



Creamy potato soup with shrimps

with coconut milk, fresh corn and tomato

BALANCED **FAMILY** 35 min. • Eat within 3 days



Haven't used all of the coconut milk? Pour the remaining bit into an ice cube tray and freeze it. This makes it easier to divide into several portions.



Shallot



Waxy potatoes



Paprika



Bay leaf



Corn cob



Tomato



Fresh chives



Shrimps



Coconut milk

Pantry items

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

A good start

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

Equipment

Stock pot with a lid, frying pan, kitchen paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Waxy potatoes (g)	200	400	600	800	1000	1200
Paprika (tsp)	½	1	1½	2	2½	3
Bay leaf (pcs)	1	2	3	4	5	6
Corn cob* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	2	4	6	8	10	12
Fresh chives* (g)	2½	5	7½	10	12½	15
Shrimps* (g) 2)	80	160	240	320	400	480
Grated coconut (ml)	100	200	300	400	500	600
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Vegetable stock cube (pcs)	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

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2653 / 634	368 / 88
Total fat (g)	33	5
Of which: saturated (g)	21,6	3,0
Carbohydrates (g)	58	8
Of which: sugars (g)	15,3	2,1
Fibre (g)	9	1
Protein (g)	21	3
Salt (g)	3,5	0,5

Allergens:

2) Shellfish

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

Boil 250 ml water per person. Chop the **shallot**. Peel the **potatoes** and cut into 1 – 1½ cm dices. Heat the butter in a stock pot with a lid on medium-high heat and fry the **shallot** for 3 minutes, with a pinch of salt. Add the **paprika** and the **bay leaf** and fry for half a minute.



4. Fry the shrimps

Pat the **shrimps** dry with kitchen paper. Heat the olive oil in a frying pan on high heat and fry the **shrimps** for 2 minutes until brown all around. They do not have to be cooked through yet. Season with salt and pepper, take from the pan and set aside.

FACT: Did you know that shrimps are low in calories, but rich in protein and calcium?



2. Cook the potatoes

Add the **potatoes** to the pan, add the boiling water and crumble ½ stock cube per person over it. Cook the **potatoes** for 12 – 15 minutes.

TIP: Are you watching your salt intake? Use half of the stock cube or use low-salt stock.



5. Cook the soup

Add the **corn kernels**, the **tomato** and **coconut milk** to the pan with **potatoes** and cook for 2 minutes. Add the **shrimps**, including cooking grease, and heat for half a minute. Then add the white wine vinegar and half of the **chives** to the soup.



3. Cut

In the meantime, place the **corn cob** upright on a cutting board and carefully cut off the **corn kernels**. Cut the **tomato** into large pieces and finely chop the **chives**.

FACT: Did you know that 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 soup to bowls and garnish with the remaining **chives**.

Enjoy!



Scrambled eggs with tomato and feta

with fried potatoes and refreshing salad

VEGETARIAN 40 min. • Eat within 5 days



Scrambled eggs for dinner? Why not? This vitamin-rich dish can be used as a tasty base for any meal.



Waxy potatoes



Cucumber



Tomato



Scallion



Feta



Mesclun



Cage-free egg



Mayonnaise

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1½	3	4½	6	7½	9
Scallion* (pcs)	1	2	3	4	5	6
Feta* (g) 7)	40	75	100	125	175	200
Mesclun* (g)	20	40	60	80	100	120
Cage-free egg (pcs) 3)	2	4	6	8	10	12
Mayonnaise* (g) 3) 10) 19) 22)	40	50	75	100	125	150

Not included

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3605 / 862	466 / 111
Total fat (g)	57	7
Of which: saturated (g)	15,4	2,0
Carbohydrates (g)	56	7
Of which: sugars (g)	8,0	1,0
Fibre (g)	8	1
Protein (g)	27	3
Salt (g)	1,6	0,2

Allergens:

3) Eggs 7) Milk/lactose 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts

Contact

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1. Fry the potatoes

Peel or thoroughly wash the **potatoes**. Heat the sunflower oil in a wok or sauté pan with a lid and fry the **potatoes** for 25 – 35 minutes on medium–high heat, covered with the lid. Remove the lid after 20 minutes. Stir regularly and season with salt and pepper.



4. Fry the vegetables

Heat the butter in a frying pan and fry the **scallion** and remaining **tomato** for 3 – 4 minutes.



2. Cut

In the meantime, cut the **cucumber** into half slices. Cut the **tomato** into dices and the **scallion** into thin rings. Crumble the **feta**.

FACT: Did you know that this dish contains more than 300 g vegetables?



5. Make the scrambled eggs

In the meantime, whisk the **eggs** in a bowl and season with salt and pepper. Pour the **egg** mixture into the frying pan with **tomato**. Add the remaining **feta** and allow the **egg** to firm up while stirring.

FACT: Egg is rich in vitamin D, a vitamin which the average person consumes too little of. Only a few products contain vitamin D, but it is essential for the intake of calcium. Next to egg, fatty fish also contains a good amount of vitamin D.



3. Make the salad

In a salad bowl, mix the extra virgin olive oil and white wine vinegar into a dressing. Season with salt and pepper. Add the **cucumber**, **mesclun**, half of the **feta** and half of the **tomatoes**.



6. Serve

Transfer the scrambled eggs to plates and serve with the fried **potatoes**, **mayonnaise** and salad.

Enjoy!



Vegetable paella with crunchy halloumi

with green peas, lemon and turmeric

VEGETARIAN 30 min. • Eat within 5 days



The secret to perfectly fried halloumi is timing: fry the halloumi right before serving. And don't fry it too long; less time is better.



Garlic clove



Onion



Red bell pepper



Tomato



Smoked paprika



Turmeric



Risotto rice



Halloumi



Green peas



Fresh flat leaf parsley



Lemon

Pantry items

Olive oil, vegetable stock, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, frying pan

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	1½	2	3	3½	4½
Onion (pcs)	½	1	1½	2	2½	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	½	1	1½	2	2½	3
Smoked paprika (tsp)	½	1	1½	2	2½	3
Turmeric (tsp)	¼	½	¾	1	1¼	1½
Risotto rice (g)	75	150	225	300	375	450
Halloumi* (g) 7)	100	200	300	400	500	600
Green peas* (g) 23)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lemon (pcs)	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	250	500	750	1000	1250	1500

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3525 / 843	525 / 126
Total fat (g)	45	7
Of which: saturated (g)	17,1	2,6
Carbohydrates (g)	75	11
Of which: sugars (g)	9,8	1,5
Fibre (g)	6	1
Protein (g)	32	5
Salt (g)	5,1	0,8

Allergens:

7) Milk/lactose

May contain traces of: 23) Celery

Contact

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1. Prepare

Prepare the stock. Press or mince the **garlic** and chop the **onion**. Cut the **bell pepper** into thin strips of max. 3 cm long.



4. Fry the halloumi

Cut the **halloumi** into small 1 cm dices. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **halloumi** for 6 – 8 minutes until brown and crunchy (TIP). Then reduce the heat to keep warm until serving.

TIP: The halloumi will release some liquid at first, but this will evaporate and the halloumi will become nice and crunchy.



2. Fry the rice

Heat 1 tbsp olive oil per person in a large sauté pan with a lid. Fry the **smoked paprika**, **turmeric** (TIP), **garlic**, **onion**, **bell pepper** and **risotto rice** for 2 – 4 minutes. In the meantime, cut the **tomato** into small dices.

TIP: Turmeric and smoked paprika are both quite strong in flavor. Don't add all of them at once, but bit by bit, and taste in between. You can keep adding more to taste.



5. Cook the green peas

Take the pan with paella from the heat. Sprinkle the **green peas** over the paella and cover the pan with the lid. Steam the **green peas** in the pan for 5 minutes. In the meantime, finely chop the **flat leaf parsley** and cut the **lemon** into wedges. Then stir the paella and add salt and pepper to taste.



3. Cook the rice

Add the diced **tomato** and stock to the pan. Stir well, reduce the heat to low and cook the **rice** for 10 – 14 minutes. Stir every now and then to make sure the rice does not burn (TIP).

TIP: You don't have to stir regularly, like with a risotto. Just make sure the rice does not burn.



6. Serve

Serve the paella in the pan. Top with the **halloumi** dices and garnish with the **parsley** and **lemon** wedges.

Enjoy!



Udon noodles with chicken in sweet Asian sauce with mushrooms and cucumber

FAMILY **QUICK & EASY** 20 min. • Eat within 5 days



The advantage of fresh udon noodles is that they are done in no time. They can be heated in the sauce, which will make them absorb all of the lovely Asian flavors.



Mushrooms



Scallion



Garlic clove



Fresh ginger



Chicken fillet



Cucumber



Sweet Asian sauce



Fresh udon noodles



Chopped cashew nuts

Pantry items

Sunflower oil, chicken stock, ketjap, salt and pepper

A good start

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

Equipment

Grater, large sauté pan with lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Mushrooms* (g)	125	250	375	500	625	750
Scallion* (pcs)	1	3	4½	6	7½	9
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Chicken fillet* (g)	100	200	300	400	500	600
Cucumber* (pcs)	¼	½	¾	1	1¼	1½
Sweet Asian sauce (g) 1) 6)	35	70	105	140	175	210
Fresh udon noodles (g) 1)	200	400	600	800	1000	1200
Chopped cashew nuts (g) 8) 19) 25)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Chicken stock (ml)	50	100	150	200	250	300
Ketjap (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2492 /596	390 /93
Total fat (g)	11	2
Of which: saturated (g)	1,6	0,3
Carbohydrates (g)	85	13
Of which: sugars (g)	21,9	3,4
Fibre (g)	5	1
Protein (g)	37	6
Salt (g)	3,6	0,6

Allergens:

1) Grains containing gluten 6) Soy 8) Nuts

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

Contact

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1. Prepare

- Prepare the **chicken** stock. Cut the **mushrooms** into quarters, or sixths if they are very large.
- Cut the **scallion** into 3 cm long pieces. Halve them lengthwise if they are very thick.
- Grate the **ginger** and press or mince the **garlic**.



3. Mix

- Add the stock, the **sweet Asian sauce** and the ketjap to the **chicken** and **vegetables** (TIP). Allow to simmer without the lid, for 4–5 minutes.
- For the final 2 minutes, add the **udon noodles**, **cucumber**, salt and pepper. Mix well.

TIP: No ketjap at home? Add the same amount of brown sugar.



2. Fry the chicken fillet

- Heat ½ tbsp sunflower oil per person in a large sauté pan with a lid on medium–high heat. Fry the **garlic**, **ginger** and **chicken fillet** for 1–2 minutes. Season with salt and pepper
- Add the **scallion** and **mushrooms** and fry for 5–6 minutes, covered with the lid.
- In the meantime, halve the **cucumber** lengthwise. Remove the seeds with a teaspoon and cut into 0,5 cm thick half moons.

TIP: Are you watching your salt intake? Rinse the udon noodles in a colander before adding them to the sauce.



4. Serve

- Transfer the **noodles**, **chicken** and vegetables to plates.
- Garnish with the **chopped cashews**.

Enjoy!



Orzo with broccoli, pecorino and sunflower seeds

with fresh lemon thyme

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



What other name do Italians have for orzo? a) grano, b) risoni or c) perlina?



Onion



Garlic clove



Broccoli



Fresh lemon thyme



Sunflower seeds



Orzo



Grated pecorino

Pantry items

Vegetable stock, olive oil, salt and pepper

A good start

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

Equipment

Wok or sauté pan, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	2	3	4	5
Broccoli* (g)	250	400	650	800	1050	1200
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Sunflower seeds (g) 19) 22) 25)	10	20	30	40	50	60
Orzo (g) 1) 20)	85	170	250	335	420	500
Grated pecorino* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	175	350	550	700	900	1050
Olive oil (tbsp)	½	1	1	1½	2	2½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2544 / 608	456 / 109
Total fat (g)	23	4
Of which: saturated (g)	7,4	1,3
Carbohydrates (g)	69	12
Of which: sugars (g)	5,7	1,0
Fibre (g)	11	2
Protein (g)	26	5
Salt (g)	3,1	0,6

Allergens:

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 19) Peanuts 20) Soy 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

Prepare the stock. Boil ample water in a pan with a lid for the broccoli. Chop the **onion** and press or mince the **garlic**. Cut the **broccoli** into florets and the stem into dices. Strip the **lemon thyme** leaves from the stems and finely chop the leaves.



4. Cook the broccoli

In the meantime, cook the **broccoli** in the pan with boiling water for 6 – 8 minutes, then drain. Heat ¼ tbsp olive oil per person in a frying pan on medium-high heat. Fry the remaining **onion** and **garlic** for 1 minute. Add the **broccoli** and fry for another 2 minutes. Season to taste with salt and pepper.

FACT: Did you know that the 200 g broccoli in this dish contains more vitamin C than the RDI? This will give your immune system a boost!



2. Roast

Heat a wok or sauté pan on high heat and roast the **sunflower seeds**, without any oil. Take from the pan and set aside.



5. Season

Add the **broccoli** and half of the **pecorino** to the **orzo** and allow the cheese to melt while stirring. Season to taste with salt and pepper (TIP).

TIP: Want to add some heat? Add a teaspoon harissa or sambal.



3. Prepare the orzo

Heat ¼ tbsp olive oil per person in the same pan and fry the **onion** and **garlic** for 2 minutes on low heat. Add the **lemon thyme** and **orzo** and stir fry for 1 minute on medium–low heat. Add the stock and cook for 10 – 12 minutes on low heat until dry, covered with the lid. Stir regularly. Add some extra water in case the **orzo** becomes dry too quickly.



6. Serve

Transfer the **orzo** to plates and sprinkle with the **sunflower seeds** and the remaining **pecorino**.

FACT: You will use 25 g pecorino per person for this recipe. This will provide you with 25% of the RDI of calcium!

Enjoy!

The right answer is: b



Portobello burger with a fried egg

with fried potatoes and roasted courgette

VEGETARIAN 50 min. • Eat within 5 days



Portobello is a true superfood, not only in nutritional value but also in size: they are loaded with vitamin B and can be 15 cm wide!



Waxy potatoes



Dried rosemary



Dried thyme



Red onion



Courgette



Portobello



Grated matured cheese



Hamburger bun



Cage-free egg



Mayonnaise

Pantry items

Olive oil, butter, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Dried rosemary (tsp)	1	2	3	4	5	6
Dried thyme (tsp)	1	2	3	4	5	6
Red onion (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Portobello* (pcs)	1	2	3	4	5	6
Grated matured cheese* (g) 7)	25	50	75	100	125	150
Hamburger bun (pcs) 1) 7) 11) 13) 17) 20) 22)	1	2	3	4	5	6
Cage-free egg* (pcs) 3)	1	2	3	4	5	6
Mayonnaise* (tbsp) 3) 10) 19) 22)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4050 / 968	561 / 134
Total fat (g)	55	8
Of which: saturated (g)	16,3	2,3
Carbohydrates (g)	83	12
Of which: sugars (g)	16,9	2,4
Fibre (g)	10	1
Protein (g)	31	4
Salt (g)	1,5	0,2

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 10) Mustard 11) Sesame seed 13) Lupin
May contain traces of: 17) Eggs 19) Peanuts 20) Soy 22) Nuts

Contact

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1. Prepare the potatoes

Preheat the oven to 210 degrees. Thoroughly wash the **potatoes** and cut into long thin wedges. Heat half of the olive oil in a sauté pan with a lid and fry the **potatoes** for 30 – 35 minutes on medium-high heat, covered with the lid. Take the lid off the pan after 25 minutes. Add the **rosemary** and **thyme** for the final 2 minutes and season with salt and pepper.



4. In the oven

Carefully pour out any liquid that has been released by the **portobello** and stuff the **portobello** with the **grated matured cheese**. Top the **courgette** with the **red onion**. Roast in the oven for another 5 – 10 minutes. For the last 4 – 6 minutes, add the **hamburger buns** to the oven as well.



2. Cut the vegetables

In the meantime, cut the **red onion** into rings and cut the **courgette** into thin slices. Carefully remove the stem from the **portobello**.



5. Fry the egg

In the meantime, heat the butter in a frying pan and fry one sunny-side up **egg** per person. Season to taste with salt and pepper. Cut open the **hamburger buns**.



3. In the oven

Transfer the **courgette** to one side of a baking sheet lined with baking paper (TIP). Place the **portobello** on the other side, with the open side up. Drizzle the **courgette** and the **portobello** with the remaining olive oil and season with salt and pepper. Roast in the oven for 10 minutes.

TIP: Spread out the courgette slices over the baking sheet as much as possible. They will cook better if they don't overlap.



6. Serve

Make one burger per person by topping each **hamburger bun** with a **portobello**, a fried **egg** and half of the fried **red onion**. Serve with the **courgette**, the remaining **red onion** and the **potatoes**. Garnish with **mayonnaise**.

FACT: Did you know that this meal is rich in vitamin D, due to the egg, and rich in calcium, due to the cheese? This is not all: this dish will also provide you with 30% of the RDI of fibre.

Enjoy!



Minced chicken stuffed puff pastry

with broccoli, herb cheese and tomato salad

COOKING WITH KIDS **FAMILY** 35 min. • Eat within 5 days



Do you have a little chef at home?
Stuff the pie together and serve a
nutritious and tasty dish for all ages.



Minced chicken with
Mediterranean herbs



Broccoli



Herb cream cheese



Grated matured cheese



Puff pastry



Plum tomato



Fresh chives

Pantry items

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

A good start

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

Equipment

Baking sheet lined with baking paper, frying pan, bowl, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Minced chicken with Mediterranean herbs* (g)	100	200	300	400	500	600
Broccoli* (g)	75	150	225	300	375	450
Herb cream cheese* (g) 7)	25	50	75	100	125	150
Grated matured cheese* (g) 7)	25	50	75	100	125	150
Puff pastry* (roll) 1) 21)	¼	½	¾	1	1¼	1½
Plum tomato (pcs)	1½	3	4½	6	7½	9
Fresh chives* (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (pcs)	½	1	1½	2	2½	3
White balsamic vinegar (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)	3318 / 793	717 / 171
Total fat (g)	58	12
Of which: saturated (g)	24,5	5,3
Carbohydrates (g)	29	6
Of which: sugars (g)	6,9	1,5
Fibre (g)	5	1
Protein (g)	34	7
Salt (g)	1,5	0,3

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 21) Milk/lactose

Contact

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1. Fry the minced chicken

Preheat the oven to 200 degrees. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Stir-fry the **minced chicken** for 3 – 4 minutes; it does not have to be cooked yet. Drain the **minced chicken** (TIP).

TIP: Make sure you drain as much liquid from the minced chicken as possible, or else the puff pastry will become very moist.



4. Cut

Cut the **tomato** into thin wedges. Finely chop the **chives**.



2. Cut the broccoli

In the meantime, cut the **broccoli** into very small florets and the stem into dices. In a bowl, mix the **broccoli** with the **herb cream cheese**, the **grated cheese** and the **minced chicken**.



5. Make the salad

In a salad bowl, make a dressing of per person: ½ tbsp white balsamic vinegar and ½ tbsp extra virgin olive oil. Season with salt and pepper. Mix the dressing with the **tomato** wedges and the **chives**.



3. Stuff the puff pastry

Roll out the **puff pastry** (TIP) and transfer to a baking sheet lined with baking paper. Cut the right and left sides into strips and keep them attached to a broad strip in the center. Top the middle part with the **broccoli** stuffing. Then fold the side strips in, over the stuffing (TIP). Carefully press. Cook the stuffed **puff pastry** in the oven for 20 – 25 minutes.

TIP: Want to add a nice touch to the dish? Make a braid with the strips by laying the strips diagonally over the stuffing. To add a nice shiny layer onto your puff pastry, use a brush to spread the top with a little bit of milk.



6. Serve

Cut the stuffed puff pastry into pieces and serve with the tomato salad.

Enjoy!



Vegetarian schnitzel with mushroom-cream sauce

with baby potatoes and tomato salad

FAMILY **QUICK & EASY** **VEGETARIAN** 20 min. • Eat within 5 days



This vegetarian schnitzel is made of broad beans and spiced with white pepper, bell pepper and mace. It is rich in iron, vitamin B1, protein and fibre.



Baby potatoes



Onion



Garlic



Mushrooms



Whipping cream



Vegetarian schnitzel



Tomato



Beef tomato



Fresh chives



Mayonnaise

Pantry items

Mushroom stock cube, butter, extra virgin olive oil, white balsamic vinegar, mustard, olive oil

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Onion (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	185	250	310	375
Whipping cream* (ml) 7)	50	100	150	200	250	300
Vegetarian schnitzel* (pcs) 1) 3)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Beef tomato (pcs)	½	1	1½	2	2½	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Mayonnaise* (tbsp) 3) 10) 19) 22)	20	40	60	75	100	115

Not included

Mushroom stock cube (pcs)	¼	½	¾	1	1¼	1½
Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
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)	4163 / 995	557 / 133
Total fat (g)	63	8
Of which: saturated (g)	18,0	2,4
Carbohydrates (g)	75	10
Of which: sugars (g)	13,3	1,8
Fibre (g)	12	2
Protein (g)	24	3
Salt (g)	2,7	0,4

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts

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

- Boil ample water with a generous pinch of salt in a pan with a lid.
- Thoroughly wash the **baby potatoes** and cut them in half. Cut any larger ones into quarters.
- Cut the **onion** into half rings and press or mince the **garlic**. Cut the **mushrooms** into slices.
- Cook the **baby potatoes** for 10 – 12 minutes, covered with the lid.



3. Fry the schnitzel

- In the meantime, heat ½ tbsp olive oil per person in a frying pan on medium–high heat. Fry the schnitzel for 3 minutes per side.
- Cut the **tomatoes** into wedges and finely chop the **chives**. In a salad bowl, mix a dressing of per person: ½ tbsp extra virgin olive oil, ½ tbsp balsamic vinegar and 1 tsp mustard. Season the dressing with salt and pepper.
- Mix the **tomato** with the dressing and half of the **chives**.

FACT: Did you know that 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.



2. Make the sauce

- Heat ½ tbsp butter per person in a sauté pan on medium–high heat.
- Fry the **garlic**, **onion** and **mushrooms** for 2 – 4 minutes. Deglaze with 1 tbsp balsamic vinegar per person.
- Add per person: 50 ml **whipping cream**, 2 tbsp water and ¼ mushroom stock cube. Season with salt and pepper. Allow the sauce to simmer for 8 – 10 minutes.



4. Serve

- Transfer the **baby potatoes** to plates, place the **vegetarian schnitzel** next to them and add a spoonful of **mayonnaise**.
- Pour the mushroom sauce in a bowl and serve on the side.
- Serve with the tomato salad.
- Garnish with the remaining **chives**.

Enjoy!



Eastern-style beef strips with brown rice

with pointed cabbage in sweet Asian sauce

QUICK & EASY 25 min. • Eat within 5 days



Does this recipe look familiar? This time it is served with brown rice and pointed cabbage. These will give your dish an extra bite and provide you with a good amount of fibre and calcium.



Fresh ginger



Garlic clove



Beef strips



Soy sauce



Brown rice



Red chili pepper



Chestnut mushrooms



Cut pointed cabbage



Sweet Asian sauce

Pantry items

Sugar, olive oil, sunflower oil, salt and pepper

A good start

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

Equipment

Wok or sauté pan with lid, grater, frying pan, pan with a lid, bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Fresh ginger (cm)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Beef strips* (g)	100	200	300	400	500	600
Soy sauce (ml) 1) 6)	20	40	60	80	100	120
Brown rice (g)	85	170	250	335	420	500
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Chestnut mushrooms* (g)	125	250	375	500	625	750
Cut pointed cabbage* (g)	100	200	300	400	500	600
Sweet Asian sauce (packet) 1) 6)	½	1	1½	2	2½	3
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2960 /708	614 /147
Total fat (g)	25	5
Of which: saturated (g)	3,7	0,8
Carbohydrates (g)	80	17
Of which: sugars (g)	13,0	2,7
Fibre (g)	8	2
Protein (g)	38	8
Salt (g)	4,2	0,9

Allergens:

1) Grains containing gluten 6) Soy

Contact

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1. Marinate

- Boil ample water in a pan with a lid for the rice.
- Finely cut or grate the **ginger** and **garlic**. Cut the **beef strips** into strips of the same size, so they cook evenly.
- In a bowl, mix the olive oil, sugar, **soy sauce**, **ginger**, half of the **garlic** and the **beef strips** and allow to marinate.

TIP: To make the flavors of the marinade absorb even more, you can marinate the meat longer by preparing it in the morning or the day before.



3. Fry

- Heat half of the sunflower oil in a frying pan on medium-high heat. Fry the **chestnut mushrooms** and **red chili pepper** for 4 – 6 minutes (TIP). Season with salt and pepper.
- Add the **garlic** and **pointed cabbage** and fry for 5 – 8 minutes, covered with the lid. Add the **sweet Asian sauce** and heat briefly without the lid.
- Heat the remaining the sunflower oil in a frying pan on medium-high heat. Fry the **beef strips** with marinade for 2 - 4 minutes.

TIP: Having dinner with children who don't like spiciness? Add less of the chili pepper.



2. Cut

- Add the **rice** to the pan with boiling water and cook the **rice** for 12 – 15 minutes. Then drain and leave to steam dry.
- Remove the seeds from the **red chili pepper** and finely chop the pepper. Cut the **chestnut mushrooms** into quarters.



4. Serve

- Add the **beef strips** and marinade to the pan with **mushrooms** and **cabbage** and mix.
- Transfer the **rice** to bowls and top with the the **beef**, **mushrooms** and **pointed cabbage**.

Enjoy!



Baby potato salad with Mediterranean-style chicken

with cherry tomatoes, cucumber and corn

BALANCED **QUICK & EASY** 20 min. • Eat within 5 days



Cherry tomatoes might be small, but they are higher in nutritional value than a regular tomato. They contain more of the antioxidant beta carotene, which protects the body from tissue damage and ageing.



Baby potatoes



Chicken fillet with Mediterranean spices



Canned corn



Shallot



Cherry tomatoes



Cucumber



Mayonnaise

Pantry items

Olive oil, white balsamic vinegar, salt and pepper

A good start

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

Equipment

Frying pan, pan with a lid, salad bowl, colander

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Chicken fillet with Mediterranean spices* (pcs)	1	2	3	4	5	6
Canned corn (g)	40	75	115	150	190	225
Shallot (pcs)	½	1	1½	2	2½	3
Cherry tomatoes* (g)	65	125	190	250	315	375
Cucumber* (pcs)	½	1	1½	2	2½	3
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Not included						
Olive oil (pcs)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2657 /635	428 /102
Total fat (g)	34	5
Of which: saturated (g)	4,9	0,8
Carbohydrates (g)	52	8
Of which: sugars (g)	11,9	1,9
Fibre (g)	7	1
Protein (g)	27	4
Salt (g)	0,6	0,1

Allergens:

3) Eggs 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts

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

- Boil ample water with a pinch of salt in a pan with a lid for the baby potatoes.
- Wash the **baby potatoes**, cut them in half and cut any larger ones into quarters.

FACT: Did you know that potatoes are super healthy? They are rich in vitamin B6 and B11 for a steady energy level and vitamin C for a strong immune system.



3. Make the salad

- Drain the **corn**.
- Finely chop the **shallot** (TIP). Cut the **cherry tomatoes** into quarters and the **cucumber** into small dices.
- In a large salad bowl, mix the **mayonnaise** with the white balsamic vinegar.

TIP: You will add the raw shallot to your salad later. Not a fan? Fry the shallot in a frying pan with some olive oil for a couple of minutes.



2. Fry the chicken fillet

- Cook the **baby potatoes** for 12 – 14 minutes, covered with the lid. Then drain in a colander, rinse with cold water and set aside to cool (TIP).
- Heat ½ tbsp olive oil per person in a frying pan on medium–high heat and fry the **chicken fillet** for 2 – 3 minutes per side.
- Reduce the heat and fry the **chicken fillet** for another 4 – 5 minutes, or until the **chicken fillet** is cooked.

TIP: Make sure you cool the potatoes well: warm potatoes will absorb all of the mayonnaise later on.



4. Serve

- Cut the **chicken fillet** into strips.
- Add the **baby potatoes**, **cherry tomatoes**, **cucumber**, **shallot**, **corn** and **chicken fillet** strips to the bowl with the dressing. Mix and season with salt and pepper.
- Transfer the baby potato salad to plates.

FACT: Did you know that this dish is not only low in calories, but also low in saturated fats and salt? Moreover, it contains a lot of vegetables and fibre. Nice and balanced!

Enjoy!



Tortillas with fried chickpeas and feta

with tomato-cucumber salad and sweet mango-labneh sauce

BALANCED **QUICK & EASY** **VEGETARIAN** 20 min. • Eat within 5 days



Did you know that chickpeas, in comparison to other legumes, contain 4 - 5 times more vitamin E? This antioxidant protects the body from harmful external influences.



Chickpeas



Paprika



Cucumber



Colored cherry tomatoes



Whole grain mini tortilla



Feta



Fresh flat leaf parsley



Labneh



Mango chutney

Pantry items

Olive oil, salt and pepper

A good start

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

Equipment

Small bowl, frying pan, bowl, sieve, large bowl, kitchen paper, aluminum foil

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Chickpeas (pack)	½	1	1½	2	2½	3
Paprika (tsp)	1	2	3	4	5	6
Cucumber* (pcs)	½	1	1½	2	2½	3
Colored cherry tomatoes* (g)	100	200	300	400	500	600
Whole grain mini tortilla (pcs) 1)	3	6	9	12	15	18
Feta* (g) 7)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Labneh* (g) 7) 19) 22)	40	80	120	160	200	240
Mango chutney* (g) 10) 19) 22)	20	40	60	80	100	120
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)	2736 /654	498 /119
Total fat (g)	26	5
Of which: saturated (g)	8,9	1,6
Carbohydrates (g)	74	13
Of which: sugars (g)	21,1	3,8
Fibre (g)	16	3
Protein (g)	22	4
Salt (g)	2,2	0,4

Allergens:

1) Grains containing gluten 7) Milk/lactose 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts

Contact

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1. Prepare

- Preheat the oven to 200 degrees.
- Drain the **chickpeas** in a sieve and pat them dry with kitchen paper.
- In a bowl, mix the **chickpeas** with per person: ½ tbsp olive oil and 1 tsp **paprika**. Season with salt and pepper.



3. Prepare the seasonings

- Crumble the **feta** and roughly chop the **flat leaf parsley**.
- In a small bowl, mix the **labneh** with the **mango chutney**.
- Mix the **chickpeas** with the **cherry tomatoes** and **cucumber**.

FACT: Did you know that this dish is rich in fibre and calcium? This is largely due to the vegetables, the whole grain tortillas and the chickpeas.



2. Fry the chickpeas

- Heat a frying pan on medium-high heat, without oil, and fry the **chickpeas** for 10 – 12 minutes. Stir regularly to prevent the **chickpeas** from burning (TIP).
- Cut the **cucumber** into small dices, cut the **cherry tomatoes** in half and transfer the **cucumber** and **cherry tomato** to a large bowl.
- Wrap the **tortillas** in aluminium foil (2 at the same time) and heat in the oven for 2 – 3 minutes.

TIP: Be aware: because of their peel, the chickpeas may pop from your pan, like popcorn. Cover the pan with a lid for the first couple of minutes to prevent them from jumping from the pan.



4. Serve

- Transfer the **feta**, **parsley** and **labneh**–**mango** sauce to small bowls.
- Divide the **chickpea** mixture over the **tortillas**.
- Garnish the **tortillas** to taste, with the different toppings.

FACT: Fibres are important for well-functioning intestines. This contributes to a healthy energy level, a strong immune system and a lower risk of cardiovascular diseases.

Enjoy!



Pizza bianco with goat cheese and peach

with creamy cauliflower sauce

BALANCED **VEGETARIAN** 25 min. • Eat within 5 days



You might not expect this from a pizza, but this one will provide you with a lot of vegetables. The creamy white sauce primarily consists of cauliflower. Vitamin sssh!



Garlic clove



Red onion



Courgette



Cauliflower rice



Peach



Fresh rosemary



Fresh goat cheese



White flatbread



Rocket lettuce

Pantry items

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

A good start

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

Equipment

Frying pan, pan with a lid, hand blender, deep bowl, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	1	2	3	4	5	6
Courgette (pcs)	½	1	1½	2	2½	3
Cauliflower rice* (g) 23)	100	200	300	400	500	600
Peach* (pcs)	1	2	3	4	5	6
Fresh rosemary* (sprigs)	½	1	1½	2	2½	3
Fresh goat cheese* (g) 7)	25	50	75	100	125	150
White flatbread (pcs) 1)	2	4	6	8	10	12
Rocket lettuce* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2690 / 643	412 / 98
Total fat (g)	14	2
Of which: saturated (g)	5,2	0,8
Carbohydrates (g)	102	16
Of which: sugars (g)	27,3	4,2
Fibre (g)	10	2
Protein (g)	23	4
Salt (g)	2,0	0,3

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

Boil 150 ml water per person in a pan with a lid and crumble ¼ stock cube per person over it. Preheat the oven to 200 degrees. Press or mince the **garlic** and cut the **onion** into half rings. Cut the **courgette** into thin slices.



4. Make the sauce

In a high bowl, puree the **cauliflower** and **goat cheese** into a smooth sauce with a hand blender. Season to taste with salt and pepper.



2. Fry

Add the **cauliflower rice** and **garlic** to the stock and cook for 4 – 6 minutes. Then drain and leave to steam dry without the lid. Heat ½ tbsp olive oil per person in a frying pan on medium–high heat and fry the **onion** and **courgette** for 4 – 6 minutes.

FACT: Cauliflower is rich in calcium, for strong bones, vitamin C for the immune system, potassium for a healthy blood pressure and fibre for healthy intestines.



5. Top the pizza

Transfer the **flatbread** to a baking sheet lined with baking paper and spread with the cauliflower–goat cheese sauce. Top with the **onion**, **courgette** and **peach**. Sprinkle with **rosemary** and heat in the oven for 6 – 10 minutes.



3. Cut

Peel the **peach**, remove the seed and cut into dices. Strip the **rosemary** leaves from the stems and very finely chop the leaves.

FACT: Peaches are rich in fibre, which contributes to healthy digestion and a satisfied feeling after a meal. Peaches are also a good source of vitamin A and C, which is good for your eyes and immune system.



6. Serve

Garnish with the **rocket lettuce** and sprinkle the pizza bianco with extra virgin olive oil to taste. Cut into pizza slices and divide among plates.

Enjoy!



Marinated haddock fillet with pasta in cream sauce with courgette and fresh mint

QUICK & EASY 15 min. • Eat within 3 days



Haddock season starts in summer. This fish resembles cod, but it is even softer and tastier. It is the perfect fish for fish & chips, but is also fits perfectly with this pasta.



Courgette



Lemon



Cut onion



Single cream



Haddock fillet in
lemon-rosemary
marinade



Quick cook fusilli



Fresh mint



Tomato

Pantry items

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

A good start

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

Equipment

Frying pan, pan, pan with a lid, grater

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Courgette (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1¼	1½
Cut onion* (g)	25	50	75	100	125	150
Single cream (ml) 7)	100	200	300	400	500	600
Haddock fillet in lemon–rosemary marinade* (g) 4)	100	200	300	400	500	600
Quick cook fusilli* (g) 1) 20)	90	180	270	360	450	540
Fresh mint* (g)	5	10	15	20	25	30
Tomato (pcs)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3738 /894	628 /150
Total fat (g)	45	8
Of which: saturated (g)	20,2	3,4
Carbohydrates (g)	82	14
Of which: sugars (g)	19,4	3,3
Fibre (g)	5	1
Protein (g)	38	6
Salt (g)	1,2	0,2

Allergens:

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

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. Make the sauce

- Grate the **courgette** with a coarse grater. Cut the **lemon** into 4 wedges.
- Heat ½ tbsp olive oil per person in a pan and fry the cut **onion** for 1 – 2 minutes.
- Add ½ tbsp white wine vinegar per person to the **onion**, together with the **single cream**. Reduce the heat to low and simmer for 5 minutes. Season with salt and pepper.



3. Cook the fusilli

- Cook the **quick cook fusilli** for 2 – 3 minutes, then drain and leave to steam dry.
- In the meantime, mix the grated **courgette** with the cream sauce. Finely chop the **mint** leaves.



2. Fry the fish

- Boil water in a pan with a lid for the pasta.
- Heat ½ tbsp butter per person in a frying pan on medium–high heat. Fry the marinated **haddock fillet** for 2 – 3 minutes on one side. Then turn and fry for 2 minutes on the other side.
- Deglaze the haddock with the juice of 1 **lemon** wedge per person.



4. Serve

- Cut the **tomato** into small dices.
- Mix the **pasta** with the courgette–cream sauce and transfer to plates.
- Divide the **tomato** over the **pasta**. Put the **haddock fillet** (TIP) on top and garnish with the **mint**.

TIP: Any leftover cooking grease from the fish? Pour it over the fish for extra flavor.

Enjoy!



Marinated pork strips with fried rice

with ham, omelette and sweet and sour cucumber

FAMILY 45 min. • Eat within 5 days



What do cashew nuts and peanuts have in common?



Garlic clove



Indonesian spiced pork strips



Jasmine rice



Red chili pepper



Cucumber



Leek



Cage-free egg



Ham



Salted peanuts

Pantry items

Ketjap, sugar, olive oil, white wine- or rice vinegar, sunflower oil, salt and pepper

A good start

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

Equipment

Wok or sauté pan, frying pan, pan with a lid, 3x bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Indonesian spiced pork strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	85	170	250	335	420	500
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Cucumber* (pcs)	½	1	1½	2	2½	3
Leek* (g)	100	200	300	400	500	600
Cage-free egg (pcs) 3)	1	2	3	4	5	6
Ham* (g)	10	15	25	30	40	45
Salted peanuts (g) 5) 22) 25)	20	40	60	80	100	120
Not included						
Ketjap (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1	2	3	4	5	6
White wine- or rice vinegar (tsp)	1½	3	4½	6	7½	9
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4012 / 959	696 / 166
Total fat (g)	44	8
Of which: saturated (g)	7,1	1,2
Carbohydrates (g)	95	17
Of which: sugars (g)	24,0	4,2
Fibre (g)	6	1
Protein (g)	42	7
Salt (g)	1,7	0,3

Allergens:

3) Eggs 5) Peanuts

May contain traces of: 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

Press or mince the **garlic**. In a bowl, mix the **pork strips** with the **garlic**, ketjap (TIP), 1 tsp sugar per person and half of the olive oil. Marinate for at least 15 minutes. In the meantime, 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 spread over a plate or cutting board. This way the **rice** can steam dry and cool properly, so it will become nice and crunchy when you fry it.

TIP: No ketjap at home? You can also use a mix of soy sauce and honey. Use 1/2 tbsp soy sauce and 1/2 tbsp honey per person.



4. Fry the rice

Turn the heat of the pan with **leek** to medium-high. Add the **rice** and fry for 2 – 3 minutes. Do not stir too much to make sure the **rice** can fry properly. Add the **ham** and omelette strips and fry for 2 – 3 minutes. Season with salt and pepper.

TIP: This dish is rich in calories. Are you watching your calorie intake? Add 2/3 of the cooked rice to the leek and save the remaining rice for the next day.



2. Make the salad

In the meantime, remove the seeds from the **red chili pepper** and finely chop the pepper. Cut the **cucumber** into small dices and mix them in a bowl with the **red chili pepper**, white wine vinegar or rice vinegar and ½ tsp sugar per person. Allow the **cucumber** to absorb the dressing and stir regularly.



5. Fry the pork

In the meantime, fry the **marinated pork strips** for 4 – 6 minutes on medium-high heat. Roughly chop the **peanuts**.



3. Fry and cut

In the meantime, cut the **leek** in quarters lengthwise and then into small pieces. Heat the sunflower oil in a wok or sauté pan and fry the **leek** for 10 minutes on medium-low heat. In the meantime, whisk the **egg** in a bowl. Heat the remaining olive oil in a frying pan on medium-high heat and fry an omelette of the whisked **egg**. Take the omelette from the pan and cut into strips. Cut the **ham** into 1 cm squares.



6. Serve

Transfer the fried rice to plates. Place the fried **pork strips** next to the rice. Garnish with the **salted peanuts** and serve with the sweet and sour **cucumber**.

Enjoy!

Answer: technically speaking, both aren't nuts! The cashew nut is more of a seed and the peanut is a legume



Pearl couscous with colored carrot

with roasted bell pepper, white cheese and almonds

VEGETARIAN 40 min. • Eat within 5 days



Bell pepper is a notorious source of vitamin C. How much of the daily recommended amount of vitamin C does this recipe contain?



Red bell pepper



Garlic clove



Curly parsley



White cheese



Salted almonds



Pearl couscous



Colored carrot mix



Caraway seed



Buffalo yogurt



Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

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

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3569 / 853	624 / 149
Total fat (g)	50	9
Of which: saturated (g)	12,5	2,2
Carbohydrates (g)	71	12
Of which: sugars (g)	18,9	3,3
Fibre (g)	9	2
Protein (g)	25	4
Salt (g)	2,8	0,5

Allergens:

1) Grains containing gluten 5) Peanuts 7) Milk/lactose 8) Nuts

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

Contact

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



1. Roast the bell pepper

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



4. Fry the vegetables

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



2. Prepare the seasonings

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



5. Make the dressing

In the meantime, mix the **buffalo yogurt**, extra virgin olive oil, honey, salt and pepper in a bowl. Add the vegetables, half of the **white cheese**, half of the **bell pepper**, half of the **parsley** and half of the **almonds** to the **couscous**. Mix well.



3. Cook the pearl couscous

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

TIP: You will receive more pearl couscous than necessary for this recipe. You can use the remaining pearl couscous the next day, in a lunch salad or soup for example.



6. Serve

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

Enjoy!

The right answer is: more than 200%



Stuffed bell pepper with creamy Italian-style chicken with brown rice and lamb's lettuce

FAMILY 8 min. • Eat within days



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



Brown rice



Red bell pepper



Mushrooms



Italian marinated
chicken fillet strips



Single cream



Lamb's lettuce

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	500
Red bell pepper* (pcs)	1	2	3	4	5	6
Mushrooms* (g)	60	125	180	250	305	375
Italian marinated chicken fillet strips* (g)	100	200	300	400	500	600
Single cream (ml) 7)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120

Not included

Butter (tbsp)	½	1	1½	2	2½	3
Chicken stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3360/803	630/151
Total fat (g)	40	8
Of which: saturated (g)	20,6	3,9
Carbohydrates (g)	78	15
Of which: sugars (g)	11,9	2,2
Fibre (g)	7	1
Protein (g)	33	6
Salt (g)	1,8	0,3

Allergens:

7) Milk/lactose

Contact

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



1. Cook the rice

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



2. In the oven

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



3. Make the stuffing

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



4. Make the salad

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



5. Stuff the bell peppers

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



6. Serve

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

Enjoy!

.....
 : The right answer is: vitamin C :



Limousin burger with pearl couscous salad and fennel with apple, chervil and homemade balsamic syrup

30 min. • Eat within 3 days



Limousin beef is very special. The cattle grazes on polder grasslands in the Belgian city of Schore and they are given natural food, like nutritious spelt and protein rich luzerne. Quality guaranteed!



Pearl couscous



Fennel



Apple



Red onion



Fresh chervil



Limousin burger



Radicchio and iceberg lettuce



Chopped walnuts



Aged cheese flakes

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Pearl couscous (g) 1)	85	170	250	335	420	505
Fennel* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Apple (pcs)	⅓	⅔	1	1⅓	1⅔	2
Red onion (pcs)	1	2	3	4	5	6
Fresh chervil* (g)	5	10	15	20	25	30
Limousin burger* (pcs) 10) 15) 17) 20) 21) 23) 25)	1	2	3	4	5	6
Radicchio and iceberg lettuce* (g)	50	100	150	200	250	300
Chopped walnuts (g) 8) 19) 25)	5	10	15	20	25	30
Aged cheese flakes* (g) 7)	13	25	38	50	63	75
Not included						
Vegetable stock (ml)	300	600	900	1200	1500	1800
Butter (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	3	6	9	12	15	18
Sugar (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3843 / 919	449 / 107
Total fat (g)	44	5
Of which: saturated (g)	17,5	2,0
Carbohydrates (g)	87	10
Of which: sugars (g)	24,7	2,9
Fibre (g)	9	1
Protein (g)	37	4
Salt (g)	4,8	0,6

Allergens:

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

10) Mustard

May contain traces of: 15) Grains containing gluten

17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose 23) Celery

25) Sesame seed

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



1. Cook the pearl couscous

Take the **burgers** from the refrigerator. Prepare the stock in a pan with a lid for the pearl couscous. Add the **pearl couscous** to the pan and cook for 12 – 14 minutes until dry, covered with the lid. Then separate the **couscous** with a fork and allow to steam dry without the lid.



4. Make the balsamic syrup

Heat 3 tbsp black balsamic vinegar per person and 1 tsp sugar in a saucepan on high heat and bring to a boil. Reduce the heat to low as soon as the mixture is cooking. Leave to simmer gently for 4 – 5 minutes, into the thickness of a syrup. Then take from the heat and reheat right before serving.



2. Cut the vegetables

Cut the **fennel** in half, cut into quarters and remove the hard core. Then cut the **fennel** into thin slices and finely chop the **fennel** tops. Cut the **apple** into quarters, remove the core and cut the **apple** into thin slices. Cut the **red onion** in half and then cut into thin rings. Finely chop the **chervil**.



5. Make the couscous salad

In a large salad bowl, mix per person: 1 tbsp white wine vinegar, 1 tbsp extra virgin olive oil, salt and pepper. Mix the **apple**, half of the **chervil**, **radicchio**, **iceberg lettuce** and **pearl couscous** with this dressing.



3. Caramelize the onion

Heat a frying pan without any oil on medium-high heat and fry the **onion** rings with a pinch of salt. After about 5 – 7 minutes, as soon as the **onion** starts to darken, add ½ tbsp butter per person. Reduce the heat and add the **Limousin burger** and the **fennel** to the pan with **onions** (TIP). Fry the **burgers** for 3 – 4 minutes per side, or until cooked.

TIP: You can also add raw fennel to the salad, instead of frying it first.



6. Serve

Transfer the couscous salad to deep plates. Place the **burger** on top of the salad. Garnish with the **onion** rings, **fennel**, **chopped walnuts**, **aged cheese flakes** and the remaining **chervil**. Drizzle with the warm, homemade balsamic syrup.

Enjoy!



Vegetable lasagne with homemade cream sauce

with eggplant, spinach and aged cheese

VEGETARIAN 60 min. • Eat within 5 days



For even more flavor, you can also make this lasagne the day before. This way the sauce will be less runny and all the flavors will be absorbed even more.



Eggplant



Onion



Garlic clove



Dried rosemary



Spinach



Single cream



Grated aged cheese



Fresh lasagne sheets

Pantry items

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

A good start

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

Equipment

Sauté pan, baking sheet lined with baking paper, whisk

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Eggplant* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Dried rosemary (tsp)	½	1	1½	2	2½	3
Spinach* (g) 23	100	200	300	400	500	600
Single cream (pack) 7	¼	½	¾	1	1¼	1½
Grated aged cheese* (g) 7	25	50	75	100	125	150
Fresh lasagne sheets* (g) 1) 3)	125	250	375	500	625	750

Not included

Vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Flour (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3994 / 955	525 / 125
Total fat (g)	52	7
Of which: saturated (g)	25,9	3,4
Carbohydrates (g)	88	12
Of which: sugars (g)	9,4	1,2
Fibre (g)	8	1
Protein (g)	29	4
Salt (g)	3,5	0,5

Allergens:

1) Grains containing gluten 3) Eggs 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. Cut the eggplant

Preheat the oven to 200 degrees and prepare the stock. Cut the **eggplant** into slices of max. ½ cm thick.



2. Fry the eggplant

Transfer the **eggplant** slices to a baking sheet lined with baking paper and rub with the majority of the olive oil, salt and pepper. Roast the **eggplant** in the oven for 10 minutes. Leave the oven on. In the meantime, chop the **onion** and press or mince the **garlic**. Heat the butter in a sauté pan and fry the **onion** and **garlic** for 2 minutes on medium-high heat.



3. Make the roux

Add the flour to the sauté pan and stir fry for 2 minutes. Add ⅓ of the stock and stir with a whisk until the stock has been absorbed and the sauce reduces. Repeat this 2 more times with the rest of the stock. Stir the sauce until smooth, bring to a boil and leave to simmer until it has the consistency of cream (TIP).

TIP: With a roux it is important that the proportions are exactly right. Is your sauce too thin? Allow to reduce a little bit longer.



4. Finish the cream sauce

Add the **dried rosemary** to the sauce and tear the **spinach** (optionally, in batches) over the sauté pan. Allow to shrink while stir frying. Then add the **single cream**, ⅓ of the **grated aged cheese** and salt and pepper to taste.



5. Make the lasagne

Grease a baking dish with the remaining olive oil. Pour a thin layer of sauce into the baking dish. Cover with **lasagne sheets** (TIP) and top with a couple of **eggplant** slices. Repeat until you have used all of the sauce. End with a layer of sauce and sprinkle with the remaining **grated cheese**. Cook the lasagne in the oven for 25 – 35 minutes.

TIP: By pressing onto the lasagne sheets, the sauce will spread out evenly and the lasagne will cook properly.



6. Serve

Leave the lasagne to rest for 3 minutes to allow it to firm up. Then transfer the lasagne to plates.

Enjoy!



Sweet chicken with blood orange dressing

with pearl barley, haricots verts and yellow carrot

PREMIUM 50 min. • Eat within 5 days



We gave this dish a yellow twist!
The yellow carrot will add a colorful touch to your meal.



Blood orange



Yellow carrot



Red onion



Chicken thigh with bone



Pearl barley



Haricots verts



Snow peas



Fresh thyme



Diced bacon

Pantry items

Honey, mustard, olive oil, white balsamic vinegar, butter, chicken stock cube, salt and pepper

A good start

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

Equipment

Baking dish, frying pan, bowl, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Blood orange (pcs)	1	2	3	4	5	6
Yellow carrot* (g)	100	200	300	400	500	600
Red onion (pcs)	1	2	3	4	5	6
Chicken thigh with bone* (pcs)	1	2	3	4	5	6
Pearl barley (g 1)	85	170	250	335	420	500
Haricots verts* (g)	75	150	225	300	375	450
Snow peas (g)	50	100	150	200	250	300
Fresh thyme* (g)	2½	5	7½	10	12½	15
Diced bacon* (g)	50	100	150	200	250	300
Not included						
Honey (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Butter (tbsp)	1	2	3	4	5	6
Chicken stock cube (pcs)	⅓	⅔	1	1⅓	1⅔	1.99

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4784 / 1144	653 / 156
Total fat (g)	63	9
Of which: saturated (g)	22,6	3,1
Carbohydrates (g)	93	13
Of which: sugars (g)	28,7	3,9
Fibre (g)	19	3
Protein (g)	41	6
Salt (g)	4,4	0,6

Allergens:

1) Grains containing gluten

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. Juice half of the **blood orange** and cut the remaining part into slices. In a bowl, mix 3 tbsp of the juice per person with the honey, mustard, olive oil and white balsamic vinegar. Season with salt and pepper. Peel the **yellow carrot** and cut into quarters lengthwise (TIP). Cut the **red onion** into wedges.

TIP: Don't have a very strong oven? Cut the carrot into thinner slices and cover the baking dish with aluminium foil.



4. Finish the chicken

Take the baking dish from the oven after the 10 minutes have passed and put the **blood orange** slices in between the **chicken**, **onion** and **carrot**. Also add the **thyme** sprigs to the baking dish. Sprinkle with the remaining dressing and roast in the top of the oven for another 10 – 15 minutes.



2. In the oven

Transfer the **carrot** and **red onion** to a baking dish and sprinkle with half of the **blood orange** dressing. Roast in the oven for 20 minutes. In the meantime, rub the **chicken thigh** with salt and pepper. Heat half of the butter in a frying pan on medium-high heat and fry the **chicken thigh** for 3 – 5 minutes per side. Take the baking dish with **carrot** and **onion** from the oven, put the **chicken** on top and pour the cooking grease from the pan over it. Heat in the oven for another 10 minutes.



5. Finish the salad

In the meantime, heat the remaining butter in the same frying pan on medium-high heat and fry the **diced bacon**, **haricots verts** and **snow peas** for 5 – 8 minutes until crunchy (TIP). Add the cooked **pearl barley** to the frying pan, stir well and season with salt and pepper.

TIP: Do you prefer your green beans softer? Cook them for 5 minutes before frying.



3. Cook and cut

In the meantime, boil 300 ml water per person in a pan with a lid for the pearl barley. Crumble ⅓ stock cube per person over the pan and cook the **pearl barley** for 25 – 35 minutes until cooked and dry. Cut the **haricots verts** into 2 equally sized pieces.



6. Serve

Serve the pearl barley salad with the oven-roasted **chicken thigh**, **red onion** and **carrot**.

Enjoy!



Fresh pappardelle with beef shoulder ragu

with bacon, mushrooms and refreshing salad

PREMIUM 30 min. • Eat within 5 days



Veal shoulder is a piece of meat with a long tendon: a tough band of tissue. When you cook it, it turns transparent and resembles a confit citrus peel: succade. Hence the Dutch name for this piece of meat: sukade.



Red onion



Red cherry tomatoes



Garlic clove



Fresh sage & basil



Cut mixed mushrooms



Diced bacon



Beef shoulder



Canned cherry tomatoes



Whipping cream



Fresh pappardelle



Mixed lettuce



Parmigiano reggiano

Pantry items

Butter, extra virgin olive oil, mustard, white balsamic vinegar, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	½	1	1½	2	2½	3
Red cherry tomatoes* (g)	125	250	375	500	625	750
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh sage & basil* (g)	5	10	15	20	25	30
Cut mixed mushrooms* (g)	90	175	265	350	440	525
Diced bacon* (g)	25	50	75	100	125	150
Beef shoulder* (g)	60	120	180	240	300	360
Canned cherry tomatoes (can)	½	1	1½	2	2½	3
Whipping cream* (ml) 7)	50	100	150	200	250	300
Fresh pappardelle* (g) 1) 3)	125	250	375	500	625	750
Spinach, rocket and red chard mix* (g)	40	80	120	160	200	240
Parmigiano reggiano* (g) 7)	25	50	75	100	125	150
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4567 / 1092	553 / 132
Total fat (g)	57	7
Of which: saturated (g)	25,2	3,1
Carbohydrates (g)	91	11
Of which: sugars (g)	18,0	2,2
Fibre (g)	11	1
Protein (g)	46	6
Salt (g)	2,1	0,3

Allergens:

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

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



1. Prepare

Chop the **red onion**. Cut the **cherry tomatoes** in half and press or mince the **garlic**. Finely chop the fresh **sage**. Roughly chop the **mixed mushrooms**.

FACT: Did you know that mushrooms are fungi? They are categorized as vegetables and are rich in vitamin B2. This vitamin helps keeping your energy level stable and helps preventing infections. It is especially important for vegans and vegetarians to keep an eye on the intake of vitamin B2.



4. Stir and cut

Boil ample water with a pinch of salt in a pan with a lid for the pappardelle (TIP). Cook the **pappardelle** for 5 – 6 minutes, covered with the lid. Then drain and leave to steam dry without the lid. Optionally, add a drizzle of olive oil and mix so that the **pappardelle** does not stick. Stir the sauce well to make the meat separate. Finely chop the **basil** leaves.

TIP: Carefully separate the pappardelle before adding them to the boiling water. This way the pasta will cook properly.



2. Fry

Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat. Fry the **garlic**, **sage**, **diced bacon** and half of the **red onion** for 2 – 3 minutes with a generous amount of salt and pepper. Add half of the **cherry tomatoes** and all of the **mushrooms** and fry for another 2 – 3 minutes.



5. Make the salad

In a salad bowl, make a dressing of per person: 1 tbsp extra virgin olive oil, 1 tsp mustard, ½ tbsp white balsamic vinegar and the remaining **red onion**. Season with salt and pepper. Mix the dressing with the remaining fresh **cherry tomatoes**, **basil** and **mixed lettuce**.



3. Stew

Add the **veal shoulder** to the sauté pan as well, together with the **canned cherry tomatoes** and the **whipping cream**. Mix well, cover with the lid and allow to stew gently for 10 – 15 minutes on medium heat. Take off the lid after 5 minutes. Stir regularly and season to taste with salt and pepper (TIP).

TIP: Is the sauce still too runny? Allow it to reduce a little bit longer.



6. Serve

Optionally, season the tomato sauce with some extra salt and pepper. Transfer the **pappardelle** to deep plates and top with the ragu. Serve with the salad. Grate the **parmigiano reggiano** over the plates, at the table.

Enjoy!



Oven-roasted salmon fillet with haricots verts with feta-beetroot salad and rosemary baby potatoes

FESTIVE 45 min. • Eat within 3 days



We left the skin of the salmon attached on purpose: it makes the fillet extra tasty and it contains healthy omega-3 fatty acids.



Garlic clove



Fresh rosemary and thyme



Baby potatoes



Lemon



Crème fraîche



Salmon fillet with skin



Red beetroot



Apple



Rocket and lamb's lettuce



Feta



Haricots verts



Mayonnaise

Pantry items

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

A good start

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

Equipment

Small bowl, grater, pan with a lid, serving plate, frying pan, baking sheet lined with baking paper, baking dish

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Fresh rosemary and thyme* (g)	5	10	15	20	25	30
Baby potatoes (g)	250	500	750	1000	1250	1500
Lemon (pcs)	¼	½	¾	1	1¼	1½
Crème fraîche* (g) 7)	25	50	75	100	125	150
Salmon fillet with skin* (pcs) 4)	1	2	3	4	5	6
Red beetroot (g)	125	250	375	500	625	750
Apple (pcs)	¼	½	¾	1	1¼	1½
Rocket and lamb's lettuce* (g)	20	40	60	80	100	120
Feta* (g) 7)	25	50	75	100	125	150
Haricots verts* (g)	150	300	450	600	750	900
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	5132 / 1227	600 / 143
Total fat (g)	81	9
Of which: saturated (g)	21,5	2,5
Carbohydrates (g)	74	9
Of which: sugars (g)	18,3	2,1
Fibre (g)	15	2
Protein (g)	42	5
Salt (g)	1,6	0,2

Allergens:

3) Eggs 4) Fish 7) Milk/lactose 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts

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 baby potatoes

Preheat the oven to 200 degrees. Press or mince the **garlic**. Strip the **thyme** and **rosemary** leaves from the stems, but keep them separated. Wash the **baby potatoes** and cut them in half. Transfer the **baby potatoes** to a baking sheet lined with baking paper and divide the **garlic**, **rosemary** and ½ tbsp olive oil per person over it. Season with salt and pepper and mix well. Roast in the oven for 25 – 30 minutes.



4. Make the salad

Cut the **red beetroot** into wedges. Cut the **apple** into quarters, remove the core and cut the **apple** into small dices. Crumble the **feta**. Mix per person: 1 tbsp extra virgin olive oil, 1 tsp white balsamic vinegar and ½ tsp honey in a small bowl. Season with salt and pepper. Cover a flat serving plate with the **mixed lettuce** and top with the **red beetroot**, **apple** and **feta**. Garnish with the **chopped walnuts** and divide the dressing over the salad.



2. Make the sauce

Grate the **lemon** zest with a fine grater and press the juice from the **lemon**. Mix the **crème fraîche** with per person: **zest** from ¼ of the lemon and 1 tsp **lemon juice** in a small bowl. Add the **thyme** and half of the **garlic**, mix well and season with salt and pepper.



5. Haricots verts

Trim the ends off the **haricots verts** and cook them in the pan with boiling water for 6 – 8 minutes until al dente. Drain and leave to steam dry without the lid. In the meantime, roast the **shaved almonds** in a frying pan without oil on medium-high heat for 2 – 3 minutes, until golden brown. Mix the haricots verts with ½ tbsp butter per person and season with salt and pepper.



3. In the oven

Grease a baking dish with half of the olive oil. Add the **salmon fillet** (TIP) to the baking dish, with the skin down. Spread the crème fraîche sauce over the **salmon fillet**. Add the baking dish with **salmon** to the oven for the final 10 – 15 minutes of the **baby potatoes**. Boil ample water in a pan with a lid for the haricots verts.

TIP: There might be some scales left on the salmon's skin. You can easily remove these by carefully scraping them off with a knife, against the direction of the skin.



6. Serve

Transfer the **salmon fillet** to a large serving plate and scatter the rosemary **baby potatoes** all around. Serve with the salad with **beetroot** and **apple**. Serve the **haricots verts** with the **shaved almonds**. Transfer the **mayonnaise** to a small bowl and serve next to the baby potatoes.

FACT: Did you know that the average person consumes too little vitamin D? This vitamin strengthens the immune system and is essential for the intake of calcium. You can find vitamin D in fatty fish, such as salmon.

Enjoy!



Potato soup with a double portion of shrimps

with coconut milk, fresh corn and tomato

HELLOEXTRA 35 min. • Eat within 3 days



Haven't used all of the coconut milk? Pour the remaining bit into an ice cube tray and freeze it. This makes it easier to measure for the next time.



Shallot



Waxy potatoes



Paprika



Bay leaf



Corn cob



Tomato



Fresh chives



Shrimps



Coconut milk

Pantry items

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

A good start

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

Equipment

Stock pot with a lid, frying pan, kitchen paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Waxy potatoes (g)	200	400	600	800	1000	1200
Paprika (tsp)	½	1	1½	2	2½	3
Bay leaf (pcs)	1	2	3	4	5	6
Corn cob* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	2	4	6	8	10	12
Fresh chives* (g)	2½	5	7½	10	12½	15
Shrimps* (g) 2)	160	320	480	640	800	960
Grated coconut (ml)	100	200	300	400	500	600
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
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)	3082 / 737	382 / 91
Total fat (g)	39	5
Of which: saturated (g)	22,6	2,8
Carbohydrates (g)	58	7
Of which: sugars (g)	15,3	1,9
Fibre (g)	9	1
Protein (g)	33	4
Salt (g)	4,2	0,5

Allergens:

2) Shellfish

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

Boil 250 ml water per person. Chop the **shallot**. Peel the **potatoes** and cut into 1 – 1½ cm dices. Heat the butter in a stock pot with a lid on medium-high heat and fry the **shallot** for 3 minutes, with a pinch of salt. Add the **paprika** and the **bay leaf** and fry for half a minute.



4. Fry the shrimps

Pat the **shrimps** dry with kitchen paper. Heat the olive oil in a frying pan on high heat and fry the **shrimps** for 2 minutes until brown all around. They do not have to be cooked through yet. Season with salt and pepper, take from the pan and set aside.

FACT: Did you know that shrimps are low in calories, but rich in protein and calcium?



2. Cook the potatoes

Add the **potatoes** to the pan, add the boiling water and crumble ½ stock cube per person over it. Cook the **potatoes** for 12 – 15 minutes.

TIP: Are you watching your salt intake? Use half of the stock cube or use low-salt stock.



5. Cook the soup

Add the **corn kernels**, the **tomato** and **coconut milk** to the pan with **potatoes** and cook for 2 minutes. Add the **shrimps**, including cooking grease, and heat for half a minute. Add the white wine vinegar and half of the **chives** to the soup.



3. Cut

In the meantime, place the **corn** cob upright on a cutting board and carefully cut off the **corn kernels**. Cut the **tomato** into large pieces and finely chop the **chives**.



6. Serve

Transfer the soup to bowls and garnish with the remaining **chives**.

Enjoy!



Portobello sandwich with a veal burger as extra

with fried egg, potatoes and roasted courgette

HELLOEXTRA 50 min. • Eat within 5 days



Portobello is a true superfood, not only in nutritional value, but also in size: they are loaded with vitamin B and can be 15 cm wide!



Waxy potatoes



Dried rosemary



Dried thyme



Red onion



Courgette



Portobello



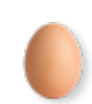
Grated matured cheese



Hamburger bun



Veal burger



Cage-free egg



Mayonnaise

Pantry items

Olive oil, butter, salt and pepper

A good start

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

Equipment

Baking sheet lined with baking paper, sauté pan with a lid, 2x frying pan

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Dried rosemary (tsp)	1	2	3	4	5	6
Dried thyme (tsp)	1	2	3	4	5	6
Red onion (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Portobello* (pcs)	1	2	3	4	5	6
Grated matured cheese* (g) 7)	25	50	75	100	125	150
Hamburger bun (pcs) 1) 7) 11) 13) 17) 20) 22)	1	2	3	4	5	6
Veal burger* (pcs)	1	2	3	4	5	6
Cage-free egg* (pcs) 3)	1	2	3	4	5	6
Mayonnaise* (tbsp) 3) 10) 19) 22)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	5123/1225	604/144
Total fat (g)	72	9
Of which: saturated (g)	25,9	3,1
Carbohydrates (g)	85	10
Of which: sugars (g)	17,2	2,0
Fibre (g)	10	1
Protein (g)	54	6
Salt (g)	2,3	0,3

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose
10) Mustard 11) Sesame seed 13) Lupin
May contain traces of: 17) Eggs 19) Peanuts 20) Soy
22) Nuts

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 potatoes

Preheat the oven to 210 degrees. Thoroughly wash the **potatoes** and cut into long thin wedges. Heat half of the olive oil in a sauté pan with a lid and fry the **potatoes** for 30 – 35 minutes on medium-high heat, covered with the lid. Remove the lid after 25 minutes. Add the **rosemary** and **thyme** for the final 2 minutes and season with salt and pepper.



4. Add the cheese and onion

Carefully pour out any liquid that was released from the **portobello** and stuff the **portobello** with the **grated matured cheese**. Top the **courgette** with the **red onion**. Roast in the oven for another 5 – 10 minutes. For the final 4 – 6 minutes, toast the **hamburger buns** in the oven as well.



2. Cut the vegetables

In the meantime, cut the **red onion** into rings and cut the **courgette** into thin slices. Carefully remove the stem from the **portobello**.



5. Fry the egg

In the meantime, heat ½ tbsp butter per person in a frying pan and fry the **veal burger** for 4 – 5 minutes per side. Meanwhile, heat the remaining butter in a different frying pan and fry one sunny-side up **egg** per person. Season to taste with salt and pepper. Cut open the **hamburger buns**.



3. In the oven

Transfer the **courgette** to one side of a baking sheet lined with baking paper. Place the **portobello** on the other side, with the open side up. Drizzle the **courgette** and the **portobello** with the remaining olive oil and season with salt and pepper. Roast in the oven for 10 minutes.

TIP: Spread out the courgette slices over the baking sheet as much as possible. They will cook better if they don't overlap.



6. Serve

Make one **burger** per person by topping each **bun** with a **veal burger**, a **portobello**, a fried **egg** and half of the fried **red onion**. Serve with the **courgette**, the remaining **red onion** and the **potatoes**. Garnish the **mayonnaise**.

FACT: Did you know that this meal is rich in vitamin D, due to the egg, and rich in calcium, due to the cheese? This is not all: it also contains 30% of the RDI of fibre.

Enjoy!



Tortillas with fried chickpeas and feta

with avocado and eggplant as extra

HELLOEXTRA 20 min. • Eat within 5 days



Did you know that chickpeas, in comparison to other legumes, contain 4 - 5 times more vitamin E? This antioxidant protects the body from harmful external influences.



Chickpeas



Paprika



Eggplant



Cucumber



Colored cherry tomatoes



Whole grain mini tortilla



Avocado



Feta



Fresh flat leaf parsley



Labneh



Mango chutney

Pantry items

Olive oil, salt and pepper

A good start

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

Equipment

Small bowl, frying pan, bowl, sieve, large bowl, kitchen paper, aluminum foil

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Chickpeas (pack)	½	1	1½	2	2½	3
Paprika (tsp)	1	2	3	4	5	6
Eggplant* (pcs)	1	2	3	4	5	6
Cucumber* (pcs)	½	1	1½	2	2½	3
Colored cherry tomatoes* (g)	100	200	300	400	500	600
Whole grain mini tortilla (pcs) 1)	3	6	9	12	15	18
Avocado (pcs)	½	1	1½	2	2½	3
Feta* (g) 7)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Labneh* (g) 7) 19) 22)	40	80	120	160	200	240
Mango chutney* (g) 10) 19) 22)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3745 /895	440 /105
Total fat (g)	46	5
Of which: saturated (g)	11,3	1,3
Carbohydrates (g)	82	10
Of which: sugars (g)	29,1	3,4
Fibre (g)	24	3
Protein (g)	26	3
Salt (g)	2,2	0,3

Allergens:

1) Grains containing gluten 7) Milk/lactose 10) Mustard

May contain traces of: 19) Peanuts 22) Nuts

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.
- Drain the **chickpeas** in a sieve and pat them dry with kitchen paper.
- In a bowl, mix the **chickpeas** with per person: ½ tbsp olive oil and 1 tsp **paprika**. Season with salt and pepper.
- Cut the **eggplant** into max. 1 cm thick slices.



3. Prepare the seasonings

- Crumble the **feta** and roughly chop the **flat leaf parsley**. Cut the **avocado** in half, remove the seed and cut the **avocado** into dices.
- In a small bowl, mix the **labneh** with the **mango chutney**.
- Mix the **chickpeas** with the **cherry tomatoes** and **cucumber**.
- In the meantime, wrap the **tortillas** in aluminium foil, 2 at the same time, and heat in the oven for 2 – 3 minutes.

FACT: Did you know that this dish is rich in fibre and calcium? This is largely due to the vegetables, the whole grain tortillas and the chickpeas.



2. Fry the chickpeas

- Heat a frying pan on medium–high heat without oil and fry the **chickpeas** for 10 – 12 minutes. Stir regularly (TIP).
- Heat ½ tbsp olive oil per person in a frying pan on medium–high heat and fry the **eggplant** for 4 – 5 minutes on each side. Sprinkle with salt and pepper.
- Cut the **cucumber** into small dices, cut the **cherry tomatoes** in half and transfer the **cucumber** and **cherry tomatoes** to a large bowl.

TIP: Be aware: because of their peel, the chickpeas may pop from your pan, like popcorn. Cover the pan with a lid for the first couple of minutes to prevent them from jumping from the pan.



4. Serve

- Transfer the **feta**, **parsley**, **avocado** and labneh–mango sauce to small bowls.
- Transfer the grilled **eggplant** to a serving dish. Divide the **chickpea** mixture over the **tortillas**.
- Garnish the **tortillas** to taste with the different toppings.

FACT: Fibres are important for well–functioning intestines. This contributes to a healthy energy level, a strong immune system and a lower risk of cardiovascular diseases.

Enjoy!



BREAKFAST BOX

Good morning!

Sour dough roll with bacon omelette

with chives

1X 25 min.

1

Sour dough roll with
bacon omelette
with chives

2

Full-fat yogurt
with apple
with walnut-cranberry mix

3

Whole grain crackers
with avocado
with goat cheese and
garden cress



Equipment

Frying pan, bowl

Ingredients for 1 breakfast

	2P	4P
Sour dough roll (pcs) 1) 6) 11) 17) 21) 22)	2	4
Fresh chives* (g)	5	10
Cage-free egg* (pcs) 3)	4	8
Diced bacon* (g)	40	80
Semi-skimmed milk* (ml) 7)		
Not included		
Salt and pepper	to taste	
Butter (tbsp)	½	1

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	2429 /581	825 /197
Total fat (g)	23	8
Of which: saturated (g)	7,1	2,4
Carbohydrates (g)	64	22
Of which: sugar (g)	1,9	0,6
Fibres (g)	3	1
Protein (g)	29	10
Salt (g)	2,2	0,7

Allergens

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame seed
May contain traces of: 17) Eggs 21 Milk/lactose 22) Nuts

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

Full-fat yogurt with apple

with walnut-cranberry mix

2X 10 min.



Ingredients for 1 breakfast

	2P	4P
Elstar apple (pcs)	2	4
Conference pear* (pcs)	1	2
Cranberry-walnut mix (g) 8 19 25	60	120
Full-fat yogurt* (ml)	400	800
Blue grapes* (g)	500	1000

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1807 / 432	387 / 92
Total fat (g)	18	4
Of which: saturated (g)	5,6	1,2
Carbohydrates (g)	52	11
Of which: sugar (g)	43,0	9,2
Fibres (g)	7	1
Protein (g)	10	2
Salt (g)	0,2	0,0

Allergens

7) Milk/lactose **8)** Nuts

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

1. Cut the **apple** and **pear** into quarters and remove the core. Cut half of the **apple** and **pear** into dices and cut the other half into thin slices.
2. In a bowl, mix the diced **apple** and **pear** with the **full-fat yogurt**. Garnish with the **apple** and **pear** slices and sprinkle with the **cranberry-walnuts** mix.

Whole grain crackers with avocado

with goat cheese and garden cress

2X 10 min.



Ingredients for 1 breakfast

	2P	4P
Crackers (pcs) 1) 21) 25)	4	8
Avocado (pcs)	1	2
Aged cheese flakes* (g) 7)	50	100
Garden cress* (container)	2	4

Not included

Salt and pepper	to taste
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* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1079 / 258	1086 / 260
Total fat (g)	23	23
Of which: saturated (g)	7,8	7,9
Carbohydrates (g)	2	2
Of which: sugar (g)	1,3	1,3
Fibres (g)	3	3
Protein (g)	9	9
Salt (g)	0,5	0,5

Allergens

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

May contain traces of: **21)** Milk/lactose **25)** Sesame seed

1. Divide the **crackers** among plates. Cut the **avocado** into slices. Top the **crackers** with the **avocado** slices.
2. Cut the tops off the **garden cress** with scissors. Sprinkle the **goat cheese flakes** over the **avocado** and garnish with the **garden cress**. Optionally, add pepper and salt to taste.



Oatmeal bars

with dates and pecan nuts

BAKING 40 min.



Banana



Chopped pecan
nuts



Oatmeal



Grated coconut



Chopped dates



Chopped dried
apricots

Pantry items

Sunflower oil and honey



1. Mash the banana

Preheat the oven to 200 degrees. Mash the **bananas** with a fork in a bowl. Heat 3 tbsp sunflower oil with the honey in a small saucepan and mix well. Add the mashed **banana** when the honey has turned liquid. Mix well and heat for another 1 - 2 minutes on low heat.

2. Mix

Line a 20 x 20 cm baking dish with baking paper. Chop the **pecan nuts** into even smaller pieces. In a bowl, mix the **oatmeal**, **grated coconut**, **chopped dates**, **chopped apricots**, **chopped pecan nuts** and a pinch of salt with 3 tbsp water. Then add the banana mixture and mix into a sticky dough.

3. Spread

Transfer the mixture to the baking dish with baking paper. Spread the mixture evenly and press well with the back of a spoon or a spatula.

4. Bake

Transfer the baking dish to the oven and bake for 25 - 30 minutes, or until the top is golden brown. Then allow to cool for about 15 minutes and cut into 2 cm wide strips.

TIP: You can store the bars for 3 - 4 days in an airtight container, with sheets of baking paper between them (so they don't stick).



Equipment

Small bowl, baking paper, small saucepan, bowl and a baking dish

Ingredients

	± 14 bars
Banana (pcs)	2
Chopped pecan nuts (g) 8) 19) 25)	40
Oatmeal (g) 1) 19) 22) 25)	200
Grated coconut (g) 19) 22) 25)	40
Chopped dates (g) 19) 22) 25)	50
Chopped dried apricots (g) 19) 22) 25)	50
Not included	
Sunflower oil (tbsp)	3
Honey (tbsp)	1½

* keep in the refrigerator

Nutritive value

	Per piece
Energy (kJ/kcal)	579 / 139
Total fat (g)	6
Of which: saturated (g)	2,2
Carbohydrates (g)	18
Of which: sugars (g)	8,1
Fibre (g)	3
Protein (g)	3
Salt (g)	0,0

Allergens:

1) Grains containing gluten 8) Nuts

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