

Hanne's healthy recipes

MEATBALLS WITH VEGETABLES AND TOMATO SAUCE

Serves 4 people

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Ingredients

800 g potatoes	salt
500 g carrots	black pepper
2 red peppers	400 g minced beef
2 onions (1 for the mince and 1 for the sauce)	1 egg
2 garlic cloves (1 for the mince and 1 for the sauce)	app. 50 g grated or white bread without crust
2 tbsp tomato puree	1 fresh chili or to taste
2 cans chopped tomatoes	1 bundle of parsley (half in the mince and half as a sprinkle)
	1 tbsp cumin

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METHOD

Turn on the oven to 230°

Peel the potatoes and carrots and cut them into bite-sized pieces. Place them in a ovenproof dish. Rinse the peppers, and cut them into bite-sized pieces and put them in the dish, too.

Chop onions and garlic finely. Put one half in the dish with the vegetables and the other half in a bowl (to be used for the meatballs).

Give the vegetables a good stir. Add tomato puree and chopped tomatoes. Season with salt and pepper and mix gently.

Place the dish in the oven for 40 minutes.

Put beef and eggs in the bowl with onions and garlic. Add rasp or crumbled bread.

Rinse and deseed the chili. Finely chop the chili and put it in the bowl.

Rinse the parsley and let it dry on a kitchen towel. Chop it and add half to the mince (the other half is served as sprinkle on the dish).

Season with cumin, salt and pepper. Stir the mince well together (use your hands if necessary) and shape it into meatballs.

Take out the dish (when baked for 40 minutes) and place the beef meatballs on top.

Put the dish back in the oven, turn down to 200° and bake for another 25 minutes.





CRISPREAD

Two gastronorm baking trays

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Ingredients

- 2 dl flaxseed
- 2 dl sesame seeds
- 2 dl shia seeds
- 2 dl sunflower seeds
- 2 dl pumpkin seeds
- 1 tsp salt
- 7 dl water

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METHOD

Mix all seeds and kernels as well as salt in a bowl. Add water and stir. Leave to rest for 30 minutes. The mix should then have a porridge-like texture.

Spread the mixture on baking paper and use a dough scraper to pull the mixture out in an even layer on the tray.

Cut into squares with a pizza cutter before placing trays in the oven.

I typically cut squares into 15-18 crispbread per tray.

Bake at 150° for app. 1 hour.



JERUSALEM ARTICHOKE SOUP

Serves 4 people

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Ingredients

- 500 grams of Jerusalem artichokes
- 1 large potato - such as a baked potato
- 1 onion
- 2 garlic cloves
- 1 tsp of dried thyme - or fresh thyme
- 1 liter of vegetable stock - one liter of water with two cubes
- 1 lemon
- 1 dl of full fat cream
- olive oil
- salt and freshly ground pepper

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METHOD

Peel the Jerusalem artichokes and potato and cut into smaller pieces.

Roughly chop onion and garlic.

Start by sautéing the onion and garlic in olive oil in a pan.

Add Jerusalem artichokes and potatoes as well as thyme, and let it simmer for a few minutes.

Add vegetable stock and the juice of half a lemon. Now let it boil tender. It takes app. 20 minutes.

Blend the soup and add cream.

Season with salt and freshly ground pepper, maybe some more lemon juice and heat again.



FALAFEL WITH DHAL

Serves 4 people

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Ingredients

- 400 g chickpeas, dried
 - 2 handful of parsley, finely chopped
 - 4 garlic cloves, finely chopped
 - 2 onions, finely chopped
 - 4 tsp crushed coriander
 - 4 tsp of crushed cumin
 - 2 tsp of salt
 - 2 potatoes, peeled and grated (squeeze all excess water out)
 - 3 eggs
 - 4 tbsp breadcrumbs
 - half a tsp of chili
 - half a lemon, the juice
 - optional, 1 litre of frying oil
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METHOD

Soak the dried chickpeas in cold water for app. 12-24 hours - feel free to change the water once or twice - and rinse them thoroughly after soaking.

Add the chickpeas and the other ingredients in a food processor and run until the mix is uniform in consistency. If the mix is a little too wet, add a few tablespoons of wholewheat flour or breadcrumbs and leave the mix to rest a little.

Make round falafels with a spoon and place them in a pan with baking paper. Bake the falafels at 200° for app. 20-25 min. Or fry them in hot oil until crisp and delicious. I think they are just as delicious in the oven as in hot fry and plus I avoid standing in front of hot oil in the occasional rough winds. They are also healthier without the oil.

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Ingredients for dhal

- 4 garlic cloves, finely chopped
- 2 tbsp of ginger, fresh and finely grated
- 2 tbsp pf olive oil
- 3 tsp curry, medium
- 1 tbsp crushed cumin
- ½ tbsp of crushed coriander
- ½ tsp of crushed cardamom
- ½ tsp chili flakes
- 6 dl vegetable stock
- 200 g of red lentils
- 2 cans of chopped tomatoes
- coriander or parsley



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Ingredients for raita

- 2 dl Greek yoghurt 10%
 - ½ a cucumber, coarsely grated
 - 1 garlic clove, crushed
 - ½ tsp crushed cumin
 - salt
 - black pepper, freshly ground
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Stir 1 minute, then add curry, cumin, cardamom, coriander, and chili flakes. Sauté the spices for one minute while stirring.

Rinse the lenses in a sieve and add to the pan along with the vegetable broth and chopped tomatoes.

Let it simmer under the lid for 45 minutes.



Stir regularly and add water if necessary.

METHOD

Dhal

Heat the oil in a large saucepan over medium heat and add garlic and ginger.

In the meantime, prepare the raita

Mix all ingredients and leave to chill in the fridge app. 30 minutes.

Season the dhal with salt and serve in deep bowls with lots of coriander or parsley on top.

Bon appetit!