

# Recipes for and from PhD students

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# 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 then 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 bolognese '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

## Tortellini with italian vegetables

### Ingredients

- Tortellini (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 it's nice and light brown. In the meantime, put the tortellini in boiling water for approximately two minutes in a separate pan. Look on the packaging 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!

