The Good Cookbook

FREE RECIPE SAMPLER

18 recipes to try

Three recipes from each of our six cookbooks.









Pick a recipe from the contents

Contents

Tap a title to open a chapter or recipe.

01 Quick Budget Dinners

Penne with tomatoes and white beans
Red lentil and carrot soup
Pan-seared zucchini with dill yogurt

02 Holiday Cooking

Beet, Walnut and Goat Cheese Crostini
Roast Chicken with Orange and Rosemary
Walnut and Cocoa Cozonac

03 Fitness Recipes

Skyr Bowl with Oats and Blueberries
Chicken and Bulgur Bowl with Cucumber and Radishes
Turkey Meatballs with Zucchini and Yogurt

Next three books

Contents

Tap a title to open a chapter or recipe.

04 Lenten & Easter Recipes

- Mushroom stew with dill
- Roast leg of lamb with garlic and rosemary
- Braided Easter paska with cheese and raisins

05 Balanced Meals

- Yogurt with blueberries, chia and walnuts
- Tray-baked chicken with broccoli and chickpeas
- Roast salmon with green beans and lentils

06 Around the World

- Pisto manchego
- Chana masala
- Takikomi gohan with shiitake and carrot

First three books

FROM THE COLLECTION / 01

Quick Budget Dinners

Dinners in 30 minutes or less, with everyday ingredients and an estimated cost per serving.



3 recipes here. 123 in the full cookbook.

View the full cookbook

Go to the first recipe

Penne with tomatoes and white beans

22 min • Serves 2



Estimated cost per serving 1.27 EUR

Ingredients

170 g dry penne

210 g cooked white beans, drained

260 g diced tomatoes in juice

8 g peeled garlic

15 ml sunflower oil

6 g fresh basil

3 g salt

Step by step

1. Cook the pasta in salted water and reserve 100 ml before draining.
2. Heat the oil with the sliced garlic for 30 seconds. Add the tomatoes and simmer for 8–10 minutes. Stir in the drained beans.
3. Add the pasta and as much reserved water as needed to bind the sauce. Tear over the basil.

Cooking tip

Add the cooked beans near the end so they hold their shape.

Explore the full edition

Red lentil and carrot soup

28 min • Serves 3



Estimated cost per serving 0.38 EUR

Ingredients

170 g dry red lentils
170 g peeled carrot
75 g peeled yellow onion
12 ml sunflower oil
850 ml prepared vegetable stock
3 g ground cumin
15 ml lemon juice
6 g fresh parsley

Step by step

1. Dice the onion and carrots and sauté for 4 minutes. Add the cumin.
2. Rinse the lentils, add with the stock and simmer for 16–19 minutes until soft.
3. Blend just one cup of soup and stir it back in. Add lemon and parsley.

Cooking tip

Lentils settle on the bottom, so stir more often toward the end.

Explore the full edition

Pan-seared zucchini with dill yogurt

22 min • Serves 2



Estimated cost per serving 0.83 EUR

Ingredients

450 g trimmed zucchini
170 g plain greek yogurt
15 ml sunflower oil
6 g peeled garlic
10 g fresh dill
12 ml lemon juice

Step by step

1. Cut the zucchini into thick slices and pat dry. Brown in oil in two batches.
2. Stir the yogurt with garlic, dill and lemon.
3. Spread yogurt on a plate and arrange the hot zucchini over it.

Cooking tip

Leave the slices undisturbed at first to help them brown.

Explore the full edition

FROM THE COLLECTION / 02

Holiday Cooking

Build a holiday menu from appetizers to sweet bread, with a prep plan to help you get ahead.



3 recipes here. 101 in the full cookbook.

View the full cookbook

Go to the first recipe

Beet, Walnut and Goat Cheese Crostini

20 min • Serves 6



Ingredients

180 g baguette
250 g cooked beetroot
90 g soft goat cheese
35 g walnuts
12 ml apple cider vinegar
15 ml olive oil
3 g thyme

Step by step

1. Cut the baguette into 12 slices. Brush with half the oil and toast for 7 minutes at 200 °C.
2. Finely chop the well-drained beetroot and toss with the vinegar and remaining oil.
3. Spoon the beetroot onto the toast and finish with crumbled cheese, chopped walnuts and thyme.

Cooking tip

Assemble just before serving so the toast stays crisp.

Explore the full edition

Roast Chicken with Orange and Rosemary



110 min • Serves 6

Ingredients

- 1.6 kg whole chicken
- 350 g oranges
- 25 ml oil
- 12 g garlic
- 8 g rosemary
- 10 g salt

Step by step

1. Pat the chicken dry. Rub the skin with oil, salt and grated orange zest. Loosely fill the cavity with garlic, rosemary and a few pieces of orange.
2. Roast at 200 °C for about 75-90 minutes with the remaining oranges around the chicken. Check for at least 74 °C in the thickest part of the breast, the inner thigh and near the wing, without touching bone.
3. Rest for 12 minutes before carving.

Cooking tip

If the skin browns too soon, cover the chicken loosely with foil.

Explore the full edition

Walnut and Cocoa Cozonac



245 min • Serves 12

Ingredients

500 g flour
7 g instant yeast
230 ml milk
95 g sugar
3 egg yolks
85 g butter
4 g salt
180 g ground walnuts
25 g cocoa powder
75 g sugar for the filling
3 egg whites
1 egg for brushing

Step by step

1. Knead the flour, yeast, lukewarm milk, sugar, yolks and salt for 8-10 minutes. Add the softened butter gradually and knead until elastic. Let rise for 60-90 minutes, until visibly puffed.
2. Mix the egg whites with the sugar, walnuts and cocoa. Divide the dough in two and roll each piece into a rectangle. Spread with filling, roll up and braid the two rolls. Place in a 30 cm loaf pan and let rise for 40-55 minutes.
3. Brush with egg and bake at 170 °C for 45-55 minutes. Tent loosely if the top browns too much. Cool completely on a rack.

Cooking tip

A temperature of about 92-94 °C at the center is a useful sign that the loaf is baked through.

Explore the full edition

FROM THE COLLECTION / 03

Fitness Recipes

Meals with estimated calories and macros per serving, plus a guide to adjusting portions.



3 recipes here. 225 in the full cookbook.

View the full cookbook

Go to the first recipe

Skyr Bowl with Oats and Blueberries



10 min • Serves 1

Per serving • 372 kcal • 24.6 g protein • 57.9 g carbs • 6.0 g fat

Ingredients

170 g plain skyr
40 g oats
90 g blueberries
8 g chia seeds
10 g honey

Step by step

1. Mix the oats with skyr and 45 ml cold water. Let stand for 5 minutes, or chill the base in the fridge overnight.
2. Add the blueberries and chia seeds.
3. Drizzle with honey and serve.

Cooking tip

If using frozen blueberries, thaw them in the refrigerator and save any juice for the bowl.

Explore the full edition

Chicken and Bulgur Bowl with Cucumber and Radishes



35 min • Serves 2

Per serving • 463 kcal • 40.0 g protein • 51.4 g carbs • 11.8 g fat

Ingredients

280 g raw chicken breast
110 g dry bulgur
160 g cucumber
100 g radishes
130 g bell pepper
14 g olive oil
25 g lemon juice
10 g parsley

Step by step

1. Cook the bulgur according to the package and rest it covered for 5 minutes.
2. Brown the chicken and bell pepper in oil. Take the chicken out once it reaches 74 °C.
3. Divide the bulgur, sliced meat, bell pepper, cucumber and radishes into portions. Add lemon and parsley.

Cooking tip

Thinly slice the radishes and chill them in water for a few minutes so they stay crisp.

Explore the full edition

Turkey Meatballs with Zucchini and Yogurt



38 min • Serves 2

Per serving • 426 kcal • 41.7 g protein • 17.5 g carbs • 21.4 g fat

Ingredients

300 g raw ground turkey
300 g zucchini
50 g egg without shell
28 g breadcrumbs
130 g 0% Greek yogurt
10 g olive oil
8 g dill

Step by step

1. Mix the turkey with the egg, breadcrumbs and dill. Shape eight meatballs.
2. Roast at 205 °C until the meatballs reach 74 °C. Add the oiled zucchini slices on a second tray for the last 15 minutes.
3. Serve the meatballs with the zucchini and yogurt.

Cooking tip

Make the meatballs the same size and check one of the largest for doneness.

Explore the full edition

FROM THE COLLECTION / 04

Lenten & Easter Recipes

Plant-based meals for Lent and recipes for the Easter table, with menus for both.



3 recipes here. 101 in the full cookbook.

View the full cookbook

Go to the first recipe

Mushroom stew with dill



30 min • Serves 3

Ingredients

500 g Button mushrooms
140 g Yellow onion
180 g Tomato passata
20 ml Sunflower oil
8 g Peeled garlic
8 g Fresh dill

Step by step

1. Quarter the mushrooms and pat dry. Brown in two batches in half the oil.
2. Soften the onion in the remaining oil for 6 minutes. Add the garlic for 30 seconds, then the passata.
3. Return mushrooms to the pan and simmer uncovered for 8 minutes. Turn off the heat and add the dill.

Explore the full edition

Roast leg of lamb with garlic and rosemary



125 min • Serves 6

Ingredients

1750 g Bone-in leg of lamb

22 g Peeled garlic

9 g Fresh rosemary

30 ml Olive oil

25 ml Lemon juice

150 ml Water

13 g Salt

4 g Ground black pepper

Step by step

1. Pat the leg dry. Rub garlic, chopped rosemary, oil, lemon, salt and pepper over the meat.
2. Set in a roasting pan with the water. Roast 20 minutes at 220 °C, then reduce to 175 °C and cook until the center reaches at least 63 °C, keeping the probe off the bone.
3. Rest the meat for 15 minutes. Skim excess fat from the pan and serve the sliced lamb with the juices.

Explore the full edition

Braided Easter paska with cheese and raisins



215 min • Serves 10

Ingredients

360 g Plain wheat flour
180 ml Milk
7 g Instant yeast
130 g Granulated sugar
4 Large eggs
55 g Butter
550 g Drained farmer cheese
90 g Raisins
25 g Wheat semolina
6 g Unwaxed lemon zest
5 ml Vanilla extract
4 g Salt

Step by step

1. Knead flour, lukewarm milk, yeast, 55 g sugar, one egg and salt. Knead in soft butter until elastic. Let rise 60–80 minutes.
2. Line a 24 cm pan with half the dough. Braid the rest to make a rim and proof for 30 minutes.
3. Mix well-drained cheese with two eggs, remaining sugar, semolina, raisins, zest and vanilla. Fill the center and brush the rim with the last beaten egg.
4. Bake at 175 °C for 42–50 minutes until set and the center reaches 71 °C. Cool and refrigerate.

Explore the full edition

FROM THE COLLECTION / 05

Balanced Meals

Ideas for breakfast, lunch and dinner, with help choosing portions and putting ingredients together.



3 recipes here. 143 in the full cookbook.

View the full cookbook

Go to the first recipe

Yogurt with blueberries, chia and walnuts



10 min • Serves 1

Ingredients

180 g Plain unsweetened Greek yogurt

80 g Blueberries

8 g Chia seeds

15 g Walnuts

Step by step

1. Rinse the blueberries and drain well.
2. Stir the chia into the yogurt and let it hydrate for 5 minutes.
3. Add the berries and chopped walnuts just before serving.

Explore the full edition

Tray-baked chicken with broccoli and chickpeas



40 min • Serves 2

Ingredients

260 g Boneless chicken breast

350 g Broccoli

160 g Cooked chickpeas, drained

16 g Olive oil

18 g Lemon juice

Step by step

1. Heat the oven to 210 °C. Cut the chicken into even cubes and broccoli into small florets. Drain the chickpeas.
2. Spread on a tray in a single layer and toss with oil. Roast 18–24 minutes, until the chicken reaches 74 °C.
3. Drizzle with lemon juice and divide into two servings.

Explore the full edition

Roast salmon with green beans and lentils



33 min • Serves 2

Ingredients

290 g Salmon fillets

320 g Green beans

185 g Cooked lentils, drained

25 ml Lemon juice

18 ml Olive oil

10 g Fresh dill

12 g Plain mustard

Step by step

1. Oil the salmon lightly and roast at 200 °C for 12–17 minutes, until it reaches 63 °C.
2. Boil green beans for 5–7 minutes and drain. Warm the drained lentils separately.
3. Whisk remaining oil with lemon, mustard and dill. Serve the fish with lentils, green beans and dressing.

Explore the full edition

FROM THE COLLECTION / 06

Around the World

Cook your way through 13 countries, with chapters by destination and tips for less familiar ingredients.



3 recipes here. 111 in the full cookbook.

View the full cookbook

Go to the first recipe

Pisto manchego

55 min • Serves 4



Ingredients

350 g Zucchini

250 g Trimmed bell pepper

160 g Yellow onion

500 g Canned diced tomatoes

35 ml Olive oil

8 g Peeled garlic

Step by step

1. Dice the vegetables. Soften the onion and peppers in oil for 10 minutes.
2. Add zucchini and cook another 7 minutes. Stir in garlic and tomatoes.
3. Simmer uncovered for about 25 minutes until thick and the vegetables still hold their shape.

Explore the full edition

Chana masala

40 min • Serves 4



Ingredients

500 g Cooked chickpeas, drained

160 g Yellow onion

400 g Canned diced tomatoes

15 g Fresh ginger

10 g Peeled garlic

25 ml Sunflower oil

3 g Ground cumin

3 g Ground coriander

4 g Garam masala

160 ml Water

10 g Fresh cilantro

1 Lemons

Step by step

1. Soften onion in oil for 9 minutes. Add grated garlic and ginger, then cumin and ground coriander for 30 seconds.
2. Add tomatoes and cook 10 minutes. Add chickpeas and water, then simmer about 12 minutes until thickened.
3. Add garam masala, fresh cilantro and lemon juice. Crush a few chickpeas to thicken if desired.

Explore the full edition

Takikomi gohan with shiitake and carrot

50 min • Serves 4



Ingredients

240 g Dry Japanese short-grain rice

200 g Fresh shiitake mushrooms

100 g Peeled carrots

300 ml Dashi stock

25 ml Soy sauce

15 ml Mirin

Step by step

1. Rinse rice in several changes of water and drain for 10 minutes. Thinly slice the shiitake and carrot.
2. Put dashi, soy and mirin in a pot, then add rice. Spread vegetables on top without stirring.
3. Bring to a boil, cover and simmer gently for 12–15 minutes. Turn off the heat, rest covered 10 minutes and fluff.

Explore the full edition

What shall we cook next?

If you enjoyed a recipe, take a look inside its full cookbook and choose what to cook next.

Quick Budget Dinners	123 recipes
Holiday Cooking	101 recipes
Fitness Recipes	225 recipes
Lenten & Easter Recipes	101 recipes
Balanced Meals	143 recipes
Around the World	111 recipes

Browse all cookbooks

Food illustrations were digitally generated.