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VOLUME

Amstel House

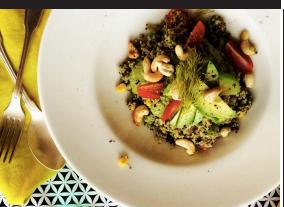
sug rue unter what's left of the dressing, the clantro Serve the salad in a bowl, topped with

Mix the quinoa with the rest of the ingredients and % of the dressing.

in a cup, whisking with a fork (or use a In the meanwhile, make the salad dressing by mixing at the ingredients

Cook the quinoa according the package.

GLUTEN FREE QUINOA SALAD



(or honey pasif and citantro) resh herbs (we used parsley, to bexim a follut spined of Jio evilo to dedi Ž Drice of Z limes.

Roasted cashews to garnish box cherry tomatoes, cut Handfull of cilantro leaves small can of black beans

she pan until the fritatta is done. the top is still a bit runny. When the bottom get's golden, but the inside still moist, cover eggs. Cook the frittata over low heat for about 15 minutes, until the pottom is set but egg and vegetable mixture, and spread out the vegetables so that they are equally spread Shake the pan a bit to even out the sure it covers all the bottom). Pour in the veggies aside. In a bowl, whisk together the artichokes, permeasn, eggs, milk, and some pepper and salt. Place a skillet over tow heat Add 1 tablespoon of Jolive oil (make Jow heat Add 1 tablespoon of Jolive oil (make kale. When the water is vaporized, set the Heat the oil and fry the garlic until it starts to get golden. Add the asparagus and half a cup of water and after five minutes the

drained and chopped 1/2 cup of kale, chopped hand full of grated parmesan cheese OT WOH

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1 gartic clove

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pepper and salt for

s asparagus, chopped

KALE FRITTATA

HEALTHY SUMMER SOUP

ripe tomatoes, 1 kg Stale white bread, 200 gr, soaked for 10 min in water 1 teaspoon sugar Pepper and salt, 3 eggs, boiled for 7 min. 100 gr good quality (Spanish) cured ham, like

amon Iberico

HOW TO

With a sharp knife, you make a cruciform incision at the bottom of every tomato. Pour boiling water over them and let stand for 15 min. Remove their skins and seeds.

Mix tomatoes with bread and garlic in a blender. While blending, add olive oil, vinegar and sugar.

Add salt and pepper to taste and put in the fridge to chill for at least 2 hours.

Before serving, cut the ham in thin slices, finely chop the boiled eggs and mix together. Top the soup with this mixture, a bit of extra pepper and sprinkle with olive oil



STUFFED OMELETS

4 eggs 4 tbsp milk

Filling 200 Gr smoked salmon Handful spinach leaves 1 Lemon/lime Hummus Sprouts (optional) Pepper and salt to season

HOW TO
Whisk the eggs + milk in a bowl and add a little pepper and salt. Heat the oil in a pan and quickly pour a bit of the egg mixture into it. While sliding the pan back and forth rapidly, quickly stir with spatula to spread the eggs continuously over the bottom of the pan as they thicken. Let stand over heat for a few seconds until the bottom of the omelet lightly browns.

You can fill the omelets with whatever you like. We love the combination with the smokey flavor of salmon, the fat avocado taste and the smoothness of hummus. Start with the hummus, then cover with the spinach leaves, add the salmon, avocado slices, a drizzle of lemon juice and sprouts.



EASY

RECIPES

BACKPACKERS

Making your own meals is cost-effective and healthy. Try these easy-peasy recipes and your tastebuds will be

overwhelmed

ingredients on a plate. Sprinkle with olive like and put together with the other

Red onion, thinly sliced Olive oil, to sprinkle Mint or cilantro leaves, handful Feta, 250 gr Black olives, 100 gr (we use kalamata) Watermelon, half

INGREDIENTS (serves 8)

3 MINUTE SALAD



arizzle of ouve oil. bairsley, feta, some temon Juice and a minutes and season with pepper and salt.
Garnish your stew with the chopped Now add the tomatoes and the cinnamon stick land some red wine, if you like). Let this simmer for about 20 minutes and

Heat the oil in a large pot and fry the chopped onions and garlic until golden

Pepper and salt to season Toasted bread Handful parsley, chopped 1 Cinnamon stick 1 Onion, chopped 1 Garlic clove, chopped j Γεωου iresh ones) 200 Gr canned Limabeans lyou can also use canned tomatoes, but we prefer 350 Gr tomatoes, diced

BEANS 'N BREAD

