

Typical polish lunches

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Vegetable Salad

Ingredients:

- potatoes
- carrots
- eggs
- apples
- pickled cucumbers
- peas
- onion
- mayonnaise



Vegetable Salad- Recipe

Boil the potatoes and carrots. Then drain and skin them. Boil eggs and shell. Peel the onion, pickled cucumbers and apples. Dice all the ingredients and add to the bowl. Drain the peas and mix with the rest. Add the mayonnaise, season with salt and pepper to taste. Garnish and serve.



Yogurt with muesli

Ingredients:

- natural yogurt
- muesli
- optional: fresh fruits, nuts, cream



Yogurt with muesli - recipe

Ingredients:

- 1 natural yogurt (180g)
- muesli (the choice is yours – choose your favorite)
- optional: fresh fruits, nuts, cream or other additives

Step by step:

1. Bring a small bowl
2. Take the yogurt out of the refrigerator (remember to store it there to avoid becoming sour) and open it
3. Put the yogurt into a bowl with a spoon
4. Open a packet of muesli and pour it into the yogurt
5. Bring some fresh fruits such as banana and strawberries
6. Peel the banana from the skin and take a kitchen knife to cut out the inedible parts of the strawberries
7. Use a kitchen knife to chop the fruits
8. Add chopped fruits to the yogurt
9. Take the hazelnuts and sprinkle the yogurt with it
10. Take a teaspoon and enjoy your delicious lunch :)





Toasts

Ingredients:

- **toasted bread**
- **ham**
- **cheese**
- **optional: fresh vegetables such as tomatoe, cucumber, onion or sauces such as ketchup, mayonnaise**





Thanks for your
attention!

