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VOLUME 04

EASY RECIPES FOR BACKPACKERS

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

To:
From:.....

HEALTHY SUMMER SOUP

INGREDIENTS (serves 4)

ripe tomatoes, 1 kg
garlic, 2 cloves
Stale white bread, 200 gr, soaked for 10 min in water
Olive oil, 10 tbsp
(Red wine) vinegar, 2 tbsp
1 teaspoon sugar
Pepper and salt.
3 eggs, boiled for 7 min.
100 gr good quality (Spanish) cured ham, like jamon 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

INGREDIENTS (serves 2)

Omelets
4 eggs
4 tbsp milk
Olive oil

Filling

200 Gr smoked salmon
1 Avocado
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.

GLUTEN FREE QUINOA SALAD

INGREDIENTS (serves 2)

200 gr quinoa
small can of black beans
Handfull of cilantro leaves, cut
box cherry tomatoes, cut
In the meanwhile, make the salad dressing by mixing all the ingredients in a cup, whisking with a fork (or use a blender when available).
Mix the quinoa with the rest of the ingredients and ¾ of the dressing.
Serve the salad in a bowl, topped with what's left of the dressing, the cilantro and the nuts.

HOW TO

Cook the quinoa according to the package.

KALE FRITTATA

INGREDIENTS (serves 2)

1/2 can of artichokes, drained and chopped
1/2 cup of kale, chopped
hand full of grated parmesan
cheese
3 asparagus, chopped
3 eggs
1 tbsp milk
1 garlic clove
pepper and salt for seasoning

HOW TO

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 kale. When the water is vaporized, set the hand full of grated parmesan, eggs, milk, and the artichokes, parmesan, eggs, milk, and some pepper and salt. Place a skillet over low heat. Add 1 tablespoon of olive oil (make sure it covers all the bottom). Pour in the mixture. Shake the pan a bit to even out the egg and vegetable mixture, and spread the frittata over low heat for about 15 minutes, until the bottom is set but the top is still a bit runny. When the bottom get's golden, but the inside still moist, cover the pan until the frittata is done.

3 MINUTE SALAD

INGREDIENTS (serves 8)

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

HOW TO

Cut the melon and feta in any way you like and put together with the other ingredients on a plate. Sprinkle with olive oil and season with pepper and salt.

BEANS N BREAD

INGREDIENTS (serves 2)

350 Gr tomatoes, diced (you can also use canned tomatoes, but we prefer fresh ones)
400 Gr canned Limabbeans
100 Gr Feta
1 Lemon
stick (and some red wine, if you like). Let this simmer for about 20 minutes and add the beans. Let simmer for another 30 minutes and season with pepper and salt.
Garnish your stew with the chopped Handful parsley, chopped
1 Cinnamon stick
1 Onion, chopped
drizzle of olive oil.

Now add the tomatoes and the cinnamon stick (and some red wine, if you like). Let this simmer for about 20 minutes and add the beans. Let simmer for another 30 minutes and season with pepper and salt.
Garnish your stew with the chopped Handful parsley, chopped
1 Cinnamon stick
1 Onion, chopped
drizzle of olive oil.

Pepper and salt to season

HOW TO

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