

Delicious Dinners

World Cup Recipes



Why not celebrate the beginning of the World Cup and take the opportunity to try some dishes from the many different and varied global cuisines? Below are some recipes to get you started...

Hete Bliksem (Serves 4)

Literally translated as Hot Lightning, this is a traditional fruity Danish side dish often served with Frikadeller, the national dish of Danish meatballs or pork.

Each suggested portion contains

Ingredients

750g potatoes (peeled and cut into chunks)

200g bacon (trimmed)

2 apples (peeled and cut into small chunks)

Equipment

Saucepan, hob, colander, potato masher, kitchen paper, grill, grill pan

Method

1. Add the potatoes and apples to the saucepan and cover with water, add the bacon and simmer for around 30 minutes until the potatoes and apples are tender
2. Place the bacon under the grill until cooked through, then use the kitchen paper to remove any excess fat
3. Drain off any excess water but reserve the liquid
4. Use the potato masher to mash together the potatoes and apples, adding a little of the cooking liquid if the mixture is a little dry
5. Stir through the bacon

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
270	LOW	LOW	LOW	MEDIUM
Kcal	6.6	2.3	6.9	2.4

Erwtensoeep (Serves 4)

This thick pea soup recipe is a very popular dinner in the Netherlands. It is said that you should be able to stand a spoon upright in a good erwtensoep!

Ingredients

250g split peas (soaked overnight in water)

200g bacon (trimmed)

1 bay leaf

1 onion (chopped)

1 leek (chopped)

1 tablespoon olive oil

Low salt stock

4 slices rye bread

4 teaspoonS mustard

Equipment

Saucepan, hob, wooden spoon, colander

Method

1. Gently fry the onion, leek until softened but not browned
2. Drain the split peas and add to the pan. Cover with stock, bring to the boil and simmer until the peas form a puree
3. Add the bacon and continue to simmer until the bacon is cooked, stirring occasionally
4. Spread the mustard onto the rye bread and serve with the soup

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
377	MEDIUM	LOW	LOW	MEDIUM
Kcal	9	2	3.9	2.4