



# Pizza calzone with ham and mushrooms with a salad of tomato and lamb's lettuce

Family

Total time: 45 min. (based on 2 servings)



This folded and stuffed pizza, like the regular pizza, originated in Naples. It was invented as a to-go version of the pizza.



Red onion



Garlic clove



Mushrooms



Ham



Passata



Italian herbs



Pizza dough



Grated Italian cheese



Plum tomato



Lamb's lettuce

## Cupboard items

Extra virgin olive oil, olive oil, black balsamic vinegar, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Bowl, frying pan, saucepan, salad bowl, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Mushrooms* (g)	75	125	200	275	325	400
Ham* (g)	30	60	90	120	150	180
Passata (g)	100	200	300	400	500	600
Italian herbs (tsp)	1½	3	4½	6	7½	9
Pizza dough* (roll 1) 21)	½	1	1½	2	2½	3
Grated Italian cheese* (g) 7)	25	50	75	100	125	150
Plum tomato (pcs)	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120

Not included

Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Black balsamic vinegar (tsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3425 / 819	631 / 151
Total fat (g)	38	7
Of which: saturated (g)	10,5	1,9
Carbohydrates (g)	76	14
Of which: sugars (g)	13,3	2,5
Fibre (g)	12	2
Protein (g)	33	6
Salt (g)	3,0	0,6

## Allergens

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 21) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

1



## Prepare

Preheat the oven to 200 degrees. Chop half of the **red onion** and cut the rest into half rings. Press or mince the **garlic** and cut the **mushrooms** into slices. Cut the **ham** into strips. In a bowl, mix per person: 1 tbsp **passata** and ½ tbsp olive oil. Season to taste with salt and pepper and set aside. You will be spreading the calzone with this later.

4



## Make the calzone

Spread half of each piece of dough with the tomato sauce, but keep the edges free. Then divide the mushroom mixture, **ham strips** and **Italian cheese** over the **tomato** sauce. Fold the uncovered side over the covered side of the dough and close the edges well. Spread the top of the calzone with the passata–olive oil mixture using a brush or the back of a spoon. Cook the calzone in the oven for 15 – 20 minutes (Tip).

**Tip:** If the top of your calzone starts to get dark too quickly, cover it with a sheet of aluminium foil.

2



## Make the sauce

Heat ½ tbsp olive oil per person in a saucepan on medium heat and fry the **garlic** and **chopped red onion** for 1 – 2 minutes. Add the **passata** and per person: 1½ tbsp **Italian herbs**, 1 tsp black balsamic vinegar and 2 tbsp water. Season with salt and pepper and allow to reduce into a thick sauce on medium heat for 5 – 7 minutes. Regularly stir.

5



## Make the salad

Cut the **plum tomatoes** into thin wedges. In a salad bowl, mix per person: 1 tsp extra virgin olive oil, ½ tsp balsamic vinegar, salt and pepper. Add the **lamb's lettuce** and **tomato wedges** and mix well.

3



## Roll out the dough

In the meantime, heat ½ tbsp olive oil in a frying pan on medium heat. Fry the **red onion rings** and **mushrooms** for 4 – 5 minutes. Stir regularly and season with salt and pepper. In the meantime, roll out the **pizza dough** on a baking sheet lined with baking paper and cut in half. Push into the dough with your hands to make the surface a bit bigger.

6



## Serve

Put a calzone on each plate and serve with the salad on the side.

**Fact:** Mushrooms are rich in a mineral called phosphorus, which benefits strong bones and teeth together with calcium. Phosphorus is mainly found in meat, fish and dairy as well as some plant-based products such as legumes, whole grain products and mushrooms.

## Enjoy!





# Shakshuka with fresh goat cheese

with curly parsley and a spent grain roll

Week without meat | Balanced | Vegetarian

Total time: 30 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Onion



Garlic clove



Red chili pepper



Bell pepper



Plum tomato



Fresh curly parsley



Cage-free egg



Fresh goat cheese



Spent grain roll

## Cupboard items

Olive oil, vegetable stock cube, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Sauté pan with a lid, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Bell pepper* (pcs)	½	1	1½	2	2½	3
Plum tomato (pcs)	2	4	6	8	10	12
Fresh curly parsley (g)	2½	5	7½	10	12½	15
Cage-free egg* (pcs) 3)	2	4	6	8	10	12
Fresh goat cheese* (g) 7)	50	75	100	125	175	200
Spent grain roll (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	1	2	2	3	3
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2493 / 596	454 / 108
Total fat (g)	29	5
Of which: saturated (g)	10,9	2,0
Carbohydrates (g)	47	9
Of which: sugars (g)	11,1	2,0
Fibre (g)	11	2
Protein (g)	32	6
Salt (g)	3,3	0,6

## Allergens

1) Grains containing gluten 3) Eggs 7) Milk/lactose  
May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose  
22) Nuts 25) Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

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## Preparation

Preheat the oven to 210 degrees. Chop the **onion** and press or mince the **garlic**. Remove the seeds from the **red chili pepper** and **bell pepper** and finely chop both peppers. Finely dice the **plum tomato** and finely chop the **curly parsley**.

**Fact:** Did you know that this dish contains more than 250 g vegetables and that one portion contains more vitamin C than the RDI?



## Cook the egg

Make a small opening in the vegetables in the pan for each egg and break an **egg** into each opening. make sure the eggs sink deep into the sauce towards the bottom of the pan. Season to taste with salt and pepper. Crumble the **goat cheese** over the dish, cover the pan with the lid and allow the eggs to firm up for 10 minutes (Tip). Take the lid off the pan for the final 4 minutes, turn up the heat a little and allow any excess moisture to evaporate.

**Tip:** The cooking time for the eggs depends on your pan. Check up on the eggs every now and then and adjust the cooking time to your preference.



## Sauté

Heat the olive oil in a wok or sauté pan with a lid and fry the **onion**, **garlic** and **red chili pepper** for 2 minutes on medium-high heat. Add the **bell pepper**, **plum tomato** and half the **curly parsley** (Tip).

**Tip:** Use a sauté pan with a high edge and a thick, flat bottom. This will cause the heat to spread evenly and this will make cooking the eggs a lot easier. Are you cooking this dish for more than 3 people? Transfer the shakshuka to several frying pans.



## Heat the roll

In the meantime, heat the **spent grain roll** in the preheated oven on a baking sheet lined with baking paper for 6 – 8 minutes.



## Boil the vegetables

Add 30 ml water per person to the pan and crumble ¼ vegetable stock cube into the pan. Bring to a boil while stirring and allow to cook gently for 5 – 7 minutes, covered with the lid (Tip). Season to taste with salt and pepper.

**Tip:** Make sure the sauce reduces well by allowing as much moisture to evaporate as possible. The eggs are easier to cook in a thick sauce.



## Serve

Transfer the dish to plates. Garnish with the remaining **curly parsley** and serve with the **spent grain roll**.

**Fact:** Do you like to eat lots of proteins? It can be done without meat or fish! This meal is a great example: the eggs, cheese and spent grain roll pack 30 g proteins per serving, which is the same amount you can find in 150 g meat!

## Enjoy!





# Bulgur salad with beef strips and snow peas in a homemade marinade of fresh herbs

Balanced

Total time: 30 min. (based on 2 servings)



Did you know that bulgur is made of whole wheat grains? This makes it a whole grain product, full of fibre, iron and B-vitamins.



Bulgur



Red bell pepper



Red onion



Garlic clove



Fresh basil, chives  
and parsley



Beef strips



Snow peas

## Cupboard items

Vegetable stock, white wine vinegar, olive oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, bowl, frying pan, salad bowl, sauté pan with a lid

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g) 1)	75	150	225	300	375	450
Red bell pepper* (pcs)	1	2	3	4	5	6
Red onion (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh basil, chives and parsley* (g)	5	10	15	20	25	30
Beef strips* (g)	100	200	300	400	500	600
Snow peas* (g)	50	100	150	200	250	300
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2724 / 651	400 / 96
Total fat (g)	23	4
Of which: saturated (g)	3,8	0,6
Carbohydrates (g)	66	10
Of which: sugars (g)	11,8	1,7
Fibre (g)	16	2
Protein (g)	35	5
Salt (g)	2,5	0,4

## Allergens

1) Grains containing gluten

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## Prepare the bulgur

Prepare 175 ml stock per person in a pan with a lid for the bulgur. As soon as the stock is boiling, add the **bulgur** and cook for 12 – 15 minutes until dry, covered with the lid. Stir regularly and allow to steam dry without the lid.



## Prepare the vegetables

Cut the **red bell pepper** into strips and the **red onion** into half rings. Press or mince the **garlic**. Heat ½ tbsp olive oil per person in a sauté pan on medium heat. Fry the **bell pepper**, **red onion** and half of the **garlic** for 12– 15 minutes, or until they are soft. Stir regularly and make sure the vegetables do not burn.

**Fact:** Bell peppers comes packed with vitamin C. Did you know that this stimulates the absorption of iron? A perfect match for the iron-rich steak and bulgur!



## Make the herb marinade

In the meantime, finely chop the **chives**, **basil** and **flat leaf parsley**, but keep them separated. Set aside the chives for the salad. In a bowl, mix per person: 1 tbsp olive oil and ½ tbsp white wine vinegar with the **basil**, **parsley** and the remaining **garlic**. Season with salt and pepper. Mix the **beef strips** with the marinade.



## Add the snow peas

Optionally, trim the ends off the **snow peas** (Tip). Fry the **snow peas** with the **bell pepper** and **onion** for the final 3 – 5 minutes.

**Tip:** Some snow peas have fibres that are easy to pull off when chopping off the ends.



## Fry the beef strips

In the meantime, heat a frying pan on medium-high heat. Wait until the pan is nice and hot and fry the **beef strips**, including marinade, for 2 – 3 minutes until brown all around. The beef may still be pink on the inside (Tip).

**Tip:** Make sure you don't overcook the beef strips to prevent the meat from becoming chewy.



## Serve

Add the **bulgur** and vegetables to a salad bowl. Add the **chives**, season to taste with salt and pepper and mix well. Transfer the salad to plates and top with the **beef strips**. Optionally, drizzle any cooking oil from the pan over the salad for extra flavour.

**Fact:** Did you know that this meal contains half of the RDI of fibre? Fibre-rich foods offer a lot of health benefits, including a strong immune system and a healthy cholesterol level.

## Enjoy!





# Pork tenderloin medallion with lamb's lettuce mash with stewed cherry tomatoes

Quick & easy Family Balanced

Total time: 25 min. (based on 2 servings)



Pork tenderloin is a relatively lean piece of pork and is full of B-vitamins- very suitable for a balanced meal!



Starchy potatoes



Shallot



Red cherry tomatoes



Lamb's lettuce



Pork tenderloin medallion

## Cupboard items

Vegetable stock cube, butter, mustard, white balsamic vinegar, sugar, olive oil, milk, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, kitchen paper, saucepan, aluminium foil, potato masher

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Starchy potatoes (g)	250	500	750	1000	1250	1500
Shallot (pcs)	1	2	3	4	5	6
Red cherry tomatoes (g)	250	500	750	1000	1250	1500
Lamb's lettuce* (g)	20	40	60	80	100	120
Pork tenderloin medallion* (g)	100	200	300	400	500	600
Not included						
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	2,5	5	7,5	10	12,5	15
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Milk	a splash					
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	2615 / 625	343 / 82
Total fat (g)	23	3
Of which: saturated (g)	10,5	1,4
Carbohydrates (g)	68	9
Of which: sugars (g)	20,4	2,7
Fibre (g)	10	1
Protein (g)	32	4
Salt (g)	2,0	0,3

## Allergens

-

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## Cook the potatoes

- Wash or peel the **potatoes** and cut them into large pieces.
- Boil ample water with a generous pinch of salt in a pan with a lid and crumble ¼ stock cube per person into the pan.
- Cook the **potatoes** for 12 – 15 minutes. Then drain and allow to steam dry without the lid.
- In the meantime, chop the **shallot**. Cut the red **cherry tomatoes** in half and roughly chop the **lamb's lettuce**.

**Fact:** Did you know that potatoes are super healthy? They are rich in good carbohydrates, potassium, vitamin C, B6 and B11 and fibre!



## Fry the pork

- Pat dry the **pork medallions** with kitchen paper and rub with salt and pepper.
- Heat the olive oil in a frying pan on medium–high heat. Fry the **pork medallions** for 3 – 4 minutes per side. Take them from the pan and allow to rest under aluminium foil.
- In the meantime, mash the **potatoes** using a potato masher. Add the remaining mustard and a splash of milk to make it smooth and creamy.



## Make the sauce

- Heat the butter in a saucepan on medium heat. Add the **shallot** and fry for 2 minutes. Add the **cherry tomatoes** and fry for 5 minutes.
- Add per person: 2 tsp mustard, ½ tsp white wine vinegar and 1 tsp sugar and stir into a smooth sauce. Season to taste with salt and pepper.

**Fact:** Did you know that cherry tomatoes contain more beta carotene than regular tomatoes? Beta carotene is an antioxidant that protects the body from tissue damage and ageing.



## Serve

- Mix the **lamb's lettuce** with the puree and season with salt and pepper (Tip).
- Transfer the mash to plates and serve with the **pork medallion**.
- Serve with the cherry tomato sauce.

**Tip:** Optionally, set aside part of the lamb's lettuce to use as garnishing.

## Enjoy!





# Oven-roasted courgette in creamy tomato sauce

## with conchiglie and buffalo mozzarella

Week without meat Family Vegetarian

Total time: 40 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Courgette



Garlic clove



Red onion



Diced tomatoes with basil



Italian herbs



Single cream



Buffalo mozzarella



Conchiglie



Fresh basil

### Cupboard items

Olive oil, black balsamic vinegar, extra-virgin olive oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, baking dish, sauté pan, peeler or cheese slicer

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Diced tomatoes with basil (pack)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Single cream (ml) 7)	100	200	300	400	500	600
Buffalo mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Conchiglie (g) 1) 20)	90	180	270	360	450	540
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Extravirgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4049 / 968	575 / 138
Total fat (g)	47	7
Of which: saturated (g)	23,5	3,3
Carbohydrates (g)	97	14
Of which: sugars (g)	27,7	3,9
Fibre (g)	9	1
Protein (g)	32	5
Salt (g)	2,3	0,3

## Allergens

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 20) Soy

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## Contact

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## Prepare

Preheat the oven to 180 degrees. Separate the **courgette** into long ribbons using a peeler or cheese slicer. Press or mince the **garlic** and chop the **red onion**.



## Make the sauce

Heat the olive oil in a sauté pan on medium-high heat and fry the **garlic** and **red onion** for 2 – 3 minutes. Deglaze with the **diced tomatoes** and the **single cream**. Add per person: 1 tbsp black balsamic vinegar and 1 tsp **Italian herbs**. Season with salt and pepper and mix well. Allow to cook on low heat for 5 more minutes.



## Fill the baking dish

Transfer the **courgette** ribbons to a baking dish (they may overlap). Tear the **buffalo mozzarella** into small pieces.

**Fact:** Reducing your meat consumption is a great way to help alleviate the pressure we put on the environment. And with this dish, it comes at no cost at all! Each portion is rich in iron (because of the vegetables), calcium and vitamins B2 and B12 (because of the mozzarella), with no meat in sight!



## Finish the dish

Pour the sauce over the **courgette ribbons** in the baking dish and divide the **mozzarella** over the whole. Season with salt and pepper. Cook in the oven for 20 minutes.

**Fact:** Did you know that conserved tomatoes in a can or carton contain almost the same amount of vitamins and minerals as fresh tomatoes?



## Cook

In the meantime, boil ample water with a pinch of salt in a pan with a lid for the **conchiglie**. Cook the **conchiglie** for 14 – 16 minutes, covered with the lid. Then drain and allow to steam dry without the lid. Cut or tear the **basil** into large pieces.



## Serve

Add the extra virgin olive oil and half of the **basil** to the **conchiglie**. Season with salt and pepper and mix well. Transfer the **conchiglie** to plates and add the courgette and sauce on top. Garnish with the remaining **basil**.

## Enjoy!





# Spinach—coconut curry with yellow rice with tomato, cashew nuts and a fried egg

Week without meat Quick & easy Vegetarian

Total time: 25 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Onion



Garlic clove



Tomato



Ground turmeric



Jasmine rice



Roasted cashew nuts



Grated coconut



Curry powder



Coconut milk



Cage-free egg



Spinach

## Cupboard items

Vegetable stock, olive oil, sunflower oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, wok or sauté pan, frying pan

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Ground turmeric (tsp)	½	1	1½	2	2½	3
Jasmine rice (g)	85	170	250	335	420	505
Roasted cashew nuts (g) 5) 8) 25)	10	20	30	40	50	60
Grated coconut (g) 19) 22) 25)	5	10	15	20	25	30
Ground curry spices (tsp) 9) 10)	1	2	3	4	5	6
Coconut milk (ml)	50	100	150	200	250	300
Cage-free egg* (pcs) 3)	1	2	3	4	5	6
Spinach* (g) 23)	100	200	300	400	500	600
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3400 / 813	509 / 122
Total fat (g)	43	6
Of which: saturated (g)	16,5	2,5
Carbohydrates (g)	82	12
Of which: sugars (g)	7,2	1,1
Fibre (g)	5	1
Protein (g)	21	3
Salt (g)	2,4	0,4

## Allergens

3) Eggs 5) Peanuts 8) Nuts 9) Celery 10) Mustard  
**May contain traces of:** 19) Peanuts 22) Nuts 23) Celery 25) Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

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## Prepare

Prepare the stock. Chop the **onion** and press or mince the **garlic**. Dice the **tomato**.



## Prepare the rice

Heat half of the olive oil in a pan with a lid on medium heat and fry the **onion** for 2 minutes. Add the **ground turmeric** and fry for 1 minute. Add the **rice** and the stock and cook the **rice** for 12 – 15 minutes, covered with the lid. Optionally, add some extra water in case the rice becomes dry too quickly. Then allow to steam dry without the lid.



## Roast the topping

In the meantime, heat a wok or sauté pan on medium-high heat and roast the **cashew nuts** for 1 minute, without oil or butter. Then add the **grated coconut** and roast until golden brown. Take both from the pan and set aside.



## Make the curry

Allow the wok or sauté pan to cool briefly. Then heat the sunflower oil in the pan and fry the **garlic** and **curry powder** for 1 – 2 minutes on medium heat. Add the **tomato** and stir fry for 4 minutes. Add the **coconut milk** (Tip), season with salt and pepper and bring to a boil.

**Tip:** Coconut milk is a natural product which can (partly) turn solid in the container. Don't worry: these are natural fats, which give the coconut milk its rich and creamy flavor. Open the container and stir the coconut milk with a fork, or allow the solid coconut milk to melt in the pan with tomato.



## Add the spinach

In the meantime, heat the remaining olive oil in a frying pan and fry 1 sunny-side up **egg** per person. Tear the **spinach** into the wok or sauté pan with curry and allow to wilt while stirring. Then cook gently for 1 – 2 minutes.

**Fact:** Spinach is rich in iron, which contributes to an energised feeling. People who don't eat meat have to make sure they consume enough iron by eating spinach or other green vegetables, legumes, nuts, seeds or tofu for example.



## Serve

Transfer the rice and curry to plates and garnish with the **cashew nuts** and **grated coconut**. Serve with the fried egg.

## Enjoy!





# Cauliflower steak with blue cheese topping with rosemary potatoes and smoked mushrooms

Week without meat | Vegetarian

Total time: 45 min. (based on 2 servings)



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Mushrooms



Garlic clove



Smoked paprika



Fresh rosemary



Semi-starchy potatoes



Cauliflower



Fresh parsley



Whipping cream



Middle Eastern spices



Danablu



Chopped walnuts

Cupboard items

Olive oil, butter, salt and pepper



## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, 2x bowl, small bowl, hand blender, deep bowl, frying pan with a lid, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	60	125	180	250	305	375
Garlic clove (pcs)	½	1	1½	2	2½	3
Smoked paprika (tsp)	0,5	1	1,5	2	2,5	3
Fresh rosemary* (stems)	½	1	1½	2	2½	3
Semi-starchy potatoes (g)	150	300	450	600	750	900
Cauliflower* (pcs)	½	1	1½	2	2½	3
Fresh parsley* (g)	5	10	15	20	25	30
Whipping cream* (ml) 7)	50	100	150	200	250	300
Middle Eastern spices (tsp)	1½	3	4½	6	7½	9
Danablu* (g) 7)	25	50	75	100	125	150
Chopped walnuts (g) 8) 19) 25)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1¼	1½	3¾	5	6¼	7½
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2975 / 711	423 / 101
Total fat (g)	48	7
Of which: saturated (g)	20,1	2,9
Carbohydrates (g)	44	6
Of which: sugars (g)	12,5	1,8
Fibre (g)	13	2
Protein (g)	19	3
Salt (g)	1,3	0,2

## Allergens

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 25) Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

1



## Prepare the mushrooms

Preheat the oven to 200 degrees. Cut the **mushrooms** into quarters and press or mince the **garlic**. In a bowl, mix the **mushrooms** with the **garlic** and per person: ½ tbsp olive oil and ½ tsp **smoked paprika** (Tip). Season with salt and pepper and set aside.

**Tip:** Smoked paprika packs quite a strong flavour, so measure carefully.

4



## Fry the steak

Heat ¼ tbsp olive oil per person and ½ tbsp butter per person together in a large frying pan with a lid on medium heat. Sprinkle the **cauliflower steak** with salt and pepper and carefully place it into the hot pan. Fry for 1 – 3 minutes per side until golden brown. Then reduce the heat, cover the pan with the lid and allow the **cauliflower steak** to cook for another 8 – 10 minutes. Turn when halfway done and sprinkle with some more black pepper.

2



## Prepare the potatoes

Strip the **rosemary** leaves from the stems and finely chop the leaves. Wash the **potatoes** and cut them into wedges. In a bowl, mix the **potato wedges** with the **rosemary** and ½ tbsp olive oil per person. Season with salt and pepper and divide the **potatoes** over half of a baking sheet lined with baking paper. Roast in the oven for 15 minutes. Turn the **potatoes** and add the **mushrooms** on the other side of the baking sheet. Put the baking sheet back into the oven and heat everything together for another 15 – 25 minutes (Tip).

**Tip:** The dried herbs may cause the mushrooms to stick to the pan. Keep an eye on them and cover with aluminium foil at the end if necessary.

5



## Puree the cauliflower

In the meantime, finely chop the **flat leaf parsley**. In a high bowl, mix the cooked **cauliflower florets**, half of the **parsley** and per person: 50 ml **whipping cream** and 1 tsp **Middle Eastern spices**. Puree into a smooth and thick sauce using a hand blender. Transfer the puree back to the pan you used for the cauliflower florets and keep warm on low heat until the dish is finished. Season with salt and pepper.

**Fact:** If you eat vegetarian (regularly), it is important to make sure you get enough iron. Did you know that parsley is a good source of iron? It contains three times more iron per gram than steak, so the small amount of parsley in this dish contributes to a healthy iron intake!

3



## Prepare the cauliflower

Boil ample water with a pinch of salt in a pan with a lid. Cut 2 thick 2 cm slices from the middle of the **cauliflower**. Keep the stem attached so the florets don't fall off. Save these 'steaks' and cut the remaining **cauliflower** into small florets. Cook the florets for 10 – 12 minutes in the pan with boiling water, then drain and allow to steam dry without the lid (Tip).

**Tip:** Cook the cauliflower florets thoroughly to make sure you'll get a smooth puree. Extend the cooking time if necessary.

6



## Serve

Crumble the **danablu** and mix with the remaining **flat leaf parsley**, **walnuts** and **mushrooms** in a small bowl. Divide the cauliflower puree among plates and top with the **cauliflower steak**. Serve with the potatoes and top the **cauliflower steaks** with the **danablu** topping. Garnish with the remaining **Middle Eastern spices**.

## Enjoy!





# Penne in eggplant—cream sauce

with semi-dried tomatoes, pecorino and fresh basil

Week without meat Quick & easy Family Vegetarian

Total time: 20 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Onion



Garlic clove



Eggplant



Semi-dried tomato mix



Penne



Paprika



Whipping cream



Fresh basil



Rocket



Grated pecorino

## Cupboard items

Olive oil, vegetable stock, black balsamic vinegar, flour, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, sauté pan

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	½	1	1½	2	2½	3
Semi-dried tomato mix* (g)	35	60	90	120	150	180
Penne (g) 1) 20)	90	180	270	360	450	540
Paprika (tsp)	1	2	3	4	5	6
Whipping cream* (ml) 7)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Rocket* (g)	30	60	80	100	140	160
Grated pecorino* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	60	120	180	240	300	360
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	3893 / 930	804 / 192
Total fat (g)	55	11
Of which: saturated (g)	18,8	3,9
Carbohydrates (g)	80	16
Of which: sugars (g)	11,9	2,5
Fibre (g)	9	2
Protein (g)	24	5
Salt (g)	2,1	0,4

## Allergens

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 20) Soy

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

- Boil ample water with a pinch of salt in a pan with a lid for the penne. Prepare the stock.
- Chop the **onion** and press or mince the **garlic**.
- Cut the **eggplant** into 1 – 2 cm cubes. Roughly chop the **semi-dried tomatoes**.



## Make the sauce

- In the meantime, heat ½ tbsp olive oil per person in a sauté pan on medium–high heat.
- Fry the **onion**, **garlic** and **semi-dried tomatoes** for 3 – 4 minutes. Add 1 tsp **paprika** per person and fry for another minute.
- Deglaze with ½ tbsp black balsamic vinegar per person and the stock.
- Add the **whipping cream** and allow to cook on low heat for 4 – 5 minutes.



## Fry the eggplant

- Cook the **penne** for 10 – 12 minutes. Then drain and allow to steam dry without the lid.
- Mix the **diced eggplant** with ½ tbsp flour per person.
- Heat 1 tbsp olive oil per person in a frying pan on medium–high heat.
- Fry the **eggplant** for 8 – 10 minutes until brown all around.

**Tip:** This dish is rich in calories. Are you watching your calorie intake? Cook 70 g penne per person and use half the pecorino. Use the remaining ingredients to make a salad the next day.



## Serve

- Cut the **basil** into strips and divide the **rocket lettuce** among deep plates.
- Add the **penne**, half of the **pecorino**, half of the **basil** and the **eggplant** to the sauce. Mix well and season with salt and pepper.
- Divide the pasta among the plates with **rocket lettuce**.
- Garnish with the remaining **pecorino** and **basil**.

**Fact:** Did you know that eating less meat is associated with health benefits? Among other things, it helps reduce the risk of developing cardiovascular disease.

## Enjoy!





# Chicken sausages with aromatic rice with garlic flat beans and basil paste

Quick & easy Family

Total time: 20 min. (based on 2 servings)



The chicken sausages are made of local free-range chickens and come seasoned with bell pepper, oregano and thyme – they contain less salt, just for us!



Onion



Garlic clove



Basmati rice



Pre-cut flat beans



Basil paste



Seasoned  
chicken sausage



Fresh parsley  
and chives



Tomato

## Cupboard items

Olive oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

### Equipment

Pan with a lid, sauté pan, frying pan with a lid

### Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Basmati rice (g)	70	140	210	280	350	420
Pre-cut flat beans* (g 23)	100	200	300	400	500	600
Basil paste* (pcs)	1	1	2	2	3	3
Seasoned chicken sausage* (pcs)	2	4	6	8	10	12
Fresh parsley and chives* (g)	5	10	15	20	25	30
Tomato (pcs)	1	2	3	4	5	6

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	2670 /638	612 /146
Total fat (g)	30	7
Of which: saturated (g)	5,1	1,2
Carbohydrates (g)	64	15
Of which: sugars (g)	5,2	1,2
Fibre (g)	7	2
Protein (g)	25	6
Salt (g)	1,7	0,4

### Allergens

May contain traces of: 23) Celery

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

### Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



### Prepare

- Boil ample water in a pan with a lid for the rice.
- Chop the **onion** and press or mince the **garlic**.
- Cook the **rice** in the pan with boiling water for 10 – 12 minutes, covered with the lid. Then drain and allow to steam dry without the lid.



### Fry the chicken sausages

- In the meantime, heat ½ tbsp olive oil per person in a frying pan with a lid on medium-high heat.
- Fry the **chicken sausages** for 2 – 3 minutes until brown all around. Cover the pan with the lid and fry for another 4 – 6 minutes. Turn regularly.
- In the meantime, roughly chop the **chives** and **flat leaf parsley**. Dice the **tomato**.



### Fry the flat beans

- Heat ½ tbsp olive oil per person in a sauté pan on medium-high heat and fry the **garlic** and **onion** for 1 – 2 minutes.
- Add the **cut flat beans** and fry for another 10 – 12 minutes.
- For the final 2 minutes, add the **basil paste**, mix well and season with salt and pepper.

**Fact:** Did you know that flat beans are rich in fibre for healthy digestion, calcium for strong bones, potassium for healthy blood pressure and iron for a high energy level?



### Serve

- Mix the **fresh herbs** and **diced tomato** with the cooked **rice**. Season to taste with salt and pepper.
- Transfer the herb rice to plates.
- Serve with the **chicken sausages** and **flat beans**.

### Enjoy!





# Homemade tuna burger with capers and pickles with baby potatoes, tomato–cucumber salad and mayonnaise

Quick & easy

Total time: 20 min. (based on 2 servings)



The fishermen at Fish Tales catch their tuna in a way that puts as little pressure on the ocean as possible – one at a time, with a rod and line.



Baby potatoes



Tuna in olive oil



Cage-free egg



Mayonnaise



Tomato



Cucumber



Panko breadcrumbs



Shallot



Capers and pickles

## Cupboard items

Sunflower oil, butter, black balsamic vinegar, honey, white wine vinegar, extra virgin olive oil

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, bowl, frying pan, salad bowl, peeler or cheese slicer

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Tuna in olive oil (can) 4)	1	1	2	2	3	3
Cage-free egg* (pcs) 3)	1	2	3	4	5	6
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Tomato (pcs)	1	2	3	4	5	6
Cucumber* (pcs)	½	1	1½	2	2½	3
Panko breadcrumbs (g) 1)	12½	25	32½	50	57½	75
Shallot (pcs)	½	1	1½	2	2½	3
Capers and pickles* (g)	25	50	75	100	125	150
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	3726 / 891	540 / 129
Total fat (g)	58	8
Of which: saturated (g)	11,5	1,7
Carbohydrates (g)	61	9
Of which: sugars (g)	13,8	2,0
Fibre (g)	7	1
Protein (g)	26	4
Salt (g)	1,8	0,3

## Allergens

1) Grains containing gluten 3) Eggs 4) Fish 10) Mustard  
May contain traces of: 19) Peanuts 22) Nuts

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Cook the baby potatoes

- Boil ample water in a pan with a lid for the **baby potatoes**.
- Wash the **baby potatoes**, cut them in half; cut any large ones into quarters.
- Cook the **baby potatoes** in the pan with boiling water for 12 – 15 minutes. Then drain and allow to steam dry without the lid.



## Make the tuna burgers

- Drain the **tuna** and chop the **shallot**.
- In a bowl, mix the **tuna** with 1 **egg yolk** per person, the **shallot**, **panko**, **capers** and **pickles** (Tip).
- Shape the tuna mixture into 1 burger per person.
- Heat 1 tbsp sunflower oil per person in a frying pan on medium-high heat and fry the **burgers** for 3 – 4 minutes until cooked. Turn regularly.

**Tip:** Drain the capers and pickles properly or pat dry with a paper towel.



## Make the salad

- Cut the **cucumber** in half and separate the **cucumber** into thin ribbons using a peeler.
- Cut the **tomato** into half moons.
- In a salad bowl, mix ½ tbsp black balsamic vinegar per person with the honey, white wine vinegar and extra virgin olive oil.
- Add the **cucumber** and **tomato** to the salad bowl and mix well.

**Fact:** Cucumbers are mostly water, but they also contain vitamins and minerals. They hydrate, contain few calories and provide essential nutrients: win-win!



## Serve

- Mix the **baby potatoes** with ½ tbsp butter per person and season to taste with salt and pepper.
- Transfer the baby potatoes to plates and serve with the **tuna burger** and tomato-cucumber salad.
- Add a spoonful of **mayonnaise** next to the baby potatoes.

## Enjoy!





# Enchiladas with pumpkin and cheddar

with Mexican spices, sour cream and walnut–spinach salad

Week without meat Vegetarian

Total time: 35 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Garlic clove



Red onion



White long-grain rice



Diced pumpkin



Spinach



Sour cream



Mexican herbs



Grated cheddar



White tortilla



Chopped walnuts



Olive oil with lemon

Cupboard items

Olive oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, salad bowl, sauté pan with a lid, baking dish

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic clove (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
White long-grain rice (g)	45	85	130	170	215	255
Diced pumpkin* (g) 75	150	225	300	375	450	
Spinach* (g) 23	100	200	300	400	500	600
Sour cream (g) 7	50	100	150	200	250	300
Mexican herbs (packet)	½	1	1½	2	2½	3
Grated cheddar* (g) 7	25	50	75	100	125	150
White tortilla (pcs)	2	4	6	8	10	12
Chopped walnuts (g) 8 19 25	10	20	30	40	50	60
Olive oil with lemon* (pcs)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3829 / 915	786 / 188
Total fat (g)	39	8
Of which: saturated (g)	11,7	2,4
Carbohydrates (g)	108	22
Of which: sugars (g)	10,3	2,1
Fibre (g)	6	1
Protein (g)	28	6
Salt (g)	2,2	0,5

## Allergens

1) Grains containing gluten 7) Milk/lactose 8) Nuts  
**May contain traces of:** 19) Peanuts 23) Celery  
 25) Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the rice. Press or mince the **garlic** and chop the **red onion**.



## Make the enchiladas

Add the **rice** to the sauté pan with vegetables. Heat for another 2 minutes, then take the pan from the heat. Mix in half of the **sour cream** and half of the **cheddar**. Top the **tortillas** with the pumpkin-spinach mixture. Roll the **tortillas** into logs and lay them side by side in a baking dish. Sprinkle the remaining **cheddar** over them and heat in the oven for 8 – 10 minutes.



## Cook the rice

Weigh the **rice** and cook the **rice** for 12 – 15 minutes in the pan with boiling water, until al dente. Then drain and allow to steam dry without the lid.

**Fact:** *Saying no to meat (occasionally) contributes to a healthier environment. This dish is packed with iron, calcium and B-vitamins – giving you everything you need without any meat in sight!*



## Make the salad

Heat a frying pan without oil on high heat and roast the **chopped walnuts** until golden brown. Then take from the pan and allow to cool in a salad bowl. Add the remaining **spinach** to the salad bowl as well. Right before serving, mix the **lemon oil** with the **spinach** and season to taste with salt and pepper.



## Fry the vegetables

In the meantime, heat ½ tbsp olive oil per person in a sauté pan with a lid. Add the **red onion**, **garlic**, **diced pumpkin** and ½ packet **Mexican spices** per person. Fry for 2 – 3 minutes. Add 1 tbsp water per person and allow to stew for 2 – 3 minutes, covered with the lid. Add ⅔ of the **spinach** and stir until the spinach has wilted.



## Serve

Transfer the enchiladas to plates. Serve with the remaining **sour cream** and the **spinach** salad.

## Enjoy!





# Asian fusion salad with vegetarian beef strips with udon noodles, peanuts and fresh coriander

Week without meat | Balanced | Quick & easy | Vegetarian

Total time: 20 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Garlic clove



Fresh ginger



Lime



Sweet Asian sauce



Gomashio



Soy sauce



Vegetarian beef strips



Cucumber



Red pointed pepper



Red onion



Fresh coriander



Fresh udon noodles



Salted peanuts



Red chili pepper

## Cupboard items

Sunflower oil, sugar, salt and pepper



## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Wok or sauté pan, bowl, small bowl, salad bowl, grater

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh ginger* (cm)	1	2	3	4	5	6
Lime (pcs)	¼	½	¾	1	1¼	1½
Sweet Asian sauce (packet) 1) 6)	1	2	3	4	5	6
Gomashio (packet) 11)	½	1	1½	2	2½	3
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Vegetarian beef strips* (g) 1) 3) 6)	80	160	240	320	400	480
Cucumber* (pcs)	½	1	1½	2	2½	3
Red pointed pepper* (pcs)	1	2	3	4	5	6
Red onion (pcs)	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Fresh udon noodles (pack) 1)	½	1	1½	2	2½	3
Salted peanuts (g) 5) 22) 25)	10	20	30	40	50	60
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	2216 / 530	487 / 116
Total fat (g)	19	4
Of which: saturated (g)	2,3	0,5
Carbohydrates (g)	60	13
Of which: sugars (g)	20,3	4,4
Fibre (g)	5	1
Protein (g)	28	6
Salt (g)	4,9	1,1

## Allergens

1) Grains containing gluten 3) Eggs 5) Peanuts 6) Soy 11) Sesame seed  
May contain traces of: 22) Nuts 25) Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

- Finely grate the **garlic** and **ginger**. Cut the **lime** into 2 wedges per person.
- In a bowl, mix the **sweet Asian sauce**, **gomashio**, **soy sauce**, **ginger** and **garlic** (Tip). Add per person: ½ tsp sugar and the juice of 1 **lime wedge**.
- Add ¾ of this mixture to the **vegetarian beef strips** and allow to marinate while you cut the vegetables.

**Tip:** Are you watching your salt intake? Don't use any soy sauce and rinse the noodles in a colander before use. Optionally, add a little soy sauce to taste after serving.



## Fry

- Heat ½ tbsp sunflower oil per person in a wok or sauté pan on medium–high heat.
- Stir fry the **vegetarian beef strips** for 2 – 3 minutes. Then add the **udon noodles** and heat for another 2 – 3 minutes.
- In the meantime, roughly chop the **peanuts** and cut the **red chili pepper** into thin rings.

**Fact:** Did you know that peanuts are rich in vitamin E and magnesium, among other things? Vitamin E supports the immune system and magnesium contributes to the formation and proper functioning of bones and muscles. Just a handful packs 20% of the RDI of both.



## Cut

- Cut the **cucumber** in half lengthwise and cut into half moons.
- Cut the pointed pepper into strips and cut the **red onion** into thin half rings.
- Finely chop the **coriander**.
- In a salad bowl, mix the **cucumber** with the **pointed pepper**, **red onion** and **coriander**.



## Serve

- Add the **udon noodles** and **vegetarian beef strips** to the salad and mix well.
- Transfer the salad to plates and garnish with the remaining **lime wedges** and the **peanuts**.
- Do not forget the leftover marinade/sauce, add this to taste with the **red chili pepper** 🌶️.

🌶️ Be aware: the red chili pepper is spicy! Not a fan of spiciness or do you have young children joining for dinner? Add less of it or serve separately.

## Enjoy!





# Hotchpotch soup with smoked sausage and tomato

with parsley and a whole wheat roll au gratin

Super quick

Total time: 15 min. (based on 2 servings)



The smoked sausage in this recipe is of artisanal origin: made with organic pork and smoked over birch wood.



Mix of pre-cut carrot and onion



Mix of onion and garlic



Pre-cooked halved baby potatoes.



Smoked pork sausage



Plum tomato



Whole grain roll



Grated matured cheese



Fresh parsley

## Cupboard items

Butter, beef stock, mustard, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Stock pot with lid, potato masher, baking sheet lined with baking paper

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Mix of pre-cut carrot and onion* (g)	150	300	450	600	750	900
Mix of onion and garlic* (g)	10	20	30	40	50	60
Pre-cooked halved baby potatoes* (g)	100	200	300	400	500	600
Smoked pork sausage* (pcs)	1	2	3	4	5	6
Plum tomato (pcs)	½	1	1½	2	2½	3
Whole wheat roll (pcs) <b>1) 3) 6) 7) 22) 25) 27)</b>	1	2	3	4	5	6
Grated matured cheese* (g) <b>7)</b>	25	50	75	100	125	150
Fresh parsley* (g)	2½	5	7½	10	12½	15
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Beef stock (ml)	350	700	1050	1400	1750	2100
Mustard (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	3152 / 753	369 / 88
Total fat (g)	46	5
Of which: saturated (g)	20,7	2,4
Carbohydrates (g)	57	7
Of which: sugars (g)	10,8	1,3
Fibre (g)	11	1
Protein (g)	24	3
Salt (g)	7,7	0,9

## Allergens

**1)** Grains containing gluten **3)** Eggs **6)** Soy **7)** Milk/lactose  
**May contain traces of: 22)** Nuts **25)** Sesame seed **27)** Lupin

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

- Preheat the oven to 180 degrees and prepare the stock.
- Heat ½ tbsp butter per person in a stock pot with a lid on medium-high heat.
- Add the **onion-carrot mix**, the **onion-garlic mix** and the **pre-cooked baby potatoes**. Fry for 3 – 4 minutes.

**Fact:** Carrots are packed with vitamin A – good for growth, healthy skin, hair and nails and proper functioning of your eyes and immune system.



## Finish the soup

- Gratinates the bread slices with cheese in the oven for 4 – 5 minutes.
- Roughly mash the soup using a potato masher.
- Add 1 tbsp mustard per person to the soup and heat for another 3 minutes.
- Roughly chop the **flat leaf parsley**.



## Cook the soup

- Cut the **smoked sausage** into slices and dice the **tomato**.
- Deglaze the vegetables in the stock pot with the stock and add the smoked **sausage** and **tomato**. Bring to a boil and allow to cook for 5 minutes.
- Cut the **whole grain roll** into slices, transfer to a baking sheet lined with baking paper and sprinkle with the **matured cheese** (Tip).

**Tip:** Optionally, spread the slices with a layer of mustard first.



## Serve

- Taste the soup and season with salt and pepper if necessary.
- Transfer the soup to soup bowls and garnish with the **flat leaf parsley**.
- Serve with the gratinated bread slices.

## Enjoy!





# Chicken breast in mustard–cream sauce with leek, fried potatoes and broccoli

Family Quick & easy

Total time: 25 min. (based on 2 servings)



What makes broccoli a super vegetable? The high amount of a) vitamins b) fibre, or c) iron.



Waxy potatoes



Leek



Garlic clove



Shallot



Fresh rosemary



Chicken breast



Broccoli



Whipping cream

## Cupboard items

Butter, olive oil, vegetable stock, white wine vinegar, mustard, salt and pepper

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Frying pan, 2x sauté pan with a lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Waxy potatoes (g)	200	400	600	800	1000	1200
Leek* (g)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Fresh rosemary* (sprigs)	½	1	1½	2	2½	3
Chicken fillet* (pcs)	1	2	3	4	5	6
Broccoli* (g)	125	250	375	500	625	750
Whipping cream* (ml) 7)	75	150	200	300	350	450
Not included						
Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3903 /933	463 /111
Total fat (g)	65	8
Of which: saturated (g)	27,7	3,3
Carbohydrates (g)	48	6
Of which: sugars (g)	6,1	0,7
Fibre (g)	10	1
Protein (g)	34	4
Salt (g)	2,7	0,3

Allergens

7) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



Fry the potatoes

Prepare the stock. Peel or thoroughly wash the **potatoes** and cut into ½ cm slices. Heat half of the olive oil in a sauté pan with a lid and fry the **sliced potato** for 15 – 20 minutes on medium–low heat, covered with the lid. Take off the lid for the final 5 minutes. Season with salt and pepper.



Fry the chicken

In the meantime, cut the **leek** into thin half rings. Press or mince the **garlic** and chop the **shallot**. Strip the **rosemary** leaves from the stems and roughly chop the leaves. Heat half of the butter in a frying pan on medium–high heat and fry the **chicken breast** for 2 – 3 minutes per side. Then take the **chicken** from the pan and set aside. It does not have to be cooked through yet. Meanwhile, cut the **broccoli** head into florets and dice the stem.



Fry the leek

Heat the remaining butter in the same frying pan and fry the **shallot** for 1 – 2 minutes. Add the **leek** and **garlic** and stir fry for 2 – 3 minutes.



Stew the broccoli

Heat the remaining olive oil in a sauté pan with a lid on high heat and fry the **broccoli** for 1 – 2 minutes. Deglaze with 125 ml stock per person (not all of the stock). Reduce the heat and stew the **broccoli** for 10 – 12 minutes, covered with the lid. Then drain if necessary.



Make the mustard sauce

Deglaze the **leek** with 75 ml stock per person. Add the mustard, white wine vinegar and **rosemary**. Reduce the heat, add the **whipping cream** and allow to reduce for 12 minutes. Add the **chicken breast** for the final 5 minutes.



Serve

Divide the broccoli and potatoes among plates and serve with the chicken in mustard–cream sauce.

Enjoy!

Answer: a, b and c!





# Rice dish with sweet potato, feta and spicy salsa

inspired by Peruvian cuisine

Week without meat Vegetarian

Total time: 45 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Red onion



Sweet potato



Corn cob



Black beans



Lime



Red chili pepper



Plum tomato



Fresh coriander



White long



grain rice Feta



Semi-skimmed yoghurt

## Cupboard items

Olive oil, extra virgin olive oil, vegetable stock cube, salt and pepper



## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, salad bowl, baking sheet lined with baking paper, colander

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (pcs)	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Corn cob* (pcs)	½	1	1½	2	2½	3
Black beans (pack)	½	¾	1	1½	1¾	2
Lime (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Plum tomato (pcs)	½	1	1½	2	2½	3
Fresh coriander *(g)	10	20	30	40	50	60
White long-grain rice (g)	70	140	210	280	350	420
Feta* (g) 7)	50	75	100	125	175	200
Semi-skimmed yoghurt* (g) 7) 19) 22)	50	75	100	125	175	200
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3729 / 891	614 / 147
Total fat (g)	37	6
Of which: saturated (g)	9,4	1,5
Carbohydrates (g)	109	18
Of which: sugars (g)	21,8	3,6
Fibre (g)	14	2
Protein (g)	23	4
Salt (g)	2,9	0,5

## Allergens

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.



## Prepare

Preheat the oven to 210 degrees. Cut the **red onion** into quarters. Wash or peel the **sweet potato** and cut into 2 cm cubes. Remove the leaves from the **corn cob**, put it upright on a cutting board and carefully cut off the **corn kernels**. Drain the **black beans** in a colander.



## In the oven

Transfer the **red onion** and **sweet potato** to a baking sheet lined with baking paper. Drizzle with ½ tbsp olive oil per person, salt and pepper and mix well. Roast in the oven for 25 – 30 minutes. Turn when halfway done. For the final 8 – 10 minutes, add the **corn** and **black beans** to the baking sheet with **onion** and **sweet potato**, together with ½ tbsp olive oil per person, salt and pepper.



## Make the salsa

Juice the **lime**. Remove the **seeds** from the **red chili pepper** and finely chop the pepper. Finely dice the **tomato** and finely chop the **coriander**. In a salad bowl, mix per person: ½ tsp **lime juice** and 1 tbsp extra virgin olive oil. Mix the **chili pepper** , **tomato** and **coriander** with the dressing in the salad bowl. Season with salt and pepper.

🔥 Beware, the red chili pepper is spicy! If you don't like spicy food or having dinner with young children, use less red chili pepper to taste or serve it separately.



## Cook the rice

Boil ample water in a pan with a lid and crumble the stock cube into the pan. Cook the **rice** for 12 – 15 minutes, covered with the lid (Tip). Then drain and allow to steam dry without the lid.

**Tip:** This dish is rich in calories. Are you watching your calorie intake? Use 50 g rice and 25 g feta per person.



## Finish

Crumble the **feta**.

**Tip:** Saying no to meat (occasionally) contributes to a healthier environment. This dish is packed with vitamin B12 thanks to the feta and yoghurt – giving you everything you need without any meat in sight!



## Serve

Transfer the **rice** to plates and serve with the salsa on top so the flavours mix with the rice. Top with the **sweet potato, onion, corn** and **beans**. Serve the **semi-skimmed yoghurt** with the sweet potato and garnish with the **feta**.

## Enjoy!





# Haddock with chive sauce with oven-roasted potatoes and carrots

Balanced

Total time: 40 min. (based on 2 servings)



Haddock is the main ingredient of what famous street food dish?



Carrot



Waxy potatoes



Fresh chives



Full-fat yoghurt



Haddock fillet

## Cupboard items

Olive oil, mustard, butter, salt and pepper

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Pan with a lid, frying pan, small bowl, kitchen paper, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (g)	250	500	750	1000	1250	1500
Waxy potatoes (g)	250	500	750	1000	1250	1500
Fresh chives* (g)	2½	5	7½	10	12½	15
Full-fat yoghurt* (g) 7)	25	50	75	100	125	150
Haddock fillet* (pcs) 4)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2343 /560	392 /94
Total fat (g)	21	4
Of which: saturated (g)	7,0	1,2
Carbohydrates (g)	60	10
Of which: sugars (g)	9,7	1,6
Fibre (g)	10	2
Protein (g)	27	4
Salt (g)	0,5	0,1

Allergens

4) Fish 7) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



Prepare

Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the potatoes and carrots. Weigh 250 g **carrot** per person. Cut each **carrot** into quarters lengthwise. Thoroughly wash or peel the **potatoes** and cut into long, thin wedges.

**Fact:** Thanks to the carrot, this dish is rich in vitamin A, which is important for growth, your immune system and healthy eyes. Plus, this dish is low in salt and high in fibre.



Make the chive sauce

In the meantime, finely chop the **fresh chives**. In a small bowl, mix the **yogurt**, ½ tsp mustard per person and the **chives**. Season with salt and pepper.

**Fact:** You'll be making a refreshing and balanced sauce with yoghurt – rich in calcium and vitamin B2, but low in calories!



Cook

Cook the **carrots** and **potatoes** together in the pan with boiling water for 8 – 10 minutes. Drain and allow to steam dry without the lid.



Heat the sauce

Once the vegetables in the oven are almost done, pat the **haddock fillet** dry with kitchen paper. Melt ½ tbsp butter per person in a frying pan on medium–high heat and fry the **haddock fillet** for 2 – 3 minutes per side, or until cooked. Take the fish from the pan and add the chive sauce. Mix well with the cooking grease in the pan.



Roast

Transfer the **carrots** and **potatoes** to a baking sheet lined with baking paper, pat them dry with kitchen paper and mix with 1 tbsp olive oil per person. Roast in the oven for 20 – 30 minutes (Tip). Season to taste with salt and pepper.

**Tip:** The potatoes and carrot may need more time in the oven if you're using a combi microwave or electric oven. Stick a fork into a piece of potato and carrot. If it slides in smoothly, they are done.



Serve

Transfer the **carrot** and **potatoes** to plates, top with the **haddock fillet** and serve with the chive sauce.

Enjoy!

Answer: Fish & chips





# Vegetarian vol-au-vent with mushrooms with a puff pastry cup, potato puree and a salad

Week without meat Vegetarian

Total time: 35 min. (based on 2 servings)



Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means you're saving 101 litres of water!



Starchy potatoes



Chestnut mushrooms



Carrot



Onion



Garlic clove



Bay leaf



Whipping cream



Puff pastry cup



Fresh curly parsley



Plum tomato



Lamb's lettuce



Olive oil with lemon

## Cupboard items

Vegetable stock, butter, flour, milk, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, kitchen paper, salad bowl, sauté pan with a lid, potato masher, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Starchy potatoes (g)	200	400	600	800	1000	1200
Chestnut mushrooms* (g)	125	250	375	500	625	750
Carrot* (pcs)	⅓	⅔	1	1½	1¾	2
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	1	2	2	3	3
Bay leaf (pcs)	1	1	1	1	2	2
Whipping cream* (ml) 7)	50	100	150	200	250	300
Puff pastry cup (pcs) 1) 17) 21) 25) 27)	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Plum tomato (pcs)	½	1	1½	2	2½	3
Lamb's lettuce* (g)	30	60	90	120	150	180
Olive oil with lemon* (packet)	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	100	200	300	400	500	600
Butter (tbsp)	2	4	6	8	10	12
Flour (tbsp)	1	2	3	4	5	6
Milk	a splash					
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3865 / 924	522 / 125
Total fat (g)	61	8
Of which: saturated (g)	32,8	4,4
Carbohydrates (g)	73	10
Of which: sugars (g)	10,2	1,4
Fibre (g)	11	1
Protein (g)	15	2
Salt (g)	1,6	0,2

## Allergens

1) Grains containing gluten

May contain traces of: 17) Eggs 21) Milk/lactose

25) Sesame seed 27) Lupin

1



## Prepare

Preheat the oven to 180 degrees and prepare the stock. Boil ample water in a pan with a lid for the potatoes. Peel or thoroughly wash the **potatoes** and cut them into large pieces. Wipe clean the **chestnut mushrooms** with kitchen paper and cut them into slices. Finely dice the **carrot**. Chop the **onion** and press or mince the **garlic**.

2



## Cook the potatoes

Cook the **potatoes** in the pan with boiling water for 12 – 15 minutes. Then drain and allow to steam dry without the lid.

**Fact:** Did you know that chestnut mushrooms are a source of vitamin B2? It keeps your energy level up and prevents inflammations. Making sure you get enough of this vitamin is especially important if you are a vegetarian or a vegan.

3



## Fry the vegetables

Heat ½ tbsp butter per person in a sauté pan with a lid. Stir fry the **garlic, onion, carrot** and **mushrooms** for 4 – 6 minutes on medium-high heat. Then add per person: 1 tbsp butter and 1 tbsp flour. Fry for 1 – 2 minutes. Add the **bay leaf**, the stock and the **whipping cream**. Mix well into a smooth sauce. Allow to reduce on low heat for 6 – 8 minutes, covered with the lid.

4



## Heat the puff pastry cup

Transfer the **puff pastry cup** to a baking sheet lined with baking paper and heat in the oven for 5 – 8 minutes. In the meantime, roughly chop the **curly parsley**. Mash the **potatoes** into a puree using a potato masher. Add the remaining butter and a splash of milk to make it smooth. Season to taste with salt and pepper.

**Tip:** You might receive more puff pastry cups than necessary for this recipe. Feel free to use more puff pastry cups, but keep in mind that the amount of vol au vent stuffing will stay the same.

5



## Make the salad

Cut the **tomato** into wedges. In a salad bowl, mix the **lamb's lettuce** and **tomato** with the **olive oil with lemon**. Season to taste with salt and pepper.

**Fact:** Did you know that tomatoes offer lots of health benefits? They are rich in vitamin A, C, E and lycopene. Lycopene is an antioxidant that protects our cells from harmful influences. The riper the tomato, the more lycopene!

6



## Serve

Transfer a **puff pastry cup** to each plate and stuff with the vegetarian vol-au-vent. Serve the potato puree and salad next to the cup. Garnish with the **curly parsley**.

## Enjoy!





# Haddock à la meunière with spinach and almond with carrot–lentil puree

Balanced

Total time: 30 min. (based on 2 servings)



Haddock is the main ingredient of which famous street food dish?



Yellow carrot



Garlic clove



Lemon



Pre-cut carrot and onion mix



Red split lentils



Shaved almonds



Haddock fillet



Smoked paprika



Spinach

## Cupboard items

Vegetable stock, olive oil, flour, butter, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Frying pan, kitchen paper, sauté pan with a lid, aluminium foil, hand blender, plate

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Yellow carrot* (g)	50	100	150	200	250	300
Garlic clove (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1¼	1½
Pre-cut carrot and onion mix* (g)	150	300	450	600	750	900
Red split lentils (g)	40	60	80	100	140	160
Shaved almonds (g) 8) 19) 25)	10	20	30	40	50	60
Haddock fillet* (pcs) 4)	1	2	3	4	5	6
Smoked paprika (tsp)	½	1	1½	2	2½	3
Spinach* (g) 23)	100	200	300	400	500	600
Not included						
Vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	1	2	3	4	5	6
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2294 /548	371 /189
Total fat (g)	26	4
Of which: saturated (g)	9,8	1,6
Carbohydrates (g)	36	6
Of which: sugars (g)	10,0	1,6
Fibre (g)	13	2
Protein (g)	34	6
Salt (g)	1,7	0,3

## Allergens

4) Fish 8) Nuts  
May contain traces of: 19) Peanuts  
23) Celery 25) Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

Prepare the stock. Cut the **yellow carrot** in half lengthwise and cut into half moons. Press or mince the **garlic**. Cut the **lemon** into wedges.



## Fry the vegetables

Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium heat. Add the **yellow carrot**, the **garlic** and the **cut carrot-onion mix**. Fry for 3 – 4 minutes and season with salt and pepper. Add the **red lentils** and the stock and bring to a boil, covered with the lid. Cook for 15 – 20 minutes, or until the **lentils** are cooked.

**Tip:** Of all the legumes, lentils pack the most iron. In addition, they are rich in fibres and potassium, just like spinach. Potassium helps maintain healthy blood pressure.



## Prepare the haddock

Heat a frying pan on high heat and roast the **shaved almonds** until they start to colour, without oil. Then take from the pan and set aside. Spread out 1 tbsp flour over a plate. Pat dry the **haddock fillet** with kitchen paper and rub with salt and pepper. Then dip the **fillet** through the plate with flour and tap off any excess flour. Set aside until use.



## Puree

Take the sauté pan from the heat when the **carrot** and **lentils** are cooked. Puree into a smooth whole using a hand blender. Add per person: ½ tbsp butter and ½ tsp **smoked paprika**. Season to taste with salt and pepper and keep warm on low heat.



## Fry the fish

Heat ½ tbsp butter per person in the same frying pan on medium-high heat. When the butter is bubbling, add the **haddock fillet** and fry for 1 – 2 minutes per side. Then take the fish from the pan and keep warm under aluminium foil. Add the **spinach** to the same frying pan and allow to wilt.



## Serve

Transfer the carrot-lentil puree to plates and top with the fried spinach. Put the **haddock fillet** on the spinach and squeeze a **lemon wedge** per person over the whole. Garnish with the **shaved almonds** and the remaining **lemon wedges**.

## Enjoy!

Answer: Fish & chips

**Fact:** The haddock in this dish is rich in iodine – an important mineral for the thyroid, metabolism and growth of children. If you eat little bread or bread without baking soda, you may build up a deficiency. Make sure you eat (sea-caught) fish, eggs, dairy and seaweed regularly.





# Pulled chicken with coleslaw and corn cob with caramelised red onion and a Turkish roll

Premium

Total time: 50 min. (based on 2 servings)



With this home-made pulled chicken of chicken drumsticks in piri piri spices, you'll be serving an authentic BBQ-style roll, including coleslaw and corn on the cob.



Smoked paprika



Chicken drumsticks piri piri



Red onion



Garlic clove



Corn cob



Turkish roll



Red cabbage, white cabbage and carrot



Mayonnaise



Full-fat yoghurt



Fresh chives



Spicy onion chutney

## Cupboard items

Butter, olive oil, salt and pepper

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Baking dish, bowl, frying pan, small bowl, sauté pan, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Smoked paprika (tsp)	1	2	3	4	5	6
Chicken drumsticks piri piri* (pcs)	2	4	6	8	10	12
Red onion (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Corn cob* (pcs)	1	2	3	4	5	6
Turkish roll (pcs) 1) 17) 20) 21) 22) 25) 27)	1	2	3	4	5	6
Red cabbage, white cabbage and carrot* (g)	100	200	300	400	500	600
Mayonnaise (g) 3) 10) 19) 22)*	25	50	75	100	125	150
Full-fat yoghurt* (g) 7) 19) 22)	25	50	75	100	125	150
Fresh chives* (g)	2½	5	7½	10	12½	15
Spicy onion chutney* (g) 19) 22)	20	40	60	80	100	120
Not included						
Butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4790 / 1145	661 / 158
Total fat (g)	65	9
Of which: saturated (g)	21,0	2,9
Carbohydrates (g)	87	12
Of which: sugars (g)	33,1	4,6
Fibre (g)	11	2
Protein (g)	48	7
Salt (g)	3,2	0,4

Allergens

1) Grains containing gluten  
3) Eggs 7) Milk/lactose 10) Mustard  
May contain traces of: 17) Eggs 19) Peanuts 20) Soy  
21) Milk/lactose 22) Nuts 25) Sesame seed 27) Lupin



Fry the chicken

Preheat the oven to 210 degrees and take the butter from the refrigerator. Heat the olive oil in a frying pan on medium-high heat and fry the **smoked paprika** for 1 minute (Tip). Add the **chicken drumsticks** and fry them for 4 – 6 minutes all around. Season with salt and pepper. In the meantime, slice the **red onion** into half rings and press or mince the **garlic**.

Tip: Smoked paprika may stick to the pan, so keep a close eye on it and add the chicken drumsticks sooner if necessary.



In the oven

In a small bowl, mix the **garlic** with 1 tbsp butter per person. Transfer the **corn cob** to a baking sheet lined with baking paper and spread the top of the **corn cob** with the garlic butter. Season with salt and pepper. Transfer the **chicken drumsticks** to a baking dish and place it on the same baking sheet, next to the corn. Cook the **corn** and **chicken** in the oven for 20 – 25 minutes. Add the **Turkish roll** for the final 3 – 4 minutes.



Caramelize the onion

Heat a sauté pan on medium-high heat, without oil. Add the **red onion** and a pinch of salt and fry for 2 – 3 minutes. Add ½ tbsp butter per person, stir until the butter has melted and reduce the heat to medium. Fry the **onion** for 15 – 20 minutes, until soft. Stir regularly to prevent the onion from burning.



Make the salad

In the meantime, mix the **cabbage and carrot mix** with the **mayonnaise** and **yogurt** in a bowl. Season to taste with salt and pepper. Finely chop the **chives**.



Separate the chicken

Take the **chicken drumsticks** from the oven and carefully pull the meat off the bone. The pieces of meat may be small. Be careful: hot steam comes out. As soon as the red onion is done, add the **onion chutney** and 2 tbsp water per person to the pan.



Serve

Cut open the **Turkish roll** and stuff with a little bit of the coleslaw, the **pulled chicken** and the caramelized onion. Serve with the **corn on the cob** and garnish with the **chives**. Serve the remaining coleslaw at the table.

Enjoy!





# Kingfish with capers and samphire with celeriac puree and tomato sauce with olives

Premium

Total time: 30 min. (based on 2 servings)



Pork tenderloin is the most tender piece of pork. You can even enjoy it cooked medium!



Celeriac



Semi-starchy potatoes



Single cream



Plum tomato



Olives & capers



Lemon



Garlic clove



Fresh parsley



Kingfish



Samphire

## Cupboard items

Olive oil, red wine vinegar, sugar, butter, mustard, salt and pepper

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Pan with a lid, frying pan, aluminum foil, potato masher, frying pan with a lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Celeriac (g) 9)	150	300	450	600	750	900
Semi-starchy potatoes (g)	200	400	600	800	1000	1200
Single cream (ml) 7)	50	100	150	200	250	300
Plum tomato (pcs)	1	2	3	4	5	6
Olives & capers* (g)	15	30	45	60	75	90
Lemon (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh parsley* (g)	2½	5	7½	10	12½	15
Kingfish* (pcs) 4)	1	2	3	4	5	6
Samphire* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Red wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	¼	½	¾	1	1¼	1½
Butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4324 /1034	611 /146
Total fat (g)	72	10
Of which: saturated (g)	23,6	3,3
Carbohydrates (g)	56	8
Of which: sugars (g)	8,6	1,2
Fibre (g)	13	2
Protein (g)	35	5
Salt (g)	1,4	0,2

Allergens

4) Fish 7) Milk/lactose 9) Celery

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



Cook

Boil ample water with a pinch of salt in a pan with a lid. Peel the **celeriac** and **potatoes** and cut them into 2 cm pieces. Weigh 150 g **celeriac** per person and add to the pan with boiling water, together with the **single cream**. Cook the **celeriac** for 3 minutes. Then add the **potatoes** and cook for 12 – 15 minutes, covered with the lid. Drain, save some of the cooking liquid and allow to steam dry without the lid.



Fry the kingfish

Heat ½ tbsp olive oil per person in a frying pan on medium–high heat. Fry the fish for 2 – 3 minutes on the skin–side. Sprinkle with salt and pepper. Reduce the heat and fry the fish for another 1 – 2 minutes on the other side. Then take the fish from the pan and allow to rest under aluminium foil until serving. Heat ½ tbsp butter per person in the same frying pan and fry the **garlic** for 1 minute. Add the **samphire** and stir fry for another 1 – 2 minutes.



Cut

Dice the **tomato**. Cut the **olives** in half. Grate the **lemon zest** and cut the **lemon** into wedges. Press or mince the **garlic** and roughly chop the **flat leaf parsley**.



Make the puree

In the meantime, mash the **celeriac** and **potatoes** into a coarse puree using a potato masher. Add per person: ½ tbsp butter, 1 tsp mustard and a splash of cooking liquid to make it smooth. Mix well and season with salt and pepper.



Make the sauce

Heat 1 tbsp olive oil per person in a frying pan with a lid on medium–high heat. Add the **tomato** and **capers** with per person: ½ tsp **lemon zest**, 1 tsp red wine vinegar and ¼ tsp sugar. Stir–fry for 4 – 5 minutes. Reduce the heat and add the **olives** and ⅓ of the **flat leaf parsley**. Season to taste with salt and pepper. Allow to simmer until serving, covered with the lid.



Serve

Transfer the celeriac puree to plates. Top with the fried **samphire** and the **kingfish**. Serve with the tomato–olive sauce and the remaining **parsley**. Garnish with the **lemon wedges**.

Enjoy!





# Mixed grill with souvlaki and kofta with orzo salad, Turkish bread and tzatziki

Festive

Total time: 50 min. (based on 2 servings)



With this mixed grill you'll be combining several Mediterranean classics for a table full of flavours and a good dose of that holiday feeling.



Fresh mint, oregano  
and parsley



Garlic clove



Red onion



Orzo



Mixed minced meat



Cucumber



Lemon



Full-fat yoghurt



Chicken tenderloin with  
green herb marinade



Colored cherry  
tomatoes



Turkish bread



Leccino olives



Feta

## Cupboard items

Olive oil, black balsamic vinegar, salt and  
pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, baking dish, bowl, small bowl, grater, large bowl, skewers, frying pan with a lid, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Fresh mint, oregano and parsley* (g)	10	20	30	40	50	60
Garlic clove (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Orzo (g) 1) 20)	85	170	250	335	420	505
Mixed minced meat* (g)	100	200	300	400	500	600
Cucumber* (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1¼	1½
Full-fat yoghurt* (g) 7) 19) 22)	50	100	150	200	250	300
Chicken tenderloins with green herb marinade* (g)	110	220	330	440	550	660
Colored cherry tomatoes (g)	100	200	300	400	500	600
Turkish bread (pcs) 1) 17) 20) 21) 22) 25) 27)	1	2	3	4	5	6
Leccino olives* (g)	20	40	60	80	100	120
Feta* (g) 7)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	5784/1383	668/160
Total fat (g)	62	7
Of which: saturated (g)	20,8	2,4
Carbohydrates (g)	121	14
Of which: sugars (g)	16,3	1,9
Fibre (g)	9	1
Protein (g)	78	9
Salt (g)	5,3	0,6

## Allergens

1) Grains containing gluten 7) Milk/lactose  
**May contain traces of:** 17) Eggs 19) Peanuts 20) Soy  
 21) Milk/lactose 22) Nuts 25) Sesame seed 27) Lupin

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1



## Prepare

- Preheat the oven to 180 degrees. Boil ample water in a pan with a lid for the orzo.
- Strip the **oregano** leaves from the stems and finely chop the leaves.
- Press or mince the **garlic**. Chop half of the **red onion** and cut the other half into thin half moons.
- Cook the **orzo** in the pan with boiling water for 12 – 14 minutes. Then drain and rinse with cold water.

4



## Make the souvlaki

- Thread the **chicken tenderloin** onto the skewers and transfer to a baking dish.
- Transfer the **colored cherry tomatoes** to a baking sheet lined with baking paper and mix with per person: ½ tbsp olive oil and 1 tsp balsamic vinegar. Season to taste with salt and pepper.
- Roast the **chicken tenderloin** and **cherry tomatoes** in the oven for 10 minutes, or until the **chicken** is cooked.
- Add the **Turkish bread** to the oven for the final 4 – 6 minutes.

2



## Make the kofta

- In a large bowl, mix the **minced beef** with half of the **oregano**, half of the **garlic**, the chopped **red onion**, salt and pepper.
- Separate the minced meat mixture into 3 oval-shaped meatballs (koftha) per person. Keep in the refrigerator until frying.

5



## Fry the kofta

- Heat ½ tbsp olive oil per person in a frying pan with a lid on medium-high heat and fry the kofta for 2 – 4 minutes until brown all around.
- Cover the pan with a lid and fry for another 4 – 6 minutes.
- In the meantime, roughly chop the **olives**. Finely chop the **flat leaf parsley**.

3



## Make the tzatziki

- Finely chop the **mint** leaves.
- Cut the **cucumber** in half. Finely dice one half and remove the seeds from the other half. Grate the last half with a coarse grater.
- Cut the **lemon** into 2 wedges per person.
- In a small bowl, mix the **yogurt** with half of the **mint**, the grated **cucumber** and half of the **garlic**.
- Season with the juice of 1 **lemon wedge** per person, salt and pepper. Make sure you save 1 **lemon wedge** per person for garnishing.

6



## Serve

- In a bowl, mix the **orzo** with the **diced cucumber**, the remaining **red onion**, the **olives**, **parsley**, the remaining **oregano** and **mint** and ¼ tbsp olive oil per person.
- Serve the orzo salad in a nice large bowl, crumble the **feta** over the salad and garnish with the **lemon wedges**.
- Transfer the kofta and chicken skewers to plates.
- Serve the tzatziki in a small bowl and the **cherry tomatoes** in another bowl.

## Enjoy!





# A double portion pork tenderloin medallions with lamb's lettuce mash and stewed cherry tomatoes

Helloextra Quick & easy

Total time: 25 min. (based on 2 servings)



Pork tenderloin is the most tender piece of pork. Did you know that this is the only piece of pork which can be eaten cooked medium?



Starchy potatoes



Shallot



Red cherry tomatoes



Lamb's lettuce



Pork tenderloin medallion

## Cupboard items

Vegetable stock cube, butter, mustard, white balsamic vinegar, sugar, olive oil, milk, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, kitchen paper, saucepan, aluminium foil, potato masher

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Starchy potatoes (g)	250	500	750	1000	1250	1500
Shallot (pcs)	1	2	3	4	5	6
Red cherry tomatoes (g)	250	500	750	1000	1250	1500
Lamb's lettuce* (g)	20	40	60	80	100	120
Pork tenderloin medallion* (g)	200	400	600	800	1000	1200
Not included						
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	2½	5	7½	10	12½	15
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Milk	a splash					
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	3112 /744	360 /86
Total fat (g)	27	3
Of which: saturated (g)	11,8	1,4
Carbohydrates (g)	68	8
Of which: sugars (g)	20,4	2,4
Fibre (g)	10	1
Protein (g)	53	6
Salt (g)	2,1	0,2

## Allergens:

-

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

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## Cook the potatoes

- Wash or peel the **potatoes** and cut them into large pieces.
- Boil ample water with a large pinch of salt in a pan with a lid and crumble ¼ stock cube per person into the pan.
- Cook the **potatoes** for 12 – 15 minutes. Then drain and allow to steam dry without the lid.



## Fry the pork tenderloin

- Pat dry the **pork medallions** with kitchen paper and rub with salt and pepper.
- Heat the olive oil in a frying pan on medium–high heat. Fry the **pork medallions** for 3 – 4 minutes per side. Take them from the pan and allow to rest under aluminium foil.
- In the meantime, roughly mash the **potatoes** using a potato masher and add the remaining mustard and a splash of milk to make it smooth and creamy.



## Make the sauce

- Heat the butter in a saucepan on medium heat.
- Add the **shallot** and fry for 2 minutes. Add the **cherry tomatoes** and fry for 5 minutes.
- Add per person: 2 tsp mustard, ½ tsp white wine vinegar and 1 tsp sugar and stir into a smooth sauce. Season to taste with salt and pepper.



## Serve

- Stir the **lamb's lettuce** into the mashed **potatoes** and season to taste with salt and pepper (Tip).
- Transfer the mash to plates and serve with the **pork medallions**.
- Serve with the cherry tomato sauce.

**Tip:** Optionally, set aside part of the lamb's lettuce to use as garnishing.

## Enjoy!





# Penne with beef meatballs as extra with eggplant-cream sauce and semi-dried tomatoes

Helloextra Quick & easy

Total time: 25 min. (based on 2 servings)



True or false? The Italian name for eggplant described this vegetable (which is technically a fruit) as an unhealthy apple.



Onion



Garlic



Eggplant



Semi sun-dried tomato mix



Penne



Spiced meatballs



Paprika



Whipping cream



Fresh basil



Rocket



Grated pecorino

## Cupboard items

Olive oil, vegetable stock, black balsamic vinegar, flour, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, sauté pan

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	½	1	1½	2	2½	3
Semi sun-dried tomato mix* (g)	35	60	90	120	150	180
Penne (g) 1) 20)	90	180	270	360	450	540
Spiced meatballs* (pcs)	3	6	9	12	15	18
Paprika (tsp)	1	2	3	4	5	6
Whipping cream* (ml) 7)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Rocket* (g)	30	60	80	100	140	160
Grated pecorino* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	60	120	180	240	300	360
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	5088 /1216	863 /206
Total fat (g)	73	12
Of which: saturated (g)	26,3	4,5
Carbohydrates (g)	81	14
Of which: sugars (g)	11,9	2,0
Fibre (g)	9	2
Protein (g)	54	9
Salt (g)	3,4	0,6

## Allergens

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 20) Soy

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

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## Prepare

- Boil ample water with a pinch of salt in a pan with a lid for the penne.
- Prepare the stock.
- Chop the **onion** and press or mince the **garlic**.
- Cut the **eggplant** into 1 - 2 cm cubes. Roughly chop the **semi-dried tomatoes**.

Answer: True. Melanzana is a combination of mela (apple) and insana (unhealthy). It was seen as an unhealthy fruit, because it is not very tasty when eaten raw.



## Make the sauce

- In the meantime, heat ½ tbsp olive oil per person in a sauté pan on medium-high heat. Fry the **meatballs** for 3 - 4 minutes until brown all around.
- Add the **onion**, **garlic**, **semi-dried tomatoes** and 1 tsp **paprika** per person and fry for 3 - 4 minutes.
- Deglaze with ½ tbsp black balsamic vinegar per person and the stock.
- Add the **whipping cream** and cook for another 4 - 5 minutes on low heat, or until the meatballs are cooked.



## Fry the eggplant

- Cook the **penne** for 10 - 12 minutes, covered with the lid. Then drain and allow to steam dry without the lid.
- Mix the **diced eggplant** with ½ tbsp flour per person.
- Heat 1 tbsp olive oil per person in a frying pan on medium-high heat.
- Fry the **eggplant** for 8 - 10 minutes until brown all around.

Tip: This dish is rich in calories. Are you watching your calorie intake? Cook 70 g penne per person and use half the pecorino. Use the remaining ingredients to make a salad the next day.



## Serve

- Cut the **basil** into strips and divide the **rocket lettuce** among deep plates.
- Add the **penne**, the **eggplant**, half of the **pecorino** and half of the **basil** to the sauce. Season to taste with salt and pepper.
- Divide the **pasta** and **meatballs** among the plates with **rocket lettuce**.
- Finish with the remaining **pecorino** and garnish with the remaining **fresh basil**.

## Enjoy!





# Oven-roasted courgette in creamy tomato sauce

with an extra salad of mixed lettuce, cherry tomatoes and walnut

Week without meat Helloextra Vegetarian

Total time: 40 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Courgette



Garlic clove



Red onion



Diced tomatoes with basil



Italian herbs



Single cream



Buffalo mozzarella



Conchiglie



Fresh basil



Mixed lettuce



Red cherry tomatoes



Chopped walnuts

## Cupboard items

Olive oil, black balsamic vinegar, extra virgin olive oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, baking dish, salad bowl, sauté pan, peeler or cheese slicer

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Diced tomatoes with basil (pack)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Single cream (ml) 7)	100	200	300	400	500	600
Buffalo mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Conchiglie (g) 1) 20)	90	180	270	360	450	540
Fresh basil* (g)	5	10	15	20	25	30
Spinach, rocket and red chard mix* (g)	20	40	60	80	100	120
Red cherry tomatoes (g)	65	125	190	250	315	375
Chopped walnuts (g) 8) 19) 25)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					
* keep in the refrigerator						

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4886 / 1168	601 / 144
Total fat (g)	67	8
Of which: saturated (g)	25,9	3,2
Carbohydrates (g)	101	12
Of which: sugars (g)	30,4	3,7
Fibre (g)	11	1
Protein (g)	34	4
Salt (g)	2,3	0,3

## Allergens

1) Grains containing gluten 7) Milk/lactose 8) Nuts  
**May contain traces of:** 19) Peanuts 20) Soy  
 25) Sesame seed

1



## Prepare

Preheat the oven to 180 degrees. Separate the **courgette** into long ribbons using a peeler or cheese slicer. Press or mince the **garlic** and chop the **red onion**.

2



## Make the sauce

Heat the olive oil in a sauté pan on medium-high heat and fry the **garlic** and **red onion** for 2 – 3 minutes. Deglaze with the **diced tomato** and the **single cream**. Add per person: 1 tbsp black balsamic vinegar and 1 tsp **Italian herbs**. Season with salt and pepper and mix well. Allow to cook for 5 more minutes on low heat.

3



## Fill the oven dish

Transfer the **courgette ribbons** to a baking dish (they may overlap). Tear the **buffalo mozzarella** into small pieces. Pour the sauce over the **courgette ribbons** in the baking dish and divide the **buffalo mozzarella** over it. Season to taste with salt and pepper. Heat in the oven for 20 minutes.

**Fact:** Did you know that conserved tomatoes in a can or carton contain almost the same amount of vitamins and minerals as fresh tomatoes?

4



## Cook the conchiglie

In the meantime, boil ample water in a pan with a lid for the conchiglie. Then cook the **conchiglie** for 14 – 16 minutes, covered with the lid. Then drain and allow to steam dry without the lid. Cut or tear the **basil** into large pieces.

5



## Make the salad

Cut the **cherry tomatoes** in half. In a salad bowl, make a dressing of per person: 1 tbsp extra virgin olive oil and ½ tbsp black balsamic vinegar. Season to taste with salt and pepper. Mix the dressing with the **cherry tomatoes**, the **mixed lettuce** and the **chopped walnuts**.

6



## Serve

Add the remaining extra virgin olive oil and half of the **basil** to the **conchiglie**. Season with salt and pepper and mix well. Transfer the conchiglie to plates and add the courgette with sauce next to it. Serve with the salad and garnish with the remaining **basil**.

## Enjoy!



## Good morning

**1** Bacon omelette  
with an organic roll and chives

**2** Full-fat quark with orange  
fruit  
with pistachios and dates

**3** Multi-grain rusks with  
ricotta  
with cucumber and almonds

## Bacon omelette with an organic roll and chives

1X 25 min.



### Equipment

Bowl, frying pan

### Ingredients for 1 breakfast

	2p
Organic white sour dough roll (pcs) <b>1)</b> 6) <b>11)</b> 17) 21) 22) 27)	2
Fresh chives* (g)	5
Cage-free egg* (pcs) <b>3)</b>	4
Diced bacon* (g)	40
Semi-skimmed milk * <b>7)</b>	a splash
Not included	
Butter (tbsp)	½
Salt and pepper	to taste

\* keep in the refrigerator

### Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	2529 / 604	815 / 195
Total fat (g) (g)	24	8
Of which: saturated (g)	7,5	2,4
Carbohydrates (g)	64	21
Of which: sugar (g)	1,9	0,6
Fibres (g)	3	1
Protein (g)	31	10
Salt (g)	2,2	0,7

### Allergens

**1)** Grains containing gluten **3)** Eggs **6)** Soy **7)** Milk/lactose **11)** Sesame seed

May contain traces of: **17)** Eggs **21)** Milk/lactose **22)** Nuts **27)** Lupin

1. Preheat the oven to 210 degrees. Heat the **sour dough roll** in the oven for 6 - 8 minutes.
2. In the meantime, finely chop the **chives**. Whisk the **eggs** in a bowl with a splash of **milk** and the **chives**. Season with salt and pepper.
3. Heat the butter in a frying pan and fry the **diced bacon** for 2 minutes all around on medium-high heat. Pour in the egg mixture and fry 1 omelette for 2 servings.
4. Cut the **sour dough roll** in half and top with the omelette. Enjoy with a glass of **milk**.

# Full-fat quark with orange fruit

with pistachios and dates

2X 10 min.



## Equipment

-

## Ingredients for 1 breakfast

	2p
Full-fat quark (g) 7)	250
Orange (pcs)	1
Tangerine (pcs)	2
Pistachio nuts (g) 8) 19) 25)	20
Chopped dates (g) 19) 22) 25)	20

\* keep in the refrigerator

## Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1204 / 288	617 / 148
Total fat (g) (g)	17	9
Of which: saturated (g)	8,3	4,3
Carbohydrates (g)	20	10
Of which: sugar (g)	16,2	8,3
Fibres (g)	2	1
Protein (g)	11	6
Salt (g)	0,1	0,1

## Allergens

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 22) Nuts 25) Sesame seed

1. Divide the **quark** among bowls.
2. Peel the **orange** and **tangerine** and separate them into wedges.
3. Divide the fruit among the bowls with **quark**. Top with the **pistachio** and **chopped dates**.

# Multi-grain rusks with ricotta

with cucumber and almonds

2X 10 min.



## Equipment

-

## Ingredients for 1 breakfast

	2p
Multi-grain rusks (pieces) 1) 3) 6) 7) 11) 13)	4
Ricotta* (g) 7)	100
Cucumber* (pcs)	¼
Almonds (g) 5) 8) 25)	50

Not included

Salt and pepper	to taste
-----------------	----------

\* keep in the refrigerator

## Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1794 / 429	1176 / 281
Total fat (g) (g)	28	19
Of which: saturated (g)	6,3	4,1
Carbohydrates (g)	24	16
Of which: sugar (g)	7,4	4,9
Fibres (g)	5	3
Protein (g)	17	11
Salt (g)	0,4	0,3

## Allergens

1) Grains containing gluten 3) Eggs 5) Peanuts 6) Soy 7) Milk/lactose 8) Nuts 11) Sesame seed 13) Lupin

May contain traces of: 25) Sesame seed

1. Cut the **cucumber** into slices and finely chop the **almonds**.
2. Spread the **ricotta** onto the **rusks**.
3. Top with the **cucumber** slices and **almonds**. Season to taste with salt and pepper.





# Fluffy pear-cinnamon cake

Baking

Total time: 85 min. • 25 min. preparation time - 60 min. oven time



Butter



Ground cinnamon



Cage-free egg



Cake mix



Pear

Cupboard items

Sugar



## 1. Make the cinnamon syrup

- Preheat the oven to 180 degrees.
- Take the **butter** from the refrigerator, separate 50 g and dice the remaining **butter**.
- Melt the 50 g **butter** in a saucepan on low heat. Then take from the stove and add the sugar, 2 tsp **cinnamon** and a pinch of salt, while stirring.
- Mix for 2 - 3 minutes and allow to cool for 8 - 10 minutes.
- In a small bowl, whisk 2 **eggs**.
- When the syrup in the pan is not hot anymore, add the **eggs** to the pan, while stirring. Set aside.

## 2. Make the batter

- Transfer the **cake mix** to a large bowl.
- Whisk the remaining **eggs** in another bowl.
- Add the remaining **butter** and the **whisked eggs** to the **cake mix** and mix into a smooth batter using an electric (hand) mixer or whisk.

## 3. Add the cake stuffing

- Grease a 24 cm round cake tin or line with baking paper.
- Pour the batter into the cake tin.
- Peel the **pears**, cut them in half and remove the core. Then cut them into quarters.
- Lay the **pear quarters** on top of the batter in a fan shape, with the round side down. Pour the cinnamon syrup over the whole.

## 4. Bake the cake

- Bake the cake in the oven for 50 - 60 minutes.
- After 50 minutes, check if the cake is done by piercing it with a wooden skewer. Does it come out clean? Your cake is done.
- Take it from the oven and allow to cool completely. Cut the cake into slices.

## Equipment

Bowl, small bowl, saucepan, large bowl, 24 cm round cake tin, whisk or electric (hand) mixer

## Ingredients

	+/- 12 slices
Butter* (g) 7)	250
Ground cinnamon (tsp)	2
Cage-free egg* (pcs) 3)	6
Cake mix (g) 1) 7) 17) 20) 22) 25) 27)	400
Pear* (pcs)	2
Not included	
Sugar (tbsp)	5

\* Keep in the refrigerator

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

## Nutritive value

	Per piece
Energy (kJ/kcal)	1402 / 335
Total fat (g)	21
Of which: saturated (g)	12,7
Carbohydrates (g)	33
Of which: sugars (g)	18,0
Fibre (g)	0
Protein (g)	4
Salt (g)	0,7

## Allergens

1) Grains containing gluten 3) Eggs 7) Milk/lactose

May contain traces of: 17) Eggs 20) Soy 22) Nuts 25) Sesame seed 27) Lupin





# Pearl couscous with colored carrots and buffalo yoghurt

with roasted bell pepper, white cheese and almonds

Week without meat Vegetarian

Total time: 40 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Bell pepper



Garlic clove



Fresh curly parsley



White cheese



Roasted and salted almonds



Pearl couscous



Colored carrot mix



Caraway seed



Buffalo yoghurt



## Cupboard items

Vegetable stock, olive oil, sunflower oil, extra virgin olive oil, honey, salt and pepper



## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, bowl, wok or sauté pan with a lid, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
White cheese* (g) 7)	50	100	150	200	250	300
Roasted and salted almonds (g) 5) 8) 25)	20	40	60	80	100	120
Pearl couscous (g) 1)	70	140	210	280	350	420
Colored carrot mix* (g) 23)	100	200	300	400	500	600
Caraway seed (tsp)	1	2	3	4	5	6
Buffalo yoghurt* (g) 7)	50	100	150	200	250	300
Not included						
Vegetable stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3538 / 845	619 / 148
Total fat (g)	50	9
Of which: saturated (g)	12,5	2,2
Carbohydrates (g)	68	12
Of which: sugars (g)	16,2	2,8
Fibre (g)	10	2
Protein (g)	25	4
Salt (g)	2,8	0,5

## Allergens

1) Grains containing gluten

5) Peanuts 7) Milk/lactose 8) Nuts

May contain traces of: 23) Celery 25) Sesame seed



## Roast the bell pepper

Prepare the stock and preheat the oven to 220 degrees. Remove the seeds from the **bell pepper** and cut the pepper into strips. Transfer the **bell pepper strips** to a baking sheet lined with baking paper. Sprinkle with sunflower oil and roast the **bell pepper** in the oven for 20 – 25 minutes, or until soft. Turn when halfway done.



## Prepare the seasonings

Meanwhile, press or mince the **garlic**. Finely chop the **curly parsley** and crumble the **white cheese**. Roughly chop the **salted almonds**.



## Cook the pearl couscous

Heat half of the olive oil in a pan with a lid, add the **pearl couscous** and stir fry for 1 minute (Tip). Carefully add the stock and 50 ml water per person, reduce the heat and cook the **pearl couscous** for 13 – 15 minutes until dry, covered with the lid. Separate the **couscous** with a fork and allow to steam dry without the lid.

**Tip:** You've received more pearl couscous than you need for this recipe. You can cook the remaining couscous the next day and use it in a lunch salad or soup.



## Fry the vegetables

Heat the remaining olive oil in a wok or sauté pan with a lid and fry the **garlic** for 1 minute on medium-low heat. Add the **colored carrot mix** and the **caraway seeds** and stir fry on medium-high heat for 5 minutes. Season with salt and pepper.



## Make the dressing

In the meantime, mix the **buffalo yogurt**, extra virgin olive oil, honey, salt and pepper in a bowl. Add the **carrot**, half of the **feta**, half of the **bell pepper**, half of the **parsley** and half of the **almonds** to the pan with **pearl couscous**. Mix well.



## Serve

Transfer the pearl couscous to plates and sprinkle with the dressing. Garnish with the remaining **feta**, **bell pepper**, **parsley** and **almonds**.

**Fact:** Did you know that the bell pepper in this dish contains more vitamin C than the RDI? One red bell pepper per person adds up to more than twice the amount!

## Enjoy!





# Flammkuchen with mozzarella and courgette with a refreshing salad

Week without meat Family Vegetarian Balanced

Total time: 35 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Garlic clove



Passata



Italian herbs



Courgette



Red onion



Bell pepper



Flammkuchen



Cow mozzarella



Tomato



Rocket and  
lamb's lettuce



Fresh basil

## Cupboard items

Olive oil, honey, white balsamic vinegar,  
extra virgin olive oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Frying pan, saucepan, salad bowl, peeler, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic clove (pcs)	½	1	1½	2	2½	3
Passata (pack)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Courgette* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	¼	½	¾	1	1¼	1½
Bell pepper* (pcs)	½	1	1½	2	2½	3
Flammkuchen* (pcs) 1)	1	2	3	4	5	6
Cow mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Tomato (pcs)	½	1	1½	2	2½	3
Rocket and lamb's lettuce* (g)	30	60	90	120	150	180
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2694 /644	427 /102
Total fat (g)	27	4
Of which: saturated (g)	9,8	1,6
Carbohydrates (g)	70	11
Of which: sugars (g)	23,3	3,7
Fibre (g)	6	1
Protein (g)	25	4
Salt (g)	1,6	0,3

## Allergens

1) Grains containing gluten 7) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.



## Prepare

Preheat the oven to 200 degrees. Press or mince the **garlic**. Heat ¼ tbsp olive oil per person in a saucepan and fry the **garlic** for 1 – 2 minutes on medium–high heat. Add the **passata**, the **Italian herbs**, honey and half of the white balsamic vinegar and cook for 1 minute. Season the sauce with salt and pepper (Tip). Cut ⅓ of the **courgette** into thin slices.

**Tip:** Taste the sauce and make it a little sweeter or more refreshing by adding more honey or vinegar to taste.



## Spread the flammkuchen

Divide the sauce over the **flammkuchen**, but leave 2 cm of the edge uncovered. Top with the **courgette slices**, **diced bell pepper**, **red onion** and the **mozzarella**. Season to taste with salt and pepper. Heat in the oven for another 8 – 10 minutes, or until the **mozzarella** starts to color.



## Prepare the flammkuchen

Cut ¼ **red onion** per person into half rings (Tip). Dice the **bell pepper**. Transfer the **flammkuchen** to a baking sheet lined with baking paper and heat in the oven for 5 minutes.

**Tip:** Any leftover red onion? Chop it and add it to the salad in step 5.



## Make the salad

In the meantime, separate the remaining **courgette** into thin ribbons using a peeler. Finely dice the **tomato**. In a salad bowl, mix the extra virgin olive oil with the remaining white balsamic vinegar. Mix the **courgette ribbons**, **tomato**, **rocket lettuce** and **lamb's lettuce** with the dressing. Season with salt and pepper. Separate the leaves from the **basil** stems. Save the leaves; finely chop the stems and mix with the salad.



## Fry the courgette

In the meantime, heat ½ tbsp olive oil per person in a frying pan on medium–high heat. Fry the **courgette slices** for 5 minutes. Cut or tear the **mozzarella** into small pieces.



## Serve

Put a flammkuchen on each plate and garnish with the **basil leaves**. Serve with the salad.

**Fact:** Did you know that conserved vegetables such as tomato paste contain around the same amount of nutrients as fresh vegetables? All in all, this dish contains a total of over 350 grams of vegetables per person.

## Enjoy!





# Sweet beef strips with sesame—broccoli with aromatic rice and lime

Family

Total time: 30 min. (based on 2 servings)



Gomashio is a Japanese seasoning, which consists of 90% ,goma,' or sesame seed, and 10%,shio,' salt.



Broccoli



Soy sauce



White long grain rice



Mint, coriander  
and Thai basil



Lime



Garlic clove



Gomashio



Sesame oil



Beef strips

Cupboard items

Honey, sunflower oil, sugar, salt and pepper

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Frying pan, saucepan, 2x pan with a lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	200	400	600	800	1000	1200
Soy sauce (ml) <b>1)</b> <b>6)</b>	20	40	60	80	100	120
White long grain rice (g)	70	140	210	280	350	420
Mint, coriander and Thai basil*(g)	5	10	15	20	25	30
Lime (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Gomasio (g) <b>11)</b>	2½	5	7½	10	12½	15
Sesame oil (ml) <b>11)</b>	5	10	15	20	25	30
Beef strips* (g)	100	200	300	400	500	600
Not included						
Honey (tbsp)	2	4	6	8	10	12
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2810 /672	607 /145
Total fat (g)	18	4
Of which: saturated (g)	2,5	0,5
Carbohydrates (g)	87	19
Of which: sugars (g)	29,8	6,4
Fibre (g)	7	2
Protein (g)	37	8
Salt (g)	4,3	0,9

Allergens

**1)** Grains containing gluten **6)** Soy **11)** Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



Cook the rice and broccoli

Boil ample water in 2 pans with lids for the **rice** and **broccoli**. Cut the **broccoli** head into florets and dice the stem. Cook the **rice** for 12 – 15 minutes in one of the pans, covered with the lid. Cook the **broccoli** in the other pan for 4 – 6 minutes, covered with the lid. Drain and rinse with cold water.



Fry the broccoli

Heat ½ tbsp sunflower oil per person in a frying pan on medium–high heat. Fry the **garlic** for 1 – 2 minutes and add the **broccoli**, **gomashio** and **sesame oil**. Stir well and fry for another 3 – 4 minutes. Season with salt and pepper.



Make the sauce

In the meantime, heat the **soy sauce** with the honey and sugar in a saucepan on low heat. Allow to simmer gently for 10 –12 minutes until the sauce has thickened (Tip).

**Tip:** Keep a close eye on the soy sauce with sugar; make sure it doesn't burn.



Cook the beef strips

Mix the cooked **rice** with the **fresh herbs** and season with salt and pepper. Add the **beef strips** to the sauce in the saucepan and heat them in the sauce for 2 – 5 minutes, until just cooked (Tip).

**Tip:** The beef strips will cook very quickly and it won't be long before they turn chewy. That is why you don't fry them first, but heat them in the sauce instead. They will continue to cook on your plate so no need to cook them well done.



Cut

Strip the **mint** and **Thai basil** leaves from the stems and finely chop the leaves. Also finely chop the **fresh coriander**, including stems (Tip). Cut the **lime** into wedges. Press or mince the **garlic**.

**Tip:** The coriander stems pack most of the flavour so feel free to use them!



Serve

Transfer the **rice** to plates and top with the **beef strips**, but save the sauce. Serve the **broccoli** next to the **rice** and pour the sauce from the saucepan over the **broccoli**. Garnish with the **lime wedges**.

Enjoy!





# Noodles with Asian-style chicken thigh with stir fried vegetables and red chili pepper

Quick & easy Family

Total time: 20 min. (based on 2 servings)



The chicken thigh in this recipe is seasoned with five-spice powder. This combination of spices is used a lot in Chinese and Vietnamese cuisine and combines 5 flavours: sweet, salty, sour, bitter and spicy



Red chili pepper



Garlic clove



Asian-style chicken thigh strips



Asian vegetable mix



Soy sauce



Noodles

## Cupboard items

Sunflower oil, ketjap, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, wok with lid

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Asian-style chicken thigh strips* (g)	120	240	360	480	600	720
Asian vegetable mix *(g) 23)	200	400	600	800	1000	1200
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Noodles (g) 1)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	1	1,5	2	2,5	3,5	4,0
Ketjap (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	3153 / 754	672 / 161
Total fat (g)	21	5
Of which: saturated (g)	3,9	0,8
Carbohydrates (g)	101	21
Of which: sugars (g)	20,3	4,3
Fibre (g)	11	2
Protein (g)	38	8
Salt (g)	5,2	1,1

## Allergens

1) Grains containing gluten 6) Soy  
May contain traces of: 23) Celery

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Cut

- Boil ample water in a pan with a lid for the noodles.
- Remove the seeds from the **red chili pepper** and finely chop the pepper.
- Press or mince the **garlic**.



## Fry

- Heat the sunflower oil in a wok with a lid and fry the **chicken thigh strips, garlic** and **red chili pepper** 🌶️ for 2 – 3 minutes on medium-high heat.
- Add the **vegetable mix, soy sauce** (Tip) and ketjap and fry for 5 – 7 minutes, covered with the lid. Season with salt and pepper.

🌶️ Beware, the red chili pepper is spicy! If you don't like spicy food or are having dinner with young children, use less red chili pepper to taste or serve it separately.

**Tip:** Are you watching your salt intake? Use half the soy sauce and half the ketjap. Optionally, add a little bit to taste after serving.



## Cook the noodles

- In the meantime, break the **noodles** into the pan with boiling water and cook the **noodles** for 3 – 4 minutes on medium-high heat, covered with the lid. Then drain.
- Add the **noodles** to the wok with **chicken** and **vegetables** and stir fry for 1 minute on high heat.



## Serve

- Transfer the dish to plates and add some extra ketjap to taste.

## Enjoy!





# Orzo with fried shallots and refreshing lemon ricotta

with chestnut mushrooms and pecorino

Week without meat Vegetarian

Total time: 30 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Shallot



Chestnut mushrooms



Lemon



Fresh tarragon and chervil



Orzo



Ricotta



Grated pecorino

## Cupboard items

Vegetable stock, olive oil, butter, salt and pepper



## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, small bowl, kitchen paper, grater

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (pcs)	2	4	6	8	10	12
Chestnut mushrooms* (g)	125	250	375	500	625	750
Lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh tarragon and chervil* (g)	5	10	15	20	25	30
Orzo (g) 1) 20)	85	170	250	335	420	505
Ricotta* (g) 7)	50	100	150	200	250	300
Grated pecorino* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3094 / 739	474 / 113
Total fat (g)	35	5
Of which: saturated (g)	16,3	2,5
Carbohydrates (g)	74	11
Of which: sugars (g)	13,3	2,0
Fibre (g)	9	1
Protein (g)	27	4
Salt (g)	3,3	0,5

## Allergens

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 20) Soy

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

1



## Prepare

Prepare the stock. Cut each **shallot** into eight pieces lengthwise. Clean the **chestnut mushrooms** with kitchen paper and cut them into slices. Grate the **lemon zest** with a fine grater and juice the **lemon**. Finely chop the **fresh chervil** and roughly chop the **fresh tarragon**.

2



## Fry the mushrooms

Heat the olive oil in a large frying pan on medium heat and fry the **shallots** for 16 – 18 minutes until golden-brown and soft. For the final 5 – 7 minutes, add the **chestnut mushrooms** and stir fry until brown. Season to taste with salt and pepper.

3



## Cook the orzo

In the meantime, heat a pan with a lid on medium-high heat without oil and roast the **orzo** for 1 minute. Add the stock, reduce the heat and allow to cook for 12 minutes, covered with the lid, until all the stock has been absorbed. Separate the **orzo** using a fork and set aside, uncovered, to steam dry.

4



## Mix the ricotta

In a small bowl, mix the **ricotta** and the **grated pecorino**, with per person: ¼ tsp **lemon zest** and ½ tbsp **lemon juice**. Season to taste with salt and a generous amount of black pepper.

5



## Mix the orzo

Add the butter, half of the **chervil**, half of the lemon ricotta and the **orzo** to the frying pan with **shallots** and **mushrooms** and mix well.

6



## Serve

Transfer the orzo to plates and garnish with the remaining lemon ricotta. Sprinkle the orzo with the remaining **chervil**, **tarragon** (Tip) and the remaining **lemon zest**. Drizzle to taste with the remaining **lemon juice**.

**Tip:** Tarragon packs an anise-like flavour that may not be your cup of tea. Taste before adding.

## Enjoy!





# Crunchy tacos with minced chicken

with kidney beans, spicy green chili pepper and cheddar

Family Quick & easy

Total time: 25 min. (based on 2 servings)



The taco originated in the Mexican mines: it referred to the sheet of paper around a stick of dynamite. Nowadays, tacos still cause flavour explosions!



Onion



Green chili pepper



Red pointed pepper



Minced chicken with Mexican spices



Mexican spices



Tomato paste



Plum tomato



Kidney beans



Taco shells



Grated cheddar



Sour cream



Radicchio and iceberg lettuce

## Cupboard items

Sunflower oil, black balsamic vinegar, salt and pepper

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Colander, wok or sauté pan with a lid, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Green chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Red pointed pepper (pcs)	½	1	1½	2	2½	3
Minced chicken with Mexican spices* (g)	100	200	300	400	500	600
Mexican spices (tsp)	½	1	1½	2	2½	3
Tomato paste (cup)	½	1	1½	2	2½	3
Plum tomato (pcs)	1	2	3	4	5	6
Kidney beans (pack)	⅓	⅔	1	1½	1¾	2
Taco shells (pcs)	3	6	9	12	15	18
Grated cheddar* (g) 7)	25	50	75	100	125	150
Sour cream* (tbsp) 7)	1	2	3	4	5	6
Radicchio and iceberg lettuce* (g)	25	50	75	100	125	150
Not included						
Sunflower oil (tbsp)	1	1	2	2	3	3
Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2989 / 714	619 / 148
Total fat (g)	39	8
Of which: saturated (g)	20,7	4,3
Carbohydrates (g)	48	10
Of which: sugars (g)	14,1	2,9
Fibre (g)	12	2
Protein (g)	36	7
Salt (g)	2,2	0,5

Allergens

7) Milk/lactose

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



Cut

Preheat the oven to 180 degrees. Chop the **onion**. Remove the seeds from the **green chili pepper** and the **red pointed pepper**. Finely chop the **green pepper**. Finely dice the the **pointed pepper** and **tomato**.

**Fact:** Did you know that peppers are rich in vitamin E in addition to vitamin C? Vitamin E is an antioxidants which protects our cells and organs from harmful external influences. Other sources of vitamin E include sunflower oil, whole grain products, nuts, seeds and green vegetables.



Stew

Add the **diced tomato**, the **kidney beans** and the black balsamic vinegar to the pan and allow to cook gently on medium-low heat for 10 – 12 minutes, covered with the lid. Season to taste with salt and pepper. Allow to reduce for another 2 – 3 minutes without the lid if you think the sauce is still to moist.



Fry the minced chicken

Heat the sunflower oil in a wok or sauté pan with a lid. Add the **minced chicken** and stir fry for 2 minutes on medium-high heat.



Heat the taco shells

Transfer the **taco shells** (Tip) to a baking sheet lined with baking paper and heat them in the oven for 5 minutes.

**Tip:** Broken tacos? Break them into pieces and transfer to a baking dish. Top with the minced meat mixture, sour cream and cheddar and roast in the oven for 5 minutes. Enjoy your nacho dish instead of stuffed tacos!



Stir-fry

Add the **onion**, **green pepper** 🌶️, **pointed pepper**, the **Mexican spices** and the **tomato paste** to the pan with chicken. Stir fry for another 2 minutes. Drain ⅓ can of the **kidney beans** per person in a colander.

**Fact:** Kidney beans are super healthy. They are rich in proteins, healthy carbohydrates, iron, magnesium and fibre.

🌶️ Be aware: the green pepper is spicy! Not a fan of spiciness or are you having dinner with young children? Add less of the pepper to taste or serve separately.



Serve

Transfer the **tacos** to plates and stuff them with the minced chicken mixture (Tip). Garnish with the **grated cheddar** and a spoonful of **sour cream** per person. Finish with the **iceberg lettuce** and **radicchio**.

**Tip:** Stuff each taco shell right before eating it. This way you'll have a crunchy taco every time without the filling turning it soft.

Enjoy!





# 50–50 Burger on a tomato roll with homemade pickled yellow beetroot and cucumber

Balanced

Total time: 40 min. (based on 2 servings)



With this burger you'll eat half the amount of meat and more vegetables: the 50–50 burger is half beef half mushroom!



Yellow beetroot



Cucumber



Waxy potatoes



Red onion



Beef tomato



Fresh chives



Sour cream



Tomato roll



50 – 50 Burger

## Cupboard items

Olive oil, white wine vinegar, sugar, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

2x Bowl, frying pan, salad bowl, peeler or cheese slicer, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Yellow beetroot* (pcs)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	¾	1	1½	1¾	2
Waxy potatoes (g)	150	300	450	600	750	900
Red onion (pcs)	¼	½	¾	1	1¼	1½
Beef tomato (pcs)	¼	½	¾	1	1¼	1½
Fresh chives* (g)	2½	5	7½	10	12½	15
Sour cream (g) 7)	25	50	75	100	125	150
Tomato roll* (pcs) 1) 25)	1	2	3	4	5	6
50 – 50 Burger* (pcs)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2896 / 692	458 / 109
Total fat (g)	33	5
Of which: saturated (g)	8,4	1,3
Carbohydrates (g)	69	11
Of which: sugars (g)	17,8	2,8
Fibre (g)	13	2
Protein (g)	24	4
Salt (g)	1,9	0,3

## Allergens

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 25) Sesame seed

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Pickle the beetroot and cucumber

Preheat the oven to 200 degrees. Peel the **yellow beetroot** and cut the beetroot into very thin slices using a peeler or cheese slicer. Also cut the **cucumber** into thin slices. In a salad bowl, mix the white wine vinegar, sugar and a pinch of salt. Add the **beetroot** and **cucumber** to the salad bowl and allow them to absorb the dressing until serving. Toss regularly (Tip).

**Tip:** Do you enjoy acidic food? Feel free to add more vinegar and cover the vegetables completely. The flavours will soak in even better.



## Fry the burger

Heat the remaining olive oil in a frying pan on medium-high heat and fry the **50-50 burger** for 3 minutes per side. Reduce the heat and fry for another 5 minutes, or until the **burger** is cooked.

**Fact:** The 50-50 burger in your box is a new product. This version with less salt is custom made just for us. The result is equally tasty but better for you.



## Prepare the potatoes

Wash or peel the **potatoes** and cut them into wedges. In a bowl, mix the **potato wedges** with 1 tbsp olive oil per person, salt and pepper (Tip). Transfer them to a baking sheet lined with baking paper and roast the **potatoes** in the oven for 30 – 40 minutes. Turn when halfway done.

**Tip:** Save yourself some dishes by mixing the potato wedges with the olive oil, salt and pepper on the baking sheet lined with baking paper.



## Top the roll

Cut open the **tomato roll** and place the **burger** on the bottom half. Top the **burger** with **tomato, red onion, salt and pepper** and a little bit of the sour cream with chives. Finish with the top of the roll.

**Tip:** The tomato roll in your box is a new product. This version with more fibres, less salt and no added sugars is custom made just for us.



## Cut

Cut the **red onion** into very thin rings (Tip). Cut the **beef tomato** into slices. Finely chop the **chives**, or cut with scissors. In a bowl, mix the **chives** with the **sour cream** and season well with salt and pepper. Heat the **tomato roll** in the oven for 4 – 6 minutes.

**Tip:** You'll be serving the red onion raw. If you don't like raw onion, fry it together with the burger.



## Serve

Transfer the hamburgers to plates and serve with the pickled vegetables, potato wedges and the remaining chives sauce.

## Enjoy!





# Fish stew with cod, leek and cream with potato puree

Total time: 45 min. (based on 2 servings)



Did you know that our cod is caught in the cold waters around Iceland with rod and line? Minimal bycatch guaranteed!



Onion



Leek



Nutmeg



Paprika



Whipping cream



Cod fillet



Red cherry tomatoes



Grated matured cheese



Starchy potatoes

## Cupboard items

Butter, white wine vinegar, mustard, milk, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, baking dish, frying pan, kitchen paper, grater, potato masher

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Leek* (pcs)	½	1	1½	2	2½	3
Nutmeg (a pinch)	1	2	3	4	5	6
Paprika (tsp)	1	2	3	4	5	6
Whipping cream* (ml) 7)	50	100	150	200	250	300
Cod fillet* (pcs) 4)	1	2	3	4	5	6
Red cherry tomatoes (g)	65	125	190	250	315	375
Grated matured cheese* (g) 7)	12	25	35	50	60	75
Starchy potatoes (g)	200	400	600	800	1000	1200
Not included						
Butter (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Milk	a splash					
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2934 / 701	462 / 110
Total fat (g)	39	6
Of which: saturated (g)	23,9	3,8
Carbohydrates (g)	52	8
Of which: sugars (g)	13,2	2,1
Fibre (g)	9	1
Protein (g)	30	5
Salt (g)	0,7	0,1

## Allergens

4) Fish 7) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

Preheat the oven to 180 degrees. Cut the **onion** into thin half rings and cut the **leek** into thin rings. Grate a pinch of the **nutmeg** per person using a fine grater. Heat ½ tbsp butter in a frying pan on medium–high heat. Fry the **leek** for 4 – 6 minutes, then take from the pan and transfer to a baking dish.



## Stew

Heat another ½ tbsp butter in the same frying pan on medium heat and fry the **onion** for 1 – 2 minutes. Add the **paprika** and fry for another 1 – 2 minutes. Deglaze the **onion** with ½ tbsp white wine vinegar per person and the **whipping cream**. Mix well and allow to reduce for 4 – 5 minutes. Season to taste with salt, pepper and **nutmeg**.



## Make the fish stew

In the meantime, pat dry the **cod** with kitchen paper and season to taste with salt and pepper. Cut the **cherry tomatoes** in half. Transfer the **cod** to the baking dish with **leek** and also add the halved **cherry tomatoes**. Pour the cream sauce over everything and sprinkle with the **matured cheese**. Cook the dish in the oven for 20 – 25 minutes, or until the **cod** is cooked.



## Cook the potatoes

Boil ample water in a pan with a lid for the potatoes. Peel or thoroughly wash the **potatoes** and cut them into large pieces. Cook the **potatoes** for 12 – 15 minutes, covered with the lid. Then drain and allow to steam dry without the lid.



## Make the puree

Mash the **potatoes** into a puree using a potato masher. Add ½ tbsp butter per person and a splash of **milk** or cooking liquid to make it creamy and smooth. Add 1 tsp mustard per person and season to taste with salt, pepper and **nutmeg**.



## Serve

Transfer the dish to plates and serve with the potato puree.

## Enjoy!





# Rice bowl with avocado and a fried egg with black beans, corn and marinated tomatoes

Week without meat Quick & easy Vegetarian

Total time: 20 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



White long grain rice



Black beans



Corn



Shallot



Mexican spices



Fresh coriander



Lime



Avocado



Sour cream



Paprika



Tomato



Garlic clove



Cage-free egg

## Cupboard items

Sunflower oil, extra virgin olive oil, white wine vinegar, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, bowl, frying pan, small bowl, sauté pan, colander

## Ingredients for 1–6 servings

	1p	2p	3p	4p	5p	6p
White long-grain rice (g)	85	170	250	335	420	505
Black beans (pack)	⅓	⅔	1	1⅓	1⅔	2
Corn (g)	60	120	180	240	300	360
Shallot (pcs)	½	1	1½	2	2½	3
Mexican spices (packet)	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Lime (pcs)	½	1	1½	2	2½	3
Avocado (pcs)	½	1	1½	2	2½	3
Sour cream* (g 7)	25	50	75	100	125	150
Paprika (packet)	⅓	⅔	1	1⅓	1⅔	2
Tomato (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	¼	½	¾	1	1¼	1½
Cage-free egg* (pcs 3)	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive Value

	Per serving	Per 100g
Energy (kJ/kcal)	3748 / 896	660 / 158
Total fat (g)	44	8
Of which: saturated (g)	7,7	1,4
Carbohydrates (g)	91	16
Of which: sugars (g)	13,3	2,3
Fibre (g)	14	3
Protein (g)	26	5
Salt (g)	1,1	0,2

## Allergens

3) Eggs 7) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Fry

- Boil ample water in a pan with a lid for the rice. Cook the **rice** for 12 – 14 minutes, then drain and allow to steam dry without the lid.
- Drain the **black beans** and **corn** in a colander and rinse them. Chop the **shallot**.
- Heat ½ tbsp sunflower oil per person in a large frying pan and fry the **Mexican spices** and **shallot** for 1 minute.
- Add the **corn** and **beans** to the frying pan and fry for 6 – 8 minutes. Regularly stir.



## Marinate the tomato

- Finely dice the **tomato** and press or mince the **garlic**.
- Mix the **tomato**, **garlic** and remaining **paprika** in a small bowl with per person: ½ tbsp extra virgin olive oil and 1 tsp white wine vinegar. Keep in the refrigerator until use.
- Heat the remaining sunflower oil in a frying pan and fry 1 sunny-side up **egg** per person.

**Fact:** Egg is one of few ingredients that come packed with vitamin D. The average intake of this vitamin is insufficient, and yet we need it for the uptake of calcium in our body.



## Cut

- Finely chop the **coriander** and cut the **lime** into wedges.
- Cut the **avocado** in half and remove the seed and peel; then cut the **avocado** into slices.
- In a small bowl, mix the **sour cream** with half of the **paprika**. Season to taste with salt and pepper and keep in the refrigerator until use.



## Serve

- Fry the **rice** and half of the **coriander** for 1 – 2 minutes with the **beans** and **corn**. Add some extra virgin olive oil to taste.
- Divide the rice mixture among plates. Serve with the fried **egg**, **avocado** and marinated tomato.
- Garnish with the remaining **coriander**, the sour cream–paprika dressing and the **lime wedges**.

**Fact:** Did you know that this dish contains more than 50% of the RDI of fibre? This is mostly thanks to the black beans, which are rich in iron, magnesium and important B-vitamins in addition to their high fibre content.

## Enjoy!





# Chervil soup with potatoes and leek with a crunchy brie roll

Week without meat Vegetarian Family

Total time: 40 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Garlic clove



Onion



Leek



Starchy potatoes



Fresh chervil



Whole grain cracked roll



French brie

## Cupboard items

Butter, vegetable stock, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Stock pot with lid, hand blender, baking sheet with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic clove (pcs)	½	1	1½	2	2½	3
Onion (pcs)	1	2	3	4	5	6
Leek* (g)	100	200	300	400	500	600
Starchy potatoes (g)	100	150	200	250	350	400
Fresh chervil* (g)	30	60	90	120	150	180
Whole grain cracked roll (pcs) 1) 17) 20) 21) 22) 25) 27)	1	2	3	4	5	6
French brie* (g) 7)	50	100	150	200	250	300
Not included						
Butter (tbsp)	1	2	3	4	5	6
Vegetable stock (ml)	400	800	1200	1600	2000	2400
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2845 / 680	330 / 79
Total fat (g)	32	4
Of which: saturated (g)	19,0	2,2
Carbohydrates (g)	74	9
Of which: sugars (g)	10,1	1,2
Fibre (g)	10	1
Protein (g)	21	2
Salt (g)	5,8	0,7

## Allergens

1) Grains containing gluten 7) Milk/lactose  
May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose  
22) Nuts 25) Sesame seed 27) Lupin

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

Preheat the oven to 200 degrees. Press or mince the **garlic** and roughly chop the **onion**. Cut the **leek** into thin rings (Tip). Thoroughly wash the **potatoes** or peel them. Cut the **potatoes** into quarters. Prepare the stock.

**Tip:** The green leek leaves may be a bit stiffer, making the soup less smooth. Chop them finely or don't use this part of the leek.



## Stew

Heat 1 tbsp butter per person in a stock pot with a lid. Fry the **onion** for 1 – 2 minutes on medium-low heat. Add the **leek** and **potato** and fry for another 5 – 6 minutes.

**Fact:** Did you know that potatoes are super healthy? They are rich in good carbohydrates, potassium, vitamin C, B6 and B11 and fibre!



## Cut the chervil

Add the stock and bring to a boil. Allow the soup to cook gently for 14 – 16 minutes. In the meantime, remove any thick stems from the **chervil** and finely chop the **chervil**. Separate a couple of **chervil leaves** to use as garnishing.



## Bake the roll

Halve the **cracked roll**. Cut the **French brie** into thin slices and top both halves of the **roll** with the **brie slices**. When the soup is almost finished, heat the half rolls with brie in the middle of the oven on a baking sheet lined with baking paper for 8 – 10 minutes, until the **cheese** has melted (Tip).

**Tip:** Got an oven with a grill setting? Grill the roll until the cheese begins to bubble and develops a nice golden-brown colour.



## Season the soup

Add the **chervil** to the soup and mix well. Puree the soup using a hand blender and season to taste with salt and pepper. Heat the soup for another 2 – 3 minutes without the lid.



## Serve

Transfer the chervil soup to soup bowls and garnish with the saved **chervil leaves**. Serve with the brie rolls.

## Enjoy!





# Refreshing tabbouleh with chicken gyros and fresh herbs on beds of little gem

Balanced

Total time: 30 min. (based on 2 servings)



Little gem is the little sibling of romaine lettuce. Its slightly sweeter flavour and small size make it perfect for refreshing bites: you could even eat it without cutlery.



Bulgur



Onion



Chicken gyros



Ground cumin seed



Plum tomato



Lemon



Fresh curly parsley & mint



Little gem

## Cupboard items

Vegetable stock, olive oil, extra virgin olive oil, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, salad bowl

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g) 1)	85	170	250	335	420	505
Onion (pcs)	½	1	1½	2	2½	3
Chicken gyros* (g)	110	220	330	440	550	660
Ground cumin seed (packet)	½	1	1½	2	2½	3
Plum tomato (pcs)	1	2	3	4	5	6
Lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh curly parsley & mint* (g)	5	10	15	20	25	30
Little gem* (head)	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	175	350	500	675	850	1025
Olive oil (tbsp)	1	1	2	2	3	3
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2496 / 597	395 / 94
Total fat (g)	19	3
Of which: saturated (g)	4,1	0,6
Carbohydrates (g)	63	10
Of which: sugars (g)	5,7	0,9
Fibre (g)	15	2
Protein (g)	34	5
Salt (g)	3,3	0,5

## Allergens

1) Grains containing gluten

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Cook the bulgur

Prepare the stock in a pan with a lid for the bulgur. Once the stock is boiling, add the **bulgur** and cook, covered, for 10 – 12 minutes on low heat. Stir regularly and separate the **bulgur** with a fork once it is cooked.

**Fact:** The bulgur and 200 g vegetables in this dish make for a fibre-rich meal. You'll get half the RDI of fibre, which contributes to healthy digestion.



## Fry the chicken gyros

In the meantime, finely chop the **onion**. Heat the olive oil in a frying pan and fry the **chicken gyros** for 2 minutes on high heat, until brown all around. Then add the **onion** and **ground cumin** and fry for 5 – 6 minutes on medium-low heat.



## Cut and juice

In the meantime, dice the **plum tomato**. Juice the **lemon** and finely chop the **curly parsley** and **mint**.



## Cut the little gem

Separate 3 whole leaves per person from the **little gem** and set aside. Finely chop the remaining **little gem**.



## Mix the tabbouleh

In a salad bowl, mix the **bulgur** with the **tomato**, **curly parsley**, **mint**, **chopped little gem**, 1 tsp **lemon juice** per person and extra virgin olive oil to taste. Mix the **chicken gyros** with the tabbouleh. Season with salt and pepper.



## Serve

Put 3 leaves of **little gem** per person on a plate. Divide the tabbouleh with chicken gyros among the little gem leaves and serve the remaining tabbouleh on the side.

## Enjoy!





# Eggplant rolls with halloumi and basil paste with fried potatoes and a salad

Week without meat Vegetarian

Total time: 40 min. (based on 2 servings)



This week is the National Meat Free Week! Eating less meat isn't just good for you, but for the planet as well. Saying no to meat for a week means that you're saving 101 litres of water!



Eggplant



Waxy potatoes



Halloumi



Basil paste



Red cherry tomatoes



Lettuce mix



## Cupboard items

Olive oil, black balsamic vinegar, honey, mustard, extra-virgin olive oil



## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Baking dish, salad bowl, sauté pan with a lid, griddle pan or frying pan, baking sheet lined with baking paper

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (pcs)	½	1	1½	2	2½	3
Waxy potatoes (g)	250	500	750	1000	1250	1500
Halloumi* (g) 7)	100	200	300	400	500	600
Basil paste* (ml)	7½	15	24	30	39	45
Red cherry tomatoes (g)	65	125	185	250	310	375
Lamb's lettuce, rocket and baby spinach* (g)	30	60	90	120	150	180

Not included

Olive oil (tbsp)	2	4	6	8	10	12
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3900 / 932	642 / 153
Total fat (g)	61	10
Of which: saturated (g)	19,1	3,1
Carbohydrates (g)	60	10
Of which: sugars (g)	11,5	1,9
Fibre (g)	8	1
Protein (g)	31	5
Salt (g)	2,7	0,4

## Allergens

7) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Fry the eggplant

Preheat the oven to 220 degrees. Cut the **eggplant** into 4 or 5 thin slices per person, lengthwise. Spread the slices with 1 tbsp olive oil per person. Heat a griddle pan or frying pan on medium-high heat and fry the **eggplant slices** for 2 – 3 minutes on both sides, until soft and golden brown.



## Fry the potatoes

In the meantime, thoroughly wash the **potatoes** and cut into wedges. Heat ½ tbsp olive oil per person in a sauté pan with a lid and fry the **potatoes** for 25 – 35 minutes on medium-high heat, covered with the lid. Remove the lid after 20 minutes. Stir regularly and season with salt and pepper.



## Roll the halloumi

Cut the **halloumi** in half lengthwise (Tip) and cut it into as many strips as there are eggplant slices. Wrap a slice of **eggplant** around each piece of **halloumi**, together with ¼ tsp **basil paste**. Transfer the eggplant rolls to a baking sheet lined with baking paper and roast in the oven for 12 – 14 minutes. Make sure there is enough room in the oven to add another baking dish.

**Tip:** Are you watching your calorie intake? Use half of the halloumi. You can use the rest the next day on a sandwich or in a salad.



## Prepare the cherry tomatoes

In a baking dish, mix the **cherry tomatoes** with per person: ½ tbsp olive oil and 1 tsp black balsamic vinegar. Transfer the baking dish to the oven and roast for 12 minutes, together with the eggplant-halloumi rolls (Tip).

**Tip:** Any leftover eggplant? Dice it very finely and roast it together with the cherry tomatoes in the baking dish.



## Make the salads

In a salad bowl, mix per person: ½ tbsp extra virgin olive oil, 1 tsp mustard, 1 tsp honey, salt and pepper. Mix this dressing with the **mixed lettuce**.



## Serve

Transfer the potatoes and eggplant rolls to plates. Serve with the salad and roasted cherry tomatoes.

**Fact:** Cherry tomatoes may be small, but they pack a higher vitamin concentration than regular tomatoes. Take the antioxidant beta carotene for example, which protects the body from tissue damage and ageing.

## Enjoy!





# Penne all'amatriciana

with bacon, pecorino and a spicy tomato sauce

Balanced

Total time: 30 min. (based on 2 servings)



Amatriciana is a pasta sauce from the mountain village Amatrice, which lies about 2 hours north of Rome. This sauce even has an official status as regional dish.



Red onion



Garlic clove



Red chili pepper



Red cherry tomatoes



Diced tomatoes



Penne



Diced bacon



Fresh basil



Grated pecorino



Rocket

## Cupboard items

Olive oil, white wine vinegar, salt and pepper

## A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

## Equipment

Pan with a lid, frying pan, sauté pan

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Diced tomatoes (pack)	½	1	1½	2	2½	3
Penne (g) 1) 20)	70	140	210	280	350	420
Diced bacon* (g)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Grated pecorino* (g) 7)	25	50	75	100	125	150
Rocket* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

## Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2682 /641	475 /114
Total fat (g)	27	5
Of which: saturated (g)	10,2	1,8
Carbohydrates (g)	68	12
Of which: sugars (g)	16,7	3,0
Fibre (g)	10	2
Protein (g)	29	5
Salt (g)	3,4	0,6

## Allergens

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 20) Soy

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.



## Prepare

Chop the **onion**. Press or mince the **garlic**. Remove the seeds from the **red chili pepper** and finely chop the pepper (Tip). Cut the **red cherry tomatoes** in half. Boil ample water with a pinch of salt in a pan with a lid.

**Tip:** *Pasta all'Amatriciana is quite a spicy dish. Is that right up your alley? Add some red chili pepper seeds or seed pods to make the dish spicier.*



## Cut the basil

Cut the **fresh basil** into strips.



## Make the sauce

Heat ½ tsp olive oil per person in a sauté pan on medium-high heat. Fry the **onion**, **garlic** and **red chili pepper** 🌶 for 3 – 4 minutes. Deglaze with ½ tbsp white wine vinegar per person. Add the **diced tomato** and **cherry tomatoes**. Season with salt and pepper. Reduce the heat and allow to cook gently for 10 – 15 minutes.

**Fact:** *This dish contains more than 350 g vegetables per person! Did you know that conserved vegetables in a can or carton contain around the same amount of nutrients as fresh vegetables?*



## Finish

Add the **penne**, a splash of cooking liquid, half of the **pecorino** and half of the **basil** to the sauce. Mix well and heat briefly.



## Fry the bacon

Cook the **penne** for 14 – 16 minutes until al dente, covered with the lid (Tip). Then drain, save some of the cooking liquid and allow to steam dry without the lid. In the meantime, heat a frying pan on medium-high heat and fry the **diced bacon** for 4 – 6 minutes until crunchy, without any oil or butter. Add the **bacon** and cooking grease to the tomato sauce and mix well.

**Tip:** *You won't be using all of the penne in this recipe. You can break the remaining penne into small pieces and cook them in a soup. Do you like large portions? Use all of the penne.*



## Serve

Divide the **rocket lettuce** among plates and serve the penne all'Amatriciana on top. Garnish with the remaining **basil** and **pecorino**.

**Fact:** *Did you know that 20 g rocket contains more iron, vitamin A and calcium than 100 g of many other vegetables?*

## Enjoy!





# Stuffed bell pepper with creamy mushrooms, chicken and rice with a refreshing lamb's lettuce salad

Family

Total time: 40 min. (based on 2 servings)



What does a red bell pepper have  
3 times more of than an orange?



White long-grain rice



Bell pepper



Mushrooms



Italian-style marinated  
chicken fillet strips



Single cream



Lamb's lettuce

## Cupboard items

Butter, chicken stock cube, extra virgin olive oil, white balsamic vinegar,

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Pan with a lid, kitchen paper, salad bowl, sauté pan, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	85	170	250	335	420	500
Bell pepper* (pcs)	1	2	3	4	5	6
Mushrooms* (g)	60	125	180	250	305	375
Italian-style marinated chicken fillet strips* (g)	100	200	300	400	500	600
Single cream (ml) 7)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Chicken stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3210 /767	602 /144
Total fat (g)	33	6
Of which: saturated (g)	18,1	3,4
Carbohydrates (g)	77	14
Of which: sugars (g)	9,2	1,8
Fibre (g)	6	1
Protein (g)	37	7
Salt (g)	2,7	0,5

Allergens

7) Milk/lactose

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact

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Cook the rice

Preheat the oven to 200 degrees. Boil ample water in a pan for the rice. Cook the **rice** for 8 minutes, covered with the lid. Then turn off the heat and leave for 10 minutes, covered with the lid. Then drain if necessary and allow to steam dry without the lid.



Make the salad

In a salad bowl, make a dressing of the extra virgin olive oil and white balsamic vinegar. Season with salt and pepper and mix the **lamb's lettuce** with the dressing.



Roast the bell pepper

In the meantime, cut the **bell pepper** in half lengthwise. Remove the seeds, but leave the green part of the stem. Transfer the **half bell peppers** to a baking sheet lined with baking paper, with the open side up. Roast in the oven for 10 – 15 minutes.



Stuff the bell peppers

Mix the **rice** with the chicken-mushroom sauce in the sauté pan. Stuff the roasted **bell peppers** with the mixture.



Make the stuffing

Wipe clean the **mushroom** using kitchen paper and cut them into quarters. Heat ½ tbsp butter per person in a sauté pan on medium-high heat and fry the **chicken fillet strips** and **mushrooms** for 4 – 5 minutes. Add the **single cream** and ¼ chicken stock cube per person. Season with salt and pepper. Allow to simmer for 5 minutes.



Serve

Transfer the stuffed bell peppers to plates and serve with the salad on the side.

Enjoy!

Answer: Vitamin C





# Tomato risotto with shrimps with a refreshing rocket salad

Family

Total time: 40 min. (based on 2 servings)



What does rocket lettuce contain 5 times more of than a lot of other vegetables? a) calcium, b) vitamin A or c) iron?



Garlic clove



Onion



Lemon



Shrimps



Risotto rice



Tomato paste



Red cherry tomatoes



Rocket



Fresh curly parsley & basil

## Cupboard items

Vegetable stock, extra virgin olive oil, olive oil, butter, black balsamic vinegar, salt and pepper



A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Baking dish, 2x bowl, kitchen paper, salad bowl, grater, large pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic clove (pcs)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1¼	1½
Shrimps* (g 2)	90	180	270	360	450	540
Risotto rice (g)	75	150	225	300	375	450
Tomato paste (cup)	¼	½	¾	1	1¼	1½
Red cherry tomatoes (g)	125	250	375	500	625	750
Rocket* (g)	20	40	60	80	100	120
Fresh curly parsley & basil* (g)	2½	5	7½	10	12½	15
Not included						
Vegetable stock (ml)	300	600	900	1200	1500	1800
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2287 /547	316 /75
Total fat (g)	18	2
Of which: saturated (g)	6,2	0,9
Carbohydrates (g)	73	10
Of which: sugars (g)	10,2	1,4
Fibre (g)	5	1
Protein (g)	22	3
Salt (g)	5,1	0,7

Allergens

2) Shellfish

\*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact

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Prepare

Preheat the oven to 200 degrees. Prepare the stock. Press or mince the **garlic** and chop the **onion**. Grate the **lemon zest**, cut half of the **lemon** into wedges and juice the other half (Tip). Pat the **shrimps** dry with kitchen paper. In a bowl, mix the **shrimps** with half of the olive oil, half of the **garlic** and half of the **lemon zest**.

Tip: Attention! You'll use 1/4 lemon per person.



In the oven

In a baking dish, mix the **cherry tomatoes** with the rest of the olive oil and the black balsamic vinegar. Season with salt and pepper. Roast the **cherry tomatoes** in the oven for 10 – 15 minutes. Add the marinated **shrimps** for the final 5 minutes. In the meantime, mix the **lemon juice** with the **rocket lettuce** and the extra virgin olive oil in a salad bowl. Season with salt and pepper.



Make the tomato risotto

Heat ½ tbsp butter per person in a large pan on medium–high heat. Fry the **onion** and the rest of the **garlic** for 1 – 2 minutes. Then add the **risotto rice** and fry for 1 – 2 minutes. Add the **tomato paste** and mix well.



Finish the risotto

Finely chop the **basil** and **curly parsley** and mix in a bowl with the remaining **lemon zest**. Add the **cherry tomatoes**, **shrimps** (including cooking liquid) and half of the lemon–herb mixture to the risotto. Mix well.



Cook the tomato risotto

Add ½ of the stock and allow the **rice** to absorb the stock. Stir regularly. Once the stock has been absorbed, add another ½ of the stock and repeat with the remaining stock. The risotto is cooked as soon as the rice is soft on the outside but still has a little bit of a bite on the inside. All in all, this takes about 20 – 25 minutes (Tip).

Tip: Cook your risotto to taste: a little longer with more stock for softer grains.



Serve

Transfer the risotto to plates. Serve the rocket salad on the side and garnish with the rest of the lemon–herb mixture and the **lemon wedges**.

Enjoy!

Answer: a, b and c