

Indulge

Self-love on a plate

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70 feelgood recipes

NIJGH & VAN DITMAR



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*Losing weight is not your
sole purpose in life,
just like it wasn't in mine.*



Dear reader,

First of all, I want to thank you for buying my cookbook! Maybe you already knew me, perhaps you noticed me in the bookshop or maybe you were given *Indulge* as a present. No matter how this book made its way into your kitchen, I hope that it will inspire you, that you will enjoy every recipe and that it helps you add a little bit of indulgence to your life.

Since you've let me be a part of your kitchen, I'd like to quickly tell you my story. My relationship with food has had some low points, but fortunately these days every meal is a highlight. I was brought up with a love for cookery and food. As a little girl I loved nothing more than helping my mum in the kitchen. I loved every part of it, even little things like helping to bake cakes and stirring the food, and I learned something new each day. At the age of twelve I discovered cupcakes and after that there really was no stopping me.

Sadly, for this little girl who loved to cook and bake, as for all girls her age, puberty set in. It was a difficult time, but it did make me who I am today. Because this period of my life had such a great impact on me, I will share the lessons it taught me on the next page.

Of course, my choice of higher education was written in the stars from a young age. Since it was my dream to one day open my own restaurant, I decided to go

to a hotel management school. There, I developed my passion for cooking and good food, while at home I did my best to cook tasty and simple dishes for myself. Everyone who came to dinner would ask for the recipe afterwards. That is why I decided to create an Instagram account ('The Student Chef'), where I shared all my recipes with everyone who wanted them. Many recipes and viral videos later, I can proudly say that I practice what I preach: a combination of delicious recipes and a healthy dose of self-love.

I see this cookbook as the icing on the cake after years of content creation. It is a book that is filled with love: for cooking, for eating and, above all, for yourself. It invites you to turn every meal into a highlight and above all to take pleasure in food. I really hope that you will enjoy my book as much as I enjoyed all the hours, days, weeks and months that I got to spend working on it. Every day, I felt so grateful that I was able to create the best and tastiest recipes for you.

I want to thank you again for picking up this book. I couldn't have done it without you. *Indulge* is not just a cookbook; it is also a love letter to your own body.

Lots of love,

Eva



love
yourself



Sunrise *feast*

Good morning, sunshine! When I go to bed at night, I usually decide there and then what I'll eat the next morning. I'm certainly not a morning person, but I'm always happy to get out of bed for a nice breakfast. That's why I'd advise you to keep this book next to your bed.

This chapter has something for everyone, whether you prefer a light breakfast or wake up ravenous, or whether you're in a hurry or have all the time in the world. There are even recipes for when you want to serve your beloved breakfast in bed. If you normally get up late and would rather make these recipes for lunch, feel free to do so. It's why the word brunch was invented.

Whatever you do, do it your way and at your pace. Breakfast really is a moment to yourself. Take it slow and enjoy.

*You can't live a full life
on an empty stomach.*

Baked oats

Where it all started... At some point, I started making many different types of baked oats on my channel. After all these years, I'm still a fan of baked oats and my favourite is the one with banana and (of course) a double dose of chocolate. For those of you who are not familiar with baked oats: it's rolled oats that are baked in the oven to form a nutritious pastry with a cakelike texture. In other words, an ideal breakfast! You can also easily multiply this recipe so you can spend another couple of days looking forward to a delicious breakfast without having to do a lot of work in the kitchen.

MAKES 9 SQUARES

¼ tsp baking soda
½ tsp lemon juice
2 large, very ripe bananas (or 3 small ones)
2 eggs
1 tsp vanilla extract
180 ml (almond) milk
190 g rolled oats
2 tbsp cocoa
2 tsp baking powder
⅛ tsp salt
35 g dark chocolate chips
butter or oil, for greasing
yoghurt or nut spread, to serve
(optional)

UTENSILS

square oven dish (22 x 22 cm)

Preheat the oven to 200°C.

Put the baking soda into a small bowl and stir in the lemon juice to activate the baking soda.

Mash 1½ banana (about 200 grams) in a bowl with a fork. Using the same fork or a whisk, beat the eggs into the banana until incorporated. Add the vanilla extract, activated baking soda and (almond) milk and mix well.

In a separate bowl, mix the rolled oats, cocoa, baking powder and salt. Add this to the banana mixture. Mix to a smooth batter using a fork or whisk. Finally, fold in the chocolate chips with a spatula.

Grease the oven dish with some butter or oil. Pour in the batter and smooth the surface with the spatula. Cut the remaining piece of banana into 18 thin slices. Divide them over the baked oats so that each square will be topped with two slices of banana.

Bake for 25 to 30 minutes. Leave to cool for 10 minutes and slice into 9 squares. Serve with yoghurt or nut spread.

Store the remaining squares in an airtight container in the fridge. They will keep for 3 or 4 days.













Candlelit comforts

I always make sure that dinner is something to look forward to. So, light some candles, cover the table with your favourite tablecloth and get the wine glasses out. Or don't and get comfy on the sofa. Whether you have guests or whether you finish the day watching TV by yourself, I'm sure you made the most of the day. Whatever you did, you did a great job and that's worth celebrating.

Thanks to the recipes in this chapter, you don't have to worry about what to put on the table. There are no complex recipes that require you to spend the whole day in the kitchen, but they do offer unique flavour combinations. Pour yourself a nice drink (like one of the mocktails or cocktails in the chapter Drinks) and decide what you feel like eating this evening.

*Everyday may not be amazing, but there
is something amazing in every day.*





Pasta rosso

with crispy chorizo

One of my favourite discoveries is crispy chorizo. It really lifts this pasta to a higher level. It is crispy on the outside and soft on the inside, smoky and slightly spicy. This fiery pasta, that is both simple and refined, is guaranteed to make your evening more interesting. Don't worry if you don't like spicy food, without the optional chilli this is still a great dish for you.

SERVES 2

150 g rigatoni
10 g pine nuts
1 shallot
½ red chilli pepper (optional)
15 g basil
20 g grated Parmesan cheese, plus extra
60 g sundried tomatoes in oil
130 g roasted red peppers in oil
70 g chorizo
2 cloves of garlic
130 g tinned chopped tomatoes
salt and freshly ground black pepper

Bring a pan of salted water to the boil and cook the rigatoni following the instructions on the packet until al dente. Drain, but set aside 100 millilitres of the cooking water.

Roast the pine nuts in a dry frying pan until golden. Make sure they don't burn. Coarsely chop the shallot and chilli pepper and tear the basil leaves. Put the pine nuts, shallot, chilli pepper, basil, Parmesan, sundried tomatoes and roasted pepper in a blender along with the reserved pasta water. Mix until smooth.

Remove the chorizo skin and finely dice the sausage meat. Mince the garlic. Heat a large frying pan on medium heat and fry the chorizo, without adding oil (the chorizo releases enough oil), for 5 minutes until crispy. Remove from the pan and set aside on a sheet of kitchen paper.

Add the garlic to the remaining fat in the pan and fry for 2 minutes on medium heat. Add the sauce from the blender as well as the diced tomatoes. Let the sauce simmer on low heat for 5 to 10 minutes until it has thickened slightly. Season with salt and pepper. Spoon the pasta through the sauce until completely coated.

Serve the pasta with the extra Parmesan cheese, and crispy chorizo.









Sweet escape

My sister and I have a rule that a dessert is not an option for us if it doesn't contain any chocolate. But a whole chapter of chocolate desserts would of course be a bit much. I managed to create sweet treats that are so good that even we don't miss the chocolate. (And that's saying a lot.) Whether you like fruity, caramel, airy, creamy, biscuits or cake, I've got you covered! And it's all nutritious as well.

*Treating yourself is part
of taking care of yourself.*







