| Day 6 | |
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| **Lunch Menu** | **Preparations** |
| -Gadogado sauce  -Brown rice  -Steamed vegetables  -Butter beans (cold)  -Green salad | -Rinse sprouts (d7, d8, d9)  -Transfer spinach from freezer to fridge (d7)  -Cut Tofu and chop onions (d7)  -Soak dried fruits overnight for breakfast |

**Gadogado Sauce**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Onions  Ginger  Tomato pulp  Lemon juice  Water  Soy sauce  Tomato purée  Peanut butter  Black pepper  Salt | 0,3 kg  0,07 kg  0,47 kg  1,13 pcs  0,5 L  0,13 dl  67 g  0,33 kg  0,1 Tbsp  0,3 Tbsp | 1,17 kg  0,63 kg  4,23 kg  10,17 pcs  4,77 L  1,17 dl  603 g  2,97 kg  0,9 Tbsp  2,7 Tbsp | 1,3 kg  0,7 kg  4,7 kg  11,3 pcs  5,3 L  1,3 dl  670 g  3,3 kg  1 Tbsp  3 Tbsp | 1,43 kg  0,77 kg  5,17 kg  12,43 pcs  5,83 L  1,43 dl  737 g  3,63 kg  1,1 Tbsp  3,3 Tbsp |

**Preparation and cooking (d5) :**

1. Chop the onion, ginger and spices and fry carefully in oil until the onion turns glassy and soft.
2. Add tomato purée and keep frying
3. Meanwhile, melt the peanut butter in a separate saucepan over low heat, then add to the rest.
4. Add the crushed tomatoes, soy sauce, lemon juice and water
5. Add salt and pepper and adjust to taste
6. You can add water if it becomes too thick or you need to extend the recipe a bit. Careful not to dilute too much though!

**Note!** Make sure not to burn the peanut butter while heating it up!

\* Soy sauce is OK for gluten intolerance

**Brown Rice**

See day 1

**Steamed root vegetables**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Root veggies (e.g. swede, turnip, carrot, parsnip, celeriac)  Leek  Dried thyme | 1,8 kg  1 pcs  1 tsp | 16,2 kg  8 pcs  8 tsp | 18 kg  9 pcs  9 tsp | 19,8 kg  9,5 pcs  9,5 tsp |

**Preparation (d5):**

1. Rinse vegetables and peel if needed
2. Cut them in big pieces, but leek in small pieces

Place everything in separate plastic bags and store in the fridge until cooking time

**Cooking (d6):**

1. Pour a few inches of water into a large saucepan with a handful of salt and put over medium heat
2. Add the root vegetables immediately and cover the pan with a lid
3. Bring to boil and let simmer until the veggies soften, then add the leek and let simmer for another 15 minutes
4. Drain out the water (you can also save it for boiling other vegetables) and add thyme and mix well.

**Butter Beans**

For these beans, use the full amount provided for this course. The preparation goes accordingly.

**Preparation (d4):**

1. Soak overnight in a large amount of water (they will expand a lot).

**Cooking (d5):**

1. Discard the soaking water and replace it with fresh tap water, enough to cover 10cm over the beans.
2. Bring to a boil over high heat, reduce the heat and let simmer for about 1h or until the beans are tender. If you so desire, add in chunks of onions and garlic and some herbs to the cooking water.
3. Once done, drain out the liquid and let it cool down. Once cool, transfer into a container and refrigerate.

**Before serving (d6):**

* Check the taste. Add salt, pepper and perhaps a line of olive oil.

**Green salad with cucumber and carrot**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Iceberg lettuce  Carrots  Cucumber  Celery | 0,4 kg  0,23 kg  0,2 kg  0,23 kg | 3,6 kg  2 kg  1,8 kg  2 kg | 4 kg  2,3 kg  2 kg  2,3 kg | 4,4 kg  2,5 kg  2,2 kg  2,5 kg |

**Preparation (d6):**

1. Rinse lettuce and tare or cut into suitable pieces
2. Grate or slice (very finely) the carrots
3. Cut the cucumber and celery into small pieces
4. Combine everything.

Serve salad dressing (see day 1) separately