| Day 7 | |
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| **Lunch Menu** | **Preparations** |
| -Tofu with spinach  -Quinoa  -Grated carrots  -Lentil sprouts  -Khir | -Chop vegetables for stew (d8)  -Peel potatoes  -Cook and marinade soy ‘meat’ (d8)  -Salt eggplant (d8)  -Rinse sprouts (d8, d9)  -Plan day 10  -Soak dried fruits overnight for breakfast |

**Tofu with Spinach**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Onions  Tofu  Frozen spinach  Tomato purée  Vegetable Broth powder  Coriander  Cumin  Soy Sauce  Lemon juice  Salt/pepper  Oil | 0,6 kg  1 kg  1,4 kg  0,6 dl  1 Tbsp  1,6 Tbsp  1 Tbsp  0,25 dl  0,5 pcs | 5 kg  9,4 kg  12,25 kg  5 dl  9,4 Tbsp  14,4 Tbsp  9,4 Tbsp  2,2 dl  5 pcs | 5,6 Kg  10,4 kg  13,6 kg  5,6 dl  10,4 Tbsp  16 Tbsp  10,4 Tbsp  2,4 dl  5,6 pcs | 6,2 kg  11,5 kg  15 kg  6,2 dl  11,5 Tbsp  17,6 Tbsp  11,5 Tbsp  2,6 dl  6,2 pcs |

**Cooking :**

1. Sauté onion in a bit of oil and let sweat a bit, then add spices
2. Add tofu and fry until the surface gets coloured and slightly crisp
3. Stir in the tomato purée and let fry a bit
4. Add spinach and cook for a bit just so that it’s hot.
5. Add soy sauce and lemon juice, correct with salt and pepper.

**Quinoa**

For quinoa, use the whole amount, measure it and pour it into a pot. Rinse well, since there are often traces of sand and such, plus it will get rid of the slight bitter taste. Add twice the amount in water, a bit of olive oil and a splash of good vinegar. Bring to a boil over med-high heat, then let simmer lightly, uncovered, until all the water is absorbed. You may have to adjust the heat as it goes, so that you keep that light simmer. When the water is absorbed, cover and remove from heat and let sit for a few minutes. Before serving, fluff it up with a fork.

**Grated Carrots**

**Note:** Add slices of oranges if there’s enough left to spare

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Grated carrots  Salt and pepper | 0,75 kg | 6,75 kg | 7,5 kg | 8,25 kg |

Orange slices

**Making:**

Grate the carrots, mix in some salt, pepper, a bit of oil, orange slices and perhaps raisins. Cinnamon also goes nicely with carrots.

**Khir**

| **Ingredients** | **10 p** | **90 p** | **100 p** | **110 p** |
| --- | --- | --- | --- | --- |
| Porridge rice  Water  Milk  Vanilla sugar  Sugar  Cardamom  Coconut flakes  Raisins  Salt | 0,5 L  1 L  2,25 L  1 Tbsp  1,2 dl  1,2 Tbsp  2,4 dl  2,4 dl  0,5 tsp | 4,3 L  9,4 L  20,2 L  7,2 Tbsp  10,8 dl  10,8 Tbsp  21,6 dl  21,6 dl  3,5 tsp | 4,8 L  10,4 L  22,4 L  8 Tbsp  12 dl  12 Tbsp  24 dl  24 dl  4 tsp | 5,3 L  11,5  24,6 L  8,8 Tbsp  13,2 dl  13,2 Tbsp  26,4 dl  26,4 dl  4,5 tsp |

**Cooking:**

1. Cook rice in salted water for 30 min.
2. Mix in the rest of the ingredients and bring to a boil.
3. Lower the heat and let simmer, uncovered, for 30 min
4. Mix well every once in a while. You should get a soft, creamy texture. Add water or milk if too thick.