

**Easy Low
Carbon Recipes**

from the

Towards Zero

Carbon

Class of

2023/2024

Easy Vegetarian Burritos



What you will need.

1. Tortilla wraps
2. 200g White/ brown rice.
3. Black/ pinto beans.
4. 1 can of Sweet corn.
5. ½ a red/ yellow bell peppers.
6. ½ a tomato.
7. ½ an Onion
8. Salsa
9. Seasoning of your choice (cumin, garlic, paprika)
10. Toppings of your choice (lettuce, cheese)

Preparation time: 15 minutes.

Cooking time: 5 minutes.

Instructions.

1. Heat a saucepan with a splash of olive oil.
2. Chop all of the vegetables into fine pieces (bell peppers, onions, tomatoes)
3. Add all of the chopped vegetables into the saucepan and saute.
4. Once vegetables are cooked add the sweetcorn, salsa, and rice into the saucepan.
5. Once all of the above ingredients have been added, add boiling water to the saucepan.
6. Once the water is boiling, allow to simmer for 3 - 5 minutes.
7. After 3 - 5 mins have passed, take the saucepan off the heat.
8. When the mixture has cooled add into a tortilla wrap and add the toppings of your choice.
9. When all of the ingredients have been added, fold and wrap the burrito.

Notes: This recipe is suitable for freezing and is great for meal planning during the week.





SWEET POTATO 'KOPYTKA'

Kopytka is a Polish dish made with only potato and flour. This recipe puts an Asian twist on the traditional dish. This dish is great for meal prep and tastes even better the next day.

This portion serves 4.

Ingredients

- 1 large sweet potato
- Flour (1:1 ration with the sweet potato)
- Sesame seeds

Sauce

- 3 tbs soy sauce
- 1 tbs gochujang paste
(alternative: chili paste)
- 1 tbs rice vinegar or mirin
- 1 tbs sesame oil

Instructions

1. Boil the sweet potato with the skin on until it is soft (around an hour, depending on the potato's size)
2. After boiling let it chill, peel the skin, and mash the potato (picture 1)
3. Mix the mash with flour until the dough becomes uniform, keep adding flour if needed (picture 2)
4. Mix up the sauce ingredients
5. Boil water and cut the dough straight into it using scissors
6. Let it boil until the 'kopytka' rise to the surface (should look as in picture 3)
7. Transfer them to a pan and mix them with the sauce; add sesame seeds to taste
8. Enjoy your delicious meal



Lentil “Bolognese”

Serves: 2 portions

Prep time: 10 minutes

Cooking time: 40 minutes

Ingredients

- 1 onion
- 1 large carrot
- ½ red pepper
- ½ courgette
- 1 clove garlic
- 1 teaspoon mixed herbs
- 1 tablespoon olive oil
- 375mL vegetable stock
- 1 tin chopped tomatoes
- 2 tablespoons tomato purée
- 130g red lentils
- 200g pasta



Method

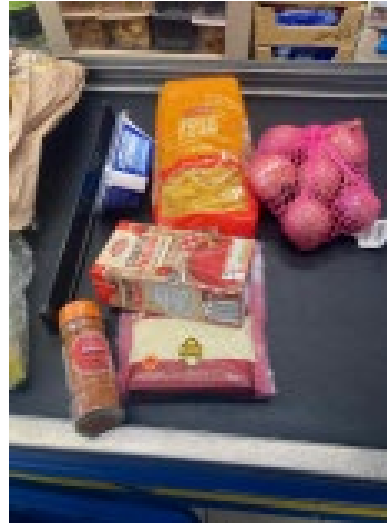
1. Peel and chop onion, carrot, garlic, courgette, pepper.
2. Heat oil in a large frying pan.
3. Add the vegetables to the pan and cook for 10 minutes, until vegetables are soft.
4. While the vegetables are cooking, prepare the stock by adding boiling water to a measuring jug with a stock cube.
5. Add the chopped tomatoes, tomato purée, stock, lentils, and herbs to the pan.
6. Allow this to simmer for 30 minutes, stirring occasionally.
7. While the sauce is cooking, boil the pasta.
8. Serve the sauce and pasta together.
9. Add parmesan cheese if you wish.
10. Enjoy a delicious, healthy, vegetarian meal.



PASTA "ARRABBIATA " WITH CREAM CHEESE

Ingredients for 2 portions:

- 1 onion
- 100g of cream cheese
- 250g of tomato sauce
- 250g of penne pasta
- a sprinkling of chilli powder
- a sprinkling of majoram
- a teaspoon of grana padano



Procedure:

- Chop one onion and mix it with the tomato sauce
 - Add the chilli powder
 - Cook the tomato sauce in a pot at low flame (remember to cover the pot!) for about 20 minutes
 - While the sauce cooks, boil the water for the pasta
 - When the water boils, add a bit of salt
 - Add the pasta and cook it at medium flame (look for the cooking time on the pasta package) -When the sauce is almost ready, add the cream cheese and mix
 - When the pasta is ready, drain it and mix it in the pot with the sauce -
- Serve the pasta
- If you want, add a bit of majoram and grana Padano cheese (this step is facultative)

Average cost for 4 portions: 7 euros in total

All the ingredients can be found in Lidl