

# **Cookery book**

## **(by Matty Kozlowski)**

## 1. Banana and Strawberry Smoothie

Preparation time: 15 min

Cooking time: 0 min



### Ingredients

- 2 bananas
- 400 g strawberries
- 2 natural yogurts
- 1 tablespoon of sugar

### Directions

- > blend natural yoghurt with sugar
- > add strawberries and bananas
- > blend again
- > pour into glasses

## 2. Carrot and Pineapple Salad

Preparation time: 25 min

Cooking time: 0 min



### Ingredients

- 3 big carrots
- 1 can of sweetcorn
- 1 can of sliced pineapple
- 4 tablespoons mayonnaise
- pinch of salt

### Directions

- > peel and grate carrots
- > put carrots in big bowl
- > add sweetcorn
- > chop pineapple
- > add pineapple to carrots and sweetcorn and mix
- > add salt and mayonnaise and mix

### 3. Best Pancakes Ever

Preparation time: 10 min

Cooking time: 20 min



#### Ingredients

- 2 eggs
- 1 glass of flour
- 2 glasses of milk
- 2 glasses of water
- 5 tablespoons of sunflower oil
- pinch of salt

#### Directions

- > mix water with milk, sunflower oil and salt
- > add eggs and mix again
- > add flour and use whisk to mix all ingredients
- > pour some oil on frying pan
- > pour dough onto pan
- > fry until crispy, take off pan and eat it

## 4. Best Stuffing for Best Pancakes Ever

Preparation time: 25 min

Cooking time: 10 min



### Ingredients

- 250g cottage cheese
- 5 tablespoons 12% cream
- 2 packs (32g) vanilla sugar

### Directions

- > crush cheese with fork
- > add cream and sugar
- > mix everything together
- > put on pancakes with jam

## 5. Peas with Carrots

Preparation time: 15 min

Cooking time: 20 min



### Ingredients

- 1 can of greenpeas
- 3 carrots
- 2 tablespoons of flour
- pinch of salt

### Directions

- > chop the carrots
- > put the carrots in the pot with water
- > cook carrots
- > drain carrots but leave some water
- > add greenpeas
- > add flour and salt and stir until sauce ready

## 6. Fruit Porridge

Preparation time: 1 min

Cooking time: 20 min



### Ingredients

- 500g blueberries
- 200 ml milk
- 400g porridge oats
- 1 teaspoon sugar or honey

### Directions

- > pour milk into the pot
- > add porridge oats
- > cook oats with milk for 20 minutes
- > put into a bowl
- > add blueberries and sugar or honey

## 7. Chicken soup

Preparation time: 10 min

Cooking time: 40 min



### Ingredients

- 2 packs of chicken soup vegetables (carrots, parsley, celery, leek)
- 2 l water
- pack of chicken wings/legs
- 2 tablespoons of Wegeta
- vermicelli pasta

### Directions

- > pour water into the pot
- > put pieces of chicken into the water
- > cook for 20 min
- > when chicken is soft, take it out and put the vegetables in
- > add Wegeta and cook for 10 min
- > cook pasta for 10 min
- > when ready, drain it, put pasta in the bowl and pour the soup in

## 8. Yummy Toasts with Cheese

Preparation time: 20 min

Cooking time: 10 min



## Ingredients

- toast bread
- 100g sliced ham
- 1 tomatoe
- 1 onion
- some butter
- 400g cheese
- ketchup
- salt and pepper

## Directions

- > put some butter and ham on toast slices
- > cut onion and slice tomatoe
- > add tomatoe and then onion on toasts
- > sprinkle some salt and pepper
- > grate cheese and put it on top of toasts
- > put ready toast in oven and bake for 10 minutes
- > put toasts on plates and eat with ketchup