

Recipes for and from PhD students

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Contents

| | | |
|---|------------------------------------|---|
| 1 | Thai noodles with chicken | 2 |
| 2 | Ravioli with mushrooms and lentils | 3 |
| 3 | Tortelinni with Italian vegetables | 4 |
| 4 | Vegetarian Lasagna | 5 |
| 5 | Vegetarian Couscous | 6 |

Chapter 1

Thai noodles with chicken

Ingredients

- Chicken (250 gr.)
- Thai vegetables (400 gr.)
- Noodles (125 gr.)
- Conimex ‘Woksaus’ Sweet and Sour



Method

Bake the chicken in a baking pan for a couple of minutes until the chicken is nice light brown. In the meantime, put the noodles in boiling water for a couple of minutes in a separate pan.

Add the vegetables to the chicken and let it bake for another 5-10 minutes (depending on your own preference). Drain the noodles and them together with the sauce.



Mix everything and... that's it!

Chapter 2

Ravioli with mushrooms and lentils

Ingredients

- Ravioli (250 gr.)
- Hak bolognese ‘schotel’ (500 gr.)
- Mushrooms (400 gr.)
- Parmezan cheese (50 gr.)



Method

Cut the mushrooms and bake them in a baking pan for five minutes until they are nice brown. In the meantime, put the ravioli in boiling water for approximately two minutes in a separate pan.

Add the bolgenese ‘schotel’ and let it bake for another five minutes on a medium heat. Add the ravioli and mix everything. Finish the dish with some nice cheese on top!



Chapter 3

Tortelinni with Italian vegetables

Ingredients

- Tortelinni (250 gr.)
- Meat ('gehakt') (300 gr.)
- Italian vegetables mix (400 gr.)
- Bolognese sauce



Method

Bake the meat in a frying pan for five minutes until its nice lightbrown. In the meantime, put the tortellini in boiling water for approximately two minutes in a separate pan. Look on the packing for the precise time :-)

Add the vegetables and bake it for 7 minutes. Then add the bolognese sauce and let it bake for another five minutes on a medium heat. Add the tortellini and mix everything. Finish the dish with some nice cheese on top!



Chapter 4

Vegetarian Lasagna

Ingredients

- Lasagna leaves
- Vegetarian meat
- Mushrooms, courgette, onions
- Ricotta cheese and cheese snippets
- Tomato sauce



Method

Bake the vegetarian meat in a frying pan and add the tomato sauce after some minutes. In the meantime, cut the mushrooms, onions and courgette and add it to the meat. Mix the ricotta cheese with 2/3 of the cheese snips. Let the sauce boil for about ten minutes.

Then, start with a thin layer of sauce and on top lasagna leaves for the bottom. Afterwards, make layers consisting of sauce, then cheese and finally leaves. Push the top leaves a little bit downwards so that they are covered in sauce. Finish the top with the remaining cheese snips. Put the lasagna in the oven for about 55 minutes.



Chapter 5

Vegetarian Couscous

Ingredients

- Couscous (2 gr.)
- Cucumber, Cherry tomatoes
- Paprika, Onion (2 pieces each)
- Conimex ‘Sweat and Sour’
- Feta cheese (200 gr.)
- Raisins, Cashewnuts



Method

Cut the onions, bake them in a frying pan and add the sauce after some minutes. In the meantime, add some boiled water to the couscous (not too much!), and let it rest for some minutes. Cut all the vegetables (tomatoes, cucumber, paprika) and add them to the onions and the sauce.

Then, add the couscous and mix everything. Cut the cheese, and add it together with the raisins and the cashewnuts. That's it!

