RECIPES
TASTY GREENS

eva solo
INSPIRATION FOR TASTIER DISHES

Tasty greens
Whether you’re a vegetarian, vegan or just want to eat less meat, the Green tools collection of kitchen utensils from Eva Solo helps make vegetable-based cooking a breeze. Their ultra-functional design shortens your time in the kitchen, leaving you more time to enjoy eating the delicious results.

We have developed four delicious and creative vegetarian recipes that add extra taste to your greens. We hope you will be inspired!

50% less plastic
The Green tools collection is a series of kitchen utensils that have been specifically developed for preparing vegetables and fruit. We use wheat fibre to replace half of the plastic in the handles. Not only is wheat fibre an eco-friendly material, it’s durable, heat resistant, dishwasher-safe and brings a little bit of extra nature into your kitchen too.
FRIED CARROTS WITH MOJO DE AJO
SERVES 3-4 AS A SIDE DISH

Mojo de ajo is a lovely garlic dressing which goes well with fish, meat and vegetables. Here it is used as a topping on something as simple as carrots.

Mojo de ajo:
- 6-7 cloves of garlic
- 100 ml olive oil
- 2 tbsp lemon juice
- 1 tbsp freshly squeezed orange juice
- 1 tbsp white wine vinegar
- Salt
- Some chili flakes

Fried carrots:
- 1 bunch of carrots – approx. 500 g
- Olive oil
- Salt

Topping:
- 100 g feta
- A little fresh mint
- A little grated lemon peel

Mojo de ajo:
Peel the garlic cloves and crush using your garlic press. Pour the olive oil into a saucepan and heat it up. Add the garlic to the oil, and cook for 10-12 minutes until it smells garlicky, but without the garlic changing colour. Remove the oil and garlic from the heat and allow to cool down a little. Stir the lemon juice, orange juice and vinegar into the olive oil and season with salt and a few chili flakes.

Fried carrots:
Scrub or peel the carrots. Fry in olive oil in a hot pan for about 12-15 minutes until golden and tender. Season to taste with salt.

To serve:
Arrange the carrots on a small dish or plate. Top with chunks of feta, mojo de ajo, mint and a little lemon peel and serve immediately.

TIP: Try the dressing on fried cauliflower, steamed broccoli or on large prawns and served with freshly baked bread.
ROOT VEGETABLE RÖSTI
WITH LUMPSUCKER ROE
4 RÖSTI

Use rösti as a side dish with a main course, or enjoy them as here, filled with the taste of spring and served as a starter. Allow 1-2 rösti per person.

Rösti:
- 2 baking potatoes
  - approx. 800 g
- 2 Hamburg parsley
  - approx. 300 g
- 1 small onion
- Salt
- Oil for frying

Topping:
- 4 tbsp thick yogurt
- 2 mini cucumbers, thinly sliced
- 2-3 spring onions, finely sliced
- 4-8 tbsp lumpsucker roe or salmon roe
- Lemon wedges

Rösti:
Peel or scrub the root vegetables. Roughly grate the root vegetables and the onions, place in a sieve and sprinkle with salt. Allow to drain for a short period of time. Press with your hands to remove any excess moisture, and put about a quarter of the mixture in your burger press. Mould the mixture into a compact rösti and repeat with the remaining mixture. Fry the four rösti in plenty of oil in a hot frying pan for approx. 15 minutes on each side, or until golden and done.

To serve:
Arrange the rösti on small plates and top with yoghurt, cucumber, spring onions and roe. Serve immediately with lemon on the side.

TIP: You can make rösti using all kinds of root vegetables, for example potatoes, celery and carrots.
GRILLED VEGETABLES WITH CHIMICHURRI
SERVES 3-4 AS A SIDE DISH

Use this easy dish as a side dish for meat or fish. Or serve as a main dish. Top with mozzarella or feta for extra flavour, if you like.

**Vegetables:**
- 1 aubergine
- 1 courgette
- 1 red pepper
- 1 bunch of spring onions
- Olive oil
- Salt

**Chimichurri:**
- 1 clove of garlic
- 1 large handful of broad-leaf parsley
- 2 large handfuls of coriander
- 1 small handful of oregano
- ½ - 1 red chilli, without stem or seeds
- 50 ml red wine vinegar
- 50 ml olive oil
- Salt

**To serve:**
Serve grilled vegetables with chimichurri.

**TIP:** You can use chimichurri as a topping for all sorts of things – for example grilled meats, fish, chicken, mushrooms or perhaps even an ordinary beefburger.

Vegetables:
Slice the aubergine and courgette. Cut the red pepper into boats and cut the spring onions in half. Gently turn the vegetables in olive oil. Grill the vegetables on a hot barbecue or in a grill pan. Season with salt.

Chimichurri:
Finely chop the garlic, parsley, coriander, oregano and chilli using your mezzuluna. Stir the vinegar and oil into the finely chopped aromatics and season with salt.
ASPARAGUS WITH LEMON DRESSING
SERVES 2 AS A SIDE DISH/STARTER

A simple but wonderful salad with a fresh lemon dressing.

**Dressing:**
- 1 tbsp runny honey
- Juice of 1 lemon
  - approx. 50 ml
- 2 tbsp olive oil
- 1-2 tsp blue poppy seeds

**Asparagus:**
- 1 bunch green asparagus
  - approx. 250 g
- 1 bunch white asparagus
  - approx. 250 g
- Salt
- 1 mozzarella
- 1-2 handfuls of pea shoots

**Dressing:**
Stir the honey, lemon juice, olive oil and poppy seeds together.

**Asparagus:**
Peel the white asparagus. Snap or cut off the bottom part of all the asparagus spears. Steam the asparagus for 1 minute in boiling, salted water. Drain. Arrange the asparagus on plates or on a small dish. Arrange mozzarella chunks on top of the asparagus and drizzle with the dressing. Top with pea shoots, and serve immediately.

**TIP:** The dressing also goes well with a simple cabbage salad and with fried fish.