



HIGH-PROTEIN MEAL FOR OLDER ADULTS RECIPE COMPETITION

Winners

1st prize

Dorka Krisztina Vajdovich - Fish-chickpea "balls" with beetroot quinoa risotto

2nd prize

Rossy Paulina Guzmán López - Soy Bolognese with brown rice

3rd prize

Sena Aydoğdu - Multigrain Rice: Japgok-bap (잡곡밥)

4 - 23 Eligible to win a 25€ voucher
(in random order)

Gizem Alaca, Ezgi Bellikci-Koyu, Gülşah Kaner-Tohtak - Anatolian Sun
Başak Esmanur Sarıtaş - Nutritious Mucver

Nanke Post - Whole wheat pasta with peas and salmon

Evi Michou - Sea bream baked, bulgur and Greek yoghurt sauce with tahini

Eliza Bota - Trout with golden polenta

Julia Tracz - Steamed "fried eggs" with mashed potatoes, carrot and kefir

Dilek Ongan-Özge Görünmezoglu - The Mediterranean Bean Dish

Dražena Čermak - Egg rolls with vegetables

Eleni Skeparnakou - Roast Sardines with Mediterranean Borlotti Beans

Elif Gulak - Protein Boommus

Angelika Beirer - Leek Tart

Kiyara Michiels - Vegan lentil pasta with homemade beetroot sauce and chickpeas

Kohlmaier Barbara - Brown lentils with bread dumplings

Thiresia Chondrou - Quinoa chicken spinach salad with tahini dressing

Aleksandra Kapron - Cold beet soup with egg and potatoes

Anita Varga - Hungarian ratatouille with tender loin and bulgur

Mia Majerr - Mediterranean salad with mackerel, chickpeas and quinoa

Fatma Gültekin - Legume Salad

Ayşenur Çelik - Bulgur Pilaf with Red and Green Lentils

Fotini Toliopoulou - Chicken soup with sweet pumpkin