

CROQUETTES OF RISOTTO WITH MOZZARELLA



Recipe

Ingredients

- 1 packet of Trevijano curry risotto
- 2 tablespoons of oil
- 7 gr of salt
- 750 ml of hot water
- *OPTIONAL: serve then on a cocktail stick or with a mini-brochette in each croquette.*

Method

1- Cook the risotto as indicated on the packet: in a pan heat 2 tablespoons of oil and add the contents of the sachet. Stir for a minute and add 7 grs. of salt (or to taste).. if you like, you can add 50 ml of white wine and allow it to evaporate. Gradually add 750 ml. of hot water, stirring continuously so that it becomes creamy but al dente (medium heat). Remove from the heat.

2- Leave the risotto to cool and that way it will also become more compact and make it easier to make the croquettes.

3- Take a spoonful of risotto and shape it into a ball in your hands. In the middle insert a piece of mozzarella cheese and close the croquette around it. Coat it with beaten egg and breadcrumbs and fry it in a frying pan with just a little olive oil so that the egg cooks, they are heated through and have a crispy coating.



31 croquettes



Curry Risotto

Nutritional Information	100g
Energy	1447,17 kJ 344,20 kcal
Sodium (mg)	670,15
Fat (g) of which saturated fat	13,68 3,36
Carbohydrates (g) of which sugars	46,37 2,88
Fibre (g)	2
Proteins (g)	8,28
Salt (g)	1,71



You can use whatever cheese you like: mature, blue, goat's cheese...
The croquettes can be coated with egg and breadcrumbs as in the recipe or just with breadcrumbs.



Recipe

Ingredients

- 1 packet Trevijano Beluga lentils with millet and shiitake + 1.5 litres of water + 7 gr salt + 2 tablespoons olive oil
- 400 gr fresh salmon
- 1 onion
- 2 cloves of garlic
- 1 Trevijano bay leaf
- ½ teaspoon of dried rosemary
- ½ teaspoon of dried thyme
- 2 tablespoons of olive oil
- 400 gr canned or peeled, fresh natural tomato pulp



Beluga Lentils

Method

1- Cook the lentils following the instructions on the packet. Empty the contents of the tray into a saucepan, add 1.25 litres of water, 7 grs. of salt (or to taste) and 2 tablespoons of olive oil. When it starts to boil, cover the pan and cook on a medium heat for 30 minutes.

2- Peel the onion and garlic cloves and chop finely, then soften them for about 10 minutes in a frying pan or saucepan with 2 tablespoons of olive oil and salt. Then add the bay leaf and herbs with the chopped tomato and cook for 20 minutes until soft. 5 minutes before the end add the salmon cut into cubes (after removing any bones) for it to cook.



Nutritional information	100g
Energy	661,51 kJ 158,98 kcal
Sodium (mg)	496,99
Fat (g) of which saturated fat	8,45 1,52
Carbohydrates (g) of which sugars	7,93 1,10
Fibre (g)	9,67
Proteins (g)	8,30
Salt (g)	1,24



You can vary the herbs to play with the aromas. Dill goes well with salmon. And you can replace the salmon with another fish such as hake or cod.

8 VEGETABLE PAELLA WITH MUSSELS AND QUINCE ALIOLI



Recipe

Ingredients

- 1 packet Trevijano 8 vegetables + 750 ml of water (you can also use the cooking liquid left from opening the mussels) + 6 grs salt + 2 tablespoons of oil

- ½ kg of fresh mussels

- Optional: A splash of white wine

QUINCE ALIOLI

- 1 small quince

- 1 small clove of garlic

- 1 egg

- 100 ml of sunflower oil

- 1 teaspoon of salt

- Freshly ground black pepper to taste



Paella with 8 vegetables

Method

1- Put the mussels in a pan with a splash of white wine and heat them until they open. Remove from the heat, separate the empty shells and clean any remaining fibres. Save the mussels until the end and strain off the liquid, adding water to make up to the 750 ml. needed for cooking the paella.

2- Cook the paella according to the instructions on the packet: in a shallow pan heat 2 tablespoons of oil and add the contents of the sachet. Stir for a minute. Add 750 ml of hot water – or the mixture of water and the cooking liquid from the mussels – and 6 grs of salt. Cook for 20 minutes (the first 5 minutes on a high heat and then medium heat). Add the clean mussels and leave to stand for 5 minutes.

QUINCE ALIOLI. Peel, stone and slice the quince and cook it for about 30 minutes in water until it is soft. Drain well.



Nutritional information	100g
Energy	959,95 kJ 229,17 kcal
Sodium (mg)	503,16
Fat (g) of which saturated fat	13,77 2,07
Carbohydrates (g) of which sugars	17,99 0,56
Fibre (g)	1,99
Proteins (g)	8,12
Salt (g)	1,32



When quince is not in season you can use cooked apples or pears for the alioli. You can do without the fruit and make the alioli with just oil, egg, garlic, spices and 1 teaspoonful of lemon juice or vinegar.



Recipe

Ingredients

- 1 tray of Trevijano tricolour quinoa with vegetables
 - Optional: 100 gr of chopped bacon or belly pork
- SWEET POTATO PARMENTIER:**
- 700 grs peeled sweet potato, diced into small cubes
 - ½ teaspoon of salt
 - ½ teaspoon of nutmeg
 - 1 tablespoon olive oil and butter
 - 75 ml milk or vegetable drink
 - Optional: 1 yolk for egg wash and baking

Method

1- Cook the tricolour quinoa according to the instructions on the packet. Heat 2 tablespoons of oil in a pan and add the contents of the tray. Stir for a minute. Add 900 ml of hot water and 7 gr of salt (or to taste). Bring to the boil and then leave to simmer for 15 minutes. Take off the heat and leave to rest for 5 minutes.

2- In a frying pan with no oil cook the bacon/belly pork until it is browned and then add it to the quinoa and vegetables. NOTE: you could also cook it before the quinoa.

3- SWEET POTATO PARMENTIER

While the quinoa is cooking, cook the sweet potato in boiling water for 15 minutes or until soft.

Once the sweet potato is soft, drain and mash the pieces with a fork or potato masher. Add salt, nutmeg, milk and olive oil/butter and mix well..



45'



Tricolour quinoa with vegetables

Nutritional information	100g
Energy	638,03 kJ 152,65 kcal
Sodium (mg)	124,99
Fat (g) of which saturated fat	2,26 0,38
Carbohydrates (g) of which sugars	26,69 4,10
Fibre (g)	9,67
Proteins (g)	2,28
Salt (g)	0,31



You can use normal potatoes for the puré/parmentier and it will also taste great. For a 100% veggie version, replace the bacon with chopped smoked tofu or a vegetable protein or some oyster mushrooms.

POKE SALAD WITH BROWN RICE AND SALMON



Recipe

Ingredients

- 1 packet of Trevijano brown rice with peas
- 2 salmon fillets
- ½ avocado per person
- 4 radishes per person
- Salt and pepper
- A splash of olive oil

Method

1- Cook the brown rice according to the instructions on the packet: heat 2 tablespoons of oil in a pan and add the contents of the tray. Stir for a minute. Add 830 ml of hot water and 6 grs of salt (or to taste). Bring to the boil and then simmer on a medium-high heat for 25 minutes. Remove from the heat and leave to rest for 5 minutes.

2- Meanwhile, grill the salmon in a pan without oil, halve and stone the avocados and clean the radishes.

3- Plate in a dish or bowl, with a generous serving of brown rice, salmon, half an avocado, a few radishes and salt and pepper to taste. Add a splash of olive oil and decorate with water cress or bean sprouts.



Brown rice with vegetables and curry

Nutritional Information	100g
Energy	732,88 kJ 175,60 kcal
Sodium (mg)	182,07
Fat (g) of which saturated fat	7,82 1,45
Carbohydrates (g) of which sugars	13,96 0,92
Fibre (g)	5,61
Proteins (g)	8,92
Salt (g)	0,46



Change the ingredients to your taste. Try a poached egg, Trevijano tricolour quinoa, cooked chick peas, walnuts or other salad leaves and it will also taste delicious.

RED QUINOA SOUP WITH GARLIC AND EGG



Recipe

Ingredients

- 5 dessert spoons of quinoa + 950 ml of water + 4 gr of salt.
- 2 cloves of garlic
- 30 gr bread, 1 slice
- 90 gr of chopped ham
- 2 tablespoons of oil
- 1 egg
- Optional: 2 sweet red choricero peppers

Method

1- Peel and chop the 2 cloves of garlic and fry them in the oil until they are slightly browned. Add the chopped ham and bread and stir a little.

2- Add the dessert spoons of quinoa, water, salt and the red peppers, rinse, opened and with the seeds and stalks removed. Bring to the boil and then simmer on a medium heat for 20-25 minutes.

3- 5 minutes before the end of cooking time, break an egg into the middle, break the yolk with a fork and stir slightly so that it sets with the other ingredients of the soup.

Serve in bowls with a slice of pepper.



40'



Quinoa Soup

Nutritional Information	100g
Energy	1138,86 kJ 274,16 kcal
Sodium (mg)	916,57
Fat (g) of which saturated fat	12,15 3,16
Carbohydrates (g) of which sugars	18,55 2,97
Fibre (g)	24,84
Proteins (g)	10,43
Salt (g)	2,33



You can give the soup a personal touch by swapping the ham for belly pork or chorizo or smoked tofu for a vegetarian option. The bread can be wholegrain (without seeds), gluten-free or you can leave it out entirely.

CUPS OF ORIENTAL COUSCOUS WITH VEGAN PESTO AND MARINATED TOFU



Recipe

Ingredients

- 1 packet of oriental couscous + 400 ml of water+ 5 gr of salt+ 2 tablespoons of oil
- 50 gr raw cashews
- 20 fresh basil leaves. Instead you could use 2 teaspoons of dried basil which will give you the flavour and some fresh parsley for the touch of green freshness
- 1 small clove of garlic
- 5 gr of salt
- Half a packet of flavoured tofu (fine herbs, smoked...)
- 2 dessert spoons of soy sauce

Method

- 1- Cook the couscous according to the instructions on the packet: boil 400 ml of water in a pan with 5 gr of salt (or to taste) and 2 tablespoons of oil. Remove from the heat and pour in the contents of the sachet. Wait 5 minutes with the lid on and fluff up the grains of couscous with a fork before serving.
- 2- You make the pesto by beating all the ingredients in a mixer until you get the desired consistency, smoother or with chopped nuts.
- 3- Meanwhile dice the tofu and leave to marinate for 10 minutes in soy sauce, stirring to make sure all the pieces absorb the flavour.
- 4- Fill the glass bowls with the couscous, add a few spoonfuls of pesto over the top and add the marinated tofu cubes.

 15'



Oriental Couscous

Nutritional Information	100g
Energy	1704,80 kJ 406,71 kcal
Sodium (mg)	279,90
Fat (g) of which saturated fat	24,73 4,17
Carbohydrates (g) of which sugars	36,03 2,55
Fibre (g)	2,92
Proteins(g)	9,31
Salt (g)	0,70



You can replace the tofu with cherry tomatoes, radishes or a crunchy vegetable. Pesto sauce is very versatile and allows you to vary the nuts used (cashews walnuts, hazelnuts), the green leaves (parsley, rocket, kale, mint, spinach) or to add nutritional yeast.

CUPS OF MEDITERRANEAN COUSCOUS WITH CLASSIC PESTO AND CHEESE



Recipe

Ingredients

- 1 packet of Mediterranean Couscous + 400 ml of water + 5 gr of salt + 2 tablespoons of oil
- 50 gr grated or powdered parmesan cheese
- 50 gr pine nuts
- 20 fresh basil leaves. Instead you could use 2 teaspoons of dried basil which will give you the flavour and some fresh parsley for the touch of green freshness
- 1 small clove of garlic
- 100 ml of oil
- Small mozzarella balls to taste

Method

- 1- Cook the couscous according to the instructions on the packet: boil 400 ml of water in a pan with 5 gr of salt (or to taste) and 2 tablespoons of oil. Remove from the heat and pour in the contents of the sachet. Wait 5 minutes with the lid on and fluff up the grains of couscous with a fork before serving.
- 2- You make the pesto by beating all the ingredients in a mixer until you get the desired consistency, smoother or with chopped nuts.
- 3- Fill the glass bowls with the couscous, add a few spoonfuls of pesto over the top and finish with small mozzarella balls.



Mediterranean Couscous

Nutritional information	100g
Energy	2131,50 kJ 508,55 kcal
Sodium (mg)	461,43
Fat (g) of which saturated fat	33,13 6,95
Carbohydrates (g) of which sugars	39,74 2,78
Fibre (g)	3,59
Proteins (g)	11,22
Salt (g)	1,15



You can add any cheese you like to the pesto, such as manchego, goat's cheese, cottage cheese, feta or blue. Pesto sauce is very versatile and allows you to vary the nuts used (cashews walnuts, hazelnuts), the green leaves (parsley, rocket, kale, mint, spinach) or to omit the parmesan