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2021-1-ES01-KA220-SCH-000027835



# COOKBOOK





# HOW TO USE

CookBook dedicated to students and teachers to inspire new healthy food. The book contains recipes from Spain, Greece and Italy, let be inspired to experiment new tastes and flavours.

The GoodFood methodology involves the use of the kitchen!  
The kitchen is the place where flavours are experimented, emotions are shared and where memories are always alive. GoodFood uses the kitchen as a laboratory to share traditional flavours and to create new healthy recipes and alternatives to junk food.  
The CookBook is the first result of the application of the Learning Units and the work of the students from the Instituto de Educación Secundaria

Monte Miravete in Murcia (ES), 1st General Lyceum of Rafina (EL) and the HS Ginori Conti in Florence (IT) who cooked and commented on the recipes that you will find below.  
Each of the Learning Units proposed in the Handbook involves preparing a recipe and proposing it for its good nutritional qualities or low environmental impact without forgetting the importance of taste and sharing with classmates.

**Table for units of measurement**

Abbreviation	Extended name	Conversion into milliliters
tsp	teaspoon	5 ml
tbsp	tablespoon	15 ml
cup	one cup	240 ml



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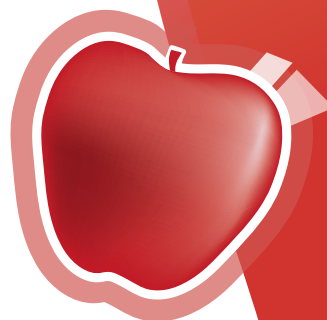
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# Cool Salad



**Preparation Time**

10 min

**Country of Origin**

Greece

**Serves**

4 People

**Authors**

Arapis Alexandros, Mpampis Vasilakis,  
Kostis Iwannou, Orestis Theotikos

## Ingredients

- Lettuce
- Arugula
- Cherry tomatoes
- Balsamic vinegar
- Greek croutons
- Oregano
- Fresh tuna
- Salt (1 pinch)
- 1 tbsp of virgin oil

## Instructions

Take a large bowl, add the lettuce and arugula. Then mix the greek croutons on top of the salad and after that, cut the cherry tomatoes and add them to the salad. Now add the fresh tuna. To complete the salad put the last ingredients balsamic, oregano and salt.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	To make this recipe more sustainable, we recommend to buy natural tomatoes from a local producer and fresh tuna from a local fish shop.
	Tuna is a very good source of protein and omega-3 fatty acids which are very good for the health of your heart and brain. This fish also contains lots of vitamins and minerals. In this recipe, other healthy ingredients are the olive oil, the vegetables (lettuce, arugula, tomatoes) and spices like oregano.
	It is also very important to try to reduce plastics by buying the ingredients that are not wrapped up in plastic bags or plastic containers.
	To reduce the environmental impact due to transport, we should try to buy locally produced ingredients.
Acceptance	This salad has a great flavor and it is affordable.



# Fresh Octopus With Macaroni



**Preparation Time**

2 hours

**Country of Origin**

Greece

**Serves**

8 People

**Authors**

Eleni Kyriakotzidi, Paraskevi  
Anastasiadi, Stavros Kyprianidis,  
Nikoleta Kakavoula, Natalia  
Karagianni

## Ingredients

- 1 fresh octopus (around 1.5 kg)
- 2 dry onions
- 1/2 cup virgin olive oil
- 1/2 cup with wine
- 1 pinch of cinnamon
- 1 pinch of spice
- 1 pinch of clove
- 1 cup of fresh tomatoes
- 1 tsp tomato paste
- 500 g of macaroni pasta
- Freshly ground pepper
- Salt
- Chopped parsley

## Instructions

- 1 - Firstly, wash the octopus and cut it in big pieces.
- 2 - Saute for 5 minutes the onion with the olive oil.
- 3 - Pour the octopus in a pot and let it cook for a few minutes.
- 4 - Sprinkle the spices.
- 5 - Add the tomato paste and the fresh cut tomatoes.
- 6 - Later on, deglaze the ingredients with the white wine.
- 7 - Then, pour plenty of water and cover the pot with a lid until the octopus eventually becomes soft.
- 8 - Add the macaroni and stir until everything becomes one.
- 9 - Finally, add salt and pepper and serve it hot and juicy.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	This recipe of pasta with octopus is very nutritious since it contains a high amount of proteins, omega3-fatty acids (octopus), minerals (iron, zinc, magnesium) and vitamins (tomato contains vitamins A, C, K, B complex, folic acid, and lycopene, a powerful antioxidant). The macaroni is also a good source of carbohydrates (energy for the body) and the olive oil of monounsaturated fat (oleic acid).
	We should avoid ingredients wrapped up in plastic bags.
	Transport can be reduced by choosing local products.
Acceptance	Great flavor. It is one of the most typical dishes in Greece and especially in islands or areas around the Aegean sea.



# Greek-style Fish Meatballs and Anchovies



**Preparation Time**

30 min

**Country of Origin**

Greece

**Serves**

3 People

**Authors**

Vouglanis Alexandros, Napoleon Giotakis, Kalliopi Anastopoulou, Anna Xristina Andrioti Zougra, Danai Viadi, Eleftheria Vretta





## Ingredients

- 1 onion
- 1 clove of garlic
- Salt
- Pepper
- Thyme
- Oregano
- 300 g anchovies
- Lemon zest
- 1 tsp lemon juice
- 1/4 bunch of mint
- 100 g breadcrumbs
- 4/5 tbsp olive oil
- 1 tbsp dill

## Instructions

- 1 - Preheat the oven to 180° C (350° F) set to fan.
- 2 - Place a frying pan over high heat and add 3 tbsp of olive oil.
- 3 - Chop the onion, the garlic, and add them to the pan.
- 4 - Add the dill, the thyme, the oregano, salt, pepper, and sauté for 8-10 minutes on medium heat, until caramelized.
- 5 - Using a pointy knife, insert the tip in the belly of the fish and make an incision along the length of the belly. Remove and discard the entrails and head. Cut the anchovy in half lengthwise, parallel to the bone. Fillet the fish and remove the central bone. Wash well with water.
- 6 - Beat the fish in a blender until they are broken down into very small pieces.
- 7 - Add 2 tbsp olive oil, salt, pepper, the lemon zest and juice, the mint finely chopped, and mix with a spoon.
- 8 - Add the breadcrumbs, the onion, and mix. Shape into 13-15 cakes.
- 9 - Place a frying pan over medium heat.
- 10 - Add the fish cakes to the pan and cook for 2-3 minutes on both sides, until they are golden brown.
- 11 - Transfer to a baking pan and bake for 10-15 minutes.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Try to buy local products so we contribute to reduce the CO2 levels.
	This recipe contains omega-3 fatty acids (anchovies) that are very good for the health of your body and brain.
	Locally produced ingredients for a lower transport impact.
	We tried to buy ingredients that were not in plastic bags or containers.
Acceptance	Great flavor and cheap: people who taste it, love it !!! Nowadays, this recipe is unusual, but there are many different fish-based recipes in my country.



# Homemade Pasta with Fresh Octopus



**Preparation Time**

55 min

**Country of Origin**

Greece

**Serves**

6 People

**Authors**

Elisabet Yangicher, Aggelos Yangicher, Sofianos Gerodimos, Napoleon Giotakis, Anastasios Karagiannis, Anthi Gagka





## Ingredients

- 1 fresh octopus
- 2 fresh onions
- 1/4 cup of Greek virgin olive oil
- 1/3 cup of white wine
- A pinch of cinnamon
- A pinch of bachari
- A pinch of cloves
- 1 cup of fresh tomato sauce
- 500 g handmade fresh pasta
- Fresh pepper
- Sea salt

## Instructions

- 1 - Clean the octopus (turn its hood and remove the inside, also press and remove its mouth from the center).
- 2 - Wash the octopus well and cut it with a knife into large pieces.
- 3 - Put the oil and onions in a medium pot.
- 4 - Stir until the onion is glossy and translucent.
- 5 - Put the octopus in the pot and let them cook on a medium heat.
- 6 - It will take on a nice dark red color and its flavor will be enhanced.
- 7 - Sprinkle the spices and stir to release their aroma.
- 8 - Deglaze the ingredients with the wine and rub the base of the pot.
- 9 - After the alcohol has been evaporated for a few minutes, add the tomato sauce, as well as enough water to cover all the ingredients.
- 10 - Let the food simmer, covered until the octopus is well softened.
- 11 - Add the pasta and if needed, a little extra water (to boil the pasta).
- 12 - Simmer over low heat for ten minutes, stirring regularly, until the pasta is cooked and the food is left with a little juice.
- 13 - Add salt and pepper towards the end of the boil.
- 14 - Remove the pot from the stove while the food is still juicy and add two ice cubes to lower the temperature and stop the pasta from boiling.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Low CO2 emission: most ingredients were locally produced.
	Octopus contains minerals, vitamins, proteins and good omega 3-fatty acids. The vegetables (tomatoes, onions, peppers) and spices (cinnamon) also provide many vitamins, minerals and antioxidants. Homemade pasta is also a very good source of carbohydrates and energy for the body.
	Low transport impact: Ingredients locally produced.
	Ingredients not wrapped up in plastics.
Acceptance	This recipe has a delicious flavour. There are many fish-based recipes in our country.



# Pasta Salad with Tuna



**Preparation Time**

13 min

**Country of Origin**

Greece

**Serves**

2-3 People

**Authors**

Alexia Giagtzi, Dimis Theodorakidis,  
Irida Kalabaliki, Andreas Kefalidis





## Ingredients

- 250 g whole grain pasta
- 300 g fresh tuna
- 1/2 corn
- Some parsley
- 1 piece of dry onion
- 2 tbsp of homemade mayonnaise
- 1/2 lemon juice
- Salt
- Pepper

## Instructions

- 1 - Boil the wholegrain spaghetti in salted water for 1 minute.
- 2 - Strain in the colander and rinse with cold water.
- 3 - Drain very well.
- 4 - Sprinkle with a little olive oil and mix.
- 5 - Put the pasta in a bowl and add the tuna.
- 6 - Add all the vegetables.
- 7 - In a bowl add mayo, lemon juice, a little bit of salt and pepper.
- 8 - Put them all and mix them very well.
- 9 - Lastly put it in the fridge in order to freeze.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	We used local products for a low CO2 emissions recipe.
	Tuna is very nutritious as it has proteins, omega-3 fatty acids, vitamins, including vitamin D, vitamin B12, and minerals. So, it is good for your health. The recipe has also olive oil, and important nutrients of vegetables (avocado, onions, cucumber, carrots).
	For a low environmental impact, choose ingredients produced near your hometown.
	Less plastics, more sustainable.
Acceptance	This is a recipe easy to prepare and with a fantastic flavour. Try it !!!



# Salad with Rice and Tuna



**Preparation Time**

1 hour

**Country of Origin**

Greece

**Serves**

5 People

**Authors**

Eva Antoniadi, Christianna Andrioti, Mariangela Zafeiropoulou, George Gkougkoulis, Christos Anastasopoulos

## Ingredients

- Avocado (Crete)
- Wild rice
- Cucumber
- Carrot
- Fresh onion
- Chaloumi (greek cheese)
- Homemade mayonnaise
- Sesame
- Wild tuna
- Salt
- Oil

## Instructions

- 1 - First, boil some water and wash the wild rice.
- 2 - Put the rice in the boiling water until is soft.
- 3 - After this, cut the vegetables in small pieces, stir the tuna with the cheese and then mix all the ingredients in a big deep bowl with salt and pepper.
- 4 - Put the salad in the fridge and serve it cold.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Choose natural raw vegetables produced in your region for a low carbon footprint.
	In this recipe, the rice provides good quality carbohydrates (energy for your body) and the tuna is a rich source of protein and omega-3 fatty acids which makes this dish an excellent food for your heart health and your brain function. There are also vitamins and minerals. The vegetables (avocado, onions, cucumber, carrots) also provide fibre, and different bioactive compounds (antioxidants).
	Low transport impact: Ingredients locally produced.
	Low plastic content: Ingredients not wrapped up in plastics.
Acceptance	This dish tastes delicious.



# Lavraki (Sea Bass)



## Ingredients

- Fillets of 2 seabass (1 kg each)
- 6-stamen Kozani yolk (Greek saffron), dissolved in 2 tsp of hot water
- 4 tsp of sweet lemon juice
- 1/2 tsp of sweet lemon zest
- 8 thinly sliced tomatoes (2-3mm)
- 40 g of cow butter
- 4 tsp of sweet olive oil
- Salt
- Freshly ground pepper

**Preparation Time**

20 min

**Country of Origin**

Greece

**Serves**

4-6 People

**Authors**

Dimitra Manousi, Melina Enotiadi, Viadi Danae, Eleftheria Vretta, Kyriaki Theofilou

## Instructions

**1** - Season the fish fillets with tomato, lemon, and butter, season the fish fillets with salt and pepper and set aside.

**2** - In a small bowl, mix the lemon juice with the dissolved saffron threads. Use this mixture to marinate the fillets and leave them in the refrigerator for 30 minutes.

**3** - Preheat the oven to 200°C.

**4** - Cut 4 pieces of parchment paper, each one 35x35 cm approximately. Place 2 slices of tomato on each parchment paper, season with salt and pepper, drizzle with 1 tsp of olive oil, and place a fish fillet on top. Season with salt and pepper, add 1/4 of the butter, and fold the parchment paper to form a package. Repeat with the remaining 3 fillets and place the packages on a shallow baking dish.

**5** - Bake for about 8-10 minutes, depending on the thickness of the fillets. Carefully open the parchment paper packets and serve the fillets with their juices.

**6** - Serve the seabass in parchment with tomato, lemon, and butter with greens, warm bread, and lemon slices on top.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Lower CO2: All ingredients from local producers.
	As in other recipes containing fish, this recipe has lots of proteins (seabass) as well as omega-3 fatty acids, minerals (Fe, Mg, Ca) and vitamins (A, C, K, B complex). There are also antioxidant compounds such as the lycopene or other nutrients in the Greek saffron (Kozani yolk).
	We tried to cook this dish with local ingredients.
	We also tried to use products without plastic.
Acceptance	This is not expensive to make and it has a great flavour.



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# Shrimps Orzo with Vegetables



## Ingredients

- 500 g barley pasta, medium
- 1 kilo shrimps, shell-on
- 1.5 liters of water
- 6 tbsp of olive oil
- 3 sticks celery
- 2 carrots
- 1 onion
- 1 spring onion
- 1 clove of garlic
- 1 bay leaf
- 3 tomatoes, grated (500 g)
- 1/2 bunch parsley
- Lemon zest, from 1 lemon
- Lemon juice, from 1/2 lemon
- Salt
- Pepper

**Preparation Time**

20 min

**Country of Origin**

Greece

**Serves**

4 People

**Authors**

Fabio Masseratti, Giorgios  
Eleftheriadis, María Martinez.

## Instructions

- 1 - Remove the heads and the shells of the shrimps, and transfer them to a bowl, add water and the shells and bring them to a boil for 15-20 minutes. When cooked, strain the shell and keep the stock.
- 2 - Add 2-3 tbsp of olive oil, salt, and pepper to the bowl with the shrimps, and mix them well with your hands.
- 3 - Add the shrimps and sauté them for 2-3 minutes on a very hot frying pan, turning them when nicely golden.
- 4 - Transfer the shrimps to a bowl and in the same pan add the celery, carrots, and onion chopped. Add 4-5 tbsp of olive oil. Chop the garlic and add it to the pan.
- 5 - Add the bay leaf and sauté the vegetables for 2-3 minutes until they are caramelized.
- 6 - Add the pasta and stir. Then add the stock and tomatoes, stir well, and season with salt and pepper. Boil for 15-20 minutes.
- 7 - Add the shrimps, chop the green part of the spring onion and the parsley, and add them to the pan. Add the lemon zest and juice.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	It is recommended to prepare this dish with vegetables from a local producer.
	This recipe contains important nutrients: carbohydrates (barley), protein (shrimps) and vitamins and minerals (vegetables).
	As already stated, it is important that we buy local products and not those produced far away in other countries.
	Please, try not use plastics.
Acceptance	A delicious recipe for the whole family.



# Shrimp Pasta



**Preparation Time**

30-40 min

**Country of Origin**

Greece

**Serves**

5 People

**Authors**

Vouglanis Alexandros, Diangelaki Anna, Zaraga Danae, Ioannidou Sofia, Giannoukakou Irene





## Ingredients

- 500 g homemade pasta
- 800 g fresh shrimps
- 2 tbsp of extra virgin olive oil
- 4 fresh tomatoes
- A pinch of parsley
- Boiled vegetables
- 2 red onions
- 20 ml ouzo (greek aniseed liqueur)
- 750 ml water
- 50 g of butter
- A pinch of salt
- Pepper
- Chili flakes
- 4-5 basil leaves
- Parmesan cheese

## Instructions

- 1** - Remove the heads and shells, but leave the tail intact for a nicer presentation. Use a small sharp knife to make a shallow slit along the back of the shrimp from head to tail in order to expose and remove the vein.
- 2** - In a deep pot, add 750 ml of water, 1 vegetable bouillon cube and the shrimp heads and tails. Cover pot, bring to a boil and simmer for 15 minutes. Do not simmer any longer than this or your stock will become bitter (from the shrimp's acidity).
- 3** - When ready, drain the stock into a container and set aside until needed and place a pan over high heat.
- 4** - Drizzle some olive oil over the shrimp, season with salt and some freshly ground pepper.
- 5** - When your pan gets nice and hot add the shrimp and saute for 30" seconds on each side. Do not cook the shrimp any longer so they can remain soft and juicy. Transfer to a plate and set aside. Place the pan back over high heat.
- 6** - Coarsely chop an onion and add it to the pan. Add 2 tbsp of olive oil, a pinch of chili flakes. Thinly slice 1 clove of garlic and add it to the pan, add 20 ml of ouzo. While the ouzo evaporates, finely chop 2 ripe tomatoes and into the pan.
- 7** - Now you can add your stock and your pasta. Start mixing and lower heat to medium high. Simmer for 10 minutes while stirring often. When your sauce has thickened, add 50 g of butter and mix, the butter will help thicken your sauce further. Remove pan from heat.
- 8** - Add the shrimp, finely chop 4-5 basil leaves and sprinkle over the top, thinly slice 1 spring onion and sprinkle. Add some grated parmesan and mix again.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	For a lower carbon footprint, get local ingredients.
	Healthy recipe with a low level of fat. It does not contain many simple sugars but complex carbohydrates (pasta).
	Go for low transport impact, buy local ingredients.
	Go for low plastic residues.
Acceptance	Great flavor and easily cooked.



# Shrimp Rice with Yoghurt Sauce



**Preparation Time**

55 min

**Country of Origin**

Greece

**Serves**

6 People

**Authors**

Eleanna Aliu, Nikolais Vasiliadi,  
Dimitra Kapralou, Kalli Anastopoulou





## Ingredients

- 1.5 bag of parboiled rice
- 1 kg of fresh shrimp
- 1/4 cup of olive oil
- 1.2 liters of yoghurt
- 1/3 cup of white wine
- 1 tsp of lemon juice
- 2 tbsp of curry powder
- 3 spring onions
- 3 celery springs
- 2 tsp of salt

## Instructions

- 1 - Boil 3 cups of water in a boiler.
- 2 - Add the rice into the pot and add the salt while water is boiling.
- 3 - Once the water has boiled add it in the pot and let the rice cook till the water is been absorbed.
- 4 - Cut the celery sprigs and spring onions into small pieces.
- 5 - Add the yoghurt, curry, white wine, celery sprigs, spring onion, and lemon in a bowl and mix well.
- 6 - Once the rice has boiled place it in a dish of your choice and add the olive oil.
- 7 - Then, cook the shrimps in the pot.
- 8 - Finally, once everything's been cooked combine all the ingredients.
- 9 - Serve as a cold dish.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Lower CO2: All ingredients from local producers.
	Shrimps constitutes a very good source of proteins. They also contain vitamins such as vitamin B12, which is important for the nervous system, and minerals such as, Ca, Fe, Se, K, Na, Mg, P, etc, which are essential for the balance of electrolytes in the body. The recipe also has olive oil (rich in monounsaturated fatty acids), vegetables (onions, celery) which contains vitamins and fibre important for the proper functioning of the digestive system and the prevention of type 2 diabetes. Rice provides energy in the form of carbohydrates, proteins, minerals and vitamins of the group B such as thiamin (B1), riboflavin (B2) and niacin (B3). Yoghourt is rich in protein, calcium, B vitamins and other minerals.
	For a low transport impact go for local ingredients.
	Ingredients not wrapped up in plastics.
Acceptance	This recipe has a very good flavor.



# Catrachitas



## Ingredients

- A cup of corn flour
- 2 handfuls of beans
- Cheese
- A pinch of salt
- Water
- Oil to fry
- 2 cloves of garlic

**Preparation Time**

1h 15min

**Country of Origin**

Honduras

**Serves**

2 People

**Authors**





Ashly Cruz, Aurora Robles,  
Ayman Razine, Kacper  
Kucharski, José Peñarrubia.



## Instructions

- 1** - Put two handfuls of dried raw beans in a pot with water, salt and two cloves of garlic, let them cook for an hour and each time the water evaporates, add more until are tender.
- 2** - While the beans are cooking, prepare the dough. In a bowl put a cup of corn flour, add a pinch of salt and the necessary water to knead until smooth.
- 3** - To make the corn tortillas, you shape them into a round shape in plastic, flattening them with the palm of your hand and then fry them in a pan with hot oil until golden brown.
- 4** - When the beans are tender, remove them from the heat and then puree (blender) them, then fry them with oil to taste.
- 5** - Add to the fried corn tortillas, the beans and then the cheese to your taste.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Lower CO2: Natural vegetable oil from a local producer. Sweet corn flour from the region.
	The ingredients we used are rich in protein of vegetable origin and also in other nutrients such as vitamins, Fe and Ca.
	Low transport impact: Ingredients usually locally produced. Customers prefer choosing natural and less processed ingredients.
	Low plastic content: Ingredients not wrapped up in plastics. Ingredients are usually sold in local markets or are homemade.
Acceptance	Honduras people remember this recipe from the times when their mums and grandmas used to prepare it. It is one of the most typical dishes from this country. It is also cheap and people who try it, like it very much.



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# Chicken in Sauce



**Preparation Time**

1 hour

**Country of Origin**

Spain

**Serves**

4 People

**Authors**

José Manuel Zapata , Mario Martínez Abellón, Samuel Ruiz and Antonio Arce.





## Ingredients

- 1 Kg chicken
- Garlic
- Carrots and potatoes
- Flour
- Spices

## Instructions

- 1 - Fry the chicken in the air fryer without oil for 5 minutes.
- 2 - Cut the vegetables and put in spices.
- 3 - Fry the vegetables for 5 minutes.
- 4 - Put a pinch of flour onto the vegetables to make a sauce.
- 5 - Mix the sauce with the chicken and boil for 35 minutes.
- 6 - Finally, to accompany our chicken, fry some potatoes in the air fryer.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	In this recipe we used the air fryer for only 15 min instead of using the oven for a longer period. This way we contribute to a lower CO2 emission.
	This recipe does not have sugar or oil and thus has a low content of fats and calories.
	Low transport impact: chickens are locally produced.
	Low plastic content: Ingredients not wrapped up in plastics.
Acceptance	This chicken recipe is simple but it has a great flavour. Most people like it very much.



# Couscous



**Preparation Time**

1.30 / 2 hours

**Country of Origin**

Morocco

**Serves**

4 People

**Authors**

Ayman Arbaoui, Anas El Asraoui, Ilyas Mohyi, Yasir El Hitani, Haytam Moutaoukkil.

## Ingredients

- 3 tomatoes
- 2 onions
- 3 carrots
- 2 zucchini
- 500 g of pumpkin
- Spices: green pepper, yellow pepper, 1 pinch of coriander, 1 pinch of parsley
- Salt
- 400 g of wheat semolina (couscous)
- 25 g of butter and meat (chicken, lamb or mutton)

## Instructions

- 1** - Take out the wheat semolina and wash it with vegetables.
- 2** - To prepare the broth, you need a lot of water and vegetables (it can be anything you like). They are cooked with the spices and meat for 45 minutes.
- 3** - Meanwhile, the wheat semolina needs to be cooked (it needs to be moist).
- 4** - After 20 minutes, take out the semolina and put it in a bowl with butter. You have to stir and then cook for another 20 minutes.
- 5** - This process must be repeated three times. When everything is ready, add broth and semolina and top with vegetables and meat.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Lower CO2: Buy from a local producer and if there isn't any type of vegetables try to buy it looking at the production place.
	Contributes a lot of vitamins because it has vegetables and has low fats and calories.
	For a low transport impact, we recommend to buy all the ingredients in the local supermarket. Check that they are products that are produced or cultivated in your own country and region.
	Low plastic content: you can buy all the ingredients from a local producer.
Acceptance	Great flavor: It is very tasty and healthy. It is one of the most typical dishes in our country, Morocco.



# Ham Croquette



**Preparation Time**

30 min

**Country of Origin**

Spain

**Serves**

6 People

**Authors**

David Hernansáez, César Ayala, Izan Tomás, Julio Alcázar y Manuel Jiménez

## Ingredients

- 200 g of serrano ham
- 1 spring onion
- 1 garlic clove
- 100 g of wheat flour
- 100 g of butter
- 1 liter of skimmed milk
- Fresh parsley
- 3 beaten egg whites (you can omit the yolks to reduce cholesterol content)
- Whole wheat breadcrumbs
- Extra virgin olive oil to fry

## Instructions

**1** - Cut the butter into cubes and melt it in a saucepan. Finely chop the chives and garlic clove and add them to the casserole. Sauté for 5-6 minutes, add the chopped ham.

**2** - Add the flour and sauté well. Pour in the milk little by little, stirring constantly. Cook the bechamel sauce for approximately 20 minutes, stirring constantly. Sprinkle with parsley.

**3** - Spread the dough on a plate. Spread the surface with a little butter to prevent it from forming a crust or cover it with plastic wrap and let it cool.

**4** - When the dough is cold, cut and shape the croquettes.

**5** - Dust them with flour, dip them in egg whites and breadcrumbs and fry them in very hot oil.

**6** - Remove them from the pan and drain the excess oil with kitchen paper. Serve.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	We checked and bought some of the ingredients (onions, garlic) from local producers.
	These croquettes contain some extra calories and fats (butter, ham) but if you eat a small quantity is okay.
	Try to buy as many as possible ingredients from nearby shops and check that the ingredients have been produced in your country or region.
	Low plastic content: Ingredients not wrapped up in plastics, except the serrano ham that comes in a plastic container.
Acceptance	The ham croquettes are very typical from Spain and are a delicious bite. Dont miss them !!!



# Paparajote 1



**Preparation Time**

1 hour

**Country of Origin**

Spain

**Serves**

4 People

**Authors**

Ángela Galindo Turpín,  
Valeria Verdú Lopez,  
Inés Martínez Espinosa





## Ingredients

- 500 ml milk
- 500 g almond flour
- 2 eggs
- Half an envelope of yeast
- 70 g sugar
- Pinch of salt
- One lemon zest
- Olive oil to fry
- Lemon tree leaves
- Sugar and cinnamon to sprinkle

## Instructions

- 1** - Wash and dry the lemon leaves well.
- 2** - Mix the eggs with the milk, lemon zest, salt, yeast and sugar and beat everything well.
- 3** - While mixing, add the almond flour little by little until the dough is so thick that it can stick to the sheets.
- 4** - Take the leaves one by one and dip them in the dough.
- 5** - Fry the leaves in a pan with hot oil (approx. 180°).
- 6** - When the paparajotes are golden brown, remove them and place them on paper to remove the excess of oil.
- 7** - Mix sugar with cinnamon and cover the paparajotes in the mixture.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	To reduce the CO2 emissions, we only used the electricity (electric cooker) for a short time.
	Paparajotes contain fats and sugar so you should not eat very many of them.
	No long-distance transport involved because most of the ingredients used are from the Region of Murcia.
	Reduced use of plastic because most of the ingredients did not come in plastic containers.
Acceptance	Paparajotes are a wonderful dessert very typical of the Murcian orchard. You have to try it once in your life. You will want to repeat for sure !!!



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# Paparajote 2



**Preparation Time**

45 min

**Country of Origin**

Spain

**Serves**

6 People

**Authors**

Sara Ibáñez Alonso, Candela Buendía Romero, Lucía Pastor García, Inés Martínez Rocamora





## Ingredients

- 1 egg
- 250 ml of milk
- Flour
- 1 lemon
- Olive oil
- Lemon leaves
- Yeast
- Cinnamon
- Honey

## Instructions

- 1 - Wash and dry the lemon leaves.
- 2 - Beat the eggs with honey, cinnamon and lemon.
- 3 - Add the milk little by little and beat until everything is mixed.
- 4 - Add the flour and yeast.
- 5 - Put the lemon leaves into the mixture until completely coated except for the part of the grip.
- 6 - Fry with hot oil.
- 7 - Coat with cinnamon and sugar.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Local product and short cooking time so it does not have a great environmental impact.
	High in calories and sugars. Watch out the quantity of paparajotes you eat.
	Low transport impact because the ingredients are all from the region of Murcia.
	Ingredients come without plastic.
Acceptance	A favourite dessert in Murcia. Come to our region and try them. You will love them.



# Murcian Salad



**Preparation Time**

5 min

**Country of Origin**

Murcia, Spain

**Serves**

4 People

**Authors**

Nerea Manzanares García, Irene Belando Nicolás, Marta Gómez Sánchez, Sofía Betancur Alarcón, Andrea Carrascosa Pérez.





## Ingredients

- 1 or 2 boiled eggs
- 6 or 8 natural preserved tomato
- 1 onion
- 3 cans of tuna
- Olives (the ones you want)
- Olive oil (the amount you want)
- Salt

## Instructions

- 1 - We take the tomato and cut it to put it on a plate.
- 2 - We cut the onion into strips and add it to the plate.
- 3 - We open the cans of tuna and add them with the other ingredients.
- 4 - Once the eggs are cooked (hardboiled), cut them as you want and put them on the plate.
- 5 - If you want to add olives, put the amount that you want on top of the rest of the ingredients. Add olive oil and salt.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	This meal doesn't use appliances to make it, you only need to cook the eggs on a ceramic hob for 5 minutes, so it's fresh and doesn't use much electricity.
	Recipe contains proteins and vitamins that are necessary for growing. Moreover, both, onion and tomato, have a lot of fiber, which is good for the intestinal flora.
	The tomatoes and eggs are homemade and we buy the rest of the ingredients in a town store with products from their farm and garden. Moreover, when we go to buy them, we go walking.
	The eggs are from the chickens on a farm near our house so when we go to buy them we take a reusable egg container to take them to the house and the tomatoes are processed by my grandmother in a jar so there is no packaging, hence no contamination.
Acceptance	The recipe is also very healthy because you eat many types of food with different nutrients on the same plate and the cells can obtain everything they need to get energy and be able to carry out our daily activities.



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# Stuffed Peppers



**Preparation Time**

1 hour

**Country of Origin**

Spain

**Serves**

4 People

**Authors**

Kevin Rodríguez Pérez and Máximo Scheble Barroso





## Ingredients

- 8 Peppers and 1 onion
- 400 g of minced meat
- 50 ml of liquid cooking cream
- 1 tsp of wheat flour
- Salt and pepper to taste
- Extra virgin olive oil

## Instructions

- 1 - We start by cutting the peppers in half and removing everything inside.
- 2 - Next, we chop the onion into small cubes of between 2 or 3 millimeters and poach it over low heat.
- 3 - We add the minced meat and fry it. When it changes color, we add a pinch of flour, thus binding the filling after stirring a little.
- 4 - We fill the peppers with the cooked minced meat using a spoon and place them in a clay dish suitable for the oven.
- 5 - With the peppers - two or three are enough - and the liquid cream, we prepare a sauce with the blender and use it to cover the peppers before putting them in the oven. We save a little of the sauce to serve on top after baking.
- 6 - Finally, we bake the peppers stuffed with meat for 15 minutes at 180°.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Low CO2 emission: We used the oven for only 15 min, this generates only 28 g of CO2.
	Moderate fats and moderated calories: the stuffed peppers have 77 calories and 8 g of fats.
	Low transport: all the products are from the region.
	The ingredients we used, did not come in plastic containers.
Acceptance	A typical recipe from our country. It is cheap, very tasty and nutritive.



# Easy Zarangollo



**Preparation Time**

1 hour

**Country of Origin**

Spain

**Serves**

4 People

**Authors**

Alejandro Ortiz Asensio, Pablo Corbalán Díaz, Hugo Montoya Ruiz, David Marroqui Pardo.





## Ingredients

- 1 Zucchini
- 1 Onion
- 1 Potato
- 2 medium size eggs
- Olive oil
- Salt
- Garlic

## Instructions

- 1** - We cut the vegetables into very fine pieces.
- 2** - We peel the potato and cut it into cubes and we do the same with the zucchini.
- 3** - We put the garlic and onion with a little pinch of salt in a frying pan over medium heat.
- 4** - After that, when the onion is tender, we add the potatoes for five minutes and then add the zucchini and season it with salt and pepper.
- 5** - Then, we put the heat on medium high and when the zucchini releases water we put the heat on low and we let it cook for 25 minutes.
- 6** - When the zucchini and potatoes are tender, crack two eggs and add them to the pan with a pinch of salt, and when the eggs set and the desired texture and cooking point is reached, turn off the heat and let them rest for five minutes and then serve the plate.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Reduced use of electricity. We only need the ceramic hob for a short period of time.
	This recipe is rich in vegetables and has only olive oil which is rich in monounsaturated fatty acids (healthy fats).
	Low transport impact: potatoes and eggs are locally produced in our house.
	Zarangollo can be reused in other recipes such as omelettes.
Acceptance	A typical recipe from the Murcia orchard. You can try this dish during the spring festival of the region.



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# Vegetable Pie



**Preparation Time**

1 hour

**Country of Origin**

Italy

**Serves**

6 People

**Authors**

Elena Corti, Giulia Ciubotariu,  
Beatrice Ruocco





## Ingredients

- Shortcrust pastry (100 g of butter, salt, 60g of water, 250g of flour)
- 300 g spinach
- 1 egg
- Parmesan (to taste)
- 200 g ricotta cheese

## Instructions

- 1** - Prepare the shortcrust pastry or, if you already have it ready, spread it in a round pan.
- 2** - Cook the spinach.
- 3** - Place spinach in a bowl with ricotta, egg and parmesan, mix until you obtain a rather homogeneous mixture.
- 4** - Place the previously prepared mixture in the pan with the shortcrust pastry and make a border with the excess pastry.
- 5** - Turn the oven on at 200° for 20/30 minutes and wait until the cake is brown.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Natural and without the addition of preservatives because the shortcrust pastry was homemade.
	Medium fats and calories: Very good, easy to cook and quite healthy due to the abundance of vegetables.
	Low transport impact: Ingredients locally produced.
	It can be made not only with spinach and ricotta but also with other leftovers from the fridge. These products can also be found unpackaged and in the local supermarket.
Acceptance	A cheap, tasty and easy way to eat vegetables. Very typical of Murcia.



# Cheese and Ham



**Preparation Time**

30 min

**Country of Origin**

Italy

**Serves**

2 People

**Authors**

Carpini Gabriele, Lotti Alice





## Ingredients

- 30 g of butter
- 150 g of raw ham
- 4 mozzarella cheese (100 g each)

## Instructions

- 1 - Drain the mozzarella.
- 2 - Wrap the ham around the mozzarella using toothpicks.
- 3 - Put the butter in the pan, and when it is melted add the cheese with ham.
- 4 - Brown on all sides.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Local ingredients.
	The dish is appetizing, nutritious, rich in lipids and proteins.
	Local products, low impact for transportation.
	Few, simply ingredients available local.
Acceptance	The dish is appetizing, nutritious and tasty, quick to prepare.



# Florentine Steak



**Preparation Time**

30 min

**Country of Origin**

Italy

**Serves**

4 People

**Authors**

Saccardi Greta, Peano Annalisa,  
Dainelli Susanna, Silli Cosimo

## Ingredients

- Florentine steak 1 kg
- Olive oil
- Salt
- Pepper

## Instructions

**1** - To prepare a good Florentine steak, it is first of all very important to obtain a good cut of meat, well matured, with a fairly evident marbling and with an adequate thickness (at least 4 cm). The other fundamental aspect is cooking: to obtain a succulent Florentine steak it is necessary to know how to prepare good embers that maintains a high and constant temperature.

**2** - Heat the grill well and, when the coals have made a little ash, place the meat on the grill.

**3** - Cook for between 3 and 5 minutes, depending on the thickness of the meat, without ever turning it and checking it often.

**4** - Turn the steak and cook in the same mode and for the same time, without ever piercing.

**5** - Let the meat rest on a cutting board for a few minutes, to allow the liquids to redistribute, then cut it, season with extra virgin olive oil, salt and fresh pepper.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Local ingredients. Meat has a high environmental impact, you should eat little of it.
	The dish is appetizing, nutritious, rich in lipids and proteins, you should eat little of it.
	Local products. Low impact for transportation
	Few, simple ingredients available locally. No packaging
Acceptance	The dish is appetizing, nutritious and tasty, quick to prepare. It is a really famous typical Florentine dish, all the people want to eat it. The quality of the raw material and the cooking method are fundamental.



# Pappa al Pomodoro



**Preparation Time**

30 min

**Country of Origin**

Italy

**Serves**

4 People

**Authors**

Baragli Sara, Cozzi Leonardo,  
Cianti Francesco, Palmieri Marta



## Ingredients

- 800 g ripe tomatoes
- 200 g stale bread
- 2 garlic cloves
- 4/5 tbsp olive oil
- 8-10 leaves of basil
- Salt
- Pepper

## Instructions

- 1** - Heat the oil slightly in a pan, peel the garlic and cut it into thin slices.
- 2** - Fry and then pour in the tomato pulp and a little salt.
- 3** - Cook gently for a good half an hour, then add pepper.
- 4** - When the sauce is ready, dip the slices of bread in it.
- 5** - Cover with the lid and let rest for about 15 minutes.
- 6** - After this time the bread will be well soaked in sauce, add more water as needed and mix well. Put it back on the heat and let it cook gently for another 5 minutes or until it reaches the desired consistency.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Lower CO2: Natural tomatoes from a local producer.
	Low fats and calories: It has only a little bit of olive oil. Furthermore the tomatoes are healthy, rich in vitamins and antioxidants (lycopene).
	Low transport impact: Ingredients locally produced.
	The recipe allows you to recycle stale bread. Low plastic content: Ingredients not wrapped up in plastics.
Acceptance	Great flavor and cheap: people who taste it love it. It is one of the most typical dishes in my country.



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# Pasta with Cherry Tomatoes



**Preparation Time**

20 min

**Country of Origin**

Italy

**Serves**

4/5 People

**Authors**

Sara Davitti, Aurora Presenti e Gaia Cappelli

## Ingredients

- 400 g of pasta
- 40 ml of extra virgin olive oil
- 1 garlic clove
- 500 g cherry tomatoes
- Fine and coarse salt
- Basil

## Instructions

**1** - Put the water in a large pot and when it boils you need to dissolve the coarse salt and add the pasta.

**2** - Meanwhile, in another large pan, fry the garlic clove in extra virgin olive oil. Then we wash cherry tomatoes, remove the green parts, cut them and put them in the pan. Mix everything together adding fine salt.

**3** - Cover and leave to cook on medium heat for 15 min (pasta preparation time).

**4** - When the pasta is ready, drain it and add it to the pan with the cherry tomatoes, mix carefully and spread some fresh basil on top.

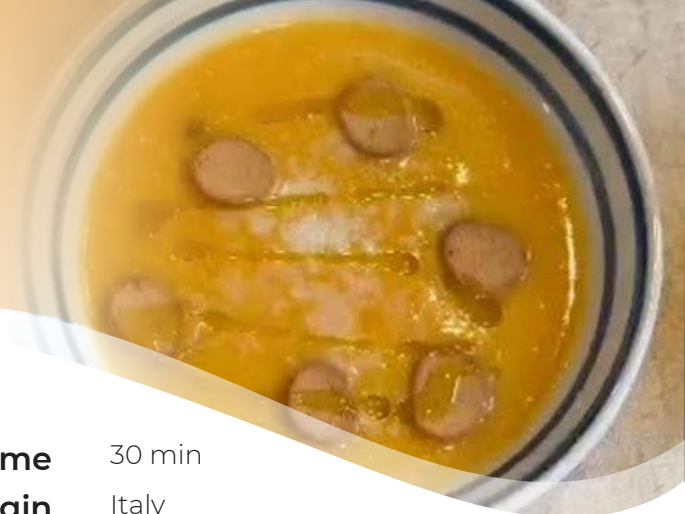
**5** - The pasta with cherry tomatoes is ready!

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Low CO2 footprint: most ingredients (tomatoes, pasta and olive oil) are from local producers.
	The pasta provides carbohydrates and energy, the tomatoes fiber and vitamins, and the olive oil monounsaturated fatty acids. It is a healthy recipe but you should not eat a lot of it.
	Low transport impact: Ingredients locally produced.
	Low plastic content: tomatoes, basil and garlic not wrapped up in plastics.
Acceptance	A typical and favourite recipe in Italy. Everybody likes pasta and tomatoes sauce.



# Pumpkin Soup



**Preparation Time**

30 min

**Country of Origin**

Italy

**Serves**

4 People

**Authors**

Ester Massai, Federica Focardi,  
Edoardo Trafficante, Davide Segesta





## Ingredients

- 1 Kg of pumpkin
- Bread croutons
- Cream to taste
- Cheese
- Oil
- Salt
- Pepper

## Instructions

- 1 - Place the pumpkin cut into pieces in a pan with water and boil for 15 minutes.
- 2 - Meanwhile, grate the cheese.
- 3 - Check with a fork whether the pumpkin is soft.
- 4 - Using the immersion blender, create a cream of pumpkin and cooking water.
- 5 - Add the cream and a part of the grated cheese to the cream.
- 6 - Season with salt and pepper.
- 7 - Put it on the plate and garnish with cheese, croutons and oil.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Growing pumpkin is easy. Natural pumpkin from a local producer.
	Low fats and calories: Pumpkin is rich in fiber and antioxidants and supplies our body with vitamins A, E and C.
	Low transport impact: Ingredients locally produced.
	These products can also be found unpackaged and the croutons can be made at home. Ingredients not wrapped up in plastics.
Acceptance	A delicious and easy to prepare recipe. It is typical of Italy. Try to make it at home, you will love it.



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# Schiacciata Fiorentina 1



**Preparation Time**

70 min

**Country of Origin**

Italy

**Serves**

10 People

**Authors**

Giulio Rossini, Tommaso Sorbi,  
Daniel Francini

## Ingredients

- 225 g of sugar
- 90 ml milk
- 2 egg
- 16 g yeast
- 300 g flour
- 50 g extra virgin olive oil
- 1 orange (zest and juice)
- 1 vanilla pod
- Cocoa powder
- Powdered sugar

## Instructions

- 1** - To prepare the Schiacciata Fiorentina, start by grating the orange zest into a small bowl, then squeeze the juice, filter it and keep it aside.
- 2** - Break the eggs, place them in a bowl with the sugar and whisk.
- 3** - Add oil, vanilla, milk, orange juice and whisk.
- 4** - Add flour, yeast, orange zest and whisk.
- 5** - Put everything on a baking pan and bake for 50 minutes.
- 6** - Decorate the cake with powdered sugar and cocoa powder.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Try to use locally available products to reduce the emissions of CO2.
	Schiacciata Fiorentina is a caloric product (365 g/portion) so it is not recommended to eat it frequently.
	Some products must be imported from other countries such as cocoa.
	Plastic use is reduced since ingredients do not come in plastic bags or plastic recipients.
Acceptance	This is a wonderful dessert or a typical food for a party. Don't eat it daily though because it has lots of sugars and calories.



# Schiacciata Fiorentina 2



**Preparation Time**

40 min

**Country of Origin**

Italy

**Serves**

6 People

**Authors**

Diego Diani, Niccolò Ciabatti,  
Filippo Giannetti





## Ingredients

- 3 eggs
- 15 tbsp of sugar
- 5 tbsp of olive oil
- 12 tbsp of milk
- 13 tbsp of flour
- A pack of vanillin
- A pack of baking powder
- 1 orange
- 500 ml of cream
- Powdered sugar
- Cocoa powder

## Instructions

- 1** - Break three eggs and separate the egg whites from the yolks. Then whip the egg whites until you obtain a light and frothy mixture.
- 2** - Add the following ingredients: 12 tablespoons of sugar, oil, milk, flour, vanilla extract, baking powder, grated zest of one orange, and juice of half an orange.
- 3** - After mixing everything, pour the batter into a baking dish and bake in the oven at 170°C for 20 minutes.
- 4** - Remove the cake from the oven and whip the cream with 3 tablespoons of sugar. Cut the cake in half and fill it with the whipped cream.
- 5** - Garnish the whole cake with cocoa powder and powdered sugar.

## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	Pollution from CO2 emissions increases when products are not fully recoverable and need to be imported.
	Schiacciata Fiorentina is a caloric product (365 g/portion) so it is not recommended to eat it frequently.
	Some products must be imported from other countries such as cocoa.
	No waste of plastic if you buy the products that do not come in plastic containers.
Acceptance	The flavor is excellent and it is a typical florentine dessert.



# This is my Recipe:



Preparation Time

\_\_\_\_\_

Country of Origin

\_\_\_\_\_

Serves

\_\_\_\_\_

Authors

\_\_\_\_\_

\_\_\_\_\_

## Ingredients

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## Instructions

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## Nutritional and Sustainability value of the recipe

Theme	Notes on the nutritional values and sustainability.
	
	
	
	
Acceptance	



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