



Orzo risotto with Nile perch fillet

with bacon, lemon and thyme

FAMILY 35 min. • Eat within 3 days

FAMILY



Onion



Garlic clove



Fennel



Courgette



Diced bacon



Lemon



Orzo



Nile perch fillet



Dried thyme

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan with a lid, frying pan, kitchen 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
Fennel* (pcs)	⅓	⅔	1	1½	1¾	2
Courgette (pcs)	⅓	⅔	1	1½	1¾	2
Diced bacon* (g)	20	40	60	75	100	115
Lemon (pcs)	½	¾	1	1	1¾	1¾
Orzo (g) 1) 20)	85	170	250	335	420	505
Nile perch fillet* (pcs) 4)	1	2	3	4	5	6
Dried thyme (tsp)	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2782 / 665	397 / 95
Total fat (g)	22	3
Of which: saturated (g)	12,3	1,8
Carbohydrates (g)	74	11
Of which: sugars (g)	13,6	1,9
Fibre (g)	7	1
Protein (g)	38	5
Salt (g)	2,9	0,4

Allergens:

1) Grains containing gluten 4) Fish

May contain traces of: 20) Soy

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. Chop the **onion** and press or mince the **garlic**. Cut the **fennel** into quarters, remove the hard core, then cut the fennel into thin strips. Cut the **courgette** into thin half moons (TIP).

TIP: Not in a hurry? Separate the courgette into ribbons with a peeler or cheese slicer and fry together with the Nile perch fillet. They will look very nice on your plate!



4. Cook the orzo

Melt ½ tbsp butter per person in the sauté pan with cooking grease and fry the **onion, garlic, fennel** and **courgette** for 3 – 4 minutes on medium heat. Add the **orzo**, fry for 1 minute, then carefully pour in the stock. Bring to a boil and cook the orzo for 10 – 12 minutes on low heat, covered with the lid. Stir regularly. Add the **diced bacon** for the last 5 minutes. Season with salt and pepper.



2. Fry the bacon

Heat a sauté pan without oil on medium-high heat and fry the **diced bacon** for 3 – 5 minutes until crispy. Take from the pan and set aside. Save the cooking grease in the pan.



5. Fry the fish

Pat the **Nile perch fillet** dry with kitchen paper and sprinkle with the **dried thyme**, pepper and salt. Melt the remaining butter in a frying pan on medium-high heat and fry the fillet for 3 – 4 minutes on one side. Reduce the heat and fry for 1 – 2 minutes on the other side.



3. Cut the lemon

Meanwhile, cut the **lemon** into slices.



6. Serve

Transfer the orzo to plates and drizzle with extra virgin olive oil to taste. Squeeze one slice of **lemon** per person over the orzo. Put the fried **Nile perch fillet** on top and garnish with the remaining lemon slices.

Enjoy!



Chicken fillet with sweet and aromatic vegetable stew with dried apricots and shaved almonds

40 min. • Eat within 3 days



Onion



Waxy potatoes



Carrot



Ras el hanout



Fresh flat leaf parsley



Tomato



Tomato paste



Chopped dried apricots



Chicken fillet



Shaved almonds

Pantry items

Olive oil, vegetable stock cube, honey, butter, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, pan with a lid, peeler

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Waxy potatoes (g)	200	400	600	800	1000	1200
Carrot* (g)	100	200	300	400	500	600
Ras el hanout (tbsp)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Tomato (pcs)	1	2	3	4	5	6
Tomato paste (cup)	¼	½	¾	1	1¼	1½
Chopped dried apricots (g) 19) 22) 25)	20	40	60	80	100	120
Chicken fillet* (pcs)	1	2	3	4	5	6
Shaved almonds (g) 8) 19) 25)	10	20	30	40	50	60

Not included

Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock cube (pcs)	⅓	⅔	1	1⅓	1⅔	2
Honey (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3052/730	492/118
Total fat (g)	30	5
Of which: saturated (g)	5,8	0,9
Carbohydrates (g)	72	12
Of which: sugars (g)	29,2	4,7
Fibre (g)	13	2
Protein (g)	36	6
Salt (g)	2,0	0,3

Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

25) Sesame seed



1. Cut and fry

Boil 175 ml water per person for the stew. Chop the **onion**. Peel the **potatoes** and cut into large pieces. Weigh the **carrot** and peel with a peeler, then cut into 1 cm dices. Heat ½ tbsp olive oil per person in a pan with a lid. Add the **onion** and a pinch of salt and fry for 1 minute on medium-high heat.



4. Fry the chicken fillet

In the meantime, heat a frying pan with the remaining olive oil on medium-high heat. Rub the **chicken fillet** with salt and pepper. Fry the chicken fillet for 2 – 3 minutes on each side. Reduce the heat and fry the chicken for another 4 – 5 minutes or until the chicken fillet is cooked. Take from the pan and set aside.



2. Fry the vegetables

Add the **potatoes**, **carrot** and **ras el hanout** to the pan with **onion** and stir fry for 1 minute. Add the boiling water and crumble ⅓ stock cube per person over the pan. Bring to a boil and stew for 20 – 25 minutes until cooked. Stir regularly.



5. Roast the almonds

Heat the butter in the same frying pan and fry the **shaved almonds** on medium-high heat for 2 minutes until golden-brown. Reduce the heat, add the **chicken fillet** to the almonds in the frying pan and heat for another minute.



3. Finish the stew

In the meantime, roughly chop the **fresh parsley**. Cut the **tomato** into wedges. Add ⅓ cup **tomato paste** per person to the **vegetable** stew for the final 5 minutes. Allow to simmer for another 5 minutes, uncovered. Add the **chopped dried apricots**, **tomato** and honey for the final minute. Season to taste with salt and pepper.



6. Serve

Transfer the stewed vegetables to deep plates. Place the **chicken fillet** on top and sprinkle with the **parsley** and **almonds**.

Enjoy!

Contact

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Tomato-bell pepper soup with pearl couscous

with sour cream, fresh tarragon and homemade breadsticks

BALANCED **VEGETARIAN** 30 min. • Eat within 5 days

BALANCED



- | | |
|--|--|
|  |  |
| Onion | Garlic clove |
|  |  |
| Tomato | Red bell pepper |
|  |  |
| Dried apricots | Fresh tarragon |
|  |  |
| Pearl couscous | Whole grain ciabatta |
|  |  |
| Sour cream | Grated Italian cheese |

Pantry items
Olive oil, vegetable stock cube, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Stock pot with a lid, baking sheet lined with baking paper, pan with a lid, hand blender

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)	2	4	6	8	10	12
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Dried apricots (g) 19) 22) 25)	25	50	75	100	125	150
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Pearl couscous (g) 1) 30	60	85	120	145	180	
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Sour cream* (g) 7)	25	50	75	100	125	150
Grated Italian cheese* (g) 7)	12½	25	37½	50	62½	75

Not included

Olive oil (tbsp)	1	2	2	3	4	5
Vegetable stock cube (pcs)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2724 / 651	527 / 126
Total fat (g)	22	4
Of which: saturated (g)	6,9	1,3
Carbohydrates (g)	84	16
Of which: sugars (g)	29,2	5,7
Fibre (g)	14	3
Protein (g)	22	4
Salt (g)	3,8	0,7

Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose 9) Celery 10) Mustard

May contain traces of: 17) Eggs 19) Peanuts 22) Nuts 25) Sesame seed 27) Lupin

Contact

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1. Prepare

Preheat the oven to 200 degrees and boil 300 ml water per person for the soup. Chop the **onion** and press or mince the **garlic**. Cut the **tomato**, **red bell pepper** and **dried apricots** into pieces. Remove the **tarragon** leaves from the stems and finely chop the leaves.

FACT: Did you know that this dish contains 300 g vegetables and more vitamin C than the daily recommended amount?



4. Roast the breadsticks

In the meantime, cut open the **ciabatta** and cut each half into 3 strips. Transfer the strips to a baking sheet lined with baking paper and drizzle with the remaining olive oil. Sprinkle with the leftover **garlic**, salt and pepper. Roast in the oven for 6 – 8 minutes until crunchy.



2. Make the soup

Heat half of the olive oil in a stock pot with a lid and stir fry the **onion**, **tomato**, **bell pepper**, **chopped dried apricots** and half of the **garlic** for 2 minutes on medium heat. Add 200 ml boiling water per person and crumble ½ stock cube per person over the stock pot. Cook the soup for 15 minutes, covered with the lid.



5. Puree and mix

In the meantime, take the stock pot from the heat. Add half of the **sour cream** and puree the soup with a hand blender. Season with salt and pepper. Optionally, add the remaining boiling water in case you want to make the soup a bit thinner. Then stir the **pearl couscous** into the soup.



3. Cook the pearl couscous

In the meantime, make sure that the **pearl couscous** (TIP) is just under water in a pan with a lid. Bring to a boil and cook the pearl couscous for 12 – 14 minutes, covered with the lid. Stir regularly so the couscous does not stick to the pan. Then drain, separate the couscous with a fork and leave to steam dry without the lid.

TIP: Weigh the pearl couscous first. You might have received more pearl couscous than necessary for this soup.



6. Serve

Transfer the soup to bowls and garnish with the **Italian cheese**, the leftover **sour cream** and the **tarragon** (TIP). Serve with the breadsticks.

TIP: Tarragon has quite a strong flavor, so taste well while adding. Add less or more to taste.

Enjoy!



Enchiladas with bell pepper-chili tortillas and minced chicken

with refreshing salad and sour cream

BALANCED **QUICK & EASY** 25 min. • Eat within 5 days

BALANCED



Canned corn



Red onion



Minced chicken
with Mexican spices



Passata



Bell pepper tortilla



Grated cheddar



Tomato



Iceberg lettuce



Sour cream

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Oven dish, frying pan, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Canned corn (can)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Minced chicken with Mexican spices* (g)	100	200	300	400	500	600
Passata (ml)	100	200	300	400	500	600
Bell pepper tortillas (pcs) 1) 6)	2	4	6	8	10	12
Grated cheddar* (g) 7)	12½	25	37½	50	62½	75
Tomato (pcs)	½	1	1½	2	2½	3
Iceberg lettuce* (g)	25	50	75	100	125	150
Sour cream* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	½	1	1	1½	1½
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (to taste)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2657 / 635	505 / 121
Total fat (g)	29	6
Of which: saturated (g)	8,6	1,6
Carbohydrates (g)	54	10
Of which: sugars (g)	19,0	3,6
Fibre (g)	8	2
Protein (g)	34	7
Salt (g)	2,9	0,6

Allergens:

1) Grains containing gluten 4) Fish

7) Milk/lactose 8) Nuts

May contain traces of:



1. Prepare

Preheat the oven to 200 degrees. Drain the **corn** and finely chop the **red onion**.

FACT: Corn is a good source of magnesium. This mineral is important for your muscles and bones. Other magnesium-rich products include peanuts, legumes, bananas, whole wheat grains and cocoa.



4. Cut the tomato

In the meantime, cut the **tomato** into dices.



2. Fry

Heat the olive oil in a frying pan on medium-high heat. Fry the **onion** and half of the **corn** for 1 – 2 minutes. Add the **minced chicken** and stir fry for 2 – 3 minutes. Add the **passata** and fry for another 2 – 4 minutes.



5. Make the salad

Mix per person: 1 tsp white balsamic vinegar, ½ tbsp extra virgin olive oil, salt and pepper. Right before serving, mix this vinaigrette with the **tomato**, **iceberg lettuce** and the leftover **corn** in a salad bowl.



3. Top the tortillas

Top the **bell pepper tortillas** with the **minced meat-passata** mixture. Fold to close the **tortillas** and place them next to each other in an oven dish. Sprinkle the **cheddar** over the tortillas and heat in the oven for 5 – 10 minutes.

FACT: Did you know that the tortillas consist of 45% vegetables?



6. Serve

Serve the bell pepper burritos with the refreshing salad and the **sour cream**.

TIP: Stuff your burritos with a little bit of the salad for a tasty twist.

Enjoy!

Contact

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Naan pizza with yazzara, minced meat and spinach with a refreshing salad

FAMILY **QUICK** 20 min. • Eat within 3 days

FAMILY



Naan bread



Onion



Garlic clove



Minced beef
with kofta spices



Spinach



Red cherry tomatoes



Yazzara

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Naan bread (pcs) 1) 7)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Minced beef with kofta spices* (g)	100	200	300	400	500	600
Spinach* (g) 23)	100	200	300	400	500	600
Red cherry tomatoes* (g)	60	125	185	250	310	375
Yazzara* (g) 7) 19) 22)	40	80	120	160	200	240

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic 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 portie	Per 100g
Energy (kJ/kcal)	3523 /842	718 /171
Total fat (g)	41	8
Of which: saturated (g)	10,2	2,1
Carbohydrates (g)	71	14
Of which: sugars (g)	12,5	2,6
Fibre (g)	9	2
Protein (g)	42	9
Salt (g)	1,8	0,4

Allergens:

1) Grains containing gluten **7)** Milk/lactose

May contain traces of: **19)** Peanuts **22)** Nuts **23)** Celery



1. Prepare

- Preheat the oven to 200 degrees and heat the **naan bread** for 4 – 6 minutes, or toast in a toaster.
- Chop the **onion** and press or mince the **garlic**.



2. Fry the minced beef

- Heat the olive oil in a frying pan on medium heat and fry the **garlic** and **onion** for 2 – 3 minutes.
- Add the **minced beef** and fry for 3 minutes.
- Add half of the **spinach** and fry for another 2 minutes. Season with salt and pepper.



3. Make the salad

- Cut the red **cherry tomatoes** in half.
- In a salad bowl, mix the **cherry tomatoes** with the leftover **spinach** (TIP), the white balsamic vinegar and the extra virgin olive oil. Season with salt and pepper.

TIP: Cut the spinach into small pieces for a less chunky salad.



4. Serve

- Spread the **naan bread** with the **yazzara** and top with the **minced meat** and **spinach**.
- Serve the naan pizza with the salad.

Enjoy!

Contact

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Sweet-potato mash with herb cheese

with lamb's lettuce, rocket and chopped pecan nuts

BALANCED **VEGETARIAN** **FAMILY** 30 min. • Eat within 5 days

BALANCED



Starchy potatoes



Sweet potato



Chopped pecan nuts



Red onion



Tomato



Diced herb cheese



Rocket and lamb's lettuce

Pantry items

Vegetable stock, olive oil, mustard, milk, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, pan with a lid, potato masher

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Starchy potatoes* (g)	100	200	300	400	500	600
Sweet potato (g)	200	400	600	800	1000	1200
Chopped pecan nuts (g) 8) 19) 25)	10	20	30	40	50	60
Red onion (pcs)	1	2	3	4	5	6
Tomato (pcs)	1½	3	4½	6	7½	9
Diced herb cheese* (g) 7)	40	75	100	125	175	200
Rocket and lamb's lettuce* (g) 23)	30	60	90	120	150	180
Not included						
Vegetable stock (ml)	400	800	1200	1600	2000	2400
Olive oil (tbsp)	½	½	1	1	1½	1½
Mustard (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)	2556 / 611	360 / 86
Total fat (g)	24	3
Of which: saturated (g)	9,4	1,3
Carbohydrates (g)	74	10
Of which: sugars (g)	23,5	3,3
Fibre (g)	12	2
Protein (g)	18	3
Salt (g)	1,7	0,2

Allergens:

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

May contain traces of: 19) Peanuts **23)** Celery

25) Sesame seed

Contact

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1. Cook the potatoes

Prepare the stock in a pan with a lid for the mash. Weigh the **potatoes** and **sweet potatoes**. Thoroughly wash or peel the potatoes and sweet potatoes and cut into large pieces. Cook the potatoes and the sweet potatoes in the stock for 12 – 15 minutes, covered with the lid. Drain and save a little bit of the stock. Allow to steam dry without the lid.

FACT: Sweet potatoes and regular potatoes are both rich in vitamins and minerals like zinc, iron, potassium, vitamin B and C. But did you know that sweet potatoes also contain loads of vitamin A?



4. Make the puree

Mash the **potatoes** and **sweet potatoes** into a coarse puree, using a potato masher. Add the mustard and a splash of milk or stock to make it smooth. Season to taste with salt and pepper.



2. Roast

Heat a frying pan on high heat and roast the **chopped pecan nuts** until golden brown, without any oil or butter. Take from the pan and set aside.



5. Mix

Mix the **red onion** and half of the **herb cheese** with the mash. You can heat it briefly if you want the cheese to melt. Then mix the **diced tomato**, **rocket** and **lamb's lettuce** into the mash.



3. Fry the red onion

Cut the **red onion** into half rings. Heat the olive oil in the same frying pan and fry the onion on medium heat for 6 – 8 minutes. Season to taste with salt and pepper. In the meantime, cut the **tomato** into small dices.

FACT: Tomatoes have a lot of health benefits. They are rich in vitamin A, C, E and lycopene. The riper they are, the more lycopene they contain. Lycopene is an antioxidant: they protect our cells from harmful influences.



6. Serve

Transfer the mash to plates and garnish with the remaining **herb cheese** and **chopped pecan nuts**.

Enjoy!



Curry with spinach and sweet potato

served with rice and a fried egg

VEGETARIAN 30 min. • Eat within 3 days

VEGETARIAN



Basmati rice



Onion



Garlic clove



Red chili pepper



Sweet potato



Coconut milk



Curry powder



Fresh coriander



Free-range egg



Spinach



Full-fat yogurt

Pantry items

Vegetable stock cube, butter, sunflower oil, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, wok or sauté pan with a lid, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	45	85	130	170	215	255
Onion (pcs)	½	1	1	2	2	3
Garlic clove (pcs)	1	1	2	2	3	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Sweet potato (g)	100	200	300	400	500	600
Coconut milk (ml) 26)	75	150	200	250	350	400
Curry powder (tsp 9) 10)	2	3	5	6	8	9
Fresh coriander* (g)	2½	5	7½	10	12½	15
Free-range egg* (pcs) 3)	1	2	3	4	5	6
Spinach* (g) 23)	200	400	600	800	1000	1200
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150
Not included						
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Butter (tbsp)	½	½	1	1	1½	1½
Sunflower oil (tbsp)	1	1	2	2	3	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2709 / 648	475 / 114
Total fat (g)	32	6
Of which: saturated (g)	17,7	3,1
Carbohydrates (g)	65	11
Of which: sugars (g)	11,1	1,9
Fibre (g)	9	2
Protein (g)	21	4
Salt (g)	1,7	0,3

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose
May contain traces of: 19) Peanuts 22) Nuts
23) Celery 26) Sulfite

Contact

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1. Cook the rice

Boil 250 ml water per person in a pan with a lid and cook the **rice** for 12 – 15 minutes, covered with the lid. Then drain if necessary and leave to steam dry without the lid.



4. Finish the curry

Then add the **coconut milk** and 25 ml water per person and crumble ¼ stock cube per person over the pan. Cover with the lid and bring to a boil. Allow to simmer for 10 minutes. In the meantime, finely chop the **coriander**.



2. Cut the vegetables

In the meantime, chop the **onion** and press or mince the **garlic**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Peel the **sweet potato** and cut into 1 cm dices. Stir the **coconut milk**.

FACT: Sweet potatoes and regular potatoes are both rich in vitamins and minerals like zinc, iron, potassium, vitamin B and C. But did you know that sweet potatoes also contain loads of vitamin A?



5. Fry the egg

When the **sweet potato** is almost done, heat the butter in a frying pan and fry 1 sunny-side up **egg** per person. You can fry more than one egg in the pan at the same time. Sprinkle the egg with salt and pepper. In the meantime, tear the **spinach** over the pan with potatoes and allow to shrink.



3. Fry the sweet potato

Heat the sunflower oil in a wok or sauté pan with a lid on medium-low heat and fry the **onion**, **garlic** and **red chili pepper** for 2 minutes (TIP). Add the **sweet potato** and **curry powder** and fry for 1 minute.

TIP: Not a fan of spiciness? Add the red chili pepper to taste.



6. Serve

Transfer the **rice** to plates and top with the curry and fried **egg**. Garnish with the **yogurt** and **coriander**.

Enjoy!



Oven dish with stewed red cabbage and apple

with chicken sausage and potato puree

55 min. • Eat within 5 days



Onion



Apple



Nutmeg



Cut red cabbage



Ground cinnamon



Starchy potatoes



Chicken sausage



Grated matured cheese

Pantry items

White balsamic vinegar, brown sugar, vegetable stock cube, butter, mustard, milk, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan with a lid, grater, pan with a lid, frying pan with a lid, oven dish

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	1	2	3	4	5	6
Apple (pcs)	1	2	3	4	5	6
Nutmeg (pcs)	1	1	1	1	2	2
Cut red cabbage* (g)	150	300	450	600	750	900
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Starchy potatoes (g)	300	600	900	1200	1500	1800
Chicken sausage* (pcs)	1	2	3	4	5	6
Grated matured cheese* (g) 7	12½	25	37½	50	62½	75

Not included

White balsamic vinegar (tbsp)	1	2	3	4	5	6
Brown sugar (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Butter (tbsp)	1½	3	4½	6	7½	9
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)	3665 / 876	410 / 98
Total fat (g)	33	4
Of which: saturated (g)	17,6	2,0
Carbohydrates (g)	103	12
Of which: sugars (g)	41,1	4,6
Fibre (g)	16	2
Protein (g)	33	4
Salt (g)	3,5	0,4

Allergens:

1) Grains containing gluten

May contain traces of: -

Contact

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



1. Cut

Chop the **onion**. Peel the **apple**, remove the core and cut the apple into dices. Grate a pinch of **nutmeg** per person.



4. Cook the potatoes

Boil ample water in a pan with a lid, with ½ stock cube per person. Thoroughly wash or peel the **potatoes** and cut into large pieces. Cook the potatoes for 12 – 15 minutes until done, covered with the lid. Then drain and mash the potatoes into a puree using a potato masher. Add a splash of milk and per person: ½ tbsp butter and 1 tsp mustard. Season with salt, pepper and a pinch of **nutmeg**.



2. Fry

Preheat the oven to 210 degrees. Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat and fry the **onion** for 2 – 3 minutes. Add the **red cabbage** in batches. Then add the diced **apple** and 1 tbsp white balsamic vinegar per person and fry for 4 – 5 minutes on low heat, covered with the lid.



5. Fry the chicken sausage

Heat ½ tbsp butter per person in a frying pan with a lid and fry the **chicken sausage** for 3 minutes on medium-high heat, until brown all around. Cover the pan and fry on medium heat for 10 – 12 more minutes. Turn the sausage regularly (TIP). In the meantime, grease an oven dish with butter. Transfer the **red cabbage** to the oven dish and top with the potato puree. Sprinkle with the **matured cheese** and heat in the oven for 8 minutes.

TIP: Would you like a gravy with the puree? Take the sausage from the pan after frying and add 50 ml water per person to the pan. Stir well with a whisk and allow to reduce on medium-high heat.



3. Stew the red cabbage

Add 220 ml water per person, 1 tbsp brown sugar, 1 tsp **cinnamon** and a large pinch of salt. Stir well and cook for 40 minutes on medium-high heat, covered with the lid. Season with salt and pepper. The cooking liquid should evaporate completely. Stir regularly and add some more water in case the whole becomes dry too quickly.



6. Serve

Transfer the **red cabbage** with potato puree and melted cheese to plates. Serve with the **chicken sausage**.

FACT: Red cabbage is one of the most fibre-rich vegetables. Fibres contribute to healthy digestion and they make you feel satisfied after a meal. Together with the potatoes, this dish contains about half of the daily recommended amount of fibre.

Enjoy!



Pasta pesto with salmon fillet

with oven-roasted tomatoes and courgette

30 min. • Eat within 3 days



Garlic clove



Plum tomato



Spaghetti



Courgette



Salmon fillet with skin



Green pesto

Pantry items

Black balsamic vinegar, olive oil, butter, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Baking sheet lined with baking paper, frying pan, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Plum tomato (pcs)	1	2	3	4	5	6
Spaghetti (g 1) 17) 20)	90	180	270	360	450	540
Courgette (pcs)	½	1	1½	2	2½	3
Salmon fillet with skin* (pcs) 4)	1	2	3	4	5	6
Green pesto* (g 7) 8)	20	40	60	80	100	120

Not included

Black balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	5	7½	8
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)	3902 / 933	746 / 178
Total fat (g)	51	10
Of which: saturated (g)	11,7	2,2
Carbohydrates (g)	78	15
Of which: sugars (g)	16,1	3,1
Fibre (g)	6	1
Protein (g)	36	7
Salt (g)	0,7	0,1

Allergens:

3) Eggs 5) Peanuts 8) Nuts 10) Mustard

May contain traces of: 17) Eggs 20) Soy



1. Prepare the tomato

Preheat the oven to 200 degrees. Press or mince the **garlic**. Cut the **plum tomato** into small dices and mix them in an oven dish with the **garlic**, black balsamic vinegar and 1 tbsp olive oil per person. Season with salt and pepper and roast in the oven for 15 minutes.



2. Cook the pasta

Boil ample water in a pan with a lid and cook the **spaghetti**, covered with the lid, for 10 – 12 minutes until al dente. Drain and leave to steam dry without the lid.



3. Cut the courgette

Cut the **courgette** in half crosswise, then cut into thin slices lengthwise. Cut the slices into dices. Heat ½ tbsp butter per person in a sauté pan and fry the courgette for 4 – 6 minutes.



4. Fry the salmon

Heat the leftover olive oil in a frying pan on high heat and fry the **salmon fillet** for 3 minutes on the skin. Reduce the heat and flip the salmon over to its other side. Spread 1 tsp **pesto** on the skin of the salmon fillet and fry for 1 – 2 more minutes, with the skin up. Season with salt and pepper.



5. Mix

In an oven dish, mix the **spaghetti** with the **tomato**. Add the rest of the **pesto** and the **courgette** and mix well.



6. Serve

Transfer the **spaghetti** to plates and serve with the **salmon fillet** on top.

FACT: Did you know that this dish contains about 250 g vegetables and is rich in omega-3 fatty acids and vitamin D, due to the salmon? Omega-3 fatty acids are good for your heart and blood vessels and vitamin D helps with the intake of calcium and with this, contributes to strong bones. Last but not least, this dish is low in salt.

Enjoy!

Contact

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



Chili sin carne

with red beans, guacamole and fresh coriander

QUICK & EASY VEGETARIAN 25 min. • Eat within 5 days

QUICK &
EASY



Brown rice



Garlic clove



Red onion



Red chili pepper



Yellow bell pepper



Fresh coriander



Red kidney beans



Mexican spices



Diced tomato



Avocado



Lime



Sour cream

Pantry items

Olive oil, white balsamic vinegar, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan with a lid, bowl, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	505
Garlic clove (pcs)	1	2	3	4	5	6
Red onion (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Yellow bell pepper* (pcs)	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Red kidney beans (can)	⅓	⅔	1	1⅓	1⅔	2
Mexican spices (tsp)	1	2	3	4	5	6
Diced tomato (pack)	½	1	1½	2	2½	3
Avocado (pcs)	½	1	1½	2	2½	3
Lime (pcs)	¼	½	¾	1	1¼	1½
Sour cream* (g) 7)	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3077 / 736	522 / 125
Total fat (g)	31	5
Of which: saturated (g)	5,6	0,9
Carbohydrates (g)	89	15
Of which: sugars (g)	17,0	2,9
Fibre (g)	15	2
Protein (g)	17	3
Salt (g)	0,9	0,1

Allergens:

7) Milk/lactose

May contain traces of:



1. Prepare

- Boil 250 ml water per person in a pan with a lid. Cook the **rice** for 12 – 15 minutes on low heat, covered with the lid.
- Press or mince the **garlic**. Cut the **onion** into half rings (TIP). Remove the seeds from the **red chili pepper** and finely chop the pepper. Cut the **yellow bell pepper** into thin strips and roughly chop the **coriander**.
- Drain the red **kidney beans**.

TIP: Do you like raw red onion in your quacamole? Finely chop 1/4 onion and mix with the guacamole.



3. Fry the seasonings

- Spoon the **avocado** from the peel and cut it into small dices.
- Cut the **lime** into 2 wedges per person.
- In a bowl, mix the **avocado** with the remaining **garlic** and **red chili pepper**. Squeeze a lime wedge per person over it and season well with salt and pepper.

FACT: Did you know that avocado contains healthy fats, lots of potassium and vitamin E? Potassium is important for a healthy blood pressure and vitamin E for a strong immune system. This dish also contains more vitamin C than the daily recommended amount and more than 50% of the daily recommended amount of fibre.



2. Fry

- Heat the olive oil in a sauté pan with a lid and fry the **red onion**, **Mexican spices**, ½ of the **garlic** and ¾ of the **red chili pepper** for 1 – 2 minutes on medium heat.
- Add the **yellow bell pepper** and fry for 2 more minutes.
- Deglaze with the white balsamic vinegar. Add the **diced tomato**, **kidney beans** and half of the **coriander** to the pan. Allow to simmer for 5 – 6 minutes, covered with the lid.



4. Make the chili

- Transfer the **rice** to plates and spoon the chili sin carne on top.
- Serve with the guacamole and **sour cream** and garnish with the remaining **coriander** and **lime** wedges.

FACT: Kidney beans, out of all beans, contain the most fibre: almost 1/3 of the daily recommended amount per 100 g. Fibres are good for digestion and they are also related to a lower risk of cardiovascular diseases. Kidney beans also contain a lot of magnesium: an important mineral for healthy muscles.

Enjoy!

Contact

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



Fresh conchiglie with broccoli and bacon

with creamy mushroom pesto sauce

QUICK 20 min. • Eat within 5 days

QUICK



Broccoli



Mushrooms



Garlic clove



Fresh conchiglie



Diced bacon



Whipping cream



Mushroom pesto

Pantry items

Olive oil, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan, 2x pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Broccoli* (g)	125	250	375	500	625	750
Mushrooms* (g)	125	250	375	500	625	750
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh conchiglie* (g) 1) 3)	125	250	375	500	625	750
Diced bacon* (g)	25	50	75	100	125	150
Whipping cream* (ml) 7)	50	100	150	200	250	300
Mushroom pesto* (g) 7) 8)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	4081 /976	819 /196
Total fat (g)	61	12
Of which: saturated (g)	18,9	3,8
Carbohydrates (g)	73	15
Of which: sugars (g)	2,7	0,5
Fibre (g)	9	2
Protein (g)	29	6
Salt (g)	1,2	0,2

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 8) Nuts

May contain traces of: -



1. Prepare

- Boil water with a pinch of salt in 2 pans with lids.
- Cut the **broccoli** into florets and cut the stem into small dices. Cut the **mushrooms** into quarters. Press or mince the **garlic**.



2. Cook

- Cook the **broccoli** for 4 – 5 minutes until al dente. Then drain and leave to steam dry without the lid. Cook the **fresh conchiglie** for 4 – 6 minutes, covered with the lid.
- Then drain and leave to steam dry without the lid.



3. Fry the bacon

- In the meantime, heat ½ tbsp olive oil per person in a sauté pan on medium-high heat. Fry the **diced bacon** together with the **mushrooms** and **garlic** for 6 – 8 minutes.
- Add the **fresh conchiglie**, **broccoli**, **mushroom pesto** and **whipping cream** to the frying pan. Stir well and heat for another 1 – 2 minutes.



4. Serve

- Transfer the pasta to plates.

Enjoy!

Contact

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



Fresh ravioli with fennel, goat cheese and bacon

with snow peas and salad

PREMIUM 30 min. • Eat within 5 days

PREMIUM



Garlic clove



Onion



Fennel



Mixed lettuce



Shaved almonds



Bacon



Ravioli



Snow peas



Fresh goat cheese



Whipping cream

Pantry items

Butter, extra virgin olive oil, honey, mustard, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan with a lid, frying pan, pan with a lid, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Fennel* (pcs)	½	1	1½	2	2½	3
Mixed lettuce* (g)	40	80	120	160	200	240
Shaved almonds* (g) 8) 19) 25)	10	20	30	40	50	60
Bacon* (g)	50	100	150	200	250	300
Ravioli with fennel, goat cheese and rosemary* (g) 1) 3) 7)	140	280	420	560	700	840
Snow peas* (g)	50	100	150	200	250	300
Fresh goat cheese* (pcs) 7)	25	50	75	100	125	150
Whipping cream* (ml) 7)	50	100	150	200	250	300

Not included

Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
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)	3941/942	693/166
Total fat (g)	61	11
Of which: saturated (g)	26,9	4,7
Carbohydrates (g)	61	11
Of which: sugars (g)	13,4	2,4
Fibre (g)	9	2
Protein (g)	34	6
Salt (g)	2,7	0,5

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 25) Sesame seed

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

Press or mince the **garlic**. Cut the **onion** into thin half rings. Cut the **fennel** in half, then into quarters and remove the hard core. Then cut the **fennel** into strips.



4. Prepare the toppings

Heat a frying pan without any oil or butter on medium-high heat and roast the **shaved almonds** until brown. Take from the pan and add the **diced bacon**, without any oil or butter. Fry for 5 minutes until crispy. Take from the pan and save on a plate with kitchen paper.



2. Fry the vegetables

Heat ½ tbsp butter per person in a sauté pan with a lid. Fry the **garlic** and **onion** for 1 - 2 minutes with a large pinch of salt. Add the **fennel** strips and 20 ml water per person and fry for 16 - 18 minutes, covered with the lid. Stir regularly. Allow to reduce a little bit longer if there is still too much cooking liquid left in the pan.



5. Finish the sauce

In the meantime, cook the **fresh ravioli** and **snow peas** together for 4 – 6 minutes, covered with the lid. Then drain and leave to steam dry without the lid. Add the **whipping cream** and **goat cheese** to the **fennel** and heat for another 2 – 3 minutes.



3. Make the salad

Boil ample water in a pan with a lid for the ravioli and snow peas. In a salad bowl, mix a dressing with per person: ½ tbsp extra virgin olive oil, ½ tbsp honey and 1 tsp mustard. Season with salt and pepper. Right before serving, mix the dressing with the **mixed lettuce**.



6. Serve

Transfer the **ravioli** and **snow peas** to plates and top with the **goat cheese** and **fennel**. Garnish with the **bacon** and **shaved almonds**. Serve with the salad.

Enjoy!



Rumpsteak with chimichurri

with Roseval potatoes, chestnut mushrooms and salad

PREMIUM 30 min. • Eat within 5 days

PREMIUM



Roseval potatoes



Chestnut mushrooms



Red cherry tomatoes



Garlic clove



Green pepper



Shallot



Fresh flat leaf parsley and coriander



Fresh oregano



Rumpsteak



Rocket lettuce



Salted almonds



Mayonnaise

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Small bowl, frying pan, aluminum foil, sauté pan or large frying pan, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	300	600	900	1200	1500	1800
Chestnut mushrooms* (g)	125	250	375	500	625	750
Red cherry tomatoes*	60	125	180	250	305	375
(g)						
Garlic clove (pcs)	2	4	6	8	10	12
Green pepper* (pcs)	¼	½	¾	1	1¼	1½
Shallot (pcs)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley and coriander* (g)	5	10	15	20	25	30
Fresh oregano* (g)	5	10	15	20	25	30
Rumpsteak* (pcs)	1	2	3	4	5	6
Rocket lettuce* (g) 23)	20	40	60	80	100	120
Salted almonds (g) 8) 19) 25)	20	40	60	80	100	120
Mayonaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150

Not included

Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic 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)	4475 /1070	589 /141
Total fat (g)	65	9
Of which: saturated (g)	14,2	1,9
Carbohydrates (g)	69	9
Of which: sugars (g)	9,5	1,2
Fibre (g)	11	1
Protein (g)	45	6
Salt (g)	0,5	0,1

Allergens:

3) Eggs 5) Peanuts 8) Nuts 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts 23) Celery 25) Sesame seed

Contact

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



1. Fry the potatoes

Wash the **potatoes** thoroughly and cut into wedges. Heat half of the butter in a sauté pan or frying pan and fry the potato wedges for 20 – 23 minutes on medium-high heat, or until golden brown and crispy. Turn regularly.



4. Fry the steak

Pat the rump **steak** dry with kitchen paper. Heat the remaining butter in a frying pan on medium-high heat and fry the rump **steak** for 1 – 3 minutes per side. Season with salt and pepper. Take from the pan and allow to rest under aluminium foil. Add the **chestnut mushrooms** and the remaining **garlic** to the same frying pan. Season with salt and pepper and fry for 4 – 5 minutes. Then deglaze with 1 tsp black balsamic vinegar per person.



2. Cut

In the meantime, cut the **mushrooms** into quarters. Halve the **cherry tomatoes**. Press or mince the **garlic**.



5. Make the salad

Meanwhile, mix the extra virgin olive oil, the remaining black balsamic vinegar, salt and pepper in a salad bowl. Add the **rocket lettuce**, **cherry tomatoes** and the **almonds** and mix well. Cut the **rump steak** into slices..



3. Make the chimichurri

Remove the seeds from the **green pepper**. Very finely chop the **shallot**, the **green pepper**, the fresh **flat leaf parsley**, **coriander** and **oregano**. Transfer to a small bowl and mix with the olive oil, half of the black balsamic vinegar, half of the **garlic**, salt and pepper.

TIP: Do you have a food processor? Make the chimichurri in this.



6. Serve

Transfer the **rump steak** to plates. Then divide the **mushrooms**, the salad and the **potatoes** among the plates. Garnish the rump steak and the mushrooms with ½ tbsp chimichurri per person and serve with the **mayonaise**. Drizzle the remaining chimichurri over the mushrooms.

Enjoy!



Leek with ham and cheese sauce from the oven

with potato puree and lamb's lettuce

45 min. • Eat within 5 days



Leek



Starchy potatoes



Lemon



Nutmeg



Semi-skimmed milk



Grated aged cheese



Sliced ham



Panko



Lamb's lettuce

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan with a lid, grater, pan with a lid, whisk, potato masher, salad bowl, oven dish, kitchen paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Leek* (pcs)	1	2	3	4	5	6
Starchy potatoes (g)	200	400	600	800	1000	1200
Lemon (pcs)	¼	½	¾	1	1¼	1½
Nutmeg (pcs)	1	1	1	1	2	2
Semi-skimmed milk* (container) 7)	150	300	450	600	750	900
Grated aged cheese* (g) 7)	50	100	150	200	250	300
Sliced ham* (slice)	2	4	6	8	10	12
Panko (g) 1)	5	10	15	20	25	30
Lamb's lettuce* (g) 23)	20	40	60	80	100	120
Not included						
Butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil* (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	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)	3542 / 847	401 / 96
Total fat (g)	47	5
Of which: saturated (g)	26,7	3,0
Carbohydrates (g)	64	7
Of which: sugars (g)	18,0	2,0
Fibre (g)	11	1
Protein (g)	36	4
Salt (g)	4,0	0,4

Allergens:

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 23) Celery

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 the leek

Preheat the oven to 200 degrees. Prepare the stock. Cut the green part off the **leek** and cut the white part into two pieces. Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat. Fry the **leek** for 2 – 3 minutes until brown all around. Deglaze with the stock and cook the leek, covered with the lid, for 10 – 12 minutes. Drain the leek (TIP) on a sheet of kitchen paper and save a little bit of the cooking liquid for later.

TIP: Make sure the leek is not too moist, or else the cheese sauce will be too runny.



4. Make the leek rolls

Take the saucepan from the heat and add ⅔ of the **grated cheese** and ½ tbsp lemon juice per person. Roll the pieces of **leek** inside the slices of **ham** and place the rolls next to each other in an oven dish. Pour the cheese sauce over the rolls, then sprinkle with the **panko** and the leftover cheese. Roast in the oven for 15 – 20 minutes (TIP), or until you have a golden brown crust on the top.

TIP: Does your oven have a grill function? Put the dish under the grill for 10 minutes.



2. Cook the potatoes

Boil ample water in a pan with a lid for the potatoes. Peel or thoroughly wash the **potatoes** and cut into wedges. Cook the potatoes for 12 – 15 minutes, covered with the lid. Drain and leave to steam dry without the lid. Press the juice from the **lemon**. Grate a pinch of **nutmeg** with a fine grater.



5. Make the puree

Use a potato masher to mash the **potatoes** into a puree. Add ½ tbsp butter per person and a little bit of cooking liquid from the leek to make it smooth. Add 1 tsp mustard per person and season with salt, pepper and **nutmeg**.



3. Finish the cheese sauce

Heat ½ tbsp butter per person in a saucepan on medium heat. Add ½ tbsp flour per person and allow it to absorb the butter, while stirring with a whisk (TIP). When the aroma of the flour starts to intensify, add ¼ of the **milk**. Whisk until the milk has been absorbed. Repeat this three more times with the rest of the milk. Stir until smooth and season with salt, pepper and **nutmeg**.

TIP: Mixing butter and flour this way creates a roux. With a roux it is important that the proportions are exactly right. 1 tbsp butter = 15 g and 1 tbsp flour = 20 g.



6. Serve

In a salad bowl, mix per person: ½ tbsp extra virgin olive oil, ½ tsp mustard and ½ tsp white wine vinegar with salt and pepper. Mix with the **lamb's lettuce**. Serve the leek rolls with the puree and the lamb's lettuce.

Enjoy!



Baguette with beef steak, bell pepper and cheese

with tomato-rocket salad

35 min. • Eat within 5 days



Green bell pepper



Onion



Garlic clove



Baguette



Sliced beef steak



Grated aged cheese



Tomato



Rocket lettuce

Pantry items

White balsamic vinegar, mustard, butter, extra virgin olive oil, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Baking sheet lined with baking paper, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Green bell pepper* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Baguette (pcs) 1) 17) 20) 21) 22) 25)	½	1	1½	2	2½	3
Sliced beef steak* (g)	100	200	300	400	500	600
Grated aged cheese* (g) 7)	25	50	75	100	125	150
Tomato (pcs)	½	1	1½	2	2½	3
Rocket lettuce* (g) 23)	20	40	60	80	100	120

Not included

White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
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)	2410/576	522/125
Total fat (g)	25	5
Of which: saturated (g)	11,3	2,5
Carbohydrates (g)	45	10
Of which: sugars (g)	9,3	2,0
Fibre (g)	6	1
Protein (g)	38	8
Salt (g)	1,5	0,3

Allergens:

1) Grains containing gluten **7)** Milk/lactose
May contain traces of: 17) Eggs **20)** Soy
21) Milk/lactose **22)** Nuts **23)** Celery
25) Sesame seed

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. Cut the **bell pepper** into thin strips and the **onion** into half rings. Press or mince the **garlic**.



2. Fry

Heat ½ tbsp butter per person in a frying pan on medium-high heat. Fry the **garlic**, **bell pepper** and **onion** with a large pinch of salt for 8 – 10 minutes. They may become very soft. Meanwhile, cut the **baguette** in half lengthwise and heat in the oven for 6 – 8 minutes.



3. Add the steak

Add the **steak** to the **bell pepper** and **onion** and fry for ½ minute. The steak does not have to be completely cooked yet (TIP).

TIP: You need 5 or 6 slices of beef steak per person for the sandwiches. Did you get very large slices? Cut them into smaller slices first.



4. Finish the sandwich

Transfer the half **baguettes** to a baking sheet lined with baking paper. Divide the **onion**, **bell pepper** and **steak** over the baguettes and sprinkle the **cheese** over it. Heat the steak sandwich in the oven for 2 – 4 minutes, or until the cheese has melted.



5. Make the salad

In the meantime, make a dressing in a salad bowl, of per person: ½ tbsp extra virgin olive oil, ½ tbsp white balsamic vinegar and ½ tsp mustard. Season with salt and pepper. Cut the **tomato** into dices. Add the **rocket lettuce** and the tomato to the dressing and mix well.



6. Serve

Put a half baguette on each plate and serve with the salad.

Enjoy!



Cannelloni stuffed with minced meat and spinach with ricotta and cherry-tomato sauce

55 min. • Eat within 5 days



Garlic clove



Onion



Canned cherry tomatoes



Italian herbs



Minced pork



Spinach



Fresh lasagne sheets



Ricotta



Grated matured cheese

Pantry items

Olive oil, black balsamic vinegar, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan, baking dish, saucepan, aluminum foil

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
Canned cherry tomatoes (can)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Minced pork* (g)	100	200	300	400	500	600
Spinach* (g) 23	75	150	225	300	375	450
Fresh lasagne sheets* (g) 1 3	125	250	375	500	625	750
Ricotta* (g) 7	40	80	120	160	200	240
Grated matured cheese* (g) 7	12	25	37	50	62	75
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)	4215 / 1008	666 / 159
Total fat (g)	51	8
Of which: saturated (g)	17,6	2,8
Carbohydrates (g)	89	14
Of which: sugars (g)	14,5	2,3
Fibre (g)	9	1
Protein (g)	42	7
Salt (g)	2,6	0,4

Allergens:

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

May contain traces of: 23) Celery

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 220 degrees. Press or mince the **garlic**. Chop the **onion**. Heat ½ tbsp olive oil per person in a saucepan on medium-high heat and fry the **onion**, half of the **garlic** and the **Italian herbs** for 1 – 2 minutes. Add the **canned cherry tomatoes**, 1 tsp black balsamic vinegar per person and 2 tbsp water per person. Bring to a gentle boil and allow to reduce for 5 minutes on low heat. Season with salt and pepper.



4. Finish the cannelloni

Add a layer of tomato sauce to the bottom of the oven dish. Put the cannelloni on top of the tomato sauce and top with the remaining tomato sauce. Divide the remaining **ricotta** over the cannelloni and sprinkle with the **grated cheese**. Cover the oven dish with aluminium foil.



2. Make the stuffing

Heat ½ tbsp olive oil per person in a large sauté pan on medium-high heat. Fry the remaining **garlic** for 1 minute and add the **minced pork**. Stir fry for 3 minutes. Reduce the heat, tear the **spinach** into small pieces and add them to the pan. Allow the spinach to shrink for 2 – 3 minutes, stir well and take the pan from the heat. Add half of the **ricotta**, season with salt and pepper and mix well.



5. Cook the cannelloni

Transfer the oven dish with cannelloni to the oven. Cook for 30 minutes, and remove the aluminium foil after 20 minutes.



3. Make the cannelloni

Cut each **lasagne sheet** into 2 equally sized pieces, so you can make 4 cannelloni per person. Spread the minced meat-spinach stuffing on the sheets (leave ½ cm space at the edges) and roll the sheets into a tube.



6. Serve

Transfer the cannelloni to plates. Be careful: the stuffing might be very hot!

Enjoy!



Vegetarian tofu tikka masala

with turmeric rice and cauliflower

VEGETARIAN 35 min. • Eat within 5 days

VEGETARIAN



Cauliflower



Onion



Garlic clove



Fresh ginger



White long grain rice



Turmeric



Garam masala



Tomato paste



Spiced diced tofu



Coconut milk



Fresh coriander

Pantry items

Sunflower oil, butter, vegetable stock, white wine vinegar, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan with a lid, grater, 2x pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Cauliflower* (g)	250	500	750	1000	1250	1500
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Fresh ginger (cm)	2	4	6	8	10	12
White long grain rice (g)	85	170	250	335	420	505
Turmeric (tsp)	¼	½	¾	1	1¼	1½
Garam masala (tsp)	1½	3	4½	6	7½	9
Tomato paste (cup)	½	1	1½	2	2½	3
Spiced diced tofu* (g) 6)	90	180	270	360	450	540
Coconut milk (ml) 26)	125	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	¾	1½	2¼	3	3¾	4½
Vegetable stock (ml)	150	300	450	600	750	900
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)	4017 / 960	488 / 117
Total fat (g)	51	6
Of which: saturated (g)	28,8	3,5
Carbohydrates (g)	91	11
Of which: sugars (g)	17,1	2,1
Fibre (g)	11	1
Protein (g)	31	4
Salt (g)	3,0	0,4

Allergens:

6) Soy

May contain traces of: 26) Sulfite

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. Weigh the needed amount of **cauliflower**. Chop ⅓ of the cauliflower into fine crumbs and cut the rest of the cauliflower into small florets. Cut the stem into small dices. Chop the **onion**, press or mince the **garlic** and grate the **ginger** with a fine grater.



4. Make the sauce

In the meantime, heat ½ tbsp sunflower oil per person in a sauté pan with a lid on medium-high heat. Fry the **onion**, the remaining **garlic**, the remaining **ginger** and 1 tsp **garam masala** per person for 2 – 3 minutes. Add the **tomato paste** and **diced tofu** and fry for 1 minute. Deglaze with ½ tbsp white wine vinegar per person and the **coconut milk**. Stir well and leave to simmer for 5 minutes.



2. Prepare the rice

Heat ½ tbsp butter per person in a pan with a lid on medium-high heat. Add half of the **garlic**, half of the **ginger** and the **cauliflower** crumbs. Fry for 1 - 2 minutes, add the **rice** and mix well. Add the stock and **turmeric** and bring to a boil. Allow to simmer for 10 – 12 minutes until dry. Add some more water in case the whole becomes dry too quickly.

TIP: Make sure you use the indicated amount of turmeric. The rice will become very bitter if you add too much of it.



5. Cut the coriander

Roughly chop the **coriander**, including the stems.



3. Cook the cauliflower

Boil ample water with a pinch of salt in a pan with a lid for the remaining cauliflower. Cook the **cauliflower** for 4 – 5 minutes. Drain and leave to steam dry without the lid. Melt ¼ tbsp butter per person in between the warm cauliflower and season with salt and pepper. Put the pan back on the heat and fry for 4 – 5 minutes until the **cauliflower** turns brown.



6. Serve

Transfer the yellow rice to deep plates and top with the tofu massala and **cauliflower**. Garnish with the **coriander**.

Enjoy!



Mixed grill: souvlaki and kofta

with orzo salad, mini Turkish bread and tzatziki

FESTIVE 50 min. • Eat within 5 days

FESTIVE



Fresh herbs



Garlic clove



Red onion



Orzo



Minced beef
with kofta spices



Cucumber



Lemon



Full-fat yogurt



Chicken fillet with
garden herbs marinade



Colored cherry
tomatoes



Mini Turkish bread



Leccino olives



Feta

Pantry items

Olive oil, black balsamic vinegar, salt
and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Skewers, small bowl, pan with a lid, frying pan with a lid, bowl, oven dish, large bowl

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
Minced beef with kofta spices* (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 yogurt* (g) 7) 19) 22)	50	100	150	200	250	300
Chicken fillet with garden herbs marinade* (g)	110	220	330	440	550	660
Colored cherry tomatoes* (g)	100	200	300	400	500	600
Mini Turkish bread (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Leccino olives* (g)	20	40	60	80	100	120
Feta* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
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)	5487 / 1312	655 / 157
Total fat (g)	56	7
Of which: saturated (g)	17,4	2,1
Carbohydrates (g)	120	14
Of which: sugars (g)	16,3	1,9
Fibre (g)	8	1
Protein (g)	76	9
Salt (g)	3,3	0,4

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

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 180 degrees. Boil ample water in a pan with a lid for the orzo. Strip the **oregano** leaves off 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 a lid for 12 – 14 minutes. Then drain and rinse with cold water.



4. In the oven

Thread the **chicken fillet** onto the skewers and transfer to an oven dish. Transfer the colored **cherry tomatoes** to a different oven dish and mix with per person: ½ tbsp olive oil and 1 tsp balsamic vinegar. Season to taste with salt and pepper. Cook the chicken fillet and cherry tomatoes in the oven for 10 minutes. Add the **Turkish bread** to the oven for the last 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. Shape the minced meat into 3 oval-shaped meatballs (kofta) 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 oval meatballs 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. Cut one half into small dices 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 lemon juice from the wedges, salt and pepper. Make sure you save 1 lemon wedge per person as garnishing.



6. Serve

In a bowl, mix the **orzo** with the diced **cucumber**, the remaining **red onion**, the **olives**, **parsley** and the remaining **oregano** and **mint**. 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 the oven dish.

Enjoy!



Orzo risotto with an extra Nile perch fillet

with bacon, lemon and thyme

HELLOEXTRA 35 min. • Eat within 3 days

**HELLO
EXTRA**



Onion



Garlic clove



Fennel



Courgette



Diced bacon



Lemon



Orzo



Nile perch fillet



Dried thyme

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan with a lid, frying pan, kitchen 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
Fennel* (pcs)	⅓	⅔	1	1½	1¾	1.99
Courgette (pcs)	⅓	⅔	1	1½	1¾	1.99
Diced bacon* (g)	20	40	60	75	100	115
Lemon (pcs)	½	¾	1	1	1¾	1¾
Orzo (g) 1) 20)	85	170	250	335	420	505
Nile perch fillet* (pcs) 4)	2	4	6	8	10	12
Dried thyme (tsp)	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3176 / 759	396 / 95
Total fat (g)	24	3
Of which: saturated (g)	13,0	1,6
Carbohydrates (g)	74	9
Of which: sugars (g)	13,6	1,7
Fibre (g)	7	1
Protein (g)	58	7
Salt (g)	3,0	0,4

Allergens:

1) Grains containing gluten 4) Fish

May contain traces of: 20) Soy

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. Chop the **onion** and press or mince the **garlic**. Cut the **fennel** into quarters, remove the hard core, then cut the fennel into thin strips. Cut the **courgette** into thin half moons (TIP).

TIP: Not in a hurry? Separate the courgette into ribbons with a peeler or cheese slicer and fry them together with the Nile perch fillet. They will look very nice on your plate!



4. Cook the orzo

Heat ½ tbsp butter per person in the same sauté pan with cooking grease and fry the **onion**, **garlic**, **fennel** and **courgette** for 3 – 4 minutes on medium-high heat. Add the **orzo**, fry for 1 minute and then carefully pour in the stock. Bring to a boil and cook the orzo for 10 – 12 minutes on low heat, covered with the lid. Stir regularly. Add the **diced bacon** for the last 5 minutes. Season with salt and pepper.



2. Fry the bacon

Heat a sauté pan without oil on medium-high heat and fry the **diced bacon** for 3 – 5 minutes until crispy. Take from the pan and set aside. Save the cooking grease in the pan.



5. Fry the fish

Pat the **Nile perch fillet** dry with kitchen paper and sprinkle with the **dried thyme**, pepper and salt. Melt the remaining butter in a frying pan on medium-high heat and fry the fillet for 3 – 4 minutes on one side. Reduce the heat and fry for 1 – 2 minutes on the other side.



3. Cut the lemon

Meanwhile, cut the **lemon** into slices.



6. Serve

Transfer the orzo to plates and drizzle to taste with extra virgin olive oil. Squeeze a slice of **lemon** per person over the orzo. Put the **Nile perch fillet** on top and garnish with the remaining lemon slices.

Enjoy!



Sweet-potato mash with pork sausage

with herb cheese, lamb's lettuce, rocket and chopped pecan nuts

HELLOEXTRA 30 min. • Eat within 5 days

**HELLO
EXTRA**



Starchy potatoes



Sweet potato



Chopped pecan nuts



Red onion



Pork sausage with
parsley and garlic



Tomato



Diced herb cheese



Rocket and lamb's
lettuce

Pantry items

Vegetable stock, olive oil, mustard, milk, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Frying pan, pan with a lid, potato masher

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Starchy potatoes* (g)	100	200	300	400	500	600
Sweet potato (g)	200	400	600	800	1000	1200
Chopped pecan nuts (g) 8) 19) 25)	10	20	30	40	50	60
Red onion (pcs)	1	2	3	4	5	6
Pork sausage with parsley and garlic* (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Diced herb cheese* (g) 7)	40	75	100	125	175	200
Rocket and lamb's lettuce* (g) 23)	30	60	90	120	150	180

Not included

Vegetable stock (ml)	400	800	1200	1600	2000	2400
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (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)	4209 / 1006	537 / 128
Total fat (g)	61	8
Of which: saturated (g)	26,1	3,3
Carbohydrates (g)	74	9
Of which: sugars (g)	22,1	2,8
Fibre (g)	11	1
Protein (g)	35	4
Salt (g)	4,1	0,5

Allergens:

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 23) Celery 25) Sesame seed



1. Cook the potatoes

Prepare the stock in a pan with a lid for the mash. Weigh the **potatoes** and **sweet potatoes**. Thoroughly wash or peel the potatoes and sweet potatoes and cut into large pieces. Cook the potatoes and the sweet potatoes in the stock for 12 – 15 minutes, covered with the lid. Drain and save a little bit of the stock. Allow to steam dry without the lid.



4. Make the puree

Mash the **potatoes** and **sweet potatoes** into a coarse puree, using a potato masher. Add the mustard and a splash of milk or stock to make it smooth. Season to taste with salt and pepper.



2. Roast

Heat a frying pan on high heat and roast the chopped **pecan nuts** until golden brown, without any oil or butter. Take from the pan and set aside.



5. Mix

Mix the **red onion** and half of the **herb cheese** with the mash. You can heat it shortly if you want the **cheese** to melt. Then mix the diced **tomato**, **rocket** and **lamb's lettuce** into the mash.



3. Fry the red onion

Cut the **red onion** into half rings. Heat the butter in the same frying pan and fry the **pork sausage** for 2 – 3 minutes all around on medium-high heat. Add the **red onion**, cover the pan with the lid and fry for another 8 – 10 minutes on medium heat. Turn the sausage regularly. In the meantime, cut the **tomato** into small dices.



6. Serve

Transfer the mash to plates. Serve with the **pork sausage** and **red onion**. Garnish with the remaining **diced herb cheese** and the **chopped pecan nuts**.

Enjoy!

Contact

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



Quick lentil stew with mushrooms

with crème fraîche and a refreshing salad

QUICK **VEGETARIAN** 20 min. • Eat within 5 days

QUICK



Garlic clove



Leek



Mushrooms



White ciabatta



Paprika



Lentils



Tomato paste



Rocket and lamb's lettuce



Crème fraîche



Feta

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Sauté pan, frying pan, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Leek* (g)	100	200	300	400	500	600
Mushrooms* (g)	125	250	375	500	625	750
White ciabatta (st) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Paprika (tsp)	1½	3	4½	6	7½	9
Lentils (pack)	½	1	1½	2	2½	3
Tomato paste (can)	⅓	⅔	1	1⅓	1⅔	2
Rocket and lamb's lettuce* (g) 23)	15	30	45	60	75	90
Crème fraîche* (g) 7)	50	100	150	200	250	300
Feta* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Vegetable stock (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3128 /748	492 /118
Total fat (g)	42	7
Of which: saturated (g)	16,2	2,5
Carbohydrates (g)	60	9
Of which: sugars (g)	12,2	1,9
Fibre (g)	14	2
Protein (g)	24	4
Salt (g)	3,7	0,6

Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose
May contain traces of: 17) Eggs 22) Nuts 23) Celery
25) Sesame seed 27) Lupin

Contact

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



1. Cut

- Preheat the oven to 200 degrees.
- Press or mince the **garlic**.
- Cut the **leek** into thin half rings.
- Cut the **mushrooms** into quarters.
- Prepare the stock.



3. Mix

- Add ½ tbsp black balsamic vinegar per person and the **tomato paste** to the pan and stir fry for 2 minutes.
- In a salad bowl, mix the extra virgin olive oil with the remaining black balsamic vinegar, salt and pepper. Mix with the **rocket lettuce** and **lamb's lettuce**.
- Add the stock, **mushrooms**, **lentils** and **crème fraîche** to the pan and stir. Heat for another 2 minutes.



2. Fry

- Heat the **ciabatta** in the oven for 6 – 8 minutes.
- Heat half of the olive oil in a sauté pan on medium-high heat. Add the **garlic**, the **leek** and the **mushrooms**. Season with 1 tsp **paprika** per person, salt and pepper and fry for 4 – 7 minutes.
- Drain the **lentils**.



4. Serve

- Transfer the lentil stew to bowls or deep plates and crumble the **feta** over it.
- Serve with the salad and **ciabatta**.

FACT: Did you know that this dish contains almost half of the daily recommended amount of fibre? It is also rich in magnesium, iron, potassium and several B-vitamins, due to the lentils.

Enjoy!



Chicken drumsticks with homemade apple sauce

with oven-roasted baby potatoes and provençal tomatoes

45 min. • Eat within 3 days



Onion



Garlic clove



Baby potatoes



Ground potatoes



Chicken drumsticks



Tomato



Italian herbs



Panko



Apple



Lamb's lettuce

Pantry items

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

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Small bowl, frying pan with a lid, salad bowl, baking sheet lined with baking paper, oven dish, saucepan

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
Baby potatoes (g)	250	500	750	1000	1250	1500
Ground rosemary (tsp)	1	2	3	4	5	6
Chicken drumsticks* (pcs)	2	4	6	8	10	12
Tomato (pcs)	1	2	3	4	5	6
Italian herbs (tsp)	1½	3	4½	6	7½	9
Panko (g 1)	10	15	20	25	35	40
Apple (pcs)	1	2	3	4	5	6
Lamb's lettuce* (g 23)	20	40	60	80	100	120

Not included

Vegetable stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3607 /862	408 /98
Total fat (g)	38	4
Of which: saturated (g)	10,1	1,2
Carbohydrates (g)	87	10
Of which: sugars (g)	27,6	3,1
Fibre (g)	13	1
Protein (g)	35	4
Salt (g)	1,6	0,2

Allergens:

1) Grains containing gluten

May contain traces of: 23) Celery

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. Prepare the stock. Chop the **onion** and press or mince the **garlic**. Thoroughly wash the **baby potatoes** and cut them in half. Divide the baby potatoes over a baking sheet lined with baking paper and mix them with ½ tbsp olive oil per person, the **rosemary**, salt and pepper. Roast the baby potatoes in the oven for 25 – 30 minutes.



4. Make the apple sauce

In the meantime, cut the **apple** into dices. Heat the diced apple in a saucepan with 2 tbsp water per person on medium heat, covered with a lid. Leave to simmer for 10 – 15 until soft. Stir well, roughly puree with a fork and set aside until use, covered with the lid (TIP).

TIP: You can also use a hand blender to make the apple sauce, if you like it a bit smoother.



2. Fry the chicken drumsticks

Cut the **chicken drumsticks** to the bone in 2 places. Heat ½ tbsp butter per person in a frying pan with a lid on high heat. Fry the chicken drumsticks for 5 – 6 minutes until brown all around. Reduce the heat, pour 1 tbsp water per person into the pan and fry the chicken drumsticks for 15 – 18 minutes on medium-low heat. Turn regularly.



5. Make gravy

When the chicken drumsticks are cooked, take them from the pan and set aside, covered with aluminium foil. Turn up the heat of the same pan and add the **onion** and remaining **garlic**. Fry for 1 – 2 minutes, then deglaze with the white wine vinegar and the stock. Cook into a gravy (decide on the thickness you prefer) and season with salt and pepper.



3. Prepare the tomatoes

Cut the **tomato** in half crosswise. In a small bowl, mix ½ tbsp olive oil per person, the **Italian herbs**, **panko**, half of the **garlic**, salt and pepper. Transfer the tomatoes to an oven dish and divide the panko mixture over the cut side of the tomato. Roast in the oven for 15 – 20 minutes. Sprinkle with 1 tsp black balsamic vinegar per person when you take them from the oven.



6. Serve

In a salad bowl, mix ½ tsp extra virgin olive oil per person with the **lamb's lettuce** and season with salt and pepper. Top the lettuce with the Provençal tomatoes. Serve the **chicken drumsticks** with the apple sauce, fries, gravy and the salad.

Enjoy!



Pasta pesto with salmon

with an extra portion oven-roasted tomatoes and courgette

HELLOEXTRA 30 min. • Eat within 3 days

**HELLO
EXTRA**



Garlic clove



Plum tomato



Spaghetti



Courgette



Salmon fillet with skin



Green pesto

Pantry items

Black balsamic vinegar, olive oil, butter, salt and pepper

A good start

Do not forget to wash and weigh your vegetables and fruit before you start cooking.

Equipment

Baking sheet lined with baking paper, frying pan, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Plum tomato (pcs)	3	4	6	8	10	12
Spaghetti (g 1) 17) 20)	90	180	270	360	450	540
Courgette (pcs)	1	2	3	4	5	6
Salmon fillet with skin* (pcs) 4)	1	2	3	4	5	6
Green pesto* (g) 7) 8)	20	40	60	80	100	120

Not included

Black balsamic vinegar (tbsp)	2	4	6	8	10	12
Olive oil (tbsp)	2½	5	7½	10	12½	15
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)	4929 / 1178	594 / 142
Total fat (g)	70	8
Of which: saturated (g)	17,4	2,1
Carbohydrates (g)	92	11
Of which: sugars (g)	29,0	3,5
Fibre (g)	8	1
Protein (g)	41	5
Salt (g)	0,7	0,1

Allergens:

1) Grains containing gluten 4) Fish 7) Milk/lactose 8) Nuts

May contain traces of: 17) Eggs 20) Soy



1. Prepare the tomato

Preheat the oven to 200 degrees. Press or mince the **garlic**. Cut the **plum tomato** into small dices and mix them on a baking sheet lined with baking paper with the **garlic**, black balsamic vinegar and 2 tbsp olive oil per person. Season with salt and pepper and roast in the oven for 15 minutes.



2. Cook the pasta

Boil ample water in a pan with a lid and cook the **spaghetti**, covered with the lid, for 10 – 12 minutes until al dente. Drain and leave to steam dry without the lid.



3. Cut the courgette

Cut the **courgette** in half width-wise, then cut into thin slices lengthwise. Cut the slices into dices. Heat 1 tbsp butter per person in a sauté pan and fry the courgette strips for 4 – 6 minutes.



4. Fry the salmon fillet

Heat the leftover olive oil in a frying pan on high heat and fry the **salmon fillet** for 3 minutes, on the skin. Reduce the heat and flip the salmon over to its other side. Spread 1 tsp **pesto** on the skin of the **salmon fillet** and fry for 1 – 2 more minutes, with the skin up. Season with salt and pepper.



5. Mix

On the baking sheet, mix the **spaghetti** with the **tomato**. Add the rest of the **pesto** and the **courgette** and mix well.



6. Serve

Transfer the **spaghetti** to plates and serve with the **salmon fillet** on top.

TIP: Did you know that this dish contains more than 250 g vegetables and is rich in omega-3 fatty acids and vitamin D, due to the salmon? Omega-3 fatty acids are good for your heart and blood vessels and vitamin D helps with the intake of calcium and with this, contributes to strong bones. Last but not least, this dish is low in salt.

Enjoy!

Contact

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