The Green Office Cook Book

Let your green ideas grow here
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This is the dish that we served at the launch of our Green Canteen campaign. Thanks to Lauren Vermue Organic and Vegetarian Catering for the delicious meal! #vegan #launchnightdinner #musthavemoussaka

Page 11.............................................................Vegetable Gratin
A new twist on traditional gratin. Enjoy with a side salad for a tasty vegan dinner #vegan #greatgratin #twistonaclassic
Autumn Roast Vegetables
By Emily

Ingredients
- 1 apple
- 1 red onion
- A large handful of Brussel sprouts
- 1 medium sized potato
- ½ beetroot
- 1 large clove of garlic
- Pear juice
- Apple cider vinegar
- Olive oil
- Salt and pepper

Method
1. Wash the potato and apple, cut into cubes and place in a large bowl.
2. Peel the red onion, half it and cut into wedges. Place them in the bowl with the apple and potato.
3. Wash the sprouts, cut in half and add to the bowl as well.
4. Add one tablespoon of juice, one tablespoon of vinegar and half a tablespoon of oil to the bowl. Mix well so that everything is coated. Season with salt and pepper to taste and mix well.
5. Crush the garlic clove or chop it finely and mix well into the bowl.
6. Tip the contents of the bowl into a roasting tray and cook on medium-high for about 40 mins or until the potato is soft. If the vegetables start to burn before they are cooked through, cover with foil for the remainder of the time in the oven.
7. Serve with salad and a nice chunk of crusty bread. Enjoy!
Moroccan Mushroom Couscous
By George

Prep time: 15 mins  Cook time: 15 mins  Serves: 4

Ingredients
- 1 red onion, sliced
- 1 tsp olive oil
- ½ tsp ground cinnamon
- 1 tsp ground cumin
- 300g mushrooms, quartered
- 400g can chopped tomatoes
- 410g can chickpeas, rinsed and drained
- 1 tsp clear honey (or vegan alternative)
- 175g couscous
- 50g soft dried apricots, diced
- handful flat-leaf parsley, roughly chopped

Method
Fry the onion in the oil for 6 mins until softened. Add the cinnamon and cumin and cook for 1 min, stirring. Add the mushrooms, cook for 2 mins, then stir in the tomatoes, chickpeas and honey. Season and simmer for 7-8 mins.

Meanwhile, mix the couscous with the dried apricots and some seasoning in a bowl. Pour over 250ml boiling water, stir to mix, then cover. Leave to stand for 7 mins or until softened. To serve, fluff up with a fork, stir in the parsley and top with the mushroom mixture. Great served with some green beans.
Pumpkin Risotto
Serves 2

Ingredients
- Half a medium sized pumpkin
- Olive oil
- Salt and pepper
- 1 red onion
- 1 clove of garlic
- 150g risotto rice
- A small glass of wine white
- 1 litre of vegetable stock
- A handful of fresh basil leaves (optional)

Method
1. Remove the skin from the pumpkin and chop into equal sized cubes. Place in a roasting tray, coat in oil and season with salt and pepper. Roast on medium-high for around 30 minutes or until the pumpkin is soft. If it starts to burn before it is cooked through, turn the temperature down or cover with foil.
2. Place the stock in a pan and bring to the boil. Allow to simmer on low until needed.
3. Finely chop the onion and garlic. Fry in a large pan with a little oil. When the onion is soft, add the rice and fry for another minute or so. Add the wine and allow it to boil off to about half.
4. Add the stock a ladleful at a time. Each time you add stock stir well and allow a couple of minutes for it to simmer down before adding another ladleful. Taste the rice to see when it’s tender and ready to eat – you might not need all the stock, you might need a bit more.
5. Roughly chop or tear the basil and stir into the risotto. Save a couple of leaves to garnish on top.
6. Plate up the risotto, remove the pumpkin from the oven and distribute amongst the risotto. Garnish with basil and enjoy!
Savoury veggie pancake cabbage deliciousness

By Floor

Ingredients

- Pancakes (either buy them, make them out of a pack, or put milk, eggs and flour together)
- White cabbage
- Vegetarian minced beef or baked tofu (Vegetarische Slager has a really tasty version.)
- Grated cheese
- Cumin powder
- Soy sauce
- Chili pepper/powder
- Four spices powder/sauce (You can also use Ketjap Manis, black beans sauce, hoisin sauce or whatever somewhat related sauce you like. If you use powder instead of sauce you might need to add some more oil to keep the mixture nice and moist.)
- Swiss chard (snijbiet) (You can also use spinach or any other vegetable(s) you think would go good with the rest of the recipe, as long as you stir fry it and chop it a little.)

Optional (not essential, but tasty)

- Coriander
- Fish sauce
- Garlic

Method

1. If you didn’t buy ready-made pancakes, make them
2. Pre-heat the oven to 180 degrees.
3. Add oil and allow pan to heat up.
4. Stir-fry vegetarian minced beef with garlic.
5. Add your veggies.
6. Stir until cabbage is cooked, but has not yet lost its bite.
7. Add some four spices sauce (taste to see how much you like).
8. Add chili, cumin, fish sauce, coriander.
9. Make as salty as you like it using soy sauce.
10. Take off the heat.
11. Take one pancake, spread your mixture over it, add some grated cheese, top off with another pancake (you can also add the cheese on top of the second pancake instead of in between).
12. Pop in the oven for around 5 minutes ET VOILA!

Tip: Heating up the filled pancake in a microwave works as well, so don’t hesitate to bring last night’s dinner into the Green Office and make all the greenies jealous.
Spicy Bean Chilli
By Emily

Ingredients
- Olive oil
- Salt and pepper
- 1 red onion
- 1 clove of garlic
- 1 red pepper
- 1 green pepper
- 1 tsp of fresh chilli paste
- 1 tsp of cumin powder
- 1 tin of mixed beans
- 1 tin of kidney beans
- 1 tin of chopped tomatoes
- A squeeze of lemon juice
- To serve: salad, rice and guacamole.

Method
1. Slice the red onion and crush the garlic. Fry in a large pan with a small amount of oil on a medium heat. Stir regularly.
2. Slice the peppers and add to the pan with the chilli paste and cumin powder. Allow to cook together with the onions for a few minutes.
3. Once the vegetables are soft, add the beans and the tomatoes to the pan and turn up the heat.
4. Let the chilli simmer for a few minutes, but don’t let the beans become mushy and overcooked.
5. Before serving, season with salt, pepper and a squeeze of lemon juice. Stir well and serve with salad, rice and guacamole.

It is good to make this recipe a day in advance to allow the flavours to mature. This is also a good recipe to make in a big batch and freeze for when you need it.
**Sweet & Salty Parfait**  
*By Kale Jewell*

**Ingredients**
- 1 sliced banana
- 4 sliced strawberries - optional
- Greek yogurt (or soy yoghurt for a vegan alternative)
- Mixed muesli
- Hemp seeds
- Maldon salt flakes
- Honey (or maple syrup for a vegan alternative)
- Ripped basil leaves

**Method**
Combine all ingredients in a bowl and enjoy!
Vegan Sweet Potato Moussaka with Smoked Eggplant
By Lauren Vermue Organic and Vegetarian Catering

Serves 4
Prep Time: 1 hr
Cook Time: 35 min

Ingredients
- 4 sweet potatoes
- 4 eggplants
- olive oil
- 1 tbsp smoked paprika
  (or more if you like the smoky taste)
- black pepper and salt to taste

Bechamel sauce
- 3 tbsp olive oil
- 4 tbsp of flour (buckwheat for a gluten free version)
- 500ml of rice/soy/oat/almond milk
- 1 tsp vegetable stock
- 1 tsp nutmeg
- black pepper and salt to taste

Lentil sauce
- 250 grams of Du Puy lentils (or green lentils)
- 600ml water
- 1 onion cut in small pieces
- 2 cloves of garlic diced in small pieces
- 1 can of diced tomatoes (400 grams)
- 2 tsp tomato paste
- 1 tbsp of thyme
- 1 tsp cinnamon
- olive oil

Method
1. Start with dicing the garlic and onion, fry for a few minutes until light brown and add the tomato paste, thyme and cinnamon. Once it starts to dry up add the can of tomatoes, water and the lentils and let it cook softly for about 30-40 minutes until the sauce starts to thicken and the lentils are getting soft. Add some salt or pepper to your own taste.
2. Preheat the oven and start cutting the eggplant very thinly lengthwise. Now lightly brush the eggplant with olive oil and add some salt/black pepper and smoked paprika. I normally also use smoked salt and liquid smoke but just smoked paprika will do as well. Once done add to the oven and wait until it’s light brown on both sides.
3. In the meantime start slicing the sweet potatoes in thin slices and put them in a bowl of water until you start using them.
4. Set the oven to 180 degrees and start making the béchamel sauce. Do this by adding the olive oil to a saucepan and once it starts to heat up, add the flour. Keep stirring and once it starts to thicken add a part of the milk and stir until it thickens again. Repeat until you've used all the milk, now put the gas on low and add the vegetable stock and nutmeg and stir until both of them have dissolved in the sauce. Turn off the fire.

5. Now get a reasonably large oven tray and start filling it up. Start by laying one third of the eggplant on the bottom and next fill it with half of the sweet potatoes, now add half of the lentil sauce on top. Repeat this with one third of the eggplant, the rest of the sweet potatoes and the rest of the lentil sauce. Now add the rest of the eggplant and finish it off with the béchamel sauce. Add a bit of smoked paprika on top and bake it in the oven for 30-40 minutes until the sweet potatoes are well cooked. You can test this by sticking a sharp knife in the casserole.

6. Once it's done let it cool down for about 15 minutes or start right away if you’re hungry (but this could be hot!). Serve with some sprouts, rocket or other any other sort of lettuce.
Vegan Gratin

By Emily

Ingredients
- 2 medium sized potatoes
- 1 aubergine
- 3 salad or beef tomatoes
- 2 large red onions
- 2 cloves of garlic
- Olive oil
- Balsamic vinegar
- A large bunch of fresh basil
- Salt and pepper

Method
13. Preheat the oven to 200°C.
14. Peel the potatoes and slice them very thinly.
15. Slice the aubergine, tomatoes and onions to no more than 1cm thickness.
16. Coat everything in olive oil and season with salt and pepper.
17. Crush the garlic cloves and mix with the vegetables so that it is evenly distributed.
18. Roughly chop most of the basil and mix it in with everything.
19. Line up the vegetables in an oven proof dish so that they overlap slightly and place in the oven for 35-40 minutes until the potato slices are soft in the centre and crispy around their edges and the other vegetables are well cooked.
20. Remove from the oven, sprinkle with the remainder of the basil and serve.