



Butternut
squash
potage

Marinated
pork fillet
with potatoes

Lettuce
with
seeds

for 4 persons

800g butternut squash
Little bit of ginger
2 bouillon cubes
1 tsp. salt
½ tsp. curry
little bit of garlic powder
1l water

To garnish:
Fresh chives
Pumpkin seeds

Cut pumpkin into cubes and put it into a deep pot, grate ginger, add spices and cover with water. When the water boils, add 2 bouillon cubes and cook for 20 minutes.

Mix everything in the blender and put it back on the stove for a couple of minutes.
When serving, garnish with pumpkin seeds and fresh chives.

for 4 persons

2 pork fillet (600-700g)
8 potatoes
4 carrots

For the marinade:
4 tsp. Dijon mustard
4 tsp. honey
3-4 tsp. balsamic vinegar
(or even better, creamy balsamic vinegar dressing)
10 tsp. olive oil
1 tsp. (hot) pepper flakes (or a little bit of 'Ras El Hanout' spice)
2 clove garlic
(or a little bit of garlic powder)
1 tsp. dry vegetable seasoning
(Kulinat Natur without flavor enhancer)
1 tsp. sea salt
Little bit of pepper

Mix all the marinade ingredients to combine. Prod the pork fillet with a knife and marinate it for 24-48 hours, rotating it occasionally. Place the marinated fillet onto the baking pan lined with parchment paper.

Cut the potatoes into quarters and carrots into sticks, roll them in the rest of the marinade and place them onto the baking pan. Bake in the oven for 30-35 minutes at 200-220°C.

lettuce
little bit of rocket salad
3-4 radishes
1 tsp. capers
Little bit of sunflower, pumpkin, sesame and flax seeds
Olive oil
Creamy balsamic vinegar dressing
Sea salt

Cut the lettuce into pieces, add rocket, radishes cut into slices and capers. Toast the seeds in the frying pan and sprinkle them over the salad. Just before serving, add olive oil, sea salt and balsamic vinegar.