

Food is a vital part of our lives. Who wouldn't have a lovely memory connected to it? The whole family gathers on special occasions and celebrates the time together with delicious, home-made meals. Would you like to learn how to prepare some delicious dishes as well? In this special cookbook, we will teach you how to cook an amazing array of dishes – be it desserts, main courses or snacks. Surprise your family and friends with your amazing chef skills!

Before we get started, keep in mind these important abbreviations and measurements:

Tsp = teaspoon  
Tbsp = tablespoon  
A cup = 250 ml cup



## 02 ~~Pasta~~ CREAMY PASTA

- 2 chicken breasts, cut into 2 cm pieces
- 1 broccoli head • 1 onion, diced
- 1 packet of tagliatelle • 15 cherry tomatoes
- 1 tbsp dried oregano • 1 cup heavy cream
- 2 tbsp olive oil • salt and pepper



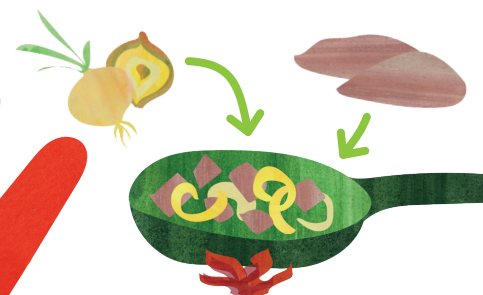
1. First off, cook your broccoli. Cut it into small florets and then add it to a pot with boiling water. When half-way done, transfer the florets into a bowl filled with cold water. This way the broccoli will stay nice and green.

When the meat is sealed, add the heavy cream and season with oregano. Place the lid on the pan and let it bubble gently for 10-15 mins.

Finally, add in the broccoli, halved cherry tomatoes and cook for a couple of minutes.



2. Cook the pasta according to packet instructions.



3. Heat the olive oil in a large skillet, add the diced onions and fry gently. Then add the chicken breasts, season with salt and pepper and cook for 5 mins.



4.

You can add the pasta to the sauce or serve the sauce over your tagliatelle.

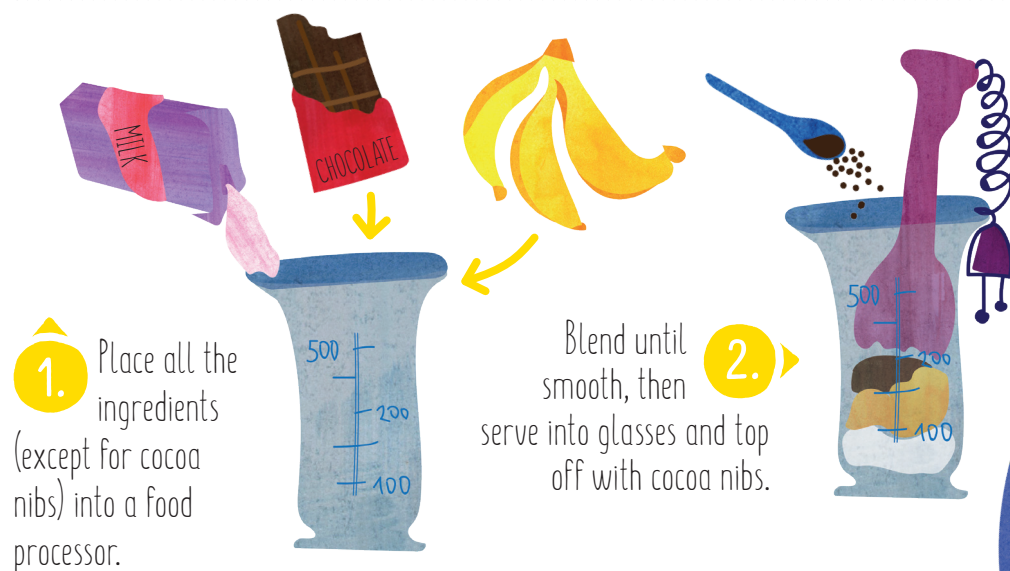
6.





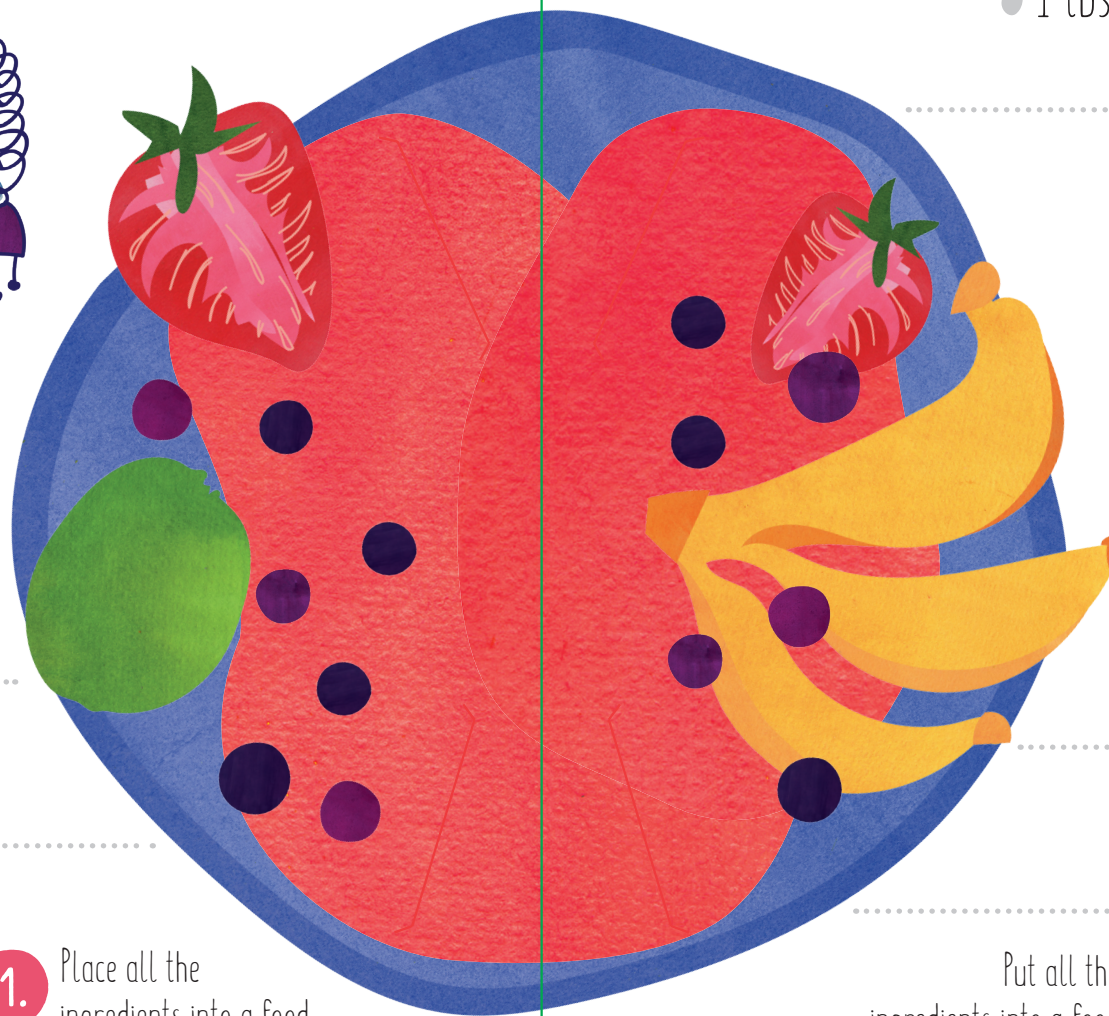
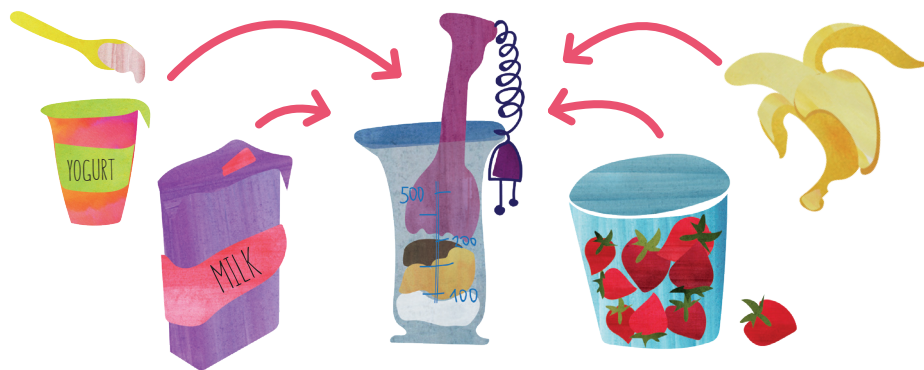
## 03 Smoothie CHOCOLATE BANANA SMOOTHIE

- 1 large ripe banana • 1 cup milk of your choice •  $\frac{1}{4}$  cup chocolate • 1 tbsp cocoa nibs



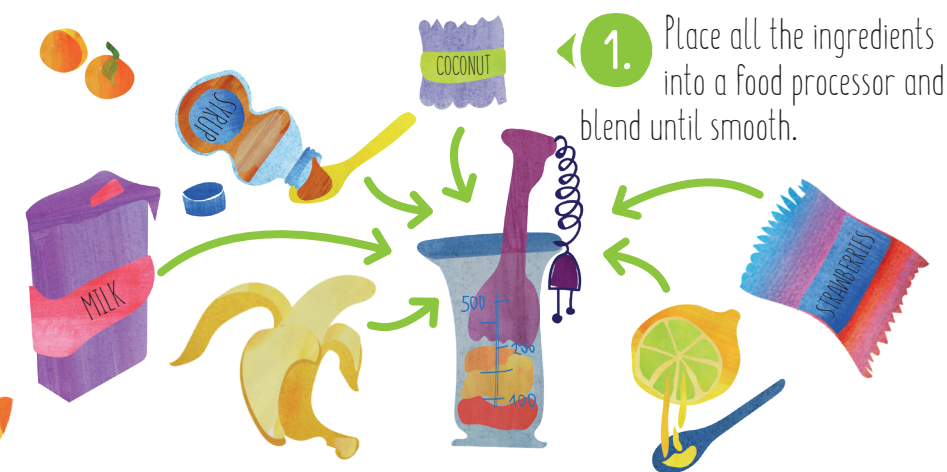
## STRAWBERRY SMOOTHIE

- 1 large ripe banana •  $\frac{3}{4}$  cup milk of your choice
- 1 vanilla flavoured yogurt • 1 cup strawberries



## VITAMIN-PACKED SMOOTHIE

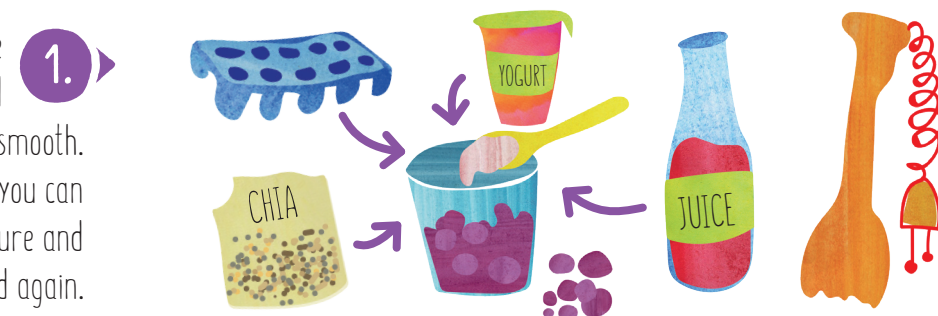
- 1 large ripe banana • 1 cup frozen strawberries • 1 peach
- 1 tbsp maple syrup • 2 tbsp lime juice •  $\frac{1}{2}$  cup grated coconut
- 1-2 cups milk of your choice



## BILBERRY SMOOTHIE

- 125g fresh bilberries • 100 ml freshly squeezed juice
- 1 plain yogurt • 2 tbsp chia seeds • 8 ice cubes

Put all the ingredients into a food processor and mix until smooth. If the smoothie is too thick, you can add more ice cubes to the mixture and blend again.







# POP-UP COOKBOOK

Serafima Kosikava

Do you agree that food plays a very important part in every person's life? Does your family get together and celebrate with delicious, home-made dishes? If you'd like to learn how to prepare some dishes yourself, you're in the right place. This special pop-up cookbook will not only teach you the recipes, it will also show you what the dish should look like! Don't wait any longer, run into the kitchen, ask your parents for help and start preparing some mouth-watering dishes together. Cooking is fun!



EAN + ISBN

 b4u publishing  
[www.albatrosmedia.eu](http://www.albatrosmedia.eu)

© Designed by B4U Publishing,  
member of Albatros Media Group, 2020.  
Author: Serafima Kosikava, Illustrator: Serafima Kosikava  
All rights reserved.

WARNING:  
Choking hazard.  
Not suitable for children  
under 36 months.

CE

