



Panko Chicken Wraps with Mango Chutney

with crunchy apple slaw & tomato

Family Nice & Fast

Total time: 25 - 35 min.



Chicken breast with Mediterranean herbs



Ground paprika



Mango chutney



Tomato



Onion



Apple



Panko breadcrumbs



Slaw mix



Mini tortillas



Organic full-fat yogurt



Scan the QR code to let us know what you thought of the recipe!

In this recipe, you'll give the chicken an extra crispy crust with panko, a Japanese breadcrumb with an extra coarse grain.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, 2x bowl, deep plate, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Ground paprika (tsp)	1	2	3	4	5	6
Mango chutney* (g)	20	40	60	80	100	120
Tomato (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Slaw mix* (g)	100	200	300	400	500	600
Mini tortillas (unit(s))	3	6	9	12	15	18
Organic full-fat yogurt* (g)	50	100	150	200	250	300
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (ml)	60	120	180	240	300	360
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3648 /872	640 /153
Total fat (g)	45	8
of which saturated (g)	7	1,2
Carbohydrates (g)	77	13
of which sugars (g)	23,2	4,1
Fibre (g)	9	2
Protein (g)	35	6
Salt (g)	2,1	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C (see Tip). Cut the **chicken** into uniform pieces of around 3cm, then transfer to a bowl. Add the **paprika** and a third of the **yogurt**, then season with salt and pepper. Mix well to combine and then set aside to marinate until step 3.

Tip: you will use the oven later to warm the tortillas, but if preferred you can use a frying pan instead. Heat them in the pan for 1 - 2 minutes during step 5.



4. Make the slaw

Meanwhile, in a bowl combine the **slaw mix** with the **apple**, **onion**, extra virgin olive oil and white balsamic vinegar, along with the rest of the yoghurt. Season to taste with salt and pepper.



2. Prepare the toppings

In a small bowl, combine the **mango chutney** with another third of the yoghurt and season to taste with salt and pepper. Dice the **tomato** and finely chop the **onion** (see Tip). Peel and finely dice the **apple**.

Tip: the onion will be served raw, but if preferred you can fry it with a drizzle of oil for 2 - 3 minutes.



5. Heat the tortillas

Wrap the **tortillas** in aluminium foil and warm in the oven for 3 - 4 minutes.



3. Fry the chicken

Transfer the **panko** to a deep plate and use it to coat the **chicken**. Heat the sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the **chicken** for 2 - 3 minutes per side, or until golden-brown (see Tip). Transfer the **chicken** to a plate lined with kitchen paper.

Tip: frying chicken requires a larger amount of oil so as to ensure the panko gets as crispy as possible.



6. Serve

Fill the **tortillas** with the slaw, **tomato** and **chicken**. Garnish with the **mango chutney**.

Enjoy!



Flammekueche with Apple & Brie

with potatoes & a crunchy cucumber salad

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Cucumber



Apple



Brie



Flammekueche



Organic sour cream



Potatoes



Radicchio & romaine



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Vive la France! The fact that brie is a French cheese is no secret, but did you know that flammekueche is also French? It originated in the region of Alsace, which lies on France's border with Germany.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	⅓	⅔	1	1½	1¾	2
Brie* (g)	50	100	150	200	250	300
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Potatoes (g)	75	150	225	300	375	450
Radicchio & romaine* (g)	25	50	75	100	125	150

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2916 / 697	496 / 118
Total fat (g)	33	6
of which saturated (g)	13,7	2,3
Carbohydrates (g)	74	13
of which sugars (g)	15,6	2,7
Fibre (g)	7	1
Protein (g)	20	3
Salt (g)	1,7	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 220°C. Wash or peel the potatoes and dice into 1cm chunks. Transfer to a pot or saucepan and cover with water, then boil for 10 - 15 minutes until done. Slice the onion into thin half rings. Core and then thinly slice the apple.

Did you know... 🍏 apple contains the fibre pectine, which contributes to gut health. This is good for your cholesterol and your immune system.



2. Fry the onion and apple

Heat a drizzle of olive oil in a frying pan over medium-high heat (see Tip). Fry the onion with the apple and a generous pinch of salt for 10-12 minutes, or until the apple is golden-brown and soft. Thinly slice the brie in the meantime.

Tip: if preferred, you can use the same amount of butter rather than olive oil.



3. Prepare the flammekueche

Transfer the flammekueche to a parchment-lined baking sheet and spread with the sour cream. Top with the onion, apple and brie (see Tip). Season with salt and pepper, then bake in the oven for 8 - 10 minutes. In the same pan, fry the potatoes for 5 - 7 minutes over medium-high heat. Season to taste with salt and pepper.

Tip: if you'd like to add some sweetness, you can drizzle the flammkuchen with honey as preferred.



4. Serve

Meanwhile, in a salad bowl combine the extra virgin olive oil with the white balsamic vinegar. Season the dressing to taste with salt and pepper. Dice the cucumber and transfer to the bowl along with the lettuce, then toss well to combine. Slice the flammekueche and serve with the potatoes and salad.

Enjoy!



Teriyaki Chicken Burger

with potato wedges & crunchy salad

Family

Total time: 35 - 45 min.



Potatoes



Onion



Chicken burger



Teriyaki sauce



Butter lettuce



Hamburger bun with sesame seeds



Carrot



Tomato



Scan the QR code to let us know what you thought of the recipe!

In this recipe, you'll make a chicken burger with a twist. You'll glaze the burger with teriyaki sauce and honey for a sweet and savoury taste sensation.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, bowl, grater, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	175	350	525	700	875	1050
Onion (unit(s))	½	1	1½	2	2½	3
Chicken burger* (unit(s))	1	2	3	4	5	6
Teriyaki sauce (g)	25	50	75	100	125	150
Butter lettuce* (head)	½	1	1½	2	2½	3
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Tomato (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3720 /889	562 /134
Total fat (g)	42	6
of which saturated (g)	9,2	1,4
Carbohydrates (g)	94	14
of which sugars (g)	26,2	4
Fibre (g)	13	2
Protein (g)	30	5
Salt (g)	3,9	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 220°C. Cut the potatoes into wedges, then transfer to a bowl and drizzle with olive oil (see Tip). Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes or until golden brown.

Tip: this recipe is high in calories. Are you watching your calorie intake? Serve the burger without the potato wedges and then save the potatoes to use another time.



2. Fry the onion

Slice the onion into thin half rings. Melt a knob of butter in a frying pan over medium-high heat and fry the onion for 1 minute. Add the chicken burger and fry for 2 - 3 minutes per side until done. Add the teriyaki sauce and the honey during the final minute of cooking.



3. Make the salad

In a salad bowl, combine extra virgin olive oil to taste with the white wine vinegar and half of the mayonnaise. Season to taste with salt and pepper. Finely chop the lettuce and grate the carrot, then transfer both to the salad bowl. Slice the tomato. Set aside a few slices to use later on the burger, then add the rest to the salad bowl. Toss well to combine with the dressing.



4. Serve

Cut open the burger bun and fill with some of the salad and fried onion. Add the chicken burger and the reserved tomato slices. Serve the burger with the salad alongside. Serve with the potato wedges and the rest of the mayonnaise.

Enjoy!



Fragrant Coconut Chicken Soup

with pak choi, carrot & potatoes

Family Nice & Fast

Total time: 25 - 35 min.



Vietnamese-style sauce



Chicken thigh strips



Fresh lemongrass



Potatoes



Coconut milk



Fish sauce



Shallot



Carrot



Pak choi



Yellow curry spices



Scan the QR code to let us know what you thought of the recipe!

Pak choi contains a lot of folic acid. This is essential for the production of red blood cells, which help to carry oxygen and energise your body!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Lidded soup pot or large pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Vietnamese-style sauce* (sachet(s))	⅓	⅔	1	1½	1¾	2
Chicken thigh strips* (g)	100	200	300	400	500	600
Fresh lemongrass* (unit(s))	¼	½	¾	1	1¼	1½
Potatoes (g)	150	300	450	600	750	900
Coconut milk (ml)	90	180	270	360	450	540
Fish sauce (ml)	5	10	15	20	25	30
Shallot (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Pak choi* (unit(s))	½	1	2	2	3	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	200	400	600	800	1000	1200
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2460 / 588	299 / 71
Total fat (g)	34	4
of which saturated (g)	19,3	2,3
Carbohydrates (g)	42	5
of which sugars (g)	11,4	1,4
Fibre (g)	13	2
Protein (g)	25	3
Salt (g)	3,5	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil the water and crumble in the stock cube (see pantry for amounts). Wash or peel the potatoes and cut them into wedges, then rinse under cold water. Chop the shallot and slice the carrot into thin crescents.

Did you know... 🥔 potatoes are a great source of vitamins, such as vitamin B6 and vitamin B11 which keep you energised. Potatoes also provide vitamin C for a strong immune system.



2. Make the soup

Heat the sunflower oil in a soup pot or large pan over medium-high heat and fry the shallot for 1 minute. Add the chicken, yellow curry spices, potato wedges and carrot and fry for 3 minutes, then pour in the coconut milk and the stock. Bruise the lemongrass and add it to the soup (see Tip). Lower the heat, cover with the lid and allow to simmer gently for 9 - 12 minutes.

Tip: the lemongrass will provide more flavour if you bruise it several times.



3. Finish the soup

Remove and discard the base of the pak choi and finely chop both the stem and the leaves. Add the pak choi to the soup and cook gently for 3 minutes, then stir in the fish sauce* and the Vietnamese-style sauce. Check if the potatoes and the carrot are done, then season to taste with salt and pepper. Add another splash of fish sauce as preferred.

*Take care, this ingredient is salty! Use as preferred.



4. Serve

Take the lemongrass out of the soup and then serve in bowls or deep plates.

Enjoy!



Harira-Inspired Stew with Roasted Chickpeas

with African-style spices, labneh & pita bread

Veggie

Total time: 35 - 45 min.



Lentils



African-inspired
spice mix



Onion



Carrot



Fresh ginger



Fresh flat leaf parsley



Labneh



Chickpeas



BBQ spice rub



Chopped dates



Pita bread



Chopped tomatoes



Garlic



Scan the QR code to let us know what you thought of the recipe!

Harira is a traditional North African soup made using lentils, tomatoes and chickpeas. We've given it a special twist with roasted chickpeas, which make for an extra crunchy topping for your soup!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, bowl, sieve or colander, grater, kitchen paper, lidded soup pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Fresh ginger* (tsp)	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Labneh* (g)	40	80	120	160	200	240
Chickpeas (pack)	½	1	2	2	3	3
BBQ spice rub (sachet(s))	¼	½	¾	1	1¼	1½
Chopped dates (g)	20	40	60	80	100	120
Pita bread (unit(s))	2	4	6	8	10	12
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	200	400	600	800	1000	1200
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3460 /827	386 /92
Total fat (g)	24	3
of which saturated (g)	3,6	0,4
Carbohydrates (g)	112	12
of which sugars (g)	27,9	3,1
Fibre (g)	26	3
Protein (g)	29	3
Salt (g)	4,8	0,5

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 220°C. Grate the **ginger** and roughly chop the **onion**. Crush or **mince** the **garlic** and cut the **carrot** into crescents.



4. Bake the pitas

Bake the **pitas** in the oven for 6 - 8 minutes, or use a toaster if preferred. Roughly chop the **parsley** and drain the lentils.



2. Make the soup

In a lidded soup pot, heat a drizzle of olive oil over medium-high heat. Fry the **ginger**, **garlic**, **onion**, **carrot** and chopped **dates** for 2 - 3 minutes, then add the **chopped tomatoes** and the water (see pantry for amount). Crumble in the stock cube (see Tip). Bring to a boil and cook for 8-10 minutes, covered.

Tip: if you're watching your salt intake, use just half of the indicated amount.



5. Finish

Add the **African-style spices** to the soup and then process until smooth with an immersion blender. Stir in the lentils and the reserved **chickpeas**. Taste the soup and season with salt and pepper if necessary, then cook for 2 - 3 more minutes.



3. Roast the chickpeas

Drain the **chickpeas** and set aside half to use later. Pat the rest of the **chickpeas** dry with kitchen paper, then transfer to a bowl along with the BBQ rub* and a drizzle of olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 20 minutes, or until golden-brown and crunchy.

*Take care, this ingredient is spicy! Use as preferred.



6. Serve

Serve the soup on deep plates. Top with the roasted **chickpeas** and garnish with the **parsley** and **labneh**. Serve with the **pitas** on the side.

Did you know... 🌱 not only are chickpeas high in fibre, protein and complex carbohydrates, they're also packed with vitamins and minerals. In particular, they contain up to five times more vitamin E than any other type of pulse. Vitamin E helps boost and strengthen the immune system.

Enjoy!



Spaghetti Al Limone with Panko Topping

with Brussels sprouts & courgette

Family Veggie Nice & Fast

Total time: 25 - 35 min.



Spaghetti



Lemon



Grated aged Gouda



Fresh lemon thyme



Courgette



Cooking cream



Brussels sprouts



Grana Padano flakes DOP



Panko breadcrumbs



Aglio e olio



Scan the QR code to let us know what you thought of the recipe!

No regular thyme in your box today. Instead, you'll cook with lemon thyme! A cousin of regular thyme, this variety has a bright citrusy flavour that will add complexity to this pasta dish.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep frying pan, grater, pot or saucepan, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Lemon* (unit(s))	½	1	1½	2	2½	3
Brussels sprouts* (g)	100	200	300	400	500	600
Grated aged Gouda* (g)	15	25	40	50	65	75
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Panko breadcrumbs (g)	15	25	40	50	65	75
Courgette* (unit(s))	½	1	1½	2	2½	3
Aglio e olio* (g)	25	50	75	100	125	150
From your pantry						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3899 / 932	723 / 173
Total fat (g)	47	9
of which saturated (g)	20,9	3,9
Carbohydrates (g)	91	17
of which sugars (g)	11,3	2,1
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	1	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

In a large pot or saucepan, boil plenty of salted water and cook the spaghetti for 10 - 12 minutes, then drain and set aside. Meanwhile, prepare the stock. Halve the Brussels sprouts. Quarter the courgette lengthways and then cut into thin slices. Heat a light drizzle of olive oil in a deep frying pan over medium-high heat and fry the Brussels sprouts for 4 - 6 minutes.



2. Make the topping

Meanwhile, melt the butter in a large frying pan over medium-high heat and fry the panko with the lemon thyme sprigs for 2 - 3 minutes or until golden-brown (see Tip). Transfer the panko to a small bowl and allow to cool. Remove the lemon thyme and then stir in the grated cheese.

Tip: be sure to stir continuously so as to prevent the panko from burning.



3. Make the sauce

Add the courgette to the Brussels sprouts and fry for 3 - 5 minutes, then deglaze with the stock and the cream. Add the aglio e olio* and allow to reduce for 4 - 6 minutes over medium-high heat or until the sauce has thickened. Thoroughly wash the lemon, then zest it and cut into 6 wedges. Add the Grana Padano and 1 tsp lemon zest per person.

*Take care, this ingredient is spicy! Use as preferred.



4. Serve

Squeeze in one lemon wedge per person, then add the spaghetti and mix well to combine. Season to taste with salt and pepper. Serve the spaghetti on plates. Add any remaining lemon zest to the panko and mix well, then use this to garnish the spaghetti (see Tip). Serve the rest of the lemon wedges alongside.

Tip: if you're watching your calorie intake, use just half of the panko topping. You can keep the rest to use tomorrow.

Enjoy!



Chicken Piccata with Roasted Baby Potatoes

with carrot, beetroot & a twist of lemon

Calorie Smart

Total time: 45 - 55 min.



Beetroot



Carrot



Baby potatoes



Garlic



Dried thyme



Onion



Lemon



Fresh curly parsley



Chicken breast



Capers



Scan the QR code to let us know what you thought of the recipe!

Piccata is an Italian dish, where sliced fish or meat is prepared in a sauce of lemon, butter and capers.

Utensils

Aluminum foil, parchment-lined baking sheet, deep plate, lidded frying pan, grater, large bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	¾	1½	3	3	4½	4½
Carrot* (unit(s))	1	1	2	2	3	3
Baby potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Chicken breast* (unit(s))	1	2	3	4	5	6
Capers* (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock cube (unit(s))	⅓	⅔	1	1½	2	3
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (totaste)			to taste			
Salt & pepper			to taste			

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2904 / 694	452 / 108
Total fat (g)	30	5
of which saturated (g)	9,7	1,5
Carbohydrates (g)	69	11
of which sugars (g)	12,8	2
Fibre (g)	16	3
Protein (g)	35	5
Salt (g)	1	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C. Peel the **beetroot** and cut it in half, then into long, 1cm thick wedges. Quarter the **carrots** lengthways. Cut the **baby potatoes** in half or any larger ones into quarters. Crush or **mince** the **garlic**.



4. Prepare the aromatics

In the meantime, finely chop the **onion**. Zest the **lemon** and then juice a quarter per person. Cut the rest of the **lemon** into wedges and roughly chop the **parsley**.



2. Roast the vegetables

Transfer the **beetroot**, **carrot**, **potatoes** and half of the **garlic** to a large bowl and drizzle with the olive oil. Add the **thyme** and toss well to coat, then transfer to a parchment-lined baking sheet. Roast in the oven for 30 - 40 minutes or until done, tossing halfway.



5. Make the sauce

Melt a knob of butter in the same pan and fry the **onion** with the rest of the **garlic** for 1 - 2 minutes. Add the water and crumble in the stock cube (see pantry for amounts). Stir in the **capers** and 1 tsp per person each of **lemon** zest and juice, then cook gently for 3 - 4 minutes, covered. Return the **chicken** to the pan and add the **parsley**, then cook for 1-2 more minutes.



3. Fry the chicken

Transfer the flour to a deep plate. Season the **chicken breast** with salt and pepper and then coat it with the flour. Melt a small knob of butter in a frying pan over medium-high heat and fry the **chicken breast** for 3 - 4 minutes per side. Remove from the pan and set aside under aluminium foil.



6. Serve

Serve the **potatoes** and vegetables on plates with the **chicken** in its sauce. Serve with the mayonnaise as preferred, along with any remaining **lemon** wedges.

Did you know... 🌱 if you love seasonal vegetables, then you can't go wrong with beetroot. Grown locally throughout the year, it's an excellent source of potassium and folic acid, making it not just a healthy choice but also a sustainable one.

Enjoy!



Creamy Eggplant Lasagne

with fresh lasagne sheets, spinach & aged cheese

Family Veggie

Total time: 55 - 65 min.



Eggplant



Onion



Garlic



Italian seasoning



Spinach



Cooking cream



Grated aged Gouda



Fresh lasagne sheets



Scan the QR code to let us know what you thought of the recipe!

For even tastier lasagne, you can make this recipe the day before you intend to eat it. This way, the sauce will be less runny, and the flavours will be even more intense.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, deep frying pan, oven dish, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	100	200	300	400	500	600
Cooking cream (g)	50	100	150	200	250	300
Grated aged Gouda* (g)	25	50	75	100	125	150
Fresh lasagne sheets* (g)	100	200	300	400	500	600
From your pantry						
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Flour (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3540 /846	477 /114
Total fat (g)	46	6
of which saturated (g)	23,2	3,1
Carbohydrates (g)	79	11
of which sugars (g)	9,8	1,3
Fibre (g)	13	2
Protein (g)	24	3
Salt (g)	1,4	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Slice the eggplant

Preheat the oven to 220°C and prepare the stock. Slice the **eggplant** into rounds of no more than 0.5cm thickness.



2. Roast the eggplant

Transfer the **eggplant** to a parchment-lined baking sheet and coat with the majority of the olive oil. Season with salt and pepper, then roast for 10 minutes. Be sure not to turn off the oven when the **eggplant** is done, as you'll use it again later. In the meantime, finely chop the **onion** and crush or **mince** the **garlic**. Melt the butter in a deep frying pan over medium-high heat and fry the **onion** with the **garlic** for 2 minutes.

Did you know... 🍆 eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.



3. Make the roux

Stir in the flour and fry for 2 minutes (see Tip). Add a third of the stock and whisk to incorporate. When the sauce thickens, repeat with the rest of the stock, adding it in two more batches. Stir the sauce until smooth, bring to a boil and allow to simmer until it has the consistency of **cream**.

Tip: when making a roux, it is important to pay attention to the butter to flour ratio. Use measuring spoons or a scale if necessary; 1 tbsp butter = 15g and 1 tbsp flour = 20g.



4. Finish the sauce

Stir the **Italian herbs** into the sauce and then tear the **spinach** directly into the frying pan, adding it in batches if necessary. Mix well and allow the **spinach** to wilt and reduce. Finally, stir in the **cream** and a third of the **aged cheese**, then season to taste with salt and pepper.



5. Assemble the lasagne

Grease an oven dish with the rest of the olive oil and transfer a shallow layer of sauce to the dish. Top with a layer of **lasagne sheets**, followed by some of the roasted **eggplant** (see Tip). Repeat so as to use all the **eggplant** and **lasagne sheets**, then finish with a layer of sauce on top. Scatter over the rest of the **cheese**, then bake the **lasagne** for 30-35 minutes.

Tip: pressing down on the lasagne sheets spreads out the sauce and ensures the lasagne cooks more evenly.



6. Serve

Allow the **lasagne** to stand for 3 minutes before serving on plates.

Enjoy!



Shrimp Vadouvan

over rice with bell pepper, lemon & coriander

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Garlic



Onion



Vadouvan



Ginger paste



Coconut milk



East Asian-style sauce



Tomato



Fresh coriander



Lemon



Shrimp



Bell pepper



White long grain rice



Scan the QR code to let us know what you thought of the recipe!

Vadouvan is a French version of an Indian spice blend. Its flavour is a distinctive, aromatic blend of spicy, sweet and smokey flavours.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Vadouvan (sachet(s))	⅓	⅔	1	1½	1½	2
Ginger paste* (g)	5	10	15	20	25	30
Coconut milk (ml)	125	250	375	500	625	750
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¼	2
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
Bell pepper* (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2870 /686	529 /126
Total fat (g)	30	6
of which saturated (g)	20,8	3,8
Carbohydrates (g)	80	15
of which sugars (g)	15,1	2,8
Fibre (g)	6	1
Protein (g)	21	4
Salt (g)	1,6	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of water in a pot or saucepan for the rice. Crush or mince the garlic. Dice the bell pepper and slice the onion into half rings. Boil the rice for 12 - 15 minutes, then drain and set aside.



2. Fry the vegetables

Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the vadouvan for 1 minute. Add the ginger paste, garlic, onion and bell pepper and fry for 1 - 2 minutes.



3. Make the curry

Deglaze with the white wine vinegar, then stir in the coconut milk and East Asian-style sauce. Reduce the heat and allow to simmer gently for 5 - 6 minutes. Meanwhile, dice the tomato and finely chop the coriander. Cut the lemon into wedges. Add the shrimp and half of the tomato to the curry and allow to cook for 3 - 4 minutes. Season to taste with salt and pepper.



4. Serve

Serve the rice on plates and top with the curry and the rest of the tomato. Garnish with the coriander and serve the lemon wedges alongside.

Enjoy!



Creamy Sausage Penne

with Parmigiano Reggiano, tomato & spinach

Nice & Fast

Total time: 20 - 30 min.



Cooking cream



Onion



Tomato



Parmigiano Reggiano DOP



Penne



Farmer's sausage



Sicilian-style herb mix



Spinach



Scan the QR code to let us know what you thought of the recipe!

It's worth taking care when you're peeling an onion as the outer layers contain the most nutrients!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep frying pan, grater, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cooking cream (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Penne (g)	90	180	270	360	450	540
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3515 /840	682 /163
Total fat (g)	40	8
of which saturated (g)	16,7	3,2
Carbohydrates (g)	76	15
of which sugars (g)	11,5	2,2
Fibre (g)	7	1
Protein (g)	39	7
Salt (g)	1,8	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of water in a pot or saucepan and cook the pasta for 10-12 minutes. Reserve 50ml pasta water per person, then drain and set aside. In the meantime, chop the onion and dice the tomato.



2. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Squeeze the sausage meat out of its skin directly into the pan. Fry for 2 - 4 minutes, separating the meat as you do so. Stir in the onion and tomato and fry for 2 - 3 minutes. Gradually add the spinach, tearing it directly into the pan and allow to wilt and reduce.



3. Make the sauce

Deglaze with the pasta water and the white balsamic vinegar. Stir in the cream and Sicilian-style herbs, then allow to simmer for 1 - 2 minutes. Grate the Parmigiano Reggiano in the meantime. Transfer the pasta to the sauce and mix well to combine, then season to taste with salt and pepper.



4. Serve

Serve the pasta on deep plates. Garnish with the Parmigiano Reggiano.

Did you know... 🌱 *spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.*

Enjoy!



Steak Wraps with Potato Wedges

with quick-pickled cucumber & mint mayo

Nice & Fast

Total time: 20 - 30 min.



Steak strips



Flour tortillas



Potatoes



Garlic



Onion



Cucumber



Bell pepper



Fresh mint



Dried oregano



Greek-style spice mix



Scan the QR code to let us know what you thought of the recipe!

Did you know that oregano is one of the most commonly used herbs worldwide? For example, oregano is a fixture in both Mediterranean and Mexican cuisine.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, bowl, lidded deep frying pan, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Flour tortillas (unit(s))	2	4	6	8	10	12
Potatoes (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Bell pepper* (unit(s))	½	1	2	2	3	3
Fresh mint* (g)	5	10	15	20	25	30
Dried oregano (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3812 /911	670 /160
Total fat (g)	49	9
of which saturated (g)	7,2	1,3
Carbohydrates (g)	78	14
of which sugars (g)	13	2,3
Fibre (g)	10	2
Protein (g)	35	6
Salt (g)	2,1	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 180°C and boil a shallow layer of water in a deep frying pan. Thoroughly wash the potatoes and then cut them into wedges. Boil for 12 - 15 minutes, then drain and transfer back to the pan. Meanwhile, cut the cucumber into 5cm batons. In a bowl, combine the white wine vinegar with the sugar. Add the cucumber, then toss well to combine and set aside.



2. Make the sauce

Slice the onion into half rings and crush or mince the garlic. Chop the bell pepper into strips. Heat a drizzle of olive oil in a large frying pan over medium-high heat and fry the onion with the bell pepper, garlic and oregano for 4 - 6 minutes. Finely chop the mint and transfer to a small bowl. Add the mayonnaise and the water (see pantry for amounts). Add extra virgin olive oil as preferred, then season to taste with salt and pepper.



3. Fry the steak strips

Wrap the tortillas in aluminum foil and heat for 3 - 4 minutes in the oven. Add the steak strips to the vegetables and fry for 1 - 2 minutes. Add the honey and season to taste with salt and pepper. Drizzle the potato wedges with olive oil, then add the Greek-style spices and toss well to coat. Fry the wedges for 1 - 2 minutes over medium-high heat.



4. Serve

Spread the tortillas with the mint mayo. Fill with the vegetables, steak strips, potato wedges and cucumber.

Did you know... 🥒 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.

Enjoy!



Tofu Dahl with Naan

with coconut milk, spinach & lime

Plant-based

Total time: 35 - 45 min.



Onion



Fresh ginger



Carrot



Curry powder



Tomato paste



Coconut milk



Red split lentils



Spinach



Naan bread with herbs



Lime



Yellow carrot



Seasoned tofu cubes



Scan the QR code to let us know what you thought of the recipe!

You'll serve this dish with herby naan bread. Try using it to scoop up the flavourful dahl for the perfect bite!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, grater, large deep frying pan with lid, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Carrot* (unit(s))	1	1	2	2	3	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	270	360	430	540
Red split lentils (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Naan bread with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Yellow carrot* (unit(s))	⅓	⅔	1	1	1⅓	1⅓
Seasoned tofu cubes* (g)	90	180	270	360	450	540

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3079 / 736	422 / 101
Total fat (g)	38	5
of which saturated (g)	17,3	2,4
Carbohydrates (g)	66	9
of which sugars (g)	21	2,9
Fibre (g)	17	2
Protein (g)	26	4
Salt (g)	1,5	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C and prepare the stock. Chop the **onion** and finely grate the **ginger**. Dice the **carrots** into 1cm chunks (see Tip).

Tip: be sure to finely dice the carrots, otherwise they will take longer to cook.



4. Fry the tofu

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **tofu** for 3-4 minutes.



2. Prepare the dahl

Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat. Fry the **onion** with the **carrot** and **ginger** for 2 - 3 minutes, then stir in the **curry powder** and **tomato paste** and fry for 2 more minutes. Pour in the **coconut milk** and the stock, then bring to a boil.



5. Finish the tofu

Bake the naan in the oven for 2 - 3 minutes, then cut it into triangles. Juice the **lime** into a bowl, then add the **tofu** and toss well to coat. Season to taste with salt and pepper.



3. Add the lentils

Add the lentils and season with salt and pepper, then cover with the lid. Allow the dahl to cook for 10 minutes, covered, then add the **spinach**. Mix well and cook for another 10 minutes, or until the lentils are done. Add a splash of water if the dahl seems too dry.

Did you know...🌱 lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.



6. Serve

Shortly before serving, stir the **tofu** into the dahl and cook briefly. Serve the dahl in bowls with the naan alongside.

Enjoy!



Nasi with Chicken & Sweet Chili Sauce

Indonesian-style fried rice with quick-pickled carrot & crispy onions

Nice & Fast

Total time: 15 - 20 min.



Quick-cook brown rice



Nasi-bami spice mix



Chicken thigh strips



Vegetable mix:
pepper, leek,
cabbage and carrot



Soy sauce



Carrot



Sweet chili sauce



Crispy fried onions



Fresh celery leaves



Scan the QR code to let us know what you thought of the recipe!

Did you notice that our rice and cereal packaging is now made of paper? This means that once you've used the product, the packaging can be easily recycled!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, pot or saucepan, peeler or cheese slicer, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Soy sauce (ml)	10	20	30	40	50	60
Carrot* (unit(s))	⅓	⅔	1	¾	1⅓	1
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Crispy fried onions (g)	15	30	45	60	75	90
Fresh celery leaves* (g)	5	10	15	20	25	30

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3264 /780	659 /157
Total fat (g)	32	6
of which saturated (g)	9,1	1,8
Carbohydrates (g)	88	18
of which sugars (g)	24,8	5
Fibre (g)	13	3
Protein (g)	29	6
Salt (g)	3,5	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Boil the rice for 10 minutes over medium-high heat, then reserve a cup of the cooking liquid before draining and setting aside. While the rice is cooking, shave the carrot into thin ribbons using a peeler or a cheese slicer. In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the carrot and toss well to combine, then set aside until serving, stirring occasionally.



2. Fry the vegetables

Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the chicken thigh strips for 6 - 8 minutes until done, seasoning with salt and pepper. During the final minute of cooking, transfer the dressing from the carrots to the chicken, along with the sweet chilli sauce and half of the ketjap. Mix well to combine. Meanwhile, heat another drizzle of sunflower oil in a wok or deep frying pan over medium heat and fry the vegetable mix for 5 - 6 minutes. Finely chop the celery leaves in the meantime.



3. Make the nasi

Add 1 tbsp of the reserved cooking liquid to the chicken and cook for 1 more minute. Stir in the rice, celery leaves, nasi-bami spices, soy sauce* and the rest of the ketjap. Fry for 2 - 3 minutes over high heat, leaving it mostly undisturbed. Season to taste with salt and pepper.

**Take care, this ingredient is salty! Add gradually as preferred.*



4. Serve

Serve the nasi on deep plates, topped with the carrot ribbons and the chicken. Garnish with the crispy fried onions.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.

Enjoy!



Garlic Shrimp with Cherry Tomatoes

with basil crème, potato rounds & Romano beans

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Potato rounds



Pre-cut Romano beans



Garlic



Lemon



Shrimp



Fresh curly parsley



Red cherry tomatoes



Basil crème



Onion



Scan the QR code to let us know what you thought of the recipe!

This dish is super quick to put on the table! We've already pre-cooked the potato slices and sliced the Romano beans, so it'll be ready to serve in only 15 minutes.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep frying pan, lidded frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potato rounds* (g)	200	400	600	800	1000	1200
Pre-cut Romano beans* (g)	50	100	200	200	300	300
Garlic (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Red cherry tomatoes (g)	125	250	375	500	625	750
Basil crème* (ml)	10	15	24	30	39	45
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
[Plant-based] butter (tbsp)	2½	5	7½	10	12½	15
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2556 /611	440 /105
Total fat (g)	37	6
of which saturated (g)	20,9	3,6
Carbohydrates (g)	47	8
of which sugars (g)	6,4	1,1
Fibre (g)	11	2
Protein (g)	18	3
Salt (g)	1,2	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Chop the onion. Melt a generous knob of butter in a frying pan over medium-high heat and fry the potato rounds for 5 - 7 minutes, covered. Remove the lid and add the Romano beans and the onion, then season with salt and pepper. Fry for 6 - 8 minutes over medium-high heat, stirring regularly.



2. Fry the shrimp

Crush or mince the garlic and cut the lemon into wedges. Melt a knob of butter in a deep frying pan, and fry half of the garlic for 1 minute, then add the shrimp and fry for 2 - 3 minutes. Season to taste with salt and pepper, then remove from the pan and set aside. Finely chop the parsley in the meantime.

Did you know... 🌱 shrimp may be low in calories, but they are rich in protein and calcium.



3. Fry the cherry tomatoes

Fry the rest of the garlic for 1 minute, then add the cherry tomatoes and a generous knob of butter (see Tip). Squeeze the lemon wedges into the tomatoes as preferred. Shortly before serving, transfer the shrimp back to the pan and mix well. Stir the basil crème into the potatoes and Romano beans.

Tip: you can also halve the cherry tomatoes before frying them if preferred.



4. Serve

Serve the potato rounds and Romano beans on plates and top with the shrimp and cherry tomatoes. Garnish with the parsley and any remaining lemon wedges.

Enjoy!



Triple Onion Hotdog with Apple Salad

with crispy onions, onion chutney & caramelised onions

Family Nice & Fast

Total time: 20 - 30 min.



Farmer's sausage



Onion



Onion chutney



Apple



Lamb's lettuce



Crispy fried onions



Hotdog bun



Tomato



Scan the QR code to let us know what you thought of the recipe!

Today, you'll serve your hot dog with both soft caramelised onions and crunchy fried onions!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Lidded frying pan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	20	40	60	80	100	120
Apple* (unit(s))	½	1	1½	2	2½	3
Lamb's lettuce* (g)	30	60	80	100	140	160
Crispy fried onions (g)	10	15	25	30	40	45
Hotdog bun (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3121 / 746	611 / 146
Total fat (g)	41	8
of which saturated (g)	17	3,3
Carbohydrates (g)	66	13
of which sugars (g)	24,1	4,7
Fibre (g)	8	2
Protein (g)	25	5
Salt (g)	1,4	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C. Slice the onion into half rings. Melt a knob of butter in a frying pan over medium-high heat and fry the sausage for 2 - 3 minutes until evenly browned. Set the heat to low, then cover with the lid and fry for 10 more minutes, turning regularly.

Did you know... 🍷 onion is a good source of vitamin C, which aids with iron absorption.



2. Caramelize the onion

Melt a knob of butter in another frying pan over medium-low heat and fry the onion for 8 - 10 minutes. Deglaze with half of the balsamic vinegar, then add the sugar and the onion chutney. Lower the heat and allow to gently caramelize until the sugar has dissolved. Meanwhile, bake the hotdog bun in the oven for 4 - 5 minutes.



3. Make the salad

Dice the apple and tomato. In a salad bowl, combine the extra virgin olive oil with the rest of the balsamic vinegar. Season to taste with salt and pepper. Add the apple, tomato and lettuce and toss well to combine with the dressing.



4. Serve

Cut open the hotdog bun. Fill with the sausage and caramelized onion, then garnish with the crispy fried onions. Serve with the salad alongside.

Enjoy!



Panko-Crusted Cod with Roasted Vegetables

over garlic-ginger rice with furikake

Family Calorie Smart

Total time: 30 - 40 min.



Basmati rice



Ginger paste



Garlic



Onion



Bell pepper



Carrot



Panko breadcrumbs



Cod fillet



Soy sauce



Furikake



Ground paprika



Scan the QR code to let us know what you thought of the recipe!

You'll bread the cod with panko. Panko has a coarser grain than regular breadcrumbs, which makes for a nice crispy crust.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, bowl, 2x deep plate, lidded pot or saucepan, kitchen paper, plate, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Cod fillet* (unit(s))	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Furikake (sachet(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9

From your pantry

Low sodium vegetable stock cube (unit(s))		¼	⅓	½		¾
Flour (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Water (ml)	180	360	540	720	900	1080
Sambal (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2833 / 677	427 / 102
Total fat (g)	18	3
of which saturated (g)	2,7	0,4
Carbohydrates (g)	93	14
of which sugars (g)	11,2	1,7
Fibre (g)	10	1
Protein (g)	31	5
Salt (g)	3	0,5

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare the vegetables

Preheat the oven to 200°C. Cut the **onion** into wedges and cut the **bell pepper** into strips. Thinly slice the **carrot**. Transfer the vegetables to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and set aside.



4. Make the sauce

In a small bowl, combine the **soy sauce** with the honey and sambal. Take the vegetables out of the oven, add the sauce and mix well to combine. Return the vegetables to the oven until done.



2. Cook the rice

Crush or **mince** the **garlic**. Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the **garlic** with the **ginger** paste for 1-2 minutes, then add the **rice**. Pour in the water and crumble in the stock cube (see pantry for amounts). Bring to a boil, then lower the heat and cook the **rice** for 10 minutes. Remove from the heat and set aside for another 10 minutes, covered.



5. Fry the fish

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish for 2 - 3 minutes per side, or until golden-brown.



3. Prepare the fish

Roast the vegetables for 15 - 20 minutes. Pat the fish dry with kitchen paper. Take three deep plates. Transfer the **paprika** and half of the flour to the first plate. On the second plate, combine the rest of the flour with 30ml cold water per person so as to make a batter. Transfer the **panko** to the third plate and season with salt and pepper. Coat the fish with the flour and then with the batter, before finally coating it in the **panko**. Transfer to a plate and set aside.



6. Serve

Serve the **rice** and vegetables on plates. Top with the panko-crusted fish and garnish with the **furikake**.

Did you know... 🌻 as well as vitamin C, bell peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.

Enjoy!



Caesar-Style Salad with Crunchy Chickpeas

with homemade dressing, Parmigiano Reggiano & croutons

Veggie Nice & Fast

Total time: 25 - 35 min.



Chickpeas



Butter lettuce



Cucumber



Tomato



White ciabatta



Garlic



Egg



BBQ spice rub



Parmigiano Reggiano
DOP



Scan the QR code to let us know what you thought of the recipe!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, 2x bowl, sieve or colander, grater, lidded saucepan, kitchen paper, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack)	½	1	1½	2	2½	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Tomato (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2

From your pantry

Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3258 / 779	647 / 155
Total fat (g)	56,5	11,2
of which saturated (g)	10,1	2
Carbohydrates (g)	37,9	7,5
of which sugars (g)	5,7	1,1
Fibre (g)	10,7	2,1
Protein (g)	24	4,8
Salt (g)	1,9	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Make the croutons

Preheat the oven to 220°C. Tear the **bread** into chunks, transfer to a bowl and drizzle with 1 tbsp olive oil. Season with salt and pepper, then toss well to coat.



2. Prepare the chickpeas

Drain the **chickpeas** and pat them dry with kitchen paper, then transfer to a bowl. Add the BBQ rub* and drizzle with olive oil, then season with salt and pepper. Toss well to coat, then transfer the **chickpeas** to a parchment-lined baking sheet and roast for 20 minutes, or until golden-brown and crunchy (see Tip).

Tip: use an extra baking sheet if you're cooking for more than two people.

**Take care, this ingredient is spicy! Use as preferred.*



3. Boil the egg

Meanwhile, transfer the **egg** to a saucepan and submerge with water. Cover with the lid and bring to a boil, then cook for 6 - 8 minutes. Peel the **egg** and then cut it in half.



4. Chop the vegetables

Dice the **tomato** and **cucumber**. Crush or mince the **garlic** and set aside. Discard the core of the **lettuce** and then roughly chop the leaves. Add the **bread** to the baking sheet with the **chickpeas** during the final 10 minutes of cooking time. Finely grate or dice the **Parmigiano Reggiano** in the meantime.



5. Make the salad

In a salad bowl, combine the **garlic** with the mayonnaise, mustard and extra virgin olive oil, along with half of the **cheese**. Season to taste with salt and pepper, then add the **lettuce**, **tomato** and **cucumber** and toss well to combine.



6. Serve

Serve the salad on plates and top with the **chickpeas**, croutons and boiled **egg**. Garnish with the rest of the **cheese** to finish.

Did you know... 🌱 not only are chickpeas high in fibre, protein and complex carbohydrates, they're also packed with vitamins and minerals. In particular, they contain up to five times more vitamin E than any other type of pulse. Vitamin E helps boost and strengthen the immune system.

Enjoy!



Chicken Gyros with Celeriac

over fragrant bulgur with labneh, vadouvan & spinach

Calorie Smart

Total time: 35 - 45 min.



Celeriac



Spinach



Onion



Vadouvan



Bulgur



Chicken gyros



Labneh



Scan the QR code to let us know what you thought of the recipe!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Lidded frying pan, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Celeriac* (unit(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Vadouvan (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Chicken gyros* (g)	100	200	300	400	500	600
Labneh* (g)	40	80	120	160	200	240

From your pantry

Low sodium vegetable stock (ml)	175	350	500	675	850	1025
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2970 / 710	427 / 102
Total fat (g)	27,6	4
of which saturated (g)	5,3	0,8
Carbohydrates (g)	66	9,5
of which sugars (g)	5,6	0,8
Fibre (g)	21,2	3
Protein (g)	37,1	5,3
Salt (g)	2	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Prepare the stock. Peel the **celeriac** and then dice it into 1cm cubes. Roughly chop the **spinach** and finely chop the **onion**.



2. Prepare the bulgur

Heat a light drizzle of olive oil in a pot or saucepan and fry the **onion** for 2 minutes over medium-high heat. Stir in the **vadouvan** and the **bulgur** and fry for 1 minute, stirring continuously. Pour in the stock and then boil over low heat for 10-12 minutes, covered. Stir regularly and then set aside when finished.



3. Fry the celeriac

Heat 1 tbsp water per person in a frying pan. Allow the **celeriac** to stew for 5- 7 minutes over medium-high heat, covered. Remove the lid, lightly drizzle with olive oil and fry for 3 - 4 minutes. Season to taste with salt and pepper, then stir in the honey and half of the **spinach**. Fry for 1 - 2 more minutes, allowing the **spinach** to wilt and reduce.



4. Fry the gyros

Heat a light drizzle of olive oil in another frying pan over medium-high heat. Fry the gyros for 8-10 minutes, then take the pan off the heat.



5. Finish

Transfer the **celeriac** and **spinach** to the **bulgur**, along with the white balsamic vinegar and half of the gyros. Add the rest of the **spinach**, then mix well to combine.



6. Serve

Serve the **bulgur** on plates and top with the rest of the gyros. Drizzle with extra virgin olive oil as preferred and garnish with the **labneh**.

Enjoy!



Hamburger with Potato Wedges

with mushrooms & mesclun salad

Calorie Smart

Total time: 35 - 45 min.



Potatoes



Onion



Mushrooms



Tomato



Mesclun



Fresh rosemary



Hamburger from Meatier



Scan the QR code to let us know what you thought of the recipe!

When the meat comes from Meatier, you know the cattle have been well cared for and grazed in Schore. The proof is in the exceptional flavour!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Lidded frying pan, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	125	250	375	500	625	750
Tomato (unit(s))	½	1	2	2	3	3
Mesclun* (g)	20	40	60	90	100	130
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6

From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2858 / 683	457 / 109
Total fat (g)	35	6
of which saturated (g)	13,5	2,2
Carbohydrates (g)	59	9
of which sugars (g)	6,3	1
Fibre (g)	12	2
Protein (g)	28	5
Salt (g)	2,2	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Take the **burger** out of the fridge and allow it to reach room temperature. Thoroughly wash the **potatoes** and cut them into wedges. Slice the **onion** into half rings. Discard the **rosemary** stalks and roughly chop the leaves.



4. Fry the vegetables

Melt half of the butter in a frying pan over medium-high heat. Fry the **onion** with the **mushrooms** for 7-9 minutes, seasoning to taste with salt and pepper.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.



2. Fry the wedges

Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the **potato** wedges with the **rosemary** for 20 - 25 minutes, covered, tossing regularly. Remove the lid and season to taste with salt and pepper, then continue frying for 10 more minutes until done. Slice the **mushrooms** in the meantime.



5. Fry the burger

Melt the rest of the butter in another frying pan over medium-high heat. Fry the **burger** for 3 - 5 minutes per side, seasoning to taste with salt and pepper.



3. Make the salad

Cut the **tomato** into wedges. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, honey and mustard, then season to taste with salt and pepper. Transfer the **tomato** and **mesclun** to the salad bowl and toss well to combine with the dressing.



6. Serve

Serve the **burger** with the **potato** wedges. Serve the fried vegetables and the salad alongside.

Enjoy!



Tomato Soup with Giant Couscous

with sour cream, tarragon & homemade garlic bread

Family Calorie Smart Veggie

Total time: 30 - 40 min.



Onion



Garlic



Tomato



Bell pepper



Fresh tarragon



Dried apricot pieces



Giant couscous



Organic sour cream



Grated Italian cheese



Novelty bread roll



Scan the QR code to let us know what you thought of the recipe!

The sweet notes in this soup come not only from the bell pepper and tomato: the soup also contains dried apricot pieces. These add a nice flavour and contain just as many vitamins as fresh apricots.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, pot or saucepan, lidded soup pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	2	4	6	8	10	12
Bell pepper* (unit(s))	½	1	2	2	3	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Dried apricot pieces (g)	20	40	60	80	100	120
Giant couscous (g)	40	75	115	150	190	225
Organic sour cream* (g)	25	50	75	100	125	150
Grated Italian cheese* (g)	15	25	40	50	65	75
Novelty bread roll* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	300	600	900	1200	1500	1800
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	2548 /609	332 /79
Total fat (g)	21	3
of which saturated (g)	6,6	0,9
Carbohydrates (g)	80	10
of which sugars (g)	23,8	3,1
Fibre (g)	16	2
Protein (g)	18	2
Salt (g)	1,6	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C and boil the water (see pantry for amount). Chop the **onion** and crush or **mince** the **garlic**. Dice the **tomato** and **bell pepper**. Discard the **tarragon** stalks and finely chop the leaves.



4. Bake the bread

In the meantime, cut open the **bread roll** and transfer to a parchment-lined baking sheet. Drizzle with olive oil and top with the rest of the **garlic**. Season with salt and pepper, then bake in the oven for 5 - 7 minutes.



2. Make the soup

Heat a drizzle of olive oil in a soup pot over medium heat. Fry the **onion** with the **tomato**, **bell pepper**, **apricots** and half of the **garlic** for 2 minutes. Add two thirds of the boiling water and then crumble in the stock cube (see pantry for amount). Cover with the lid and allow to cook for 15 minutes.



5. Finish the soup

In the meantime, take the soup pot off the heat. Add half of the **sour cream** and then use an immersion blender to process into a smooth soup. Season to taste with salt and pepper, then add the rest of the boiling water if you would prefer the soup to be less thick. Finally, stir the **giant couscous** into the soup.



3. Boil the giant couscous

Boil plenty of water in a pot or saucepan and cook the **giant couscous** for 12 - 14 minutes, then drain and set aside (see Tip).

Tip: be sure to weigh the giant couscous first, as there may be more in the package than you need. However, you can also prepare all of it if preferred.



6. Serve

Serve the soup in bowls and garnish with the Italian **cheese**, the **tarragon** and the rest of the **sour cream** (see Tip). Serve the **garlic bread** alongside.

Tip: tarragon is an acquired taste, so be sure to taste before adding it as preferred.

Enjoy!



Pesto Rosso Conchiglie with Greek-Style Cheese

with lamb's lettuce & basil

Family Veggie Nice & Fast

Total time: 20 - 30 min.



Onion



Bell pepper



Tomato



Conchiglie



Greek-style cheese



Fresh basil



Pesto rosso



Lamb's lettuce



Sunflower seeds



Scan the QR code to let us know what you thought of the recipe!

Today, you'll prepare a pasta dish with red pesto, instead of green. This pesto is made from sun-dried tomatoes and adds a lot of flavour and a lovely colour.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Pot or saucepan, salad bowl, wok

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Conchiglie (g)	90	180	270	360	450	540
Greek-style cheese* (g)	50	100	150	200	250	300
Fresh basil* (g)	2½	5	7½	10	12½	15
Pesto rosso* (g)	40	80	120	160	200	240
Lamb's lettuce* (g)	30	60	80	100	140	160
Sunflower seeds (g)	5	10	15	20	25	30
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3661 / 875	843 / 201
Total fat (g)	50	12
of which saturated (g)	12,9	3
Carbohydrates (g)	78	18
of which sugars (g)	7,4	1,7
Fibre (g)	10	2
Protein (g)	25	6
Salt (g)	1,7	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Boil the conchiglie

Boil plenty of water in a pot or saucepan and boil the conchiglie for 11-13 minutes until done, then drain and set aside. Meanwhile, chop the onion and dice both the tomato and bell pepper.



2. Fry the vegetables

Heat the olive oil in a wok or deep frying pan and fry the onion for 2 minutes over medium-low heat. Stir in the bell pepper and tomato and fry for 5 - 6 minutes, seasoning to taste with salt and pepper. Meanwhile, crumble the Greek-style cheese and tear the basil into smaller pieces.



3. Finish

Transfer the conchiglie to the vegetables, then add the pesto rosso and mix well to combine. Cook for 1 more minute. In a salad bowl, combine the balsamic vinegar with the extra virgin olive oil. Season to taste with salt and pepper, then add the lamb's lettuce and toss well to combine.



4. Serve

Serve the lamb's lettuce and conchiglie on plates. Garnish with the Greek-style cheese, the sunflower seeds and the basil.

Did you know... 🌱 as well as vitamin C, bell peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.

Enjoy!



Chorizo & Bacon Stew with Sour Cream

with baby potatoes, mushrooms & bell pepper

Calorie Smart

Total time: 45 - 55 min.



Onion



Baby potatoes



Garlic



Tomato paste



Peruvian-style spice mix



Mushrooms



Bell pepper



Diced chorizo



Fresh chives



Organic sour cream



Bacon lardons



Scan the QR code to let us know what you thought of the recipe!

Did you know that potatoes are best eaten with their skin? That way you get more fibre and vitamins - including vitamin B6, which is important for your metabolism.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Small bowl, lidded soup pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Baby potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Tomato paste (can)	¼	½	¾	1	1¼	1½
Peruvian-style spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Mushrooms* (g)	65	125	250	250	375	375
Bell pepper* (unit(s))	1	2	3	4	5	6
Diced chorizo* (g)	25	50	75	100	125	150
Fresh chives* (g)	2½	5	7½	10	12½	15
Organic sour cream* (g)	25	50	75	100	125	150
Bacon lardons* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	150	300	450	600	750	900
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2234 / 534	296 / 71
Total fat (g)	24	3
of which saturated (g)	8,4	1,1
Carbohydrates (g)	53	7
of which sugars (g)	13,4	1,8
Fibre (g)	17	2
Protein (g)	21	3
Salt (g)	2,4	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Fry the onion and bacon

Slice the onion into half rings. Heat a drizzle of olive oil in a soup pot over medium-high heat and fry the onion with the bacon lardons for 3-4 minutes. Prepare the stock. Wash the baby potatoes and cut them into uniform pieces. Crush or mince the garlic.



2. Add the potatoes

Add the garlic and baby potatoes and fry for 2 - 3 minutes, then add the tomato paste and Peruvian-style spices and fry for 2 more minutes. Meanwhile, quarter the mushrooms and cut the bell pepper into thin strips.



3. Make the stew

Add the chorizo, mushrooms, bell pepper and stock, then cover with the lid and bring to a boil. Lower the heat and cook for 15 minutes, stirring occasionally, then remove the lid and cook for 10 more minutes or until the potatoes are done.



4. Serve

Finely chop the chives and transfer to a small bowl. Add the sour cream and season to taste with salt and pepper, then mix well to combine. Serve the stew on deep plates and garnish with a dollop of sour cream.

Did you know...🌱 thanks to the bell pepper and baby potatoes, this recipe provides the entire RDA of vitamin C!

Enjoy!



Sweet & Spicy Salmon Stir-Fry

over rice noodles with furikake & vegetables

Nice & Fast

Total time: 20 - 30 min.



Salmon fillet



Rice noodles



Onion



Garlic



Carrot



Bell pepper



East Asian-style sauce



Ponzu



Furikake



Scan the QR code to let us know what you thought of the recipe!

Our salmon is ASC certified, which means that it's sustainably farmed. Did you know this certification not only guarantees responsible fishing, but also stands for better working conditions?

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, bowl, sieve or colander, pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Rice noodles (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Ponzu (g)	12	24	36	48	60	72
Furikake (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Honey (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	2	4	6	8	10	12
Water (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3397 /812	688 /165
Total fat (g)	39	8
of which saturated (g)	8,7	1,8
Carbohydrates (g)	84	17
of which sugars (g)	35,7	7,2
Fibre (g)	9	2
Protein (g)	26	5
Salt (g)	3,8	0,8

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Crush or mince the garlic. Transfer the salmon to a bowl and add the garlic, East Asian-style sauce, ponzu, honey, ketjap and sambal. Mix well to combine, then cover with aluminum foil and transfer to the fridge to marinate.



2. Boil the noodles

Chop the onion into half rings. Chop the bell pepper into strips and cut the carrot into matchsticks of around 0.5cm thickness. Boil the rice noodles for 6 - 7 minutes until a dente. Reserve a small amount of the cooking liquid, then drain and rinse under cold water. Transfer the noodles back to the pot and drizzle with sunflower oil, then toss well to coat so as to prevent the noodles from sticking together.



3. Fry the salmon

Heat a drizzle of sunflower oil in a wok or deep frying pan and stir-fry the vegetables for 6 - 7 minutes over medium-high heat. Melt the butter in another frying pan over medium-high heat and fry the salmon without its marinade for 1 - 2 minutes on its skin. Allow to caramelize, but make sure it doesn't burn. Set the marinade aside to use in the next step. Turn the salmon over and add the water (see pantry for amount). Fry the salmon for a further 2 minutes on the other side.



4. Serve

Transfer the noodles to the vegetables and stir in the marinade and reserved cooking liquid as preferred. Fry for 1 more minute, seasoning to taste with salt and pepper. Serve the noodles in bowls and top with the salmon. Garnish with the furikake to finish.

Did you know... 🌱 thanks to the salmon, this recipe is rich in omega 3; an essential fatty acid that benefits cardiovascular health. Salmon is also rich in vitamin D, which aids with calcium absorption.



Creamy Chicken & Mushroom Lasagne

with fresh lasagne sheets, leek & Italian herbs

Family

Total time: 60 - 70 min.



Fresh lasagne sheets



Cooking cream



Chicken mince with Italian seasoning



Garlic



Onion



Leek



Chestnut mushrooms



Italian seasoning



Grated Gouda



Scan the QR code to let us know what you thought of the recipe!

This chicken mince is seasoned with oregano, garlic and cayenne pepper. Buon appetito!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep frying pan, oven dish, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Cooking cream (g)	50	100	150	200	250	300
Chicken mince with Italian seasoning*	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	½	1	1	2	2	3
Chestnut mushrooms* (g)	65	125	250	250	375	375
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	40	50	65	75

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3251 / 777	436 / 104
Total fat (g)	33	4
of which saturated (g)	15,7	2,1
Carbohydrates (g)	79	11
of which sugars (g)	6,7	0,9
Fibre (g)	15	2
Protein (g)	37	5
Salt (g)	1,7	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 220°C and prepare the stock. Slice the **leek** into thin half rings. Chop the **onion** and slice the **mushrooms**. Crush or **mince** the **garlic**.



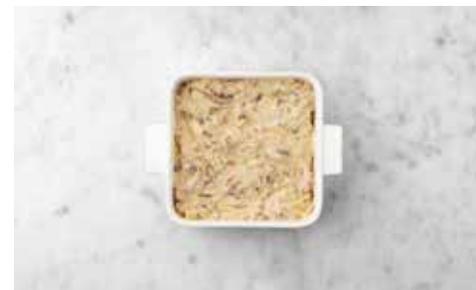
4. Finish the filling

Place the frying pan over low heat and pour in the sauce, **cream** and a third of the **cheese**. Mix well and cook gently for 2 - 3 minutes, seasoning to taste with salt and pepper. In the meantime, grease an oven dish with butter or olive oil. Cut the **lasagne sheets** according to the size of your oven dish.



2. Fry the chicken

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **mushrooms** for 2 minutes, then add the **chicken mince** and fry for 3 minutes, separating it as you do so. Add the **onion**, **leek** and **garlic** and fry for 3 - 4 minutes, then take the pan off the heat and set aside.



5. Assemble

Pour a layer of sauce into the oven dish and top with some of the **lasagne sheets**. Press down gently (see Tip). Top with another layer of sauce and then again with **lasagne sheets**. Repeat with the rest of the sauce and **lasagne sheets**, being sure to reserve enough sauce for the top of the **lasagne**.

Tip: this will ensure the sauce spreads evenly and the lasagne cooks more quickly.



3. Make the sauce

Melt a knob of butter in a saucepan over medium-high heat. Whisk in the flour, then pour in a third of the stock and whisk to incorporate (see Tip). Repeat this twice more with the rest of the stock so as to make a smooth sauce. Bring to a boil and allow to thicken and reduce for 1 - 2 minutes, then stir in the **Italian herbs**.

Tip: this technique is known as making a roux. For this, it's important that the quantities are precise; 1 tbsp butter is 15g and 1 tbsp flour is 20g.



6. Serve

Finish the **lasagne** with a layer of sauce, then scatter over the rest of the **cheese**. Bake in the oven for 30 - 35 minutes, then allow to stand for 3 minutes before serving. Serve the **lasagne** on plates.

Did you know... 🌱 just 100g of leek provides more than a third of the RDA of folic acid, which plays an essential role in bodily growth and function.