



European Pedagogics and Nutrition

Lunch Box



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Nutritional aspect

- A lunch box with blue mold cheese is the perfect snack during the day.
- It can be consumed both hot and cold, it is a source of complex carbohydrates, dietary fiber, and sunflower and olive oil provide a large amount of healthy fats.



Lunch Box

Ingredients:

- 1 cup of boiled buckwheat
- 4 tablespoons of sunflower seeds
- 1 tablespoon of oil from a jar with dried tomatoes
- 4 tbsp diced onion
- 2 garlic cloves
- a pinch of dried oregano
- 6 pieces of dried tomatoes
- 2 tbsp chopped parsley
- a handful of spinach
- 80g Azure cheese

Preparation:

- Boil buckwheat, put on a larger plate or tray, cool (can be prepared in advance).
- Gently fry the sunflower seeds in a frying pan, then pour rapeseed oil and fry the onion, add grated garlic at the end, lightly brown.
- Add buckwheat and dried oregano and fry, mix for about 2-3 minutes, season with salt and pepper. Add chopped dried tomatoes and parsley and fry for 1 minute.
- Add rinsed, dried spinach and stir to heat until the spinach softens. Set aside from heat and sprinkle with cheese.