parsley and leave to cook for 1 minute.

Balsamic vinegar and cook for another 2-3 minutes. Leave to cool for 2 hours.

A bit of advice

A dish for almost all cases: The mushrooms taste as an appetizer as well as a starter or side dish. And if you like, they mixed sometimes with hot pasta or an omelette filled with it!

Per serving: 69 kcal

Sardines Venetian style with onions and sultanas

The protein-rich appetizer contains plenty of selenium. The trace element acts as a free radical scavenger in our body and has important functions in the thyroid metabolism.

Serves 4 meals

30 grams sultanas

650 milliliters of white wine or grape juice

4 red onions

800 grams Sardine (ready to cook)

Salt and freshly ground pepper

5 tablespoons flour

4 tablespoons olive oil
3 allspice berries
1 teaspoon coriander
2 cloves
2 bay leaves
250 milliliters of white vinegar

The preparation sequence

cover raisins with a little white wine and soak 10 minutes.

Peel the onions and chop into very fine slices.

Clean sardines in water, remove any adhering scales.

Sardine pat dry and season inside and out with salt and pepper.

turn fish in flour. Tap off the excess flour carefully.

3 tablespoons olive oil in a frying pan heat up. The sardine fry until golden brown on each side. Remove sardines, drain on absorbent paper and then lay side by side in a baking dish.

The skillet wipe. sauté onion in remaining oil over medium heat while stirring for 4-5 minutes colorless. Spices and bay leaves give.

Remaining white wine and vinegar pour.

Sultanas add, heat again and simmer for 10 minutes. give marinade piping hot over the sardines and leave to cool. infuse covered 1 day in refrigerator with plastic wrap (marinate). In order for the shrimp not ice cold on the table, 30 minutes before serving to take out of the fridge.

A bit of advice

The double portion is made quickly. The antipasti can be stored for several days in the fridge - so you have more of it.

Per serving: 424 kcal

Feiner fennel salad with thinly sliced salami

The vegetables with the typical anise flavor protects with its high content of vitamin C, E and beta carotene, the cells against free radicals. Its essential oils also relieve colds and stomach and intestinal complaints.

Serves 4 meals

1 large fennel bulb (so about 500 grams)

1 red onion

1 small organic orange

½ lemon

100 grams of fennel salami in very thin slices

1 teaspoon honey

1 teaspoon Dijon mustard

Salt and freshly ground pepper

3 tablespoons extra virgin olive oil

The preparation sequence

Clean the fennel, clean water, pat dry and chop the vegetable slicer or with the slicer into thin slices.

Peel onion and chop finely. Rinse Orange hot, dry rub and rub about half the cup finely.

express Orange and measure 2 tablespoons juice. also expressed lemon and measure 1 tablespoon juice.

Preparing fennel and onions with salami slices on a plate decorative.

Orange juice, lemon juice, honey, mustard, salt and pepper from the mill. Olive oil embezzled. The sauce over the ingredients pour, infuse 10 minutes and bring to the table.

A bit of advice

You can not get enough of anise flavor? Then roast one teaspoon fennel seeds without fat briefly in the frying pan and sprinkle it over the appetizer!

Per serving: 193 kcal

Marinated green olives with fennel and orange

Fat or fit? Although the latter, because olives contain fat, but still only 150 calories per 100 grams. Moreover, their oil from fatty acids composes that are positive for the body. The vast monounsaturated oleic acid z. B. has a favorable effect on the cholesterol level of skill by lowering the bad LDL cholesterol.

Serves 4 meals

350 grams of green olives with stone

1 small red chili pepper

1 red onion

1 small fennel bulb (so about 200 grams)

½ bunch basil

1 Orange

2 tablespoons olive oil

freshly ground pepper

The preparation sequence

press olives slightly or chop with a small knife, and place in a bowl.

Cut chili pepper lengthwise in half, remove the seeds, clean water and finely shred.

Onion peel and chop into very thin rings.

Clean fennel in water, clean, the brew herauszerkleinern wedge shape and chop the potato into small cubes.

clean basil in water, shake dry, pluck leaves and coarsely chop. All about olives give.

Cut orange in half and squeeze. Add 3 tablespoons of orange juice and olive oil to the olives and season with freshly ground pepper. infuse all mix well, cover and refrigerate 24-36 hours (marinate).

A bit of advice

Enjoy the pickled olives, a glass of red wine, as is common around the Mediterranean. The contained therein bioactive

substance resveratrol prevents deposits in the blood vessels and strengthens the heart.

Per serving: 169 kcal

Braised chicken in red wine with shallots, mushrooms and herbs

Low fat, high protein - the "Coq au vin" saturates without straining. A high content of niacin and vitamin B6 does the nervous system well, "clean" the phenols in red wine the veins and get the heart.

Serves 4 meals

1 bunch of soup vegetables

12 small shallots

5 garlic cloves

4 sprigs of thyme

Salt and freshly ground pepper

3 bay leaves

300 grams small mushrooms

1400 grams of chicken breast on the bone

4 tablespoons flour

2 tablespoons olive oil

2 tablespoons tomato paste

500 milliliters of red wine (burgundy)

350 milliliters chicken stock

as desired: 3 stalks parsley

The preparation sequence

Clean greens, clean water and chop into pieces. Shallots and garlic peel. clean thyme in water and shake dry. Place in a bowl and season with salt and pepper, mix well with bay leaves. Clean mushrooms, possibly briefly rinse and pat dry.

Chicken breasts cold rinse and pat dry. With a large knife to the sternum along the fillets from the bone crushing, divide each breast half into 3 pieces.

Chicken pieces sprinkle with a little flour. Olive oil in a ovenproof skillet or a roasting pan to warm. Chicken pieces sauté around vigorously, remove.

The vegetables and mushrooms in the skillet or roasting pan give, also sear. Tomato paste and stir fry briefly. Chicken pieces to show.

pour red wine and broth and bring to a boil. In the heated, preheated oven tube Küchenherd bei 200 ° C (with convection: 180 ° C; in gas: regulator to position 3) simmer for 35-40 minutes.

Clean, chop If desired parsley in water and pour over the finished chicken.

A bit of advice

Take a good red wine and chicken breast Biohändler, then irresistible taste and seductive scent are guaranteed. These crispy baguette - voilà, there goes your feast!

Per serving: 427 kcal

Salmon and cucumber frying pan with dill and anise liqueur

The easiest way to a healthier heart and powerful gray cells via the omega-3 fatty acid. Salmon is one of the best sources for it. In the combination with rapeseed oil and soybean cream all valuable fatty components are assembled. Since worth every Fettkalorie!

Ingredients for 2 meals

- 1 cucumber (500 grams)
- 1 red onion
- 250 grams of salmon fillet (without skin)
- 1 tablespoon canola oil
- Salt and freshly ground pepper
- 2 tablespoons anisette
- 125 milliliters classic vegetable
- 125 milliliters soy cream
- 3 stalks dill

The preparation sequence

clean cucumber in water, peel and cut in half. Using a spoon, scrape the seeds out. Cucumber flesh into about 1.5

centimeters wide pieces shred. Peel onion and chop finely.

Rinse salmon fillets, pat dry and chop cubes in about 2 centimeters. Heat oil in a nonstick skillet heat and fry the fish round light brown. Removing salt and pepper.

give onions in the frying pan and briefly sauté it. Cucumbers and cook fry 2 minutes. Season with salt and pepper.

Deglaze with the aniseed liqueur.

Broth and soy cream add. Boil blank, then downshift temperature and simmer for 4 minutes at low heat.

Meanwhile clean Dill in water, shake dry and flags pluck. Put the salmon back into the frying pan. cook 2 minutes remaining, season with salt and pepper. Sprinkle with dill and bring to the table.

A bit of advice

A court for all cases: if you want a high-protein-fitting low-carb dinner, served a low fat soup or a salad with low-fat dressing anticipated. Choose a high-carbohydrate side dish like potatoes or rice to a balanced lunch therefrom.

Per serving: 358 kcal

Stuffed turkey rolls with celery and apple salad with avocado

The full load of valuable unsaturated fatty acids from walnuts, avocado and olive oil helps to lower high cholesterol levels and out and improve blood lipids balance.

Ingredients for 2 meals

30 grams of walnut kernels

1 piece of celeriac (so about 200 grams)

Pinch of salt

1 apple (so about 200 grams)

3 tablespoons yogurt (0.3% fat)

freshly ground pepper

1 tablespoon Worcestershire sauce

Tabasco

8 slices of smoked turkey breast (so about 200 grams)

1 small lemon

1 ripe avocado (so about 200 grams)

1 tablespoon olive oil

The preparation sequence

chop walnuts coarsely and lightly fry in a frying pan without fat.

Celery, peel, clean water and chop into fine strips. provide for 1 minute vigorously boiling salted water (blanching).

In a colander drain or lift out with a slotted spoon and rinse with cold water. clean apple in water, chop sliced out the seeds and cut into fine strips.

Celery, apples and walnuts in a bowl mix with the yogurt. Season with salt, pepper, Worcestershire sauce and

Tabasco.

Place on each slice of turkey cuts little celery salad and roll. stuck with toothpicks. Squeeze the lemon.

Cut avocado in half, stone and loosen the flesh from the shell. Sliced mince and place on a plate. Season with salt, pepper and 1-2 tablespoons of lemon juice. With oil drizzle, turkey rolls on set and put on the table.

A bit of advice

Having no ripe avocados? Then wrap the fruit just in newspaper and let it ripen 2 or 3 days!

Per serving: 478 kcal

Chicken cutlets with roasted tomatoes and Marsala

One portion covers loose the daily requirement of niacin: This B vitamin distributes fatigue and helps to mobilize energy reserves. Lycopene, the red pigment of tomatoes, serves to protect the cells against harmful free radicals.

Ingredients for 2 meals

3 beefsteak tomatoes

1 bunch of parsley

1 large shallot

250 grams of chicken breast

Salt and freshly ground pepper

1 tablespoon canola oil

100 milliliters Marsala

100 milliliters chicken stock

The preparation sequence

Clean the tomatoes in water, cut in half and squeeze out the seeds carefully. Clean parsley in water, shake dry and chop. Shallot Peel and finely shred.

Rinse chicken breast fillet, pat dry and slightly oblique chop into thin slices.

Slices between 2 Clingfilm place, with a heavy skillet or a meat mallet to flatten (plate), so small Schnitzel arise, season with salt and pepper.

A frying pan heat up and fry the tomato halves on the cut surface without fat over high heat vigorously and then take out. Put the oil in the frying pan.

Chicken cutlets on each side one minute fry and take in hot oil. shallots and tomatoes into the skillet and fry for 1 minute.

Only the Marsala pour, then let cook the broth and 2-3 minutes.

Schnitzel with parsley short heat in the frying pan, season with salt and pepper. Serve with brown rice or whole wheat pasta.

A bit of advice

Who wants to give up alcohol, replaces the Sicilian sweet Marsala by red grape or cherry juice.

Per serving: 237 kcal

Monkfish cutlets with yellow tomatoes

This meatless schnitzel They cover more than half of the daily requirement of vitamin D. The fat-soluble vitamin is responsible for the calcium and phosphate metabolism and thus for the tooth and bone structure.

Ingredients for 2 meals

14 yellow cherry tomatoes

25 grams capers (glass)

1 shallot

4 sprigs parsley

½ lemon

½ orange

275 grams monkfish

1 teaspoon coriander seeds

5 black peppercorns

2 tablespoons olive oil

125 milliliters of white wine or fish stock

Salt and freshly ground pepper

The preparation sequence

Clean tomatoes in water, cut in half and squeeze out the seeds.

Drain and coarsely chop capers.

Shallot peel and finely chop. Clean parsley in water, shake dry, pluck leaves and coarsely chop. Lemon and orange isolated express.

Clean monkfish in water, pat dry and chop slices in 2 centimeters. Cover the slices with cling film and flatten little flat with a meat mallet or pie server. Coriander seeds and peppercorns coarsely crushed in a mortar.

Turn fish slices in the spices.

Heat the oil in a nonstick skillet heat and fry the slices of fish in it on each side over high heat for 1 minute. Remove. If desired, with little salt and lemon juice.

the tomatoes and shallots in the frying pan and cook 30 seconds under stirring.

Stir 50 milliliters of orange juice and white wine into the frying pan.

Capers give, heat again and cook for 3 minutes at high heat. Give fish and parsley in the frying pan and heat it up briefly. With salt and pepper from the mill, and go immediately to the table.

A bit of advice

If you here carbohydrates is missing, then eat a delicious whole grain ciabatta to the Schnitzel. The fiber contained therein to support good digestion and ensure prolonged satiety.

Per serving: 240 kcal

Calamari Skillet with baby aubergines

The seafood is protein and iodine rich. Together with the eggplant gives a big plus in B vitamins that carry the metabolism of protein, fat and carbohydrates. Also for nerves, blood, skin and hair, they are indispensable.

Serves 4 meals

2 calamari (so about 800 grams; or ready plastered squid)

6 baby aubergines (so about 250 grams)

1 piece of ginger (so about 25 grams)

2 cloves of garlic

1 stalk lemongrass

1 red chilli

4 sprigs Thai basil

2 tablespoons oil

Salt and freshly ground pepper

200 milliliters of coconut milk (9% fat)

200 milliliters classic vegetable

Thai fish sauce

1 organic lime

The preparation sequence

Pull the tentacles (tentacles) from the Calamarikörpern (tubes). Headend with Kauwerkzeugen of the tentacles from crushing.

Eliminate transparent whalebone from the Calamarituben.

Calamari place on the work surface and pull the skin and fins. Body and tentacles thoroughly cold rinse and pat dry.

Calamarikörper shred lengthwise and open.

Calamari crush in so to the 5 centimeter squares and slightly scratch the flesh on the inside with a sharp knife.

clean eggplant in water, clean and cut lengthwise into two halves.

Ginger and garlic peel and finely shred. Rinse lemongrass, pat dry and chop into pieces. clean chili pepper in water, chop lengthwise on, remove seeds and finely shred. Thai basil clean water, shake dry leaves pluck and coarsely chop.

1 tablespoon of oil heat in a nonstick skillet. season lightly Calamarikörper and tentacles with salt and pepper and fry until golden brown in hot oil while turning.

Calamari take from the skillet, set aside briefly. Wipe out skillet with a paper towel. Then enter the remaining oil in the frying pan and heat. Fry the eggplant in it on the cut surfaces of about 1 minute. add ginger, garlic, lemongrass and chilli and fry turning another 30 seconds.

Coconut milk and broth pour, heat again and simmer for 1 minute.

give tentacles back into the skillet and cook 1 minute. Then add Calamaristücke and cook everything for a further 30 seconds.

Calamari pan with salt, pepper from the mill and fish sauce. Sprinkle basil before serving it. Lime in columns crush, rich to fry. Serve with whole-grain basmati rice.

A bit of advice

Baby Eggplants are not going to get anywhere, but their big brothers and sisters \ 's in any supermarket - they are just as well suited for the preparation process. Cut them simply crosswise into slices.

Per serving: 302 kcal

Mexican pumpkin seed sauce with coriander

Bioactive ingredients into the pumpkin seeds strengthen the bladder and prevent prostate problems before. In the small power packs still some additionally plugged in vitamin E, minerals and trace elements, and there are many unsaturated fatty acids, including linoleic acid. The ensures that fat is converted into energy to digest, instead of walking in memory cells.

Ingredients for 6 meals

60 grams pumpkin seeds

125 milliliters classic vegetable

1 teaspoon anise

1 bunch coriander

6 leaves romaine lettuce
1 onion (so about 50 grams)
1 clove of garlic
2 tablespoons oil
Pinch of salt

The preparation sequence

Pumpkin seeds roasting without fat in a frying pan until they are slightly inflated.

With the broth in flash hacker or in a food processor grind to a paste.

Anis roast without fat in a frying pan, rising to some smoke.

clean coriander in water, shake dry, pluck leaves and coarsely chop. clean romaine lettuce leaves in water, spin dry and also chop coarsely.

Onion and garlic peel and finely shred.

1 tablespoon of oil in a frying pan heat up heat, fry onion and garlic in light brown.

the onion-garlic mixture, pumpkin seed paste, aniseed, half the coriander and the romaine lettuce in the food processor and puree. Season with salt.

Heat the remaining oil in a frying pan strong, the puree and fry 2 minutes, stirring. (Do not over fry the sauce is usually gray.)

Remaining coriander and cook puree everything together in a food processor again. bringing at room temperature on the table.

A bit of advice

Goes well with poultry, such as grilled chicken breast. The lean meat provides high-quality protein - an especially good usable building material for our organism.

Per serving: 91 kcal

Stuffed chicken breast with ricotta and tarragon

The easily digestible proteins (protein compounds) of chicken can be well converted by the body into muscle. The protein in the ricotta enhances this effect.

Ingredients for 6 meals

250 grams of ricotta

3 stalks tarragon

3 stalks parsley

Salt and freshly ground pepper

6 chicken breasts (around 160 grams)

½ lemon

1 tablespoon honey

little rapeseed oil for the grill

The preparation sequence

Drain at least 4 hours in a fine sieve ricotta.

clean herbs in water, shake dry, pluck leaves and finely shred.

With the drained ricotta mix, salt and pepper.

Clean chicken breasts in water and pat dry. At the top of each fillet deep crush in the breast meat, so a pocket.

Ricotta enter into a piping bag and fill each chest bulging with the cheese mixture.

close bag opening with 2 toothpicks.

express lemon. In a baking dish 1 tablespoon juice with honey mix.

can turn chicken breasts in it, and so covered about 2 hours in the refrigerator draw (marinate).

Remove the meat from the marinade and drain.

Chicken pieces grilled on a hot, lightly oiled grill or under the heated, preheated oven grill repeatedly turning about 12 minutes. With salt and pepper from the mill, and go immediately to the table.

A bit of advice

Enjoy the stuffed chicken breast a fresh salad. Then the body gets additional complex carbohydrates that balance blood sugar levels and therefore saturate long.

Per serving: 242 kcal

Grilled salmon trout with mint pesto

The delicate pink flesh of salmon trout contains abundant fat, but it contains omega-3 fatty acids are a wonder

weapon against elevated cholesterol. This also generously supplied Vitamin E enhances the positive characteristics of the fatty acids, and vitamin B12 helps in the formation of blood.

Ingredients for 6 meals

2 salmon trout fillets (so about 400 grams, with skin)

Salt and freshly ground pepper

1 tablespoon mustard

1 organic lemon

3 stalks of mint

1 bunch of parsley

1 clove of garlic

25 grams of pine nuts

4 tablespoons olive oil

little oil for the grill

The preparation sequence

clean fish fillets in water, pat dry and possibly pull out remaining bones with tweezers.

Flesh side of the fillets with salt and pepper and coat with the mustard.

Fillets with the smeared sides together place inside.

clean lemon in water, dry and chop into slices. Spread half the slices in an oiled fish grill rack.

The double fillet in the wire rack insert, cover with remaining lemon slices. The grill rack are sealed and the fillets cold.

clean mint and parsley in water, shake dry, pluck leaves and coarsely chop. Peel garlic and finely shred.

Pine nuts roasted in a frying pan without fat, pour onto a plate, let cool and finely shred.

Herbs, garlic and pine nuts Mix in a bowl with the oil, season with salt and pepper.

Salmon trout grilling on medium hot grill for 6-7 minutes on each side.

The fish is done when the skin is easy to peel. Then bring the pesto on the table.

A bit of advice

Mint, as it is here used for pesto, has a distinctive and intense aroma; this is not for everyone. Who does not like, takes only parsley or basil. Also supporting the Mediterranean touch.

Per serving: 243 kcal

marinated Grilled pork with chili and orange

The filet is one of the leanest parts of the pig and therefore charged the calorie balance barely. Instead, it provides a lot of valuable protein. This portion also fillet the daily requirement of vitamin B1 is all decked, half each of at B2,

niacin, iron, and zinc. So the meat strengthens the nerves and the immune system.

Ingredients for 6 meals

2 kitchen-ready pork (so about 600 grams)

1 organic orange

2 red chillies

½ lime

2 tablespoons oil

2 tablespoons tomato paste

little oil for the grill

The preparation sequence

clean, dry Marinade Orange in water and grate the peel finely. express Orange.

Cut chillies lengthwise in half, remove the seeds, clean water and finely shred. express lime.

Prepared ingredients with 1 tablespoon oil, lime juice and tomato paste mix, then place in a tightly closed freezer bag.

Pork pat dry and place in the marinade, seal bag and turn the fillets thoroughly in the marinade, so shake well. be drawn at least 3 hours in the refrigerator (marinate).

accept pork from the marinade and drain. On the medium-hot, lightly oiled grill around so the 15 minutes (possibly slightly longer) grill while turning.

Meat before crushing for 5 minutes wrapped in foil to rest. Serve with grilled melon relish.

A bit of advice

Dab the marinade before grilling roughly from meat from. Drop down too much seasoning sauce on the fire, the rising smoke may contain harmful substances.

Per serving: 302 kcal

Tuna tartare grilled with capers and dried tomatoes

Tuna is rich in omega-3 fatty acid, vitamin D and iodine. Therefore, the low-cholesterol starter has a positive effect on the heart, vessels, thyroid and blood lipids.

Ingredients for 6 meals

- 1 dried red chili pepper
- Paprika (rose sharply)
- 2 tablespoons olive oil
- 4 tuna steaks (as the so around 150 grams)
- 2 red onions
- 50 grams capers
- 50 grams of dried tomatoes in oil
- 1 tablespoon balsamic vinegar
- Salt and freshly ground pepper

3 stalks Oregano

The preparation sequence

Chilli crumble and mix with the paprika. The oil stir.

Tuna loins clean water, pat dry and apply in chili oil. For 1 hour cold and pull out (marinate) blank.

Peel the onions and chop finely. Drain and coarsely chop capers.

Drain tomatoes, set aside 2 tablespoons of the oil. Tomato mince.

Onions, capers and tomatoes in a bowl with the vinegar and tomato oil mix, salt and pepper.

clean oregano in water, shake dry, pluck leaves, coarsely chop, add to the bowl and mix.

Tuna take out of the marinade. grilling on the very hot grill on each side to 1 minute - then the fish remains pink inside.

Tuna tear on a board coarsely and mix with the remaining ingredients. infuse 15 minutes remaining (marinate). Then bring to the table.

A bit of advice

Transform the Mediterranean delicacy with fresh salad and bread in an entree. Then the marinated grilled tuna contains enough carbohydrates to make you long tired.

Per serving: 216 kcal

Halibut parcels with fennel and potatoes

Due to the high vitamin D content in marine fish eaters are less affected by bone diseases. The Halibut packet even deliver twice the daily requirement. The vitamin that the calcium storage serves primarily, will also do the teeth well and will further strengthen muscle strength.

Ingredients for 6 meals

6 Halibut (so to so about 150 grams)

2 fennel bulbs (so about 400 grams)

400 grams of large waxy potatoes

1 small organic lemon

5 stalks basil

3 tablespoons olive oil

Pinch of salt

freshly ground pepper

The preparation sequence

Clean fennel bulbs in water, clean, in each case the stalk crushing wedge-shaped out, shred the potato into thin strips.

clean potatoes in water, peel and chop into cubes 1 centimeter.

Diced potatoes in boiling salted water for 7 minutes of boiling, simmer.

After 4 minutes, give fennel strips to the potatoes.

Vegetables drain, briefly hold under cold water (put off) and drain well.

Rinse lemon in hot water, wipe dry. The cup finely rub and squeeze the lemon. clean basil in water, shake dry, pluck leaves and chop into very fine strips.

6 pieces to a size of so crushing aluminum foil around the 30x30 centimeters. On each piece of film 1 teaspoon olive oil spread.

Halibut pieces in water clean, pat dry and spread on the film pieces, salt and pepper.

Distribute vegetables on the fish pieces and season lightly with salt and pepper.

Put some lemon juice, lemon zest and basil on each piece of fish.

Fish pieces pack firmly into the film.

Packet grilling on medium hot grill on one side for 10 minutes.

A bit of advice

Do not feel like grilling or the weather is not ideal for this? The fish packets succeed just as well on the oven shelf: At 200 degrees the fish in 15 to 20 minutes or even.

Per serving: 270 kcal

Shrimp on cucumber and orange salad with orange-lime sauce

Pure enjoyment and simultaneously Power provides the strong suit made of protein and iodine rich shrimp and vitamin C rich citrus fruits. For valuable unsaturated fatty acids that olive oil provides - and the cucumber saturates, without burdening the calories account.

Ingredients for 6 meals

500g large shrimp (ready to cook)

3 oranges (around 100 grams)

1 piece cucumber (350 grams)

2 small romaine lettuce hearts

3 stalks tarragon

1 lime

Salt and freshly ground pepper

4 tablespoons olive oil

2 teaspoons coriander seeds

black peppercorns

The preparation sequence

2 oranges peel so that the shell and all white skin is removed. mince orange slices. Cut the rest of the orange in half and squeeze.

Cucumber peel, cut lengthwise in half, remove seeds with a spoon and chop into very thin slices.

clean lettuce hearts in water, spin dry and chop into bite size pieces.

clean tarragon in water, shake dry, pluck leaves and coarsely chop. place in a bowl with lettuce, cucumber and orange slices.

Cut lime in half and squeeze. 1 tablespoon lime juice, 3 tablespoons of orange juice, a little salt and pepper from the mill and embezzled the olive oil.

The shrimp lengthwise little crush. Eliminate the black intestine threads, shrimp briefly rinse and pat dry well.

Coriander and pepper crush or chew briefly flash hackers from the mill in a mortar. The shrimp so sprinkle.

so grilling shrimp on the hot grill or in a grill pan on each side about 45 seconds. Then lightly salt.

The sauce with the salad mix, cook shrimp on it and bring to the table.

A bit of advice

Direct chargrilled shrimp taste particularly delicious. If you do not want an extra cheer for the barbecue for of course it is also possible to prepare easily in a grill pan.

Per serving: 180 kcal

Tamarind quail with peaches and lettuce

The meat of poultry Mini is low in cholesterol, high in protein and easy to digest. A quail provides almost half the daily requirement of zinc. Our bodies need it to maintain the activity of numerous enzymes. Even skin, hair and nails benefit from this trace element.

Ingredients for 6 meals

6 Quail (ready to cook, so about 150 grams)
1 clove of garlic
2 tablespoons red curry paste
150 grams tamarind
1 teaspoon sugar
3 nectarines (so to 375 grams)
1 tablespoon olive oil (plus a little oil for the grill)
1 tablespoon curry powder
Salt and freshly ground pepper
½ frisee lettuce
½ red oak leaf lettuce
160 milliliters light vinaigrette

The preparation sequence

Peel garlic, finely shred and with curry paste, tamarind, sugar and 1 hefty pinch of salt mix.

Quail rinse inside and outside cold, pat dry and rub with the tamarind paste. can best draw, overnight, covered with plastic wrap in the refrigerator at least 4 hours (marinate).

The next day, clean the nectarines in water, cut in half and remove the stones.

Oil, curry powder, some salt and pepper from the mill in a bowl. Nektarinenhälften in contact.

Clean salads, clean water and spin dry.

Barbecue inflame and lightly oil the grate. The quail on the grill, turning frequently with no grilling to excessive heat around 12-15 minutes. wrap quail in aluminum foil and leave to rest so the 5 minutes.

grilling nectarines on the grill with the cut surfaces down.

Mix salad with the vinaigrette. give with the nectarines on plates and bring the quail to the table.

A bit of advice

The quails succeed in the oven on the wire rack at 220 ° C in so about 15 minutes; Slide the drip pan as a drip underneath. The peach halves, you can distribute to the poultry or roast in a grill pan for the last so the 5 minutes.

Per serving: 398 kcal

Grilled slices of veal liver with raspberry vinegar glaze and fine herbs

The liver contains extremely high levels of vitamin A, which provides among other things for good vision at night. In addition ample iron, which is necessary for transporting oxygen in the cells, and vitamin B12, which reduces fatigue. The fresh herbs provide additional bioactive ingredients.

Ingredients for 6 meals

150 grams of mixed fine salad herb (as salad burnet, sorrel, nasturtium, borage, arugula)

4 tablespoons liquid honey

75 milliliters of raspberry vinegar

750 grams veal liver

freshly ground pepper

12 nasturtium flowers

160 milliliters light vinaigrette

coarse sea salt or fleur de sel

Rapeseed oil for the grill

The preparation sequence

so cooking honey and raspberry vinegar to 1 minute, remove from heat and let cool.

pluck herbs, clean and spin dry in water.

Clean liver slices in water, pat dry and slightly pepper.

Liver on hot, oiled grill charcoal from each side grill 2-3 minutes, turning the liver several times and coat with the vinegar mixture.

Mix the salad herbs and flowers with the vinaigrette. The liver after grilling with the sea salt seasoning and bring to the salad on the table.

A bit of advice

When grilling that the liver is cooked for too long; very well done it will be tough. When the season for the young herbs should be over: liver tastes alone very well also with rocket salad.

Per serving: 327 kcal

Clear asparagus soup with egg custard

The calorie clear asparagus soup containing valuable choline - important for brain and nerve functions, to keep a cool head even in stressful situations.

Serves 4 meals

2 kg of white asparagus

2 eggs (size M or L)

50 milliliters soy cream

Salt and freshly ground pepper

½ bunch of parsley

800 milliliters chicken stock

Pinch of sugar

The preparation sequence

Eggs, soy cream, salt and pepper from the mill by mixing briefly with the hand immersion blender.

clean parsley in water, shake dry, pluck leaves, roughly chop and add to the egg mixture.

A small baking dish (so to the 250 milliliter) may Grease with a little oil and pour in the egg mixture. A rotisserie,

which is large enough that the casserole dish fits well, fill 1-2 cm high with hot water. put in casserole dish, put on an oven rack and heated, preheated oven at 150 ° C (with convection is not so good in gas: manual switches to the 1 to 2 filters) can be in so the 40 minutes (can falter).

Meanwhile broth with 500 milliliters of water in a saucepan, pour boiling pans. Clean asparagus in water and peel. give the shells to the broth. The asparagus ends from crushing and also inflict. Over medium heat bring to a boil and cook for 10 minutes. Saucepan, take cooking kettle from the heat and leave for 30 minutes.

After 40 minutes, take the bushhammered egg custard from the water bath and allow to cool, so that it is fixed.

Meanwhile, 12 peeled asparagus tips from crushing and quarters lengthwise. freeze or boil remaining asparagus and use, for example, for a salad.

Cook asparagus tips in a little slightly seasoned with salt and sugar water for 3-5 minutes. Asparagus drain, taking care to collect the cooking water. Asparagus deter short cold.

Line a sieve with a kitchen towel. The asparagus stock through cloth and sieve into a saucepan, pour boiling pans, pour the collected water to cook and keep warm.

To solve the omelette out of shape, drive along with a sharp knife at the edge of the mold. overthrow egg custard on a working board and chop in large cubes 1 centimeter. warm egg custard and asparagus in the soup and bring clear Asparagus soup in warmed deep dishes on the table.

A bit of advice

Peeled asparagus you can easily freeze raw. If you want to then prepare it, simply enter the frozen asparagus directly

into hot water and cook as usual.

Per serving: 97 kcal

Asparagus classically prepared with Hollandaise

Asparagus is a real Light product of Mother Nature. Although it consists mostly of water and contains only 13 calories per 100 grams, it is a marvel of flavor and taste! Quite incidentally he also supplies vitamin C, beta-carotene and potassium - more you can not ask.

Serves 4 meals

1 kg white asparagus

Pinch of salt

1 teaspoon sugar

25 grams butter

400 milliliters light Hollandaise

The preparation sequence

Rinse asparagus cold. short start with a peeler under the tip of the asparagus and peel the shell thin.

After peeling the lower woody ends from crushing to see even threads remain, must be nachgeschält.

Asparagus with kitchen string to 4 bundles tie until further use in a wet cloth wrapped Store cool. (The shells can be used for soups on.)

Abundant Bring salted water to a boil and add sugar and butter.

pour in asparagus bundle over medium heat 13-15 minutes cooking, simmer.

Cooked asparagus take out, preferably on a plate Asparagus with hollandaise drizzled bring to the table.

A bit of advice

Serve new potatoes with asparagus and eat it with the shell. For directly beneath hide many vitamins and minerals. You also get as a supplementary dose of fiber.

Per serving: 172 kcal

Easy Hollandaise (based on yoghurt)

Hollandaise as hip Gold? Not with this variant, because that comes thanks to the yoghurt base with far fewer calories than the original full-bodied on the table. And at the same time provides protein!

Serves 4 meals

30 grams of yoghurt butter

½ lemon

3 eggs

½ tsp medium mustard

100 milliliters of vegetable stock (glass)

150 grams of yogurt (1.5% fat; room warm)

Pinch of salt

white pepper

The preparation sequence

Melt the butter in a small saucepan, melt Cauldron and set aside. express lemon.

A wide saucepan, Cauldron fill about halfway with water. Heat the water until it evaporated, but not boiling.

Separate the eggs, egg yolks and mustard and vegetable stock in a blow boiler (pan, boiling pan with round bottom) give (proteins otherwise use). so set the beat kettle on the hot water that it does not touch the water.

Whip the egg-mustard mixture with a whisk or the whisk of a hand mixer until it is creamy and light.

Successively only tablespoon the room warm yogurt, then the melted butter in a thin stream embezzled.

Season with 1-2 teaspoons of lemon juice, salt and pepper. Hollandaise again penetrate briefly. Place in a preheated gravy boat, and go immediately to the table.

A bit of advice

Very important for the success: yogurt and butter should definitely be at room temperature, will clot the Hollandaise. For the same reason the gravy boat must be preheated - or enter the Hollandaise directed at the warm asparagus.

Per serving: 122 kcal

Cabbage in soy cream with red pepper seasoning

Cabbage is easier to digest than the strong cabbage. The light green and sweeter cabbage contains vitamin C and bioactive substances such as sulfides, flavonoids and carotenoids. They fight free radicals and protect cells.

Ingredients for 2 meals

½ small cabbage (so about 300 grams)

2 small onions

1 tablespoon canola oil

1 tablespoon paprika (noble sweet)

160 milliliters soy cream

100 milliliters of classic vegetable

3 stalks dill

Salt and freshly ground pepper

The preparation sequence

Clean cabbage, clean water, if necessary, eliminate the stalk in a wedge shape and chop the cabbage into thin strips. Peel the onions and chop into fine strips.

Oil in a saucepan, Cauldron heat, cook onions over medium heat glazed. Pointed cabbage and continue to cook for 3 minutes.

With paprika sprinkle soy cream and broth pour. Cook over medium heat for 8-10 minutes.

Meanwhile clean Dill in water, shake dry, pluck flags and finely shred. At the end of cooking seasoning the cabbage with salt and pepper and stir in the dill.

A bit of advice

Children are not large vegetable fans generally. In a creamy sauce, as here the soy cream, even the little ones like the cabbage. Preparing also can be kohlrabi, cabbage, cauliflower and broccoli.

Per serving: 208 kcal

Spicy spinach with onions, garlic and soy cream

Power green-white: spinach contains vitamins C, E and A, intercept reliable cell damaging free radicals. Because of its richness in folic acid and iron he does incidentally pregnant and breastfeeding women particularly well. The soy cream supplies here in addition to protein.

Ingredients for 2 meals

300 grams of spinach (frozen)

1 onion

1 clove of garlic

1 tablespoon oil

Salt and freshly ground pepper

2 tablespoons chicken stock

200 milliliters soy cream

nutmeg

The preparation sequence

Thaw spinach. Meanwhile, onion and garlic, peel and finely shred.

express the thawed spinach well and chop coarsely.

Oil in a saucepan, Cauldron heat. Onions and garlic cook until soft over medium heat. The spinach and sauté 1 minute. Season with salt and pepper.

Pour broth and soy cream and mix everything.

Boil down the spinach creamy. Add salt and pepper. rub 1 pinch of nutmeg and bring to the table.

Tips

You might want to take fresh spinach for the court, of course. This makes little more work, because he has to be very thoroughly cleaned several times in water

Per serving: 255 kcal

Cauliflower Polish style with egg, lemon and breadcrumbs

Calcium strengthens teeth and bones. In this supplement the mineral from egg, cauliflower and parsley comes. Perfect, that required for the calcium storage vitamin D to fix them: It is in the yolk!

Ingredients for 2 meals

1 cauliflower (around 600 grams)

1 egg

1 organic lemon

½ bunch of parsley

25 grams butter

1 tablespoon olive oil

2 tablespoons breadcrumbs

Salt and freshly ground pepper

The preparation sequence

Egg in approximately 9 minutes hard boil, rinse and peel. The egg chop coarsely.

While the egg cooks, clean lemon with hot water. Rub dry. Something peel bowl with a potato peeler very thin and shred into fine strips. express lemon juice.

clean parsley in water, shake dry, pluck off the leaves and finely shred.

Clean cauliflower, share and rinse into florets. The florets in a little boiling salted water covered 8-9 minutes cooking, simmer.

Meanwhile, heat butter and olive oil in a frying pan. Breadcrumbs roasting is golden yellow with stirring.

Mix 1-2 tablespoons of lemon juice, lemon zest and parsley among the crumbs. Season mixture with salt and pepper.

Cauliflower drain, drain well and add to the frying pan, gently turn in the breadcrumbs. sprinkle and cook with the egg. Serve with e.g. Boiled potatoes or a gritty wholemeal bread.

A bit of advice

If it is to go little fixer: With 450 grams frozen florets cauliflower to be Polish style just conjure up good!

Per serving: 267 kcal

Baked mushrooms with rosemary and parmesan

Although mushrooms are virtually fat free, they provide plenty of vitamin D, which is found almost exclusively in fatty fish otherwise. This vitamin is essential for building bone. Who do not like fish, so it's best eating as often as possible mushrooms, because one serving meets the needs already to about three quarters.

Ingredients for 2 meals

1 sprig of rosemary
1 organic lemon
1 ½ tablespoons olive oil
300 grams large white mushrooms
Salt and freshly ground pepper
20 grams Parmesan

The preparation sequence

pluck rosemary and finely shred.

Lemon rinse hot, rub lemon peel finely. express lemon and set aside the juice for later. Rosemary and lemon zest mix with the olive oil.

Clean mushrooms and chop into fine slices. Pour into the baking dish and sprinkle with half of the seasoning oil.

With salt and pepper from the mill and in the heated, preheated oven at 200 ° C (with convection: regulator to position 3: 180 ° C, at gas) so bake about 10 minutes.

Parmesan rub, sprinkle over the mushrooms and put them back into the oven tube. Even so bake about 5 minutes until the cheese browns slightly.

Remove, sprinkle with the remaining seasoning oil and little lemon juice and bring to the table.

A bit of advice

You might want to prepare as well pink mushrooms or porcini mushrooms for this recipe. Whatever you take: The fungus also taste lukewarm or cold and stay in the refrigerator up to two days fresh.

Per serving: 142 kcal

Steamed broccoli with sesame, honey and soy sauce

Broccoli is one of the healthiest vegetables because it is rich in vitamins, minerals and phytochemicals. They strengthen the immune system and bone and reduce cholesterol. If he instead is steamed cooked, most of the valuable substances remain in the vegetables.

Ingredients for 2 meals

350 grams of broccoli
2 cloves of garlic
1 tablespoon olive oil
2 tablespoons soy sauce
1 teaspoon of liquid honey
1 lime
1 teaspoon sesame oil
1 tablespoon sesame

The preparation sequence

Peel garlic cloves and chop into fine slices.

Olive oil in a small saucepan, Cauldron warm and the garlic until golden over medium heat.

Soy sauce and honey and cook gently for 1 minute. express lime. Add 1 tablespoon lime juice and sesame oil to soy mixture. Put aside.

Sesame toast in a skillet light brown without fat.

Clean broccoli in water, divide into florets and peel the thick stalk with a vegetable peeler.

chop broccoli stalk into thin slices and line the bottom of a steamer so.

Laying broccoli florets on the discs. Steamer in a suitable, sealable saucepan, Cauldron give, which is flat filled with water.

Saucepan, Cauldron covered put on the stove to boil water and the broccoli dampen 6-7 minutes.

take broccoli from the shock and mix with the sauce. With sesame seeds bring to the table.

A bit of advice

Steaming is a very gentle method of cooking, and she gets not just broccoli well. Also Romanesco cauliflower benefit. Especially tasty is a mixture of two vegetables.

Per serving: 170 kcal

Chanterelles pan with mustard and chives

With the fiber-rich side dish you ever cover two-thirds of your daily requirement of iron - and all without meat! Iron plays an important role in the formation of blood and

oxygen supply to the body cells. Chanterelles also contain a lot of vitamin D, which should be included strengthened especially in the sunless winter months.

Ingredients for 2 meals

275 grams chanterelle

1 onion

1 bunch of chives

2 tablespoons oil

Salt and freshly ground pepper

160 milliliters soy cream

1 tablespoon coarse mustard

The preparation sequence

clean chanterelles. (Heavily soiled mushrooms can clean in water and then spin dry in a salad spinner.)

Peel onion and chop finely.

clean chives in water, shake dry and chop into small rings.

Oil heat in a frying pan. Mushrooms fry stirring 3-4 minutes at very high heat.

Onion diced and cook over medium heat for 2-3 minutes. Season with salt and pepper.

Add soy cream and let it boil 2 minutes creamy.

With salt and pepper from the mill and stir in the mustard. Sprinkle the chives over.

A bit of advice

Outside the chanterelle time: The nature of the preparation sequence is also suitable for mushrooms that exist throughout the year. Then, access to the brown, also called rosé, because they are more aromatic than white heads.

Per serving: 248 kcal

Red mullet in foil with Asian vegetables

The gentle cooking in parcels volatilize neither aroma nor ingredients. The typical Asian spices stimulate the metabolism. Ginger relieves both headache colds and makes the blood less viscous.

Serves 4 meals

1 piece of ginger (so about 40 grams)

1 small clove garlic

4 tablespoons soy sauce

1 teaspoon sesame oil

4 tablespoons rice wine or white wine

4 spring onions

1 large carrot

4 baby bok choy

Salt and freshly ground pepper

2 tablespoons olive oil

12 red mullet (so to so about 50 grams)

2 Sternanise

4 teaspoons sesame

The preparation sequence

Ginger Peel and grate using a fine grater. with a teaspoon of grated ginger expressed through a tea strainer and collect the liquid. Peel garlic and finely shred.

Ginger juice and garlic mix with soy sauce, sesame oil and rice wine.

Clean spring onions in water, Clean and chop the long pieces in 3 centimeters. Clean carrot in water, peel and chop into very thin strips (julienne). clean Paksoi in water, cleaned and the leaves from the stems chop.

Spring onions, carrots and bok choy together in boiling salted water for 2 minutes cooking, simmer (blanch), drain, cold deter and drain well.

4 pieces of aluminum foil so about 30 centimeters x 30 centimeters to crush. On each piece of aluminum foil spread 1/2 tablespoon of olive oil.

Laying The 3 red mullet fillets on the foil and season with salt and pepper.

Distribute vegetables on the fish pieces and season lightly with salt and pepper.

Add the seasoning sauce over the fillets. Cut star anise in half. Dispense 1/2 star anise on each vegetable heap.

Sprinkle with sesame seeds and close the film firmly. Fish packets on the medium hot grill without turning 10-12 minutes cooking, simmer.

A bit of advice

Sprinkle the fish with coriander leaves. The favorite herb Asia fits perfectly with the court and evaluates it on by vitamins, minerals and phytochemicals.

Per serving: 276 kcal

Steamed cod with mustard sauce

This The preparation process is slightly lighter than the classic "cod in mustard sauce" for but rich in protein, iodine and vitamin D. With one portion can be the daily requirement of proteins and to the essential information needed for work the thyroid mineral iodine cover almost , Vitamin D is important for the storage of calcium in the bones.

Ingredients for 2 meals

2 cod cutlets (shingled, with backbone, so to so about 150 grams)

Salt and white pepper

1 tablespoon oil

50 milliliters of white wine

2 egg yolks

2 tablespoons tarragon mustard

1 tablespoon whipped cream (or soy cream for cooking and refining)

The preparation sequence

Rinse cod thoroughly, including the removal of the bones adhering blood.

A saucepan, Cauldron fill about 4 centimeters high with water, bring water to a boil. Fish with salt and pepper on all sides.

Line the bottom of a steamer or Dämpfkorbs brush with the oil.

Fish put in the basket and put into the saucepan, Cauldron. Put the lid on and steam the fish for 8-10 minutes over high heat, turning after 5 minutes. (The fish is done when the center bone chafes easily from the flesh and the skin can easily be removed.)

Meanwhile, for the sauce a little white wine, egg yolk and mustard with a large whisk in a bowl over hot water (water bath) pitch five minutes creamy.

Cream stir, season with salt and pepper. Place the fish on a plate and put the mustard sauce on the table. Serve with dill potatoes.

A bit of advice

The times when cod was caught so abundant that the whole of Europe ate it as a cheap fast fish are gone. Today he is one of the species that must be protected from extinction. therefore fish lovers should make sure that their cod comes from the declared yet as harmless fishing area of northeastern Arctic when shopping.

Per serving: 261 kcal

Baked salmon trout from the lemon salt crust

Salmon trout provides plenty of protein and vitamins B6, B12, D and niacin. They strengthen the bones, lower cholesterol levels and activate the stomach and intestines.

Serves 4 meals

1 salmon trout (as the 1.2 kg

4 fresh bay leaves

2 eggs (Size: L)

4 kg coarse sea salt

1 lemon

1 bunch dill

The preparation sequence

Rinse lemon in hot water, wipe dry the bowl and then rub fine. Cut lemon in half and squeeze. clean bay leaves in water, pat dry and share with your fingers into small pieces.

The Separating eggs (yolks otherwise use) and egg whites with a whisk frothy.

Sea salt and lemon juice and mix.

Lemon peel and bay also mix with the salt.

Line a baking sheet cake with ready blank parchment paper. Add approximately 1/3 of the salt mass in size and shape of trout on it.

clean Dill in water and shake dry. Spread half the dill stalks on the salt.

The fish rinse and pat dry. give remaining dill into the abdominal cavity.

Laying trout on the salt. Divide the remaining salt on it and press it down well with your hands; making sure that the trout is wrapped around it. In the heated, preheated oven tube Küchenherd bei 200 ° C (with convection: not recommended for gas: to position 3 controller) Bake 45-50 minutes on the middle shelf level.

Remove the fish after cooking in the oven and let it rest for 3 minutes. The salt crust gently break (works best with a sharpening steel, the back of a large, heavy knife or a meat tenderizer) and lift off. Trout with two spoons skin and detach from the bone. Place the fillets on a plate and bring to the table. Serve with small roasted potatoes and aioli or Hollandaise sauce.

A bit of advice

The salt crust seasons only discreetly; their main task is to prevent the evaporation of the water in the fish - thus the meat stays nice and juicy and aromatic. This also works with other whole fish! A rule of thumb for cooking can apply: If the salt crust is light brown, the content is just right.

Per serving: 198 kcal

Peter Fish cooked on a bed of tomatoes in the oven

The John Dory is easily identifiable by the black spots on the back. It provides few calories and fat and high in protein and iodine. The daily requirement of the mineral is already covered by one serving. Iodine is essential for the functioning of the thyroid gland.

Serves 4 meals

1 Peter Fish (ready to cook, headless, so around 1.5 kg)

700 grams of tomatoes (red, yellow and green)

1 bunch scallions

1 bunch basil

Salt and freshly ground pepper

3 tablespoons olive oil (best quality)

125 milliliters of dry white wine (or fish stock)

1 lemon

The preparation sequence

The John Dory cold rinse and drain on absorbent paper or a paper towel.

Clean tomatoes in water herauszerkleinern stem approaches wedge. chop tomatoes into slices and place on a lined finish cutting cake baking paper baking sheet.

Clean scallions, clean water, shred into thin rings and spread on the tomato. clean basil in water and shake dry.

salt and pepper vegetables, drizzle with oil and then put half the basil stalks.

Place the John Dory on the tomato slices and season with salt, white wine or fish stock pour and everything in heated, preheated oven at 180 ° C (with convection: 160 ° C, at gas mark 2-3) so bake about 25 minutes. (The Peter fish is done when the Rückengräte can easily be pulled out and the skin easily detaches from the fish.) Pluck Miscellaneous basil leaves and coarsely chop. Cut the end of cooking the lemon in half and squeeze over the John Dory, sprinkle with basil and bring to the plate on the table.

A bit of advice

If you do not get Dory, take plaice, a whole cod, pike or walleye. Note: Due to the different size of the fish, the cooking times may vary. As a supplement to Dory to recommend potatoes or bread - so that the nutrient balance improved in favor of carbohydrates.

Per serving: 332 kcal

Saithe in Parma Coat on courgettes

The protein-rich fish meal, you will cover the daily requirement for vitamin B12 and iodine. Vitamin B12 is required for the formation of red blood cells and is important for maintaining the protective nerve layer. The trace element iodine we stay mentally and physically fit and active.

Ingredients for 2 meals

2 Seelachsfilets (so around 170 grams)
2 slices of Parma ham (thinly sliced)
1 zucchini (so about 300 grams)
1 clove of garlic
2 tablespoons olive oil
3 tablespoons dry vermouth or black tea
100 milliliters of white wine or pear juice
100 milliliters of classic vegetable
Salt and freshly ground pepper
2 stalks of mint

The preparation sequence

clean fish in water, pat dry and season with pepper. Wrap each fillet with 1 slice of ham, possibly secure with wooden skewers.

Clean zucchini in water, wipe dry and clean. along shred on a vegetable slicer into thin slices.

Peel garlic and chop into fine slices.

1 tablespoon oil in a large saucepan, cook over medium heat boiler heat, sauté garlic colorless therein.

Zucchini and cook fry gentle stirring for 1 minute.

Vermouth, white wine and broth pour and cook covered over medium heat 6 minutes. Season with salt and pepper. keep warm on stove edge.

The remaining oil in a frying pan heat up. Pieces of fish fry over high heat on each side. Place on a baking sheet cake

(possibly fat) and heated, preheated oven at 180 ° C (with convection: 160 ° C, at gas mark 2-3) 6 minute boil, simmer.

clean mint in water, shake dry, pluck leaves and coarsely chop. Under the courgettes lift. Distribute vegetables on plate and it put the fish.

A bit of advice

Fresh fish smells pleasantly of sea and salt water, fishy in any case. The Seelachsfilet best cook on the day of purchase.

Per serving: 291 kcal

Fish Fillet packet Mediterranean style

The perfect dinner: a lot of valuable protein, little fat and tidy fiber. Even more plus points they collect to the high content of vitamins A and C. Both make for beautiful skin: Vitamin C strengthens connective tissues, while vitamin A skin supple and remains smooth.

Serves 4 meals

2 large carrots (so about 250 grams)

2 stalks celery (so about 150 grams)

3 spring onions

75 grams of dried tomatoes (in oil, drained)

4 pieces Tilapia (around 180 grams, thawed)

Salt and freshly ground pepper

½ lemon

20 grams capers (drained)

4 sprigs of thyme

4 sprigs of rosemary

2 tablespoons olive oil

The preparation sequence

Clean carrots in water, peel, cut in half and shred into very fine strips (julienne). Clean celery in water, clean, unthreading, first in about 7 centimeters long pieces, then shred into very fine strips.

Clean spring onions in water, clean, first in about 7 centimeters long pieces, then shred into fine strips. Dried Tomatoes mince small.

4 pieces finished blank parchment paper (so to the 30 x 20 centimeters) onto the work surface and spread the vegetable strips on it.

Laying Depending 1 fish fillet on the vegetables. Season with salt and pepper. From lemon juice 2 teaspoons express. The 1/2 teaspoon lemon juice over the fish and sprinkle distribute dried tomatoes and capers over. Pipette 1 sprig of thyme and rosemary on the fish.

Fish, each with 1/2 teaspoon olive oil drizzle. Fold the paper into small parcels and wrap it with kitchen twine. In the heated, preheated oven tube Küchenherd bei 200 ° C (with convection 180 ° C, at gas: regulator to position 3) on the middle shelf level bake 15-20 minutes.

A bit of advice

Tilapia buy organic quality. These fish are kept outside and fed on GM and additives is omitted completely here.

Per serving: 275 kcal

Fried perch fillets with creamy horseradish sauce

The noble perch fillet brings easily digestible protein on the plate and covers the daily requirement for vitamin B12. It promotes the formation of blood and is particularly beneficial for women who want children.

Ingredients for 2 meals

2 small shallots

20 grams butter

100 milliliters of white wine or vegetable broth

100 milliliters of fish stock

100 milliliters soy cream

1 piece fresh horseradish (around 20 grams)

½ lemon

Salt and white pepper

2 Zander fillets (so around 160 grams;, shingled with skin)

1 tablespoon flour

1 tablespoon olive oil

The preparation sequence

Shallots Peel and finely dice. Butter in a small saucepan, Cauldron warm and shallots sauté it.

Pour white wine and vegetable stock and let boil down almost completely.

The fish stock and let pour again reduce to about half. Soy cream admit and let it boil creamy.

Horseradish, peel and grate finely. express lemon.

Heat sauce again once, remove from heat and stir in the horseradish. Season with salt, pepper and lemon juice. Keep warm.

Zander fillets rinse and pat dry. repeatedly chop the fish skin with a very sharp knife.

Zander fillets with salt and pepper and coat with flour. Excess flour shake it gently. Heat the olive oil in a frying pan strong.

Laying Zander fillets with the skin side down in the skillet and fry very crispy over medium heat 7-8 minutes.

Dip the walleye fillets and cook on the flesh side for 1-2 minutes. give with the sauce on plate and bring to the table.

A bit of advice

Thus the skin is really crispy, brown the pikeperch necessarily sharp and call too soon. Another plus here is that the delicate fish does not fall apart.

Per serving: 393 kcal

Fine Zander and white sausages with refined Curry Orange Ketchup

Unlike the usual Weißwurst this creation does have a lot of flavor but little fat while maintaining ample easily digestible protein.

Ingredients for 10 meals

160 milliliters of dry white wine

4 teaspoon mild curry powder

500 grams perch fillet (without skin)

2 eggs (Size: M)

300 milliliters soy cream or whipped cream

½ bunch of chives

Salt and white pepper

1 meter sausage casing (time preorder the butcher!)

1 red onion

1 tablespoon olive oil

1 small orange

200 milliliters ketchup

Tabasco (optional)

The preparation sequence

The bowl and blade of a food processor for 30 minutes in the freezer place. Meanwhile, boil the white wine until it is syrupy. 1 teaspoon curry stir and chill.

Rinse the very well-chilled pike-perch fillet cold, pat dry and chop into small pieces. take eggs directly from the refrigerator and divide. Egg whites with the fish in the food processor or in a tremendous hackers chop finely.

give plenty of ice cubes in a bowl and then put a second bowl. in hanging a fine sieve and pour in the mass pike. stroke a spoon as quickly as possible through the sieve.

Slowly pull the cold soy cream or cream with a whisk under the Zander puree. Refrigerate.

clean chives in water, shake dry and chop into very small rings. lift with the cold white wine syrup under the Zander mass. Season with salt and pepper. For 30 min, chill.

The gut repeatedly flush thoroughly with cold water. fill fish mixture into a piping bag with Lochtülle. evert the intestine to the spout, press little Zander mass in the intestine to remove the trapped air. Now the end of the intestine tie with kitchen twine.

fill fish ground with an even pressure in the intestine. divide up 10 small sausages each by a pivot and tie with yarn. The end of the intestine also bind. Sausages several times with a pin and put 30 minutes cold.

Onion peel and finely chop. Heat the oil in a small saucepan, Cauldron heat and cook the onion until soft. Squeeze the orange and measure 75 milliliters of juice.

stir ketchup and orange juice under the onions, sprinkle remaining curry powder over it and briefly heat again. Season to taste with Tabasco, salt and pepper.

In a wide saucepan, Cauldron so to the 5 liters of salt water at 70 ° C (thermometer use - the water is too hot, coagulates the sausage mixture). Sausages put, cover with a tea towel and leave for 15 minutes. With the skimmer lift, giving on a plate and go immediately with the sauce on the table.

A bit of advice

The "sausage" as the la Star Chefs is really noble, but far from easy. They succeed even experienced only if they adhere strictly to the recipe and make sure that all the ingredients are cold (will clot the fish protein very quickly).

Per serving: 143 kcal

Fried mackerel fillets with red wine sauce on roasted beetroot leaves

Low fat mackerel and olive oil are not exactly - but she points each with a large portion of valuable omega-3 fatty acid or unsaturated fatty acids. Who will be enough potatoes or brown rice, the dietary fiber balance compensates optimally.

Ingredients for 2 meals

1 red onion

2 tablespoons olive oil

1 sprig of rosemary

200 milliliters of red wine or beetroot juice

125 milliliters chicken stock

350 grams of beetroot leaf

1 clove of garlic

Salt and freshly ground pepper

2 mackerel fillets (so around 160 grams; with skin)

2 tablespoons flour

little cornstarch (as desired)

The preparation sequence

Peel onion and chop finely. 1/2 tablespoon of oil in a small saucepan, Cauldron heat. Onions sauté until soft.

clean rosemary in water, slightly shake dry and give the red wine into the saucepan, Cauldron. boil down to about 1/3 of the liquid.

Chicken stock and let pass again boil down to half. Strain through a sieve into a second saucepan, pour boiling pans and set aside.

clean beetroot leaves in water and spin dry.

Peel garlic and finely shred.

1 tablespoon of oil in a frying pan heat up. Beetroot leaves and garlic over medium heat for 1-2 minutes while stirring fry. Add 2 tablespoons of water and covered with a small heat 4-5 minutes cooking, simmer. Season with salt and pepper.

Rinse mackerel fillets, pat dry, season with salt and coat with flour. The remaining oil in a second skillet heat. Fish fillets in it from each side fry for 2-3 minutes.

Heat the sauce again once and bind as desired, for example, with little being rührter in cold water cornflour.

Add the beetroot leaves on plates and distribute the fillets on top. With the sauce drizzled bring to the table.

A bit of advice

The beetroot leaves taste super spicy and slightly tart. If your grocer does not have, it can be replaced by good fresh spinach or arugula.

Per serving: 495 kcal

Panfried salmon steak with tarragon salsa Verde

This gently cooked dish, many ingredients bales disproportionately confined space: unsaturated fatty acids, easily digestible protein and vitamins (B6, B12, D, E, niacin). Already with a portion you have covered your daily requirement.

Ingredients for 2 meals

2 salmon steaks (so ready to cook around 200 grams)

4 sprigs parsley

2 stalks tarragon

1 spring onion

2 tablespoons capers

25 grams of green olives (without stone)

½ lemon

2 tablespoons olive oil

Salt and freshly ground pepper

1 red onion

1 large carrot

1 fennel bulb

125 milliliters of white wine

5 peppercorns

1 bay leaf

2 cloves

The preparation sequence

clean parsley and tarragon in water, shake dry and chop the leaves finely.

clean spring onion in water, clean and chop into fine rings. Drain and chop capers. Olives mince finely. express 1 tablespoon of lemon juice.

Parsley, tarragon, spring onion, capers and olives with olive oil, lemon juice, salt and pepper in a bowl stir. let stand for 30 minutes.

Meanwhile, Peel the onion, carrot and clean peel, clean fennel. Vegetables in 1 centimeter chop thin slices or chunks.

Place vegetables with white wine, peppercorns, bay leaves and cloves in a saucepan, Cauldron. With 2 liters of water filling, sprinkle with salt and bring to a boil.

pour in the salmon steaks and downshift the heat. Salmon let simmer 10-12 minutes at low heat just below the boiling point (poaching). The fish is done when the center bone can be easily removed.

lift fish from the Sud and enter on plate.

Pour the broth through a sieve and put the vegetables with the sauce (salsa verde) for salmon on the table.

A bit of advice

Whether you choose to poached salmon with salsa verde (green sauce made of various herbs) as a side dish of potatoes, rice or bread, is left to your taste. Anyway you get

so that the necessary carbohydrates to protein and (healthy!) Fat in fish.

Per serving: 303 kcal

Green fish curry with tilapia, Romanesco and coconut milk

Green dominates and this is reflected in the popularity of this Asian dish again. This is firstly the easily digestible fish protein, which is, among other things indispensable for bone formation, secondly to the so stimulating for intestinal dietary fiber from vegetables and thirdly to the vitamins and minerals that both thrown in while mitliefert.

Ingredients for 2 meals

1 small red onion

2 cloves of garlic

1 stalk lemongrass

2 tablespoons oil

2 teaspoon green curry paste

100 milliliters of coconut milk (9% fat)

100 milliliters of coconut water (Tetra Pak)

100 milliliters of fish stock

1 small Romanesco

8 yellow cherry tomatoes
1 small yellow pepper
2 tablespoons Thai fish sauce
300 grams Tilapia
Salt and freshly ground pepper
4 sprigs coriander

The preparation sequence

Onion and garlic peel and finely shred. clean lemon in water and chop into slices.

1 tablespoon of oil in a saucepan, Cauldron heat. Onion, garlic and lemongrass sauté 3-4 minutes.

Curry paste and fry for another 3 minutes while stirring.

Coconut milk, coconut water and fish stock to give, bring to a boil and lower heat 20 minutes boiling, simmer.

enter through a sieve and set aside.

Meanwhile clean Romanesco and divide into florets. In salted boiling water 4 minutes of boiling, simmering, cold deter and drain.

Clean tomatoes in water. Pepper into quarters, clean, remove seeds, clean water and chop large pieces into 1 centimeter.

The remaining oil in a shallow pan, cooking kettles or wok heat. Diced peppers fry 3 minutes.

Romanesco and tomatoes.

Pour the sauce to vegetables and reheat once, fish sauce and cook for another 3 minutes.

clean fish in water, pat dry and cut into large pieces. Season with salt and pepper. put fish on the curry and covered with small heat infuse 7-8 minutes.

clean coriander in water, shake dry and chop the leaves. Fish curry with coriander sprinkled bring to the table. Serve with rice fits.

A bit of advice

Tilapia is an originally African perch, which now comes from freshwater farms. Who wants to strengthen the intake of iodine for themselves, instead choosing fish such as cod, pollock or redfish. Either way: The term "curry" for such a mix of vegetables plus fish (or meat) crept out of India in the global kitchen language.

Per serving: 359 kcal

Brathering Asian style with ginger, star anise and chilli

Fresh herring are also called green herring. But not why \ 's green light here, but because of the high content of valuable omega-3 fatty acid. They protect the heart and vessels, lower high cholesterol and blood pressure. Abundant valuable protein and some vitamins and minerals provides the Asian spiced herring as well.

Serves 4 meals

4 green herring (ready to cook gutted and scaled)

Salt and freshly ground pepper
2 tablespoons flour
3 tablespoons oil
2 red onions
1 piece of ginger root (so about 35 grams)
1 stalk lemongrass
3 lime leaves
1 red chilli
200 milliliters of white vinegar
3 tablespoons cane sugar
2 tablespoons soy sauce
2 Sternanise
6 allspice berries
5 white peppercorns

The preparation sequence

Clean herring thoroughly inside and out in the water, pat dry and season with salt and pepper, single coat with flour, tap off excess flour.

Heat the oil in a large skillet heat. Herring as fry from each side to the 4 minutes.

Fish next to each other in a flat wide baking dish with high sides or in a bowl, leave little cool.

Peel the onions and chop into fine slices. Ginger peel and also chop into fine slices. From lemon peel the outer leaves, crushing both ends from crushing, the remaining stalk into small pieces. Rinse, wipe dry and possibly beaten into

pieces lime leaves. Rinse chilli. If \ 's supposed to be less sharp, cut peppers in half and scrape out seeds.

Vinegar, 200 milliliters of water, 1 teaspoon salt, sugar, soy sauce, onion, ginger, lemon grass, lime leaves and chilli in a saucepan, Cauldron mix. add star anise, allspice and peppercorns and cook everything briefly once, then simmer over low heat 10 minutes. Saucepan, pull Cauldron from heat and let the mixture (Sud) to cool for about 5 minutes.

Pour the still warm Sud evenly over the pegs, let everything cool completely and covered with plastic wrap in the refrigerator to marinate for two days.

A bit of advice

Wholemeal bread is an ideal supplement to the Asian herring. So the rather fat dish is rich in dietary fibers and makes sustainable tired.

Per serving: 417 kcal

Zander with sauerkraut and mushroom and white wine sauce

Sauerkraut is a fountain of youth for intestinal and defense. The lactic acid cabbage stimulates digestion, reduces the intestinal flora and wards off bacteria. It lowers cholesterol and protects the heart and vessels.

Serves 4 meals

325 grams of sauerkraut (fresh or canned)

2 small onions
2 tablespoons oil
200 milliliters of dry white wine (Riesling)
Salt and freshly ground pepper
5 juniper berries
1 bay leaf
200 grams of mushrooms
2 shallots
1 tablespoon butter (15 grams)
160 milliliters of fish stock
160 milliliters soy cream
4 walleye fillets (with skin, flaked, so around 160 grams)
little flour

The preparation sequence

Sauerkraut briefly rinse and drain well.

Peel the onions and chop into fine strips.

1 tablespoon oil in a shallow pan, Cauldron heat. Onions sauté until soft over medium heat.

Sauerkraut and deglaze with 70 milliliters of white wine. Season with salt and pepper. Juniper berries and bay leaf and simmer covered, stirring frequently for 15 minutes at low heat.

Meanwhile clean mushrooms, stem ends from crushing and the mushrooms into quarters. The shallots Peel and finely dice.

Butter in a small saucepan, Cauldron heat. Mushrooms and sauté shallots until soft stirring.

pour remaining white wine and let reduce by half.

Pour the fish stock it and boil down to half. Soy cream and leave to boil creamy. Keep the sauce warm.

easily crush the fish skin with a very sharp knife.

The remaining oil in a frying pan heat up. The fish with salt and pepper and coat with flour.

With the skin put in the frying pan down over medium heat 7-8 minutes until very crispy.

turn fish and fry for 2-3 minutes. Preparing fish on the sauerkraut and bring the sauce to the table.

A bit of advice

No other fish skin is crispy as with Zander. Fry therefore long enough on the skin side, savoring him this pleasure. If you want to give up white wine in the sauce, replace the share of fish stock.

Per serving: 329 kcal

Salmon fillet on tomatoes with black olives and basil

Salmon and olives contain unsaturated fatty acids that regulate blood fat and lower blood pressure. Iodine from the fish supports the thyroid. The fat-soluble vitamins A, D and E are good for the eyes, bones and lower high cholesterol levels.

Ingredients for 2 meals

2 large tomatoes (so about 150 grams)

20 grams capers

40 grams of black olives (pitted)

1 anchovy fillet (glass)

¼ lemon

2 stalks basil

3 tablespoons olive oil

Salt and freshly ground pepper

325 grams of salmon fillet (without skin)

The preparation sequence

Clean tomatoes in water, into quarters, remove the seeds and chop into small strips. Put in a bowl.

Capers, olives and anchovies fillet chop roughly and add to the tomatoes. express lemon district hand over the bowl.

clean basil in water, shake dry, pluck leaves and coarsely chop. enter with half of the olive oil to the remaining ingredients. Add salt and pepper, and mix well.

Rinse salmon fillets, pat dry and chop diagonally into thin slices. Lightly salt and pepper.

Residual oil heat in a nonstick skillet. Salmon fillet in case of strong heat from each side 30 seconds fry.

give tomatoes in the skillet and heat while stirring for 1 minute. Place on warmed plates, prepare the salmon fillet on it and bring to the table.

A bit of advice

A low carb dish first class - if you want more fiber, just enough rice, cereal or whole-meal bread and a green salad.

Per serving: 407 kcal

Baked trout with spicy avocado corn salad

The protein of the trout and the vitamins A, C, D and E in vegetables and fruits are a strong team. It strengthens and supports muscles, brain, eyes, bones, heart and blood vessels for the smooth functioning.

Ingredients for 2 meals

150 grams of corn (canned, drained)

2 ripe tomatoes (so about 50 grams)

1 ripe avocado (so about 200 grams)

2 spring onions

6 stalks coriander

1 small red chili pepper

1 small lime

Salt and freshly ground pepper

2 tablespoons olive oil

2 trout (ready to cook, so about 350 grams)

The preparation sequence

Drain corn. Clean tomatoes in water, quarter, core and roughly chop. Both in a bowl.

Cut avocado in half and dissolve out the stone.

Loosen the pulp from the peel, chop cubes in 2 centimeters and in the bowl.

Clean spring onions in water, clean and chop the white parts into thin rings. clean coriander in water, shake dry and 2 stalks aside, chop the rest. Chili clean in water, cut lengthwise in half, remove seeds and finely shred. in the bowl with chopped coriander.

express lime and stir half of the juice with salt, pepper and olive oil from the mill. Mix with the salad ingredients and set aside.

clean trout in water and pat dry. Season with remaining lime juice, salt and pepper from the mill and place on a greased baking sheet cake. Pipette 1 stalk coriander into the abdominal cavities. In the heated, preheated oven tube Küchenherd bei 200 ° C (with convection: to position 3 controller: 180 ° C, at gas) Bake on the middle shelf level 20 minutes. raise trout from the plate and put the salad on the table.

A bit of advice

Similarities are here by no means accidental: The lettuce contains the same ingredients as the famous guacamole cream. Do it like the Mexicans and take definitely nice ripe avocados, so you have the full, delicate aroma.

Per serving: 537 kcal

Ling on caraway cabbage with dill and sour cream

With just one serving ling the daily requirement is covered in iodine. The mineral to which we lack often plays a central role in the formation of thyroid hormones. For more fiber: bring Simply boiled potatoes or brown rice to the table!

Ingredients for 2 meals

1 onion

300 grams of cabbage

2 tablespoons canola oil

½ teaspoon cumin

125 milliliters classic vegetable

2 Lengfischfilets (so around 160 grams)

Salt and pepper from the mill

4 sprigs of dill

3 tablespoons sour cream or sour cream

The preparation sequence

Onion peel and chop into fine strips.

Clean cabbage in water, clean, free from Strunk and also shred into fine strips.

1 tablespoon of oil in a saucepan, Cauldron heat, sauté onions and cumin over medium heat glazed.

Pointed cabbage and continue to cook for 3 minutes.

Add broth, heat again and cook over medium heat for 8-10 minutes.

Meanwhile, rinse the fish fillets, pat dry, salt and pepper. Heat the remaining oil in a frying pan and fry the fish in it strongly from each side for 3 minutes.

clean Dill in water, shake dry and chop coarsely.

Sour stir into the cabbage, season with salt and pepper from the mill. Transfer to plates, give fish fillet on top, sprinkle with dill and bring to the table.

A bit of advice

Up to 40 kilos can weigh up to a full-grown ling - why are the fishmonger usually very long fillets; the dealer will cut off the desired amount.

Per serving: 373 kcal

Sauerfleisch Monkfish with Aquavit, dill and mustard seeds

The fine Plate brawn is a very popular recipe because the Sauerfleisch calories and is low in fat. It also strengthens bones, protects the heart and vessels, the vision promotes at night and lowers elevated cholesterol.

Serves 4 meals

8 sheets of white gelatine

100 grams of red onion
1 carrot (so about 100 grams)
400 milliliters of fish stock
400 milliliters of dry white wine or fish stock
1 bay leaf
2 teaspoons mustard seeds
75 milliliters of white vinegar
450 grams of monkfish
Salt and pepper from the mill
1 bunch dill
5 tablespoons of aquavit or cranberry juice
little sour cream as desired

The preparation sequence

Gelatin soak in cold water for 5 minutes.

Peel the onions and carrots and both planing into thin slices.

bring fish stock to the half of the white wine, onion, carrot, bay leaf and mustard seeds to a boil. Then let steep 15 minutes at low heat.

Squeeze out the gelatine, add to the hot stock and dissolve with stirring, not boil!

Stir vinegar, let the Fond little cool. Season with salt to taste.

Fond pour through a sieve. remove bay leaf, put aside vegetables.

Clean monkfish in water, pat dry and chop into cubes 2 centimeters. Season with salt and pepper from the mill.

Remaining warm white wine. The monkfish cubes covered for 5 minutes simmer in the not cooking wine.

clean Dill in water, shake dry, pluck flags, finely shred and add along with the Aquavit in the rear.

That aside Asked vegetables and fish cubes decorative give in 4 soup plates.

carefully pour stock into the dish, then refrigerate for at least 6 hours. Let stand at room temperature before serving 10 minutes. bring to the table as desired with little sour cream.

A bit of advice

Enjoy the Sauerfleisch Baguette as a side dish or baked potatoes and a salad. To come to carbohydrates and a balanced supply of nutrients.

Per serving: 151 kcal

Loach stew with onions and peppers

In addition to easily digestible protein contains the noble fish omega-3 fatty acid, have a favorable effect on blood lipids. Also in fish meat sits the mineral iodine, which supports the work of the thyroid gland.

Ingredients for 2 meals

3 onions
1 clove of garlic
1 red pepper (so about 200 grams)
2 tablespoons olive oil
1 tablespoon paprika (noble sweet)
1 tablespoon paprika (rose sharply)
175 milliliters of classic vegetable
75 milliliters soy cream
1 organic lemon
350 grams of loach fillet or perch fillet
Salt and pepper from the mill
3 stalks parsley

The preparation sequence

Peel the onions and chop into cubes 1 centimeter. Peel garlic and chop into fine slices.

Pepper into quarters, remove the seeds, clean water and chop into cubes 1 centimeter.

Oil heat in a saucepan, cooking kettle or frying pan. Sauté onions and garlic over medium heat for 5 minutes.

Peppers diced and further cook 4 minutes.

Sprinkle with paprika and the broth pour. Boil boil 5 minutes.

Soy cream to give and continue cooking for 4 minutes.

Rinse the lemon with hot, dry, grate the peel finely. Cut lemon in half and squeeze out 1 half.

Stir lemon zest into the sauce.

clean fish in water, pat dry and chop large pieces in 2 centimeters.

Season the fish pieces with pepper from the mill. give pieces of fish on the vegetables and covered allow 7-8 minutes over medium heat draw.

clean parsley in water, shake dry, pluck and chop leaves. At the end of cooking to taste the fish stew with salt, pepper and lemon juice and sprinkle with parsley.

A bit of advice

If you get any wolffish or you fish with firm meat is too expensive, you soft on saithe or redfish, as frozen food; the fish do not defrost, but give frozen in the sauce.

Per serving: 387 kcal

Sesame fish sticks with spicy cucumber salad

In this classic of children's kitchen nutrient light is not red grease points. For the fish sticks provide high-quality protein, which is needed for building muscles. The daily requirement of iodine is covered with a portion of more than 100 percent, the vitamin D needs almost half.

Ingredients for 2 meals

300 grams Seelachsfilet

1 cucumber (so about 500 grams)

1 red onion

1 tablespoon white wine vinegar

1 teaspoon of liquid honey

4 tablespoons canola oil

4 sprigs of dill

3 tablespoons flour

4 tablespoons breadcrumbs

1 tablespoon sesame

Salt and freshly ground pepper

1 egg

The preparation sequence

The cucumber peel and slice into very thin slices. Lightly salt and leave to drain for 15 minutes in a colander.

Peel onion and chop finely. In a bowl with vinegar, honey, salt, pepper and half the oil mix.

The drained cucumber, mix. clean Dill in water, pat dry, finely shred and fold.

Fish Rinse, pat dry and chop cross wide in 2 centimeter strips. Season with salt and pepper. Place the flour on a plate and turn the fish strips therein.

Breadcrumbs with sesame mix on a plate.

In another dish, whisk together the egg and salt.

Pull pieces of fish through the egg, and then turn into the breadcrumbs. Crumb press firmly.

The remaining oil in a nonstick skillet heat and the fish sticks around until golden brown over medium heat.

Drain on paper slightly and bring the cucumber salad on the table.

A bit of advice

Record for the child-friendly court quietly frozen fish - he stands in terms nutritional fresh in every way. If you want to fill solubilizing fiber, on the table you simply bring potatoes or whole-meal bread to the delicious sticks.

Per serving: 513 kcal

Redfish with basil foam and broad beans

This main meal is not just calories but very popular. The protein from the snapper and the beans is well utilized by the body and builds muscle. In addition, the vegetable provides satiating fiber.

Ingredients for 2 meals

225g broad beans (fresh or frozen)

1 red onion

1 clove of garlic

4 tablespoons olive oil

Salt and black pepper

½ lemon

3 eggs

25 grams Parmesan

350 grams of fish fillet

little flour

75 milliliters of white wine

5 stalks basil

The preparation sequence

Onion and garlic peel and finely shred. loosen thick bean seeds from the skin or thaw and then release it from the shell.

1 tablespoon olive oil in a small saucepan, Cauldron heat. Onions and garlic cook until soft.

Beans add and sauté 3-4 minutes. With salt and pepper lemon juice from the mill and some splashes and set aside.

2 eggs, whisk in a bowl. Grate the Parmesan finely and lift with little pepper into the egg.

Redfish fillets slightly oblique chop into thin slices.

Season fish with salt and pepper and coat with flour. Excess flour tap. Remaining olive oil in a nonstick skillet heat.

pull fish slices through the egg mixture.

put slices of fish in the heated oil. From each side for 3 minutes to medium heat until golden yellow with less. clean basil in water, shake dry, pluck leaves. Some aside, chop the rest finely.

Meanwhile, white wine, remaining egg and basil beat in a bowl over a hot water bath for 5 minutes by whisk creamy.

Add the beans with the fish on a plate and sprinkle with basil foam. If desired, with basil leaves decorate.

A bit of advice

If just is not a season for broad beans, which take from the deep cooling rack. Broad beans are delicious with mint. Replace them as desired simply against the basil.

Per serving: 693 kcal

Monkfish with braised peppers

In this court all infected, which makes the Mediterranean diet so healthy: easily digestible protein, unsaturated fatty acids, fiber, phytochemicals and vitamins A, D, E and C. This combination has a positive effect on the gut, eyes, bones, heart, vessels and lowers elevated cholesterol.

Serves 4 meals

600g monkfish

2 onions

2 cloves of garlic

8 Turkish Spitzpaprika (so about 800 grams)

4 tablespoons olive oil

Salt and freshly ground pepper

100 milliliters of dry white wine or cranberry juice

100 milliliters of classic vegetable
425 grams Pizza tomatoes (canned)
1 tablespoon coriander seeds
1 teaspoon black peppercorns
40 grams capers (glass)
50 grams of green olives (without stone)
3 stalks basil

The preparation sequence

Peel the onions and garlic and finely shred.

Cut the peppers lengthwise in half, remove seeds and clean water.

2/3 of the oil in a sealable roaster heat. Onions and garlic cook until soft over medium heat in 3-4 minutes.

Pepper strips and cook for further 3-4 minutes cook.

Season with salt and pepper seasoning, pour in the white wine.

Vegetable broth and tomatoes and covered over medium heat simmer 15 minutes.

Meanwhile crush coriander seeds and peppercorns in a mortar.

Clean monkfish in water, pat dry and chop into pieces of about 50 grams. Sprinkle with the crushed spices.

The remaining oil in a heavy skillet heat and fry the monkfish pieces with very strong heat around short sharp.

give capers and olives in the roasting pan for vegetables, season with salt and pepper.

The pieces of fish on the vegetables Laying, stew covered possibly salt and further 7-8 minutes. clean basil in water, shake dry, pluck leaves and coarsely shred. When cooked, sprinkle over the fish.

A bit of advice

Monkfish is one because of its solid, aromatic meat of the finest and most expensive fish. Therefore Pay close attention to the cooking time. If it is exceeded, the delicacy is hard and tough - the have neither you nor deserves the fine fish.

Per serving: 430 kcal

Salmon on colorful bean salad with three kinds of beans and dried tomatoes

The beans provide plenty of protein and fiber. It also covers the daily target at "beautifier" vitamine biotin half. Do not worry the way of fat in salmon: It consists almost entirely of valuable fatty acids that do the body good things.

Ingredients for 2 meals

350 grams of salmon fillet (without skin)

100 grams of green beans

100 grams of wax bean

2 stalks savory

Salt and freshly ground pepper
125 grams kidney bean (drained, canned)
2 small red onions
50 grams of dried tomatoes in oil
1 tablespoon red wine vinegar
1 teaspoon Dijon mustard
2 stalks basil
1 tablespoon olive oil

The preparation sequence

Clean the beans in water, clean, eventually unthreading and break long pieces in 4 centimeters. Clean Savory in water and cook in salted water for 10-12 minutes.

Beans drain and plunge with a slotted spoon into cold water. Then drain well and eliminate the savory.

The kidney beans in a colander, rinse and drain well.

Peel the onions and slice finely on the vegetable slicer or crush with a knife into thin rings.

Drain sundried tomatoes and taking care to collect the oil. chop tomatoes into thin strips.

In a bowl, vinegar, mustard and a little salt and pepper with a whisk stir. 3 tablespoons of tomato collected oil embezzled.

Mix beans, onions and dried tomatoes in a bowl with the sauce and leave for at least 15 minutes.

Rinse salmon fillets, pat dry and chop wide strips in about 2 centimeters. clean basil in water, shake dry, pluck leaves and tear into small pieces with your hands.

Season salmon with salt and pepper. Olive oil in a frying pan heat up. Salmon from each side fry 1 minute. The bean salad cook, sprinkle with basil and bring to the table.

A bit of advice

Wax beans are particularly delicate and therefore ideal in salads, but have only a short season. Who does not get fresh, accepts wax beans out of the can or just doubled the amount of green beans.

Per serving: 487 kcal

Greek tuna salad with olives and caper vinaigrette

The piquant salad dominate many colorful vegetables. Its advantage: It is low in calories and provides the body with plenty of vitamins, minerals, fiber and phytochemicals. They act in this mix of positive effects on eyes, intestines, bone and blood formation.

Ingredients for 2 meals

- 1 head romaine lettuce
- 1 small red onion
- 1 cucumber (so about 300 grams)
- 1 red pepper (so to 175 grams)
- 1 yellow pepper (so to 175 grams)

2 green peppers (glass)
210 grams Tuna naturell (drained, canned)
5 stems of parsley
6 green olives (without stones)
1 tablespoon capers
½ lemon
Salt and freshly ground pepper
4 tablespoons olive oil

The preparation sequence

Eliminate the outer leaves of Roman lettuce.

clean salad in stagnant water in cold water, drain well and chop crosswise into very thin strips.

Onion peel and slice into thin rings.

Clean cucumber and peppers in water.

Clean the cucumber into quarters and chop into thin slices. Peppers into quarters, clean, remove seeds, rinse and chop into fine strips.

chop peppers into rings.

Drain tuna and share with a fork into small pieces.

Onion, cucumber, peppers, hot peppers and tuna mix.

clean parsley in water, shake dry, chop leaves. Olives and capers also chop.

expressed lemon half, mix 2 tablespoons of lemon juice with salt and pepper. The olive oil embezzled. give over the salad just before serving.

A bit of advice

Submit (fry bread and still hot, rub a peeled clove) as a side dish of garlic bread. Thus, not only increases the fiber content of this healthy salad: allicin, an aromatic ingredient of garlic, helps lower cholesterol levels in.

Per serving: 373 kcal

Crispy prawns in breadcrumbs crust on avocado carpaccio

In addition to easily digestible protein supply shrimp plenty of vitamin E and iodine. These nutrients help protect the cells. Even the soft flesh of the avocado has a lot to offer, especially highly unsaturated fatty acids and essential vitamins.

Ingredients for 2 meals

6 king prawns (without head, so to so about 50 grams)

1 piece Parmesan cheese (so about 40 grams)

½ organic lemon

5 tablespoons breadcrumbs

2 stalks of parsley

1 small clove garlic

Salt and freshly ground pepper

1 egg (Size: M)
2 tablespoons flour
1 avocado (around 225 grams)
1 teaspoon honey
2 tablespoons olive oil
1 bed garden cress

The preparation sequence

clean lemon in water, wipe dry and rub 1 teaspoon peel finely. Cheese also Finely grate. Both mix with breadcrumbs in a bowl.

clean parsley in water, shake dry, pluck leaves and finely shred. Peel garlic and finely shred. Both mix with the breadcrumbs.

Shrimp so break out of the shell that the tails remain still there. Shrimp along the back crush and eliminate the gut. Season shrimp with salt and pepper.

Egg whisk. only turn the shrimp in flour, then drag through the egg and then call in the breadcrumbs, thereby, if possible let the tail freely. Crumb press firmly. Place the shrimp on a lined finish cutting cake baking paper baking sheet and heated, preheated oven at 225 ° C (with convection: in position 3-4 Controls: 200 ° C, at gas) Bake 10-12 minutes.

Meanwhile, cut avocado in half, remove stone. solve pulp from the peel and chop into very thin slices.

give avocado slices on 2 plates. Season with salt and pepper. express lemon.

1 tablespoon of lemon juice, honey, salt and pepper from the mill. Olive oil embezzled. Avocado slices with lemon oil sauce drizzle. Kresse mince from Beet and sprinkle over the avocado slices. bring to the shrimp on the table.

A bit of advice

Who wants to save fat calories, olive oil can when dressing for the avocado off or takes only half.

Per serving: 504 kcal

Grandmother's roast veal with red wine and vegetables

The classic Sundays Family Eating creates a good atmosphere at the table. Not only does the meat with stewed vegetables a culinary delight, rich in protein and low in fat, the ingredients also relieve stress and iron deficiency, strengthen bones, heart and blood vessels and reduce blood cholesterol.

Serves 4 meals

800 grams veal meat (from the rump)

3 stalks celery (so about 250 grams)

4 carrots (so about 400 grams)

5 onions

Salt and freshly ground pepper

2 tablespoons canola oil

2 tablespoons tomato paste

1 pinch dried thyme

650 milliliters of red wine or beef stock

250 milliliter veal stock

4 sprigs parsley

The preparation sequence

Peel carrots and clean, clean celery in water, clean and unthreading. Both long in 4 centimeter pieces shred. Peel the onions and cut into quarters.

Meat dry. Season with salt and pepper.

Heat the oil in a roasting pan heat and brown the meat on all sides over high heat vigorously.

Remove the meat. Put the vegetables in the roasting pan and fry 4-5 minutes over high heat while stirring.

Tomato paste and thyme add, cook briefly, red wine and Fond pour and bring to a boil.

Meat show in the roasting pan. On the oven rack in the heated, preheated oven at 175 ° C (with convection: 150 ° C, at gas mark 2) on the 2nd rail simmer 2 hours from below, thereby douse again with the fund from the Rotisserie.

Meanwhile, clean the parsley in water, shake dry, pluck leaves and finely shred.

Remove the meat from the roasting pan, wrap in aluminum foil and let rest 5 minutes.

The sauce with salt and pepper from the mill, parsley. Meat cut bring to the table with sauce and vegetables into slices.

A bit of advice

A creamy side dish to this is homemade potato and carrot puree. It harmonises for frying and gives the festive dish an extra dose of carbohydrates and satiating Bioaktivstoffen.

Per serving: 404 kcal

Veal fillet Sicilian style on oranges and grapefruit salad

What are our apples for Sicilian oranges. Oranges and grapefruits are prepared often hearty. And since they are mostly used raw, the vitamin C is retained. It will not only strengthen the defense, it repulses also free radicals and protects the skin from too much sun.

Ingredients for 2 meals

2 oranges

1 pink grapefruit

Salt and freshly ground pepper

1 red onion

1 small fennel bulb (so about 150 grams)

25 grams of pistachios

½ lemon

4 tablespoons olive oil

6 veal fillets (so to so about 50 grams)

2 sprigs of rosemary

The preparation sequence

Peel oranges and grapefruit with a knife so thick that all white skin is removed with the shell.

chop oranges and grapefruit slices, place on a plate and season with a little salt and pepper.

Red onion peel and chop into fine rings.

Clean fennel and chop into very small pieces or strips. Clean the fennel leaves in water, shake dry and finely shred.

chop pistachios coarse and slightly roast in a frying pan.

Put all prepared ingredients on orange and grapefruit slices. express lemon.

2 tablespoons of lemon juice with a little salt and pepper mix, embezzled 3 tablespoons of olive oil. To give the orange and grapefruit slices and leave for 10-20 minutes.

Veal fillet pat dry, put between plastic wrap and pat little flat with the meat tenderizer.

clean rosemary in water and shake dry. Remaining olive oil in a nonstick skillet heat. Veal fillet in hot oil on each side 1 brief minute fry along with the rosemary. salt Veal fillet, bring pepper and with the salad on the table.

A bit of advice

Take in the short winter season blood oranges. They taste stronger and slightly more bitter than regular oranges.

Something honey, which is firmly anchored in the Sicilian cuisine, gives a slight sweetness.

Per serving: 585 kcal

Veal stuffed cabbage with capers, garlic and cumin

Niacin and zinc in veal strengthen the defense and the nerves. The mustard oils contained in the carbon and the capers strong also the immune system; the cabbage is also unrivaled rich in vitamin C.

Serves 4 meals

700 grams veal Hack (possibly at the butcher reservations)

1 white cabbage (around 1 kg)

2 onions

1 clove of garlic

3 tablespoons oil

40 grams capers (glass, drained)

2 eggs (Size: M)

Salt and freshly ground pepper

1 teaspoon cumin

1 tablespoon paprika (noble sweet)

400 milliliters of veal stock

125 milliliters soy cream

The preparation sequence

Carbon clean water and remove the outer leaves. The brew herauszerkleinern wedge. Put a large saucepan, cook brine tank and bring to a boil.

Meanwhile succession 16 leaves detach from the cabbage, enter into the boiling water and 3-4 minutes of boiling, simmer.

Lifting, let Rinse and drain under cold running water. Place on a paper towel, cover with a second towel and pat dry well. The hard, middle veining herauszerkleinern.

Peel the onions and garlic and finely shred. 1 tablespoon oil heating. Onions and garlic cook until soft.

leave little to cool in a bowl. Minced meat, capers, eggs, salt and pepper and blend it all at a meat batter.

The 2 cabbage leaves combine and give each 1 Portion Hack on the leaves. Hard roll and tie with kitchen twine.

The remaining oil in a saucepan, Cauldron heat and fry the 8 cabbage rolls in from each side brown.

Cumin and paprika give. Veal stock into the saucepan, pour boiling pans and bring to a boil. The cabbage rolls covered over medium heat simmer 35-40 minutes, turn once during cooking.

Stir soy cream into the sauce and cook for another 5 minutes open. Season with salt and pepper. give cabbage rolls on plate and bring as desired with brown rice or mashed potatoes on the table.

A bit of advice

Especially digestible: Record for a change quiet times
Wirsing--pointing or Chinese cabbage. This also saves time
because the more tender leaves do not need to be cooked
so long.

Per serving: 452 kcal

Stuffed veal chop with Roquefort

It provides us with a lot of protein - essential for building muscle. We also suntans from the entire vitamin B complex and the daily requirement of zinc. The latter is involved in numerous enzyme activities in the body, the B vitamins are essential for metabolism. Together they promote cell growth of skin, hair and nails.

Ingredients for 2 meals

1 veal chop (so about 450 grams with stem bone)

2 onions

2 cloves of garlic

1 bulb (around 180 grams)

Salt and freshly ground pepper

1 pinch of sugar cane

2 tablespoons olive oil

2 stalks marjoram

60 grams Roquefort cheese

100 milliliters of white wine

100 milliliters soy cream

½ lemon

The preparation sequence

Peel the onions and chop thick rings in 5 mm. Peel garlic cloves and crush. Clean, quarters and remove the cores bulb in water. Pears quarter cut into two halves.

Onion rings, garlic and pear pieces put in a roasting pan and season with salt, pepper from the mill and sugar, sprinkle with 1 tablespoon of olive oil. In the heated, preheated oven tube Küchenherd bei 200 ° C (with convection 180 ° C, at gas: regulator to position 3) so bake about 10 minutes.

Clean marjoram in water, shake dry, pluck and chop the leaves. Roquefort crumble and mix with marjoram.

In the meat horizontally a bag mince and fill with the cheese; zustecken the incision with 2 wooden skewers. Salt and pepper the meat.

The remaining oil in a heavy skillet heat and brown the chops on each side over high heat for 2-3 minutes. Put on the onion and fry in the oven for 25-30 minutes. With a wooden skewer pierce: Runs out pink gravy, the chop is internally still bloody. Who does not like, frying accordance few minutes longer until exiting juice looks bright.

The veal chop remove, wrap in aluminum foil and let rest 5 minutes.

Place the roasting pan on the stove and heat the meat juices once. Deglaze with white wine and let boil completely.

The soy cream pour and let it boil for 3-4 minutes over medium heat creamy. From half a lemon 2 teaspoons expressed juice. The sauce with salt, pepper and lemon juice. For meat bring to the table.

A bit of advice

Complete the dish with boiled potatoes, rice or bread as a supplement kohlenhydratliefernde. The sauce also tastes delicious when cooked with apples.

Per serving: 596 kcal

Veal cutlets from the frying pan with sage and lemon sauce

Because abundant iron plugged in veal and spinach, blood formation is promoted. And it is beneficial to all women who want to become pregnant, or who already have a child that they are breastfeeding. It also helps others who have stress - both women and men.

Ingredients for 2 meals

6 thin veal cutlets (so about 60 grams)

2 stalks of sage

1 organic lemon

1 shallot

250 grams of fresh spinach

2 tablespoons olive oil

Salt and freshly ground pepper

125 milliliters soy cream

The preparation sequence

put veal cutlets with plastic wrap or a freezer bag and Flatten with a meat mallet or heavy skillet.

clean sage in water, shake dry, pluck leaves and coarsely chop.

Rinse lemon in hot water, wipe dry. Peel the shell with a potato peeler thin and then chop into very fine strips. (Deduct alternative with a zester thin strips.)

Squeeze the lemon.

Peel the shallot and chop finely. Clean spinach, clean water and spin dry.

1 tablespoon of oil in a frying pan heat up. Veal escalopes fry from each side 1 almost a minute over high heat. Removing, salt and pepper in the heated, preheated oven at as around 100 ° C (with forced air: 80 ° C, at gas mark 1) keep warm.

Wipe skillet. Heat the remaining oil in it and fry the shallots 2 minutes glassy. The spinach and pan fry for 1-2 minutes. With salt and pepper from the mill and give a warm plate.

giving sage and lemon zest in the frying pan, 2 tablespoons lemon juice.

Soy cream pour, heat again and season with salt and pepper.

give veal cutlets with the accumulated meat juices in the skillet, pan once. Remove the meat from the frying pan,

cook on the spinach and put the sauce on the table.

A bit of advice

Thus, the high iron content of the body can be used optimally, you should enjoy little Vitamin C Empire to e.g. a pepper salad or a glass of orange juice. The vitamin helps to better digest the iron.

Per serving: 473 kcal

Veal goulash with sauerkraut and potatoes

The protein-rich, lean meat and fermented cabbage here form a strong team: both bring plenty of vitamin B12 to the plate, which protects, among other things the heart and circulation and helps reduce stress hormones.

Serves 4 meals

750 grams veal from the hip

7 onions (so about 350 grams)

3 tablespoons canola oil

Salt and freshly ground pepper

2 tablespoons paprika (noble sweet)

1 tablespoon flour

100 milliliters of white wine or light grape juice

200 milliliter veal stock (glass) or vegetable broth

2 bay leaves

6 firm potatoes (so about 300 grams)

425 grams of sauerkraut (Dose)

160 milliliters soy cream

1 organic lemon

1 bunch of parsley

The preparation sequence

Peel the onions and chop into very fine strips.

Rinse meat, pat dry and chop cubes in about 2 centimeters.

Oil heat in a casserole and fry the onions over high heat around light brown.

give meat in the pot, boiling pans, sprinkle with freshly ground pepper and paprika and sauté while stirring, then add salt.

Flour over the meat dust and sweat with stirring for 1 minute in the frying fat.

White wine or juice and beef stock or broth stir. Bay leaves and cook bring to a boil. Over medium heat covered 40 minutes cooking, simmer.

Meanwhile clean potatoes in water and peel. In approximately 2 centimeter cube crush and in boiling salted water for 10 minutes cooking, simmer. Drain and set aside.

The sauerkraut shred little small. Under the Veal goulash raise and cook for 5 minutes.

Then Add the precooked potato pieces and cook another 5 minutes.

Soy cream Stir, bring everything to the boil and still about 10 minutes cooking, simmer.

Rinse lemon in hot water, wipe dry and peel thinly with a peeler. clean parsley in water, shake dry, pluck leaves and chop the lemon zest. Under the Veal goulash stir and reheat once. With salt and pepper from the mill and bring to the table.

A bit of advice

If it little "hot" like: Taste the Veal goulash with 1-2 teaspoons hot pepper powder in addition to sweet paprika from.

Per serving: 483 kcal

Styrian veal rolls with pumpkin seeds and pepper sauce

This Austrian rolls are stuffed with roasted pumpkin seeds and carrots. This makes them less fat than bacon and deliver bioactive substances that have a positive effect on the bladder. They also contribute to cover the iron requirements.

Tamaties:

Serves 4 meals

4 veal roulades (so to so to the 190 grams)

2 onions or large shallots

2 tablespoons pumpkin seeds
2 carrots (so about 200 grams)
2 cloves of garlic
2 tablespoons oil
2 tablespoons tomato paste
1 teaspoon paprika (rose sharply)
100 milliliters of dry sherry or white wine or cranberry juice
400 milliliters chicken stock
160 milliliters soy cream
Salt and freshly ground pepper

The preparation sequence

slightly roasting pumpkin seeds in a frying pan without fat.
Cool on a plate and a little coarse mince.

Carrots, peel and grate coarsely on a box grater.

Roulades meat pat dry, next to each other on the work surface and season with salt.

distribute pumpkin seeds and carrots on it and also a little salt.

Roll the rolls tight and stuck with toothpicks.

Peel the onions and garlic and finely shred.

Oil in a frying pan or a casserole warm. The rolls fry around.
Remove.

Add the onions and garlic in the skillet or saucepan,
Cauldron and sauté 1 minute. Tomato paste and paprika
and sauté 1 minute.

The Sherry Stir and let boil completely. Pour broth, heat again and add the rolls back in the frying pan. Cover and simmer for 50 minutes at medium heat.

At the end of cooking the rolls keep wrapped warmly in aluminum foil. The sauce through a sieve into a saucepan, pour boiling pans.

give soy cream to the sauce in the saucepan, cooking kettle and heat again. Season with salt and pepper. Bring the rolls with the sauce on the table.

A bit of advice

Serve with mashed potatoes or mashed potatoes goes well. Drizzle a little extra virgin pumpkin seed oil on the high-carbohydrate supplement. The aromatic, dark green oil gives the table a more regional focus, but especially valuable unsaturated fatty acids.

Per serving: 440 kcal

Small veal loin steaks and tuna with fennel and carrots

In North America and Australia, we know that the combination of fish and meat not only excellent taste but good for health offers: tuna and veal fillet provide plenty of protein. In addition, the bones are strengthened and the cardiovascular protection, iodine and iron deficiency alleviated and improved vision at night.

Ingredients for 2 meals

2 tuna steaks (so about 80 grams)
4 veal fillets (so about 50 grams)
3 carrots (so about 250 grams)
1 large fennel bulb (so about 300 grams)
2 onions
1 clove of garlic
3 tablespoons olive oil
3 tablespoons anisette or fennel
200 milliliters classic vegetable
Salt and freshly ground pepper

The preparation sequence

Carrots, peel and chop thick pins in 1 centimeter.

Clean fennel, clean water and also shred in pins. Mince the green small and set aside for garnish.

Peel the onions and garlic and chop finely.

Half the oil in a shallow wide saucepan, Cauldron heat. Onions and garlic sauté 3-4 minutes colorless.

Carrots and fennel and cook for further sauté 2 minutes.

The anisette deglaze, let boil completely.

Broth pour, season with salt and pepper and covered with small heat simmer 12-15 minutes, stirring a few times.

Meanwhile, the veal fillet pat dry, knocking possibly with cling film with a meat tenderizer little flatter.

Residual oil heat in a grill pan. The meat seasoning and fry in a pan on each side for 1 minute. wrapped in foil aside.

clean tuna steaks in water, pat dry and in the frying pan only one side fry for 1-2 minutes. Season with freshly ground pepper and possibly a little salt. give together with the vegetables and veal on plate and immediately bring to the table. Sprinkle with zurückgelegtem fennel leaves.

A bit of advice

You hesitate because you will fry the tuna steak only from one side? Cheer up! Half fried and half raw tuna tastes juicy, buttery tender and fresh at the same time. But if you do not like it so, fry the fish fillets gently on the other side. In the middle there should still be red, otherwise the tuna steak tastes dry, hard and tough.

Per serving: 454 kcal

Veal meatballs with oyster mushrooms

The "light version" of the popular classic delivers plenty of B vitamins, which strengthen the nerves and promote good humor. They also ensure that the protein is utilized better, which is in the veal.

Ingredients for 2 meals

275 grams of lean veal Hack

1 onion

1 clove of garlic
2 tablespoons olive oil
1 tablespoon bread crumbs
1 egg (Size: M)
Salt and freshly ground pepper
1 teaspoon paprika (rose sharply)
200 grams of oyster mushroom
2 shallots
40 grams pickled dried tomatoes
175 milliliters of classic vegetable
125 milliliters soy cream
½ bunch of chives

The preparation sequence

Onion and garlic, peel and dice. 1 teaspoon of oil heat in a frying pan, sauté onion and garlic until soft. Let cool down.

Mix minced meat with breadcrumbs, onion, garlic and egg. Hearty season with salt, pepper and paprika.

With wet hands form 4 patties.

Clean oyster mushrooms, possibly cut in half.

Shallots Peel and finely dice. The tomatoes into small cubes crush.

Heat the remaining oil in a frying pan and fry the veal meatballs over medium heat on each side for 1 minute. Remove and set aside.

Add the mushrooms and shallots in the frying pan and fry for 1 minute.

give broth and soy cream into the skillet and heat again.

give veal meatballs and dried tomatoes in the skillet over medium heat for 4-5 minutes cooking, simmer. Turn and cook for another 2 minutes, simmer.

Meanwhile clean chives in water, shake dry and chop into small rings. Season sauce with salt and pepper. Veal meatballs with chives sprinkled bring to the table.

A bit of advice

Prepare the meatballs pan sometimes to with aromatic herb mushrooms or fresh chanterelles. Mushrooms are a rare herbal vitamin D source and supplement the content of the veal.

Per serving: 549 kcal

Steamed veal fillet steaks with mangetout and chervil

Steaming makes the fillets particularly delicate and easy on the ingredients of vegetables as especially vitamins. In fine veal infected except much Niacin also plenty of vitamin B6 and B12 - good for strong nerves! It is also rich in protein that supports muscle growth.

Ingredients for 2 meals

2 veal fillets (around 140 grams)

2 shallots

200 grams sugar snaps

1 bunch of chervil

Salt and freshly ground pepper

1 teaspoon oil

20 grams butter

175 grams of soy cream

3 tablespoons dry vermouth (or vegetable broth)

The preparation sequence

Shallots Peel and finely dice.

Clean mangetout and shred into fine strips.

clean chervil in water, shake dry, pluck leaves. Mince finely
One half, the other place in a steamer.

Clean fillets in water, pat dry and season lightly with salt and pepper. Oil heat in a grill pan. The fillets fry at very high heat on both sides 30 seconds, then immediately take out of the frying pan.

The fillets in steamer lay on the herbs and distribute the mangetout it.

Line the bottom of a suitable pot fill approximately 2-3 cm high with water and put in the basket so that the Gar well not touch the water. Saucepan, Cauldron cover and the fillets for 5-6 minutes in the herbal steam cooking, simmer.

A frying pan heat up and let the butter foam therein. The shallots sweat in colorless.

Vermouth Stir and let boil completely.

Soy cream to give heat again and let it boil creamy. Season with salt and pepper seasoning, stir in parsley. Sauce on plate type, cook meat and mangetout it.

A bit of advice

Who wants to do without alcohol for the sauce, instead taking vegetable broth. If you enjoy the dish with potatoes, it saturates even better, and the ratio of complex carbohydrates to fat and protein is balanced.

Per serving: 425 kcal

Stuffed veal escalope with mango and mozzarella

This refined and aromatic dish contains a lot of protein and thus promotes the development of the body's own proteins. It is rich in niacin and zinc, strengthen the nervous and immune systems. In addition, the body's depot can increase iron by Veal little.

Ingredients for 2 meals

4 thin veal cutlets (so to so about 70 grams)

125 grams Mozzarella

½ small mangoes (around 100 gram pulp)

1 stalk of basil

Salt and freshly ground pepper

1 tablespoon olive oil

100 milliliters of dry white wine

125 milliliter veal stock

The preparation sequence

Drain mozzarella and chop into thin slices. Mango peel, chop flesh into slices.

clean basil in water, shake dry, pluck leaves and shred into fine strips.

put veal cutlets with plastic wrap and gently pat the meat tenderizer, then season with salt and pepper.

Cutlets slices on one half with mozzarella and prove Mango. distribute basil on it.

The blank halves of the chips on fold and seal the meat bag with toothpicks.

Oil heat in a frying pan. Meat fry vigorously at medium-high heat on each side for 2 minutes.

White wine pour into the skillet and boil down to half.

Pour the veal stock into the frying pan, heat up once and leave little boil. Season the sauce with salt and pepper, give the chips on plate. Serve with wide noodles.

A bit of advice

When you purchase that you really get a ripe mango. Only if it smells strong, it has the full flavor. Alternatively, you can take for the filling and peach or apricot. Both are rich in carotenoids such as mango, fend off free radicals.

Per serving: 434 kcal

Veal meatballs Koenigsberg style with yoghurt dip

Accompanied by the low-fat milk product, the meatballs come much slimmer therefore as in the original recipe, where they can swim in a butter-flour sauce. But the lean veal Hack also provides in this variant much good usable protein and hematopoietic iron.

Ingredients for 2 meals

275 grams of lean veal Hack
1 small red onion
1 small clove garlic
2 tablespoons canola oil
25 grams capers (glass)
1 tablespoon bread crumbs
1 egg (Size: M)
Salt and freshly ground pepper
½ bunch of chives
3 stalks of chervil
3 stalks dill
1 organic lemon

150 grams of yogurt (0.3% fat)

The preparation sequence

Onion and garlic, peel and dice. 1 teaspoon of oil heat in a frying pan, sauté garlic in it. Let cool down.

Drain capers and finely shred.

Ground beef with capers, breadcrumbs, onion, garlic and egg mix. Hearty season with salt and pepper.

With wet hands form 4 patties. Until use covered chill.

clean herbs in water and shake dry. chop chives in small rings. Chervil leaves and dill flags pluck and finely shred.

Rinse lemon hot, dry, grate the peel finely and squeeze the juice.

Yogurt with herbs and lemon zest together. Season with salt, pepper and little lemon juice.

The remaining oil in a nonstick skillet heat and the meatballs and fry until golden brown on each side for 4-5 minutes over medium heat. bring to the table with the dip.

A bit of advice

We recommend serving with pumpernickel. The dark, strong-tasting bread fits capers and sour dip. In addition, your carbohydrate and fiber account is cleared it.

Per serving: 422 kcal

Stuffed veal steak with smoked ham and goat Gouda

Proteins tired come with the steaks on the type of classic Cordon Bleu on the table - does the muscles and the brain cells well. And because the stuffed tidbits not fried but cooked in the oven, so does the amount of fat is limited.

Ingredients for 2 meals

2 of veal steaks (so about 150 grams)
2 slices of goat Gouda (around 20 grams)
4 slices smoked ham (no fat trim)
¼ motley herbs (for example parsley, rosemary, etc.)
1 organic lemon
4 tablespoons breadcrumbs
2 tablespoons olive oil
Salt and freshly ground pepper
300 grams of green asparagus
125 milliliters classic vegetable

The preparation sequence

Rinse steaks and pat dry each horizontally crushed so that a pocket.

into fill Depending 1 slice of cheese and 2 slices of ham and zustecken the opening with toothpicks. clean herbs in water, shake dry and finely shred. clean lemon in water, dry them and cut in half. From 1 half shell finely rub and squeeze out the juice, chop the other half in columns and set aside.

Chopped herbs, 1 teaspoon lemon zest, breadcrumbs and 1 tablespoon olive oil mix together. Add salt and pepper.

1 tablespoon olive oil in a frying pan heat up. Veal steaks season with salt and pepper and fry on each side over high heat briefly.

give veal steaks on a baking sheet cake and sprinkle the breadcrumbs over it.

at 200 ° C (with convection: regulator to position 3: 180 ° C, for gas) until golden brown about 10 minutes.

Meanwhile asparagus clean water and the lower, woody ends from crushing. Asparagus in 3 centimeter long pieces shred.

Heat broth in a shallow pan, cooking kettles or frying pan once. pour in asparagus and stir 3-4 minutes over high heat until al dente cooking, simmer. Season with salt, pepper and little lemon juice. give with the steaks on a plate and put lemon wedges to the table.

A bit of advice

Stuffed meat is a favorite of small and large connoisseurs - who wants to dish it more often, but do not spend too much, takes place the least expensive veal steaks just turkey steak.

Per serving: 444 kcal

Veal meatloaf with peppers and herb quark

This noble version of the "wrong hands" is prepared with minced veal. It costs more than conventional, but brings much less fat on the plate. In addition to a thick portion of

protein the veal meatloaf provides the daily requirement of niacin and zinc. Niacin strengthens the nerves, zinc defense.

Serves 4 meals

650 grams veal Hack

2 stalks parsley

2 stalks Oregano

2 eggs (Size: M)

2 tablespoons breadcrumbs

Salt and freshly ground pepper

175 grams of roasted red peppers (drained)

1 tablespoon olive oil

3 spring onions

3 stalks basil

½ lemon

200 grams Magerquark

The preparation sequence

clean parsley and oregano in water, shake dry. pluck leaves and finely shred.

Hack mix with the eggs, breadcrumbs, salt, pepper, parsley and oregano in a bowl.

Drain peppers and chop into small cubes. Under the mince mix and knead to a smooth dough.

A baking dish (about 1.2 liters) with the olive oil rich.

pour in Hackteig, smooth and heated, preheated oven at 200 ° C (with convection: 180 ° C, at gas: regulator to position 3) on the 2nd shelf from the bottom 35-40 minutes cooking, simmer.

Meanwhile, clean the spring onions, clean water and chop into fine rings. clean basil in water, shake dry, pluck leaves and finely shred. Both in a bowl. express lemon.

cottage cheese in the dish. Add 1-2 tablespoons of lemon juice and mix with salt and pepper. Until use refrigerate. take veal meatloaf from the oven and let it rest for a few minutes. Sliced crush and bring the cream cheese on the table.

A bit of advice

Who no "red" like meat, can prepare this light version of meatloaf with poultry Hack. Is there in the supermarket chiller cabinet none, to order it at the butcher before or do it yourself: Simply turkey steak or chicken breast into cubes and finely shred the meat grinder, in a food processor or in a tremendous hackers.

Per serving: 426 kcal

Baked veal cutlets with aubergine and mozzarella

The combination of beef, vegetables and cheese provides the body with plenty of vitamin B2, B6 and zinc micronutrient. It is mainly pregnant women, nursing mothers or women benefit in menopause.

Ingredients for 6 meals

6 veal cutlets (so about 150 grams)

1 aubergine (so about 300 grams)

175 grams of buffalo mozzarella

2 tomatoes

3 tablespoons olive oil

Salt and freshly ground pepper

2 stalks basil

The preparation sequence

Clean eggplant, clean water, wipe dry, chop into slices and salt lightly.

Drain mozzarella and chop into slices.

Clean tomatoes in water herauszerkleinern stem approaches wedge shape and chop the tomatoes into slices.

cover cutlets with plastic wrap and slightly flat with the Plattiereisen (meat tenderizer) knock (plating).

1 1/2 tablespoons olive oil in a frying pan heat up. The aubergine slices with kitchen paper and dab of each side in hot oil fry 2 minutes. Season with freshly ground pepper.

give the remaining oil in the frying pan. Season meat with salt and pepper and the hot oil from each side fry 30 seconds.

Laying cutlets in a baking dish. distribute eggplant slices on it.

put tomatoes on the eggplant and season with salt and pepper.

clean basil in water and shake dry, pluck off the leaves and spread over the tomato slices.

Each cutlet with mozzarella slices occupy. Veal cutlets in the heated, preheated oven at 200 ° C (with convection 180 ° C, at gas: regulator to position 3) Bake on the middle Einschubebene 8 minutes. Serve with roasted potatoes or fried quinoa.

A bit of advice

If you prefer poultry, you can prepare this dish with chicken or turkey breast. The meat is as tender and lean.

Per serving: 317 kcal

Veal ragout with morels and crayfish tails

so Sunday kitchen to the great-grandmother la - those days only much lower in calories than anno and thanks to the used soy cream with far less cholesterol. Veal and crayfish tails bring much protein on the plate; Morels give flavor and an extra dose of minerals.

Serves 4 meals

8 pre-cooked and pickled crayfish tail (drained)

5 grams of dried morels

750 grams veal from the hip
Salt and freshly ground pepper
3 shallots
2 tablespoons oil
1 heaped tablespoon flour
160 milliliters of dry white wine (or broth)
200 milliliters chicken stock
175 milliliters soy cream
1 tablespoon butter
2 stalks tarragon

The preparation sequence

Rinse the morels thoroughly under running warm water. A small bowl of hot water to fill about half and the morels soak therein.

Meanwhile, rinse the meat, pat dry and chop into cubes 2 centimeters. Season with salt and pepper.

The shallots Peel and finely dice.

Oil in a saucepan, Cauldron heat and brown the meat over high heat around light brown.

Shallots add and sauté 2-3 minutes while stirring.

Sprinkle with flour and sauté 1-2 minutes while stirring. Pour white wine and the broth. Bring to a boil, cover and simmer over medium heat for about 50 minutes.

Meanwhile, take the morels from the water and squeeze. Line a sieve with a filter bag or paper towel and hanging

over a small bowl. Pour the soaking water into the colander and run into the bowl.

Pour the filtered soaking water in a small saucepan, cooking kettle and let it boil over high heat to about half. The morels with a big knife chop coarsely.

Pour the boiled Morchelwasser and soy cream at the end of cooking the stew. All open cook about 5 minutes.

Butter heat in a small skillet. Morels and crayfish tails sauté 1 minute. Add salt and pepper, and stir into the stew.

clean tarragon in water, shake dry, pluck and chop leaves. Pour into the stew and season with salt and pepper. Bring to desire with noodles on the table.

A bit of advice

One could almost call morels "truffles for the poor": they have a similar special flavor as the expensive gourmet specialty and also are good for the precious kitchen. Fresh they are scarce and not cheap, so are dried morels a super choice.

Per serving: 460 kcal

Beef curry with potatoes, coconut and peanuts

The Curry covers your daily requirement on trace element zinc. A well-stocked zinc memory is especially important when the skin needs help. Because it ensures that the soreness further calm, dissolve impurities and heal wounds faster.

Serves 4 meals

750 grams of beef from the hip
2 onions
2 tablespoons canola oil
2 tablespoons Massaman
275 milliliters of coconut milk (9% fat)
100 milliliters of coconut water (Tetra Pak)
200 milliliters chicken stock
300 grams waxy potatoes
2 lime leaves
30 grams of peanut kernel
½ lime
1 tablespoon Thai fish sauce
Pinch of salt
Thai basil for garnish

The preparation sequence

Beef mince 2 centimeters cubes. Peel the onions and chop into thick strips.

Oil in a saucepan, Cauldron heat, sauté onions in it with stirring over medium heat for 4-5 minutes. Massaman add and sauté another 2 minutes.

Meat and fry for 4-5 minutes.

Coconut milk, coconut water and broth to give, heat again and simmer for 60 minutes.

Meanwhile, peel, clean and chop cubes in 2 centimeters potatoes. give in water until use. Lime leaves clean water.

After 20 minutes, giving the lime leaves for meat.

15 minutes before end of cooking drain the potatoes and place in a saucepan, Cauldron.

slightly roasting peanuts in a dry frying pan. express lime. Thai basil clean water, shake dry, pluck leaves.

Beef curry flavor with little lime juice and fish sauce. If necessary, lightly salt. give curry in bowls with peanuts and little Thai basil sprinkled bring to the table. These brown rice fits.

A bit of advice

If you do not get Massaman, choose another curry paste. Even if it is, red paste would be suitable for most red meat and vegetables, green for green vegetables and yellow for poultry, fish and shrimp: Decide according to your taste.

Per serving: 550 kcal

Rump steak with tomatoes and arugula

Said in Italy "Tagliata" Steak cut scores with plenty of protein and little fat. With the nutrient Combination of zinc, iron, vitamin B12 and niacin, the succulent slices also suffices as Nervennahrung and anti-stress food.

Ingredients for 2 meals

1 double rump steak (so to 375 grams)

½ bunch of rocket (so about 50 grams)

10 cherry tomatoes (on the vine)

1 sprig of rosemary

½ lemon

1 tablespoon olive oil

1 tablespoon canola oil or sesame oil (refined)

little sea salt

freshly ground black pepper

The preparation sequence

Clean, clean and spin dry arugula in water. Remove coarse stems and chop leaves into bite-size pieces.

Clean tomatoes along with the vine in water and then drain well.

clean rosemary in water, shake dry, pluck and chop needles. From half a lemon 1 teaspoon pressed juice. Rosemary with olive oil and lemon juice.

The steak of any existing fat and sinews, rinse and pat dry. Refined oil (for example, rapeseed oil or sesame oil) heat in a frying pan and fry the steak in it from both sides with very strong heat sharp.

take steak from the skillet, wrap in aluminum foil and let rest 5 minutes.

Meanwhile, the tomatoes over medium heat about 2 minutes anschmoren in frying fat.

Remove the steak from the foil and crush across the grain into slices. Place on a baking sheet cake or an ovenproof plate and sprinkle with the rosemary oil mixture. Add salt and pepper.

put tomatoes on the meat slices and everything in heated, preheated oven at 250 ° C (with convection: manual switches to the 4 to 5: not recommended for gas) to warm up to the lower shelf level about 5 minutes. Remove, sprinkle with arugula and bring to the table.

A bit of advice

Serve a piece of ciabatta or a serving of polenta to - that's enough to get full of completely! The bread must be only too happy from wholegrain flour, it brings more fiber.

Per serving: 422 kcal

Roast beef with remoulade Almond and Watercress

The roast beef is an ideal supplier for protein, iron, niacin, zinc and vitamin B12 and therefore has a positive effect on blood formation and blood fats from.

Serves 4 meals

1 kg roast beef

30 grams of almonds (skinned)
1 stalk celery (so around 75 grams)
25 grams capers
3 stalks parsley
4 cornichons
150 grams of yogurt (0.3% fat)
2 tablespoons reduced-fat salad cream
Salt and freshly ground pepper
3 tablespoons Dijon mustard
2 tablespoons oil
2 handful watercress

The preparation sequence

The almonds mince finely.

clean celery in water, unthreading and chop into very small pieces.

Drain capers. clean parsley in water, shake dry and pluck off the leaves. Capers and parsley mince.

Gherkins chop finely.

Yogurt and salad dressing mix. Almonds, celery, capers, gherkins and parsley fold and season with salt and pepper.

Roast beef, if necessary, free of fat and tendons. salt and pepper the meat and coat with mustard.

Heat oil in a large, heavy skillet and brown the meat on both sides with very strong heat vigorously.

give roast beef on a cake baking sheet or in a roasting pan. In the heated, preheated oven tube, kitchen stove at 200 ° C (with convection 180 ° C, at gas: regulator to position 3) roast on the middle shelf level 30-35 minutes.

Meanwhile, the watercress clean, clean and spin dry in water.

Wrap roast after roast in aluminum foil and let rest at least 10 minutes. mince meat into slices and bring with watercress and remoulade on the table.

A bit of advice

If just is not a season for watercress, you soft on garden cress. The essential oils strengthen the immune system. If you do not pay attention to calories, you can round out the flavor of the sauce with a little olive oil, contributing the valuable unsaturated fatty acids.

Per serving: 542 kcal

Turkish beef skewers with pointed peppers and yoghurt

The beef skewers in combination with Spitzpaprika form a healthy Duo: The iron from the beef and the vitamin C from the peppers will make it together, replenish the iron stores. Because the vitamin helps the body make better use of the iron.

Ingredients for 2 meals

350 grams of beef (from the hip)
3 tablespoons olive oil
1 pinch of cumin
1 pinch Pul Biber
3 stalks of mint
½ lemon
150 grams of yogurt (0.3% fat)
4 tablespoons carbonated mineral water
Salt and freshly ground pepper
500 grams Turkish Spitzpaprika
2 shallots
2 cloves of garlic
2 tomatoes (around the 160 grams)
175 milliliters of classic vegetable

The preparation sequence

The meat in 2-centimeter cube crush.

Diced meat mix beaver in a bowl with 1 tablespoon of olive oil, cumin and Pul. infuse 1 hour in refrigerator (marinate).

Meanwhile, clean mint in water, shake dry, pluck and chop the leaves. From lemon juice 2 teaspoons express. In a bowl, yogurt, lemon juice, mineral water, mint, salt and pepper mix, refrigerate.

Clean peppers, remove the seeds, clean water and chop wide pieces in 2 centimeters. Shallots and garlic peel and finely shred. Clean tomatoes in water and cut into two halves.

put the meat on 4 wooden skewers.

1 tablespoon oil in a roasting pan to warm. Onions and garlic sauté for 4 minutes at low heat. Peppers and cook fry 2 minutes.

Pour the broth. Tomatoes and season with salt and pepper. In the heated, preheated oven tube Küchenherd bei 200 ° C (with convection 180 ° C, at gas: regulator to position 3) Bake on the middle Einschubebene 10 minutes.

Meanwhile, the remaining oil heat in a grill pan. Season the beef skewers (kebabs) with salt and brown on each side 1 minute, remove it.

give skewers 10 minutes on the peppers and remove another 7 minutes in the oven cooking, simmer. bring to the table with yogurt.

A bit of advice

Pul Biber is a spice mixture of dried red pepper flakes, which is in the Turkish kitchen at home. If you get no Pul Biber, you can replace it with paprika (rose sharply) and little chili.

Per serving: 540 kcal

Moroccan beef stew with chickpeas and sultanas

The oriental dish tastes like 1001 Nights and provides long-lasting energy, because it is low in fat but high in protein. Zinc, niacin, iron and many spices deliver bioactive plant

substances in excess, protect the heart and blood vessels and bring the metabolism revved.

Ingredients for 6 meals

800 grams of lean beef (for goulash)
2 teaspoons cumin
1 teaspoon of turmeric
1 teaspoon paprika (rose sharply)
1 teaspoon cinnamon
1 pinch ground allspice
250 grams of onion or large shallots
2 cloves of garlic
1 piece of ginger root (so about 40 grams)
2 tablespoons olive oil
650 milliliters Mediterranean vegetable stock
1 pinch saffron threads
2 bay leaves
30 grams sultanas
2 carrots (so about 250 grams)
1 zucchini (so about 250 grams)
240 grams chickpeas (canned)
Salt and freshly ground pepper

The preparation sequence

mince beef in as the 2-centimeter cubes. Cumin, turmeric, paprika, cinnamon and allspice mix, sprinkle over the meat, mix thoroughly and leave for 30 minutes in the refrigerator.

Peel Meanwhile onions or shallots and chop into fine strips. Peel and mince garlic.

Ginger, peel and finely grate.

Oil heat in a Dutch oven and the meat and fry until golden brown on all sides, remove and drain in a colander.

Onions, garlic and ginger give into the saucepan, cooking kettle, cook, take out and add to the meat for 3 minutes at low heat. The fat from the saucepan, pour boiling pans.

Everything again enter into the saucepan, cooking kettle, pour the broth and heat again.

Saffron, bay leaves and raisins add. The beef covered, stirring occasionally, 1 1/4 hours at low heat cooking, simmer.

Meanwhile, clean and peel the carrots. Clean zucchini, clean water and wipe dry. Cut carrots and zucchini crosswise into halves and quarters lengthwise.

After 45 minutes cooking the carrots add to the meat. After so the one hour and add the zucchini.

Chickpeas in a colander cold rinse and add to the beef pot 5 minutes before end of cooking. Strong season with salt and pepper. Serve with whole wheat couscous.

A bit of advice

Couscous is in Morocco a must for this beef dish. The wheat supplies satiating fiber, thereby compensating for the excess protein from. Mix chopped parsley with the couscous, characterized it tastes fresh.

Per serving: 323 kcal

Sharp steak salad with Chinese cabbage and papaya

The exotic papaya contains a lot of water, but hardly calories and helps heavy, protein-rich food easier to digest. It also makes you fit and protects the body against aggressive free radicals.

Ingredients for 2 meals

1 small papaya (so about 250 grams)

3 tomatoes (so about 200 grams)

½ lemon

4 tablespoons tomato juice

1 teaspoon of liquid honey

4 tablespoons olive oil

5 stalks coriander

Salt and freshly ground pepper

Tabasco

1 teaspoon black peppercorns

2 rump steaks (so about 150 grams)

1 teaspoon paprika (rose sharply)

½ small Chinese cabbage (so about 250 grams)

The preparation sequence

Papaya peel and remove the seeds with a spoon. shred flesh into bite-size pieces.

Clean tomatoes in water, quarter, thereby eliminating the stem approaches, core tomatoes. Mix tomatoes and papaya in a bowl.

Squeeze the lemon half. Tomato juice, 1 tablespoon of lemon juice, honey and 2 tablespoons olive oil mix.

clean coriander in water, shake dry, pluck leaves, chop and stir into the tomato sauce.

Season with salt, pepper and Tabasco and pour over the papaya and tomatoes.

Peppercorns in a mortar. Steaks dry. A page with paprika sprinkle, contact both sides in pounded pepper and salt lightly.

The remaining oil in a frying pan heat up and fry the steaks in it on each side over high heat for 3 minutes.

taking steaks from the skillet, turn in aluminum foil and let it rest for 4 minutes.

Clean Meanwhile chinese cabbage, clean water and chop into fine strips. Transfer to a plate and distribute the papaya and tomato mixture on top. The steaks in each 5 discs chop and spread it on the salad.

A bit of advice

The salad tastes even fruity, if you add a little mango. The deep yellow pulp protects the skin in front of aging and strengthens the immune system.

Per serving: 441 kcal

Beef with green asparagus

Beef provides much iron for blood formation, the B vitamin niacin and zinc, both of which provide an undisturbed protein and carbohydrate metabolism. The combination use is mainly women who are trying to conceive, already pregnant or nursing. It also reduces stress - both men and women.

Ingredients for 2 meals

275 grams of lean meat (as rump steak)

350 grams of green asparagus

1 large red onion

20 grams pistachios

2 stalks tarragon

1 tablespoon oil

Salt and freshly ground pepper

100 milliliters of dry white wine

100 milliliters chicken stock

160 milliliters soy cream

The preparation sequence

Asparagus with a knife or with a vegetable peeler, peel the bottom third, eliminate stem ends and chop the bars in 3cm long pieces.

Onion peel and chop into slices.

mince meat into thin strips.

Pistachios chop coarsely. clean tarragon in water, shake dry, pluck leaves and coarsely chop.

Heat the oil in a frying pan heat up. Season meat with salt and pepper, fry around sharply in hot oil over high heat, remove and set aside.

the asparagus and onion in the skillet and cook 2 minutes, stirring. Pistachios and fry 1 more minute. All season with salt and pepper.

White wine with asparagus pour (deglaze) and boil down the liquid completely.

Broth and soy cream and leave to heat up again.

The sauce over medium heat boil down 3-4 minutes creamy, season with salt and pepper.

warm meat in the sauce briefly, sprinkle with tarragon, and go immediately to the table. Serve with apple and celeriac puree.

A bit of advice

The iron in meat is fully processed by the body when it is taken along with vitamin C. This gets the body here even from the green asparagus, but with a glass of orange juice to eat it's even better.

Per serving: 500 kcal

Asian beef from the wok with peppers and sprouts

The ingredients meet the daily requirement of vitamin B12, niacin, vitamin C and the trace element zinc to 90 percent. Vitamins are essential for physical well-being that many spices bring your metabolism going.

Ingredients for 2 meals

250 grams of lean beef (as rump steak)
2 tablespoons soy sauce
1 teaspoon sambal oelek
1 teaspoon sesame oil
1 onion (so about 300 grams)
1 green pepper (so about 200 grams)
1 piece of ginger root (around 20 grams)
2 cloves of garlic
75 grams mung bean sprouts
170 grams of water chestnut (box)
1 tablespoon oil
2 tablespoons oyster sauce
75 milliliters classic vegetable
Salt and freshly ground pepper

The preparation sequence

mince beef into thin strips and mix with soy sauce, sambal oelek and sesame oil in a bowl, set aside.

Onion peel and chop into cubes 1 centimeter.

Pepper into quarters, remove the seeds, clean water and chop into fine strips.

Ginger, peel and chop into fine strips. Peel and mince garlic.

Mung bean sprouts in a colander, rinse and drain. Drain water chestnuts.

Heat oil in a wok (or a heavy skillet) and brown the meat with very strong heat around sharply. Remove.

Add the onions and peppers in the wok and fry for 3 minutes, stirring. Ginger and garlic and fry for 1 minute.

give water chestnuts, oyster sauce and broth into the wok, bring to a boil and cook for 2 minutes.

Sprouts and flesh concede again, reheat once and then cook for 30 seconds with salt and possibly pepper from the mill. These brown rice fits.

A bit of advice

If you get no water chestnuts, you can replace this Asian vegetables by red or yellow peppers. Both make optically well with the green pods and provide extra vitamin C.

Per serving: 387 kcal

Beef shiitake wok with carrots and Thai basil

Shiitake mushrooms contain a lot of vitamin D; which strengthens bones. Other bioactive ingredients strengthen the immune system and help to lower high cholesterol levels. No wonder that the aromatic mushrooms, apply particularly in dried form, in Asia as a remedy.

Ingredients for 2 meals

250 grams of lean beef (as rump steak)

125 grams shiitake

1 carrot (so about 100 grams)

1 green chilli

25 grams of cashew nuts

3 spring onions

1 clove of garlic

1 lime

2 tablespoons Thai fish sauce

1 tablespoon soy sauce

Salt and freshly ground pepper

2 tablespoons oil

3 stalks Thai basil

The preparation sequence

Clean shiitake mushrooms, the stem ends from crushing.

Carrot peel and chop into very thin strips (julienne).

clean chili pepper in water, clean and chop into rings. (If you like it less sharp, removed seeds and separation membranes.)

Cashews chop coarsely.

Clean scallions, clean water and chop long pieces in 3 centimeters. Peel garlic and finely shred.

Squeeze the lime. 2 tablespoons lime juice, fish sauce and soy sauce mix.

mince beef into thin strips and season with salt and pepper.

Heat the oil in a wok (or a deep, heavy skillet). Meat strips therein with stirring over high heat in 2 meals sear and remove.

Add the mushrooms, carrot and spring onion to the wok and fry 4 minutes while stirring.

Chili, garlic and nuts add further stir-fry 1 minute.

Place the meat back into the wok, pour the sauce mixture to and briefly heat again.

clean thai basil in water, shake dry, pluck leaves, coarsely chop, add to the wok and mix. bring immediately to the table. These brown rice fits.

A bit of advice

Important: The wok must be really hot, so the ingredients fried quickly and not be steamed. Do not be cashews, peanuts are an aroma more powerful alternative. More carbohydrates desirable? Take rice as a side dish.

Per serving: 398 kcal

Belgian beef stew with beer and onions

The Belgian classic is ideally suited to replenish the iron stores in the body. The trace element is how the vitamin B12 for red blood cells essential. The vitamin is also contained abundantly; the daily requirement it is covered with the casserole by twice. The red blood cells are responsible for transporting oxygen to all organs and tissues.

Ingredients for 6 meals

800 grams of lean meat (for example, from the hip)

3 sprigs thyme

400 grams of onion

2 cloves of garlic

3 tablespoons oil

4 tablespoons flour

½ organic lemon

250 milliliters classic vegetable

330 milliliters of dark beer or malt liquor

Salt and freshly ground pepper

1 level tablespoon cane sugar or little honey as desired

The preparation sequence

The meat, rinse, pat dry and chop into cubes 3-4 centimeters. Thyme clean water, shake dry.

Peel the onions and chop into slices. Peel garlic and finely shred.

Heat the oil in a large skillet heat. turn the meat cubes in flour, tap off excess flour. Meat cubes sear in 2 meals in hot oil. Then decant into a casserole.

Add the onions and garlic in the remaining frying fat in the frying pan and fry brown in about 10 minutes under contact.

Add the onions and garlic to the meat.

hot clean lemon in water, wipe dry and rub little cup finely. give broth, beer, thyme, about 2 teaspoons lemon zest, salt and pepper to the meat. Cover and even heat, then simmer over medium heat for about 2 hours. Possibly little beer or broth pour.

stir just before the end of Schmorzeit sugar or honey and season everything again with salt and pepper. Serve with e.g. wide noodles or creamy polenta.

A bit of advice

The iron from the beef is better utilized by the body when vitamin C is in the game. Eat therefore dessert little fruit, for example, an orange, a kiwi or a handful of strawberries.

Per serving: 250 kcal

Beef tenderloin in herb seasoning coat with beetroot vegetables

The lean beef contains easily digestible protein, filled - like the beetroot - the iron stores and is rich in zinc and niacin. Both are essential for protein and carbohydrate metabolism.

Ingredients for 2 meals

400 grams of beef (from the center)
2 tubers fresh beetroot (around 125 grams)
1 teaspoon cumin
1 teaspoon fennel seed
1 teaspoon coriander seeds
1 tablespoon olive oil
2 shallots
20 grams butter
100 milliliters of white wine or broth
Salt and freshly ground pepper
½ lemon
1 bunch of chives

The preparation sequence

clean beetroot thoroughly in water, place in a saucepan, cooking kettle and cover with cold water. Cumin and a little salt. Beetroot covered 50-60 minutes to cook at low heat.

Meanwhile, lightly roast fennel and coriander seeds in a frying pan without fat, until the spices are fragrant and forms little smoke. coarsely crushed in a mortar or chop on the work surface with a knife.

Beef rinse and pat dry. Lightly salt and completely push in the crushed spices.

Beef fried in a skillet in hot oil all around briefly over high heat. Place on a baking sheet cake. In the heated, preheated oven tube Küchenherd bei 100 ° C (with convection: not recommended at gas mark 1) on the middle shelf level 40-45 minutes cooking, simmer. (If you want the meat rather well done, it fry for another 15-20 minutes.)

Beetroot drain and cool. Then remove the skin, crush into sticks and set aside. (The best work with gloves because the beetroot stained heavily.)

Shallots Peel and chop into fine strips.

5 minutes before end of cooking the beef fillets heat the butter in a saucepan, Cauldron and shallots strips over medium heat fry until soft.

Pour white wine or broth and bring to a boil.

Beetroot and cook heat. 1 teaspoon of juice from the lemon juice. Beetroot with salt, pepper and lemon juice.

clean chives in water, shake dry and chop into small rings.

The cooked beef in the chives roll, cut crosswise in half and bring with beetroot on the table. Serve with snow potatoes with dill.

A bit of advice

Even more Fitness desired? Then sprinkle the beetroot to the conclusion with little freshly grated horseradish - its

essential oils strengthen the immune system.

Per serving: 466 kcal

Roast beef fillet with mushrooms and Madeira sauce

Protein tired of roast beef and mushrooms: The latter cover with onions and herbs also the need for niacin, vitamin B12 and zinc - all essential for protein and carbohydrate metabolism - and in iron, which is essential for blood formation; Women in menopause, pregnant and lactating women need a lot of them.

Serves 4 meals

700 grams of beef (from the center)

50 grams sausage meat

100 grams shiitake

100 grams oyster mushrooms

1 small onion (30 grams)

4 tablespoons olive oil

1 sprig of thyme

Salt and freshly ground pepper

350 grams shallots

1 tablespoon maple syrup

3 tablespoons balsamic vinegar

100 milliliters Madeira or sour cherry juice

1 star anise

125 milliliter veal stock

The preparation sequence

Clean shiitake and oyster mushrooms with a brush or a paper towel. Stem ends from crushing and the mushrooms finely dice.

Onion peel and also chop into small cubes.

2 tablespoons of oil in a frying pan heat up. Mushrooms and onions fry. Thyme clean water, shake dry, pluck leaves, shred and add.

With salt and pepper from the mill and at medium heat stirring cooking, simmer until all the liquid has evaporated. Allow to cool and mix with the sausage meat.

Beef rinse and pat dry. cut deep on top of the length to about 3 centimeters crush, so a pocket.

The fungal meat mass with a pastry bag to fill the bag.

Close the opening with toothpicks and wrap the tenderloin with kitchen twine. Add salt and pepper.

Heat 1 tablespoon oil in a skillet and fry the fillet is round. Place in a small baking dish and heated, preheated oven at 100 ° C (with convection: not recommended at gas mark 1) on the middle shelf level about 1 1/4 hours of cooking, simmer.

Meanwhile, the shallots, peel and chop into fine strips.

Heat the remaining oil in a nonstick skillet and fry the shallots until golden brown.

give maple syrup in the frying pan and fry the shallots briefly in (caramelize), vinegar and pour Madeira (deglaze). Pour star anise and veal stock to and leave everything open over medium heat cook for 20 minutes. Season At end of cooking salt and pepper.

Beef from the oven, remove yarn and toothpick. wrap in aluminum foil, let rest 5 minutes, then chop into slices and put the sauce on the table.

A bit of advice

As iron can be better absorbed with vitamin C, the vitamin is only weakly represented in this Court, makes a glass of orange juice for better balance. And choose a carbohydrate side dish like potatoes, polenta or baguette - it improves the ratio of protein to carbohydrates.

Per serving: 432 kcal

Chicken breast on orange slices with leek and green pepper

A classic is duck with orange sauce. To save some calories, the richer duck meat is replaced by protein-rich chicken breast. Thanks to the larger protein wealth it helps to lower high cholesterol levels, to improve the protection of heart and blood vessels and the bones to strengthen.

Ingredients for 2 meals

2 chicken breasts (around the 175 grams)

2 tablespoons pickled green pepper

1 organic orange

1 leek

Salt and freshly ground pepper

1 tablespoon oil

175 milliliters of white wine or chicken stock

4 sprigs parsley

The preparation sequence

Rinse Orange hot, dry rub, peel the shell about half with a potato peeler thin and chop then into thin strips (julienne).

The white inner skin of the orange carefully remove and chop the flesh into slices.

clean leeks, cut lengthwise into halves, clean water and chop thick pieces in 2 centimeters.

Drain peppercorns, while the Lake field; crush the grains with the broad side of a knife.

Clean chicken breasts in water, pat dry, season with salt and pepper.

Heat oil in a frying pan and the chicken fillets over medium to high heat on each side fry 3 minutes remove.

give leeks in the frying pan, sauté briefly and season with salt and pepper.

Orange slices, orange peel and peppercorns with the Lake add. Pour white wine or chicken broth.

Chicken fillets show in the frying pan and covered over medium heat cook for 4-5 minutes. Meanwhile, clean the parsley in water, shake dry, pluck leaves, roughly chop and

add at the end of cooking in the sauce. distribute orange slices, leeks and sauce on plate, Preparing chicken fillets on top. Serve with roasted rice with chilli and onions.

A bit of advice

If you just go on a diet and the evening emphasized want to eat rich in protein, you should avoid high-carbohydrate side dishes such as rice or bread - so you prevent an increase in insulin levels.

Per serving: 330 kcal

Asian chicken skewers with Chinese cabbage

Since Power's inside! With only one portion of the daily requirement of folic acid half, iron is covered to 40 percent calcium and 45 percent. Particularly rich in calcium is sesame. The small seeds strengthen bones and are all an alternative that hardly eat dairy products.

Ingredients for 2 meals

2 chicken breast fillets (around 300 grams)

½ small Chinese cabbage (so about 300 grams)

3 spring onions

1 pink grapefruit

1 Orange

1 teaspoon honey
2 tablespoons soy sauce
½ lime
175 grams of tofu
1 teaspoon sesame oil
Salt and freshly ground pepper
4 tablespoons sesame

The preparation sequence

Cut orange in half and squeeze. 125 milliliters of orange juice in a small saucepan, boil down Cauldron by half. Honey and soy sauce stir.

Clean chicken in water, pat dry and chop into cubes about 1 centimeter.

The 3 or 4 pieces stuck meat on little skewers and place the skewers in a shallow baking dish. let douse By Orangensud and at least 1 hour with clingfilm covered in the refrigerator (marinate).

Meanwhile expressed lime. Tofu, sesame oil, salt, pepper and 2 teaspoons lime juice mix in a bowl.

Sesame slightly roasted in a frying pan, let cool briefly. 1 teaspoon cover, mix the rest with the tofu sauce.

Clean scallions, clean water and chop the white and light green in thin rings.

Clean chinese cabbage, clean water and chop into fine strips.

Grapefruit peel so thick that all white skin is removed. Pulp small chop.

Chinese cabbage, onions, grapefruit pieces and Tofu Sauce Mix and leave for 15 minutes. Season with salt and pepper.

Drain chicken skewers.

A grill pan heat and fry the skewers in from each side for 3-4 minutes over medium heat. Preparing By salad on plates and the distance covered sesame seeds bring to the table.

A bit of advice

As an alternative to chicken, you can take turkey breast.

Per serving: 466 kcal

Chicken in foil with Thai flavors

Lean chicken breast is easy to digest, the gentle cooking in foil saves valuable protein building blocks and vitamins. Asian spices give bile, liver and stomach a kick.

Ingredients for 2 meals

2 chicken breast fillets (such as the around 170 grams)

1 stalk lemongrass

2 lime leaves

1 piece of ginger (around 20 grams)

1 clove of garlic

2 carrots (so to 175 grams)

1 leek (around 250 grams)

2 teaspoons olive oil

Salt and freshly ground pepper

½ lime

125 milliliters of coconut water (Tetra Pak)

4 sprigs coriander

The preparation sequence

Cut lemongrass crosswise in half and Flatten with a knife back.

Lime leaves chop coarsely small. Peel the ginger and garlic and chop into fine strips.

Clean, peel and chop into thin slices carrots.

clean leeks, cut crosswise in half and clean water. The bright parts in 2 cm wide pieces shred.

2 pieces of aluminum foil so crushing to the 30x30 centimeters and spread on each piece 1 teaspoon of olive oil.

Clean chicken breasts in water, pat dry and place on the foil pieces, season with salt and pepper.

Arrange the prepared ingredients on the chicken fillets and also slightly season with salt and pepper.

The films close to filling the cooking liquid to a small opening.

express lime. 2 teaspoons lime juice mix with the coconut water and pour into the packet.

seal packet completely, place on a baking sheet cake and heated, preheated oven at 200 ° C (with convection: 180 ° C, at gas: regulator to position 3) so bake about 30

minutes. clean coriander in water, shake dry and pluck off the leaves. accept packets from the oven, chop on top and sprinkled with coriander bring to the table.

A bit of advice

If you receive no coconut juice, you can instead use vegetable broth or dry white wine. Coconut milk is also an alternative, but fat and therefore calories dominant as coconut juice.

Per serving: 270 kcal

Chicken breast cooked in foil with fennel, celery and white wine

All nutritional values are in the optimum range. It is also favorable the ratio of iron (from the chicken) for vitamin C (from the fennel). Because Vitamin C supports the absorption of iron in the body.

Ingredients for 2 meals

2 chicken breasts (so to so to the 175 grams)

2 stalks celery (so to 175 grams)

1 fennel bulb (around 275 grams)

8 cherry tomatoes

2 teaspoons olive oil

Salt and freshly ground pepper

125 milliliters of white wine or chicken stock

3 stalks basil

The preparation sequence

Clean fennel in water, clean and chop into fine strips.

clean celery in water, clean, unthreading, then crush in 5 centimeters in length and transferred into fine strips.

cook vegetables in boiling salted water for 2 minutes, drain and rinse under cold water.

Clean cherry tomatoes in water and cut into two halves.

2 pieces of aluminum foil so crushing to the 30x30 centimeter, pass on every 1 teaspoon of olive oil.

Clean chicken breasts in water, pat dry and place on the foil pieces, season with salt and pepper.

Arrange the prepared ingredients on the chicken breasts and lightly season with freshly ground pepper.

The films so close that there is still a small opening, through them pour the white wine in the packets.

completely close packet and place in a baking dish or on a plate, in the heated, preheated oven at 200 ° C (with convection: 180 ° C, at gas: regulator to position 3) approximately 30 minutes cooking, simmer.

Meanwhile clean basil in water, shake dry, pluck leaves and tear into small pieces. accept packets from the oven and chop on top. With the basil sprinkled bring to the table.

A bit of advice

Toast some fennel seeds or sunflower seeds and sprinkle it over the meat. They enhance the flavor and provide phytochemicals.

Per serving: 274 kcal

Italian films chicken with tomatoes, capers and oregano

Chicken is combined with tomatoes rich in protein, low in calories and low in fat. The fine court helps to lower high cholesterol, protect heart and blood vessels and to support the work of Galle positive.

Ingredients for 2 meals

2 chicken breast fillets (such as the around 170 grams)

3 tomatoes (so about 200 grams)

20 grams capers (glass)

40 grams of green olives (without stones)

2 teaspoons olive oil

Salt and freshly ground pepper

2 stalks Oregano

125 milliliters of white wine or chicken stock

The preparation sequence

Stem approaches the tomatoes herauszerkleinern wedge.

the tomatoes for 10-15 seconds in boiling water, remove, stop briefly under cold water (put off) and remove the skin.

Tomatoes into quarters, remove the seeds and chop into strips.

Drain capers and chop coarsely with the olives.

2 pieces of aluminum foil so crushing to the 30x30 centimeters. Each piece 1 teaspoon olive oil spread.

Clean chicken breasts in water, pat dry and place on the foil pieces, season with salt and pepper.

Arrange the prepared ingredients on the chicken fillets and season lightly with salt and pepper.

Oregano stalks in water clean, shake dry place and on the other ingredients. The films so close that an opening remains to pour the white wine can.

White wine pouring into the packet.

seal packet completely, place on a baking sheet cake and heated, preheated oven at 200 ° C (with convection: 180 ° C, at gas: regulator to position 3) Bake 30-40 minutes. Remove and cut above bring to the table.

A bit of advice

Since the Mediterranean chicken only contains little fiber, a carbohydrate side dish like potatoes, rice or bread recommends - it makes full longer.

Per serving: 265 kcal

Chicken fillet in foil with artichokes, tomatoes and zucchini

Here is true in terms of nutrients everything. The contents of the pack stimulates the gall bladder, lowers cholesterol, protects the heart and vessels and relieve iron deficiency. The cook-in film also protects the vitamins and saves fat.

Ingredients for 2 meals

2 chicken breast fillets (such as the around 170 grams)

1 courgette (so about 250 grams)

4 pickled artichoke hearts (canned or glass)

40 grams of dried tomatoes (without oil)

2 teaspoons olive oil

125 milliliters of white wine or chicken broth

3 stalks basil

Salt and freshly ground pepper

The preparation sequence

Clean zucchini in water, clean and slice lengthwise into thin slices. Lightly salt and leave for 10 minutes in a bowl.

Meanwhile let drain the artichokes and cut into quarters.

chop dried tomatoes into thin strips.

Aluminum foil in 2 pieces of each so the 30 x 30 centimeters to crush. Brush each with 1 teaspoon of olive oil.

Arrange the zucchini slices on it.

Rinse chicken breast fillets, pat dry and place it on the zucchini. Season with salt and pepper.

distribute tomatoes and artichoke hearts on the fillets. Lightly salt and pepper.

Seal the foil parcel pieces like, leaving a small opening.

give each half of the white wine or broth into the packet and then tightly close the film.

Place the parcels on a baking sheet cake and heated, preheated oven at 220 ° C (with convection: 200 ° C, at gas: regulator to position 3-4) approximately 30 minutes cooking, simmer.

clean basil in water, shake dry and pluck off the leaves. Packet from the oven, carefully open (the steam is very hot!) And the content of 2 plates give. Garnish with basil and bring to the table.

A bit of advice

If you want to make an impression with guests and spoil them with little special, can without much extra effort to double or triple the recipe time. Incidentally, even children grab here determined to like! Then replace the wine definitely by broth.

Per serving: 289 kcal

Chicken and broccoli in a wok with walnuts and oyster sauce

The mustard oil contained in broccoli pushes through enzyme production directly into the respiratory tract defense against free radicals. The aggressive particles pass

through polluted air, pollen and cigarette smoke in the body and can lead to damage, allergies and inflammation.

Ingredients for 2 meals

350 grams of broccoli

30 grams of walnut kernels

2 red onions

1 clove of garlic

1 piece of ginger (around 20 grams; as desired)

250 grams of chicken breast

2 tablespoons soy sauce

1 teaspoon cornstarch

2 tablespoons oil

4 tablespoons oyster sauce

Salt and freshly ground pepper

1 teaspoon sambal oelek (as desired)

The preparation sequence

Clean broccoli, clean water, drain and divide into florets.

Peel the stem and chop into cubes about 1 centimeter.

Broccoli in boiling salted water for about 2 minutes parboil (blanch), drain and rinse with cold water. drain well broccoli.

The walnuts chop coarsely.

Peel the onions and chop into small cubes. Garlic and ginger, peel and finely chop or grate finely.

Rinse chicken breasts and pat dry and chop into small cubes. In a small bowl with soy sauce and cornstarch mix.

Heat the oil in a wok (or large skillet) heat. The meat fry in very high heat 2 minutes. Remove and set aside.

Add the onions and broccoli to the wok and stir-fry for about 2 minutes.

Walnuts, garlic and ginger to give an additional 1 minute fry, occasionally stir.

Mix oyster sauce and 4 tablespoons of water, pour the vegetables and heat it again.

add meat back and continue to cook everything under Apply about 2 minutes. Vegetables and chicken may season with salt and pepper. Who \ 's like sharper, additional little sambal oelek stirred under. Serve with rice fits.

A bit of advice

Try as garnish times Basmati rice in the whole grain version. In it the typical aroma is combined with the healthy from surface layers and seedling. It also balances your carbohydrate account.

Per serving: 413 kcal

Chicken, Chinese style with celery, bean sprouts and garlic

In mung bean sprouts is a lot of protein, which is interesting because of the high lysine content: The non-producible from the body amino acid is involved in the

construction of Reclining collagen and is needed for the production of antibodies, hormones and enzymes.

Ingredients for 2 meals

2 chicken breasts (so about 250 grams)

2 stalks celery (so to 175 grams)

150 grams mung bean sprouts

170 grams of water chestnut (box)

1 large onion

1 clove of garlic

2 tablespoons soy sauce

1 teaspoon cornstarch

3 tablespoons canola oil

160 milliliters chicken stock

The preparation sequence

clean celery in water, clean, unthreading and diagonally crush wide pieces in about 1 centimeter.

Mung bean sprouts with water chestnuts in a colander, rinse and drain.

Onion peel and chop into fine strips. Peel garlic and finely shred.

Clean chicken in water, pat dry, chop into fine strips and mix in a bowl with 1 teaspoon soy sauce and cornstarch.

Heat half the oil in a wok strong. Celery and onion fry with stirring for 2 minutes.

Bean sprouts, water chestnuts and garlic and continue to cook for 1 minute.

take vegetables from the wok. The meat in the remaining hot oil fry 2 minutes, stirring.

Add the remaining soy sauce and broth into the wok.

Vegetables and cook for heating anything once, cook over medium heat 2 minutes and immediately put on the table.

A bit of advice

Fast Supplement for quick stir-fry: Mie noodles without egg or rice noodles.

Per serving: 352 kcal

Martim Kitchen - delicious recipe ideas with seafood

Fried plaice fillets with crab, spinach and crispy croutons



Ingredients for 2 meals

75 grams whole grain ciabatta (the previous day)

1 onion

150 grams of young spinach

3 stalks dill

6 plaice fillets without skin (60 grams)

Salt and coarsely ground pepper

1 tablespoon oil

1 piece of lemon

75 grams shrimps (peeled)

The preparation sequence

crush bread into very thin slices and in the heated, preheated oven tube, kitchen stove at 200 ° C (with convection: rotary switch 3: 180 ° C, at gas) bake until golden brown around the 4-5 minutes on the rack in that way.

Meanwhile, peel the onion and chop into fine strips. take croutons from the oven tube and crush with your hands.

thoroughly leave spinach in cold water in water and dry cleaning well. Dill in water cleaning, shake dry and coarse teasing. Rinse plaice fillets, pat dry, salt and pepper.

Heat the oil in a nonstick skillet warm and ready fry the plaice fillets in from each side for 1-2 minutes. Carefully add on plate and keep in oven when switched off warm.

the onion strips and spinach in the frying pan and finish roasting 1-2 minutes, stirring. Season with salt and pepper. express lemon over the frying pan.

give crabmeat into the skillet and miterwärmen short. The crushed croutons and dill, mix.

distribute Spinach Crab vegetables on the fish fillets and go immediately to the table.

A Little Council

Variations complacent? No problem: try the dish it out with chard, mustard cabbage or bok choy instead of spinach! Something cheaper wird's way, if you replace the North Sea crabmeat by deepwater crab meat.

Shrimp fried rice with crunchy vegetables and cashew nuts

Ingredients for 2 meals

75 grams prawns (peeled and boiled)

75 grams whole grain rice

2 carrots (so about 150 grams)

1 yellow pepper

20 grams cashew nuts

4 sprigs coriander

1 piece of ginger (so about 30 grams)

50 grams mung bean sprouts

2 cloves of garlic

1 organic lime

1 egg (size M)

1 teaspoon soy sauce

1 ½ tablespoons oil

Salt and freshly ground pepper

The preparation sequence

The rice according to package directions in salted water boil, cooking. Clean Meanwhile, the carrots in water cleaning, and peel with a vegetable peeler.

Clean peppers into quarters, remove the seeds and water cleaning. Cashews chopping. Coriander in water cleaning and shake dry.

shred carrots and peppers into thin strips.

Ginger, peel and finely grate. Peel and press garlic cloves. The sprouts cold rinse and allow to dry.

crush limes in water clean and in pieces. Egg and soy sauce, whisk in a bowl.

The egg mixture in a skillet in hot oil 1 teaspoon ready fry, remove and divide with 2 forks into small pieces. Wipe skillet.

The remaining oil in the frying pan heat up. Garlic, ginger, pepper and carrot strips to give, ready fry for 2-3 minutes, turning frequently.

The rice drain and leave to dry. give with the mung bean sprouts for vegetables and ready fry for another 2-3 minutes.

Shrimp and egg among quantities of rice and heat everything thoroughly again. Season with salt, pepper and, if desired with additional little chili powder. pluck coriander leaves, sprinkle with the nuts over the rice and garnish with lime pieces.

A Little Council

This is even a little faster it, if you have rice left over from the day before. Incidentally tastes the fixed griddle also great when finished roast cooked whole wheat pasta instead of rice!

Marinated Clams with chilli pepper and parsley

Serves 4 meals

1 kg clams fresh or frozen
1 large onion
2 cloves of garlic
1 green chilli pepper
½ bunch of parsley
½ organic lemon
2 tablespoons olive oil
275 ml dry white wine or fish stock
Salt and freshly ground pepper

The preparation sequence

Scrub clams and provide for 1 hour in cold water; thereby changing the water once. (Thaw Frozen mussels.)

Peel and chop onion and garlic Meanwhile in small cubes. cut chilli pepper lengthwise in half, remove seeds, crushed in water and clean into fine strips.

Parsley in water cleaning, shake dry, pluck leaves and chop coarsely. express lemon.

allow to dry in a colander clams. Open mussels sort.

Oil in a wide saucepan, Cauldron heat, sauté onion and garlic until soft. Pfefferschote add and also sauté briefly.

Pour the white wine and cook once.

Clams and cook covered over high heat approximately 4 minutes simmer, cooking until all the shells have opened, thereby shaking the saucepan, Cauldron several times.

Clams with a slotted spoon from the saucepan, take Cauldron and enter on a plate. Mussels that have not opened, sort out.

give parsley in the Sud, with salt, pepper from the mill and lemon juice.

Sud pour over the clams and bring immediately or cooled on the table.

A Little Council

The fresh clams nearing shopping The preparation sequence; they are not long lasting. As soon as the slightest hint of ammonia odor is noticeable, it may no longer be used.

Korean pancakes with carrot and pak choi

Hearty fiery pancakes Asian way - with prawns in batter. The delicious Asian pancakes has it all: eggs bring provitamin A into play; the vegetables provides vitamins and fiber; Shrimp provide protein and iodine - the thyroid does well. Particularly rich the court is also of folic acid, which has especially for pregnant and nursing mothers importance.

Ingredients for 2 meals

50 grams Northern prawn
2 tablespoons sesame unpeeled
1 dried chilli pepper
4 tablespoons soy sauce
1 teaspoon honey
75 grams of flour
Pinch of salt
1 egg (size M)
1 bunch scallions
1 small carrot (so about 50 grams)
1 baby bok choy (so to 175 grams)
2 tablespoons oil

The preparation sequence

Sesame and chilli pounded together in a mortar (not grind).

Sesame Chili mix in a small bowl with 3 tablespoons soy sauce, honey and so to the 1 tablespoon of water. Let stand at room temperature until ready to use.

Flour and 125 ml of water with 1 pinch of salt together until the ingredients combine straight.

Beat the egg and add to the other ingredients. let the dough rest for 10 minutes.

Meanwhile, clean spring onions, cut lengthwise into two halves and in water cleaning. Then in about 3 centimeters

long pieces shred. Carrot peel and chop into very fine strips.

Clean pak choi, mince in water and clean into fine strips.

Heat oil in a nonstick skillet (24 centimeters in diameter) and finish frying the vegetables in it with stirring 2 minutes light brown. Deglaze with the remaining soy sauce.

give deep-water shrimp in the skillet.

Pour the mixture over the ingredients and pour ready roast a few minutes at low to medium heat until the underside is golden brown baked.

contact pancakes and finished fry for another 2 minutes. In pieces crush and put the aside questions sesame dip on the table.

A Little Council

Your imagination knows no bounds: Vary the court as with vitamin C rich red pepper strips or vitamin B1 containing zucchini slices. Or choose instead shrimp example clam meat, also provides trace elements.

Calamari Skillet with baby aubergines

Asian easy: braised in a bath of aromas squid. The seafood is protein and iodine rich. Together with the eggplant gives a big plus in B vitamins that carry the metabolism of protein, fat and carbohydrates. Also for nerves, blood, skin and hair, they are indispensable.

Serves 4 meals

2 calamari (so about 750 grams; or ready plastered squid)

6 baby aubergines (around 260 grams)

1 piece of ginger (so about 25 grams)

2 cloves of garlic

1 stalk lemongrass

1 red chilli

4 sprigs Thai basil

2 tablespoons oil

Salt and freshly ground pepper

200 ml coconut milk (9% fat)

200 ml classic vegetable

Thai fish sauce

1 organic lime

The preparation sequence

Pull the tentacles (tentacles) from the Calamarikörpern (tubes). Cut off the head end with the Kauwerkzeugen of the tentacles.

Eliminate transparent whalebone from the Calamarituben.

Calamari place on the work surface and pull the skin and fins. Body and tentacles thoroughly cold rinse and pat dry.

Calamarikörper cut and fold lengthwise.

Calamari crush in so to the 5 centimeter squares and slightly scratch the flesh on the inside with a sharp knife.

Clean eggplant in water clean and cut lengthwise into two halves.

Ginger and garlic, peel and finely chop. Rinse lemongrass, pat dry and chop into pieces. Chilli, remove the seeds in water clean, cut lengthwise and chop finely. Thai basil in water cleaning, shake dry pluck leaves and chop coarsely.

1 tablespoon of oil heat in a nonstick skillet. season lightly Calamarikörper and tentacles with salt and pepper and fry until golden brown in hot oil while turning.

Calamari take from the skillet, set aside briefly. Wipe out skillet with a paper towel. Then enter the remaining oil in the frying pan and heat. Fry the eggplant in it on the cut surfaces of about 1 minute. add ginger, garlic, lemongrass and chilli and fry finish another 30 seconds while turning.

Coconut milk and broth pour, heat again and simmer for 1 minute.

give tentacles back into the skillet and cook 1 minute. Then add Calamaristücke and cook everything for a further 30 seconds.

Calamari pan with salt, pepper from the mill and fish sauce. Sprinkle basil before serving it. Lime in columns crush, rich to fry. Serve with whole-grain basmati rice.

A Little Council

Baby Eggplants are not going to get anywhere, but their big brothers and sisters visit any supermarket - they are just as well suited for the preparation process. Cut them simply crosswise into slices.

Asia cannelloni steamed salmon with shrimp filling on lemongrass and lime

Scharf seasoned and cooked gently: Indulgence la Far East. Nutrition experts advise, twice a week to eat fish or crustaceans, to meet the need for iodine. In them lies plenty of the mineral that is essential for thyroid function as a control organ of the energy budget. In addition, both easy to be picked protein and unsaturated fatty acids provide for undisturbed bloodstream.

Serves 4 meals

200 grams of shrimp (fresh or thawed; peeled)

200 grams Seelachsfilet

2 spring onions

1 piece of ginger root (so about 30 grams)

½ bunch coriander

½ green chillies

Salt and freshly ground pepper

12 Cannelloni

2 stalks of lemongrass

1 organic lime

4 tablespoons rice vinegar

4 teaspoons of sugar

4 tablespoons Thai fish sauce

2 tablespoons sesame oil

The preparation sequence

Rinse shrimp and pat dry, if necessary, eliminate the intestines. Shrimp chop small. Coley also rinse, pat dry and chop small.

Shrimp meat and shortly finely shred saithe in 2 meals in a food processor or in a blender. give mixture into a bowl.

Clean green onions, rinse, pat dry and finely chop. Ginger, peel and finely grate. Rinse cilantro, pat dry, pluck and chop the leaves. Chili Rinse, pat dry, cut in half, remove seeds and finely chop.

Spring onions, ginger, coriander and chili mix with the fish and prawn mass. Season filling with salt and pepper.

Pour the mixture into a piping bag and pipe into the pasta tubes (cannelloni).

From lemon peel the outer leaves. Cut off top and bottom ends of the rods, rinse, let dry and finely chop. Rinse, wipe dry and chop into fine slices lime.

Some water in a wide saucepan, Cauldron heat. interpret a matching steamer with each half of the lemon and lime slices.

Approximately Laying 6 cannelloni side by side in the steamer, put in the pot, boiling pans and covered in hot steam for 12-15 minutes simmer, cooking. remove cannelloni, keep warm and the next pasta serving simmer, cooking.

Vinegar, sugar, fish sauce and sesame oil mix. Making cannelloni with the dip and as desired with fresh cilantro.

A Little Council

Steaming is the tasteless and vitaminschonendste all cooking methods. Who cooks the fish and prawn cannelloni

as a side dish of broccoli or Romanesco on steam, additionally get plenty of fiber and vitamins.

Shrimp ravioli with coconut curry sauce

Delicious combination of Italian pasta and Asian flavors. The refined ravioli deliver a whole lot of saturating protein and fiber. And the Asian spices stimulate the metabolism; especially the ginger scores with its antibacterial, appetizing and digestive properties. So here every calorie is well spent

Serves 4 meals

200 grams Wheat wholemeal flour

200 grams of flour type 405 + flour for editing

5 eggs (size M)

6 tablespoons olive oil

1 spring onion

1 piece of ginger root (so about 15 grams)

1 clove of garlic

375 grams shrimp (ready to cook)

150 grams sugar snaps

4 sprigs coriander

Salt and freshly ground pepper

Semolina (for editing)

1 shallot

1 tablespoon green curry paste

100 ml classic vegetable

150 ml coconut milk (9% fat)

2 tablespoons Thai fish sauce

The preparation sequence

give both types of flour in a bowl. 4 eggs, 2 tablespoons olive oil, 1 large pinch of salt and 3-4 tablespoons water. Add. Everything with the dough hook of a hand mixer knead into a smooth, firm dough (possibly even a little water knead).

The working surface sprinkle with flour and knead the dough out with floured hands vigorously for 5 minutes. Then wrap in plastic wrap and let rest 1 hour in refrigerator.

Clean Meanwhile spring onion, and finely chop clean water. Approximately 1/3 Peel the ginger and grate finely. Peel garlic and chop finely.

Shrimp meat in 2 meals mince in a flash hacker until smooth. Mix with spring onion, garlic and ginger in a bowl. Add salt and pepper.

Clean mangetout, possibly unthreading, mince in water clean and in very fine strips. Coriander in water cleaning, shake dry and set aside for garnish.

Take the pasta dough from the film, cut in half and one after each turn 5 times by the smooth roll a pasta machine on the floured surface again and again sprinkle with flour so that the dough does not stick in the machine. The project will show 2 approximately equally long and wide "lanes".

1 dough ground cover with cling film. Add the shrimp stuffing with a teaspoon in meals on the 2nd dough web. The remaining egg and brush separate the spaces between the filler in each case with little protein. (Use the yolks otherwise.)

The second batter ground flush it place and squeeze the dough with your hand gently edges around the filling, making sure that no air remains in the ravioli. mince with a pizza or Teigrad to square ravioli. sprinkle a cake baking sheet with semolina, it put Ravioli and refrigerate.

Peel shallots and chop finely. Remaining ginger also peel and chop into fine strips. A large saucepan, Cauldron set up with plenty of salted water to a boil.

The remaining oil in a frying pan heat up. Shallots and ginger fry 2-3 minutes glassy at low heat.

Curry paste, coconut milk broth and stir and let it boil for about 3 minutes creamy. Season with salt, pepper and fish sauce and keep warm.

give ravioli into the boiling salted water and simmer for about 2 minutes, cooking. Then add the mangetout and mitgaren 3 minutes.

Drain ravioli and snow peas in a colander. In sauce pan, decorate with cilantro and bring to the table.

A Little Council

The dough and the forms of Ravioli is too expensive? Not quite as refined, but also well succeed dish with wholemeal pasta. Cook them according to package instructions, let the shrimp completely and simmer, boil them with spring onion, garlic and ginger in the sauce.

Herb pasta rags with shrimp and yellow tomatoes

Austria rustic "Krautfleckerln" have made here very finely. In the category of minerals and trace elements, the pasta scraps are forward. The abundant carbohydrates provide energy for muscles, brain and all body functions.

Serves 4 meals

200 grams Wheat wholemeal flour

200 grams of flour type 405

4 eggs (size M)

4 tablespoons olive oil

Flour (for editing)

3 stalks dill

3 stalks of chervil

2 sprigs tarragon

Semolina (for editing)

2 onions

2 cloves of garlic

300 grams of shrimps (ready to cook; headless and shell)

6 yellow tomatoes (around 450 grams)

175 ml of white wine (or grape juice brighter)

Salt and freshly ground pepper

The preparation sequence

Place flour in a bowl. Eggs, 2 tablespoons olive oil, 1 large pinch of salt and 3-4 tablespoons water Add. Everything with the dough hook of a hand mixer knead into a smooth, firm dough (if required little water to knead).

The working surface sprinkle with flour and knead the dough out with floured hands vigorously for 5 minutes. Then wrap in plastic wrap and let rest 1 hour in refrigerator.

Dill, chervil and tarragon in water cleaning, shake dry, pluck flag or leaves and chop coarsely.

take dough from the foil and into thirds. 1 piece of dough roll 2 times by the roll of the pasta machine on the floured surface.

Half of the dough web sprinkle with 1/3 of the herbs. Fold the left half of the dough over and free press firmly.

The dough web resubmitted by the roll of the pasta machine. Then the dough very thin roll (rotary switch 2). With residual dough and herbs treated similarly.

A cake baking sheet with semolina sprinkle. Grind the rolled dough sheets with a pizza or Teigrad in uneven pieces (shreds) and place on the plate.

Peel and chop onions and garlic. Shrimp on the back cut and remove the black intestine threads. Shrimp in water clean, pat dry and chop small.

A large saucepan, Cauldron set up with plenty of salted water to a boil. Tomatoes in water clean and cut into quarters, thereby eliminating the handle approaches and cores.

The residual oil (2 tablespoons) warm up in a frying pan. Onions and garlic fry 2-3 minutes glassy. Add shrimp, pour wine or juice to heat and time.

the tomatoes into the skillet and everything at low heat for 2-3 minutes simmer, cooking. Season with salt and pepper.

Add the herb pasta scraps into the boiling salted water and simmer for 2-3 minutes, cooking. Lift out with a slotted spoon and leave to dry. Preparing with the tomatoes and immediately put on the table.

A Little Council

Should you not receive yellow tomatoes, simply take red. Even with the herbs they may vary according to taste and use other varieties.

Shrimp on cucumber and orange salad with orange-lime sauce

Crisp, fruity, spicy - and made super fast. Pure enjoyment and simultaneously Power provides the strong suit made of protein and iodine rich shrimp and vitamin C rich citrus fruits. For valuable unsaturated fatty acids that olive oil provides - and the cucumber saturates, without burdening the calories account.

Ingredients for 6 meals

600g large shrimp (ready to cook)

1 piece cucumber (350 grams)

2 small romaine lettuce hearts
3 organic oranges (100 grams)
3 stalks tarragon
1 lime
Salt and freshly ground pepper
4 tablespoons olive oil
2 teaspoons coriander seeds
black peppercorns

The preparation sequence

2 oranges peel so that the shell and all white skin is removed. mince orange slices. Cut the rest of the orange in half and squeeze.

Cucumber peel, cut lengthwise in half, remove seeds with a spoon and chop into very thin slices.

Lettuce hearts in water cleaning, spin dry and chop into bite size pieces.

Tarragon in water cleaning, shake dry, pluck leaves and chop coarsely. place in a bowl with lettuce, cucumber and orange slices.

Cut lime in half and squeeze. 1 tablespoon lime juice, 3 tablespoons of orange juice, a little salt and pepper from the mill and embezzled the olive oil.

Cut the shrimp lengthwise little. Eliminate the black intestine threads, shrimp briefly rinse and pat dry well.

Coriander and pepper crush or chew briefly flash hackers from the mill in a mortar. The shrimp so sprinkle.

so grilling shrimp on the hot grill or in a grill pan on each side about 45 seconds. Then lightly salt.

The sauce with the salad mix, cook shrimp on it and bring to the table.

A Little Council

Direct chargrilled shrimp taste particularly delicious. If you do not want an extra cheer for the barbecue for of course it is also possible to prepare easily in a grill pan.

Shrimp pizza with artichoke hearts and yellow tomatoes

Italo-Food for the demanding - because no pizza service comes with. Here are hidden behind a seductive scent no grease traps. Further advantages: The iodine from the shrimp facilitates thyroid work, and exceptionally high in fiber provide good digestion. In addition, there's an extra dose of iron for blood formation.

Ingredients for 4 pizzas (so around 22 centimeters in diameter)

450 grams of shrimp (frozen, headless and shell)

4 Pizzaböden

600 grams of yellow tomatoes

16 artichoke hearts (glass)

50 grams of green olives without stone

Flour for editing

3 tablespoons olive oil

Salt and freshly ground pepper

4 sprigs of lemon thyme

The preparation sequence

The stem approaches wedge-shaped cut out from the tomatoes. Tomatoes, plunge them into boiling water, remove, cold rinse and remove the skins.

Tomatoes into quarters, remove seeds and cut crosswise in half.

allow to dry artichokes and cut them into two halves.
Coarsely chop olives.

Thaw shrimp and pat dry. cut on the back along and remove the intestines.

The pizza dough into quarters and roll out on floured surface to about 1 centimeter thin circles. place dough slices on 2 lightly floured baking sheets. Prepare finished selling floors according to package instructions for vouchers and also spread on 2 sheets.

Each disc of dough with little olive oil Brush. distribute tomatoes, artichoke hearts and olives on it. With salt and pepper from the mill and in the heated, preheated oven tube, kitchen stove at 240 ° C (with convection: 220 ° C, at gas: rotary switches 4-5) bake on the bottom rail 10 minutes. Then pour the shrimp on the pizzas and continue baking 7 minutes. Thyme in water cleaning, pluck off the leaves and give just before the end of cooking the pizzas.

A Little Council

Yellow tomatoes are not about immature, but a particularly spicy breeding. If you unpacked the mood for this pizza and have to get just any yellow, you can use red of course - best then taste the flavor also bred to stalk tomatoes.

Shrimp in sweet and spicy glaze with China-Cole Slaw

Asian fresh kick: aromatic crustaceans on crisp raw vegetables. Properly much iodine deliver the glazed shrimp. The trace element is narrowly distributed among foods, here it comes but before clenched, the required daily intake is covered with a serving. Without iodine our thyroid gland can not produce hormones, fatigue, nervousness and lack of concentration would be only three of the possible consequences.

Ingredients for 2 meals

8 prawns (with shell so about 50 grams)

¼ Chinese cabbage (around 260 grams)

1 small carrot (so about 50 grams)

1 small red onion

½ lime

75 ml coconut milk (9% fat)

2 teaspoons powdered sugar

1 teaspoon red wine vinegar

Salt and freshly ground pepper

2 stalks of coriander

3 tablespoons cane sugar

1 dried chilli pepper

2 tablespoons Thai fish sauce

1 clove of garlic

3 spring onions

2 tablespoons oil

The preparation sequence

Cabbage clean, remove the brew. Core crushing transverse to the rib into fine strips. With little salt sprinkle, vigorously mix and leave for 30 minutes.

Meanwhile, peel the carrots, chop into fine strips. Red onion peel and also shred into strips. Express lime.

Coconut milk with powdered sugar, vinegar, 1 tablespoon lime juice and a little pepper mix. Carbon allow to dry and mix with carrot and onion strips with the coconut milk.

Coriander leaves in water cleaning, shake dry, pluck leaves, chop and mix with the salad. Infuse additional 30 minutes.

, Heat cane sugar, chilli, fish sauce and 3 tablespoons of water in a small saucepan. Cauldron once and stirring as long boil, simmer until the sugar has completely dissolved. Let cool down.

Peel and chop garlic. Clean spring onions in water cleaning, and mince in as the 2-centimeter-long pieces.

Breaking the shrimp from the shells, but leave the tails on the shrimp.

On the back cut, eliminate the black bowels. Shrimp rinse and pat dry.

Oil heat in the wok and to the smoke point. pour in shrimp and garlic and fry briefly. Season with freshly ground pepper.

3-4 tablespoons of chili fish sauce and cook for as long as stirring a simmer, cooking until the sauce sticks to the shrimp; it takes about 2 minutes.

Spring onion pieces and cook for another 45 seconds finish frying. Coleslaw (cole slaw) to taste again. give shrimps on plate and put the salad on the table.

A Little Council

If you do not get fresh shrimp, buy frozen goods. The there's already peeled but still with tail piece.

Scallops on truffled mashed beans with cherry tomatoes

Scallops - noble, Mediterranean, rich aroma of the fine cuisine. Whether as a starter or main dish - scallops plus fine side dishes do not only tongue and palate happy. Thanks to the concentrated protein cargo of shells and white beans light green stars in the ES-food check: positive effects on blood lipids, blood pressure, iron and Jodspeicher.

Ingredients for 2 meals

8 scallops (ready to cook)

425 grams of white beans (drained, canned)

1 onion

3 tablespoons olive oil

75 ml vegetable

75 grams yoghurt (0.3% fat)

1 teaspoon truffle oil

coarse sea salt

freshly ground pepper

260 grams of cherry tomatoes on the vine

2 stalks of sage

The preparation sequence

give beans in a colander, rinse and allow to dry.

Onion peel and chop into very small pieces.

Half the oil in a saucepan, Cauldron heat and fry the onions until soft.

Beans add, broth Pour (deglaze) and leave everything at low heat to simmer for 4-5 minutes.

give beans along with broth, yogurt and truffle oil in a large vessel and puree with a hand blender. Season with salt and pepper.

Tomato pat dry the panicles in water and cleaning. Sage also in water clean, pat dry, pluck off the leaves. Scallops in water clean, pat dry and slightly cut on one side several times with a knife, so that a diamond pattern.

Heat the remaining oil in a frying pan strong. Fry tomatoes on the vine in hot, remove and keep warm.

Season scallops with salt and pepper and finish fry 1-2 minutes in hot oil on each side; give just before the end of cooking the sage leaves in the frying pan. distribute bean puree and tomato on plate. Scallops and sage leaves and cook with little sea salt and freshly ground pepper sprinkled bring to the table.

A Little Council

When the roast scallops that they stay inside little glassy - simply cut a scallop shortly before the end of the specified cooking time and look. the flesh of scallops is very well done and chewy has less flavor.

Lukewarm seafood salad with potatoes, cauliflower, arugula and capers

Noble eyecatcher with high enjoyment factor. Seafood supply abundant iodine and protein, the potatoes and the cauliflower provide a good amount of fiber and vitamins. If you want to save a little fat, just replace half the oil with vegetable broth.

Ingredients for 2 meals

125 grams Seafood Mix (frozen)

200 grams waxy potatoes

½ cauliflower (so about 300 grams)

50 grams capers (glass)

½ bunch of rocket (so about 50 grams)

2 spring onions

½ lemon

Salt and freshly ground pepper

2 tablespoons canola oil

2 tablespoons hazelnut oil

The preparation sequence

Thaw seafood. Meanwhile, peel the potatoes, water cleaning, and roll in boiling salted water for 8 minutes simmer, cooking. In a colander drain, short scare under cold water and set aside.

cut capers in half. Clean the spring onions in water clean, and shred into fine rings.

clean rocket, in cold water in water clean and spin dry.

Squeeze the lemon juice 1 tablespoon measure, mix with a little salt and pepper. The two oils with a whisk embezzled.

Clean cauliflower in water cleaning, and divide into florets. In salted boiling water 7 minutes simmer, cooking.

After 2-3 minutes the seafood add.

Cauliflower and Seafood Drain, allow to dry well and still hot in a bowl.

Potatoes, capers, spring onion, rocket and sauce, mix and bring to the table.

A Little Council

Who would like to share the pleasure with guests can bring this main dish for two as a starter for four people at the table, or double the amount and schedule the salad as part of a fine buffets.

Crispy prawns in breadcrumbs crust on avocado carpaccio

Kross and tasty, but not fried, but fresh from cake baking sheet. In addition to easily digestible protein supply shrimp plenty of vitamin E and iodine. These nutrients help protect the cells. Even the soft flesh of the avocado has a lot to offer, especially highly unsaturated fatty acids and essential vitamins.

Ingredients for 2 meals

6 king prawns (headless so about 50 grams)

1 piece Parmesan cheese (so about 40 grams)

½ organic lemon

5 tablespoons breadcrumbs

2 stalks of parsley

1 small clove garlic

1 avocado (around 225 grams)

Salt and freshly ground pepper

1 egg (size M)

2 tablespoons flour

1 teaspoon honey

2 tablespoons olive oil

1 bed garden cress

The preparation sequence

Lemon in water cleaning, wipe dry and rub 1 teaspoon peel finely. Cheese also Finely grate. Both mix with breadcrumbs in a bowl.

Parsley in water cleaning, shake dry, pluck leaves and chop finely. Peel garlic and chop finely. Both mix with the breadcrumbs.

Shrimp so break out of the shell that the tails remain still there. Shrimp along the back cut and remove the intestine. Season shrimp with salt and pepper.

The egg whisk. only turn the shrimp in flour, then drag through the egg and then call in the breadcrumbs, thereby, if possible let the tail freely. Crumb press firmly. Place the shrimp on a lined finish cutting baking paper cake baking sheet and in the heated, preheated oven tube, kitchen stove at 225 ° C (with convection: rotary switches 3-4: 200 ° C, at gas) bake 10-12 minutes.

Meanwhile, cut avocado in half, remove stone. solve pulp from the peel and chop into very thin slices.

give avocado slices on 2 plates. Season with salt and pepper. express lemon.

1 tablespoon of lemon juice, honey, salt and pepper from the mill. Olive oil embezzled. Avocado slices with lemon oil sauce drizzle. Kresse mince from Beet and sprinkle over the avocado slices. bring to the shrimp on the table.

A Little Council

Who wants to save fat calories, olive oil can when dressing for the avocado off or takes only half.

Creole stew with chicken drumsticks, okra and shrimp

Full flavor and seasoning: classic of American Southern cooking. Only a stew? From because of: The many delicious ingredients combine to create a unique taste experience and bring a lot of useful nutrients to the plate. Who auslöffelt him, strengthens this bone, heart and blood vessels, reduces iron and iodine deficiency and lowers cholesterol.

Serves 4 meals

4 large shrimp (ready to cook so about 80 grams)

260 grams of onions (so about 50 grams)

3 cloves garlic

2 red peppers (150 grams)

2 stalks celery (75 grams)

8 chicken drumsticks

Salt and freshly ground pepper

2 tablespoons olive oil

425 grams of tomatoes (canned)

750 ml chicken stock

200 ml white wine or vegetable broth

1 teaspoon cumin

75 grams whole grain rice

150 grams of okra

The preparation sequence

Peel and chop onions and garlic.

Peppers into quarters, remove seeds and. In water cleaning
Then in about 1 centimeter cube crush.

Celery in water cleaning, unthreading and chop into thin
slices.

Rinse chicken legs, pat dry and remove the skin with a
knife. The legs with salt and pepper from the mill.

Heat the oil in a large saucepan, Cauldron heat and fry the
lobes it around. Remove and set aside.

Onions, garlic, peppers and celery give into the saucepan,
Cauldron. Sauté over medium heat for 3-4 minutes while
stirring.

Mash tomatoes in a bowl and place in the saucepan,
Cauldron. Pour broth and white wine, season with cumin
and bring to a boil.

Rice stir, drumsticks and cook covered over medium heat
simmer 20 minutes.

Okra in water clean, clean, in 1 centimeter chop wide pieces
and place in a saucepan, Cauldron. braise Still further 25-30
minutes.

Rinse shrimp, pat dry and add 5 minutes before end of cooking in the stew. With salt and pepper from the mill and bring to the table.

A Little Council

Creole Cajun Louisiana is a sharp thing: to flavor most generous with chilli and Tabasco. If you like it, so can scarfing said in the original "Jambalaya" court quietly as desired!

Iced melon and cucumber soup with shrimps

Ice cold and still fiery - a successful composition. Kefir gives the soup a pleasant acidity, and its lactic acid bacteria affect our intestinal environment positively. Honeydew melon and green onion supply much beta-carotene, the precursor of vitamin A. This is particularly important for good vision at night.

Ingredients for 6 meals

180 grams of shrimps (peeled)

700 grams of cucumber

1 kg Galia melon

3 spring onions

½ bunch coriander

1 lemon

600 ml Kefir

Salt and freshly ground pepper

1 red chilli pepper

½ bunch of chives

The preparation sequence

Cucumber in water clean, peel and cut lengthwise into two halves. Eliminate the seeds with a spoon. chop cucumber into chunks.

Cut melon in half and remove seeds.

Cut out the half of the flesh with a melon baller to make balls and covered cold. Scrape Residual pulp with a spoon.

Clean spring onions in water cleaning, and chop into chunks.

Coriander in water cleaning, shake dry and chop the leaves coarsely. express lemon.

Gherkins, onions, been tarnished melon flesh and coriander along with 2 tablespoons of lemon juice, kefir, salt and pepper puree from the mill fine with a hand blender.

cut chilli pepper lengthwise in half, remove seeds and finely chop clean water. Place the cubes in the soup.

The soup so at the 45 minute freeze easily with repeated stirring in the freezer. Chives long piece of mince in water cleaning, shake dry and 2 centimeters. To serve the soup in bowls iced. Crab meat, melon balls and chives sprinkle over the soup.

A Little Council

This low-calorie soup is very suitable as a soup before a meaty main course, because it is easy and is guaranteed

not heavy on the stomach. Wer's soft like leaves out the red pepper.

Shrimp Sushi in glass with mango and cucumber

. Attractive appetizer after Far Eastern Art Low fat and abundant protein make the Japanese finger food a light evening snack that satiates without burdening: Caloric beat the appetizers hardly B (a) Uche.

Ingredients for 6 meals

125 grams of sushi rice

1 ½ tablespoons rice vinegar

½ tablespoon mirin

1 teaspoon sugar

½ teaspoon salt

6 prawns (without head, so about 60 grams)

4 tablespoons soy sauce

1 teaspoon of liquid honey

1 mini-cucumber (200 grams)

½ mango (150 grams)

3 sheets nori seaweed

2 stalks basil

2 teaspoons sesame oil

1 teaspoon wasabi paste

Sushi Ginger as desired

The preparation sequence

Sushi rice in a sieve so long cold rinse until the water runs clear. allow to dry about 20 minutes in a colander, then with 260 ml of water in a saucepan, bring boiler for cooking.

2 minutes in the open saucepan, cooking kettle cooking, simmer, covered 20 minutes then allowed to swell on the off hotplate. Saucepan, take cooking kettle from heat, cover and instead it put a kitchen towel. let stand 10 minutes.

In a small saucepan, Cauldron rice vinegar and mirin with sugar and salt until just before cooking to warm, stir it until the sugar and salt have dissolved. Place the rice in a bowl and slightly apart wide, so that it cools more quickly. Pour over the vinegar mixture and allow to cool in ungefähr 30 minutes at room temperature.

Meanwhile shrimp peel, carve along its back and remove the black intestine threads.

Then the shrimp one from the bottom, but do not cut through. pat dry well and rinse with paper towels.

2 tablespoons soy sauce and honey in a small bowl, mix, shrimp, mix and stand for 30 minutes (marinate).

In the meantime, the cucumber thoroughly in water cleaning, wipe dry, cut off the ends and cut the cucumber lengthwise into two halves. remove seeds with a spoon and chop into small about 5 centimeters long strips.

Peel mango with a potato peeler, shred the flesh into slices of stone and lengthwise crush wide strips in about 5 millimeters.

The nori seaweed cut each crosswise into two halves. Basil in water cleaning, pluck shake dry and the leaves.

A grill pan with sesame oil once rich and warm. allow to dry shrimp and grill on each side for 1 minute.

From the rice with moistened hands 6 equal form large balls. place each half sheet of nori on the palm, give 1 rice ball in the center and brush with a little wasabi paste.

Each 1 shrimp, little mango, cucumber and basil put and the nori sheet formed into a bag, pressing the rice bit flat. The "algae-bags" in glasses make or give to a plate. bring to the table with remaining soy sauce and as desired with sushi ginger.

A Little Council

The equally respectable as delicious classics - also known as "Hand Roll Sushi" is known, made easier if you kütake chenfertige shrimp shelled.

Shrimp balls with plum chilli sauce

Panoramic tasty and properly refined: exotic appetizers. Only good for thyroid and immune system: It's amazing how much protein, iodine and zinc fit into so small shrimp balls! In fat, however, is (almost) none - who still holds back in plum sauce, additional sugar calories saved.

Serves 4 meals

600 grams of shrimps (ready to cook)
2 tablespoons sesame
2 spring onions
2 stalks of coriander
1 organic lime
1 tablespoon sesame oil
1 tablespoon cornstarch (around 20 grams)
Salt and freshly ground pepper
1 small green chilli
1 piece of ginger (so about 50 grams)
2 cloves of garlic
260 grams plum (glass)
4 tablespoons soy sauce
1 teaspoon cinnamon

The preparation sequence

Shrimp on top each little carve and remove the black intestine threads. Rinse shrimp and pat dry well and chop finely with a large knife.

Sesame toast in a frying pan without fat light brown, remove and allow to cool on a plate.

Clean spring onions in water cleaning, and chop finely. Coriander in water cleaning and shake dry. Papers pluck and also finely chop. Lime in water cleaning, wipe dry and grate the peel finely.

Mix shrimp with sesame seeds, onions, cilantro, lime zest, sesame oil and cornstarch. Strong season with salt and pepper.

stab 16 meals with a teaspoon of the mass and shape into balls. Cover with plastic wrap and refrigerate.

Meanwhile clean chilli, remove the seeds in water clean and finely chop.

Peel the ginger, finely grate and squeeze firmly in the palm, the field which emerge juice in a small bowl. Or ginger crush into coarse pieces, press through a garlic press and juice reserved.

Peel garlic and chop finely. Stir in chili, ginger juice, plum jam, soy sauce and cinnamon.

Bring a saucepan, cooking kettle 2 liters of water to a boil, salt lightly. Turn off the stove. Once the water is just boiling, add the shrimp balls and let simmer in 3-5 minutes. With a skimmer lift, let dry thoroughly and bring the sauce to the table.

A Little Council

The shrimp balls fit many occasions: They taste solo as an appetizer or small Asian snack and give with braised bok choy or rice and a delicious main dish. If you are in times very quickly, simply take to a finished plum or chili sauce.

Steamed shrimp dumplings with crunchy wok vegetables

Fine feast of the Middle Kingdom. In ancient China, this "wontons" were once considered sacred and were served only on major holidays. Nowadays, it enjoys the nutritious Teighüllen with protein- and mineral-rich filling in everyday life more often and gets it a lot of vitamins and phytochemicals from vegetables and spices along with it.

Serves 4 meals

30 wonton sheets (refrigerated 9x9 centimeters)

350 grams of shrimps (ready to cook)

1 stalk lemongrass

3 spring onions

1 piece of ginger root (as the 3 centimeters long)

1 red pepper (200 grams)

1 tablespoon cornstarch

Salt and freshly ground pepper

200 grams shiitake

2 carrots (around 260 grams)

2 cloves of garlic

2 tablespoons green chili sauce

3 tablespoons soy sauce

2 tablespoons Thai fish sauce

2 tablespoons sesame oil

The preparation sequence

Thaw wonton sheets. Rinse shrimp. Meanwhile, pat dry and finely chop. Free lemongrass from the outermost layer, chop lower third in water clean and fine. Clean scallions and peel in water cleaning, ginger and also finely chop. All vegetable sections for Dämpfwasser cover.

Peppers into quarters, remove seeds and. In water cleaning 1/4 chop very finely and add to the prepared ingredients in a bowl. Mix cornstarch with 1 tablespoon water and add. All mix thoroughly. Season with salt and pepper.

Wonton leaves fill successively: given moisten each edge with a little water and add 1 dollop of filling in the center. The edges of the center fold and squeeze firmly above. put in a lightly oiled steamer or bamboo steamer.

Clean shiitake mushrooms with brushes and each cut to size in half or quarters. Mince miscellaneous plastered peppers into thin strips. Carrots, peel in water clean and chop into very fine strips. Peel garlic and chop finely.

Chilli, soy and fish sauce with 6 tablespoons of mix water. The covered portions of vegetables with 2 liters of water in a saucepan, bring boiler for cooking.

Place the steamer or the sealed steam basket with the dumplings into bubbly boiling water and steam for 8 minutes.

Meanwhile, heat sesame oil in a wok. Shiitake, covered pepper and carrots in 1 minute finished stir fry. Garlic and fry briefly.

Stir in salt and pepper 2 tablespoons of sauce. The vegetables in bowls give prepare wontons on it and with the remaining sauce bring (as a dip) on the table.

A Little Council

Dämpfkörbe you find inexpensive in Asian supermarkets. Who first time just want to try the vapors and does not have such a special device, instead taking a Dämpftopf or a steamer of metal. Both can have as little in the closet? No problem: Then it also does a normal screen, which is hung in a saucepan, Cauldron and covers up with a lid.

Shrimp noodle soup with crisp sugar snap peas

Nice hot and nice and sharp - this luxury soup spoons each of you! A hefty dose of protein, iodine and zinc is in the shrimp balls - which does, among other things the immune system well. The aromatic-sharp Ginger stimulates the appetite and also the circulation strong and also strengthens the immune system.

Serves 4 meals

350 grams of shrimps (ready to cook)

150 grams Mie Noodle

2 teaspoons sesame oil

1 slice of bacon

1 bunch scallions

1 piece of ginger root (as the 3 centimeters long)

1 egg (size M)

Salt and freshly ground pepper

1 small organic lemon
1 liter chicken stock
1 star anise
200 grams sugar snaps
3 tablespoons soy sauce
Chili oil (optional)

The preparation sequence

The pasta according to package directions in salted water boil, simmer. In a colander cold rinse and allow to dry. In a bowl with the sesame oil mix.

Rinse shrimp, pat dry and chop finely with a hand blender, in flash hacker or a large heavy knife.

Bacon dice finely. Clean 2 spring onions, chop into water clean and fine. Ginger, peel and finely chop.

Shrimp, bacon, onion and ginger mix. The egg add, season with salt and pepper and mix thoroughly. Lemon in water cleaning, wipe dry, peel 1 piece shell (about 5 centimeters long) and put aside (remaining fruit otherwise use).

In a saucepan, Cauldron easily bring 2 liters of salted water to a boil. Turn down the heat so that the water only boils slightly. From shrimp ground with the help of a spoon form small balls.

slide balls on a skimmer in the water. let simmer for about 3 minutes in slightly boiling water. Remove with a slotted spoon and leave to dry.

Bring the broth prepared lemon zest and star anise to the boil. clean snow peas and water in cleaning. Clean

Miscellaneous spring onions, mince in water and cleaning in thin rings.

give mangetout in the broth and 1 minute boil, simmer.

Shrimp balls and warm noodles in soup. Soy sauce to give. fill in soup bowls. With the spring onions Sprinkle as desired with little chili oil drizzled and bring to the table.

A Little Council

You are still a newcomer on the stove and do not dare serve up some balls? Then let go slow and simmering, cook the shrimp just so in soup. Bacon and egg omit in the case; Ginger and spring onions cooking, simmering on the broth.

Shrimp sour with peppers and mango

Spicy from the wok with fresh fruity note. Everything is just right: a lot of high-quality protein, low fat, one-third of the daily requirement of fiber plus the entire daily requirement of iodine. This trace element is essential for the formation of the important thyroid hormones.

Ingredients for 2 meals

400 grams of shrimps (ready to cook)

1 red pepper (200 grams)

1 carrot (125 grams)

1 red onion

1 piece of ginger (so about 10 grams)

1 small mango (200 grams)

Salt and freshly ground pepper

100 ml orange juice

2 tablespoons red wine vinegar

4 tablespoons ketchup

1 tablespoon honey

1 tablespoon oil

2 stalks of coriander

The preparation sequence

Pepper into quarters, remove seeds and dice in water cleaning and coarse. Carrot in Water Clean, peel with a vegetable peeler and shred into fine strips.

peel and onion into eighths. Ginger, peel and chop into fine strips.

Mango peel, pulp chop in thick slices of stone and dice.

Rinse shrimp briefly, pat dry, salt and pepper.

Oil heat in a wok or large skillet. Sauté shrimp in it completely and remove it.

Well onion, carrot strips and diced peppers, stirring constantly fry 3-4 minutes in the wok. Ginger and cook mitgaren short.

give orange juice, vinegar, ketchup and honey in the frying pan and 2 minutes of boiling, simmer. Coriander in water cleaning, pluck shake dry and the leaves.

give shrimp and mango in the frying pan. Season with salt and pepper from the mill and 1 minute boil, simmer. Garnish with cilantro and bring to the table. Serve with rice fits.

A Little Council

If you like it like sharper, can replace the ketchup by sweet chili sauce or mitgaren 1 finely chopped chilli.

Deep-fried prawns with spicy pineapple salsa

Simply scrumptious: juicy sea food in a crispy crust. Whether as a party finger food, as a starter or snack: The shrimp provide a big dose of iodine and thereby help the thyroid hormone in the form of a well-functioning energy management.

Ingredients for 8 meals

16 shrimp (without head but with shell so about 40 grams)

½ small pineapple (around 350 grams)

1 bunch scallions

1 green chilli

½ bunch coriander

1 lime

1 tablespoon cane sugar

Salt and pepper from the mill

100 ml of milk (1.5% fat)

2 eggs (size M)

3 teaspoons curry powder

85 grams of flour

refined oil for frying

The preparation sequence

Cut sheet approach of the pineapple. Pineapple into quarters, free and peel from the stalk. shred flesh into small cubes.

Clean spring onions, and mince in water cleaning diagonally into thin rings. cut chilli in water cleaning, lengthwise into two halves, with the knife tip scrape out the seeds and finely chop the chilli.

Coriander in water cleaning, shake dry, pluck leaves. Some aside, finely chop the rest. express lime.

give pineapple, onion, chili and chopped coriander in a bowl. Sugar, salt, pepper, mix from the mill and 3 tablespoons lime juice and leave for 30 minutes.

Meanwhile, shrimp from the shells dissolve (the tail fins turn blank), respectively on the back cut lengthwise and remove the black intestine threads. pat dry shrimp in water and clean with a paper towel.

In a bowl, milk, eggs, curry and 75 grams of flour mix into a thin dough. give remaining flour in a deep plate.

Heat the oil in a large saucepan, cooking kettle to 175 ° C (the temperature is correct when small bubbles appear at one held in wooden dipper). round roll shrimp in flour, pass

through the dough, give immediately into the hot fat and fry until golden brown in portions about 3 minutes.

allow to dry on paper towels fried shrimp. Garnish with remaining cilantro and bring with pineapple salsa on the table.

A Little Council

Take for frying only refined vegetable oil. It has a higher smoke point than pressed cold oil and can therefore be heated up to 200 ° C, without changing ingredients harmful to health.

Lobsters and coconut soup with tomatoes, ginger and chilli

Delicious from the Caribbean - slightly spicy and full of flavors. Coconut milk is velvety like cream, but contains only about 15% and in the light version used here only 12% fat. We are also pleased that the aromatic liquid completely without cholesterol!

Ingredients for 6 meals

2 lobster tails (refrigerated so to the 260 grams)

5 small onions (so about 150 grams)

3 stalks celery (so about 150 grams)

3 large tomatoes

1 piece of ginger root (so about 40 grams)

2 tablespoons tomato paste
2 tablespoons curry powder
3 stalks parsley
4 sprigs of thyme
2 bay leaves
400 ml coconut milk (9% fat)
Salt and freshly ground pepper
2 teaspoons cornstarch
1 tablespoon oil
½ lemon
2 small chillies (as desired red or green)
2 stalks of mint
5 tablespoons vegetable broth

The preparation sequence

Thaw the lobster tails. Rinse short, pat dry and cut each of the tanks at the bottom with a kitchen scissors.

Now leave the tank, detach the meat and shred large pieces in about 1 centimeter. Refrigerate.

Peel the onions, celery and tomatoes in water cleaning, clean and chop coarsely everything. Ginger Peel and coarsely chop.

Heat the oil in a large saucepan high, Cauldron heat. The lobster tank in fry 3-4 minutes, stirring over high heat.

add onion and celery and fry another 3-4 minutes.

Ginger and tomato paste stir, sprinkle with curry and sauté 30 seconds. Tomatoes and 1.2 liters of water and let heat. Add anything once.

Parsley and thyme in water and shake dry cleaning. By giving laurel for soup and covered over medium heat 60 minutes boiling, simmer. Add coconut milk and simmer for 30 minutes, cooking.

Pour the soup through a fine sieve into a second saucepan, Cauldron and return to the boil. Season with salt and pepper.

Starch with a little cold water mix, with stirring in the boiling soup. Lemon squeeze, season the soup with lemon juice and keep warm.

Cut chilies lengthwise in half, remove seeds, chop into water clean and fine. Rinse mint, shake dry, pluck and put aside leaflets.

Heat broth in a frying pan once. Lobster pieces and chili cook over medium heat for 1-2 minutes. In the soup give, decorate with mint leaves and bring to the table.

A Little Council

A feast for those who like it creamy and yet low in fat! You can low-fat factor even increase: Take the roasting only 1 tablespoon of oil and simmer, boil crawfish meat and chili at the end just in a little broth instead of butter.

Creole lobster stew with okra, spinach and coconut

Exotic, fiery and marine fresh - like a vacation in the Caribbean. Spinach is a great source of folic acid, okra have the important vitamin for cell division also on offer. Folic acid plays i.a. a crucial role for the development of the human fetus, especially in the formation of the central nervous system, therefore, pregnant women have an increased need - and are well served by this stew.

Serves 4 meals

2 lobster tails (fresh or thawed so to the 260 grams)

4 firm potatoes (around 260 grams)

4 onions (so about 150 grams)

2 small cloves garlic

1 red bell pepper

200 grams of okra

260 grams of spinach

2 tablespoons olive oil

1 ¼ liter chicken stock

200 ml coconut milk (9% fat)

3 sprigs thyme

1 bunch scallions

2 red chillies

½ lime

Salt and freshly ground pepper

The preparation sequence

Peel the onions and garlic and chop finely. Cut peppers in half, remove seeds, dice in water clean and fine.

Okra in water clean and clean.

Clean spinach, rinse in cold water in water cleaning, let then dry well. Spinach coarsely chop. Peel potatoes, water clean and cut into quarters.

Heat the oil in a saucepan, Cauldron heat. Sauté onions and garlic over medium heat for 3 minutes. Peppers, okra and potatoes give sauté stirring also short.

Broth and coconut milk pour. Thyme in water cleaning, shake dry and add. Heat the soup again and simmer for about 25 minutes at low heat.

Meanwhile, cut the lobster tails at the bottoms with a stable kitchen scissors, breakup the tank with your hands and cause the meat.

Crawfish meat chop into small pieces.

Clean scallions, let in water clean and dry. Spring onions diagonally crush into fine rings. Chillies in water cleaning, wipe dry, cut lengthwise, remove seeds and chop.

add to the soup After around 25 minutes scallions, crawfish meat and spinach. Heat the soup again once and simmer another 10 minutes, cooking. Squeeze the lime half. Season to taste with salt, pepper and lime juice as desired.

A Little Council

Fresh okra have a nice green color. Alternative: glass or tin. If you do not get lobster tails, shrimp are a good substitute

Arab Calamari Skillet with homemade harissa

Attraction from Lebanon: fiery, crunchy, satisfying. Even a portion covers the daily requirement of vitamin B12, which is involved in the formation of red blood cells and the nervous system brings on their toes. In addition - apart from well-recoverable protein plus iodine - still plenty of vitamin E. As an antioxidant, it protects our cells against free radicals.

Serves 4 meals

600 grams of fresh and medium-sized calamari

2 red chillies

3 large garlic cloves

2 ½ teaspoon ground coriander

1 teaspoon ground cinnamon

3 teaspoons ground cumin

150 grams of roasted peppers (from a jar)

3 tablespoons tomato paste

2 tablespoons red wine vinegar

2 tablespoons paprika (noble sweet)

4 tablespoons olive oil

½ bunch coriander

Salt and freshly ground pepper

The preparation sequence

Rinse chilies, wipe dry, cut lengthwise, remove the seeds, clean and chop coarsely. Peel garlic and also coarsely chop.

Garlic and chillies, 1/4 teaspoon salt, give each half coriander, cinnamon and cumin in a mortar and grind finely.

allow to dry peppers and pat dry. give Prepared spice mixture with the 2nd half of coriander, cinnamon and cumin in a food processor or blender. Tomato paste, peppers and vinegar add and mix everything to a smooth paste (harissa).

Paprika and half of the olive oil into the mixture.

fill harissa spice paste in a small glass (z. B. Einweckglas) and cover with little olive oil. The oil hermetically sealed, it keeps for several months in the refrigerator. The paste must be in the glass always remains covered with oil - just as it does not spoil.

Pull The Calamari initially tentacles (tentacles) of the body tube, then so cut off from the rest of mind that they remain hanging on a ring.

From the tentacles with your fingers push out the centrally located mandibles from below. Rinse tentacles, allow to dry on paper towels.

The transparent whalebone from the Calamarituben pull, then pull off the delicate skin. Pull or cut off the fins of the tubes.

cut tubes with a very sharp knife lengthwise and remove the entrails. Tubes thoroughly cold rinse and dry well.

Calamari place with the outer sides down on a work board and rhombic finely with a knife.

Tubes crush wide pieces approximately 2 centimeters. cut tentacles into two halves.

Rinse cilantro, shake dry and pluck. Leaves coarsely chop.

The remaining olive oil in a large heavy skillet heat. Calamari and tentacles in it over high heat so ready fry turning around the 1 minute, add salt and pepper.

give harissa paste in the frying pan - the sharper it will be, the more - and toss everything. Calamari prepare on a plate, sprinkle cilantro over and bring to the table. Serve with toasted bread, couscous or a green salad with pomegranates.

A Little Council

The hot spice paste to have been invented in the Lebanese city Harissa, evaluates on rice and couscous dishes to focus enjoyment and tastes those who love now and fiery it, even as a spread.

Stuffed chicken wings with prawns on mango salad

Chicken in Thai: with fine interior and fruity salad. Refined and also healthy: The court provides the daily requirement of niacin, which is needed in the cells for energy. In addition you will be provided with the mineral zinc - strengthens the physical and mental fitness and influences the structure of skin and hair positive.

Serves 4 meals

12 greatest possible chicken wings
175 grams of raw shrimp (ready to cook)
1 piece of ginger root (so about 25 grams)
3 spring onions
2 cloves of garlic
260 grams of minced pork
1 teaspoon red curry paste
6 tablespoons Thai fish sauce
½ lime
2 tablespoons Ketjap manis
1 red onion
½ cucumber
1 Mango
3 stalks Thai basil
3 stalks of mint
2 tablespoons rice vinegar
Pinch of salt

The preparation sequence

All turn chicken wings in the joint backwards until the bottom bone dissolves. Where the bone was at the body, the flesh around cut and press with the knife in the direction of the joint. The exposed bone cut or break.

Shrimp on the back cut, eliminate intestinal, shrimp in water clean, pat dry and finely chop.

Clean scallions and peel in water cleaning, ginger and garlic. Everything separated finely chop.

Shrimp, ground pork, spring onions, ginger and garlic thoroughly mix in a bowl with curry paste and half the fish sauce. The mass to 12 equal-sized balls form.

Place the balls in the prepared pockets and press again in the shape of wings. The opening close each with a toothpick.

express lime. Ketjap manis and 1 tablespoon lime juice mix. contact wing it and next to each other on a greased or lined with baking paper finished cutting cake baking sheet. Bake in preheated oven at 200 ° C (with convection 180 ° C, at gas: rotary switch 3) finished roast 25 minutes.

Meanwhile peel red onion and finely shred. clean cucumber, cut in water cleaning, lengthwise into two halves, remove seeds and slice into thin slices. Mango peel, sliced from the stone and then crush in so to the 5-millimeter cube.

Thai basil and mint in water cleaning, shake dry, pluck leaves and chop coarsely. All salad ingredients with rice vinegar, remaining fish sauce and 1 pinch of salt Mix. take wing from the oven tube and bring the mango salad on the table.

A Little Council

The court can prepare prima: The chicken wings you can fill even a few hours before baking and covered in the refrigerator.

Goa prawn stew with toasted coconut and coriander

Fiery-sharp: a small delicacy of India's most beautiful coastal province. Here the shrimp play the main role, and they cover the entire daily requirement of iodine. The trace element is irreplaceable for the work of the thyroid gland and thus for metabolism. Moreover shrimps are selenium suppliers. As an antioxidant, the free radical scavenger protects our cardiovascular system.

Serves 4 meals

600 grams of shrimp (with heads and shell as around 40 grams)

100 grams of fresh coconut pulp

1 piece cinnamon stick (as the 3 centimeters)

1 teaspoon coriander seeds

1 teaspoon cumin

2 cloves

½ teaspoon chilli flakes

1 teaspoon of turmeric

2 red onions (so about 100 grams)

3 cloves garlic

1 tablespoon tamarind (glass)

1 piece of ginger root (so about 50 grams)

1 green chilli

4 tomatoes

3 tablespoons oil

Pinch of salt

1 tablespoon red wine vinegar

The preparation sequence

Coconut pulp rough rub and let dry on a plate for 2-3 hours.

Break the cinnamon into small pieces and fry with coriander, cumin and cloves in a frying pan over medium heat until aromatic smoke rises, then remove. The skillet wipe.

Put the dried grated coconut in the frying pan and fry light brown stirring.

If the rasp are browned, chilli flakes and turmeric and cook fry briefly.

All prepared ingredients with a hand blender or in flash Hacker fine grind.

Peel the onions and garlic and chop finely. Ginger peel and grate. Chili mince in water and cleaning in rings.

Tomatoes in water cleaning, into quarters, cut out the stem approaches, remove seeds and chop into chunks.

Shrimp on the back cut, eliminate the dark bowels. Shrimp rinse and pat dry.

Oil in a large skillet heat, sauté onion and garlic for 2-3 minutes.

Ginger and chilli and cook fry 1 minute.

Coconut spice mix, tamarind and tomato and sauté 1 minute. Pour 200 ml water, and heated again.

The shrimp with salt and then give in the frying pan and covered 3-5 minutes at low heat simmer, cooking. Season the sauce with salt and vinegar, and go immediately to the table. Serve with rice or crispy poppadoms.

A Little Council

Even better than local bread fit crispy poppadoms to the Goan shrimp: very thin crepe made with lentil flour, which are fried until crisp in a pan with a little oil, which are very popular in India.

Baked lobster with mixed salad

With Applause guarantee: luxury dinner for two, fine appetizer for four! The combination of lobster meat and fresh salad enriches your vitamin and trace element budget with vitamin B6 for nerve, Vitamin E as cell and cardioprotection, vitamin A for the skin and eyes, iodine for thyroid and Zinc for the immune system.

Ingredients for 2 meals

2 Hummer (killed by the fishmonger, but not cooked so to the 600 grams)

2 yellow peppers (so about 400 grams)

3 stalks parsley

1 organic orange

Salt and freshly ground pepper

4 tablespoons breadcrumbs
5 tablespoons olive oil
100 grams of baby salad mix
6 stalks mixed herbs
1 teaspoon tarragon mustard
½ lemon

The preparation sequence

Peppers into quarters, remove the seeds, place in water cleaning and with the skin side up on a baking sheet cake. Under the hot oven grill roast until the skin is black and blistered.

give peppers in a bowl, cover with a plate and let cool 10 minutes. Parsley in water cleaning, shake dry, pluck leaves and chop finely. Orange in water cleaning, wipe dry and rub 1 teaspoon dish. Remove the skin of the peppers and cut peppers lengthwise into two halves.

Cut lobster with a heavy knife lengthwise into two halves.

remove giblets, rinse headboards and let dry thoroughly.

Scissors with the blade strike and eliminate the scissors tanks.

Place the leg meat and the lobster halves with the meat side up on a baking sheet cake, salt and pepper.

Bread crumbs, 1 1/2 tablespoons olive oil, orange zest and chopped parsley mix, season with salt and pepper. spread mixture on the lobster tails. Put aside.

clean and spin dry salads in water cleaning. Herbs in water cleaning, shake dry, pluck leaves.

express lemon. Lemon juice, tarragon mustard, salt and pepper from the mill and embezzled the remaining oil.

The lobster in the heated, preheated oven tube, kitchen stove at 200 ° C (with convection: 180 ° C, at gas: rotary switch 3) so bake around 12 minutes. When cooked, mix the salad with lemon sauce and pour into serving bowls. Laying peppers on it. take lobster from the oven tube and prepare next to the salad.

A Little Council

The delicious The preparation sequence - cooked with breadcrumbs mixture covered in the oven tube - is also great for fish fillets, such as salmon.. Because lobsters there can not be every day, unfortunately ...

Shrimp skewers on salad with lime-ginger sauce and sesame

Garnelenspieße light and delicious: the secret of success are the Asian ingredients. This salad covers the daily requirement of iodine and vitamin E! Iodine is an essential building block for the thyroid hormones that control metabolism. They affect the heart and circulation, thermoregulation, sexuality, growth and physical performance. Vitamin E keeps the blood vessels elastic, protects cells and tissues and is good for supple joints.

Ingredients for 2 meals

8 shrimp (with heads and shell so the 200 grams)

3 handful Mizuna (or baby salad mix)
1 piece of ginger root (so about 35 grams)
1 teaspoon of liquid honey
1 teaspoon wasabi paste
Salt and freshly ground pepper
½ lime
5 tablespoons canola oil
1 teaspoon sesame oil
1 tablespoon sesame unpeeled
12 yellow cherry tomatoes
2 spring onions
100 grams Japanese soured pumpkin
100 grams of Japanese radish soured

The preparation sequence

The shrimp each easily cut on the back with a sharp knife and remove the black intestine threads. Rinse shrimp, pat dry and place on 2 skewers.

Mizuna and Baby salads in water clean and spin dry.

Ginger peel, grate finely and place in a garlic press. About a bowl by pressing the juice. express lime with a lemon squeezer.

Lime juice, honey, wasabi, little salt and pepper mix with the ginger juice. 2/3 of the rapeseed oil and sesame oil embezzled with a whisk.

Sesame toast in a small frying pan and 2/3 hot stir them still under the salad dressing. let cool remaining sesame

seeds and set aside.

Cut the cherry tomatoes in water and cleaning in two halves. Clean spring onions in water cleaning, and obliquely shred into thin rings.

Mince leavened pumpkin and radish each into small pieces.

The remaining canola oil in a frying pan heat up. salt and pepper and fry done by each side 3-4 minutes
Garnelenspieße.

Salad with 2/3 of the sauce mix and cook on 2 plates.
distribute tomatoes, onions, pumpkin and radish it.
Depending 1 shrimp skewer it lay. With remaining sauce
sprinkle, sprinkle with sesame übrigem and bring to the
table.

A Little Council

Those who want to enjoy the slightly sharp flavor Mizuna often, can the so-called "Asian greens" counting leafy vegetables in the garden, on the balcony or on the windowsill grow themselves. Many nurseries and seed dealers now offer the seed of it.

Greek squid salad with cucumber and peppers

The mix delivers holiday memories free. The vegetable mix contains plenty of vitamin A, C and E. This trio captures free radicals, as are formed, for example, through sunbathing before they can prepare damage. In addition, the salad rich in iron (important for the transport of oxygen in the body's cells).

Ingredients for 2 meals

300 grams of squid tubes

3 stalks parsley

1 small clove garlic

1 tablespoon olive oil

60 grams of black olives with stone

7 tablespoon light vinaigrette

1 small cucumber (so about 400 grams)

3 tomatoes

1 red onion

1 red bell pepper

3 romaine lettuce hearts

Salt and freshly ground pepper

The preparation sequence

Parsley in water cleaning, shake dry, pluck leaves and chop, peel garlic and chop finely. Both mix with olive oil.

The squid tubes from the chitin share and thoroughly remove all dark skins. Then cold rinse, pat dry into thin rings crush. can confuse squid with parsley and garlic oil, season with freshly ground pepper and pull of 45 minutes (marinate).

Olive stone and chop coarsely, mix with the vinaigrette and set aside.

Cucumber in water cleaning, clean quarters lengthwise, remove seeds and chop into cubes. cut out tomatoes in water cleaning, stem approaches wedge-shaped, chop tomatoes in columns.

Onion peel and slice into very thin rings. Pepper into quarters, clean, remove seeds, chop water Clean and dice.

Clean lettuce hearts, spin dry in water clean and chop into bite size pieces.

Mix all ingredients - except for the squid and olive vinaigrette - giving on large serving plate.

A nonstick skillet heat and squid at high heat stirring finish fry 2-3 minutes, season with salt and pour over the salad. Olive vinaigrette drizzle it and go immediately to the table.

A Little Council

Eat salad for some bread. This makes additional full and optimizes the ratio of fat to carbohydrates.

served oysters with Parsley Salsa Verde in shell

The spicy herb sauce makes for tasty variety. Oysters prepared classical, hardly provide calories but connoisseurs do their nutrient Account little good: The estimated already in the Stone Age seafood contain little fat and carbohydrates, but many B vitamins as about Vitamin B3 (niacin), the for, among other things smooth skin makes. The green sauce (salsa verde) provides more vitamins and minerals.

Ingredients for 2 meals

8 oysters

½ bunch of parsley

1 spring onion

2 tablespoons capers

6 green olives (without stones)

½ lemon

2 tablespoons olive oil

Salt and freshly ground pepper

The preparation sequence

Parsley in water cleaning, shake dry, pluck leaves and chop finely.

Clean spring onion, chop in water clean and in fine rings. allow to dry and chop capers. Olives finely.

express lemon. Whisk parsley and other prepared ingredients with olive oil, 1 tablespoon lemon juice, salt and pepper in a bowl and leave to draw around 30 minutes.

Fold a kitchen towel several times and place 1 oyster with round shell half down on the cloth.

Place the cloth over the oyster. The shell with one hand to hold and then the cloth to protect on the hand lay (or oyster glove of metal wear). Insert the tip of the oyster knife on the tapered side of the oyster between the shell halves.

Press the knife blade as deep as possible between the shell halves apart slightly lift by carefully turning the knife the trays, then slide the oyster knife along the upper shell

inside the oyster, and so cut the sphincter muscle of the oyster. Upper shell half stand.

eliminate Possibly broken shell pieces carefully. Open the remaining oysters as well. Oysters cooked in the shell on a plate lined with ice. The green sauce rich.

A Little Council

With garlic bread (2 slices per person) you turn the starter in a filling main course. Here's how: 2 tablespoons olive oil with 1 clove of garlic and freshly squeezed little herb salt mix, spread on baguette slices and briefly under the hot grill (oven) bake crispy

Ginger soup with shrimp, carrots and pumpkin

The exotic appetizer heated and whets the appetite for more. Two ingredients of ginger soup should, they say, aphrodisiac effect - shrimp and ginger. Definitely shrimp contain easily digestible protein and essential for the undisturbed work of thyroid iodine. The ginger flavor ensures a clear head and strengthens the immune system.

Ingredients for 2 meals

1 piece of ginger (so about 30 grams)

1 small clove garlic

1 small onion

¼ butternut squash (around 125 grams)
1 carrot (so about 100 grams)
1 teaspoon curry powder
1 tablespoon oil
400 ml chicken stock or vegetable stock
4 shrimp (with heads and shell as around 40 grams)
100 ml coconut milk (9% fat)
3 stalks basil
Pinch of salt

The preparation sequence

Ginger, garlic and onion peel and finely chop.

Pumpkin and carrot peel and chop into very thin strips.

Oil in a saucepan, Cauldron heat, sauté onion, garlic and ginger 1 minute glassy.

The curry powder sprinkle, stir in broth, heat again and simmer over low heat 10 minutes. Puree According desired.

Carrot and pumpkin and cook for another 8-10 minutes simmer, cooking.

Meanwhile shrimp in water cleaning, season with salt. give coconut milk and shrimp in ginger soup and everything for another 3 minutes cooking, simmer.

Basil in water cleaning, shake dry, pluck leaves and chop into very fine strips. give ginger soup into bowls and sprinkled with basil bring to the table.

A Little Council

The ginger soup is a fine entrée for an Asian menu. Then take to sprinkle coriander leaves instead of basil. The parsley-like herb has a very intense aroma, spice therefore prefer the motto: Less is more.

Lobster papaya salad with avocado

The special treat for gourmets. This wonderfully aromatic, light noble meal filled by the way your vital substance Account vigorously on, with vitamin C, potassium, magnesium, iron and especially biotin, a B vitamin that plays an important role in blood clotting.

Ingredients for 2 meals

1 cooked lobster (cooked by the dealer and released from the shell as the 600 grams)

½ bunch coriander

1 large lime

2 tablespoons Thai fish sauce

2 tablespoons soy sauce

2 tablespoons canola oil

1 tablespoon sesame oil

1 small papaya

1 avocado

200 grams of mixed salad leaves

2 elongated shallots

100 grams of sugar snap peas

Pinch of salt

The preparation sequence

Coriander in water cleaning, shake dry, pluck leaves and chop coarsely.

express For the sauce Lime juice reserved. Fish sauce, 3 tablespoons lime juice, soy sauce, canola and sesame oil stir and mix the coriander.

Papaya Peel, cut in half and dissolve out with a spoon the seeds.

Cut avocado in half, remove the stone and remove the shell.

chop papaya and avocado into thin slices, place on a plate and sprinkle with a little lime juice.

Lobster into bite size pieces shred, mix in a small bowl with a little sauce.

Clean salads, in water cleaning and spin dry, chop into bite size pieces.

Shallots Peel and chop into very fine strips.

Clean mangetout and shred into fine strips. Bring salted water to a boil, add sugar peas for 30 seconds, then briefly under cold water hold (blanching) and allow to dry well.

mix salads, shallots and sugar snap peas with 2/3 of the remaining salad dressing and place on plate. distribute lobster, avocado and papaya on it and sprinkle with the remaining sauce. If desired, decorate with coriander.

A Little Council

Who does not want or time to deal with a whole lobster, instead taking cooked shrimp. Additional iron and other dietary fibers can be scored, scatters 2 tablespoons sesame seeds, dry roasted in a nonstick skillet over the lobster salad.

Chicory and prawn salad with asparagus, grapefruit and poppy vinaigrette

Noble combination: take prawns on fine asparagus. With a portion of the daily quota of vitamins A, C and E is completely satisfied with iodine 70 percent. Also folic acid is well represented with about 50 percent of the daily requirement, which is especially important for breastfeeding and expectant mothers.

Ingredients for 2 meals

8 large shrimp (with heads and shell)

1 teaspoon honey

1 tsp medium mustard

1 ½ tablespoons white wine vinegar

Salt and freshly ground pepper

5 tablespoons canola oil

1 tablespoon poppy seeds

300 grams of green asparagus

1 bunch scallions

2 grapefruits

1 small chilli

2 chicory

1 red chicory or radicchio

The preparation sequence

give honey, mustard, vinegar, salt, pepper and 3 tablespoons of oil in a large vessel. Mix with a hand blender to a smooth sauce (vinaigrette).

The poppy roast in a frying pan without fat and stir hot under the vinaigrette.

Asparagus cut cleaning and the lower woody ends in water. Peel the bars as desired with a vegetable peeler.

Asparagus in 2-centimeter-long, oblique pieces shred.

Clean spring onions, and mince in water cleaning diagonally into thin rings.

Peel grapefruit with a knife so that all white skin is removed. The fruit fillets over a bowl between the separating skins cut out.

cut chilli in water cleaning, lengthwise into two halves, remove seeds and chop very finely.

Rinse shrimp briefly, pat dry, salt and pepper. Mix with chilli and 1 tablespoon oil in a bowl.

Clean chicory and solve one sheet from the stalk. Washing, shake dry. spread on a plate with the grapefruit segments and the onion rings.

A nonstick skillet heat. Chilli prawns pour in the oil and at high heat finish fry 3-4 minutes. Removal and the frying pan with a paper towel to wipe.

Heat the remaining oil in it, add asparagus and finished fry, stirring constantly for 1 minute. Add salt and pepper. Preparing asparagus and shrimp on the salad plate. Vinaigrette aufmischen again briefly, give over the salad and bring to the table.

A Little Council

You like poppy not really? No problem, then take instead newly sunflower, pistachio or pine nuts! Simply chop finely and fry briefly - as the seeds develop a pleasant aroma.

Hummer in Weingelée with frothy vanilla cream

A luxurious appetizer, which you guaranteed compliments einheimsen. Easily digestible, good usable protein and little fat stuck in the flesh of the noble sea dweller. It also provides plenty of iodine and iron. Our metabolism is maintained with the help of just occurring iodine in Lot, iron is essential for oxygen transport.

Ingredients for 2 meals

200 grams of lobster meat or crayfish meat

3 leaves of white gelatine

350 ml Sauternes or lighter grape

125 ml classic vegetable
Salt and freshly ground pepper
½ fennel bulbs (around 125 grams)
½ green apples
1 vanilla pod
2 eggs (size M)
100 ml white wine or apple juice
1 teaspoon hazelnut oil

The preparation sequence

Soak gelatine for 10 minutes in cold water.

boil down to the 10 minute to half the Sauternes in that way. Squeeze the gelatine and dissolve in the hot liquid, not boiling, simmer!

Wine with broth mix, season with salt and pepper. Allow to cool to room temperature.

Clean fennel in water cleaning, and chop into very small pieces. Peel, core and chop very finely dice the apple half.

give fennel dice for 30 seconds in boiling water, then drain and pour over with cold water (blanching).

Lobster meat chop into cubes, mix with fennel and apple, season with salt and pepper. Rinse 2 ramekins with cold water. Hummer mixture pour, pour the gelatin liquid over it and refrigerate for 5 hours.

cut for the frothy cream vanilla bean lengthwise in half and scrape out the marrow with a knife back. Separate the eggs. Yolks with vanilla seeds, white wine and a little salt

and pepper over a hot water frothy (proteins otherwise use). Hazelnut oil under working.

Ramekins dip it in warm water and plunge the jellies on plate, Pour the vanilla cream and bring to the table.

A Little Council

Who avoid gelatin, for there's an alternative plant-based: agar-agar from seaweed, completely tasteless and odorless. After using the package instructions of the manufacturer.

Crab salad tower with apple and curry hip

High Stacked eyecatcher for special occasions. Crayfish meat needs to not hide behind Lobster and Co.. It not only tastes like delicious and is also low in fat - it scores well with a lot of valuable nutrients, especially protein, and vitamins B6 and B12, good for both of the nerves.

Serves 4 meals

600 gram crayfish tail

50 grams butter

80 grams of rice flour

1 tablespoon flour (Type 405)

1 teaspoon sugar cane

1 tablespoon curry powder

½ teaspoon salt
3 eggs (size M)
1 tablespoon whipped cream
½ lemon
2 tablespoons olive oil
5 tablespoons sour cream
2 spring onions
1 tart apple
2 small tomatoes
Chervil for garnish

The preparation sequence

Melt the butter in a saucepan, Cauldron melt and leave little cool.

Rice flour, flour, sugar, curry and 1 pinch of salt Mix in a bowl. The Separating eggs (the yolk chill and otherwise use).

Stir egg whites with the whisk the flour mass. Melted butter and whipped cream, mix. Line a baking sheet cake with ready blank parchment paper.

The mass in portions with a tablespoon give it. Each to long with a spoon, pull narrow strip in the length. Bake in preheated oven at 200 ° C (with convection: rotary switch 3: 180 ° C, at gas) bake on the middle rack in so golden brown around 7 minutes.

Baked lift hip with a spatula on a oven rack and let cool. From the remaining mass produce more hip. Keep hip hermetically until use.

allow to dry crabmeat and place in a bowl. express lemon. 2 tablespoons lemon juice, olive oil and sour cream mix. 1/3 ask them aside, mix the rest with the crabmeat.

Clean spring onions in water cleaning, and chop into very thin rings.

Apple in water clean, chop sliced out the seeds and finely chop. Tomatoes into quarters, remove the seeds in water clean and chop into small cubes. Each 1 tablespoon mix of both with some of the reserved sauce. Add salt and pepper.

raise Miscellaneous Apple and tomato cubes with onions under the crabmeat. Season with salt and pepper. For each 3 hip and crabmeat salad on 4 plates build small towers. The sauce around the turrets trickle. If desired, with little chervil decorate and bring to the table.

A Little Council

Not quite as noble, but far faster and easier is the starter, if you take the homemade hip extra large, take flat chips. Another variant, which is also super useful as a finger food for parties: Krebsfleischsaat Preparing to around gouged bread slices.

Clear lobster soup with leeks and tomatoes

Hummer difference: lobster soup as a fine appetizer for four or light main meal for two. Little, but high-quality fat and a good amount of protein make staying slender with this gourmet soup to treat. For saturating effect of calorie fennel

contributes; the aromatic vegetables also has antihypertensive potential.

Serves 4 meals

1 cooked lobster (around 600 grams from the fishmonger)

1 leek (around 260 grams)

300 grams of fennel

1 clove of garlic

2 tablespoons olive oil

2 Sternanise

1 dried chilli pepper

3 tablespoons Cognac

100ml white wine

1 ¼ liter fish stock

Pinch of salt

½ teaspoon peppercorns

8 cherry tomatoes

The preparation sequence

Lobster tails and claws separated. Tails with a heavy knife cut lengthwise in half and remove the intestine.

Take the meat from the lobster tank and shred large pieces into 1 centimeter.

strike scissors with the blade.

armor penetration capability of the scissors and cause the meat. Cut the leg meat horizontally into two halves.

The meat under running water cold rinse and provide covered cold. The tanks chop coarsely.

Eliminate the dark green part of the leeks, cut and set aside a 3 cm long piece of the white part.

Clean fennel and remaining leeks, chop large pieces in water and cleaning in 2 centimeters. Peel garlic and chop into fine slices.

Heat the oil in a large saucepan, heat Cauldron. The tank parts fry over medium heat for 4-5 minutes.

Leek, fennel, garlic, star anise and whole chilli to give. Sauté one minute, until the cognac, then pour white wine and fish stock to and bring to a boil. Some salt and peppercorns. Over medium heat for 1 1/2 hours a simmer, cooking.

Meanwhile, the cherry tomatoes, plunge them into boiling water, remove, cold rinse and remove the skin.

Clean aside Laid leeks in water cleaning. Leeks into quarters and shred large diamonds in 1 centimeter. 30 seconds boiling salted water boil, cooking take out, cold rinse and dry well.

Add the broth (rear) by a lined a cloth strainer sieve into a second saucepan, Cauldron and possibly little boil down to intensify the flavor.

Leek diamonds, tomatoes and lobster parts in about 200 ml broth warm, lift out with a slotted spoon and place in preheated soup bowls. Fill with the very hot lobster stock and bring the clam chowder immediately on the table.

A Little Council

Fennel bulbs are particularly rich in nutrients. Stored in a cool (vegetable compartment in the refrigerator - preferably packed in a sealed freezer bag) remains the vegetables fresh for several days.

Scallops between wonton sheets with spinach, sundried tomatoes and peppers

Noble artwork - composed for the occasion. One of the turrets covers the daily requirement of iodine to 40 percent. The trace element is essential for the formation of thyroid hormones that regulate metabolism. In addition, they stimulate the production of heat and maintain a constant body temperature.

Serves 4 meals

- 12 not large scallops (unshelled)
- 40 grams of dried tomatoes without oil
- 3 red peppers (so about 600 grams)
- 1 tablespoon cane sugar
- 2 tablespoons white wine vinegar
- 1 egg (size M)
- 1 stalk of basil
- 16 wonton sheets

2 teaspoons sesame
1 teaspoon black sesame
2 small shallots
1 small clove garlic
260 grams of spinach
1 tablespoon of butter (around 20 grams)
Salt and freshly ground pepper
1 teaspoon Ras el hanout
1 teaspoon olive oil

The preparation sequence

give dried tomatoes in a bowl, pour over boiling water. let steep 15 minutes.

Peppers into quarters, remove the seeds, and chop in the water cleaning small.

allow to dry in a colander Tomatoes. Tomato mince small.

Pepper and tomato Puree with some tablespoons of water in a food processor or with a hand blender.

give puree in a kitchen towel and squeeze vigorously. The emergent juice in a saucepan, Cauldron field.

Juice, sugar and vinegar mix and bring to a boil. boil over medium heat in a few minutes, until the liquid has a syrupy consistency. Allow to cool to room temperature.

The egg separate. Basil in water cleaning, shake dry and 8 leaves pluck. 8 Wantan leaves spread lightly with egg white. In each case a basil leaf on it lay. Rest of basil aside. Yolk otherwise use.

The remaining 8 Wonton leaves it lay precisely. Surface also coat with egg and sprinkle with sesame seeds. (If you like, the sheets can also cut out round.)

Place on a lined finish cutting baking paper cake baking sheet and in the heated, preheated oven tube, kitchen stove at 200 ° C (with convection: rotary switch 3: 180 ° C, at gas) bake until golden brown in a few minutes. blank Remove and cool on a wire rack.

Peel shallots and garlic and chop finely. Clean spinach, leave water clean and dry.

Butter in a frying pan heat up. Shallots and garlic fry 2 minutes glassy. The spinach and leave little coincide. Season with salt and pepper. Keep warm.

A cast iron skillet heat. Scallops with ras el hanout spice. let olive oil in frying pan very hot and ready fry the shells with very strong heat of each side 45-60 seconds.

In each case a wonton sheet on warmed plates give. Spread the spinach on it. salt lightly, spread the shells on the spinach and cover with the remaining wonton sheets. umträufeln By Paprikasud and decorate as desired with basil leaves.

A Little Council

Spinach should be washed only briefly and directly in front of the preparation process. Do not hold the vegetables for under standing water than necessary, otherwise lose valuable vitamins.

Mediterranean shrimp pan with chili, tomatoes, capers and arugula

Some like it hot - enjoy like the Mediterranean! Chili provides the secondary plant substance capsaicin. And that is much more than just a Scharfmacher: It promotes blood circulation, relieves pain, stimulates digestion, facilitates breath with colds and protects the cells against free radicals.

Ingredients for 2 meals

320 grams of shrimp (with heads and shell)

2 red chillies

1 onion

2 cloves of garlic

4 medium tomatoes

1 tablespoon olive oil

150ml dry white wine or lemon water

Salt and freshly ground pepper

50 grams rocket

1 tablespoon capers

The preparation sequence

Shrimp rinse and pat dry. Cut chillies lengthwise in half, remove seeds and water cleaning. Peel and chop onion and garlic. Tomatoes into quarters, remove the seeds in water clean and finely chop.

Heat the oil in a frying pan heat up. Prawns lightly salt and fry the chillies in hot oil in large heat around 1 minute.

take shrimp from the skillet. the onion, garlic and tomatoes in the frying fat and ready fry 2 minutes. Add the white wine or lemon water.

give shrimp back into the frying pan. 2 minutes boiling, simmer, add salt and pepper. Rocket in water clean and spin dry. allow to dry capers. Both mix with the shrimp pan and bring to the table.

A Little Council

The shrimp are very rich in protein, but low in carbohydrates. Do not worry: With a piece of whole wheat ciabatta to the Mediterranean skillet tastes even better and also brings enough fiber.

Crayfish tails in carrots and celery and mustard seeds

The special pleasure - perfect as an appetizer or light dinner. With a portion of we fill up nearly 260 percent of the daily requirement of pro-vitamin A (beta-carotene =), which is converted to retinol in the body, the essential component of visual pigments in the eye. In addition to its importance as Retinol precursor carotene acts as a scavenger, thus preventing damage to cells and probably cancers.

Ingredients for 2 meals

100 grams of cooked crayfish tails (refrigerated)

3 carrots (so about 100 grams)

1 piece of celeriac (so about 150 grams)

1 small clove garlic

½ teaspoon fennel seed

1 teaspoon mustard seeds

100 ml fish stock (glass)

3 stalks dill

Salt and freshly ground pepper

The preparation sequence

Carrots and celeriac, peel in water clean and chop into small, as long as the 5 centimeter pins.

Peel and chop garlic.

Carrots, celery sticks and garlic give with fennel, mustard seeds and fish stock in a saucepan, Cauldron. Boil and covered with small heat simmer 7-8 minutes.

Meanwhile, rinse the dill, pluck shake dry and in small flags.

Laying crayfish tails on the vegetables and cook covered for 2 minutes.

Crayfish tails remove. Dill give the vegetables with salt and pepper and cook with the crayfish tails.

A Little Council

Lovers of celeriac appreciate its taste; Critics complain a sometimes occurring mustiness. This can be prevented: Enter little lime or lemon zest to vegetables - which brings a delightful freshness!

Shrimp and vegetable salad with mustard dressing

Crunchy competition for the classic shrimp cocktail. The signals are on green for this fresh combination of shrimp, leeks, tomato and cucumber! The shellfish impress with easily digestible protein and a good dose of iodine - the vegetable mix served the need for more vitamins simultaneously. And that's all there for just 200 calories per serving!

Ingredients for 2 meals

12 prawns (with shell so to the 260 grams)

1 leek (around 200 grams)

3 tomatoes (so about 80 grams)

½ cucumber (around 260 grams)

2 teaspoons grainy mustard

3 tablespoons mild white wine vinegar

Salt and freshly ground pepper

2 teaspoons olive oil

1 bunch dill

The preparation sequence

remove shrimp from the shells, in each case the shell piece off let the tail end. The shells in a colander, rinse and allow to dry.

Shrimp carve with a small knife along its back and remove the black intestine threads. The shrimp rinse and pat dry with paper towels.

Cut leeks lengthwise into two halves, clean water in clean and shred wide pieces approximately 2 centimeters.

Shrimp shells in a saucepan, give Cauldron. add so much water that the shells are about 2 centimeters high rain, and heat again.

Laying succession leek and shrimp in a steamer and place in the pan, cooking kettles. Cover and absorb about 4 minutes over medium heat.

Remove the steamer and let leek and shrimp to cool it. From Dämpfsud 3 tablespoons remove and cancel.

Tomatoes, eight pieces in water cleaning, thereby cutting out the stem approaches wedge.

Half the cucumber thoroughly in water cleaning, wipe dry and cut lengthwise into two halves. remove seeds with a spoon and chop into thin slices.

Mustard, white wine vinegar, measured Dämpfsud, salt and pepper in a small bowl, stir with a whisk. Olive oil embezzled.

Dill in water cleaning, pluck shake dry and the flag.

Dill with tomato, cucumber, leek, shrimp and the salad dressing in a large bowl mix. let soak for 15 minutes again season with salt and pepper and cook.

A Little Council

Coarse grain Dijon mustard (Moutarde de Dijon Rôtisseur) tastes especially intense and aromatic.

Shrimp salad with melon wedges

Spicy interaction: sharp crustacean meat with aromatic fruit. By shrimps much iodine comes into play! The trace element is barely represented in our food, but essential for the thyroid. You need it to produce their hormones. The control among others bone formation, metabolism, growth and brain development, and keep us so efficient

Ingredients for 2 meals

125 grams of shrimp (frozen unshelled)

1 large red onion (so about 70 grams)

1 red chilli

1 lime

1 tablespoon Ahornsiurp

Pinch of salt

1 teaspoon canola oil

½ melon (as Charentais)

1 tablespoon roasted, salted peanut kernel (15 grams)

½ bunch coriander

The preparation sequence

Defrost the prawns on a large plate according to package directions.

Meanwhile, Peel the onion, cut some small rings and chop the rest of the onion finely.

clean chili pepper, cut in water cleaning, in half, remove seeds and chop very finely.

Squeeze the lime. 2 tablespoons lime juice with maple syrup, 2 tablespoons water, salt and chilli stir cubes in a small bowl.

Thawed shrimp carve with a small knife along its back and remove the black intestine threads.

Shrimp rinse and pat dry with paper towels. Heat the oil in a small frying pan heat up and fry shrimps ready in around 3-4 minutes.

can give still warm with the diced onion to lime and chilli sauce and steep for 10 minutes (marinate).

Meanwhile, the melon with a spoon remove the seeds, chop and peel wide columns in about 1 centimeter.

Peanuts chop coarsely with a large knife. Under the shrimp mix.

Rinse cilantro, shake dry, pluck leaves, coarsely chop, also mix with the shrimp salad and add salt. Preparing Salad with Melon slices on plates, garnish with onion rings and bring to the table.

A Little Council

The perfect alternative in the winter when there is little tasty melons or you fancy a warm side dish: pumpkin shrimp salad. For 400 grams (gutted and, except for

Hokkaido, shelled) dice. Cover and cook until soft in a little salted water or broth, puree, season to taste.

Crispy onion with colorful grapes and feta cheese

Easy to Wegknuspern: autumn classic reinvented. At least once heard in the fall a hearty onion on the table! Best access several times, you should, however, in this fruity-spicy creation. The combination of onions, grapes and feta cheese, baked to crispy wholemeal, namely covers the daily requirement of three essential minerals calcium, magnesium and potassium to about one third.

Serves 4 meals

½ cube of yeast (21 grams)

1 teaspoon of liquid honey (so to the 5 grams)

200 grams Wheat wholemeal flour

½ teaspoon salt

2 tablespoons olive oil

350 grams of green seedless grapes

260 grams of blue grapes

little flour to edit

6 onions (50 grams)

3 sprigs of rosemary

200 grams feta cheese

The preparation sequence

add 125 ml of lukewarm water in a small bowl, crumble the yeast into it, add honey and stir until smooth.

Put the flour into a mixing bowl. Salt, olive oil and yeast mixture and knead Starting with the dough hook of a hand mixer until smooth.

The dough covered for about 40 minutes in a warm place let go until the dough volume has doubled.

thoroughly let meantime green and blue grapes dry well in water and cleaning in a colander under warm water. Cut Blue grapes in half and remove seeds.

The dough again knead. The work surface with a little flour and dust (as the 30 x 40 centimeters) Roll out the dough on it with a rolling pin in baking tray size. To wrap the rolling pin. Line a baking sheet cake with ready blank parchment paper, roll the dough on it again and it put a second cake baking sheet as a cover, so that the dough can go under. let rise for 20 minutes.

Peel onions Meanwhile, cut in half and crush into fine rings. Rinse rosemary, pluck shake dry and the needles.

distribute onions, grapes and rosemary on the dough. allow to dry and crumble feta cheese over it. Bake in preheated oven at 200 ° C (with convection: 180 ° C, at gas: rotary switch 3) bake about 35 minutes. Still warm divide into pieces and bring to the table.

A Little Council

Something fat and therefore fewer calories prepare the onion tart with feta fettreduziertem to.

Crispy Tarte with wasabi, shrimp and leeks

Greeting from Alsace: very thin wholemeal Knusperboden with many delicacies on top. The wholemeal it truly has in itself and provides the body the same with several B vitamins simultaneously. They complement each other perfectly and have numerous metabolic functions upright. Valuable support visit here from trace element zinc, which scores with at least 60 percent of the daily requirement.

Ingredients for 4 meals (as at 25 x 15 cm).

1 leek (around 200 grams)

5 tablespoons oil (e .g. Sunflower oil)

Salt and freshly ground pepper

120 grams Northern prawn

200 grams of sour cream

1 teaspoon wasabi paste

400 grams Wheat wholemeal flour

The preparation sequence

clean leeks, mince in water clean and cut into thin rings.

1 tablespoon of oil in a frying pan heat up, the leeks and cook finished frying approximately 3 minutes and set aside.

give shrimp in a colander, cold rinse and dry well.

Sour cream and wasabi mix.

Flour, remaining oil (4 tablespoons), 260 ml of water and 1/2 teaspoon salt in a bowl and knead with the kneading hook of the hand mixer until smooth.

Turn dough onto the floured work surface and divide into 4 meals. Each serving into a thin, elongated patties (so around the 25 x 15 cm) roll.

The 2 flat bread on a sheet of baking paper finished cutting lay in the size of the baking sheet. An Arch finished blank parchment paper with flatbread move to the cake baking sheet.

Every flat cakes with wasabi cream Brush, distribute leeks and prawns on top. Season with salt and pepper.

Bake in preheated oven at 225 ° C (with convection: rotary switches 3-4: 200 ° C, at gas) bake on the bottom rail about 12 minutes. Removing and Tarte velvet finished blank parchment paper from the sheet draw. finished blank parchment paper with the remaining flatbread move to the plate. Likewise prove and bake.

A Little Council

Shrimp are not for cholesterol-conscious connoisseurs. Also delicious and rich in valuable omega-3 fatty acids for healthy blood lipid levels: Pepper mackerel (please only a few minutes with heat).

Seafood pizza with fennel and orange

For all fans of mussels, prawns, squid & Co. just right. Here comes Tomato three distinct forms on the dough: happened when Mark and dried. In the processed and heated tomato's more lycopene than raw. This phytochemical acts as an antioxidant - it protects the body cells, tissues and organs from a sickening injury caused by so-called free radicals.

Ingredients for 8 meals (12 cm diameter).

200 grams Seafood Mix (frozen)

200 grams Spelt wholemeal flour

200 grams Spelt flour Type 630

½ cube of yeast

1 small organic orange

1 clove of garlic

200 grams of tomato puree

2 tablespoons tomato paste

Salt and freshly ground pepper

chili powder

1 fennel bulb (around 260 grams)

40 grams of dried tomatoes (in oil)

260 grams of mozzarella

The preparation sequence

Thaw Frozen Seafood according to package instructions.

Flour and 1/2 teaspoon salt in a bowl mix, make a well in the center. crumble and pour in yeast.

give 260 ml of lukewarm water over it and knead with the kneading hook of the hand mixer to a smooth dough. Dough covered in a warm place let go about 30 minutes.

Meanwhile, Orange hot water cleaning, wipe dry and rub the bowl. Peel garlic and chop finely.

Tomato puree, tomato puree, orange zest and garlic mix. Season with salt, pepper and chili powder to taste.

Clean fennel, mince in water clean and cut into small cubes.

allow to dry tomatoes and shred into strips.

allow to dry and shred mozzarella into slices.

Rinse defrosted seafood cold, allow to dry and dry well.

Share pizza dough on floured surface into 8 meals and each roll into a circle of as around 12 centimeters in diameter.

Cart 4 pizzas on a lined finish cutting cake baking paper baking sheet.

Pizzas with tomato puree Brush. distribute seafood, fennel and tomato strips on it. Top with mozzarella slices and in the heated, preheated oven tube, kitchen stove at 225 ° C (with convection: rotary switches 3-4: 200 ° C, at gas) bake on the lowest shelf for 15-20 minutes.

Removing and pizzas including finished blank parchment paper from the sheet draw. occupy the remaining pizzas well and bake.

A Little Council

Aroma A Little advice: first pivot seafood in a frying pan in a little olive oil with a little garlic, rounded off with parsley, then enter the semi-finished pizza and bake.

Shrimp rolls with sprouts and ginger

Crisp, spicy fullness in prettier shell: Dangerously addictive! Von wegen wound wrong - in the low-fat snack by type of Vietnamese summer roll contain important nutrients fed. Above all points the shrimp with iodine and protein, to provide vegetables and herbs plenty of vitamins.

Serves 4 meals

260 grams of raw shrimp (oven-ready, without heads and shell)

30 grams of rice noodles

1 piece of ginger (around 20 grams)

1 clove of garlic

1 tablespoon light sesame oil

50 grams mung bean sprouts

1 carrot (so about 100 grams)

6 stalks coriander

4 sprigs mint

8 leaves of iceberg lettuce (large leaves)

8 sheets of rice paper (16 centimeters in diameter)

4 tablespoons soy sauce

The preparation sequence

Glass noodles soak in hot water according to package instructions, let dry thoroughly in a colander and chop slightly smaller with a kitchen scissors.

pat dry shrimp in water and clean with a paper towel. On the back each little cut and remove the black intestine threads. coarsely chop shrimp; Peel the ginger and garlic and chop finely.

Oil heat in a nonstick skillet. Shrimp, ginger and garlic over medium heat, stirring constantly ready fry 1-2 minutes. Place in a bowl and let cool.

Meanwhile, let dry and clean well sprouts in water. Clean and peel carrots in water cleaning. The lengthwise, then chop into thin slices into sticks.

Coriander and mint in water cleaning, shake dry, pluck off the leaves and chop finely.

Mix with sprouts, carrots sticks and glass noodles with shrimp.

Lettuce leaves in water cleaning, spin dry and shred into strips.

Place a tea towel on your work surface. Rice paper sheets, one each 30-40 seconds in a bowl with hot water to soak. Removing, allow to dry and next to each other on the kitchen towel.

Each occupy rice paper with a salad strips and add 2-3 tablespoons of shrimp and vegetable filling centers.

Rice paper wrap firmly into rolls and each cut diagonally in half. Preparing on a plate and bring the soy sauce on the table.

A Little Council

They are similar, although in taste and appearance, nevertheless the basis for glass noodles and rice paper is not the same: while the fine noodles, you just soak, usually made of mung bean starch, is used to produce the practical "paper" made from rice flour.

Fried scallops with lemon and ginger

Noble sophistication that succeeds even inexperienced in no time. Even the medieval pilgrims refreshed themselves with the meat named after the St James mussels. Certainly with success, as the noble sea creatures are full of valuable proteins and which is so important for thyroid function trace element iodine.

Serves 4 meals

8 scallops (triggered ready to cook)

Salt and freshly ground pepper

8 spring onions

1 small lemon

2 tablespoons sushi ginger

2 tablespoons canola oil

1 tablespoon yogurt butter

½ teaspoon turmeric

50 ml classic vegetable

The preparation sequence

Scallops with paper towel pat dry, cut crosswise in half, salt and pepper.

Clean spring onions, and mince in water cleaning diagonally into pieces.

Cut the lemon in half and squeeze. allow to dry ginger in a tea strainer and shred into strips. Something set aside for garnish.

In a wok or in a large skillet 1 tablespoon oil with the butter warm. The mussels fry around 1-2 minutes. and make taking out on a plate aside.

The remaining oil in wok heat, spring onions add and cook until soft, stirring constantly.

Turmeric, 3 tablespoons lemon juice and vegetable broth to add. Allow to boil, then allowed to warm scallops and ginger in it with stirring for about 1 minute. With salt and pepper from the mill. ornate dressers and with ginger strips.

A Little Council

Get the fishmonger, the shells of triggered scallops wrap with. Enter, z. B. as containers for spices or butter, an equally useful as pretty table decoration from.

Apple-onion couscous with grilled shrimps

Gentle modification of an Arab classic with fresh mint flavor. For an effective defense force, the body needs the trace element zinc. Shellfish such as prawns contain very much of it. An extra dose of zinc the organism needs whenever he needs to form new tissue - for example in case of injuries, burns or surgery.

Ingredients for 2 meals

6 shrimp (with heads and shell as around 30 grams)

125 grams Couscous

2 onions (so about 100 grams)

6 stalks mint

1 small apple (so about 150 grams)

2 tablespoons olive oil

75 ml classic vegetable

Salt and freshly ground pepper

The preparation sequence

Heat 180 ml of water with a pinch of salt once, stir in couscous, cover and let swell 10 minutes.

Peel Meanwhile, the onions, cut in half and chop into thin slices.

Mint in water cleaning, shake dry, pluck off the leaves and chop coarsely.

Apple in water cleaning, into quarters, remove the core and chop the pulp small.

1 tablespoon oil in a nonstick skillet heat and sauté the onion for 2 minutes. The apple pieces to present and cook briefly.

Couscous with a fork little break. give couscous, mint and broth for bulb vegetables. Season with salt and pepper.

Shrimp in a colander briefly rinse and pat dry well with paper towels.

A grill pan heat, add the remaining oil and fry the shrimp done it from each side for 2 minutes. Season with salt and pepper. Preparing shrimps with apple and onion couscous.

A Little Council

Do not just buy any apple! With regard to the vitamin C content, there are differences depending on the variety enormous. Old, long almost forgotten varieties of apple mince particularly well - ask your dealer market thereafter. Of the major varieties of Red Boskoop is way ahead.

Shrimp and vegetable stew with two tomatoes

. Stew in a light and spicy Mediterranean style with the shrimp is sometimes catered for iodine: Around 50 percent of the daily debits brings a serving here, thereby contributing to good thyroid function. The tomatoes provide lycopene abundant - this bioactive phytochemical protects our cells against free radicals.

Ingredients for 2 meals

4 spring onions

1 clove of garlic

1 small kohlrabi (so about 200 grams)

2 tomatoes

2 dried tomatoes

1 stalk savory

2 tablespoons olive oil

1 bay leaf

1 teaspoon green pepper from the mill

2 tablespoons tomato paste

100 grams of green beans (frozen)

600 ml classic vegetable

Salt and freshly ground pepper

150 grams of shrimps (ready to cook unshelled)

½ bunch of chives

The preparation sequence

Clean green onions, mince in water clean and cut into thin rings.

Peel garlic and chop finely.

Kohlrabi in water clean, peel, cut into two halves and only in slices, then chop into small pens.

Tomato wedge-shaped cut out in water clean, handle approaches and eighths tomatoes.

Dried tomatoes coarsely chop. Savory rinse and shake dry.

In a saucepan, Cauldron 1 tablespoon oil heating. Bay leaf, green pepper, dried tomatoes and tomato paste and sauté admit stirring about 1 minute.

Onions and kohlrabi Add and sauté about 2 minutes while stirring.

Tomatoes, beans, savory broth and add. Add salt and pepper, and covered over medium heat and simmer about 15 minutes, stirring occasionally and from.

Meanwhile, slightly scratch the shrimp at the tops with a knife and remove the black intestine threads. Shrimp rinse and pat dry with paper towels.

Residual oil heat in a nonstick skillet. Garlic stirring fry about 30 seconds. Add shrimp and stir fry completed an additional 4-5 minutes.

give shrimp to vegetables. Chives in water cleaning, shake dry, chop into rolls and sprinkle over the shrimp and vegetable saucepan, Cauldron.

A Little Council

The kohlrabi little falling out of the Mediterranean setting, yet fits into culinary image and controls vitamin C in. A Little advice: The leaves even contain twice as much of it as the tubers, namely around 130 mg per 100 grams!

Seafood salad with tomatoes and olives

Mediterranean masterpiece that succeeds by less experienced operators. For a hefty vitamin kick is well taken care of here: A portion of the fine seafood salad covers loose the daily requirement of vitamin C and almost twice the vitamin B12. Along with the fatty acids in olive oil helps the latter in maintaining heart and circulation going: It defuses namely the potentially harmful amino acid homocysteine.

Ingredients for 2 meals

- 100 grams of shrimps (ready to cook)
- 200 grams kitchen finished squid tubes (from the freezer)
- 1 clove of garlic
- 2 onions
- 2 stalks celery
- 1 yellow pepper
- 100 grams of cherry tomato
- 1 lime
- 1 bunch basil
- 4 tablespoons olive oil
- 50 ml fish stock (glass)
- 2 tablespoons white wine vinegar

Salt and freshly ground pepper

8 small green olives (without stone)

The preparation sequence

slightly scratch shrimp at the tops with a knife and remove the black intestine threads. Shrimp rinse and pat dry.

give squid tubes in a colander, rinse, pat dry and chop crosswise into rings.

Garlic and onions, peel and finely chop.

Clean celery, optionally unthreading in water cleaning, and chop into thin slices. Cut peppers in half, remove seeds, chop water clean and in narrow strips.

Cut the tomatoes in water and cleaning in two halves. Cut the lime in half and squeeze.

Basil in water cleaning, shake dry, pluck leaves and chop with a large knife.

In a nonstick skillet 1 tablespoon of olive oil to warm. Squid and shrimp fry with stirring over medium heat for 2 minutes.

Onion and garlic cubes admit and cook 1 minute.

give fish stock and white wine vinegar into the frying pan and stir. Add salt and pepper, and allow to reduce the liquid by half. Put everything in a salad bowl and leave little cool.

Meanwhile, 1 tablespoon oil Pour into hot skillet. Celery and peppers pieces sauté it with stirring for 1-2 minutes. Allow to cool slightly. Meanwhile, finely chop olives. Place the chilled vegetables to seafood.

In a small bowl, lime juice, 3 tablespoons water, salt, pepper and the rest oil Whisk a dressing. lift with tomatoes

and olives among the seafood mixture. Sprinkle with basil and bring the finished Seafood salad on the table.

A Little Council

Seafood salad - the salad precious among the salads also comes with guests guaranteed good! It can be easily prepared for the meal with friends or a party buffet in larger quantities. Something wholemeal baguette to complete the culinary pleasure and saturates more sustainable.

Mushroom potatoes with arugula and lemon Scampi

Pfannengericht fine style, yet uncomplicated and finished in a three-quarter hour. Rocket and scampi provide the body with a large ration iron and iodine; these two trace elements often come up short in the diet. The hematopoietic iron comes here primarily from the spicy green stuff, the shellfish take iodine for a healthy thyroid.

Ingredients for 2 meals

600 grams small waxy potatoes

2 onions

200 grams of brown mushrooms

1 organic lemon

1 bunch of arugula (100 grams)

3 tablespoons olive oil

Salt and freshly ground pepper

6 Scampi (kitchen ready and peeled so about 150 grams)

1 clove of garlic

The preparation sequence

Put the potatoes in water cleaning and unpeeled in a saucepan, Cauldron. Cover with water and covered so at the 20 minute simmer, cooking.

Peel onion and finely dice the meantime.

Clean mushrooms, possibly cut large mushrooms in half.

Rinse lemon in hot water, wipe dry and cut in half. 1 lemon half in slices shred expressing the other half.

Clean arugula, cut thick stalks. Rocket in water clean and spin dry.

Potatoes pour cold deter and peel, possibly cut in half.

2 tablespoons of oil heat in a nonstick skillet. Mushrooms sauté over medium to high heat vigorously. Onions admit fry with. Mushrooms and onions remove.

so fry potatoes in skillet about 5 minutes, then add onions and mushrooms again. All season with salt and pepper and finish fry turn into so to 4 minutes brown.

Scampi rinse and allow to dry on paper towels.

Peel garlic and chop into slices.

Residual oil heat in a frying pan, and fry garlic scampi over medium to high heat vigorously, add lemon slices and toss briefly. All season with salt and pepper.

Season mushroom potatoes with salt, pepper and little lemon juice. Arugula, mix and cook together with the lemon

Scampi.

A Little Council

Scampi often originate from aquaculture (eg. Flooded rice fields, deforested mangroves) that contaminate the soil greatly. Much smarter, therefore, is to opt for Scampi "sea-fished".

Lukewarm asparagus salad with shrimp

Fine dining Spring poem in pastel colors. The prawns not only bring delicacy in the noble salad - they also ensure that the daily requirement is covered in iodine at about 40 percent. The valuable unsaturated fatty acids from rapeseed oil and walnut oil do heart and blood vessels well.

Serves 4 meals

8 shrimp (with heads and shell as around 40 grams)

400 grams of green asparagus

400 grams of white asparagus

1 bunch of rocket (around 100 grams)

1 clove of garlic

8 stalks of chervil

½ lemon

2 tablespoons canola oil

Salt and freshly ground pepper

150 ml Mediterranean vegetable stock

1 pinch of sugar

1 tablespoon walnut oil

The preparation sequence

Green asparagus in water clean, peel the bottom third and cut off the woody ends. thoroughly Peel white asparagus in water cleaning, and also free from the woody ends.

Both types of asparagus diagonally crush long pieces in 3 centimeters. clean rocket, in water cleaning, spin dry and remove coarse stems.

Rinse shrimp and pat dry with kitchen paper and cut lengthwise into two halves. detach Black gut strings with a sharp knife.

Garlic peel and crush slightly with a knife blade.

Chervil in water cleaning, pluck shake dry and the leaves. express lemon.

Rapeseed oil heat in a large nonstick skillet. Asparagus and garlic in it over high heat fry turning frequently. Season with salt and pepper.

Add vegetable stock and let it boil for 4-5 minutes. Shrimp and cook over medium heat stirring all under another 2 minutes simmer, cooking.

Asparagus and shrimp mixture with lemon juice, salt, pepper and sugar to taste. Stir in arugula, walnut oil and chervil and still get hot on the table.

A Little Council

The mixture of white and green bars makes visually very much. You might want to naturally remain entirely at a variety: With white asparagus Only the court is still classy, only with green it tastes spicy.

Auburn fried scallops with fennel and onions

Luxury seafood for hurried gourmets - served on a crisp bed of vegetables. Scallops (Fr .: Coquilles St. Jacques) are from France or Scotland and have a very tasty, slightly sweet nutty meat with a high content of vitamin B12, iron and zinc. The trace element zinc, which per serving times just covers half the daily requirement here fulfills numerous important metabolic functions in the body.

Ingredients for 2 meals

- 1 parsley root (so about 50 grams)
- 1 onion (so about 50 grams)
- 1 tablespoon germ oil
- 2 small fennel bulbs (so about 400 grams)
- 6 scallops (ready to cook)
- Salt and freshly ground pepper
- 50 ml cream

The preparation sequence

Peel parsley root and onion and chop each on the vegetable slicer into thin slices.

1/2 tablespoon of oil in a saucepan, Cauldron heat. Parsley root and onion sauté it. Cover and cook for 3 minutes over medium heat.

Meanwhile fennel in water clean and clean. Fennel leaves aside and chop the fennel on the vegetable slicer into thin slices.

Fennel for vegetables in the saucepan, Cauldron give, a little salt, add 100 ml of water and cook the vegetables over medium heat covered about 7 minutes.

While the fennel is cooked, the scallops in water Clean and pat dry with paper towels.

The remaining oil in a frying pan heat, fry the scallops in it over high heat briefly on both sides and season with salt and pepper. Then with less heat finish fry about 2 minutes, covered the end of the off plate infuse for 1-2 minutes.

give cream to vegetables, heat again and add the vegetables with salt and pepper. Vegetables and scallops cook, pluck the fennel leaves it.

A Little Council

For a full meal, ranging stilet little fresh baguette to (ideally wholegrain baguette). As vitamin-rich accompaniment fits a mixed leaf salad with cherry tomatoes, dressed with a vinaigrette of white wine vinegar, Dijon mustard, salt, pepper, a little sugar and olive oil.

Crab soup with peas and fresh dill

Fine from the coast as an appetizer, small dish or for breakfast. With delicious shrimps from the North Sea coast an extra dose of iodine comes into soup plates or -Tasse. That this country rare trace mineral that our body needs urgently for a well-functioning thyroid.

Serves 4 meals

2 carrots (200 grams)
1 piece of celeriac (100 grams)
1 piece leek (around 70 grams)
750 ml fish stock (glass)
½ teaspoon aniseed
3 level tablespoon crab butter (around 40 grams)
1 heaped tablespoon flour (around 20 grams)
½ bunch of dill
200 grams of shrimps (shelled)
2 teaspoons tomato paste
100 grams of peas (frozen)
50 ml cream
Salt and cayenne pepper

The preparation sequence

Carrots and celeriac, peel and chop into thin slices.

Cut leeks lengthwise in half, shred in water cleaning and crosswise into narrow strips.

Fish stock, 300ml water, carrots, celery, leeks and anise even heat. Everything at lower heat for about 20 minutes covered Simmer, Boil.

Meanwhile crab butter and flour in a small bowl and knead with a fork.

A sieve over a clean saucepan, Cauldron hanging. Vegetables including fish stock pour and express the vegetables with a spoon back.

Heat Fond once again. The Crab flour-butter stir, once again heat and leave covered at low heat simmer 5 minutes.

Meanwhile Dill in water cleaning, shake dry, pluck flags and coarsely chop, little aside for garnish. Crabs rinse and dry well.

Stir tomato paste, peas and cream to the soup and heat at low heat for about 3 minutes.

give crab and chopped dill in the soup. With salt and cayenne pepper to taste, garnish with dill aside gestelltem and bring to the table.

A Little Council

Who schedules the soup for a party buffet or a multi-course meal, can prepare the Fund for the day before and refrigerate. Then it's on the day of invitation fix!

Leipzig style with crabmeat and morels

Traditional dish: all kinds of vegetables combined with all sorts of delicacies. The traditional dish has plenty of

digestive fiber, much anabolic protein and a rich portion of vitamin A for healthy skin and eyes.

Serves 4 meals

600 grams of white asparagus

½ kohlrabi (so about 200 grams)

3 carrots (so about 300 grams)

½ small cauliflower (so about 300 grams)

6 fresh morels (so about 150 grams) or dried morels

600 ml classic vegetable

150 grams peas (frozen)

200 gram crayfish meat (vacuum packed, refrigerated display)

4 sprigs chervil

1 heaped tablespoon butter (20 grams)

1 tablespoon of flour (15 grams)

2 tablespoons whipping cream (20 ml)

1 level tablespoon crab butter (10 grams)

Pinch of salt

The preparation sequence

Asparagus, peel, cut off the lower ends. chop asparagus in so the 4-centimeter-long pieces.

Kohlrabi and carrots, peel and chop into small, as long as the 4 centimeter pins.

Clean cauliflower, divided into water and cleaning into florets.

thoroughly let fresh morels in water cleaning, and clean them. give morels in boiling water, heat again, then drain and leave to dry; Mince morels into small pieces. Dried morels in lukewarm water, heat soak for 10 minutes and chop small.

Kohlrabi pins and cauliflower florets in boiling salted water, heat over medium heat covered so the 8 minutes simmer, cooking; then in a colander, briefly rinse with cold water and leave to dry.

While kohlrabi and cauliflower simmer, cooking, vegetable heat again. Asparagus pieces over medium heat covered therein as to the 5 minute pre-cook. Carrot sticks add. After so the peas and cook for 2 minutes mitgaren so covered around 4 minutes.

Drain asparagus and carrots in a colander and absorb the broth it. Place all vegetables on a plate and keep covered warm.

give Morchelstücke in the collected liquor and so covered around 4 minutes at low heat simmer, cooking. Drain morels in a small sieve the broth taking care to collect again and set aside.

Crayfish meat rinse and pat dry. Chervil in water cleaning, shake dry, pluck off the leaves.

For the sauce, melt butter, flour sauté stirring. gradually stir in 350 ml of the collected broth and covered with small heat so simmer about 5 minutes, stirring occasionally. Cream Stir, season with salt. Vegetables undergo.

Cancer, melt butter. Crabmeat and remaining trapped broth (so the 2 tablespoons) and cook heat about 3 minutes at

low heat.

Vegetables with chervil leaves and sprinkle decorate with the crayfish meat. Serve with new potatoes.

A Little Council

The Leipzig style is very delicious and can be served on their own or as a side dish. Those who prefer a little heartier, broccoli takes place cauliflower - especially broccoli far more vitamins and minerals containing as his white relatives.

Grilled squid tubes with herb stuffing

Culinary holiday feeling for the domestic Grill. Although the cuttlefish is not a fish, but one of the molluscs, it can in terms of the protein content, keep up with "real" fish entirely. The omega-3 fatty acid squid loses namely points, but for this it is very low in calories.

Serves 4 meals

600 grams small kitchen finished squid tubes (fresh or from the freezer)

2 slices wholemeal toast

2 onions

1 clove of garlic

3 tablespoons olive oil

1 bunch of parsley

1 egg (size M)

Salt and freshly ground pepper

The preparation sequence

entrinden wholemeal toast, small pieces and place in a bowl.

Peel the onions and garlic, chop finely and sauté in a small frying pan in 2 tablespoons hot oil. To give the bread cubes.

Parsley in water cleaning, shake dry, pluck leaves and chop coarsely. also in the bowl with the egg.

Add salt and pepper, and mix with the whisk of a hand mixer until smooth (or knead with your hands).

Squid tubes inside and outside rinse well and pat dry. Bread and herb composition with a pastry bag without spout or carefully into fill with a teaspoon.

zustecken Openings with 1 toothpick and season the squid tubes with salt and pepper.

An aluminum pan with the remaining oil Brush and give the stuffed squid tubes it. grilling on the hot grill for 12-15 minutes, while from time to contact.

A Little Council

The cleaning and preparing of squid tubes makes work - the better that there are already prepared the Mediterranean treat in the freezer all ready. The defrosting time varies depending on the size of the tubes, so best conform to the package's instructions!

Crab vinaigrette with radishes and cucumber

Light accompaniment to fried bread or potatoes. Low in calories, high in protein and minimal existing saturates make here from the health points. The colorful mix of shrimps, diced vegetables and herbs in a light oil and vinegar base also provides almost a third of the daily requirement of iodine; This trace element needed for thyroid hormone production.

Serves 4 meals

260 grams of shrimps (peeled)

½ cucumber (so about 200 grams)

½ bunch of radishes

½ bunch of dill

1 piece horseradish root (so about 50 grams)

2 tablespoons white wine vinegar

4 tablespoons vegetable classic

2 tablespoons canola oil

Salt and freshly ground pepper

1 pinch of sugar

The preparation sequence

give crabmeat on a screen, briefly rinse and dry well.

Cucumber peel, cut lengthwise in half and remove seeds with a spoon. The pulp finely chop and place in a bowl.

Clean radishes in water Clean and pat dry. Also finely dice and add to the cucumbers.

Dill in water cleaning, shake dry, pluck and chop flags.

Horseradish root peel and finely grate. give dill and horseradish to the cucumbers and radishes into the bowl. Crabs also be added.

In a small bowl of vinegar, broth and oil mix. Season with salt, pepper and sugar. The vinaigrette with the remaining ingredients together.

A Little Council

If you use an organic cucumber, you can absorb shelling refrain - that brings not only more flavor, but also more fiber. And who does not like dill, chives instead takes.

Steamed mussels with fennel and white wine

Mussels can provide plenty of the otherwise often scarce trace element selenium. It is a component of many enzymes is an important protective agent. Together with a large dose of antioxidants from the vegetables give the seafood a wonderful saturating low carb dish.

Serves 4 meals

1 kg mussel

1 large carrot (so about 150 grams)

1 fennel bulb (so about 200 grams)
2 cloves of garlic
3 sprigs thyme
2 tablespoons oil
200 ml white wine
240 grams of canned tomatoes (drained)
Salt and freshly ground pepper

The preparation sequence

Eliminate the beards of mussels. Shells Thoroughly brush under cold water. Open shells throw away.

Rinse Entbartete shells again cold, let dry thoroughly in a sieve and refrigerate until ready to use.

Clean carrots, peel and. in water cleaning Clean fennel, water cleaning, remove the brew. All long in 5 centimeters strip crush. Peel garlic and chop finely. Thyme in water cleaning.

Oil in a large, wide saucepan, Cauldron heat. Vegetables and garlic over medium heat 3 minutes colorless cook stirring. Clams and sauté 1 minute more.

White wine, canned tomatoes and thyme add, season with salt and pepper and heat again. Cover and cook, stirring frequently for 5-7 minutes simmer, cooking until all the shells have opened. Mussels that have not opened, sort out.

A Little Council

Buy mussels from the North Sea, because the well controlled on health risks. Remember: Always thoroughly cook to possibly quite kill existing harmful germs.

Seafood paella with saffron and vegetables

Muy bien: Spanish sun was the inspiration for this delicious rice dish. Seafood supply Spain's national dish abundant iodine. This vital trace element is a component of thyroid hormones and therefore plays an important role in the growth. Iodine deficiency leads to thyroid enlargement (goiter). The vegetables also contributes abundant immune-strengthening vitamin C.

Ingredients for 2 meals

- 150 grams of fine green beans
- 1 onion (so about 50 grams)
- 1 clove of garlic
- 1 red pepper (so about 200 grams)
- 2 tomatoes (so about 150 grams)
- 1 jar of saffron threads (0.1 grams)
- 3 tablespoons olive oil
- 200 grams risotto rice (or Spanish short-grain rice)
- 400 ml classic vegetable
- 300 grams Seafood Mix (frozen)
- 1 small organic lemon

5 stems of parsley

Salt and freshly ground pepper

The preparation sequence

Clean the beans in water cleaning, and covered in boiling salted water for 10 minutes a simmer, cooking.

Meanwhile, peel onion and garlic and dice small. Pepper into quarters, remove seeds, chop water cleaning and crosswise into strips.

Tomatoes, the stem approaches cut out a wedge shape in water cleaning. Tomatoes into small cubes.

Beans Drain, rinse under running cold water and allow to dry. Safran stir in a cup with 2 tablespoons of warm water and dissolve in it.

Oil heat in a large skillet. Onion, garlic and bell pepper sauté it. Lightly salt and pepper.

Add rice and glazed with stirring blank. Pour about 1/3 of the broth and simmer, stirring occasionally, everything at low heat until the liquid has evaporated.

Give another third of the broth to the rice. Seafood Mix in heat again. Then simmer for about 10 minutes, stirring occasionally with a small heat.

stir Miscellaneous broth, dissolved saffron, beans and tomatoes under the paella. Simmer for 8-10 minutes more, until the rice is cooked and still has little bite.

The lemon rinse hot, dry them and cut into slices.

Parsley in water cleaning, shake dry, pluck off the leaves and chop finely. Mix parsley paella, season with salt and pepper. Preparing with lemon wedges and bring to the table.

A Little Council

Seafood are unfortunately quite high cholesterol. For a cholesterol-poor paella just replace half of the seafood by in a nonstick skillet seared with low fat chicken breast cubes.

Crab risotto with zucchini

The posh North Sea residents here in Italian accompaniment. Just as fish and crabs are rich in iodine and may therefore like often times are on the menu. The mineral is with us often in short supply - a serving of crab risotto covers the daily requirement of iodine to about half.

Ingredients for 2 meals

1 small onion

1 zucchini (around 260 grams)

2 tablespoons canola oil

150 grams risotto travels

300 ml Mediterranean vegetable stock

260 ml of tomato juice

½ bunch basil

1 piece Parmesan cheese (20 grams)

150 grams of peeled shrimps

2 tablespoons coffee cream (10% fat)

Salt and freshly ground pepper

The preparation sequence

Peel onion and chop finely. Zucchini in water clean, clean, cut into two halves and coarsely chop.

Heat the oil in a saucepan, Cauldron heat, sauté onion and zucchini over medium heat for about 2 minutes. Reis Sprinkle and fry until it is translucent.

The vegetable warm and stirring pour the rice. Over medium heat, stirring occasionally everything simmer, cooking until the rice has absorbed the liquid.

Tomato juice in a small saucepan, Cauldron heat. Among the rice stir and simmer for 15 minutes at low heat; the rice should still have bite.

Meanwhile, the basil in water cleaning, shake dry, pluck leaves and mince with a large sharp knife into thin strips.

rub Parmesan finely and drag with basil, crab and cream into the risotto 5 minutes before end of cooking. With salt and pepper from the mill and bring to the table.

A Little Council

Instead of crabs also 200 grams of solid fish fillet is cut into pieces. The zucchini you can replace it with pumpkin, the tomato against carrot juice. Particularly piquant: cancer instead of vegetable broth!

Prawn soup with mushrooms and lemongrass

The hot and sour Thai specialty Tom Yam Gung heated properly beautiful! The low-calorie and low-fat soup covers the daily target of iodine and the B-vitamin niacin already about a third. The shrimp and mushrooms provide a high protein content and thus for the saturation factor in this sharp Thai snack.

Serves 4 meals

260 grams of shrimp (raw, unpeeled)
2 stalks of lemongrass
5 black peppercorns
½ tablespoons canola oil
1 piece galangal or ginger (around 20 grams)
1 lime
2 small red chillies
4 tablespoons Thai fish sauce
½ tsp palm sugar or cane sugar
100 grams small mushrooms
1 spring onion
½ bunch coriander
Pinch of salt

The preparation sequence

Shrimp down to the tail end of Peel (shells Store).

Shrimp on the back along little cut and remove the black intestine threads.

short pat dry shrimp in water clean, with kitchen paper and thirds respectively. Cover and refrigerate. Shrimp shells in water cleaning and allow to dry.

Lemon in water clean clean, mince 1 bar in about 3 centimeters long pieces and press with a heavy knife back or a rolling pin little flat. Peppercorns also crush.

Shrimp shells in hot oil 3 minutes fry vigorously. Lemon pieces, peppercorns and 1 liter of water. Boil and covered for 15 minutes at low heat cooking, simmer.

Meanwhile, the Galgant- or ginger root, peel and chop into thin slices.

From remaining lemongrass lower thickened portion shred into thin rings.

Lime hot water cleaning, wipe dry, cut and put in two halves. clean chili peppers, cut in water cleaning, lengthwise into two halves, remove seeds and finely shred as desired. Stir in 4 tablespoons lime juice, fish sauce and sugar.

Mushrooms gently wipe with damp paper towel, cut stems and the mushrooms into quarters.

Shrimp Fond pour through a fine sieve into a bowl, Fond back into the saucepan, Cauldron fill, finely chopped lemongrass and galangal or ginger admit and reheat once.

Shrimp and mushrooms and cook at low heat covered 3 minutes simmer, cooking.

Meanwhile, clean the spring onions, mince in water clean and cut into thin rings as possible. Coriander in water cleaning, pluck shake dry and the leaves.

give lime juice and chilli mixture and spring onion rings for soup. Season with salt and sprinkle with coriander.

A Little Council

Those who want to bring the soup is not as a starter, but as a light supper on the table, should calculate twice the amount.

Potato and avocado salad with shrimps

Perhaps the finest potato salad ever - also great for guests. A sleek dressing instead of mayo, plus avocado with valuable fatty acids and protein rich crab instead of bacon - it is a simple and rather powerful originals saturating but figure friendly and vitamin-rich potato salad!

Serves 4 meals

200 grams of shrimps (peeled)

750 grams waxy potatoes

1 grapefruit

1 onion (so about 50 grams)

4 tablespoons canola oil

300 ml classic vegetable

4 tablespoons white wine vinegar

2 tablespoons sweet mustard
1 avocado (so about 200 grams)
4 sprigs of dill
½ bunch of chives
Salt and freshly ground pepper

The preparation sequence

Potatoes thoroughly in water and clean with dish in boiling salted water for about 20 minutes simmer, cooking.

Meanwhile, peel the grapefruit thick, so it is with the white skin removed.

Fillets between the separating skins cut out and place in a large bowl, collect the juice here. Remove 1 tablespoon juice and set aside in a cup.

Peel onion and chop finely. 1 tablespoon canola oil in a large nonstick skillet heat and fry the onion until.

Pour vegetable stock and cook once. Season with vinegar, mustard, salt and pepper.

Potatoes drain under cold water around rinse well (put off), peel and chop thin slices approximately 1/2 cm.

give potato slices in the dish to grapefruit juice and fillets. Leave to the Essigmix Carefully mix in everything and at least 1 hour.

Cut avocado in half, stone, peel and finely chop and sprinkle with grapefruit juice aside questions; so the flesh retains its color.

Dill and chives in water cleaning and shake dry. pluck and chop, chop chives in rolls dill.

Residual oil, chives, dill and avocado gently mix with potatoes and grapefruit. With salt and pepper from the mill. Sprinkle with crabmeat and bring to the table.

A Little Council

Let go through the salad very long line - that's good for him! That is why he is perfectly suitable for many occasions such as a picnic or a party buffet.

Lukewarm pasta and cucumber salad with fried prawns

Uncomplicated filling foods salad - and the colorful vegetable mix ensures freshness. In this colorful salad lies a very rich nutrient range. In minerals / trace elements potassium, magnesium and iodine stand out in the two vitamins "cell protectors" C and E. fiber from vegetables and protein from shrimp ensure a long satiety.

Serves 4 meals

12 shrimp (ready to cook without head and shell)

1 red pepper (so about 200 grams)

2 tomatoes (so about 80 grams)

1 small cucumber (or 1 piece of cucumber, so about 400 grams)

Salt and freshly ground pepper

1 red onion

6 stalks dill

3 tablespoons white balsamic vinegar

1 pinch of sugar

5 tablespoons olive oil

350 grams short pasta (penne example)

The preparation sequence

Cut peppers in half, remove seeds, dice in water clean and fine.

Tomatoes, the stem approaches cut out in water cleaning wedge-shaped and also chop the flesh finely.

Cucumber thoroughly in water cleaning, wipe dry and cut lengthwise into two halves. dissolve out the seeds with a teaspoon and the cucumber slices diagonally crush wide in about 1 centimeter.

For the pasta plenty Bring salted water to a boil. Onion peel, cut lengthwise in half and shred into fine strips. Dill in water cleaning, shake dry, pluck off the tops and chop coarsely.

Whisk balsamic vinegar with salt, pepper, sugar and 3 tablespoons olive oil in a large bowl. Pepper, tomato, cucumber and onion, mix.

The pasta according to package directions in plenty of salted water until al dente simmer, cooking.

Meanwhile shrimp cold rinse and pat dry. The remaining oil in a large nonstick skillet heat. Shrimp therein turning over high heat finish fry 3-4 minutes.

Pasta drain, taking care to collect 100 ml cooking water in a bowl. Mix pasta and cooking water to the salad. Dill fold,

salt and pepper. Preparing with the shrimp and bring to the table.

A Little Council

Particularly aromatic taste cherry tomatoes or small grape tomatoes. And instead of red peppers is equally suited to a yellow pepper.

Seafood Skillet with Zuckerschote

Sleek feasting: crispy vegetables with mixed seafood mix. Good as It Gets barely: The fat mix of fresh vegetables and seafood comes together in an almost ideal combination of nutrients from valuable protein, fiber and saturating a true mineral and vitamin-Potpourri.

Serves 4 meals

260 grams Seafood Mix (frozen)

1 small leek (around 70 grams)

100 grams of mung bean sprouts

50 grams Baby corn cobs (Dose)

50 grams sugar snaps

100 grams of baby bok choy or chard mini

1 clove of garlic

1 red chilli

1 teaspoon sunflower oil
3 tablespoons light soy sauce
100ml vegetable stock
Pinch of salt

The preparation sequence

blank Frozen Seafood defrost in a bowl according to package instructions.

Meanwhile cut leeks lengthwise into two halves, clean water in clean and chop into wide strips about 1 centimeter.

In a saucepan, heat Cauldron Saltwater once. it can successively leeks and sprouts 1 minute boil, simmer. Drain, rinse under cold water and let dry thoroughly.

allow to dry baby corn and cut lengthwise into two halves. clean snow peas in water clean, and cut crosswise in half.

Bok choy or chard clean, cut in water cleaning, in half and crush into wide strips.

Peel garlic and chop finely. cut chilli in water cleaning, in half, remove seeds, if necessary, rinse again and very finely chop.

Rinse defrosted seafood cold, allow to dry and pat dry with paper towels around well.

heating oil strong in a wok or large skillet. Sauté garlic and chilli in it with stirring for 1 minute. Seafood admit and stirring finish fry for another 5 minutes.

give mangetout, corn, bok choy or chard and leeks to the seafood. finished Fry everything for another 3 minutes, stirring. Finally, the sprouts, mix.

give soy sauce and broth into the skillet and let everything once vigorously heat again. Season with salt and bring to the table.

A Little Council

Perfect side dishes: 2 slices of whole-meal bread per serving and a salad of arugula and cherry tomatoes, dressed with a light balsamic dressing.

Farfalle with avocado sauce and fried shrimps

Refined pasta pleasure with light Mexican touch. The essential unsaturated fatty acids from the avocado plus fiber from the Pasta give an equally delicious as favorable mix. Lime and orange do not just ensure fresh taste, but also for a good amount of vitamin C.

Serves 4 meals

200 grams of shrimps (ready to cook without head and shell)

350 grams of pasta (as Farfalle / butterfly pasta)

1 lime

½ orange

1 ripe avocado (200 grams)

2 spring onions

1 bunch coriander

Salt and freshly ground pepper

cayenne pepper

1 teaspoon olive oil

The preparation sequence

A large saucepan, Cauldron set up with plenty of salted water to a boil. Cut lime in half and squeeze the juice. Orange half also express questions separately aside.

Cut avocado in half and lift the stone with a knife. The pulp from the peel and dice solve. Pour into a large vessel and mix 1 tablespoon lime juice.

Clean green onions, mince in water clean and cut into thin rings. the noodles into the boiling salted water and according to package directions until al dente simmer, cooking.

Meanwhile coriander in water cleaning, pluck shake dry and the leaflets. questions from the spring onions and 2 tablespoons of coriander 1 tablespoon for garnish aside.

Avocado, scallions and cilantro puree very fine with a hand blender. 1 tablespoon lime juice and stir so much of the orange juice with the puree that a creamy sauce. Season with salt, pepper and cayenne pepper.

slightly scratch shrimp on the back and remove the black intestine threads. Shrimp rinse and pat dry well with paper towels.

Oil in a large skillet heat, sauté shrimp over medium heat while turning around 2 minutes. Pour remaining lime and orange juice, and let it heat up again. Add salt and pepper.

The Drain the pasta and allow to dry. Avocado sauce give the noodles. Sprinkle with remaining cilantro and remaining scallions. give prawns on top and go immediately to the table.

A Little Council

Pay attention to the maturity of the avocado: For the sauce is nicely aromatic, is a really mature necessary. Little A Little advice: Some traders identify now those copies explicitly as "fully ripe" or "ready to eat".

Asian fondue with meat, fish, shrimp, vegetables and dips

If that is not smart: luxuriant feast for calorie savings rate! Lean ingredients such as vegetables, meat, fish and seafood bring here though plenty of delicious flavors, but hardly any fat and fewer calories accordingly. Even cooking in broth instead of fat helps that the Asia-Fondue is a pleasure without regrets.

Ingredients for 6 meals

10 grams of dried shiitake

50 grams glass noodles

2 bunches scallions

220 ml light soy sauce

50 ml rice vinegar or mild wine vinegar

1 dash of toasted sesame oil
1 piece of ginger root (so about 15 grams)
1 small clove garlic
1 small red chili pepper
300 grams of broccoli
3 slim carrots (100 grams)
1 bunch coriander
125 ml Asian plum sauce (finished product)
600 grams veal fillet
300 grams of solid fish fillet (for example, cod, monkfish, tuna)
12 large shrimp (ready to cook)
2 ½ liter chicken stock

The preparation sequence

Mushrooms soak in a small bowl in water. Pour glass noodles in another bowl of warm water and according to package instructions also soak.

Clean scallions and water cleaning. 150 ml soy sauce with vinegar and sesame oil mix. 1 piece spring onion (as the 3 centimeters) Finely chop, mix in and place in a bowl.

Ginger, peel and finely grate. Peel garlic and chop finely. cut chilli in water cleaning, in half, remove seeds, possibly rinse again and very finely chop. Ginger, garlic, chilli, remaining soy sauce and 2 tablespoons water Mix in another bowl.

Clean broccoli, divide into water clean and cut into small florets. Carrots in water clean, cleanse, peel and chop

crosswise into thin slices. Miscellaneous scallions into 3 cm long pieces shred.

Coriander in water cleaning, shake dry, pluck leaves and place in a bowl. Plum sauce Decant into a vessel.

Rinse veal fillet, pat dry and chop into thin slices. Fish fillet also rinse, pat dry and chop into roughly pencil-thin strips.

Shrimp along the back cut with a sharp knife slightly, detach the black intestinal thread. Shrimp rinse and pat dry.

Drain the soaked mushrooms, pat dry and cut off the hard stems with kitchen scissors. allow to dry pasta in a colander and chop small with the kitchen scissors. , Fish, shrimp, mushrooms and glass noodles decorative prepare vegetables, meat on a large plate.

Chicken stock in a saucepan, Heat the Cauldron once. A fondue pot good half thus fill and put a heater. The broth is throughout the food easily boil, simmer; pour broth needed more.

A Little Council

If you make the broth powder, it need not be specially flavored. Otherwise it is at the end when it is cooked and seasoned with soy sauce, too intense.

Mediterranean lobster with black noodles

Noble light version of a culinary classic from France. The delicate flesh of the noble crustacean is characterized not

least by its extremely high protein content with a simultaneously low fat content of just under 2 percent.

Ingredients for 2 meals

1 freshly cooked lobster (around 750 grams from the merchants in advance)

140 grams of black pasta (as tagliatelle or spaghetti)

1 small clove garlic

1 shallot

1 carrot (so about 100 grams)

1 stalk celery (so about 100 grams)

2 tablespoons olive oil

1 sprig of thyme

1 teaspoon tomato paste

100 ml white wine or vegetable broth

200 grams of tomatoes (canned)

1 pinch of sugar

Pinch of salt

1 pinch of chili powder

½ small bay leaves

The preparation sequence

Peel garlic and shallot and very finely. Clean and peel carrots in water cleaning.

Clean celery and unthreading in water cleaning, if necessary. Carrot and celery chop finely with a large knife.

In a shallow saucepan, heat the oil Cauldron. Sauté shallot, garlic, carrots and celery over medium heat 4 minutes while stirring.

Meanwhile thyme in water cleaning, shake dry, strip leaves and chop finely. With the tomato paste with the vegetable stir and cook briefly. pour wine or broth and let boil completely.

Tomatoes, chop with 100 ml of tomato liquid in the pot, give Cauldron and heat again. Sugar, 1 pinch salt, chili powder and bay add. Cover and cook over medium heat about 30 minutes simmer, cooking.

Meanwhile scissors and tail of cooked lobster break out with a rotary motion of the hull. cut lengthwise tail with a heavy large knife in two. Cut the lobster hull lengthwise into two halves.

eliminate Inedible parts such as intestines and bowel thread. (You might want to use the orange roe for the sauce.)

Joints and scissors separate. Cut the joints on the outer sides with a sturdy kitchen scissors, bend apart using a kitchen towel and cause the meat.

Scissor finger pull upwards. crack open scissor fingers and scissors with a heavy knife, detach the meat. Prepare the lobster meat on plates.

Pasta in plenty of boiling salted water according to package directions until al dente cooking, simmer. take laurel from the sauce and season sauce with salt and chili powder if necessary. Pasta Drain, allow to dry and bring the sauce to the lobster on the table.

A Little Council

As "Hummer Liter'armoricaine" one knows the original of this precious food in Brittany, where it prepared with plenty of cognac and eaten with baguette.

Lentils and shrimp stew with smoked tofu and chilli

. Fine lenses noble Exotic Art The French Ministry of Education and Health recommends their pleasure several times a week - no wonder because lenses score with a high content of fiber, vegetable protein and Power substances for good nerves (B vitamins and magnesium). Fat, however they do not contain!

Serves 4 meals

200 grams of shrimps (ready to cook)

2 tablespoons oil

2 small red chillies

1 carrot (so about 100 grams)

1 piece of celeriac (so about 100 grams)

2 parsley root (so about 100 grams)

2 onions (35 grams)

260 grams Puy lentils

1 sprig of rosemary
750 ml classic vegetable
2 bay leaves
100 grams of smoked tofu
Salt and black pepper
½ bunch of parsley
2 tablespoons red wine vinegar

The preparation sequence

cut shrimp on top with a sharp knife slightly, detach the black intestinal thread. Rinse shrimp, pat dry and mix in a bowl with 1 tablespoon oil. Cut chilies lengthwise in half, remove seeds, chop finely in water cleaning, and mix with the shrimp. be drawn about 2 hours in the refrigerator (marinate).

Carrot, celery and parsley roots clean, peel in water Clean and chop in large cubes about 1 centimeter. Peel the onions and chop finely.

The lenses in a colander rinse under cold water until the water runs clear dripping.

The remaining oil in a saucepan, heat over medium heat Cauldron. Carrots, celery, parsley root and onion sauté it with stirring for 3-4 minutes.

The lenses add and sauté stirring briefly. Rosemary in water cleaning and shake dry.

The broth, 400 ml of water, bay leaf and rosemary add. Do not lay a lid firmly and the lenses at low heat 60 minutes simmer, boil, stirring occasionally; remove the rosemary to about 40 minutes.

Tofu in about 1 centimeter chop cubes and add to the pot 5 minutes before end of cooking.

A nonstick skillet heat. around 3-4 minutes Fry the shrimp with chili oil is at high heat vigorously. Add salt and pepper.

Parsley in water cleaning, shake dry and chop. Season the lentils with salt, pepper and vinegar. Shrimp pour in, sprinkle with parsley and bring to the table.

A Little Council

The fine Puy lentils come from France, where they are also called "vegetarian steak" for their protein wealth. One can this lens specialty from Auvergne but replaced by other varieties.

Escarole melon salad with tomato-mint salsa and shrimp

Summer's fullness on a plate - simply tempting! Really hungry you will also readily accessed twice, because with just 210 calories and 5 grams of fat whole falls one serving of little consequence. But the lettuce has more to offer, especially really big meals Vitamin C and E plus iodine.

Ingredients for 2 meals

½ small melons (z. B. Charentais so about 300 grams)

200 grams of peeled cooked deep-water prawn

½ small heads escarole (so about 150 grams)

2 beefsteak tomatoes (so about 200 grams)

1 spring onion

4 sprigs mint

2 tablespoons cider vinegar

½ teaspoon of liquid honey

Salt and freshly ground pepper

1 teaspoon safflower oil

1 clove of garlic

1 teaspoon olive oil

The preparation sequence

The tomatoes in water cleaning and the stem approaches cut out a wedge. chop tomatoes into small cubes and place in a bowl.

Clean spring onion, chop in water clean and in very thin rings.

Mint in water cleaning, shake dry, pluck leaves and shred into fine strips. give with the spring onions to tomatoes.

In a bowl, vinegar, honey, salt and pepper mix. The safflower oil embezzled with a whisk, mix the sauce with the prepared vegetables and make the salsa cool.

Melon with a spoon remove the seeds and cut out with a melon baller pulp. (Crush or melon in columns, peel and dice small.)

Clean the lettuce, water cleaning, spin dry and cut up into bite size pieces.

Shrimp rinse and pat dry with paper towels.

Peel garlic and chop into thin slices.

Olive oil in a frying pan heat up. Garlic and shrimp brown finish fry while stirring for about 2 minutes and season with freshly ground pepper.

Preparing melon, salad and shrimp on a plate. Mint tomato salsa Drizzle over and go immediately to the table.

A Little Council

With salad and melon varieties they may vary according to your mood. The whole thing tastes z. B. with radicchio or romaine lettuce or with honey or cantaloupe.

Shrimp pan with mangetout, peas and tomatoes

Appetizing prelude to a fine menu - also great for guests! Peas and snow peas have it: they provide protein in conjunction with nucleic acid that rejuvenates the cells. There are also plenty of potassium and magnesium, which make the nucleic acid available to the body. An extra dose of protein additionally bring the shrimp on the plate.

Serves 4 meals

600g prawns (peeled and headless)

260 grams of fresh peas or 75 grams of frozen peas

1 bunch scallions

1 green chilli

125 grams sugar snaps
350 grams of tomato
2 tablespoons olive oil
125 ml white wine
Salt and freshly ground pepper
4 sprigs mint

The preparation sequence

The shrimp on the back cut along so far that can eliminate the black intestinal thread. Rinse shrimp, pat dry and apart wide butterfly-like.

Clean spring onions in water cleaning, and diagonally crush long pieces in 2 centimeters.

Cut chili pepper lengthwise in half, shred in water and clean into fine strips. eliminate mangetout in water cleaning and the ends.

Clean tomatoes in water cleaning, and coarsely chop.

Loosen Fresh peas from the pods, rinse and allow to dry.

Heat the oil strongly in a wok or large skillet. Shrimp fry on one side.

Contact and all the prepared vegetables add.

Pour white wine and covered 1 minute boil, simmer.

Cover and cook for another 2 minutes, simmer. Season with salt and pepper.

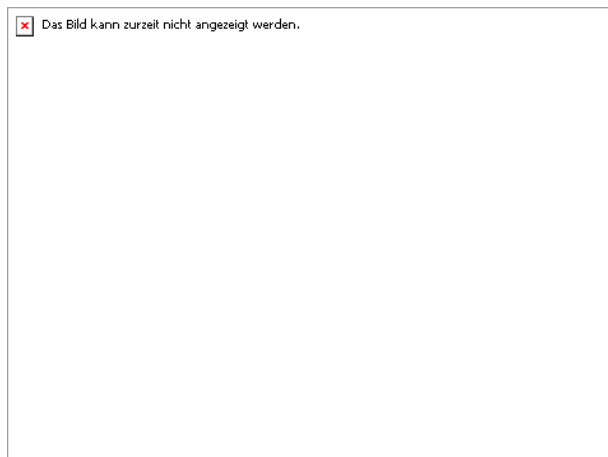
Mint in water cleaning, shake dry and leaves pluck. Rough chop and sprinkle over the shrimp.

A Little Council

The shrimp pan is also suitable as a lightweight and high-protein low-carb dinner for 2 to 3 meals. Those who value more fiber, brown rice served to.

Potato dish with shrimp and sorrel

Quite simply, but quite refined stewed in the frying pan. The protein in the shrimp is very well received over the potatoes from the body. The marine animals also still deliver iodine; the mineral ensures the functioning of the thyroid gland. Sorrel stimulates appetite and blood purifier.



Ingredients for 2 meals

400 grams of potatoes (in season: new potatoes)

8 shrimp (with heads and shell as around 40 grams)

125 grams colorful cherry tomato

1 red onion

25 grams of sorrel

Salt and freshly ground pepper

chilli flakes

2 tablespoons oil

The preparation sequence

Potatoes thoroughly in water and cleaning in boiling salted water for about 20 minutes simmer, cooking. Drain After 20 minutes, rinse, peel and let cool. When they have cooled, cut the potatoes in half.

Meanwhile, Peel the onion and chop thin rings in 1 centimeter.

Cherry tomatoes in water clean, pat dry and cut into two halves.

clean and spin dry sorrel in water cleaning. Then chop into very fine strips.

Shrimp on the back along cut and remove the intestines. Then in water clean, pat dry and season with salt, pepper from the mill and the chilli flakes. Heat 1 tablespoon oil in a skillet and fry the shrimp done it from each side for 1-2 minutes. Remove from the skillet.

The remaining oil in the frying pan heat up. Potato halves and onion rings is finished roasting round golden brown in 4-5 minutes.

The cherry tomatoes and fry all finished 1 more minute. Season with salt and pepper.

give shrimp to the potatoes and heat. Mix sorrel under the Kartoffelpfanne and go immediately to the table.

A Little Council

When the season is over for sorrel, replace the delicate leaves of arugula or spinach.

Scallop soup Thai style

Serves 4 meals

1 red chilli

½ bunch coriander

1 leeks

150 gram mini corn cobs

1 tablespoon vegetable oil

750 ml fish stock or vegetable stock

200 grams of rice noodles

12 scallops (triggered)

100ml coconut milk

1 tablespoon lime juice

2 teaspoons light soy sauce

The preparation sequence

The chilli in water clean, cut lengthwise in half, remove the seeds and mince or chop the flesh into strips. , Shake dry the coriander leaves in water clean and pluck the leaves from the stems.

The leeks in water clean and in fine rings crush. The corn sliced crush. In a large saucepan, heat the oil Cauldron, so

sauté the leeks and corn around 2 minutes pour in the stock and let cook 3 minutes, simmer. The rice noodles admit and even 8-10 minutes simmer, cooking.

Meanwhile, the scallops and pat dry rapidly fry in butter on both sides. The soup with coconut milk, lime juice and soy sauce to taste. In small bowl, fill distribute the scallops on top and bring decorated with chili and coriander leaves on the table.

Risotto with pumpkin and shrimps

Serves 4 meals

400 grams of cooked king prawns (ready to cook)

350 grams of pumpkin pulp (z. B. pumpkin)

1 shallot

1 clove of garlic

2 tablespoons olive oil

260 grams risotto rice

200ml dry white wine

750ml vegetable stock

2 tablespoons freshly chopped parsley

4 tablespoons freshly grated Parmesan cheese

Pepper from the mill

Pinch of salt

lemon juice

The preparation sequence

The pumpkin flesh into small, bite-sized cubes crush. Peel the shallot and garlic, finely chop and sweat in a pan, boiling pan with 2 tablespoons hot oil glassy. The pumpkin pulp and rice admit sauté briefly and deglaze with the wine. This can fully absorb stirring, then pour as much broth that everything is just covered. can again absorb stirring and repeat this process until the broth consumed and the rice is cooked.

The shrimp in water cleaning, dry it and mix with the parsley and the Parmesan into the risotto. Season with salt, pepper and a dash of lemon and bring served in warmed plates on the table.

Deep-fried squid (calamari fritti)

Serves 4 meals

cut 750 grams squid ring or tubes into rings

50 grams of flour

Vegetable oil for frying

sea salt

noble paprika

Lemon wedges for serving

The preparation sequence

Abundant oil in a large frying pan or a saucepan, Cauldron heat (around 170 ° C).

Rinse the squid, pat dry, coat with flour, tap and portions ausbacken floating golden brown in hot fat. After 2-3 minutes turning occasionally remove with a slotted spoon and leave to dry on kitchen paper.

Season with salt and pepper seasoning and bring to the table. Garnish with lemon wedges.

Hummer with delicate dough sheets

Serves 4 meals

triggered 400 grams cooked lobster meat

2 sheets filo pastry (á so the 30x40 centimeter)

1 large carrot

¼ celeriac

½ apple (z. B. Granny Smith)

¼ courgette

Pinch of salt

2 tablespoons lemon juice

3 tablespoons olive oil

Pepper from the mill

The preparation sequence

Preheat the oven to 220 ° C top and bottom heat

The phyllo dough spread and cut with a round cutter 24 circles (around the 7 centimeters á).

this place on a lined with finished cut baking paper cake baking sheet and bake light yellow in the heated, preheated oven tube.

Remove and let cool.

The carrot, peel the celery and apple clean, and shred into tiny cubes. The Zucchini also cleaned in water Clean and chop into very small cubes.

Mix with remaining diced vegetables and blanch in boiling salted water. Pouring, cold scare and let dry thoroughly. Mix with the diced apple, lemon juice and oil and season with salt and pepper. The lobster meat into thin slices shred.

The show 2 Filoteigkreise with lobster meat, give little of the vegetable vinaigrette over and cover again with 2 Filoteigkreisen. Repeat this process again and thereby conclude with filo pastry.

On the plate served to bring to the table.

Fried prawns with spicy pumpkin sauce

Serves 4 meals

700 grams giant prawns (ready to cook)

600 grams of pumpkin z. B. Hokkaido

olive oil

Pinch of salt

Pepper from the mill

1 red bell pepper

cayenne pepper

1 clove of garlic

1 teaspoon sambal oelek

lemon juice

The preparation sequence

The Preheat oven to 200 ° C top and bottom heat.

Peel the pumpkin, cut in half, remove seeds and fibers and chop into small cubes. Place on a lined with finished cut baking paper cake baking sheet, drizzle with olive oil little salt and pepper and finish roasting 40-45 minutes in the heated, preheated oven tube. Here turning occasionally.

Meanwhile cut the peppers in water cleaning, in half, remove seeds and white inside walls and chop into very small cubes.

The shrimp in water clean, pat dry, season with salt and cayenne pepper and fry finished with a tamped garlic in a hot frying pan with 2 tablespoons of oil for 2-3 minutes around.

Remove the pumpkin from the oven tube, mash with a fork and season with salt, Sambal Olek and a squeeze of lemon juice to taste. The diced peppers, mix and bring the pumpkin dip served with the shrimp on the table. If desired rich toasted baguette slices to.

Scallops with sprouts

Noble appetizer for special occasions.

Serves 4 meals

12 scallops (ready to cook)

1 small ripe avocado (so to 175 grams)

50 grams of fresh sprouts

½ lemon

1 clove of garlic

1 pinch of wasabi paste

Salt and freshly ground pepper

1 tablespoon canola oil

1 tablespoon yogurt butter

vanilla salts

The preparation sequence

let dry and clean very well sprouts in water.

Meanwhile, expressing half a lemon. Peel garlic and chop finely.

For the avocado sauce avocado peel, cut in half and remove the stone. Put the pulp in a bowl and mash finely with 2 tablespoons of lemon juice, wasabi, garlic, salt and white pepper. Covered chill.

Meanwhile, the scallops in water clean, pat dry and season with pepper.

In a frying oil very hot with butter. Mussels in from each side 45 seconds finished frying, season with vanilla salt. Preparing The 3 shells on a preheated dish. Sprinkle with sprouts and 1 dollop Avocado Sauce place laterally. The remaining sauce separately rich now.

Fish and shellfish ragout

Serves 4 meals

200 grams of salmon fillet (ready to cook skinless)

200 grams halibut fillet (ready to cook skinless)

200 grams of shrimp (peeled and deveined)

200 grams of squid tubes (ready to cook)

400 grams Mussel

1 leek

1 carrot

¼ celeriac

1 shallot

2 cloves of garlic

1 organic lemon

2 tablespoons olive oil

200ml dry white wine

300 ml fish stock

400 grams pieced tomatoes (canned)

Pepper from the mill

Pinch of salt

2 tablespoons freshly chopped parsley

The preparation sequence

cut the leek lengthwise, Rinse, clean and chop into rings. The carrot, celery, shallot and garlic, peel the carrot slices, chop the celery into small cubes and finely chop the shallot and garlic.

Place the fish in the water cleaning, pat dry and chop into bite-size cubes. The mussels in water clean, clean, deburring and throw away the open. The shrimp in water Clean and pat dry. The squid tubes, clean water clean, and chop into rings. Rinse the lemons in hot water and chop into slices.

In a saucepan, heat the oil boiling pans and sauté the vegetables with the shallot and garlic. The wine deglaze, the rear, the tomatoes and lemon slices, season with salt and pepper.

The fish cubes, mussels, squid and shrimp are also present and can be so simmer over medium heat for 5 minutes. The parsley, mix and season again. bring to the table with fresh ciabatta.

Seafood with egg noodles

Serves 4 meals

350 grams of egg noodles (Asia shop)

600 grams of mixed seafood shrimp (peeled and deveined),
mussels, squid, small Pulpos

100 grams of white fish fillet ready to cook, skinless, z. B.
cod

260 grams of fresh peas

1 leek

3 stalks celery

2 sprigs lemon thyme

2 sprigs of parsley

2 tablespoons soy oil

150 ml fish stock

2 tablespoons dark soy sauce

Pepper from the mill

1 dash of lemon juice

Pinch of salt

The preparation sequence

Place the noodles in a bowl and pour boiling water. swell 10 minutes. Meanwhile clean the seafood in water clean and the mussels and deburring. The fish also mince in water cleaning and in bite-size pieces. Rinse the peas through a sieve and then blanch in boiling salted water for 2 minutes. Pouring, cold scare and let dry thoroughly.

The leeks and celery cleaned, shake dry in water clean and chop into rings. , Shake dry the herbs in water cleaning,

strip the leaves from the stems and finely chop. In a frying pan heat the oil and sauté the vegetables while turning. Add the seafood to sauté and pour in the stock. blank so Simmer over medium heat for 5 minutes and let almost completely evaporate the liquid. The herbs and drained pasta to admit with the soy sauce, pepper, toss and season of the mill and a dash of lemon. In the frying pan served bring to the table.

Shrimp with mashed potatoes

Tender document with crunchy topping.

Serves 4 meals

200 grams of cooked shrimp (peeled and deveined)

600g floury potatoes

80 ml milk (1.5% fat)

1 tablespoon butter

nutmeg

6 tablespoons sour cream (120 grams)

2 stalks parsley

freshly ground pepper

Pinch of salt

The preparation sequence

Peel potatoes, water cleaning, quarter soft cook in boiling salted water for 25-30 minutes. Drain, let evaporate, press. With milk and butter, with salt, pepper from the mill and nutmeg.

easily mass cool, shapes nestling it, put on a plate, cover with 1 each dollop of sour cream and some shrimp, pepper. Parsley in water cleaning, shake dry and decorate cakes with the leaves.

Rice noodles (Orzo) with shrimps, lemon and Parmesan

Serves 4 meals

8 jumbo shrimp, peeled and deveined ready to cook

600 grams Orzo Noodles

1 organic lemon

2 cloves of garlic

3 tablespoons olive oil

2 tablespoons freshly chopped parsley

75 grams of freshly grated cheese (eg. As Gruyère)

Pepper from the mill

Pinch of salt

The preparation sequence

The orzo pasta in salted water until al dente cooking, simmer.

Rinse the shrimp and pat dry. The peel of lemon rub and squeeze the juice.

Peel garlic and chop finely. Sauté briefly in hot oil. The shrimp with pan and fry for 1-2 minutes.

Add the drained pasta to taste (if necessary with a little pasta water) as desired, the parsley, the cheese and the lemon zest and season with salt, lemon juice and pepper.

Spanish paella with seafood

Serves 4 meals

1 chicken (ready to cook so around 1.2 kg)

200 grams of pork (ready to cook)

8 scampi (peeled and deveined)

350 grams Mussel (ready to cook)

400 grams of ripe tomatoes

1 red bell pepper

2 cloves of garlic

1 onion

2 tablespoons olive oil

Pinch of salt

Pepper from the mill

300 grams of round grain rice

1/3 grams Safranfäthe

noble paprika (as desired)

600 ml broth

The preparation sequence

The Preheat oven to 260 ° C top and bottom heat. Blanch the tomatoes, put off, Peel, quarter, core and chop the flesh into strips. The peppers in water cleaning, into quarters, remove seeds, put the buckle upwards to a filled with ready blank parchment paper cake baking sheet and roast in the heated, preheated oven tube until the shell is black and blistered. Remove the peppers, cover with a damp kitchen towel, let it rest briefly and hides. The pulp also shred into strips. The chicken in water clean, pat dry and cut into 10-12 pieces. The flesh also, pat dry in water cleaning, optionally parry and chop into bite-size cubes. Rinse and clean the prawns and mussels. Peel the onion and garlic and chop finely.

In a frying pan heat the oil and fry the chicken pieces on all sides sharp. With salt and pepper from the mill, turn again and remove. The meat in the same frying pan give, also sear and flavor. and lay out business to the poultry. Add the mussels and prawns into the frying pan, seasoning, fry stirring and eliminate the remaining closed shells. and also filters removing aside. Add the onion and garlic in the skillet, glassy sweat, the rice and the spices add and fill with the broth. Over medium heat 20-25 minutes simmer, let boil.

shifting down the oven to 200 ° C top and bottom heat. fold in the tomatoes and peppers 5 minutes before end of cooking and heating. The meat, giving the poultry and seafood back into the frying pan, stir in and covered in the

oven for 10-15 minutes finished simmering, cooking.
Removing and with fresh parsley sprinkled bring to the table.

Shrimp on skewers with chili herb dip

Whether as a main course for four or party snack for many
- the shrimp arrive guaranteed!

Serves 4 meals

600g prawns (ready to cook)

1 organic lime

2 cloves of garlic

1 small dried chilli pepper

½ bunch of chives

2 stalks of mint

2 ½ tablespoons olive oil

150ml vegetable stock

1 teaspoon dill

Salt and freshly ground pepper

The preparation sequence

The lime wash hot, pat dry, rub the bowl and squeeze the juice. Peel garlic and chop finely. Chilli crushed in a mortar.

Chives in water cleaning, shake dry crushing, in rolls. Mint in water clean, finely chop, shake dry and the leaflets.

Shrimp in water clean, pat dry and place on skewers. Heat 1 teaspoon oil in a skillet and shrimp from each side finished fry 2-3 minutes.

In a saucepan, Cauldron residual oil heat and sauté the garlic with crushed chilli. Deglaze with broth, stir in lime juice and shawls, remove from heat and let cool. All herbs, mix and season with salt and pepper.

Skewers on plates to prepare, with the sauce drizzled bring to the table.

Fried rice with vegetables and crabmeat

Serves 4 meals

350 grams of cooked and triggered crabmeat

300 grams long-grain rice

600ml vegetable stock

200 grams of fresh spinach

200 grams of green peas TK

1 onion

2 tablespoons germ oil

Pinch of salt

Pepper from the mill

1 dash of lemon juice

The preparation sequence

Place the rice in 600 ml vegetable broth to a boil and then pull over medium heat about 20 minutes until done.

Meanwhile read the spinach, clean water clean, and coincide in boiling water. Remove, rinse with cold water, allow to dry well, express and chop.

Thaw the peas. Peel the onion and chop into very fine strips. The crab meat into small cubes crush. In a frying pan heat the oil and fry the rice with occasional swirling.

The onion, the crab meat and the peas and cook admit. Add the spinach, mix with salt, pepper from the mill and lemon juice and season to taste. In preheated dish served bring to the table.

Fish and seafood gratin en croute

Serves 4 meals

600 grams of cod fillet (ready to cook skinless)

200 grams of shrimp (peeled and deveined)

100 grams of fresh mushrooms

2 shallots

1 clove of garlic

1 zucchini

2 tomatoes

2 tablespoons olive oil

100ml dry white wine

200 ml fish stock

1 tablespoon cornstarch

2 tablespoons freshly chopped parsley

Pepper from the mill

Pinch of salt

lining

260 grams of flour

3 teaspoons baking powder

½ teaspoon salt

50 grams butter, softened

150ml milk

75 grams of freshly grated cheese (eg. As Gouda)

The preparation sequence

The Preheat oven to 200 ° C top and bottom heat. Place the fish in the water cleaning, pat dry and chop. The shrimp in water clean and also pat dry. The shallots and garlic, peel and finely chop. Clean the mushrooms and chop. The zucchini in water clean clean, and dice. The tomatoes in water cleaning, into quarters, remove seeds and dice small. Sweat the shallots with the garlic in hot oil, add the mushrooms, zucchini and tomatoes and deglaze with white wine and fish stock. Boiling, with little up mixed in cold water starch thicken so that the sauce is creamy.

Remove from heat, add the parsley, the fish and shrimp mix in, season with salt and pepper and place in an ovenproof dish. For the filling, the flour with baking powder, salt, butter and as much milk and knead until the dough is smooth and no longer sticks to the hands. On a floured surface so the 1.5 centimeter thick roll and cut out circles of so about 3 centimeters in diameter. With little milk Brush and place it on the Cobbler. Sprinkle with cheese and bake so golden brown about 30 minutes in the heated, preheated oven tube.

Lemon Shrimp skewers grilled

Serves 4 meals

700 grams of shrimps (ready to cook)

2 cloves of garlic

½ organic lemon (juice)

6 tablespoons olive oil

Pinch of salt

Pepper from the mill

1 untreated lemon

The preparation sequence

The grill heat up.

Remove the garlic and chop. Mix with the lemon juice, oil, salt and pepper and marinate the shrimp washed 30

minutes. Then put on skewers and grill on each side for 2-3 minutes. The lemon slice chop and place with the grill.

Cook the skewers with lemon slices on a plate and bring to the table.

Crabmeat and shrimp

Serves 4 meals

300 gram crayfish tails (cooked and peeled)

300 grams of shrimp

3 tablespoons lemon juice

6 tablespoons olive oil

Pinch of salt

Pepper from the mill

Cress as desired

The preparation sequence

The crayfish tails and shrimp in water cleaning and allow to dry well. The lemon juice with the oil and season with salt and pepper.

Marinate the shrimp and the crayfish tails with it and while being towed around 30 minutes. In empty, cleaned eggshells (or paper muffin cups) and fill with cress decorated bring to the table.

Soup with mussels

Serves 4 meals

1 ½ kg mussel

1 small fennel bulb

1 red bell pepper

1 tablespoon vegetable oil

200ml dry white wine

200 grams of vegetable broth

200 ml fish stock

2 tablespoons tomato paste

200 ml whipping cream at least 30% fat content

4 cl Pastis

Pinch of salt

Pepper from the mill

4 toasted slices of white bread

fresh herbs for garnish

The preparation sequence

The mussels with cold water in well water cleaning, deburring and allow to dry. The open shells throw away. The fennel in water clean, clean, cut in half, the stalk cut out and break up the fennel small. The pepper in water clean, cut in half, remove seeds, remove the inner skins and the flesh into small cubes.

In a saucepan, heat the oil boiling pans, sauté the fennel with pepper, add the mussels and pour in the wine, the broth and the fish stock. Salts, stir in the tomato paste and leave it to simmer for about 6 minutes. The closed shells throw away and opened out with a slotted spoon and set aside. Pour the cream into the broth, puree the soup and let heat again. Stir the Pastis and pepper and season. The mussels reinsert, warm and fill the soup in bowls.

Squid with sheep's cheese from the grill

Serves 4 meals

8 squid tubes (ready to cook)
200 grams feta cheese
½ teaspoon chopped fresh rosemary
½ teaspoon chopped fresh thyme
1 tablespoon black olives (chopped)
2 tablespoons breadcrumbs
olive oil
Pinch of salt
Pepper from the mill
1 organic lemon (juice)

The preparation sequence

The grill heat up.

The tubes in water clean clean, and pat dry. Mash the feta with a fork and mix with the rosemary, thyme, olives, bread crumbs, 2 tablespoons olive oil, salt and freshly ground pepper, to taste and fill the tubes with it. With a toothpick close, exterior light with salt and pepper and grill around golden brown on the hot grill.

With lemon juice drizzled bring to the table.

Scallops grilled with vegetables and mango salad

Serves 4 meals

For the salad

200 grams of sprouts (z. B. bean sprouts, radish sprouts)

1 Chinese cabbage

½ cucumber

1 Red pepper

1 ripe mango

1 ripe avocado

2 Bio-lime

For the skewers

24 scallops

30 grams butter

Pepper from the mill

Pinch of salt

also

4 tablespoons germ oil

2 tablespoons white wine vinegar

The preparation sequence

The vegetables in water cleaning. Clean the cabbage and shred into strips. Cut the cucumber in half and chop into thin slices. Cut the peppers in half, remove seeds and chop into strips. The mango peel, the pulp at the core along without mince and dice. Cut the avocado in half, unscrew the core, the pulp and press cut from the shell. Rough chop. Rinse the sprouts.

Cut the lime in half and chop into slices. The scallops in water clean, pat dry and alternately stuck with lime slices on wooden skewers. In a hot griddle, melt the butter and fry the games golden brown on both sides. Season with salt and pepper.

All salad ingredients together, mix with the oil and vinegar and season with salt and pepper. Preparing to plates, place 2 each scallop skewers to and immediately bring to the table.

Shrimp cocktail with avocado

Serves 4 meals

400 grams of shrimps (ready to cook)

2 lettuce hearts (8 large leaves)

200 grams cherry tomatoes

2 spring onions

1 ripe avocado

1 tablespoon lime juice

2 tablespoons olive oil

Pinch of salt

Pepper from the mill

1 teaspoon noble paprika

The preparation sequence

The leaves of the lettuce hearts resolve, clean water in clean and dry shake. Distribute 2 pieces each on plate. Cut the tomatoes in water and cleaning in two halves. Rinse, clean and shred into narrow rings the spring onions. Cut the avocado in half, unscrew the core, carve the flesh checkerboard pattern and press the cup.

Mix with the tomatoes, spring onions, lime juice and the oil and season with salt, pepper and paprika. Shrimps fold and distribute the shrimp cocktail on lettuce leaves. bring immediately to the table.

Garnelenspieße grilled

Serves 4 meals

700 grams giant prawns (ready to cook)

100 ml sweet and sour chili sauce

The preparation sequence

The grill heat up.

Pat dry the prawns in water cleaning, mix with the chilli sauce, put on skewers and place on hot grill. All around so grilling the 4 minutes and bring served on plates on the table.

If desired rich salad.

oysters au gratin

Ingredients for 2 meals (16 pieces)

16 oysters

1 sprig parsley

2 sprigs thyme

1 sprig of mint

80 grams breadcrumbs

½ teaspoon lemon zest

100 grams of butter

Pinch of salt

Pepper from the mill

little sea salt

Lemon wedges (for garnish)

The preparation sequence

Preheat the oven grill to preheat. Open the oysters and solve the mussel meat from the shells and put back each in a shell half. Shake the herbs in water clean, dry, pluck off the leaves or needles, finely chop and mix with the breadcrumbs and the lemon zest.

Mix with melted butter and season with salt and pepper. If the ground is too dry, add a little butter yet, it should be dry stir his little melted butter.

The oysters just lay on a bed of sea salt (preferably in baking dish or refractory bowl) cover and the friable sealing compound. let gratinieren golden brown 3-4 minutes under the preheated grill.

If desired, with lemon wedges in a box arranged on the table bring.

Calamari soup with capers and celery

Serves 4 meals

750 grams squid

2 stalks celery

1 red bell pepper

1 chilli

40 grams of dried tomatoes (in oil)

2 tablespoons olive oil
1 tablespoon tomato paste
100ml white wine
750 ml fish stock
1 tablespoon capers
Pinch of salt

The preparation sequence

The squid in water Clean and pat dry. Clean the celery in water cleaning, and chop into pieces. The pepper in water clean, cut in half, remove seeds and white inner skins and dice finely. Clean the chilli in water cleaning, and chop finely. allow to dry the tomatoes and chop coarsely.

The celery, peppers, chili and tomato sauté in hot oil. Stir in the tomato paste and deglaze with the white wine. The Fond Pour and leave it to the 15 minute simmer quietly. The squid and capers add and more so let simmer even to the 10 minutes of quiet. Season with salt and bring to the table.

Shrimp with broccoli

Refined: All good things come here from a frying pan.

Serves 4 meals

600 grams of shrimp (peeled and deveined)
1 piece of ginger root (so about 10 grams)

2 red peppers
2 yellow peppers
1 broccoli
1 bunch scallions
2 cloves of garlic
2 tablespoons vegetable oil
Salt and freshly ground pepper
300ml vegetable stock
100ml dry white wine

The preparation sequence

Peel garlic and chop finely. Ginger also peel and grate finely.

Peppers in water clean, pat dry, cut in half, remove seeds and white inner skins, chop peppers into 2 mm thin strips. Steam broccoli in water cleaning and into florets. Spring onions in water clean, chop, shake dry and in oblique thin rings.

Heat oil in a skillet and sauté garlic and ginger for 1-2 minutes over medium heat. Adding the prawns, season with salt and pepper and fry for 3-4 minutes. Remove and set aside.

enter Rest of vegetables in the frying pan and deglaze with vegetable stock and white wine. let garköcheln In 7-10 minutes, Add shrimp mixture again and let them go at low heat for 2 minutes. Preparing to 4 warmed plates and bring to the table.

Red prawn curry

Serves 4 meals

24 king prawns (peeled and ready to cook up on the tail segment)

1 shallot

1 clove of garlic

3 tablespoons vegetable oil

1 tablespoon red curry paste

200 ml fish stock

200ml coconut milk

Fish sauce externally

Pinch of salt

Pepper from the mill

The preparation sequence

The shrimp in water Clean and pat dry. Peel the shallot and garlic and chop finely. Fry the shrimp in 2 tablespoons hot oil briefly and take back out of the frying pan. In remaining oil shallot and garlic sweat briefly.

The curry paste admit sauté and pour in the stock and the coconut milk. quietly let simmer slightly creamy, about 10 minutes. Add the prawns and again while being towed around 5 minutes until done. With fish sauce, salt and pepper seasoned bring to the table.

Octopus salad with lotus root and celery

Serves 4 meals

600 grams small octopus (ready to cook)

300 grams of lotus root slices (TK)

2 stalks celery

1 fennel bulb

1 piece of ginger as the 3 centimeters

1 chilli

1 pinch of vanilla seeds

3 tablespoons sesame oil

2 tablespoons rice wine

light soy sauce

The preparation sequence

pat the octopus in water clean and dry. The celeriac in water clean clean, mince in so to the 5-centimeter-long pieces and chop into thin strips or planed. Cut the fennel in water cleaning, in two halves, the stalk cut out, shred the white and the green in thin strips. Defrost The lotus roots. The ginger peel and stifteln. Clean the chilli in water cleaning, and chop into rings.

The octopus fry along with the celery and fennel in hot oil for 2-3 minutes while stirring. The ginger, lotus root and chilli mix in and more so ready fry about 2 minutes. The rice wine, soy sauce and little needed add a little water.

round with the vanilla pod and let simmer together even 4-5 minutes. Take off the heat and leave for about 15 minutes. Season Finally with the soy sauce and bring to the table lukewarm.

Sharp shrimp with white asparagus

Great combination of spring vegetables and seafood.

Serves 4 meals

24 king prawns (ready to cook)

1 organic lemon

1 pinch of sugar

750 grams of white asparagus

6 small red chili peppers

6 cloves of garlic

½ bunch of parsley

1 tablespoon olive oil

1 tablespoon yogurt butter

Salt and freshly ground pepper

The preparation sequence

Cut lemon in half, squeeze 1 half. In a saucepan, Cauldron bring salted water with sugar and lemon 2nd half for cooking. Meanwhile, asparagus, peel in water cleaning, cut

off woody ends and rods then in boiling water for about 20 minutes simmer, cooking.

Meanwhile chillies pat dry in water and cleaning. Peel and press garlic. dry-shake, pluck parsley in water cleaning, leaves and chop coarsely. Shrimp rinse under cold water and pat dry.

Oil heat in a frying pan, sauté chilli and garlic in it briefly. Shrimps admit and occasional swirling over medium heat finish fry 2-3 minutes.

take asparagus from the South, leave to dry. Cut bars into two halves, giving with parsley and butter to the shrimp, under inverted gently and season with salt, pepper and 1 squeeze of lemon juice to taste. In 4 bowls prepare and bring to the table.

Paella Frutti di Mare

Serves 4 meals

350 grams Mussel

260 grams of shrimps (ready to cook)

260 grams chorizo

200 grams of fresh Brechbohne

1 red bell pepper

4 ripe tomatoes

3 spring onions

2 tablespoons olive oil
300 grams of round grain rice
 $\frac{1}{3}$ grams Safranfäthe
100ml dry white wine
600ml vegetable stock
Pepper from the mill
Pinch of salt

The preparation sequence

The mussels in water clean clean, and throw away the open. Rinse the shrimp cold and pat dry. The chorizo into bite-sized slices of mince. Clean the beans in water clean, and shred long pieces in 2 centimeters. The pepper also in water clean, cut in half, remove seeds and chop into small cubes.

Blanch the tomatoes, put off, Peel, quarter and chop into pieces. The scallions in water clean, clean, shake dry and chop diagonally into rings. In a large, high frying pan heat the oil and sauté the spring onions and peppers. Add the rice and deglaze with the wine, add the broth, stir in the saffron and everything over medium heat 20-25 minutes simmer, cooking.

10 minutes before end of cooking the mussels, shrimp and beans admit stir, replace the cover and leave until done. Finally, the tomato and chorizo add, stir and season with salt and pepper. In the frying pan served bring to the table.

Red prawn curry with mangetout

Serves 4 meals

260 grams long-grain rice

Pinch of salt

200 grams sugar snaps

2 spring onions

600g prawns (peeled and deveined)

2 tablespoons germ oil

1 clove of garlic

1 ½ centimeters fresh ginger

350ml coconut milk

1 teaspoon curry powder

1 pinch of chili powder

Pepper from the mill

½ bunch coriander

The preparation sequence

Put the rice in 600 ml of boiling salted water boil, cooking. The snow peas in water clean clean, and blanch for 2 minutes in boiling salted water. Removing, cold scare and let dry thoroughly.

The scallions in water clean, clean, shake dry and chop into rings. The shrimp in water clean, pat dry and fry in a skillet in hot oil for 3-4 minutes turning occasionally.

Garlic and ginger peel and grate it. The snow peas and spring onions admit the coconut milk Pour and season with

curry, chili, salt and pepper. blank so simmer over medium heat about 5 minutes and season with lime juice.

Rinse the cilantro, shake dry and pluck off the leaves. Spread the rice on preheated bowl and cook the curry. With coriander leaves decorated bring to the table.

Vegetarian Kitchen - delicious vegetarian recipe ideas

Spaghetti with Mushroom Bolognese and fennel



Ingredients for 2 meals

300 grams mixed mushrooms (for example, mushrooms, oyster mushrooms and shiitake)

1 small carrot (so about 50 grams)

1 stalk celery (so about 100 grams)

1 onion

1 clove of garlic

2 tablespoons olive oil

Salt and freshly ground pepper

425 grams of canned tomatoes (drained)

150 milliliters classic vegetable

1 teaspoon fennel seed

½ teaspoon dried oregano

150 grams Whole Grain Spaghetti

20 grams pecorino cheese

The preparation sequence

Clean mushrooms and finely shred.

Peel carrot. clean celery in water cleaning and unthreading. Both vegetables finely dice. Peel and chop onion and garlic.

Oil in a large shallow saucepan, heat Cauldron. Diced vegetables, garlic and onion stew therein with stirring over medium heat for 4-5 minutes in glassy.

Mushrooms and cook for further cook for 3 minutes while stirring. Season with salt and pepper.

give canned tomatoes and broth into the pot, Cauldron and heat again. Over medium heat covered, stirring occasionally, simmer, cook for a total of 20 minutes.

Meanwhile, in a mortar fennel finely crushed. After 5 minutes in the pan, cooking kettle and stir into the sauce.

Oregano in water cleaning and shake dry. Give Cauldron After another 5 minutes to the sauce in the saucepan; Simmer for another 10 minutes. Meanwhile, for the spaghetti bring a large saucepan, cooking kettle of salted water to boil and simmer the spaghetti in the product instructions until al dente, cooking.

Spaghetti drain and allow to dry well.

The sauce with salt and pepper from the mill and turn the spaghetti in it. Place on plate and grate the pecorino cheese.

Small Council

In the tomato season Feel free to enjoy fresh, sun-drenched tomatoes for the sauce. They taste sweeter than most canned tomatoes. If the fresh be less juicy, give little vegetable stock to the sauce.

Per serving: 436 Kcal

Bean Pasta with rocket

Ingredients for 2 meals

200 grams of broad beans (frozen or so to the 800 grams of fresh pods)

Pinch of salt

1 small onion

1 clove of garlic

2 stalks celery

¼ bunch of rocket (around 25 grams)

3 tablespoons olive oil

150 grams Tortiglioni noodles (preferably wholegrain)

1 piece pecorino cheese (around 20 grams)

freshly ground pepper

The preparation sequence

Thaw broad beans. Add 1 minute in boiling salted water (blanch), drain, rinse and the nuclei of skin press (fresh seeds should simmer 7-8 minutes to cook).

Peel onion and chop finely. Peel garlic cloves and chop into fine slices.

Celery, clean, unthreading in water Clean and chop cubes in 5 millimeters.

Rocket in water clean, remove, shake dry and the stems. 5 leaves aside. Arugula Puree 1 1/2 tablespoons olive oil.

Mince remaining rocket into fine strips.

The pasta according to product instructions in plenty of salted water until al dente simmer, cooking. 6 minutes before end of cooking residual oil heated in a frying pan. Onions, garlic and celery braise it glassy 3 minutes over medium heat.

Bean seeds enter into the frying pan and sauté 2 minutes. Pecorino rub.

Drain the pasta and mix with the beans. Season with salt and pepper. Rocket and rocket oil mix in. Sprinkle with pecorino.

Small Council

If possible, use rocket from outdoor cultivation. The contains significantly less nitrate. For children also eliminate the stems because in most nitrate is stored.

Per serving: 560 Kcal

Spaghetti with herb and soy cream and smoked

Ingredients for 2 meals

150 grams of smoked tofu
1 piece Parmesan cheese (25 grams)
3 stalks parsley
150 grams linguine wholemeal pasta
Pinch of salt
1 tablespoon of butter (around 15 grams)
150 milliliters soy cream
freshly ground pepper

The preparation sequence

Tofu mince cubes in 1 centimeter.

Cheese Finely grate.

Parsley in water cleaning, shake dry, pluck leaves and coarsely chop.

Noodles in boiling salted water according to product instructions simmer, cooking.

Meanwhile let lather in a skillet the butter and tofu fry 1-2 minutes.

Soy cream Pour, parsley and cook for once. Over medium heat simmer 3 minutes cook.

The Drain the pasta and allow to dry well. Mix with the sauce and stir in the cheese. With salt and pepper from the mill, and go immediately to the table.

Small Council

A small green salad, z. B. with rocket, looks great with the pasta. It provides additional vitamins, minerals and protective phytonutrients.

Per serving: 588 Kcal

Spicy mozzarella pasta with sun dried tomatoes, oregano and pine nuts

Ingredients for 2 meals

25 grams of dried tomatoes (without oil)

150 grams wholemeal pasta (z. B. Farfalle)

Pinch of salt

125 grams of buffalo mozzarella

3 stalks Oregano

2 tablespoons olive oil

20 grams of pine nuts

freshly ground pepper

The preparation sequence

Dried tomatoes in a small bowl, pour boiling water and soak for 15 minutes.

The pasta according to product instructions in plenty of salted water until al dente simmer, cooking.

Meanwhile, the mozzarella to dry off and tear into small pieces.

Oregano in water cleaning, shake dry, pluck leaves and finely shred.

The soaked tomatoes Drain, squeeze out gently and roughly chop.

Olive oil in a frying pan heat up, brown lightly pine nuts over medium heat while stirring for 2-3 minutes.

Tomatoes and sauté briefly. 2 tablespoons stir the hot pasta water.

Cooked noodles drain and allow to dry well.

the noodles in the frying pan and mix well with pine nuts and tomato pieces.

Mozzarella and oregano mix. With salt and pepper from the mill, and go immediately to the table.

Small Council

See mozzarella rather bland? Then you will be pleasantly surprised by the buffalo milk! It tastes namely considerably spicier than mozzarella from cow's milk. If you like, completes the noodle pleasure from with a green salad, thus ensuring an extra vitamin boost.

Per serving: 574 Kcal

Lentils and vegetable Bolognese pasta

Ingredients for 2 meals

125 grams Puy lentils
500 milliliters classic vegetable
2 stalks celery (so about 150 grams)
2 carrots (so to 175 grams)
2 onions (so about 100 grams)
3 cloves garlic
3 tablespoons olive oil
Salt and freshly ground pepper
2 tablespoons Ajwar
1 tablespoon tomato paste
175 milliliters of dry red wine
350 grams Whole Grain Pasta
½ bunch of parsley
1 piece Parmesan cheese (30 grams)

The preparation sequence

Rinse lentils and place with vegetable broth in a saucepan, Cauldron. Once heat and light simmering simmer 20 minutes, cooking. Clean Meanwhile celery in water cleaning, and optionally unthreading. Carrots, peel in water cleaning and both dice finely.

Peel the onions and garlic and chop finely.

Olive oil in a heavy saucepan, Cauldron heat. Celery, carrots, onions and garlic over medium heat cook in 7-8 minutes. Strong season with salt and pepper.

Ajwar and tomato paste and add sauté 1 minute.

Vegetables with red wine deglaze and let boil down almost completely.

Lentils and vegetable admit heat and covered over medium heat for another 20 minutes simmer, boil, stirring occasionally once.

Meanwhile pasta in boiling salted water according to package directions simmer, cooking. Parsley in water cleaning, shake dry, pluck leaves and finely shred.

The lenses Vegetable Bolognese seasoning if necessary. Drain the pasta, mix with the sauce and sprinkle with parmesan and parsley.

Small Council

Quiet simmer double the amount of sauce, cook. She holds tightly closed for several days in the refrigerator. Who wants to give up alcohol, used instead of wine broth.

Per serving: 461 Kcal

Arugula penne with cherry tomatoes and garlic

Ingredients for 2 meals

175 grams cherry tomato
1 clove of garlic
1 bunch of arugula (so about 80 grams)
175 grams Penne (preferably wholegrain)
1 piece pecorino cheese (25 grams)
1 ½ tablespoons olive oil
sea salt
Salt and freshly ground pepper

The preparation sequence

Cut the tomatoes in water and cleaning in two halves.

Peel garlic and chop into fine slices. clean rocket, in water cleaning, spin dry and coarsely chop.

simmer Penne to product instructions in plenty of salted water until al dente, cooking. Meanwhile, grate the cheese.

Oil in a large frying pan heat up and fry the garlic slices until soft. Tomatoes and cook until soft with a small heat.

Penne Drain in a colander and give the rocket to the tomatoes, season with sea salt and pepper and mix well. The cheese sprinkled bring to the table.

Small Council

If rocket is on the menu, then if possible organically grown; it contains significantly less unfavorable nitrate than conventionally grown.

Per serving: 421 Kcal

Green Bean Pasta with pesto and pine nuts

Ingredients for 2 meals

175 grams of green beans

150 grams Tagliatelle wholemeal pasta

1 piece Parmesan cheese (20 grams)

1 tablespoon olive oil

1 tablespoon pine nuts

2 tablespoons light pesto

Salt and freshly ground pepper

The preparation sequence

The green beans in water clean clean, and cut according to length transversely into two halves or thirds.

The pasta according to product instructions in plenty of salted water until al dente simmer, cooking.

give the beans to the pasta 10 minutes before the end of the cooking time and cook for 10 minutes. The parmesan rub.

Oil heat in a frying pan. Pine nuts roasting it at low heat while stirring light brown.

Drain pasta and beans, taking care to collect 1-2 tablespoons cooking water. Pasta and beans briefly under very hot water rinse and allow to dry over a bowl.

the noodles, beans and the water in the frying pan to the pine nuts. Mix on the still hot stove with the pesto and cheese. Add salt and pepper, and bring to the table.

Small Council

In the Italian original recipe using potatoes as a third main ingredient. Those who want to try this version, simply boiled for 150 grams of diced potatoes (peeled) with. You can also follow the Court also prepare with 150 grams TK beans if there is no fresh are.

Per serving: 456 Kcal

Braised Artichokes in citrus-basil-Sud

Ingredients for 2 meals

2 organic oranges

2 organic lemons

2 red onions

8 small artichokes (for braising)

2 tablespoons olive oil

2 stalks basil

300 milliliters Mediterranean vegetable stock

Pinch of salt

6 black peppercorns

The preparation sequence

Rinse 1 Orange hot, dry rub and peel off the shell lightly with a potato peeler. Both express oranges.

Lemons express, and so give juice to 2 liters of water into a large bowl. Peel the onions and chop into fine strips.

Clean artichokes. Here remove the hard outer leaves, stems, peel with a vegetable peeler generous.

Artichokes into quarters, remove the hay from the base of the flower and place the artichokes immediately in the lemon, so they do not turn brown.

Oil in a saucepan, Cauldron heat, sauté onions until soft. Rinse basil, shake dry and admit.

and juice, orange peel give the vegetable stock into the pot Cauldron, add little salt and peppercorns.

allow to dry artichokes and place in the saucepan, Cauldron. All heat again over medium heat, then at low heat so covered by the 15 minute burn.

lift artichokes with a skimmer from the Sud and bring hot or cold on the table. Serve with z. B. aioli (garlic sauce) and baguette.

Small Council

Artichokes are be served with a dipping sauce: For easy stir little citrus-basil-Sud with sour cream, salt, pepper and a pinch of spice sugar.

Per serving: 72 kcal

Baked mushrooms with rosemary and parmesan

Ingredients for 2 meals

1 sprig of rosemary
1 organic lemon
1 ½ tablespoons olive oil
300 grams large white mushrooms
Salt and freshly ground pepper
20 grams Parmesan

The preparation sequence

pluck rosemary and finely shred.

Lemon rinse hot, rub lemon peel finely. express lemon and set aside the juice for later. Rosemary and lemon zest mix with the olive oil.

Clean mushrooms and chop into fine slices. Pour into the baking dish and sprinkle with half the Würzöls.

With salt and pepper from the mill and in the preheated oven preheated tube, kitchen stove at 200 ° C (with convection: 180 ° Celsius, with gas: selector switch 3) so bake about 10 minutes.

Parmesan rub, sprinkle over the mushrooms and put them back into the oven tube. Even so bake about 5 minutes until the cheese browns slightly.

Remove, sprinkle with the remaining seasoning oil and little lemon juice and bring to the table.

Small Council

You might want to prepare as well pink mushrooms or porcini mushrooms for this recipe. Whatever you take: The fungus also taste lukewarm or cold and stay in the refrigerator up to two days fresh.

Per serving: 142 Kcal

Steamed broccoli with sesame, honey and soy sauce

Ingredients for 2 meals

- 2 cloves of garlic
- 1 tablespoon olive oil
- 2 tablespoons soy sauce
- 1 teaspoon of liquid honey
- 1 lime
- 1 teaspoon sesame oil
- 1 tablespoon sesame
- 350 grams of broccoli

The preparation sequence

Peel garlic cloves and chop into fine slices.

Olive oil in a small saucepan, Cauldron warm and the garlic until golden over medium heat.

Soy sauce and honey and cook gently simmer 1 minute cooking. express lime. Add 1 tablespoon lime juice and sesame oil to soy mixture. Put aside.

Sesame toast in a skillet light brown without fat.

Share broccoli in water cleaning, into small florets and peel the thick stalk with a vegetable peeler.

chop broccoli stalk into thin slices and line the bottom of a steamer so.

Laying broccoli florets on the discs. Steamer in a suitable, sealable saucepan, Cauldron give, which is flat filled with water.

Saucepan, Cauldron covered put on the stove to boil water and the broccoli dampen 6-7 minutes.

take broccoli from the shock and mix with the sauce. With sesame seeds bring to the table.

Small Council

Steaming is a very gentle method of cooking, and she gets not just broccoli well. Also Romanesco cauliflower benefit. Especially tasty is a mixture of two vegetables.

Per serving: 170 Kcal

Aubergine lasagne with spinach and tomatoes

Ingredients for 2 meals

300 grams of spinach (frozen)
1 onion
40 grams butter
2 tablespoons flour
400 milliliters of milk (1.5% fat)
400 milliliters of classic vegetable
nutmeg
Salt and freshly ground pepper
2 eggplants (about 500 grams)
5 tablespoons olive oil
30 grams of pecorino cheese
200 grams of ricotta
4 beefsteak tomatoes
16 lasagna noodles
2 sprigs thyme
175 grams of buffalo mozzarella

The preparation sequence

Thaw spinach. Peel onion and chop finely.

Butter in a saucepan, Cauldron melted, fry chopped onions for 2-3 minutes glassy dust flour over and fry briefly (fry). Then pour, stirring constantly with a wooden spoon or whisk the milk and broth.

Heat the sauce once vigorously once, rub lightly with nutmeg, salt and simmer, stirring frequently, 5 minutes pepper and less heat.

Meanwhile, the eggplant in water cleaning, wipe dry, chop lengthwise into thin slices and sprinkle with salt.

Coat the eggplant slices on both sides with oil and fry until golden brown in portions in a nonstick skillet over medium heat. leave to dry on kitchen paper.

Pecorino Finely grate. express the thawed spinach vigorously. Mix pecorino and spinach in a bowl with the ricotta with salt, pepper from the mill and as desired with little abraded nutmeg.

cut out tomatoes in water clean and clean, handle approaches wedge-shaped, chop the flesh into slices.

give 1/4 of the sauce in the baking dish and smooth out.

4 lasagne sheets next to each other on the sauce (possibly trim little).

With each 1/3 spinach mixture, eggplant and tomato slices demonstrate and give little sauce. This layering with all the trimmings, repeat 2 times.

Last put the other 4 lasagne sheets into the mold and evenly distribute the remaining sauce. Thyme in water cleaning, pluck shake dry and the leaflets.

allow to dry mozzarella, chop into slices and spread evenly with thyme leaves on the lasagna. Lasagne in the preheated preheated oven tube, kitchen stove at 180 ° C (with convection: 160 ° Celsius, with gas: selector 2-3) on the second shelf from the bottom 35-40 minutes baking, let stand about 5 minutes before slicing , In pieces chop, cook as desired with little fresh thyme on plates.

Small Council

If you get no buffalo mozzarella, does it also widely available cow's milk version. Then you should however spice

little stronger.

Per serving: 537 Kcal

Quinoa with leeks and fennel

Ingredients for 2 meals

1 leek (300 grams)

1 fennel bulb (300 grams)

1 clove of garlic

75 grams quinoa

2 tablespoons olive oil

275 milliliters of classic vegetable

Salt and freshly ground pepper

The preparation sequence

clean leeks, cut lengthwise in half and thoroughly in water cleaning. The White and light green in 1 centimeter cube crush.

Clean fennel, crush cubes in water cleaning and 1 centimeter. Peel garlic and finely shred.

Quinoa in a sieve so long rinse under cold water until it is clear.

Heat the oil in a saucepan, Cauldron heat. Leek, fennel and garlic and fry light brown stirring 4-5 minutes.

Pour vegetable stock, heat again and simmer for 3 minutes can cook.

Quinoa Stir and covered with small heat simmer about 12 minutes to cook.

At the end of cooking loosen quinoa with a fork, season with salt and pepper.

Small Council

while rubbing the grains before preparing multiply in water clean between his hands. So removed. The natural bitter saponin that protects the plant against pests and otherwise later durchschmeckt eating

Per serving: 272 Kcal

Pasta with tomato sauce and smoked

Everything's inside what so tasty and healthy, the Italian pasta dishes: pasta, tomato, vegetables and olive oil provide lots of fiber, vitamins, minerals and phytochemicals. And for those who prefer vegetarian food will be well served with this dish.

Ingredients for 2 meals

225 grams Onion

800 grams of canned tomatoes

2 tablespoons olive oil

150 grams of smoked
4 sprigs parsley
175 grams of bucatini noodles
Salt and freshly ground pepper
red pepper flakes (optional)

The preparation sequence

Peel the onions and chop into cubes.

chop tomatoes in the can.

Olive oil in a saucepan, Cauldron heat and sauté the onions, stirring frequently over medium heat light brown.

Tomatoes and simmer over medium heat for 10-15 minutes, stirring frequently, cook.

Smoked chop cubes in 5 millimeters, to the sauce and simmer for 5 minutes to cook.

Parsley in water cleaning and shake dry. The leaflets pluck, roughly chop and add to the sauce.

Meanwhile, the bucatini noodles according to product instructions in plenty of salted water until al dente simmer, cooking.

Season the sauce with salt, pepper and chilli flakes as desired with. Drain the pasta in a colander, allow to dry and mix immediately with the sauce.

Small Council

The pasta dish is still high-fiber, if you take Bucatini use wholemeal spaghetti.

Per serving: 574 Kcal

Black bean soup with pepper tofu

Here, everything is in the green zone! No wonder, because the little legumes are full of dietary fiber, folic acid, potassium and magnesium. Folic acid provides sufficient red blood cells, potassium for the correct pressure in the cell and magnesium for nerves of steel.

Ingredients for 2 meals

475 grams of black beans
2 onions (so about 100 grams)
2 cloves of garlic
2 stalks celery (so about 150 grams)
1 red pepper (so about 200 grams)
3 tablespoons olive oil
2 liters classic vegetable
2 teaspoons cumin
1 tablespoon curry powder
2 bay leaves
2 tablespoons tomato paste
275 grams pepper tofu
1 lime

Pinch of salt

Pepper from the mill

The preparation sequence

The beans soak overnight in cold water.

The beans the next day drain them and leave them to dry well.

Peel the onions and garlic and chop finely.

Celery, clean water in clean, unthreading and possibly crush cubes in 1 centimeter. Cut peppers in half, remove seeds, crush cubes in water cleaning and 1 centimeter.

1 1/2 tablespoons of oil in a saucepan, Cauldron heat. Onions, garlic, celery and bell pepper sauté 3 minutes colorless.

Beans admit. Vegetable pour and heat again.

With a skimmer to skim the rising foam and simmer over medium heat just 1 1/2 hours at low heat, cook; release after 1 hour, cumin, curry powder, bay leaves and tomato paste.

remove bay leaves from the bean soup. Pour half of the bean soup in a high vessel and mash, then put them back into the saucepan, Cauldron.

Tofu in 2 centimeters crush cubes. From lime express 2 tablespoons juice.

Tofu cubes, fry and leave to dry

The remaining oil in a nonstick skillet warm and golden brown the tofu in it from all sides fry. To give bean soup. The bean soup with lime juice, salt and pepper to taste.

Small Council

With a slice of whole wheat bread served, increase the biological value of the protein from the beans: The combination of cereals and legumes ensure its better absorption and utilization in the body.

Per serving: 352 Kcal

Eggplant Casserole with tomatoes, parmesan and mozzarella

The Eggplant Casserole provides plenty of potassium, which benefit people with elevated blood pressure. The big plus of the eggplant in it are their phytochemicals, especially flavonoids, which positively affect the immune system and reduce the risk of cardiovascular disease.

Serves 4 meals

3 eggplants (around 900 grams)

Salt and freshly ground pepper

75 grams Parmesan

1 bunch basil

Olive oil for the mold

500 milliliters Lightning tomato sauce

100 grams of mozzarella

The preparation sequence

Eggplant in water cleaning, wipe dry and chop in thick slices 1.5 centimeters. Salt lightly and let draw on paper towels for 10 minutes.

Eggplant dab and grilling vigorously in a heated grill pan on each side. Removing pepper, and set aside.

Parmesan Finely grate. Basil in water cleaning, pluck shake dry and the leaves.

A casserole of as the 1 liter fat easily. provide little tomato sauce on the top layer aside. Apply a thin layer of tomato sauce in the dish and sprinkle with a little cheese.

A layer eggplant slices on top and sprinkle with little place basil. In this order, the ingredients fill until they are exhausted.

still available for sale, the deferred tomato sauce and Parmesan evenly distributed.

tear mozzarella into small pieces and spread evenly on the surface. Aubergine bake on the oven shelf, middle shelf, in the pre-heated, pre-heated oven tube, kitchen stove at 180 ° C (with convection: 160 ° Celsius, with gas: selector 2-3) as at the 30 minute bake, and go immediately to the table ,

Small Council

If you want to weigh less your fat account, you access the refrigerated shelves in mozzarella for reduced fat version.

Per serving: 323 Kcal

Broccoli Tofu wok with peppers and cashew nuts

In its just over 400 calories your daily requirement of folic acid is already achieved half. This vitamin is essential for all growth and development processes. Pregnant women should take more of it, also to protect her child from any neurological disorders. Vitamin E and A are also abundant - anti-aging agents for skin, heart and eyes.

Ingredients for 2 meals

350 grams of broccoli
1 red bell pepper
1 yellow pepper
150 grams of tofu
1 clove of garlic
1 onion
1 piece of ginger (around 20 grams)
1 red chilli
1 organic orange
2 tablespoons oil
30 grams of cashew nuts (Farmer)
2 tablespoons soy sauce
1 tablespoon of honey, liquid
Salt and freshly ground pepper

The preparation sequence

Clean broccoli, let in water clean, dry and divide into florets.

Peel the stem and chop into cubes 1 centimeter.

Peppers into quarters, remove the seeds, in water cleaning.
Peppers into strips, Tofu mince cubes in 1 centimeter.

Garlic and onion peel. Garlic chop into very thin slices,
onion cut into thin strips. Ginger, peel and chop into fine
strips. Rinse chilli, dry them, cut lengthwise in half, remove
seeds and chop the pepper into thin strips.

Rinse Orange with hot water, wipe dry. Something peel bowl
with a potato peeler thin, then shred into fine strips.
express Orange.

A wok (or a deep fryer) hot. pour in oil and broccoli florets
fry under Apply about 1 minute.

give pepper strips to the wok and stir-fry 1 minute more.

Tofu cubes, slices of garlic, onion, ginger and chili strips,
orange peel and cashews and cook stir fry another 30
seconds.

Soy sauce, honey and orange juice Mix and pour into the
wok. All 4-5 minutes covered a simmer, cooking. Season
Wok vegetables before serving with salt and pepper. Serve
with rice fits.

Small Council

If you opt for brown rice as a side dish, do yourself good:
With germ and outer layers it is healthier than white
polished rice - contains more vitamins, minerals and fiber.

Per serving: 425 Kcal

Pickled cauliflower with lemon grass, ginger and star anise

A perfect supplement for the slim line: no fat, no calories and for substances of chili and ginger, bring the metabolism revved. In addition, cauliflower supported with plenty of vitamin C, the immune system and strengthens with potassium the work of the heart, nerves and muscles.

Ingredients for 10 meals

- 1 small cauliflower (around 850 grams)
- 150 gram mini corn cobs
- 4 cloves garlic
- 15 pearl onions (so about 150 grams)
- 5 small red chili peppers
- 12 leaves Thai basil
- 2 stalks of lemongrass
- 1 piece of ginger (so about 50 grams)
- 1 tablespoon salt
- 1 tablespoon cane sugar
- 175 milliliters of white wine vinegar
- ½ star anise

The preparation sequence

1 screw or preserving jar (800-milliliter) together with the cover, rinse with boiling water and flipped on a paper towel let it dry. Clean the cauliflower, divide them in water and cleaning in florets.

Rinse corn cobs, allow to dry and clean if necessary. Garlic and onions peel.

Chillies pat dry in water and cleaning. Basil in water clean, dry shake and pluck off the leaves.

free lemon grass from the hard outer leaves and so beaten into pieces that fit into the glass. Ginger thoroughly in water clean, pat dry and chop into slices.

In a saucepan, Cauldron bring 500 milliliters of water with salt, sugar and vinegar to a boil. Cauliflower, corn, garlic, onion and lemongrass succession simmer 5 minutes each fact boil. Remove and allow to dry. take vinegar Sud from heat and reserve.

All cooked vegetables alternately layers with basil leaves and chili peppers in the prepared glass.

Measure the vinegar Sud and if necessary add a little water to 450 milliliters. enter again into the saucepan, Cauldron, Add star anise and let heat even at high heat. The Sud instantly scalding hot water in the glass, so that it completely covered the vegetables. tightly glass.

put glass in a large saucepan, cooking kettle and add as much boiling water that it is about 3/4 in. At least 80 ° Celsius boil about 25 minutes. The saucepan, take cooking kettle from heat and let the glass cool down in the water completely.

Small Council

To achieve the optimum flavor, cauliflower need at least 3 weeks for drawing. It fits perfectly to pan-fried, grilled, fish,

cold meats or sushi.

Per serving: 32 kcal

Pound vegetable relish with mustard

Abundant potassium - the mineral is essential for the heart, nerves and muscles - is offered here next great taste with few calories and 0 grams of fat!

Ingredients for 5 meals (5 glasses 300 milliliters).

½ cauliflower (around 400 grams)

1 zucchini (so about 300 grams)

3 carrots (so about 300 grams)

½ cucumber (so about 200 grams)

1 piece Hokkaido pumpkin (so about 300 grams)

150 grams shallots

2 tablespoons salt

50 grams English mustard powder (in spice stores or well-stocked supermarkets)

1 tablespoon turmeric

2 tablespoons flour (so about 40 grams)

½ teaspoon white pepper

3 tablespoons ground ginger

425 milliliters Malt vinegar or cider vinegar

The preparation sequence

Clean cauliflower, divided into water clean and in 1 centimeter florets. Zucchini, clean water in clean, peel carrots, cucumber and shallots, seed pumpkin. The vegetables in 1 centimeter cube crush.

Put all vegetables in a large bowl and mix with salt. Let it soak overnight with cling film are covered.

The next day, 5 screw-cap (300 milliliter) and matching lid, rinse with boiling water and leave upside down to dry on a tea towel. The water that has formed overnight by salting the vegetables, drain and leave to dry the vegetables well.

Mustard powder, turmeric, flour, pepper and ginger in a coated pan, Cauldron mix. With so much vinegar Stir until a smooth paste is formed.

Then stir in remaining vinegar. The vegetables and so add to the 100 milliliters of water and simmer, stirring occasionally, over medium heat, cook.

When it begins to thicken, continue to boil for 5 minutes, stirring. Vegetables fill hot into prepared jars and seal. Headfirst let stand for 5 minutes, then put upright again. (And stored in the refrigerator Shut the vegetables keeps 6-9 months.)

Small Council

The Vegetable Relish is a real allrounder and taste to grilled meat and fish as well as salads and cold plates. Even as a small, low-calorie snack between meals, it is ideal.

Per serving: 23 kcal

Baked cheese noodles with herbs, onions and mountain cheese

prepared from rye flour make noodles thanks to the many fiber fed properly. By the way, they still provide plenty of iron, zinc and folic acid. The cheese scores with plenty of calcium and, together with the digestive onions for a lot of spice.

Ingredients for 2 meals

150 grams of fine rye flour (preferably whole grains)

2 eggs

150 milliliters of milk (1.5% fat)

Salt and freshly ground pepper

nutmeg

4 onions (50 grams)

1 tablespoon canola oil

1 heaped tablespoon butter (20 grams)

1 heaped tablespoon hazelnut kernels (20 grams)

3 stalks parsley

2 stalks of sage

75 grams Bergkäse (30% fat. Tr.)

The preparation sequence

Rye flour, eggs and milk in a bowl until smooth. Add salt, pepper and nutmeg as desired rub it.

Using a wooden spoon to make a smooth, pliable dough. continue beating about 2-3 minutes, until the dough begins to bubble, and then let soak 45-70 minutes.

Meanwhile, peel the onions and chop finely.

Oil and butter in a frying pan heat up, fry until golden brown stirring onions. Put aside.

chop hazelnuts coarsely and fry in a frying pan without fat.

Parsley and sage in water cleaning, shake dry, pluck leaves and coarsely chop.

Grate the cheese on a grater.

Abundant salt water in a large saucepan, bring boiler for cooking. The dough by beating again. presse in portions through a spaetzle (or through a potato ricer) press into the boiling water and simmer for 1-2 minutes to cook.

Take out ready noodles with a slotted spoon, rinse immediately under cold water and let dry thoroughly in a colander. Repeat the process until the batter is gone.

Noodles, onions, nuts and herbs mix. Salts, pepper and half of the cheese fold. Place in a baking dish and sprinkle with the remaining cheese. The Käsespätzle in the preheated oven preheated tube, kitchen stove at 180 ° C (with convection oven 160 ° Celsius, with gas: selector 2-3) Bake for 15 minutes.

Small Council

You do not want to run the kitchen after work long? Then prepare the dough but just the day before to - boiled and

baked, the cheese noodles then quickly. Alternative for those in a hurry: buy wholemeal spaetzle in Bioladen done!

Per serving: 653 Kcal

Spicy pea beans-pinto with pine nuts and mint

Pulses include next valuable vegetable protein a lot of fiber. These indigestible carbohydrates stimulate the bowel function in a natural way and help to lower elevated blood lipids. They are also rich in minerals.

Serves 4 meals

- 150 grams peas (frozen)
- 125 grams Wheat wholemeal flour
- 1 teaspoon baking powder
- cane sugar
- 100 milliliter of milk (1, 5% fat)
- 3 tablespoons canola oil
- 75 grams fat quark
- 2 stalks of mint
- 100 grams Green Beans (Frozen)
- 2 tablespoons pine nuts

2 teaspoons cornstarch

100 grams of sour cream

3 eggs

Salt and freshly ground pepper

nutmeg

The preparation sequence

Peas thaw 10-20 minutes. Flour, baking powder and 1 pinch each of salt and sugar mix in a bowl.

3 tablespoons milk, oil and fat curd cheese and knead with the kneading hook of the hand mixer until smooth.

Roll out dough to a circle of about 20 centimeters in diameter.

Tart tin (16 cm diameter) optionally fat and sprinkle with flour. Dough pour in, thereby forming a 2 cm high edge. 15 minutes chill.

Mint in water cleaning, shake dry, pluck leaves and coarsely chop.

Soon give broad beans in boiling water, let dry thoroughly in a colander and remove from the hides.

Beans, peas, pine nuts, mint and cornflour mix and give the dough. Stir sour cream, eggs and remaining milk and season with salt and pepper, rub lightly with nutmeg.

Pour filling over the vegetables in the tart tin and on the oven rack in the preheated oven tube, kitchen stove at 180 ° Celsius ((not recommended with circulating air, for gas: selector 2-3) on the second shelf from the bottom 25 minutes baking. heat to 150 ° C (with gas: selector 1-2) reduce and bake another 20 minutes until the

cast in the middle is firmly let cool for about 5 minutes before slicing..

Small Council

Broad beans are often offered in glasses as frozen. So if you do not get frozen goods, access to Preserve. The vegetables are also processed for freshly harvested and preserves vitamins. Broad beans in the glass need not be pre-cooked and skinned - you save labor and time.

Per serving: 452 Kcal

Gnocchi alla Romana baked with artichokes and tomatoes

The wholegrain wheat semolina and the artichoke bottoms provide here with their high fiber content for quick saturation. Milk and cheese supply to one-third of the daily requirement on bone block calcium.

Serves 4 meals

300 milliliters of milk (1.5% fat)

1 tablespoon butter

Pinch of salt

125 grams Whole-wheat semolina

2 shallots

2 cloves of garlic

800 grams of artichoke hearts (canned; sample weight)

2 tablespoons olive oil

100 milliliters of white wine

1 sprig of rosemary

800 grams of canned tomatoes

pepper from the grinder

1 piece Parmesan cheese (25 grams)

1 egg

nutmeg

1 piece of reduced-fat mountain cheese (75 grams)

The preparation sequence

bring milk with the butter, a little salt and 150 milliliters of water in a best nonstick cooking pot, boiler for cooking. Semolina slowly stir and swell at low heat, stirring occasionally, 25-30 minutes.

Meanwhile, peel the shallots and garlic and chop finely.

allow to dry and artichoke bottoms in 1 centimeter chop cubes.

Olive oil in a frying pan heat, sauté shallots and garlic until soft. White wine stir.

Rosemary in water cleaning. give artichokes, tomatoes and rosemary in the frying pan. simmer over low heat 15 minutes. Season with salt and pepper.

Parmesan rub. Egg disconnect (protein otherwise use). Semolina pour into a bowl. Only the Parmesan, then stir the egg yolks with the meal. Something nutmeg rub. Season the flour with salt, pepper and nutmeg and leave little cool.

Add the artichoke stew in a casserole dish.

stab with two spoons small cam from the semolina mixture and juxtapose to the stew.

rub mountain cheese finely and sprinkle over the gnocchi. In the preheated oven tube, kitchen stove at 200 ° C (with convection: 180 ° Celsius, with gas: selector switch 3) around 20 minutes until on the second shelf from the bottom. Gnocchi alla Romana immediately bring to the table.

Small Council

Particularly recommended if you want to surprise friends. Artichoke ragout and Gnocchi you can prepare only hours before baking. Just before the guests arrive, the stew will be given in the form. Then place the gnocchi about sprinkle with cheese - and from the oven tube.

Per serving: 339 Kcal

Romanesco kohlrabi ragout with curry and coconut sauce

This serving of vegetables you get a lot of vitamins, ballast, minerals and phytochemicals. Excellent: the vitamin C contained in the same double daily amount and sound makes when you falter or have colds.

Serves 4 meals

30 grams of cashew nuts

900 grams Romanesco
750 grams Kohlrabi
1 piece of fresh ginger (so about 30 grams)
1 red chilli
1 bunch scallions
2 tablespoons oil
12 cherry tomatoes
2 teaspoons red curry paste
300 milliliters classic vegetable
300 milliliters of coconut milk (9% fat)
½ lime
Salt and freshly ground pepper

The preparation sequence

Cashews roasted in a frying pan without fat. Let cool and chop coarsely.

Clean the Romanesco in water cleaning, and share in medium-sized florets.

Kohlrabi peel and cut off the ends. Kohlrabi quarters, chop each quarter in 3 columns. Ginger, peel and chop into fine strips. Chilli in water cleaning, remove the stem and chop the pepper into rings.

Clean spring onions in water clean, and shred long pieces in 3 centimeters.

Oil in a wide saucepan, Cauldron heat and fry the spring onion pieces in case of strong heat briefly sharp. Remove and set aside.

reduce heat and kohlrabi columns sauté 3-4 minutes while stirring with the ginger over medium heat. Tomatoes in water cleaning and add.

Chili rings and curry paste and cook fry briefly.

Fill with vegetable broth and coconut milk and bring to a boil.

simmer covered for 5 minutes at medium heat allow to cook. give Romanesco into the saucepan, Cauldron and covered 5-7 minutes, stirring occasionally simmer, cooking. From lime express 1 tablespoon juice.

Add 2 minutes before end of cooking the spring onions for stew. Season with salt, pepper and lime juice and sprinkle with the cashews.

Small Council

Romanesco, the attractive, may green cabbage with pointy Mini heads, is becoming increasingly popular. If you do not get it here, you can also use broccoli, cauliflower or a mixture of both. Serve with rice fits.

Per serving: 244 Kcal

Mushroom pancake with cottage cheese and marjoram

Mushrooms contain several B vitamins in large quantities and thus support the metabolic processes in the body. A serving Kaiserschmarren brings Only 75 percent of the daily requirement of pantothenic acid. It is involved in basic

functions such as hormone production, cell regeneration and energy production as well known as anti-stress vitamin.

Ingredients for 2 meals

2 eggs

125 grams Magerquark

100 grams of flour

75 milliliters of milk (1.5% fat)

300 grams mixed mushrooms (depending on season)

1 clove of garlic

2 small shallots

2 tablespoons olive oil

1 stalk of marjoram

Salt and freshly ground pepper

The preparation sequence

Separate the eggs.

Stir Magerquark with egg yolks, flour and milk to form a dough and let it swell.

Clean mushrooms and chop in as the 1-centimeter pieces.

Peel garlic and finely shred. Shallots Peel and finely dice.

Oil heat in an ovenproof skillet. Shallots and garlic sauté 2-3 minutes colorless.

Mushrooms and cook over medium heat fry 4-5 minutes while stirring.

Marjoram in water cleaning, shake dry, pluck leaves and add to the mushrooms, season with salt and pepper. put in the skillet aside.

Proteins beat very stiff.

Egg whites carefully into the dough.

put frying pan with the mushrooms back on the stove and heat. Divide the dough into it and let it falter briefly over medium heat.

Then enter the frying pan in the heated, preheated oven tube, cooking hob on the oven shelf and the rubbish at 180 ° Celsius (160 ° Celsius with convection in gas: selector 2-3) Bake 15-17 minutes. To serve, break the Schmarren 2 forks into pieces and place on plate. For this example fits a leaf of lettuce with a seed oil vinaigrette.

Small Council

Take in your mushroom mixture on absolutely Shiitake with. This aromatic Asian fungus Studies a cancer protective effect and to ward off viruses and bacteria.

Per serving: 441 Kcal

Tofu stew with peppers, potatoes and tomatoes

Peppers, tomatoes and potatoes provide a lot of vitamin C. This helps our body in absorption and utilization of plant iron from this stew. Another vitamin is also abundant: folic acid. She is responsible for the maturation of red blood

cells, in which the iron is then responsible for oxygen binding.

Ingredients for 2 meals

3 tomatoes (so about 300 grams)

2 peppers (1 red, 1 yellow, so about 200 grams)

300 grams of smoked tofu

2 onions

2 cloves of garlic

5 small potatoes (so about 300 grams)

2 tablespoons olive oil

2 tablespoons chili powder (1 tablespoon rose sharply, 1 tablespoon edelsüß)

325 milliliters of classic vegetable

½ bunch of parsley

1 organic lemon

2 teaspoons cornstarch

Salt and freshly ground pepper

The preparation sequence

Stem approaches the tomatoes cut out a wedge. Tomato cut on the other side crosswise.

the tomatoes for 30 seconds in boiling water. Removing, deter and remove the skin.

Tomatoes into quarters and cut out the cores.

Peppers into quarters, remove seeds, crush cubes in water cleaning and also in 2 centimeters.

Tofu in 2 centimeters crush cubes.

Peel the onions and garlic and chop finely.

Peel the potatoes and chop into cubes 2 centimeters. Add cold water.

Oil in a saucepan, Cauldron heat. Onions and garlic sauté 2 minutes colorless. Peppers diced and further cook over medium heat for 4-5 minutes.

Potatoes Drain, allow to dry well and put in the cooking pot, Cauldron.

Sprinkle with paprika and fill with the vegetable broth. Cover and bring to a boil and simmer for 5 minutes to cook.

Meanwhile parsley in water cleaning, shake dry, pluck leaves and finely shred. Rinse lemon in hot water, wipe dry, grate the peel finely and mix with the parsley.

After 5 minutes, add the tomatoes into the saucepan, Cauldron and continue cooking. After 3 minutes, add the tofu and continue to cook for 4 minutes.

Cornstarch until smooth in a little cold water. Stir Ins tofu stew and allow even heat, then season with salt and pepper. With the parsley lemon mixture sprinkled bring to the table.

Small Council

Peeled potatoes lying in water longer lose valuable nutrients - especially if they are cut into small pieces. Therefore always wait as short as possible to prepare before cooking.

Per serving: 433 Kcal

Breaded eggplant cutlet with vegetables and tofu ragout and chive oil

Vegetables tired provides plenty of fiber for digestion, and vitamins and minerals: iron, folic acid and vitamin B12 inter alia by promoting oxygenation of the whole body. The tofu scores by the particularly high content of valuable protein.

Ingredients for 2 meals

½ bunch of chives

Pinch of salt

4 tablespoons olive oil

2 eggplants (around 500 grams)

2 carrots (so about 200 grams)

1 small parsnip

1 piece of celeriac (around 125 grams)

1 small parsley root

2 small onions

100 grams of smoked

200 milliliters classic vegetable

150 milliliters soy cream

freshly ground pepper

20 grams Parmesan

2 eggs

little flour

The preparation sequence

Chives in water clean, chop, shake dry and in rolls. With 1 pinch of salt and 2 tablespoons olive oil in a bowl, mash with a hand blender and while being towed to 1 hour.

Eggplant in water cleaning wipe dry, and chop in slices, place on paper towels and sprinkle with salt.

Carrots, parsnips, celery and parsley clean, chop cubes in water cleaning and in about 1 centimeter.

Peel the onions and chop finely. crush tofu into small cubes.

1 tablespoon olive oil in a saucepan, Cauldron heat, cook onions over medium heat glazed.

Place vegetables to the onions and cook stirring for 5 minutes over medium heat.

Vegetable broth and soy cream stir. downshift heat and simmer covered 5 minutes easily. Tofu, season with salt, pepper and simmer for another 5-7 minutes.

Parmesan Finely grate. Beat the eggs, mix with the parmesan and season lightly with salt and pepper.

Aubergine slices dab with kitchen paper, coat with flour, shaking off excess flour, then move through the whisked egg.

Chive oil through a fine sieve. Remaining olive oil in a nonstick skillet heat. Eggplant in portions over medium heat on each side bake it until golden brown in 2-3 minutes to

give the tofu stew on a plate, put the chive oil drizzle and on the table.

Small Council

A change? Then take time tofu with basil, wild garlic or peppers instead smoked. As a side dish fit the vegetarian mini chips whole wheat pasta, brown rice, polenta or mashed potatoes.

Per serving: 639 Kcal

Potato and sheep's cheese pancakes with stewed peppers

A low-calorie main dish, thanks peppers and potatoes with a portion that covers the vitamin C requirement. The water-soluble vitamin is involved in the regulation of the oxygen supply of the cells and is required for the production of collagen, so skin and gums stay healthy. In addition, the olive oil provides the monounsaturated fatty acids, the good for our hearts.

Serves 4 meals

2 onions

2 cloves of garlic

3 peppers (so about 500 grams; mixed)

3 tablespoons olive oil

Salt and freshly ground pepper

100 milliliters of white wine or pear juice

150 milliliters classic vegetable

400 grams of canned tomatoes (drained)

3 floury potatoes (so about 300 grams)

2 waxy potatoes (so about 100 grams)

nutmeg

1 egg

2 tablespoons flour

100 grams feta cheese

2 stalks Oregano

The preparation sequence

Peel 1 onion and garlic and finely shred.

Peppers into quarters, remove the seeds and water cleaning.

Half the oil in a sealable roaster heat, sauté chopped onion and garlic over medium heat for 3-4 minutes in glassy. Paprika pieces and sauté another 3-4 minutes.

Season with salt and pepper seasoning, pour white wine.

Vegetable broth and tomatoes and covered over medium heat simmer 15 minutes.

Meanwhile, peel the onion and 2. Finely grate on a grater.

Potatoes in water Clean and peel. rasps roughly on a grater.

Put the potatoes in a cloth, easy to express and mix in a bowl with the grated onion. Salts, pepper and nutmeg little rub it.

give egg into the bowl and mix with the potato mixture. Flour thoroughly fold and allow the dough to swell 5 minutes.

The remaining oil in a frying pan heat up. From the potato 4 buffer from each side bake about 3 minutes. put buffer on the vegetables and crumble the feta over. Oregano in water cleaning, shake dry, pluck leaves and sprinkle over the pancakes.

Small Council

Instead of wine, you can take more vegetable broth. And if the feta you is too salty: Put it for a few hours in a bowl of water so that you can reduce the salt content.

Per serving: 273 Kcal

served Fried tofu with cabbage and mushrooms in pancakes

Already half the daily biotin requirement brings with this meal. Biotin was formerly called vitamin H: H for skin factor, because it supports the growth of skin, hair, and connective tissue. At the same time here dairy product is served as an ingredient calcium properly without.

Serves 4 meals

300 grams of flour

25 grams of dried mushrooms (for example Mu-Err and shiitake mushrooms)

400 grams of Chinese cabbage
200 grams of bamboo shoots
3 spring onions
5 tablespoons oil
2 eggs
300 grams of tofu
2 tablespoons soy sauce
Salt and freshly ground pepper
sugar
8 tablespoons hoisin sauce

The preparation sequence

Place flour in a bowl. add 125-150 milliliters of boiling water and stir with a stick or wooden spoon.

add 5 tablespoons of cold water, mix, then knead on a floured surface for 3 minutes. With a damp kitchen towel covered for 10 minutes to rest.

so soak about 30 minutes for the tofu mixture mushrooms in warm water.

Meanwhile, chop the bamboo shoots into thin strips. Clean spring onions, chop the whites of fine rings, covered put aside; the green in 2 centimeter pieces shred. The outer leaves and the stalk removed from Chinese cabbage, cabbage shred into fine strips.

The dough again knead 3 minutes, then shape into a roll of 3 centimeters in diameter.

From the roll 12 slices (as the 3 centimeters thick) crush and flatten with the palm. Pieces of dough on one side with

a little oil Brush.

merge The 2 pieces with the oiled sides and roll out into circles of 21 centimeters in diameter.

Frying pan over medium heat to warm, rich with a little oil, add a double pancake and from each side 45 seconds fry the pancakes should brown slightly.

Pull apart and remove the pancake again; wrap until further use in a dry kitchen towel. process remaining dough well.

express mushrooms and chop into very fine strips. Beat the eggs in a small bowl. Tofu into strips crush.

Heat the remaining oil in wok strong. Pour in the eggs and stir. Lift out with a slotted spoon and leave to dry on paper towels.

If appropriate, give a little oil in the wok. give up on the onion rings the vegetables in the wok fry for 1 minute over high heat while stirring.

Scrambled eggs and tofu, mix and heat 1 minute. Season with soy sauce, salt, pepper and 1 pinch of sugar.

Just before serving, wrap the pancakes in a damp tea towel and steamer heat up 5 minutes over boiling water. Then unwrap and place in each pancake little hoisin sauce, onion rings and tofu mixture.

Small Council

Additional bowel healthy fiber come into play if you replace half the flour with whole wheat flour. Enter for kneading little more cold water is added, if the dough is too hard otherwise.

Per serving: 579 Kcal

Indian carrot salad with yogurt, mustard seeds and mint

At minimum caloric value biomaterials are offered in abundance. By carrots little more than the daily requirement of beta carotene enters our bodies. It is converted into vitamin A. This makes the mucous membranes, the first defensive barrier against viruses resistant. It protects against with a cold.

Serves 4 meals

300 grams of yogurt (0.3% fat)

4 carrots (so about 400 grams)

2 red onions

1 tablespoon oil

1 tablespoon brown mustard seeds

1 teaspoon ground cumin

Pinch of salt

1 teaspoon chili powder

½ bunch mint

½ lemon

The preparation sequence

so leave them to dry for 30 minutes in a fine sieve yogurt.

Peel carrots, cut crosswise in half and then chop into very fine strips, either with a knife or a vegetable slicer.

Peel the onions and chop into very fine strips.

Heat oil in a skillet and fry the mustard seeds in a short time until they begin to burst.

Carrots and onions add. Cumin, salt and chili powder and cook over medium heat stirring all under 3-4 minutes until al dente simmer, cooking.

Place in a bowl and let cool.

give yogurt in a bowl. Mint in water cleaning, shake dry, pluck leaves, shred and add to the yogurt. express lemon juice and stir little among the yogurt.

Carrots and yogurt sauce mix and bring carrot salad immediately on the table.

Small Council

Choose a vegetable oil rich in vitamin E (for example, rapeseed oil). This vitamin supports the function of immune cells and thus the defense protection against a cold.

Per serving: 80 kcal

Vegetable tortillas with smoked tofu

Soybean curd (tofu), cheese and cereals combine to create a high-quality pure plant Eiweißmix which provides each steak into the shadows. Good for all, want to take a little more protein (protein food) to be.

Serves 4 meals

1 red onion

1 red oblong Turkish pepper

2 tomatoes

4 sprigs coriander

1 lime

150 grams of sour cream

1 teaspoon chili powder

Salt and freshly ground pepper

425 grams of black beans (canned)

75 grams Manchego or young Pecorino

125 grams of smoked

1 romaine lettuce heart

4 Wheat Tortillas

2 tablespoons oil

The preparation sequence

Onion peel and chop into fine strips. Pepper into quarters, remove the seeds, chop water clean and in fine strips. , Core tomatoes in water cleaning, into quarters, cut out the stem approaches wedge-shaped tomatoes and chop into fine strips.

Coriander in water cleaning, shake dry, pluck off the leaves and chop coarsely. express lime.

Coriander with sour cream, chili powder, little lime juice, salt and pepper from the mill.

The beans Rinse and allow to dry. The cheese rub coarse.

Smoked chop wide pins in 1 centimeter. The lettuce in water clean clean, spin-dry and cut into thin strips.

The tortillas in the preheated oven preheated tube, kitchen stove at 50 ° Celsius (50 ° C with convection in gas: selector 1) heat. Heat the oil in a heavy skillet heat. Onion and peppers cook over medium heat while stirring for 5-6 minutes.

Tofu, beans and tomatoes and cook for 3 minutes. Season with salt, pepper and remaining lime juice.

The tortillas with 1-2 tablespoons of sour cream and sprinkle. giving each 1/4 of the beans and tofu mixture on it.

Spread the cheese on it evenly.

distribute salad evenly over the filling. The tortillas roll: given a page along by flaps, fold the bottom side and along further roll. extra Bring the remaining sour cream on the table. The sheet of dough as desired at 120 ° Celsius (100 ° Celsius with convection in gas: selector 1) heat about 5 minutes.

Small Council

Children love this Mexico snack - especially if they are allowed to fill it to their own taste itself. Provide the kids and all, not like Sharp eat, instead of chili sweetish mild maize grains and thus additional fiber!

Per serving: 369 Kcal

Salad of white beans with ham

Legumes are excellent vitamin B1 suppliers. This vitamin performs important functions in energy metabolism and supports the work of the brain and nerves.

Ingredients for 2 meals

5 small tomatoes (so about 200 grams)

1 stalk of basil

1 small clove garlic

3 tablespoons olive oil (preferably olive oil lemon)

Salt and freshly ground pepper

cane sugar

1 small onion

2 tablespoons red wine vinegar

425 grams of white beans (drained, canned)

½ bunch of rocket (so about 50 grams)

2 slices of Parma ham

4 Grissini (preferably wholegrain)

The preparation sequence

Tomato wedge-shaped cut out in water cleaning, stem approaches. Cut the tomatoes crosswise in half and dissolve out the seeds with a spoon.

Basil in water cleaning, shake dry, pluck leaves and chop.
Garlic peel and chop into slices.

Mix basil and garlic with some splashes of olive oil, salt, pepper and 1 pinch of sugar and add to the tomatoes.

Tomato with cut faces upward on an oven rack at 110 ° C 2 hours dörren (with air circulation for 90 minutes at 100 ° Celsius, with gas: not highly recommended). Remove and let cool.

Onion peel and chop slices in 5 millimeters. A grill pan heat and coat with a little oil.

Onion slices in not broil until golden brown on high heat on each side for 4-5 minutes.

the onion slices in a bowl and mix with vinegar.

Beans cold rinse and dry well.

give with the dried tomatoes to the onion slices and remaining olive oil add. Everything thoroughly mix and season with salt and pepper.

clean rocket, in water cleaning, spin dry and place in salad bowl. Pour the bean salad on the salad.

Cut the ham slices in half to wrap the bread sticks and bring to a salad on the table.

Small Council

If you want to take less fat, you eliminate the fat on the edge of Parma ham.

Per serving: 522 Kcal

Mixed salad with vegetables and feta cheese

A handle to the cornucopia of vegetables plus dairy products - even the daily requirement is covered in almost all essential vitamins and minerals to more than 50 percent. The demand on the eyes Vitamin A is even triple, which provides two times the vitamin C Defence.

Ingredients for 2 meals

2 small carrots (so about 150 grams)

1 zucchini (so about 300 grams)

4 stalks celery (so about 300 grams)

1 Spitzpaprika

1 fennel bulb (so about 300 grams)

3 tomatoes

1 tablespoon sesame

½ lemon

2 tablespoons tahini paste

1 tablespoon olive oil

200 grams of yogurt (1.5% fat)

Salt and freshly ground pepper

125 grams of mixed salad leaves

¼ bunch of rocket (around 25 grams)

50 grams feta cheese

The preparation sequence

Clean carrots, zucchini and celery and. in water cleaning
Carrot peel. From celery as desired little tender green set
aside for garnish. Celery and chop unthreading long pieces
in about 7-10 centimeters. Cut the peppers in half, remove
seeds and rinse briefly. Prepared vegetables into very fine
strips crush or slice.

Clean fennel, mince in water and clean into fine strips.
Tomatoes, the green stalk approaches cut out a wedge
shape in water cleaning. Tomatoes into quarters.

Sesame roast in a frying pan over medium heat light brown
without additional fat.

express lemon. Tahini paste, 2 tablespoons lemon juice,
olive oil and yogurt mix. Season with salt and pepper. (If
the dressing should be a little thick, thin with a little mineral
water or broth.)

read The salads, spin dry in water and cleaning. picking
apart or crush, leave some leaves whole for garnish salads
in bite-size pieces.

Salads and about 2/3 of the dressing mix and prepare the
entire lettuce leaves on plates.

Arrange the sliced vegetables on it evenly. Drizzle with the
remaining dressing.

Crumble cheese. Sprinkle cheese and sesame seeds over
the salad, decorate as desired with celery leaves. Serve
with crispy toasted flatbread.

Small Council

If you want the salad little easier using low-fat cheese.

Per serving: 427 Kcal

Onion soup with roasted onions, fennel and tomatoes

The savory onion soup provides plenty of fiber. With a portion of the half of the daily requirement is already covered. In addition, onions help if inflammation is to be alleviated, internally, for example, when coughing or joint pain, externally for insect bites.

Serves 4 meals

1 large onion

3 tablespoons olive oil

Salt and freshly ground pepper

2 cloves of garlic

1 fennel bulb

2 tablespoons anisette

2 sprigs thyme

650 milliliters Mediterranean vegetable stock

425 grams of canned tomatoes (drained)

75 grams whole grain vermicelli (as elbow macaroni)

40 grams old pecorino cheese

The preparation sequence

Onion peel and chop into slices.

the onion slices on a cake baking sheet or in a baking dish and mix with 1.5 tablespoons of olive oil, salt and pepper. In the preheated oven tube, kitchen stove at 225 ° C (with convection: 200 ° Celsius, with gas: selector 3-4) as roast about 30 minutes, turning several times.

Meanwhile, peel the garlic and finely shred. Clean fennel in water clean, and shred into very fine slices.

The remaining oil in a saucepan, Cauldron warm, so braise fennel slices and garlic over medium heat while stirring for 12 minutes. Stir liqueur.

Thyme in water cleaning. take onions from the oven and give with broth and thyme in the pan, cooking kettles.

Bring to a boil and then about 15 minutes at low heat simmer, boil, after 10 minutes, add the tomatoes.

The vermicelli according to product instruction in saltwater simmer, cooking. In a colander drain, cold rinse and allow to dry. When cooked, season the onion soup with salt and pepper and pour in the noodles. Pecorino planing and sprinkle over the onion soup.

Small Council

Pregnant women should, if they want to buy the hard Italian cheese Pecorino, wondering whether it was produced from raw milk. If so, as a precaution without the cheese and refine the onion soup with a dollop of sour cream.

Per serving: 446 Kcal

Mixed vegetable salad with apple and yoghurt sauce

The salad is generous with vitamins and minerals: Vitamin C supports the immune system, calcium is important for strong bones, and plenty of magnesium helps us in times of stress, to preserve the nerves.

Ingredients for 2 meals

1 small kohlrabi

2 small tart apples

½ cucumber

1 yellow pepper

½ bunch of dill

½ lemon

200 grams of yogurt (0.3% fat)

Salt and freshly ground pepper

2 green salads (for example lettuce, radicchio)

1 red onion

The preparation sequence

Kohlrabi peel. Apples in water cleaning, wipe dry, quarter and remove seeds.

The half a cucumber in water clean, peel, cut lengthwise in half and remove seeds. Pepper into quarters, remove seeds and. In water cleaning

Kohlrabi, apples, cucumber and paprika equal cubes crushing in about.

Dill in water cleaning, shake dry, pluck flags and finely shred. From half a lemon squeeze 2 tablespoons juice.

Yogurt, lemon juice and dill mix in a bowl.

Vegetables with yogurt sauce mix, salt, pepper and leave for 15 minutes.

clean and spin dry Meanwhile lettuce in water cleaning. Onion peel and chop into very thin rings. give lettuce leaves on a plate and spread evenly to the vegetable salad on it. the onion rings over it.

Small Council

Apples should not peel because the healthiest ingredients are concentrated in and directly under the shell. If you use organic apples, you can be sure that the shell is not waxed.

Per serving: 181 Kcal

White asparagus in paper package with carrots and ginger

The "King vegetables" asparagus impressed with a considerable content of folic acid. This B vitamin is common in today diet too short. So take advantage of the asparagus season and build the crisp white rods regularly in your diet a. This is especially true for women who want children or expectant mothers. Because they need an extra dose of folic acid to protect the unborn child from damage to the nervous system.

Ingredients for 2 meals

14 bars of white asparagus (so about 700 grams)

6 slender carrots

1 piece of ginger root (around 20 grams)

1 small organic lime

2 tablespoons olive oil

Salt and freshly ground pepper

Pinch of sugar

The preparation sequence

Asparagus, peel in water clean and cut off the woody ends.

Carrots in water clean, peel and cut lengthwise into halves or quarters thicker specimens.

Ginger, peel and chop into very small pieces. Lime in water cleaning, wipe dry, cut in half and chop into slices.

A piece finished blank parchment paper of about 40x40 cm brush with oil and sprinkle with a little salt, sugar and pepper.

Asparagus, carrots, ginger and lime on place and season with salt and pepper.

beat paper over the vegetables and tie with kitchen string. Vegetables in the preheated oven preheated tube, kitchen stove at 200 ° C (with convection 180 ° Celsius, with gas: selector switch 3) on the middle rack bake 25-30 minutes. let it rest before serving 2 minutes.

Small Council

Serve the asparagus pack an iron-containing juice from red grape juice or blackcurrant juice. To kill two birds with one stone: provide you with the trace elements iron, a well-filled iron deposit in turn assists the body in the absorption of folic acid from the asparagus.

Per serving: 216 Kcal

Indonesian salad with egg rolls, peanuts and coriander

In addition to many exciting flavors of this salad provides a lot of iron, vitamin C and folic acid. Iron plays an important role in supplying the body with oxygen; the high vitamin C content helps in the recovery of the mineral. Folic acid is essential for the formation of cells and cell division; therefore especially pregnant women should ensure adequate supply.

Ingredients for 2 meals

2 eggs

Salt and freshly ground pepper

2 tablespoons carbonated mineral water

3 ½ tablespoons canola oil

1 mini-cucumber

1 red bell pepper

2 carrots (so about 200 grams)

1 elongated shallot
200 grams of tofu (as with paprika)
1 bunch coriander
1 lime
1 small chilli
1 tablespoon brown sugar
1 ½ tablespoons soy sauce
1 teaspoon sesame oil
1 romaine lettuce
2 tablespoons peanut kernel

The preparation sequence

Whisk eggs in a bowl with about salt, pepper and mineral water.

1 teaspoon canola oil heat in a frying pan, add the whisked egg, let thicken over medium heat to a pancake, turn to fry another 30 seconds and remove.

The pancake roll and chop in slices, put to use covered aside.

Cut cucumber in water cleaning, in half and remove seeds. Pepper into quarters, clean, remove seeds in water cleaning. Carrot peel and clean. Cucumber, pepper and carrot shred into fine strips.

Peel shallots and chop into very fine strips.

Tofu into cubes crush. Coriander in water cleaning, pluck shake dry and the leaves.

express lime. Cut chili pepper in half, remove the seeds, rub in water and clean with a knife or in a mortar to a fine paste. Chili Mix in a bowl with brown sugar, 3 tablespoons lime juice, soy sauce, sesame oil and 2 tablespoons of canola oil.

Romaine lettuce clean, water cleaning, spin dry and put the printed decorative on a plate.

roast peanuts in a frying pan, remove and wipe out the skillet.

Heat the remaining canola oil in the frying pan and the tofu cubes until golden brown in it.

The prepared vegetables with the sauce mix and add to the salad leaves. distribute tofu, peanuts and egg rolls on the salad evenly, sprinkle everything with coriander and immediately bring to the table.

Small Council

Often vegetables are contaminated with pesticides. However, using organic vegetables and local and seasonal food, you are usually on the safe side.

Per serving: 613 Kcal

Clear kale soup with chickpeas and tomatoes

Only green star for the delicious kale soup in ES-Food Check: With smarter ingredients combo delivers plenty of fiber, protein, vitamins, minerals (especially calcium and

iron), but low in fat and calories. If that is not completely balanced

Ingredients for 2 meals

275 grams of fresh kale

1 onion

1 tablespoon olive oil

1 tablespoon Spanish paprika (smoked)

1 teaspoon paprika (rose sharply)

650 milliliters of classic vegetable

240 grams chickpeas (canned, drained)

4 plum tomatoes

1 teaspoon of liquid honey

Freshly ground pepper and freshly ground pepper

1 small organic lemon (optional)

The preparation sequence

Clean kale, thereby eliminating the hard stems and leaf veins, coal, rinse in water cleaning. In boiling salted water for 3-4 minutes simmer, cooking. In cold water quench, thus color and bite retained. Then articulate and coarsely chop.

Peel the onion into quarters and chop into fine strips.

Oil in a large saucepan, Cauldron heat, sauté onion and kale 4 minutes.

Sprinkle paprika over it and fry with short.

The broth and cook for once. Over medium heat simmer for 20 minutes cook.

Chickpeas in a colander, rinse and allow to dry. add to the soup and cook for 10 minutes.

Tomatoes into quarters, remove the seeds in water clean and finely chop. Just before the end of cooking with the honey to the soup and heat it.

Rinse lemon in hot water, wipe dry and grate the peel finely. add to the soup as desired 1 / 2-1 teaspoon lemon zest. With salt and pepper from the mill and bring to the table.

Small Council

Anyone who wants to help the body make the most of the protein from the chickpeas, treat yourself to the best for dessert a yogurt or cottage cheese. In mix with milk products resulting namely legumes particularly high protein quality.

Per serving: 289 Kcal

Japanese noodle salad with tofu and radish

Japanese cuisine is considered very healthy. This vegetarian pasta salad provides the evidence: One serving provides the body with almost half of the daily requirement of many important minerals and trace elements.

Ingredients for 2 meals

150 grams of soba noodle

Pinch of salt

1 lime

3 tablespoons sesame seeds

2 tablespoons soy sauce

1 teaspoon agave syrup

50 milliliters classic vegetable

3 spring onions

125 grams Takuan

100 grams of sugar snap peas

175 grams of firm tofu

The preparation sequence

Soba noodles according to product instruction in saltwater simmer, boil, drain and rinse.

While the noodles cook, cooking, cut and squeeze lime into two halves. Sesame slightly roasted in a dry frying pan. 1 tablespoon sesame aside, give rest in a mortar and pound warm.

Soy sauce, 2 tablespoons lime juice, agave syrup and stir broth. Crushed sesame seeds and cook until smooth.

Clean green onions, mince in water cleaning and diagonally into very thin slices.

Takuan shred into thin strips (julienne).

Clean mangetout, mince in water cleaning it lengthwise into thin strips. simmer 30 seconds salt water, boil, drain and

rinse with cold water.

Noodles, onions, Takuan and mangetout mix in a bowl with 3/4 of sesame sauce. let stand for 10 minutes.

Meanwhile, heat a grill pan. Tofu into slices chop and sprinkle the cut surfaces with remaining sesame sauce.

Grilling tofu 3 minutes from each side. Pasta salad on plate type, dazulegen tofu and with the distance covered sesame seeds bring to the table.

Small Council

Those who want to bring little more vitamin A on the plate, cooked a handful of carrot sticks 10 minutes with mangetout.

Per serving: 574 Kcal

Buttermilk wholemeal pancakes with cottage cheese and berries

Here no connoisseur runs in the fat-sugar case, not only the kilos can go up, but also makes tired and exhausted. Instead, provide the chosen ingredients for an invigorating vitamin and mineral boost. They provide all the important trace elements and bring energy in the form of complex carbohydrates, which keep the blood sugar levels in balance.

Ingredients for 6 meals

1 tablespoon of butter (around 25 grams)
2 teaspoons baking powder
150 grams of flour
125 grams Whole-wheat flour (finely ground)
500 milliliters of buttermilk
Pinch of salt
2 eggs
1 lemon
500 grams Magerquark
6 tablespoons maple syrup
500 grams of mixed berries
little canola oil for baking

The preparation sequence

Melt the butter and let cool slightly.

Baking powder and two types of flour mix.

Liquid butter, buttermilk, 1 pinch of salt and eggs with the churning of the hand stirrer mix well in a bowl. Flour mixture gradually add and blend smooth with a whisk or a hand mixer. swell for about 10 minutes.

Meanwhile cut lemon in half and squeeze. Quark, about 4 tablespoons of lemon juice and maple syrup mix and season.

read berries, clean water clean, and let dry thoroughly. Berries and quark refrigerate separately.

Some oil in a large nonstick skillet heat. give Pro Pancakes each about 1 small ladle batter into the hot fat.

Over medium heat fry about 2-3 minutes. Then turn carefully and bake for another 1-2 minutes. Pancakes take out of the frying pan, put briefly covered aside. Again heat a little oil in the frying pan and bake gradually the entire dough to pancakes. Pancakes with berries and quark prepare.

Small Council

Out of season for fresh berries taste the pancakes with a thawed frozen mixture. If you like the Quark loose, stirred little sparkling water below.

Per serving: 408 Kcal

Broccoli and leeks with spicy yogurt dip

Broccoli and leeks are among the calcium-rich vegetables, which is why the daily requirement of this mineral to just over 25 percent will be covered here already. It is important for the growth and maintenance of bone density. Nearly 100 percent of the daily requirement of vitamin C strengthen connective tissue and immune system.

Ingredients for 1 serving

150 grams of broccoli

1 leek (around 70 grams)

100 milliliters of classic vegetable

40 grams yoghurt (0.1% fat)

1 teaspoon Ajwar

Pinch of salt

nutmeg

The preparation sequence

Broccoli in water cleaning, leave to dry in a strainer cleaned and cut into small florets.

Thickness broccoli stalk, peel and chop into slices.

Leek cut along, let thoroughly in water and dry cleaning.

The leeks in about 1 centimeter chop wide pieces.

in a saucepan, Cauldron once Heat vegetable broth. Broccoli admit and covered for 3 minutes at low heat simmer. Add leeks and cook covered yet another 3 minutes.

give yogurt in a small bowl. Stir with Ajwar and salt.

Something nutmeg to rub vegetables and season with salt. Preparing By yogurt.

Small Council

You is a soup prefer? No problem cooking the vegetables just in twice the amount of broth - some calories which is hardly noticeable, but you have to spoon more.

Per serving: 69 kcal

Marinated green beans with peanuts

With only 33 calories per 100 grams of beans are a true lightweight - and a good supplier of fiber, carbohydrates, iron, magnesium and calcium. The vitamins B2, B6, C and E and provitamin A and folic acid make this noble vegetable fortiori for Fitness diet

Ingredients for 1 serving

150 grams of green beans

100 milliliters of classic vegetable

1 piece of ginger root (so to the 5 grams)

½ red chilli peppers

1 teaspoon roasted peanut kernel (so to the 5 grams)

liquid sweetener (as desired)

1 Rice Cake (8 grams)

The preparation sequence

The beans in water cleaning, leave to dry in a strainer and clean.

The broth in a saucepan, bring boiler for cooking. Beans, allow to heat up again and covered with small heat 10-12 minutes simmer, cooking.

Meanwhile, peel the ginger and finely chop. Chilli, remove the seeds in water clean and very finely.

Drain the beans through a sieve, taking care to collect the broth in a bowl and then back into the saucepan, pour boiling pans.

give chilli and ginger in the broth and heat again. As long let over medium heat in an open pan, simmer Cauldron, cook until about 2 tablespoons of liquid remain. Let cool down.

Peanuts chop and add to the broth and season as desired with sweetener. Mix broth beans and brew for 15 minutes (marinate). Preparing The Rice Cake.

Small Council

How good that beans do not taste raw: The harmful protein substance phasine is only destroyed by cooking. One can indeed beans simmer until al dente, cooking, but should treat them at least 8-10 minutes cooking time depending on the thickness

Per serving: 98 kcal

Potato and radish salad with Sprossenmix

Radishes do not just give the splash of color in the salad, they also bring the digestive busy. Along with potatoes, they provide plenty of folic acid and vitamin C - for a strong immune system.

Ingredients for 2 meals

300 grams small waxy potatoes

4 tablespoons vegetable classic

2 tablespoons white wine vinegar

Salt and freshly ground pepper

2 bunches of radishes

1 handful Sprossenmix

The preparation sequence

Potatoes in water cleaning, place in a saucepan, cooking kettle and cover with water. Cover and simmer for about 20-25 minutes to cook. Drain, rinse with cold water, peel and leave to cool on a plate.

Vegetable broth in a small saucepan, cooking kettle or heat in the microwave (but not simmer, cook). Season with vinegar, salt and pepper.

The cooled potatoes into slices shred and add to the warm broth. allow 40 minutes in drag.

Clean Meanwhile radishes, let dry thoroughly in water and cleaning in a colander. Small, tender radish leaves also in water cleaning and shake dry.

Radishes in slices shred, shred tender leaves into narrow strips and both in a bowl.

Sprossenmix in a sieve with hot water rinse and let dry thoroughly.

Mix potatoes and broth under the radishes. With salt and pepper from the mill, sprinkle with sprouts and bring to the table.

Small Council

Let your creativity run wild! You can add to the salad with cucumber, peppers or vegetables of your choice depending on your taste and season.

Per serving: 96 kcal

Pumpkin stew with green beans

The Hokkaido pumpkin contains abundant beta-carotene, which is converted to vitamin A and the eyes as phytochemicals anti oxidative protects all body cells. The seeds are especially good for bladder and prostate because of the phytosterols. Beans bring protein and fiber in the stew.

Ingredients for 1 serving

1 small red onion

1 piece Hokkaido pumpkin (so weighed about 350 grams, with shell)

50 grams of green beans

200 milliliters classic vegetable

1 teaspoon pumpkin seeds

Salt and freshly ground pepper

1 pinch of ground coriander

1 stalk fresh coriander (optional)

The preparation sequence

Peel the onion and chop finely.

Pumpkin seed with a tablespoon, shred into large columns and peel with a peeler.

Pumpkin slices shred in about 1 centimeter cubes.

Beans in water cleaning, leave to dry in a colander clean, and diagonally crush thick slices in 5 millimeters.

Give onions and beans Slices with the broth in a saucepan Cauldron. Bring to the boil, cover and simmer 2 minutes, cooking.

Pumpkin pieces to give, once again heated and covered at low heat for 8-10 minutes more a simmer, cooking.

Meanwhile, the pumpkin seeds chop finely. In a small skillet without fat fry and leave to cool.

Season the pumpkin stew with salt, pepper and coriander. With the pumpkin seeds Sprinkle as desired with some leaflets decorate cilantro and bring to the table.

Small Council

Hokkaido pumpkin you have to peel not necessarily. The shell, which also beta carotene infected, is quite soft when cooking; vegetables should then be cooked at approximately 2-4 minutes longer.

Per serving: 93 kcal

Cream of carrot soup with flaked almonds

For the color of the soup, the beta-carotene of carrots is responsible. This phytochemical is in such abundance as it

exists here, highly effective as a cytoprotective scavenger. In addition, it is converted into vitamin A, which promotes especially the eyesight at dusk.

Ingredients for 1 serving

1 carrot (so about 100 grams)
1 piece of parsley root (around 20 grams)
1 potato (so about 100 grams)
220 milliliters of classic vegetable
6 stalks rocket
Salt and freshly ground pepper
nutmeg
1 teaspoon almond flakes

The preparation sequence

Carrot and parsley root, peel in water Clean and chop in thick slices about 1 centimeter. Potato peel in water Clean and dice.

The vegetable broth in a saucepan, heat the Cauldron once. pour in prepared vegetables, heat again and covered with small heat simmer 15 minutes, cooking.

Meanwhile rocket in water cleaning, shake dry, free of the coarse stems and chop.

The soup in blender or with a hand blender. Salts, pepper and nutmeg little rub it.

Fill soup in a soup bowl or a deep dish, sprinkle with arugula and sliced almonds.

Small Council

For increased Aroma: almonds without fat easily fry in a frying pan.

Per serving: 99 kcal

Beetroot salad with herb quark

Beetroot is full of positive ingredients: B vitamins, potassium, iron and folic acid. You purifies blood and lowers blood pressure, neutralized the body and stimulates the metabolism. What makes the tubers so red, betanin. It protects cells and vessels and strengthens the immune system.

Ingredients for 1 serving

½ teaspoon yellow mustard seeds

150 grams of cooked beetroot (welded and peeled)

Salt and freshly ground pepper

1 stalk parsley

4 stalks chives

1 tablespoon bottled water

1 ½ tablespoons Magerquark (so about 30 grams)

The preparation sequence

Mustard seeds coarsely crushed in a mortar or crush with the back of a large, heavy knife.

pat dry with paper towels beetroot slightly and chop into long about 5 millimeters wide strips.

In a bowl, with crushed mustard seeds, mix 1 pinch of salt and a little pepper.

Herbs in water and shake dry cleaning. pluck parsley leaves and finely shred, chop chives in small rings.

Both stir until smooth with mineral water and cottage cheese in a small bowl. Add salt and pepper, and cook with the salad.

Small Council

Beetroot is one of the nitrate-storing tubers. Since nitrate may adversely affect our body, grab prefer to Bioware: In organic farming is omitted nitrogenous fertilizers, the vegetables are unloaded.

Per serving: 96 kcal

Peppers and savoy cabbage with lemon thyme

For few calories and little fat refuel here the entire daily requirement of vitamin C. It is involved in the formation of mucous membranes and connective tissue and bone and dental health. It also reduces the susceptibility to infection, which is especially in the cold time of advantage. Abundant fiber bind cholesterol in the gut, thus helping to lower blood levels.

Ingredients for 1 serving

1 Wirsing (so about 200 grams)
1 small onion (so about 30 grams)
½ red peppers (so about 100 grams)
100 milliliters of classic vegetable
3 sprigs lemon thyme
Salt and freshly ground pepper

The preparation sequence

Wirsing in water cleaning, clean and chop into small strips.

Peel onion, cut in half and also shred into narrow strips.

Paprika half in water clean, remove seeds and chop into strips.

, Heat onion strips with the broth in a small saucepan
Cauldron once and covered 5-6 minutes simmer, cooking.

Meanwhile, the thyme in water cleaning, shake dry and 2
branches strip the leaves.

With enter Wirsing and pepper into the broth and covered
with small heat further 8-10 minutes simmer, cooking.

Season vegetables with salt and pepper, cook on a plate
and decorate with remaining lemon thyme.

Small Council

The vegetable tastes delicious with potatoes as a side dish -
overall a satisfying but low calorie meal with the most
important nutrients.

Per serving: 68 kcal

Millet and vegetable pan, boiling pan with minted yoghurt sauce

High bioactivity with few calories and little fat: beta-carotene, vitamins C and E buffer from aggressive radicals caused by environmental pollution and sun rays in the body, protecting us from harm. The millet yields silica. Thus the skin is held elastically, strengthened the connective tissue and hair and nails are strengthened.

Ingredients for 2 meals

30 grams of millet

1 small fennel bulb (so about 200 grams)

2 dried tomatoes (without oil)

100 milliliters of classic vegetable

1 spring onion

3 stalks of mint

2 tablespoons yogurt (40 grams; 0.1% fat)

Salt and freshly ground pepper

The preparation sequence

let millet in a sieve in water clean and dry.

Fennel in water clean clean. If you like, picks up the green for garnish. The tuber into quarters and chop into fine strips.

chop dried tomatoes into thin strips.

Heat vegetable broth again. Millet, fennel and tomato strips present and bring to the boil again. Over medium heat for 8-10 minutes covered a simmer, cooking.

Clean Meanwhile, the spring onion in water cleaning, and chop into very thin rings.

Rinse mint, shake dry, pluck leaves and finely shred. With the yogurt mix, salt and pepper.

Who would fennel leaves as a garnish, it flushes curtly, shaking it dry and chop it finely.

, Stir spring onions under the millet and vegetable pot Cauldron and once again heat, optionally sprinkle with the fennel and cook with the mint yoghurt.

Small Council

Who do not like mint in savory food like basil is recommended as an alternative. The aroma of this as healthy leaves blends beautifully with the vegetables used.

Per serving: 98 kcal

Sharp salsify with radicchio salad

Salsify contain much inulin, a carbohydrate that can not be digested by our digestive enzymes and passes into the large intestine. Thus, it is a natural probiotic fiber with activating effect on the intestinal flora.

Ingredients for 2 meals

320 grams Salsify (glass, drained)
1 large radicchio (so about 200 grams)
6 stalks lemon
3 tablespoons vegetable classic
1 pinch of sambal oelek
2 teaspoons white wine vinegar
Salt and freshly ground pepper
1 teaspoon maple syrup
1 teaspoon hazelnut oil
1 teaspoon planed hazelnuts

The preparation sequence

allow to dry salsify, cut large pieces in half.

Clean radicchio, water cleaning, spin dry and chop into small strips.

Rinse lemon, shake dry, pluck leaves and shred into fine strips.

Heat vegetable with sambal oelek once. Salsify admit reduce heat and covered in less heat to warm.

White wine vinegar mix with 1 tablespoon water, salt, pepper, maple syrup and hazelnut oil in a bowl. Radicchio and Melissa and blend it well. distribute salad evenly on 2 plates.

Preparing black salsify on the radicchio salad and sprinkle with hazelnuts.

Small Council

In winter there is fresh salsify in earthy dish. If you like, you can take this quietly peel as possible with kitchen gloves (color the skin dark), crushing small and immediately put in vinegar until they are cooked in the hot broth to the 10 minutes.

Per serving: 65 kcal

Vegetable Relish on celery with olive

In the Middle Ages celery had its place in the pharmacy as a diuretic. And rightly so, experts say, and still boast the benefits of the tubers as a blood cleansing and drainage aids gentle as delicious kind.

Ingredients for 2 meals

- 1 celeriac (so about 500 grams)
- 125 milliliters classic vegetable
- 1 small zucchini (so about 200 grams)
- 1 onion (so about 50 grams)
- 1 clove of garlic
- 1 red chilli
- 2 dried tomatoes (without oil)

4 pitted green olives

Salt and freshly ground pepper

2 teaspoons white wine vinegar

1 teaspoon olive oil

The preparation sequence

Clean celery, mince in water cleaning, in 4 equal slices and peel.

Vegetable stock in a wide saucepan, heat Cauldron once and celery slices covered over medium heat 10 minutes simmer, cooking.

Clean Meanwhile zucchini in water cleaning, and crush cubes in about 5 millimeters.

Peel onion and garlic and chop finely.

Chilli in water clean, cleanse, remove seeds and finely shred.

chop dried tomatoes into thin strips.

take celery slices with a slotted spoon from the broth, put on 2 large plates and keep warm.

the onion, chili, garlic and tomato in the broth. Cover and cook for 8-10 minutes at medium heat.

crush olives in rings. give with the zucchini cubes in the saucepan, Cauldron and another 2-3 minutes simmer, cooking. Season with salt, pepper, vinegar and olive oil. Preparing on the celery slices and bring to the table.

Small Council

A persistent rumor, celery is good for the libido. Whether what is it? To date, no one could prove - but also not refute!

What is certain is that the essential oils, minerals and vitamins get all health benefits.

Per serving: 90 kcal

Lukewarm mushroom salad with dandelion

The mushrooms are cooked in broth, so that they can not absorb fat like frying in oil or butter. But they provide vitamin D, which no other vegetable food provides 70 percent of the daily requirement contribute that the calcium from the body can be well utilized, which in turn is essential for the stability of our skeleton.

Ingredients for 2 meals

1 bunch dandelion (so about 70 grams)

400 grams of mushrooms

150 milliliters classic vegetable

Salt and freshly ground pepper

2 tablespoons white balsamic vinegar

1 teaspoon olive oil

The preparation sequence

Clean dandelion salad, water cleaning, spin dry and cut into bite-size pieces.

Clean mushrooms with a brush if necessary, otherwise rinse gently and pat dry. Cut Depending on the size in half or quarters.

Heat 50 milliliters vegetable broth in a nonstick skillet again. Half of the mushrooms add and cook covered for 2 minutes. Cover and simmer while stirring, cook until the liquid has evaporated.

Add salt and pepper, and place in a bowl. , Then also give Miscellaneous mushrooms in the same way in 50 milliliters of vegetable broth simmer, cooking in the bowl.

Miscellaneous vegetable broth in a pan to warm. With vinegar, salt, pepper and olive oil mix in a salad dressing.

The sauce with the mushrooms mix. Preparing The dandelion salad on 2 plates and bring to the table.

Small Council

Also tastes delicious if you use mixed mushrooms, for example, Kräuterseitlinge, brown and oyster mushrooms. They are all rich in vital substances and low in fat. - If you get no dandelions, take instead of romaine lettuce hearts.

Per serving: 66 kcal

Blackberry and nectarine salad with Quark

A light dessert, with virtually no fat, even in between ideal: fructose and lots of fiber distribute quickly hunger and provide a pleasant feeling of satiety. The insoluble among them make it to the intestines and stimulate him to action; the soluble help to lower blood lipid levels.

Ingredients for 2 meals

100 grams of blackberries

1 Nectarine (125 grams)

3 tablespoons buttermilk curd (50 grams)

liquid sweetener (as desired)

4 tablespoons Amaranth Pops (so around 12 grams)

The preparation sequence

Blackberries rinse and allow to dry.

Nectarine in water cleaning, wipe dry, cut into two halves, stone and chop into very thin columns.

Mix the cottage cheese as desired with a few drops of sweetener and flavor.

Preparing The fruit on 2 plates and sprinkle with Amaranth Pops.

Small Council

Who shuns sweetener, may instead take agave syrup. Its sweetening power is about 20 percent higher than that of table sugar; So you need less of it. It is also suitable for diabetics, as it contains plenty of blood sugar neutral inulin (polysaccharide).

Per serving: 88 kcal

Braised cucumber vegetables with Parmesan

Cucumbers are extremely low in calories and therefore as a companion during a diet so popular. The carrots include a roughly twice as high energy content for slimming agents. For this purpose, they provide the most beta-carotene among the English vegetables. The bioactive agent helps to maintain the cell structures and strengthens, after conversion to vitamin A, the eyesight.

Ingredients for 2 meals

2 carrots (around 125 grams)

1 cucumber (so about 400 grams)

70 milliliters classic vegetable

4 sprigs basil

Salt and freshly ground pepper

1 piece Parmesan cheese (so about 15 grams)

The preparation sequence

Carrots in water Clean and peel. Cut cucumber thoroughly in water cleaning, lengthwise in half and remove the seeds with a teaspoon. Half cut crosswise.

Carrots and cucumber with a vegetable slicer or peeler into long, mince very thin strips.

in a saucepan, Cauldron once Heat vegetable broth. Carrot strips covered it with a small heat sauté 4 minutes.

Rinse basil, pluck shake dry and the leaves. Some set aside for garnish, chop remaining leaves into thin strips.

give cucumber strips to the carrots and covered sauté 2 minutes. Salt and pepper and stir in basil strips.

The Parmesan into thin strips planing. Preparing cucumber and carrots on 2 plates. Sprinkle with Parmesan and garnish with basil leaves.

Small Council

By choosing a high-fiber type of bread, such as pumpernickel. Its powerful, but at the same time slightly sweet flavor goes perfectly with the cucumber and carrot flavor. Drink With Magerquark brush or a glass of fresh buttermilk - so you can enjoy a balanced meal that fills you up.

Per serving: 82 kcal

Mangold and carrots with Minzquark

The food also children like and benefit equally from the positive ingredients like adults: It is rich in beta-carotene and vitamin C, two of the most important protective

substances for our body cells. In addition, all are supplied with magnesium knochenstärkendem calcium and the anti-stress mineral.

Ingredients for 2 meals

2 large carrots (125 grams)

1 Staude Mangold (300 grams)

4 tablespoons vegetable classic

3 stalks of mint

4 tablespoons low fat curd (80 grams)

1 tablespoon milk (1.5% fat)

Salt and freshly ground pepper

1 pinch of ground coriander

The preparation sequence

Carrots in water clean, peel, cut in half and chop into slices.

Mangold clean, leave them to dry in water and cleaning in a colander. Stalks wedge-shaped crushing of the leaves.

Pull chard stalks, chop the leaves crosswise into narrow strips.

bring vegetable broth in a saucepan, boiler for cooking. Mangold and carrots heat is even and covered over medium heat sauté 7-8 minutes.

Meanwhile mint rinse and shake dry. Mint leaves pluck and finely shred.

Cottage cheese with mint and milk mix. Add salt and pepper.

Season chard and carrots with salt, pepper and coriander and cook the curd.

Small Council

Given simmer potatoes, boil - ready is a balanced, complete meal.

Per serving: 92 kcal

Marinated tofu with fennel and tomatoes

The soy protein in tofu is high because all vital for us protein building blocks are included. He is also low in fat, contains no cholesterol, but is rich in bioactive agents. From the vegetables the powerful antioxidants beta-carotene and vitamin C. On top of that comes is folic acid for cell neoplasms and protein metabolism delivered.

Ingredients for 2 meals

80 grams tofu

1 clove of garlic

½ teaspoon green pepper from the mill

1 fennel bulb (so about 300 grams)

50 milliliters classic vegetable

3 tomatoes (50 grams)

Salt and freshly ground pepper

The preparation sequence

The tofu into 4 slices shred. Peel garlic and chop together very finely with the pepper.

let garlic pepper emphasize slices from the mill mixture from both sides of the tofu and sit for 10 minutes (marinate).

Meanwhile, the fennel bulb in water clean, clean, cut in half and chop into small strips. The fennel leaves shake dry and set aside.

Fennel with the vegetable broth in a saucepan, heat the Cauldron once. Cover and cook for 5 minutes at low heat.

Cut the tomatoes in water clean, cut out the stem approaches wedge shaped tomatoes in half and crush in columns.

the tomatoes for fennel. Tofu slices on place and covered for 5 minutes at low heat simmer, cooking.

The fennel leaves small pluck or chew. Tofu slices give on warmed plates.

Season the vegetables with salt and pepper. With the tofu slices cook, sprinkle with fennel leaves and bring to the table.

Small Council

The marinated tofu is not only an ideal appetizer or snack to a snack, but also as a dinner for low-carb followers perfect.

Per serving: 98 kcal

Pureed parsnips soup with shrimps

The proportion of complex carbohydrates and fiber in parsnips saturates pleasant, as is the protein in the soup. With only 1 gram of fat per serving it comes completely slender therefore and also contributes to the supply of zinc and iodine, two of the most important trace elements in. B vitamins, vitamin E, niacin, and the minerals calcium are also included.

Ingredients for 2 meals

2 parsnips (150 grams)
1 small onion (30 grams)
350 milliliters of classic vegetable
4 sprigs chervil
70 grams shrimps (ready to cook)
150 grams of yogurt (0.1% fat)
Salt and freshly ground pepper
liquid sweetener as desired

The preparation sequence

Parsnips, peeled in water clean and chop into slices.

Peel onion and chop finely.

in a saucepan, Cauldron once Heat vegetable broth. add parsnips and diced onion and covered with small heat 18-20 minutes simmer, cooking.

Rinse Meanwhile chervil, pluck shake dry and the leaves.
Crab meat in a colander, rinse and allow to dry.

Spread half of chervil in the soup. Puree with a hand blender and remove from heat.

Stir 3 tablespoons of pureed soup with 100 grams of yogurt, then type in the pureed soup and mix with an electric mixer again. Season with salt, pepper and a few drops to taste as desired sweetener. With the crab Preparing undergo remaining yogurt and garnish with remaining parsley.

Small Council

The soup tastes delicious when served with zerzupftem smoked trout fillet. The fine fish product is nice lean - and some people like it even better than crabs.

Per serving: 91 kcal

Beans and pear salad with sunflower seeds

Studies have shown that beans are kind-hearted in the truest sense of the word: Small but powerful. Even 130 grams of tasty legumes per day can lower high cholesterol levels, and thus the risk of infarction proven.

Ingredients for 2 meals

200 grams Green Beans (Frozen)

200 grams of green beans

½ bunch of chives

1 tablespoon pear juice (10 milliliters)

2 tablespoons balsamic vinegar

Salt and freshly ground pepper

1 tablespoon walnut oil

2 teaspoons sunflower seeds (10 grams)

1 ripe pear (150 grams)

The preparation sequence

Thaw in warm water broad beans.

Clean Meanwhile green beans in water clean, and cut according to size crosswise into halves or thirds.

give green beans in boiling salted water and simmer it for 10 minutes, cook.

Remove green beans with slotted spoon, rinse in cold water. The broad beans for 2-3 minutes in the pan, boiling pan with the boiling water still simmering, cooking, drain and rinse.

Of the broad beans open the pods and push out the bean seeds. let cool with the green beans in a bowl.

Meanwhile the chives in water cleaning and shake dry. Some stalks aside, chop the rest into rolls and add to the beans.

Pear juice and mix balsamic vinegar in a small bowl with a wire whisk.

Add salt and pepper, and beat the walnut oil. The sauce with the beans mix and leave for 10 minutes.

Meanwhile, brown the sunflower seeds in a frying pan without fat roast and let cool.

Peel the pear into quarters and remove the cores. Pears quarter mince in column and mix with the sunflower seeds under the salad. Garnish with chives and bring to the table.

Small Council

In France the delicate cores of thick bean are considered a delicacy and are called harmonics - we called it less elegant and "broad bean". If just fresh on the market, access, because the name of defiance they taste especially fine!

Per serving: 236 Kcal

Roasted pumpkin slices with tomato and lentil vegetable

One need not be strict vegans to be weak in this autumn-colored pumpkin and lentil mix. By draining potassium and many long satiating fiber that is fat and low-calorie dish ideal for those who want to keep her slender figure in mind.

Ingredients for 2 meals

70 grams Puy lentils

1 clove of garlic

2 tomatoes (so about 80 grams)

2 spring onions (so about 40 grams)

½ Hokkaido pumpkins (so about 600 grams)

2 teaspoons pumpkin seed oil

coarse sea salt

4 sprigs parsley

1 piece of ginger (as the 6 centimeters)

Salt and freshly ground pepper

The preparation sequence

The lenses in a colander, rinse and allow to dry.

Peel garlic, heat even with the lenses in 175 milliliters of water and covered with a small heat simmer about 30 minutes to cook.

Meanwhile, the tomatoes cut out a wedge shape in water cleaning and stem approaches. Tomatoes into quarters, remove the seeds and chop into thin columns.

Clean spring onions in water cleaning, and obliquely shred into narrow rings.

remove the fibrous inner part and the seeds from the pumpkin. The pumpkin flesh into 8 wedges crush and eliminate the shell.

Heat the oil in a large nonstick skillet heat. The pumpkin slices over medium heat on each side fry 4 minutes. After so about 2 minutes, add the spring onions. Pumpkin sprinkle with sea salt.

Parsley in water cleaning, pluck shake dry and the leaflets.

Ginger peel and put in the garlic press on the lenses.

Add tomatoes and cook everything once again. remove garlic and add the lentils with salt and pepper. with spring

onion on warmed plates prepare pumpkin slices with tomato and lentil vegetables and decorate with parsley.

Small Council

Pay close attention to good quality when pumpkin seed oil. Ideal: cold pressed Bioware.

Per serving: 228 Kcal

Mushroom vegetables on chickpea puree with leeks

Without meat they cover here 90 percent of your daily requirement of iron. The trace element is important for the distribution of oxygen throughout the body. In addition, in one portion inserted the daily requirement of vitamin D, which hardly ever occurs except in fungi in plant foods and is urgently needed for bone metabolism.

Ingredients for 2 meals

5 grams of dried porcini mushrooms

200 milliliters classic vegetable

300 grams chanterelle

300 grams of mushrooms

½ bunch thyme

1 leek (around 100 grams)

1 carrot (so about 100 grams)
1 teaspoon olive oil
200 grams chickpeas (drained, canned)
Salt and freshly ground pepper
1 pinch ground cloves

The preparation sequence

cold rinse the dried porcini mushrooms in a colander, dry and place in a small bowl.

Heat 130 ml vegetable broth once, pour over the mushrooms and soak for 20 minutes.

Meanwhile cleaned chanterelles thoroughly with a brush or a paper towel, cut large chanterelles in half.

Mushrooms if necessary, carefully clean or wash in water, possibly cut into halves or quarters. Thyme in water and shake dry cleaning.

Clean the leek, cut lengthwise, crushing wide rings in water cleaning and in about 1 centimeter.

The carrot peel, chop into thin slices and heat again in the remaining vegetable stock. Cover and cook for 8-10 minutes at low heat.

Olive oil in a nonstick skillet heat and sauté the chanterelles in gently.

Mushrooms, leek, 4 sprigs thyme and soaked porcini mushrooms with the marinade to give. Cover and cook for about 8 minutes.

briefly rinse chickpeas in a colander, dry, give the carrots and heat.

Heat the mushroom vegetable open again and allow it to evaporate little Sud. Season with salt, pepper and cloves.

Chickpeas and carrots in a saucepan, cooking kettle with a hand blender puree. Add salt and pepper, and cook the chick pea puree with mushrooms and leeks. Garnish with remaining thyme and bring to the table.

Small Council

The season for fresh chanterelle is limited to a few weeks in the summer. At other times, this court can also wonderful with shiitake, oyster mushrooms or oyster mushrooms cook.

Per serving: 198 Kcal

stripes mangetout salad with papaya

Vitamin A (Beta Carotene here as much as 40 percent of the daily requirement included) is important for vision, skin and mucous membranes and for bone formation. Together with vitamin C (150 percent of the daily requirement) and zinc (40 percent of the daily requirement), it is part of the so-called cell protection complex. Zinc also promotes the growth of skin, hair and nails.

Ingredients for 2 meals

½ radicchio (so about 80 grams)

½ Lollo bionda (so about 100 grams)

300 grams sugar snaps

Pinch of salt

1 ripe papaya (so about 400 grams)

8 edible flowers

1 red chilli

1 lime

liquid sweetener (as desired)

2 teaspoons bran oil (so around 6 grams)

1 tablespoon roasted salted cashews (so about 15 grams)

The preparation sequence

Share radicchio and Lollo bionda into individual sheets, spin dry in water and cleaning. Clean the leaves and tear into bite-sized pieces.

Mangetout in water clean, cleanse, drop them into boiling salted water and simmer 2-3 minutes in, cook (blanch).

The mangetout Drain, rinse in ice-cold water, leave to dry in a colander and cut crosswise into thirds or in half.

Papaya cut lengthwise in half, remove seeds with a teaspoon, peel and chop the flesh into approximately 5 mm thick slices.

The flowers shake well to remove any insects, and pluck the petals.

With Radicchio, Lollo bionda, mangetout and papaya strips in a salad bowl mix.

cut chilli in water cleaning, in half, remove seeds and chop very finely.

express lime, measure out 2 tablespoons juice and mix in a small bowl of chili. Season with salt and desired with

sweetener to taste, stir in the oil.

Mix salad dressing under the salad. The cashew nuts with a large knife chop, sprinkle over the salad and bring to the table.

Small Council

Edible flowers you can order the greengrocer, if you know not to buy products. In summer, the beautiful yellow, orange and red flowers of nasturtiums which thrive luxuriantly on many balconies or in the garden are.

Per serving: 143 Kcal

Baked rosemary potatoes with mushroom vegetables

With a portion of the vegetarian food, take 75 percent of the recommended daily amount of vitamin D. A deficiency can lead to bone decalcification. Plant foods actually contain no vitamin D - excluding mushrooms!

Serves 4 meals

2 sprigs of rosemary

6 large waxy potatoes (so about 200 grams)

2 tablespoons olive oil

coarse sea salt

2 onions (so about 50 grams)

2 cloves of garlic

800 grams of mushrooms

½ bunch of chives

150 grams of sour cream

Salt and freshly ground pepper

The preparation sequence

Rosemary in water cleaning and shake dry. pluck rosemary.

Potatoes thoroughly in water clean, pat dry and cut lengthwise into two halves. The cut surfaces each with a knife crosswise so the 1 cm deep carve.

Line a baking sheet cake with ready blank parchment paper and spread the potatoes, the cut surfaces upwards it evenly. With 1 tablespoon of olive oil, sprinkle with rosemary and sea salt, and in the preheated oven preheated tube, kitchen stove at 180 ° C (with convection 160 ° Celsius, with gas: selector 2-3) Bake about 45 minutes.

Peel onions Meanwhile, cut in half and chop into cubes. Peel garlic and finely shred.

Clean the mushrooms with a brush or a paper towel and cut depending on the size in half or quarters.

Remaining olive oil in a nonstick skillet heat. Onions and garlic covered therein at low heat cook for 4-5 minutes.

Mushrooms enter, sauté and season with salt. Cover and cook for 8-10 more minutes at low heat. Then 5 minutes without lid simmer, cooking until the liquid has evaporated.

Chives in water clean, chop, shake dry and in wide rolls.

Stir sour cream and 2/3 of the chives under the mushroom vegetables. and pepper, cook salts with rosemary potatoes

and sprinkle with remaining chives.

Small Council

If you want a completely vegan The preparation process? Then season the mushrooms with a few splashes of lemon juice (promotes the absorption of iron from plant foods) and replace the sour cream with soy cream for cooking and refining (contains no cholesterol, provides valuable protein).

Per serving: 295 Kcal

Stuffed eggplant with tomato sauce

A high-fiber vegetable meal, which provides us with half the daily dose of vitamins C and B6. We need vitamin B6 u. A. To incorporate amino acids from food into the body's own proteins. Vitamin C is involved in the production of collagen and controls the production of L-Charitin which is for burning fat is important.

Serves 4 meals

700 milliliters classic vegetable

150 grams Whole Grain Rice

½ teaspoon dried thyme

4 eggplants (300 grams)

3 small onions (40 grams)

1 clove of garlic

1 yellow pepper (200 grams)

Salt and freshly ground pepper

125 grams Mozzarella

½ teaspoon dried sage

400 grams chunky tomatoes (canned)

Paprika (rose sharply)

½ bunch of chives

The preparation sequence

bring 400 milliliters vegetable broth in a saucepan, boiler for cooking. Rice and thyme give heat and covered with small heat about 15 minutes simmer, boil again.

Clean Meanwhile eggplant in water cleaning, and horizontally cut in half. On the cut surfaces with a knife around each one so highlight the 1.5 centimeter wide edge.

Hollow aubergine halves until that marked edge with a melon baller and chop the flesh finely with a large knife.

The aubergine halves generously sprinkle with salt and leave for 10-12 minutes water.

Peel Meanwhile onions and finely dice; Peel garlic and finely shred.

Cut peppers in half, remove seeds, crush cubes in water cleaning and in about 1 centimeter. enter with half the onions to the rice and simmer for another 10 minutes, cooking.

The salted eggplant halves with paper towel pat dry and (so to 3 liters) into a large shallow baking dish.

allow to dry mozzarella. Paprika Rice with salt and pepper from the mill and fill in the aubergine halves. mince mozzarella into thin slices and spread evenly over the eggplants.

Mix Miscellaneous onions, garlic, eggplant pulp, sage, tomatoes and the remaining broth in a bowl and spread evenly around the stuffed eggplant in baking dish.

Season with salt, pepper and paprika and in the preheated oven preheated tube, kitchen stove at 200 ° C (with convection 180 ° Celsius, with gas: selector switch 3) about 35 minutes simmer, cooking. Rinse chives, shake dry, chop into rolls and sprinkle before serving on the stuffed eggplant.

Small Council

Vegetables Alternative: Instead of eggplant are also suitable courgettes not have to pull previously sprinkled with salt. - Who pays attention to very fat calories, which uses the mozzarella, the Light version.

Per serving: 285 Kcal

Vegetable rice pudding with chive yogurt

Here all suntans beta-carotene and vitamin C. This is good for the eyes, the skin, the resistance to cold germs and cell-damaging free radicals. In addition, magnesium is represented with 50 percent of the daily requirement - muscles and nerves need this mineral to function.

Serves 4 meals

600 milliliters of classic vegetable

1 clove of garlic

200 grams Whole Grain Rice

1 Kohlrabi (so about 300 grams)

5 carrots (100 grams)

500 grams of broccoli

2 eggs

Salt and freshly ground pepper

nutmeg

100 grams of grated Gouda

1 bunch of chives

200 grams of yogurt (1.5% fat)

Paprika (rose sharply)

The preparation sequence

In a saucepan, Cauldron bring 400 milliliters vegetable broth to a boil. Peel garlic and squeeze through a garlic press right now. Add rice and covered with small heat simmer 25 minutes, cooking.

Meanwhile, kohlrabi and carrots in water Clean and peel. Kohlrabi eighths. Carrots and kohlrabi eighth in about 5 millimeters thick slices shred.

Clean broccoli in water cleaning, and divide into florets. Peel the stalks and chop also in so the 5 mm thick slices.

Miscellaneous vegetable stock in a second saucepan, heat Cauldron once. therein admit carrots and kohlrabi 2 minutes simmer, boil, broccoli florets and slices and everything is still 4-5 minutes simmer, cooking.

Drain and dry the vegetables in a colander, taking care to collect the broth in a bowl.

(Around 1.5 liters) Put the cooked rice in a shallow baking dish and smooth it out with a spoon. it distribute the vegetables evenly evenly.

Beat the eggs to the collected broth and whisk with a fork. Add salt and pepper, and desired grind nutmeg.

Pour the liquid over the vegetables in the baking dish, sprinkle with grated Gouda and in the pre-heated, pre-heated oven tube, kitchen stove at 200 ° C (with convection 180 ° Celsius, with gas: selector switch 3) baked about 35 minutes.

Rinse Meanwhile the chives, shake dry and chop into small rings. The yogurt with chopped chives, salt and paprika spice and bring to a vegetable-rice casserole on the table.

Small Council

If you like, flavoring the eggs with curry powder. The spice mix is not only taste very popular - it consists of many spices that good for the body system.

Per serving: 404 Kcal

Colorful vegetables gratin with Vollkornstreusel

Abundant delicious "green stuff" with a high fiber content is served as the stomach growls not so soon - and with relatively few calories per serving. In addition, there are calcium and magnesium in the optimum for our body ratio of 2: before. 1

Serves 4 meals

3 tablespoons Whole-wheat flour

2 tablespoons 5-Grain cereal flakes

30 grams butter

285 grams of corn (canned, drained)

300 grams kidney bean (can; drained weight)

1 leek (around 200 grams)

2 fennel bulbs (so about 200 grams)

1 tablespoon olive oil

100 milliliters of classic vegetable

1 zucchini (so about 300 grams)

Salt and freshly ground pepper

½ bunch of chives

4 sprigs parsley

300 grams of yogurt (1.5% fat)

The preparation sequence

Flour, 1 pinch of salt and flakes mixture mix in a small bowl. Butter mince into small pieces with 2 tablespoons cold

water knead and refrigerate.

Corn and kidney beans in a colander, rinse and allow to dry.

Cut leeks lengthwise into two halves, clean water clean, and chop into small rings.

Rinse fennel, clean, set aside the fennel leaves. Cut tubers in half and crush into wide strips about 1 centimeter.

Olive oil in a saucepan, Cauldron heat, sauté leeks and fennel 2 minutes. Vegetable admit heat once and covered with small heat the vegetables cook for 5-7 minutes.

Zucchini in water clean, clean, cut lengthwise in half and shred thick slices in about 1 centimeter. For fennel and leeks, salt and pepper and remove from heat.

(Around 1.5 liters) distribute all vegetables in a shallow baking dish evenly, crumble the cold crumble it and in the pre-heated, pre-heated oven tube, kitchen stove at 200 ° C (with convection 180 C, gas stove: selector switch 3) about 35 scalloped minutes.

Meanwhile, chives and parsley, rinse and shake dry. Something chives aside, chop remainder into small rings. pluck parsley leaves and chop finely together with the fennel leaves.

The crushed herbs in a bowl mix with the yogurt. Add salt and pepper. decorate vegetable gratin with remaining chives and bring with herb yoghurt on the table.

Small Council

2000 years ago, fennel was considered a cure for a total of 22 diseases. Busy is today: The essential oil in the bulb vegetable has a calming and soothing, especially on the stomach and intestines.

Per serving: 296 Kcal

Kohlrabi noodle gratin with peas and courgettes

Already half of the recommended daily intake of fiber is achieved with one portion. This will delight your digestive tract and keeps you satisfied for long. Complex carbohydrates provide power for later exercise - after the recorded magnesium for muscle relaxation.

Serves 4 meals

300 milliliters classic vegetable

3 small turnips (300 grams)

300 grams short wholemeal pasta (z. B. Penne)

2 small onions (so about 70 grams)

1 zucchini (so about 300 grams)

2 tablespoons olive oil

1 tablespoon flour

300 milliliters of milk (3.5% fat)

1 bunch of parsley

150 grams peas (frozen)

nutmeg

Salt and freshly ground pepper

50 grams grated Emmental

2 tablespoons sunflower seeds

The preparation sequence

bring vegetable broth in a saucepan, boiler for cooking. Kohlrabi in water clean, peel, cut in half and chop slices in about 2 centimeters. In the broth heat once and covered with small heat simmer 15 minutes.

In a second saucepan, Cauldron bring salted water to a boil. Noodles pour in and the product instructions until al dente simmer, cooking.

Peel onions Meanwhile, cut in half and dice finely. Clean zucchini in water cleaning, and crush cubes in about 1 centimeter.

Olive oil in another saucepan, Cauldron heat, sauté onions until soft. Dust with flour and let sauté stirring slightly.

Drain kohlrabi in a sieve over a bowl and collect the broth it.

stirring slowly add broth with the milk with a whisk roux. Once heat and simmer for about 10 minutes at low heat. Stir occasionally.

Rinse parsley, shake dry, pluck leaves. Some aside, chop the rest finely.

give Frozen peas and zucchini cubes to the sauce and heat it again. Chopped parsley fold. Slightly rub with salt and pepper nutmeg.

Drain the pasta, allow to dry and (so to the 2 liter capacity) enter into a shallow baking dish.

distribute succession kohlrabi, vegetable sauce, cheese and sunflower seeds out evenly and in the preheated oven preheated tube, kitchen stove at 200 ° Celsius (180 ° Celsius with convection in gas selector 3) Bake 25-30 minutes. Garnish with chopped parsley and bring to the table.

Small Council

Instead Kohlrabi Use sometimes fennel. Both points with a high vitamin C content.

Per serving: 522 Kcal

Vegetarian stuffed cabbage with millet, tomatoes and feta cheese

The whole family to taste the vegetarian rolls, and we invest each Esser goods: For example, 70 percent of the daily requirement of vitamin C. Thus, the defenses are pushed properly. Magnesium and calcium are present to 40 percent. From their interaction the functioning of all muscles depends.

Serves 4 meals

200 grams of millet

8 dried tomatoes

800 milliliters of classic vegetable

1 white cabbage (around 1.5 kg)

Salt and freshly ground pepper
½ teaspoon ground coriander
5 large onions (70 grams)
200 grams of feta cheese (low-fat)
1 egg
1 tablespoon olive oil
1 bunch of parsley

The preparation sequence

Millet in a sieve, rinse and let dry. chop dried tomatoes into thin strips.

bring 400 milliliters vegetable broth in a saucepan, boiler for cooking. Millet and tomatoes give heat and covered with small heat about 10 minutes simmer, boil again.

separate large, unblemished leaves from cabbage 8, rinse and set aside.

From remaining cabbage weigh 200 grams (Rest otherwise use), in water cleaning, clean, in so around 1 centimeter mince squares and give the millet.

Everything is covered with small heat still approximately 12 minutes simmer, cooking. Season with salt, pepper from the mill blank and coriander and leave to cool.

In a wide saucepan, Cauldron bring salted water to a boil. Heat the 8 cabbage leaves in it again and simmer for 5 minutes Boil.

Cabbage leaves plunge into cold water and leave them to dry well.

Peel the onions, cut in half and shred into strips.

allow to dry sheep's cheese and chop into small cubes.

The egg under the cooled millet mass stir and fold in the cheese. Again with salt, pepper from the mill and coriander.

Cabbage leaves dry with paper towels and pat flat cut the thick veins. Each 2 cabbage leaves slightly overlapping next to each other. Pipette 1 portion of the millet mass thereon.

The long sides of cabbage leaves to the middle turn, then the leaves with the stuffing roll and stuck with toothpicks.

Heat the oil in a wide saucepan, Cauldron heat, fry the rolls around in it. Add onions and sauté briefly. Miscellaneous broth and cook covered over medium heat simmer 20-25 minutes.

Rinse Meanwhile parsley, shake dry, pluck leaves and coarsely chop.

Roulades warm. give $\frac{3}{4}$ chopped parsley to the onions, let heat again, add salt and pepper. Cook the vegetarian rolls with the sauce and sprinkle with the remaining chopped parsley.

Small Council

The veggie rolls succeed with Savoy, which also contains abundant like all cabbage Vitamin C. But his music need only 2-3 minutes to be less than half the time, pre-cooked

Per serving: 389 Kcal

Vegetable stew with pearl barley Kassler-

At the first cold autumn days the little pot heated by not only good, but also brings vitamin C and beta-carotene for Defence and cell protection in our bodies. From the complex of B vitamins are B1, B6 and niacin metabolism and are conducive to the concentration as well as nerves and mucous membranes.

Serves 4 meals

125 grams celeriac

3 carrots (so about 300 grams)

1 small cauliflower (around 500 grams)

1 liter of vegetable broth classic

100 grams of barley

200 grams of smoked pork back (boneless)

½ bunch of parsley

2 spring onions

200 grams of peas (frozen)

little nutmeg

Salt and freshly ground pepper

The preparation sequence

Celeriac and carrots, peel in water Clean and chop in large cubes about 1 centimeter.

Clean cauliflower in water cleaning, and divide into florets. Cauliflower stalk peel and chop into small cubes.

, Heat vegetable broth in a saucepan Cauldron once, grains add, reheat once and covered with small heat simmer 10 minutes, cooking.

Kassler chop in about 1 centimeter cubes, celery and carrots give with the barley and simmer another 5 minutes, cooking.

Meanwhile, parsley, rinse and shake dry. Leaves pluck, put aside some and chop the rest into fine strips.

Rinse scallions, clean and chop into very thin rings.

can give cauliflower and frozen peas to the grains, heat again and covered with small heat for 5 minutes Simmer cooking.

giving spring onion rings to pot and heat it briefly once. Slightly rub nutmeg to add parsley strips and season with salt and pepper. Garnish with parsley leaves and bring to the table.

Small Council

Also delicious with broccoli instead of cauliflower. Both points with a lot of vitamin C - the green florets also contain an extra dose of calcium for bones and teeth.

Per serving: 237 Kcal

Vegetable tart with almonds

A portion of the vegetable tart delivers 70 percent of the daily requirement of vitamin E. It is important as a protective factor in the membranes of all body cells. It also

supports the immune system and improves the oxygenation of tissues and the viscosity of the blood.

Serves 4 meals

½ small cauliflower (so about 300 grams)

2 carrots (100 grams)

1 zucchini (so about 300 grams)

1 leek (around 300 grams)

200 milliliters classic vegetable

150 grams Spelt wholemeal flour

½ teaspoon cream of tartar baking powder

2 tablespoons germ oil

Germ oil for greasing

2 eggs

100 milliliters of milk (1.5% fat)

nutmeg

Salt and freshly ground pepper

50 grams almonds

The preparation sequence

Cauliflower, carrots and zucchini in water clean and clean. Share cauliflower into small florets.

Carrots, peel and chop the zucchini in about 1 centimeter cubes. Cut leeks lengthwise in half, shred in water cleaning and so the 1 centimeter wide rings.

in a saucepan, Cauldron once Heat vegetable broth. Carrots admit once again heat up and covered over medium heat 2 minutes simmer, cooking. Cauliflower and leeks add and simmer for another 3 minutes, cooking.

Zucchini and leave to dry the vegetables in a colander, taking care to collect the broth in a bowl. When it's cool.

Mix Meanwhile the flour with ½ teaspoon salt and baking powder in a mixing bowl. 70 milliliters of cold water and the germ to enter. With the dough hook of a hand mixer to knead dough, possibly 10-20 milliliters of water in addition Add.

The work surface with a little flour and roll out sprinkle half of the dough into a circle of 28 centimeters in diameter. wrap on the rolling pin.

A tart tin (28 cm diameter) grease. roll the dough about push and repeatedly with a fork.

shapes from the remaining dough 2 is about 37 centimeters long rolls and press the edge of the tart tin and the pastry.

Eggs, milk and so Whisk to 125 milliliters of the collected broth. Something nutmeg rub fresh to season with salt and pepper.

evenly distribute the cooled, drained vegetables on the dough. Pour the egg-milk mixture over it.

Grind the almonds with a large knife and sprinkle coarse. In the preheated oven tube, kitchen stove at 200 ° C (with convection 180 ° Celsius, with gas: selector switch 3) Bake about 40 minutes. bring vegetable tart hot or cold on the table.

Small Council

You can be creative with the toppings of vegetables tart: Alternatively make fennel, broccoli, celery and pumpkin well on the wholemeal spelled ground. And instead of almonds are also walnut or hazelnut kernels.

Per serving: 354 Kcal

Green chickpea soup with scrambled egg crostini

Vitamin B12 and Biotin come here before with more than 40 percent of your daily requirement. Biotin is primarily known for its positive effects on skin, hair and fingernails. Vitamin B12 plays an important role in the formation of red blood cells, further strengthens it immune and nervous system.

Serves 4 meals

3 onions (50 grams)

1 clove of garlic

2 tablespoons olive oil

800 milliliters of classic vegetable

200 grams of chopped spinach (frozen)

½ bunch of parsley

3 stalks basil

4 eggs

2 tablespoons Ajwar

265 grams chickpeas (canned, drained)

8 slices of wholemeal baguette (so about 100 grams)

Salt and freshly ground pepper

½ teaspoon ground coriander

4 teaspoons sour cream as desired

The preparation sequence

Peel the onions and garlic. Cut the onions in half and chop into cubes, chop garlic.

1 tablespoon olive oil in a saucepan, Cauldron heat. Onions and garlic fry until soft. 100 milliliters of vegetable stock options, heat again and covered with small heat simmer about 5 minutes.

The frozen spinach in a saucepan, Cauldron give, heat again and everything covered at low heat for another 5 minutes simmer, cooking.

Rinse Meanwhile parsley, shake dry, pluck off the leaves and chop coarsely. Basil also rinse, shake dry and pluck off the leaves.

Beat the eggs in a small bowl with Ajwar and 2 tablespoons water and add salt. The chickpeas in a colander, rinse and allow to dry.

Place the baguette slices on a baking sheet cake and golden brown under the preheated grill of the oven roasting.

Add the remaining broth with chickpeas and parsley for vegetables and reheat once. Season the soup with salt, pepper and coriander and keep warm. If you like, the soup

can be pureed with a hand mixer. This makes them very smooth.

The remaining olive oil in a nonstick skillet heat. Add the beaten eggs and let thicken over medium heat. In this slide from the edge to the center again. Divide the scrambled eggs on baguette slices evenly and top with basil leaves. The soup with the remaining chickpeas and sprinkle cook as desired with sour cream. bring scrambled crostini to the table.

Small Council

Instead of making scrambled eggs, 100 grams of low-fat feta cheese (25 percent fat in dry matter, 9 percent absolute) crumble, mix with the Ajwar, spread evenly on the still unpopped baguette slices, then baked.

Per serving: 319 Kcal

Dumplings on vegetables with chives and pumpkin seeds

This fiber-rich food covers the daily requirement of beta carotene to 100 percent. In the body of vital substances is converted into vitamin A and helps to sharpen our view, by acting positively on the retina.

Serves 4 meals

8 slices whole-grain wheat toast (so about 200 grams)

3 stalks celery (so around 75 grams)

2 leeks (so about 200 grams)
2 eggs
125 milliliters of milk (1.5% fat)
1 heaped tablespoon butter (around 20 grams)
1 bunch of chives
nutmeg
Salt and freshly ground pepper
1 tablespoon flour
1 tablespoon olive oil
100 milliliters of classic vegetable
125 grams of chopped spinach (frozen)
2 tablespoons pumpkin seeds
300 grams of peas (frozen)

The preparation sequence

Wholemeal toast chop into small cubes and spread evenly on a baking sheet cake. In the preheated oven tube, kitchen stove at 180 ° C (with convection oven 160 ° Celsius, with gas: selector 2-3) roast about 10 minutes and let cool.

During the toast cubes in the oven tube, cooking hob are or cool, celery in water cleaning, the leaves shake dry and set aside. Clean celery and unthreading. Cut leeks lengthwise in half, clean and purify water. obliquely chop celery and leek in so to the 5 millimeters wide pieces.

Eggs and milk together in a bowl. Melt the butter in a small saucepan, melt Cauldron and Add. Toast cubes and blend it all thoroughly. swell 15 minutes.

Rinse chives, shake dry, chop into small rings and add to the bread mass. Slightly rub with salt and pepper nutmeg to. The flour stir.

In a large saucepan, Cauldron Heat salted water once. reduce heat so water only boils slightly. With moistened hands 8 dumplings made of bread mixture into, enter into the saucepan, Cauldron and let simmer at minimum heat in about 12 minutes.

Meanwhile olive oil in another shallow pan, heat cooking kettle. Celery and leek sauté, vegetable and frozen spinach and cook covered at low heat cook for 6-8 minutes.

The pumpkin seeds fry without oil in a small skillet until fragrant.

Add the peas for vegetables. Salts, pepper and even 3-5 minutes simmer, cooking. The shelved celery green chop.

If desired, nutmeg for vegetables rub and season. Dumplings with a slotted spoon from the saucepan, Cauldron lift, allow to dry and prepare the vegetables. Garnish with celery leaves, pumpkin seeds give it and bring to the table.

Small Council

Practical leftovers: Anyone have some stale bread to spare (requires so be about 200 grams), it can use instead of Toastbrots. Simply chop into small cubes and add to the milk.

Per serving: 385 Kcal

Fried cabbage with parsley quark

One serving of this fat and calorie composition provides half the daily requirement of potassium. The mineral provides for the maintenance of osmotic pressure, activated enzymes, and is essential for protein synthesis. Moreover excitability and impulse conduction of the nerve of him depend - therefore must be ensured especially with stress on an adequate intake.

Serves 4 meals

1 large red sweet potato (so about 400 grams)

2 red onions (so about 100 grams)

500 grams of sauerkraut

40 grams almonds

1 tablespoon germ oil

100 milliliters of classic vegetable

70 grams raisins

1 bunch of parsley

300 grams Magerquark

Pinch of salt

cayenne pepper

liquid sweetener (as desired)

The preparation sequence

Peel, rinse and slice on a vegetable slicer in long, very thin strips The sweet potato with a vegetable peeler.

Peel the onions, cut in half and shred into strips.

allow to dry in a colander sauerkraut. golden brown almonds in a frying pan without fat roast and let cool.

Germ oil in a large skillet or wok heat. Onion strips and cook fry briefly.

Add sweet potato and less heat fry 5 minutes, turning frequently. Gradually add the vegetable broth pour it.

give sauerkraut and raisins for vegetables. Among turning occasionally with a small heat fry 15 minutes.

Meanwhile parsley in water cleaning, pluck shake dry and the leaves; some aside, chop the rest finely.

Magerquark in a small bowl with the chopped parsley, salt and cayenne pepper together.

Sauerkraut with salt, cayenne pepper and a few drops to taste as desired sweetener. With almonds sprinkle, decorate with remaining parsley and cook with parsley quark.

Small Council

Whoever does not get sweet potato, can use carrots. The have to have even cheaper.

Per serving: 316 Kcal

Breaded feta cheese with lemon cabbage

Sheep's cheese is very rich in minerals, vitamins and special fatty acids such as linoleic acid. It helps to reduce the percentage of body fat and build muscle mass.

Serves 4 meals

1 small red cabbage (so about 600 grams)

1 onion

1 organic lemon

700 grams small waxy potatoes

2 tablespoons coarse sea salt

3 tablespoons olive oil

200 milliliters classic vegetable

2 bay leaves

½ teaspoon dried thyme

1 egg (S)

2 tablespoons flour

1 ½ tablespoons breadcrumbs

200 grams of feta cheese (9% F. i. Tr.)

Salt and freshly ground pepper

liquid sweetener as desired

The preparation sequence

The red cabbage in water clean clean, cut lengthwise in half and shred into fine strips.

Onion peel, cut in half and chop into small cubes.

Rinse lemon in hot water, wipe dry and peel very thinly with a peeler. Lemon peel into fine strips chop, cut and squeeze the lemon into two halves.

Potatoes clean brush thoroughly under running water. Place in a saucepan, cooking kettle and cover about halfway with water. Bring to a boil, the sea salt and covered with small heat about 20 minutes simmer, cooking.

In a large nonstick skillet 1 tablespoon of olive oil to warm. Red cabbage and onions sauté it.

Vegetable broth, bay leaf, half the lemon zest and thyme Add. Once heated and covered at low heat cook about 20 minutes.

Meanwhile the egg whisk on a plate. Place flour and breadcrumbs on each another dish.

Feta pat dry, chop into 8 cubes and coat with flour. Excess flour tap. Pull cheese through the whisked egg, allow to dry and apply in the breadcrumbs.

The remaining oil in a nonstick skillet heat and breaded feta cheese cubes until golden brown at low heat completely in 6-8 minutes.

The potatoes so long in the open saucepan, Cauldron continue cooking until the liquid has evaporated and a white salt forms on them lining.

Season the cabbage with 2-3 tablespoons lemon juice, salt and pepper. If desired with sweetener to taste. With remaining lemon zest, sprinkle with feta cheese cook and bring with the potatoes on the table.

Small Council

Also delicious when white instead of red cabbage used! In any case, has the rustic vegetables except ample fiber with about 100 milligrams (per 200 grams) of vitamin C "tired".

Per serving: 318 Kcal

Savoy lasagna with tomato sauce

Wirsing lasagne provides us with a bunch of vital nutrients, including high levels of vitamin E. In the body it affects the smoothness of all cell membranes and the activity of enzymes positively. In addition much potassium is - important for the water balance and the transmission of impulses between nerve.

Serves 4 meals

1 small savoy (600 grams)

2 medium onions

350 milliliters of classic vegetable

1 teaspoon dried thyme

½ teaspoon fennel seed

5 small tomatoes (50 grams)

1 clove of garlic

2 tablespoons olive oil

400 grams of tomato pizza (can; drained weight)

Salt and freshly ground pepper

Paprika (rose sharply)

100 milliliters of milk (1.5% fat)

1 ½ tablespoons flour

3 tablespoons grated Emmental

nutmeg

12 wholegrain lasagna (without pre-cooking)

The preparation sequence

Wirsing in water clean, clean, cut lengthwise in half and shred into fine strips.

To peel onions. Cut 1 onion in half and shred into strips.

In a saucepan, Cauldron bring 100 milliliters vegetable broth to a boil. Heat thyme, fennel, onion and Wirsing-strips containing once and covered with small heat simmer about 15 minutes.

Meanwhile chop tomatoes in water clean, cut out the stem approaches wedge-shaped and sliced tomato.

Peel and mince garlic. Cut the remaining onion in half and dice small.

In a second saucepan, Cauldron 1 tablespoon of olive oil to warm. Garlic and onions and cook covered at low heat cook for 5 minutes.

Add tomato pizza, heat again, with salt, pepper from the mill and paprika. When it's cool.

Remaining olive oil and remaining broth in another saucepan, heat the Cauldron once.

Milk and flour until smooth in a bowl with a whisk. give stirring slowly to the broth and oil mixture and leave again heat up again.

Stir 2 tablespoons grated cheese under the liquid and allow to melt at low heat. The cheese sauce with salt and pepper and rub lightly with nutmeg to.

(So the 20x28 centimeter) Add half the tomato sauce in a rectangular baking dish. 1 Layer lasagne sheets on place, then spread 1/3 of the cheese sauce, then half of savoy cabbage on it evenly.

In again give 1 layer lasagna sheets and the remaining tomato sauce. it put 1 more layer lasagne sheets and spread successively 1/3 cheese sauce and remaining savoy it evenly.

With a last layer lasagna prove sheets underline remaining cheese sauce on it, and spread evenly over tomato slices. Sprinkle remaining grated cheese on top and pepper. The cabbage lasagne in a preheated oven preheated tube, kitchen stove at 200 ° C (with convection 180 ° Celsius, with gas: selector switch 3) Bake about 45 minutes.

Small Council

Lasagne also tastes great with Pointed or Chinese cabbage. Since both are little more delicate than cabbage, reduces the time for steaming to 5 minutes.

Per serving: 325 Kcal

Spelt pancakes with tomatoes and courgettes

Thanks wholemeal spelled flour soak up a quarter of your daily requirement of fiber. The keep sick not only beautiful long - it has a positive effect on your stomach and intestines from. In addition, the relatively high proportion of silicic acid is beneficial for skin, hair and nails in the grain.

Ingredients for 2 meals

70 grams Spelt wholemeal flour

50 milliliters of milk (1.5% fat)

50 milliliters of water (carbonated)

Pinch of salt

1 egg (size S)

2 zucchini (so about 500 grams)

1 stalk celery with green (around 100 grams)

150 grams cherry tomato

100 milliliters of classic vegetable

1 teaspoon olive oil

cayenne pepper

4 sprigs basil

The preparation sequence

Flour, milk and mineral water until smooth with a whisk. 1 pinch of salt and the egg stir. Let the dough to swell for 30 minutes.

Meanwhile zucchini in water clean, clean, cut lengthwise in half and chop slices in about 5 millimeters.

Celery in water cleaning, shake dry, pluck and put aside the leaves. Clean, unthreading and shred thick pieces in about 5 millimeters celery.

Cut cherry tomatoes in water and cleaning in two halves.

Heat vegetable broth again. Celery pieces and zucchini slices and cook covered about 5 minutes at low heat simmer, cooking.

The pancake batter stir again. Oil heat in a frying pan, add half of the dough into the frying pan and spread evenly by swirling.

Once the dough and hammered from the underside is light brown, turn the pancake carefully and bake. Remove and keep covered warm. Bake the pancakes second in the same manner.

Add the cherry tomatoes for vegetables and warm. Vegetables with salt and cayenne pepper.

Basil in water cleaning, shake dry, pluck off the leaves and finely shred. Among the vegetables lift. Cook the spelled pancakes with the vegetables and garnish with the celery leaves.

Small Council

You like the flavor of celery not? Then use to taste fennel or leeks. Garlic Fans Season the vegetables with a press-in toe and benefit from their circulation-promoting effect.

Per serving: 300 Kcal

Chilli polenta soup with feta

The yellow soup succeed also Koch beginners and is in half an hour on the table. The lush vitamin C content reaches the same for two days - paprika goodness! This would, among other things the skin which requires vitamin for optimal wound healing.

Ingredients for 2 meals

3 yellow peppers (so about 600 grams)

500 milliliters classic vegetable

50 grams of maize meal

1 sprig of rosemary

2 onions (so about 100 grams)

1 clove of garlic

2 teaspoons olive oil

50 grams feta cheese (9% absolute fat)

2 stalks basil

Salt and freshly ground pepper

Paprika (rose sharply)

The preparation sequence

Cut peppers in half, remove seeds, chop water clean and in strips.

Heat vegetable broth again. stir polenta with a whisk in the broth. Rosemary and half the pepper strips to give heat and covered with small heat approximately 12 minutes simmer, boil, stirring occasionally once.

Meanwhile, peel the onions and garlic. Dice the onions, mince garlic into thin slices.

Olive oil in a frying pan heat up. Miscellaneous pepper strips, onion and garlic and cook covered at low heat cook for about 8 minutes.

Feta cheese with a fork crumble. Basil in water cleaning, shake dry and the leaves pluck, crush large leaves coarsely.

take a sprig of rosemary from the soup. with a hand blender puree soup and season with salt, pepper and paprika. salt and pepper stewed peppers.

Preparing soup with steamed peppers. Sprinkle with basil leaves and crumbled feta cheese.

Small Council

They look cute, delightfully aromatic and very healthy: a garnish of fresh wild flower (for example, rosemary, borage or hyssop flowers).

Per serving: 225 Kcal

Gratinated polenta corners on spinach

The extremely high quality of nutrients this Italo-vegetarian Slim maker ironed loose from a small food sin from the day before! Spinach is one of the best plant sources of iron. The same included Vitamin C ensures that the body can use vegetable iron particularly well.

Ingredients for 2 meals

1 clove of garlic

3 sprigs thyme

400 milliliters of classic vegetable

80 grams of maize meal
1 red onion (so about 80 grams)
300 grams of spinach (frozen)
2 small zucchini (so about 400 grams)
40 grams mozzarella (9% fat)
Salt and freshly ground pepper
½ teaspoon of pink pepper berries

The preparation sequence

Peel garlic and chop coarsely. Thyme in water and shake dry cleaning. 1 sprig of thyme set aside from the rest pluck the leaves.

Heat 300 milliliters vegetable broth with chopped garlic and thyme leaves once. While stirring, sprinkle the cornmeal and cook once. Corn grits at low heat 10 minutes simmer, boil, stirring occasionally (Caution: Semolina from spraying).

Semolina mixture and season with salt, place on a filled with ready blank parchment paper cake baking sheet and into a rectangle pass (about 10 x 15 centimeters).

The red onion peel and chop into rings.

Miscellaneous vegetable broth (100 milliliters) Heat again, sauté onion rings therein. Deep-cooled spinach and cook covered at low heat cook for about 5 minutes.

Clean zucchini in water cleaning, and chop into short pins. give to spinach and cook for about 3 minutes.

Meanwhile mozzarella into very thin slices and place on crushing the polenta. In the preheated oven tube, kitchen stove at 225 ° C (with convection 200 ° Celsius, with gas:

selector 3-4) topped approximately 3 minutes (gratin) until the cheese melts.

Season the spinach vegetables with salt and pepper. Gratinated polenta into 4 pieces chop, cook on the vegetables and sprinkle with pink pepper berries. Share Back Laid thyme in small branches and decorate the polenta corners so.

Small Council

Vitamin C is unfortunately quite sensitive to heat. Therefore, drinking a glass of orange juice to eat in order to optimally exploit the iron present.

Per serving: 300 Kcal

Gratinated zucchini with Quinoafüllung and mango sauce

With only 300 calories per serving, the vitamins and minerals rich vegetable meal is ideal for losing weight. Abundant protein and fiber ensure that hunger does not answer right back. Those who prefer less spicy, waived the sambal oelek.

Ingredients for 2 meals

40 grams quinoa

75 milliliters classic vegetable

2 zucchini (so about 300 grams)

150 grams of cream cheese (0.2% fat)
1 tablespoon ground almonds
Salt and freshly ground pepper
1 small ripe mango (so about 350 grams)
2 stalks of mint
½ lime
1 pinch of sambal oelek

The preparation sequence

give quinoa in a sieve, rinse and allow to dry. Heat quinoa and vegetable broth again. Cover and cook over low heat 20 minutes simmer, cooking. When it's cool.

While the quinoa is cooked, clean zucchini in water clean and cut lengthwise into two halves. Eliminate the seeds with a teaspoon.

Quinoa with the cream cheese and almonds stir. With salt and pepper from the mill. Pour mixture into zucchini halves fill.

Laying Stuffed zucchini halves on a filled with ready blank parchment paper cake baking sheet and in the pre-heated, pre-heated oven tube, kitchen stove at 200 ° C (with convection 180 ° Celsius, with gas: selector switch 3) bake for 30 minutes.

Meanwhile, for the sauce, the pulp of unpeeled mango crush on both sides of the stone and loosen with a spoon from the cup.

Chop the half of the mango flesh into small cubes, chop the rest roughly and puree with a hand blender.

Mint in water cleaning, pluck shake dry and the leaflets. Some mint leaves aside, chop the rest into strips. Squeeze the lime half.

Mint strips with diced mango, mango puree, lime juice and 1-2 teaspoons sambal oelek Mull. Season with salt. Cook the zucchini halves with mango sauce and garnish with mint leaves.

Small Council

Quinoa is also called Andean millet or quinoa. The mustard seed large seeds are gluten-free and therefore also suitable for people with a gluten intolerance (celiac disease). Quinoa is available in health food stores, health food stores and well-stocked supermarkets.

Per serving: 300 Kcal

Quark dumplings on peppers with green pepper

Thanks peppers and tomatoes soak up half times daily dose of vitamin C, 70 percent of vitamin E and 40 percent of provitamin A. The three antioxidants are a team, when it comes to protecting our cells from damage by aggressive oxygen molecules.

Ingredients for 2 meals

½ teaspoon of pickled green peppercorns (glass)

300 grams Magerquark

1 tablespoon semolina (10 grams)
2 tablespoons ground almonds (20 grams)
2 peppers (1 red and yellow as the 200 grams)
1 clove of garlic
1 small onion
4 sprigs of lemon thyme
100 milliliters of classic vegetable
1 egg
70 grams cherry tomato
Salt and freshly ground pepper

The preparation sequence

allow to dry peppercorns and finely shred. Magerquark with semolina, almonds and chopped pepper mix. Season with salt and let soak for 10 minutes.

Meanwhile peppers lengthwise into quarters, remove the seeds, chop water clean and lengthwise into thin strips.

Peel garlic and onion and shred into strips. Lemon thyme in water cleaning, shake dry, aside 2 branches. Thyme leaves pluck.

Vegetable, pepper, garlic, onion strips and thyme leaves give in a saucepan, Cauldron. Boil and covered with small heat simmer 10 minutes.

The egg separate. Egg whites until stiff and fold with a rubber spatula into the quark mixture. (Use egg yolk otherwise.)

With 2 tablespoons cold rinsed from the Curds form 8 oblong dumplings. Place the dumplings in boiling salted

water for 10 minutes at low heat simmer, cooking: The water should move slightly, simmer not bubbly, cook.

Meanwhile let cherry tomatoes, dry cleaning in water and cut into two halves. give to peppers and miterhitzen about 5 minutes. Season peppers with salt and pepper from the mill.

lift Quark dumplings with a slotted spoon, cook the peppers and garnish with thyme beiseitegelegtem.

Small Council

Who does not want the dumplings pepper, peppercorns can just go away. If you like, give it a couple of capers in the end for vegetables - which provide a savory taste.

Per serving: 226 Kcal

Wholemeal pasta with green sauce and parmesan

The many carbohydrates and fiber from whole wheat pasta and vegetables make full and satisfied; the high iron contribution from the spinach prevent deficiencies and thus performance lows.

Ingredients for 2 meals

2 onions (so about 100 grams)

1 clove of garlic

2 stalks celery with green (around 150 grams)

1 teaspoon olive oil

200 grams of chopped spinach (frozen)

2 tablespoons vegetable broth classic

100 grams wholemeal pasta (for example tagliatelle)

Salt and freshly ground pepper

nutmeg

1 piece Parmesan cheese (so about 15 grams)

The preparation sequence

Peel the onions and garlic. chop onions into cubes. Garlic finely shred.

Celery in water cleaning, the green cuts and lays aside. Clean, unthreading and shred thinly in about 2 millimeters celery.

The olive oil warm. Diced onion and minced garlic and sauté at low heat covered about 5 minutes.

Deep-cooled spinach, celery slices and vegetable stock options, can heat up again and covered simmer about 8 minutes.

Meanwhile cook the pasta according to product instructions in salt water, boil.

Drain the pasta, with hot water and let it dry. season green sauce with salt, pepper and a little nutmeg abraded. The pasta portions prepare the sauce, sprinkle with grated Parmesan and garnish with celery leaves.

Small Council

Who respects not quite as accurate on fat, mixed conclude by 2 tablespoons pine nuts into the sauce. They are full of

valuable unsaturated fatty acids have a positive effect on blood lipid levels.

Per serving: 300 Kcal

Wholemeal spaghetti with pumpkin sauce and daikon cress

The pumpkin provides silica, strengthens the skin, nails and connective tissue. Its high content of beta-carotene intercepts cell-damaging free radicals, helps to prevent cardiovascular diseases and changes in demand in the body into vitamin A by what our eyes and our vision, especially at dusk benefits.

Ingredients for 2 meals

- 1 leek (around 300 grams)
- 2 cloves of garlic
- ½ Hokkaido pumpkins (so about 500 grams)
- 200 milliliters classic vegetable
- 80 grams wholemeal spaghetti
- Salt and freshly ground pepper
- ½ beet red daikon cress
- 1 teaspoon pumpkin seed oil

The preparation sequence

clean leeks, cut lengthwise in half, shred wide pieces in water and cleaning in about 1 centimeter. Peel garlic and finely shred.

remove the seeds and the fibrous inner part from the pumpkin with a spoon. Pumpkin crush in about 1.5 centimeters thick slices. The discs peel and chop into cubes.

Vegetable broth and chopped garlic heat again. Leek pieces and sauté over medium heat covered about 5 minutes.

Meanwhile simmer wholemeal spaghetti according to product instructions in salt water, simmer, cook.

Pumpkin cubes give leek, covered over medium heat sauté 6-8 minutes. Season with salt and pepper.

shred daikon cress from Beet. Spaghetti drain, pour hot water and leave to dry. Spaghetti with pumpkin sauce cook, sprinkle with pumpkin seed oil and garnish with daikon cress.

Small Council

If you do not get: The daikon cress can be replaced by normal garden cress.

Per serving: 234 Kcal

Pizza Primavera with broccoli, peas and tomatoes

The pizza makes its name: Spring adhesive covered with lots of fresh vegetables on a crusty wholemeal dough is sensationally in fat and calories. Next she scores with plenty of vitamins, minerals and fiber.

Ingredients for 8 pieces (1 cake baking sheet)

200 grams of rye flour Type 1150
200 grams of wheat flour type 550
½ cube of yeast
1 small broccoli (around 300 grams)
4 spring onions
100 grams of peas (frozen)
200 grams of cherry tomato
½ bunch Frankfurter herbs
300 grams of ricotta
Salt and freshly ground pepper

The preparation sequence

Both types of flour and 1/2 teaspoon salt in a bowl mix, make a well in the center. crumble and pour in yeast.

giving 300 milliliters of warm water over it and knead with the kneading hook of a hand mixer to a smooth dough. Cover and leave for about 30 minutes in a warm place.

Clean Meanwhile broccoli, divide into water clean and cut into small florets. Clean scallions and chop in water cleaning, the Green in fine rings and set aside; the whites of about 5 centimeters long pieces shred.

Broccoli in boiling salted water for 2-3 minutes simmer, cooking. Onion chips and peas admit mitgaren for about 1 minute. In a colander drain briefly under running cold water and allow to dry well.

Cut the tomatoes in water and cleaning in two halves, set aside. , Pluck herbs in water cleaning and shake dry leaves and finely shred. In a bowl with the ricotta mix, season with salt and pepper.

An Arch finished cutting baking paper to the size of the baking sheet trim. The pizza dough on roll and the finished cut baking paper then on a cake baking sheet draw.

Add the ricotta and herb mixture on the dough and flatten it. distribute vegetable mix and tomato evenly, and in the preheated oven preheated tube, kitchen stove at 225 ° C (with convection: selector 3-4: 200 ° Celsius, with gas) Bake 15-20 minutes on the lowest shelf.

Remove the pizza and pull the sheet including finished blank parchment paper. With aside questions onion rings sprinkle mince in 8 serving pieces, and go immediately to the table.

Small Council

The Spring Pizza fits fine on a party buffet and tastes warm or cold very well. If many guests: Simply double the quantities and bake two sheets.

Per serving: 249 Kcal

Asian fried noodles with bean sprouts and egg

Vegetables and eggs provide a good dose of minerals here. Together with the crunchy peanuts they bring also a third of the daily fiber requirement on the plate.

Ingredients for 2 meals

200 grams Mie Noodle

50 grams peas (frozen)

50 grams mung bean sprouts

1 red pepper (so about 200 grams)

½ tsp Szechuan pepper

½ bunch coriander

1 tablespoon sesame oil

Pinch of salt

3 eggs

2 tablespoons light soy sauce

2 tablespoons toasted, salted peanut kernel

The preparation sequence

Mie noodles and peas in boiling salted water for about 3 minutes simmer, cooking. In a colander drain (where 50 milliliters boiling water trap) and allow to dry well.

let dry thoroughly in water and cleaning in a strainer The sprouts.

Cut peppers in half, remove seeds, chop water clean and in fine strips.

Szechuan pepper coarsely crushed in a mortar. Coriander in water cleaning, shake dry, pluck leaves and coarsely chop.

Heat oil in a nonstick skillet (or wok) heat, add pepper and fry about 2 minutes over medium heat while stirring.

Noodles, peas and 50 milliliters of boiling water, mix. While stirring, continue to fry until the liquid has evaporated.

Beat the eggs, soy sauce and Szechuan pepper in a small bowl and pour over the pasta. let falter stirring.

Coriander with sprouts mix with the pasta. Preparing on plates, sprinkle with peanuts and bring to the table.

Small Council

If you are using a radical cooked pasta from the previous day, the delicious fry is still fixer ready.

Per serving: 690 Kcal

Farfalle pasta with cabbage in a creamy Parmesan sauce

One serving contains plenty of vitamin B12, B6 and folic acid. The three are a team, when it comes to lower homocysteine levels in the blood. Elevated levels may damage the blood vessels and result is related to dementia in old age. This pasta dish is also a great source of fiber and calcium!

Ingredients for 2 meals

200 grams of farfalle pasta

½ cabbage (so about 500 grams)

1 onion

1 tablespoon olive oil
200 milliliters classic vegetable
½ organic lemon
70 grams Parmesan
6 sprigs thyme
100 milliliters soy cream
Salt and freshly ground pepper

The preparation sequence

Farfalle in plenty of salted water according to product instructions until al dente simmer, cooking.

Meanwhile, clean the cabbage, cut lengthwise into two halves and the stalk cut out. Kohl quarter chop crosswise into thin strips. Peel onion and chop finely.

Heat oil in a nonstick skillet heat, sauté cabbage strips and onions over medium heat while stirring for 2-3 minutes. Vegetable admit heat again and let the cabbage braise about 5 minutes covered.

Meanwhile, wash the lemon half hot and dry rub, grate the peel finely and squeeze the juice. give juice and peel the cabbage.

Parmesan Finely grate. Thyme in water cleaning, pluck shake dry and the leaflets.

Pour Farfalle in a sieve, while about 50 milliliters field of cooking water. Mix boiling water and Farfalle under the cabbage vegetables.

Stir in Parmesan, thyme and soy cream and season to taste with salt and pepper.

Small Council

Also delicious and just as quickly made with Chinese cabbage, chard or chicory. Garlic fans fry 1 or 2 finely diced garlic with on - good for blood flow.

Per serving: 654 Kcal

Gorgonzola and spinach pasta with pink pepper berries

Soy cream ensures here for nice creamy sauce consistency - and brings two advantages: it has only half as much fat as whipped cream and contains no cholesterol. The spicy blue cheese provides a big dose of bone-strengthening calcium.

Ingredients for 2 meals

300 grams wholemeal pasta (as penne)

100 milliliters of classic vegetable

225 grams of spinach (frozen)

80 grams Gorgonzola

150 grams of soy cream

Salt and freshly ground pepper

nutmeg

2 teaspoons red pepper berries

The preparation sequence

The pasta in plenty of boiling salted water according to product instructions until al dente simmer, cooking.

Meanwhile heat vegetable broth again and add the frozen spinach. Cover and let simmer over medium heat until the spinach is thawed, stirring occasionally.

Gorgonzola debark, dice and add to spinach. With stirring and allow to melt.

Stir in soy cream, salt and pepper. Slightly rub nutmeg directly into the sauce and season to taste.

Pasta Drain, allow to dry and spread evenly on 2 plates. the spinach and Gorgonzola sauce. Sprinkle with pepper berries, and go immediately to the table.

Small Council

Not everyone can tolerate pink pepper berries well. They contain substances that can cause allergies. If it be sensitive: Simply by green pepper substitute!

Per serving: 695 Kcal

Fried mung bean sprouts from the wok

Often confused with bean sprouts, the more delicate organisms have similar advantages in any case: You provide no fat, no calories, but a lot of useful nutrients. Among other Potassium is well represented, which affects fluid balance in the body low.

Serves 4 meals

300 grams of mung bean sprouts

2 spring onions

1 red chilli

½ teaspoon salt

½ teaspoon sugar

1 tablespoon soy sauce

½ teaspoon sesame oil

1 tablespoon oil

The preparation sequence

let dry and clean well sprouts in water.

Clean green onions, chop up long pieces in water and cleaning in about 3 centimeters.

cut chilli in water cleaning, lengthwise into two halves, remove seeds and chop into thin strips.

Salt, sugar, soy sauce and sesame oil mix in a small bowl.

The wok heat, add oil and spread evenly with swirling. Sprouts, chilli and spring onions Add and fry over high heat for about 2 minutes while stirring.

The soy sauce mixture and stir. Bring the Shoot vegetable hot or cold on the table.

Small Council

The tender shoots are not drawn from mung beans, but from the seeds for it. They may very well eat them raw because they contain no phasine - this toxic protein found only fit into the raw mung bean itself.

Per serving: 54 kcal

Indian vegetable curry with pineapple

The abundance of vegetables ensures that you take with a dose of this half of the recommended by the German Society for Nutrition minimum daily intake of dietary fiber to be. There is evidence that a high-fiber diet can reduce the risk of bowel cancer.

Serves 4 meals

1 onion

1 piece of ginger (so about 10 grams)

½ cauliflower (around 500 grams)

2 carrots (so about 200 grams)

100 grams of green beans

2 green chillies

200 grams of red lentils

4 small waxy potatoes (so about 200 grams)

2 tablespoons canola oil

2 tablespoons mild curry powder

300 milliliters classic vegetable

200 milliliters of coconut milk (9% fat)

100 grams of cashew nuts
1 baby pineapple (around 400 grams)
100 grams of peas (frozen)
6 stalks coriander
Salt and freshly ground pepper

The preparation sequence

Onion and ginger, peel and finely chop.

Clean cauliflower, divided into water and cleaning into florets. Clean, peel and chop slices in about 5 millimeters carrots.

Clean the bean, and cut in water cleaning diagonally in half.

Cut chillies in water cleaning, lengthwise into two halves, remove seeds and chop into thin strips.

Lentils in a colander, rinse and allow to dry.

Peel potatoes, mince slices in water cleaning and in about 5 millimeters.

Oil in a large saucepan, heat Cauldron. Onion, ginger, chili and red lentils sauté it briefly over medium heat. Carrots, potatoes, cauliflower and beans add and sauté 3-4 minutes while stirring.

Curry powder admit, mix. Vegetable broth and coconut milk Pour, heat again and let the curry simmer over medium heat 15 minutes open.

Meanwhile, the cashew roast until golden brown in a frying pan without fat, put on a plate, let cool slightly and coarsely chop.

Pineapple Peel, quarter and the stalk cut out and chop the flesh into about 1 centimeter thick slices.

give, mix and simmer for another 5 minutes pineapples, cashews and peas for Curry.

Coriander in water cleaning, shake dry and chop coarsely. Season the vegetable curry with salt and pepper and sprinkle with coriander.

Small Council

Those who want to reduce the fat content, taking coconut water, a nutritionally high quality food: rich in minerals, vitamins, amino acids and with a full aroma completely grease-free. However: The curry is so not creamy.

Per serving: 499 Kcal

Fried tofu and mushrooms in lettuce leaf

It also brings together all the advantages of Asian cuisine in an exemplary manner: Low fat and calories, lots of nutrients and fibers plus crisp, spicy flavor ensure culinary pleasure without remorse.

Serves 4 meals

6 dried shiitake mushrooms (so about 10 grams)

8 leaves of iceberg lettuce (so about 120 grams)

3 spring onions

2 cloves of garlic
1 piece of ginger (so about 30 grams)
2 shallots
1 piece of white cabbage (so about 300 grams)
½ bunch coriander
125 grams of smoked tofu
3 tablespoons soy sauce
2 tablespoons hoisin sauce
½ teaspoon brown sugar
½ teaspoon sesame oil
1 teaspoon cornstarch
1 tablespoon canola oil

The preparation sequence

Mushrooms in 100 milliliters of hot water and soak for 10 minutes. Meanwhile, lettuce leaves in water clean and spin dry. Clean spring onions in water clean, and shred into thin rings.

Peel garlic and crush with the flat side of a knife. Ginger, peel and finely grate. Shallots also peel and finely shred.

Clean cabbage, mince in water clean, free from the stalk and into narrow strips.

Drain the mushrooms in a colander, and taking care to collect the steep water in a small bowl. eliminate mushroom stems and chop the mushroom caps finely.

Coriander in water cleaning, shake dry, stems and leaves finely shred separated.

crush tofu into small cubes.

Soy and hoisin sauce mix in a small bowl with 4 tablespoons mushroom water, sugar and sesame oil. stir and add starch in a little cold water.

The wok heat, add canola oil and spread evenly by swirling. Shallots, garlic, ginger and coriander stalks and cook fry while stirring for 1 minute.

Add tofu and continue stirring for 1 minute. Mushrooms and cabbage add with constant stirring and simmer 2-3 minutes, cooking.

Sauce mixture and heat release once. Chopped coriander leaves stir. evenly distribute the mixture on the lettuce leaves. Sprinkle with green onions.

Small Council

The refined packaged vegetables suitable as a snack, as a starter or with rice and as a low-calorie, vegetarian main dish. By the way: If you like, the dried mushrooms can also be replaced by fresh shiitake.

Per serving: 132 Kcal

Baked potato wedges with vegetables and quark dip

It provides more than a third of the recommended daily intake of vitamin B12 and half of vitamin B6. The former is involved in the energy storage of the muscles and serves as folic acid activator; the second plays a role in protein

metabolism and in the formation of bile acids, the blood pigment hemoglobin and some hormones.

Serves 4 meals

1 kg waxy potatoes

2 tablespoons canola oil

2 teaspoons paprika (noble sweet)

Salt and freshly ground pepper

2 mini-cucumbers (or 1/2 cucumber, so about 300 grams)

8 radishes

1/2 bunch of parsley

1/2 bunch of chives

1/2 lemon

400 grams Magerquark

150 milliliters of milk (1.5% fat)

1/2 teaspoon ground cumin

The preparation sequence

Peel the potatoes, chop into water and cleaning along in columns. Mix well in a bowl with oil, paprika, salt and pepper.

Line a baking dish or cake baking tray with baking paper and ready cut evenly distribute the potato wedges on it. In the preheated oven tube, kitchen stove at 200 ° C (with convection 180 ° Celsius, with gas: selector switch 3) on

the middle rack for about 40 minutes simmer, boil, turn part of the time.

Meanwhile, peel the cucumber, cut lengthwise in half and remove the seeds with a teaspoon. Clean radishes, clean and everything into small cubes in water.

Herbs in water and shake dry cleaning. pluck parsley leaves and finely shred, chop the chives in rolls.

express lemon. Measure 2 tablespoons juice, stir until smooth with cottage cheese and milk in a bowl. Cucumber and radish cubes, mix. Season with cumin, salt and pepper.

Mix parsley under the potato wedges. Mix chives with the cottage cheese and bring the potato wedges to the table

Small Council

Who wants to dip his potato wedges sharply, rubbing little fresh horseradish into (or out of the glass). His mustard oils make it valuable for our health, for example, he does the stomach and intestines well, cleans and antibacterial.

Per serving: 280 Kcal

Tofu and vegetable curry with mango and almonds

The tofu ensures that protein comes to the plate and moves the fat content in the lower region. Vitamin C supply mango, peppers and broccoli, and so much so that the daily requirement is well covered.

Serves 4 meals

300 grams of broccoli

2 peppers (1 each red and green, so about 200 grams)

1 onion (so about 50 grams)

1 red chilli

1 clove of garlic

1 mango (so about 400 grams)

200 grams of tofu (preferably almond nuts tofu)

1 tablespoon oil

1 teaspoon ground cumin

1 teaspoon of turmeric

1 teaspoon ground coriander

1 teaspoon ground ginger

3 tablespoons soy sauce

200 milliliters classic vegetable

200 milliliters of coconut milk (9% fat)

1 tablespoon sliced almonds (around 10 grams)

Salt and freshly ground pepper

The preparation sequence

Clean broccoli, divide into water clean and cut into small florets.

Cut peppers in half, remove seeds, water cleaning and dice. Onion peel and chop into rings.

Chili cut, remove the seeds in water cleaning, longitudinally in half and finely chop. Peel garlic and finely shred.

Peel mango with a potato peeler. Pulp from stone crushing and dice.

Tofu pat dry and chop cubes in about 2 centimeters.

Oil in a saucepan, Cauldron heat. Cumin, turmeric, coriander and ginger briefly sauté it with stirring over medium heat. Peppers, onions, chili, garlic and tofu Add and sauté.

Soy sauce, vegetable broth and coconut milk stir. Broccoli and mango and cook covered over medium heat 10 minutes simmer, cooking.

golden brown almonds in a frying pan roast. The vegetable curry salt and pepper, sprinkle with the flaked almonds and bring to the table.

Small Council

Well suited as a side dish: rice or rice noodles. If you attach importance to a very high content of fiber, be natural or brown rice is recommended!

Per serving: 236 Kcal

Tofu and cucumber salad with a sweet-sour Pesto

Colorful vegetables, served with tofu and the spicy nut paste - it is served a potpourri of vitamins and minerals: folic acid, vitamin B6, vitamin E, beta-carotene are present here to 30 percent of our daily needs, niacin 50 and vitamin

C even 80 Percent; Zinc, magnesium and potassium are represented with 30 percent.

Serves 4 meals

150 grams of sprouts (best bean sprouts)

150 grams sugar snaps

1 cucumber

1 red pepper (200 grams)

2 red onions

3 tablespoons cashews

4 sprigs Thai basil

1 piece of ginger (as the 12 grams)

3 shallots

2 red chillies

1 tablespoon palm sugar

2 tablespoons soy sauce

2 tablespoons tamarind paste

Salt and freshly ground pepper

4 tablespoons oil

300 grams sliced firm tofu

The preparation sequence

allow to dry in water and cleaning in a sieve sprouts.

Clean mangetout, mince in water cleaning, lengthwise into thin strips and briefly dip into boiling salted water. In a colander cold rinse and allow to dry.

The cucumber water in clean, dry them and cut lengthwise into two halves. Seeds with a spoon dissolve out and chop the cucumber into very thin slices.

Cut peppers in half, remove seeds, chop water clean and in narrow strips.

Peel the onions, cut in half and shred into thin columns. With sprouts, snow peas, cucumber and sweet pepper mix in a bowl.

Cashew nuts in a frying pan fry until golden brown over medium heat without fat. When it's cool. Meanwhile basil in water cleaning, pluck shake dry and the leaves. Cashews chop coarsely.

Ginger and shallots Peel and finely shred. Cut chillies in water cleaning, lengthwise into two halves, remove seeds and finely chop also. Ginger, shallots and chilli crush in a mortar.

Cashews admit and crushed. Add palm sugar and grind everything to a fine paste. Stir in soy sauce, tamarind paste and 3 tablespoons of warm water and mix well. Season the pesto with salt and pepper.

Oil heat in a frying pan. Tofu pat dry and fry until golden brown in 4-5 minutes. leave to dry on kitchen paper and chop in as the 1 cm thick slices. Place vegetables and basil on it, sprinkle with the pesto and bring to the table.

Small Council

Try instead Cucumber times zucchini in the salad; which has a raw apartes flavor that blends well with the other ingredients and the pesto fits fine.

Per serving: 325 Kcal

Gorgonzola pasta with savoy strips

The custom of combining pasta and potatoes, is equally known curiously in Italy and Swabia. Anyway: In any case, little unusual pairing for extracting a lot of fiber and correspondingly good level makes!

Serves 4 meals

2 waxy potatoes (100 grams)

1 piece Wirsing (so about 300 grams)

2 cloves of garlic

400 grams Whole Grain Pasta

1 piece Parmesan cheese (20 grams)

1 tablespoon olive oil

100 grams of cream cheese (13% fat)

100 milliliters of milk (1.5% fat)

75 grams Gorgonzola

Salt and freshly ground pepper

nutmeg

The preparation sequence

Peeling potatoes in water Clean and dice. Wirsing clean, let dry in water clean and chop into small strips. Peel garlic and finely shred.

Abundant salt water in a large saucepan, Cauldron once heat. add potatoes and simmer for 5 minutes to cook. Add pasta and after product instruction dente simmer, cooking.

Meanwhile, grate the Parmesan finely and set aside.

Oil heat, in another saucepan, cooking kettle or frying pan. Wirsing admit and sauté 3-4 minutes while stirring.

Garlic cook briefly. Cream cheese, milk and stir in Gorgonzola. Among frequent stirring boil creamy with less heat. Salts, pepper and nutmeg little rub it.

Pasta and potatoes drain and allow to dry, taking care to collect 100 milliliters boiling water and stir into the cheese sauce. All in a large preheated bowl mix, sprinkle with Parmesan and bring to the table.

Small Council

Why the hot pasta water is stirred into the sauce at the end? Quite simply: So the whole thing is not only a little liquid, but it also saves fat - and still has the full gorgonzola flavor.

Per serving: 539 Kcal

Courgette and tomato gratin with Manchego

Such a colorful vegetable mix provides a balanced mix of vitamins, minerals and phytochemicals. The cheese brings a

lot of calcium, namely already a quarter of the daily requirement - good for teeth and bones!

Serves 4 meals

3 onions (50 grams)

2 cloves of garlic

1 carrot (100 grams)

1 piece of Manchego (50 grams)

10 tomatoes (so about 750 grams)

1 tablespoon olive oil

100 milliliters of classic vegetable

Salt and freshly ground pepper

2 teaspoons paprika (noble sweet)

1 teaspoon dried thyme

3 tablespoons spelled flour Type 630 (30 grams)

3 zucchini (so about 750 grams)

1 ½ tablespoons canola oil

3 tablespoons bread crumbs (30 grams)

The preparation sequence

Peel the onions and chop finely. Peel garlic cloves and mince finely.

Carrot, peel in water clean and chop into small cubes. The cheese Finely grate.

The tomatoes, plunge them into boiling water, remove, cold rinse and remove the skin. Cut out stem approaches the tomato wedge-shaped, dice the pulp small.

Olive oil in a saucepan, Cauldron heat, sauté onion and garlic cubes glassy. Carrot cubes add and sauté 3-4 minutes.

Add diced tomatoes and vegetable stock. Season with salt, pepper and paprika. Thyme over medium heat 10-12 minutes simmer, cooking.

Meanwhile, put the flour on a plate. Clean zucchini, dry them in water Clean and chop cubes in about 2 centimeters. Salt and coat with flour.

1 tablespoon canola oil in a large frying pan heat up and fry the zucchini cubes over medium heat, stirring constantly light brown.

A baking dish with the remaining canola oil ausfetten. Zucchini and tomato mixture fill layers. Sprinkle with breadcrumbs and grated Manchego. In the preheated oven tube, kitchen stove at 200 ° C (with convection: 180 ° Celsius, with gas: selector switch 3) baked golden brown in about 20 minutes.

Small Council

We recommend serving with brown rice, noodles or - couscous. The company not only the sauce well on, but they provide energizing carbohydrates with fiber and provide a longer lasting feeling of satiety.

Per serving: 241 Kcal

Fast Maize cakes with herb cream cheese

Nutrition experts have found that the various B vitamins especially liberate all their strength when they occur together. The veggie corn buffer meet this requirement perfectly. Extra Much protein for a long-lasting feeling of satiety's even top.

Ingredients for 2 meals

40 grams of maize meal (Instant Product: 3 minutes Cooking)

70 milliliters of milk (1.5% fat)

½ bunch of chives

½ bunch of parsley

100 grams Spelt flour Type 630

2 eggs

140 grams of corn (drained, canned)

Salt and freshly ground pepper

2 tablespoons canola oil

80 grams Cream Cheese (13% fat)

The preparation sequence

200 milliliters of water with 1 pinch of salt in a small saucepan, heat Cauldron once. can sprinkle in maize meal, stirring with a wooden spoon. Saucepan, take cooking kettle

from the heat, stir in 50 milliliters of milk and let cool briefly.

Meanwhile, the herbs in water cleaning, shake dry and finely shred.

give cornmeal in a bowl. Flour, eggs, drained corn and half the herbs stir with a fork. Season the dough with freshly ground pepper.

In 2 coated pans per 1 tablespoon of oil to warm. pour in batter in meals of each 2 tablespoons and form into small buffers. The buffer on each side until golden brown over high heat for about 2 minutes.

Mix the remaining milk and the remaining herbs to the cream cheese and season with salt and pepper.

let dry the maize buffer on paper towels and bring the cream cheese on the table.

Small Council

Delicious to and additional vitamins and fiber provider:
Vegetable salad from fresh shredded carrots with a dressing of lemon juice, sugar (or liquid sweetener), salt, pepper and canola oil.

Per serving: 587 Kcal

Ginger chili carrot with Camembert and Limburger cheese

The low carbohydrate carrot cheese combination shows that pay unusual flavor combinations not only on the palate. The orange root vegetables controls with cytoprotective

carotenoids at a valuable vitamin A precursor, the cheese comes bone-strengthening calcium.

Ingredients for 2 meals

Carrots (100 grams)

1 piece of ginger root (so to 8 grams)

1 clove of garlic

1 red chilli

1 sprig of rosemary

1 organic orange

1 tablespoon olive oil

Salt and freshly ground pepper

1 tablespoon light balsamic vinegar

½ bunch of parsley

70 grams Camembert (30% fat)

2 small Limburger cheese (30 grams)

The preparation sequence

Clean carrots, peel in water and clean quarters lengthwise.

Ginger and garlic peel. Cut chili pepper in half, remove seeds and chop into water cleaning all fine.

Rinse rosemary, shake dry, pluck and crush the needles.

Orange hot rinse and about 1 teaspoon peel rub fine. cut and squeeze the orange into two halves.

Oil heat in a nonstick skillet. Sauté garlic, ginger, chilli and rosemary approximately 1 minute while stirring.

Carrots with orange juice and shawls admit over medium heat, stirring frequently in about 10 minutes until al dente simmer, cooking. Season with salt, pepper and balsamic vinegar.

Parsley in water cleaning, shake dry, pluck leaves and chop.

Mince Camembert and Limburger cheese in slices and cook decoratively on plates. Carrots add, sprinkle with parsley and bring to the table.

Small Council

If you prefer less intense tasting cheeses, try the recipe but one with goat cheese or low-fat cottage cheese.

Per serving: 217 Kcal

Carrots and kohlrabi gratin with herb quark

Carrots with their high levels of vitamin A are known as an important "food" for the eyes. Here comes the to particular advantage, because all in all a portion of gratins met the daily target for good eyesight threefold.

Ingredients for 2 meals

3 carrots (so about 300 grams)

1 kohlrabi

1 onion
1 sprig of rosemary
1 tablespoon canola oil
2 allspice berries
50 milliliters strong broth
2 eggs
300 grams Magerquark
5 tablespoons milk (1.5% fat)
1 package mixed herbs (or Italian herb mix 50g)
Salt and freshly ground pepper
2 tablespoons sunflower seeds (30 grams)

The preparation sequence

Carrots and kohlrabi in water Clean and peel. shred carrots into thin slices, turnip into sticks.

Onion peel and dice. Rosemary rinse and shake dry.

Rapeseed oil in a saucepan, Cauldron heat. Onion braise until soft over medium heat. Carrots and kohlrabi admit and sauté about 2 minutes.

Add rosemary, allspice and broth. All over medium heat 10-12 minutes simmer, cooking. Remove from heat and let cool slightly.

Meanwhile, eggs, cottage cheese, milk and herbs mix in a bowl. Season with salt and pepper.

give carrots and kohlrabi among the herbal egg quark mixture. All pour into a baking dish and smooth out. In the preheated oven tube, kitchen stove at 180 ° C (with

convection: selector 2-3: 160 ° Celsius, with gas) Bake on the middle rack about 25 minutes.

Meanwhile, brown the sunflower seeds in a nonstick skillet fry. sprinkle over the gratin and bring to the table.

Small Council

Magerquark and eggs together are a real "white giant" because they score strongly with proteins. That is what the gratin saturated as well and keeps the thinking cap on.

Per serving: 392 Kcal

Green Vegetable Pasta with spinach, asparagus and peas

The easy pasta dish is the Italian "Pasta alla Primavera" modeled after and brings a lot of vitamins to the dish - and a lot of protein, which is not only due to the noodles: The Parmesan also contributes.

Serves 4 meals

125 grams of spinach (frozen)

1 clove of garlic

3 shallots

200 grams of green asparagus

3 stalks of mint

80 grams Parmesan cheese in pieces

350 grams narrow tagliatelle (for example tagliatelle)

2 tablespoons olive oil

125 grams peas (frozen)

80 milliliters cooking cream

Salt and freshly ground pepper

The preparation sequence

Thaw spinach product instructions, then gently squeeze and finely shred.

While the spinach thaw, peel garlic and shallots and chop finely. Asparagus in water clean, peel thin in the lower third and eliminate the woody ends. Asparagus diagonally crush in about 3 centimeters long pieces.

Mint in water cleaning, shake dry, pluck leaves and chop roughly with a large knife. The Parmesan Finely grate. The pasta according to product instructions in plenty of salted water until al dente simmer, cooking.

Meanwhile oil in a saucepan, heat Cauldron. Garlic and shallots cook until soft.

Asparagus pieces, chopped spinach and peas add and sauté 1-2 minutes. Cream pour there, season with salt and pepper and simmer for 3-4 minutes over medium heat, cook.

Drain the pasta in a colander, taking care to collect 75 milliliters of water and rolling both mix with the vegetables in a large bowl. With Parmesan and mint and sprinkle bring to the table.

Small Council

When tender young spinach is going to have access to: Although he does the washing and brushing little work, like that but its especially fine aroma loose again. Enter the leaflets until about 2 minutes before end of cooking to the sauce.

Per serving: 609 Kcal

Tofu Cutlets with yoghurt dip

The vegetarian variant of the popular meatballs can taste miss anything and has so much fat, cholesterol and calories. It also scores with a more of valuable ingredients - for example, abundant vegetable protein and each about half of our daily requirement of carotene, niacin and calcium.

Serves 4 meals

400 grams sliced firm tofu

1 onion

1 carrot (so about 100 grams)

1 red chilli

50 grams Emmenthal

4 sprigs parsley

2 eggs (L)

Salt and freshly ground pepper

½ lemon

1 clove of garlic
3 stalks of mint
150 grams of yogurt (1.5% fat)
cayenne pepper
1 tablespoon canola oil

The preparation sequence

Tofu pat dry and chop into small cubes.

the tofu cubes in a cloth and squeeze vigorously.

Peel the onion and coarsely chop. Clean carrot, peel in water clean and roughly chop. enter With the tofu in a blender and puree.

clean chili pepper, cut lengthwise in half, remove seeds, chop water clean and rough. Emmentaler Finely grate. Parsley in water cleaning, shake dry, pluck leaves and coarsely chop.

Parsley, Emmentaler, Chili, 1 egg and 1 egg yolk in addition to tofu mass give (the protein otherwise use). Season with salt and pepper. Again mix well and refrigerate covered for 1 hour.

Meanwhile, expressing half a lemon. Peel garlic and press through a garlic press into a bowl.

Mint in water cleaning, shake dry, pluck leaves, finely chop and add to the garlic.

Yogurt and 1-2 tablespoons of lemon juice into the mixture. Season with salt, pepper and cayenne pepper.

From tofu mass with moistened hands, form 8 flat meatballs.

Oil heat in a nonstick skillet. Meatballs over medium heat for 3-4 minutes on each side until golden brown fry and bring the dip on the table.

Small Council

Brown rice and gently stewed or steamed vegetables like broccoli, zucchini and spinach are ideal companions. This is a full, satisfying meal from the meat patties.

Per serving: 285 Kcal

Radish sprouts salad with Limburger cheese

A big dose of protein and calcium, but almost no fat - this is what characterizes the "Harz" said cheese Magerquark before anything else. Along with Sprouts and vegetables is therefore a distinctly generous amount of useful nutrients to the table.

Ingredients for 2 meals

1 bunch radishes

1 small frisee lettuce

½ mini cucumbers

1 red onion

2 tablespoons sprouts (z. B. radish sprouts)

2 small gherkins

100 grams Limburger cheese
3 tablespoons light balsamic vinegar
2 tablespoons vegetable broth classic
Salt and freshly ground pepper
2 tablespoons olive oil

The preparation sequence

Clean radishes, water cleaning, pat dry and chop into thin slices.

Clean lettuce, water cleaning, spin dry and cut up into bite size pieces.

Cucumber peel and chop into thin slices. Onion peel, cut in half and crush into fine rings.

Sprouts in a colander, rinse and let dry thoroughly.

allow to dry pickled cucumbers and finely chop. Limburger cheese coarsely chop.

Vinegar, vegetable stock, salt, pepper and olive oil in a salad bowl slyly with a whisk.

Radishes, onions, fresh cucumber, gherkin, cheese and sprouts under mix. Everything can be drawn about 10 minutes. Possibly again season with salt and pepper. Frisée fold and bring to the table.

Small Council

tastes Harzer too strong? No reason to let the figure wonderful are left! It is also available milder - how strongly its flavor develops depends namely on the level of maturity.

Per serving: 187 Kcal

Baked feta parcels with rosemary and tomatoes

The spicy flavored and baked feta cheese makes wonderful as high-protein, low-calorie dinner. Who wants to eat a little more carbohydrates or bring the spicy packet lunch on the table, stylishly little flatbread enough to do so. In one portion, incidentally, a good fifth of the daily requirement of calcium, bone mineral hides par.

Ingredients for 2 meals

1 clove of garlic

150 grams cherry tomato

3 green olives (without stone)

½ lemon

2 sprigs of rosemary

1 tablespoon capers (glass)

1 teaspoon harissa

1 tablespoon olive oil

Salt and freshly ground pepper

180 grams of feta cheese (9% absolute fat)

The preparation sequence

Peel garlic and finely shred. Cherry tomatoes in water cleaning and eighths.

crushing olives into slices. expressed lemon half.

Rinse rosemary, shake dry, pluck needles and chop with a large knife.

allow to dry capers in a strainer and place in a bowl. Garlic, lemon juice, rosemary, harissa, olives and olive oil stir. If you like, are also 1 tablespoon finely chopped onion with it.

The tomato, mix, season lightly with salt and strong with pepper.

equal arcs (so the 30x30 centimeter) cut off extra strong aluminum foil. 2 Cut feta cheese into two halves and place 1 each in the middle of the film. it distribute the tomatoes and caper mixture with a spoon evenly evenly.

The film sheets to pack fold and place in a large baking dish. In the preheated oven tube, kitchen stove at 180 ° C (with convection oven 160 ° Celsius, with gas: selector 2-3) Bake about 15 minutes. The baked feta cheese in foil on plate type, carefully open and go immediately to the table.

Small Council

With side dishes salad of diced cucumber, tomato and red onion rings, served with a red wine vinegar and olive oil dressing, bring additional valuable fiber into play.

Per serving: 190 Kcal

Brussels sprouts pasta with parsley pesto

This is great for the immune system: A serving brings about 70 percent of the daily requirement of vitamin C and equal

to even half the amount needed per day of vitamin E to. And the fiber footprint is also remarkable thanks to the cabbage!

Ingredients for 2 meals

300 grams of Brussels sprouts

½ bunch of parsley

30 grams of almonds

1 piece Parmesan cheese (30 grams)

100 milliliters of classic vegetable

2 tablespoons olive oil

Salt and freshly ground pepper

100 grams of noodles

½ lemon

1 tablespoon small capers (glass)

The preparation sequence

Clean brussels sprouts, let in water clean and dry.

Parsley in water cleaning, pluck shake dry and the leaflets.

crush almonds coarsely and fry in a frying pan without fat, until fragrant.

Parmesan rub.

give almonds and parsley in a large vessel. With a hand mixer shred, thereby gradually broth and 1 tablespoon oil

drop by drop until a paste is formed. Stir in Parmesan, salt and pepper.

Residual oil heat in a nonstick skillet. Rose cabbages into quarters and cook about 10 minutes over medium heat or slightly fry, stirring frequently.

Meanwhile, the pasta in plenty of boiling salted water according to product instructions simmer, cooking. Squeeze the lemon and add the Brussels sprouts with lemon juice. Capers, mix, season with salt and pepper.

Drain the pasta in a colander, taking care to collect 1-2 tablespoons pasta water and stir into the parsley pesto. Pasta with pesto and sprouts mix and bring to the table.

Small Council

If just is to have no fresh Brussels sprouts, access to frozen calm. That saves even work while brushing because the florets to thaw only before you prepare quarters and as described in the frying pan.

Per serving: 462 Kcal

Fettuccine with asparagus puree and feta cheese

A serving already supplies a third of the recommended daily intake of folic acid. It is one of the most important B vitamins, especially for pregnant women. For the unborn child is therefore protected from defects of the nervous system and malformations at heart.

Ingredients for 2 meals

500 grams of green asparagus

1 clove of garlic

1 tablespoon olive oil

Salt and freshly ground pepper

½ teaspoon brown sugar

150 milliliters classic vegetable

100 grams of noodles

80 grams feta cheese

6 stalks parsley

½ lime

The preparation sequence

Clean asparagus, peel the bottom third and cut off the woody ends. Rods to pieces shred.

Peel garlic and finely shred.

Oil heat in a nonstick skillet. so sauté garlic and asparagus in about 5 minutes with salt, pepper from the mill and sugar. Remove and set aside 2 tablespoons asparagus.

pour hot broth into the skillet and the asparagus over medium heat so the 8 minutes simmer, cooking.

Meanwhile, the tagliatelle in plenty of salted water according to product instructions simmer, cooking.

Crumble feta cheese.

Parsley in water cleaning, shake dry, pluck leaves and coarsely chop.

Drain noodles in a colander, taking care to collect 1-2 tablespoons pasta water. let dry well tagliatelle.

Squeeze the lime half.

the asparagus broth and about 5 tablespoons of pasta water into a tall vessel. With a hand blender, season with salt, pepper from the mill and lime juice. Fettuccine and mashed mix, prepare to set aside asparagus pieces, feta cheese and parsley.

Small Council

Who pays strict attention to fat calories, which picks up the low-fat cheese.

Per serving: 375 Kcal

Vegetable omelet with tomatoes and peppers

The ingredients can hardly deny that it is this is a variation of the Basque original named "Piper ade". Do they not, because our version tastes just as delicious - but it comes with a lot less fat from.

Ingredients for 2 meals

1 onion

2 small peppers (1 red, 1 yellow, so about 125 grams)

2 tomatoes (around the 160 grams)

1 sprig of thyme

1 clove of garlic

1 tablespoon olive oil

2 eggs

2 tablespoons sour cream (so about 40 grams)

Salt and freshly ground pepper

nutmeg

6 stems of parsley

The preparation sequence

Onion peel and dice.

Cut peppers in half, remove seeds, chop water clean and in fine strips.

Stem approaches the tomatoes cut out a wedge. Tomatoes, plunge them into boiling water, remove, cold rinse and remove the skin. To dice tomatoes.

Thyme in water cleaning, shake dry, pluck leaves and finely shred.

Peel garlic and cut into two halves. A nonstick skillet with the halved garlic rub.

Oil in the frying pan heat up. Onions and thyme sauté over medium heat.

Add pepper strips and sauté 2-3 minutes, add diced tomatoes and fry all further 2-3 minutes.

Eggs and sour cream whisk with salt, pepper from the mill and abraded nutmeg. The egg mixture over the vegetables

and pour can falter 5-8 minutes at low heat to taste (depending on how firmly you like the egg).

Parsley in water cleaning, shake dry, pluck and chop leaves. Sprinkle on the vegetable omelet and bring to the table.

Small Council

In the Basque Country you particularly like to eat the vegetable omelet with fried Bayonneschinken. If you want the dish with meat insert, taking best lean cooked ham it and returns it to the egg mixture is rolled with the frying pan.

Per serving: 200 Kcal

Vegan Kitchen - delicious vegan recipe ideas

salads

salad Kunterbunt

Ingredients for a large salad bowl

1 glass sweet corn

1 red bell pepper

1 cucumber

1 apple

1 handful of cashews

1 lemon

1-2 tablespoons of olive oil

1-2 teaspoons agave syrup

The preparation sequence

Lemon juice and the juice in a large salad bowl

Clean peppers and cucumber in water, chop and add

Peel apple into cubes and add

allow to dry corn well and then add mix well

roasting cashews in a frying pan without fat and add to short

Add the olive oil and agave syrup, mix well and bring to the table

hearty potato salad

Serves as the. 4 meals

500 grams waxy potatoes

250 milliliters vegan mayonnaise (eg Mayo fine sauce)

250 grams Smoked Tofu

8-10 pickles out of the jar

2 small onions

2 spring onions

some olive oil

The preparation sequence

Smoked Tofu into cubes and fry in olive oil until crisp

Clean, clean and cook with bowl even potatoes in water

Peel the onions, chop finely and place in a large bowl

Clean green onions in water, chop into thin rings and add

Mayonnaise and 1 cup of the cucumber liquid and blend it
peel potatoes, chop into small slices and add to the sauce
fried Räuchertofuwürfel add and mix everything well
infuse for 1-2 hours - but it can also be served warm

Tips

Spring onions can also be replaced by additional onions or
chives

to taste Grünkernbratlinge

through the herbal mayonnaise, the potato keeps
refrigerated 2-3 days

Mixed vegetable salad

Ingredients for 2 meals

2 carrots

1 large beetroot

50 grams alfalfa sprouts

150 grams Smoked Tofu

4 tablespoons sunflower seeds

Orange Dressing (see recipe - Dressing, Sauces & Dips)

The preparation sequence

Grate carrots and beetroot finely

roll Smoked Tofu

roasting sunflower seeds without fat short

bring shredded carrots, beetroot and sprouts on a plate
equally side by side on the table

give dressing over

give tofu and sunflower seeds about

Tips

Serve with freshly baked ciabatta

Creamy Cucumber Salad

Serves 4 meals

1-2 cucumbers

200 grams of tofu

90 milliliters of sunflower oil

30 milliliters of apple cider vinegar

1 teaspoon salt

1 teaspoon mild curry

1 pinch of white pepper from the mill

3 tablespoons medium mustard

1 small bunch of dill

The preparation sequence

chop cucumber

the remaining ingredients puree and pour over the cucumbers

Carrots and kohlrabi salad

Serves 4 meals

400 grams of carrots

400 grams Kohlrabi

½ bunch of chives

½ teaspoon tarragon

Mustard dressing (see recipe - dressing)

The preparation sequence

Clean carrots and kohlrabi and finely grate

chop chives and tarragon finely

Ingredients with mustard dressing mix and so the. leave ½ hour draw

Moroccan carrot salad

Serves 4 meals

500 grams of carrots

1-2 cloves garlic

5-6 tablespoons peanut oil

1 teaspoon cinnamon

a bit of salt

5-6 tablespoons citrus juice

so the. 300 grams of soy yogurt Nature

The preparation sequence

Clean and grate carrots

with crushed garlic in the oil over low heat up so the. 10 mins in a [pan](#) with raised edge ([sauteuse](#)). sauté, stirring frequently - the carrots should not be brown

Season with cinnamon, salt and citrus juice and cook for another 5 minutes

cooled bring on a platter on the table and sprinkle with soy yogurt

hint

Fits cold buffet and taste if necessary even without garlic

Zucchini and pumpkin salad with tofu

Ingredients for 2 meals

200 grams of tofu

1 small Hokkaidokürbis

1 courgette soy sauce

Juice of half a lemon

1 clove of garlic (pressed)

Salt and pepper from the mill

Chives, basil

Ingredients marinade:

20-40 milliliters Olive Oil

2-3 tablespoons balsamic

1 onion (chopped)

1 teaspoon mustard

1 clove of garlic (pressed)

Salt and pepper from the mill

2 tablespoons almond butter or toasted flaked almonds

The preparation sequence

Tofu into cubes and marinate in soy sauce, citrus juice and garlic.

shred zucchini and pumpkin into pieces and cook until al dente; pepper and salt. Meanwhile, the tofu in a little oil until crispy and mix vegetables. The ingredients for the marinade, pour over the vegetables and tofu mixture and decorate anything with chives and basil a little.

Pomegranate macadamia nut salad leaves

Ingredients for 2 meals

mixed green salad (oak leaf, rocket, Lollo Rosso, lettuce etc.)

1 ripe avocado

2-3 tablespoons pomegranate balsamic vinegar

Macadamia oil (to taste)

Salt and pepper from the mill

possibly macadamia nuts and pomegranate seeds

The preparation sequence

clean lettuce in water, pluck palatable small, Peel avocado, remove seeds and chop into small pieces.

From the remaining ingredients, blend a marinade and sprinkle the salad with it.

Soup

potato soup

Serves 4 meals

600 grams waxy potatoes

750 milliliters Würzl vegetable soup

2 medium onions

2 tablespoons vegetable shortening (eg Alsan)

1 leek

2 carrots

1 small celery root

2 tablespoons tamari

Chives or parsley, chopped

The preparation sequence

Peel the potatoes, dice and they cook in the vegetable soup

Leeks, carrots and celery brush, crush small and give for the last 10-15 minutes of cooking time for potatoes

Peel the onions, chop finely, in vegetable margarine slowly golden yellow

fry and then add to the soup

Tamari Add to the conclusion and season the soup with fresh herbs

Fine pea soup

Serves 4 meals

1 large onion

some vegetable margarine (eg Alsan)

600 grams of fresh or frozen green peas

$\frac{3}{4}$ liter clear vegetable soup (for example Würzl)

150 grams Smoked Tofu

5 tablespoons soy cream

Salt and pepper from the mill

1 tablespoon citrus juice

2 sprigs of mint leaves (to taste)

The preparation sequence

Dice the onion finely and fry golden brown in a saucepan, Cauldron in some margarine

Peas and cook then pour the vegetable soup

Heat soup briefly on low heating covered so the. let simmer for 10 minutes

roll Smoked Tofu

Puree soup and undergo soy cream

Season with lemon juice, salt and pepper from the mill

Tofu cubes Add and give the soup into soup plates

Minz branches in water clean and dry, pluck leaves and chop into thin strips and sprinkle over the soup servierfähige

Tips

the soup tastes of course without mint leaves - just not as good

to taste fresh ciabatta

Carrots - creamsoup

Serves 4 meals

500 grams of washed carrots

500 grams of peeled potatoes

½ liters of warm water

3 tablespoons vegetable soup Würzl

100 milliliters soy cream

so the. 1 tablespoon nutritional yeast

something Kräutersalz

4 tablespoons sunflower seeds

The preparation sequence

Carrots and potatoes cut into small pieces, sprinkle with salt and cook until tender

Würzl dissolve in water and simmer to give cooking carrots and potatoes

, Purée everything in a pot Cauldron fine and can briefly heat

Soy cream and penetrate the soup vigorously

season to taste with nutritional yeast and herbal salt just before serving

roasting sunflower seeds in a frying pan without fat and sprinkle before serving on the already portioned soup

hint

Serve with freshly baked ciabatta

Fiery Chili Chowder

Serves as the. 6-8 meals

400 grams of dried kidney beans

350 grams Sweet corn in glass

350 milliliters Toma Tina tomato sauce

3 tablespoons tomato mark

250 grams of seitan Nature

3 fresh red, yellow or orange peppers

3 tomatoes

3 carrots

3 onions

some olive oil and some vegetable margarine (eg Alsan)

dried or fresh hot chili

The preparation sequence

let beans soak overnight in water

in fresh water so the. cook 2 hours soft and then rinse in a colander under running water

Seitan into cubes and fry in olive oil until crisp

divide onions coarsely and fry golden brown in a saucepan, Cauldron in some margarine

Pour tomatoes with boiling water, remove the skin and cut into quarters

Clean peppers and carrots and chop small

give chopped vegetables to the onions and so the. 20 Min. Simmer

Add the tomato sauce and -Mark, 200 milliliters of water, beans, corn and Seitan

heat together briefly - no longer cook

with sharp fresh or as the. Season 1-2 teaspoons dried chilies

hint

Serve with freshly baked ciabatta.

Creamy asparagus stew

Serves 4 meals

500 grams of asparagus

500 grams of potatoes

200 grams of peas (frozen)

2 tablespoons vegetable oil (for example Alsan)

150 grams of soy cream

175 milliliters of water

½ bunch of curly parsley

salt

Tube cane sugar

The preparation sequence

Clean asparagus in water, peel and so the. 5cm long mince pieces

Peel the potatoes, chop into thin slices and fry in the heated vegetable fat

the asparagus pieces over the potatoes and season with a little salt and sugar

Add water and so the. simmer for 10 minutes over medium heating, cooking

give peas and half the finely chopped parsley and simmer for another 10 minutes, Boil

Add soy cream and stir evenly

taste, sprinkle the remaining parsley and bring hot on the table

hint

Serve with fresh ciabatta

Pumpkin soup Cucurbita

Serves 4 meals

1 medium Hokkaido pumpkin

60 grams of vegetable fat (eg Alsan)

2 onions

¾ liter of vegetable (eg Würzl)

2 teaspoons spice mixture "Asian Cuisine"

For example, from the tree of life

150 milliliters soy cream

Kräutersalz

parsley

The preparation sequence

clean pumpkin in water, divide, remove the stalks, seeds and then the whole pumpkin (with shell!) chop into medium-sized cubes

Vegetable shortening in a saucepan, Cauldron warm and the finely chopped onion until soft

stew

Vegetable and pumpkin cubes and add to the. simmer for 20 minutes by the lid closed - until the squash is soft

Add spice mixture and soy cream, mix well and with

Season Kräutersalz

warm soup well and sprinkle with parsley before serving

entrees

hamburger

Ingredients for 2 meals

2 tofu loaf (from the supermarket)

Burger Buns (or wholemeal rolls)

2 lettuce leaves

1 tomato (sliced)

1 Pickle (cut into slices)

1 small onion (cut into rings)

Ketchup and egg-free mayonnaise

The preparation sequence

Patties fry in a little oil. Roast inner surfaces of the rolls in the frying pan briefly, then the lower half show in any arrangement with the remaining ingredients.

Rührtofu

Ingredients for 2 meals

300 grams Natural Tofu

1 onion

½ teaspoon turmeric

Salt and pepper from the mill

1-2 tablespoons tamari soy sauce

1 bunch of chives

Oil for frying

The preparation sequence

Dice the onion and fry golden brown in oil

Crumble tofu by hand to and so the. fry vigorously for 5 minutes

Season with turmeric, salt and pepper and stir constantly and then bring hot on the table

Tips

By turmeric (turmeric) the Tofu receives the yellow "scrambled" color. Serve with warm toast and fresh chives.

spinach Pizza

Ingredients for 1 large baking sheet

Heller pizza base dough (recipe no. 5) or baking mix dough
Spelt

150 grams of frozen spinach

250 grams of smoked

2-3 onions

some vegetable margarine

Kräutersalz

190 grams of grated garlic and herb Cheezly

75 milliliters Soya Cuisine

The preparation sequence

Preparing pizza dough

Dice the onion finely and fry golden brown in a little vegetable shortening

Mince smoked tofu into thin strips and fry until crisp in vegetable margarine

Thaw frozen spinach in boiling water and parboil some minutes

occupy rolled pizza dough with onions, Räuchertofustreifen and well-drained spinach

Sprinkle topping with a little herb salt

rasps Cheezly and spread evenly over the topping

Soja Cuisine shake well and let run slowly over the cheese

so the. bake at 200 degrees for 20-25 minutes

Pizza Salamito

Ingredients for 1 large baking sheet

Heller pizza base dough (recipe no. 5)
250 milliliters tomato sauce or - Mark
pizza seasoning
2-3 small onions
2-3 red, yellow or orange peppers
10 mushrooms
100 grams of tofu sliced Salamito
100 grams grated Cheezly (soy cheese)

The preparation sequence

Preparing pizza dough

sprinkle rolled pizza dough with tomato sauce and sprinkle with pizza seasoning

Clean and chop onions, peppers and mushrooms in water and on the

give pizza dough

distribute Salamitoscheiben over the pizza pastry

distribute finally grated soy cheese over and again slightly sprinkle with pizza seasoning

so the. bake at 200 degrees for 20-25 minutes

Italian Pizza

Ingredients for 2 meals

250 grams of flour
1 cup of lukewarm water
1 pinch of salt
1 pinch of sugar
½ package yeast
1 tin chopped tomatoes
2 cloves of garlic
Salt and freshly ground pepper
Peperoncino or chilli flakes
olive oil

Another covering according to taste: smoked tofu, vegan "cheese" (for example, Grated Cheese, Santeciano), mushrooms, spinach, peppers, zucchini, artichokes, olives, onion

The preparation sequence

Combine flour, water, salt, sugar, yeast (and optionally a drizzle of olive oil) knead dough. Water is slowly add, added up all the flour, the dough but not sticky. Kneading and covered in a warm place let it rest for at least 1 hour 10 minutes.

Oven tube, Oven Preheat the oven to 220 °. Put the dough on a baking sheet (possibly covered with ready blank parchment paper) roll or move out. If it is too sticky, sprinkle with flour. First, the tomatoes, then distribute the remaining ingredients in the dough. So bake about 20-30 minutes.

Leek Pineapple Pizza

Ingredients for 1 large baking sheet

Heller pizza base dough (recipe no. 5)

250 grams Smoked Tofu

1 tablespoon vegetable shortening (eg Alsan)

3 medium leeks

2cm thick slice fresh sweet pineapple

250 grams of soy cream

so the. 1 tablespoon vegetable soup Würzl

The preparation sequence

Preparing pizza dough

roll Smoked Tofu and fry until crisp in a skillet in vegetable margarine

clean leeks in water, chop into rings and add to smoked.

Pineapple crush into small pieces and also to give leave everything simmer 10 minutes.

Soy Cream Pour and let reduce a taste with Würzl the mass spread evenly over the baked dough and thus the. bake 25 minutes at 200 degrees.

Spaghetti Aglio Olio

Ingredients for 2 meals

250 grams Spaghetti

2 cloves garlic, chopped

1 Chilli Pepper (or chilli flakes) 50 milliliters Olive Oil

1 bunch parsley

1 pinch of salt

The preparation sequence

The spaghetti in salted water until al dente.

Garlic cloves and chili pepper fry in half the oil, the cooked spaghetti, mix. give chopped parsley, salt and the remaining oil over it and go immediately to the table

Spaghetti carbonara

Ingredients for 2 meals

250 grams Spaghetti

1 small onion

olive oil

100 grams of smoked

1 dash of white wine

250 milliliters soy cream

1 clove of garlic

Salt and freshly ground pepper

The preparation sequence

The spaghetti in salted water until al dente.

Onion mince and fry in olive oil. Smoked add in small cubes, fry and add the white wine. pour soy cream over it, add crushed garlic and season with pepper and salt.

give sauce over pasta, and go immediately to the table

Spaghetti with radicchio

Ingredients for 2 meals

250 grams Spaghetti

200 grams of smoked

olive oil

1 small red onion

1 head radicchio

Salt and freshly ground pepper

freshly squeezed citrus juice

The preparation sequence

The spaghetti in salted water until al dente.

Smoked tofu cubes, fry in olive oil, chop red onion, and sauté glassy. Mix in chopped radicchio strips to add salt and pepper, sprinkle with citrus juice.

Spaghetti fold and go immediately to the table.

hint

Instead radicchio and spinach can be used, which is mitgedünstet short.

Spaghetti al pesto

Ingredients for 2 meals

250 grams Spaghetti

1 bunch basil

50 milliliters of olive oil

100 grams of pine nuts

1 clove of garlic

Salt and freshly ground pepper

as desired 100 grams grated vegan "cheese" (as Wilmer Burger)

The preparation sequence

The spaghetti in salted water until al dente.

Put all the ingredients for the pesto in a blender and chop. Pour the resulting sauce over pasta, and go immediately to the table

Delicious Creamy Pasta

Serves 4 meals

400-500 grams Spirelli

350-500 grams of soy cream

300 grams Wheaty Bratstück "Kassler style"

little sunflower oil

Gomasio

The preparation sequence

Mince Bratstück into small cubes

sear in sunflower oil

Soy Cream Pour and let reduce for 2-3 minutes

Cook the pasta in salted water soft

the noodles in the dish and spread sauce over

Sprinkle as desired with plenty Gomasio

Tips

Serve with tomato or cucumber salad with vinaigrette

Indian-inspired curry

Ingredients for 2-3 meals

1 tablespoon sesame oil or other cooking oil
2 teaspoons cumin, turmeric, curry (or ready-Indian spice mixture)
1 onion (chopped)
2 cloves of garlic (pressed)
400 grams chickpeas (canned or cooked by yourself)
100 grams of red lentils
1 tin chopped tomatoes (400 grams)
1 celery (cut)
1 piece of ginger (finely chopped)
1 pinch of sugar
1 pinch of salt
1 Shot Balsamico
300-500 milliliters of water
possibly fresh coriander and soy yogurt Nature

The preparation sequence

In a skillet spices, onion and garlic fry in a little oil. Add the remaining ingredients (except coriander, soy yogurt and balsamic), pour with water. Cook on a low heat for 15-20 minutes, then add a shot of balsamic. With coriander and soy yogurt decorate a bit and bring with rice or flat bread on the table.

Fruity Indian rice dish

ingredients for 4 persons

250 grams of smoked

1 tablespoon vegetable shortening (eg Alsan)

6 mushrooms

1 yellow or red pepper

1 banana

fresh sweet pineapple (3 centimeters thick slice)

100 grams of cashew nuts

¼ teaspoon grated fresh ginger

250 grams of soy cream

1 fresh red hot chili or ½ teaspoon dried chili

Curry powder, Indian

500 grams Basmati Rice

The preparation sequence

roll Smoked Tofu and fry until crisp in a large skillet in vegetable margarine

Mushrooms and peppers small cut en and give the tofu

shred banana and pineapple into small pieces and add the cashew nuts and the grated ginger also

Stir everything well and so the. Simmer for 8-10 minutes

Soy Cream Pour and season the sauce with chili and curry

Cook the rice in lightly salted water and bring to grain on the table

hint

Serve with mango chutney

Chinese coconut curry

Serves 4 meals

per 1 teaspoon pink pepper and allspice

each 2 dried chillies and bay leaves

2-3 teaspoons vegetable stock

1 teaspoon palm or cane sugar

400 milliliters of coconut milk

400 milliliters of water

3 cloves garlic

a bit of salt

3-4 centimeters of fresh ginger

5-6 lemon leaves, 2-3 sprigs Thai basil, 1-2 sprigs fresh coriander

Juice of half a lemon or lime

1 kg mixed vegetables (eg, sweet potatoes, carrots, spinach, chard, broccoli, zucchini, snow peas, peppers, Chinese cabbage)

The preparation sequence

chop pepper, allspice and chillies in a mortar, garlic finely divide

Heat everything with coconut milk, vegetable broth, sugar, salt

Vegetables Clean and chop or mince

Add vegetables with water to coconut milk and simmer until al dente, cooking

shred lemon leaves into strips, Thai basil and coriander chop roughly and add finely chopped ginger

season to taste with citrus juice

hint

bring to the table with plenty of basmati or jasmine rice

plum dumplings

Ingredients for 3-4 people

1kg boiled potatoes

1kg fresh plums

150 grams of wheat flour type 550

150 grams of durum wholewheat semolina

2 tablespoons soy flour + 2 tablespoons water

Wholemeal breadcrumbs

200 grams of vegetable margarine (eg Alsan)

Whole cane sugar

cinnamon

salt

The preparation sequence

rub or stomp boiled potatoes and mix with the flour, meal and some salt, soy flour mix with water and add to the dumpling dough

stone plums gently without sharing the halves

so the. Add 1 teaspoon of whole cane sugar in the core trough, and then wrap the plums with the dumpling dough

give dumplings in boiling salted water and so the. 5-7 minutes on low heating

simmer, cooking - until the dumplings rise to the surface

take dumplings gently out of the boiling water and roll in breadcrumbs

with hot, melted vegetable shortening bring (best Alsan) and sugar and cinnamon on the table

Hearty goulash

Serves 4 meals

100 grams Sojaschnitzel

200 milliliters of vegetable broth

1 can of kidney beans (400 grams)

200 grams of smoked tofu (cubed)
1 tin chopped tomatoes (so to the. 400 grams)
2 onions
5 potatoes
1 red bell pepper
1 yellow pepper
3 cloves garlic
1 Chili Pepper
3-4 tablespoons tomato paste
Salt and freshly ground pepper
marjoram
paprika
1 dash of vinegar
possibly 1 dash of red wine
Oil for frying
Water as needed

The preparation sequence

Garlic and onions finely chopped fry in a little oil. give spices and potatoes and peppers in cubes it. Slightly fry leave during which stir well and finally deglaze with vinegar and red wine. Stir canned tomatoes and tomato paste, pour in some water. Boiling and so the. simmer over low heat for 30 minutes.

Meanwhile Sojaschnetzel 10 minutes to soak in vegetable broth, then squeeze it and fry in oil with smoked tofu. Both Stir together with the beans into the goulash. If desired,

with salt and spices to taste. Instead Sojaschnetzel and smoked vegetables also can be used (for example, green beans).

hint

In solid consistency, it can be served with rice, bread, potato dumplings or spaetzle ice-free, with more liquid as goulash soup.

Hearty Kale Pot

Ingredients for 4 large meals

600 grams of fresh kale
350 milliliters of water
2 tablespoons vegetable Würzl
50 grams vegetable onion melting
1 large onion
1 tablespoon mustard fire
Salt and freshly ground pepper
2 Space Bar hemp
250 grams of smoked
4 Brat knackies

The preparation sequence

Onion melt slowly melt Cauldron in a saucepan and sauté onions in

Add cleaned and finely chopped kale

Würzl dissolve in a little water and add along with the remaining water for kale

Kale in a closed saucepan, Cauldron so to. simmer gently for 20-25 minutes, cooking

Space bar dice, chop smoked in slices and add along with the Bratknackies for kale and everything around. let simmer 15 minutes more

Add mustard and season with salt and freshly ground pepper

hint

These boiled potatoes, caramelized potatoes or fried potatoes rich

Hearty sauerkraut on mashed potato

Serves 4 meals

1 glass (720 milliliters) Sauerkraut

250 grams Smoked Tofu

some olive oil

400 grams waxy potatoes

50 grams of vegetable margarine (eg Alsan)

some soy milk or soy cream

so the. 1 teaspoon vegetable soup Würzl

so the. 1 teaspoon iodized sea salt

The preparation sequence

Peel the potatoes, add salt and cook

Dice the smoked tofu and fry until crisp in a little olive oil

Sauerkraut and cook over medium heat up so the.
anschmoren 10 minutes

gare potatoes with the addition of margarine, soy milk or -
sahne stomp to a pulp

Season with salt and mash Würzl

give sauerkraut on the mashed potatoes and bring hot on
the table

Potato gnocchi with sage and rosemary

Ingredients for 2 meals

Ingredients for the dough:

500g floury potatoes

150 grams of flour

a few tablespoons of olive oil

2 tablespoons soy flour

1 pinch of salt

50 milliliters of olive oil

2 cloves of garlic

per 1 tablespoon sage and rosemary (fresh or dried)

On request vegetarian Parmesan

The preparation sequence

Boil the potatoes, peel and squeeze, with the remaining ingredients to form a dough and knead. Shape the dough into 1-centimeter-thick rolls shape, to stab with a fork small "cam". These cook in boiling, lightly salted water over medium heat until it. After so the swimming 5 minutes on the surface.

Meanwhile heat oil in a frying pan and fry garlic, sage and rosemary in it easily. The gnocchi Drain and add to the frying pan to the spices. Mix well and possibly sprinkle with vegan Parmesan.

Seitan in mushroom cream sauce

Ingredients for 2-3 meals

250 grams of seitan

some vegetable margarine (eg Alsan)

1 small onion

150 grams of mushrooms

250 milliliters soy cream

1 tablespoon tamari soy sauce

The preparation sequence

Mince seitan slices and fry until crisp on both sides in some margarine and then take out of the frying pan

Dice the onion and fry golden brown in some margarine

Cleaning mushrooms, chop and add sliced

together with low heating so the. Simmer for 5-10 minutes

Deglaze with soy cream and boil down slightly

Stir in tamari and add Seitanscheiben again

hint

These bring red cabbage and boiled potatoes on the table

Pasta bake with cheese crust

Serves 4 meals

so the. 400 grams Spirelli semola

250 grams Veggie Hack

350 milliliters of tomato sauce (for example, Toma Tina)

1 tablespoon vegetable shortening (eg Alsan)

1 onion

fresh vegetables: 2 Large carrots, mushrooms 6-8, 1 zucchini, 1 leek, pea

150 grams Cheezly Nacho

75g soy Cuisine

The preparation sequence

Cook pasta al dente in plenty of water with a little salt and oil 10 minutes

Peel onion, chop and fry golden brown in a large frying pan in margarine

Veggie Hack and so the. sauté 5 minutes

clean vegetables and chop into small pieces or slices and add depending on cooking time and simmer over medium heating, cooking

Grease large casserole or baking dish

stack alternately noodles, fried vegetables and tomato sauce

complete with pasta and grated distribute evenly over Cheezly

Soja Cuisine shake well and slowly pour over the cheese

bake at 200 degrees for 30-40 minutes with top heat

Carrot and potato pancakes

ingredients for 4 persons

400 grams of carrots

150 grams waxy potatoes

50 grams onions

50 grams of wheat flour type 550

2 tablespoons soy flour and 2 tablespoons water

40 grams pumpkin seeds

Kräutersalz

per 1 pinch of nutmeg, pepper, coriander, curry

Sunflower oil

The preparation sequence

Peel carrots and potatoes and grate finely

shred and add onions finely

touch soy flour with water and add to the flour and mix the ground well

mince and stir pumpkin seeds finely

season with salt and herbs to taste fine with the other spices

enter with a big spoon small buffer in a frying pan with hot oil and bake golden brown on both sides

hint

Serve with homemade applesauce particularly well

Tyrolean Krautfleckerln

Serves 4 meals

500 grams Fleckerln (without egg)

1 small white cabbage head

1 onion (chopped)

1 tablespoon oil

1 teaspoon sugar

Salt and freshly ground pepper

The preparation sequence

cut cabbage head in half, remove outer leaves and finely shred; Marinate with 1 pinch of salt. Onion sauté in oil, add sugar and caramelize.

add Well-ridged cabbage and fry briefly, then as the. 20 min cook. cook Fleckerln dente in salted water, drain and add to the cabbage. With salt and pepper from the mill.

Doughnuts with vegetables (tofu) filling

Serves 4 meals

For the dough:

2 cups flour (very good taste Spelt wholemeal flour)

½ teaspoon salt

½ teaspoon of baking soda

¼ cup soft vegan margarine

a few drops of citrus juice

water

Vegetable fat for frying

For the filling:

Vegetables (eg broccoli 1)

1 onion (chopped)

possibly 200 grams smoked (gives a very savory taste)

Salt and freshly ground pepper

Spices to taste

The preparation sequence

Flour, salt and baking powder, incorporated margarine. Water and citrus juice to knead until a smooth dough. The dough is not too thin and roll out with a glass round pieces. Onion, chopped broccoli and diced smoked tofu fry in a little oil and season well.

show The round rice paper with the filling and fold into semicircles. The edges tightly closed. golden brown in hot vegetable fat floating on both sides fry.

hint

As side salad is recommended.

Stuffed Spinach Bags

Ingredients for 2 meals

1 onion (chopped)

300 grams of frozen spinach (or fresh spinach)

1 vegetable stock cube or 1-2 tablespoons powdered soup (vegetable)

to taste 1 dash of white wine

1 yellow pepper or other vegetables to taste (diced)

1-2 vegan "gendarme" or 100 grams of smoked tofu (cubed)

60 milliliters soy cream

Salt and freshly ground pepper

one and dairy-free puff

The preparation sequence

Oven tube, Oven Preheat the oven to 200 °.

The onion fried in a little oil, add the spinach and crumbled stock cube add, possibly deglaze with white wine. The pepper and the "gendarme" and mix with soy cream, season to taste. The puff in the so. 15 x 15 centimeters mince squares, this evidence with the spinach mass and folded into bags; while the edges of both halves successive press well. Then as to the. bake 20 minutes.

pumpkin Swirl

Ingredients for 2 meals

Egg and dairy-free puff

1 half Hokkaido squash (diced)

as desired 100g diced smoked tofu

1 half onion (chopped)
1 clove garlic (minced)
Salt and freshly ground pepper
a 1 pinch Curry
60 grams pumpkin seeds
60 milliliters Pumpkin Seed Oil
60 milliliters soy cream

The preparation sequence

Oven tube, Oven Preheat.

The puff pastry with diced pumpkin, onion, garlic, smoked and spices fill, shapes and according to the instructions (usually 20 minutes at as to the. 200 °) bake a strudel.

Meanwhile, roast pumpkin seeds in a frying pan without fat. Spread the pumpkin seed oil on two plates, pour the soy cream in the middle, pull a toothpick from the inside out, so there is a nice pattern.

The finished strudel on set and sprinkle with pumpkin seeds.

vegans Tarte

Ingredients for 1 Tarte

½ baking mix Spelt Pizza Dough (of Bauck)
1 tablespoon olive oil

100 milliliters of warm water

2 tablespoons vegetable shortening (eg Alsan)

1 large onion

3 Spacebar Hemp (Topas)

125 milliliters soy cream

2 tablespoons vegetable seasoning (for example Würzl)

The preparation sequence

Pizza dough processing baking mix with oil and water to a smooth dough, roll it out, put them in a well-greased ring springform pan (28cm) and pull up the edge of something

Heat margarine in a frying pan

Peel onion, chop into strips and add to the frying pan

Spacebar cut lengthwise into two halves, chop into small cubes, add and everything around. Simmer for 5 minutes

Soy cream and vegetable seasoning and allow to reduce for a few minutes a

give toppings on the dough and at 200 degrees so the. bake until golden brown 25 minutes

hint

chop into pieces of cake and bring to the table

instead a large Tarte small mini Tarte can be formed, for example, for the buffet

vegetable skewers

Serves 4 meals

1 kg vegetables (zucchini, peppers, eggplant, potatoes, tomatoes, broccoli, mushrooms, etc.)

250 grams of smoked tofu (or marinate Naturtofu for one hour in soy sauce)

1 package vegan sausages

Herbs and spices to taste (salt, pepper, garlic, sage, rosemary, paprika, etc.)

olive oil

wooden skewers

The preparation sequence

chop vegetables, smoked tofu and sausage into bite size pieces, put on skewers.

Mix the remaining ingredients to a marinade and pour over the skewers.

Bake in the oven so the. simmer 200 ° 20-25 minutes until soft, cooking, grilling briefly towards the end.

bring to the table with dips and sauces.

hint

A The preparation procedure on the grill or in a frying pan (in this case, the potatoes precooked) is also possible.

Vegan Lasagna

Serves 4 meals

so the. 200 grams of lasagna plates wholemeal

250 grams Veggie Hack

350 milliliters of tomato sauce (for example, Toma Tina)

50 grams of tomato paste

50 grams of soy cream

1 onion

1 tablespoon vegetable shortening (eg Alsan)

fresh vegetables as desired

For example: 2 peppers, mushrooms, 1 zucchini, 2 carrots,
1 leek

1 teaspoon spice Pasta

100 grams grated Cheezly

The preparation sequence

Peel onion, chop and fry golden brown in margarine

Veggie Hack and so the. sauté 5 minutes

clean vegetables and chop into thin strips or slices

Tomato sauce, tomato paste, soy cream and pasta
seasoning mix well

Grease large casserole or baking dish

stack alternating sheets of lasagne, vegetables, veggie
chopping and sauce

complete with sauce and grated give Cheezly about

bake 30-40 minutes at 200 degrees

hint

Serve with freshly baked ciabatta

Apfelrotkohl

Serves 4 meals

1kg red cabbage

75 grams vegetable onion melting

1-2 onions

2-3 tart apples (for example Boskop)

1-2 bay leaf

3-4 cloves

so the. 3 teaspoons of raw sugar cane

so the. 3 tablespoons of vinegar / lemon juice

a bit of salt

The preparation sequence

Onion melt slowly melt Cauldron in a large saucepan and sauté onions in golden yellow

shred cabbage into fine strips

Peel apples, remove seeds and cut into quarters

alternately red cabbage, apple pieces and spices in a saucepan, Cauldron top up (so to. 3-4 layers)

in a closed saucepan, cooking kettle over low heating 1½ - simmer 2 hours

then stir well, remove bay leaves and cloves and possibly season with vinegar / lemon juice and / or sugar and salt

hint

These bring potatoes and seitan in mushroom cream sauce on the table

Basic recipes and accompaniments

Colorful rice

Ingredients for 2 meals

250 grams Basmati Rice

2 carrots

100 grams peas

½ teaspoon turmeric

50 grams cashew nuts

The preparation sequence

Clean carrots in water and chop into small cubes

Cook the rice grain in lightly salted water

Simmer carrots and peas for 10 minutes with the rice, cooking

before serving mix in the cashew and color the rice with turmeric (turmeric)

Tips

tastes especially children

It can optionally also zucchini, red bell peppers and corn are used as a vegetable inlay

Waffledough

Serves as the. 2 waffles

100 grams of wheat flour type 550 or 1050

1 heaped tablespoon soy flour

2 teaspoons cane sugar

½ 1 pinch of salt

125-150 milliliters soy or rice milk

The preparation sequence

to as the. 1/3 of the milk sugar, salt and soya flour Add and mix well

gradually add to the rest of the milk and the flour produced until a creamy dough klümpchenfreier

let the finished dough swell 10-15 minutes

Waffles in a waffle iron as the. bake 8 minutes

Tips

The easiest way to the preparation process in a beaker

to taste fresh fruit, soy vanilla dessert, apple and mango
Mark, chocolate or fruit spreads or just powdered sugar

Heller pizza base dough

Ingredients for a large baking sheet

400 grams of wheat flour type 550 or 1050

½ packet of dry yeast

1 teaspoon whole cane sugar

1 teaspoon salt

3 teaspoons sunflower oil

so the. 200 milliliters of warm water

The preparation sequence

Mix flour with dry yeast

Sugar, salt and oil Add and mix

add gradually lukewarm water and so the. Knead 5-10 minutes into a firm dough, which can be tough, but dissolve without leaving any residue of the dough hook

Dough covered in a quiet and warm place so the. let rest 40 minutes

Dough briefly knead with your hands, roll out thinly on a flourey surface and place on a lined finish cutting-finished blanks baking tray

at 180-200 degrees so the. prebake until golden brown on the middle rack 10 minutes

show as desired and so the. ready bake 20 minutes

Sharp mango chutney

Serves 4 meals

1 large firm Mango

1 fresh red hot chili or ½ teaspoon dried chili

1 tablespoon grated fresh ginger

½ teaspoon salt

1 sprig of mint leaves

The preparation sequence

Peel mango and remove the stone

Chili crush small

rub ginger finely

branch clean mint in water and dry, pluck leaves and shred into strips

put all the ingredients in a high bowl and puree

bring chilled on the table

Tips

better immature to act as the ripe mangoes

wear gloves when cutting fresh chilli

tastes, for example to Indian rice dishes

Fast Gemüsepfanne

Serves 4 meals

4 tablespoons olive oil

3 carrots

1 leek

1 zucchini

1 yellow pepper

1 red bell pepper

5 tablespoons tamari

The preparation sequence

Cleaning vegetables and everything so the. 4cm long mince thin pins

Heat olive oil in a large skillet

First the carrot sticks so the. fry 3 minutes golden yellow

Leeks, peppers and zucchini and add everything to the. cook 8 minutes

give Tamari about and bring to the table

hint

Serve with rice and vegan Gyros

vegetable balls

Serves as the. 50 pieces

2 boiled potatoes

2 carrots
3 onions
100 grams of soy meat fine
3 tablespoons starch
3 tablespoons soy flour
1 small piece of ginger root
Salt and freshly ground pepper
Würzl (vegetable stock)
paprika
some oil

The preparation sequence

Soy meat soak mash potatoes, grate the carrots finely
mince onion finely, finely grate ginger Mix all the ingredients
and season to taste.

Soy flour mix with 6-7 tablespoons of water and add and
mix.

Small balls forms - best 2 teaspoons - and place on a lined
finish cutting-finished blanks baking paper. At 200 degrees
(for recirculation) as the. simmer for 20 minutes boil and
then sprinkle with a little oil.

Then no matter how the. allow 15 minutes until crisp at 175
degrees Gold

hint

Have freeze well and are perfect for buffets.

Tofu Tzatziki

Serves as the. 50 pieces

300 grams of silk tofu

Juice of ½ lemon 1

1 pinch of salt

some freshly ground pepper

1 clove of garlic

1 bunch dill

1 onion

1/3 cucumber

The preparation sequence

clean Dill in water and remove thicker stems

Peel onion and garlic and chop coarsely

Puree all ingredients except the cucumber with a blender
rub and add cucumber roughly

hint

tastes to Pell and fried potatoes or meat patties

tastes with other spice variations

Bread & rolls

Sesame wholemeal bread

Ingredients for 2 loaves

1 package dry yeast

1 teaspoon whole cane sugar

300 grams of whole wheat flour

300 grams of wholemeal spelled flour

a bit of salt

2 teaspoons Gomasio (or crushed sesame seeds)

100 grams of sesame

1 teaspoon coriander (ground)

so the. 250 milliliters of warm water

The preparation sequence

Mix yeast with the sugar and a little lukewarm water and let stand briefly

the remaining ingredients, except as to the. 2 tablespoons sesame seeds, mix the yeast mixture

Add and knead while slowly adding warm water to a smooth dough

the bread dough so the. allow 30 minutes rest in a warm, draft-free place

then knead again, to add if necessary some water and again as the. let rest for 30 minutes

Loaves shapes, easily wet with water and in the on

turn the work surface material spread sesame seeds

the oven tube Preheat oven to 180-200 degrees and kitchen the bread so the. bake 45 minutes

Pumpkin Bread

Ingredients for 2 medium loaves

1kg wheat flour type 1050

1 packet dry yeast

100 grams of raw sugar cane

1 teaspoon sea salt

400 grams Hokkaidokürbis pieces

200 milliliters of water

125 grams of vegetable margarine (eg Alsan)

so the. 100 milliliters soymilk

The preparation sequence

Mix flour with dry yeast

Add sugar and salt and mix

Pumpkin pieces in the water so the. cook until soft and puree 5 to 10 minutes

Margarine melt in warm Kürbismus and then add all the flour and with the electric hand mixer so the. Knead 5 minutes

add to as needed and for something lukewarm soy milk

Dough covered in a quiet and warm place so the. let rest 45 minutes

with wet hands, form two loaves along so cut about 1 centimeter

Dough covered again as the. leave for 15 minutes with

then bake until golden brown 40-50 minutes on the middle rack at 175 degrees

hint

The slightly sweet bread tastes especially good with fruit spreads for breakfast or afternoon tea

Ciabatta bread

Ingredients for 1 loaf

400 grams of wheat flour type 1050

100 grams of durum wholewheat semolina

½ packet of dry yeast

1 teaspoon yeast extract

½ teaspoon salt

3 tablespoons olive oil

280 milliliters of warm water

The preparation sequence

Mix flour and semolina with dry yeast and yeast extract

Add salt and oil and mix

add gradually lukewarm water and so the. Knead 5-10 minutes into a firm dough, which can be tough, but dissolve without leaving any residue of the dough hook

Dough covered in a quiet and warm place so the. let rest 60 minutes

Dough briefly knead with your hands, form into a loaf of bread

cut and 1 cm deep

Loaf moisten with a little water and leave again for 15 minutes with

at 180-200 degrees so the. bake until golden brown on the middle rack for 50-60 minutes

provide a refractory vessel with water on the floor during baking

Sweet buns

Serves as the. 6-8 rolls

200 grams of wheat flour type 550 or 1050

300 grams of wheat flour (spelled or wheat)

Dry yeast sufficient for 500 grams of flour

4 tablespoons raw sugar cane

½ teaspoon salt

2 teaspoons cinnamon

40 grams of vegetable margarine (eg Alsan)

so the. 225 milliliters soy or rice milk

so the. 75 grams sultanas

some margarine and sugar

The preparation sequence

Mix flour with dry yeast

Sugar, salt, cinnamon and melted margarine Add and mix

slowly lukewarm milk and cook so the. 5-10 minutes at a fixed

Kneading, the tough, but can be solved without any residue of the dough hook

knead finally raisins or sultanas short

Dough covered in a quiet and warm place so the. let rest for 30 minutes

Knead dough briefly with hands

6-8 equal rolls and place them on a greased or lined with finished cut-finished blanks baking tray, easily cut crosswise, sprinkle with a little water, give a margarine flake in the middle and sprinkle with little (vanilla) sugar

at 180-200 degrees so the. bake on the middle insertion level until golden brown 30 minutes

hint

Moisten well from all sides to baking the next day before

Spreads & Snacks

Mushroom spread

ingredients

250 grams of mushrooms

30 grams of vegetable margarine (eg Alsan)

1 small onion

1 clove of garlic

3 tablespoons soy cream

1 tablespoon citrus juice

Salt, pepper, parsley

The preparation sequence

Clean mushrooms and chop small

Peel and chop the onion

fry mushrooms and onions in margarine

Add the other ingredients and blend everything with a hand blender

season with salt, pepper and parsley

airtight packaging and store in a cool

Misobutter

ingredients

125 grams of tasty Pflanzenmargarine (eg Alsan Bio)

5 tablespoons nutritional yeast

1 tablespoon miso paste Hatcho

The preparation sequence

give cool margarine with nutritional yeast and miso in a bowl

with a fork knead and mix until a homogeneous mass is produced as long

hint

Refrigerate before serving - fits perfectly on every buffet

Toast Hawaii

Serves 4 pieces

4 slices of ciabatta bread or toast box

possibly something vegan mayonnaise

4 slices of ham Vegi

4 slices fresh pineapple

1 onion

4 slices of mozzarella Tofutti Scheiblettenkäse

The preparation sequence

Bread slices optionally be thinly with some vegan mayonnaise

each be assigned a slice of ham and pineapple Vegi

Mince onion into thin rings and distribute the slices of pineapple

superimpose one each mozzarella Scheib Lette center

in the oven tube, kitchen stove with so the. 225 degrees so the. bake 10 minutes

Vegan sushi rolls

Serves as the. 30 pieces

5 Sheets Sushi Nori

150 grams of rice pudding

7 tablespoons shoyu soy sauce

5 tablespoons sesame

5 teaspoons tahini (sesame butter)

1 cucumber

2 large carrots

The preparation sequence

cook rice pudding with no added sugar and mix sticky after cooling with 5 tablespoons shoyu

Cucumber and carrots in as the. Mince 20cm long strips

Sushi nori sheet on a flat work surface lay (it can also be carried out with a bamboo mat Sushi) and brush with 1 tablespoon sesame butter thinly

on the long side always one so to. read 1cm margin

spread 1/5 of the rice evenly and sprinkle with 1 tablespoon sesame

each a carrot and cucumber strip centers Laying

the occupied Sushi carefully roll nori sheet with some pressure and slightly moisten the freed border with Shoyu to close the roll

the role with a sharp, clean knife into 6-7 equal pieces

crush

Dressing, Sauces & Dips

Fruity curry sauce with tofu

ingredients

400 grams of tofu

140 milliliters of sunflower oil

1 teaspoon iodized sea salt

1 slightly heaped tablespoon curry

1 teaspoon turmeric smooth

1 teaspoon coriander smooth painted

3 centimeters thick slice fresh sweet pineapple

1 tablespoon white wine vinegar

The preparation sequence

Puree tofu and oil

add spices and puree again

add pineapple and vinegar and blend on high

Tips

Vinegar can also be replaced with citrus juice

tastes delicious with Seitan- or Smoked Tofu Shredded and rice dishes

Orange dressing

Ingredients for 1 cup

freshly squeezed juice of one orange

1 tablespoon sunflower oil

1 tablespoon walnut oil

1 tablespoon Tamari

1 pinch cayenne pepper

when needed some sugar or agave nectar

The preparation sequence

Mix all ingredients well in a cocktail shaker

Tips

Cayenne careful dosing!

tastes especially delicious with raw vegetables

apple dressing

Ingredients for 1 cup

2 tablespoons cider vinegar

3 tablespoons pumpkin seed oil

1 tablespoon fresh citrus juice

1 teaspoon fine mustard

½ teaspoon of herb salt

1 spring onion

½ tart apple

The preparation sequence

Vinegar, oil, citrus juice, mustard and herb salt mix well in a shaker

Spring onion and apple mince and add very small

hint

taste to all green leafy salads

Creamy mustard dressing

Ingredients for 1 cup

1 tablespoon fresh citrus juice

2 teaspoons fine mustard

250 grams of soy cream

½ teaspoon of salad herbs

The preparation sequence

Stir citrus juice well with mustard

Soy cream and stir

Season with herbs salad

hint

Tastes to raw vegetables, such as carrots and kohlrabi salad (see recipe - salads)

Lopino dip

ingredients

200 grams Lopino

3-4 garlic cloves - to taste

8-10 tablespoons of olive oil

1 untreated lemon

½ bunch of parsley

3-4 tablespoons vegan mayonnaise - if necessary

Cumin, salt and freshly ground pepper

The preparation sequence

pressed garlic cloves

lemon juice

Mince parsley finely

Mix and stir well with the remaining ingredients

Finally season with cumin, salt and freshly ground pepper

hint

Tastes well with potatoes, vegetables and raw food snacks and also ideal for vegan buffet

Pies, cakes & muffins

butter cake

Ingredients for half a baking tray.

200 grams of whole wheat flour

50 grams of wheat flour type 1050

¼ packet of dry yeast

2 teaspoons cane sugar

½ teaspoon salt

so the. 150 milliliters of warm water

100 grams of vegetable margarine (eg Alsan)

50 milliliters Agavendicksaft

150 grams sliced almonds or gestiftelte

1 tablespoon cinnamon

1 tsp vanilla

The preparation sequence

Mix flour with dry yeast

Add sugar and salt and mix

add gradually lukewarm water and so the. 5 minutes a solid

Kneading, the tough, but can be solved without any residue of the dough hook

Dough covered in a quiet and warm place so the. let rest 40 minutes

Knead dough briefly with hands

Roll out dough on a floury surface thinly and place on a lined finish crop baking tray

Melt 50 grams of margarine slowly stir the agave syrup and including

Mass then spread evenly on the rolled dough

Almonds, give cinnamon, vanilla sugar and the remaining margarine in flocks over the dough and the whole thing as the. leave for 15 minutes with

at 180-200 degrees so the. bake on the middle rack 20 minutes

poppy cuts

Ingredients for the dough

400 grams of whole wheat flour

½ packet of dry yeast

50 grams raw sugar cane

1 1 pinch of salt

175g soft vegetable margarine (eg Alsan)

150 milliliters lukewarm soy milk

Ingredients for the filling

125 milliliters soymilk
20 grams of vegetable margarine (eg Alsan)
100 grams of raw sugar cane
1 teaspoon cinnamon
grated zest of ½ lemon
200 grams of ground poppy seeds
50 grams sultanas
50 grams wholemeal breadcrumbs

The preparation sequence

Dough: Mix flour with yeast, sugar, salt and soft margarine slowly lukewarm soy milk and cook so the. Knead 5 minutes on a firm dough, which can be tough, but dissolve without leaving any residue of the dough hook

Dough covered in a quiet and warm place so the. let rest 40 minutes

Filling: soy milk, margarine, sugar, cinnamon and lemon zest in a saucepan, Heat the cooking vat, stirring constantly short

the saucepan, take Cauldron of the plate and poppy seeds, raisins and bread crumbs

stir created by a very creamy mass

Roll out the dough thinly on a right corner, with the still warm filling evenly to and then roll up tightly

so the. Cut 1cm thick slices and at 180 degrees so the. bake 20 minutes

Almond and orange cake

ingredients

80 grams vegan margarine

1 ½ tsp vanilla

180 grams of sugar

grated rind of an orange

200 grams of flour

1 shot of apple cider vinegar

½ packet of baking powder

100 grams of almonds

200 milliliters soymilk little icing sugar

1 1 pinch of salt

The preparation sequence

Preheat oven to 180 °.

Stir margarine with sugar creamy, mix flour with baking powder and mix with the remaining ingredients.

Dough in a greased and floured baking pan (so the. 20-24 centimeters) fill. give almond leaves and so the. bake 40 minutes.

Sprinkle with icing sugar

Plums baked cakes

Ingredients for 1 baking tray.

30-35 plums

500 grams of whole wheat flour

½ packet of dry yeast

100 grams of raw sugar cane

50 grams soft vegetable margarine (eg Alsan)

150 milliliters soymilk

100 milliliters of warm water

6 tablespoons agave syrup

6 teaspoon vanilla

icing sugar

The preparation sequence

Mix flour with yeast, sugar and soft margarine

Soy milk and water mix and slowly add

so the. knead 3 minutes on a firm dough

Dough covered in a quiet and warm place so the. let rest 40 minutes

Clean plums in water, remove the stalks, cut in half and remove seeds

place dough on a well-greased or lined with ready blank baking tray and spread evenly with hands and press

distribute the halved plums with the bowl down evenly and press lightly into the dough

give agave syrup over the prunes and sprinkle vanilla sugar over

at 180 degrees so the. bake for 30 minutes let cool and sprinkle with powdered sugar

Chocolate cherry cake

Ingredients for 1 cake

75 grams of margarine

2 tablespoons soy flour

200 grams of raw cane sugar

300 grams of flour

1 packet of baking powder

4 tablespoons cocoa powder

400 milliliters of coconut milk

½ glass (720 milliliters) sour cherries

1 teaspoon agar-agar

1 packet vanilla custard powder + 2 tablespoons raw cane sugar

350 milliliters soymilk

200 grams of dark chocolate and some coconut as a topping

The preparation sequence

Cherries heat 2-3 minutes with juice and 1 teaspoon of agar; Prepare custard with sugar and 350 milliliters soy milk; let both cool down

Margarine melt slowly in a saucepan, Cauldron, until fluffy with 300 milliliters of coconut milk, soy flour and sugar

Mix flour with baking powder and cocoa well and slowly - possibly with the addition of some water - stirring constantly add to a viscous dough

per ½ batter into a lined with ready blank parchment paper round ring springform pan at 175 degrees so the. bake 25 minutes and so you have 2 equal large round sponge layers

sprinkle the soil erstgebackenen the pudding evenly and then spread the cherry composition about

Melt chocolate in the remaining coconut milk in a saucepan, Cauldron slowly

Put the second floor and spread the chocolate sauce slowly over the entire cake and then decorate with coconut flakes a little

Mocha Nut Cake

Ingredients for the dough

160 grams vegan margarine

200 grams of sugar

1 shot of rum (or a few drops of rum flavoring)

grated rind of half a lemon

180 grams of flour

150 grams of ground hazelnuts

1 tsp vanilla

1 1 pinch of salt

$\frac{3}{4}$ packet Weinstein Baking Powder

260 milliliters soymilk

2 tablespoons egg substitute powder (can be omitted)

Optional: Vegan whippable cream for decoration

Ingredients for the cream

350 milliliters soymilk

150 milliliters of strong coffee

2 packet vanilla custard powder

150 grams of powdered sugar

200 grams vegan margarine (room temperature)

The preparation sequence

Oven tube, Oven Preheat the oven to 175 °.

Margarine with sugar until fluffy. Rum and lemon rind. Flour, ground nuts, vanilla sugar, salt and baking powder and mix alternately with soya milk for margarine. Mix egg substitute with a little water and stir it. The dough mix for two minutes, place in a greased and floured mold and bake for 45-50 minutes.

Heat for the mocha filling soy milk, coffee and custard powder and let cool covered. Once margarine and the custard at the same temperature (otherwise it curdles),

beat margarine and creamy icing sugar, mix the pudding spoonful and stir to a smooth buttercream.

Divide the ground with a twisting or knife, put a floor on a pie plate, make a cake ring around it, spread half of mocha cream on it and smooth. Place the second floor on it and press gently.

Add the rest of mocha cream on it and smooth. Let it soak overnight cool and the next day decorate with whipped cream (possibly with some cocoa and coffee powder and).

Phenomenal Easter cake

ingredients

For the dough:

2 tablespoons egg substitute powder

60 milliliters soymilk

3 medium carrots

280 grams of flour

1 packet of tartar baking powder

200 grams of sugar

100 grams of ground almonds

100 milliliters soymilk

60-80 milliliters of oil (for example sunflower oil)

1 1 pinch of salt

For the filling and decoration:

300 milliliters of coconut milk

200 milliliters soymilk

1 packet vanilla custard powder

200 grams vegan margarine (room temperature)

75 grams powdered sugar

1 packet of vanilla sugar, a dash of rum

possibly some marzipan carrots as decoration

2 ribs vegan chocolate

The preparation sequence

Egg substitute powder 60 milliliters soymilk mix. Rubbing carrots, flour mixed with the baking powder, are with the remaining ingredients to the carrots and everything is stirred well. Dough in a greased and floured baking pan pour and so the. bake 40 minutes.

For the filling together pour coconut and soy milk and heat it with the custard powder.

To let it cool down. Once margarine and pudding have the same temperature (will clot the cream), margarine, powdered sugar, vanilla sugar and rum aroma hit with the blender, mix the pudding in small amounts to. Cut the cooled cake crosswise, fill with some of the cream, give the lid on it, and distribute the rest of the cream on the cake.

The cake in the refrigerator to give until the cream has solidified, bringing the marzipan carrots on the table and finally decorate even with the melted chocolate.

Carrots Spelt Muffins

Ingredients for 12 muffins

1 Spelt Kuchengrund Backmischung

150 grams of vegetable margarine

150 milliliters of warm water

200 grams of carrots

grated rind of one lemon

4 tablespoons coconut flakes

The preparation sequence

process baking mix with margarine and water in a blender to make a smooth dough

Grate carrots finely and add the lemon zest and coconut flakes to the dough and mix well with a spoon

give each 1 ½ tablespoons of the batter into well-greased muffin tins and at 175 degrees so the. bake 15-20 minutes

Blueberry and coconut muffins

Serves as the. 12 muffins

400 grams of wholemeal spelled flour

2 tablespoons soy flour

2 teaspoons baking powder
75 grams raw sugar cane
1 pinch of salt
100 grams of vegetable margarine (eg Alsan)
50 grams grated coconut
150 grams of blueberries / bilberries
some soy milk

The preparation sequence

Mix flour with baking powder, grated coconut, sugar and salt
Add melted margarine and mix
process the ingredients with an electric mixer by adding soy milk to a smooth, not too liquid batter
Fold washed blueberries
respectively to the. Add 1 ½ tablespoons of the batter into well-greased muffin tins and at 175 degrees so the. bake until golden brown 20 minutes

Banana Muffins

Ingredients for 12 muffins

(Cup = large coffee mug)
2 cups flour
½ cup raw cane sugar

2 teaspoons baking powder

½ teaspoon salt

1 tsp vanilla

as desired: ½ teaspoon cinnamon

2 bananas

1 cup banana juice

¼ cup oil

The preparation sequence

Bananas with a hand blender squishing, juice and oil and cook Whisk

Mix well all the dry ingredients in a second vessel

Now enter the liquid mass to the dry and only as long mix with a spoon until well durchgefeuchtet - do not stir too long!

fill wells of the muffin tin to $\frac{3}{4}$ and at 200 degrees (190 degrees convection)

15-20 minutes bake - the oven door during the first 10-15 minutes do not open!

hint

give paper cases into the muffin tin or grease the wells previously

if you omit the banana, instead of sugar 2 teaspoons takes salt, replaced the banana juice with soy or oat milk and adding some egg substitute one has a basic recipe for savory muffins that one etc. can refine with vegetables, herbs, tomato paste!

Desserts & Sweet Goodies

Chocolate mousse

Serves 4 meals

400 grams of tofu

100 grams vegan dark chocolate

2 tablespoons cocoa powder Tiger

4 tablespoons raw sugar cane

2 pinch Bourbon vanilla

1 teaspoon carob flour

The preparation sequence

Melt the chocolate in a bain carefully

Whole cane sugar and vanilla sugar and dissolve slowly, stirring constantly

give silken tofu, cocoa powder and locust bean gum in a high vessel

melted chocolate and cook puree all good

Divide the cream into 4 bowls and refrigerate before serving at least 2 hours

Red fruit jelly

Serves 4 meals

¾ liter of cherry juice

3 tablespoons fresh citrus juice

3 tablespoons fine corn starch

3 tablespoons cane sugar

200 grams of berries (strawberries, blueberries, currants, raspberries, blackberries)

100 grams of cherries

The preparation sequence

the corn starch with 6 tablespoons cherry juice and sugar mix well

Clean berries and cherries thoroughly in water, stalks and optionally remove seeds

Heat fruit with the remaining cherry juice and citrus juice

the up mixed corn starch, stirring constantly add, can briefly heat up and so the. continue to simmer 5 minutes

let cool down

hint

For this particular tastes soy vanilla Dessert

Orange dream - vanilla pudding with orange segments

Serves 4 meals

500 milliliters custard

Prepare custard powder of Rapunzel with rice milk or soy finished dessert of vanilla Provamel in Tetra Pak

2 medium organic oranges

1 bar of dark chocolate with orange oil (for example, by Plamil)

The preparation sequence

Prepare pudding according to instructions and cooled in 4 dessert bowls divide

Peel the oranges and filleting, that Cut out the flesh with a sharp knife between the skins

respectively to the. decorate 5 orange segments on the Pudding

optionally sprinkle some orange juice over it

shred or grate the orange chocolate with a large knife

distribute the grated chocolate on the dessert and bring to the table

Coconut macaroons with dark chocolate

Serves as the. 25 pieces

125 vegetable margarines (for example Alsan)

150 grams of oatmeal

50 grams spelled flakes

3 tablespoons soy flour

6 tablespoons water

150 grams grated coconut

100 grams of raw sugar cane

1 tsp vanilla

½ teaspoon of baking soda

2 tablespoons agave syrup

1 table vegan dark chocolate

The preparation sequence

Margarine in a saucepan, Cauldron heat, stir in the cereal and then allow to cool and make the blender something mushy '

Mix soy flour well with the water

sugar and baking powder and mix well

Mix coconut flakes under the flake mixture and then mix everything with the flour-sugar mixture and the agave syrup

give with a spoon small meals on a lined finish crop baking paper and at 200 degrees so the. 10-15 minutes bake until lightly brown

cool the macaroons well and leave to set

Melt dark chocolate slowly in a water bath

dip the cooled macaroons halfway into the melted chocolate and let cool again well

all macaroons, which are eaten immediately the packages are airtight

Chocolate coconut confection "Bounty"

ingredients

100 grams grated coconut

2 tablespoons sugar

½ tsp vanilla

30 milliliters soy cream or coconut milk (so much can that form from the ingredients a solid mass)

100 grams vegan chocolate

The preparation sequence

All ingredients except the chocolate mix; from this mixture into piles and with melted chocolate (in a water bath to warm slowly) pour.

Choco

Serves as the. 50 pieces

150 grams of dark chocolate (for example Plamil)

1 tablespoon vegetable shortening (eg Alsan)

2 tablespoons soy milk

125 grams of cereal (natural, unsweetened)

The preparation sequence

Melt chocolate in a medium sized saucepan, Cauldron slowly at low heating

Margarine and milk Add and mix well with the chocolate

Saucepan, take Cauldron of the plate and Cornflakes add with a spatula mix well until all the cornflakes are enrobed with chocolate

give with a spoon small meals on a lined finish cutting back paper tray

leave in a cool, dry place to dry a few hours well

hint

As a variation, also fine almonds can be mixed

packed in cellophane bags with loop - a great gift idea!

Buckwheat pancakes

Serves 2-3 pancakes

100 grams buckwheat flour

100 grams of wheat flour type 1050

3 tablespoons raw cane sugar

1 tablespoon soy flour

125 milliliters soy or rice milk

½ teaspoon cream of tartar baking powder

1 1 pinch of salt

some vegetable margarine (eg Alsan)

The preparation sequence

to as the. 1/3 of the milk sugar, salt and soya flour Add and mix well

gradually add to the rest of the milk and the flour produced until a creamy dough klümpchenfreier

Baking powder and stir well

let the finished dough swell 5-10 minutes

Heat some margarine in a frying pan and pour in batter slowly

once the pancakes redeemed from the edge, this contact gently and bake golden yellow from the other side

hint

The easiest is the preparation process in a beaker

to taste fresh fruit, fruit pulp, soy vanilla dessert or just powdered sugar

Vanilla Cream Swirls

ingredients

one and dairy-free puff

125 grams of soy yogurt Nature

100 milliliters soy cream

1 package custard powder

½ tsp vanilla

2 tablespoons sugar

Juice and grated rind of half a lemon

possibly a shot of rum (or a few drops of rum flavoring)

some icing sugar

The preparation sequence

Preheat the oven tube, preheat oven to 200 ° kitchen.

Mix all ingredients and pour into the pastry.

Then as to the. bake 20-25 minutes.

Let cool and sprinkle with icing sugar.

Tofu Poppy Swirl

ingredients

one and dairy-free puff

200 grams of tofu Nature

75 grams of sugar

1 1 pinch of salt

1 tsp vanilla

100 grams of ground poppy seeds

1 grated apple

½ teaspoon cinnamon

Juice and grated rind of half a lemon

possibly a shot of rum (or a few drops of rum flavoring)

The preparation sequence

Preheat the oven tube, preheat oven to 200 ° kitchen.

Tofu, 50 grams of sugar, lemon zest and juice, rum, salt and vanilla sugar Mix well (mix possibly).

Separately the poppy with the remaining sugar, the grated apple and cinnamon mix. Tofu and poppy mass above or next to each other or slightly mixed fill in the puff pastry.

Then as to the. bake 20-25 minutes.

Let cool and sprinkle with icing sugar.

Vanilla cream slices

ingredients

one and dairy-free puff

2 tsp vanilla pudding powder

150 milliliters soymilk

250 milliliters soy cream (or additional 250 milliliters soymilk)

50 grams vegan margarine

2 tsp vanilla

Sugar to taste

1 shot of rum (or a few drops of rum flavoring)

A little grated lemon peel

The preparation sequence

into small squares (so to. 3 x 3 centimeters) crush the puff and so the. bake 15 minutes at 180 °. Line a mold with half the cooled squares. Custard powder, soy milk and soy cream heat. Margarine, vanilla sugar, rum and lemon zest until now. After taste to add extra sugar.

Spread the cooled cream into the mold with the pastry squares, cover with remaining squares and dust with icing sugar.

Apfeltaschen

ingredients

one and dairy-free puff

2 large apples

1 tsp vanilla

½ tablespoon cinnamon

Juice and grated rind of half a lemon

1 shot of rum (or a few drops of rum flavoring)

1 1 pinch of salt

The preparation sequence

Oven tube, kitchen stove on so the. Preheat to 180 °.

Puff unroll and so the. 15 x 15 cm squares crush. Dice the apples finely and mix with the remaining ingredients. give ground on the puff pastry squares and fold into pockets this. About 20 minutes in as the. bake 180 ° and then sprinkle with icing sugar.

vanilla biscuits

ingredients

275 grams of flour

75 grams of sugar

1 level. Tablespoon soy flour
1 1 pinch of salt
100 grams of almonds
200 grams vegan margarine (cold)
3 tablespoons powdered sugar
1 pinch of ground vanilla or a tsp vanilla
possibly 200 grams vegan chocolate to coat.

The preparation sequence

All ingredients knead, if necessary add 1 tablespoon of water. Divide the dough in cling film wrap and let rest in the refrigerator at least 2 hours.

Oven tube, Oven Preheat the oven to 180 °.

Dough into crescents form, this so to. 10 minutes light yellow bake. Mix 3 tablespoons of powdered sugar with ground vanilla or vanilla sugar packet that still circulate hot croissants therein. (Lay or on finished blanks baking paper and sugar about seven.)

hint

Particularly good taste the croissants when dipping each half in melted chocolate and then allowed to solidify.

Alternative: Pour the dough so the. Roll 8 millimeters thick, out small asterisk bake and roll in vanilla sugar.

chestnuts heart

ingredients

1 pack chestnut rice (TK-product)

50 grams Marzipan

some sugar (to taste)

1 tsp vanilla

70 grams of dark chocolate

The preparation sequence

Mix all ingredients and knead until the chocolate coating.

form the heart of it and cover with the melted chocolate.

The heart can also be served with whipped soy cream.

truffle

ingredients

100 grams of soy milk chocolate

40 grams vegan dark chocolate (or a total of 140 grams of dark chocolate)

40 milliliters soy cream

25 grams of vegan margarine

20 grams coconut oil

1 shot of rum (or a few drops of rum flavoring)

60 grams vegan dark chocolate (for the glaze)

cocoa powder

The preparation sequence

100 grams of soy milk chocolate and 40 grams of dark chocolate chop and melt in a water bath. Then (except 60 grams of dark chocolate for the glaze and the cocoa powder) put all the ingredients to do so.

All stir until smooth and leave to set in the refrigerator.

Melt in a water bath 60 grams of dark chocolate. prepared in the meantime small boxes or spheres from the mixture. wallow in the melted chocolate and then in cocoa.

Refrigerate.

Rumkugeln

ingredients

300 grams vegan chocolate

300 grams of powdered sugar

300 grams of ground hazelnuts

a shot of rum (or a few drops of rum flavoring)

a few tablespoons of sugar

The preparation sequence

Melting chocolate in bain, mix with the icing sugar, the ground hazelnuts and rum.

Shape into balls and roll in sugar.

hint

Alternatively: roll in shredded coconut, grated nuts or chocolate sprinkles.

Drinks & ice

Coco Kiss

Ingredients for 2 meals

100 milliliters Acapulco fruit (of the tree of life)

20 milliliters of coconut milk

20 milliliters soy cream

3 teaspoons agave syrup

The preparation sequence

but the freshly prepared chilled fruit with the infusion and the remaining ingredients well puree

Put ice cubes in 2 chilled highball glasses and the Cocktail fill up

hint

bring to the table with a fresh mint leaf and straw

vitamin drink

Ingredients for 2 small glasses

4 carrots

1 beetroot

1 apple

1 Orange

1 lemon

The preparation sequence

Clean and chop carrots, beetroot and apple

Peel orange and lemon

give everything in a juicer, bring equal on the table and mix well

Holler syrup

ingredients

7 elderflower umbels

1 lemon, sliced 1 liter of water

1 kg sugar

20 grams of citric acid

The preparation sequence

give flowers and lemon slices in slices to the water. let stand for 24 hours, then drain and mix with the sugar and citric acid. Once again, let stand for 24 hours, possibly even briefly heat so that the syrup will last longer. In glass bottles that were previously rinsed with boiling water, fill and store in a cool.

This syrup is then diluted about 1 to 7 each fresh water (or bottled water).

Feuriger cocoa

Ingredients (for 2 cups).

500 milliliters soy milk (if you replaced 100-150 milliliters of soya milk with soy cream, cocoa is particularly luxurious)

4 tablespoons cocoa powder vanilla sugar

each a 1 pinch of cinnamon, cloves and nutmeg

1 Chili Pepper (can be omitted - this cocoa warmed thanks to the rest of the spices well enough)

1 tablespoon of sugar or rice syrup to sweeten

The preparation sequence

Soymilk heat and the rest of the ingredients.

Ginger Spice Tea

Ingredients (for 2 cups).

500 milliliters of water

cut 1 wallnuss big piece ginger, sliced

Spices to taste: cinnamon, cloves, nutmeg, cardamom
lemon juice or a whole orange

Cane sugar or rice syrup to sweeten

The preparation sequence

bring water to a boil and cook the ginger slices 10 minutes.
The remaining spices add and lemon or orange juice and
sugar to taste.

iced coffee

Ingredients (for 2Tassen)

2 cups of coffee (cooled with a little sugar)

vanilla sugar

Vanillesojaeis

Soy cream (whippable, for example from Soyatoo)

1 tablespoon cocoa powder

The preparation sequence

Coffee with sugar and vanilla sugar Mix and pour into two
tall glasses. One scoop each Vanillesojaeis, fill up with
whipped cream and sprinkle with soy cocoa powder.

Hot love

ingredients

Vanillesojaeis

250 grams fresh raspberries

orange juice

vanilla sugar

The preparation sequence

Vanillesojaeis with a hot raspberry sauce pour (250 grams raspberries with some orange juice to a boil, mash and season with vanilla sugar).

banana Split

ingredients

1 large banana

Vanillesojaeis

Soy cream (whippable, for example from Soyatoo)

flaked almonds

1-2 bars of dark chocolate

The preparation sequence

Cut banana lengthwise into two halves, decorate with Vanillesojaeis, vegan whipped cream, almonds and melted chocolate a bit.

Banana and coconut ice

ingredients

1 large banana

some coconut milk

vanilla sugar

caramelized walnuts for decoration:

2 handful of walnuts

2 tablespoons vegan margarine

3 tablespoons sugar

possibly 1 pinch of cinnamon

possibly 1 pinch of vanilla

The preparation sequence

chop bananas into thin slices and freeze. Thaw short and mash together with the remaining ingredients. This ice can be just as well prepared with other fruits such as mango or raspberry.

roast walnuts in frying pan easily, margarine and sugar, stir until the nuts until golden brown coated are then stir in cinnamon and vanilla. Lay on ready blank parchment paper and let cool. Ice so decorate a bit and bring with plum compote or baked pear slices on the table.

Chocolate and orange ice

ingredients

125 grams of soy yogurt (natural or peach)

Juice of a big, juicy orange

3 tablespoons white almond

2 tablespoons agave syrup

100 milliliters of apple-mango juice (from Voelkel)

2 bars Orange chocolate, grated

1 teaspoon carob flour

The preparation sequence

Mix all ingredients and blend finely with a blender

enter into an ice machine and so the. stir and freeze 25 minutes

hint

Fine orange segments and grated chocolate are excellent for decoration

Fruity Mango ice

ingredients

200 grams of tofu

The flesh of a medium-sized, ripe mango

2 tablespoons white almond

2 tablespoons agave syrup

100ml apple-mango juice (from Voelkel)

1 teaspoon carob flour

The preparation sequence

Mix all ingredients and blend finely with a blender

enter into an ice machine and so the. stir and freeze 20 minutes

hint

fine mango strips are ideal for decoration

also tastes delicious with hot pancakes

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