UEFA

HEALTHY AND SUSTAINABLE
CATERING GUIDELINES

CONTENTS

THE CATERING JOURNEY

WHAT ARE THE HEALTHY AND SUSTAINABLE CATERING GUIDELINES?

Extensive research has highlighted the impact of food choices, not only on our physical and mental health, but also on our environment. People are increasingly taking account of these findings in their dietary choices.

As the governing body for European football and organiser of major events, UEFA acknowledges the impact of catering offers, practices and waste management solutions on both the environment and the spectators' well-being.

In line with its strategic advocacy on the role of football in promoting better health and reducing its environmental footprint, UEFA has developed these guidelines to assist in these areas and empower the caterers and the event organisers.

The guidelines support the objectives laid out in UEFA's Football Sustainability Strategy 2030 'Strength through Unity' for the health and well-being and climate and advocacy policies.

Developed in collaboration with ALMA, the School of Italian Culinary Arts, these guidelines provide practical advice for making responsible and sustainable choices in food and beverage selection, preparation, communication and waste management.

WHO ARE THESE GUIDELINES INTENDED FOR?

These UEFA guidelines are intended for use by caterers and event organisers such as national associations, leagues and clubs. They provide actionable recommendations to enhance operations and meet the growing demand for healthier, sustainable and culturally diverse catering provisions at sports venues.

While they apply specifically to event bistros serving guests, the workforce and the media, they do not extend to stadium concessions for spectators. Guidelines for concessions will follow in a second stage.

AIMS:

STAY AHEAD

of the curve and proactively respond to the evolution of the industry's standards by offering healthy and environmentally friendly options

RESPOND

to the growing consumer demand for healthier and sustainable catering options

PROVIDE

for the various dietary needs and preferences of people from diverse backgrounds and cultures

REDUCE

costs and waste by adopting sustainable practices

ENHANCE

caterers'and event organisers' reputations by incorporating healthy and sustainable practices

CONTRIBUTE

to a better future by implementing sustainable solutions to the challenges in the health and well-being and environment sectors

ROLE OF

EVENT ORGANISERS

The responsibilities of event organisers include selecting caterers. UEFA applies a standard procedure comprising the following steps:

1

Publication
of a request for proposal or request for tender in which caterers propose their catering services.

2

Evaluation
of conceptual and financial proposals. Caterers must provide appropriate information on how they will comply with UEFA's health and other sustainability-related requirements specific to their industry and services.

3

Selection
of the successful caterer that will provide the services in accordance with the terms of the contract and the requirements specified in the ten principles of the United Nations Global Compact.

4

Execution
of the agreed concept and catering services, which includes the workforce, equipment and infrastructure, delivery and storage, buffets and tableware decoration, floral decoration, set-up and dismantling.

5

Final assessment
of performance based on the level of compliance with agreed obligations and the quality of communication with the caterer.

ROLE OF

CATERERS

Event catering is a means to promote sustainable nutrition. When working with catering and hospitality providers, UEFA's primary goal is to create a food and beverage offer that meets the taste preferences of guests.

In addition, UEFA seeks to explore how its catering can encourage healthy and sustainable nutritional behaviour in everyday life by contributing to sports events that incorporate sound health and sustainability parameters.

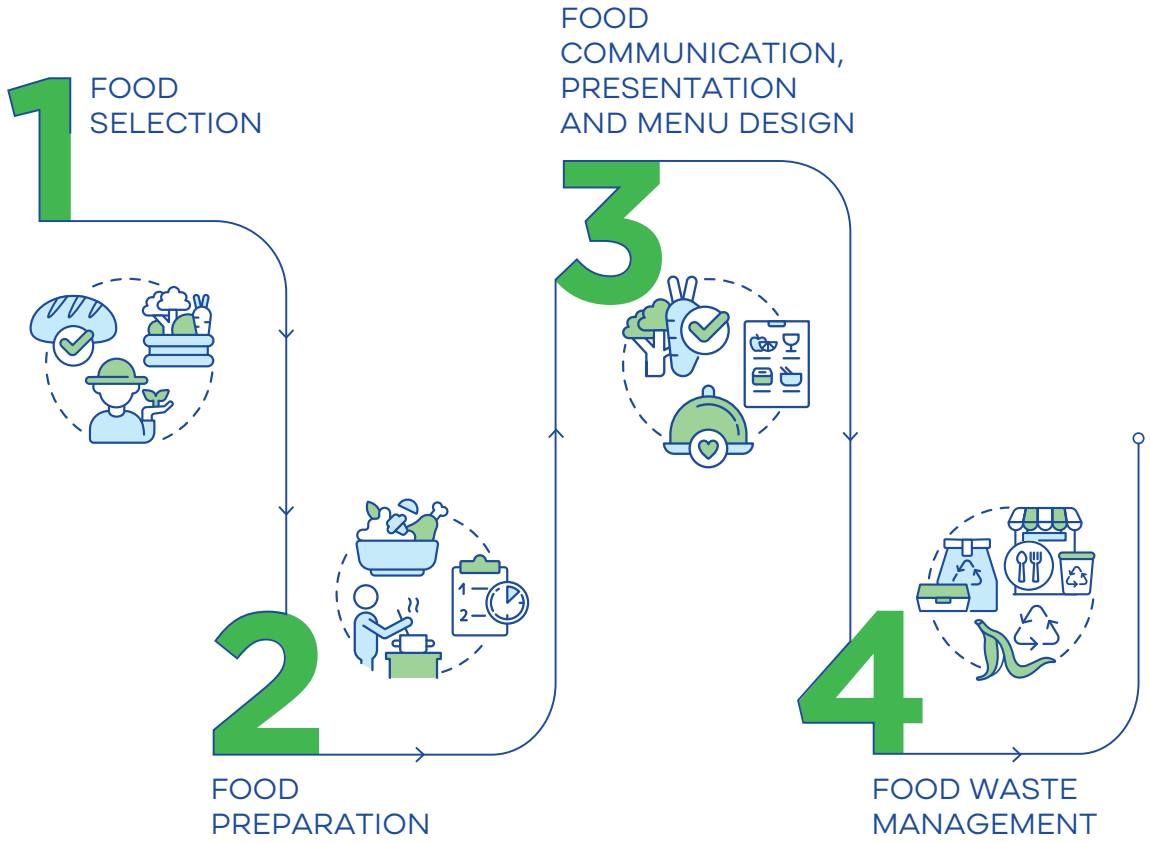
While recognising the diverse contexts and challenges that European countries may face in terms of catering, UEFA believes that these guidelines have the potential to be applied to a variety of settings, making them a valuable and versatile tool.

By embracing these guidelines and best practices, caterers may not only overcome these challenges, but also exceed them, creating a healthier and more sustainable catering experience for all.

HOW TO USE THESE GUIDELINES?

THE CATERING JOURNEY

These guidelines contain four sections, each offering practical recommendations that cover various aspects of the catering journey, from food selection to waste management. Each section can be consulted independently, providing flexibility in application.



HOW TO USE THESE GUIDELINES?

EACH SECTION IN THE CATERING JOURNEY COMPRISES:

RECOMMENDATION

The recommendation which suggests good or appropriate practices for catering companies

EVIDENCE

The evidence that supports the recommendation

BEST PRACTICE

The best practice example from the catering sector that is considered to be effective and is likely to ensure success if applied

ADDITIONAL INFORMATION

Additional information, such as tables, links and recipes, to help the caterer apply the recommendation

GENERAL REMARKS:
To ensure the success of these guidelines, it is necessary to emphasise the importance of goodwill, collaboration, practice-sharing, mutual support and good relationships between team members, managers and suppliers.

SECTION 1

FOOD SELECTION

UEFA HEALTHY AND SUSTAINABLE CATERING GUIDELINES

1 FOOD SELECTION

01.

LOCAL, VARIED AND BIODIVERSE

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
Design menus using locally available and certified ingredients, bearing in mind the link between health and the environment.	The double pyramid model[1] illustrates the close link between our eating habits and our environmental impact. Food transportation accounts for 19% of total greenhouse gas emissions[2]. Therefore, by choosing local products, you can help reduce the environmental impact by a fifth[3]. Furthermoare, the preparation of traditional specialties can connect people with the environment, enhancing social and cultural sustainability[4].	Besides using eco-friendly suppliers, find local cooperatives, consortiums and food associations that safeguard and promote local production, such as those labelled protected designation of origin (PDO), protected geographical indication (PGI) and traditional specialty guaranteed (TSG). Refer to **Appendix 1** at the end of this section to see the PDO, PGI and TSG labels.	Consult the EU database[5] for a list of certified products of geographical indication in your country.

02.

CERTIFICATION: FROM ORGANIC TO ANIMAL WELFARE

Choose animal, vegetal and plant-based products from local, organic farms that employ sustainable practices.	Farming practices that ensure animal welfare contribute to the production of better quality ingredients, help promote sustainability, and strengthen the relationships between producers and consumers.	There are many certification systems for sustainable practices, biodiversity and animal welfare. Familiarise yourself with what is available and, whenever possible, choose certified products.	See **Appendix 2** at the end of this section for some of the most popular certifications.

1. Ruini, L., et al. 2016
2. Li et al., 2022
3. Li et al., 2022
4. Barilla Foundation & Research Unit on Nutrition, Diabetes and Metabolism, University of Naples Federico II, 2021
5. GIview

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1 FOOD SELECTION

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION

03. PROTEIN SOURCES AND THEIR ENVIRONMENTAL IMPACT

Include a variety of protein sources in your menus and remember that animal products have a higher environmental impact.

By measuring an ingredient's carbon footprint[6] and water footprint[7] you can assess its environmental impact. The carbon footprint is a reflection of the total amount of greenhouse gases emitted during the production, processing and retailing of consumer goods, whereas the water footprint measures the amount of water needed to produce the goods and services. In comparison to animal-derived options, menus that are predominantly vegetable-based have a smaller carbon footprint and a smaller water footprint by about 2,000 litres per meal[8].

An environmentally friendly meal must have a carbon footprint below 1kg of CO_2 equivalents and a water footprint below 1,000 litres. Side dishes generally have a low environmental impact, equal to around 100g of CO_2 equivalents[9].

SU-EATABLE LIFE provides the most comprehensive database for assessing an ingredient's carbon and water emission levels[10].

04. FRUIT AND VEGETABLES: OPT FOR SEASONALITY

Compose 50% of the menu with local and seasonal fruits and vegetables; a serving of fruit should be at least 150g, whereas a serving of vegetables should be at least 200g.

Fruits and vegetables with lower greenhouse gas emissions are those grown naturally outdoors, without the use of artificial energy. In contrast, fruits and vegetables grown indoors or under cover, which are imported and purchased out of season, have higher greenhouse gas emissions as they require energy for heating, lighting, refrigeration, storage and transportation at various stages of the production process[11].

Not all fruits are alike. Locally produced fruits have up to 45% smaller environmental footprint than imported ones. Choose all ingredients on your menu wisely. Refer to **Appendix 3** at the end of this section to see the lifecycle assessment of apples, as an example of how purchasing local and seasonal fruits can help reduce overall greenhouse gas emissions.

Familiarise yourself with your country's seasonal fruits and vegetables by exploring **Appendix 4** which can be found at the end of this section.

6. Global Footprint Network
7. Water Footprint Network
8, 9, 10. SU-EATABLE LIFE database
11. Macdiarmid 2014

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1 FOOD SELECTION

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
05. WHOLE GRAINS: A GUIDE TO CHOOSING THEM			
Ensure at least two out of three grain-based products offered on your menu are made from whole grains and, whenever possible, enriched with seeds and nuts. The suggested serving size is 80g of grains per person per meal, while for bread it is 50g (two slices).	Carbohydrate products, such as pasta, bread and grains, are the predominant dietary source of energy (calories). Choosing refined products can lead to a loss of up to 80% of essential nutrients, such as vitamins, minerals and dietary fibre[12] [13].	Wholemeal bread, whole grain pasta, unrefined barley, buckwheat and quinoa, are great choices to include on your menu. You can choose good quality whole grain products by following some simple rules: prefer minimally processed products (which generally contain more fibre, vitamins and minerals and less sugar and saturated fat)[14], make sure 'whole grain' appears first or second in the ingredient list on the product's label and that the word 'whole' is placed before any grain ingredient[15].	Consult the WHO recommendations on carbohydrate intake for adults and children and their health benefits here.
06. POTATOES: A SMART CHOICE			
Consider potatoes as a smart and sustainable source of carbohydrates, not just as a side dish. The suggested serving size is 200g.	Potato production emits ten times less greenhouse gases than rice, which is also relatively less rich in vitamins, minerals and fibre[16]. Choosing healthy cooking methods, like boiling instead of frying, can contribute to reduce carbon emissions and decrease saturated fats intake.	When carefully washed, potatoes can be eaten with their skins, but if peeling is necessary, don't waste the skins. The skins can be oven-baked to a crisp, seasoned to your liking (while making sure to limit the amount of added salt or high-sodium condiments[17]), eaten on their own or tossed in with other vegetables.	Have a look at the WHO Healthy Diet Fact Sheet to find out about healthy eating practices.

12. Garg et al., 2021
13. Truswell, 2002
14. WHO, 2023
15. Harvard School of Public Health
16. OURWORLDINDATA
17. WHO Healthy Diet Fact Sheet

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1 FOOD SELECTION

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
07. PULSES: PROTEIN FROM PLANTS			
Offer at least one pulse-based dish and always serve it alongside a grain or cereal. The suggested serving size is 50g of dry pulses or 150g if fresh or cooked.	Pulses, such as beans, lentils, chickpeas and peas, are rich in fibre, vitamins and minerals. Dishes combining pulses and cereals provide all essential amino acids. The production of pulses is particularly sustainable and emits, on average, 40 times less greenhouse gases than beef[18].	Enrich pulse-based dishes with spices and fresh aromatic herbs as they improve absorption of the iron naturally present in pulses[19]. For example, *pasta e fagioli* (pasta with beans) is a traditional Italian recipe that combines grains and pulses in a healthy and smart way – topped with aromatic herbs, it is both delicious and nutritious.	See the recipe for *pasta e fagioli* in the recipe book at the end of this document.
08. OILY FISH AND MOLLUSCS: SOURCE OF GOOD FATS			
Choose oily fish (mackerel, sardines or herring) and molluscs, such as mussels, while limiting the use of threatened species. The suggested serving size is 150g of fresh fish and 50g if canned. In the case of canned fish, make sure to use those canned in water instead of oil or brine as these can result in the dish inadvertently containing a higher fat or salt content.	Oily fish and molluscs have a low environmental footprint, so choosing them reduces pressure on fisheries and reliance on larger, less sustainable and endangered species[20]. They are particularly good for health, as oily fish is a source of polyunsaturated fatty acids, which help to lower the risk of developing non-communicable diseases[21].	When designing a menu, consult the red list of threatened species[22] and choose ingredients certified as sustainable, such as by the Marine Stewardship Council (MSC) for farmed or fished, Friend of the Sea for sustainable fishing, or the Aquaculture Stewardship Council (ASC) for sustainable aquaculture.	For an understanding of sustainable species in terms of their carbon footprint, refer to **Appendix 5** at the end of this section. More information can be found in the SU-EATABLE LIFE database.

18. SU-EATABLE LIFE database
19. Piskin et al., 2022
20. OURWORLDINDATA
21. WHO Healthy Diet Fact Sheet
22. IUCN

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1 FOOD SELECTION

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
09. RED MEAT: FROM NOSE TO TAIL			
Be more environmentally friendly and less wasteful when selecting red meat products.	Beef and lamb have high carbon and water footprints and are also high in saturated fat. According to the EAT-Lancet Commission[23], to be more environmentally friendly we should not eat more than 100g of red meat per week and, ideally, prefer pork over other red meats as it has the lowest carbon emission level.	Every part of the animal can be used to create delicious and nutritious meals. Lesser cuts, often overlooked, can be substituted for premium cuts in many recipes. Bones can be used in stocks and broths, and organ meats added to a menu with the aim of making it more sustainable.	For the environmental impact of meat, refer to **Appendix 5** which can be found at the end of this section.
10. CURED AND PROCESSED MEATS: A LITTLE GOES A LONG WAY			
Reduce the presence of cured and processed meat on your menu. There is no 'ideal' intake of processed meats, which should be used in moderation, with serving sizes not exceeding 50g.	Processed meat is classified by the International Agency for Research on Cancer (IARC)[24] as a Group 1 carcinogen, meaning that it is carcinogenic in humans due to the high content of saturated fats, sodium and iron. Furthermore, since they have a high environmental impact, it is important to moderate consumption and limit serving size[25].	Avoid combining processed meat and cheese in appetizers, sandwiches and other preparations. When including both, like in cheese and charcuterie stations, halve the serving sizes. To reduce consumption, consider also serving them alongside fruit and vegetables, either raw or cooked.	For an understanding of processed meat's nutritional composition and environmental impact, refer to **Appendix 5** at the end of this section. More information can be found in the SU-EATABLE LIFE database.

23. EAT-Lancet Commission
24. IARC
25. WHO, 2023

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1 FOOD SELECTION

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
11. POULTRY AND EGGS: LOOK FOR ORGANIC			
Choose poultry and eggs from local, organically certified free-range farms. The recommended serving size is 100g of white meat and one egg.	Red, white meat and eggs are an excellent source of high-quality protein and vitamin B12[26]. However, compared with red meat, white meat and eggs contain less saturated fat overall and have a lower environmental impact[27].	White meats are generally low in sodium. Try not to add too much salt when cooking, but instead use spices and herbs to add flavour. Use the whole animal: from the noblest cuts, the bones for broth to the offal, as in the *whole rabbit terrine* recipe which can be found in the recipe book at the end of this document.	For an understanding of poultry and eggs' nutritional composition and environmental impact, refer to **Appendix 5** at the end of this section. More data can be found in the SU-EATABLE LIFE database.
12. CHEESE: EXPLORE THE TERRITORY			
Offer PDO-certified cheeses from the country hosting the event. Remember that the recommended serving size of fresh cheese should not exceed 100g, while for aged cheese it is 50g[28].	Fresh cheeses, such as mozzarella, cottage cheese and ricotta, have lower saturated fat and sodium content, and a smaller carbon footprint than aged cheeses[29 30]. By choosing fresh and less processed food, we can easily limit our sodium intake to 5g per day, as recommended by WHO guidelines[31].	Be creative with your cheese pairings, by providing a variety of environmentally friendly cheeses alongside fruits and marmalades.	For an understanding of the nutritional composition and environmental impact of various cheeses, refer to **Appendix 5** at the end of this section. More information can be found in the SU-EATABLE LIFE database.

26. BDA-IEO
27. SU-EATABLE LIFE database
28. Glview
29. BDA-IEO
30. SU-EATABLE LIFE database
31. WHO, 2023

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13.

SEAWEED:
MORE TASTE,
LESS SALT

RECOMMENDATION

Enrich dishes with seaweed, as they help increase the protein and essential amino acid content.

EVIDENCE

Seaweed is naturally high in vitamins and minerals and fewer resources are used to produce it than for animal protein. As a rule of thumb, the protein content in brown algae is lower (4–24% of dry weight) and higher in red (8–47%) and green algae (9–33%), which is comparable to other plant sources, such as soybeans. Seaweed can also help you to reduce the use of salt as a condiment.

BEST PRACTICE

Seaweed can be used to flavour both fish and meat dishes on its own, for example in a salad or as a side dish. Furthermore, seaweed is the base of many traditional preparations that can be easily included in your menu. Recipe example: *gnocchi with parsley and seaweed*[32].

ADDITIONAL INFORMATION

For an understanding of the protein content of seaweed, refer to **Appendix 6** at the end of this section.

32. Gnocchi with parsley and seaweed

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1 FOOD SELECTION

APPENDIX 1

›› Protected designation of origin (PDO), protected geographical indication (PGI), traditional specialty guaranteed (TSG) labels.

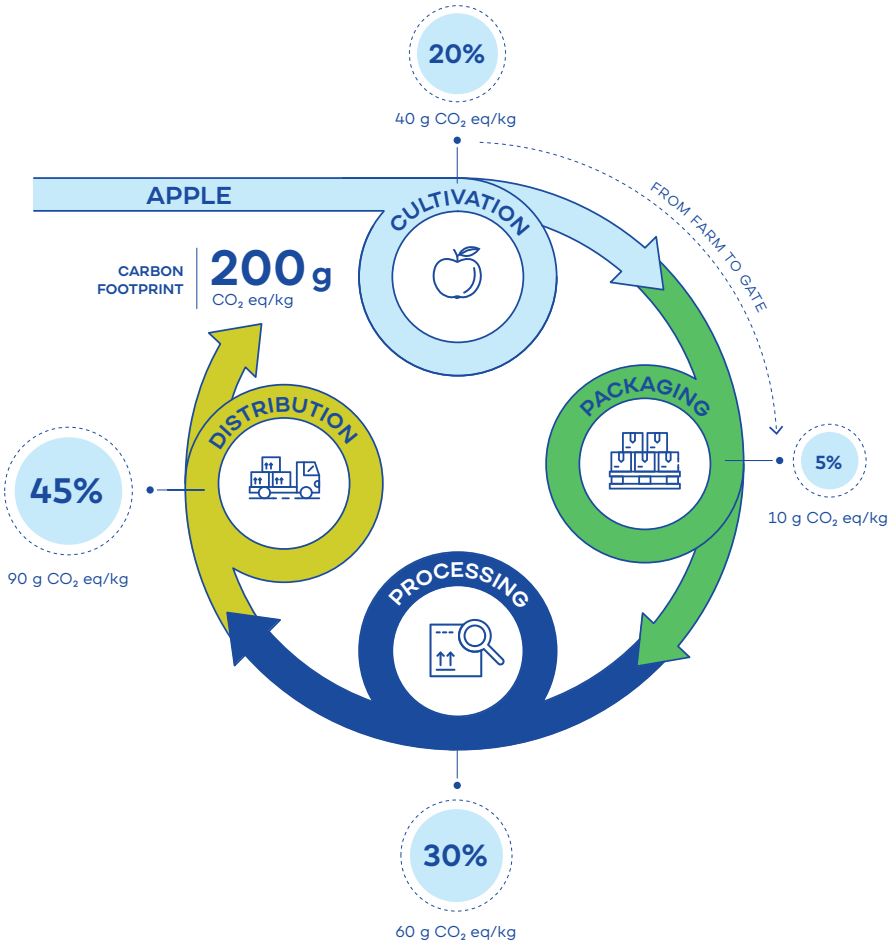
APPENDIX 2

›› List of most popular available food certifications

BIODIVERSITY CERTIFICATIONS	ANIMAL WELFARE CERTIFICATIONS	ETHICAL CERTIFICATIONS
Ancient Forest Friendly	Certified Animal Welfare	Fairtrade
Sustainable forest management	Certified Grassfed	Rainforest Alliance
Forestry Stewardship Council	Global animal partnership	UTZ certification
Regenerative Agriculture	Regenerative Organic Certified	11233 Integrated Production
Fibershed	Vegan/Certified Plant Based	

APPENDIX 3

›› The life cycle assessment of apples.



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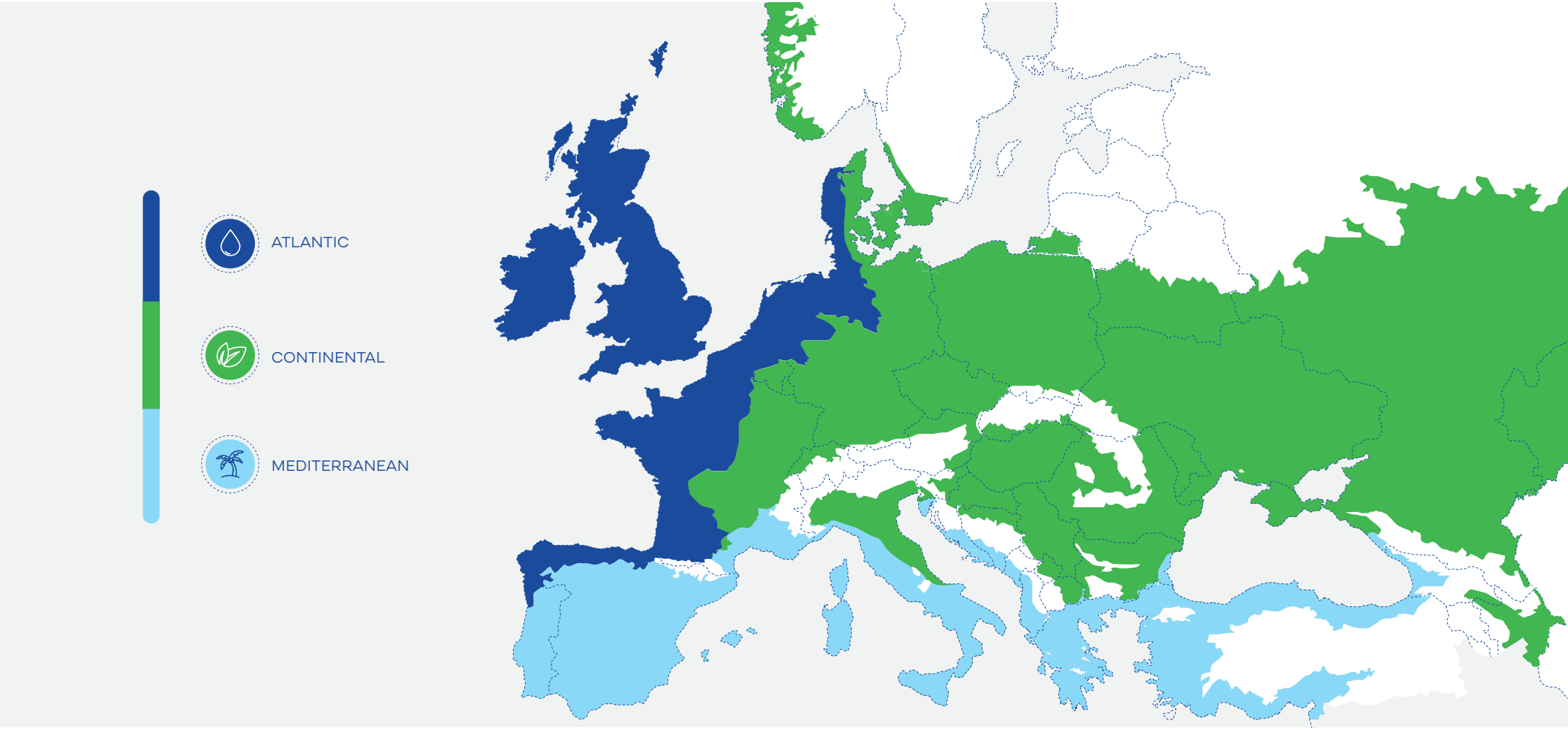
APPENDIX 4

›› List of seasonal fruit and vegetables in Europe, by region. More data on EUFIC.



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APPENDIX 4

›› List of seasonal fruit and vegetables in Europe, by region. More data on EUFIC.

CLIMATE REGION	WINTER	SPRING	SUMMER	AUTUMN
ATLANTIC	**FRUIT** Apple, pear **VEGETABLES** Beetroot, Brussels sprout, cabbage, cauliflower, celeriac, celery, chicory, horseradish, Jerusalem artichoke, kale, kohlrabi, leek, lettuce, mushroom, pak choi, parsnip, potato, pumpkin, purple sprouting broccoli, potato, radicchio, rhubarb, shallot, sweet potato, truffle, turnip	**FRUIT** Bramley apple, grapefruit, nectarine, pomegranate **VEGETABLES** Asparagus, broccoli, Brussels sprout, cabbage, carrot, cauliflower, celeriac, Jerusalem artichoke, kale, lamb's lettuce, leek, lettuce, potato, pea, pak choi, parsnip, potato, pumpkin, purple sprouting broccoli, potato, radicchio, rhubarb, rucola, spinach, spring onion, sweet potato, watercress, white asparagus	**FRUIT** Bilberry, blueberry, blackberry, blackcurrant, cherry, crab apple, elderberry, gooseberry, greengage, loganberry, plum, raspberry, redcurrant, strawberry **VEGETABLES** Artichoke, asparagus, beetroot, broad bean, broccoli, cabbage, carrot, celery, chard, chilli, courgette, cucumber, fennel, garlic, haricot bean, kohlrabi, leek, lettuce, marrow, mushroom, new potato, onion, pak choi, potato, radicchio, rhubarb, rucola, spinach, spring onion, sweetcorn, tomato, turnip, watercress	**FRUIT** Apple, bilberry, blueberry, cranberry, elderberry, gooseberry, pear, plum, pomegranate, quince, raspberry, redcurrant **VEGETABLES** Artichoke, beetroot, butternut squash, broccoli, cabbage, carrot, cavolo nero, cauliflower, celeriac, celery, chard, chilli, courgette, fennel, garlic, horseradish, haricot bean, kohlrabi, leek, lettuce, marrow, mushroom, onion, pak choi, parsnip, potato, pumpkin, radicchio, radish, rucola, shallot, spinach, sweetcorn, truffle, turnip, watercress
CONTINENTAL	**FRUIT** Apple, pear **VEGETABLES** Beetroot, black radish, Brussels sprout, carrot, celeriac, chicory, Chinese cabbage, kale, lamb's lettuce, mushroom, parsley root, parsnip, potato, red cabbage, rutabaga, savoy cabbage, white cabbage	**FRUIT** Apple, strawberry **VEGETABLES** Asparagus, beetroot, cauliflower, celeriac, celery, kohlrabi, lettuce, mushroom, potato, radish, red cabbage, rhubarb, rucola, spinach, spring onion, white cabbage	**FRUIT** Apricot, blackberry, blackcurrant, cherry, gooseberry, pear, plum, raspberry, strawberry **VEGETABLES** Bell pepper, broad bean, broccoli, cauliflower, carrot, celery, Chinese cabbage, courgette, cucumber, fennel, green bean, kohlrabi, lettuce, mangold, mushroom, onion, pak choi, pea, potato, radish, red cabbage, rhubarb, rucola, runner bean, savoy cabbage, spring onion, sweetcorn, tomato, turnip, white cabbage	**FRUIT** Apple, blueberry, blackberry, elderberry, grape, pear, plum, quince, watermelon **VEGETABLES** Beetroot, bell pepper, broccoli, black radish, Brussels sprout, carrot, cauliflower, celeriac, celery, chicory, Chinese cabbage, courgette, cucumber, fennel, green bean, kale, kohlrabi, lamb's lettuce, lettuce, mangold, mushroom, onion, pak choi, parsnip, potato, pumpkin, radish, red cabbage, rucola, runner bean, rutabaga, savoy cabbage, spinach, sweet corn, turnip, white cabbage
MEDITERRANEAN	**FRUIT** Apple, blackberry, kiwi, lemon, orange, persimmon, pineapple, pomegranate, tangerine **VEGETABLES** Beetroot, broccoli, Brussels sprout, carrot, cauliflower, celery, chard, chicory, Chinese cabbage, cress, endive, fennel, kale, leek, lettuce, onion, potato, pumpkin, radish, spinach, turnip	**FRUIT** Apple, apricot, blueberry, blackberry, cherry, kiwi, lemon, medlar, orange, pear, strawberry **VEGETABLES** Artichoke, asparagus, beetroot, broad bean, broccoli, Brussels sprout, carrot, cauliflower, celery, chard, courgette, cress, cucumber, endive, fennel, kale, lettuce, onion, pea, pumpkin, radish, spinach, turnip	**FRUIT** Apple, apricot, blueberry, blackberry, cherry, fig, grape, lemon, melon, peach, pear, plum, raspberry, watermelon **VEGETABLES** Aubergine, beetroot, bell pepper, carrot, celery, chard, chayote, Chinese cabbage, courgette, cucumber, green bean, lettuce, onion, radish, sweetcorn, tomato	**FRUIT** Apple, blackberry, fig, grape, lemon, orange, pear, persimmon, plum, pomegranate, raspberry, tangerine **VEGETABLES** Broccoli, Brussels sprout, carrot, cavolo nero, cauliflower, celery, chard, chayote, Chinese cabbage, courgette, cress, endive, fennel, green bean, kale, leek, lettuce, onion, potato, pumpkin, radish, spinach, sweetcorn, turnip

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APPENDIX 5

›› List of food protein sources, according to their carbon footprint (CO2eq per kg of food) and nutritional composition (100g), Sources: SU-EATABLE LIFE database; BDA-IEO; Vergé *et al.*, 2013.

FOOD TYPE	FOOD	CARBON FOOTPRINT CO_2 EQ/KG	ENERGY (KCAL)	PROTEIN (G)	LIPID (G)	SATURATED FATS (G)	CARBOHYDRATES (G)	FIBER (G)	SODIUM (MG)
Dairy	Cottage cheese	1.70	115	9.7	7.1	4.2	3.2	0	190
	Ricotta	3.40	146	8.8	10.9	6.8	3.5	0	78
	Camembert	7.55	297	20.9	23.7	14.9	0	0	650
	Mozzarella	8.20	253	18.7	19.5	11.4	0.7	0	200
	Parmigiano Reggiano	12.54	387	33.5	28.1	18.5	0	0	556
	Grana Padano	15.34	406	33.9	28.5	17.5	3.7	0	1169
	Pecorino	17.15	392	25.8	32	17.3	0.2	0	1800
Proteins	Mussels	0.46	84	11.7	2.7	0.5	3.4	0	290
	Anchovy	0.82	96	16.8	2.6	1.3	1.5	0	104
	Sardine	0.90	133	25.1	3.6	0.8	0	0	66
	Mackerel	0.99	170	17	11.1	2.6	0.5	0	130
	Almond	1.88	628	22	55.3	4.6	4.6	12.7	14
	Walnut	2.06	702	14.3	68.1	5.6	5.1	6.2	2
	Cod	3.08	71	17	0.3	0.1	0	0	25
	Eggs	3.20	128	12.4	8.7	3.2	0	0	137
	Salmon	3.37	185	18.4	12	2.3	1	0	98
	Sea-bass	3.60	159	19.7	8.4	1.9	1.2	0	97
	Tuna	3.68	159	21.5	8.1	3.3	0.1	0	43
	Chicken	3.68	171	19	10.6	3.2	0	0	62
	Eel	3.88	237	14.6	19.6	5.2	0.7	0	89
	Turkey	4.08	135	18.2	6.9	2.2	0	0	88
	Trout	4.20	86	14.7	3	0.7	0	0	40
	Pork	5.72	141	19.9	6.8	2.1	0	0	76
	Bacon	5.99	131	29	1.7	8	0	0	1260
	Pork sausages	5.99	304	15.4	26.7	9.4	0.6	0	1100
	Ham	7.95	215	19.8	14.7	5.1	0.9	0	648
	Lamb	25.23	159	20	8.8	7.3	0	0	350
	Beef	25.75	160	19.1	9.3	2.3	0	0	51
Pulses	Pea	0.45	87	7	0.2	0.1	12.4	5.2	101
	Chickpea	0.52	73	4.3	1.4	0.2	7.2	8.1	6
	Soybean	0.56	422	36.9	18.1	2.5	23.3	11.9	4

APPENDIX 6

›› The dry-weight protein content of selected edible seaweeds. Thiviya *et al.*, 2022.

SEAWEED SPECIES	PROTEIN (% OF DRY MASS)
P. palmata (dulse)	8-35
S. japonica (kombu)	12
Porphyra spp. (laver/nori)	33-50
Gracilaria salicornia	9.58
U. lactuca (sea lettuce)	8.7-32.7

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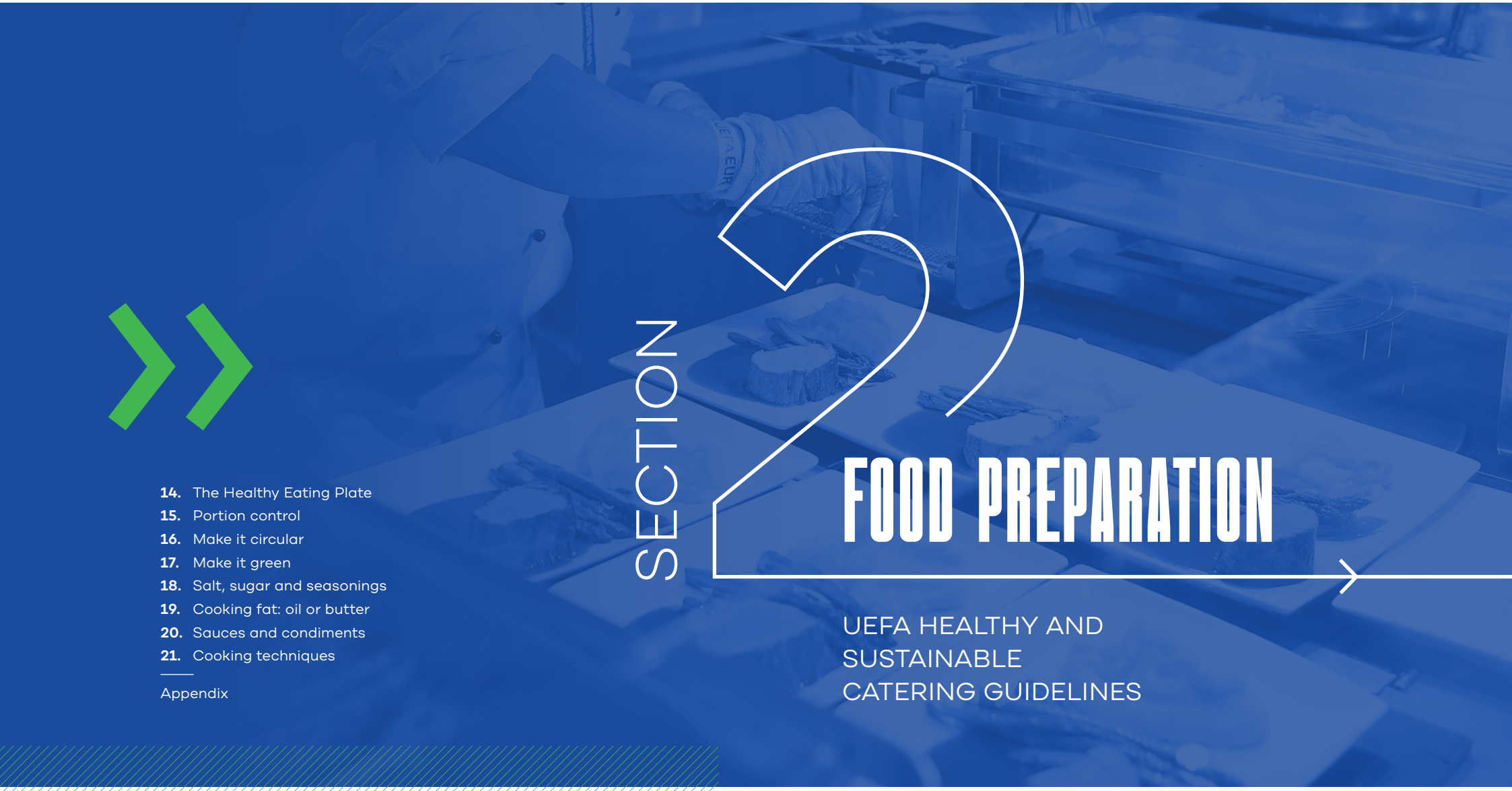

SECTION 2

FOOD PREPARATION

UEFA HEALTHY AND SUSTAINABLE CATERING GUIDELINES

2 FOOD PREPARATION

14. THE HEALTHY EATING PLATE

RECOMMENDATION

The Healthy Eating Plate[33] comprises 25% carbohydrates, 25% proteins and 50% of fruits and vegetables.

EVIDENCE

A healthy diet helps prevent malnutrition as well as several non-communicable diseases. Adding sustainability criteria can also help reduce the environmental impact of eating habits[34]. By varying the ingredients and their quantities, we can all easily reduce the impact of our meals without having to give up on flavour.

BEST PRACTICE

Choosing to eat lentil soup rather than lasagna reduces emissions 22-fold, from 5kg of CO2 to 0.23kg of CO2 per portion[35]. At the same time, it reduces the amount of saturated fats.

ADDITIONAL INFORMATION

Refer to your national dietary guidelines for context-specific guidance on healthy eating and lifestyles here.

15. PORTION CONTROL

RECOMMENDATION

Offer diverse and nutritionally balanced menus containing at least 150g of fruits, 200g of vegetables and 80g of whole grains, and prefer protein sources with a smaller carbon footprint.

EVIDENCE

Portion control not only promotes sustainability by reducing food waste through smaller servings, but also limits overconsumption. The WHO recommends "limiting portion and package size to reduce energy intake and thus the risk of overweight or obesity"[36].

BEST PRACTICE

Besides monitoring portions, control and record your meal's carbon and water footprint using dedicated software, as this may help you to adapt the recipes to make them healthier and more sustainable.

ADDITIONAL INFORMATION

Based on a total of 1.2kg of food offer counted per person for the duration of the match (i.e. the food offer before, during and after the match) as fixed by UEFA, structure your menus using **Appendix 7**, which can be found at the end of this section, as a reference.

33. Healthy Eating Plate
34. Barilla Foundation & Research Unit on Nutrition, Diabetes and Metabolism, University of Naples Federico II, 2021
35. SU-EATABLE LIFE database
36. WHO, 2017

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2 FOOD PREPARATION

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
16. MAKE IT CIRCULAR **Select a variety of in-season produce for your menu, and apply a 'circular' approach to food preparation, using all viable parts of the product, so as to reduce or eliminate food waste.**	Circular menus are both more sustainable and more profitable: a reduction in food waste is correlated to a reduction in food cost.	Try re-using any leftover sauce from a meat or fish dish as a condiment for grain-based dishes. This helps lower the waste of ingredients with a high footprint by giving them a second life.	A great example of this is *polpo alla Luciana*, in two courses, which can be found in the recipe book at the end of this document.
17. MAKE IT GREEN **Replace meat with vegetable substitutes, whenever possible.**	When you replace meat with vegetables, you are creating a healthier dish that also has a lower carbon and water footprint.	Try utilising mushrooms instead of meat to achieve similar results. Starters and typical 'football dishes' are the perfect candidates for substitution: burgers, kebabs, tacos and sausages can all be made with up to 50% mushrooms.	Adapting recipes is simple and effective. Improving the sustainability of a traditional *ragu alla Bolognese* only requires changing a few of the ingredients. **Appendix 8** which can be found at the end of this section, compares the ingredients used for a traditional *ragu alla Bolognese* with a more sustainable version.

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2 FOOD PREPARATION

18. SALT, SUGAR AND SEASONINGS

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
Limit the use of salt and sugar in your dishes. When possible, substitute salt with spices, aromatic herbs and low-sodium seasonings. Try honey as an alternative to sugar, and use more dried fruits and nuts to give flavour and sweetness to a dish.	Hyperglycaemia (correlated to excessive sugar consumption) and hypertension (correlated to excessive salt consumption) are the two main dietary risk factors for premature death globally[37]. By limiting the use of salt and sugar in preparations and the sale of sugar-sweetened beverages, you can drive consumer behaviour to healthier choices[38].	Make spice-based seasonings readily available, and offer extra salt and sugar and condiments only upon request. Furthermore, reduce the amount of sugar used in all recipes and preparations, omitting it altogether whenever possible, and use fresh seasonal fruits as the main ingredient in desserts and other sweet preparations.	Refer to the WHO global sodium benchmarks for different food categories and to the WHO fact sheet on healthy diet for more advice on daily intake.

19. COOKING FAT: OIL OR BUTTER

Choose vegetable oils over butter and other animal fats, as they are lower in saturated fats and have a lower environmental impact[39] [40].	Extra virgin olive oil is rich in antioxidants, has a healthier fat profile, being higher in unsaturated fats and lower in saturated fats than butter. When unavailable, consider trying rapeseed or sunflower oil, which are lower in saturated fats than extra virgin olive oil and five to eight times more sustainable than butter[41].	Substitute butter with extra virgin olive oil in vegetable risotto dishes, to reduce the recipe's carbon footprint and saturated fat content. This choice will also make the recipe lactose-free and vegan.	See the ingredients used for a traditional *mushroom risotto* compared with a more sustainable version in **Appendix 9** at the end of this section.

37. IHME
38. WHO Healthy diet fact sheet
39. BDA-IEO
40. SU-EATABLE LIFE database
41. SU-EATABLE LIFE database

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2 FOOD PREPARATION

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
20. SAUCES AND CONDIMENTS **Favour environmentally friendly sauces and condiments with lower fat, sugar and salt content.**	By making your own ketchup instead of using an industrial brand, you are lowering the food preparation's footprint. No plastic bottle is produced or disposed of, and you are reducing food waste (bottled ketchup can have a food waste ratio as high as 28%)[42]. When making your own condiments, ensure that the contents of critical nutrients, such as fat, salt and sugar, are kept to a minimum.	As an alternative to conventional mayonnaise, choose a vegetable-based substitute. Sweet and sour options are available, such as vinegar-based sauces naturally low in fat, or delicate, yogurt-based sauces, like tzatziki.	*Salsa verde* is a versatile and flavoursome dip great for sandwiches and meats of all kinds while vegan mayonnaise is quick and easy to prepare! See recipes for *salsa verde* and *vegan mayonnaise* in the recipe book at the end of this document.
21. COOKING TECHNIQUES **Employ cooking techniques that offer the right compromise between flavour, sustainability and nutrition.**	Frying relies on the use of large amounts of fats that oxidise when exposed to high temperatures, producing harmful substances like acrylamide. Consider air frying as it uses 90% less oil[43] and produces no waste. Furthermore, over 50% of water-soluble vitamins are lost during boiling/blanching and remain in the water, but steaming helps to retain essential nutrients and requires less water than blanching[44].	Favour air frying with cycles such as: 180°C for 20 minutes, 190°C for 18 minutes, and 210°C for 17 minutes, and when possible, prefer steaming over blanching. When roasting and frying potatoes, steam, blanch or microwave them before cooking as this results in lower levels of acrylamide in the finished product[45].	Have a look at the recipes for *sweet potato fries* and *twice-cooked low acrylamide fried potatoes* in the recipe book at the end of this document.

42. Wohner *et al.*, 2020
43. Shaker, 2015
44. Lee *et al.*, 2018
45. Palazoğlu *et al.*, 2010

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APPENDIX 7

›› Portion control – How to structure your menu to adhere to the 1.2kg of food per person for pre-match, at half-time and post-match, excluding bread, as fixed by UEFA.

FOOD TYPE	RANGE	APPROXIMATE WEIGHT	EXAMPLES
Meat, fish & eggs Vegetable protein	15-20%	200g	150g in the main dish and the remainder in starters, salads, canapés or charcuterie boards
Dairy	15-20%	200g	Enough for making desserts and a small cheese platter, accompanied by fruit and vegetables
Dry pulses	2-6%	50g	Perfect in salads, canapés and side dishes
Whole grains	10-16%	150g	Ideal in salads and starters
Fruit	14-20%	200g	Use seasonal fruits to create mouth-watering desserts
Vegetables	30-40%	400g	Showcase them throughout the menu, from beginning to end

APPENDIX 8

›› Traditional ragu alla bolognese vs sustainable ragu alla bolognese
Source: Nutritics.

TRADITIONAL RAGU ALLA BOLOGNESE		
Beef mince, 20% fat	g	600
Pancetta	g	300
Extra-virgin olive oil	g	60
Butter	g	50
Carrot	g	100
Celery	g	100
White onion	g	100
Tomatoes, passata	g	600
White wine, dry	g	125
Milk	g	125
Cream	g	125

SUSTAINABLE RAGU ALLA BOLOGNESE		
Beef mince, 20% fat	g	300
Mushrooms	g	300
Pancetta	g	150
Rosemary	g	5
Thyme	g	5
Sage	g	5
Extra-virgin olive oil	g	60
Carrot	g	100
Celery	g	100
White onion	g	100
Tomatoes, passata	g	600
Wine white, dry	g	125
Milk	g	250

APPENDIX 9

›› Mushroom risotto | Source: Nutritics.

TRADITIONAL MUSHROOM RISOTTO		
Arborio rice	g	80
Porcini mushroom	g	30
Shallot	g	10
White wine	g	50
Butter	g	30
Parmigiano Reggiano	g	40

SUSTAINABLE MUSHROOM RISOTTO		
Arborio rice	g	80
Porcini mushroom	g	30
Shallot	g	10
White wine	g	50
Extra virgin olive oil	g	20
Rosemary, fresh	g	0.7
Thyme, fresh	g	0.5

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SECTION 5

FOOD COMMUNICATION, PRESENTATION AND MENU DESIGN

UEFA HEALTHY AND SUSTAINABLE CATERING GUIDELINES

3 FOOD COMMUNICATION, PRESENTATION AND MENU DESIGN

22. COMMUNICATE SUSTAINABILITY

RECOMMENDATION

Highlight healthy and sustainable dishes by using evocative logos such as a leaf, sun or a heart symbol.

EVIDENCE

Alongside flavour, a menu's environmental impact has become another critical factor in the customers' selection process.

BEST PRACTICE

When designing menus, feature each item's characteristics. Sustainable dishes that rely on seasonality, locality and tradition have lower carbon footprints and improved water use. To avoid extra waste, create a QR code to access your menu online.

ADDITIONAL INFORMATION

See **Appendix 10** at the end of this section for an example of communicating sustainability. More examples can be found in the SU-EATABLE LIFE Cookbook[46].

23. DRIVE CONSUMERS TO GREEN DISHES

Promote vegetable-based and sustainable dishes by highlighting their positive attributes.

Scientific evidence shows that increasing the availability of vegetarian dishes promotes their sales by between 41% and 79%, favouring sustainability. Evidence from studies in school settings demonstrates that nudging can help support the selection and consumption of healthier food and beverage options in children[47].

Use adjectives like 'fresh', 'seasonal' and 'aromatic' instead of categorising dishes as 'vegan' or 'vegetarian'. In addition, try to emphasise cooking techniques to make dishes more enticing.

Refer to the WHO action guide for sports event organisers on healthier food and healthier food environments at sports events.

46. SU-EATABLE LIFE Cookbook
47. Garnett *et al.*, 2019

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3 FOOD COMMUNICATION, PRESENTATION AND MENU DESIGN

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
24. FRUIT AND VEGETABLES FIRST **Organise buffets and menus by prioritising healthy foods, like fruit and vegetables.** **Place salads and vegetable side dishes before meats and foods higher in fats, sugars or salt.**	Consider the relationship between plate and portion size, favouring larger plates for serving healthier foods and providing smaller plates at buffets. Using larger plates to serve fruit and vegetables and smaller plates to serve animal-based dishes can encourage people to choose healthy, more sustainable foods[48] [49].	When possible, increase green spaces, even indoors, by displaying plants and aromatic herbs. This will increase meal enjoyment, have positive effects on the mood and offer a friendlier environment.	See examples of changes to the physical environment here.
25. ALCOHOLIC BEVERAGES **Expand beverage selection by including low- and zero-alcohol options.**	Drinking is a social and cultural practice connected to leisure, festive and commemorative time. However, alcoholic beverage consumption is associated with several health risks; so, drinking is always recommended in moderation during meals and never on an empty stomach[50].	Promote non-alcoholic pairings for each menu item, allowing customers to select healthier options like mocktails, fruit juices and flavoured waters or infusions. Limit the consumption of drinks containing high amounts of sugars and always make fresh tap water available at every table.	Refer to **Appendix 11** at the end of this section for the calorie, sugar and alcohol content of different beverages.

48. Almiron-roig *et al.*, 2020
49. Kral *et al.*, 2010
50. NIAAA

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3 FOOD COMMUNICATION, PRESENTATION AND MENU DESIGN

26. CULTURALLY DIVERSE AND INCLUSIVE FOOD OPTIONS

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
Design menus inclusive of all belief systems and cultures.	Menus capable of accommodating cultural requirements will provide all participants with a sense of inclusiveness. Nearly 40% of the world's population does not eat pork due to various belief systems, while 75 million people are vegetarian – a number that is expected to increase[51]. Larger numbers of millennials have become vegetarians for ethical reasons, while Gen Zs demonstrate a positive attitude towards sustainable consumption[52].	Favour oily fish and white meats, sustainable options for which there are no cultural biases, and always try to include vegan and vegetarian options.	Explore the different diets around the world here.

27. ALLERGIES AND INTOLERANCES

Be mindful of gluten and lactose intolerances as well as known allergens, in order to be more inclusive and respond to diverse dietary needs.	Gluten intolerance in Europe is growing constantly, with roughly 1% of the population affected, along with an increasing gluten-sensitivity[53]. Lactose intolerance is more common in populations around the Mediterranean basin (roughly 50% of the population) when compared to northern Europe (roughly 20 to 30% of the population)[54].	Try to create menus that are as adaptable as possible. For example, choose gluten-free cereals like rice, corn, buckwheat and oats; animal-based menus that can be made lactose free; and vegetable-based menus that are free of gluten.	See the European Union list of the 14 ingredients most likely to cause allergic reactions and guidance here.

51. De Boer *et al.*, 2017
52. Ipsos MORI Global Advisor Survey
53. Mustalahti *et al.*, 2010
54. Storhaug *et al.*, 2017

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3 FOOD COMMUNICATION, PRESENTATION AND MENU DESIGN

APPENDIX 10

›› Example of sustainable communication.

APPENDIX 11

›› Calorie, sugar and alcohol content of alcoholic and non-alcoholic beverages.

BEVERAGES	CALORIES (KCAL/100ML)	SUGARS (G/100ML)	ALCOHOL (G/100ML)
Water	0	0	0
Beer w/o alcohol	9	1	0.3
Sodas	22	5.8	0
Beer	27	0	3.7
Tonic water	33	8.8	0
Cider	42	4.3	3.7
Sparkling wine	65	0.7	8.8
White wine	71	0.1	10.1
Red wine	76	0.2	10.7
Vodka	222	0	31.7
Rum	222	0	31.7
Grappa	235	0	33.6
Whiskey	238	0	34
Gin	240	0.1	34.2

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SECTION 4

FOOD WASTE MANAGEMENT

UEFA HEALTHY AND SUSTAINABLE CATERING GUIDELINES

4 FOOD WASTE MANAGEMENT

28. STORAGE AND HANDLING

RECOMMENDATION

Ensure all produce is stored properly, refrigerated, and rotated for timely utilisation and minimal handling. Prepare only what is needed and prevent food waste due to deterioration.

EVIDENCE

Figures show that an estimated 14% of global food production is lost between harvest and retail, while around 16% is wasted in households and food service[55]. By storing and handling items correctly, you can do your part to combat global food waste.

BEST PRACTICE

During preparation, leave delicate and fresh items last, working first on ingredients that are more time consuming and require less temperature control (i.e. roots, some sturdy vegetables like courgettes, peppers, aubergines, pumpkins, sauces prepared with pasteurised, fermented or shelf-stable ingredients, stocks).

ADDITIONAL INFORMATION

Refer to the UEFA Circular Economy Guidelines for best practices in tackling food waste.

29. USE REUSABLE CONTAINERS

RECOMMENDATION

Minimise reliance on single-use products with long life cycles, such as cling film and aluminium foil, and opt instead for sealable food-grade containers.

EVIDENCE

Although aluminium foil has a heavy manufacturing footprint, its carbon footprint during the recycling process is small[56]. If a single-use product is necessary, opt for recycled aluminum foil.

BEST PRACTICE

Preserve delicate items in sealable food-grade containers: reseal plastic packaging to prevent staling (for foods such as pasta, rice, pulses and grains). Furthermore, wash and reuse all food-grade packaging and, if using aluminium foil, select recycled products[57].

ADDITIONAL INFORMATION

Assess your compliance with the UEFA Circular Economy Guidelines.

55. UN
56. Climate action
57. Climate action

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4 FOOD WASTE MANAGEMENT

30. DONATE

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
Prepare food in batches, serving only what is necessary, and optimise buffet displays so that unserved portions can be donated.	By observing health and safety rules for storage temperatures, conserving in food-grade containers and preventing cross contamination, you can ensure that all food items are safe to be eaten even if donated after the event.	Unserved food, sometimes not suitable to be served at the next game, can be donated to food banks. This can help tackle food waste and inequality.	You can find a food bank in your country here.

31. REUSE AND RECYCLE

Pay particular attention to separating compostable items from undifferentiated waste when sorting and recycling. Minimise the misallocation of all waste items, particularly plastic, with general waste.	Recycling reduces costs and waste production. Glass and aluminium are 100% recyclable and can be recycled endlessly without any loss in purity or quality.	Ask yourself: Is it really waste? When possible and within local health and safety guidelines, reuse all food-grade packaging in everyday operations. Choose suppliers that can provide items with minimal or sustainable packaging.	The EU Ecolabel[58] offers many ideas for reusing and recycling packaging. See the label below.

58. EU Ecolabel

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4 FOOD WASTE MANAGEMENT




32. KEEP IT CIRCULAR

RECOMMENDATION	EVIDENCE	BEST PRACTICE	ADDITIONAL INFORMATION
Separate food waste from other waste and dispose of it in separate bins/containers.	Greenhouse gases from composting can be as low as 2.2% of that from the same food dumped into landfill[59].	Avoid sending food to landfills or incinerators at all costs; food waste can be recycled/recovered in composting facilities and transformed into a valuable, renewable resource. Set up workstations with small, colour-coded prep bins and ensure easy access and visibility of all recycling and composting bins. Train staff accordingly.	Refer to the UEFA Circular Economy Guidelines for more information on the circular economy concept.

33. COMPOSTABLE VS BIODEGRADABLE

Differentiate between compostable and biodegradable items. Choose the best solution for your local waste management system and dispose of them accordingly.	Compostable and biodegradable items break down differently: compostable items can be turned into compost and reused, while biodegradable solutions are reintroduced into the natural system as salts and other organic compounds and require a longer time to fully decompose[60].	Ensure the separation and disposal of compostable and biodegradable items by using a colour-coded system.	Find out more about the challenges and opportunities of biodegradable and compostable plastics here.

59. Eriksson *et al.*, 2015
60. EEA

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4 FOOD WASTE MANAGEMENT

34.

KEEP AN EYE ON PLASTIC

RECOMMENDATION

Limit reliance on plastic and, when necessary, ensure it is accurately separated from compostable and general waste and properly disposed of.

EVIDENCE

Plastic pollution is currently one of the greatest environmental challenges; a single-use plastic bottle takes more than 450 years to decompose and, if it reaches the sea, sunlight turns it into microplastic particles less than half a millimetre in diameter[61].

BEST PRACTICE

Make plastic bins big, bright and plentiful so that they cannot be missed. Place great attention on how to dispose of plastic correctly. When possible, eliminate small plastic items from the kitchen altogether.

ADDITIONAL INFORMATION

Read the full UN report on plastic pollution here.

61. EU Parliament

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RECIPE BOOK

UEFA HEALTHY AND
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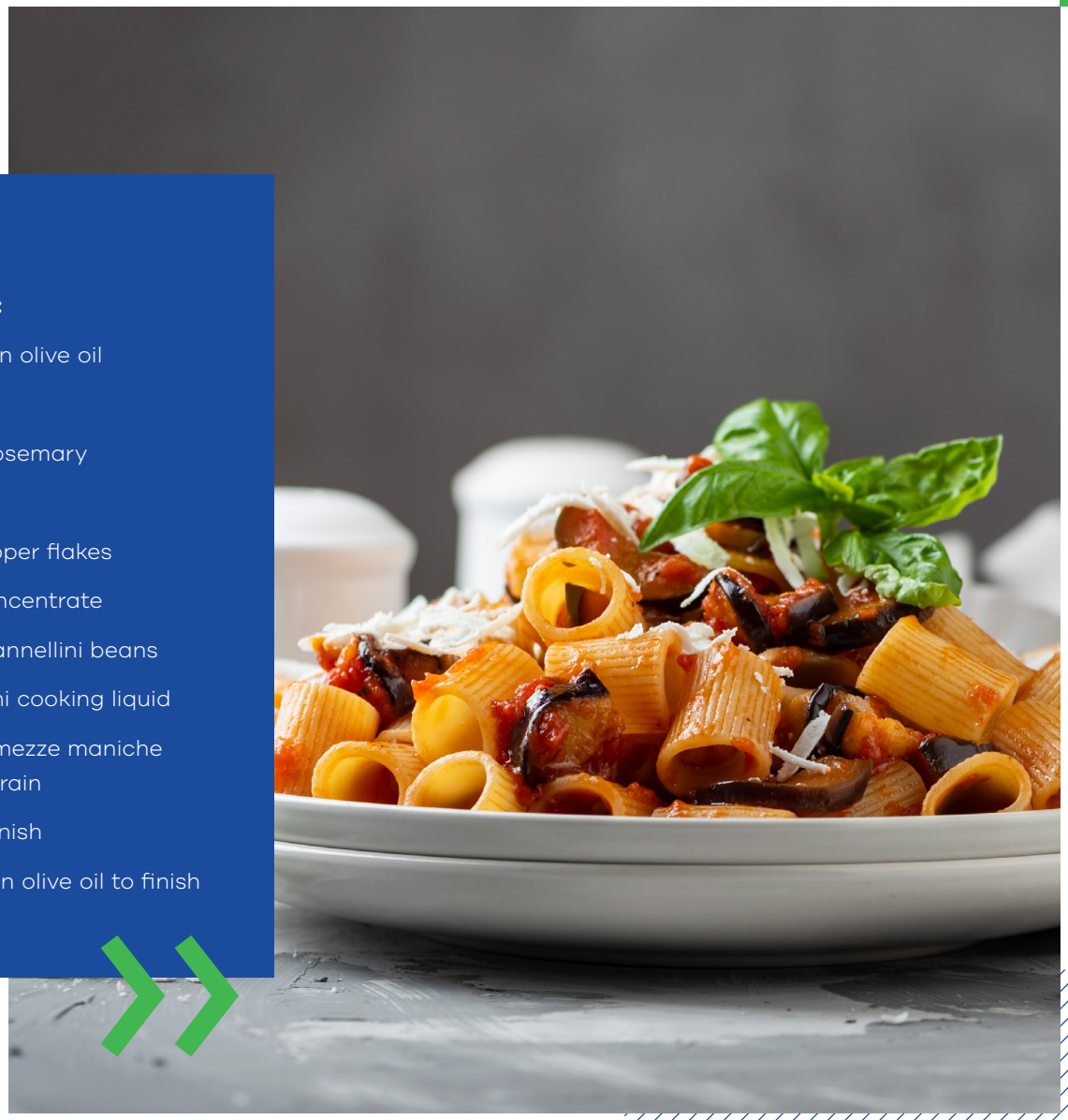
RECIPE BOOK



PASTA E FAGIOLI (2 portions)

INGREDIENTS:

15ml extra virgin olive oil

5g garlic

5g sprigfresh rosemary

salt

1 pinch red pepper flakes

10g tomato concentrate

125g cooked cannellini beans

250ml cannellini cooking liquid

60g ditalini or mezze maniche (pasta), wholegrain

8g parsley to finish

10ml extra virgin olive oil to finish

INSTRUCTIONS:

01. Gently fry the garlic, chili flakes and rosemary in a pan with some of the extra virgin olive oil.
02. After a few minutes, add the tomato paste and cook for an extra minute.
03. Add the beans and reserved cooking water.
04. Bring to the boil, then add the pasta and cook for half of the specified cooking time.
05. Cover, remove from the heat and allow to rest for at least one hour.
06. Adjust seasoning and consistency with a little bit of water if desired, and finish off with parsley and extra virgin olive oil.

RECIPE BOOK

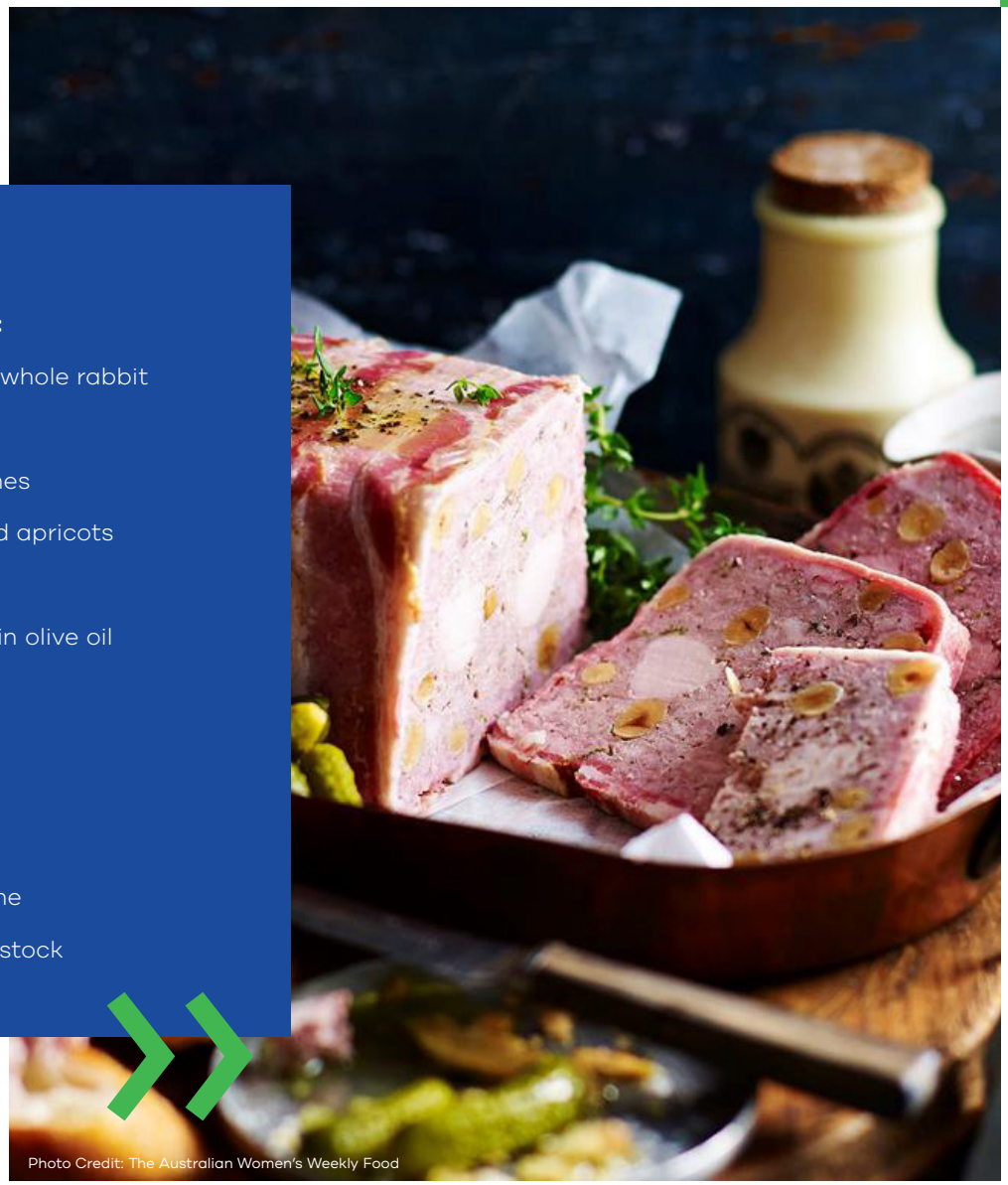


Photo Credit: The Australian Women's Weekly Food

WHOLE RABBIT TERRINE (12 portions)

INGREDIENTS:

1 (approx. 1kg) whole rabbit

200g pancetta

50g pitted prunes

65g pitted dried apricots

1 (50g) egg

30ml extra virgin olive oil

5g garlic

30g shallots

sage

rosemary

125ml white wine

500ml chicken stock

INSTRUCTIONS:

01. Cut the rabbit into pieces.
02. In a casserole, gently fry the garlic, diced shallots and aromatic herbs in the extra virgin olive oil.
03. Add the rabbit including the offal and colour well.
04. Season in moderation.
05. Deglaze with wine; evaporate.
06. Gently simmer, adding a little broth at a time, until the meat is tender and falling off the bone.
07. Cool, pick the meat off the bone, remove the garlic and aromatic herbs.
08. Mince the cooked meat and the pancetta together but not the offal.
09. Add the egg and mix well.
10. Line the terrine with pancetta slices, fill with the minced meat incorporating the organs in the process.
11. Close the terrine by overlapping the pancetta over the forcemeat.
12. Cook at 160°C for 45 minutes.
13. Cool, slice and serve.

Note: One terrine makes 12 slices. One slice is a portion.

RECIPE BOOK

POLPO ALLA LUCIANA

(4 portions)

IN TWO COURSES

INGREDIENTS:

1 (approx. 800g) octopus, cleaned

400g tomatoes or tomato passata

100ml extra virgin olive oil

1 lemon

1 sprig parsley

1 red chilli

salt

black pepper

320g spaghetti or linguine, preferably wholewheat

INSTRUCTIONS:

01. Place the octopus in a casserole dish and add the olive oil along with the chopped tomatoes or passata, lemon slices, parsley and chili pepper, and season with a moderate amount of salt and black pepper.
02. Cover the dish with a sheet of parchment paper, securing it firmly with kitchen string, place the lid on top, and cook over a medium heat for about 2 hours.
03. Remove from the heat, let the octopus cool in the dish.
04. Separate the octopus form the sauce and serve with crusty bread or a side of vegetables.
05. Use the rest of the sauce to dress the pasta.

There you have two dishes with one recipe!

RECIPE BOOK

SALSA VERDE (4 portions)

INGREDIENTS:

2 tbsp salted capers, heaped, rinsed in cold water

2 salted anchovy fillets, rinsed in cold water

2 garlic cloves, peeled

100g flat-leaf parsley, fresh

1 handful rocket or basil leaves

70g extra virgin olive oil

INSTRUCTIONS:

01. Debone the anchovies.
02. Place all of the ingredients except the oil in a food processor and pulse until a paste forms.
03. Slowly add in the olive oil on a low speed until the paste becomes a thick sauce.

RECIPE BOOK

VEGAN MAYONNAISE (3 portions)

INGREDIENTS:

125ml soy milk

20ml vinegar or lemon juice

½ teaspoon salt

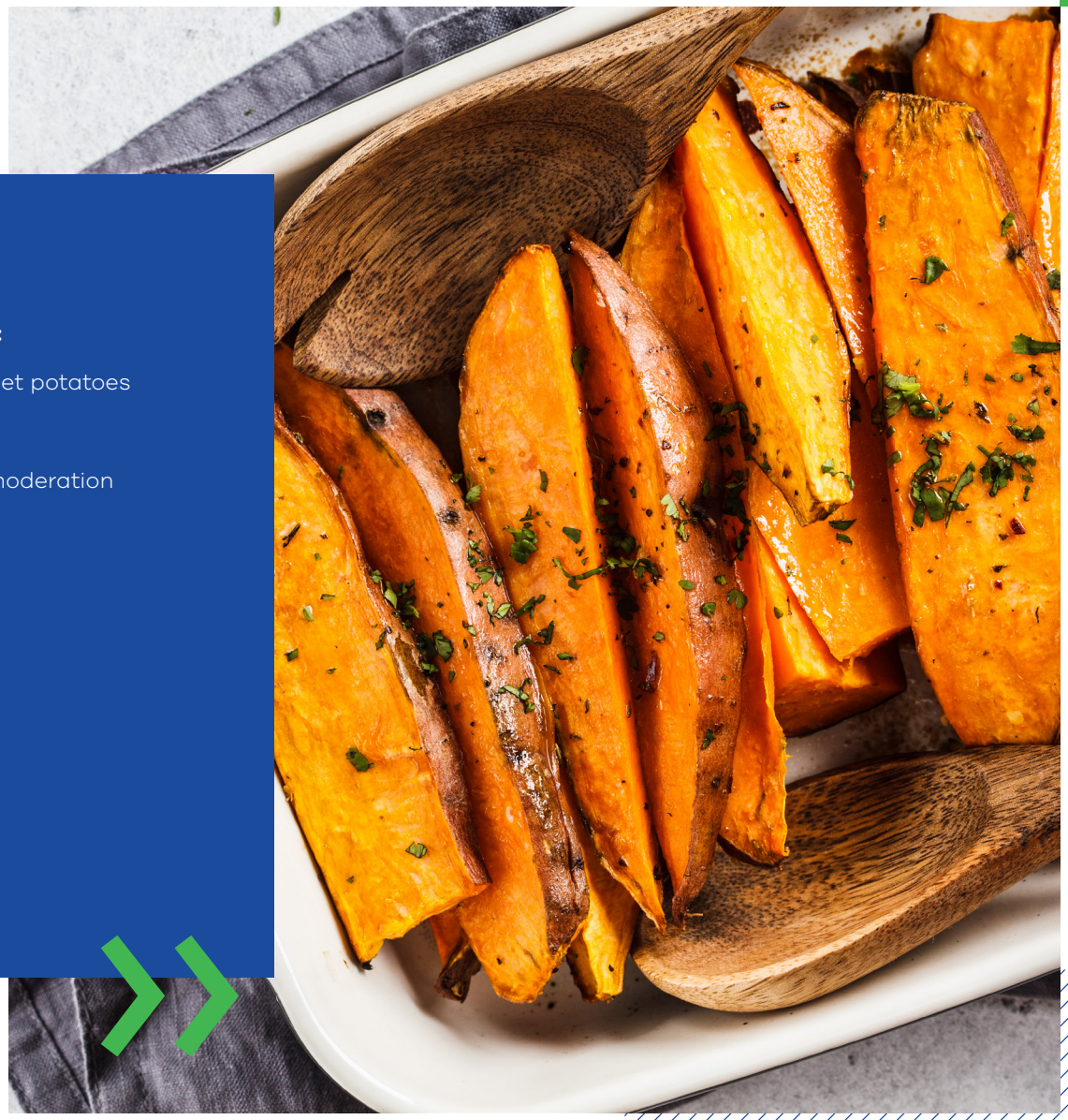
1 teaspoon Dijon mustard

250ml oil

INSTRUCTIONS:

01. Place the soy milk, vinegar, salt and mustard in a beaker.
02. Add half of the oil.
03. With an immersion blended emulsify the ingredients keeping the blade firmly pressed on the bottom of the beaker.
04. When firm, add the remaining oil and incorporate well.
05. Emulsify until fully combined.

RECIPE BOOK



SWEET POTATO FRIES (4 portions)

INGREDIENTS:

1kg peeled sweet potatoes

40ml olive oil

Seasoning, in moderation

INSTRUCTIONS:

01. Heat the oven to 200°C.
02. Cut the sweet potatoes into sticks.
03. Toss them in the oil.
04. Season with moderation.
05. Bake until brown and crisp on the bottom, about 15 minutes.
06. Flip and cook until the other side is crisp, about 10 minutes.

RECIPE BOOK

TWICE COOKED LOW ACRYLAMIDE FRIED POTATOES

INGREDIENTS:

potatoes

oil, depending on the preparation

seasoning, in moderation

INSTRUCTIONS:

01. Wash the, preferably unpeeled, potatoes.
02. Cut into fries or wedges or chunks, depending on the use.
03. Pre-cook in a microwave oven at 850W for a few seconds, depending on size.
04. Ensure the potatoes are soft but not overcooked.
05. Fry or bake at 190°C.

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