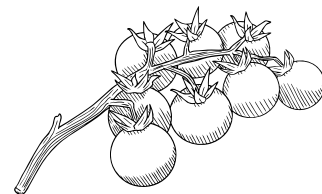


lets's cook together



DEAR PARTICIPANTS OF THE EUROPEAN SOCIAL ECONOMY SUMMIT,

WE FROM SOCIAL BUSINESS "SINDBAD" ARE PLEASED TO INVITE YOU TO OUR DIGITAL COOKING COURSE ON 26.05.2021 FROM 13-14 P.M. CHRISTIAN SAUL, MEMBER OF THE GERMAN NATIONAL YOUTH TEAM OF CHEFS, WILL PREPARE A SUMMERY BREAD SALAD WITH GRILLED AUBERGINE AND HOMEMADE AIOLI. WITH THIS DELICIOUS, LIGHT SNACK, YOU CAN START THE REST OF THE SUMMIT INVIGORATED AND IMPROVE YOUR COOKING SKILLS ALONG THE WAY. YOU CAN FIND THE LIST OF INGREDIENTS BELOW.

WE LOOK FORWARD TO COOKING TOGETHER!

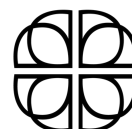
YOUR TEAM SINDBAD

BREAD SALAD:

- 1 AUBERGINE
- ROSEMARY
- THYME
- GARLIC
- OLIVE OIL
- SALT, PEPPER, SEA SALT FLAKES
- 100G CIABATTA
- 150G CHERRY TOMATOES
- 50G DRIED TOMATOES
- 50G ROCKET
- 30G PINE NUTS
- 30G PARMESAN
- GARLIC
- ONE LEMON
- DARK BALSAMIC VINEGAR
- HONEY
- ONE SHALLOT OR RED ONION
- OLIVE OIL
- BASIL

AIOLI:

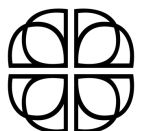
- GARLIC
- TWO EGG YOLKS
- ONE LEMON
- A LITTLE MUSTARD
- SALT PEPPER
- RAPESEED OIL
- SOME CRÈME FRAÎCHE



SINDBAD

plant a tree

YOU CAN HELP PLANT A TREE WITH YOUR FOOD. FOR EVERY LINK TO OUR INSTAGRAM OR FACEBOOK PROFILE "SINDBAD_FOOD" WHERE YOU POST YOUR OWN EU SUMMIT DISH, WE WILL PLANT A TREE IN MEXICO.



SINDBAD