




une petite cuisinière VALENTINE'S DAY



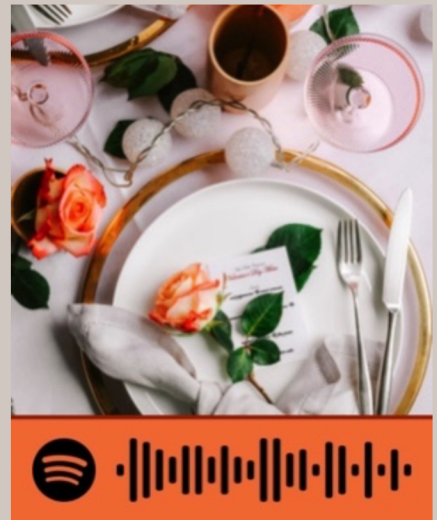
It's this time of the year again. But a little different this year. No fully booked restaurants, no eating out and going out or even leaving town for the weekend. But that also means stressing about what to make for Valentine's Day when we cannot just go out!

Since we are all stressed enough right now, I decided to take some of this stress off you. In this mini menu-pdf you have a full (super delicious), easy, healthy(ish) & vegetarian Valentine's Day menu!

But really, I thought the recipes alone would not be enough and would not make the perfect Valentine's Day. So, there are a few other things here, that should help you to have the most beautiful Valentine's Day you've had.

So, what do you get?

- a printable menu (leave it on the table for some restaurant vibes)
- a Spotify valentine PLAYLIST, that has only been created for you, for this dinner!!
- a shopping list with all the ingredients you need summarised
- 4 super delicious recipes, that you WILL enjoy!



scan this on Spotify or type in
"valentine" to find the playlist

No matter whether you are making this for yourself only, because really, we should start treating ourselves more often, or if you are making this with a loved one or a friend - I am wishing you a beautiful Valentine's Day from all my heart! Enjoy it.

Love,

Katie // Une Petite Cuisinière



valentine's day SHOPPING LIST

you'll need:

- 1 orange & 1 lemon
- red peppercorns
- mint
- sparkling wine
- romaine lettuce
- wholegrain bread
- parmesan cheese
- greek yoghurt
- capers
- mustard
- (wholegrain) pasta
- 2 red bell peppers
- 1 block feta
- 2 eggs

1 chocolate bar (the darker
the better, preferably
sweetened w/ natural
sweetener) -
coconut sugar -

what you should have at home:

oil -
salt & pepper -
(wholewheat) flour -
cacao & baking powder -
(plant based) milk -
onion & garlic -





RED PEPPER AND
MINT MIMOSA





RED PEPPER & MINT MIMOSA

YOU'LL NEED:

- 1/2 orange
- 1 tbsp red peppercorns
- 1 tbsp mint
- 250 ml sparkling wine

HOW IT WORKS:

into a mortar add the red peppercorns and crush it roughly and divide onto the glasses.

press the juice of the orange and also add.

slice the mint and sprinkle in.

fill up with the sparkling wine and cheers!

RED PEPPERCORNS:

red peppercorns (roter Pfeffer) are peppercorns like any other - just a bit milder and rarer.

therefore they are not used as much as the "regular" one. but adding them to drinks really is a game changer since it makes it very special and really good!



CEASAR SALAD w/ HOMEMADE
CROUTONS & PARMESAN CRISP



CEASAR SALAD

W/ PARMESAN CRISP & CROUTONS

YOU'LL NEED:

- 2 handful romain lettuce
- 2 slices wholegrain bread + 1 tbsp oil
- 30g grated parmesan cheese

For the dressing

- 100g greek yoghurt
- 1 tbsp capers
- 1 tsp mustard
- 1/2 lemon
- some garlic powder & worcestershire sauce

HOW IT WORKS:

preheat the oven to 180°C.

cut the bread into about 1cm sized cubes. toss them in 1tbsp oil, salt, pepper and garlic powder and lay them on a baking tray w/ parchment paper. take the grated parmesan (leave 1 heaped tbsp for the dressing) and pat it down onto the same baking tray.

bake for 10 minutes, then take out and let cool down.

blend all the ingredients for the dressing. tear apart or cut the salad into bite sized pieces and toss in the marinade.

serve with the croutons & parmesan & enjoy!



ROASTED BELL PEPPER
& FETA PASTA





ROASTED FETA & RED PEPPER PASTA

YOU'LL NEED:

- 2 red bell peppers
- 100g + some more feta
- 1 tbsp oil
- 50-100ml (plant based) milk
- 1 onion
- 1 garlic clove (optional)
- 200g (wholegrain) pasta

HOW IT WORKS:

preheat the oven to 200°C.

cut the bell peppers in half & remove the seeds. lay them on a baking tray w/ parchment paper and add the feta.

quarter the onion and half the garlic cloves and also add them. drizzle with oil, salt, pepper and oregano and bake for 20 minutes.

in the meantime prepare the pasta according to package instructions and undercook them by 1 minute.

when the feta & veggies are done, add them to a blender along with the milk & a splash of the prepare pasta water. drain the pasta and add it back to the pot with the sauce. give it a mix and serve with some more feta as a garnish!



MOLTEN HEART
CHOCOLATE CAKE





CHOCOLATE CAKE W/ MOLTEN HEART

YOU'LL NEED:

- 8 squares of chocolate
- 1 tbsp oil/ margarine
- 2 eggs
- 4-5 tbsp coconut sugar
- 4 tbsp flour
- 1/2 tsp baking powder
- pinch of salt
- 1 tbsp cacao

HOW IT WORKS:

preheat the oven to 180°C.

into an oven safe bowl add half of the chocolate and margarine. place in the oven for 2-3 minutes while it is heating up (you could also melt it in the microwave).

Add all of the remaining ingredients and mix until there are no lumps left.

grease two cups or oven safe bowls with some oil/ butter and flour and divide the cake batter. add the remains chocolate squares on top and bake for 15 minutes.

take out and turn the cake onto a plate.

serve with (coconut) cream or ice cream and lots of love!

Valentine's Day Menu

Drink:

red peppercorn + mint mimosa

Appetizer:

caesar salad w/ homemade croutons +
parmesan crisps

Main:

roasted red pepper + feta pasta

Dessert:

molten heart chocolate cake
