

VEGGIE WRAP

INGREDIENTS



Ingredients on a plate

- 2 tortilla wraps,
- 3 tablespoons of guacamole
- 3 tablespoon of hummus
- 1 carrot shredded
- Handful of chopped red onion
- Handful of leafy greens
- 1/4 of a medium tomato, chopped
- 1/4 of a red bell pepper (any color works but I love the sweeter ones)
- 1/4 cup of red cabbage, shredded
- 1/4 of a zucchini OR cucumber, cut into long strips

the final result



INSTRUCTIONS

1 SPLITTING IT UP EVENLY AMONG THE 2 TORTILLAS, SPREAD THE HUMMUS ALONG THE MIDDLE PORTION OF EACH TORTILLA.

2 LOAD ALL OF THE REMAINING INGREDIENTS, SPLIT EVENLY, AMONG THE 2 TORTILLAS.

3 WHEN READY TO ROLL, FOLD THE TOP AND THE BOTTOM OF THE WRAP OVER TOP OF THE VEGGIES. TAKING ONE OF THE SIDES, WRAP IT AROUND THE VEGGIES, MAKING SURE TO HOLD EVERYTHING IN TIGHT, AND CONTINUE TO ROLL UNTIL THE WRAP IS FULLY SEALED.

4 SERVE IMMEDIATELY AND ENJOY!!



DID YOU KNOW?

MEAT
Monday
FREE



ST ALOYSIUS
COLLEGE

PLANT-BASED DIETS LOWER OVERALL CARBON FOOTPRINTS.

brought to you by Ekoskola

LENTIL BOLOGNESE



INGREDIENTS IN LENTIL BOLOGNESE

- Lentils- the smaller the better! suggested - Black Caviar lentils or Split lentils
- Onions and garlic – for depth of flavour
- Carrots and celery- for sweetness and complexity
- Fresh oregano or thyme – or substitute 2 teaspoons of dried Italian herbs
- Tomato paste – to add depth and richness
- Red wine -optional, to add complexity
- Fresh tomatoes –or sub canned tomatoes
- Vegetable stock
- Walnuts or pecans for texture and richness



STEP BY STEP INSTRUCTIONS

1. Fry onion in olive oil until fragrant.
2. Add carrots, celery and garlic, continue cooking and stirring about 5 minutes. Add herbs and seasonings.
3. Add tomato paste, browning it a bit.
4. Add a generous splash of red wine and cook this off (Optional)
5. Add tomatoes and their juices.
6. Bring to a boil and cover. Simmer for 20-30 minutes
7. Taste and adjust seasonings, and stir in the balsamic vinegar.
8. Serve! Spoon this over creamy polenta, or toss it with your favorite pasta. Keep it vegan if you like or top with parmesan or pecorino cheese.

DID YOU KNOW?

MEAT
Mondays
FREE



MEAT PRODUCTION IS HIGHLY WATER-INTENSIVE (E.G., BEEF REQUIRES ABOUT 15,000 LITERS PER KILOGRAM).

brought to you by Ekoskola

Greek Salad

INGREDIENTS FOR THE DRESSING

- ¼ cup extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 garlic clove, minced
- ½ teaspoon dried oregano, more for sprinkling
- ¼ teaspoon Dijon mustard
- ¼ teaspoon sea salt
- Freshly ground black pepper



INGREDIENTS FOR THE SALAD

- 1 English cucumber, cut lengthwise, seeded and sliced into 1/4 inch thick pieces
- 1 green bell pepper, chopped into 1-inch pieces
- 2 cups halved cherry tomatoes
- 5 ounces feta cheese, cut into ½ inch cubes*
- 1/3 cup thinly sliced red onion
- 1/3 cup fresh mint leaves
- * Feta in brine works for this recipe as well

METHOD

1. Make the dressing: in a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt and several grinds of pepper.
2. On a large platter, arrange the cucumber, green pepper, cherry tomatoes, feta cheese, red onions, and olives. Drizzle with the dressing and toss very gently. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve.



DID YOU KNOW?

MEAT
Monday
FREE



ST ALOYSIUS
COLLEGE

LIVESTOCK FARMING IS A SIGNIFICANT SOURCE OF WATER POLLUTION DUE TO RUNOFF FROM MANURE AND FERTILIZERS.

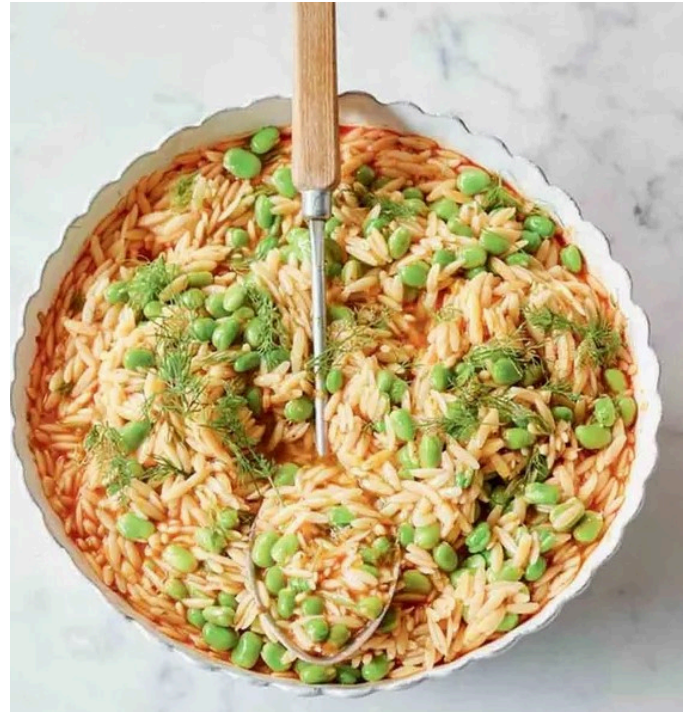
brought to you by Ekoskola

ORZO

Orzo, or ‘little pasta’, works a treat here, soaking up a lovely sauce of sweet roasted tomatoes, smoky harissa, garlic and herbs. Broad beans complete the party in this sophisticated dish that’s bursting with flavour. It’s super simple to make, but sure to impress.

Ingredients

- 1 teaspoon rose harissa
- red wine vinegar
- olive oil
- 1 kg ripe cherry tomatoes
- 1 bunch of spring onions
- 1 bunch of garlic
- 1 bunch of soft herbs (30g) , such as basil, dill, mint
- 500 g frozen broad beans , (or fresh, if it’s the season)
- 500 g dried orzo pasta
- extra virgin olive oil



PREPARATION ON THE DAY

Preheat the oven to 150°C/300°F/gas 2. In a large roasting tray, mix the harissa with 1 tablespoon each of red wine vinegar and olive oil and a pinch of sea salt and black pepper. Add the tomatoes on the vines, trim and add the whole spring onions, then break up the garlic, squash the unpeeled cloves and add to the tray. Gently toss together, roast for 1 hour, then remove.

Squeeze the soft garlic flesh out of the skins on to a board, finely chop with the spring onions and most of the herb leaves, then scrape into a large pan. Pour the tomatoes and all the juices from the tray through a coarse sieve into the pan, pushing it all through with the back of a spoon. Keep aside.

TO SERVE

Heat up the sauce while you cook the broad beans in a large pan of boiling salted water for 2 minutes. Remove with a slotted spoon, pinching the skin off any larger beans, if you like, while you cook the orzo in the large pan of boiling salted water according to the packet instructions. Drain, pour into the sauce with the beans and turn the heat off, letting the orzo suck up all that flavour. Transfer to a large serving bowl, pick over the remaining herbs and finish with a drizzle of extra virgin olive oil. Serve hot or at room temperature.



ST ALOYSIUS
COLLEGE

DID YOU KNOW!

MEAT
Mondays
FREE

**DECREASES DEFORESTATION – REDUCES THE NEED FOR
LAND TO RAISE LIVESTOCK AND GROW ANIMAL FEED.**

brought to you by Ekoskola

CHOCOLATE CUPS WITH STRAWBERRY COMPOTE

Ingredients:

- Tempering chocolate
- Fresh or frozen small strawberries
- Powdered sugar
- Sugar
- Whipping cream or cream

Equipment:

- Sieves
- Mixing bowls
- Baking paper
- Toilet paper roll
- Saucepan
- Aluminium cupcake shapes (disposable as they would need to be cut later)



Method:

Melt the chocolate in the microwave (30 seconds, mix and microwave for a further 1 minute). Keep stirring to prevent it from hardening too soon. Slowly pour the melted chocolate into the aluminium cupcake shapes while rotating it at the same time to achieve an even layer of chocolate on the inside. Once the shapes are coated with chocolate, put them in the freezer and leave until needed.

Pour the left-over chocolate on the baking paper and using a spoon or a toothpick create a shape of a leaf or a feather for garnish, then put that baking paper inside the toilet roll and freeze.

Next prepare the strawberry compote. Take a few strawberries and mix them with a spoonful of sugar inside a small saucepan. Heat it on low heat and leave it to simmer for 5-10 minutes.

Once it's done, get one of the sieves, and pour the compote through it into a separate bowl.

Whip the cream or get the ready whipped cream and mix it with the strawberry sauce and with left-over chocolate if any.

After it is well mixed, take out the chocolate cups out of the freezer, remove the aluminium holders by cutting the side gently and add the cream mixture into the ready chocolate cups.

Decorate with the strawberries and chocolate garnish. Use sieved powder sugar to dust. You can leave the strawberries left after making the sauce to garnish the plate.



DID YOU KNOW?

MEAT
Monday
FREE

LOWERS ENERGY CONSUMPTION
MEAT PRODUCTION IS ENERGY-INTENSIVE.

brought to you by Ekoskola