





product catalogue

Fruits



Strawberries



Cherries



Blackcurrant



Fruit mix
with raspberry

Vegetables



Chopped
spinach



Leaf
spinach



Cut mushrooms



Cauliflower



Broccoli



Yellow wax beans



Green beans



Corn



Baby carrots



Broad beans



Green peas

Soups



Ukrainian borsch



Wild mushroom
soup



Mushroom soup



Winter soup



Italian soup



President's soup

Vegetable mixes



Broccoli mix



Broccoli & cauliflower



Ragout



VIP mix



Risotto



Chinese mix



Hawaiian mix



MEXICO mix



Carrots & green peas



Spring vegetables



Letcho



Cous-cous

Mushroom mixes



Wild mushroom
Julienne



Wild mushrooms
with potatoes



Stir-fry vegetables
with wild
mushrooms

Stir-fry vegetables



Stir-fry vegetables



Stir-fry vegetables
with Italian
seasoning



Stir-fry vegetables
with herbs
and red pepper



Stir-fry vegetables
with rice
and mushrooms



Stir-fry vegetables
with dill



Stir-fry vegetables
with oriental
seasoning



Stir-fry vegetables
with grilled
aubergine

Frozen fruits and vegetables – delicious and healthy

In biological terms freezing is one of the most favorable form of food preservation. Fruits and vegetables are harvested at the peak of the season and frozen immediately after crops whereby they contain a lot of nutrients.



The shock freezing process allows to keep the shape and taste of fruits and vegetables and preserves food. Frozen fruits and vegetables stored in proper conditions have similar nutritional values to fresh ones. They are a great source of fiber which protects us against gastrointestinal cancer and diseases of the cardiovascular system. We use its benefits when we are on a low energy or easy digestible diet as fiber derived from cooked vegetables (f.e. soup) is much easier to digest.

Nowadays, when it is difficult to gain natural, unprocessed food, it is worth to choose frozen fruits and vegetables. They do not contain artificial colouring, they are not chemically conserved, have high nutritional density – means that at the minimum effort they supply maximum nutrients being a natural source of vitamins and microelements. They are seasoned only with natural herbs which are still rare in the daily diet of Poles.

Eating frozen fruits and vegetables is safe because someone controls and checks for us the quality of the raw materials from which they are prepared. Hortex inspects fruits and vegetables for the content of hundreds of substances that can be harmful to humans (including over 400 pesticides, heavy metals, nitrates, nitrites). Checks the conduct of the plantation, fertilization and selects only fruits and vegetables which are not genetically modified.

From my daily practice I know how difficult it is to consume the recommended daily portion of fruits and vegetables and drink the adequate amount of water – approx. 6-8 glasses a day what our body needs every day. Therefore, we should combine advantages with pleasure. Fruits and vegetables provide the missing fluids to the body.

How can we use frozen fruits and vegetables in a pleasant way?

The increasing popularity of world cuisine encouraged us to return to cooking by ourself at home. Thanks to frozen fruits and vegetables we are able to charm out a great French or Thai dish even when we are not master cooks. We can purchase them for stock and storage them secure and long term in the freezer, use them throughout the year.

Frozen fruits and vegetables are convenient and easy to use, reduce the preparation time of the meal and cook faster. They do not need to be washed, peeled and diced so we save time, energy and water. It saves money. Dishes prepared from frozen vegetables are quick, easy and pleasant, convenient, tasty, satiating and help us to introduce healthy nutrition habits delivering a daily portion of fruits and vegetables.

Let us remember that in order to preserve the maximum nutritional value of frozen fruits and vegetables they should be properly defrosted. If you are preparing a dish or soup, then You should put frozen vegetables into the frying pan or boiling water without defrosting. If You want to make frozen dessert with fruits, then let them defrost slowly in the refrigerator.

But the best way is to use the rules and advices from this book and benefit from frozen fruits and vegetables. Health and taste throughout the year.

I recommend
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Appetizers and salads





Bruschetta with green beans and dried tomatoes

Ingredients:

- ✓ Green beans Hortex – 1 package
- ✓ ½ jar of dried tomatoes in olive oil
- ✓ basil
- ✓ 2 teaspoons balsamic vinegar
- ✓ 1 garlic clove
- ✓ ciabatta bread toast
- ✓ salt, pepper

Cooking instructions:

Cook the cut green beans in salted boiling water, drain off and cool down. Cut tomatoes into thin strips. Stir the cooked beans with tomatoes, add 2 tablespoons of olive oil from the tomatoes and 2 tablespoons of vinegar. Then place them on toast. Season and garnish with basil and chopped garlic.

Nutritionist's opinion:

This Italian-style appetizer is a good alternative to traditional sandwiches and ideal for breakfast but also as a side dish to a gourmet dinner. Green beans used to prepare this tasty toast will help to deal with the deficiency of iron and are especially recommended for women and convalescents. This vegetable will also help to enrich the diet with antioxidants which should be always present in the diet of intensive working or in stress living people.

Remember that 100 g green beans provide:

- ✓ 31 kcal
- ✓ 2.2 g protein
- ✓ 0.2 g fat
- ✓ 3.3 g carbohydrates
- ✓ 3.5 g fiber



Warm Brussels sprouts and bean salad

Ingredients:

- ✓ Green beans Hortex – 1 package
- ✓ Yellow wax beans Hortex – 1 package
- ✓ 400 g Brussels sprouts
- ✓ 200 g smoked bacon
- ✓ 3 tablespoons butter
- ✓ 3 tablespoons olive oil
- ✓ salt, pepper

Cooking instructions:

Blanch Brussels sprouts, drain off and fry afterwards in pan in 1 tablespoon olive oil and 1 tablespoon butter. Put them into a big bowl. Fry also in pan in 1 tablespoon olive oil and 1 tablespoon butter green and yellow beans. Dice the bacon and fry it afterwards with the vegetables. Stir everything, season with salt and pepper.



Beans baked with bacon and roasted potatoes

Ingredients:

- ✓ Yellow wax beans Hortex – 200g
- ✓ 1 kg potatoes
- ✓ 200 g smoked bacon
- ✓ 2 lemons
- ✓ fresh rosemary
- ✓ olive oil
- ✓ salt, pepper
- ✓ baking paper

Cooking instructions:

Wash the potatoes well and nick at interstice of 3 mm, but do not cut them through. Whisk olive oil with grated lemon peel, lemon juice, chopped rosemary and spices. Rub the marinade into the potatoes then bake them on a baking tray lined with baking paper in an up to 180 °C preheated oven for ca. 40 minutes.

Blanch yellow beans in salted water. Then shape the yellow beans into bunches and wrap each bunch in bacon. Bake the bunches with the potatoes in oven for ca. 8 minutes.



Toasts with broad beans salad

Ingredients:

- ✓ Broad beans Hortex – 1 package
- ✓ 100 g hard cheese (f.e. amber)
- ✓ 2 baguettes
- ✓ 5-6 dried tomatoes
- ✓ juice from 1 lemon
- ✓ 1 teaspoon Dijon mustard
- ✓ 1 garlic clove
- ✓ 3-5 tablespoons olive oil
- ✓ salt, pepper

Cooking instructions:

Cook the broad beans according to the instructions on the package. In a bowl stir the mustard, squeezed garlic, lemon juice and diced tomatoes. Then add the broad beans and thinly sliced cheese. Season with salt, pepper and stir gently. Cut the baguettes into slices, drizzle with olive oil and bake in the oven till crispy. Apply salad on toast and sprinkle with olive oil.

Nutritionist's opinion:

The dish is highly recommended in autumn-winter season when fresh vegetables become rare and our tables get dominated by sandwiches. Broad beans are easy to store and dishes with broad beans will satisfy even the biggest culinary esthete.

Worth to remember that 100 g broad beans means:

- ✓ 73 kcal
- ✓ 6.8 g protein
- ✓ 0.4 g fat
- ✓ 7.8 g carbohydrates
- ✓ 5.6 g fiber

Dishes with broad beans should be consumed by people who do not like animal protein or have to limit it. Broad beans are rich in vegetable protein and a perfect alternative to meat. Due to lots of vitamins which they contain they help also to survive stress and tension.



Pancakes stuffed with vegetables and garlic sauce

Ingredients:

Batter:

- ✓ 200 ml milk
- ✓ 170 g flour
- ✓ 50 ml sparkling water
- ✓ 1 egg
- ✓ 1-2 teaspoons olive oil

Stuffing:

- ✓ **Spring vegetables Hortex – 1 package**
- ✓ juice of half lemon
- ✓ ½ teaspoon salt
- ✓ ½ teaspoon pepper
- ✓ few sprigs of thyme

Sauce:

- ✓ 200 ml Greek yogurt
- ✓ 1 tablespoon dried oregano
- ✓ 1 tablespoon fine chopped green onion
- ✓ 2 garlic cloves (grated)
- ✓ salt, pepper

Cooking instructions:

Put the ingredients for the batter into a bowl and mix thoroughly (preferably by using a mixer). Ready batter set aside to 'rest'. Vegetables for stuffing sprinkle with lemon juice, salt, pepper and thyme, then steam for ca. 15 minutes. At that time, fry the pancakes. Put the sauce ingredients in a bowl and stir thoroughly.

Serve the vegetables wrapped in pancakes and with sauce.



Horseradish omelet with green peas

Ingredients:

- ✓ Green peas Hortex – 1 package
- ✓ 6 eggs
- ✓ 4 tomatoes
- ✓ 1 red onion
- ✓ 2 tablespoons sour cream 36%
- ✓ 1 tablespoon grated horseradish
- ✓ butter for frying
- ✓ fresh basil
- ✓ salt, freshly ground black pepper

Cooking instructions:

Melt a little bit of butter on the frying pan. Mix the eggs with sour cream, horseradish, salt and pepper, then pour the batter on a hot frying pan and fry the omelete. On a second frying pan fry the onions in butter, add peas, pepper, salt, fresh basil and fine chopped tomatoes. Serve the fried vegetables on the egg omelette.



Peppers stuffed with couscous and beans

Ingredients:

- ✓ Yellow wax beans Hortex – 100g
- ✓ 500 ml vegetable broth
- ✓ 100 g mozzarella cheese
- ✓ 1 cup of couscous
- ✓ 2 red sweet peppers
- ✓ 10 dried tomatoes
- ✓ 4 cherry tomatoes
- ✓ 1 onion
- ✓ 1 garlic clove
- ✓ 4 tablespoons olive oil
- ✓ 1 teaspoon soy sauce
- ✓ 1 bunch of fresh basil
- ✓ salad mix
- ✓ salt, pepper
- ✓ baking paper

Cooking instructions:

Cut the peppers in halves preserving their tails. Remove the seeds. Season the inner side of the pepper halves with salt. Pour boiling broth on cous-cous so that the liquid exceeds the level of groats about 1-2 cm. Mozzarella cheese and sun-dried tomatoes cut into small cubes; pour over soy sauce and a spoon of olive oil. Set aside for 10 minutes. Fry the chopped onion and garlic in a spoon of olive oil. Chop the basil, but leave a few leaves for garnish. Cook the beans. Combine couscous with dried tomatoes, basil, garlic, onions and beans, then add a few tablespoons of olive oil from the dried tomatoes and stir all ingredients. Put the stuffing into the pepper halves, afterwards place them on baking paper. Put cherry tomatoes on top and drizzle olive oil over. Bake in the up to 200 °C preheated oven for ca. 30 minutes. Serve with mixed salad.



Spinach scones

Ingredients:

- ✓ Leaf spinach Hortex – 1 package
- ✓ French pastry
- ✓ 100g of blue cheese
- ✓ 1 small onion
- ✓ 1 egg
- ✓ 4-5 dried tomatoes
- ✓ 3 garlic cloves
- ✓ 3 tablespoons olive oil
- ✓ salt, pepper, nutmeg

Cooking instructions:

Chop the onion, garlic and dried tomatoes and fry in olive oil. Add spinach, blue cheese and season as needed with salt, pepper and nutmeg. Leave to cool down.

Meanwhile, cut the French pastry into squares ca. 6 x 6 cm. Place on each square a teaspoon of the filling and form triangular scones. Edges press together to seal. Formed scones grease with stirred egg. Bake in oven for 12-15 minutes at 220°C.

Nutritionist's opinion:

It's a great idea for a quick and tasty snack, ideal for a meeting with friends, home party or as a delightful appetizer for an elegant dinner. In spinach we can find both a lot of vitamins and minerals which is especially recommended to those tired and stressed. Also future moms should reach for this vegetable.

Remember that 100 g spinach provides:

- ✓ only 19 kcal
- ✓ 2.3 g protein
- ✓ 0.4 g carbohydrates
- ✓ 2.3 g fiber

Spinach leaves are great for both: addition to salads and hot dishes. Served in every way spinach is tasty and healthy.



Spring rolls

Ingredients:

- ✓ Chinese mix Hortex – 1 package
- ✓ 300 g chicken meat
- ✓ 1 package of rice paper
- ✓ oil for frying (preferably rice oil)
- ✓ salt, pepper

Marinade:

- ✓ 4-5 tablespoons of sweet and spicy chili sauce

Cooking instructions:

Cut the meat in narrow strips and put into the marinade for ca. 30 minutes. Then fry them in hot oil and add the vegetables after few minutes. Fry for further 10 minutes afterwards cool it slightly down. Season to taste. Prepare the rice paper in accordance with the instructions on package. Place on each rice paper some filling and wrap it. Wrapped spring rolls dry on a paper towel, then fry till they achieve golden color.



Vegetable wraps

Ingredients:

- ✓ Mexico mix Hortex – 1 package
- ✓ 6-8 tortillas
- ✓ 1 can of red kidney beans
- ✓ plain yogurt (thick)
- ✓ 1 small chili pepper
- ✓ 2 tablespoons of tomato puree
- ✓ 1 lime
- ✓ olive oil
- ✓ salt, pepper

Cooking instructions:

Drain off the red kidney beans, afterwards rinse them. Then heat them on the pan adding chopped chili and tomato puree. Blend the mixture until You receive a smooth mass. Mexico mix vegetables fry on the pan according to the instructions on the package. In the meantime, heat the tortillas on another pan and grease them with the bean paste. Then place the vegetables on the tortillas and pour some yogurt mixed with lime juice on top. Fold the tortillas into a ready to eat wrap.



Spring salad with camembert cheese

Ingredients:

✓ Broad beans Hortex – 1 package

✓ 1 Camembert cheese

✓ 2 tomatoes

✓ 1 red onion

✓ green and black olive oils

✓ handful of arugula

Sauce:

✓ 4 tablespoons olive

✓ 1 tablespoon mustard with mustard seeds

✓ 2 tablespoons lemon juice

✓ salt, pepper, sugar

Cooking instructions:

Cook the broad beans in salted water. Cool down and peel. Wrap the cheese in aluminum foil and put for 10 minutes into an up to 170 °C preheated oven. Spread arugula on plate, then place on it broad beans, sliced onions and tomatoes. Garnish with olives. Stir all sauce ingredients and drizzle over salad. Afterwards sprinkle with hot cheese pieces.

Serve with a crispy baguette.



Soups





Ukrainian borsch with smoked

Ingredients:

- ✓ Ukrainian borsch Hortex – 1 package
- ✓ 300 g smoked bones
- ✓ 100 g smoked bacon
- ✓ 10 g dried boletes/mushrooms
- ✓ 1 carrot
- ✓ 1 small celery
- ✓ piece of leek
- ✓ 2 English peppers
- ✓ 1 bay leaf
- ✓ salt, pepper

Cooking instructions:

Put the smoked bones into a big pot, add the peeled vegetables, bay leaf and English peppers, pour 3 liters of water into the pot and cook everything slowly for about 2 hours. Then soak the dried mushrooms. Strain the ready meat stock into another pot, then add the soaked mushrooms and Ukrainian borsch vegetables. Simmer everything for about 30 minutes. At the end of cooking add the diced and fried bacon.



Cauliflower cream soup with baked pumpkin and dried ham

Ingredients:

- ✓ Cauliflower Hortex – 1 package
- ✓ 200 g soup vegetables julienne (carrots, celery, root parsley, leek cut into strips)
- ✓ 100 g pumpkin cubes
- ✓ 500 ml milk
- ✓ 150 ml sour cream 36%
- ✓ 100 g dried ham
- ✓ 6 champignons
- ✓ 2 tablespoons honey
- ✓ 2 tablespoons butter
- ✓ salt, pepper, nutmeg
- ✓ baking paper

Cooking instructions:

Put the soup vegetable julienne into water and cook to receive a so called short broth. Toss the frozen cauliflower in milk combined with sour cream and add a tablespoon of butter, little bit of nutmeg, salt and pepper and cook slowly until tender. After cooking add the broth and blend. Season to taste with salt and pepper.

Blanch the pumpkin cubes and drain off, then spill them on the baking paper, place on them strips of dried ham, sprinkle with honey and bake in the preheated oven for ca. 15-20 minutes at 180 °C.

Cut the mushrooms in strips and fry in butter till golden.

Cauliflower cream soup serve with hot pumpkin, ham and champignons.

Nutritionist's opinion:

It's a fast and tasty soup for everybody. Even for people on diet. Every healthy life style lover will find something for him.
100 g cauliflower provides:

- ✓ 24 kcal
- ✓ 2.2 g protein
- ✓ 0.2 g fat
- ✓ 2.3 g carbohydrates
- ✓ 2.2 g fiber

Cauliflower is a low-calorie vegetable which gives a feeling of satiety. It is highly recommended for people who are taking care of their body. Cauliflower is also intended for people prone to allergies because cauliflower does not cause ailments. As most brassica vegetables, cauliflower causes bloating so to ease digestion You can serve it with herbs (cumin, ginger, dill and marjoram). In conjunction with the sweet taste of pumpkin it is the ideal composition of a healthy, dietetic and warming up soup for autumn evenings.



Pea cream soup

Ingredients:

- ✓ Green peas Hortex – 1 package
- ✓ 1 l meat broth
- ✓ 200 g smoked salmon
- ✓ 1 onion
- ✓ 1 potato
- ✓ 4 tablespoons sour cream
- ✓ 2 tablespoons butter
- ✓ salt, pepper

Cooking instructions:

Heat the butter in a pot, add diced onions and simmer. Peel the potato, dice and add to the onions. Afterwards pour the broth into and heat up to boiling. Add the peas and boil till all gets tender. Blend to cream, season with salt and pepper. Serve with pieces of salmon and a tablespoon of sour cream.

Nutritionist's opinion:

The soup which includes peas and salmon is a fast and satiating dish. Ideal for those avoiding meat cause it provides wholesome proteins. Peas appear here in a unique form, not as an addition to soup but as her main component what gives a tasty green colour which can convince even the worst eater to try even a spoon.

Worth to remember that 100 g of peas provides:

- ✓ 83 kcal
- ✓ 6.4 g protein
- ✓ 0.4 g fat
- ✓ 10.5 g carbohydrates
- ✓ 5.8 g fiber

Peas can be used as additives to dishes but also as component of sandwich pastes for vegetarians and also by all who love variety in the kitchen. The taste of peas can be enriched by fresh or dried mint.



Vegetable soup with coconut milk

Ingredients:

- ✓ Broccoli mix Hortex – 1 package
- ✓ Broccoli Hortex – 1 package
- ✓ 2 chicken breast fillets
- ✓ 500 ml chicken broth
- ✓ 1 can of coconut milk
- ✓ 1 onion
- ✓ 1 chili pepper
- ✓ 2 garlic cloves
- ✓ 2 teaspoons spicy curry
- ✓ olive oil
- ✓ 1 bunch of coriander to sprinkle
or 1 bunch green onions
- ✓ salt, pepper

Cooking instructions:

Heat up the olive oil in a big pot. Toss in the pot chopped onion and garlic, chili pepper and curry. Fry everything till onion gets tender. Afterwards add diced chicken meat and fry for another 2-3 minutes. Add the broccoli mix and broccolis and fry for next 10 minutes. In the end pour the broth and coconut milk and cook for 15-20 minutes. Season to taste with salt and pepper. Before serving sprinkle the soup with coriander leaves or chopped green onions.



Chicken soup with spinach dumplings

Ingredients:

- ✓ Green peas Hortex – 1 package
- ✓ 5 l water
- ✓ 1 chicken
- ✓ 1 bunch of soup vegetables (carrots, celery, root parsley, leek)
- ✓ spices: bay leaf, English pepper, grainy black pepper, salt

Dumplings:

- ✓ Leaf spinach Hortex – 100 g
- ✓ 3-4 stale Kaiser rolls
- ✓ 200 ml milk
- ✓ 50 g butter
- ✓ 2 eggs
- ✓ 1 small onion
- ✓ 1 bunch of parsley
- ✓ 1-2 tablespoons wheat flour
- ✓ salt, pepper, nutmeg

Cooking instructions:

Broth:

Wash the chicken and divide into portions. Pour over the chicken 5 l water and cook. Add peeled soup vegetables, bay leaf, English pepper, grainy black pepper and simmer for ca. 3 hours. Strain and season to taste with salt and pepper. Toss in the broth peas and pieces of chicken meat. Cook for a while.

Dumplings:

Cut Kaiser rolls into cubes and pour milk over. Leave to soak. Whisk eggs with salt, pepper and nutmeg. Chop the onions and fry them in butter. Finely chopped parsley combine with defrosted and chopped spinach. Squeeze the milk out from rolls and mix with everything. Afterwards, form round balls (if the dough is too thin, add little bit of wheat flour). Cook in salted water. Spinach dumplings serve in bowls poured over with chicken soup.



Green beans soup

Ingredients:

- ✓ Green beans Hortex – 1 package
- ✓ 1 l vegetable broth
- ✓ 100 g smoked ham
- ✓ 5 potatoes
- ✓ 2 carrots
- ✓ 1 onion
- ✓ 1 leek
- ✓ 2 garlic cloves
- ✓ 2 tablespoons butter
- ✓ olive oil
- ✓ 2 grains of English pepper
- ✓ 1 bay leaf
- ✓ salt, pepper

Ingredients:

Chop the onion, garlic and leek and stew them in butter mixed with olive oil. Add the bay leaf and English pepper, peeled and sliced carrots, green beans and stew for a few minutes. Afterwards add peeled and diced potatoes. Pour over with broth and cook. Dice the ham and fry on a separate pan. Add fried ham to the soup. Season to taste with salt and pepper. Serve the bean soup with croutons.



Main dishes





Potato cake with broccoli and sour cream sauce

Ingredients:

- ✓ Broccoli Hortex – 1 package
- ✓ 1 kg boiled potatoes
- ✓ 300 g champignons
- ✓ 300 g onions
- ✓ 200 g smoked bacon
- ✓ 200 g sour cream
- ✓ 3 eggs
- ✓ arugula
- ✓ parsley
- ✓ salt, pepper
- ✓ baking paper

Cooking instructions:

Boiled potatoes wipe on a grater, add yolks, half of diced onion and spices. Mix the dough well. Afterwards add stiff beaten egg white and stir them carefully with the potato dough. Put the baking paper on the bottom of the baking dish and translate half of the potato dough on it. Spread it precisely in the whole form and place on it defrosted broccolis. In the end cover the broccolis with the rest of the potato dough. On top of the cake place slices of bacon. Bake at 180°C for ca. 40 minutes. Fry the champignons with onion and spices and in the end sparkle with parsley. Serve slices of cake with champignons, sour cream and arugula.

Nutritionist's opinion:

This traditional dish prepared in a new version will attract all potato lovers. Potatoes occur here in an interesting role where broccolis and sour cream enrich their flavor. Broccoli is full of valuable components that can contribute to slowing down the aging process.

Worth to know that 100 g of broccoli provides:

- ✓ 29 kcal
- ✓ 2.7 g protein
- ✓ 0.4 g fat
- ✓ 2.4 g carbohydrates
- ✓ 2.3 g fiber

Please remember that broccoli has to be cooked short and without cover lid so that they do not loose their beautiful green color. Broccoli tastes great also in salads with cheese, and their flavor highlights a bit of garlic.



Cannelloni with ricotta cheese, cauliflower and radicchio lettuce

Ingredients:

- ✓ 200 ml sour cream 36%
 - ✓ 100 g parmesan
 - ✓ 30 g butter
 - ✓ salt, pepper
 - ✓ lettuce for decoration
- Pasta:
- ✓ 200 g flour
 - ✓ 2 eggs
 - ✓ salt
- Stuffing:
- ✓ Cauliflower Hortex – 1 package
 - ✓ 200 g ricotta cheese
 - ✓ 100 g radicchio lettuce
 - ✓ 100 g parmesan
 - ✓ 2 yolks
 - ✓ salt, pepper

Cooking instructions:

From all components prepare the dough and roll it out thinly. Afterwards cut squares of dough (ca. 10 cm), cook them and drain off (You can buy also ready cannelloni's).

Blanch the cauliflower, blend it and put in a bowl. Stir all components of the stuffing in a bowl. Then apply the hardened stuffing on pasta squares and fold them in rolls. On cake pan greased with butter place the prepared cannelloni. Heat up the sour cream in a sauce pan (but do not boil it), smear the cannelloni with it, sprinkle parmesan cheese on top. Put them into an up to 180°C preheated oven and bake for approx. 15 minutes. Serve on a plate garnished with salads.

Nutritionist's opinion:

This delicious dish is a delight for pasta and casseroles lovers. Cauliflower which is part of this dish is highly recommended to people who suffer from peptic ulcer disease because it can alleviate the symptoms. Cannelloni with cauliflower are not only tasty but also healthy.

Remember that 100 g of cauliflower provides:

- ✓ 24 kcal
- ✓ 2.2 g protein
- ✓ 0.2 g fat
- ✓ 2.3 g carbohydrates
- ✓ 2.4 g fiber

Cauliflower is a vegetable which You can serve without worries about allergies – it rarely sensitizes. To deprive cauliflower of the characteristic smell of sulfur compounds You should cook it without lid. To keep the white color You should add to the boiling water a teaspoon of lemon juice.



Braised salmon with green peas, potatoes and cumin

Ingredients:

- ✓ Green peas Hortex – 1 package
- ✓ 200 g salmon fillet
- ✓ 100 g flour
- ✓ 60 ml white wine
- ✓ 1 red paprika
- ✓ 1 potato
- ✓ 1 green pepper
- ✓ 2 tablespoons of olive oil
- ✓ 1 garlic clove
- ✓ ½ teaspoon of cumin
- ✓ arugula
- ✓ parsley
- ✓ salt, pepper

Cooking instructions:

The washed and dried fish season with salt and pepper. Coat in flour. Then fry in olive oil. Add garlic, green onion and cumin and fry it all together. Add wine, cut potato and paprika. Pour some water inside and simmer on low heat for about 20 minutes. Afterwards take the fish out and reduce the sauce by stirring constantly. The defrosted green peas fry in olive oil for ca. 3 minutes. Add arugula and pour some wine to it. Simmer till the peas get tender, season with salt and pepper. Serve the fish on salad prepared from peas and arugula.

Nutritionist's opinion:

Green peas should be present in the diet of every child and grown up.

Worth to remember that 100g of peas provides:

- ✓ 83 kcal
- ✓ 6.4 g protein
- ✓ 0.4 g fat
- ✓ 10.5 g carbohydrates
- ✓ 5.8 g fiber

Compounds present in peas can contribute to protect eyes from damage caused by solar radiation to which we are exposed the entire year. Peas will taste delicious with clove spice, thyme or fresh basil.



Duck breast fillet with cherry sauce on beetroot and with green beans salad

Ingredients:

- ✓ Green beans Hortex – 1 package
- ✓ Cherries Hortex – 200g
- ✓ 400 g beetroots
- ✓ 2 duck breast fillets
- ✓ 2 tablespoons of sour cream
- ✓ 1 teaspoon of mustard
- ✓ handful of roasted pumpkin seeds
- ✓ 1 cinnamon stick
- ✓ 2 spice cloves
- ✓ 1 anise star
- ✓ 1 garlic clove
- ✓ salt, pepper

Cooking instructions:

Cut slightly the surface of the duck breast skin in squares, season with pepper, salt and fry on a dry pan starting from the side with the skin. Then turn the fillets around and fry from the other side. The fried duck put afterwards additionally in the up to 160°C preheated oven for ca. 5-6 minutes.

Meanwhile place the cherries on a hot pan, season with spices and prepare the sauce stirring the whole time. Prepare also the beetroot puree by cooking the beetroots in water till tender, afterwards drain them off and blend. Season the beetroot puree with salt, pepper, squeezed garlic and heat it up.

Cook the beans according to the instructions on the package. Drain them off and cool down. Stir them with sour cream, mustard and pumpkin seeds.

The duck fillet serve poured with the cherry sauce, with beetroot puree and green beans salad.

Nutritionist's opinion:

Duck is a fantastic alternative to the common chicken. We recommend this dish to those who want to strengthen their immunity or who have problems with falling asleep. Cherries owe their wonderful color to bioflavonoids which are one of the most effective antioxidants.

Worth to remember that 100g cherries provides:

- ✓ 49 kcal
- ✓ 0.9 g protein
- ✓ 0.4 g fat
- ✓ 9.9 g carbohydrates
- ✓ 1.0 g fiber



Chicken fillets with caramelized carrots

Ingredients:

- ✓ Baby carrots Hortex – 1 package
- ✓ Green peas Hortex – 1 package
- ✓ 2 chicken fillets
- ✓ 10 mint leaves
- ✓ 4 tablespoons sugar cane
- ✓ 3-5 tablespoons olive oil
- ✓ 2 tablespoons butter
- ✓ arugula
- ✓ salt, pepper

Cooking instructions:

Season fillets with salt and pepper. By knife cut fillets to become 'pockets'. Cook the peas till tender. Afterwards squeeze them lightly, season with salt and pepper and chopped mint leaves. That way prepared stuffing put into chicken pockets. Fasten them with toothpicks and fry for a couple of minutes on each side or until lightly golden. Transfer into an up to 160°C preheated oven for about 15 minutes.

Meanwhile fry the carrots in butter. When they start becoming soft (al dente) add sugar cane and fry for a couple of minutes until they cover up with a thin layer of caramel. Place the carrots on plate and on top put the slantwise cut chicken fillets. Serve with arugula.

Nutritionist's opinion:

This dish is a great alternative to cutlets. It's ideal for those who like culinary experiments and showy dishes to surprise their guests during a delightful dinner. Vitamins contained in carrots help to keep eyesight in good condition.

Good to know that 100 g carrots provides:

- ✓ 30 kcal
- ✓ 0.9 g protein
- ✓ 0.2 g fat
- ✓ 4.6 g carbohydrates
- ✓ 3.2 g fiber

If our child refuses to eat traditional carrots, it may be tempting by the sweeter version of baby carrots. It is important to serve them with a little bit of oil or butter so that the liposoluble vitamins can be fully absorbed by the body. The taste of carrots can be emphasized by rosemary or sage. They taste also fabulous baked with honey and cinnamon.



Pasta frittata with fruit sauce

Ingredients:

- ✓ Fruit mix with raspberry Hortex
 - 1,5 package
- ✓ 200 g cooked pasta (f.e. spaghetti)
- ✓ 100 g curd
- ✓ 4 eggs
- ✓ 50 g raisins
- ✓ 2 tablespoons butter
- ✓ 2 tablespoons sugar
- ✓ 2 tablespoons honey
- ✓ 1 tablespoon wheat flour
- ✓ 2 bolls cardamom

Cooking instructions:

Melt butter in pan, add cooked pasta, afterwards add raisins and a tablespoon honey. Fry everything for several minutes till all ingredients combine with each other.
Whisk eggs with sugar until You get a smooth ad fluffy mass.
Spread the fried pasta evenly on the pan and drizzle over with crushed curd.
To the egg mass add a tablespoon flour and stir gently, then pour over the pasta.
Put everything into an up to 180°C preheated oven for ca. 10-15 minutes.
Simmer fruits in a pot with the rest of the honey and cardamom till delicate jam.
Hot frittata serve with sauce.



Colorful vegetable lasagna

Ingredients:

- ✓ 1 package of lasagna pasta
- ✓ 4 balls of mozzarella in brine
- ✓ 150 g ripening cheese amber type

Creamy béchamel sauce:

- ✓ 2 l milk
- ✓ 200 g flour
- ✓ 200 g butter
- ✓ nutmeg
- ✓ lemon juice
- ✓ salt, freshly ground pepper
- ✓ white pepper

Vegetable sauce:

- ✓ **Letcho Hortex – 2 packages**
- ✓ 2 tins of tomatoes
- ✓ rapeseed oil for frying
- ✓ fresh basil
- ✓ oregano
- ✓ salt, freshly ground pepper

Cooking instructions:

Prepare roux from butter and flour, afterwards mix it with hot milk to receive béchamel sauce. Season it with nutmeg, lemon juice, pepper and salt. In pan with a wide bottom fry in rapeseed oil the Letcho mix with the tomatoes from the tins, basil and oregano. Add salt and freshly ground pepper.

Into the baking dish pour a small amount of béchamel sauce, place slice of pasta and pour it with the vegetable sauce. Then add some béchamel sauce, pasta slice, mozzarella slices, vegetable sauce and grated cheese. This way prepared vegetable lasagna put into the up to 200°C preheated oven for circa 30 minutes.

Nutritionist's opinion:

This is a wonderful proposition for every gourmand. A portion of this lasagna will satisfy the appetite of every starving due to fiber which is in Hortex Letcho. Tomatoes, peppers and zucchinis are a great source of hydrofolic fiber in diet. It makes us feel satiated for longer time, assist bowel functions and help to keep weight.



Mexican style chicken

Ingredients:

- ✓ Mexican mix Hortex – 2 packages
- ✓ 1 whole chicken
- ✓ 1 lime
- ✓ cooking oil
- ✓ 1 teaspoon of sweet pepper
- ✓ $\frac{1}{2}$ teaspoon of chili
- ✓ salt, pepper

Cooking instructions:

Split chicken into portions: wings, legs, drumsticks and breasts. Put them into a bowl and add spices and sliced lime. Set aside for one hour to pickle. Afterward roast chicken on each side, then put into a pot and simmer covered for circa 20 minutes. Add 2 packages of Mexican mix and simmer till the vegetables get soft. Season with salt and pepper. Serve with rice.

Nutritionist's opinion:

A dish direct from Mexico is a great idea for thematic events. We can find here vegetables straight from Latin America as corn or red kidney beans. Beans are one of the most valuable plants on earth. It contains a lot of precious minerals which improve functioning of the body especially in autumn-winter season. Corn is perfect for meat dishes or soups. Worth to season corn with pepper powder, black pepper or ground cumin. All of this spices will bring up the depth of its flavor.



Letcho with chicken

Ingredients:

- ✓ Letcho Hortex – 2 packages
- ✓ 400 g chicken breast fillet
- ✓ 400 ml tomato puree
- ✓ 2 teaspoons sweet pepper
- ✓ ½ teaspoon hot pepper
- ✓ 3-5 tablespoons olive oil
- ✓ salt, pepper

Cooking instructions:

Fillet cut into slices and fry in olive oil with spices. Afterwards add the vegetables from the 2 Letcho packages and fry everything for several minutes. Pour into it the tomato puree and simmer everything for about 30 minutes. Season with salt and pepper.

Nutritionist's opinion:

This is a perfect dish for all people working at the computer or movie freaks. Eyes will thank us for antioxidants contained in Letcho which protect us against free radicals. One pot dishes consisting of lean meat as f.e. chicken and vegetables are a wonderful alternative to traditional dishes because they provide essential nutrients and allow us to save time necessary for their preparation.



Vegetable noodles with duck

Ingredients:

- ✓ Chinese mix Hortex – 1 package
- ✓ 2 duck breast fillets
- ✓ 250 g Chinese egg noodles
- ✓ 2 tablespoons soy sauce
- ✓ 2 tablespoons vinegar
- ✓ 2 tablespoons cooking oil
- ✓ 1 teaspoons sugar
- ✓ pinch of ginger powder
- ✓ pinch of hot and sweet pepper
- ✓ pinch of nutmeg
- ✓ pinch of cinnamon
- ✓ salt, pepper

Cooking instructions:

Into the skin on the duck fillets nick squares, rub each breast with the mixed spices and put aside for a few minutes to pickle. Meanwhile fry the vegetables in oil and season in the end with pepper and sugar, pour with soy sauce and vinegar.

Prepare the noodles according to the instruction on the package and add to the vegetables. Fry everything for several minutes.

Duck fillets place on the pan on the skin side and fry both sides for 4-5 minutes. Afterwards put the duck into o up to 150°C preheated oven and bake for about 10 minutes.

Hot duck fillets cut into slices and place on the vegetable noodles.



Marinated pork tenderloin steaks with spinach and cheese sauce

Ingredients:

- ✓ 8 pork tenderloin steaks each 80 g weight

Marinade:

- ✓ 4 tablespoons rapeseed oil
- ✓ 2 tablespoons mustard
- ✓ 1 tablespoon honey
- ✓ 1 teaspoon thyme
- ✓ salt, pepper

Spinach and cheese sauce:

- ✓ Leaf spinach Hortex – 1 package
- ✓ 300 ml of heavy cream
- ✓ 100 ml of dry white wine
- ✓ 1 chopped onion
- ✓ 4 tablespoons of chopped gorgonzola cheese
- ✓ 2 garlic cloves
- ✓ 2 tablespoons of rapeseed oil
- ✓ 1 tablespoon of butter
- ✓ 1 tablespoon of chopped dry tomatoes
- ✓ 1 tablespoon of capers
- ✓ salt, cayenne pepper, nutmeg, thyme

Cooking instructions:

Steaks soaked in the prepared marinade put for an hour in the refrigerator.

Meanwhile heat up the oil and butter in a saucepan, add onion and chopped garlic, after ca. 5 minutes add also spinach, gorgonzola cheese and wine. Heat to boiling. In the end add chopped dry tomatoes, capers, enrich with heavy cream. The sauce is ready!

Fry steaks on hot grill or grooved frying pan 2-3 minutes from each side.

Serve on the sauce.



Chicken pockets with spinach

Ingredients:

- ✓ Leaf spinach Hortex – 1 package
- ✓ Stir-fry vegetables with Italian seasoning Hortex – 1 package
- ✓ 4 chicken breast fillets
- ✓ 1 ball of mozzarella cheese
- ✓ 1 pepperoni pepper
- ✓ 2 garlic cloves
- ✓ olive oil
- ✓ salt, pepper

Cooking instructions:

Defrost the spinach and season with salt and pepper. Chicken breast fillets cut horizontal but do not cut them through so that You receive 'pockets', season with salt and pepper. Stuff the chicken pockets with spinach, sprinkle with chopped garlic and place mozzarella slices on top. That way prepared fillets move carefully on a baking plate and put into the up to 180°C preheated oven for circa 15 minutes.

Stir-fry vegetables with Italian seasoning stew in olive oil (You can put them also on the baking plate with the chicken pockets and bake in the oven).

Serve the fillets on vegetables.



Pappardelle with pods and spinach

Ingredients:

- ✓ Green peas Hortex – 100 g
- ✓ Green beans Hortex – 100 g
- ✓ Broad beans Hortex – 100 g
- ✓ 400 g of pappardelle pasta
- ✓ 6 slices of ham (f.e. Parma ham)
- ✓ 50 ml olive oil
- ✓ 1 small onion
- ✓ 2 garlic cloves
- ✓ 2 tablespoons butter
- ✓ few sprigs of thyme
- ✓ salt, pepper

Cooking instructions:

Cook pasta according to instructions on package. Do the same with peas, beans and broad beans. Drain off. Chopped onion and garlic stew on a pan with olive oil and butter till they get tender. Afterwards add cut into strips ham and thyme, fry until browned ham. Then add the cooked vegetables. Simmer everything till they get soft and season with salt and pepper. Serve the cooked pasta poured with sauce.



Baked cod served with peas puree

Ingredients:

- ✓ 500 g cod fillets
- ✓ 500 ml milk
- ✓ 100 g vegetable sprouts
- ✓ 100 g pumpkin seeds
- ✓ 50 g butter
- ✓ 1 fennel
- ✓ 1 garlic clove
- ✓ bay leaf
- ✓ fresh thyme
- ✓ coriander seeds
- ✓ English pepper
- ✓ salt, pepper

Purée:

- ✓ Green peas Hortex – 1 package
- ✓ 200 g Mascarpone cheese
- ✓ 50 g butter
- ✓ 1 lemon
- ✓ 1 onion
- ✓ 2 tablespoons of horseradish

Cooking instructions:

Heat up milk with spices to ca. 70°C, chill and soak in it the cod fillets, put aside for ca. 20 minutes. Afterwards take the fish out and place on the oven-pan, bake in 170°C for circa 10-12 minutes with butter.

Defrost the peas. Onions fry in butter, add the defrosted peas and some water. Simmer for a short time, then blend with horseradish and mascarpone. Sprinkle lemon to taste.

Baked cod fillets serve on the peas puree and place on top sprouts, pumpkin seeds and fresh thyme.

Nutritionist's opinion:

Those who have problems with the digestive system should reach for green peas. They include a big amount of fiber. Moreover peas are juicy, tender and sweet which will appeal to even the most fastidious gourmets. It's a fast and easy dish for the whole family.

This is a nutritious and healthy dish, in 100 g of peas we can find:

- ✓ 83 kcal
- ✓ 6.4 g protein
- ✓ 0.4 g fat
- ✓ 10.5 g carbohydrates
- ✓ 5.8 g fiber



Baked fish croquettes with broad beans

Ingredients:

- ✓ Broad beans Hortex – 1 package
- ✓ 500 g fillet of halibut
- ✓ 100 g smoked bacon
- ✓ 100 g of onion
- ✓ 100 g bread crumbs for breading
- ✓ 4 slices of toast without skin (dry)
- ✓ 1 egg
- ✓ 1 red paprika
- ✓ 2 green onion bunches
- ✓ ½ bunch of dill
- ✓ ½ bunch of parsley
- ✓ 2 teaspoons of fresh chopped basil
- ✓ 1 teaspoon of dry basil
- ✓ 2 garlic cloves
- ✓ 4 tablespoons oil
- ✓ salt, pepper
- ✓ baking paper

Cooking instructions:

Season halibut fillet with salt and pepper, place it on baking paper and bake in 200°C for ca. 20 minutes. Leave to chill. Dice the fish and all vegetables add crumbed toast bread, afterwards stir with egg till all ingredients combine. Leave for 1 hour in refrigerator. Afterwards form not to big balls, coat them in breadcrumbs and place them on baking dish lined with baking paper. Bake for 10 minutes in 220°C.

Cook the broad beans according to the instructions on the package. Dice onions and bacon and fry them till golden. In the end add broad beans and season with salt and pepper.



Pork chop pockets with spinach

Ingredients:

- ✓ Leaf spinach Hortex – 1 package
- ✓ 4-6 pork chops (200 g/pcs)
- ✓ 100 g soft goat cheese
- ✓ 6 dry tomatoes
- ✓ cooking oil
- ✓ salt, pepper

Sauce:

- ✓ 100 ml of dry white wine
- ✓ 2 tablespoons heavy cream
- ✓ 1 tablespoon French mustard
- ✓ 2 pinches of dry rosemary
- ✓ salt, pepper

Cooking instructions:

Chop dry tomatoes and fry in pan, add spinach, season with salt and pepper, simmer until water evaporates. Everything stir with cheese.

Pork chops nick horizontally to become pork chop ‘pockets’ and fill them with stuffing. This way prepared chops fry (ca. 4 minutes on every side). Afterwards put the pork chops into oven not letting them to cool down.

Pour wine on the pan and scrape remnants of fried meat with wooden spoon. When the wine reduces by half the volume, add remaining ingredients and cook the sauce until thickened. Serve pork chop pockets topped with sauce.



Pork steak with camembert and green beans

Ingredients:

- ✓ Green beans Hortex – 1 package
- ✓ 4 x 200 g pork steaks
- ✓ 300 g champignons
- ✓ 2 red onions
- ✓ 2 round camembert cheeses
- ✓ 2 tablespoons rapeseed oil
- ✓ 1 teaspoon sweet pepper
- ✓ salt, pepper

Marinade:

- ✓ 1 package of pork seasoning
- ✓ 4 tablespoons rapeseed oil
- ✓ 2 tablespoons mustard

Cooking instructions:

Pork seasoning mix with rapeseed oil and mustard. Washed and cleaned steaks smash gently and rub with marinade.

Grill or grill-pan grease with oil, heat up and stir-fry the meat until golden (about 7 minutes each side). Fry or grill also the Camembert cheeses until they swell.

Sliced mushrooms fry with diced onion and season to taste with salt and pepper.

Defrosted cut green beans grill or fry in the same pan as steaks. Season to taste.

On the grilled pork steaks place the fried champignons. Serve with cut in half Camembert cheese sprinkled with sweet pepper, fresh ground pepper and topped with grilled or fried beans.



Beef sirloin steak with broad beans and cauliflower mousse

Ingredients:

- ✓ Cauliflower Hortex – 1 package
- ✓ Broad beans Hortex – 1 package
- ✓ 8 x 100 g sirloin steaks
- ✓ 100 g butter
- ✓ 100 ml sour cream 30%
- ✓ rosemary
- ✓ lamb's lettuce
- ✓ salt, pepper
- Marinade:
 - ✓ 4 tablespoons rapeseed oil
 - ✓ 2 tablespoons Dijon mustard
 - ✓ 1 tablespoon fresh ground black pepper
 - ✓ salt
- Garlic butter:
 - ✓ 4 tablespoons butter
 - ✓ 2 garlic cloves
 - ✓ ½ bunch of parsley
 - ✓ salt, Cayenne pepper
 - ✓ baking paper

Cooking instruction:

Mix all garlic butter ingredients and season to taste. Place garlic butter in the middle of baking paper and roll in the paper forming a roll of 2-3 cm thickness. Put the roll into refrigerator.

Mix all marinade ingredients, rub the steaks with and put the meat aside for 2-3 hours to pickle. Pickled meat fry on grill or in hot grooved pan 2-3 minutes each side. The frying time of the steaks depends on the stake thickness and individual preferences.

Fry the broad beans in butter with rosemary. Season with salt and pepper.

Blanch the cauliflower, drain off and blend with butter and sour cream. Season to taste with salt and pepper.

Serve the steaks with vegetables, garlic butter and lamb's lettuce.



Fish skewers with spinach and blue cheese

Ingredients:

- ✓ 800 g of fish fillets (optional: salmon, tuna, halibut, cod, swordfish)

Marinade:

- ✓ 1 onion
- ✓ juice from one orange
- ✓ grated orange peel
- ✓ 1 teaspoon sweet pepper
- ✓ 1 teaspoon cumin
- ✓ 1 teaspoon chopped fresh coriander
- ✓ 2 tablespoons chopped parsley
- ✓ 2 tablespoons olive oil
- ✓ 2 bay leaves
- ✓ salt, pepper

Spinach:

- ✓ Leaf spinach Hortex – 1 package
- ✓ 200 g blue cheese
- ✓ 3 garlic cloves
- ✓ frying butter

Cooking instructions:

Mix all marinade ingredients (except of the bay leaves) and blend. To the received substance add whole bay leaves and diced fish (the fish cubes should be circa 3 cm thick). Put for ca. 2 hours in a cold place to pickle.

Thus prepared fish put on sticks and grill (or fry or bake).

Fry the leaf spinach in butter, add the blue cheese and garlic.

Serve the fish skewers on spinach.



Tortelloni with spinach and ricotta

Ingredients:

Stuffing:

- ✓ Chopped spinach Hortex
 - 1 package
 - ✓ 2 packages of ricotta cheese
 - ✓ 1 onion
 - ✓ 3 garlic cloves
 - ✓ 1 tablespoon of olive oil
 - ✓ salt, pepper
- Pasta dough:
- ✓ 400 g cake flour
 - ✓ 4 eggs
 - ✓ 2 salt pinches

Cooking instructions:

Chop onion and garlic and fry in olive oil, then add defrosted and drained off spinach and fry for a few minutes. Cool down and afterwards stir with ricotta cheese.

Pour the flour on the pastry board, shape a hole in it, then break eggs into the flour and knead everything until smooth. The pasta dough is ready when after ca. 20 minutes of kneading it has visible air bubbles after slicing. Roll out the dough to a thin cake, cut the cake in 4 cm squares and place in the middle of each square stuffing. In the end fold them into triangles, then wrap around the finger two corners of the triangle and stick them together; shape tortellonis.

Boil in salted water for ca. 3 minutes after their rise to the water surface.

Serve with in the pan melted butter.



Desserts





Muffins with maascarpone cream and strawberries marinated in balsamic vinegar

Ingredients:

Marinated strawberries:

- ✓ Strawberries Hortex – 200g

- ✓ 50 ml balsamic vinegar

Muffins:

- ✓ 2 very ripe bananas

- ✓ 300 g of wholewheat flour

- ✓ 280 ml buttermilk

- ✓ 100 g cane sugar (best choice dark muscovado)

- ✓ 75 g coconut oil

- ✓ 1 big egg

- ✓ 1.5 teaspoon baking powder

- ✓ 1 teaspoon baking soda

- ✓ 1 teaspoon sugar

- ✓ pinch of salt

Cream:

- ✓ 250 g mascarpone cheese

- ✓ 2 tablespoons milk

Cooking instructions:

Defrost the strawberries, pour over with vinegar, stir thoroughly and put aside for ca. 30 minutes to pickle.

Mash bananas in a bowl, then pour into the flour with the baking powder, soda, salt and sugar. Stir everything (but not too much) so that all ingredients merge well.

Afterwards lay off 12 muffin cups on baking form, put into the cups the prepared dough (top of the cupcakes sprinkle with sugar) and put in the up to 180°C preheated oven. Bake for 20-25 minutes till top becomes golden brown.

Whisk mascarpone with milk till it gets fluffy.

After the muffins cool down cut it horizontally in halves, on the bottom half place some cream and marinated strawberries and cover with the second half.



Strawberry chutney

Ingredients:

Ingredients for 1 jar:

- ✓ Strawberries Hortex – 1.5 package
- ✓ 100 ml balsamic vinegar
- ✓ 100 g cane sugar, bright
- ✓ 1 red onion
- ✓ 1 tablespoon cooking oil
- ✓ 1 chili pepper
- ✓ salt, pepper

Cooking instructions:

Dice the onion and simmer in a pan until soft. Add all the other ingredients, stir and simmer until it thickens. In the end put the hot chutney into the jar and pickle.

Nutritionist's opinion:

Chutney is a perfect addition for meat, sausages and cheese. Ideal for lovers of unconventional combinations of taste, sweet and dry at the same time.

Worth to remember that 100 g of strawberries provides:

- ✓ 32 kcal
- ✓ 0.7 g protein
- ✓ 0.4 g fat
- ✓ 5.4 g carbohydrates
- ✓ 1.8 g fiber

Thanks to the vitamins and mineral ingredients contained in strawberries may improve mood what is especially important in winter when we have less access to sunlight. During this period fruits should be successfully added in frozen form or jams to sweet or dry dishes.



Garden pie with vanilla ice cream

Ingredients:

- ✓ Fruit mix with raspberry Hortex
 - 1.5 package
- ✓ 400 g wheat flour
- ✓ 200 g vanilla ice cream
- ✓ 100 g butter
- ✓ 100 g almond flakes
- ✓ 100 g sugar
- ✓ 4 yolks
- ✓ 1 tablespoon potato flour
- ✓ 2 packages of vanilla sugar

Cooking instructions:

Prepare shortcrust pastry from wheat flour, butter, yolks, sugar and vanilla sugar. Frozen fruits stir with potato flour and vanilla sugar.

Half of the pastry spread on the baking dish, make a rant and bake for 15 minutes in an up to 180°C preheated oven. On the baked cake bottom place the fruits and drizzle the rest of the pastry over. Put it again in the oven for ca. 30 minutes.

After removing the pie from the oven sprinkle it with almond flakes.

Serve the ready garden pie with vanilla ice cream.

Nutritionists' opinion:

This delicious dessert is a perfect summer prolongation because the seasonal fruits in the pie will remind You about holidays. We recommend this dessert as a quick and tasty solution for unexpected guests. You do not have to peel the fruits and wait till the pie cools down when it's ready. Wealth of vitamins and minerals in fruits can help nourish, soothe and regenerate the skin. It protects skin also against UV radiation thus delaying the aging process and the formation of wrinkles.



Mixed fruits jam with a hint of cardamom

Ingredients:

Ingredients for 1 jar:

- ✓ Fruit mix with raspberry Hortex
 - 1.5 package
- ✓ 200 g sugar
- ✓ 2 packages of cardamom seeds

Cooking instructions:

Fruits and sugar put in the pan and fry. Cardamom seeds mash in a mortar and add to the fruits. Simmer until thickened, then transfer to a jar.

Nutritionists' opinion:

The jam is a perfect addition to tea for autumn-winter evenings or breakfast cottage cheese or sweet omelette. The warming effect of cardamom is only one of many a benefit to this delicious jam. Strawberries, raspberries, cherries and blackcurrants are a vitamin bomb that can help fight infections which are often in winter. This fruits provide also components that improve metabolism and have beneficial effect on the natural bacterial gut flora.



Chocolate mousse with cherries

Ingredients:

- ✓ Cherries Hortex – 2 packages
- ✓ 100 ml vodka (for adults)
- Chocolate mousse:
 - ✓ 350 g cold heavy cream 30%
 - ✓ 200 g dark chocolate
 - ✓ 30 g sugar
 - ✓ 3 egg whites

Cooking instructions:

Defrost the cherries and pour over with vodka, put aside to soak.

Melt the chocolate in a heatproof bowl over a pot of boiling water, stir from time to time and be careful not to let water seethe (the bowl should not touch the water).

Afterwards whisk the heavy cream and put aside to warm up.

Whisked eggs with some sugar stir with melted chocolate, then add whisked cream and stir everything carefully. The alcohol-soaked cherries put on the bottom of 5-6 small jars, pour over with chocolate mousse and put in freezer for about 1 hour.



Meringue roulade

Ingredients:

- ✓ Cherries Hortex – 2 packages
- ✓ 1 l sour cream 36%
- ✓ 250 g granulated sugar
- ✓ 100 g powdered sugar
- ✓ 100 g almond flakes or desiccated coconut
- ✓ 6 egg whites
- ✓ vanilla sugar
- ✓ 1 tablespoon butter
- ✓ pinch of salt
- ✓ baking paper

Cooking instructions:

Whisk the egg whites with salt and granulated sugar until it gets fluffy consistency. Butter the baking paper and sprinkle with almond flakes or coconut, pour on it the white mass and spread it to receive a thin cake (ca. 1-1,5 cm). Afterwards put it into the up to 200 °C preheated oven for ca. 8 minutes (the meringue can not get dry). The baked and worm meringue cake remove from the oven, turn it around and lay from top side on the baking paper sprinkled with powdered sugar. Remove gently the baking paper on which the meringue was baked and which is now lying on top. Put the meringue cake aside to chill. Afterwards pour the cherries in a hot pan. Wait until they melt and add powder sugar. Put aside to chill and stir to jam. Whisk the cream with vanilla sugar to dense mass. Lay on meringue cake the whisked cream and on top put the cherry jam. Roll it in a roulade (use therefore the baking paper). Place the roulade for a short while in the refrigerator so that all tastes can combine with each other. Serve chilled.



Fruit smoothie

Ingredients:

- ✓ Fruit mix with raspberry Hortex
 - 3 packages
- ✓ 500 ml of apple juice
- ✓ 3 bananas
- ✓ lemon juice
- ✓ 5-6 tablespoons honey
- ✓ mint leaves for decoration

Cooking instructions:

Mix all ingredients. The ready smoothie pour into glasses and garnish with mint leaves.



Strawberry mousse

Ingredients:

✓ Strawberries Hortex – 2 packages

✓ 1 l orange juice

✓ 100 ml water

✓ 100 ml boiling water

✓ 4 tablespoons gelatin

✓ 2 tablespoons honey

Mascarpone cream:

✓ 200 g mascarpone cheese

✓ 100 g sugar

✓ 4 yolks

Cooking instructions:

Put the gelatin into a bowl, pour over with water and put aside for 2 minutes. Afterwards pour over also the boiling water.

Defrosted strawberries mix with orange juice and honey. In the end add gelatin and stir everything carefully. Pour the liquid into small bowls and put aside to chill so that the foam acquire a proper consistency.

Grate the yolks with sugar to receive a fluffy mass, add mascarpone cheese and stir.

Serve the strawberry mousse with mascarpone cream.

Nutritionist's opinion:

Reaching for this delicious dessert we are not only able to satisfy appetite for something sweet but we also deliver many valuable components and minerals to the body. In strawberries we can find all ingredients which improve the skin appearance by making it smooth. Strawberries are also perfect for home made face or body masks. The best way of preserving strawberries is freezing what allows retaining all properties of fresh fruits. Besides desserts strawberries fit also for salads (specially spinach or arugula) and meat or fish dishes.



Strawberry tiramisu

Ingredients:

- ✓ Strawberries Hortex – 2 packages
- ✓ 500 g of mascarpone cheese
- ✓ 1 packages of oblong sponge cake biscuits
- ✓ 2 eggs
- ✓ 250 g sugar
- ✓ 250 ml water
- ✓ 1 small glass of cherry brandy
- ✓ fresh mint

Cooking instructions:

Half of the strawberries put into a pot and pour with water. Add ca. 100 g sugar and boil everything to compote. Then pour the cherry brandy inside and mix everything. Put aside to chill.

The rest of the strawberries cut into slices after defreezing.

Whisked eggs with sugar stir with mascarpone. Soak the sponge biscuits in the strawberry mousse and place on the bottom of dessert bowls. Then place several layers of strawberries and mascarpone cream so that the mascarpone cream is on top.

Garnish with sliced strawberries and mint.

Nutritionist's opinion:

This impressive dessert will make You enjoy the taste of summer fruits also in cold and rainy days. Strawberries are a vitamin bomb what helps to fight infections especially in autumn. It soothes also nerves. Strawberries have deacidifying properties, so they fit to diets rich in meat or processed products.

Remember that 100 g of strawberries provide:

- ✓ only 32 kcal
- ✓ 0.7 g protein
- ✓ 0.4 g fat
- ✓ 5.4 g carbohydrates
- ✓ 1.8 g fiber

As You see strawberries are low calories fruits but satiating. In frozen form they are perfect as addition to cocktails and fruit mousses. Just pour them into kefir or yoghurt, mix it and ready. The taste of strawberries highlights vanilla.



Benefits of frozen fruits and vegetables

Freezing is a perfect method of food preserving

- **it does not require the addition of preservatives.**

Freezing allows to **keep nutrition values** close to values level in fresh fruits and vegetables.

Fruits and vegetables used for the production of frozen foods come from **proven and controlled plantations**. Raw materials are precisely checked for substances as f.e. heavy metals and pesticides.

Fruits and vegetables are frozen just after crops **without vitamin or mineral losses** which occure during storage.

Frozen fruits and vegetables are **convenient and easy**.

Using frozen fruits and vegetables **shorten preparation and cooking time**.



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