

CLIMATE RIGHT



easy & delicious

1.

CUT YOUR



meat portions

and eat more **VEGGIES!**



2. throw
away less

FOOD

3. Choose more

ECO



locally
grown



and in **SEASON**



Good for you – good for the environment!

Welcome to a delicious and more climate-smart way of eating. What you eat can make a big difference to the environment and the climate. But also to you. Mother Nature is smart and has arranged it so that when you reduce your meat portions and eat more vegetables, eco-labelled and locally grown food, both you and the planet will be healthier. And the less food you throw away, the happier your wallet will be.

One easy way to eat more climate-smart is to have one or more vegetarian days every week. Allow yourself to be inspired by the recipes here. We have tested, seasoned and calculated them to give you lots of flavour and the nutrition you need. All to help you reduce your climate impact without spoiling your culinary experience!

ICA





Delicious warm salad that is healthy and climate-smart.

4 portions, 45 minutes



CRACKED WHEAT & CAULIFLOWER, mint, roasted chick peas, almonds and avocado

Roasted chick peas

2 cans (about 400g each) cooked chick peas
1 tbsp olive oil
Salt and black pepper
1 dl blanched almonds

Cracked wheat and cauliflower salad

About 800g cauliflower or romanesco
1 red bell pepper
4 portions of cracked wheat

Chick peas are real climate heroes! They're also rich in protein.

Lime dressing

1 lime
5 tbsp olive oil
1 pot living mint

Avocado cream

2 avocados
About ¼ tsp chilli flakes



Tip! Avocado cream may have half the climate impact compared to crème fraîche.

- 1. Roasted chick peas:** Rinse the chick peas and drain well. Roast them slowly in the oil in a frying pan. Stir occasionally and season with salt and pepper. Add the almonds to the chick peas.
- 2. Cracked wheat and cauliflower salad:** Cut the leaves off the cauliflower and grate it on the side of the grater with large holes. De-seed the bell peppers and cut into thin strips.
- 3.** Cook the cracked wheat according to the directions on the packet.
- 4. Lime dressing:** Rinse and zest the lime and squeeze out the juice. Mix the lime zest and juice with the olive oil. Pick the mint leaves off the stems and roughly chop the leaves.
- 5. Avocado cream:** Cut the avocados in half, remove the stones and flesh. Place the avocado flesh in a bowl and mash it with a fork with 2 tbsp of the lime dressing and chilli flakes (optional). Season with salt and pepper.
- 6. Cracked wheat and cauliflower salad:** Mix the cracked wheat, cauliflower and bell pepper with the remainder of the lime dressing and the mint. Transfer the cracked wheat salad to a serving dish, top with the roasted chick peas, almonds and avocado cream.



The QR code takes you to the recipes in the ICA Handla app. In the app you can put all of the ingredients straight into your shopping list!

Organic, locally grown or seasonal. How do you choose?

Making conscious choices when you're shopping can feel like trying to walk through a thicket. Where do you start? Are, for example, organic apples from Italy better than common Swedish ones? Organic means that fewer harmful substances end up in our food and natural environment, while locally grown food doesn't need to be transported as far. So the very best choice is often Swedish, organic and seasonal. But just by making a conscious choice you are making a difference.

Good reasons to choose Swedish

Most of the impact of food on the climate happens during cultivation or animal rearing, while transportation accounts for a relatively small part. Sweden is one of the countries that have made the most progress in reducing the climate and environmental impact of food production. That's why it's good to choose Swedish, and the shorter transport routes are an added bonus. The Swedish climate also results in that our fruit, berries and vegetables ripening when the days are the longest and lightest, which gives them their delicious and intense flavour. And we have among the best animal protection laws in the world, at the same time as our livestock keep our fields and pastures open and rich in different species.

Smart to eat what's in season

*Fresh or frozen?
Frozen food has a slightly
higher climate impact than
fresh, but freezing helps to
reduce food waste.*

Choose crops based on the season. That's when they taste the best, have their highest nutritional value and lowest climate impact. A lot of produce can also be picked or purchased to freeze, such as berries, mushrooms, wax beans, chopped onion, and herbs such as chives and parsley.

ONLY "GOOD" SOY

Soy beans are high in protein and are therefore among the most cultivated crops in the world. Essentially all soy that is grown is used as animal feed, because the demand for meat is high – and growing. But soy cultivation is associated with problems and is often harmful to both rain forests and humans. ICA has signed the Swedish Soy Dialogue agreement, an industry initiative for sustainable soy production. By setting standards for the soy used in products and animal feed we are contributing to more sustainable soy production. This is something we have started doing within ICA.

Read more under Sustainability at
icagruppen.se/en

The good thing about organic

There are numerous reasons to choose organic. Apart from the fact that neither fertilizer nor chemical pesticides are permitted, there are also efforts under way to save the Earth's resources to the greatest extent possible. And livestock farming is also more humane. So, choose organic – it's good for you, nature and animals!

Worth paying a little more!

Choose vegetables that keep well such as cabbage and root vegetables if you want to always have a supply of vegetables at home. Or choose frozen.

- Organic crops grow more slowly and the harvest may be smaller when no fertilizers are used.
- Animals have more space to move around, and they have even more if you choose KRAV-labelled foods.
- Organic food must be handled separately, which means that, among other things, transportation costs may be higher.
- The transition from conventional farming can take several years as the land needs to be "cleaned" before anything organic can be grown.



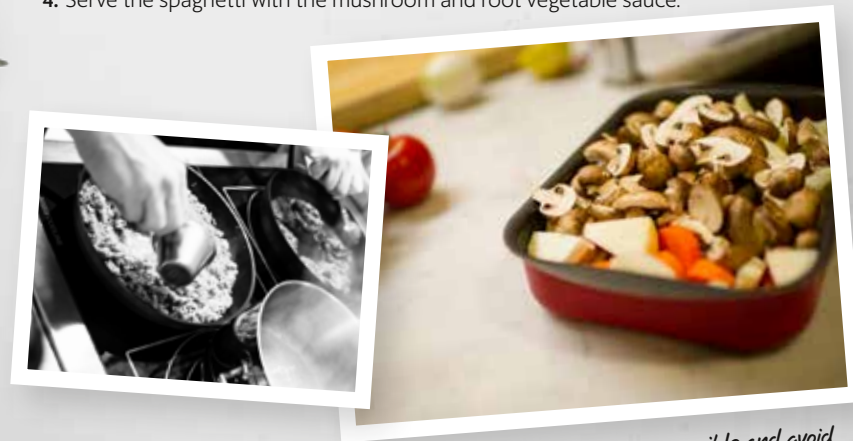
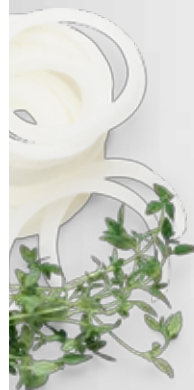
Root vegetable bolognese – lots of flavour but low climate impact.

4 portions, 45 minutes 

Spaghetti *with* **MUSHROOM** and **ROOT VEGETABLE SAUCE**

- | | |
|---|-------------------------|
| 2 onions | 1 tsp dried rosemary |
| 2 cloves of garlic | 2 bay leaves |
| 2 carrots | 400g crushed tomatoes |
| About 300g celeriac | 2 vegetable stock cubes |
| 250g chestnut mushrooms or button mushrooms | 4 dl water |
| 4 tbsp olive oil | Salt and black pepper |
| 4 tbsp tomato purée | 4 portions of spaghetti |
| 1 tsp dried thyme | |

1. Peel the onion, garlic, carrots and celeriac. Roughly chop the root vegetables and mushrooms. In a food processor, combine everything in stages into a coarse mixture.
2. Brown the vegetables in olive oil, add the tomato purée and herbs and sauté for a minute or two. Add the crushed tomatoes, crumbled stock cube and water. Simmer for about 20 minutes. Season with salt and pepper.
3. Cook the spaghetti according to the directions on the packet.
4. Serve the spaghetti with the mushroom and root vegetable sauce.



Choose food that's as nutritious as possible and avoid empty calories. Good for you, good for the environment.



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The tiniest crumbs are worth eating

Studies carried out in Sweden show that the equivalent of one in four bags of groceries that are brought home ends up being thrown away. That's bad for our wallets and the environment, particularly if we take into account all of the energy used to produce the food. Not throwing food away is, in other words, the easiest way to be climate-smart. But how do we do it? Making use of leftovers and making sure that food lasts longer are two good ways.

Never double-dip! Use clean spoons in jars of jam and pickles. This reduces the risk of the product going bad.

Is the egg old?

Put it in a glass of water. An egg that lies horizontally at the bottom is completely fresh, while a bad egg will float up to the surface. Anything inbetween means the egg is good to eat too!



Store food properly

Meat, fish & shellfish

As cold as possible! Check where the coldest part of your fridge is and place these items there.

Fruit & vegetables

Most stay fresher if stored in a cold place, preferably still in their packaging, but opened slightly.

Eggs

It's fine to store them at room temperature, but they will last even longer if you store them in a cold place.

Put food to be stored in the fridge or freezer away as soon as you come from the food store.

Let your nose be your guide!

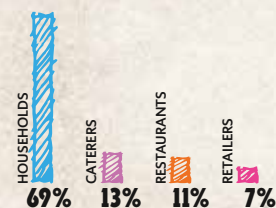
Less food will end up in the bin if you smell and taste it and trust your senses. "Best by" means the food is fresh at least up to that date – not that it is bad the next day. "Use by" is used for sensitive foods such as fresh fish and mince. These are not allowed to be sold past that date and should not be consumed. Always bring your food home and put it in the fridge or freezer as soon as possible. It will last longer.

Cook with leftovers!

Let yesterday's dinner become something new and delicious tonight, such as a stew, pasta sauce or pizza toppings. And by adding a couple of eggs you can quickly transform vegetables, slices of ham and cheese crusts into a delicious omelette.

How is food thrown away?

Here is a breakdown of food waste:



At ICA we are trying to reduce food waste. One of the ways we are doing this is by donating food in damaged packaging to charity organisations or for charitable purposes. This makes sure the best possible use can be made of the food.

Read more at icagruppen.se/en/sustainability/

Omelette – basic recipe, serves 4.


Whisk 6 eggs, 1 dl liquid (oat milk, water, milk etc.), salt and pepper. Heat a little oil in a large frying pan. Pour in the egg mixture. Stir with a fork so that the loose egg mixture can run to the bottom. The omelette is cooked when the edges release from the pan but the surface is still creamy. Fold in half and serve. Tip! If you want to make your omelette more substantial, add a little diced potato, tomato, chicken or whatever you have at hand.

You can find more climate-smart recipes at ica.se/recept/klimatguide





*Patties from beets not
beef – for flavour
and the climate!*

4 portions, 45 minutes 

Bean and **beetroot patties** with PUMPKIN SEED PISTOU, *tomato and potato gnocchi*



*Grate lemon peel?
Choose organic!*

Beetroot patties

2 cans (about 400g each)
cooked large white beans
1 egg
4 tbsp cornflour
Just under 1 tsp salt
1/4 tsp pepper
500g cooked red
beetroots
1 tbsp oil

Pumpkin seed pistou

1 lemon
1 pot living basil

1 clove of garlic
1 dl pumpkin seeds
4 tbsp olive oil
Salt and black pepper

Tomato and potato gnocchi

1 white onion
4 tomatoes
2 dl vegetable stock
(water, concentrated
stock or stock cube)
About 500g potato
gnocchi



- 1. Beetroot patties:** Rinse the beans and drain well. In a food processor, combine the beans with the egg until smooth. Add the cornflour, salt and pepper.
- 2.** Grate the beetroots. Mix them with the bean purée and shape into small patties.
- 3. Pumpkin seed pistou:** Rinse and zest the lemon. Pick the basil leaves. Peel and slice the garlic.
- 4.** In a food processor, blend the pumpkin seeds, basil, garlic, lemon zest and olive oil. Season with salt, pepper and a few drops of lemon juice.
- 5. Tomato and potato gnocchi:** Peel and thinly slice the onion. Dice the tomatoes. Boil the stock in a wide skillet and add the tomatoes and onions.
- 6. Beetroot patties:** Fry the patties in the oil over medium heat for about 4 minutes, turning occasionally.
- 7. Potato gnocchi:** Cook the gnocchi according to the directions on the packet. When they float to the surface they are cooked. Using a slotted spoon transfer the gnocchi to the tomato and onion stock. Add the pumpkin seed purée to the gnocchi. Season with salt and black pepper.
- 8.** Serve the beetroot patties with the gnocchi.



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Is meat really all that bad?

Raising animals uses up a lot of the Earth's resources. Animals need a lot of food; food that requires a lot of land, water and often pesticides – and food that we could have eaten instead. It's not a myth that cows are genuine climate gas factories. This is because they chew the cud. Unfortunately, this means that even cute little lambs let off methane gas. But there are also positive aspects to some forms of animal rearing. Grazing animals, for example, keep fields open and rich in various species.



Pulses, pumpkin seeds, dried apricots, nuts, spinach, lentils and certain soy products are also good sources of iron.

Use meat as a garnish rather than building the meal around it. Crumble some bacon over soup or use sausage to flavour your bean stew.

Climate guided recipes



Through our climate guided recipes we want to help you reduce the climate impact of your daily life without spoiling your culinary experience. We use the symbol of one to three green leaves to indicate the climate impact of the recipes. *Read more at [ica.se/buffe/artikel/klimatguidade-recept](https://www.ica.se/buffe/artikel/klimatguidade-recept)*



New edible fly?

There are apparently about 1,900 types of edible insects, and 80 percent of the world's population are already eating them on a regular basis. And to be honest, if we can eat prawns – why can't we eat grasshoppers as well?

Reduce the amount of red meat you consume for the good of your health and the climate.

So what approach should we take...

... if we want to eat meat but still be considerate of the environment and climate? Reduce meat portions and choose meat carefully. A good first step is to choose Swedish meat, and preferably organic or free range meat from animals that have grazed in natural pastures. Poultry and pork have a lower climate impact than lamb and beef. And remember that no animal consists only of the finest cuts – vary your selection between different cuts so that the whole animal can be used.

Do you want to cut out meat completely?

If you do, it's important to supplement your diet with other protein-rich foods, such as beans, peas and lentils. Remember to eat food that is rich in iron. As the iron in vegetarian food is more difficult for the body to absorb, it's a good idea to eat food that is high in vitamin C as well. This helps the body absorb the iron. You may also need a vitamin B12 and D supplement.



ICA Selection Naturbeteskött (free range beef) is the result of collaboration between ICA and the WWF. The purpose is to keep the Swedish landscape open and increase biodiversity. And the free range meat is tasty and juicy.

21g	CHICK PEAS
22g	KIDNEY BEANS
22g	RED LENTILS
34g	SOY BEANS

Find the protein

Meat consumption in Sweden has increased by 50 percent since 1970. Perhaps it's time to eat vegetarian one day a week? Here you can see how much protein different items contain per 100 grams of dry weight. Vary your choice of protein.



Crunchy side for
crispy parcels.

Pea- and ^{4 portions, more than 60 minutes} POTATO SAMOSAS with carrot and cashew salad



Filling

6 medium potatoes
1 small leek
2 cloves of garlic
5 dl (about 300g) frozen peas
2 tsp curry powder
¼ tsp chilli flakes (optional)
2 tbsp oil
Salt and black pepper

Samosas

2 tbsp flour

2 tbsp water
250g filo pastry
2 tbsp oil

Salad

4 carrots
2 dl cashews
½ lime
2 tsp runny honey
165 ml coconut milk
1 pot living chives

- 1. Filling:** Peel the potatoes and cut them in half. Cut the ends of the leek and thinly slice it. Peel and grate the garlic.
- 2.** Boil the potatoes in salted water until soft. Add the frozen peas in the last few minutes of the cooking time. Drain off the water and mash the potatoes and peas with a potato masher.
- 3.** Fry the leek, garlic, curry powder and chilli flakes (if used) in the oil in a frying pan. Stir into the mashed potatoes and peas. Season with salt and pepper.
- 4. Samosas:** Heat oven to 200°C. Grease a baking tray with oil.
- 5.** Mix the flour and water into a paste.
- 6.** Lay out the sheets of the filo pastry on the work surface horizontally and cut each sheet into 4 strips vertically.
- 7.** Lay the strips with the short ends towards you. Place a spoonful of the filling towards the bottom of the short end of each strip.

Fold the lower right corner over the filling towards the left long side. Fold forward once so that it becomes a rectangle again. Fold the lower left corner towards the right long side and fold forward. Brush the unfolded part with the flour paste and fold to make a triangle. Fold the rest of the filo strips in the same way and place the samosas on the baking tray.

- 8.** Bake them in the centre of the oven for about 10 minutes.
- 9. Salad:** Top and tail the carrots and peel them. Use a potato peeler to make thin strips from the carrots. Toast the nuts in a dry frying pan over medium heat.
- 10.** Squeeze the lime and mix the juice with the honey and coconut milk. Cut the chives into 3 cm long blades.
- 11.** Mix the carrots with cashews, coconut milk dressing and the chives.
- 12.** Serve the samosas with the carrot salad and cashew salad.

*Did you know
that frozen
green peas
contain as much
vitamin C as
fresh tomatoes
but have five
times the
protein?*



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Climate-smartened classics!

You don't need to invent a whole new menu in order to eat more climate-smart. It's often enough just to replace some of the ingredients. Here are some tips on how you can easily make tasty meals even more delicious.

Good variations...

Bolognese sauce

What is perhaps our most beloved everyday dish can be just as tasty when made with mushrooms and root vegetables, as shown on page 9. If you still want to use mince, try using half the amount and supplementing with other tasty ingredients. Carrots, parsnips, beans and mushrooms are examples. Or why not try using chicken mince to make polloagnese?

Cream or crème fraîche

How can we make creamy sauces without adding dairy products to them?

- Thicken them in other ways, eg stew!
- Add cauliflower, potato, or Jerusalem artichokes to the sauce while it's cooking and then purée everything.

Make pesto from your favourite herbs, nuts and oil.



Meatballs

Chicken balls

Chicken is better from a climate perspective than beef and pork. So make chicken balls for a change. Use Asian seasonings or make classic ones flavoured with fried onion. Choose Swedish chicken. Our chickens are healthy and have more space to move around while being raised. Or why not try hen?

Stretch your meatball recipe

Add mashed or puréed vegetables such as onion, carrots and a little celery to the meatball mixture.

Make falafel!

Choose a packet mix or make them from scratch yourself. You'll find tasty recipes at ica.se.

Taco mince


Fry onion, garlic, cooked and rinsed beans (pinto, kidney or black beans). Mash and loosen the mixture with some stock if you like. Season with taco spices, such as chilli, salt and cumin or use a ready-made spice blend. Try varying the mince you use. Replace beef mince with chicken mince and you'll be doing your health and the climate a favour.

Hummus


In a food processor, blend cooked and rinsed chick peas with olive oil and season with garlic, tahini (sesame seed paste), salt, lemon and a little cumin. Delicious with tortillas rolled up with fresh vegetables, as a dip or on a sandwich.


More recipes at ica.se





Sun-yellow flavours –
a hit with the next
generation too.



4 portions, less than 30 minutes 

Mini corn and COURGETTE PANCAKES

with red pepper, bean and olive salad

*Eggs are among the best
animal products from a
climate perspective – and
they're high in protein as well!*

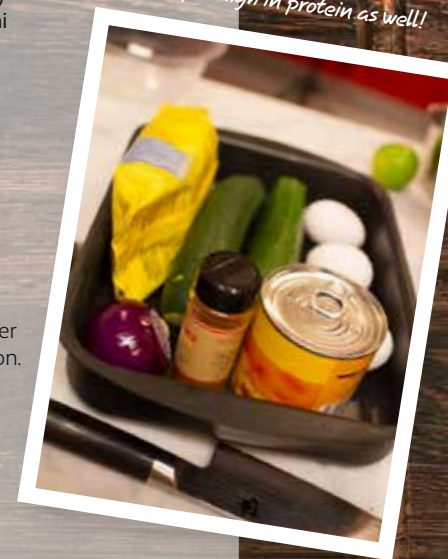
Mini pancakes

1 tin (about 340g) corn
2 courgettes
1 red onion
4 eggs
1 dl cornflour
1 clove of garlic
Salt and pepper
About ¼ tsp cayenne
pepper
2 tbsp olive oil

Salad

1 can (about 400g)
cooked cannellini
beans
3 tbsp red pepper
pesto
2 dl olives
65g rocket

1. Drain the corn in a colander.
2. Grate the courgette using the side of the grater with large holes. Peel and finely chop the onion.
3. Mix the egg, cornflour, pressed garlic and seasonings in a bowl. Stir in the courgettes, corn and onion.
4. Fry patties of the mixture in the oil.
5. **Salad:** Drain and rinse the beans.
6. Mix the beans, red pepper pesto and olives.
7. Serve the courgette pancakes with the bean and olive salad, topped with rocket.



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Good morning world!

Bread and cereals are good food for the environment because grains have a relatively low climate impact – especially Swedish and organic grains. But it's a good idea to vary the accompaniments. Cold cuts such as ham or salami are not as good for the climate, and for yoghurt we need cows. Also, the water in mature cheeses has been evaporated out, which means that the climate impact per kilo of cheese is significantly higher than for milk. But don't despair! You can still eat well.

If you usually eat...

Hard cheese: Use tasty spreads such as hummus, tapenade or mashed avocado instead.



Butter: Use margarine instead, preferably a light variety fortified with vitamin D. Ripe avocado is also delicious and can be mixed with a little cream cheese.

Ham, salami and sausage: Replace with chicken or turkey.

Use a butter substitute for your health and the environment!

Your body needs fat – the right sort of fat. Butter is high in saturated fat, which in the long run can be bad for your health. Vegetable fats such as rapeseed and olive oil are better for you. One way to take care of yourself is to choose plant-based fat to cook with and spread on your bread. And since butter comes from milk which comes from cows, the climate will also benefit when you vary your fat sources.

Snacks

Tasty and easy seed crispbread recipe:

Heat oven to **150 degrees**. Mix **1 dl each of sesame seeds, pumpkin seeds, sunflower seeds and cornflour** with **½ dl flax seeds** and **½ tsp salt**. Pour over **2 dl boiling water** and **½ dl rapeseed oil**. Allow to swell for 15 minutes. Spread the mixture out in a thin layer on a baking tray lined with parchment paper and **bake in the centre of the oven for about 1-1½ hours**. Pull the paper over onto a wire rack and leave to cool. Serve with tapenade or lentil spread.



Top slices of crispbread with avocado or other tasty vegetables. Make your own seeded crispbread from protein and iron-rich seeds such as pumpkin, sunflower and flax seeds.

Smoothies are more than fruit! Nuts, seeds and vegetables such as spinach and avocado can also be added.



Lime and blueberry smoothie with chia seeds and oat milk

In a blender, combine **1 banana, 2 dl blueberries, the juice of 1 lime, 1 tbsp runny honey, 1 litre vanilla oat milk** and **2 tbsp chia seeds or flax seeds**. Delicious smoothie, enough for four!

Carrot balls with cardamom

In a food processor, combine **1 dl finely grated carrots, 2½ dl cashews, 10 pitted dates, ½ tsp ground cardamom** and **a pinch of sea salt**. Form into balls and role in desiccated coconut.





Healthy harvest soup.

4 portions, 45 minutes



POTATO AND butternut squash soup *with lentil spread*

Soup

2 medium potatoes
1/2 small butternut squash (4
dl diced squash)
1 onion
2 cloves of garlic
2 tbsp olive oil
2 tbsp paprika
7 dl vegetable stock (water,
concentrated stock or stock
cube)
5 dl oat milk
Salt and black pepper
1/2 lemon, about 1 tsp juice

Lentil spread

1 can (about 400g) cooked
lentils
1/2 lemon, zest and 2 tsp juice
1 tsp Italian salad seasoning
2 tbsp olive oil
1/2-1 Chinese cabbage
4 large tortillas



- Soup:** Peel and dice the potato, butternut squash, onion and garlic.
- Fry the diced vegetables in the olive oil with the paprika. Add the stock and simmer for about 20 minutes. Blend the soup with an immersion blender until smooth. Stir in the oat milk and bring to boil. Season with salt, pepper and lemon juice.
- Lentil spread:** Rinse the lentils and drain them well. Rinse the lemon, zest it and squeeze out the juice.
- Blend the lentils using an immersion blender with the lemon zest, lemon juice, salad seasoning and olive oil. Season with salt and pepper to taste.
- Cut the end off the cabbage and wash the leaves.
- Spread the lentil spread on the tortillas, add a cabbage leaf and roll up.
- Serve the soup with the tortilla rolls.

*In a rush? Just
make soup and serve
it with bread.*



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Sustainable fishing

Fish is good for you, but unfortunately 80 percent of the species of fish in the world are at risk of being overfished. Almost a third of all fish that is caught is thrown back into the sea and only 10 percent survive! But with the right actions and sustainable choices we can turn this trend around.

Mussels are both delicious and good for the environment. They eat plankton and need no other food. They also clean the water and can help reduce overfertilization.

You can make a difference! For every person who asks for eco-labelled alternatives, the pressure is increased a little more for sustainable fishing throughout the chain.

Moules marinières

Heat **1 tbsp oil** in a skillet. Add **1 chopped shallot** and **1 clove of garlic**. Stir and sauté for a minute or two.

Add **2 ½ dl white wine**, **a sprig of parsley** and **pepper** and simmer for about 2 minutes. Add about **450 g frozen mussels**. Cover and simmer for 3–5 minutes. Discard any mussels that have not opened up. Remove the mussels from the pan.

Add **½ dl cream**. Bring the liquid to the boil and reduce by about half. Season with **salt**. Put the mussels back in the pan and sprinkle with the **parsley**.

Serve the mussels with the sauce and warm bread.

Green advice at the fish counter

- Choose eco-labelled fish – MSC, ASC, KRAV and organic
- Avoid fish that is on the Red List. Check the WWF's sustainable seafood guide at worldwildlife.org

A happy salmon

Organically farmed salmon is not raised on soy feed which contributes to the depletion of the rain forest. And it lives in less crowded conditions so the use of antibiotics is minimised. Having this knowledge perhaps makes it easier to pay a little more for it.

HOW STRANGE THINGS CAN BE

A lot of what is fished is turned into animal feed, while, for example, farmed salmon are often fed soy, which in turn can cause depletion of the rain forest.

We are fishing for the future

At ICA we are making active efforts to offer a range of fish with as little environmental impact as possible. We set high standards for all ICA fish and we're constantly looking for new, sustainable alternatives.

You can read more at icagruppen.se/en/sustainability




MSC, Marine Stewardship Council, a global eco-label for wild-caught fish. It guarantees that the fish has been caught using approved methods and safeguarding the wellbeing of the fish population. ASC is a label for farmed fish.

Sustainable sushi

- Don't choose sushi made with tuna and giant/tiger prawns.
- Choose sushi made with local fish such as pike-perch and char.
- Try a vegetarian alternative.





4 portions, more than 60 minutes 

Vegetable lasagne Provencale

Ratatouille

2 red onions
2 cloves of garlic
300g courgette
300g aubergine
4 tbsp olive oil
1 tsp dried oregano
1 tsp dried thyme
2 tbsp tomato purée
About 400g crushed tomatoes
2 dl vegetable stock (water and concentrated stock or stock cube)
Salt and black pepper

Sauce

1 dl flour
1 l natural unsweetened oat milk, soy milk or cashew milk
1 tbsp concentrated vegetable or onion stock
1 tsp salt
About ¼ tsp black pepper
8 lasagne sheets

Salad

130 g spinach
1 lemon

- 1. Ratatouille:** Peel and chop the onion and garlic. Cut the ends off the courgette and aubergine and dice, about 2x2 cm.
- 2.** Fry the onion, garlic and vegetables in the olive oil with the herbs. Add the tomato purée, crushed tomatoes and stock. Simmer for about 15 minutes. Season with salt and pepper.
- 3.** Heat oven to 200°C.
- 4. Sauce:** Whisk the flour in a little of the liquid in a saucepan until smooth. Add the rest of the liquid and bring to the boil, whisking constantly until the sauce thickens. Season with the concentrated stock, salt and pepper.
- 5.** In an ovenproof dish, alternate layers of the sauce, lasagne sheets and ratatouille. End with a layer of sauce. Bake in the centre of the oven for about 30 minutes.
- 6. Salad:** Toss the spinach with lemon juice.
- 7.** Serve the lasagne with the salad.

Just as delicious as meat lasagne but with a significantly lower climate impact. Make a large batch and freeze in portions!



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Labelling guide



EU organic

The EU's organic label shows that the product meets the EU's criteria for organic farming. At least 95 percent of a product's contents must be produced organically.



KRAV

KRAV is a Swedish label indicating that the item was sustainably produced based on organic principles. The label indicates a good environment, good animal welfare and good health and social responsibility.



MSC (Marine Stewardship Council)

The goal of this labelling system is to protect the supply of fish and shellfish in the world's oceans. The label indicates that wild-caught fish has been fished using approved methods that are not contributing to overfishing.



ASC (Aquaculture Stewardship Council)

ASC is a global sustainability labelling system for farmed fish and shellfish products. The first certified products on the Swedish market came out in 2012.



Rainforest Alliance

The Rainforest Alliance label indicates that the producer has taken responsibility for the environment and its employees. Common products include coffee, cocoa, bananas, citrus fruits and flowers.



Fairtrade

Fairtrade means, among other things, that the farmer is guaranteed a minimum price for the raw materials and that employees have contractual salaries and improved employment conditions. Fairtrade goods include coffee, honey, rice and sugar.



UTZ

An ethical labelling system launched at the initiative of coffee growers in Guatemala. The label guarantees that the producer is living up to its environmental responsibilities and offering its employees good employment terms and conditions. All ICA coffee is UTZ certified.



The Keyhole

The Swedish National Food Agency's symbol to help consumers find the healthiest alternatives. Keyhole labelled foods contain less fat, have better fat quality and are high in fibre. They also contain less sugar and salt than other food items of the same type.



FSC

A label for organically, economically and socially sustainable forestry. The label can be placed on wood and paper products that come from sustainable forestry operations or where recycled materials have been used, such as in garden furniture and BBQ charcoal.



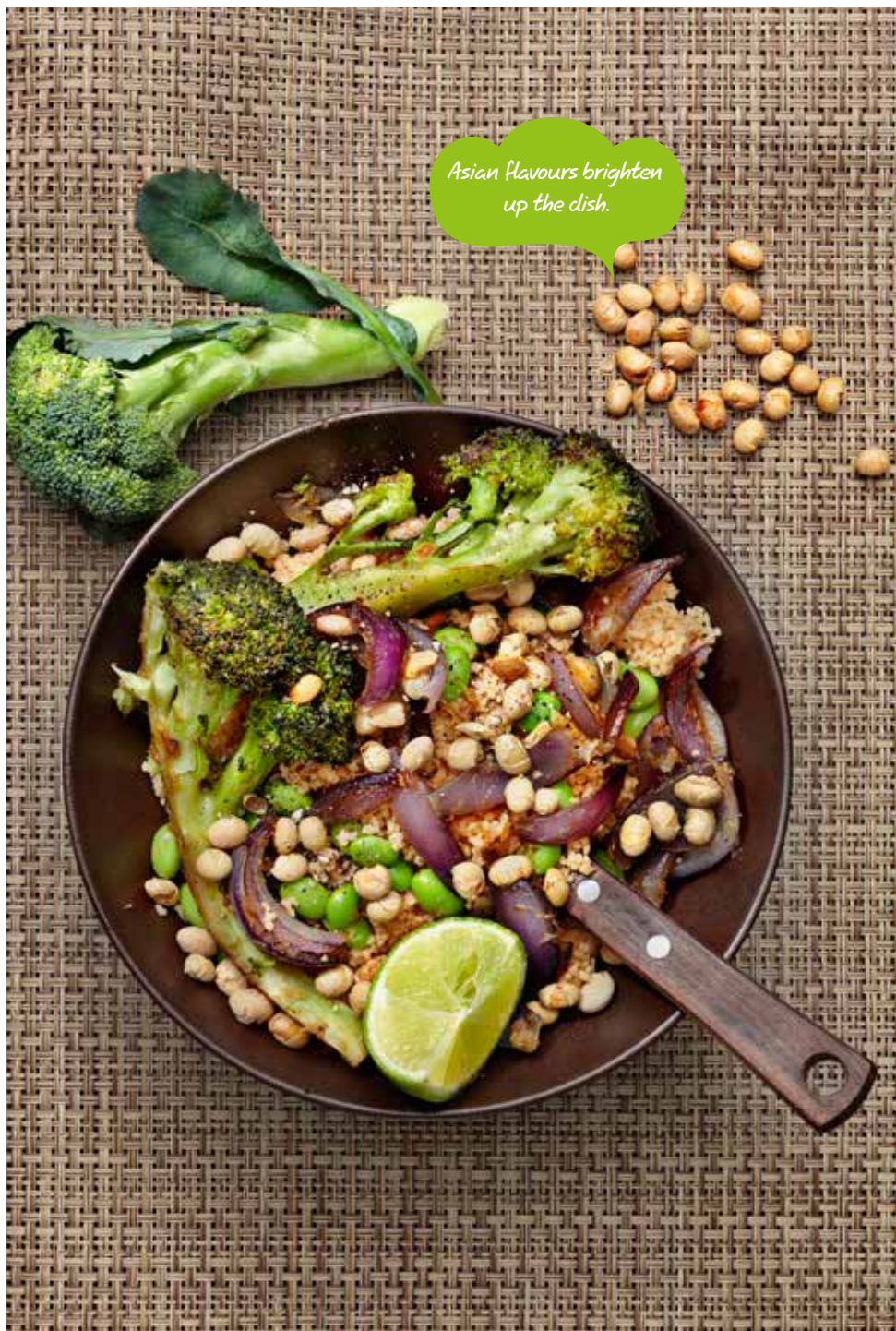
Bra Miljöval (Good environmental choice)

The Swedish Society for Nature Conservation (SSNC) label was developed to make it easier for consumers to make green choices. The label is used mainly on products with a significant environmental impact, such as washing powder and window cleaner, but paper goods and textiles may also be included.



Svanen (The swan)

The Nordic Swan Ecolabel is the official ecolabel of the Nordic countries. The system scrutinises the product's impact on the environment throughout its lifecycle – from raw material to recycling. It is often used on cleaning and hygiene products.



Asian flavours brighten up the dish.

4 portions, less than 30 minutes **PPPP**

Tomato couscous *with* ginger-roasted broccoli and soybeans

250 g frozen soybeans
500 g broccoli
2 red onions
2 tbsp freshly grated ginger
2 tbsp olive oil
Salt and black pepper

4 dl vegetable stock
(water and concentrated
stock or stock cube)
3 tbsp tomato purée
4 dl couscous
1 lime
2 dl roasted soybeans

1. Thaw the frozen soybeans.
2. Heat the oven to 225°C. Place a baking tray in the oven.
3. Cut off and discard the ends of the broccoli stalks. Peel the stalks with a potato peeler. Cut the broccoli into quarters. Peel the onion and ginger. Cut the onion into wedges and grate the ginger.
4. Place the broccoli and onion on the pre-heated baking tray and roast in the centre of the oven for 5 minutes. Mix the ginger with the olive oil and drizzle the oil over the broccoli and onion. Season with salt and pepper. Return to the oven for another 10 minutes.
5. Bring the vegetable stock to the boil and remove the pan from the heat. Whisk in the tomato purée. Add the couscous and soybeans and stir. Cover with a lid and let stand for about 5 minutes.
6. Cut the lime into wedges.
7. Serve the broccoli and onion with the couscous and lime wedges. Top with the roasted soybeans.



The QR code takes you to the recipes in the ICA Handla app.
In the app you can put all of the ingredients straight into your shopping list!



Basic pantry – always good food at home

If you have the right food items at home you can always prepare tasty, climate-smart meals. Choose tinned goods, grains, root vegetables and other things with a long shelf-life. Here are three suggestions for food items that can be turned into almost anything!

HAVE AT HOME:

- Crushed tomatoes
- Tomato purée
- Onions
- Garlic
- Root vegetables
- Dried or frozen herbs
- Vegetable stock
- Cans of cooked lentils and beans
- Mussels and tuna in tins
- Lasagne sheets
- Potatoes
- Couscous and other grains
- Frozen spinach
- Tinned mushrooms
- Grated cheese in the freezer or frozen mozzarella (to grate over baked dishes)



Tomato sauce

CAN BE MADE INTO:

Baked dishes such as lasagne or moussaka.

Bean, lentil or fish stew.

Tasty pasta sauce! As it is, with added vegetables, mussels, tuna or a little mince.

HAVE AT HOME:

- Cans of cooked beans
- Red onions
- Frozen vegetables such as green beans or broccoli
- Vinegar: balsamic, apple cider or red wine vinegar
- Bulgur wheat
- Cracked wheat



Bean salad

ADD:

Bulgur or cracked wheat

Sausage

Fried or grilled portabella mushrooms

Halloumi or tofu

Coleslaw



HAVE AT HOME:

- Carrots
- Cabbage that keeps for a long time, such as white and red cabbage
- Apples
- Red onions
- Raw nuts and seeds
- Sweet chilli sauce
- Mango chutney
- Eggs and rapeseed oil to make mayonnaise
- Vinegar or citrus

GOOD WITH:

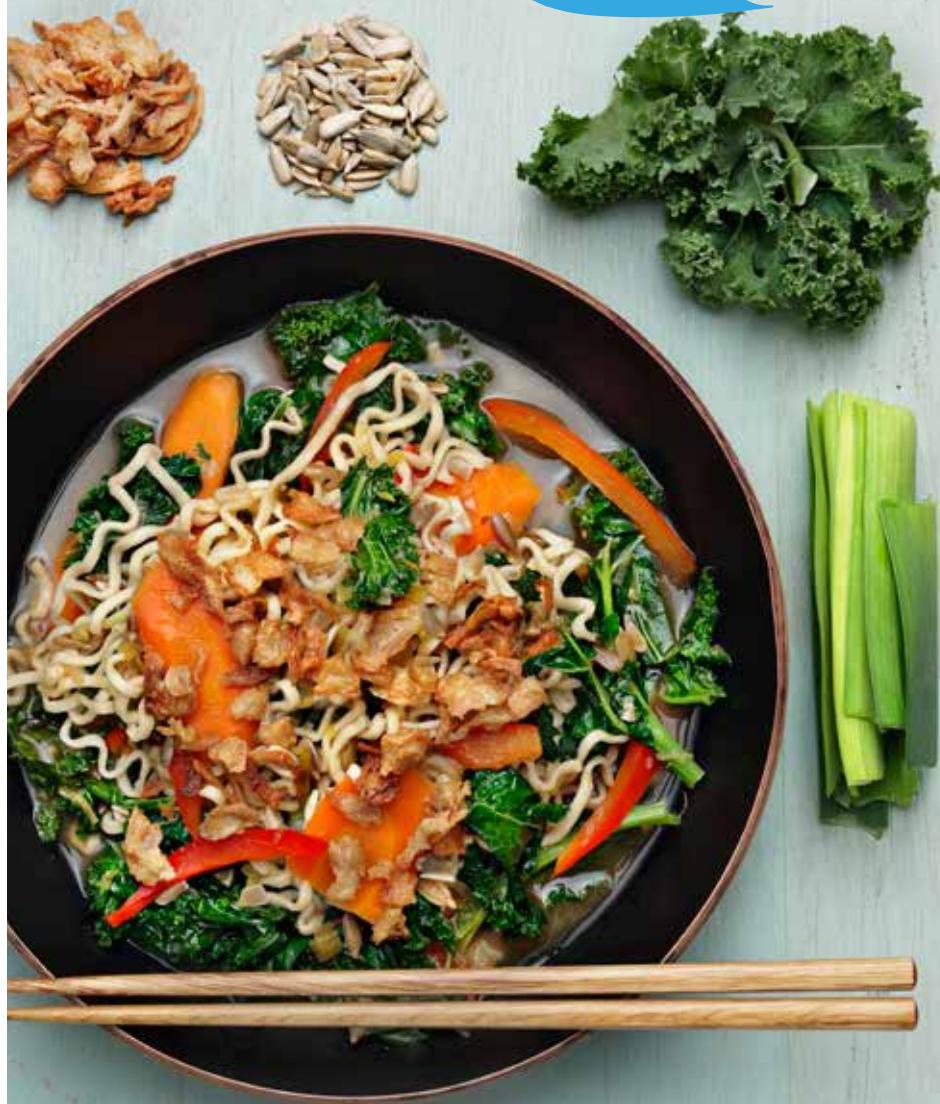
Vegetable patties


Sausage

Pulled chicken

Chilli with or without meat

*Sweet and salty,
crispy and spicy.*



4 portions, less than 30 minutes 

Noodles with Tuscan kale, leek and soy sauce

250 g Tuscan kale or green cabbage
2 carrots
1 red or yellow bell pepper
1 small leek
2 cloves of garlic
2 dl sunflower seeds
2 tbsp oil
1/2 dl Japanese soy sauce
1/2–1 tsp sambal oelek
1 tbsp runny honey
12 dl vegetable stock (water and concentrated stock
or stock cube)
4 portions egg noodles

To serve: 1 dl crispy fried onions (optional)

1. Cut the stems off the kale and cut the leaves into 3 cm size pieces. Peel and slice the carrots on the diagonal. De-seed the bell peppers and cut into thin strips. Cut the ends of the leek and rinse and slice thinly. Peel and grate the garlic.
2. Fry the leek and garlic with the sunflower seeds in the oil in a frying pan. Add the soy sauce, sambal and honey.
3. Bring the vegetable stock to boil in a large saucepan. Add the noodles, kale, carrots and leek mixture. Bring to boil and simmer for a few minutes.
4. Serve in soup plates and top with crispy fried onion if desired.

*Swedish rapeseed oil is great. It doesn't
need to travel far and the fields do better if
rape is grown instead of cereal grains from
time to time. It's also a source of omega-3!*



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Moist and delicious
use-up-what-you-have
bread.

4 baguettes, more than 60 minutes

Carrot and parsnip bread *with olives*

50 g fresh yeast
8 dl cold water
4 dl wholegrain rolled oats
1 (about 100g) carrot (about 2 dl roughly grated)
1 (about 100g) parsnip (about 2 dl roughly grated)
1–2 tbsp chopped fresh rosemary
1 jar (300g) pitted black olives
2 tbsp olive oil
2 tbsp runny honey
2 tsp salt
About 16 dl (about 960g) flour

1. Crumble the yeast into a bowl – the bowl to a stand mixer if you have one. Whisk or stir the yeast in the water to dissolve it. Stir in the rolled oats and leave to swell for about 15 minutes.
2. Peel the carrots and parsnips and grate them on the side of the grater with large holes. Tear the rosemary leaves from the stems and chop the leaves. Drain and chop the olives.
3. Stir the grated root vegetables, rosemary, olives, olive oil, honey and salt into the yeast mixture. Add the flour and knead the dough for 5 to 10 minutes in the mixer with the dough hook. Cover the dough with a cloth and allow it to rise at room temperature for about 1 hour.
4. Place parchment paper onto a baking tray that is about 30x40 cm.
5. Transfer the dough to the tray. Sprinkle a little flour on the dough and carefully flatten it out. Divide the dough into 4 pieces of equal size and shape them into baguettes. Place them on the baking tray. Leave to proof at room temperature for 30–40 minutes. Heat oven to 225°C.
6. Bake in the centre of the oven for about 20 minutes. Allow to cool on a wire rack.



Try using other grains, root vegetables, herbs and flavourings depending on what you have on hand. On the next page you'll find inspiring ideas on what to do with leftovers!



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The best leftover baking!

Apart from the fact that grains are among the most climate-smart things you can eat, bread is also a great way to use up leftovers. Use whatever flour you have in your cupboard and the leftovers in your fridge. Almost all leftovers can add good flavour to bread dough – from mashed potato to leftover olives.



Mashed potato, corn, olives, puréed or mashed cooked beans.

Fresh herbs.

Grated raw root vegetables or fruit, such as parsnips, carrots, beetroots, celeriac, apples, bananas.

Grated or crumbled cheese.

Raisins, apricots, figs, nuts.

Remember! When you switch out different ingredients the consistency of the dough may be affected. You will need to adjust the quantity of flour according to the amount of moisture in the food you add to the dough. Don't add all of the flour at once. Instead add it little by little as you knead the dough.



Bread left over? Great!

From Swedish skorpor (rusks) to Southern European taste sensations; there are plenty of delicious traditions to use up every last bread crust. Here are a few ideas:

- Skorpor (Swedish rusks) – particularly good made from sweetened bread or buns.
- Crostini – dry out thin slices of baguette in the oven.
- Croutons – delicious made from hearty bread such as kavring (Swedish dark bread) or rye bread.
- Onion soup served with toast with melted cheese on top.
- Make bread crumbs from white bread, garlic and herbs and sprinkle over baked dishes instead of cheese.
- Tuscan bread soup, ribollita. Surprisingly delicious and easy!

*Still some crusts left over?
Go for a walk and feed the ducks!*

Liquid for dough

- Use, for example, rosehip nectar, stock, cultured milk/buttermilk or yoghurt as the liquid for your dough.
- Is there a little yoghurt, sour cream, crème fraîche or buttermilk left in the carton? Rinse with water and use this as the liquid for your dough.
- Cottage cheese, quark.
- Leftover porridge.







Climate right – a project for the future

In 2015 ICA was one of the initiators of the Climate right project aimed at motivating more people to live more climate right. In an energy-efficient block of flats in Uppsala the participating families got to test how much they could lower their personal carbon footprint by having access to climate right solutions, information and inspiration. ICA's part in the project included inspiring the residents to eat better for the environment, climate and not least, for their own health. At the end of the project the participants had reduced their carbon footprint by 31% without making big sacrifices, and what engaged them the most was the food.