

MEAL: VEGETABLE TAJINE

INGREDIENTS:

- CARROTS
- SALT
- ZUCCHINI
- OLIVE OIL
- ONIONS
- BELL PEPPERS
- GARLIC
- GROUND PAPRIKA
- BLACK PEPPER
- TOMATOES
- POTATOES
- CHICKPEAS
- VEGETABLE BROTH
- GREEN OLIVES



 Co-funded by the
European Union



MEAL: MHAJEB



INGREDIENTS:

- SEMOLINA
- SALT
- WATER
- OLIVE OIL
- ONIONS
- BELL PEPPERS
- GARLIC
- GROUND PAPRIKA
- BLACK PEPPER
- TOMATOES

 Co-funded by the
European Union



MEAL: NIGERIAN CABBAGE ROLLS



INGREDIENTS:

- CABBAGE
- SALT
- WATER
- VEGETABLE OIL
- ONIONS
- BELL PEPPERS
- GARLIC
- GROUND PAPRIKA
- BLACK PEPPER
- TOMATOES
- RICE
- CHEESE
- VEGETABLE BROTH
- THYME

 Co-funded by the
European Union



MEAL: KASHK-E BADEMJAN



INGREDIENTS:

- EGGPLANTS
- SALT
- TURMERIC
- OLIVE OIL
- ONIONS
- YOGHURT
- GARLIC
- MINT LEAVES
- BLACK PEPPER

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European Union



MEAL: SIRNICA



INGREDIENTS:

- FLOUR
- SALT
- WATER
- YEAST
- SUGAR
- OLIVE OIL
- EGG
- WHITE VINEGAR
- BLACK PEPPER
- YOGHURT
- CHEESE

 Co-funded by the
European Union



MEAL: DAMASCUS DESSERT



INGREDIENTS:

- FLOUR
- MILK
- WATER
- YEAST
- SUGAR
- YOGHURT
- VEGETABLE OIL
- LEMON
- SEMOLINA

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European Union



MEAL: FALAFEL



INGREDIENTS:

- FLOUR
- SALT
- PARSLEY
- CILANTRO
- ONIONS
- CHILI PEPPERS
- GARLIC
- CUMIN
- BAKING POWDER
- CHICKPEAS
- VEGETABLE OIL

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MEAL: FALAFEL



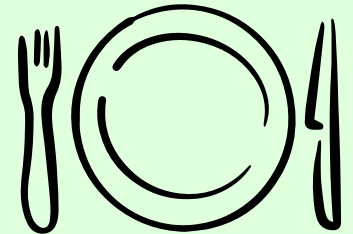
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- SALT
- PARSLEY
- CILANTRO
- ONIONS
- CHILI PEPPERS
- GARLIC
- CUMIN
- BAKING POWDER
- CHICKPEAS
- VEGETABLE OIL

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MEAL



 Co-funded by the
European Union



PREPARATION
CARD



FRYING



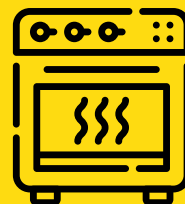
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CARD



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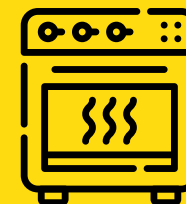
PREPARATION
CARD



BAKING



PREPARATION
CARD



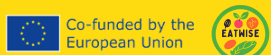
BAKING



PREPARATION
CARD



STEWING



PREPARATION
CARD



STEWING



PREPARATION
CARD



FRYING



PREPARATION CARD



FRYING



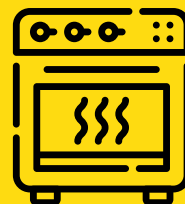
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FRYING



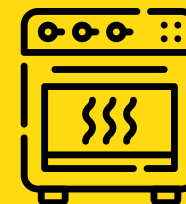
PREPARATION CARD



BAKING



PREPARATION CARD



BAKING



PREPARATION CARD



STEWING



PREPARATION CARD



STEWING



PREPARATION CARD



FRYING



PREPARATION METHOD



CHALLENGE CARD

FOOD WASTE AUDIT

YOU MUST DISCARD 1 INGREDIENT CARD FROM YOUR HAND.

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CHALLENGE CARD

FARMERS' MARKET VISIT

CONGRATULATIONS! YOU CAN TAKE 3 CARDS FROM THE INGREDIENT CARD DECK.

THEN CHOOSE 1 INGREDIENT CARD WHICH YOU WOULD LIKE TO KEEP. DISCARD THE REST.

 Co-funded by the European Union



CHALLENGE CARD

LAST-MINUTE SUBSTITUTION

SWAP ONE OF YOUR INGREDIENT CARDS WITH AN INGREDIENT CARD FROM A PLAYER OF YOUR CHOICE

 Co-funded by the European Union



CHALLENGE CARD

RECIPE REVISION

YOU MAY DRAW 1 NEW PREPARATION CARD FROM THE PREPARATION DECK.

THEN CHOOSE WHICH PREPARATION CARD TO KEEP (EITHER THE NEW ONE OR YOUR CURRENT ONE) AND DISCARD THE OTHER.

 Co-funded by the European Union



CHALLENGE CARD

MENU CHANGE

DRAW 1 NEW MEAL CARD FROM THE MEAL DECK.

THEN YOU NEED TO DECIDE WHICH MEAL CARD YOU CHOOSE TO KEEP (EITHER THE NEW ONE OR YOUR CURRENT ONE) AND WHICH TO DISCARD.

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CHALLENGE CARD

CATERING MIX-UP

SWAP YOUR MEAL CARD WITH THE MEAL CARD OF THE PLAYER ON YOUR RIGHT

 Co-funded by the European Union



CHALLENGE CARD

CATERING MIX-UP

SWAP YOUR PREPARATION CARD WITH A PREPARATION CARD FROM A PLAYER OF YOUR CHOICE

 Co-funded by the European Union



CHALLENGE CARD

LUCKY HAND

CONGRATULATIONS! YOU CAN TAKE 1 CARD FROM THE INGREDIENT DECK.

 Co-funded by the European Union



CHALLENGE CARD

FOOD WASTE AUDIT

YOU MUST DISCARD 1 INGREDIENT CARD FROM YOUR HAND.

 Co-funded by the European Union



CHALLENGE CARD

FARMERS' MARKET VISIT

CONGRATULATIONS! YOU CAN TAKE 3 CARDS FROM THE INGREDIENT CARD DECK.

THEN CHOOSE 1 INGREDIENT CARD WHICH YOU WOULD LIKE TO KEEP. DISCARD THE REST.

 Co-funded by the European Union



CHALLENGE CARD

LAST-MINUTE SUBSTITUTION

SWAP ONE OF YOUR INGREDIENT CARDS WITH AN INGREDIENT CARD FROM A PLAYER OF YOUR CHOICE

 Co-funded by the European Union



CHALLENGE CARD

RECIPE REVISION

YOU MAY DRAW 1 NEW PREPARATION CARD FROM THE PREPARATION DECK.

THEN CHOOSE WHICH PREPARATION CARD TO KEEP (EITHER THE NEW ONE OR YOUR CURRENT ONE) AND DISCARD THE OTHER

 Co-funded by the European Union



CHALLENGE CARD

MENU CHANGE

DRAW 1 MEAL CARD FROM THE MEAL DECK. THEN CHOOSE ONE OF YOUR TWO MEAL CARDS (YOUR ORIGINAL OR THE NEWLY DRAWN CARD) TO KEEP, AND DISCARD THE OTHER

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CHALLENGE CARD

CATERING MIX-UP

YOU MUST SWAP YOUR MEAL CARD WITH THE MEAL CARD HELD BY THE PLAYER ON YOUR RIGHT

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CHALLENGE CARD

CATERING MIX-UP

YOU MUST EXCHANGE YOUR PREPARATION CARD WITH A PREPARATION CARD FROM A PLAYER OF YOUR CHOICE

 Co-funded by the European Union



CHALLENGE CARD

LUCKY HAND

CONGRATULATIONS! YOU CAN TAKE 1 CARD FROM THE INGREDIENT DECK.

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CHALLENGE CARD

SECOND CHANCE COOKING

DRAW 1 NEW PREPARATION CARD. CHOOSE WHICH ONE TO KEEP AND DISCARD THE OTHER.

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CHALLENGE CARD

RECIPE ADJUSTMENT

DISCARD 1 INGREDIENT CARD TO DRAW A NEW PREPARATION CARD.

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CHALLENGE CARD

KITCHEN EXCHANGE

SWAP YOUR PREPARATION CARD WITH ANOTHER PREPARATION CARD FROM A PLAYER OF YOUR CHOICE.

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CHALLENGE CARD

SECOND CHANCE MENU

DRAW A NEW MENU CARD. CHOOSE WHICH CARD TO KEEP AND DISCARD THE OTHER

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CHALLENGE CARD

PREPARATION RESET

YOU MAY EITHER RETURN YOUR PREPARATION CARD TO THE BOTTOM OF THE DECK AND DRAW A NEW ONE, OR KEEP YOUR CURRENT CARD.

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CHALLENGE CARD

MENU CHANGE

YOU MAY DISCARD YOUR MENU CARD AND DRAW A NEW ONE FROM THE DECK, OR KEEP YOUR CURRENT CARD

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CHALLENGE CARD

OPEN MARKET DEAL

TOGETHER WITH A PLAYER OF YOUR CHOICE, EACH OF YOU DRAWS 1 INGREDIENT CARD. THEN COMPLETE A TRADE WITH THAT PLAYER INVOLVING ANY CARD TYPE FROM YOUR DECKS.

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CHALLENGE CARD

SMART PREPARATION CHOICE

DRAW TWO PREPARATION CARDS. CHOOSE ONE TO KEEP IN YOUR DECK, AND RETURN THE OTHER TO THE BOTTOM OF THE PREPARATION DECK

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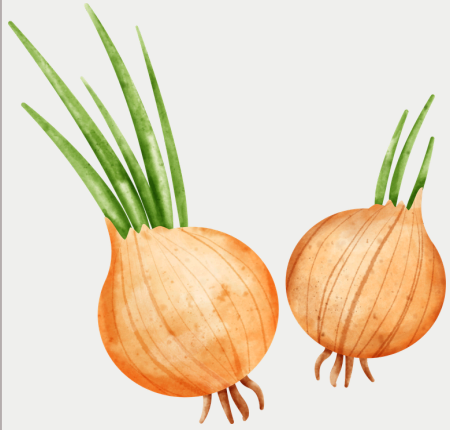


CHALLENGE

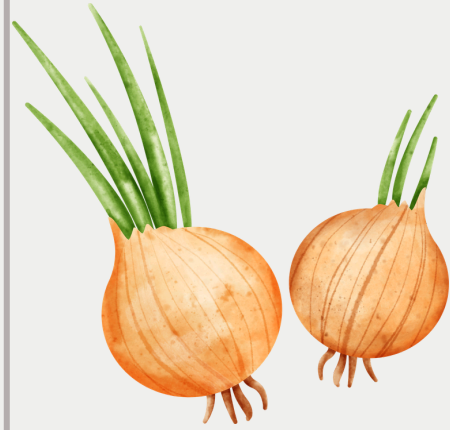
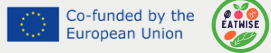


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ONIONS



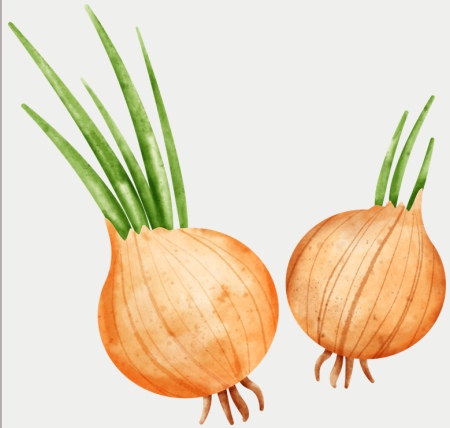
ONIONS



TOMATOES



TOMATOES



ONIONS



ONIONS

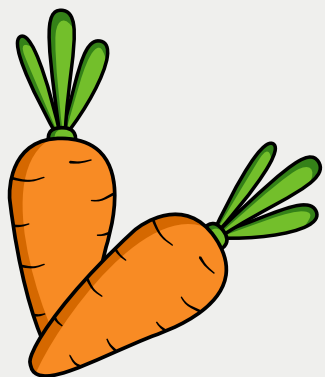


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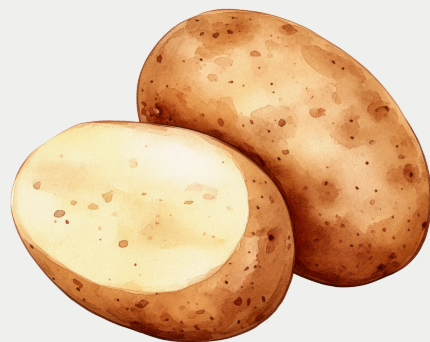
TOMATOES





CARROTS

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European Union



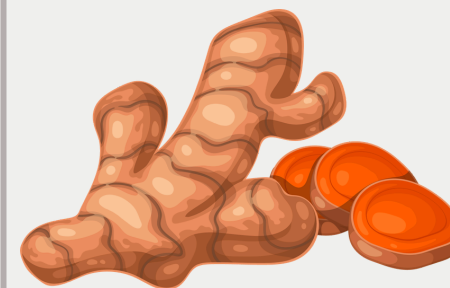
POTATOES

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ZUCCHINI

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TUMERIC

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CHICKPEAS

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European Union



CHICKPEAS

 Co-funded by the
European Union



PARSLEY

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European Union



CILANTRO

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European Union





OLIVE OIL

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European Union



OLIVE OIL

 Co-funded by the
European Union



WATER

 Co-funded by the
European Union



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 Co-funded by the
European Union



OLIVE OIL

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European Union



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WATER

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European Union



WATER

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European Union





GARLIC

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GARLIC

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YOGHURT

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YOGHURT

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BELL PEPPERS

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BELL PEPPERS

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BLACK PEPPER

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GROUND
PAPRIKA



GROUND
PAPRIKA



GROUND
PAPRIKA



VEGETABLE OIL



VEGETABLE OIL



VEGETABLE OIL



SEMOLINA



SEMOLINA





SALT



SALT



SALT



SALT



SALT



SALT



CHEESE



CHEESE



FLOUR

FLOUR

 Co-funded by the
European Union



FLOUR

FLOUR

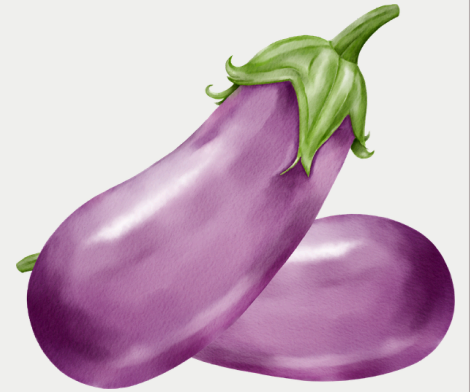
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FLOUR

FLOUR

 Co-funded by the
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EGGPLANTS

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European Union



SUGAR

SUGAR

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SUGAR

SUGAR

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European Union



VEGETABLE
BROTH

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European Union



VEGETABLE
BROTH

 Co-funded by the
European Union





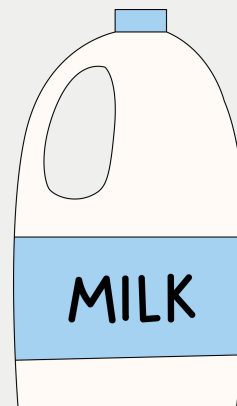
YEAST

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YEAST

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MILK

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European Union



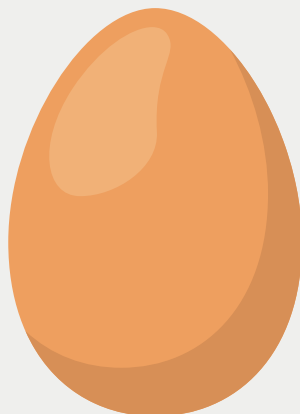
GREEN OLIVES

 Co-funded by the
European Union



THYME

 Co-funded by the
European Union



EGG

 Co-funded by the
European Union



CABBAGE

 Co-funded by the
European Union



RICE

 Co-funded by the
European Union





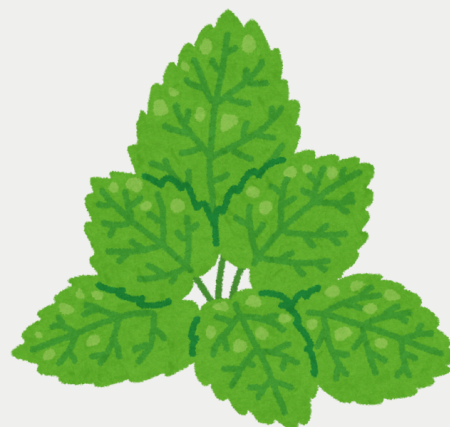
CUMIN

Co-funded by the
European Union



CHILLI
PEPPERS

Co-funded by the
European Union



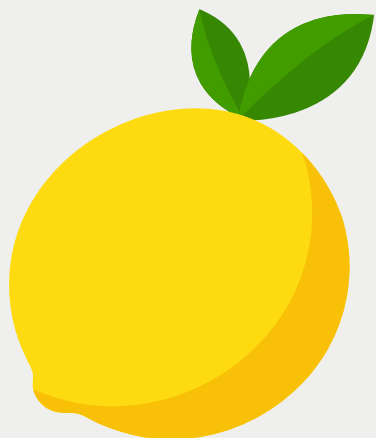
MINT LEAVES

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European Union



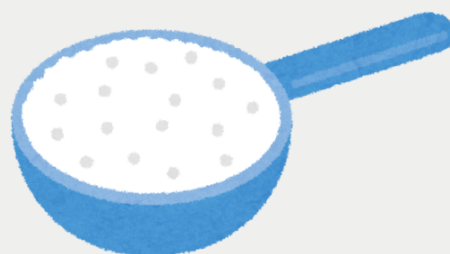
WHITE
VINEGAR

Co-funded by the
European Union



LEMON

Co-funded by the
European Union



BAKING
POWDER

Co-funded by the
European Union



PARSLEY

Co-funded by the
European Union



CILANTRO

Co-funded by the
European Union





CUMIN



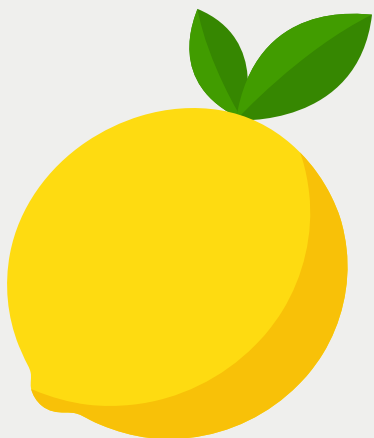
TUMERIC



MINT LEAVES



YEAST



LEMON



SEMOLINA

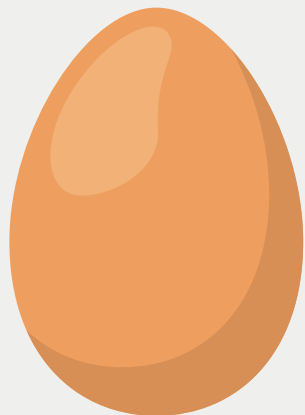


SUGAR



CHEESE





EGG

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INGREDIENTS



 Co-funded by the
European Union



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European Union

