



Vitality recipes

To your health!

You are the boss of your own body. And that's a good thing, but of course it also brings a certain responsibility with it. Everything that you eat and drink has an influence on the mechanism. The saying 'you are what you eat' is as true as ever today.

To be effective, a boss needs to be a good listener – in this case, to your body – and needs to have access to the right information to take decisions. But the media often sends mixed messages when it comes to food and its influence on the body. Our health charter 'tastes good, good for you' not only guides us in offering a healthy and balanced diet, but also serves to inform our consumers on this subject.

Sodexo informs you through posters about the composition of the meals, and about nutrition, Body Mass Index (BMI) and exercise tips. We also provide a Vitality corner on-site at your company cafeteria: an info stand manned by a dietician who can answer any food related questions. The brochure 'Vitality recipes' is part of a series of handy booklets, each covering a nutrition-related topic. Written in plain language, with figures that speak for themselves, and packed with handy tips and advice that you can put into practice immediately.

This brochure offers a collection of recipes that provide you with a maximum calorie intake of 800 Kcal at the same time as ensuring optimal nutritional composition. Discover for yourself these delicious recipes that are easy to prepare and will enhance your health.



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Beef carpaccio with parmesan and rocket (for 4 people)

Category - starter

Ingredients:

- Roast beef: 500 to 600g
- Mixed salad: 200g
- Rocket: 50g
- Mushrooms: 100g
- Olive oil: 40 ml (4 tablespoons)
- Black olives: 50g
- Parmesan shavings: 50g
- Salt and pepper

Preparation:

- Cut the parmesan into shavings.
- Cut the mushrooms into thin slices.
- Mix the salad, rocket and mushrooms, arrange in a dome on the plates.
- Cut the beef into very thin slices and arrange on top of the salad.
- Garnish with the parmesan shavings and the olives.
- Before serving, season and drizzle a tablespoon of olive oil on each plate.

Indicative nutritional value per portion:

Kcal: 294

Protein: 26.5g

Fat: 19.7g

Carbohydrate: 2.8g



Spring salad with smoked duck and fruit (for 4 people)

Category: starter

Ingredients:

- Mixed salad leaves: 160g
- Smoked duck breast: 160g
- Frozen raspberries: 50g
- Nectarine (or other fruit in season): 1/2
- Walnuts: 4
- Low-fat crème fraîche (15% fat): ½ a 250 ml carton
- Raspberry vinegar: 4 tablespoons



Preparation:

- Cut the duck breast into thin slices.
- Mix the crème fraîche, vinegar and raspberries together.
- Arrange the salad in the middle of the plates.
- Add the slices of duck.
- Add the nectarine cut into slices.
- Drizzle with sauce and garnish with walnuts.

Indicative nutritional value per portion:

Kcal: 213

Protein: 15g

Fat: 15g

Carbohydrate: 5g

Spinach and mushroom salad (for 4 people)

Category: starter

Ingredients:

- Spinach leaves: 200g
- Mushrooms: 50g
- Lemon juice: 2 tablespoons
- Olive oil: 2 tablespoons
- A few croûtons
- Salt and pepper

Preparation:

- Wash the spinach.
- Cut the mushrooms into thin slices and sprinkle with lemon juice.
- Mix the spinach leaves and the mushrooms.
- Divide the mixture into four bowls.
- Season with the olive oil, salt and pepper.
- Garnish with croûtons.

Indicative nutritional value per portion:

Kcal: 82.2

Protein: 2.4g

Fat: 5.4g

Carbohydrate: 5.9g



Rocket and parmesan salad (for 4 people)

Category: starter

Ingredients:

- Rocket salad: 200g
- Parmesan: 20g
- Lemon juice: 2 tablespoons
- Olive oil: 2 tablespoons
- A few croûtons
- Salt and pepper

Preparation:

- Wash the rocket and chop by hand.
- Arrange the salad on the plates.
- Season with the olive oil, lemon juice and salt and pepper.
- Garnish with parmesan shavings and croûtons.

Indicative nutritional value per portion:

Kcal: 105.5

Protein: 3.9g

Fat: 7g

Carbohydrate: 6.8g



Tomato with cottage cheese and basil (4 people)

Category: starter

Ingredients:

- Tomatoes: 4
- Cottage cheese: 200g
- Basil: 10 leaves
- Rocket: 100g
- Olive oil: 2 tablespoons
- Semi-dried tomatoes: 20g
- Salt and pepper

Preparation:

- Plunge the tomatoes into boiling water for 30 seconds, peel them and remove the insides carefully.
- Wash the basil and the salad.
- Season the cottage cheese with salt and pepper; add the chopped basil and the chopped sun-dried tomatoes.
- Fill the tomatoes with the cheese mixture.
- Arrange the rocket on the plates and drizzle with a bit of olive oil.
- Place a tomato in the middle of the rocket salad.

Indicative nutritional value per portion:

Kcal: 104

Protein: 7.3g

Fat: 5.2g

Carbohydrate: 7g



Chicken brochette with curry sauce made with yoghurt and grilled pineapple, plain rice (4 people)

Category: low-calorie dish

Ingredients:

- Chicken brochettes: 600g
- Fresh pineapple: 1/2
- Rice: 160g
- Low-fat yoghurt: 1
- Apple: ½
- Diced pepper: 100g
- Olive oil: 2 tablespoons
- Fresh mint: ¼ bunch
- Curry: 1 teaspoon
- Salt and pepper



Preparation:

- Prepare the sauce by mixing the curry, the yoghurt and the diced apple.
- Cook the rice.
- Poach the diced pepper until al dente in boiling water, drain, season and mix with the rice.
- Grill the lightly oiled brochettes – finish them in the oven.
- Cut the pineapple into 2 cm slices and grill.
- Arrange the rice in a ring, put the sauce in the middle, place a slice of pineapple and the chicken brochette on top.
- Garnish with ½ sprig of mint.

Indicative nutritional value per portion:

Kcal: 370

Protein: 35.5g

Fat: 7.1g

Carbohydrate: 4.6g

Chicken tagine with lemon (4 people)

Category: low-calorie oriental dish

Ingredients:

- Chicken drumsticks: 12
- Lemons: 2
- Onions: 4 medium-sized (approx 400g)
- Green olives: 80g
- Olive oil: 40 ml (4 tablespoons)
- Garlic: 2 cloves
- Couscous: 300g
- White wine: 80 ml
- Few sprigs of flat-leaf parsley for garnish
- Salt and pepper

Preparation:

- Cut the lemons in four and dry in the oven.
- Brown the chicken drumsticks together with the chopped onions (not too fine).
- Add the lemons and garlic and cook in the oven
- Cook the couscous and arrange in a ring.
- Place the chicken with the garnish in the middle.
- Garnish with the flat-leaf parsley.

Indicative nutritional value per portion:

Kcal: 517

Protein: 29.4g

Fat: 19.3g

Carbohydrate: 56.3g



Duck breast with couscous, rocket with oil (4 people)

Category: low-calorie luxury main course

Ingredients:

- Duck breast: 500g
- Couscous: 300g
- Frozen diced tricolour peppers: 200g
- Mint: 20 nice leaves
- Coriander: 10 sprigs
- A few leaves of flat-leafed parsley to garnish
- Rocket: 80g
- Olive oil: 60 ml (6 tablespoons)
- Salt and pepper



Preparation:

- Cook the couscous.
- Steam the peppers and add them to the couscous.
- Chop the mint and coriander and add to the couscous to create a taboulé.
- Mix the olive oil and rocket, season.
- Brown the duck breasts on the skin side and cook in the oven until rare.
- Divide the taboulé among the plates, cover with a few thin slices of duck breast and season with the rocket oil.
- Decorate with flat-leaf parsley.

Indicative nutritional value per portion:

Kcal: 648

Protein: 29.2g

Fat: 36.3g

Carbohydrate: 51.2g

Beef brochette with salad of warm vegetables and herbs (4 people)

Category: Low-calorie main course

Ingredients:

- Beef brochettes: 4
- Wok vegetables: 800g
- Coriander: 10 sprigs
- Mint: 10 sprigs
- Rice: 240g (or 2 sachets for 2 people)
- Olive oil: 40 ml (4 tablespoons)
- Whipping cream: 100 ml
- Balsamic vinegar: 100 ml
- Salt and pepper

Preparation:

- Whip the cream, flavour with the balsamic vinegar.
- Use a piping bag to pipe out flowerets on the plates and place in the freezer.
- Stir-fry the vegetables with two tablespoons of olive oil.
- Grill the brochettes with the rest of the olive oil.
- Cook the rice and arrange in a ring in the middle of the plates.
- Serve the vegetables in the middle, garnish with the chopped herbs and a floweret of cream.
- Place the brochette on top.
- Place a tomato in the middle of the rocket salad.

Indicative nutritional value per portion:

Kcal: 612

Protein: 33.3g

Fat: 25.6g

Carbohydrate: 62.3g



Saltimbocca with citrus fruits and basil (4 people)

Category: grills

Ingredients:

- Escalope of pork: 500g
- Mixed salad: 300g
- Rocket: 20 leaves
- Grapefruit: 1
- Lemon: 1
- Olive oil: 40 ml (4 tablespoons)
- Basil: 20 leaves
- Salt and pepper

Preparation:

- Peel the grapefruit and chop the flesh.
- Mix the oil and the basil. Season with salt and pepper.
- Grill the pork escalopes.
- Arrange the salad and rocket on the plates, add the chopped grapefruit.
- Drizzle with the basil oil.
- Add the escalopes.
- This recipe can also be made with chicken.



Indicative nutritional value per portion:

Kcal: 287

Protein: 26.8g

Fat: 15.8g

Carbohydrate: 9.6g

Chicken breast with pineapple and sweet chestnuts (4 people)

Category: main course

Ingredients:

- Chicken breasts: 4
- Olive oil: 40 ml (4 tablespoons)
- Chestnuts: 80g
- Unsweetened pineapple juice: 80 ml
- Pineapple in water: 200g
- Flour: 30g
- Paprika: ½ teaspoon (flat)

Preparation:

- Mix the flour and the paprika.
- Coat the chicken breasts in the flour.
- Fry gently in the olive oil. Remove from the frying pan.
- Add the pineapple and the pineapple juice. Bring to the boil stirring all the time.
- Return the chicken breasts to the pan and cook in the sauce.
- Chop the chestnuts finely and sprinkle over the chicken.
- Serve with rice.



Indicative nutritional value per portion:

Kcal: 573

Protein: 38g

Fat: 8.6g

Carbohydrate: 86g

Vegetable stuffed peppers (4 people)

Category: main course

Ingredients:

- Lean minced beef: 500g
- Degreased beef stock: 200 ml + 600 ml
- Green bell peppers: 4
- Rice: 100g
- Tomato concentrate: 20g (1/3 small tin)
- Olive oil: 1 tablespoon
- Chopped parsley: 1 tablespoon
- Flour: 20g
- Salt and pepper



Preparation:

- Cook the rice.
- Cook the minced beef with the tomato concentrate, pepper and the chopped parsley.
- Remove the tops of the green peppers and remove the inside.
- Mix the rice and the beef and add a little hot beef stock.
- Blanch the peppers in 600 ml of boiling beef stock.
- Fill the peppers with the rice mixture – cover and keep warm in the oven. .
- Mix the flour into the cooking juices. Boil the beef stock mixed with the tomato concentrate and reduce by two thirds. Add the cooking juices with the flour and bring to the boil. Adjust the seasoning adding salt, pepper and paprika. Serve the peppers hot with the sauce.

Indicative nutritional value per portion:

Kcal: 300

Protein: 30g

Fat: 9g

Carbohydrate: 25g

Lombardy style veal Piccata, tomato salad, balsamic vinegar, potatoes in olive oil (4 people)

Category: main course

Ingredients:

- Slices of veal: 500g
- Lemon juice: 60 ml (6 tablespoons)
- White wine: 60 ml
- Chives
- Potatoes: 800g
- Basil
- Balsamic vinegar: 30 ml
- Flour: 20g
- Tomatoes: 4 large
- Salt and pepper



Preparation:

- Prepare a tomato salad with the chives and season..
- Cook the potatoes in boiling water for 20 minutes, cut into pieces and fry in the rest of the olive oil, season and sprinkle with chopped basil.
- Coat the veal in flour and fry in olive oil.
- Deglaze the frying pan with lemon juice and white wine to make the sauce.
- Serve the veal directly onto the plates with the potatoes and tomatoes.

Indicative nutritional value per portion:

Kcal: 436

Protein: 30.5g

Fat: 17g

Carbohydrate: 36.5g

Lamb brochette, tomato and feta salad, tomato coulis and pasta (4 people)

Category: main course

Ingredients:

- Lamb brochettes: 4
- Olive oil: 60 ml (6 tablespoons)
- Tomatoes: 2 large or 4 small
- Red onion: 1
- Onion: 1
- Feta: 120g
- Wine vinegar: 10 ml (1 tablespoon)
- Chopped tomatoes: 200g
- Provençal herbs: good pinch
- Cornflour: 10g
- Pasta: 250g
- Salt and pepper



Preparation:

- Prepare a salad with the tomatoes, chopped red onion and feta cut into small pieces. Mix with 2 tablespoons of olive oil, the wine vinegar, salt and pepper.
- Prepare a tomato coulis with the chopped tomatoes and the onion. Add the Provençal herbs.
- Prepare the pasta.
- Grill the brochettes and serve immediately.

Indicative nutritional value per portion:

Kcal: 783

Protein: 44g

Fat: 39g

Carbohydrate: 65g

Stuffed cabbage leaves with béchamel sauce (4 people)

Category: main course

Ingredients:

- Lean minced beef: 500g
- Degreased beef stock: 200 ml
- Savoy cabbage: ½
- Mushrooms: 100g
- Skimmed milk: 80 ml + 200 ml
- Onion: 1
- Lemon: 1
- Flour: 20g
- Salt, pepper, nutmeg

Preparation:

- Blanch the cabbage leaves in boiling water to soften them, drain.
- Chop the onions and mushrooms finely.
- Mix the beef, onions and mushrooms, 80 ml of milk, salt, pepper, nutmeg. Knead together and split into four equal portions. Place the mixture on the cabbage leaves and roll up into parcels. Cook in the stock.
- While they are cooking, prepare the béchamel sauce, mix the flour into a bit of cold milk. Bring the rest of the milk to the boil and add the floured mixture whipping the mixture all the time. Bring to the boil again and add the lemon juice.
- Adjust seasoning with salt, pepper and nutmeg.
- Pour the sauce over the stuffed cabbage leaves.



Indicative nutritional value per portion:

Kcal: 255

Protein: 31.5g

Fat: 6.8g

Carbohydrate: 16g

Roast beef 'à la ficelle' with steamed potatoes (4 people)

Category: main course

Ingredients:

- Roast beef: 500g
- Vegetable stock: 2 cubes in 1.5 L of water
- Carrots: 160g
- Celery: 160g
- Onion: 1
- Leeks: 2
- Turnips: 2
- Potatoes: 800g
- Parsley
- Salt and pepper



Preparation:

- Chop the vegetables coarsely. Place them in the water with the vegetable stock cubes and leave to boil for 20 minutes.
- Place the meat into the stock and cook for 10 minutes.
- Slice the meat into portions.
- Adjust the seasoning of the stock.
- Steam the potatoes, sprinkle with chopped parsley and serve with the meat and vegetables.

Indicative nutritional value per portion:

Kcal: 315

Protein: 30g

Fat: 6g

Carbohydrate: 37g

Chicken brochettes in curry sauce, baked cinnamon apple and brown rice (4 people)

Category: main course

Ingredients:

- Chicken brochettes: 4
- Olive oil: 15 ml
- Curry: 10g
- Chicken stock: 200ml
- Brown rice: 320g
- Vegetable stock: 400 ml
- Cinnamon: 10g
- Sweet apples: 4



Preparation:

- Brown the brochettes under the grill and sprinkle with curry powder.
- Cook the rice in the vegetable stock
- Cut the apples in two, sprinkle with cinnamon and bake in the oven.
- Prepare a chicken sauce (ready-to-use powdered gravy) and add curry powder. Adjust the seasoning with salt and pepper.

Indicative nutritional value per portion:

Kcal: 714

Protein: 35g

Fat: 19g

Carbohydrate: 99g

Pork chops with apple (4 people)

Category: main course

Ingredients:

- Pork chops: 500g
- Sweet apples: 4
- Olive oil: 20 ml
- Onion: 1
- Apple juice: 200 ml
- Lemon juice: 10 ml
- Fresh thyme
- Potatoes: 600g
- Salt and pepper



Preparation:

- Peel the apples and cut into slices. Sprinkle with lemon juice.
- Cook the pork chops in olive oil with the sliced onion and fresh thyme.
- Add the apple juice, season and leave to cook for 15 minutes. Turn over and leave to cook for another 15 minutes.
- Add the sliced apple and simmer for 5 minutes.
- Mix the cornflour with the cooking juices from the meat and thicken, leave to simmer for 5 minutes.
- Steam the potatoes until cooked.

Indicative nutritional value per portion:

Kcal: 714

Protein: 35g

Fat: 19g

Carbohydrate: 99g

Tartare of fish with lentils (for 4 people)

Category: low-calorie cold dish

Ingredients:

- Salmon: 500 à 600g
- Green lentils: 150g
- Shallot: 1
- Alfalfa sprouts: 20g
- Wholemeal bread: 120g (4 slices)
- Low-fat crème fraîche (15% fat): 80 ml (8 tablespoons)
- Lemon: 2 tablespoons
- Worcester sauce: 1 teaspoon
- Vegetable stock: 1 cube
- Fresh coriander
- Salt and pepper



Preparation:

- Chop the fish finely.
- Cook the lentils in the vegetable stock.
- Chop the shallot and add the fish, salt, pepper and Worcester sauce.
- Whip the cream with the lemon juice and season.
- Arrange the tartare on plates, top with the lentils and the cream mixture.
- Garnish with alfalfa sprouts and sprigs of coriander.

Indicative nutritional value per portion:

Kcal: 458

Protein: 31.6g

Fat: 25.5g

Carbohydrate: 25.6g

Fish fillets and sautéed vegetables with pesto sauce (for 4 people)

Category: Mediterranean fish main course

Ingredients:

- Panga fish: 600g
- Pesto: 30g
- Julienne of vegetables: 800g
- Crème fraîche: 100 ml (1/2 a 200 ml carton)
- Olive oil: 60 ml
- Smoked ham: 50g
- Salt and pepper

Preparation:

- Whip the cream until stiff and add the pesto sauce.
- Arrange this mixture on the plates using a piping bag and put the plates in the fridge.
- Dry the ham in the oven at 200°C until it is hard and crispy.
- Cook the vegetables in the frying pan with a little olive oil (they should remain crunchy) and season.
- Bake the fish in the oven and season. Remove the plates from the fridge.
- Arrange the vegetables on the plates and place the fish on top.
- Garnish with the crumbled dried ham.

Indicative nutritional value per portion:

Kcal: 393

Protein: 35g

Fat: 24g

Carbohydrate: 8.5g

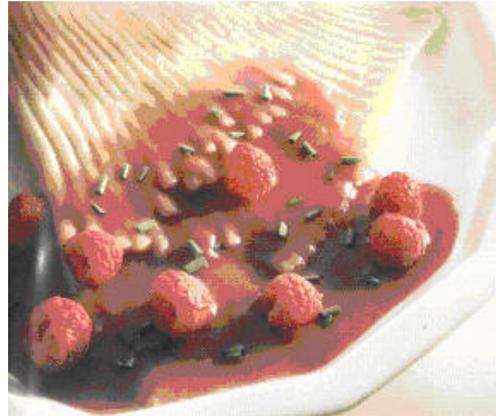


Skate wing with raspberries (for 4 people)

Category: low-calorie main dish

Ingredients:

- Skate wings: 1kg
- Court-bouillon: 1L
- Chopped shallots: 1 tablespoon
- Raspberry vinegar: 50 ml
- Raspberries: 120g
- Skimmed milk: 60 ml
- Kriek beer: 200 ml
- Olive oil: 5ml (1/2 tablespoon)
- Chives: ¼ bunch
- Salt and pepper



Preparation:

- Poach the skate in the court bouillon for 20 mins and keep the court bouillon.
- Fry the shallots in the olive oil, sprinkle with raspberry vinegar and the Kriek beer.
- Reduce by half.
- Add the court bouillon and the milk and reduce again.
- Add half the raspberries and blend together.
- Adjust the seasoning and strain.
- Arrange the skate, top with the sauce and garnish with the remaining raspberries. Sprinkle with chopped chives.

Indicative nutritional value per portion:

Kcal: 225

Protein: 45g

Fat: 6.25g

Carbohydrate: 4.6g

Grilled tuna with julienne of vegetables and olive mascarpone (4 people)

Category: Mediterranean fish dish

Ingredients:

- Tuna: 600g
- Julienne of vegetables: 800g
- Mascarpone: 80g
- Black olives: 80g
- Olive oil: 60 ml (6 tablespoons)
- Fresh basil to garnish

Preparation:

- Chop the olives until you have a purée and mix with the mascarpone.
- Fry the vegetables in half the olive oil.
- Grill the fish with the remaining olive oil.
- Arrange the vegetables and fish on the plates and add a quenelle of olive mascarpone.
- Garnish with a few basil leaves.

Indicative nutritional value per portion:

Kcal: 477.8

Protein: 36g

Fat: 32.7g

Carbohydrate: 10g



Fillet of fish with gourgane beans (4 people)

Category: Warm fish salad

Ingredients:

- Fillets of fish: 600g
- Gourgane beans: 400g
- Tomatoes: 4
- Olive oil: 80 ml (8 tablespoons)
- Balsamic vinegar: 4 tablespoons
- Fresh basil: 10 nice leaves
- Smoked ham: 4 small slices

Preparation:

- Poach the beans.
- Dice the tomatoes and just keep the flesh.
- Mix the chopped tomatoes with the beans (when cool).
- Grill the fish and bake in the oven.
- Prepare a vinaigrette with the olive oil, balsamic vinegar and chopped basil.
- Arrange the bean salad on the plates and place the fish on top.
- Sprinkle the vinegar around the edges.
- Finish by placing a slice of smoked ham on top of the fish.

Indicative nutritional value per portion:

Kcal: 398

Protein: 35.1g

Fat: 25g

Carbohydrate: 8.2g



Papillote of salmon with smoked ham, redcurrants with orange and potatoes with dill (4 people)

Category: low-calorie dish for the festive season

Ingredients:

- Salmon: 600g
- Olive oil: 1 tablespoon
- Smoked ham: 4 slices
- White wine: 60 ml
- Potatoes: 600g
- Dill: 4 sprigs
- Redcurrants: 200g
- Oranges: 2
- Salt and pepper



Preparation:

- Steam the potatoes and put to one side.
- Remove the zest from the oranges and blanch in boiling water.
- Squeeze the oranges to obtain the juice.
- Roll the salmon in the ham and place on a piece of oiled aluminium paper.
- Add the redcurrants, a little orange juice, a little white wine and salt and pepper.
- Close the papillotes and bake in the oven for 15 minutes at 180°C.
- Open the papillotes, add the potatoes and a sprig of dill.
- Close up again and serve.

Indicative nutritional value per portion:

Kcal: 521

Protein: 34g

Fat: 26.7g

Carbohydrate: 33.7g

Fried salmon baked in the oven with tomato, broccoli purée and white wine sauce (4 people)

Category: main course

Ingredients:

- Salmon fillet: 720g
- Peanut oil: 20 ml (2tspns)
- Tomatoes: 4
- Parsley
- Breadcrumbs: 40g
- Garlic: 1 clove
- Olive oil: 25 ml
- Potatoes: 800g
- Broccoli: 600g
- Milk: 250 ml
- White wine: 40 ml
- Fish stock: 120 ml
- Low-fat cream 20 ml
- Cornflour: 10g
- Salt and pepper



Preparation:

- Brown the salmon in a frying pan and bake in the oven at 200°C.
- Cut the tomatoes in half and sprinkle with the crushed garlic, breadcrumbs and chopped parsley.
- Cook the potatoes and the broccoli and mix until you have a smooth purée. Adjust the seasoning.
- Prepare a classic white wine sauce to accompany the fish.
- Serve immediately.

Indicative nutritional value per portion:

Kcal: 728

Protein: 47g

Fat: 36g

Carbohydrate: 51g

Tongue sole with sauerkraut, white wine sauce, black pepper and potato purée (4 people)

Category: main course

Ingredients:

- Tongue sole fillets: 700g
- White wine: 40 ml
- Sauerkraut: 800g
- Fish stock: 120 ml
- Low-fat cream: 40 ml (4 tablespoons)
- Cornflour: 15g
- Salt and pepper
- Black pepper
- Nutmeg
- Olive oil: 10 ml (1 tablespoon)
- Peeled potatoes: 800g
- Milk: 200 ml



Preparation:

- Poach the fish fillets in the white wine, season with salt and pepper.
- Steam the sauerkraut (that has been well rinsed) in the pressure cooker and adjust seasoning.
- Prepare a white wine sauce and thicken with cornflour.
- Prepare the potato purée and add a drizzle of olive oil.

Indicative nutritional value per portion:

Kcal: 496

Protein: 40g

Fat: 19g

Carbohydrate: 38g

Fillet of tongue fish en papillote with a brunoise of vegetables and parsley potatoes (4 people)

Category: main course

Ingredients:

- Fillets of tongue fish: 700 g
- White wine: 30 ml
- Lemon: ¼
- Carrots: 300g
- Celery: 300g
- Fennel: 300g
- Potatoes: 800g
- Parsil: 10g
- Salt and pepper



Preparation:

- Dice the vegetables.
- Cut the fish into portions and place on pieces of aluminium foil and add the vegetables.
- Season with salt and pepper. Add the white wine and lemon juice.
- Seal the papillotes and place on a baking tray.
- Cook in the oven at 180°C for 20 minutes.
- Meanwhile, steam or boil the potatoes and sprinkle with chopped parsley.

Indicative nutritional value per portion:

Kcal: 414

Protein: 37g

Fat: 14g

Carbohydrate: 35g

Cappuccino of exotic fruits with lime juice (4 people)

Category: dessert

Ingredients:

- Whipping cream: 160 ml
- Exotic fruits: 800g
- Lime: ½
- Fresh mint: 4 leaves
- Cocoa powder
- Red fruit coulis: 80 ml

Preparation:

- Peel and dice the fruit. Mix together.
- Divide the fruit in four coffee cups.
- Whip the cream and flavour with the lime.
- Add 2 tablespoons of red fruit coulis over the fruit
- Cover with crème fraîche. Sprinkle with cocoa powder and garnish with the fresh mint.



Indicative nutritional value per portion:

Kcal: 223

Protein: 3.3g

Fat: 13.6g

Carbohydrate: 34.64g

Spiced fruit soup (4 people)

Category: dessert

Ingredients:

- Frozen red fruits: 800g
- Water: 400 ml
- Sugar: 80g
- Vanilla: ½ vanilla pod
- Cinnamon: ½ stick
- Black pepper
- One clove



Preparation:

- Make an infusion with the water, sugar and the spices.
- Pour this hot syrup over the frozen fruits and leave to stand in the fridge.
- Serve in four dishes and garnish with mint leaves.

Indicative nutritional value per portion:

Kcal: 287

Protein: 1 g

Fat: 0.4 g

Carbohydrate: 70 g

Fruit brochettes with orange and blackcurrant caramel (4 people)

Category: dessert

Ingredients:

- Banana: 2 small
- Apple: 1
- Plums: 4
- Kiwi: ½
- Peach: 1
- Blackcurrants: 100g
- Orange juice: 120 ml
- Sugar: 40 g
- Cooking fat: 20g
- Cinnamon: 1 g



Preparation:

- Make a caramel with the fat and the sugar.
- Deglaze with the orange juice and cook with the blackcurrants. Perfume with cinnamon.
- Wash and peel the fruits. Cut into equal size pieces and skewer. Alternate the colours.
- Cover half the brochette with the sauce.
- Garnish with mint

Indicative nutritional value per portion:

Kcal: 208

Protein: 2 g

Fat: 5g

Carbohydrate: 39g

Spiced red fruit crumble (4 people)

Category: dessert

Ingredients:

- Flour: 80g
- Sugar: 25g + 80g
- Eggs: ½
- Fat for cooking: 30 g
- Fruits of the forest: 400g
- Cinnamon: 8 g

Preparation:

- Mix the flour, sugar, eggs and fat and make a dough.
- Leave to rest in a ball.
- Roll out the dough 0.5 cm thick and cook in the oven until you have a biscuit texture. Break into crumbs and put to one side.
- Bring the fruits and the sugar to the boil. Perfume with the cinnamon.
- Put the fruits in ramekins and sprinkle with the biscuit crumbs.
- Brown in a very hot oven.

Indicative nutritional value per portion:

Kcal: 259

Protein: 3 g

Fat: 8 g

Carbohydrate: 42 g





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