

ONE
OCEAN NETWORK EXPRESS

VEGETARIAN
RECIPE
From **BOOK**
THE ONE GREEN KITCHEN





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INTRODUCTION

Over the past year Ocean Network Express Europe and Africa have kicked off the Go Green, Go ONE project. A new “green team” was created to roll out a strategy towards sustainable procurement and operation of our landside activities. We have developed and implemented an Environmental Management System in order to enhance the environmental performance of our inland transportation. In order to safeguard the continual improvement of our processes, the management system has been ISO 14001 certified. Apart from the structural changes in our processes and operations, Go Green, Go ONE was also created to raise environmental awareness throughout the business and with our suppliers. The project encompasses all different kinds of environmental initiatives, ranging from local office enhancements, such as recycling opportunities, group bonding activities, like beach cleanups, and strategic partnerships with green suppliers.

The ONE Green Kitchen is one of many projects inspired by ONE’s Go Green, Go ONE strategy. Colleagues from our local ONE offices have collected their favorite sustainable recipes to encourage environmental awareness while embracing the varied flavors of the two continents. This e-book is a collection of vegetarian, vegan and locally grown or leftover recipes, that have minimal impact on the environment and maximum taste!

The recipes are marked with the different categories explained below:

Number of servings



Created with Leftovers



Locally Grown Ingredients



Vegetarian Recipe



Vegan Recipe



Kitchen Measurements Conversion Table

Dried Ingredient Measurements

Cups	Grams	Ounces
1 tsp	5g	0.17 oz
1 tbsp	15g	0.53 oz
1 cup flour	150g	5.3 oz
1 cup caster sugar	225g	7.9 oz
1 cup icing sugar	115g	4 oz
1 cup brown sugar	175g	6.2 oz
1 cup sultanas	200g	7 oz

Butter Measurements

Cups	Grams	Ounces
1/8 cup	30g	1 oz
1/4 cup	55g	1.9 oz
1/3 cup	75g	2.7 oz
1/2 cup	115g	4 oz
2/3 cup	150g	5.3 oz
3/4 cup	170g	6 oz
1 cup	225g	7.9 oz

Liquid Measurements

Cups	Milliliters	Fluid Ounces
1 tsp	6ml	0.2 fl oz
1 tbsp	15ml	0.5 fl oz
1/8 cup	30ml	1 fl oz
1/4 cup	60ml	2 fl oz
1/2 cup	120ml	4 fl oz
1 cup	240ml	8 fl oz

Oven Temperatures Conversion

Fahrenheit	Celsius	Gas Mark
275°F	140°C	Gas Mark 1
300°F	150°C	Gas Mark 2
325°F	165°C	Gas Mark 3
350°F	180°C	Gas Mark 4
375°F	190°C	Gas Mark 5
400°F	200°C	Gas Mark 6
425°F	220°C	Gas Mark 7
450°F	230°C	Gas Mark 8

Environmental Policy

We, Ocean network Express (Europe) Ltd., recognize the importance of the environmental concerns which have an impact on all mankind.

Therefore, Ocean Network Express (Europe) Ltd. is committed to take proactive measure to minimize the impact of our activities on the environment, ensuring:

- the protection of the environment including prevention of pollution
- substantial reduction of CO₂ emission intensity
- adoption of new energy sources
- preservation of biodiversity
- environmental objectives are compatible with the strategic direction and the context of the company
- the integration of the environmental management system requirements into the company's business processes
- the use of the process approach and risk-based thinking
- the resources needed for the environmental management system are available
- the environmental engagement system achieves its intended outcomes

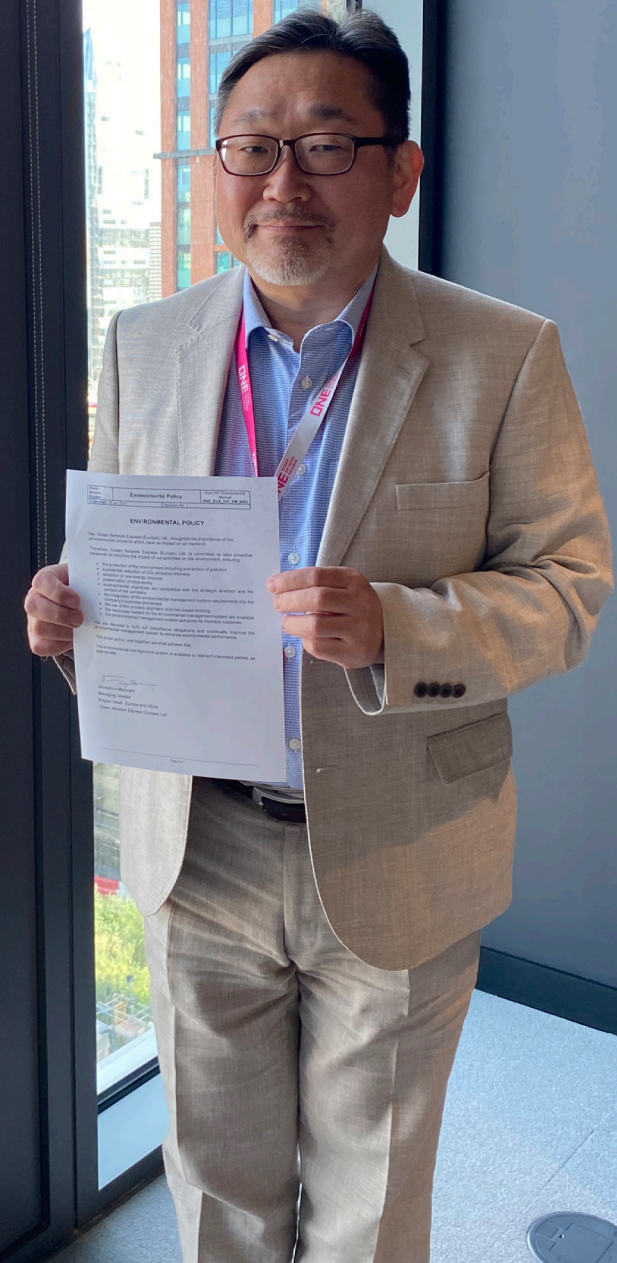
We are devoted to fulfil our compliance obligations and continually improve the environmental management system to enhance environmental performance.

This is our policy, and together we shall achieve this.

The environmental management system is available to relevant interested parties, as appropriate.



Shunichiro Mizukami
Managing Director
Region Head - Europe and Africa
Ocean Network Express (Europe) Ltd



ONE Green Kitchen interview with Shunichiro Mizukami, Managing Director for ONE Europe and Africa

What's your favorite vegetarian meal?

I particularly enjoy Indian curries made with vegetables.

Do you enjoy cooking?

Yes, very much so, but I do not cook completely vegetarian dishes. However, I always try to include a lot of veggies with my meal. (I look forward to learning more recipes from this book!)

What is your favorite cuisine?

In China, they serve a hot pot with various kinds of mushrooms (many different mushrooms which you have never seen in your life!). It is very delicious, especially the soup which is flavoured by many various mushrooms.

What do you think of eating vegan/vegetarian?

It is not only good environmentally, but also good to balance your meals with non-meat dishes and detox the body.

What is your favorite vegetarian restaurant?

I have not found out yet in London, but there are Chinese restaurants that cook a

variety of completely vegetarian Chinese dishes. There is a traditional dish for Chinese monks from ancient days called "Budha's Delight or Monk's Vegetables" and is traditionally made at Chinese New Year.

What can we learn from Japanese cuisine in this part of the world?

Japanese food uses fresh ingredients. What I can recommend is a hot pot with only Tofu (bean curd), kombu (sea cabbage) and vegetables. It warms you up on cold evenings, especially if enjoyed with a hot sake!

What is "Budha's Delight" or "Monk's Vegetables"?

It is a vegetarian dish made at Chinese New Year after eating a meat filled feast the previous day. It was believed that eating a dish full of vegetables would help purify the individual both spiritually and physically. The dish is created using a mix of dried vegetables, edible fungi, tofu products and fresh vegetables. In Chinese the dish is known as 羅漢齋 (lo han zai) or simply 齋菜 (zai choi).



Example of a Chinese mushroom hot pot which uses an enormous variety of mushrooms



Sticky Tofu Udon

Ingredients

- 200 g fresh udon noodles
- 180 g smoked tofu
- 200 g broccoli
- 1 carrot (grated)
- 100 g green beans
- 2 garlic cloves
- 1 spring onion (chopped)
- soy sauce
- potato starch
- oil



Instructions

1. Cook the udon noodles according to package instructions.
2. Meanwhile, cut the tofu into 1 cm pieces and add them to a small bowl with a bit of soy sauce. Let them sit for 10 minutes.
3. Cover the tofu with the potato starch.
4. Heat up enough oil for stir frying in a large pan or wok.
5. Add the tofu and fry until golden brown on all sides (about 6/8 minutes). Once finished, transfer them to a plate and wipe the pan clean.
6. Heat the pan up again and add the chopped garlic, broccoli, green beans, and grated carrot. Stir fry for a few minutes until done.
7. Add the tofu again and add some extra soy sauce. Stir for 1 or 2 minutes to create a sticky sauce.
8. Add the mixture to the noodles and top off with the spring onion.

Smacznego!

I am huge fan of udon noodles and the Asian kitchen in general, so quick lunches with tofu and vegetables are my favorite.

Martyna
Gdansk, Poland



U.t.F.O (Unidentified toFu ONE)

Ingredients

- 250 g fresh tofu
- 2 shitakes
- ½ carrot
- ⅓ onion
- 1 spring onion
- 1 tbsp starch
- ½ tbsp soy sauce
- ½ tsp curry powder
- ½ tsp salt
- ⅓ tsp black pepper
- 2 tbsp vegetable oil



Instructions

1. Mash the tofu.
2. Cut the shitakes, carrots, onions and spring onion into tiny pieces.
3. Mix the vegetables with the tofu and add all other seasoning ingredients.
4. Knead the mixture and create 3 round balls.
5. Pad the balls into a flat burger shape.
6. Bake the tofu until golden in a pan with the vegetable oil.
7. Add salad and bread to your liking.

Eet smakelijk!

This is my first dish to cook for a vegetarian friend. Tofu was an unfamiliar ingredient for her, but she was very happy to eat my tofuburger!

Su-Young
Rotterdam, the Netherlands



Never-plain Miso Soup

Ingredients

- 2 tbsp of your favourite miso paste
- 1 vegetable stock cube
- 1 package of tofu (the softer, the better)
- 2 medium-sized carrots
- ½ leek (or 200 g of napa cabbage)
- 1 onion
- 3 garlic cloves
- Shichimi seasoning (or red pepper powder)
- 200 g rice

Toppings (to taste)

- Chives
- wakame seaweed
- Furikake



Instructions

1. Smash and peel the garlic, cut it into little chunks.
2. Cut the onion into thin slices. Optionally, cut some chives.
3. Pour some oil into a pot. Once hot, add the onion and garlic (and chives). Let it fry for a moment.
4. Add 1.5 L of water and wait until it boils.
5. In the meantime, cut the carrot and leek (or cabbage) into strips. Add them to the pot.
6. Add the vegetable stock cube and the miso paste. If the soup tastes bland, you will need more miso paste.
7. Cut the tofu into tiny cubes and add them to the soup. This is also the time to add the wakame seaweeds (be careful; they don't like boiling temperature and may lose their taste).
8. Serve with rice (ideally, the rice should be on a separate plate).
9. Personally, I recommend adding the two seasonings: shichimi for the soup and furikake for the rice.

Smacznego!

This is a recipe improvised with ingredients from a local store. It was born - as many fantastic dishes - during the deep pandemic and now we cook it at home very often. It warms up and has a satisfying umami taste (even though it's vegan!).

Zuzanna
Gdansk, Poland

Recipe Origin: Japan

ONE Europe & Africa achieve ISO 14001 certification for landside operations

ONE Europe and Africa successfully achieved full ISO 14001 certification for the landside operations of its inland haulage services in December 2021. The business worked tirelessly to bring in new processes to enhance its environmental performance in order to be compliant with the necessary accreditation. ONE already achieved ISO 14001 for marine operations back in 2018.

The ISO 14001 certification is a globally recognised credential which demonstrates an organisation has adopted an approved environmental management system (EMS) to control their environmental impact and enhance sustainability throughout their supply chain. This includes not only having systems in place internally but also evaluating all suppliers working with ONE to try to ensure the whole supply chain is green. Europe and Africa is a region which has a very high level of carrier haulage and the ISO 14001 certification in landside operations complement the robust environmental standards that the company already adheres to.

In addition to bringing in new processes, the business has also organised environmental activities for employees, such as river and beach clean-ups, to encourage colleagues to have a greener mentality and think about their individual impact on the environment. The new certification demonstrates ONE's dedication to reducing their carbon footprint and is part of their ongoing commitment to reduce their environmental impact on the supply chain globally.





Asian Grilled Baguette

Ingredients

- 1 baguette
- 100 g chili tofu (or natural tofu)
- 70 g red pepper
- 2 or 3 lettuce leaves
- 1 tbsp olive oil
- 1 tsp maple syrup
- 1 tsp soy sauce
- 1 tsp mustard



Instructions

1. Cut the tofu into slices of ½ centimeter thick.
2. Heat up the olive oil in a pan and fry the tofu on both sides (medium heat).
3. Cut the baguette in half and warm up in the oven for 3 to 4 minutes.
4. Mix the soy sauce, mustard, and maple syrup.
5. Cover the insides of the baguette with sauce and add the lettuce, tofu and red pepper.

Smacznego!

*Wherever you are,
this tofu grilled
sandwich will take you
to wonderful Asian
countries. The tastiest
way to start your day!*

Monika
Gdansk, Poland



ONE Pot & ONE Pan

Ingredients

One pot

- 240 g couscous
- 300 ml water
- 20 g butter (or vegan substitute)
- 1 tsp instant vegetable stock

One pan

- 4-5 tomatoes
- 1-2 medium onions
- 2-3 spring onions
- 2 garlic cloves (crushed)
- 70 g tomato paste
- Vegetable oil
- Chili powder
- Italian herbs

Toppings (To taste)

- Herders cheese (not vegan)
- Olives
- Mild peppers



Instructions

1. Boil the water and add the vegetable stock until dissolved.
2. Take off the heat and add the couscous.
3. Add small slices of butter and cover the couscous and let them melt.
4. Stir to get a fluffy couscous.
5. Cut tomatoes and onions in pieces of half a centimeter.
6. Dice the spring onions but keep the white part separate from the green part.
7. Heat up a large pan with oil and fry the tomato paste for 1 minute.
8. Add the onions, the white part of the spring onions and the garlic.
9. Fry until onions are shiny.
10. Add the tomatoes and herbs and spices and let them simmer for 5-7 minutes, keeping the lid on. Stir occasionally.
11. Add the green parts of the spring onion and the couscous immediately after.
12. Stir thoroughly.
13. Add additional topics to your liking.

Guten Appetit!

My husband and I did this freestyle, while thinking what to do with our leftover couscous.

Sylvia
Hamburg, Germany

Recipe Origin: International

#Growtheseedsofchange

Go Green, Go ONE is a project that only works if widely supported throughout our organization.

For this purpose, we created an internal communication platform where all employees from Europe and Africa can share “green” activities, experiences, and thoughts. To kick off the project and launch the platform, we sent “seed cards” to all our employees. These cards are made of recycled paper, with tiny tomato and basil plant seeds embedded in the paper. Each seed card publicised our message to start the Go Green, Go ONE project and, at the same time, was an invitation to join the seed card challenge.

As a result, our internal platform was booming with messages of employees posting pictures of their plant’s progress. Sanja, located in Gothenburg, was the ultimate winner of the challenge!

We believe a small gesture can motivate people to do great things.

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ONE Tomato Salad

Ingredients

- 400 g cherry tomatoes
- 1 crushed garlic clove
- 2 spring onions
- 1 shallot
- 3 tbsp fresh parsley (chopped)
- 80 ml olive oil
- 60 ml red wine vinegar
- 1 pinch of salt
- 1 pinch of black pepper
- 1 tsp fresh basil (chopped)



Instructions

1. Wash and chop the spring onions, parsley and basil. Mix the ingredients in a big bowl.
2. Peel the garlic and crush it. Peel the shallot and cut into thin slices. Add to the spring onions, parsley and basil.
3. Add the olive oil, red wine vinegar, salt and black pepper. Stir to finish the marinade.
4. Wash the cherry tomatoes and cut them in halves. Add the tomatoes to the marinade.
5. Cover and let it rest at room temperature or in the fridge for 10 minutes.

Didi yie!

One of my favorite restaurants in Senegal makes this amazing tomato salad, and I've been missing it. So, I decided to look for the closest recipe possible, and... Tadaaaa, I've managed to find it! Don't forget, you can cook this recipe with the tomatoes and basil from your garden!

Cecile
Tema, Ghana



ONE-Thousand-and-ONE Nights Aubergines

Ingredients

2 large aubergines

Salt

Marinade

- ¾ tsp mexican spices (mixed)
- ¾ tsp ground coriander
- ½ tsp paprika powder
- ½ tsp ground cinnamon
- 2 tsp extra virgin olive oil

Filling

- 165 g couscous
- 240 ml water
- 165 g canned chickpeas (drained)
- 1 roman tomato (diced)
- 1 spring onion (chopped)
- 1 handful of fresh basil (chopped)

Tahini sauce

- 120 ml yogurt
- 2 tsp tahini
- ½ lime
- 1 pinch of salt
- 1 pinch of pepper
- 1 pinch of cumin



Instructions

1. Cut the aubergines in half and cover them in salt. Let them sit for 30 minutes.
2. Preheat the oven to 220° C.
3. Remove the salt with a paper towel.
4. Brush each aubergine with the marinade (save some for the filling).
5. Bake the aubergines for 30-45 minutes (the inside must be tender, and the top must be golden brown).
6. Scoop out the insides of the eggplants and set aside.
7. Fry the couscous in a pan with a little olive oil (stirring constantly to avoid burning).
8. Turn the heat off and add the boiling water. Cover, and let it sit for 10 minutes.
9. Once the water has been absorbed, stir with a fork.
10. In the meantime, mix the ingredients for the tahini sauce.
11. In a bowl, mix together the couscous, the insides of the aubergines, the chickpeas, the diced tomatoes, the chopped onions and basil and the remainder of the marinade.
12. Fill the aubergines with the mixture.
13. Drizzle with the tahini sauce.

Buen provecho!

Recipe Origin: Morocco

This recipe is one of the most used in my family when we want to eat something healthy and tasty, and we are already bored of soups and salads. My family is from the south of Spain and we are used to mixing a lot of Mediterranean and Arabic recipes.

It's easy to prepare and all the ingredients are locally grown. It's a great idea when you've got leftovers from a friendly supper (couscous or chickpeas stew or even the pico de gallo of our tacos). And of course, it's a nice way to get your children to eat vegetables.

Ester
Barcelona, Spain



Vegan Rendang

Ingredients

- 3 shallots
- 2 garlic cloves
- 4 cm fresh ginger
- 1 tbsp sambal oelek (indonesian chili sauce or paste)
- 75 g salted cashew nuts
- 2 tsp turmeric
- ½ tsp ground cumin
- 1 tsp ground coriander
- 2 tbsp vegetable oil
- 400 ml coconut milk
- 50 g coconut cream
- 1 ½ vegetable stock cube
- 2 lemongrass stems
- 1 lime
- 1 fresh oxheart cabbage
- 300 g mixed mushrooms



Instructions

1. Peel the shallots, garlic and ginger, and put them in the food processor (if you do not have one, just cut them into very tiny pieces).
2. Add the sambal oelek, cashews, turmeric, cumin and coriander.
3. Blend to a smooth boemboe (Indonesian seasoning mix).
4. Heat up the oil in a baking pan or skillet and bake the boemboe at low temperature for about 3 minutes.
5. Add the coconut milk and cream and crumble the stock cube above the pan.
6. Cut the lemongrass stems to release the flavor and add to the sauce.
7. Add a few pieces of lime skin.
8. Let the sauce simmer for about half an hour without a lid on the pan. Stir regularly.
9. Remove stems and skins.
10. Remove the heart of the oxheart cabbage and cut into pieces. Rip the mushrooms into pieces as well.
11. Heat up some oil and stir fry the cabbage and mushrooms for 5 minutes. Afterwards, add them to the sauce.
12. Let the sauce simmer for another 10 minutes.
13. Add salt and pepper and, if you like, serve with lime parts and rice.

Eet smakelijk!

Recipe Origin: Indonesia

My favorite vegetarian recipe of all times! Even though meat is the first thing that comes to mind when hearing “rendang”, it is really not missed because of the intense flavors.

Frida
Rotterdam, the Netherlands



Visiting the Electric Barge of CTVrede

One part of our journey towards sustainable inland transportation is visiting our most proactive vendors and learning from their green efforts.

In Autumn 2021 we were invited to take a look at the CTVrede Terminal in Amsterdam. Here, we had the opportunity to board the first electric barge in our vendor base. Naturally, we were very excited to finally see the “Sendo Nave” up close. We had a tour through the engine room and the very modern bridge, the control room of the ship. Here, we had a chance to sit down and talk about our environmental initiatives together.

CTVrede is very determined to be a sustainable terminal, which is why they have formed a partnership with Sendo Liner, the designer and operator of the electric barges. These barges are 30-40% more energy-efficient and can sail completely emission-free. Even if preferred energy sources change in the coming years, the barges are easily adaptable and therefore, future-proof!

After our visit, showing our interest in these green practices, CTVrede confirmed that they will switch all their handling equipment at the terminal to an alternative fuel, called HVO100. HVO stands for hydro-treated vegetable oil, which basically means fuel produced from waste streams and water, with minimal impact on the environment. Using HVO100 fuel reduces the CO₂ emission by 90% compared to normal diesel.



Roasted Vegetables

Ingredients

- 500 g sweet potato
- 250 g aubergine
- 300 g butternut pumpkin
- 200 g shallots
- 4 tsp olive oil
- 200 g portobello mushrooms
- 250 g cherry tomatoes
- 170 g spinach
- 40 g walnuts
- 100 g feta cheese
- 2 tbsp balsamic vinegar
- 1 tsp garlic powder
- 1 tsp salt
- Black pepper



Instructions

1. Preheat the oven to 200°C.
2. Wash the sweet potatoes and aubergine very well, peel the pumpkin and cut the vegetables into slices of half a centimeter.
3. Spread them on a non-sticky tray and add the peeled shallots.
4. Season with half of the oil, the garlic powder, salt and pepper.
5. Mix well and bake for about 15 minutes.
6. Clean the mushrooms with kitchen paper and cut them in half or quarters, if they are too big.
7. Wash the cherry tomatoes and cut them in half.
8. Add the mushrooms and tomatoes to the remaining vegetables, stir and leave in the oven for another 15 to 20 minutes or until tender but still crunchy.
9. Remove from oven, add spinach, and mix well.
10. Place the vegetables on a serving plate, sprinkle with coarsely chopped walnuts and diced feta cheese.
11. Drizzle with the remaining oil mixed with the balsamic vinegar.

Bom proveito!

*An easy and tasty way
to eat vegetables.*

Paolo
Porto, Portugal

Recipe Origin: Portugal



ONE-Pot Orecchiette Puttanesca

Ingredients

- 60 ml olive oil
- 6 garlic cloves [crushed]
- 1 can of chickpeas (drained & patted dry) (240g remaining)
- 2 tsp smoked paprika powder [hot]
- 2 tsp ground cumin
- ¾ tbsp tomato paste
- 40 g parsley (roughly chopped)
- 2 tsp lemon zest
- 3 tbsp capers
- 125 g green olives (pitted & chopped in half) (80g remaining)
- 250 g sweet cherry tomatoes
- 2 tsp caster sugar
- ½ tbsp caraway seeds (lightly toasted & crushed)
- 250 g orecchiette
- 500 ml vegetable stock
- Salt
- Black pepper



Instructions

1. Put 50ml of oil, the garlic, the chickpeas, the paprika powder, the ground cumin, the tomato paste and a teaspoon of salt into a large sauté pan (with lid).
2. Place on medium heat for about 12 minutes and stir occasionally. The chickpeas should be a little crispy.
3. Set one-third of chickpeas aside as garnish.
4. Take a small bowl and mix the parsley, lemon, capers and olives. Add two-thirds to the sauté pan.
5. Add the cherry tomatoes, sugar, and caraway seeds, and cook for 2 minutes on a medium heat. Stir often.
6. Add the pasta, the vegetable stock, ¾ teaspoon of salt and 200ml of water. Leave until it simmers, then cover the pan with the lid and let it cook for 12–14 minutes on medium heat.
7. Add the rest of the parsley mixture and 2 tablespoons of olive oil. Garnish with the chickpeas and lots of pepper (if you like it as much as I do).

Eet smakelijk!

*Simple, but bursting
with flavor!*

Robert-Jan
Rotterdam, the
Netherlands

Recipe Origin: Fusion from different parts of the world

ONE Collaborates with Paris Optimal Transport Planning Solution (PARIS) to Optimize a Greener Inland Supply Chain

Ocean Network Express (ONE) Inland Operations and PARIS Optimal Transport Planning Solution (PARIS), a wholly owned subsidiary of Hutchison Port Holdings, are working together on an exciting project to reduce carbon emissions embedded within their container transport operations.

PARIS assists ONE by planning and optimizing collection and delivery bookings in real-time using available truck, rail and barge/feeder transport options. The highly configurable software utilizes advanced algorithms and parallel processing to provide optimized transport planning and features to effectively manage transport exceptions, reduce empty mileage and improve service performance.

PARIS claims that for each £20 million transport spend, they can typically save in excess of 1,000,000km of reduced empty mileage travelled by truck and further carbon foot print reduction from enabling more rail/barge loads through optimisation.

The collaboration between PARIS and ONE is focused on enhancing the carbon tracking aspect of the PARIS software, to create ONE's first landside GHG emission baseline. The project commenced in early 2021 and from 2022, ONE will begin to collect emissions data from all landside container movements within the Europe and Africa region using the PARIS emissions algorithm. For the first time, ONE has the ability to record all emissions arising from each leg of every container's journey, whilst already choosing to opt for environmentally friendly barge and rail options where they exist.

Once the first full year's data set is achieved through the 2022 baseline, ONE will define 2035 mid-term targets for emission reduction to support their further ambition to become carbon-neutral by 2050, for all Europe and Africa regional operations.





Go Green Pie

Ingredients

- 900 g potatoes
- 1 tsp salt
- 200 g frozen peas
- 300 g carrots
- 100 g onions
- 3 garlic cloves
- 4 tbsp oil
- 200 g leek
- 200 g mushrooms (sliced)
- 300 g tomato
- 200 g mozzarella cheese
- 100 ml low-fat milk
- Chili powder
- Thyme
- Nutmeg



Instructions

1. Defrost the peas.
2. Boil the potatoes in salted water until tender.
3. Peel the carrot and onion and cut them into thin half rings.
4. Brown the garlic with half of the oil in an ovenproof skillet. Add the leeks, the prepared carrots, onions, and mushrooms, and cook over moderate heat for 15 minutes. Stir from time to time.
5. Cut the tomatoes in half, take out the seeds, and cut into cubes. Add to the vegetables.
6. Season with 1 teaspoon of salt, a bit of pepper and a pinch of thyme. Stir and cook for 5 minutes.
7. Drain the water from the potatoes over the peas. Peel the potatoes, add the remaining oil, and mash them until pureed.
8. Drain the peas, crush them with the flat part of a knife and add them to the pureed. Add the milk and season with pepper and nutmeg to taste.
9. Preheat oven to 200°C.
10. Remove the vegetables from the heat and sprinkle the mixture with the fresh mozzarella cheese, broken into small pieces.
11. On top, distribute the puree, taking care to completely cover the vegetables.
12. Slide a spoon over the surface of the puree to make it look smooth and put the pie in the oven for 25 minutes or until it starts to brown.

Bom proveito!

Recipe Origin: Portugal

Think green, eat green!

Paolo
Porto, Portugal



Potatoes Rolled with Vegetables

Ingredients

- 3 potatoes (grated)
- 15 g parsley
- ½ tsp pepper
- 1 tsp salt
- 2 eggs
- 150 g mozzarella cheese (shredded)
- 50 g butter
- 1 sweet onion
- 1 garlic clove (minced)
- Salt
- Black pepper
- 1 green pepper (diced)
- 1 red pepper (diced)
- 1 yellow pepper (diced)
- 250 g mushrooms
- 2 tsp thyme



Instructions

1. Preheat the oven to 180°C.
2. Grate the potatoes and squeeze out the water.
3. Add the parsley, egg, salt, pepper and two-thirds of the mozzarella and mix to a paste.
4. Spread the paste on a piece of oven paper to a height of 1 centimeter.
5. Bake for 30 minutes, or until golden.
6. In a skillet, soften the butter on medium heat and add the onion, garlic, pepper, and mushroom in respective order.
7. Add salt and black pepper to taste.
8. Stir for another 5 minutes.
9. Divide the mixture over the baked potatoes and, using the oven paper, begin to roll upwards. Make sure the ingredients are not coming out.
10. Sprinkle the remaining mozzarella cheese and the thyme on top and bake for another 15 minutes.
11. Cut into slices and serve immediately.

ءافشل او ءانل اب

I got the idea from a website, but I replaced the meat with extra vegetables to make it healthier and more sustainable.

Sherin
Cairo, Egypt

Recipe Origin: Egypt

World Clean-up Day

Our Go Green, Go ONE story is not just about supplier initiatives, it's about what we, as ONE, can do to make a difference. We used our feeling of interconnectedness to promote cleaning initiatives throughout Europe and Africa. Our internal communication platform helped us to spread the word and inspire others. Even outside our region, ONE offices participated in a cleaning activity. Together, we cleaned up over 15 beaches, rivers, parks, and urban areas and we had a fun time doing it!

The succes of this activity makes us believe we can do so much more as a team!





Vegan Carrot Cake

Ingredients

Pie

- 340 g all-purpose flour
- 3 tsp yeast
- 1 tsp baking soda
- 3 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp salt
- 120 ml applesauce
- 240 ml almond milk
- 2 tsp vanilla
- 210 g cane sugar
- 125 ml coconut or canola oil
- 180 g grated carrots

Frosting

- 70 g unsalted macadamia nuts (soaked, drained & rinsed)
- 70 g unsalted cashews (soaked, drained & rinsed)
- 60 ml almond milk
- 60 ml maple syrup
- 2 tbsp coconut oil
- 1 tsp vanilla
- 2 tsp lemon juice
- ½ tsp salt



Instructions

For the cake:

1. Preheat the oven to 200° C.
2. In a large bowl, combine the flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
3. In a different bowl, mix the applesauce, almond milk, vanilla, sugar, and oil.
4. Mix the dry ingredients with the wet ingredients.
5. Add the carrots and stir until well combined.
6. Bake for 30-40 minutes.
7. Let the cake cool off completely and put it in the fridge.

For the frosting:

1. Combine all ingredients and mix until smooth (start low and gradually increase speed).
2. An extra tablespoon of almond milk can be added if the mixture is too thick.
3. Add sugar or lemon if to your liking.
4. Let it cool for at least 30 minutes before spreading.

Buen provecho!

This vegan carrot cake is the ideal dessert to attract friends to a healthier lifestyle or to simply have a delicious bite. It's good looking, has a nice texture and a smooth taste, and contains vitamins A, E and K. It has it all!

Begoña
Bilbao, Spain

Recipe Origin: England



Porridge “Rafaello”

Ingredients

- 70 g oat flakes
- 240 ml coconut yoghurt
- 1 tbsp xylitol (or sugar)
- 2 tbsp coconut flakes
- 1 handful of almonds
- 50 g raspberries



Instructions

1. Pour hot water on the oats and make sure all oats are just below the water level. Wait 5 minutes.
2. Add the sugar, the coconut yogurt and coconut flakes.
3. Decorate with almonds and raspberries.

Smacznego!

For coconut lovers!

Monika
Gdansk, Poland

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And, last but not least, thank you to the EUA Board, who have demonstrated strong support for our green mission.

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