



Salmon fillet with Asian potato salad

with stir-fried broccoli and sesame seeds

FAMILY 30 min. • Eat within 5 days

FAMILY



Roseval potatoes



Broccoli



Garlic clove



Shallot



Ground coriander



Soy sauce



Sesame seeds



Salmon fillet



Mayonnaise

Pantry items

Sambal, white wine vinegar, olive oil, salt and pepper

A good start

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

Equipment

Wok or sauté pan, frying pan, 2x pan with a lid, bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	250	500	750	1000	1250	1500
Broccoli* (g)	200	400	600	800	1000	1200
Garlic clove* (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Soy sauce (ml) 1) 6)	5	10	15	20	25	30
Sesame seeds (g) 11) 19) 22)	5	10	15	20	25	30
Salmon fillet* (pcs) 4)	1	2	3	4	5	6
Mayonnaise* (tbsp) 3) 10) 19) 22)	1	2	3	4	5	6
Not included						
Sambal (tsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	1	2	3	4	5	6
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)	3115/745	492/118
Total fat (g)	42	7
Of which: saturated (g)	6,5	1,0
Carbohydrates (g)	53	8
Of which: sugars (g)	4,6	0,7
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	1,5	0,2

Allergens:

1) Grains containing gluten **3)** Eggs **4)** Fish **6)** Soy

10) Mustard **11)** Sésame

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



1. Cook the potatoes

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



2. Blanching

In the meantime, cut the **broccoli** into florets and the stem into dices. Make sure the broccoli is just under water in a different pan with a lid. Cover with the lid, bring to a boil and allow to simmer for 2 – 3 minutes. Then drain and rinse with cold water to make sure the broccoli does not cook any further (TIP).

TIP: Do you prefer your broccoli a bit softer? Cook it for 3 minutes longer.



3. Cut, mix and roast

In the meantime, press or mince the **garlic** and chop the **shallot**. In a bowl, mix the **garlic** with the **shallot**, **ground coriander**, **soy sauce**, sambal and white wine vinegar. Season with salt and pepper. Heat a frying pan on high heat and roast the **sesame seeds** until golden brown, without any oil. Then take from the pan and set aside.



4. Stir fry the broccoli

In the meantime, heat half of the olive oil in a wok or sauté pan on medium-high heat. Add the cooked **broccoli** and half of the dressing and stir fry for 3 – 5 minutes, or until the broccoli is soft, but with a bite. Add half of the **sesame seeds**.



5. Fry the salmon

In the meantime, pat the **salmon fillet** dry with kitchen paper. Heat the remaining olive oil in the same frying pan on medium-high heat and fry for 2 – 3 minutes on the skin and 2 minutes on its other side. Season with salt and pepper.



6. Serve

Mix the remaining dressing and **mayonnaise** with the **potatoes** and season with salt and pepper. Transfer the potato salad and **broccoli** to plates. Serve with the **salmon** and sprinkle with the remaining **sesame seeds**.

Enjoy!

Contact

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



Marinated pork strips with Chinese-style rice

with ham, omelette and sweet and spicy cucumber

45 min. • Eat within 5 days



Garlic clove



Indonesian
spiced pork strips



Jasmine rice



Red chili pepper



Cucumber



Leek



Free-range egg



Ham



Peanuts

Pantry items

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

A good start

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

Equipment

Wok or sauté pan, frying pan, pan with a lid, 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* (pcs)	100	200	300	400	500	600
Free-range egg* (pcs) 3)	1	2	3	4	5	6
Ham* (g)	10	15	25	30	40	45
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 vinegar 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)	4029/963	695/166
Total fat (g)	44	8
Of which: saturated (g)	7,4	1,3
Carbohydrates (g)	95	16
Of which: sugars (g)	24,0	4,1
Fibre (g)	6	1
Protein (g)	43	7
Salt (g)	1,7	0,3

Allergens:

3) Eggs 11) Peanuts

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

Contact

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1. Prepare

Press or mince the **garlic**. In a bowl, mix the **pork strips** with the garlic, ketjap, 1 tsp sugar 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 to steam dry and cool.



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 allow the rice to fry well. 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, for in a lunch salad or soup for example. You can also garnish the dish with half of the peanuts.



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 strips

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 dices.



6. Serve

Transfer the fried **rice** to plates. Put the fried **pork strips** next to the rice. Garnish with the **peanuts** and serve with the sweet and spicy **cucumber**.

Enjoy!



Shakshuka with homemade tortilla chips

with tomato, cannellini beans, feta and egg

VEGETARIAN 30 min. • Eat within 5 days

VEGETARIAN



Cannellini beans



Bell pepper



Tomato



Mexican spices



Diced tomato
with onion



Fresh coriander



Feta



Free-range egg



Whole grain tortilla

Pantry items

Olive oil, vegetable stock cube, salt
and pepper

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Cannellini beans (pack)	½	1	1½	2	2½	3
Bell pepper* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Mexican spices (tsp)	1½	3	4½	6	7½	9
Diced tomato with onion (pack)	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Feta* (g) 7)	25	50	75	100	125	150
Free-range egg* (pcs) 3)	2	4	6	8	10	12
Whole grain tortilla (pcs) 1)	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3316 / 793	464 / 111
Total fat (g)	35	5
Of which: saturated (g)	10,3	1,4
Carbohydrates (g)	73	10
Of which: sugars (g)	20,4	2,9
Fibre (g)	20	3
Protein (g)	36	5
Salt (g)	4,8	0,7

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose
May contain traces of: -

Contact

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1. Prepare

Preheat the oven to 210 degrees. Drain the **cannellini beans** in a sieve. Remove the seeds from the **bell pepper** and cut it into 1 cm dices.

TIP: Did you know that this dish contains almost 70% of the daily recommended amount of fibre and more vitamin C than the daily recommendation? This amount of fibre is largely due to the beans, the whole grain tortillas and vegetables, even the canned tomatoes.



4. Add the eggs

Make an opening per egg in the mixture in the pan and break the **eggs** into them. Cover with a lid and allow the eggs to firm up for 8 – 10 minutes (TIP). Remove the lid for the last 4 minutes and turn up the heat so excess liquid evaporates.

TIP: The time it takes to cook the eggs strongly depends on the size of your pan. You can cook the eggs to taste: shorter for a more runny egg and longer for a more firm egg.



2. Make the shakshuka

Heat ½ tbsp olive oil per person in a sauté pan with a lid and fry 1 tsp **Mexican spices** per person for 30 seconds on medium-high heat. Add the **tomato**, **bell pepper** and **cannellini beans** to the spices in the pan. Crumble the stock cube over it, stir well and allow to simmer for 5 minutes, covered with the lid. Season with salt and pepper.

TIP: Are you watching your salt intake? Use half of the stock cube and half of the feta.



5. Make the tortilla chips

Meanwhile, cut the **tortillas** into the shape of pizza slices, so that you get large tortilla chips. Drizzle with the remaining olive oil and **Mexican spices** and season with salt and pepper. Divide the tortilla chips over a baking sheet lined with baking paper and roast in the oven for 4 - 5 minutes.



3. Prepare the toppings

In the meantime, roughly chop the **coriander** and crumble the **feta**.



6. Serve

Serve the shakshuka in the pan and garnish with the **feta** and the **coriander**. Serve the **tortilla** chips on the side, to dip into the shakshuka.

Enjoy!



Orzo with chicken thigh, dill and feta

with a salad

35 min. • Eat within 5 days



Garlic clove



Shallot



Chicken thigh
with bone



Lemon



Cucumber



Fresh dill



Piri-iri spices



Orzo



Mixed lettuce



Chopped walnuts



Feta

Pantry items

Olive oil, vegetable stock, red wine vinegar, extra virgin olive oil, white balsamic vinegar, honey, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, small bowl, aluminum foil, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Chicken thigh with bone* (pxs)	1	2	3	4	5	6
Lemon (pcs)	¼	½	¾	1	1¼	1½
Cucumber* (pcs)	½	1	1½	2	2½	3
Fresh dill* (g)	5	10	15	20	25	30
Piri-piri spices (tsp)	½	1	1½	2	2½	3
Orzo (g) 1) 20)	85	170	250	335	420	500
Mixed lettuce* (g)	40	80	120	160	200	240
Chopped walnuts (g)	10	20	30	40	50	60
Feta* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Vegetable stock (ml)	250	500	750	1000	1250	1500
Red wine vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
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)	3864 / 924	493 / 118
Total fat (g)	51	7
Of which: saturated (g)	15,1	1,9
Carbohydrates (g)	74	9
Of which: sugars (g)	13,0	1,7
Fibre (g)	6	1
Protein (g)	39	5
Salt (g)	3,7	0,5

Allergens:

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

May contain traces of: 19) Peanuts 20) Soy 25) Sesame seed

Contact

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1. Fry the chicken

Prepare the stock. Chop the **shallot** and press or mince the **garlic**. Sprinkle the **chicken thigh** with salt and pepper. Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat and place the chicken thigh in the pan with the skin-side down. Fry on the skin for 5 – 6 minutes, then turn and fry for another 3 – 4 minutes. Then take from the pan and allow to rest under aluminium foil (the chicken does not have to be cooked through yet).



4. Add the chicken

Put the **chicken thigh** on top of the **orzo** and allow to cook for another 6 – 7 minutes, covered with the lid.



2. Marinate the cucumber

While frying the chicken, mix half of the **shallot** in a small bowl with 1 tbsp red wine vinegar per person and a pinch of salt. Juice half of the **lemon** and cut the rest of the lemon into wedges. Cut the **cucumber** into dices and finely chop the **dill**. In a salad bowl, mix per person: ½ tbsp lemon juice, ½ tbsp extra virgin olive oil, 1 tsp white balsamic vinegar, 1 tsp honey and salt and pepper to taste. Mix the **cucumber** with the dressing.



5. Make the salad

Take ½ of the **cucumber** from the salad bowl and set aside. Mix the **mixed lettuce** and half of the **dill** with the cucumber in the salad bowl and garnish with the **shallot** and **chopped walnuts**



3. Cook the orzo

Add the **garlic**, the remaining **shallot** and the **piri-piri spices** (TIP) to the same sauté pan you used for the chicken and fry for 2 minutes. Add the **orzo** to the pan and mix well. Then add the stock and allow the orzo to cook for 4 – 5 minutes, covered with the lid.

TIP: The piri-piri spices are quite spicy. Not a fan? Don't add too much of it.



6. Serve

Crumble the **feta**. Garnish the chicken and orzo with the feta, the saved **cucumber** and the remaining **dill**. Serve with the **lemon** wedges and the salad.

Enjoy!



German steak with spicy sweet-potato puree

with garlic flat beans and cherry tomatoes

BALANCED **FAMILY** **QUICK & EASY** 25 min. • Eat within 3 days

BALANCED



Sweet potato



Starchy potatoes



Garlic clove



Red chili pepper



Scallion



Cherry tomatoes



Cut flat beans



Pumpkin seeds



German steak

Pantry items

Vegetable stock, olive oil, butter, salt and pepper

A good start

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

Equipment

Frying pan, frying pan with a lid, pan with a lid, potato masher

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Sweet potato (g)	200	400	600	800	1000	1200
Starchy potatoes (g)	150	300	450	600	750	900
Garlic clove (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Scallion* (pcs)	2	4	6	8	10	12
Cherry tomatoes* (g)	125	250	375	500	625	750
Cut flat beans* (g) (23)	150	300	450	600	750	900
Pumpkin seeds (g) (19) (22) (25)	5	10	15	20	25	30
German steak* (pcs)	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	400	800	1200	1600	2000	2400
Olive oil (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 serving	Per 100g
Energy (kJ/kcal)	2642 / 632	315 / 75
Total fat (g)	16	2
Of which: saturated (g)	5,0	0,6
Carbohydrates (g)	78	9
Of which: sugars (g)	21,2	2,5
Fibre (g)	17	2
Protein (g)	34	4
Salt (g)	2,4	0,3

Allergens: -

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

Contact

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1. Cut

Prepare the stock in a pan with lid for the potatoes and the sweet potatoes. Weigh the required amount of **sweet potatoes**. Wash or peel both **potatoes** and cut them into large pieces. Press or mince the **garlic**. Remove the seeds from the **red chili pepper** and mince the pepper. Cut the **scallion** into fine rings and separate the white part of 1 scallion per person.

FACT: Did you know that this dish contains more vitamin C than the daily recommended amount, due to the potatoes and flat beans? And did you know that potatoes are rich in iron?



4. Fry the meat

Heat a frying pan on high heat without oil and roast the **pumpkin seeds** until they pop. Then take from the pan and set aside. In the same pan, heat the butter on a medium-high heat and fry the **German steak** with the remaining **scallion** for 2 – 3 minutes per side until brown. Season with salt and pepper. Fry the steak a little bit longer if you prefer it not to be red on the inside.

TIP: Want to make a gravy? Deglaze the German steak with 2 tbsp water per person, stir well and pour the gravy over the puree.



2. Cook

Cook both **potatoes** for 10 – 12 minutes in the stock, covered with a lid. Then drain and save a little bit of stock. Leave the potatoes to steam dry without the lid. Cut the **cherry tomatoes** in half.

TIP: You will cook the potatoes in stock. This will make the potatoes very flavorful, while remaining relatively low in salt. Are you watching your salt intake? Cook the potatoes in water.



5. Make the puree

Puree the cooked **potatoes** with a potato masher. Add a splash of the saved stock, stir in the **red chili pepper** and season with salt and pepper (TIP). Optionally, you can add some extra butter to make the mash creamier.

TIP: Do you have children joining for dinner who don't like spiciness? Leave out the red chili pepper and optionally, season the puree with 1/2 tsp curry powder per person.



3. Fry the flat beans

In the meantime, heat the olive oil in a frying pan with a lid on medium-high heat. Fry the **garlic** and the saved white part of the **scallion** for 1 – 2 minutes. Add the **flat beans** and 1 tbsp water per person and fry for 6 minutes, covered with the lid. Then take the lid off, add the **cherry tomatoes** and fry for another 4 minutes until the beans are al dente. Season with salt and pepper.



6. Serve

Transfer the puree to plates and garnish the puree with the fried **scallion** and **pumpkin seeds**. Serve with the **flat beans**, **cherry tomatoes** and the **German steak**.

Enjoy!



Vegetable lasagne with homemade cream sauce

with eggplant, spinach and aged cheese

VEGETARIAN **FAMILY** 60 min. • Eat within 5 days

VEGETARIAN



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

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

Equipment

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
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 (container) 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

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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. Roast 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 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. Use the same amount of butter as flour. Is your sauce too thin? Allow it to reduce a little bit longer.



4. Finish the 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**, ½ of the **grated aged cheese** and salt and pepper to taste.



5. Make the lasagne

Grease an oven dish with the remaining olive oil. Pour a thin layer of sauce into the oven 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 **aged cheese**. Cook the lasagne in the oven for 25 – 35 minutes.

TIP: By pressing the lasagne sheets well, the sauce will spread evenly; this will also make it cook evenly.

TIP: you will receive more cheese than necessary for this recipe. Feel free to add all of the cheese if you prefer.



6. Serve

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

Enjoy!



Turkish stuffed courgette with brown rice

with feta-tomato salad

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

BALANCED



- | | |
|---|---|
|  |  |
| Garlic clove | Onion |
|  |  |
| Fresh herbs | Feta |
|  |  |
| Brown rice | Paprika |
|  |  |
| Ground cinnamon | Diced tomato |
|  |  |
| Courgette | Ground cumin |
|  |  |
| Shaved almonds | Plum tomato |

Pantry items
Olive oil, extra virgin olive oil, salt and pepper

A good start

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

Equipment

Oven dish, frying pan, pan with a lid, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Fresh curly parsley, coriander and mint* (g)	10	20	30	40	50	60
Feta* (g) 7)	50	100	150	200	250	300
Brown rice (g)	42	85	127	170	212	255
Paprika (tsp)	½	1	1½	2	2½	3

Not included						
Olive oil (tsp)	1½	3	4½	6	7½	9
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2586 / 618	316 / 75
Total fat (g)	25	3
Of which: saturated (g)	8,1	1,0
Carbohydrates (g)	69	8
Of which: sugars (g)	31,8	3,9
Fibre (g)	9	1
Protein (g)	24	3
Salt (g)	2,1	0,3

Allergens:

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 25) Sezamzaad

Contact

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1. Prepare

Preheat the oven to 210 degrees, Boil water in a pan with a lid for the rice. Press or mince the **garlic** and chop the **onion**. Finely chop the **curly parsley, mint** and **coriander**. Cut the **feta** into dices.

FACT: The feta and the large amount of vegetables are not only tasty: together they make up 50% of the daily recommended amount of calcium per portion.



4. Roast the courgettes

Mix the **rice** and half of the **feta** with the tomato mixture. Season with salt and pepper. Stuff the half **courgettes** with the tomato-rice mixture (TIP). Sprinkle with the **shaved almonds**. Roast the stuffed courgettes in the oven for 20 – 25 minutes, until cooked and soft.

TIP: Any leftover stuffing? Put this in between the halved courgettes.



2. Fry the stuffing

Cook the **rice** for 12 – 15 minutes, covered with the lid. Drain and leave to steam dry without the lid. Heat 1 tsp olive oil per person in a frying pan. Fry the **onion, garlic**, ½ tsp **paprika** per person and a pinch of **cinnamon** per person on medium-high heat for 4 – 6 minutes. Add the **diced tomato** and allow to simmer for 5 minutes on low heat.

TIP: Cinnamon has a very specific flavor. Not a fan? Add less to taste, or leave it out completely.



5. Make the salad

Cut the **plum tomato** into dices. In a salad bowl, mix the leftover **feta** with the plum tomato. Season with salt, pepper and extra virgin olive oil to taste. Mix the **fresh herbs** with the tomato salad. Optionally, save some herbs to use as garnishing.



3. Halve the courgettes

Cut the **courgette** in half lengthwise and remove the seeds with a spoon. Finely chop the seeds and add them to the tomato mixture. Put the halved courgettes in an oven dish and rub with ½ tsp olive oil per person. Season with ¼ tsp **cumin** per person, salt and pepper (TIP).

TIP: Not a fan of cumin? If the flavor is overwhelming, leave it out.



6. Serve

Transfer 2 half stuffed courgettes per person to plates. Serve with the tomato salad.

FACT: Did you know that this dish contains about 600 g vegetables per person? And that canned vegetables are not by definition less healthy than fresh vegetables? This dish contains 100% of the daily recommended amount of fibre, due to the vegetables.

Enjoy!



Meal salad with bulgur and halloumi

with kohlrabi and strawberry dressing

VEGETARIAN 40 min. • Eat within 5 days

VEGETARIAN



Kohlrabi



Red onion



Whole grain bulgur



Strawberry jam



Pumpkin seeds



Halloumi



Lamb's lettuce

Pantry items

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

A good start

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

Equipment

Sauté pan with a lid, small bowl, griddle pan or frying pan, frying pan, pan with a lid, sieve, kitchen paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Kohlrabi* (g)	250	500	750	1000	1250	1500
Red onion (pcs)	½	1	1½	2	2½	3
Whole grain bulgur (g) 1)	40	85	125	170	210	255
Strawberry jam (cup) 19) 22)	1	2	3	4	5	6
Pumpkin seeds (g) 19) 22) 25)	10	20	30	40	50	60
Halloumi* (g) 7)	100	200	300	400	500	600
Lamb's lettuce* (g) 23)	20	40	60	80	100	120
Not included						
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Butter (tbsp)	1	1½	2	2½	3½	4
Black balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
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)	3569 / 853	676 / 162
Total fat (g)	49	9
Of which: saturated (g)	22,6	4,3
Carbohydrates (g)	56	11
Of which: sugars (g)	15,8	3,0
Fibre (g)	15	3
Protein (g)	38	7
Salt (g)	4,9	0,9

Allergens:

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

Contact

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



1. Prepare

Peel the **kohlrabi** and cut into dices of 1 x 1 cm. Chop the **red onion**.

FACT: Did you know that 1 kohlrabi contains almost as much calcium as a glass of milk, more vitamin C than the daily recommended amount, 25% of the daily recommended amount of fibre and is rich in iron and folic acid?



4. Make the dressing

In a small bowl, mix the black balsamic vinegar, **strawberry jam**, extra virgin olive oil, salt and pepper into a dressing. Heat a frying pan without oil on medium-high heat and roast the **pumpkin seeds** until they start to pop. Take from the pan and set aside.



2. Prepare the bulgur

Boil ample water in a pan with a lid for the bulgur. Crumble the stock cube over the pan and add the **bulgur**. Cook the bulgur for 15 – 17 minutes, covered with the lid. Then drain in a sieve and leave to steam dry. The bulgur may cool down.

TIP: Are you watching your salt intake? Use 1/4 stock cube per person and 75 g halloumi. You can use the remaining halloumi the next day, on a lunch sandwich with tomato and pesto for example.



5. Fry the halloumi

Cut the **halloumi** into thin slices and pat dry with kitchen paper. Heat the olive oil in a griddle pan or frying pan and fry for 4 - 6 minutes on medium-high heat, or until the halloumi starts to turn golden brown (TIP).

TIP: Halloumi tastes best right after you fry it. Fry it right before serving: if you leave it too long after frying, the halloumi will get very chewy. Make sure you use a non-stick pan.



3. Cook the kohlrabi

In the meantime, heat the butter in a sauté pan with a lid and fry the **kohlrabi** for 4 – 6 minutes on medium-high heat (TIP). Deglaze with a splash of water, cover with the lid and allow to stew for 15 – 17 minutes. Add some more water in case the kohlrabi becomes too dry. Take the lid off for the last 2 minutes. Season with salt and pepper.

TIP: Not a fan of red onion? Fry the onion together with the kohlrabi.



6. Serve

Mix the **bulgur**, **lamb's lettuce**, **red onion** and **kohlrabi** with half of the dressing (TIP). Transfer the salad to plates and put the **halloumi** on top. Sprinkle with the leftover dressing and garnish with the **pumpkin seeds**.

TIP: Make sure the bulgur has cooled down before you mix it with the lettuce, or else the lettuce will shrink.

Enjoy!



Vegan meatballs in tomato sauce

with pasta, capers and fresh herbs

VEGAN 25 min. • Eat within 5 days



Onion



Garlic clove



Cherry tomatoes



Canned cherry tomatoes



Pasta



Panko



Fresh basil & chives



Italian herbs



Vegan meatballs



Capers

Pantry items

Olive oil, black balsamic vinegar, salt

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Cherry tomatoes (g)	65	125	185	250	310	375
Canned cherry tomatoes (can)	½	1	1½	2	2½	3
Pasta (g) 1) 17) 20)	90	180	270	360	450	540
Panko (g) 1)	15	25	35	50	60	75
Fresh basil & chives	5	10	15	20	25	30
Italian herbs (tsp)	1	2	3	4	5	6
Vegan meatballs* (g) 1)	80	160	240	320	400	480
Capers* (g)	10	20	30	40	50	60

Not included

Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt (tsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3349/801	623/149
Total fat (g)	30	5
Of which: saturated (g)	14,0	2,6
Carbohydrates (g)	95	18
Of which: sugars (g)	17,3	3,2
Fibre (g)	14	3
Protein (g)	30	5
Salt (g)	2,9	0,5

Allergens:

1) Grains containing gluten

May contain traces of: 17) Eggs 20) Soy



1. Prepare

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the pasta. Chop the **onion** and press or mince the **garlic**. Halve the **cherry tomatoes**.



4. Fry the vegan meatballs

Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **vegan meatballs** with 1 tsp **Italian herbs** per person for 6 – 8 minutes until brown all around.



2. Make the sauce

Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat. Fry the **garlic** and **onion** 1 – 2 minutes. Then add the **cherry tomatoes** and fry for 3 - 4 minutes, covered with the lid. Add the **canned cherry tomatoes** and ½ tbsp black balsamic vinegar per person to the sauté pan. Mix well and allow the sauce to simmer on low heat for 10 – 12 minutes, covered with the lid.



5. Make the topping

Finely chop the **chives** and mix in a bowl with the **panko**. Season well with salt and pepper. Spread the panko over a baking sheet lined with baking paper and roast in the oven for 5 – 6 minutes.



3. Cook the pasta

In the meantime, cook the **pasta** for 10 – 12 minutes. Then drain and rinse with warm water. Mix the pasta with ¼ tbsp olive oil per person.



6. Serve

Cut the **basil** leaves into thin strips. Add half of the basil, all **vegan balls** and **capers** to the tomato sauce and heat for another 2 minutes. Transfer the pasta to plates and top with the sauce and vegan meatballs. Garnish with the crunchy **panko** and the remaining 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.



Indonesian curry-noodle soup

with fresh coriander and peanuts

QUICK & EASY **VEGETARIAN** 20 min. • Eat within 3 days

**QUICK &
EASY**



Red chili pepper



Garlic clove



Vegetable mix



Besengek curry paste



Coconut milk



Fresh coriander



Peanuts



Fresh udon noodles

Pantry items

Vegetable stock, sunflower oil, salt and pepper

A good start

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

Equipment

Stock pot

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Vegetable mix* (g) 23)	200	400	600	800	1000	1200
Besengek curry paste* (g) 1) 7) 9) 19) 22)	50	100	150	200	250	300
Coconut milk (ml) 26)	150	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Peanuts (g) 5) 22) 25)	20	40	60	80	100	120
Fresh udon noodles (g) 2)	100	200	300	400	500	600
Not included						
Vegetable stock (ml)	250	500	750	1000	1250	1500
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)	3155 /754	409 /98
Total fat (g)	54	7
Of which: saturated (g)	24,6	3,2
Carbohydrates (g)	51	7
Of which: sugars (g)	12,6	1,6
Fibre (g)	8	1
Protein (g)	16	2
Salt (g)	4,0	0,5

Allergens:

1) Grains containing gluten 5) Peanuts 7) Milk/lactose 9) Celery
May contain traces of: 19) Peanuts 22) Nuts 23) Celery 25) Sesame seed 26) Sulfite

Contact

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



1. Prepare

- Prepare the stock (TIP). Remove the seeds from the **red chili pepper** and finely chop the pepper. Press or mince the **garlic**.

TIP: Are you watching your salt intake? Use 1/4 stock cube and 250 ml water per person.



3. Simmer

- Add the **coconut milk** and the stock to the stock pot and simmer for 5 - 7 minutes on medium heat.
- In the meantime, finely chop the **coriander** and roughly chop the **peanuts**.
- Add the **udon noodles** to the soup for the last 3 minutes (TIP).

TIP: Cut the fresh udon noodles into pieces before adding them to the soup. This will make them a lot easier to eat!



2. Stir fry

- Heat the **sunflower oil** in a stock pot on high heat. Fry the **red chili pepper** and **garlic** for 1 minute.
- Add the **vegetable mix** and stir fry for 3 minutes. Add the **curry paste** to the vegetables and stir fry for another minute.



4. Serve

- Serve the soup in bowls.
- Garnish with the **coriander** and the **peanuts**.

Enjoy!



Meal salad with Mediterranean chicken and baby potatoes

with cherry tomatoes, cucumber and corn

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

BALANCED



Baby potatoes



Chicken fillet with



Mediterranean herbs



Canned corn



Shallot



Cherry toamtoes



Cucumber



Mayonnaise

Pantry items

Olive oil, white balsamic vinegar, salt and pepper

A good start

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

Equipment

Large bowl, 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
Chicken fillet with Mediterranean herbs* (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 (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	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 the bigger ones into quarters.

TIP: Potatoes are super healthy! They are rich in good carbohydrates, our first energy source, rich in potassium for a healthy blood pressure, vitamin B6 and B11 for a steady energy level, fibre for digestion and vitamin C for a strong immune system.



3. Make te salad

- Drain the **corn**. Finely chop the **shallot**. 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.



2. Fry the chicken

- 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: Hot potatoes will absorb all of the mayonnaise, so it is important that they cool properly before mixing them with the mayonnaise.



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 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 loads of vegetables and fibres!

Enjoy!



Homemade chicken cordon bleu

with baby potatoes and salad with honey-mustard mayonnaise

PREMIUM 40 min. • Eat within 3 days

PREMIUM



Baby potatoes



Chopped cashews



Chicken fillet



Ham



Grated matured cheese



Panko



Portobello



Garlic clove



Snow peas



Green pesto



Rocket lettuce



Mayonnaise

Pantry items

Olive oil, flour, butter, white wine vinegar, honey, mustard, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Chopped cashews (g) 8) 19) 25)	10	20	30	40	50	60
Chicken fillet* (pcs)	1	2	3	4	5	6
Ham* (g)	15	30	45	60	75	90
Grated matured cheese* (g) 7)	25	50	75	100	125	150
Panko (g) 1)	10	20	30	40	50	60
Portobello* (pcs)	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Snow peas* (g)	40	75	115	150	190	225
Green pesto* (g) 7) 8)	25	50	75	100	125	150
Rocket lettuce* (g) 23)	30	60	90	120	150	180
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150

Not included

Olive oil (tbsp)	2	4	6	8	10	12
Flour (tbsp)	1½	3	4½	6	7½	9
Butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4372 / 1045	610 / 146
Total fat (g)	79	11
Of which: saturated (g)	18,9	2,6
Carbohydrates (g)	33	5
Of which: sugars (g)	7,8	1,1
Fibre (g)	5	1
Protein (g)	48	7
Salt (g)	1,8	0,2

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 8) Nuts 10) Mustard

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

Contact

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



1. Prepare the baby potatoes

Preheat the oven to 200 degrees. Cut the **baby potatoes** into wedges. Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat, and fry the wedges for 25 – 35 minutes, covered with the lid. Remove the lid for the last 20 – 25 minutes. Season with salt and pepper.



4. Prepare the cordon bleu

Heat the butter in the same frying pan on medium-high heat. Fry the **chicken fillet** for 2 – 3 minutes, or until golden brown. Transfer the chicken to an oven dish and cook in the oven for 15 – 20 minutes.



2. Roast the chopped cashews

Heat a frying pan on medium-high heat, without oil, and roast the **chopped cashews** until they start to color. Take from the pan and set aside.



5. Fry and mix

In the meantime, cut the **portobello** into ½ cm thick strips. Press or mince the **garlic**. Heat ½ tbsp olive oil in a different frying pan on medium-high heat. Fry the **portobello**, **garlic** and **snow peas** for 5 – 6 minutes. Turn off the heat, add the **green pesto** and stir well. In a bowl, mix the **rocket lettuce** with the fried vegetables. Add the white wine vinegar and mix well. In another bowl, mix the mayonnaise with the honey and mustard (TIP).

TIP: Taste well and add more honey or mustard to taste.



3. Make the cordon bleu

Cut the **chicken fillet** lengthwise so you can open it. Stuff the chicken fillet with the **ham** and **grated cheese** and carefully close the chicken. Season with pepper and salt. Take 3 deep plates. Put 1 tbsp olive oil in the first plate, flour in the second and **panko** in the third plate. Dip the chicken through the flour, then through the olive oil and end with the panko.



6. Serve

Transfer the cordon bleu to plates and divide the **baby potatoes** and salad among the plates as well. Serve with the honey-mustard mayonnaise and garnish the salad with the chopped cashews.

Enjoy!



Steak stroganoff

with fresh pappardelle

PREMIUM 30 min. • Eat within 3 days

PREMIUM



Onion



Garlic clove



Red pointed pepper



Fresh flat leaf parsley



Mixed mushrooms



Tomato paste



Crème fraîche



Fresh pappardelle



Round steak

Pantry items

Beef stock, butter, flour, red wine vinegar, mustard, salt and pepper

A good start

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

Equipment

Kitchen paper, frying pan, pan with a lid, aluminum foil, sauté pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Red pointed pepper* (pcs)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Mixed mushrooms* (g)	150	300	450	600	750	900
Tomato paste (tbsp)	¼	½	¾	1	1¼	1½
Crème fraîche* (g) 7)	50	100	150	200	250	300
Fresh pappardelle* (g) 1) 3)	125	250	375	500	625	750
Round steak* (pcs)	1	2	3	4	5	6
Not included						
Beef stock (ml)	75	150	225	300	375	450
Butter (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (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)	4012/959	571/137
Total fat (g)	43	6
Of which: saturated (g)	23,4	3,3
Carbohydrates (g)	88	13
Of which: sugars (g)	12,8	1,8
Fibre (g)	8	1
Protein (g)	51	7
Salt (g)	1,4	0,2

Allergens:

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

May contain traces of:



1. Prepare

Prepare the beef stock. Chop the **onion** and press or mince the **garlic**. Cut the **red pointed pepper** into thin rings. Wipe clean the **chestnut mushrooms**, **chanterelles** and **shimeji** with kitchen paper. Cut the **chestnut mushrooms** into slices and remove the hard stems from the cantharelles. Optionally, cut the cantharelles and shimeji into smaller pieces. Roughly chop the **flat leaf parsley**.



4. Cook the pappardelle

Boil ample water with a pinch of salt in a pan with a lid. Cook the **pappardelle** for 4 – 5 minutes, covered with the lid. Drain and leave to steam dry without the lid.



2. Fry

Take the **steak** from the refrigerator (TIP). Heat ½ tbsp butter per person in a sauté pan on medium heat. Fry the **garlic**, **onion** and **pointed pepper** for 3 – 4 minutes. Add the **tomato paste** and fry for 2 – 3 minutes. Add another ½ tbsp butter per person and turn up the heat. Fry all of the **mushrooms** for 4 – 5 minutes. Add ½ tbsp flour per person, mix well and fry for another 1 – 2 minutes.

TIP: It is best to take the round steak from the refrigerator half an hour before you start cooking. If you don't do this, the steak will get very tough and chewy when you fry it.



5. Fry the steak

Heat ½ tbsp butter in a frying pan on medium-high heat. Pat the **round steak** dry with kitchen paper and rub it with salt and pepper. As soon as the butter is nice and hot, carefully place the steak in the pan and fry for 1 – 3 minutes until golden brown. Sprinkle with some more black pepper and leave to rest for at least 3 minutes, under aluminium foil. Mix half of the **flat leaf parsley** with the stroganoff sauce.



3. Make the sauce

Deglaze with ½ tbsp red wine vinegar per person and the beef stock. Reduce the heat and stir in the **crème fraîche**, 1 tsp mustard per person, salt and pepper. Allow to simmer gently until the rest of the dish is done.



6. Serve

Transfer the **pappardelle** to plates and top the pappardelle with the sauce. Cut the **round steak** into thin slices, against the grain, and divide over the pappardelle. Garnish with the remaining **flat leaf parsley**.

Enjoy!

Contact

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



Homemade boomstammetjes

served with snow peas, carrot and potato puree

45 min. • Eat within 5 days



Minced pork



Free-range egg



Panko



Grated aged cheese



Starchy potatoes



Carrot



Dried rosemary



Snow peas

Pantry items

Butter, olive oil, white balsamic vinegar, milk, mustard, salt and pepper

A good start

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

Equipment

Small bowl, frying pan, pan with a lid, large bowl, oven dish

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Minced pork* (g)	100	200	300	400	500	600
Free-range egg* (pcs) 3)	1	1	2	2	3	3
Panko (g) 1)	25	50	75	100	125	150
Grated aged cheese* (g) 7)	15	25	40	50	65	75
Starchy potatoes (g)	250	500	750	1000	1250	1500
Carrot* (bunch)	½	1	1½	2	2½	3
Dried rosemary (tsp)	1½	3	4½	6	7½	9
Snow peas* (g)	50	100	150	200	250	300

Not included

Butter (tbsp)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Milk (splash)						
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)	3400 / 813	444 / 106
Total fat (g)	32	4
Of which: saturated (g)	11,9	1,6
Carbohydrates (g)	89	12
Of which: sugars (g)	16,3	2,1
Fibre (g)	16	2
Protein (g)	34	5
Salt (g)	2,7	0,4

Allergens:

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

May contain traces of: -



1. Mix the minced meat

Preheat the oven to 180 degrees. Mix the **minced pork** in a large bowl with half an **egg yolk** per person, half of the **panko** and the **grated cheese**. Season with salt and pepper. Mix well and roll 2 firm boomstammetjes per person. Keep in the refrigerator until use.



2. Prepare the carrot

In 2 pans with lids, boil ample water for the potatoes and carrot. Peel the **potatoes** or wash them thoroughly and cut into large pieces. Remove the greens from the **carrot**, but leave a little bit at the carrot top. Then peel the carrot.



3. Make the boomstammetjes

Transfer the leftover **panko** to a deep plate and put the **dried rosemary** in a small bowl. Push one side of each boomstammetje into the dried rosemary and then roll through the panko. Heat ¼ tbsp butter per person in a frying pan on medium-high heat and fry the boomstammetjes for 2 – 3 minutes until brown all around. Then transfer the boomstammetjes to an oven dish and cook them in the oven for 12 – 16 minutes.



4. Cook

In the meantime, cook the **potatoes** for 12 – 15 minutes in one of the pans. Then drain and leave to steam dry without the lid. Cook the **carrot** with a pinch of salt for 6 – 8 minutes in the other pan with boiling water. Add the **snow peas** to the carrot for the last 4 minutes and cook together. Then drain, rinse under cold water and leave to steam dry without the lid.



5. Fry the vegetables

Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Add the **carrot** and **snow peas** and fry for 1 minute. Deglaze with ½ tbsp white balsamic vinegar per person and season with salt and pepper. Mash the **potatoes** into a puree. Add ½ tbsp butter per person and a splash of milk to make it creamy. Then add 1 tsp mustard and season with salt and pepper.



6. Serve

Transfer the boomstammetjes and puree to plates. Serve with the **snow peas** and **carrot**.

Enjoy!

Contact

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



Quick linguine with minced chicken

with leek and tomatoes in red-pesto sauce

QUICK & EASY 20 min. • Eat within 5 days

**QUICK &
EASY**



Linguine



Leek



Cherry tomatoes



Minced chicken



with Italian herbs



Fresh basil



Spinach



Red pesto

Pantry items

Butter, olive oil, salt and pepper

A good start

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

Equipment

Frying pan, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Linguine (g) 1) 17) 20)	90	180	270	360	450	540
Leek* (pcs)	½	1	1½	2	2½	3
Cherry tomatoes (g)	125	250	375	500	625	750
Minced chicken with Italian herbs* (g)	100	200	300	400	500	600
Fresh basil* (g)	2½	5	7½	10	12½	15
Spinach* (g) 23)	50	100	150	200	250	300
Red pesto* (g) 7) 8)	40	80	120	160	200	240
Not included						
Butter (tbsp)	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)	4008 /958	758 /181
Total fat (g)	54	10
Of which: saturated (g)	14,5	2,8
Carbohydrates (g)	78	15
Of which: sugars (g)	14,0	2,7
Fibre (g)	10	2
Protein (g)	35	7
Salt (g)	0,9	0,2

Allergens:

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

May contain traces of: **17)** Eggs **20)** Soy **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 vegetables

- Boil ample water in a pan with a lid and cook the linguine for 12 – 14 minutes, covered with the lid. Then drain, save a little bit of the cooking liquid and leave to steam dry without the lid.
- In the meantime, cut the **leek** into thin half rings and halve the **cherry tomatoes**.



2. Fry the leek

- Heat the butter in a sauté pan with a lid on high heat, add the **leek**, salt and pepper and fry for 2 minutes.
- Add the **cherry tomatoes**, cover the pan with the lid, turn the heat to medium and fry for another 3 minutes.



3. Fry the minced chicken

- In the meantime, heat the olive oil in a frying pan on medium-high heat. Add the **minced chicken** and stir fry for 3 minutes.
- Finely chop the **basil**.
- Add the **spinach**, **linguine**, **red pesto**, a splash of cooking liquid and the **minced chicken** with cooking grease to the **leek** and **tomatoes**. Mix for 1 minute, or until the spinach has shrunk.



4. Serve

- Transfer the **linguine** to plates and garnish with the **basil**.

Enjoy!



Pork tenderloin with orange marinade

with braised little gem and potato puree

35 min. • Eat within 3 days



Juicing orange



Starchy potatoes



Pork tenderloin



Little gem



Fresh chives

Pantry items

White balsamic vinegar, honey, olive oil, butter, mustard, milk, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, pan with a lid, potato masher, oven dish, saucepan, kitchen paper, aluminum foil

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Juicing orange (pcs)	½	1	1½	2	2½	3
Starchy potatoes (g)	250	500	750	1000	1250	1500
Pork tenderloin* (g)	100	200	300	400	500	600
Little gem* (pcs)	2	4	6	8	10	12
Fresh chives* (g)	2½	5	7½	10	12½	15
Not included						
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Honey (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
Milk (a splash)						

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2759 / 660	416 / 100
Total fat (g)	28	4
Of which: saturated (g)	14,0	2,1
Carbohydrates (g)	65	10
Of which: sugars (g)	19,5	2,9
Fibre (g)	8	1
Protein (g)	31	5
Salt (g)	0,4	0,1

Allergens:

May contain traces of:



1. Make the marinade

Preheat the oven to 200 degrees and juice the **orange**. Transfer 2½ tbsp orange juice per person, the white balsamic vinegar, the honey, salt and pepper to a saucepan and heat for 6 – 8 minutes on medium-high heat, or until its volume has reduced by half.



2. Cook the potatoes

In the meantime, boil ample water in a pan with a lid for the potatoes. Peel the **potatoes** and cut into large pieces. Cook the potatoes for 12 – 15 minutes. Then drain and set aside, covered with the lid.



3. Fry the meat

In the meantime, heat the olive oil in a sauté pan with a lid on medium-high heat. Pat the **pork tenderloin** dry with kitchen paper and sprinkle with salt and pepper. Fry for 4 minutes all around until brown. Transfer the pork to an oven dish, pour the orange marinade over it and roast in the oven for 8 – 12 minutes. Turn when halfway done and spoon some of the marinade from the oven dish over it. Take from the oven and allow to rest under aluminium foil. Save the marinade.



4. Braise the little gem

Meanwhile, cut the **little gem** in half lengthwise, without cutting the stem off (TIP). Heat the butter in the same sauté pan on high heat. Place the little gem in the pan with the cut edge down, reduce the heat to medium and sprinkle with salt and pepper. Fry for 2 minutes, cover with the lid and fry for 7 – 10 more minutes, or until the lettuce starts to wilt.



5. Mash the puree

In the meantime, mash the **potatoes** with a potato masher, together with the remaining butter, mustard, a splash of milk, salt and pepper. Finely chop the **chives** and cut the **pork tenderloin** into slices.



6. Serve

Transfer the potato puree and **pork tenderloin** to plates. Pour the orange marinade over the meat. Serve with the braised **little gem** and sprinkle with the chopped **chives**.

Enjoy!

Contact

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



Halloumi burger

with eggplant and bell-pepper pesto

VEGETARIAN 35 min. • Eat within 5 days



VEGETARIAN



Waxy potatoes



Bell-pepper pesto



Low-fat yogurt



Onion



Eggplant



White ciabatta



Halloumi



Tomato

Pantry items

Olive oil, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	150	300	450	600	750	900
Bell-pepper pesto* (g) 7) 8)	25	50	75	100	125	150
Low-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150
Onion (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	½	1	1½	2	2½	3
White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Halloumi* (g) 7)	100	200	300	400	500	600
Tomato (pcs)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3613 / 864	597 / 143
Total fat (g)	50	8
Of which: saturated (g)	18,1	3,0
Carbohydrates (g)	64	11
Of which: sugars (g)	14,0	2,3
Fibre (g)	9	1
Protein (g)	35	6
Salt (g)	3,3	0,5

Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose 8) Nuts

May contain traces of: 17) Eggs 19) Peanuts 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. Prepare

Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the potatoes. Thoroughly wash the **potatoes** and cut the bigger ones in half (make sure you can still cut it into slices later on). Cook the potatoes for 8 – 10 minutes.



4. Fry the potatoes

Cut the cooked **potatoes** into slices of max. ½ cm thick. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the potatoes for 12 – 14 minutes, or until cooked and brown. Reduce the heat in case the slices become dark too quickly.



2. Make the sauce

In a small bowl, mix the **bell pepper pesto** with ½ tbsp olive oil per person. In another bowl, mix the **yogurt** with 1 tsp of the bell pepper pesto-oil mixture per person. Season the yogurt sauce with salt and pepper and set aside.



5. Fry the halloumi

In the meantime, cut the **halloumi** into 2 large slices per person. In a different frying pan, heat ½ tbsp olive oil per person on medium-high heat. Fry the halloumi for 3 – 4 minutes per side, or until golden brown (TIP).

TIP: Halloumi tastes best right after frying. Fry it right before serving and immediately put it on the burger. Make sure you use a non-stick pan.



3. Prepare the eggplant

Cut the **onion** into ½ - 1 cm thick rings. Cut the **eggplant** into slices of max. 1 cm thick. Transfer the onion rings and eggplant slices to a baking sheet lined with baking paper. Spread the eggplant with the remaining bell pepper pesto-oil mixture and roast in the oven for 16 – 18 minutes, together with the onion rings. For the last 6 – 8 minutes, add the **ciabatta** to the oven.



6. Serve

Cut the **tomato** into thin slices. Cut open the **ciabatta** and top the bottom part with the **tomato**, a slice of **eggplant**, a couple of **onion** rings and 2 slices of **halloumi** per person. Pour a little bit of the yogurt sauce over it and finish with the top half of the ciabatta. Divide the remaining eggplant, onion rings and potatoes among plates. Serve with the rest of the yogurt sauce.

Enjoy!



Chicken skewers with aromatic coconut rice

with lemongrass skewers and homemade seroendeng

30 min. • Eat within 3 days



Coconut milk



Basmati rice



Cucumber



Yellow carrot



Lime



Fresh lemongrass



Minced chicken with Indonesian spices



Peanuts



Grated coconut



Garam masala



Fresh coriander and mint



Full-fat yogurt

Pantry items

White wine vinegar, sugar, sunflower oil, vegetable stock cube, salt and pepper

A good start

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

Equipment

Frying pan, pan with a lid, bowl, frying pan with a lid, peeler

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Coconut milk (ml)	75	150	225	300	375	450
Basmati rice (g)	85	170	250	335	420	500
Cucumber* (pcs)	½	1	1	2	2	3
Yellow carrot* (pcs)	½	1	2	2	3	3
Lime (pcs)	1	1	2	2	3	3
Fresh lemongrass* (pcs)	1	2	3	4	5	6
Minced chicken with Indonesian spices* (g)	110	220	330	440	550	660
Peanuts (g) 5) 22) 25)	10	20	30	40	50	60
Grated coconut (packet) 19) 22) 25)	1	1	1	1	2	2
Garam masala (tsp)	½	1	1½	2	2½	3
Fresh coriander and mint* (g)	5	10	15	20	25	30
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150

Not included

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

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3774/902	630/151
Total fat (g)	46	8
Of which: saturated (g)	23,7	4,0
Carbohydrates (g)	86	14
Of which: sugars (g)	13,0	2,2
Fibre (g)	7	1
Protein (g)	35	6
Salt (g)	2,2	0,4

Allergens:

5) Peanuts 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. Make the coconut rice

Cook the **coconut milk** and 175 ml water per person with ¼ stock cube per person, in a pan with a lid. Add the **rice** and cook for 10 – 12 minutes, covered with the lid. Drain if necessary and leave to steam dry without the lid.

TIP: Are you watching your calorie intake? Use half of the peanuts and cook 65 g rice with the same amount of water, but half of the coconut milk. You can make breakfast with the remaining rice and coconut milk the next morning by cooking both for 10 - 12 minutes with a banana, 2 tbsp oatmeal and water.



4. Fry the skewers

Heat the sunflower oil in a frying pan on medium-high heat and fry the chicken skewers for 6 – 8 minutes until brown all around. Reduce the heat, cover the pan with a lid, and fry for 5 – 6 more minutes, or until the chicken is cooked.



2. Make the salad

In the meantime, use a cheese slicer or peeler to cut the **cucumber** and **yellow carrot** into ribbons, lengthwise. Press the juice from half of the **lime** and cut the rest of the lime into wedges. In a bowl, mix per person: 1 tbsp white wine vinegar, ½ tsp lime juice and ½ tsp sugar. Stir well so the sugar dissolves. Add the vegetable ribbons to the bowl and leave to absorb the dressing. Stir regularly.



5. Make the seroendeng

Heat a frying pan without butter or oil on medium-high heat. Add the **peanuts**, **grated coconut** and **garam masala** and fry for 5 – 6 minutes, or until the grated coconut is golden brown. Take from the pan and set aside. In the meantime, finely chop the **coriander** and set aside. Remove the **mint** leaves from the stems and finely chop the leaves. In a bowl, mix the mind with 1 tsp **lime** juice per person, the **yogurt**, salt and pepper.



3. Make the skewers

Cut the **lemongrass** in half lengthwise. Divide the **minced chicken** into 2 portions per person and knead the chicken around the thick part of the lemongrass, like a satay.



6. Serve

Serve the chicken skewers with the coconut rice and the sweet and sour salad. Garnish with the seroendeng, **coriander**, refreshing yogurt and **lime** wedges.

Enjoy!



EASTER



Fresh goat cheese

Butter, sugar, olive oil

Equipment

Small bowl, bowl, salad bowl, baking sheet lined with baking paper, saucepan, peeler or cheese slicer

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Courgette (pcs)	½	1	1½	2	2½	3
Dill, mint & flat leaf parsley mix* (g)	5	10	15	20	25	30
Apple (pcs)	¼	½	¾	1	1¼	1½
Pear (pcs)	½	1	1½	2	2½	3
Free-range egg* (pcs) 3)	1½	2½	4	5½	6½	8
Grated aged cheese* (g) 7)	25	50	75	100	125	150
Crème fraîche* (g) 7)	25	50	75	100	125	150
Puff pastry* (pcs) 1) 7)	½	1	1½	2	2½	3
Hot-smoked salmon* (g) 4)	40	80	120	160	200	240
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Green asparagus* (g)	50	100	150	200	250	300
Panko (g) 1)	5	10	15	20	25	30
Juicing orange (pcs)	3	6	9	12	15	18
Sourdough bread (pcs) 1) 6) 11) 17) 21) 22)	1	2	3	4	5	6
Strawberry jam (pcs) 19) 22)	1	2	3	4	5	6
Fresh goat cheese* (g) 7)	25	50	75	100	125	150
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Sugar (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 serving	Per 100g
Energy (kJ/kcal)	7655/1830	748/179
Total fat (g)	99	10
Of which: saturated (g)	45,0	4,4
Carbohydrates (g)	172	17
Of which: sugars (g)	57,6	5,6
Fibre (g)	13	1
Protein (g)	55	5
Salt (g)	4,2	0,4

Allergens:

1) Grains containing gluten 3) Eggs 4) Fish 6) Soy 7) Milk/ lactose 11) Sesame

May contain traces of: 17) Eggs 19) Peanuts 21) Milk/ lactose 22) Nuts



1. Prepare

Preheat the oven to 200 degrees. Peel the **apple** and cut into small dices. Cut the **pear** into wedges. Use a peeler or cheese slicer to cut the **courgette** into thin ribbons. Strip the **mint** leaves off the stems and finely chop the leaves. Finely chop the **dill** and **parsley**. Whisk ½ **egg** per person in a small bowl.



4. Prepare the asparagus

Cut the bottom 2 cm off the **green asparagus**. Transfer the asparagus to a baking sheet lined with baking paper. Mix the asparagus with ½ tbsp olive oil per person, the **panko**, salt and pepper. Roast the asparagus in the oven together with the **sourdough bread** for 8 – 10 minutes. In the meantime, press the juice from the **oranges**.



2. Make the tart

In a bowl, mix the **grated aged cheese**, **crème fraîche**, salt and pepper. Spread this mixture over half of the **puff pastry** and loosely top with ½ of the **courgette** ribbons. Spread the edges of the puff pastry with half of the whisked **egg**. Cook the tart in the oven on a baking sheet lined with baking paper for 20 – 25 minutes. Then garnish with the **dill**, **flat leaf parsley** and **smoked salmon**.



5. Cook the eggs

Boil ample water in a saucepan for the eggs. Cook the **eggs** for 5 – 6 minutes (TIP). Then thoroughly rinse with cold water. In a salad bowl, mix per person: 1 tbsp white balsamic vinegar, ½ tbsp sugar, ½ tbsp extra virgin olive oil, the **mint**, the **pear** wedges and the remaining **courgette** ribbons.

TIP: Do you prefer your egg hard boiled? Cook the eggs for 2 more minutes.



3. Make the apple pockets

In a bowl, mix per person: ½ tsp **cinnamon**, ½ tbsp butter and ½ tbsp sugar. Divide the **apple** on half of the remaining **puff pastry** and put the butter mixture in between. Fold to close the puff pastry and cut through the top so air can escape. Spread the puff pastry with the remaining whisked **egg**. Cook in the oven next to the slab pie for 15 – 20 minutes.



6. Serve

Serve all the dishes separately, spread over the table, and pour the orange juice into glasses. Serve the **asparagus** with the soft-boiled **eggs** and the **fresh goat cheese** with the **strawberry jam** and the **sourdough bread**. Serve with the courgette-pear salad, slab pie and the apple pockets.

Enjoy!



A double German steak with sweet-potato puree

with garlic flat beans and cherry tomatoes

HELLOEXTRA 25 min. • Eat within 3 days

**HELLO
EXTRA**



Sweet potato



Starchy potatoes



Garlic clove



Red chili pepper



Scallion



Cherry tomatoes



Cut flat beans



Pumpkin seeds



German steak

Pantry items

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

A good start

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

Equipment

Frying pan, pan with a lid, potato masher

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Sweet potato (g)	200	400	600	800	1000	1200
Starchy potatoes (g)	150	300	450	600	750	900
Garlic clove (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Scallion* (pcs)	2	4	6	8	10	12
Cherry tomatoes* (g)	125	250	375	500	625	750
Cut flat beans* (g) 23)	150	300	450	600	750	900
Pumpkin seeds (g) 19)	5	10	15	20	25	30
German steak* (pcs)	2	4	6	8	10	12
Not included						
Vegetable stock (ml)	400	800	1200	1600	2000	2400
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Milk (a splash)						

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3596 / 860	370 / 89
Total fat (g)	29	3
Of which: saturated (g)	9,8	1,0
Carbohydrates (g)	81	8
Of which: sugars (g)	22,5	2,3
Fibre (g)	17	2
Protein (g)	59	6
Salt (g)	3,8	0,4

Allergens:

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

Contact

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



1. Cut

Prepare the stock in a pan with lid for the potatoes and the sweet potatoes. Weigh the required amount of **sweet potatoes**. Wash or peel both **potatoes** and cut them into large pieces. Press or mince the **garlic**. Remove the seeds from the **red chili pepper** and mince the pepper. Cut the **scallion** into fine rings and separate the white part of 1 scallion per person.

FACT: Did you know that this dish contains more vitamin C than the daily recommended amount, due to the potatoes and flat beans? And did you know that potatoes are rich in iron?



4. Fry the meat

Heat a frying pan on high heat without oil and roast the **pumpkin seeds** until they pop. Then take from the pan and set aside. In the same pan, heat the butter on a medium-high heat and fry the **German steak** with the remaining **scallion** for 2 – 3 minutes per side until brown. Season with salt and pepper. Fry the steak a little bit longer if you prefer it not to be red on the inside.

TIP: Want to make a gravy? Deglaze the German steak with 2 tbsp water per person, stir well and pour the gravy over the puree.



2. Cook

Cook both **potatoes** for 10 – 12 minutes in the stock, covered with a lid. Then drain and save a little bit of stock. Leave the potatoes to steam dry without the lid. Cut the **cherry tomatoes** in half.

TIP: You will cook the potatoes in stock. This will make the potatoes very flavorful, while remaining relatively low in salt. Are you watching your salt intake? Cook the potatoes in water.



5. Make the puree

Puree the cooked **potatoes** with a potato masher. Add a splash of the saved stock, stir in the **red chili pepper** and season with salt and pepper (TIP). Optionally, you can add some extra butter to make the mash creamier.

TIP: Do you have children joining for dinner who don't like spiciness? Leave out the red chili pepper and optionally, season the puree with 1/2 tsp curry powder per person.



3. Fry the flat beans

In the meantime, heat the olive oil in a frying pan with a lid on medium-high heat. Fry the **garlic** and the saved white part of the **scallion** for 1 – 2 minutes. Add the **flat beans** and 1 tbsp water per person and fry for 6 minutes, covered with the lid. Then take the lid off, add the **cherry tomatoes** and fry for another 4 minutes until the beans are al dente. Season with salt and pepper.



6. Serve

Transfer the puree to plates and garnish the puree with the fried **scallion** and **pumpkin seeds**. Serve with the flat **beans**, **cherry tomatoes** and the **German steak**.

Enjoy!



Turkish stuffed courgette with beef merguez sausage as extra

with brown rice and feta-tomato salad

HELLOEXTRA 50 min. • Eat within 5 days

**HELLO
EXTRA**



Garlic clove



Onion



Fresh herbs



Feta



Brown rice



Paprika



Ground cinnamon



Diced tomato



Courgette



Ground cumin



Shaved almonds



Beef merguez sausage



Plum tomato

Pantry items

Olive oil, extra virgin olive oil, salt and pepper

A good start

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

Equipment

Oven dish, frying pan, pan with a lid, salad bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Fresh curly parsley, coriander and mint* (g)	10	20	30	40	50	60
Feta* (g) 7)	50	100	150	200	250	300
Brown rice (g)	42	85	127	170	212	255
Paprika (tsp)	½	1	1½	2	2½	3
Ground cinnamon (to taste)						
Diced tomato (can)	½	1	1½	2	2½	3
Courgette (pcs)	1	2	3	4	5	6
Ground cumin (tsp)	¼	½	¾	1	1¼	1½
Shaved almonds (g) 8) 19) 25)	10	15	20	25	35	40
Beef merguez sausage* (pcs)	1	2	3	4	5	6
Plum tomato (pcs)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	8	7½	11
Extra virgin olive oil (to taste)						
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4113/983	438/105
Total fat (g)	51	5
Of which: saturated (g)	15,9	1,7
Carbohydrates (g)	73	8
Of which: sugars (g)	32,4	3,4
Fibre (g)	10	1
Protein (g)	54	6
Salt (g)	4,5	0,5

Allergens:

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

Preheat the oven to 210 degrees, Boil water in a pan with a lid for the rice. Press or mince the **garlic** and chop the **onion**. Finely chop the **curly parsley, mint** and **coriander**. Cut the **feta** into dices.

TIP: The feta and the large amount of vegetables are not only tasty: together they make up 50% of the daily recommended amount of calcium per portion.



4. Roast the courgettes

Mix the **rice** and half of the **feta** with the tomato mixture. Season with salt and pepper. Stuff the half courgettes with the tomato-rice mixture (TIP). Sprinkle with the **shaved almonds**. Roast the stuffed courgettes in the oven for 20 – 25 minutes, until cooked and soft.

TIP: Any leftover stuffing? Put this in between the halved courgettes.



2. Fry the stuffing

Cook the **rice** for 12 – 15 minutes, covered with the lid. Drain and leave to steam dry without the lid. Heat ½ tbsp olive oil per person in a frying pan. Fry the **onion, garlic**, ½ tsp **paprika** per person and a pinch of **cinnamon** per person for 4 – 6 minutes (TIP). Add the **diced tomato** and allow to simmer for 5 minutes on low heat.

TIP: Cinnamon has a very specific flavor. Not a fan? Add less to taste, or leave it out completely.



5. Make the salad

Heat ½ tbsp olive oil per person in a frying pan and fry the **merguez sausages** for 8 – 10 minutes on medium heat until brown all around. In the meantime, cut the **plum tomato** into dices. In a salad bowl, mix the leftover **feta** with the plum tomato. Season with salt, pepper and extra virgin olive oil to taste. Add the **fresh herbs** to the tomato salad. Optionally, save some herbs to use as garnishing.



3. Halve the courgettes

Cut the **courgette** in half lengthwise and remove the seeds with a spoon. Finely chop the seeds and add them to the tomato mixture. Put the halved courgettes in an oven dish and rub with ½ tbsp olive oil per person. Season with ¼ tsp **cumin** per person, salt and pepper (TIP).

TIP: Not a fan of cumin? If the flavor is overwhelming, leave it out.



6. Serve

Transfer 2 half stuffed courgettes per person to plates. Serve with the **merguez sausages** and the tomato salad.

FACT: Did you know that this dish contains about 600 g vegetables per person? And that canned vegetables are not by definition less healthy than fresh vegetables? This dish contains 100% of the daily recommended amount of fibre, due to the vegetables.

Enjoy!



Meditarranean pasta with spicy canned sardines in tomato sauce

QUICK & EASY 20 min. • Eat within 5 days

**QUICK &
EASY**



Garlic clove



Olives & capers



Fresh flat leaf parsley



Penne



Sardines in spicy
tomato sauce



Diced tomato
with onion



Red cherry tomatoes



Rocket lettuce

Pantry items

Olive oil, salt and pepper

A good start

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

Equipment

Sauté pan, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Olives & capers* (g)	15	30	45	60	75	90
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Penne (g 1) 17) 20)	90	180	270	360	450	540
Sardines in spicy tomato sauce (can) 4)	½	1	1½	2	2½	3
Diced tomato with onion (container)	⅓	⅔	1	1⅓	1⅔	2
Red cherry tomatoes* (g)	125	250	375	500	625	750
Rocket lettuce* (g) 23)	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)	2617 / 626	599 / 143
Total fat (g)	22	5
Of which: saturated (g)	3,7	0,8
Carbohydrates (g)	79	18
Of which: sugars (g)	16,2	3,7
Fibre (g)	8	2
Protein (g)	23	5
Salt (g)	0,9	0,2

Allergens:

1) Grains containing gluten 4) Fish

May contain traces of: 17) Eggs 20) Soy 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 ample water in a pan with a lid for the **penne**.
- Press or mince the **garlic** and roughly chop the **olives**. Roughly chop the **flat leaf parsley**.



3. Make the sauce

- Add the **canned sardines** to the sauté pan, including sauce. Separate the sardines with a spoon and fry for 2 – 3 minutes.
- Add the **olives, capers, cherry tomatoes** and half of the **parsley** and mix well.
- Allow to simmer gently until the penne is cooked. Then add the **penne** to the sauce.



2. Prepare the sauce

- Cook the **penne** for 10 – 12 minutes. Heat ½ tbsp **olive oil** per person in a sauté pan on medium-high heat.
- Fry the **garlic** for 1 minute, add the **diced tomato** and cook for 3 – 4 minutes. Cut the **cherry tomatoes** in half.

FACT: Did you know that canned tomatoes, contrary to what most people think, contain almost as many vitamins and minerals as fresh tomatoes? Altogether, this dish contains more than 250 g vegetables.



4. Serve

- Divide the **rocket lettuce** among plates.
- Top with the **penne** and garnish with the remaining **flat leaf parsley**.

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

Enjoy!



Provençal meatloaf

with Italian vegetables in tomato sauce and rice

45 min. • Eat within 5 days



Onion



Garlic clove



Semi-dried tomatoes



Fresh basil & thyme



Mixed spiced
minced meat



Panko



Free-range egg



Italian vegetables mix



Passata



Tomato



Fresh rosemary



White long grain rice

Pantry items

Olive oil, butter, black balsamic vinegar, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Semi-dried tomatoes* (g)	15	35	45	60	80	95
Fresh basil & thyme* (g)	5	10	15	20	25	30
Mixed spiced minced meat* (g)	100	200	300	400	500	600
Panko (g) 1)	25	50	75	100	125	150
Free-range egg* (pcs) 3)	½	1	1½	2	2½	3
Italian vegetables mix* (g) 23)	100	200	300	400	500	600
Passata (g)	100	200	300	400	500	600
Tomato (pcs)	½	1	1½	2	2½	3
Fresh rosemary* (sprigs)	½	1	1½	2	2½	3
White long grain rice (g)	85	170	250	335	420	505

Not included

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Butter (tbsp)	¼	½	¾	1	1¼	1½
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3736 / 893	671 / 160
Total fat (g)	35	6
Of which: saturated (g)	11,2	2,0
Carbohydrates (g)	105	19
Of which: sugars (g)	14,1	2,5
Fibre (g)	6	1
Protein (g)	37	7
Salt (g)	2,8	0,5

Allergens:

1) Grains containing gluten 3) Eggs

May contain traces of: 23) Celery

Contact

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



1. Prepare

Preheat the oven to 200 degrees. Chop the **onion** and press or mince the **garlic**. Finely chop the **semi-dried tomatoes** and **basil** leaves. In a bowl, mix the **minced meat**, **panko**, ½ **free-range egg** per person, **garlic**, **semi-dried tomatoes**, half of the **onion**, **basil**, salt and pepper. Knead well.



2. Prepare the meatloaf

Shape the minced meat mixture into a flat loaf. Heat ¼ tbsp olive oil and ¼ tbsp butter per person in a frying pan on medium-high heat. Fry the meatloaf for 4 – 6 minutes until brown all around, then transfer to an oven dish. Cook the meatloaf in the oven for 20 – 30 minutes (TIP).

TIP: The time it takes to cook the meatloaf strongly depends on the size of the meatloaf and on your oven. First, cook the meatloaf for 20 minutes, then cut it open to see whether it is cooked. Put it back in the oven if it needs to cook more.



3. Fry the vegetables

Boil water in a pan with a lid, with a pinch of salt, for the rice. Heat ½ tbsp olive oil per person in the frying pan you used for the meatloaf and fry the remaining **onion** for 1 – 2 minutes. Add the **vegetable mix** and fry for 3 – 5 minutes.



4. Make the sauce

In the meantime, cut the **tomato** into dices and add to the vegetables. Deglaze with ½ tbsp balsamic vinegar per person, the **passata** and 1 tbsp water per person. Season with salt and pepper. Stir well and add the **fresh rosemary** and **thyme**. Allow the vegetables to cook on low heat for 10 – 15 minutes.



5. Cook the rice

Cook the **rice** for 10 – 12 minutes, covered with the lid. Then drain and leave to steam dry without the lid.



6. Serve

Cut the meatloaf into slices and divide among plates. Sprinkle with the cooking grease from the oven dish. Serve with the Provençal tomato sauce and white rice.

Enjoy!



Vegetable lasagne with homemade cream sauce

with a double portion eggplant and salad as extra

HELLOEXTRA 60 min. • Eat within 5 days

**HELLO
EXTRA**



Eggplant



Onion



Garlic clove



Dried rosemary



Spinach



Single cream



Grated aged cheese



Fresh lasagne sheets



Mixed lettuce

Pantry items

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

A good start

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

Equipment

Sauté pan, baking sheet lined with baking paper, oven dish, whisk

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Eggplant* (pcs)	2	2	3	4	5	6
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 (container) 7)	¼	½	¾	1	1¼	1½
Grated aged cheese* (g) 7)	40	75	100	125	175	200
Fresh lasagne sheets* (g) 1) 3)	2	4	6	8	10	12
Mixed lettuce* (g)	40	80	120	160	200	240
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
Black balsamic vinegar (tbsp)	½	½	1	1	1½	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4353 / 1041	469 / 112
Total fat (g)	57	6
Of which: saturated (g)	28,7	3,1
Carbohydrates (g)	92	10
Of which: sugars (g)	13,3	1,4
Fibre (g)	11	1
Protein (g)	35	4
Salt (g)	3,8	0,4

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. Roast 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 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. Use the same amount of butter as flour. Is your sauce too thin? Allow it to reduce a little bit longer.



4. Finish the 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**, ½ of the **grated aged cheese** and salt and pepper to taste.



5. Make the lasagne

Grease an oven dish with the remaining olive oil. Pour a thin layer of sauce into the oven 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 the lasagne sheets well, the sauce will spread evenly; this will also make it cook evenly.



6. Serve

Leave the lasagne to rest for 3 minutes to allow it to firm up. In the meantime, mix the **mixed lettuce** with the black balsamic vinegar and season with salt and pepper. Transfer the lasagne to plates and serve with the salad.

Enjoy!

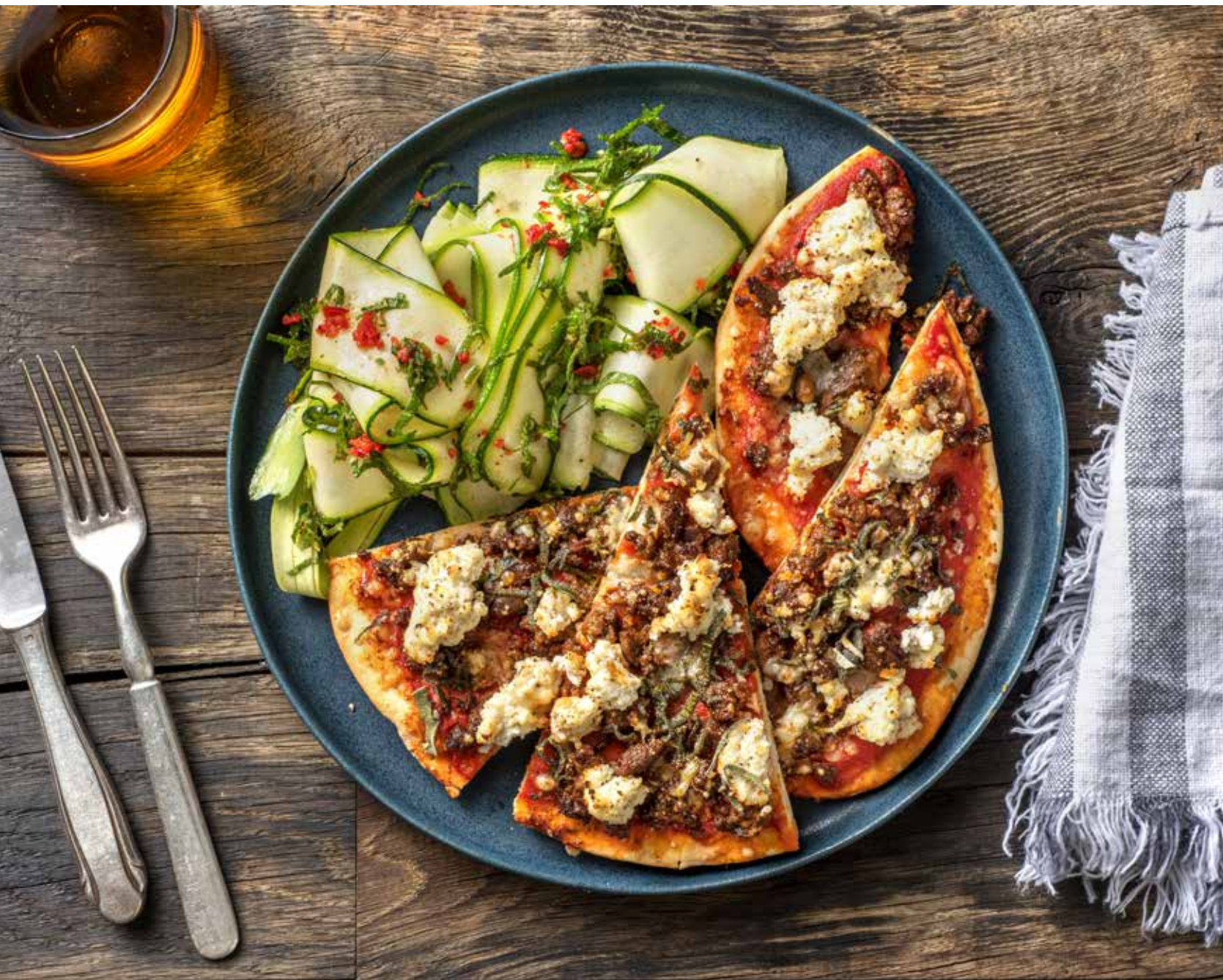


Naan pizza with beef merguez, ricotta and sage

with courgette salad

QUICK & EASY 25 min. • Eat within 5 days

**QUICK &
EASY**



Beef merguez sausage



Naan bread



Passata



Fresh mint & sage



Ricotta



Grated aged cheese



Courgette



Red chili pepper

Pantry items

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

A good start

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

Equipment

Frying pan, peeler or cheese slicer, salad bowl, baking sheet lined with baking paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Beef merguez sausage* (pcs)	1	2	3	4	5	6
Naan bread (pcs) 1) 7)	1	2	3	4	5	6
Passata (pcs)	¼	½	¾	1	1¼	1½
Fresh mint & sage* (g)	5	10	15	20	25	30
Ricotta* (g) 7)	50	100	150	200	250	300
Grated aged cheese* (g) 7)	15	25	40	50	65	75
Courgette (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
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 portie	Per 100g
Energy (kJ/kcal)	3868 / 925	709 / 170
Total fat (g)	45	8
Of which: saturated (g)	16,0	2,9
Carbohydrates (g)	77	14
Of which: sugars (g)	19,2	3,5
Fibre (g)	6	1
Protein (g)	48	9
Salt (g)	3,9	0,7

Allergens:

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

May contain traces of:



1. Fry

- Preheat the oven to 200 degrees.
- Cut open the **beef merguez sausage**, squeeze out the meat and throw away the skin.
- Heat ½ tbsp olive oil per person in a frying pan on medium-high heat and stir fry the meat from the sausage for 5 minutes. The meat should be just cooked, but still soft (TIP).

TIP: Make sure you don't overcook the meat. It will go into the oven after frying. It is better to put it into the oven a little bit raw, so it can cook more. This way the meat will not become dry.



3. Prepare the salad

- In the meantime, separate the **courgette** into thin ribbons with a peeler or **cheese slicer**. Remove the seeds from the **red chili pepper** and finely chop the pepper (TIP). Strip the **mint** leaves off the stems and finely chop the leaves.
- In a salad bowl, mix per person: ½ tbsp extra virgin olive oil, ½ tbsp white balsamic vinegar, salt and pepper. Mix the dressing with the **courgette** (TIP), **mint** and **red chili pepper**.

TIP: Do you have children joining for dinner? Leave out the red chili pepper or make a separate salad with chili pepper. Not a fan of raw courgette? Fry the courgette ribbons briefly in a frying pan.



2. Top the pizza

- Strip the **sage** leaves off the stems and cut the leaves into thin strips.
- Transfer the **naan bread** to a baking sheet lined with baking paper. Spread the **passata** over the naan bread and divide the meat over it. With a teaspoon, add small dots of **ricotta** onto the naan pizzas. Sprinkle with the **sage** and **grated aged cheese**.
- Heat the pizzas in the oven for 8 – 10 minutes, or until crunchy.



4. Serve

- Cut the naan pizza into pieces and transfer to plates. Serve with the courgette salad.

Enjoy!

Contact

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