

P.S.- Cookbook



Made by MMC 2018-2019 'The Influencers'

Charity, Entertainment and Sports (LOS) Committee

Pasta

Ingredients (2 persons):

- 150 g pasta
- 200 g smoked chicken
- 75 g bacon
- 4 tablespoons Philadelphia cheese
- 15 cherry tomatoes
- 2 spring onions
- 2 large hands of arugula
- Salt and pepper

Preparation steps:

Cook the pasta according to the preparation method on the package. Cut the tomatoes and unions and bake them together with the bacon and smoked chicken in a pan. Add the Philadelphia cheese and some salt and pepper. Add also the pasta to the mixture and serve the dish with arugula.



Committee of Pharmaceutical Sciences "SSS"

Chinese-Indian option menu for 2 people

Preparation steps (2 persons):

- Download: Thuisbezorgd
- Open the app
- Search for: Ou hai
- Select the restaurant
- Choose the option menu for 2 people and add a bowl of fried rice or noodles
- Go to the shopping cart and pay!

N.B. Make sure you have enough money on your account and fill in the right address.

Starter advices:

- Mini-spring rolls
- Currie patties

Main course advices:

- Daging smoor
- Babi pangang
- Babi ketjap
- Shi Chuang Kai
- Chicken meat with Gon Bao sauce
- Vegetarian option: Tjap Tjoi

Chinees-Indisch Restaurant

Ou Hai

Foreign Trip Committee (BEC)

Classic Risotto

Ingredients (5 persons):

- 350 g chicken breast
- 250 g mushrooms
- 1 courgette
- Oil
- Rice

Preparation steps:

Cut the chicken fillet in cubes. Mix the marinade mix with 3 tablespoons of oil in a bowl and add the chicken fillet. Leave it marinate for 10 minutes.

Clean the mushrooms and cut them in four. Cut the zucchini in cubes.

Heat up a pan and bake the chicken golden brown and cooked. Add the mushrooms and zucchini and bake it all for 2 minutes.

Remove the pan from the heat and stir everything well. Leave it for 2 to 3 minutes. It is ready to be served.

Cook some rice on the side for 10 minutes.



Almanac Committee

Vegetarian couscous salad

Ingredients (6 persons):

- Cashew nuts
- Cherry tomatoes
- Couscous
- Cucumber
- Mango
- Paprika
- Sun dried tomatoes

Preparation steps:

Put the couscous in a bowl and add the same amount of boiling water to the bowl. Leave this for 5 minutes. Cut the tomatoes, mango, cucumber and paprika and add it also to the bowl after the couscous had cooled. Now it is ready to be served!



Dies Committee

Summery salad on wraps for 6 people

Ingredients (6 persons):

- 1 cucumber
- 2 mangos
- 2 avocados
- 6 tomatoes
- Smoked chicken
- Feta
- 3 bell peppers
- Pomegranate Seeds
- Lettuce
- Wraps

Preparation steps:

Cut all the vegetables and fruit. Fill the wrap with all ingredients to your own taste!



Introduction Committee

Tacos

Ingredients (6 persons):

- Taco shells
- Bag of Mexican vegetable mix
- Can of corn
- Can of kidney beans
- 2 tomatoes
- Crème fraiche
- Minced meat
- Grated cheese
- Bag of tex-mex spices
- Bag of iceberg lettuce (not necessary)

Preparation steps:

Bake the minced meat in a separate pan. Bake the Mexican vegetable mix in another pan. Let the cans of corn and kidney beans drain out and add it to the vegetable mix. Add the bag of tex-mex spices to the vegetables and let it simmer. Cut the tomatoes in pieces and bake them with the vegetables for a while. Serve the minced meat, vegetables, crème fraiche and taco shells separately, because of the difficult people with allergies.



Student Counsel Pharmacy (STOF)

Stofalicious

Ingredients (4 persons):

- 500 g Burgundian spiced potatoes
- 500 g spinach
- 4 pieces farmhouse minced meat schnitzels
- 1 box of garden peas
- 1 leek
- 250 g smoked bacon strips
- Crème fraiche
- 9 Ola raketjes

Preparation steps:

Take an 'Ola raketje' to cool and switch on the stove fire. Fry the spiced potatoes until a golden yellow colour develops. Meanwhile heat a wok with the spinach and let it shrink. Grab a drink and cut the leek into slices and add it to the spinach together with the garden peas. Bake in another pan the meat for 4 minutes on both sides. Transfer the smoked bacon stripes in the pan with spinach and add the crème fraiche to the mixture. Enjoy!

Tip:

Add some mayonnaise to the spiced potatoes



Career Day Committee

Casserole with chorizo

Ingredients (4 persons):

- 2 red onions
- 1 courgette
- 250 g chorizo sausage
- 250 g cherry tomatoes
- 600 g sweet potatoes
- 2 red bell peppers

Preparation steps:

Preheat the oven to 200 degrees. Cut everything and put it on a baking sheet. Bake for about 25 minutes and scoop the food after 10 and 20 minutes.



Editorial Committee

Taco's with minced meat

Ingredients (6 persons):

- 4 tacos per person
- 1 kg minced meat
- 1 can of corn
- 1 can of kidney beans
- Taco seasoning
- 1 cup of crème fraiche
- Chili sauce
- Salsa dip
- Fresh vegetables or really easy just 2 packages of ready-made vegetables
- 1 or 2 bag(s) of grated cheese

Preparation steps:

Put the meat in a large pan and bake till it is done. Then put all the vegetables of your own choice, corn and beans together with the taco seasoning in the same pan and wait till this is done as well. After this you are ready to eat. Grab a taco and put as much sauce in it as you want. Then fill it with the taco filling and put on top of it some grated cheese. Guaranteed that the whole committee will love it!



End-of-Schoolyear Committee (JAK)

Casual pasta pesto

Ingredients (5 persons):

- Cherry tomatoes
- Courgette
- Grated cheese or parmesan cheese
- Chicken
- Cooking cream
- Pasta
- Pesto (green)
- Arugula

Preparation steps:

Cut the chicken in pieces and cook the pasta according to the preparation method on the package. Cut also the cherry tomatoes and the courgette. Cook the chicken pieces and add the vegetables to the pan. Add after two minutes the cooking cream and the green pesto. Serve the pasta with arugula.



Multimedia Committee

Teriyaki

Ingredients (6 persons):

- 400-600 g rice
- 1 kg broccoli
- 1 kg beef strips
- Teriyaki sauce
- Optional parmesan cheese

Preparation steps:

First cook the rice, approximal eight minutes and after that let it rest for 10 to 15 minutes. In the mean time you cook the broccoli and beef strips. When the beef strips are done, turn the heat to low and add the teriyaki sauce. Let it simmer for a few minutes. Now dinner can be served. And to top it, you can put some dried parmesan cheese on the broccoli.



MMC

AVG

Ingredients (6 persons):

- 1,5 kg barbeque spiced potatoes
- 1 kg vegetable (mixed bag with broccoli cauliflower carrots)
- 6 hamburgers or chicken burgers

Preparation steps:

Bake the potatoes with some oil in a pan until they have a nice brown colour. Cook the vegetables for 8 minutes in another pan. And grab a third pan to bake the burgers for 4 minutes on both sides. Serve everything on a plate and enjoy!

