



Vegetarian recipes

sodexo 

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 'Vege' 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 provides you with a collection of vegetarian recipes that will ensure a balanced intake of nutrients. You are sure to find them both easy to prepare and delicious.



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## Tomato with cottage cheese and basil (for 4 persons)

### Ingredients:

- Tomatoes: 4
- Cottage cheese: 200g
- Basil: 10 leaves
- Arugula: 100g
- Olive oil: 2 tablespoonfuls
- Semi-dry tomatoes: 20g
- Salt and pepper

### Preparation:

- Plunge the tomatoes into boiling water for 30 seconds, peel and empty them carefully.
- Wash the basil and salad.
- Season the cottage cheese with salt and pepper, add the chopped basil and pieces of dried tomatoes.
- Fill the tomatoes with the cheese mixture.
- Arrange the arugula in a plate and slightly sprinkle with olive oil.
- Place a tomato in the middle of the arugula.



### Nutritional information per serving:

Kcal: 104

Protein: 7.3g

Lipids: 5.2g

Carbohydrate: 7g

## **Spinach pie with dried tomatoes (for 4 persons)**

### **Ingredients:**

- Fresh spinach: 100g
- Dried (or pickled) tomatoes: 20g
- Low-fat cream: 120 ml
- Flaky pastry: 1 roll
- Oregano: 4 stalks
- Eggs: 3
- Salt and pepper

### **Preparation:**

- Cook and drain the spinach well.
- Cut the dried tomatoes into small slices.
- Line 4 small cake tins with the flaky pastry.
- Mix the cooked spinach, dried tomatoes, eggs and cream, then add some salt and pepper.
- Pour the mixture into the tins and leave to cook for 20 minutes at 160°C.
- Serve hot with some salad.

### **Nutritional information per serving:**

Kcal: 314

Protein: 9.6g

Lipids: 20.5g

Carbohydrate: 22.8g



## Vegetarian capellini (for 4 persons)

### Ingredients:

- Onions: 250g (2 average-sized onions)
- Green pepper: 200g (1 big one)
- Yellow pepper: 200g (1 big one)
- Carrots: 200g
- Mushrooms: 200g
- Peeled tomatoes: 1 big box
- Tomato puree: 150g
- Minced quorn: 2 packs (2 x 175g)
- Full cappellini: 500g
- Madeira: 120 ml
- Olive oil: 4 tablespoonfuls
- Oregano and basil
- Worcestershire sauce: 4 tablespoonfuls
- Low-fat grated cheese



### Preparation:

- Cut the onions, carrots, pepper and mushrooms into small cubes.
- Heat up the olive oil and sweat the onions in it. Add the quorn and leave to cook with the onions.
- Add the vegetables and leave to cook for a few minutes. Add the coulis and leave again to cook a little. Finally, add the oregano, basil, tomato puree, madeira, and Worcestershire sauce.
- Cook the pasta and serve with the sauce and grated cheese according to your taste.

### Nutritional information per serving:

Kcal: 715

Protein: 41g

Lipids: 14.2g

Carbohydrate: 102g

## Penne with Milanese sauce, tofu and grated cheese (for 4 persons)

### Ingredients:

- Penne: 250g
- Olive oil: 10 ml
- Tomato dices: 400g
- Onion: 1
- Tomato puree: 100 ml
- Madeira: 120 ml
- Red wine: 40 ml
- Vegetable broth: 80 ml
- Pepper mixture: 200g
- Tofu: 240g
- Corn -{}-flour: 12 g
- Low-fat grated cheese: 160g



### Preparation:

- Colour the sliced onions and pepper in the oil.
- Add the tomatoes and moisten with red wine.
- Mix the cornflour in the vegetable broth and add the mixture.
- Leave to thicken over a gentle heat.
- Adjust the seasoning and add the tofu at the last minute without leaving it to cook.
- Cook the pasta and serve with the sauce, adding grated cheese according to your taste.

### Nutritional information per serving:

Kcal: 555

Protein: 28g

Lipids: 21g

Carbohydrate: 63g

## Stuffed avocados (for 4 persons)

### Ingredients:

- Avocados: 4
- Olive oil: 40 ml
- Wheat semolina: 150g
- Vegetable broth: 240 ml
- Parmesan cheese: 50 g
- Tomatoes: 2
- Mushrooms: 400g
- Chervil: 5g
- Lemon juice: 5 ml
- Bread crumbs: 20g

### Preparation:

- Cook the wheat semolina with the vegetable broth.
- Cut the avocados into two and sprinkle them with lemon juice.
- Cut up the tomatoes into pieces.
- Clean the mushrooms and cut them up into small pieces.
- Mix the mushrooms, tomatoes and wheat semolina in a plate.
- Add some parmesan cheese and chopped chervil.
- Fill the half avocados, sprinkle some bread crumbs over them, then sprinkle with 1 teaspoonful of olive oil per ½ avocado.
- Sprinkle with paprika and put and leave the lot in an oven for 15 to 20 minutes at 180°C.

### Nutritional information per serving:

Kcal: 455

Protein: 14.3g

Lipids: 26.1g

Carbohydrate: 40.8g



## Roasted Quorn curry (for 4 persons)

### Ingredients:

- Quorn filets: 500g
- Olive oil: 30ml
- Rice: 240g
- Onions: 2
- Vegetable broth: 800 ml
- Curry: 20g
- Bread crumbs: 20g
- Skimmed milk: 200 ml
- Flour: 10g
- Salt pepper, nutmeg

### Preparation:

- Slice the onions and brown them in the olive oil. Add the curry, cover with broth and leave to cook.
- Add the rice and the filets cut up into strips.
- Leave to simmer until the rice is completely cooked.
- Adjust the seasoning, put the lot in an oven-resistant plate and cover with a fine layer of bread crumbs.
- Leave to colour for some minutes in a very hot oven.

### Nutritional information per serving:

Kcal: 465

Protein: 34g

Lipids: 15.6g

Carbohydrate: 46g



## **Bean risotto (for 4 persons)**

### **Ingredients:**

- White beans: 200g
- Olive oil: 20 ml (2 tablespoonfuls)
- Garlic: 1 clove
- Rice: 300g
- Vegetable broth: 200 ml
- White wine: 100 ml
- Parmesan cheese: 60g
- Onions: 2
- Green asparagus: 1 bunch
- Young onions: ½ a bunch
- Mushrooms: 500g
- Carrots: 400g
- Chopped parsley: 1 big tablespoonful
- Juice of ½ a lemon.



### **Preparation:**

- Cook the beans in boiling water after soaking them overnight.
- Rinse them after cooking and leave them to cool for one hour.
- Mix them with the garlic and 1 tablespoonful of olive oil to obtain a puree.
- Season with salt and pepper. Add the juice of ½ a lemon and chopped parsley.
- Chop and brown the onions in 10 ml of olive oil.
- Add the rice, leave to brown a little then moisten with the white wine.
- Cook until the liquid evaporates completely, add the vegetable broth and cook again until the rice is fully cooked. Add the parmesan cheese.
- Steam the asparagus, cut the carrots in julienne strips.
- Sweat the chopped onions in olive oil, add the carrots in julienne strips and full mushrooms.
- Spread the bean puree in a plate, cover with risotto and vegetables.

### **Nutritional information per serving:**

Kcal: 730

Protein: 27g

Lipids: 27.3g

Carbohydrate: 90g

## Stuffed ricotta tortelloni, spinach bed, Aurore sauce (for 4 persons)

### Ingredients:

- Ricotta tortelloni: 320g
- Olive oil: 10 ml
- Whole spinach: 800g
- White wine: 40 ml
- Vegetable broth: 120 ml
- Onions: 40 g
- Low-fat cream: 20 ml
- Cornflour: 10g
- Tomato puree: 40g
- Grated cheese: 160g
- Salt pepper, nutmeg

### Preparation:

- Steam the spinach and season with salt, pepper, nutmeg.
- Cook the chopped onions in white wine and add the vegetable broth.
- Add the tomato puree and thicken the sauce with cornflour.
- Adjust the seasoning and finish by adding the low-fat cream.
- Cook the pasta and serve with the sauce and grated cheese.

### Nutritional information per serving:

Kcal: 744

Protein: 33g

Lipids: 32g

Carbohydrate: 79g



## Vegetarian moussaka (for 4 persons)

### Ingredients:

- Potatoes: 4 big ones
- Onions: 2 big ones
- Aubergine: 1
- Tomatoes: 3
- Garlic: 4 cloves
- Chopped parsley: 1 big tablespoonful
- Olive oil: 30 ml
- Minced quorn: 175g
- Tomato puree: 1 small Tétrabrik
- Flour: 1 tablespoonful
- Half-skimmed milk: 500 ml
- Low-fat grated cheese: 30g
- Salt pepper, nutmeg
- ½ teaspoon of cumin, 1 teaspoonful of cinnamon.



### Preparation:

- Peel and cook the potatoes in boiling salt water.
- Slice the 2 onions and brown them in a tablespoonful of olive oil. Add the pressed garlic and parsley.
- Leave the lot to sweat over a gentle heat, adding a bit of water if necessary.
- Add the chopped quorn, salt, pepper, cinnamon and cumin.
- Add the tomato puree, 300 ml of water and leave to simmer for 10 minutes.
- Make a roux with a tablespoonful of flour, 20 g of cooking margarine.
- Add the milk, some salt, pepper and nutmeg to make a béchamel sauce.
- Cut up the aubergine into fine slices, as well as the tomatoes and cooked potatoes.
- Line the bottom of an oven-resistant plate with the quorn, then cover with a layer of potatoes, then aubergines and finish with the tomatoes.
- Coat with the béchamel sauce, sprinkle with grated cheese and put in the oven for 50 minutes at 190°C.

### Nutritional information per serving:

Kcal: 792

Protein: 52.8g

Lipids: 42.4g

Carbohydrate: 44.5g

## Tomatoes stuffed with goat cheese and wheat (for 4 persons)

### Ingredients:

- Tomatoes: 800g
- Vegetable brunoise: 300g
- Goat cheese: 200g
- Whole wheat: 240g
- Olive oil: 20 ml (2 tablespoonfuls)
- Thyme
- Salt and pepper

### Preparation:

- Leave the goat cheese to marinate in the olive oil and thyme.
- Cut the tomatoes into two and empty them.
- Cook the wheat.
- Slightly brown the brunoise.
- Mix the vegetables and goat cheese, and fill the tomatoes.
- Serve with the wheat and mixed salad.



### Nutritional information per serving:

Kcal: 540

Protein: 21,5

Lipids: 21g

Carbohydrate: 66.5g

## Chilli con Quorn (e persons)

### Ingredients:

- Rice: 400g
- White beans: 100g
- Red beans: 200g
- Diced quorn: 3 x 175g
- Concentrated tomatoes: 40g
- Onions: 2
- Peeled tomatoes: ½ box
- Slices of red pepper: 200g
- Vegetable broth: 1 cube
- Ready-for-use roux
- Kernel corn: 50 g
- Chopped parsley

### Preparation:

- Soak the beans.
- Colour the quorn in a frying pan.
- Cook the beans and vegetables. Prepare a tomato sauce with the peeled tomatoes and concentrated tomatoes.
- Mix the vegetables, quorn and tomato sauce. Season and leave to cook over a gentle heat. Cook the rice.
- Make a ring with the rice and pour the chilli in the centre. Sprinkle with chopped parsley.

### Nutritional information per serving:

Kcal: 800

Protein: 47g

Lipids: 10g

Carbohydrate: 131g



## Thai vegetables in coconut milk and quinoa (4 persons)

### Ingredients:

- Cauliflower: 120g
- Red pepper: 120g
- Celery branches: 3
- Red onion: 1
- Grated pumpkin: 160g
- Green beans: 120g
- Quinoa: 320g
- Olive oil: 60 ml (6 tablespoons)
- Coriander: 1 tablespoonful
- Pepper, salt, cumin powder
- Vegetable broth: 200 ml
- Hot pepper sauce: 1 teaspoonful
- Coconut milk: 160 ml
- Grated coconut: 10g

### Preparation:

- Cut all the vegetables into small pieces and cook them crunchy.
- Add the coconut milk, hot pepper sauce, broth and coriander.
- Prepare the quinoa like rice (see packaging).
- Put the quinoa in form of a circle in plates. Add the vegetable in the centre.
- Sprinkle with grated coconut.

### Nutritional information per serving:

Kcal: 670

Protein: 21g

Lipids: 37g

Carbohydrate: 63g



## Potato gnocchi with Grana Padano (for 4 persons)

### Ingredients:

- Potatoes: 1 kg
- Semolina: 75g
- Whole milk: 500 ml
- Eggs: 2 eggs
- Grated parmesan cheese: 50 g
- Butter: 50 g
- Grated Gruyere (Swiss cheese): 75g
- Mixed salad: 240g
- Nutmeg
- Pepper and salt

### Preparation:

- Make a puree with the potatoes, season, add hot milk and semolina. Leave to thicken over a gentle heat.
- When the semolina comes undone from the bottom, add the eggs and gruyere and leave to simmer overnight in a cool place.
- Make some pudding and cut them up into small, individual portions.
- Cook them in boiling salt water for 3 to 4 minutes.
- Drain and put them in a plate.
- Add the butter and parmesan then leave to brown in an oven for 20 minutes.

### Nutritional information per serving:

Kcal: 595

Protein: 24.5g

Lipids: 27g

Carbohydrate: 62g



## Pasta with vegetarian bolognese (for 4 persons)

### Ingredients:

- Pasta: 500g
- Peeled tomatoes: 1 small box
- Concentrated tomatoes: 40g
- Soya bean fibres: 160g
- Grated cheese: 160g
- Onions: 1 big onion
- Carrot cubes: 100g
- Olive oil: 1 tablespoonful
- Vegetable broth: 2 cubes

### Preparation:

- Cook the pasta al dente
- Sauté the vegetables, add the Soya fibres and concentrated tomatoes.
- Moisten with the vegetable broth and peeled tomatoes. Spice to your taste and leave to simmer a moment.
- Present the pasta covered with bolognese.

### Nutritional information per serving:

Kcal: 846

Protein: 52g

Lipids: 21g

Carbohydrate: 109g



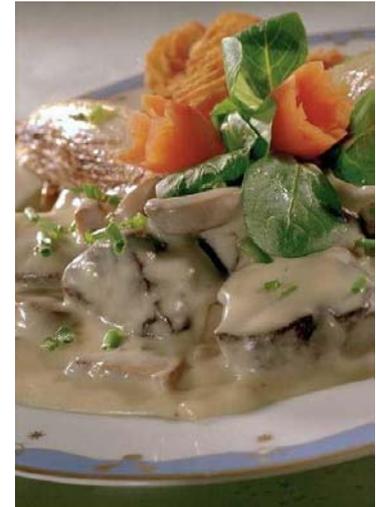
## Seitan blanquette, braised Belgian endive and duchess potatoes (for 4 persons)

### Ingredients:

- Seitan dices: 1 kg
- Olive oil: 40 ml (4 tablespoonfuls)
- Belgian endive: 600g
- Cooking fat: 40g
- Cream: 80 ml (8 tablespoonfuls)
- Duchess potatoes: 600 g
- Vegetable broth: 1 cube
- Instant roux
- Mushrooms: 200g
- Chopped parsley

### Preparation:

- Braise the Belgian endive, colour the seitan and mushrooms.
- Mix the broth in ½ litre of water. Thicken with instant roux.
- Add the low-fat cream.
- Add the seitan and mushrooms then leave the mushrooms to simmer.
- Fry the duchess potatoes.
- Serve the blanquette sprinkled with chopped parsley with the duchess potatoes and Belgian endive.



### Nutritional information per serving:

Kcal: 1190

Protein: 41g

Lipids: 76g

Carbohydrate: 87g

## Courgette pudding with tofu, wheat berry (for 4 persons)

### Ingredients:

- Natural tofu: 200g
- Courgette: 800g
- Sliced onions: 2
- Garlic: 30g (4 cloves)
- Eggs: 2
- Olive oil: 40 ml (4 tablespoonfuls)
- Whole wheat: 320g
- Tomato cubes: 100g
- Cream: 160 ml
- Chopped basil: 2 tablespoonfuls
- Mixed herbs
- Salt and pepper

### Preparation:

- Braise the courgettes and onions in 1 tablespoonful of oil.
- Mix them with the tofu cut into pieces, whipped eggs, garlic, herbes de Provence, basil, salt and pepper.
- Pour the mixture into a gastronome and leave to cook in an oven at 180°C for 75 minutes.
- Cook and serve the wheat with the courgette pudding and tofu.

### Nutritional information per serving:

Kcal: 701

Protein: 27g

Lipids: 35g

Carbohydrate: 69.5g



## Cheese polenta (for 4 persons)

### Ingredients:

- Polenta: 300g
- Gorgonzola: 80g
- Gouda cheese: 80g
- Fresh goat cheese: 80g
- Grated parmesan cheese: 80g
- Semi-skimmed milk: 800 ml
- Tomato sauce: 250g
- Green salad (mixed salad): 120g
- Butter: 10g
- Salt and pepper

### Preparation:

- Cook the polenta in salted milk.
- Cut all the cheeses into small pieces.
- In a cake tin, alternate between a layer of polenta and a layer of cheese. End with a layer of cheese.
- Sprinkle with butter and leave to cook in an oven for 20 minutes.
- Slice the polenta and serve it with salad and tomato sauce.

### Nutritional information per serving:

Kcal: 605

Protein: 30.2g

Lipids: 26.5g

Carbohydrate: 60.6g



## Patty with mushrooms, green peas and brown rice

### Ingredients:

- Patty to be garnished: 4 pieces
- Mixture of forest mushrooms: 1.2 kg
- Chopped shallot 2 x 80g
- Sliced onions: 100g
- Chopped parsley
- Butter: 2 x 10g
- Semi-skimmed milk: 500 ml
- White roux
- Salt and pepper
- Brown rice: 280g
- Vegetable broth: 1 cube
- Green peas: 800g



### Preparation:

- Brown the mushrooms, onions and 80 g of shallot in 10 g of butter, and season.
- Make some white sauce with the roux and milk then add the mushrooms.
- Cook the rice and green peas.
- Brown the green peas in 80 g of shallot.
- Fill the patties with the mushroom sauce and sprinkle with parsley.
- Serve with the green peas with shallot and brown rice.

### Nutritional information per serving:

Kcal: 862

Protein: 28.9g

Lipids: 40.4g

Carbohydrate: 95.7g

## Chick pea balls with cashew nuts, mint sauce and oven-baked potatoes (for 4 persons)

### Ingredients:

- Canned chick peas: 300g
- Chopped cashew nuts: 40g
- Sliced onions: 100g
- Olive oil: 30 ml (3 tablespoonfuls)
- Unsalted Tahini (whole sesame cream): 12g
- Potatoes: 1 kg
- Fresh mint: 10g
- Fat-free natural yoghurt: 200g
- Chopped shallot



### Preparation:

- Brown the onions in half of the oil.
- Mix the chick peas, tahini and the remaining oil. Add them to the onions and nuts.
- Make a sauce by mixing the yoghurt, chopped mint, salt and pepper.
- Put the potatoes in the oven with their skins.
- Make small balls with the chick pea mixture and leave them in the oven for 15 minutes at 210°C.
- Serve them with the yoghurt sauce and oven-baked potatoes.

### Nutritional information per serving:

Kcal: 497

Protein: 16.8g

Lipids: 16.3g

Carbohydrate: 70.7g

## Wild mushroom cake with leek coulis, apples and pine kernels (for 4 persons)

### Ingredients:

- Eggs: 8
- Wild mushrooms: 400g
- Sliced onions: 80g
- Olive oil: 40 ml (4 tablespoonfuls)
- Leek: 450g
- Unsalted Tahini (whole sesame cream): 600g
- 1 cube of vegetable broth
- Cream: 40 ml
- Pine kernels: 20g
- Low-fat white cheese: 120g



### Preparation:

- Cut the leek in julienne strips, brown them in a frying pan in 10 ml of olive oil. Keep ½ of the leek aside for the sauce.
- Mix the cube of vegetable broth in ½ litre of water, add the cream and allow to reduce. Cut the remaining ½ of the leek, cook it until it becomes tender and mix it with the cream when it is reduced.
- Brown the mushrooms and onions until they are fully cooked.
- Whip the eggs for an omelette, add some salt, pepper and the white cheese.
- Grease 4 small ramekins with butter. Put the mushrooms at the bottom and add the egg mixture up till 4/5 of the ramekin. Cook for 15 minutes at 180°C.
- Steam the potatoes then brown them with the pine kernels in the remaining olive oil. Turn out of the tin, serve with the julienne strips of leek on the cake, potatoes, and coulis at the edge of the plate.

### Nutritional information per serving:

Kcal: 475

Protein: 23g

Lipids: 27g

Carbohydrate: 34g





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