

Zaba's digital cookbook





We proudly present Zaba's first digital cookbook

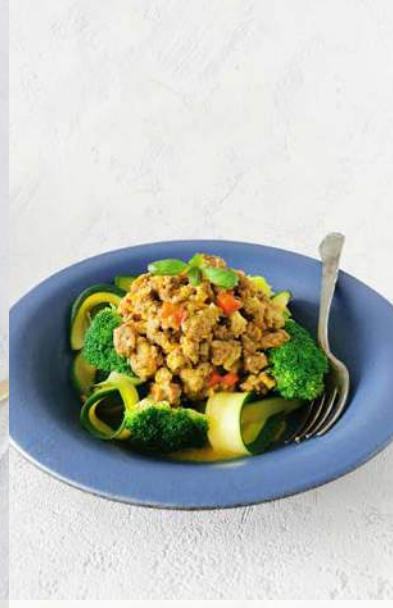
You responded in large numbers to the invitation to create a joint digital cookbook that brings quick and healthy recipes, as part of our wellbeing initiative *Be well, eat better*.

Now you can enjoy many recipes for drinks, soups, salads, main dishes, and essential desserts. They are refreshing, light and practical - you can also prepare them during working hours or lunch break, as it takes up to 30 minutes to prepare them.

Thanks to all our colleagues as well as to Nastasja Chiara Petrić, chef and ambassador of the initiative, and Mario Valentić, ambassador of the *3, 2, 1 ... go!* program, who happily shared their culinary skills with all of us.

Be well, eat better!

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Nastasja Chiara Petrić

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Nastarja Chiara

Ten recipes
prepared by Chiara
from April to June
2021



wellbeing

Nastasja Chiara Petrić

Asian chicken with broccoli and peanuts



1



30 minutes

4 people

Ingredients:

500 g skinless boneless chicken thighs

1 tablespoon (TBSP) corn starch (gussnel)

2 TBSP olive oil
salt and pepper

1 larger broccoli

4 TBSP soy sauce

1 full TBSP peanut butter

2 TBSP rice vinegar (or lemon juice)

1 teaspoon (TSP) powdered ginger

2 garlic cloves

1 TBSP honey

optional: a little chili powder or cayenne pepper

about **1/2 dl** water or soup stock

2 TBSP sesame

optional: soba noodles, egg noodles, basmati rice, glass noodles a little olive or sunflower oil

Preparation:

With a sharp knife cut the **meat** into thin strips, mix in a bowl with **starch** and **oil**, add a little **salt** and **pepper** and leave to marinate while you prepare the other ingredients. Wash the **broccoli** and tear the flowers into smaller pieces, peel the stem and cut it into slices. In a separate bowl, mix the sauce ingredients or, more simply, place them in a jar and shake well - **soy sauce, peanut butter, rice vinegar, ginger**, pressed **garlic, honey** and **chili** and add a little **water** for a softer consistency. Heat the **oil** in a non-stick pan and fry the **meat** on all sides until it takes on a nice crust, about 5-6 minutes. If you want, you can also add sliced strips of shiitake mushrooms. Cook the **noodles** in a separate pot according to the instructions on the package. Two to three minutes before the end of cooking the noodles, add the slices of **broccoli**. Pour the **sauce** over the **meat**, cook for a minute, then add the cooked **noodles** and **broccoli**. Serve the finished *stir fry* (chicken in a wok) with toasted **sesame**.

If you are preparing a meal for one or two people, you can use half the amount of ingredients.

Nastasja Chiara Petrić

Turkey and zucchini fritters with rice salad



2



30 minutes



4 people



Ingredients:

500 g ground turkey

1 smaller red onion

1 garlic clove

200 g zucchini (1 smaller)

1 egg

4 TBSP dry couscous

100 g basmati rice

2 carrots

1 handful of baby spinach

a little olive oil

a little apple cider vinegar

$\frac{1}{2}$ **TSP** mustard

$\frac{1}{2}$ **TSP** honey salt and pepper

Preparation:

Place the **turkey** in a bowl and mix with the vegetables: **onion, garlic** and **zucchini**, which you have mixed into a mushy mixture with a stick mixer. Add an **egg** and **couscous, salt** and **pepper** and mix the ingredients evenly. Allow the mixture to sit for 10 minutes at room temperature. Meanwhile, cook the basmati **rice** in slightly salted water. Peel the **carrot**, grate it and make a creamy green dressing out of **spinach, olive oil, vinegar, mustard, honey, salt** and **pepper** with a stick mixer. Make the fritters with your hands and fry them in the fat of your choice in a non-stick bottom pan at medium heat for about 5 minutes on each side. Rinse the cooked rice under cold water and drain well. Mix the **rice** with **carrots** and **spinach dressing** and serve with warm turkey fritters. You can prepare the mixture of turkey and zucchini the day before and the next day just fry the fritters in a pan. You can also cook a little more rice; as soon as it cools, store it in the refrigerator and use it within three days.

Nastasja Chiara Petrić

Vegetable barley salad with avocado dressing



3



30 minutes



4 people



Ingredients:

200 g barley

1 larger purple onion

2 large carrots

1 large pepper

1 large zucchini

Optional: shiitake mushrooms and asparagus

a little olive oil salt and pepper

$\frac{1}{2}$ **TSP** dried oregano

1 smaller ripe avocado

$\frac{1}{2}$ **TSP** garlic in granules

a few TBSP extra virgin olive oil

a little apple cider vinegar (or white balsamic vinegar)

smaller **stalk** of fresh parsley leaves or basil

small chunk of grabancijaš cheese

Preparation:

Rinse the **barley** and cook it in slightly salted water until it swells and softens. When it is done, but not overcooked, rinse it well in a strainer under cold water. While the barley is cooking, prepare the **vegetables**: clean them, wash and cut into cubes. Heat a non-stick pan with **olive oil** and fry the vegetables seasoned with **salt, pepper and oregano**. Fry them for 5-6 minutes until they get a nice colour on all sides. Remove the avocado's skin and pit and place it in a tall bowl. Add **garlic, olive oil, vinegar**, washed **herb** leaves, **salt and pepper** and make a dressing with a stick mixer. If necessary, add a little water to make it softer and easier to mix. Serve the **salad** by arranging the cooked and chilled **barley** evenly, add to it **roasted vegetables** and season all with the **dressing** and **grabancijaš cheese**. You can also use the dressing within 2-3 days if you keep it in the refrigerator.

Nastasja Chiara Petrić

Tuna and lentil salad with spinach quesadilla



4



30 minutes

4 people

Ingredients:

- | | |
|---|--|
| 100 g beluga or green lentils | salt and pepper |
| 1 or 2 eggs | a little olive oil |
| 160 g tuna in brine (1 larger can) | a little homemade vinegar or apple cider vinegar |
| 1 smaller purple onion | 1 larger tortilla |
| larger stalk of fresh parsley leaves | 2 slices of semi-hard cheese |
| | 1 handful of baby spinach |

Preparation:

Rinse the **lentils** under running water and boil in slightly salted water until softened, but so as to retain its shape (do not overcook). You can cook the **eggs** with it too. Meanwhile drain off excess liquid from **tuna** and transfer it to a bowl. Add to it finely chopped **purple onion** and **parsley**, good **bit of salt** and **pepper**, pour **olive oil** and **vinegar** over it and mix the ingredients. When the **lentils** have boiled, rinse under cold water in a strainer and drain the excess water. Peel the eggs and cut into small cubes, add them together with the **lentils** to the rest of the ingredients and mix well. Finish by adding salt, pepper and vinegar to your taste. Make the **quesadilla** in a toaster or a pan by laying slices **of cheese** on a tortilla, put fresh **spinach** in the middle, fold and bake well until crispy on both sides. Serve warm and sliced with a cold **tuna** salad.

Nastasja Chiara Petrić

Creamy stew with shrimp and corn



5



30 minutes

4 people

Ingredients:

180 g large shrimp

1 large shallot or red onion of medium size

2 celery stalks

3 garlic cloves

pinch of dried rosemary

2 smaller bay leaves

optional: a little cayenne pepper

1 big potato

cca. **250 g** sweet corn

700 ml - 1 l water or soup stock (preferably fish or shrimp)

1 full TBSP of mascarpone cheese

a little olive oil

salt and pepper

1 lime or smaller lemon

Preparation:

Fry the **shrimp** on **olive** oil in a non-stick pan or pot on high temperature for a few minutes. You can cut them into smaller pieces or leave them whole. Take them out on a plate and add a little more **oil** to the pan **and** sauté the **shallots** cut into thin slices and **celery** in thin rings. When the **vegetables** soften, add two pressed **garlic** cloves (leave the third, the smallest clove for later), add **rosemary** and **bay leaf**, salt (if desired, add **cayenne pepper**), then **potato**, which you have peeled and cut into small cubes, sauté for a very short time and pour in the liquid. Cover the pot and cook on high heat for about 15 minutes until the **potato** softens. Add **corn**, **shrimp**, the third pressed smaller **garlic**, then put in the **mascarpone** and boil the stew for a few more minutes. Remove from the heat and add the juice of half a **lime**. Serve the dish warm with more **lime** juice as needed.

Nastasja Chiara Petrić

Curry Bolognese on cooked vegetables

BE
WELL,
EAT
BETTER

6



40 minutes

4 people

Ingredients:

cca. **500 g** ground beef

1 larger red onion

1 pepper

1 larger carrots

half medium sized celery head

2 cloves of garlic

1 TSP oregano

1 full TSP of curry powder (or some other Asian spice mix)

salt and pepper

1 can of whole coconut milk

1 medium sized broccoli

1 larger zucchini

1 TBSP of ghee butter (or some other fat like olive or coconut oil)

optional: soy sauce

Preparation:

Sauté the finely chopped onion and pepper, grated carrots and celery on **ghee** butter over low heat. When the **vegetables** soften, increase the heat and add **ground meat**. Sauté the ingredients for about ten minutes, add all **spices** and pressed **garlic**, sauté for another five minutes, then pour the **coconut milk** over it. The dish is ready after a few minutes when the sauce thickens.

Meanwhile, clean and slice **broccoli** and **zucchini** into larger pieces and cook for a few minutes in salted water. Be careful not to overcook the **vegetables**. Serve the **vegetables** with warm **sauce**. Add a few drops of **soy sauce** on top if desired. Surplus **sauce** can be served the next day with **pasta** or some other starch as desired.

Nastasja Chiara Petrić

Hake dumplings on creamy polenta with green bean salad



7



40 minutes

4 people

Ingredients:

500 g hake fillets

1 smaller red onions

1 clove of garlic

stalk of fresh parsley leaves
(or basil)

salt and pepper

250 ml milk

250 ml water

150 g instant polenta

1 cube of butter or **1** spoon
of mascarpone cheese

fresh green beans

a little white balsamic vine-
gar (or apple cider vinegar)

a little olive oil

Preparation:

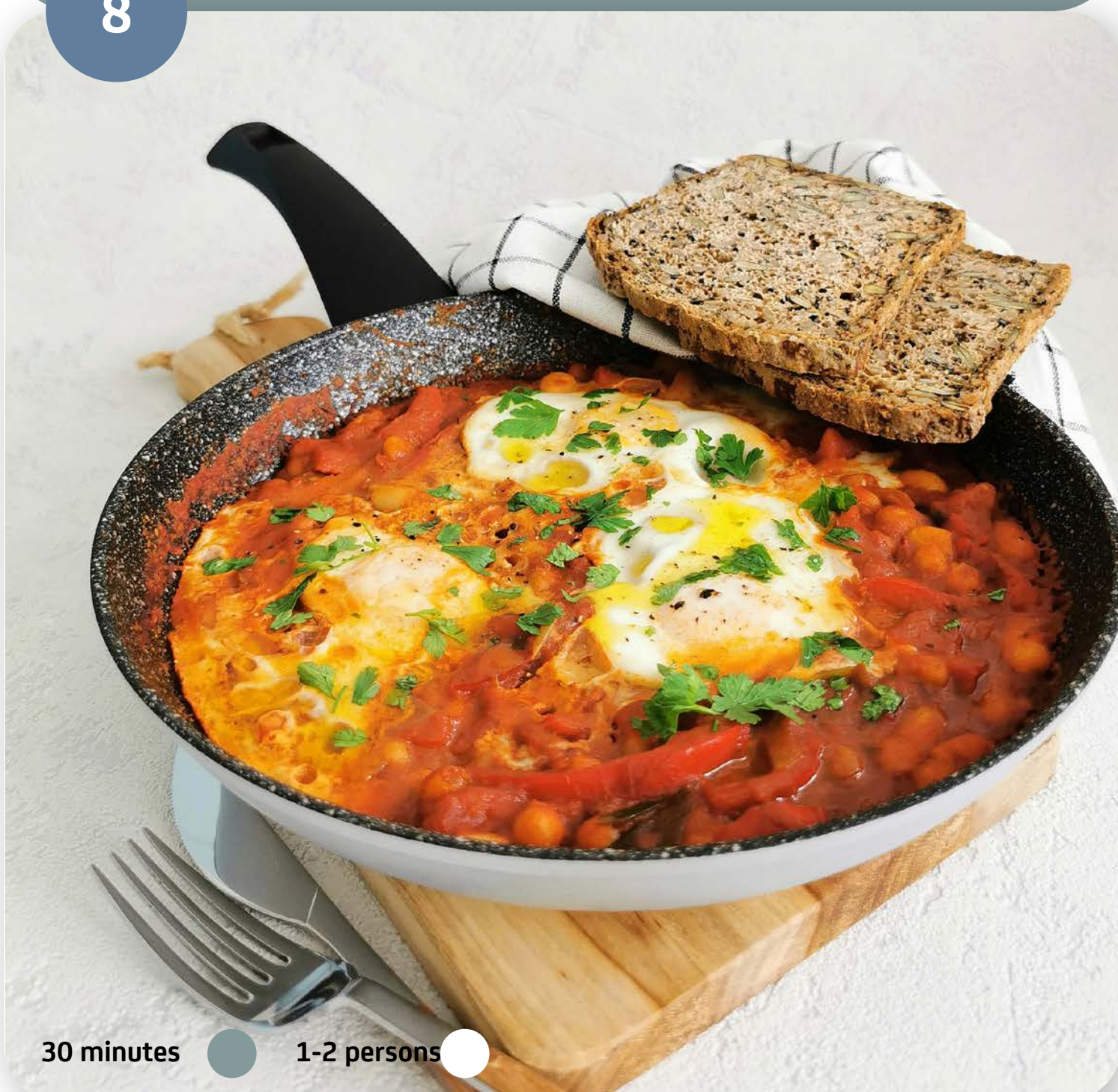
If you have frozen **hake fillets**, leave them to thaw overnight in the refrigerator. Then clean them of bones and put in a mincer for a few seconds. Do not chop them too much, but just enough to get a blended mixture. Place the **fish** in a separate bowl and chop finely the **onion**, **garlic** and **parsley leaf** in a mincer (to get a mixture in the form of a paste). You can also chop them very finely with a knife. Put the **onion** mixture in a bowl with **fish**, salt and pepper and mix everything well. Leave to sit for a bit while cooking **polenta**. Put the **milk** and **water** to boil in a pot with a little **salt**, add the **polenta** and finally stir in the **butter**. You can also add a pinch of grated **parmesan**. **Polenta** may thicken while sitting, so stir in a little liquid with a whisk to get that creamy texture. Meanwhile cook the cleaned whole **green beans** in salted **water** until they soften. Strain them, cool and season with a little more **salt**, **pepper**, **olive oil** and **vinegar**. You may also add a little bit of grated organic **lemon peel**. Fry the fish dumplings on **olive oil** over medium heat evenly on all sides and serve with warm **polenta** and **green bean** salad.

Nastasja Chiara Petrić

Shakshuka with white beans



8



30 minutes

1-2 persons

Ingredients:

1 red paprika

2 medium sized spring onions

1 larger clove of garlic

1 teaspoon of dried oregano

salt and pepper

400 g chopped tomatoes

1 TSP of honey

1 smaller can of white beans

2- 4 eggs *

a little fresh basil

extra virgin olive oil

+ several **slices** of quality bread

Preparation:

Fry the **pepper** cut into strips on the **fat** of your choice. Let it brown on all sides, even let it blacken a bit. Then add sliced spring **onions**, pressed **garlic** and **oregano**, sauté everything together for another minute and then add **tomatoes**. Salt and pepper, add **honey** and cook on high heat for 10-15 minutes together with the strained and washed boiled **beans**. Add just a bit of **water** (a few tablespoons). When the sauce thickens, make little “nests” for **eggs**, crack them into the designated spots, cover the pan and cook for another five minutes on high heat. Serve the dish with a lot of **olive oil** , chopped **basil** and quality **bread** with **seeds**.

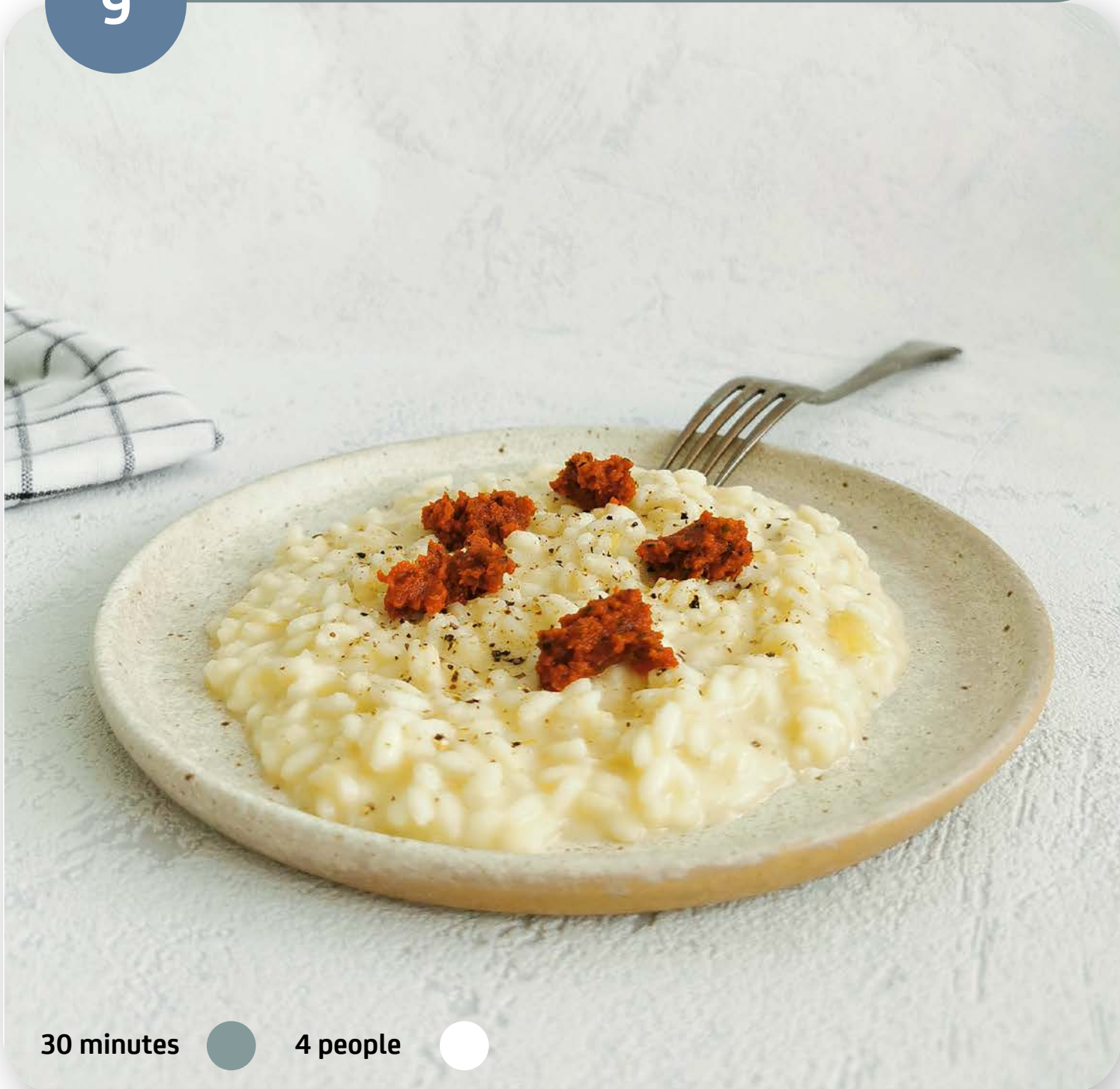
* The number of eggs depends on the number of people for whom you are preparing the meal (for 1 or 2 persons).

Nastasja Chiara Petrić

Cacio e pepe” risotto with dried tomato pesto



9



30 minutes



4 people



Ingredients:

250 g Arborio rice

1 medium sized red onion

700 ml soup stock

50 g parmesan

1 full TBSP of butter

salt and lots of freshly
ground black pepper

cca. **180 g** dried tomatoes (+
their oil)

1 larger garlic clove

60 g almonds

1 larger stalk of herbs (basil,
thyme, parsley)

Preparation:

Sauté the finely chopped **onion** on the fat of your choice until it softens. Meanwhile, warm up **the soup stock**. Add the **rice** (without rinsing) to onions and sauté for 1 minute. Gradually add the **warm soup stock** to the **rice** for about 18 minutes, or until cooked al dente. Finally, stir in the **grated parmesan** (add a little more if desired), **butter** and lots of freshly ground **pepper**. Salt to taste. For ideal consistency before serving, you can add a little more of the **soup stock** to the risotto because rice absorbs liquid quickly. To prepare the tomato pesto, put the **dried tomatoes**, pressed **garlic**, toasted and ground **almonds** and washed **herbs** into a blender. Gradually pour **tomato oil** (or some other olive oil of your choice) until you get the density you want. Save the excess **pesto** in a jar by pouring a little more oil over the top so it does not spoil and keep refrigerated.

Nastasja Chiara Petrić

Chocolate balls with sunflower seeds and prunes



10



30 minutes



4 people



Ingredients:

200 g sunflower seeds

2 TSP cocoa powder

200 g prunes (soft and pitted)

1 larger pinch of salt

60 g coconut oil

200 g dark chocolate (about 50% cocoa)

Preparation:

Put the **sunflower seeds** in water for a few hours or leave them overnight. Then rinse them well under water and drain well. Transfer to a blender and chop for a few minutes until completely chopped. Occasionally scrape the sides of the blender toward the centre so all is evenly chopped. Then add **dry prunes** (inspect for pits), melted **coconut oil**, **cocoa** and **salt** and make a smooth and evenly chopped mixture. This may take a few minutes. Put the mixture briefly in the freezer to make it easier to make the balls (or a little longer in the fridge). In the meantime, melt the **chocolate** on steam with a bit of **coconut oil**. Dip the balls into the chocolate, arrange them on a plate or tray covered with baking paper. If you so desire, put a little **fleur de sel** on top of each ball and leave them in the refrigerator to compress. You can arrange them in a pot, freeze and use as needed. This way the balls will not go to waste if you make more of them, as they defrost very quickly at room temperature.

Jelena Cvijić

Quick veggie dumplings



11



10 minutes

1 person

Ingredients:

COUS-COUS (**1 small coffee cup**)

veggie balls based on wheat proteins (can be bought ready-made and made into veggie burgers, veggie sausages, tofu, seitan)

arugula tomatoes

pumpkin seeds cashew

nuts coconut oil pumpkin
oil

Preparation:

Salt the **cous-cous**, pour boiling water over it and leave to sit for 4 - 5 minutes (some types of couscous need to be cooked).

Fry the **veggie balls** in coconut oil for 4 minutes on all sides. Add slices of **tomatoes**, **arugula**, **pumpkin seeds** and **cashews** and pour with **pumpkin oil**.

This recipe can also be changed a bit: instead of veggie balls, you can prepare veggie burgers, veggie sausages, tofu, seitan or fish.

Instead of couscous, you may opt for pasta (integral, hemp, spelt, buckwheat) and various combinations of this veggie meal can also be added to tortillas.

The seeds can be combined: pumpkin, cashews, pine nuts, Brazil nuts, hemp.

Oils: pumpkin, coconut, olive, hemp.

You can use different ingredients and you have a different lunch. It is only important that they are healthy and fast.

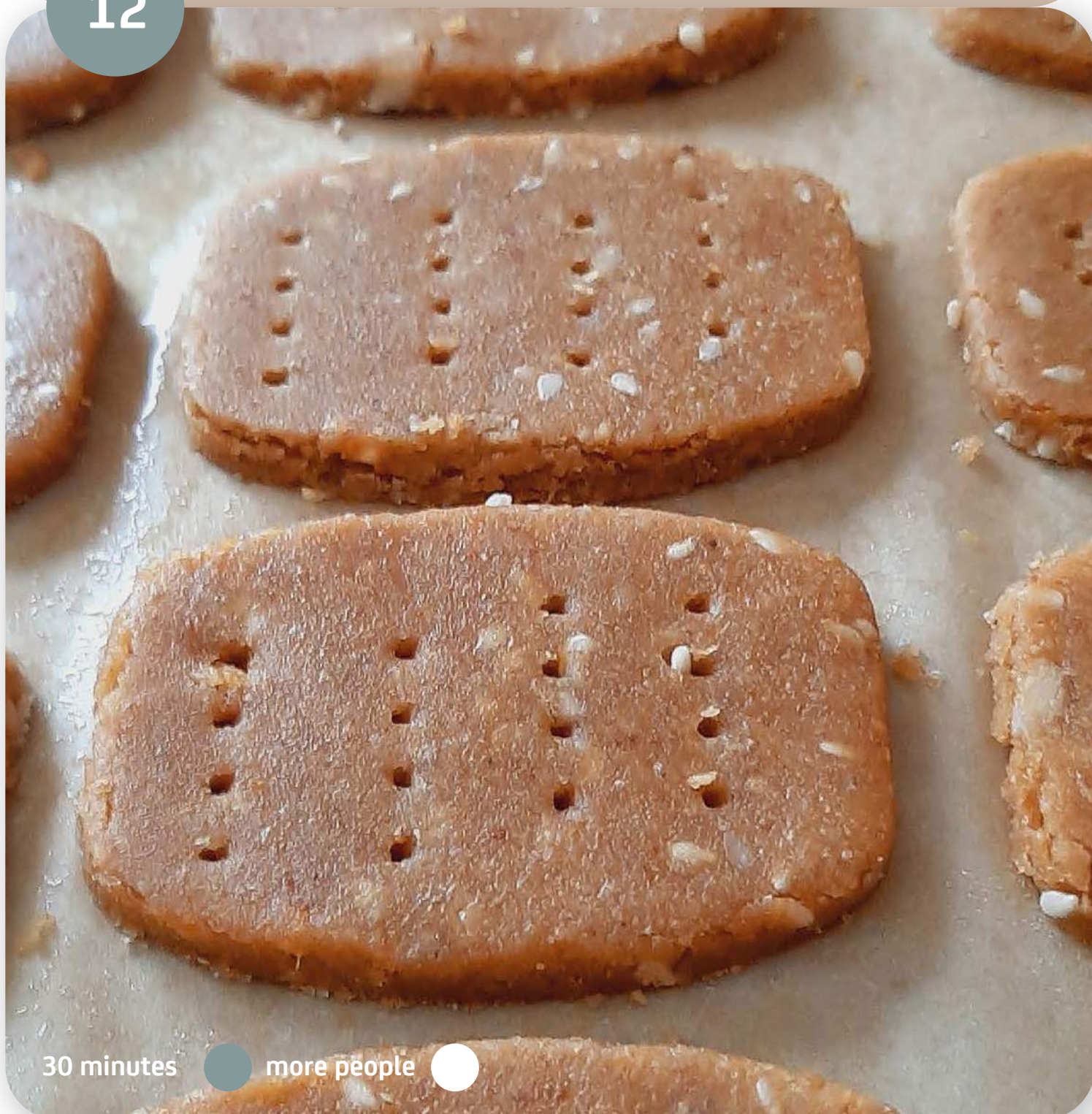


Suzana Marić

Healthy crackers



12



30 minutes

more people

Ingredients:

10 TBSP ground oatmeal

2 TBSP ground sunflower seeds

1TBSP sesame

2TBSP peanut butter

10 TBSP lukewarm water

pinch of baking soda

pinch of salt and pepper

Preparation:

Mix all ingredients, roll out the **dough** on baking paper and make the shapes you want. I made them with a cream lid. Bake for 12 - 15 minutes at 170 degrees.

Natalija Mikulić Smiljanić

Summer salad with shrimp



13



25 minutes

2 persons

Ingredients:

300 g cleaned shrimp tails (or frozen shrimp)

200 g cherry tomatoes

150 g fresh cucumbers

100 g yellow peppers

50 g green olives

3 TSP olive oil

1 lemon

salt, pepper

Preparation:

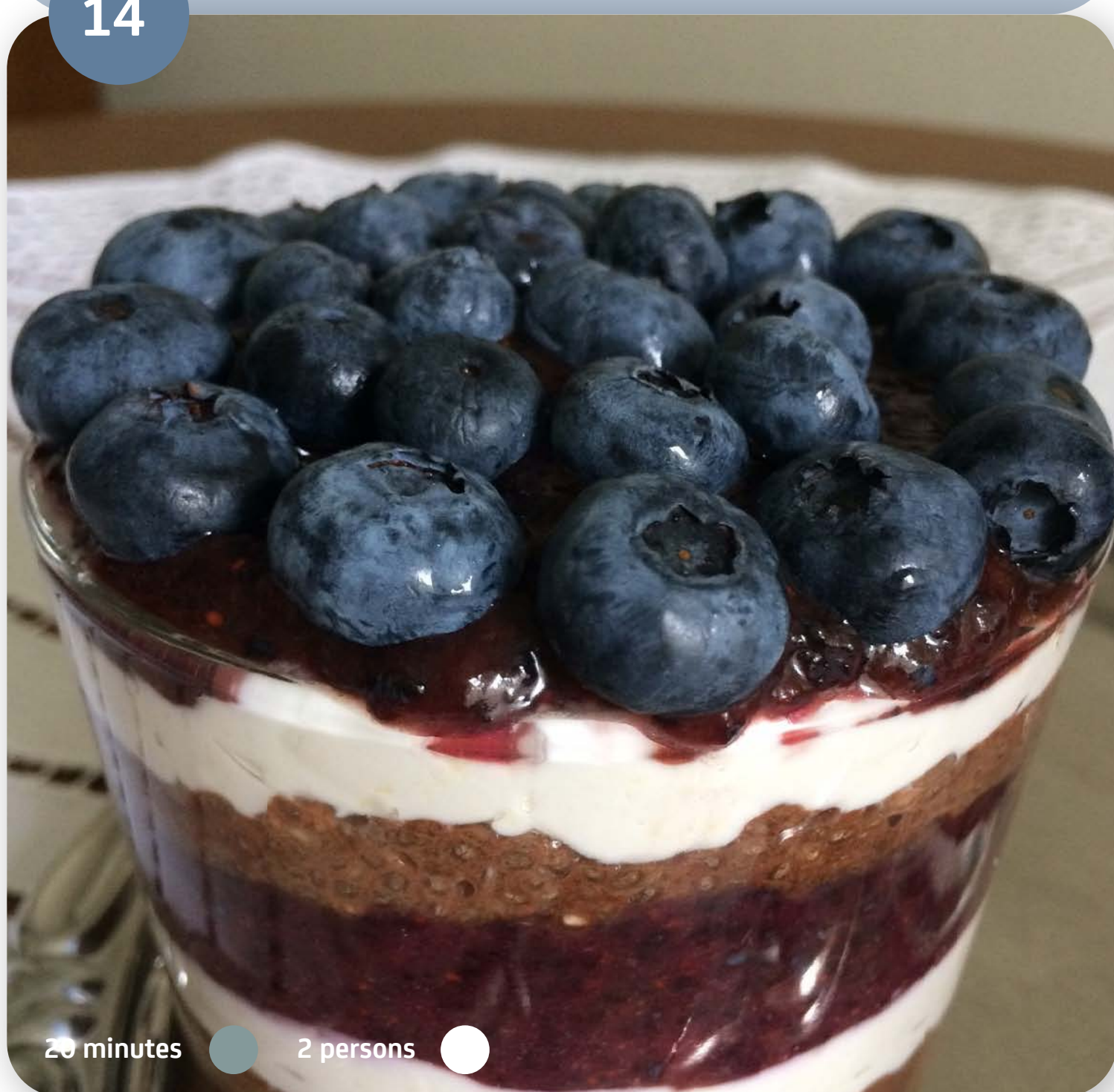
Cut all the salad ingredients into small cubes. Clean the **shrimp**, season and bake them on **olive oil** in the pan. Put them over the salad and season with **olive oil, lemon, salt and pepper**. If you want add **basil**. If you are not on a diet :), a great side dish with this salad is the **foccaccia** - Mediterranean bread.

Željka Mandić

Summer creamy goodness



14



20 minutes

2 persons

Ingredients:

1 TBSP chia seeds

3 dl oat milk

10 drops stevia

2 TSP cocoa (I use raw, less dark, and more nutritionally rich)

1 TSP fine powder of ground carob

half a TSP cinnamon

1 TBSP dried cranberries

break **several** candied orange slices into smaller pieces

25 - 30 dkg cream cheese (homemade goat cheese, the fattier, the better) - do not be afraid of goat cheese, I recommend the Jagarka brand as it is perfect for this dish

grated peel of **1** unsprayed lemon

a few drops lemon juice

1 to 2 vanilla sugar

30 dkg blueberry

Preparation:

Mix the first eight ingredients (**to cheese**) and leave covered overnight at room temperature to soak and turn into a pudding. Stir the **cheese**, **lemon** and **vanilla sugar** into the cream. Take a few **blueberries** for decoration and mix all others briefly with a stick mixer in a narrow bowl. Leave the **blueberries** to sit for a few minutes, they will condense a bit so you can fill the glasses with them more easily.

Put in the glasses: a row of **chia pudding**, row of **cream cheese**, row of mixed **blueberries**.

Make sure that the layers do not mix and that the glass does not stain. Repeat the rows once more and decorate the top with **whole blueberries**. Let everything cool a little more in the fridge. You may eat them the next day also if anything is left 😊

If you do not like **carob**, you don't have to add it, and if you don't have **cranberries** or **candied orange peel**, you don't have to use them. Although it tastes better with all the ingredients.

Ivana Šoljan

Vegan raw carrot cake



15



Ingredients:

0.5 kg carrots

25 dried dates

handful of different nuts (hazelnuts, cashews, walnuts, etc.)

handful of coconut flour for the mixture

5 TBSP coconut flour for the bottom of the pan

2 TBSP peanut butter

TSP cocoa **TSP**

cinnamon a little salt

fresh/dried fruit and/or whipped cream for decoration

Preparation:

Peel a carrot.

Put all the ingredients in a blender and mix until the mixture becomes completely mushy.

Sprinkle the bottom of the cake pan with coconut flour (so that the mixture does not stick, and also because it will look nicer when you cut the cake) and add the mixture. Put in the refrigerator for several hours.

Garnish with fresh or dried fruit and whipped cream before serving.

Good to know

Since carrots and dates are hard, a stronger blender is needed. But the combination of an average blender and a stick mixer will have the same effect.

Use a cake pan used to bake a cheesecake.

(Note: the recipe is not originally mine but was taken from a vegan group on Facebook)

Kristina Medven Čoraga

Eggplants stuffed with rice and lentils



16



1 sat

2 persons

Ingredients:

1 larger or two smaller eggplants

1 onion

2 garlic cloves

1 cup rice

1/2 cup red lentils

feta cheese, hard cheese, parmesan

a few cherry tomatoes and black olives

to 3 dried tomatoes parsley and/or celery leaves

salt, pepper, turmeric, a mixture of Mediterranean spices

Preparation:

Cut the **eggplants** lengthwise in half, add salt and pour **olive oil** and place in the oven at 180 ° C for 15 minutes with the cut side facing down.

Sauté the **onion** on **olive oil**, after a few minutes add **garlic** and then **rice**. Stir briefly, then add **water** or **soup stock**. Season with **salt**, **pepper** and turmeric. Stir occasionally until **rice** is cooked.

Cook the **lentils** separately, drain and mix with the **rice** stuffing. Season with the **Mediterranean mix**.

Take out the inner part of the **eggplants** and chop smaller pieces and add to the **rice** and **lentils** stuffing.

Fill the **eggplants with the stuffing**, garnish with some **cherry tomatoes** cut in half, finely chopped **dried tomatoes**, diced **cheese** and **olives** and sprinkle it all with **parmesan**.

Place the dish prepared in this way in the oven at 180 ° C for 20 minutes.

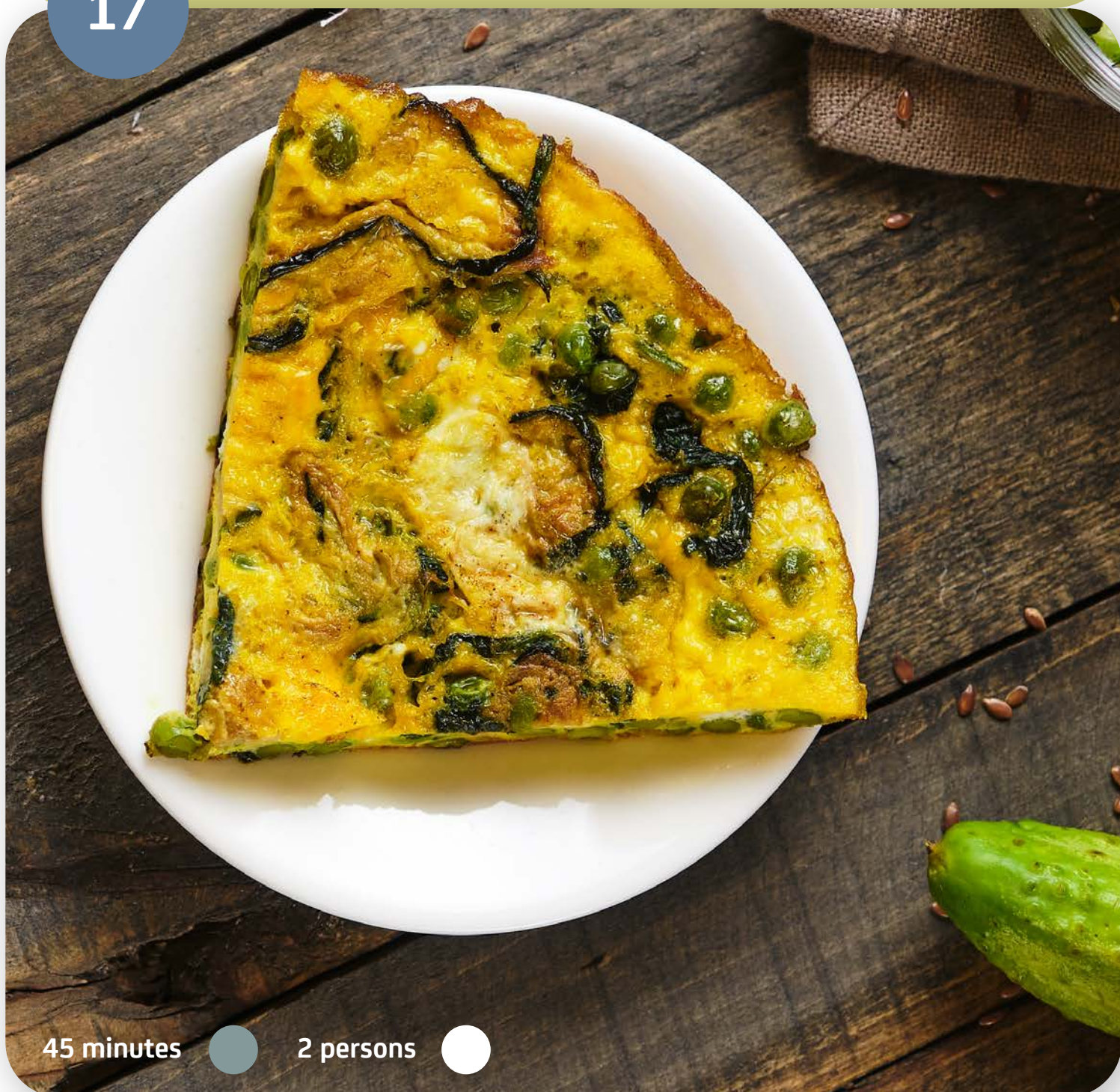
Before serving, sprinkle the dish with freshly chopped **parsley** and **celery**.

Helena Hromeček

Quick zucchini pie



17



45 minutes



2 persons



Ingredients:

500 - 600 g grated zucchini

3 eggs

100 g smoked ham

100 g grated mozzarella or parmesan

100 g polenta garlic and parsley

salt, pepper, baking powder (spices optional)

Preparation:

No need to drain the **zucchini**. Mix all the ingredients together and pour onto baking paper. Bake at 180 ° C for about 30 minutes. You can also put the mixture in muffin tins and surprise your friends.

Serve the pie with **sour cream** to which you can add some **shallots**. Enjoy your meal!

Marija Maras

Chia pudding for the best start of the day



18



10 minutes

2 persons

Ingredients:

Chia

milk (cow's, coconut, almond, oat, etc.)

coconut flour

fruit of choice oatmeal

Greek yogurt

peanut butter

Preparation:

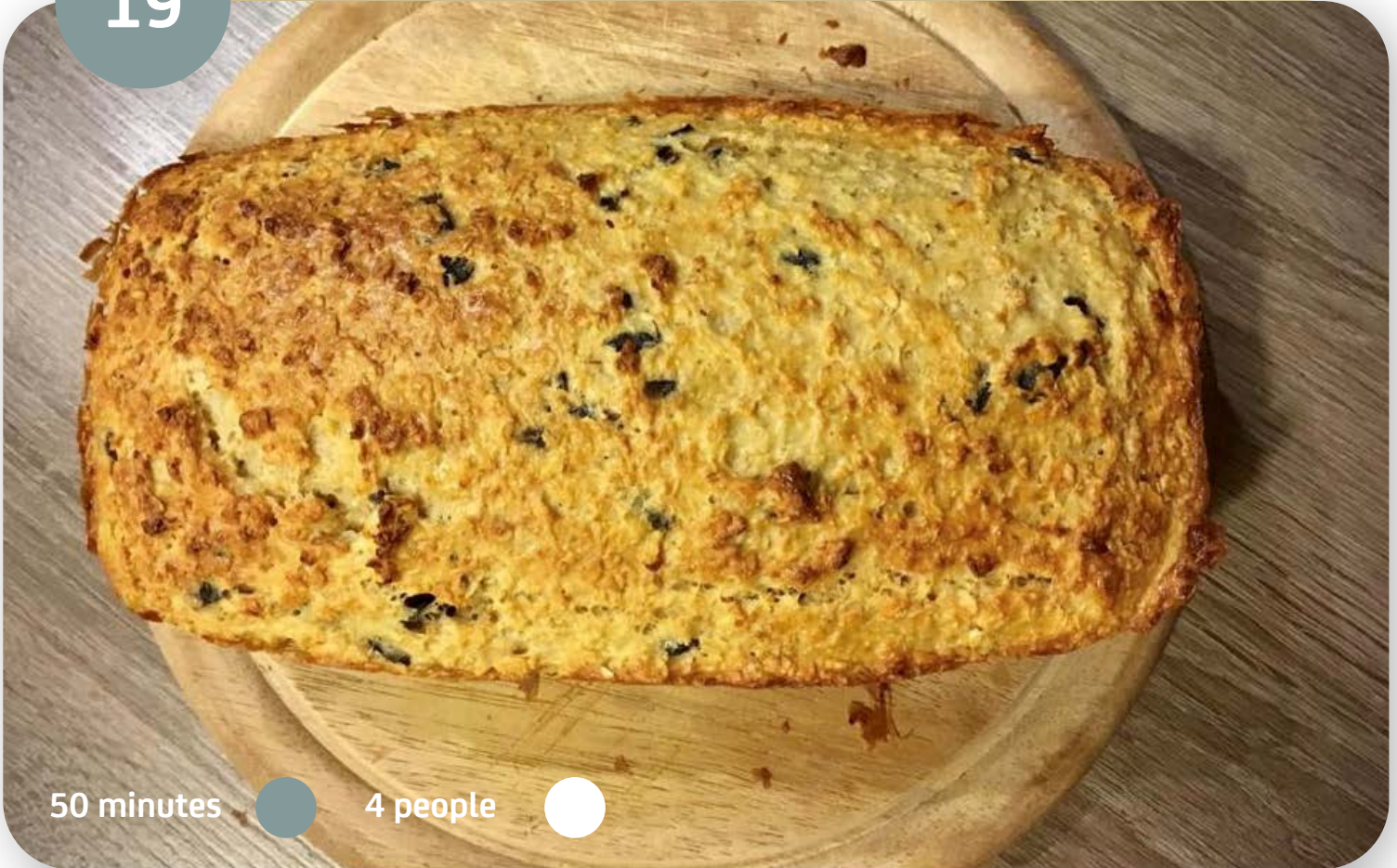
Leave 5 small teaspoons of **chia** in a closed jar mixed with 100 ml of **milk** and a large spoon of **coconut flour**. In the morning stir the **pudding** and add the remaining ingredients in this order: **layer of fruit** (seasonal is the best), 1 tbsp **oatmeal** , 3 tbsp **Greek yogurt**, 2nd layer of fruit (best **bananas** because they go great with **peanut butter**) and top it off with a spoonful of **peanut butter**.

Valentina Pavković

Protein bread



19



50 minutes

4 people

Ingredients:

500 g of fresh cheese

250 g oatmeal

3 whole eggs

1 TSP salts

1 TSP baking soda

2 TBSP olive oil **1 TBSP** linseeds

Preparation:

Put **fresh cheese, eggs, salt** and **baking soda** pot and mix well.

Then add **olive oil, linseeds** and at the end **oatmeal**.

Mix the mixture well with a food processor.

Line a baking tin with baking paper or grease with the desired fat. Pour the mixture into the tin and bake for about 45 minutes at 170 ° C until golden.

Marija Feljan

Zucchini with potatoes “red” style



20



45 minutes



4 people



Ingredients:

2 larger zucchini

4 medium sized potatoes

1 onion

1 to 2 garlic cloves

can of chopped tomatoes/passata fresh parsley to taste

salt (**2 - 3 TSP**), pepper (**1 TSP**), thyme (**1/4 TSP**) and oregano (**1/4 TSP**)

olive oil

Preparation:

Cut the **onion** into small cubes. Cut the **potato** and **zucchini** into equal cubes (any size). Chop **parsley** and **garlic** finely into very small pieces.

Sauté the **onion** on **olive oil** for five minutes and then add salt. Add **diced potatoes** and let them simmer together with **onions** for about ten minutes. Then add **garlic, thyme, oregano** and **pepper**, stir and add the whole can of **chopped tomatoes/passata**. Leave it

cook for fifteen minutes. Stir occasionally. Then add the sliced **zucchini**, mix everything together and add **water** (about half a cup) if you find it too thick. Cook for another fifteen minutes on medium heat.

It is excellent as a standalone dish, but also a perfect side dish with meat and/or fish. Enjoy!

Sandra Cvetko

Mushrooms with leeks and quinoa



21



20 minutes



2 persons



Ingredients:

20 dkg mushrooms (white or gold)

1 medium sized leek (white part only, no green leaves)
quinoa

oil for sautéing

salt, pepper

curry

cumin

vegetable cooking cream (or coconut milk)

Preparation:

Wash the **quinoa** well and allow it to drain. Boil it in water in a ratio of 2:1 for about 12 minutes.

Sauté the **mushrooms** cut into smaller cubes on some **oil**. When they release the water, let it evaporate then add **leek** sliced into rings. **Add salt** and simmer while stirring until softened. Then add **curry, cumin, pepper** and finally the **vegetable cooking cream**. While stirring, cook for a few more minutes and add the pre-cooked **quinoa**.

A quick, easy and tasty main dish to serve with a salad.

Enjoy your meal!

Tomislav Soćnić

Zucchini fritters with goat cheese



22



30 minutes

2 persons

Ingredients:

1 larger zucchini

1 big carrot or **2** smaller carrots

1 medium sized potato

1 - 2 eggs (1 large or 2 smaller)

100 g smoked goat cheese

1 solid yoghurt, mayonnaise, pumpkin oil salt, pepper (white or cayenne), dried parsley flour

Preparation:

Main course:

Wash the **zucchini**, **carrots** and **potato** and grate on a grater (not too fine). Transfer to a bowl, add **eggs** , 1 - 2 tbsp **flour** and sliced **smoked cheese** Kozjak. Add **salt** and **pepper** according to your taste.

Mix everything well and place on baking paper in a baking tin. The fritter should not be too thick or too thin so that they do not burn.

Preheat the oven to 180 ° C, place the baking tin on the 1st level and turn on the oven fan for 20 minutes.

Sauce:

Mix the **yogurt**, **mayonnaise**, **pumpkin oil** (2 - 3 teaspoons) and season with **salt**, **pepper** and **parsley** to taste.

Karlo Paljug

Fresh cucumber soup



23



30 minutes

2 persons

Ingredients:

1 kg fresh cucumbers

2 l yogurt

1 - 1.5 dl water (optional)

2 - 3 TBSP olive oil

2 - 3 TBSP wine vinegar

10 dkg walnuts finely

3 finely chopped garlic cloves a little dill

salt and pepper to taste

Preparation:

This is a great refreshment for hot days, rich in nutrients, light and tasty.

For cooking the soup, it is best to use a ceramic pot and wooden/plastic utensils to preserve the soup's taste for several days. In case you don't have **nuts**, they can be replaced by almonds.

Peel the **cucumbers** and cut them into small cubes and place in a large bowl and add two litres of **yogurt** (you can use liquid yogurt or plain and, if necessary, dilute it with 1 - 1.5 dl of water).

Add the other ingredients, mix well, cover and leave overnight in the fridge.

As the soup should be light, do not overdo it with **salt** and **pepper**. Enjoy your meal !

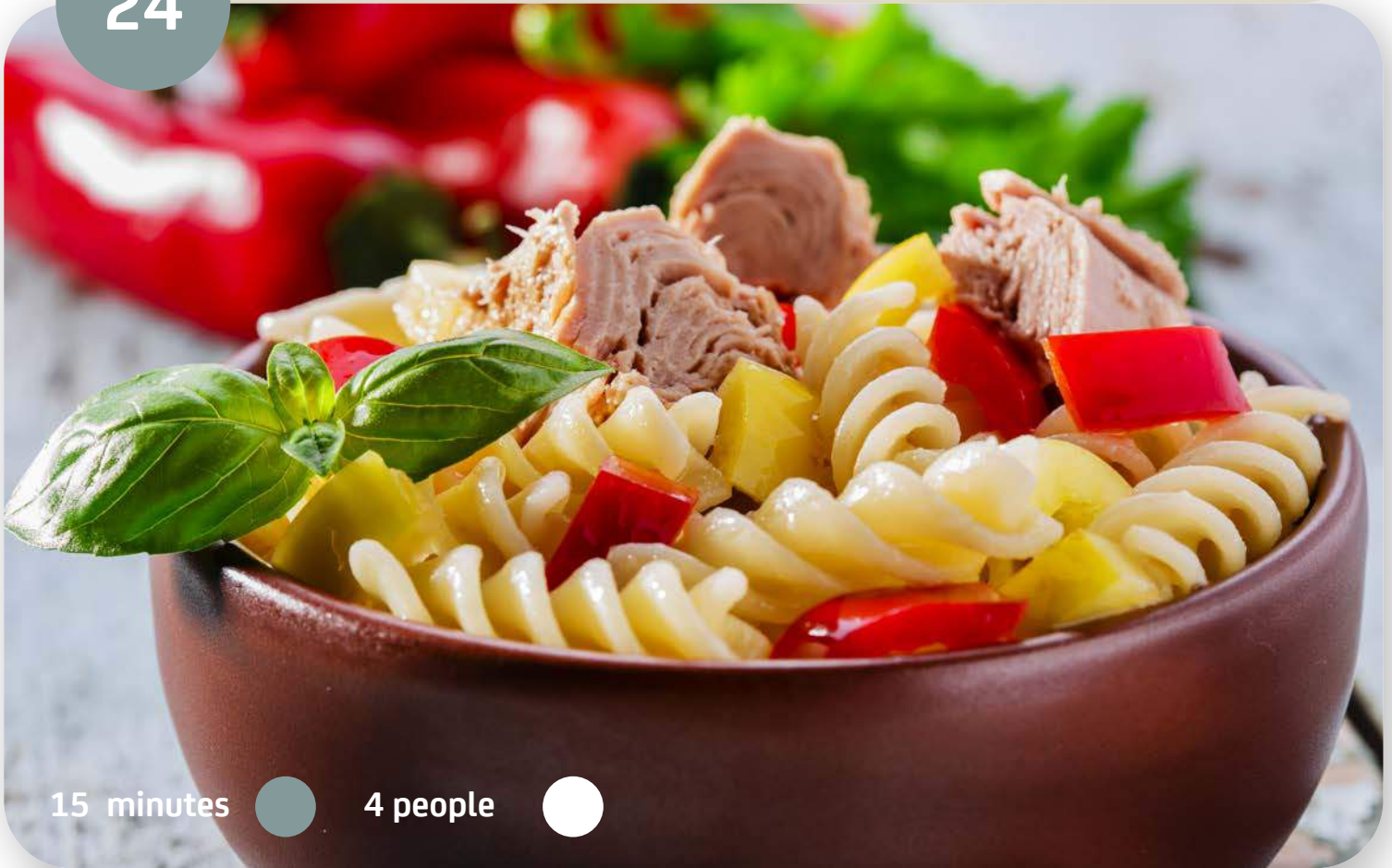
Ognene Bojadžiski taught me how to prepare this wonderful summer dish.

Nikolina Šimek Novak

Simple tuna salad



24



15 minutes



4 people



Ingredients:

pasta - classic packaging **400 g**

tuna - **2 cans** of tuna in olive oil

corn - a small can

one green or red or yellow peppers

a little salt

olive oil

lemon juice

Preparation:

Cook the **pasta** “al dente” and wait for it to cool. Slice the **pepper** into tiny pieces. Mix all ingredients - **pasta**, **corn**, **tuna** and **pepper**. Season with a little **salt**, **olive oil** and **lemon juice**. Refrigerate

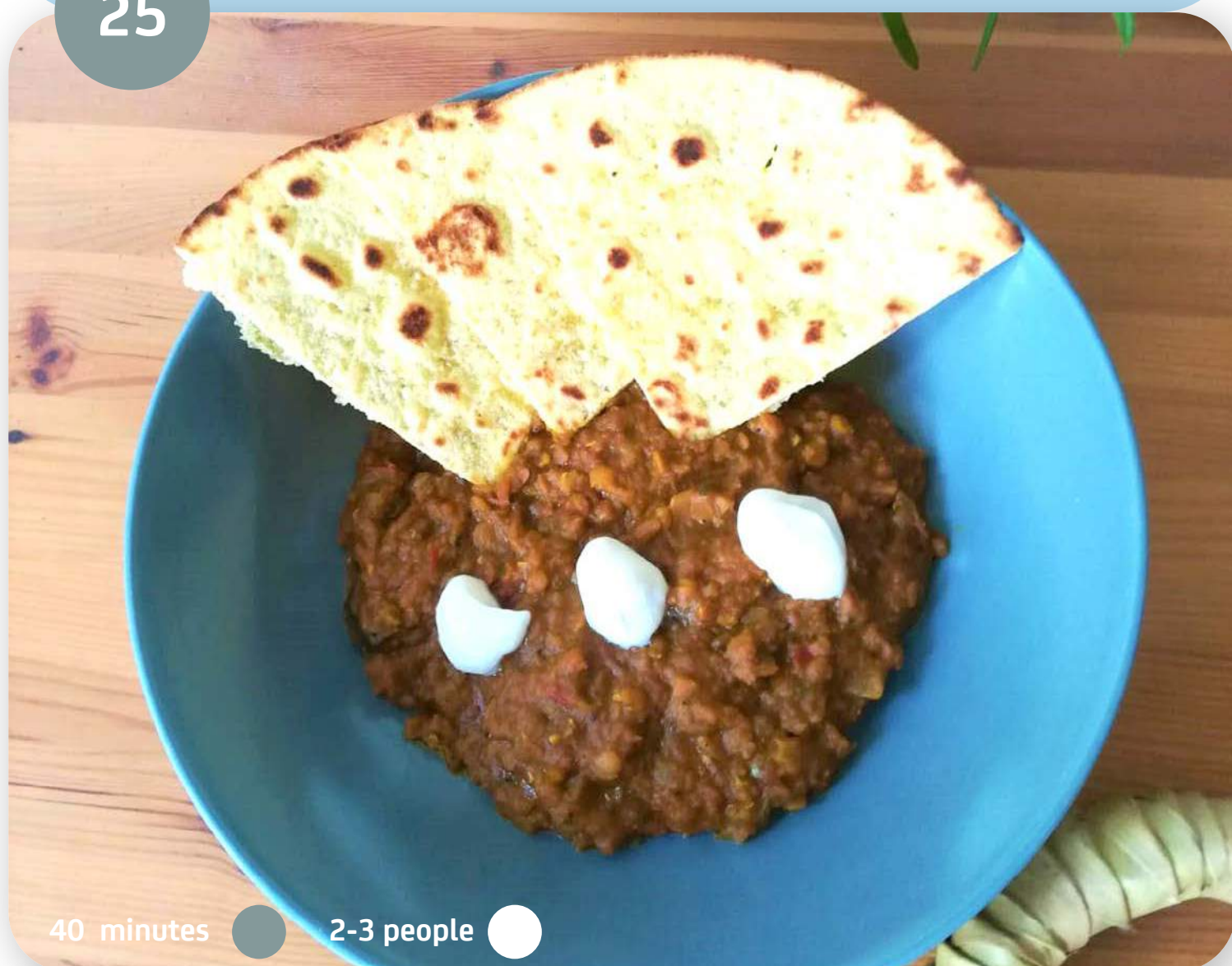
for an hour. It is best chilled on hot summer days.

Đurđa-Nika Goluža

Dahl - Indian-style lentils



25



40 minutes

2-3 people

Ingredients:

2 TBSP olive oil

1 larger red onion

2 cm ginger root

1.5 cups red lentils

can of coconut milk (**400 ml**)

1.5 cups water

hand chopped fresh coriander (if you like it!)

1.5 cups chopped cherry tomatoes (or canned chopped tomatoes)

2 TSP turmeric

2 TSP garam masala (or a teaspoon of coriander and cumin)

1 TSP sugar (better brown)

half or one TSP cayenne pepper (depending on whether you like it hot)

1 TSP mustard seeds (optional) **several** curry leaves (optional) juice of half a lemon or one lime

2 TBSP vegetable yogurt (optional)

Side dish: purchased or homemade tortillas, naan or jasmine rice

Preparation:

Sauté one **red onion** on **olive oil**, add **salt** and then grate or squeeze **ginger** and simmer briefly until you can smell the ginger. Add **red lentils**, **a can of coconut milk** and a cup and a half of **water**. Cook for 10 minutes, stirring occasionally. Add **tomato** and cook for 20 minutes. Add spices. Cook a little more, stirring until it becomes creamy. Finally, pour in **lemon/lime juice**. When serving, put a little vegetable **yogurt** on top.

Dahl is traditionally eaten with **naan** (Indian bread baked in a pan), but it is faster and easier to bake purchased **tortillas**, and if there is leftovers for the second day (it is recommended to cook more because it is great on the second day too!), then serve with **jasmine rice**.

It is a very tasty and protein-rich vegetable dish easy to prepare, so be sure to try it! :)

Vesna Simić-Mesić

Banana bread muffins



26



30 minutes

12 persons

Ingredients:

240 g ripe bananas (weighted without peel)

60 g medjool dates

1.5 cups coarsely ground almonds, hazelnuts and walnuts

1/2 cup coconut flour (real flour, not grated coconut)

1 TBSP of melted extra virgin coconut oil

3 eggs

1/2 TSP cinnamon

1 TSP vanilla extract

1/2 baking powder

Preparation:

Put all the ingredients in the blender except **nuts** and mix well to make a smooth mixture without dates chunks. Stir in **ground almonds, hazelnuts**

and **nuts** by hand and fill the muffin moulds with a spoon. The mixture is enough for 12 muffins.

Bake at 180 ° C for about 30 minutes. Take them out of the mould and leave on the grill to cool. They are best the next day when they become extremely juicy.

Bernarda Privšek

Asparagus salad



27



15 minutes

1 person

Ingredients:

1 bundle or about **150 g** asparagus (fresh or frozen)

2 - 3 boiled eggs

2 pinches sea salt

2 pinches pepper

2 TBSP olive oil

Preparation:

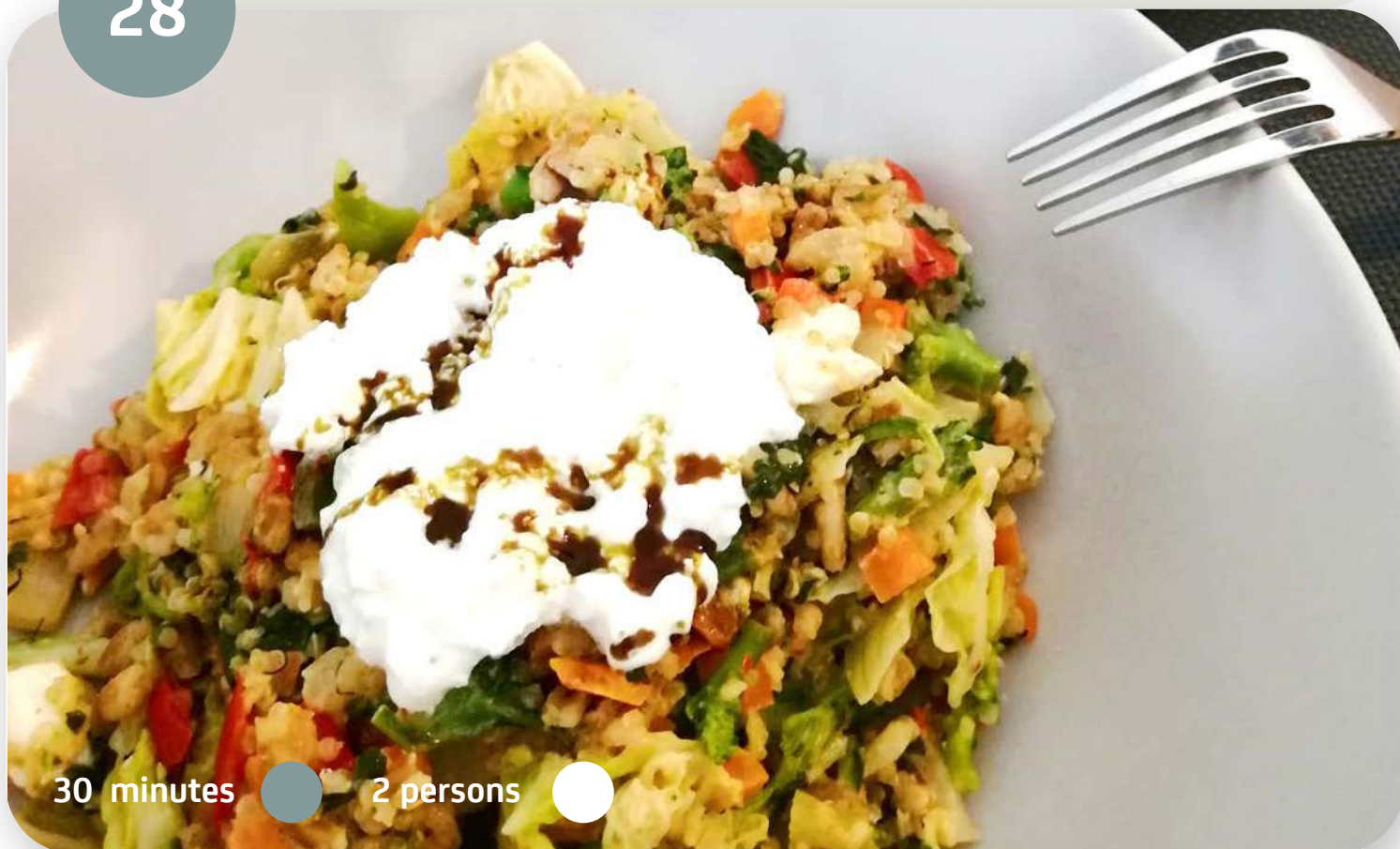
Cook the **asparagus** in salty water until the water boils (if they are from the freezer, cook frozen). Drain the **asparagus**, clean the tough parts if necessary and chop them. Peel a boiled **egg** and chop it into slices. Stir everything, then **salt** and **pepper** as desired. Drizzle the salad with about 2 tablespoons of **olive oil**, stir and serve with your favourite **bread** or **bun**.

Ines Marinčić

Cereals with vegetables, tuna and cheese



28



30 minutes

2 persons

Ingredients:

2 cups quinoa/bulgur/couscous/barley

vegetables as desired (**1** a larger cloves of garlic, **2** carrots, **1** tomato, **1** pepper, **1** zucchini)

1 x 80 g canned tuna in its own juice lettuce/arugula/baby spinach

1 cottage cheese/low-fat cheese dill, salt, pepper

pumpkin oil

dried tomatoes (optional)

Preparation:

Prepare the **cereals** according to the instructions on the package in salted **water** and drain. Wash and slice **vegetables** into small pieces. Sauté the **garlic** briefly in a deeper pan on **olive** or **coconut oil** and add **vegetables**. First add the hardest veggies and after every few minutes add the next all the way to the softest. Add **tuna** and a little **tomato sauce** (optional), **salt**, **pepper**, **dill** and simmer for a few more minutes until **carrots** soften. Arrange **cereals** on a plate, put **tuna with vegetables** on top, add chopped **dried tomatoes** if you like them and then a little **salad** or **spinach** and stir gently. Put 2 tablespoons of **cheese** on top and season with **pumpkin oil**.

Marko Gavran

Protein bread



29



1 hour

4 people

Ingredients:

4 eggs

500 g low-fat cheese

250 g tiny oatmeal

2 TSP salts

2 TSP baking powder

6 TBSP seeds as desired

Preparation:

Preheat the oven to 180 ° C and thinly coat the bread pan with **butter** and line with baking paper.

In a larger bowl, mix **eggs**, add **salt, low-fat cheese, oatmeal, baking powder** and **seeds**. Mix everything well until a compact mixture.

Transfer the mixture to a mould and smooth. Sprinkle with more seeds as desired on top.

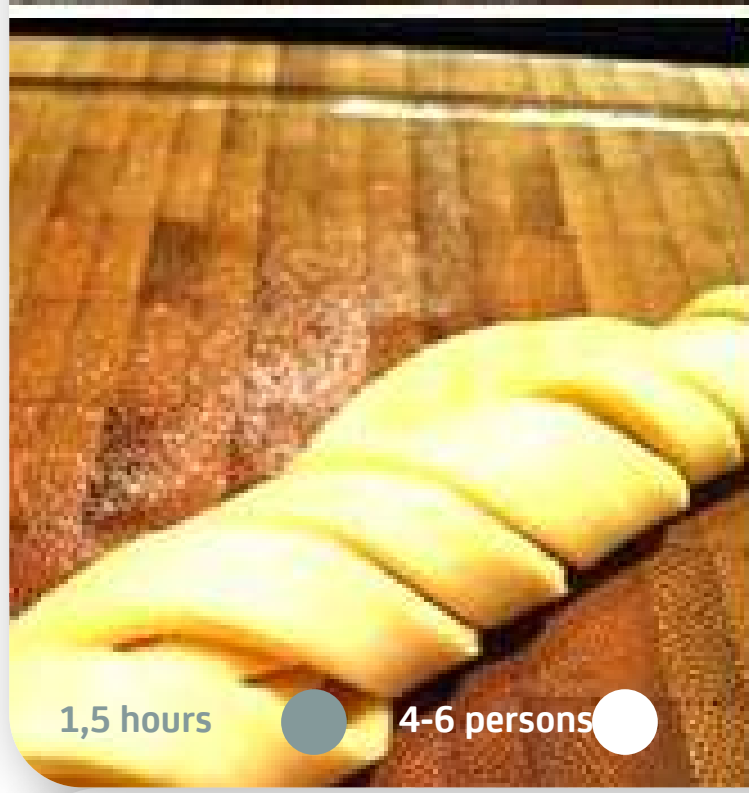
Bake for 50 minutes (check with a toothpick - if it comes out clean, the bread is baked).

Sanja Mlinac

Twisted salty pastries

BE
WELL,
EAT
BETTER

30



1,5 hours

4-6 persons

Ingredients:

500 g plain flour (you can add a few tablespoons of wholemeal, buckwheat or rye flour)

250 ml milk (warm)

1 egg

50 ml of melted butter

1 TBSP sugar

2 TSP salt

1 cube fresh yeast (40 g)

For glazing:

50 g melted butter

a little salt

1 egg

1 TBSP water

sesame seeds for sprinkling

+ little butter for glazing after baking

Preparation:

Put the **sugar** and a crushed **a cube of yeast** in a little **warm milk**, stir and leave for about 10 minutes for the **yeast** to activate.

Put a pinch of salt in the sifted **flour**, add an **egg** in the middle, activated **yeast**, the rest of the **warm milk** and **butter**. Knead a smooth dough.

Cover the bowl with the dough and leave it in a warm spot for about an hour for the dough to rise (or shorter if you put the bowl in warm water).

When it has risen, transfer the dough to a floured work surface, mix it a little and divide it into 16 equal balls. Cover with a clean cloth and let it sit for about half an hour.

Slightly roll each ball lengthwise (on a floured surface) and cut it into strips with a pizza knife or a sharp knife but be careful not to cut the edges all the way. Coat with a thin layer of melted butter, add a little salt and form into rolls.

Arrange them on a baking sheet lined with baking paper, cover with a cloth and let sit to rise slightly.

Mix the egg with a little water and glaze the pastry, if you like add a bit more **salt** and sprinkle with **sesame**.

Place in a preheated oven and bake at 180 - 200 ° C until golden brown.

Glaze the baked pastries with a bit more **butter**.

Sarah Djouab

Curry bowl

BE
WELL,
EAT
BETTER

31



1 hour

2 persons

Ingredients:

1 (large) sweet potato

1 potato

3 carrots

400 - 500 g frozen green beans

250 - 300 g lentils

1 can coconut milk

1 can tomato (peeled) vegetable stock cube

350 g rice

4 naan buns

spices (curry powder, salt, pepper, chili if desired)

250 g tofu (optional) soy sauce (optional)

Preparation:

Put **oil, onion** and **3 garlic cloves** in a large pot to simmer. Add **sweet potato, potato** and **carrots**, simmer until onions soften and **potato** gets colour. Add **curry, salt** and **pepper** and stir for a minute or two. Add the canned **tomatoes, coconut milk** and a full can of **water** with a melted cube of **soup stock**. Add **lentils** and bring to a boil. Add more spices as needed. Reduce heat and cook covered for 30 - 40 minutes until the lentils are soft. Add liquid (water or coconut milk) as needed so the lentils absorb a lot. Cook the **rice** and **green beans** separately. When the water from the green beans boils, add salt and cook for another ten minutes. Chop finely a clove of **garlic**, add **salt** and **pepper** and smear it on **naan** bread or **bun** and fry in a pan until it gets a nice golden colour.

Tofu: wrap in a kitchen towel to soak up excess liquid. Cut into cubes. Add 2 tbsp **soy sauce**, a little **salt, pepper** and **chili peppers** and a small teaspoon of **flour**. Bake in a pan for 2 - 3 minutes on each side until a crust forms. Serve all together as desired.

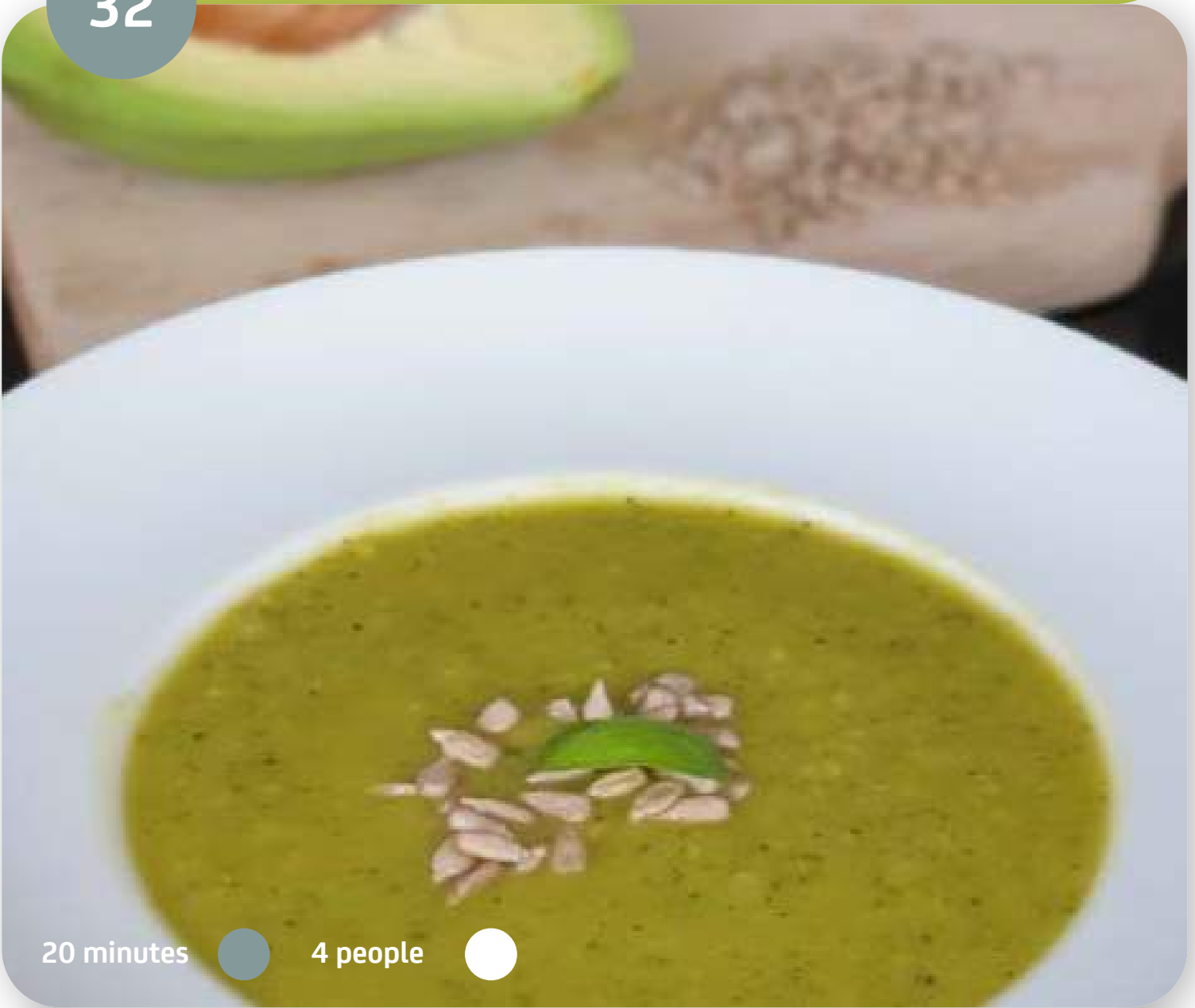
Enjoy your meal!

Iva Ageljić

Zucchini and avocado cream soup



32



20 minutes



4 people



Ingredients:

2 larger zucchini

2 larger carrots **1/2** avocado

1 spring onion

2 garlic cloves

piece of ginger

spices; salt, pepper, cayenne pepper olive oil

Preparation:

Wash the vegetables and chop finely. Fry the spring onions and garlic in a bit of olive oil and add carrots. After a few minutes, add the zucchini and fry everything together for a few more minutes. Pour enough water to cover all the vegetables and add ginger. Cook until vegetables are completely soft, about 15-20 minutes. Turn off the heat and add half an avocado, salt, pepper and a bit of cayenne pepper (optional for extra hotness). Mix everything well with a stick mixer. Garnish with pumpkin oil or seeds if desired.

Nataša Matković

Chinese chicken with mushrooms and three types of rice

BE
WELL,
EAT
BETTER

33



20 minutes

4 people

Ingredients:

500 white chicken meat

2 TBSP coconut oil, **1 TSP** rice vinegar, **1 TSP** soy sauce, **1 TSP** honey

1 TSP ginger powder, **2** garlic cloves, **1 TBSP** honey, a little chili powder or cayenne pepper

3 types of rice - red, brown and black

shiitake mushrooms (or button mushrooms or oyster mushrooms) or root vegetables as desired

Preparation:

Wash all **vegetables** and chop them finely. Sauté **the spring onions** and **garlic** briefly on **olive oil**, then add **carrots**. After a few minutes add **zucchini** and sauté everything together for a few more minutes. Add enough **water** to cover all the vegetables and add **ginger**. Cook until the **vegetables** soften completely, approximately 15-20 minutes. Turn off the heat and add the sliced half of **avocado**, **salt**, **pepper** and a little **cayenne pepper** (optional for extra hotness). Mix everything well with a stick mixer. Decorate as desired with **pumpkin oil** or **seeds**.

Martina Sarjanović

Saffron coloured risotto



34



30 minutes

2 persons

Ingredients:

200 g rice (I prefer basmati because the grains don't stick together; if you prefer creamy risotto, my recommendation is Carnaroli rice), for 2 persons

150 g cleaned prawn or shrimp tails, fresh or frozen

1 smaller zucchini leek

3 dl vegetable stock

1 dl white wine salt

dried saffron olive oil

1 TSP butter

freshly grated grana padano

Preparation:

Bring to a boil three decilitres of **vegetable stock** and add a few strips **saffron**. Leave it to sit to allow the saffron to release its aroma. It is important that the stock you add to the risotto is warm.

(If you don't have ready-made soup stock, you can quickly make it with dried **vegetable spice** by boiling it briefly in water.)

Wash the **zucchini** and cut it into short strips ("à la julienne").

Put some **olive oil** on the bottom of the risotto pan and sauté chopped **leek** (or **onion**). When it softens and becomes glassy, fry the **prawn** or **shrimp** tails (until white), add **salt** (watch the amount that you add if the stock is salty!), add **wine** and allow the alcohol to evaporate.

Then add **rice**, stir everything together and sauté a little. Add half of the **soup stock** together with **saffron**, sliced **zucchini** and stir.

Cook briefly. As soon as you notice that **rice** has soaked the stock, add more, stir and so on until **rice** is cooked. When the **rice** is cooked "al dente", remove the pan from heat, add **butter** and grated **grana padano** and stir. The **butter** will combine all the ingredients of the risotto into a beautiful whole, and the grana padano will enrich the taste. Serve as soon as possible so **rice** is not overcooked.

The Italians would resent me for putting grated rana Padano in a seafood dish. For them, it's a mistake, but I love that combination because the risotto is tastier. In this combination I do not put parmesan but grana padano because it gives the dish a sweet taste.

In AMC dishes, shrimp tails cooked along with rice and zucchini do not fall apart. If you are cooking in different pans, you can fry the shrimp separately in a pan with olive oil and add the risotto along with the butter and grated grana padano.

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Mario Valentić

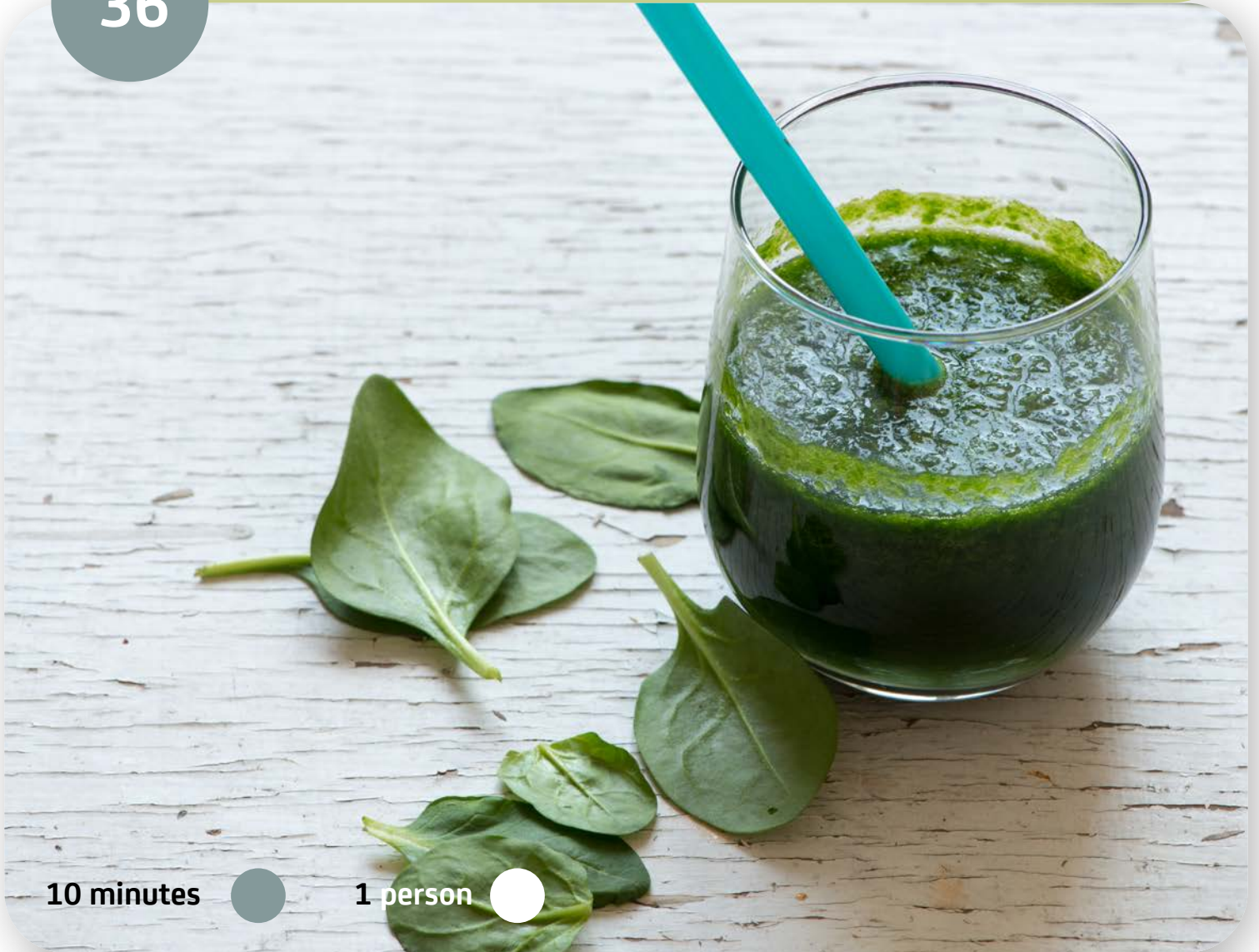
3.2.1!
KRENI!

Mario Valentić

3, 2, 1... go! smoothie



36



10 minutes



1 person



Ingredients:

2 small apples (sweet)

5 leaves chard or spinach (remove the middle white vein)

2 TSP coconut oil

3 dl water ice as desired

Preparation:

Mix everything in a blender.

Mario Valentić

Summer is still here smoothie



37



10 minutes



1 person



Ingredients:

2.5 dl of pure carrot juice or two medium sized carrots

2 small apples

1 TSP chia seeds

¼ TBSP cinnamon

Preparation:

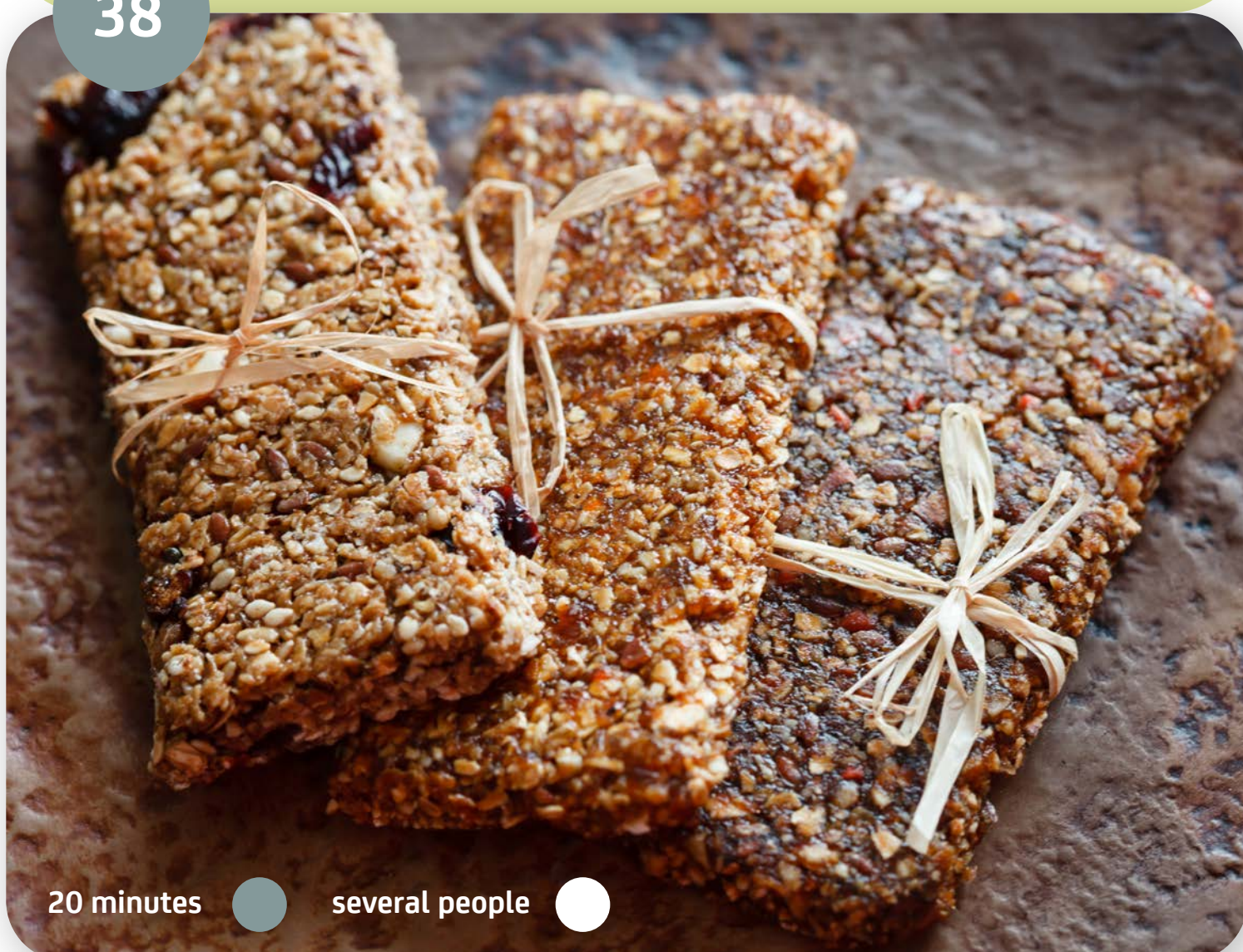
Mix everything in a blender.

Mario Valentić

Energy bars



38



20 minutes

several people

Ingredients for 10 bars:

1 larger, riper banana

1 cup small oatmeal (250 ml measuring cup)

3 TBSP raw cocoa powder

3 TBSP coconut oil or cocoa butter (can't be replaced with other oils!)

3 TBSP chopped dried apricots or raisins or prunes or figs

1 TBSP agave syrup (NOT NECESSARY, I prepare my bars without it and they are sweet enough for me)

1 TBSP rum (if desired) lemon peel

$\frac{1}{4}$ **TSP** cinnamon

one unit chocolate whey protein (optional)

pinch of vanilla bourbon powder (optional)

Preparation:

Peel the banana and mash with a fork. Chop the **dried apricots** or **raisins** into small pieces. Melt **coconut oil/cocoa butter**. Mix all the ingredients in a larger bowl into a uniform mixture. Cover a 17 x 17 cm bowl with transparent foil and place the mixture on the foil. Spread the mixture evenly on the bottom of the bowl with a spatula or hand and cover with the rest of the foil. Cool in the refrigerator to harden the mixture. The bars taste the best when left in the refrigerator overnight. If you are in a hurry, you can put the bowl with the mixture in the freezer for about an hour before cutting. Cut into bar shapes, wrap each bar separately in foil and keep in the refrigerator.

These energy bars can stay in the fridge for up to a week, so they are ideal for a snack, to take to school or work, as a quick breakfast or even as a healthy dessert!

Zagrebačka banka d.d.

Identity and communication

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