



Cod fillet with herb sauce and refreshing-sweet pearl couscous with carrot, cherry tomatoes and raisins

BALANCED 45 min. • Eat within 3 days



We gave this dish a purple twist!
This type of carrot will make your meal very colorful.



Purple carrot



Red cherry tomatoes



Onion



Fresh flat leaf parsley



Pearl couscous



Raisins



Cod fillet

Pantry items

Vegetable stock, olive oil, butter, salt and pepper

A good start

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

Equipment

Baking dish, frying pan, aluminum foil, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Purple carrot* (g)	100	200	300	400	500	600
Red cherry tomatoes (g)	125	250	375	500	625	750
Onion (pcs)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Pearl couscous (g) 1)	65	130	195	260	325	390
Raisins (g) 19) 22) 25)	15	30	40	60	70	90
Cod fillet* (pcs) 4)	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	140	280	420	560	700	840
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2544 / 608	401 / 96
Total fat (g)	19	3
Of which: saturated (g)	7,1	1,1
Carbohydrates (g)	72	11
Of which: sugars (g)	25,9	4,1
Fibre (g)	9	1
Protein (g)	33	5
Salt (g)	1,8	0,3

Allergens:

1) Grains containing gluten 4) Fish

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

Contact

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



1. Prepare

Preheat the oven to 200 degrees and prepare the stock. Cut the **purple carrot** in half lengthwise and cut into very thin half slices.



2. In the oven

Transfer the **carrot** to an oven dish and drizzle with half of the olive oil. Mix well so that all pieces are covered with a layer of oil. Season with salt and pepper and roast in the oven for 10 minutes. Then add the **cherry tomatoes** to the same oven dish, mix and roast for another 15 minutes. Meanwhile, chop the **onion** and finely chop the **parsley**.



3. Cook the pearl couscous

Heat the remaining olive oil in a pan with a lid. Fry the **onion** for 2 minutes on medium-high heat. Add 65 g **pearl couscous** per person and stir fry for 1 minute. Add the stock and the **raisins**, reduce the heat to low and cook the **pearl couscous** for 12 minutes until dry, covered with the lid. Then stir to separate the grains and leave to steam dry without the lid. Mix the **couscous** with ⅓ of the **parsley** and season with salt and pepper.



4. Fry the cod

In the meantime, heat ½ tbsp butter per person in a frying pan on medium-high heat and fry the **cod** for 1 – 2 minutes per side. Season to taste with salt and pepper. Take the **cod** from the pan and keep warm in aluminium foil. Save the cooking grease in the pan.

FACT: The cod in this dish is rich in iodine, an important mineral for the thyroid and for your metabolism. Those who don't eat enough bread, or bread without salt, risk a shortage in iodine. You don't have to worry about that when you regularly eat fish, egg, dairy products and/or seaweed.



5. Make the sauce

Heat the remaining butter in the frying pan with cooking grease and add ⅓ of the **parsley**. Season to taste with salt and pepper and stir well.



6. Serve

Mix the **cherry tomatoes** and **carrot** with the **pearl couscous**. Transfer the **pearl couscous** to plates and garnish with the remaining **parsley**. Put the **cod fillet** on top and pour the sauce over it.

Enjoy!



Creamy spinach gratin with a sunny-side up egg with fried potatoes

VEGETARIAN 40 min. • Eat within 5 days



What do you think: does 200 g spinach contain more or less calcium than a glass of milk?
Find the answer on the back



Waxy potatoes



Shallot



Garlic clove



Tomato



Nutmeg



Spinach



Dried thyme



Crème fraîche



Grated matured cheese



Cage-free egg

Pantry items

Olive oil, butter

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, grater, wok or sauté pan, colander, baking dish

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Nutmeg (pcs)	1	1	1	1	2	2
Spinach* (g) 23	200	400	600	800	1000	1200
Dried thyme (tsp)	1	2	3	4	5	6
Crème fraîche* (g) 7	50	100	150	200	250	300
Grated matured cheese* (g) 7	25	50	75	100	125	150
Cage-free egg* (pcs) 3	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)	3630 / 868	462 / 111
Total fat (g)	53	7
Of which: saturated (g)	23,4	3,0
Carbohydrates (g)	58	7
Of which: sugars (g)	7,0	0,9
Fibre (g)	11	1
Protein (g)	33	4
Salt (g)	0,9	0,1

Allergens:

3) Eggs 7) Milk/lactose

May contain traces of: 23) Celery

Contact

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1. Fry the potatoes

Preheat the oven to 210 degrees. Thoroughly wash or peel the **potatoes** and cut into 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 20 minutes. Turn regularly and season with salt and pepper. In the meantime, chop the **shallot** and press or mince the **garlic**.



4. Gratin

Transfer the spinach mixture to an oven dish (TIP). Sprinkle with the **grated matured cheese** and heat in the oven for 10 – 15 minutes.

TIP: You don't need a large baking dish: the spinach will shrink significantly.



2. Prepare the spinach

Cut the **tomato** into dices. Grate a pinch of **nutmeg** with a fine grater. Heat ½ tbsp olive oil per person in a wok or sauté pan and fry the **shallot** and **garlic** for 2 – 3 minutes. Add the **spinach** and stir fry for 3 – 4 minutes, or until it has shrunk. Drain the **spinach** in a colander. Press firmly to drain most of the liquid from the **spinach**.

TIP: It is important to squeeze as much liquid from the spinach as possible, or else the gratin will be too moist.



5. Fry the egg

In the meantime, heat ½ tbsp butter per person in a frying pan and fry 1 sunny-side up **egg** per person. Season to taste with salt and pepper.



3. Season

Use the same wok or sauté pan to fry the **tomatoes** and **dried thyme** for 1 minute. Reduce the heat to medium-low, add the **crème fraîche** and the drained **spinach** to the pan and stir fry for another minute. Season to taste with **nutmeg**, salt and pepper (TIP).

TIP: Nutmeg has a very specific flavor. Don't add too much at once: add it bit by bit and taste well.



6. Serve

Transfer the **potatoes** to plates and top with the fried **egg**. Serve with the **spinach** gratin.

Enjoy!

Answer: more



Whole grain tortillas with chickpeas

with avocado and sweet-sour red cabbage

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



Try adding red chili pepper, fresh ginger and/or scallion to your sweet and sour salad. The acidity will make any spiciness milder!



Chickpeas



Mexican spices



Cut red cabbage



Whole grain tortilla



Avocado



Spicy honey peanuts



Labneh

Pantry items

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

A good start

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

Equipment

Lid, large wok or sauté pan, aluminum foil, bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Chickpeas (can)	½	1	1½	2	2½	3
Mexican spices (tsp)	1	2	3	4	5	6
Cut red cabbage* (g) 23)	50	100	150	200	250	300
Whole grain tortilla (pcs) 1)	2	4	6	8	10	12
Avocado (pcs)	⅓	⅔	1	1½	1¾	2
Spicy honey peanuts (g) 5) 22) 25)	15	30	45	60	75	90
Labneh* (g) 7) 19) 22)	30	60	90	120	150	180
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2764 / 661	755 / 181
Total fat (g)	32	9
Of which: saturated (g)	6,8	1,9
Carbohydrates (g)	63	17
Of which: sugars (g)	14,0	3,8
Fibre (g)	17	5
Protein (g)	20	5
Salt (g)	1,7	0,5

Allergens:

1) Grains containing gluten 5) Peanuts 7) Milk/lactose
May contain traces of: 19) Peanuts 22) Nuts 23) Celery
25) Sesame seed

Contact

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1. Fry the seasonings

Preheat the oven to 200 degrees. Rinse the **chickpeas** with cold water and drain in a sieve or colander. Heat ½ tbsp olive oil per person in a large wok or sauté pan with a lid. Add 1 tsp **Mexican spices** per person with a pinch of salt and fry for 2 minutes.



4. Heat the tortillas

Wrap the **whole grain tortillas** altogether in aluminium foil and heat in the oven for 5 minutes.

FACT: Did you know that this dish contains more than 50% of the daily recommended amount of fibre? This is largely due to the whole grain tortillas and 300 g vegetables.



2. Fry the chickpeas

Add the **chickpeas** to the sauté pan and fry for 5 - 6 minutes until crunchy. Toss regularly to prevent the **chickpeas** from burning. Season with salt and pepper.

TIP: Dry spices can burn quickly when you don't use a lot of oil, so make sure you use a non-stick pan.



5. Cut the avocado

Halve the **avocado**, separate the halves by twisting them and remove the seed. Cut the **avocado** into thin slices and separate them from the peel with a spoon. Roughly chop the **spicy honey peanuts**.



3. Prepare the red cabbage

In a bowl, mix per person: 1½ tbsp white wine vinegar, ¾ tsp sugar and a pinch of salt. Add the **red cabbage**, mix well and leave to absorb until serving.



6. Serve

Stuff the **tortillas** with the sweet and sour **red cabbage**, **chickpeas** and **avocado**. Garnish with the **peanuts** and **labneh** and roll to close the **tortillas** (TIP).

TIP: Any leftover vegetables? Mix them and serve them next to the tortilla

Enjoy!



Baby potato salad with corn and bacon

with courgette and sweet and sour shallot

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



It is not the type of potato that determines whether a potato is a baby potato, but the moment it is harvested. By harvesting potatoes young, they maintain their soft flavor and structure.



Baby potatoes



Shallot



Lime



Courgette



Garlic clove



Canned corn



Butterhead lettuce



Fresh chives



Diced bacon



Full-fat yogurt

Pantry items

Sugar, olive oil, extra virgin olive oil, salt and pepper

A good start

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

Equipment

Small bowl, frying pan, pan with a lid, sauté pan

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Shallot (pcs)	½	1	1½	2	2½	3
Lime (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Canned corn (g)	75	150	225	300	375	450
Butterhead lettuce* (head)	¼	½	¾	1	1¼	1½
Fresh chives* (g)	2½	5	7½	10	12½	15
Diced bacon* (g)	60	120	180	240	300	360
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150

Not included

Sugar (tsp)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2943 / 704	405 / 97
Total fat (g)	36	5
Of which: saturated (g)	8,3	1,1
Carbohydrates (g)	67	9
Of which: sugars (g)	23,8	3,3
Fibre (g)	9	1
Protein (g)	22	3
Salt (g)	2,2	0,3

Allergens:

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

Contact

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1. Cook the baby potatoes

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



4. Stir fry the vegetables

Heat 1 tbsp olive oil per person in a sauté pan on high heat and stir fry the **courgette** for 5 - 7 minutes with salt and pepper. Then add the **corn kernels** and **garlic** and stir fry for another minute. Take from the heat. In the meantime, heat a frying pan on medium-high heat without oil and fry the **diced bacon** for 3 – 4 minutes, until crunchy.



2. Prepare the shallot

In the meantime, cut the **shallot** into thin half rings and juice the **lime**. In a small bowl, mix ¾ tbsp **lime juice** per person with the sugar and a pinch of salt. Add the **shallot** and mix well (TIP).

TIP: Raw shallot can be a bit spicy. Make sure you slice it really thinly. You can also marinate the shallot in the lime juice longer, or add some extra sugar.



5. Make the dressing

Meanwhile, mix the **full-fat yogurt** with the extra virgin olive oil and a generous amount of salt and pepper in a small bowl (TIP). Then add the **baby potatoes**, **butterhead lettuce**, half of the **chives** and the **bacon** with cooking crease to the sauté pan and mix well.

TIP: The sauce can be a bit grainy, because the fats and proteins separate. This does not impact the flavor.



3. Cut

Cut the **courgette** into 1 cm dices. Press or mince the **garlic** and drain the **corn**. Roughly chop the **butterhead lettuce**. Finely chop the **chives** or cut with scissors.



6. Serve

Transfer the baby potato salad to plates and sprinkle with the yogurt dressing. Garnish with the sweet and sour **shallot** and the remaining **chives**.

FACT: Did you know that this dish contains 1/3 of the daily recommended amount of fibre? This is largely due to the potatoes and more than 250 g vegetables.

Enjoy!



Vegetarian moussaka with garlic bread

with red lentils and courgette

FAMILY **VEGETARIAN** 50 min. • Eat within 5 days



A classic moussaka is made with minced lamb, but for this vegetarian version we chose to go with red lentils.



Eggplant



Onion



Courgette



Garlic clove



Dried oregano



Ground cinnamon



Tomato paste



Red lentils



Diced tomato



Whole grain ciabatta



Crème fraîche



Grated aged cheese

Pantry items

Vegetable stock, olive oil, black balsamic vinegar, brown sugar, 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

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Eggplant* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Dried oregano (tsp)	1	2	3	4	5	6
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Tomato paste (cup)	⅓	⅔	1	1⅓	1⅔	1.99
Red lentils (g)	25	50	75	100	125	150
Diced tomato (pack)	½	1	1½	2	2½	3
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Crème fraîche* (g) 7)	50	100	150	200	250	300
Grated aged cheese* (g) 7)	25	50	75	100	125	150

Not included

Vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Brown sugar (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 serving	Per 100g
Energy (kJ/kcal)	3912/935	438/105
Total fat (g)	50	6
Of which: saturated (g)	19,2	2,2
Carbohydrates (g)	80	9
Of which: sugars (g)	34,9	3,9
Fibre (g)	17	2
Protein (g)	31	3
Salt (g)	3,4	0,4

Allergens:

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

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

Contact

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



1. Cut the vegetables

Preheat the oven to 200 degrees and prepare the stock. Cut the **eggplant** into ½ cm thick half moons. Mix in a bowl with the sunflower oil and season with salt and pepper. Chop the **onion**. Cut the **courgette** into ½ cm dices. Press or mince half of the **garlic**, leave the remaining **garlic** whole. You will use it later to rub the **ciabatta**.



4. Roast the eggplant

In the meantime, transfer the **eggplant** slices to a baking sheet lined with baking paper. Roast in the oven for 10 – 15 minutes. In the meantime, halve the **ciabatta** and rub the inside with the remaining **garlic**. Drizzle with the remaining olive oil and season to taste with salt and pepper.



2. Fry the vegetables

Heat half of the olive oil in a sauté pan on medium heat. Add the **onion** and fry for 3 minutes. Add the **courgette**, season to taste with salt and pepper and fry for 5 minutes. Add the **minced garlic**, the **oregano**, **cinnamon** and **tomato** paste. Mix well and fry for another 2 minutes.



5. Cook the moussaka

Transfer the tomato-lentil mixture to an oven dish and place the slices of **eggplant** on top. Spread the aubergine with the **crème fraîche** and sprinkle with **grated aged cheese**. Heat the moussaka in the oven for 5 – 6 minutes and also heat the garlic bread for the final 2 – 3 minutes.



3. Cook the lentils

Add the **red lentils**, black balsamic vinegar, **diced tomato**, stock and brown sugar to the pan. Stir well, bring to a boil, reduce the heat to low and allow to simmer for 20 – 25 minutes. Stir regularly to prevent the lentils from burning to the pan.

FACT: Did you know that canned tomatoes contain almost as many vitamins and minerals as fresh tomatoes?



6. Serve

Serve the moussaka in deep plates with the **garlic bread** on the side.

FACT: This dish is full of iron, largely due to the lentils, whole grain ciabatta and the amount of vegetables. Iron supports your energy level and is important to keep track of if you don't eat meat.

Enjoy!



Meal soup with sweet potato and pointed pepper

with whole grain ciabatta and crème fraîche

BALANCED **VEGETARIAN** 35 min. • Eat within 5 days



This recipe proves just how healthy soup can be: this soup will provide you with 400% of the daily recommended amount of vitamin C!



Onion



Garlic clove



Sweet potato



Red pointed pepper



Whole grain ciabatta



Pumpkin seeds



Starchy potatoes



Crème fraîche

Pantry items

Vegetable stock, 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

Stock pot with a lid, frying pan, hand blender

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	2	3	4	5
Sweet potato (g)	150	300	450	600	750	900
Red pointed pepper* (pcs)	2	4	6	8	10	12
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Pumpkin seeds (g) 19) 22) 25)	10	20	30	40	50	60
Starchy potatoes (g)	50	100	150	200	250	300
Crème fraîche* (g) 7)	25	50	75	100	125	150

Not included

Vegetable stock (ml)	400	800	1200	1600	2000	2400
Butter (tbsp)	½	½	1	1	1½	1½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2598 / 621	268 / 64
Total fat (g)	19	2
Of which: saturated (g)	9,0	0,9
Carbohydrates (g)	88	9
Of which: sugars (g)	23,4	2,4
Fibre (g)	14	1
Protein (g)	18	2
Salt (g)	5,3	0,5

Allergens:

1) Grains containing gluten **6)** Soy **7)** Milk/lactose
May contain traces of: **17)** Eggs **19)** Peanuts **22)** Nuts
25) Sesame seed **27)** Lupin



1. Prepare

Prepare the stock. Preheat the oven to 200 degrees. Chop the **onion** and press or mince the **garlic**. Peel the **potatoes** and **sweet potatoes** and cut into small dices. Cut the **pointed pepper** into dices.

TIP: Are you watching your salt intake? Replace half of the stock with boiling water or use low-salt stock.



2. Cook the soup

Heat the butter in a stock pot with a lid and fry the **onion** and **garlic** for 2 minutes on medium heat. Add the diced **potato**, **sweet potato** and **pointed pepper** and fry for 3 minutes on medium-high heat. Add the stock, cover the pan with the lid and simmer for 15 minutes.



3. Heat the ciabatta

In the meantime, heat the **whole grain ciabatta** in the oven for 6 – 8 minutes.



4. Roast the pumpkin seeds

In the meantime, heat a frying pan on high heat and roast the **pumpkin seeds**, without oil, until they start to pop. Remove from the pan and set aside.

FACT: Of all nuts and seeds, pumpkin seeds are the richest in magnesium and phosphorus. You need magnesium for strong bones and muscles and phosphorus for strong bones and teeth.



5. Puree the soup

Take the stock pot from the heat and puree the soup with a hand blender. Add a little bit of extra water if the soup is too thick. Season to taste with salt and pepper.



6. Serve

Transfer the soup to soup bowls. Sprinkle with the **pumpkin seeds**, garnish with the **crème fraîche** and serve with the **ciabatta**.

Enjoy!

Contact

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



Balinese-style steak with sweet-sour radish

with ginger-garlic rice

BALANCED 35 min. • Eat within 5 days



You can also eat the radish leaves. Rinse them well and mix with the salad. The leaves of this seasonal hero are healthier than the radish itself!



Beef strips



Balinese wok paste



Fresh ginger



Garlic clove



Shallot



Bok choy



Radish



Brown rice



Cauliflower rice



Gomashio

Pantry items

Chicken stock cube, butter, sunflower oil, honey, salt and pepper, white balsamic vinegar, sugar

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Beef strips* (g)	100	200	300	400	500	600
Balinese wok paste (packet) 1) 6)	½	1	1½	2	2½	3
Fresh ginger (cm)	3	5	8	10	13	15
Garlic clove (pcs)	1	2	3	4	5	6
Shallot (pcs)	½	1	1½	2	2½	3
Bok choy* (g)	125	250	375	500	625	750
Radish* (bunch)	½	1	1½	2	2½	3
Brown rice (g)	40	85	125	170	210	255
Cauliflower rice* (g) 23)	50	100	150	200	250	300
Gomashio (tsp) 11)	1	2	3	4	5	6

Not included

Chicken stock cube (pcs)	¼	½	¾	1	1¼	1½
Butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2320 / 555	469 / 112
Total fat (g)	19	4
Of which: saturated (g)	5,9	1,2
Carbohydrates (g)	57	12
Of which: sugars (g)	18,4	3,7
Fibre (g)	9	2
Protein (g)	33	7
Salt (g)	2,3	0,5

Allergens:

1) Grains containing gluten **6)** Soy **11)** Sesame seed
May contain traces of: 23) Celery

Contact

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1. Prepare

In a bowl, mix the **beef strips** with the **Balinese wok paste**, 1 tsp honey per person, salt and pepper. Peel the **ginger** and finely grate. Press or mince the **garlic** and chop the **shallot**. Cut the **bok choy** into strips. Cut the **radishes** into quarters.



4. Stir fry

Heat ½ tbsp sunflower oil per person in a wok or sauté pan with a lid on medium-high heat. Stir fry the **beef strips** together with the rest of the **garlic** and **ginger** for 2 – 3 minutes. Take the **beef** from the pan and set aside. You will add them again later, so make sure you don't overcook them (TIP).

TIP: Save the cooking liquid in the pan. This is full of flavor: you will use it in the next step.



2. Cook the rice

Heat ½ tbsp butter per person in a pan with a lid on medium-high heat. Fry the **shallot**, half of the **garlic** and half of the **ginger** for 1 – 2 minutes. Add the **brown rice** and 125 ml water per person. Crumble ¼ chicken stock cube per person over the pan and bring to a boil. Reduce the heat and allow to simmer gently for 15 – 17 minutes, covered with the lid. If necessary, add some extra water. For the last 2 minutes, add the **cauliflower rice** to the **rice**.

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



5. Stir fry the bok choy

Add the **bok choy** to the wok or sauté pan you used for the beef. Cover the pan with a lid and fry for 3 – 4 minutes on high heat. Stir regularly. Right before serving, add the **beef strips** back to the pan. Season with salt and pepper.



3. Prepare the radishes

In a bowl, mix per person: 1 tbsp white balsamic vinegar and ½ tbsp sugar. Mix with the **radishes** and stir regularly.



6. Serve

Serve the **rice** with the **bok choy** and **beef strips**. Serve the sweet and sour **radish** next to it and garnish the dish with the **gomashio**.

Enjoy!



Creamy linguine with mushrooms

with goat cheese, walnuts and semi-dried tomatoes

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



Linguine is Italian for a) ribbons
b) tongues or c) strings
Find the answer on the back



Mushrooms



Onion



Garlic clove



Semi-dried tomatoes



Linguine



Dried oregano



Single cream



Grated matured
goat cheese



Chopped walnuts

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 with a lid, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Mushrooms* (g)	125	250	375	500	625	750
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Semi-dried tomatoes* (g)	35	60	90	120	150	180
Linguine (g 1) 17) 20)	90	180	270	360	450	540
Dried oregano (tsp)	1	2	3	4	5	6
Single cream (tbsp 7)	2	4	6	8	10	12
Grated matured goat cheese* (g 3) 7)	25	50	75	100	125	150
Chopped walnuts (g 8) 19) 25)	10	20	30	40	50	60
Not included						
Vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1	2	2	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3180 /760	613 /146
Total fat (g)	37	7
Of which: saturated (g)	13,7	2,6
Carbohydrates (g)	75	14
Of which: sugars (g)	8,3	1,6
Fibre (g)	12	2
Protein (g)	27	5
Salt (g)	1,4	0,3

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 20) Soy 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 **linguine**.
- Cut the **mushrooms** into quarters. Chop the **onion** and press or mince the **garlic**.



3. Assemble

- In the meantime, heat the olive oil in a wok or sauté pan with a lid and fry the **onion**, **garlic** and **dried oregano** for 2 – 3 minutes on medium heat. Add the **mushrooms** and fry for 4 - 6 minutes.
- Add the stock and **single cream** and bring to a boil. Add the **linguine** and half of the **goat cheese** and heat for another minute.
- Mix with the **semi-dried tomatoes** and season with salt and pepper.

TIP: Having dinner with children who don't like goat cheese? Don't mix it with the sauce, but serve it separately as garnishing.



2. Cook

- Cut the **semi-dried tomatoes** into small pieces.
- Cook the **linguine** for 10 – 12 minutes in the pan with a lid, covered. Then drain and leave to steam dry without the lid.



4. Serve

- Transfer the pasta to plates.
- Sprinkle with the remaining **goat cheese** and the **chopped walnuts** (TIP).

TIP: Do you like roasted walnuts? Heat a frying pan on high heat and roast the chopped walnuts until they start to color.

Enjoy!

Answer: tongues



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

QUICK & EASY 20 min. • Eat within 3 days



Yazzara is a vegetable dip made of pumpkin, carrot, cream and ginger. It will give your naan pizza all the color, flavor and kick you need!



Naan bread



Onion



Garlic clove



Minced beef
with kofta spices



Spinach



Red cherry tomatoes



Yazzara

Pantry items

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

A good start

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, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Naan bread (pcs) 1) 7)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Minced beef with kofta spices* (g)	100	200	300	400	500	600
Spinach* (g) 23)	100	200	300	400	500	600
Red cherry tomatoes* (g)	60	125	185	250	310	375
Yazzara* (g) 7) 19) 22)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

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

Allergens:

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

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

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



3. Make the salad

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

TIP: Chop the spinach into bite-sized pieces: this will make it easier to eat.



2. Fry the minced beef

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



4. Serve

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

Enjoy!



Chicken sausages with homemade apple sauce

with baby potatoes and bacon

QUICK & EASY 25 min. • Eat within 5 days



You can give your apple sauce an original twist by adding some thyme, grated ginger and a pinch of ground cayenne pepper. These flavors go very well with the spices of the chicken sausages!



Baby potatoes



Apple



Garlic clove



Chicken sausages



Paprika



Vegetable mix



Diced bacon



Fresh chives



Pantry items

Butter, 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

Sauté pan with a lid, saucepan, frying pan, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Apple (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Chicken sausages* (pcs)	2	4	6	8	10	12
Paprika (tsp)	1	2	3	4	5	6
Vegetable mix* (g) 23)	200	400	600	800	1000	1200
Diced bacon* (g)	25	50	75	100	125	150
Fresh chives* (g)	2½	5	7½	10	12½	15

Not included

Butter (tbsp)	½	1	1½	2	2½	3
Honey				to taste		
Salt & pepper				to taste		

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2519 /602	364 /87
Total fat (g)	21	3
Of which: saturated (g)	8,0	1,2
Carbohydrates (g)	70	10
Of which: sugars (g)	26,7	3,9
Fibre (g)	11	2
Protein (g)	29	4
Salt (g)	1,0	0,1

Allergens: -

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. Cook the baby potatoes

- Boil ample water in a pan with a lid.
- Halve the **baby potatoes** and cut any large ones into quarters.
- Cook the **baby potatoes** for 12 – 14 minutes, or until done. Then drain and leave to steam dry without the lid.



3. Fry

- In the meantime, press or mince the **garlic**. Cut the **chicken sausage** into bite-sized pieces.
- Heat ½ tbsp butter per person in a sauté pan with a lid on high heat and fry the **garlic**, **sausage** and the **paprika** for 1 – 2 minutes. Add the **vegetable mix** and fry for 10 – 12 minutes, covered with the lid. Regularly stir.
- In the meantime, heat a frying pan on medium-high heat and fry the **diced bacon** for 5 – 6 minutes.



2. Make the apple sauce

- Peel the **apple**, remove the core and cut the **apple** into dices.
- Mix the **apple** with the honey and 3 tbsp water per person in a saucepan with a lid. Cover with a lid and bring to a boil. Allow to simmer for 12 – 14 minutes on low heat.
- Take the pan from the heat, stir and mash the **apple** with a fork and set aside, covered with the lid.

TIP: You can also make the apple sauce before you start cooking. Save it in the refrigerator. This way you will be done in no time!



4. Serve

- Finely chop the **chives**.
- Mix the **baby potatoes** with the fried **bacon**.
- Transfer the **vegetables** with **sausages** and the **baby potatoes** to plates and garnish with the **chives**.
- Serve with the **apple** sauce.

Enjoy!



Orzo salad with smoked chicken

with pointed pepper, cucumber and corn

QUICK & EASY 20 min. • Eat within 5 days



It pays off to peel an onion carefully:
the outer rings contain the most
nutrients!



Red onion



Garlic clove



Orzo



Red pointed pepper



Cucumber



Canned corn



Smoked chicken fillet



Low-fat yogurt

Pantry items

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

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, large bowl, wok or sauté 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
Garlic clove (pcs)	½	1	1½	2	2½	3
Orzo (g) 1) 20)	70	140	210	280	350	420
Red pointed pepper* (pcs)	1	2	3	4	5	6
Cucumber* (pcs)	½	1	1½	2	2½	3
Canned corn (can)	½	1	1½	2	2½	3
Smoked chicken fillet* (g)	80	160	240	320	400	480
Low-fat yogurt* (g) 7) 19) 22)	50	100	150	200	250	300
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Salt and pepper (to taste)						
Mustard (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2469 /590	324 /77
Total fat (g)	16	2
Of which: saturated (g)	3,1	0,4
Carbohydrates (g)	74	10
Of which: sugars (g)	19,1	2,5
Fibre (g)	8	1
Protein (g)	33	4
Salt (g)	3,7	0,5

Allergens:

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

May contain traces of: 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 orzo

- Prepare the stock. Press or mince the **garlic** and chop the **onion**.
- Heat ½ tbsp olive oil per person in a wok or sauté pan with a lid and fry the **garlic** and **onion** for 2 minutes.
- Add the **orzo** and the stock and cook for 10 – 12 minutes on low heat until dry. Regularly stir. Add some extra water in case the **orzo** becomes dry too quickly.



3. Make the salad

- Fry the diced **pointed pepper** with the **orzo** for 2 – 3 minutes.
- In a small bowl, mix the **yogurt** with per person: 1 tsp extra virgin olive oil, 1 tsp mustard, salt and pepper.
- In a large bowl, mix the **orzo**, **pointed pepper**, **corn** and half of the **yogurt**. Season to taste with salt and pepper and mix stir well.
- Mix the remaining **yogurt** with the **cucumber**. Season to taste with salt and pepper.



2. Cut

- Cut the **red pointed pepper** into dices. Cut the **cucumber** into dices and transfer these to a salad bowl.
- Drain the **corn** in a colander. Cut the smoked **chicken fillet** into slices.



4. Serve

- Transfer the **orzo** to plates and top with the **smoked chicken** slices.
- Serve with the **cucumber** salad on top.

Enjoy!



Feta with onion chutney and roasted chickpeas

with salad and whole grain flatbread

VEGETARIAN 35 min. • Eat within 5 days



You can also completely stuff the flatbread with salad and feta. This is perfect for eating outdoors and it will save you extra dishes.



Chickpeas



Fennel



Red onion



Feta



Spicy onion chutney



Lebanese flatbread



Mixed lettuce



Basil crème



Rasins-seeds mix

Pantry items

Olive oil, black balsamic vinegar, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Chickpeas (pack)	½	1	1½	2	2½	3
Fennel* (pcs)	½	1	1½	2	2½	3
Red onion* (pcs)	½	1	1½	2	2½	3
Feta* (g) 7)	50	100	150	200	250	300
Spicy onion chutney* (g) 19) 22)	20	40	60	80	100	120
Lebanese flatbread (pcs) 1)	1	2	3	4	5	6
Spinach, rocket and red chard mix* (g)	20	40	60	80	100	120
Basil crème* (tsp)	2	4	6	8	10	12
Raisins-seeds mix (g) 19) 22) 25)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Black balsamic vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2667 / 638	548 / 131
Total fat (g)	29	6
Of which: saturated (g)	8,7	1,8
Carbohydrates (g)	58	12
Of which: sugars (g)	14,8	3,0
Fibre (g)	16	3
Protein (g)	28	6
Salt (g)	2,6	0,5

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 19) Peanuts 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. Chickpeas in the oven

Preheat the oven to 200 degrees. Drain the **chickpeas**, pat dry with kitchen paper and transfer to a baking sheet lined with baking paper. Mix with ½ tsp olive oil per person and season with salt and pepper (TIP). Roast the **chickpeas** in the oven for 15 – 20 minutes. Turn when halfway done.

TIP: Be generous with the salt: the chickpeas can use some.



4. Toast the flatbread

Transfer the pieces of **flatbread** to a baking sheet lined with baking paper and sprinkle them with ½ tbsp olive oil per person, salt and pepper. Add them to the oven for the last 4 – 5 minutes of the **chickpeas**. Mix the **basil crème** with the remaining **onion chutney** and black balsamic vinegar in a salad bowl and season to taste with salt and pepper. Add the **red onion**, **fennel** and **mixed lettuce** to the salad bowl and mix well.



2. Fry

Halve the **fennel** and remove the hard core. Cut the **fennel** into thin strips and cut the **red onion** into half rings. Heat a pinch of salt in a frying pan on medium-high heat. Add the **red onion** and stir fry for 3 minutes. Reduce the heat to medium and add ¼ tbsp **olive** oil per person. Allow to caramelize for 8 minutes.



5. Roast

Clean the frying pan you used for the **onion** and heat again, without any butter or oil, on medium-high heat. Roast the **raisin-seeds mix** until the seeds start to color. Take from the pan and mix with the salad.



3. Prepare the feta

Cut the **feta** into 1 slice per person and carefully spread one half of each slice with the majority of the **onion chutney** (save a little bit for the dressing). Put the **feta** slice next to the **chickpeas** in the oven for the last 10 minutes. In the meantime, cut each **flatbread** into approximately 6 pizza points, forming large nachos.



6. Serve

Transfer the salad to plates, divide the **chickpeas** over the salad and carefully place the **feta** on top. Serve with the **flatbread**.

Enjoy!



Quick fish curry

with carrot, red bell pepper and Chinese cabbage

QUICK & EASY 15 min. • Eat within 3 days



Pollock is a bit softer than most white fish types, and a bit darker in color. It has a rich fish flavor and contains loads of protein, vitamin D, vitamin B and selenium.



Mixed vegetables



Red curry paste



Coconut milk



Thai basil



Brown rice



Pollock fillet



Pantry items

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

Sauté pan with a lid, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Mixed vegetables* (g) 23)	200	400	600	800	1000	1200
Red curry paste* (g) 1) 6) 7) 19) 22)	30	60	90	120	150	180
Coconut milk (ml)	75	150	225	300	375	450
Thai basil* (g)	5	10	15	20	25	30
Brown rice (g)	90	180	270	360	450	540
Pollock fillet* (g) 4)	100	200	300	400	500	600

Not included

Sunflower 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)	2801 /670	548 /131
Total fat (g)	25	5
Of which: saturated (g)	13,8	2,7
Carbohydrates (g)	75	15
Of which: sugars (g)	10,8	2,1
Fibre (g)	9	2
Protein (g)	30	6
Salt (g)	0,6	0,1

Allergens:

1) Grains containing gluten 4) Fish 6) Soy 7) Milk/lactose

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



1. Prepare

- Boil ample water in a pan with a lid for the **rice** and cook the **rice** for 10 minutes. Then drain and leave to steam dry without the lid.
- Heat ½ tbsp sunflower oil per person in a sauté pan with a lid on medium-high heat.



2. Prepare the vegetables

- Fry the **vegetable mix** for 3 – 4 minutes.
- Add the **curry paste** and fry for 1 minute. Add the **coconut milk** and season with salt and pepper. Mix well and allow to simmer for 5 minutes, covered with the lid.
- Strip the **Thai basil** leaves from the stems and finely chop the leaves.



3. Add the fish

- Cut the **pollock fillet** in half lengthwise and cut into 1 cm max. pieces. Season with salt and pepper.
- Mix the **pollock fillet** with the curry and heat for another minute, or until the fish is cooked.



4. Serve

- Transfer the **rice** to plates and top with the curry. Garnish with the **Thai basil**.

Enjoy!

Contact

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



Chicken tikka masala

with rice, fresh coriander and yogurt

FAMILY 45 min. • Eat within 5 days



Dairy products are perfect to neutralize spiciness. The yogurt in this dish will contrast the spicy tikka masala while also adding a refreshing acidity.



Garlic clove



Fresh ginger



Chicken thigh fillet



Full-fat yogurt



Garam masala



Ground turmeric



Onion



Green bell pepper



Ground cumin



Ground coriander



Passata



Basmati rice



Fresh coriander



Coconut milk

Pantry items

Olive oil, butter, 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

Frying pan, pan with a lid, aluminum foil, baking dish

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1½	3	4½	6	7½	9
Fresh ginger (cm)	1	2	3	4	5	6
Chicken thigh fillet* (pcs)	2	4	6	8	10	12
Full-fat yogurt* (g) 7) 19) 22)	75	100	150	200	250	300
Garam masala (tsp)	1½	3	4½	6	7½	9
Ground turmeric (tsp)	1½	3	4½	6	7½	9
Onion (pcs)	½	1	1½	2	2½	3
Green bell pepper* (pcs)	½	1	1½	2	2½	3
Ground cumin (tsp)	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Basmati rice (g)	85	170	250	335	420	500
Fresh coriander* (g)	2½	5	7½	10	12½	15
Coconut milk (ml)	100	200	300	400	500	600

Not included

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Butter (tbsp)	¼	½	¾	1	1¼	1½
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)	3607 / 862	622 / 149
Total fat (g)	42	7
Of which: saturated (g)	21,6	3,7
Carbohydrates (g)	85	15
Of which: sugars (g)	12,8	2,2
Fibre (g)	6	1
Protein (g)	32	6
Salt (g)	0,7	0,1

Allergens:

7) Milk/lactose

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 220 degrees. Boil ample water in a pan with a lid for the rice. Press or mince the **garlic**. Grate the **ginger** with a fine grater.



4. Cook the rice

In the meantime, cook the **rice** in a pan with a lid with a pinch of salt for 10 – 12 minutes, covered with the lid. Then drain and leave to steam dry without the lid. In the meantime, finely chop the **fresh coriander**.



2. Marinate

Cut the **chicken thigh** in half and transfer to an oven dish. Add half of the **yogurt**, half of the **garlic** and half of the **ginger** to the oven dish. Add per person: 1 tsp **garam masala**, 1 tsp **ground turmeric**, ¼ tbsp olive oil and a pinch of salt. Mix well, cover with aluminium foil and allow to marinate in the refrigerator (TIP). Chop the **onion** and cut the **green bell pepper** into dices.

TIP: The longer you marinate the chicken, the tastier it gets.



5. Finish the sauce

Shake the **coconut milk** well and add it to the pan with **passata**. Add a pinch of salt and mix well. Add the **chicken** and allow to simmer for 3 – 4 minutes on low heat.



3. Fry

Heat ¼ tbsp butter and ½ tbsp olive oil per person in a frying pan on medium heat. Fry the **onion** and **bell pepper** for 3 – 4 minutes. Add the remaining **ginger** and **garlic** and fry for 1 more minute. Add per person: ½ tsp **garam masala**, ½ tsp **ground turmeric**, ½ tsp **ground cumin** and ½ tsp **ground coriander**. Fry for 1 minute, then add the **passata** and allow to reduce for 10 – 15 minutes. In the meantime, roast the **chicken** in the oven for 10 – 15 minutes until cooked, without the aluminium foil.



6. Serve

Transfer the **rice** to plates and spoon the chicken tikka masala on top. Finish with the **fresh coriander** and **yogurt**.

Enjoy!



Vegetarian burger with an Italian twist

with tomato salsa and mixed salad

VEGETARIAN 45 min. • Eat within 5 days



This meatless burger contains 0% meat, but is 100% suitable for the BBQ! If you would like to grill your burger on the BBQ, prepare the bun, salsa and salad beforehand.



Waxy potatoes



White ciabatta



Tomato



Plum tomato



Red onion



Garlic clove



Basil crème



Mayonnaise



Vegetarian burger



Mixed lettuce

Pantry items

Olive oil, extra virgin olive oil, black balsamic 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

Small bowl, frying pan, baking sheet lined with baking paper, bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Plum tomato (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Grated Italian cheese* (g) 7)	12½	25	37½	50	62½	75
Basil crème* (ml)	8	15	20	24	35	39
Mayonnaiase* (g) 3) 10) 19) 22)	20	40	60	80	100	120
Vegetarian burger* (pcs) 6)	1	2	3	4	5	6
Mixed lettuce* (g) 23)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	½	1	1	1½	1½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4163 / 995	620 / 148
Total fat (g)	52	8
Of which: saturated (g)	12,9	1,9
Carbohydrates (g)	82	12
Of which: sugars (g)	10,1	1,5
Fibre (g)	14	2
Protein (g)	41	6
Salt (g)	2,9	0,4

Allergens:

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 10) Mustard

May contain traces of: 17) Eggs 19) Peanuts 22) Nuts

23) Celery 25) Sesame seed 27) Lupin

Contact

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



1. Prepare

Preheat the oven to 200 degrees. Wash the **potatoes** and cut into wedges. Divide the wedges over a baking sheet lined with baking paper and mix with ½ tbsp olive oil per person. Season with salt and pepper and roast in the oven for 25 – 35 minutes until cooked and crispy. Turn them when halfway done. Add the **ciabatta** to the oven for the last 6 – 8 minutes.



4. Fry the hamburger

Heat the butter in a frying pan on medium-high heat and fry the **burger** together with the **onion** rings for 2 – 3 minutes per side, or until the **burger** turns brown. Sprinkle ¾ of the **Italian cheese** over the **burger** for the last minute.



2. Cut

In the meantime, cut the **tomato** and **plum tomato** into small dices. Finely chop half of the **red onion** and cut the rest into half rings. Press or mince the **garlic**.



5. Top

Cut the **ciabatta** in half and spread the basil mayonnaise on one side. Put the **burger** on top and spread the **burger** with 3 tbsp tomato salsa per person and some of the **mixed lettuce**.



3. Make the salsa

In a bowl, mix the chopped **onion**, diced **tomatoes**, **garlic**, extra virgin olive oil and the black balsamic vinegar. Season with pepper. In a small bowl, mix the **basil crème** with the **mayonnaise**.



6. Serve

Mix the remaining salsa with the remaining **lettuce** and serve next to the burger. Garnish the salad with the remaining **Italian cheese**. Serve with the **potato wedges**.

Enjoy!



Penne with chicken meatballs in creamy cheese sauce

with fresh chives and semi-dried tomatoes

FAMILY 30 min. • Eat within 5 days



What is the percentage of water in a tomato?
Find the answer on the back



Leek



Onion



Garlic clove



Penne



Chicken meatballs with Italian herbs



Fresh chives



Semi-dried tomatoes



Nutmeg



Whipping cream



Grated matured cheese

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

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Leek* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Penne (g) 1) 20)	90	180	270	360	450	540
Chicken meatballs with Italian herbs* (pcs)	3	6	9	12	15	18
Fresh chives* (g)	5	10	15	20	25	30
Semi-dried tomatoes* (g)	20	35	55	70	90	105
Nutmeg (to taste)						
Whipping cream* (ml) 7)	50	100	150	200	250	300
Grated matured cheese* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritive value		
	Per serving	Per 100g
Energy (kJ/kcal)	3937 / 941	861 / 206
Total fat (g)	50	11
Of which: saturated (g)	19,3	4,2
Carbohydrates (g)	78	17
Of which: sugars (g)	12,1	2,7
Fibre (g)	8	2
Protein (g)	41	9
Salt (g)	2,6	0,6

Allergens:

1) Grains containing gluten 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. Prepare

Boil ample water in a pan with a lid for the penne. Cut the **leek** into thin rings and the **onion** into thin half moons. Press or mince the **garlic**.



4. Stew the leek

In the meantime, heat ½ tbsp olive oil in a sauté pan with a lid on medium-high heat. Add the **garlic**, **onion**, **leek** and 2 tbsp water per person. Allow to stew gently for 8 – 10 minutes, covered with the lid. Meanwhile, finely chop the **chives** and **semi-dried tomatoes**. Grate a pinch of **nutmeg** per person.



2. Cook the pasta

Cook the **penne** for 14 – 16 minutes, covered with the lid. Then drain and leave to steam dry without the lid.

TIP: This dish is rich in calories. Are you watching your calorie intake? Use 60 g penne per person and half of the cheese. You can use the remaining penne and cheese in a lunch salad for example, with some raw vegetables, oil and vinegar.



5. Make the sauce

Add the whipping cream, **grated aged cheese**, **semi-dried tomatoes** and **nutmeg** to the **leek**. Add the **chicken meatballs** back to the pan, mix well and heat for another 2 – 3 minutes. Season with salt and pepper.



3. Fry the meatballs

Halve the **chicken meatballs** so you get 6 **meatballs** per person. Shape them into small meatballs. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat and fry the **chicken meatballs** for 8 – 10 minutes until golden brown. Take them from the pan and save the cooking grease.



6. Serve

Mix the **penne** with the sauce and transfer to plates. Garnish with the **chives**.

Enjoy!

Answer: 95%



Homemade hamburger with fries

with cucumber-apple salad

40 min. • Eat within 5 days



Fruit combined with pork might sound strange, but the contrast works very well. The refreshingly sweet apple and savory pork will give you a whole new flavor sensation!



Waxy potatoes



Mini hamburger bun



Apple



Cucumber



Red onion



Mesclun



Mixed minced meat



Panko



Mayonnaise

Pantry items

Olive oil, 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

Grater, bowl, frying pan with a lid, salad bowl, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Mini hamburger bun (pcs) 1) 7) 11) 13) 17) 20) 22)	1	2	3	4	5	6
Apple (pcs)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Mesclun* (g)	30	60	90	120	150	180
Mixed minced meat* (g)	100	200	300	400	500	600
Panko (g) 1)	10	20	30	40	50	60
Mayonnaise* (g) 3) 10) 19) 22)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
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)	4058 / 970	588 / 140
Total fat (g)	53	8
Of which: saturated (g)	12,6	1,8
Carbohydrates (g)	82	12
Of which: sugars (g)	15,8	2,3
Fibre (g)	9	1
Protein (g)	35	5
Salt (g)	0,9	0,1

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. Make the fries

Preheat the oven to 220 degrees. Wash or peel the **potatoes** and cut into 1 cm thick fries. On a baking sheet lined with baking paper, mix the fries with the olive oil and salt and pepper to taste. Roast the fries in the oven for 30 – 35 minutes, or until golden brown. Turn when halfway done. Add the **hamburger buns** to the oven for the final 2 minutes of the fries.



4. Make the hamburgers

In a bowl, mix the **minced meat** with the grated **apple** and **panko**. Season with salt and pepper. Separate the mixture into 1 **hamburger** per person.



2. Cut the apple

In the meantime, cut the **apple** into quarters and remove the core. Grate one quarter of the **apple** with a coarse grater and set aside. Cut the remaining **apple** into thin slices lengthwise. Separate 3 slices per person as garnishing.



5. Fry the hamburgers

Heat a frying pan with a lid without any oil or butter (TIP) on medium-high heat and fry the **hamburgers** and **red onion** for 12 – 14 minutes. Turn the **hamburgers** after 6 – 7 minutes and cover the pan with the lid for the last 3 minutes.

TIP: You don't need any oil or butter to fry the burgers: the mixed minced meat will release enough grease to fry it in. You can always add a little bit of butter if necessary. For a sweet twist, you can also fry the apple together with the red onion.



3. Make the salad

Cut the **cucumber** in half lengthwise, remove the seeds with a spoon, then cut into thin half moons. Cut the **red onion** into rings. Separate 5 nice-looking **mesclun** leaves per person for garnishing. In a salad bowl, mix the remaining **mesclun** with the **apple** slices (except the ones you will use as garnishing) and the **cucumber**. Season to taste with extra virgin olive oil, white balsamic vinegar, salt and pepper. Keep in the refrigerator until serving.



6. Serve

Cut open the **hamburger buns** and spread the lower half with some **mayonnaise**. Put the **apple** slices on top, followed by the **hamburger**, the **mesclun** and the **red onion**. Serve the **burgers** with the salad, fries and remaining **mayonnaise**.

TIP: Are you watching your calorie intake? Leave out the mayonnaise and make an alternative sauce with yogurt or quark, mixed with mustard, salt and pepper.

Enjoy!



Pork tenderloin with pistachio-thyme crust

with green asparagus and creamy apple-celeriac puree

PREMIUM 45 min. • Eat within 5 days



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



Fresh thyme



Pistachio nuts



Garlic clove



Pork tenderloin



Celeriac



Starchy potatoes



Apple



Green asparagus



Mascarpone

Pantry items

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

Griddle pan or frying pan, bowl, pan with a lid, potato masher, baking sheet lined with baking paper, plate, pan

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Fresh thyme* (g)	2½	5	7½	10	12½	15
Pistachio nuts (g) 8 19 25)	25	50	75	100	125	150
Garlic clove (pcs)	1	2	3	4	5	6
Pork tenderloin* (pcs)	1	2	3	4	5	6
Celeriac (g) 9	150	300	450	600	750	900
Starchy potatoes (g)	150	300	450	600	750	900
Apple (pcs)	½	¾	1	1½	1¾	2
Green asparagus* (g)	125	250	375	500	625	750
Mascarpone* (g) 7	15	30	45	60	75	90
Not included						
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)	2732 / 653	420 / 100
Total fat (g)	26	4
Of which: saturated (g)	11,0	1,7
Carbohydrates (g)	55	8
Of which: sugars (g)	9,3	1,4
Fibre (g)	16	2
Protein (g)	40	6
Salt (g)	0,3	0,0

Allergens:

7) Milk/lactose **8)** Nuts **9)** Celery

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

Contact

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



1. Prepare the pork tenderloin

Preheat the oven to 180 degrees. Strip the **thyme** leaves from the stems. Finely chop the **pistachio** and **garlic** and mix them on a plate with half of the **thyme**, salt and pepper (TIP). Roll the **pork tenderloin** through the pistachio mixture and press well to form a crust. Transfer the **pork** to a baking sheet with baking paper and roast in the oven for 15 – 25 minutes. After this, allow to rest for a few minutes.

TIP: You can also grind the pistachio nuts and thyme in a food processor.



4. Green asparagus

In the meantime, boil ample water in a pan. Remove the bottom 2 cm from the **green asparagus** (TIP). Cook them for 1 – 2 minutes in the pan and then transfer them to a large bowl with cold water. Heat ½ tbsp butter per person in a griddle pan or frying pan and fry the remaining **garlic** with the **green asparagus** for 3 – 4 minutes on medium-high heat.

TIP: The bottom part of the green asparagus can be quite tough, that is why you remove this part. It could be more or less than 2 cm, this is different for each one.



2. Prepare the puree

In the meantime, boil ample water in a pan with a lid for the **potatoes** and **celeriac**. Peel the **celeriac**, weigh 150 g per person and cut into 1 cm dices. Peel the **potato** and cut into large pieces. Peel the **apple**, remove the core and cut into large pieces (TIP).

TIP: Make sure you cut the celeriac into smaller pieces than the potato. Celeriac takes longer to cook; this way they will be done at the same time.



5. Make the puree

Use a potato masher to mash the **potatoes**, **celeriac** and **apple** with the **mascarpone** into a fine puree. Season with salt and pepper.



3. Cook

Add the **potato**, the **celeriac** and a generous pinch of salt to the pan with boiling water and cook for 17 – 20 minutes. For the last 2 – 3 minutes, add the **apple**. Drain and leave to steam dry without the lid.



6. Serve

Cut the **pork tenderloin** into slices. Transfer the puree and pork tenderloin slices to plates and serve with the **green asparagus**. Garnish with the remaining **thyme** and **pistachio** that might have fallen off the pork tenderloin.

Enjoy!



Fresh ravioli with fennel, goat cheese and bacon

with snow peas and salad

PREMIUM 30 min. • Eat within 5 days



This fresh pasta is prepared with lots of love by the Pastafabriek. They use specially ground flour from Italy and Dutch free-range eggs.



Garlic clove



Onion



Fennel



Mixed lettuce



Shaved almonds



Bacon



Ravioli



Snow peas



Fresh goat cheese



Whipping cream

Pantry items

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

A good start

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, pan with a lid, salad bowl

Ingredients for 1 – 6 servings

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

Not included

Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3969 / 949	698 / 167
Total fat (g)	60	11
Of which: saturated (g)	26,8	4,7
Carbohydrates (g)	64	11
Of which: sugars (g)	14,1	2,5
Fibre (g)	9	2
Protein (g)	34	6
Salt (g)	2,7	0,5

Allergens:

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

Contact

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



1. Prepare

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



4. Prepare the toppings

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



2. Fry the vegetables

Heat ½ tbsp butter per person in a sauté pan with a lid. Fry the **garlic** and **onion** for 1 – 2 minutes with a generous pinch of salt. Add the **fennel** strips and 20 ml water per person and fry for 16 – 18 minutes, covered with the lid. Stir regularly. Allow to reduce a little bit longer in case it is still too moist.



5. Finish the sauce

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



3. Make the dressing

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



6. Serve

Right before serving, mix the dressing in the salad bowl with the **mixed lettuce**. Transfer the **ravioli** and **snow peas** to plates and top with the **goat cheese** and **fennel**. Garnish with the **bacon** and **shaved almonds**. Serve with the salad.

Enjoy!



Spanish tapas

with albondigas, patatas bravas and garlic shrimps

FESTIVE 50 min. • Eat within 3 days



The word albondiga is derived from the Arabic word al-bunduq, which means hazelnut.



Fresh flat leaf parsley



Onion



Garlic clove



Red chili pepper



Semi-starchy potatoes



Paprika



Panko



Middle Eastern spices



Mixed minced meat



Diced tomato with onion



Green bell pepper



Large shrimps



Galia melon



Serrano ham



Beef tomato



Whole grain pistolet



Lime



Aioli

Pantry items

Extra virgin olive oil, salt and pepper

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, small bowl, grater, frying pan, bowl, serving bowl, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Onion (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	1	2	3	4	5	6
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Semi-starchy potatoes* (g)	200	400	600	800	1000	1200
Paprika (tsp)	1½	3	4½	6	7½	9
Panko (g 1)	6	12½	19	25	31½	37½
Middle Eastern spices (tsp)	½	1	1½	2	2½	3
Mixed minced meat* (g)	100	200	300	400	500	600
Diced tomato with onion (pack)	½	1	1½	2	2½	3
Green bell pepper* (pcs)	1	2	3	4	5	6
Large shrimps* (g 2)	65	130	195	260	325	390
Galia melon (pcs)	¼	½	¾	1	1¼	1½
Serrano ham* (g)	20	40	60	80	100	120
Beef tomato (pcs)	½	1	1½	2	2½	3
Whole grain pistolet (pcs 1) 6) 7) 17) 22) 25) 27)	½	1	1½	2	2½	3
Lime (pcs)	¼	½	¾	1	1¼	1½
Aïoli* (g 3) 10) 19) 22)	25	50	75	100	125	150

Not included						
Olive oil (tbsp)	2½	5	7½	10	12½	15
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4973 / 1189	440 / 105
Total fat (g)	73	6
Of which: saturated (g)	15,0	1,3
Carbohydrates (g)	79	7
Of which: sugars (g)	33,0	2,9
Fibre (g)	15	1
Protein (g)	51	4
Salt (g)	5,0	0,4

Allergens:

1) Grains containing gluten 2) Shellfish 3) Eggs 6) Soy 7) Milk/lactose 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 25) Sesame seed 27) Lupin



1. Prepare

Preheat the oven to 200 degrees. Finely chop the **flat leaf parsley**. Very finely mince the **onion** and press or mince the **garlic**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Thoroughly wash the **potatoes** and cut into 1 cm dices. In a bowl, mix the **potatoes** with ½ tbsp olive oil per person, the **paprika**, salt and pepper. Transfer to a baking sheet lined with baking paper and roast in the oven for 25 – 35 minutes.



4. Pan con tomate

Cut the **galia melon** in wedges, remove the seeds and cut off the peel. Transfer the wedges to a bowl and divide the **serrano ham** over them. Halve the **beef tomato** and grate everything but the peel with a coarse grater. Cut the **pistolet** in half and sprinkle the cut side with salt, olive oil to taste and the remaining **garlic**. Heat in the oven for 3 – 4 minutes. Then spread the **pistolet** with the grated **tomato** (TIP).

TIP: Allow the **pistolets** to cool or hold them in a kitchen towel: they are still hot!



2. Make the albondigas

Mix the **panko**, the **Middle Eastern spices**, the **minced meat**, mustard and minced **onion** in a bowl and shape the mixture into 4 **meatballs** per person. Heat ½ tbsp olive oil per person in a sauté pan with a lid and fry the **meatballs** for 3 – 4 minutes until brown all around. Add the **diced tomato** and ½ of the **garlic** and season with salt and pepper. Reduce the heat and allow to stew for 14 – 16 minutes, covered with the lid.



5. Fry the shrimps

Heat a frying pan on medium-high heat. When the pan is nice and hot, fry the garlic **shrimps** for 2 – 4 minutes, or until pink. Then transfer to a bowl and pour the cooking grease over them.



3. Roast the bell pepper

Cut the **green bell pepper** into 4 cm wide strips, mix them with ½ tbsp olive oil per person on a baking sheet lined with baking paper and sprinkle with salt. Roast with the **potatoes** in the oven for 20 minutes. In a bowl, mix the **red chili pepper** with half of the **curly parsley**, ½ of the **garlic** and 1 tbsp olive oil per person. Add the **shrimps**.



6. Serve

Serve everything in separate bowls, tapas-style: the patatas bravas with the **aioli**, the roasted **bell pepper**, the pan con tomate and albondigas **meatballs**. Finally, cut the **lemon** into wedges and serve on the side.

Buen provecho!



Creamy linguine with diced chicken fillet as extra

with broccoli, goat cheese and walnuts

HELLOEXTRA 30 min. • Eat within 5 days



Devinette : le mot italien 'linguine' signifie : a) rubans b) petites langues ou c) lignes ?
(réponse : petites langues)



Mushrooms



Onion



Garlic clove



Semi-dried tomatoes



Linguine



Dried oregano



Diced chicken fillet



Single cream



Grated matured goat cheese



Chopped walnuts

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

Sauté pan with a lid, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Mushrooms* (g)	125	250	375	500	62	1200
Onion(pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Semi-dried tomatoes* (g)	35	60	90	120	150	180
Linguine (g 1) 17) 20)	90	180	270	360	450	540
Dried oregano (tsp)	1	2	3	4	5	6
Diced chicken fillet* (g)	100	200	300	400	500	600
Single cream (tbsp 7)	2	4	6	8	10	12
Grated matured goat cheese* (g 3) 7)	25	50	75	100	125	150
Chopped walnuts (g 8) 19) 25)	10	20	30	40	50	60
Not included						
Vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1	2	2	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3757 /898	607 /145
Total fat (g)	43	7
Of which: saturated (g)	15,3	2,5
Carbohydrates (g)	76	12
Of which: sugars (g)	8,3	1,3
Fibre (g)	12	2
Protein (g)	47	8
Salt (g)	1,6	0,3

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 20) Soy 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 **linguine**.
- Cut the **mushrooms** into quarters. Chop the **onion** and press or mince the **garlic**.



2. Cook the linguine

- Cut the **semi-dried tomatoes** into small pieces.
- Cook the **linguine** for 10 – 12 minutes in the pan with a lid, covered. Then drain and leave to steam dry without the lid.



3. Assemble

- In the meantime, heat the olive oil in a wok or sauté pan with a lid and fry the **onion**, **garlic** and **dried oregano** for 2 – 3 minutes on medium heat.
- Add the **diced chicken fillet** and **mushrooms** and fry for 6 – 8 minutes. Add the stock and single cream and bring to a boil.
- Add the **linguine** and half of the **goat cheese** and heat for another minute. Mix with the **sun-dried tomato** and season with salt and pepper.

TIP: Having dinner with children who don't like goat cheese? Don't mix it with the sauce, but serve it separately as garnishing.



4. Serve

- Transfer the pasta to plates.
- Sprinkle with the leftover **goat cheese** and the **chopped walnuts** (TIP).

TIP: Do you like roasted walnuts? Heat a frying pan on high heat and roast the chopped walnuts until they start to color.

Enjoy!



BREAKFAST BOX

Good morning!

Sour dough roll with bacon omelette

with fresh chives

1X 25 min.

1

**Sour dough roll with
bacon omelette**
with fresh chives

2

**Quark with pear
and kiwi**
with pecan nuts and
chia seeds

3

**Crackers with
goat cheese**
with avocado and alfalfa



Equipment

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		
Butter (tbsp)	½	1
Salt and pepper (to taste)		

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	2431 /581	826/197
Total fat (g)	23	8
Of which: saturated (g)	7,1	2,4
Carbohydrates (g)	64	22
Of which: sugar (g)	2,0	0,7
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 roll in half and top with the omelette. Enjoy with a glass of **milk**!

Quark with pear and kiwi

with pecan nuts and chia seeds

2X 20 min.



Equipment

Ingredients for 1 breakfast

	2P	4P
Conference pear* (pcs)	1	2
Green kiwi* (pcs)	2	4
Full-fat quark* (g) 7)	250	500
Chia seeds (tsp) 19) 22) 25)	1	2
Pecan nuts (g) 8) 19) 25)	30	60

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1607 / 384	527 / 126
Total fat (g)	25	8
Of which: saturated (g)	9,0	2,9
Carbohydrates (g)	26	8
Of which: sugar (g)	21,1	6,9
Fibres (g)	4	1
Protein (g)	12	4
Salt (g)	0,1	0,0

Allergens

7) Milk/lactose 8) Nuts null) Pecannoten

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

1. Peel the **pear**, remove the core and cut into dices. Peel the **kiwi** and cut into thin slices.
2. Transfer the **quark** to breakfast bowls. Add the fruit and sprinkle with ½ tsp chia **seeds** per person. Roughly chop the pecan **nuts** and divide among the bowls.

Crackers with goat cheese

with avocado and alfalfa

2X 20 min.



Equipment

Ingredients for 1 breakfast

	2P	4P
Crackers (pcs) 1)	6	12
Fresh goat cheese* (g) 7)	50	100
Avocado (pcs)	1	2
Alfalfa (tbsp) 10) 15)	3	6

Not included

Salt and pepper (to taste)

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1521 / 364	1058 / 253
Total fat (g)	20	14
Of which: saturated (g)	5,5	3,8
Carbohydrates (g)	29	20
Of which: sugar (g)	2,5	1,7
Fibres (g)	13	9
Protein (g)	9	6
Salt (g)	0,8	0,6

Allergens

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 15) Grains containing gluten 24) Mustard

1. Spread the **crackers** with the fresh **goat cheese**.
2. Cut the **avocado** in half, remove the seed and cut the **avocado** into dices. Divide the diced **avocado** over the **goat cheese**.
3. Garnish the **crackers** with alfalfa and season with salt and pepper to taste.