

Vegetable stew

(0.64kg CO₂)

Red Onion (100 g)

Garlic clove (1)

Potatoes (500 g)

Red lentils (100 g)

Carrots (organic, fresh; 500 g)

Butter (40 g)

Vegetable broth (4 teaspoons)

Parsley (1)

Pepper (0.5 teaspoon)

Whole grain bread (4 slices)

Peel onions and garlic, cut into fine cubes. Peel potatoes and carrots and cut into bite sized pieces.

Heat butter in a pot, fry onions and garlic until translucent. Then add potatoes and carrots, braise briefly, add lentils.

Add 800 ml of water and broth to the pot, boil up, then simmer over medium heat for 15 minutes.

Wash parsley, chop finely, season with pepper, and add it to the vegetable pot.

Serve with a wholemeal bread.

Comfrey fritters

(0.89kg CO₂)

Comfrey* (two big hands)

Spring onion (4-5)

Grated carrots (organic, fresh; 4)

Milk (organic; 300 ml)

Oats, coarsely ground (500 g)

Olive oil (4 tablespoons)

Salt

Soy sauce

Low-fat curd/Quark (100 g)

Ground coriander (1 teaspoon)

Cumin 1 pinch

*replace comfrey with any herb!

Wash and chop the onions and herbs. Peel and grate the carrots with a grater (large holes).

Steam the onions in a pan with a bit of oil. After about 3 minutes, add the herbs.

Take the pan off the heat, add the grated carrots and stir once.

In a large bowl, put milk and curd and then, the mixture from the pan.

Season to taste with salt, cumin, coriander and soy sauce and mix with the oatmeal.

Stir in the egg and form the fried pieces (like small flat slices).

Put these roastings on a baking tray with baking paper and sprinkle with a little oil. Cook in the oven at 175°C.