



STOLLSTEIMER

— SEIT 1937 —



BOWL IT UP!

RECIPE CARDS



SUPERFOOD BOWL

Ingredients (1 serving)

Bowl:

35 g red rice (uncooked)
10 g bell pepper
70 g tofu
60 g iceberg lettuce
40 g baby spinach
60 g pointed cabbage
60 g avocado
a bit lemon juice
35 g blueberries
15 g sunflower seeds
fresh herbs
oil for frying

Dressing:

salt, pepper, white balsamic vinegar, olive oil,
chilli and lemon juice

Tofu glaze:

a bit soy sauce, salt, pepper, honey, white and
black sesame seeds and chilli



Red rice | Bell pepper | Tofu | Iceberg lettuce | Baby spinach
Pointed cabbage | Avocado | Blueberries | Sunflower seeds

Preparation

Cook the red rice. Dice the bell pepper and add it to the rice. Mix in some of the dressing and set the remaining dressing aside for serving.

Dice and fry the tofu, then coat it in a glaze made with soy sauce, honey, salt, pepper, white and black sesame seeds and chilli.

Toast the sunflower seeds. Halve the avocado, cut it into slices and drizzle with lemon juice. Chop the iceberg lettuce and baby spinach.

Cut the pointed cabbage into pieces measuring approximately 1.5 cm and sauté briefly. Arrange all the ingredients in the bowl, garnish and drizzle with the remaining dressing.

PEARFECT GARDEN BOWL



Parsnips | Courgette | Fennel | Red onions | Pear | Pumpkin seeds
Goat's cream cheese | Butterhead lettuce | Sweet potato hummus

Ingredients (1 serving)

Bowl:

60 g parsnips
60 g courgette
60 g fennel
40 g red onions
80 g pear (Abate)
20 g pumpkin seeds
40 g butterhead lettuce
120 g goat's cream cheese log
1 g brown sugar
60 g sweet potato hummus
approx. 10 g butter
salt, pepper, garlic and thyme

Dressing:

Olive oil, orange juice, lemon juice,
white balsamic vinegar, sugar, salt,
pepper and fresh herbs

Preparation

First, cut the parsnips into even slices and gently glaze them in butter. Meanwhile, halve the courgette, slice it diagonally and sauté it in olive oil together with the red onion wedges. Once the vegetables are tender and lightly browned, season with salt, pepper, garlic and thyme.

Cut the fennel into fine strips and gently cook it in orange juice until tender but still slightly firm. Then core the pear, cut it into wedges and drizzle with a little lemon juice. Wash the lettuce, dry it thoroughly and tear it into bite-sized pieces.

For the dressing, combine the orange and lemon juice with the olive oil and white balsamic vinegar, then season with sugar, salt and pepper. Stir in the finely chopped herbs. At the same time, toast the pumpkin seeds in a dry pan and season them lightly with salt.

Shortly before serving, cut the goat's cheese log into slices, sprinkle with brown sugar and carefully caramelize using a kitchen blowtorch.

To assemble the bowl, arrange the lettuce as a base and loosely distribute the prepared vegetables and pear wedges on top. Add the sweet potato hummus and the caramelized goat's cheese. Finish with the toasted pumpkin seeds and drizzle the herb dressing evenly over the bowl.

CAPRESE BOWL



Black quinoa | Iceberg lettuce | Tomatoes
Arugula | Buffalo mozzarella

Ingredients (1 serving)

Bowl:

60 g black quinoa (uncooked)
70 g iceberg lettuce
120 g mixed-colour tomatoes
30 g arugula
1 ball of buffalo mozzarella
neutral oil for frying

Dressing:

20 ml olive oil
10 ml white balsamic vinegar
10 ml apple cider vinegar
5 ml tomato vinegar
salt and pepper to season

Optional:

A little pesto

Preparation

Cook the quinoa in lightly salted water according to the package instructions. Drain, rinse under cold water and set aside.

Cut the iceberg lettuce into thin strips. Halve the different-coloured tomatoes, season them lightly with salt and leave them to rest briefly. Reserve the tomato juice released during this process for the dressing.

Wash the arugula thoroughly and pat it completely dry. Alternatively, it can be washed the day before and dried thoroughly.

Briefly fry the dry arugula in hot oil until crispy and leave it to drain on kitchen paper. Remove the buffalo mozzarella from the refrigerator early enough for it to reach room temperature.

For the dressing, blend the olive oil, white balsamic vinegar, apple cider vinegar and tomato vinegar with the reserved tomato juice until smooth. Set aside a small amount of the dressing for serving.

Arrange the quinoa and iceberg lettuce next to each other as the base of the bowl. Distribute the colourful tomato halves and crispy arugula separately on top. Place the buffalo mozzarella in the centre.

Finish by drizzling the reserved dressing over the mozzarella and tomatoes.

The bowl can be finished with a little pesto, if desired.



Chicken thigh | French fries | Iceberg lettuce | Tomato | Cucumber
Olives | Pickled peppers | Pickled red onions

GREEK CHICKEN BOWL

Ingredients (1 serving)

Bowl:

- 1 chicken thigh (approx. 180–200 g)
- 150 g French fries
- 50 g iceberg lettuce
- 1 small tomato
- ¼ cucumber
- 2 tbsp olives
- 2–3 mild pickled peppers
- 2 tbsp pickled red onions
- 1 tbsp chopped parsley

Dressing:

- 3 tbsp tzatziki

Chicken marinade:

- 1 tbsp olive oil
- ½ tsp each of salt, pepper, paprika powder and oregano
- 1 small garlic clove, finely chopped or crushed
- 1 tsp lemon juice

Preparation

Mix all the marinade ingredients together and marinate the chicken thigh for at least 15 minutes.

Meanwhile, prepare the French fries in the oven or air fryer according to the packet instructions until crispy.

Heat a frying pan or grill to a high temperature and cook the chicken for approximately 6–7 minutes on each side until well browned and fully cooked through. Leave it to rest briefly and then cut it into strips.

Roughly chop the iceberg lettuce, dice the tomato, slice the cucumber and finely chop the parsley.

Place the iceberg lettuce in a bowl as the base. Top with the tomato, cucumber, French fries and chicken strips.

Add the olives, pickled peppers and pickled red onions. Spoon the tzatziki over the bowl and finish with the chopped parsley.