
IDEAS FOR COOKING TOGETHER

Are you ready to get to know your fellow students from the TUM School of Management while cooking together some delicious meals for dinner? We prepared suggestions for quick and easy vegan-friendly recipes that you can try out. (Feel free to add some cheese, cream, meat etc. to your dish if you prefer). And don't worry if you're missing some of the ingredients in the list, they only serve as inspiration anyway – you can replace them with whatever you have at hand in your kitchen!

BURRITOS

Ingredients

- tortillas
- cooked (or canned) black beans
- sweet corn (canned)
- cooked white or brown rice (*Note: brown rice usually takes longer to cook*)
- 1 green onion, cut into rings
- some shredded lettuce
- salsa (homemade or store-bought)
- (vegan) sour cream
- 1 teaspoon paprika powder
- 1/2 teaspoon smoked paprika powder
- 1 teaspoon cumin
- 2 teaspoons fresh lime juice
- 1/2 cup freshly chopped cilantro
- salt and pepper to taste

Optional:

- guacamole (homemade or store-bought)
- cheese or vegan cheese

Instructions

1. Drain and rinse the black beans and the corn. In a bowl, combine them with the paprika powder, cumin, smoked paprika powder, lime juice, salt, and pepper. Add the chopped green onions and the fresh cilantro and stir well.
2. Lay a tortilla down flat on a plate. Add some rice in the center of the tortilla. Then add some of the bean corn salad on top. Next comes some salsa, lettuce, sour cream, and optionally the cheese and guacamole. If you want, you could also sprinkle some red pepper flakes on top.
3. Fold in the sides and then roll the burrito up. Enjoy!

CREAMY TOMATO PASTA

Ingredients

- dry short pasta, such as penne
 - 1 tablespoon olive oil
 - 1 small onion, finely chopped
 - 2 cloves garlic, minced
 - crushed tomatoes (canned)
 - salt and pepper
 - (vegan) cream
 - chopped fresh basil leaves
- Optional:*
- a pinch of red pepper flakes
 - grated Parmesan cheese, for serving

Instructions

1. Heat the olive oil in a large pan over medium heat until shimmering. Add the onion and sauté until softened and translucent, 3 to 4 minutes. Add the garlic and optionally the red pepper flakes, and sauté until fragrant, 30 seconds to 1 minute.
2. Carefully pour in the crushed tomatoes. Add the salt and pepper and stir to combine. Bring to a simmer and cook, uncovered, stirring occasionally, for 10 minutes. Reduce heat to low and stir in the cream. Taste and season with additional salt and pepper as needed.
3. Meanwhile, bring a large pot of salted water to a boil. Add the pasta and cook according to the package instructions.
4. Drain the pasta and add it to the sauce. Toss gently to combine. Add the basil, toss once more, and serve immediately (with the grated cheese, if desired).



VERMICELLI RICE NOODLE SALAD

Ingredients

- 1 tablespoon rice vinegar
 - 2 tablespoons lime juice
 - 2 tablespoons soy sauce
 - 1 garlic clove, finely minced
 - 100g vermicelli rice noodles
 - 1 carrot
 - 1 cucumber
 - lettuce leaves
 - 100g smoked tofu
 - cilantro
 - mint leaves
 - chopped roasted peanuts
- Optional:*
- red chili
 - lime wedges to serve

Instructions

1. Soak the rice noodles in a large bowl of water for 15 minutes or until softened.
2. For the dressing, add the vinegar, lime juice, soy sauce, garlic cloves and optionally the red chili to a small bowl and combine well.
3. Cut the tofu into cubes. Rinse the vegetables, peel the carrot and the cucumber into long thin pieces, shred the lettuce, and roughly chop the herbs.
4. Over medium heat, add the noodles to a pot with a bit of the soaking water to finish cooking. Drain and rinse with cold water. Transfer to a large mixing bowl.
5. Add the vegetables, tofu, herbs, peanuts and dressing into the bowl with the vermicelli noodles. Toss until everything is evenly distributed.

Option: For a warm noodle salad, do not rinse the rice noodles in cold water. Instead of cooking the noodles in the soaking water, cook with some of the dressing and then transfer to a large mixing bowl.

