

**WESTMARK**  
MACH'S EINFACH!

FITNESS+  
FUN



# USEFUL WESTMARK KITCHEN TOOLS FOR PREPARATION:

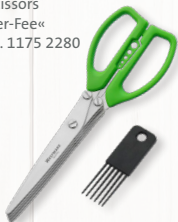
Swivel peeler  
»Pomfix Gallant«  
Art.-No. 2945 2270



Baller, ø 26 mm  
»Gallant«  
Art.-No. 2922 2270



Herb scissors  
»Kräuter-Fee«  
Art.-No. 1175 2280



Salad servers, 2 pcs.  
»Bubbles«  
Art.-No. 2092 2270



Vegetable slicer  
»Hobelix«  
Art.-No. 1170 2270



Salad spinner, 4,4 l  
»Spinderella«  
Art.-No. 2430 226A



Ingredients for 4 portions:

- 6 large carrots
- 20 ml olive oil
- 400 g Greek yoghurt
- pinch of salt and pepper
- 2 cloves of garlic
- some fresh mint



# CARROT SALAD



1. Peel the carrots, cut into large pieces and grate finely using a grater. Sauté everything in a pan over a medium heat with a little olive oil until the carrot sticks are soft.
2. Put the yoghurt in a bowl and season with salt and freshly pressed garlic. Then add the warm carrots and mix everything together well.
3. Garnish with a little chopped mint and enjoy warm or cold!

TIP: Alternatively, you can also grate the carrots into wafer-thin slices and serve the salad warm!



### Ingredients for 10 pieces:

- approx. 10 lettuce leaves
- 1/2 cucumber
- 1 large carrot
- 1 red onion
- 250 g rice leaves
- if required: 125 g chicken breast fillet
- a little stock, salt and pepper if necessary

# SALAD ROLLS

### Preparation:

1. Wash the chicken breast fillet and cook in a pan with water and vegetable stock for approx. 12 minutes. Then tear into fine strips.
2. Wash the lettuce and cut into fine strips together with the onion. Wash the carrot and cucumber and cut into fine vegetable strips using a julienne cutter.
3. Soak the rice paper in a large bowl of lukewarm water and then place it on a clean work surface.
4. Cover the bottom third of the rice paper with the vegetable sticks and, if desired, the chicken breast meat. Season everything with a little salt and pepper.
5. Fold in the side edges and roll up with a little pressure.

**TIP:** Serve the rolls with your favourite dip and enjoy fresh!



# GRILL SALAD

## Preparation:

1. Wash and dry the lettuce and place in a salad bowl.
2. Wash the vegetables and pear, peel and cut if necessary. Also wash the berries and beans and drain both well. Add everything to the salad.
3. Peel the eggs and cut into slices.
4. Place 2 tbsp mustard, 2 tbsp pesto, water and wine vinegar in a dressing shaker and shake until creamy.
5. Mix the ingredients thoroughly in the salad bowl and arrange on plates. Garnish with the egg slices and pesto and serve - delicious!

## Ingredients for 3-4 people:

- 1 Romaine lettuce
- 100g mixed leaf lettuce
- 1 pear
- ½ cucumber
- 1 handful blueberries
- 1 handful cherry tomatoes
- 3 boiled eggs
- ½ tin black-eyed beans (drained)
- ½ red onion

## Dressing:

- 2 tbsp green pesto
- 2 tbsp French mustard
- 3 tbsp water
- 1 tbsp wine vinegar



## Ingredients for 4 portions:

- 1 pear
- 2 shallots
- 200 g Camembert
- 125 g cream cheese, natural
- 60 g butter, soft
- 2 tbsp milk
- paprika powder, hot
- salt, pepper
- caraway seeds, whole
- 1 bunch spring onions

# HERB AND CHEESE DIP

### Preparation:

1. Wash the pear, cut in half and remove the core. Then cut into small cubes and place in a bowl.
2. Peel and finely chop the shallots and add to the bowl.
3. Cut the Camembert into small cubes and add to the pear and shallots.
4. Add the cream cheese, milk, softened butter, salt, pepper, paprika powder and caraway seeds and mix all the ingredients together until you have a creamy mixture.
5. Mix in some chives and pour the finished cheese dip into a small serving bowl to serve as a snack with pretzels.

### TIP:

If you like it a little spicier, you can try out how much chilli you can tolerate!



# HAPPY FRUIT-(B)OWL



## Ingredients for 4 bowls:

- 200 g rice pudding
- 800 ml milk
- 2-4 tsp honey
- 1/2 vanilla pod
- 2 bananas
- 1 apple
- 2 kiwis
- 4 dark grapes
- 1 mandarin, fresh
- a few almonds

1. Pour the milk, honey and vanilla pulp into a pan and bring to the boil, stir in the rice pudding and simmer for 30 minutes over a low heat, stirring regularly. Leave the rice pudding to cool.
2. Now for the decoration: Peel the bananas and cut into even slices. Core the apple with the »Divisorex Spezial« apple and pear slicer and cut into pieces.
3. Peel the kiwis with the »Tomfix« tomato and kiwi peeler and cut into slices. Peel the mandarin. Decorate all the vitamin-rich ingredients to create a fun motif.



### Ingredients for 2 portions:

- 1 melon, e.g. water, honey, cantaloupe, galia melon
- 1 pear
- 1 apple
- 1 banana
- 1 mango
- fresh mint
- juice of one lemon



### Preparation:

1. Use a Westmark ball cutter to shape all the fruit into attractive balls.
2. Pour them into a large bowl, sprinkle with the lemon juice and mix carefully.
3. Serve garnished with fresh mint leaves and enjoy!

### Tip:

The citric acid ensures that the fruit balls stay pretty and attractive for longer.

# COLOURFUL FRUIT BALLS





## Ingredients:

- apples (Elstar, Boskop etc.)
- cinnamon
- brown cane sugar



# APPLE CRISPS

1. Preheat the oven to 90°C fan and wash and core the apples during the heating process.
2. Then slice them about 3-4 mm thin.
3. Place the apple slices on a baking tray lined with baking paper and leave to dry on the middle shelf for approx. 80 minutes (depending on the appliance). Insert a wooden spoon into the oven door so that the liquid can escape.
4. While still warm, lightly dust the apple slices with cinnamon and a little brown cane sugar.

### Fancy a savoury version?

A mild mixture of paprika and chilli provides aromatic competition for the classic potato crisps, while a subtle hint of rosemary or thyme is suitable for careful experimentation with apple crisps.

**TIP:** The apple crisps can be stored dry in a tightly sealed container for longer periods of time. Glass or stainless steel storage jars are best.



## Ingredients:

- purple potatoes
- yellow potatoes
- carrots
- salt
- sweet and savoury paprika

## Dip:

- 4 stalks parsley
- 2 stalks basil
- 5 stalks chives
- 1 lemon
- 150 g whole milk yoghurt
- 100 g sour cream
- salt, pepper
- sugar

## Preparation:

1. Preheat the oven to 90°C fan oven.
2. Wash and dry the vegetables and cut into thin slices using a vegetable slicer.
3. Place the slices individually on a baking tray lined with baking paper and season to taste.
4. Leave to dry on the middle shelf for approx. 90 minutes (depending on the oven). The wooden spoon in the oven door ensures a crispy baking result.

## *For the dip:*

5. Wash the herbs, shake dry and chop finely. Halve the lemon and squeeze out one half.
6. Mix the yoghurt and sour cream, season with salt, pepper, a little sugar and lemon juice. Stir in the herbs at the end.

# VEGETABLE CRISPS WITH DIP



# BEETROOT CRACKERS

## Ingredients:

- 2 fresh beetroot
- Sea salt
- Disposable gloves
- Wooden spoon

1. Preheat the oven to 90°C fan oven.
2. Put on the disposable gloves and position the board, paring knife and slicer on the work surface.
3. Peel the beetroot, cut into smaller pieces if necessary and slice thinly.
4. Line the baking tray with baking paper and arrange the slices on it one by one so that they do not overlap
5. Sprinkle the beetroot slices with sea salt and leave to dry on the middle shelf for approx. 100 minutes (depending on the oven).
6. Insert the wooden spoon into the oven door so that the water can escape from the vegetables through a gap.



### TIP:

A more energy-efficient way of making healthy crisps is to use dehydrators/automatic dehydrators!



Dealer's address field



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