



endori

*Recipes for
Professionals*

Fruity strawberry asparagus salad with veggie pulled thyme garlic

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- 0.85 kg veggie pulled thyme garlic
- 2.0 kg asparagus, green
- 1.3 kg strawberries
- 250 g rocket salad
- 100 g olive oil
- 70 g balsamic vinegar (white)
- salt, pepper, sugar

- Cook & Serve
- Cook & Chill
- Sous vide
- Cook & Hold
- Cook & Freeze
- Green Vac

Wash the green asparagus and remove the woody ends if necessary. Peel the lower 2-3 centimetres with a potato peeler.

Cut the asparagus spears into 2-3 cm pieces and brown them in a pan with little oil for approx. 2 minutes. Add the **veggie pulled thyme garlic** and continue browning for 5 minutes over medium heat, turning occasionally.

Marinate the asparagus and the **veggie pulled thyme garlic** with salt, pepper, sugar and vinegar and let it cool down.

Wash the rocket salad and the strawberries and finally, quarter the strawberries. Marinate the rocket salad with the dressing and serve on plates.

Arrange the strawberries, asparagus and **veggie pulled thyme garlic** on plates as well.

Bon appétit!

Ø nutritional value	per serving	
energy	1335/ 321	KJ / kcal
fat	16.2	g
- of which saturates	2.2	g
carbohydrate	12.6	g
- of which sugars	11.4	g
protein	28.3	g
salt	1.8	g

The indicated nutritional values are guidelines only

- *prices may vary and are indicative cost per serving (net without VAT)
- for declarable additives and allergenic ingredients see respective product packaging
- changes and errors reserved

Spanish rice pan with veggie balls

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1 kg	veggie balls
200 g	onions, white
8 g	garlic
0.75 kg	mixed peppers
375 g	cherry tomatoes
375 g	peas, frozen
0.75 kg	short-grain rice
2.5 l	vegetable stock
2 tbsp	sweet paprika powder
	salt, pepper

Cook & Serve	<input checked="" type="checkbox"/>	Cook & Hold	<input checked="" type="checkbox"/>
Cook & Chill	<input type="checkbox"/>	Cook & Freeze	<input type="checkbox"/>
Sous vide	<input type="checkbox"/>	Green Vac	<input type="checkbox"/>

Peel and finely chop the onions and garlic. Wash and core the peppers and cut into slices. Wash and half the cherry tomatoes.

Sauté the onions and garlic with a little oil in a pan. Add the rice and sauté briefly. Add the paprika powder and deglaze with vegetable stock. Finally, add the pepper slices and the frozen peas and leave to cook. Season with salt and pepper to taste.

Put everything in an ovenproof dish and bake in the oven at 180 °C for approx. 25 minutes. Next, stir everything, season to taste and add the frozen **veggie balls**, as well as the cherry tomatoes. Leave in the oven for another 10 minutes. Ready

Bon appétit!

Ø nutritional value	per serving	
energy	1564 / 371	KJ / kcal
fat	12.9	g
- of which saturates	5.6	g
carbohydrate	39.8	g
- of which sugars	9.5	g
protein	20.5	g
salt	4.2	g

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Traditional asparagus with hollandaise sauce and veggie bratwurst

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- 1.2 kg veggie bratwurst
- 2.0 kg white asparagus
- 0.8 kg hollandaise sauce, vegan
- 200 g lemon
- 30 g chives
- 1.5 kg potatoes, small
- salt, pepper, sugar

- Cook & Serve
- Cook & Hold
- Cook & Chill
- Cook & Freeze
- Sous vide
- Green Vac

Peel the asparagus and cut off the woody ends. Cook the asparagus in boiling water with lemon and a bit of sugar for approx. 15 minutes.

Wash and peel the potatoes and cook them in salty water as well.

In the meantime, fill the ready hollandaise sauce in a pot and heat up slowly.

Wash the chives and cut them into fine slices.

Fry or grill the defrosted **veggie bratwurst** on all sides for approx. 7-8 minutes until the core temperature reaches 73 °C.

Finally, arrange all ingredients on plates and spoon the Hollandaise over the asparagus garnishing with chives.

Bon appétit!

Ø nutritional value	per serving	
energy	2774 / 670	KJ / kcal
fat	47.1	g
- of which saturates	9.3	g
carbohydrate	29.6	g
- of which sugars	8.3	g
protein	25.7	g
salt	3.6	g

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Gyros pan with veggie kebab coriander paprika

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- 1.3 kg veggie kebab koriander paprika
- 0.78 kg onions, white
- 390 g tomato paste
- 0.78 kg rice, raw
- 0.78 kg yogurt, vegan
- 390 g salad cucumber
- 23 g garlic
- 23 g dill
- salt, pepper

- Cook & Serve
- Cook & Chill
- Sous vide
- Cook & Hold
- Cook & Freeze
- Green Vac

For the tomato rice, cook the rice in salted water and drain it afterwards.

In the meantime, wash and slice the salad cucumber. Finely chop the dill and garlic and mix with yogurt and cucumber. Season the tzatziki with salt.

Add tomato paste to the rice and season with salt.

Finely slice the onions. Brown the frozen **veggie kebab coriander paprika** in a hot pan with a little oil for approx 2 minutes, while turning frequently. Add the onions to the pan and brown for another 2 minutes.

Serve the tomato rice and gyros on plates finishing off with tzatziki.

Bon appétit!

Ø nutritional value	per serving	
energy	2197 / 522	KJ / kcal
fat	14.9	g
- of which saturates	5.8	g
carbohydrate	50.2	g
- of which sugars	10.9	g
protein	43.8	g
salt	3.1	g

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Warm asparagus pasta with veggie pulled

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- 0.85 kg veggie pulled
- 0.8 kg asparagus, green
- 1.0 kg spaghetti
- 1.0 kg cherry tomatoes
- 0.8 kg feta cheese
- 50 ml lime juice
- 50 ml olive oil
- 50 g fresh basil
- salt, pepper, sugar

- Cook & Serve
- Cook & Hold
- Cook & Chill
- Cook & Freeze
- Sous vide
- Green Vac

Wash and halve the cherry tomatoes. Mix basil, olive oil, lime juice, salt, pepper and sugar with a hand blender.

Wash the green asparagus and cut off the woody ends if necessary.

Peel the lower 2-3 centimeters of the asparagus spears with a potato peeler.

Cook the spaghetti in salty water and keep them warm.

Cut the asparagus spears into fine slices and sauté in a pan with a little oil for approx. 2 minutes. Add the veggie pulled and tomatoes and fry them together with the asparagus over medium heat turning repeatedly for approx. 4 minutes.

Marinate the asparagus and the **veggie pulled** with the self-made basil pesto.

Cut the feta cheese in small cubes. Mix all ingredients in a pan and season with salt and pepper again.

Arrange and serve everything on plates.

Bon appétit!

Ø nutritional value	per serving	
energy	3362 / 801	KJ / kcal
fat	30.7	g
- of which saturates	14.6	g
carbohydrate	78.7	g
- of which sugars	7.9	g
protein	49.9	g
salt	3.8	g

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Spicy Hungarian paprika stew with veggie pulled thyme garlic

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0.85 kg veggie pulled thymian knoblauch
0.63 kg onions, white
0.63 kg mixed paeppers
65 g tomato paste
38 g sweet paprika powder
2.0 l vegetable stock
0.88 kg potatoes
chili, caraway, marjoram
salt, pepper

Cook & Serve Cook & Hold
Cook & Chill Cook & Freeze
Sous vide Green Vac

Peel the onions, clean and wash the peppers and finely slice the vegetables. Peel and finely chop the garlic. Peel the potatoes, cut into small cubes and place them in a bowl of cold water to prevent them from turning brown.

Sauté the onions and garlic with some oil for approx. 5 minutes until tender and just start to turn golden-brown. Next, add the tomato paste, as well as the paprika powder and sauté briefly. Add the pepper slices, potato cubes and vegetable stock and leave to cook. Season with marjoram, caraway and some chili. Leave the stew to simmer for approx. 15 minutes over a low heat.

Finally, add the **veggie pulled thyme garlic**, leave to cook so that it becomes hot and season to taste again.

Bon appétit!

Ø nutritional value	per serving	
energy	1147 / 272	KJ / kcal
fat	7.2	g
- of which saturates	1	g
carbohydrate	22.4	g
- of which sugars	9.8	g
protein	27.6	g
salt	3.9	g

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*Enjoy preparing
our recipes!*

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