



# French-style cod with butter sauce and capers

with leek and green beans

**FAMILY** 40 min. • Eat within 3 days



Fish in flour with a parsley-lemon butter sauce is also called à la meunière.



Semi-starchy potatoes



Leek



Green beans



Shallot



Garlic clove



Fresh flat leaf parsley



Cod fillet



Capers

## Pantry items

Vegetable stock, olive oil, butter, extra virgin olive oil, white wine vinegar, mustard, flour, salt and pepper

## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Semi-starchy potatoes (g)	250	500	750	1000	1250	1500
Leek* (pcs)	½	1	1½	2	2½	3
Green beans* (g)	75	150	225	300	375	450
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cod fillet* (pcs) 4)	1	2	3	4	5	6
Capers* (g)	10	20	30	40	50	60

#### Not included

	250	500	750	1000	1250	1500
Vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2958 / 707	334 / 80
Total fat (g)	33	4
Of which: saturated (g)	14,2	1,6
Carbohydrates (g)	67	8
Of which: sugars (g)	8,8	1,0
Fibre (g)	12	1
Protein (g)	29	3
Salt (g)	3,7	0,4

### Allergens:

4) Fish

May contain traces of: -

### Contact

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



## 1. Prepare

Preheat the oven to 200 degrees. Prepare the stock. Thoroughly wash the **potatoes** and cut into large pieces. Cut the **leek** into 10 cm rolls lengthwise. Trim the ends off the **green beans** and cut into 2 equally sized pieces. Chop the **shallot** and press or mince the **garlic**.



## 4. Fry the cod

Divide 1 tbsp flour over a plate. Pat the **cod fillet** dry and season with salt and pepper. Dip the **cod** through the flour. When the **potatoes** are almost done, heat ½ tbsp butter in a frying pan on high heat and fry the **cod** for 1 – 2 minutes per side. Take from the pan and transfer to plates. Sprinkle the **parsley** on top of the **cod**.



## 2. Roast the potatoes

Mix the **potatoes** with ½ tbsp olive oil per person, salt and pepper. Transfer to a baking sheet lined with baking paper and roast in the oven for 30 – 40 minutes. Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat. Fry the **leek**, **garlic** and half of the **shallot** for 3 – 4 minutes. Deglaze with the stock and add the **green beans**. Bring to a boil, covered with the lid, and cook for 10 – 12 minutes. Then drain and set aside (TIP).

**TIP:** The vegetables may cool.



## 5. Make the sauce

Add ½ tbsp butter per person and the **capers** to the same pan you used for the cod, on high heat. Season with salt and pepper and fry for another 2 – 3 minutes until the butter is light brown and foamy. Pour the melted butter and **capers** over the **cod**.



## 3. Mix the vinaigrette

In a bowl, mix per person: ½ tbsp extra virgin olive oil, 1 tsp white wine vinegar and 1 tsp **mustard** with the remaining **shallot**, salt and pepper into a vinaigrette. Finely chop the **flat leaf parsley**.



## 6. Serve

Mix the vinaigrette with the **green beans** and **leek** and transfer the vegetables to the plates with **cod**. Serve the **cod** a la munière with the roasted **potatoes**.

**Enjoy!**



# Shakshuka with fresh goat cheese

with curly parsley and a spelt baguette

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



Spelt has been cultivated for about 7000 years now. It's flavor is mildly spicy and nutty, perfect for an outspoken dish such as shakshuka.



Onion



Garlic clove



Red chili pepper



Red bell pepper



Plum tomato



Fresh curly parsley



Cage-free egg



Fresh goat cheese



Spelt baguette

## Pantry items

Olive oil, vegetable stock, salt and pepper

## A good start

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

### Equipment

Wok or sauté pan with a lid

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	3	5	5
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Plum tomato (pcs)	2	4	6	8	10	12
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Cage-free egg* (pcs) 3)	2	4	6	8	10	12
Fresh goat cheese* (g) 7)	25	50	75	100	125	150
Spelt baguette (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	1	2	2	3	3
Vegetable stock (pcs)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2694 / 644	444 / 106
Total fat (g)	25	4
Of which: saturated (g)	8,1	1,3
Carbohydrates (g)	71	12
Of which: sugars (g)	18,2	3,0
Fibre (g)	8	1
Protein (g)	30	5
Salt (g)	2,4	0,4

### Allergens:

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

May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose

22) Nuts 25) Sesame seed

### Contact

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## 1. Prepare

Preheat the oven to 210 degrees. Chop the **onion** and press or mince the **garlic**. Remove the seeds from the **red chili pepper** and **red bell pepper** and finely chop both peppers. Cut the **tomato** into small dices and finely chop the **curly parsley**.

**FACT:** Did you know that this dish contains more than 250 g vegetables and more vitamin C than the daily recommended amount, due to the tomato and bell pepper?



## 4. Cook the egg

Make a small opening in the vegetables in the pan for each egg and break an **egg** into each opening. Season to taste with salt and pepper. Crumble the **goat cheese** over the dish, cover the pan and allow the **eggs** to firm up for 10 minutes (TIP). Take the lid off the pan for the final 4 minutes, turn up the heat a little and allow any excess moisture to evaporate.

**TIP:** Adapt the cooking time to the pan you are using: the deeper the pan, the longer it takes to cook the egg. The cooking time also depends on your personal preference for a hard-boiled or soft-boiled egg.



## 2. Fry the seasonings

Heat the olive oil in a wok or sauté pan with a lid and fry the **onion**, **garlic** and **red chili pepper** for 2 minutes on medium-high heat. Add the **red bell pepper**, **tomato** and half of the **curly parsley**.



## 5. Heat the baguettes

In the meantime, heat the **spelt baguette** in the preheated oven for 6 – 8 minutes until golden brown.



## 3. Cook the vegetables

Add 30 ml water per person to the pan and crumble the vegetable stock cube over it. Bring to a boil while stirring and allow to simmer for 5 minutes, covered with the lid. Season to taste with salt and pepper.



## 6. Serve

Transfer the dish to plates. Garnish with the remaining **curly parsley** and serve with the **baguette**.

**FACT:** Next to fatty fish, egg is one of the few products that contains loads of vitamin D. A vitamin which the average person consumes too little of, especially since a lot of people work inside nowadays.

## Enjoy!



# Homemade chicken nuggets

with oven fries and tomato-cucumber salad

45 min. • Eat within 5 days



Fastfood: but homemade with fresh ingredients.



Semi-starchy potatoes



Sour cream



Paprika



Chicken fillet



Tomato



Fresh chives



Cucumber



Panko



Sweet-spicy chili sauce

## Pantry items

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

## A good start

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

### Equipment

Frying pan, bowl, deep plate, salad bowl, baking sheet lined with baking paper

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Semi-starchy potatoes (g)	250	500	750	1000	1250	1500
Sour cream* (g) 7)	50	100	150	200	250	300
Paprika (tsp)	½	¾	1	1½	1¾	2
Chicken fillet* (g)	100	200	300	400	500	600
Tomato (pcs)	1	2	3	4	5	6
Fresh chives* (g)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Panko (g) 1)	12½	25	37½	50	62½	75
Sweet-spicy chili sauce (g)	35	70	105	140	175	210
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	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
Sunflower oil (tbsp)	5	10	15	20	25	30
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3512 / 840	468 / 112
Total fat (g)	44	6
Of which: saturated (g)	8,3	1,1
Carbohydrates (g)	71	10
Of which: sugars (g)	15,7	2,1
Fibre (g)	8	1
Protein (g)	34	4
Salt (g)	0,9	0,1

### Allergens:

1) Grains containing gluten 7) Milk/lactose

### Contact

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## 1. Make the fries

Preheat the oven to 220 degrees. Peel the **potatoes** or wash them thoroughly and cut them into ½ – 1 cm wide fries. On a baking sheet lined with baking paper, mix then with ½ tbsp olive oil per person, salt and pepper. Roast in the oven for 30 – 40 minutes. Turn when halfway done.



## 4. Bread the chicken

Check on the oven fries and transfer the **panko** to a deep plate with salt and pepper. Dip the **chicken fillet** through the **panko**; make sure they are completely covered.



## 2. Marinate the chicken

In a bowl, mix half of the **sour cream**, 1 tsp **paprika** per person, 1 tsp mustard per person, salt and pepper. Cut the **chicken fillet** into equally sized 3 cm pieces and mix the **chicken** with the **sour cream** sauce.



## 5. Make the nuggets

Prepare a plate with kitchen paper to put the **chicken** on after frying. Heat 5 tbsp sunflower oil per person in a frying pan on medium-high heat. Make sure the oil is nice and hot and fry the **chicken** for 2 – 3 minutes per side. The **chicken** is done as soon as it has a golden-brown crust.



## 3. Cut the vegetables

Cut the **tomato** into wedges and finely chop the **chives**. Halve the **cucumber** lengthwise and cut into half slices. In a salad bowl, mix the **tomato** and **cucumber** with per person: ½ tbsp extra virgin olive oil and 1 tsp white balsamic vinegar with half of the **chives**, the remaining **sour cream**, salt and pepper.



## 6. Serve

Serve the chicken nuggets with the tomato-cucumber salad, the **sweet-spicy chili sauce** and the oven fries.

**Enjoy!**



# Korean-style wraps with beef strips

with crunchy crudité and sweet and sour cucumber

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



In Korea, you often see a lot of side dishes served in several small bowls: this is called Banchan.



Garlic clove



Fresh ginger



Red chili pepper



Soy sauce



Beef strips



Cucumber



Fresh coriander



Lime



White tortilla



White cabbage and carrot

## 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

Grater, frying pan, bowl, aluminum foil

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Soy sauce (ml) <b>1) 6)</b>	15	30	40	60	70	90
Beef strips* (g)	110	220	330	440	550	660
Cucumber* (pcs)	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Lime (pcs)	¼	½	¾	1	1¼	1½
White tortilla (pcs) <b>1)</b>	2	4	6	8	10	12
White cabbage and carrot* (g) <b>23)</b>	100	150	200	300	350	450

#### Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2747 / 657	510 / 122
Total fat (g)	19	4
Of which: saturated (g)	3,0	0,6
Carbohydrates (g)	78	15
Of which: sugars (g)	14,3	2,7
Fibre (g)	7	1
Protein (g)	39	7
Salt (g)	4,0	0,7

### Allergens:

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

### Contact

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## 1. Cut

Preheat the oven to 180 degrees. Press or mince the **garlic**. Peel the **ginger** and finely chop or grate. Remove the seeds from the **red chili pepper** and finely chop the pepper.



## 2. Marinate

In a bowl, mix the **red chili pepper** with the **garlic**, **ginger**, **soy sauce** and olive oil. Cut the **beef strips** into 1 – 2 cm dices and mix them with the marinade. Allow the **beef** to marinate for at least 15 minutes (TIP).

**TIP:** The longer you marinate the meat, the tastier it will get. Do you have time in the morning? You can already make the marinade. Mix it with the steak and keep in the refrigerator until use.



## 3. Prepare the cucumber

Cut the **cucumber** into thin ribbons, using a peeler, cheese slicer or a knife. In a bowl, mix the white wine vinegar with the **cucumber** and the sugar (TIP). Season with salt and set aside. Regularly stir, so the flavours absorb well.

**TIP:** For a tasty twist, mix half of the vegetable mix with the sweet and sour cucumber.



## 4. Heat the tortilla

In the meantime, roughly chop the **coriander** and cut the **lime** into wedges. Wrap the **tortillas** in aluminium foil and heat in the oven for 2 – 3 minutes.



## 5. Fry the steak

In the meantime, heat a frying pan on medium-high heat. Wait until the pan is hot and fry the **beef**, with marinade, for 2 – 3 minutes until brown all around. The **beef** may still be pink on the inside.



## 6. Serve

Stuff the wraps with the raw vegetable mix. Divide the **beef** and sweet-and-sour **cucumber** among the wraps and squeeze some **lime juice** over them. Sprinkle with **coriander** and serve with the remaining **cucumber** on the side.

## Enjoy!



# Flammkuchen with buffalo mozzarella and courgette with a refreshing salad

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



Flammkuchen: they look Italian and sound German, but do you know where they are actually from?  
Find the answer on the back for the answer



Garlic clove



Passata



Italian herbs



Courgette



Flammkuchen



Buffalo mozzarella



Tomato



Rocket and lamb's lettuce



Fresh basil

## Pantry items

Olive oil, honey, 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, peeler, baking sheet lined with baking paper, saucepan

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Passata (pack)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Courgette (pcs)	½	1	1½	2	2½	3
Flammkuchen* (pcs) 1)	1	2	3	4	5	6
Buffalo mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Tomato (pcs)	½	1	1½	2	2½	3
Rocket and lamb's lettuce* (g) 23)	30	60	90	120	150	180
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2625 / 628	488 / 117
Total fat (g)	29	5
Of which: saturated (g)	10,9	2,0
Carbohydrates (g)	66	12
Of which: sugars (g)	19,9	3,7
Fibre (g)	4	1
Protein (g)	22	4
Salt (g)	1,6	0,3

### Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 23) Celery

### Contact

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



### 1. Prepare

Preheat the oven to 200 degrees. Press or mince the **garlic**. Heat ¼ tbsp olive oil per person in a saucepan and fry the **garlic** for 1–2 minutes on medium-high heat. Add the **passata**, the **Italian herbs**, honey and half of the white balsamic vinegar, and heat for 1 minute. Season the sauce with psalt and pepper (TIP). Cut ½ of the **courgette** into thin slices.

**TIP:** Taste the sauce and make it a bit sweeter of more refreshing by adding honey or vinegar.



### 4. Top the flammkuchen

Divide the sauce over the flammkuchen, but leave 2 cm of the edge uncovered. Top with the **courgette** slices and the **buffalo mozzarella**. Season with salt and pepper. Heat in the oven for another 8–10 minutes, or until the **buffalo mozzarella** starts to color.



### 2. Prepare the flammkuchen

Transfer the **flammkuchen** to a baking sheet lined with baking paper and heat them in the oven for 5 minutes.



### 5. Make the salad

In the meantime, slice the remaining **courgette** into thin ribbons with a peeler. Cut the **tomato** into small dices. In a salad bowl, mix the extra virgin olive oil with the leftover white balsamic vinegar. Mix the **courgette** ribbons, **tomato**, **rocket lettuce** and **lamb's lettuce** with the dressing. Season with salt and pepper. Separate the leaves from the **basil** stems. Save the leaves; finely chop the stems and mix with the salad.



### 3. Fry the courgette

In the meantime, heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **courgette** slices for 5 minutes. Cut or tear the **mozzarella** into small pieces.



### 6. Serve

Transfer the **flammkuchen** to plates and garnish with the **basil** leaves. Serve with the salad on the side.

**FACT:** Did you know that canned vegetables contain almost as many nutrients as fresh vegetables? All in all, this dish contains 350 g vegetables per person!

### Enjoy!

Avnuser: France



# Peruvian rice dish with sweet potato and feta

with lime, corn, coriander and chili salsa

**VEGETARIAN** 45 min. • Eat within 5 days



For variety, you can also use quinoa, a typical Peruvian ingredient, instead of rice..



Red onion



Sweet potato



Corn cob



Beans



Red chili pepper



Plum tomato



Lime



Fresh coriander



Brown rice



Feta



Low-fat yogurt

## Pantry items

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

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

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Corn cob* (pcs)	1	2	3	4	5	6
Beans (g)	⅓	⅔	1	1⅓	1⅔	2
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Plum tomato (pcs)	½	1	1½	2	2½	3
Lime (pcs)	½	1	1½	2	2½	3
Fresh coriander* (g)	10	20	30	40	50	60
Brown rice (g)	70	140	210	280	350	420
Feta* (g) 7)	50	75	100	125	175	200
Low-fat yogurt* (g) 7) 19) 22)	50	75	100	125	175	200
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3958 / 946	580 / 139
Total fat (g)	38	6
Of which: saturated (g)	9,8	1,4
Carbohydrates (g)	118	17
Of which: sugars (g)	28,6	4,2
Fibre (g)	18	3
Protein (g)	25	4
Salt (g)	1,6	0,2

### 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 210 degrees. Cut the **red onion** into quarters. Wash or peel the **sweet potato** and cut into 2 cm dices. Remove the leaves from the **corn cob**, put it upright on a cutting board and carefully cut off the **corn kernels**. Drain the **beans** in a colander.



## 4. Cook the rice

Boil ample water in a pan with a lid, with a pinch of salt. Cook the **brown rice** for 12 – 15 minutes. Drain and leave to steam dry without the lid.

**TIP:** This dish is rich in calories. Are you watching your calorie intake? Use 50 g rice and 25 g feta per person. You can use the remaining rice and feta the next day, in a salad for example.



## 2. Roast

Transfer the **red onion** and **sweet potato** to a baking sheet lined with baking paper. Drizzle with ½ tbsp olive oil per person, salt and pepper and mix well. Roast for 25 – 30 minutes. Turn when halfway done. On a different baking sheet with baking paper, add the **corn** and the **beans**, but keep them separated. Drizzle with ½ tbsp olive oil per person, salt and pepper and roast in the oven for 8 – 10 minutes.



## 5. Finish

Mix the **corn** with the salsa in the salad bowl. Crumble the **feta**.

**FACT:** Did you know that this dish will provide you with 60% of the daily recommended amount of fibre? This is due to the beans, whole grain rice, vegetables and sweet potato.



## 3. Make the salsa

Remove the seeds from the **red chili pepper** and finely chop the pepper. Cut the **tomato** into small dices. Grate the **lime** peel with a fine grater and press the **lime juice** into a salad bowl. Finely chop the **coriander**. In the salad bowl with **lime juice**, add per person: ¼ tsp **lime zest** and 1 tbsp extra virgin olive oil with the **coriander**, **red chili pepper** and **tomato**. Season with salt and pepper.



## 6. Serve

Transfer the **rice** to plates and serve with the salsa on top, so all the flavors mix with the **rice**. Place the **sweet potato** with **onion** and **beans** next to it. Serve the **low-fat yogurt** with the **sweet potato** and garnish with the **feta**.

**Enjoy!**



# Bánh mì with meatballs

with sweet and sour vegetables and spicy mayonnaise

**STREETFOOD** 30 min. • Eat within 3 days



You can still see French influences in Vietnam, like the baguette in this streetfood dish



Shallot



Fresh ginger



Red chili pepper



Lime



Little gem



Fish sauce



Red cabbage and carrot



Whole grain roll



Mayonnaise

## Pantry items

White balsamic vinegar, sunflower oil, sugar, olive oil

## A good start

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

### Equipment

Small bowl, frying pan with a lid, salad bowl

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Lime (pcs)	½	1	1½	2	2½	3
Little gem* (pcs)	1	2	3	4	5	6
Fish sauce (ml) 4)	15	30	45	60	75	90
Red cabbage and carrot* (g) 23)	50	100	150	200	250	300
Spiced beef meatballs* (pcs)	3	6	9	12	15	18
Whole grain roll (pcs) 1) 6) 17) 21) 22) 25)	1	2	3	4	5	6
Mayonnaise* (g) 3) 10) 19) 22)	15	30	45	60	75	90

#### Not included

White balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	2	4	6	8	10	12
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)	3199 / 765	685 / 164
Total fat (g)	46	10
Of which: saturated (g)	10,7	2,3
Carbohydrates (g)	39	8
Of which: sugars (g)	17,2	3,7
Fibre (g)	9	2
Protein (g)	41	9
Salt (g)	5,9	1,3

### Allergens:

1) Grains containing gluten 3) Eggs 4) Fish 6) Soy 10) Mustard

May contain traces of: 17) Eggs 19) Peanuts 7) Melk (inclusief lactose) 22) Nuts 23) Celery 25) Sesame seed

### Contact

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



## 1. Cut the vegetables

Preheat the oven to 210 degrees. Chop the **shallot** and grate the **ginger**. Remove the seeds from the **red chili pepper** and finely chop the pepper (TIP). Press the juice from the **lime** and finely chop the **little gem**.

**TIP:** Do you like spicy food? Don't remove seed pods and seeds from the chili pepper.



## 4. Mix the salad

In the meantime, heat the **whole grain rolls** in the oven for 7 – 8 minutes. Add the **little gem** to the salad bowl with vegetables and mix with the remaining dressing. Mix the **red chili pepper** and **mayonnaise** in a small bowl and cut the **meatballs** in half.



## 2. Make the dressing

In a small bowl, mix the **fish sauce**, ¾ **lime juice** per person, the **ginger**, white balsamic vinegar, olive oil and sugar into a dressing (TIP). Season with salt and pepper. Add the **shallot** to the dressing. In a salad bowl, mix the **vegetable mix** with 1½ tbsp of the dressing per person. Stir well and allow the flavors to spread and absorb.

**TIP:** Don't have white balsamic vinegar at home? Replace it with 1/2 tbsp white wine vinegar per person.



## 5. Stuff the rolls

Cut open the **whole grain rolls** and spread the inside with the spicy **mayonnaise**. Put some of the salad on top and top with the halved **meatballs**.

**FACT:** The whole grain roll will provide you with 3 times more fibre than a white roll. You will feel satisfied longer and it will help you maintaining a stable energy level throughout the day.



## 3. Fry

In the meantime, heat the sunflower oil in a frying pan with a lid and fry the **meatballs** on medium-high heat for 3 – 4 minutes until brown all around. Reduce the heat to low, cover the pan with the lid and fry for another 8 – 10 minutes, or until cooked.



## 6. Serve

Serve the bánh mì with the remaining salad.

## Enjoy!



# Vegetarian schnitzel with mushroom-cream sauce

with baby potatoes and tomato salad

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



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



Baby potatoes



Onion



Garlic clove



Mushrooms



Whipping cream



Vegetarian schnitzel



Tomato



Beef tomato



Fresh chives



Mayonnaise

## Pantry items

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

## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

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

#### Not included

Mushroom stock cube (pcs)	¼	½	¾	1	1¼	1½
Butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	4165 / 996	557 / 133
Total fat (g)	63	8
Of which: saturated (g)	18,0	2,4
Carbohydrates (g)	75	10
Of which: sugars (g)	13,4	1,8
Fibre (g)	11	2
Protein (g)	24	3
Salt (g)	2,7	0,4

### Allergens:

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

May contain traces of: 19) Peanuts 22) Nuts

### Contact

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



### 1. Prepare

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



### 3. Fry the schnitzel

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

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



### 2. Make the sauce

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



### 4. Serve

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

### Enjoy!



# Asian noodles with spiced minced meat

with stir-fried vegetables and peanuts

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



The minced meat in this recipe is full of flavor! Cumin, ginger, coriander, cardamom... Do you recognize them?



Garlic clove



Fresh ginger



Vegetable mix



Noodles



Soy sauce



Sesame oil



Ground cumin



Ground coriander



Spiced minced beef



Peanuts

## Pantry items

Olive oil, black balsamic vinegar, 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

Small bowl, frying pan, grater, pan with a lid, wok

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Fresh ginger (cm)	1	2	3	4	5	6
Vegetable mix* (g) 23)	200	400	600	800	1000	1200
Noodles (g) 1)	100	200	300	400	500	600
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Sesame oil (tsp) 11)	1	2	3	4	5	6
Ground cumin (tsp)	1	2	3	4	5	6
Ground coriander (tsp)	½	1	1½	2	2½	3
Spiced minced beef* (g)	100	200	300	400	500	600
Peanuts (g) 5) 22) 15)	5	10	15	20	25	30

#### Not included

Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
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)	4151 / 992	909 / 217
Total fat (g)	45	10
Of which: saturated (g)	11,3	2,5
Carbohydrates (g)	94	21
Of which: sugars (g)	16,5	3,6
Fibre (g)	8	2
Protein (g)	47	10
Salt (g)	4,3	0,9

### Allergens:

1) Grains containing gluten 5) Peanuts 6) Soy 11) Sesame seed

May contain traces of: 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. Stir fry

- Boil ample water in a pan with a lid for the **noodles**.
- Press or mince the **garlic** and grate the **ginger** with a fine grater (TIP).
- Heat ½ tbsp **olive** oil per person in a wok on high heat and stir fry the **vegetable mix** for 10 – 12 minutes. Season with salt and pepper.

**TIP:** You can leave the peel on when grating the ginger. Don't have a grater? Peel the ginger and finely chop it.



### 3. Fry and mix

- Heat the remaining olive oil in a frying pan and fry the **garlic**, the **ground cumin** and **ground coriander** for 1 minute on medium-high heat.
- Add the **minced beef**, season with salt and pepper and stir fry for 3 minutes.
- Add the **noodles**, dressing and **minced beef** to the wok and mix with the **vegetables**.



### 2. Make the dressing

- In the meantime, add the **noodles** (TIP) to the pan with boiling water and cook for 2 minutes until al dente, covered with the lid. Drain and leave to steam dry without the lid.
- Meanwhile, mix in small bowl: 10 ml **soy sauce** per person and 1 tsp sesame oil per person with the black balsamic vinegar, **ginger**, **sugar** and sunflower oil.

**TIP:** This dish is rich in calories. Are you watching your calorie intake? Use 70 g noodles per person. You can use the remaining noodles in a soup the next day. Cook them in the soup for 3 minutes.



### 4. Serve

- Divide the dish among plates and sprinkle with the **peanuts**.

**Enjoy!**



# Farfalle with mushroom pesto

with chestnut mushrooms, lamb's lettuce and pecorino

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



Pecorino is an Italian sheep cheese which resembles Parmigiano Reggiano. However, is softer in taste because it is ripened for a shorter period of time.



Farfalle



Shallot



Chestnut mushrooms



Mushroom pesto



Lamb's lettuce



Fresh curly parsley



Grated pecorino

## 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

Wok or sauté pan, kitchen paper, pan with a lid

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Farfalle* (g) 1) 17) 20)	90	180	270	360	450	540
Shallot (pcs)	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	375	500	625	750
Mushroom pesto* (g) 7) 8)	40	80	120	160	200	240
Lamb's lettuce* (g) 23)	20	40	60	80	100	120
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Grated pecorino* (g) 7)	15	25	50	75	75	100
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3272 / 782	964 / 230
Total fat (g)	44	13
Of which: saturated (g)	9,3	2,8
Carbohydrates (g)	70	21
Of which: sugars (g)	5,6	1,7
Fibre (g)	7	2
Protein (g)	22	7
Salt (g)	0,8	0,2

### Allergens:

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

May contain traces of: 20) Soy 23) Celery



### 1. Fry

- Boil ample water in a pan with lid, for the **farfalle**.
- Cook the **farfalle** for 11 – 13 minutes, covered with the lid. Drain and leave to steam dry without the lid.
- Chop the **shallot**. Clean the **mushrooms** with kitchen paper and cut them into quarters.



### 2. Prepare

- Heat the olive oil in a wok or sauté pan on medium-high heat and fry the **shallot** for 1 – 2 minutes.
- Add the **mushrooms** and fry 5 – 7 minutes.
- Add the **mushroom pesto** and heat for another minute.

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



### 3. Season

- Tear the **lamb's lettuce** into bite-sized pieces.
- Roughly chop the **curly parsley**.
- Mix the farfalle with the **mushrooms** in the wok or sauté pan and season with salt and pepper.



### 4. Serve

- Divide the **lamb's lettuce** among plates.
- Top with the **pasta** and garnish with the **grated pecorino** and the **curly 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.



# Spring soup with fresh dill

with bacon and green pesto

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



We associate spring with freshness, softness and green. This soup with yogurt, fresh dill and seasonal vegetables is perfect for this season!



Garlic clove



Courgette



Leek



Fresh dill



Diced bacon



Whole grain roll



Green pesto



Full-fat yogurt

## 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

Stock pot, frying pan, hand blender

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Leek* (pcs)	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Diced bacon* (g)	50	100	150	200	250	300
Whole grain roll (pcs) 1) 6) 17) 21) 22) 25)	1	2	3	4	5	6
Green pesto* (g) 7) 8)	25	50	75	100	125	150
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150

#### Not included

Vegetable stock (ml)	250	500	750	1000	1250	1500
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)	2385 / 570	344 / 82
Total fat (g)	36	5
Of which: saturated (g)	8,4	1,2
Carbohydrates (g)	35	5
Of which: sugars (g)	15,1	2,2
Fibre (g)	8	1
Protein (g)	23	3
Salt (g)	5,0	0,7

### Allergens:

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

May contain traces of: 17) Eggs 19) Peanuts 7) Milk/Lactose 22) Nuts 25) Sesame seed

### Contact

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



### 1. Cut

- Prepare the stock and preheat the oven to 180 degrees.
- Press or mince the **garlic**. Cut the **courgette** into dices and the **leek** into rings (TIP). Roughly chop the **dill**.
- Heat the **olive oil** in a stock pot on medium heat. Add the **garlic**, **leek** and **courgette** and fry for 6 – 8 minutes.

**FACT:** Did you know that most vitamins and minerals are in the green part of the leek? Don't throw it away! Wash it well and cut it up. It contains a lot of vitamin B6, important for your muscles and immune system.



### 3. Puree the soup

- Heat the whole grain rolls in the preheated oven for 6 – 8 minutes.
- In the meantime, use a hand blender to puree the soup into a smooth whole.
- Add some more stock or water if you think the soup is too thick. Then stir in the **green pesto**.

**FACT:** The whole grain roll will provide you with 3 times more fibres than a white roll. You will feel satisfied longer and it will help you maintain a stable energy level throughout the day.



### 2. Fry the bacon

- Add the stock to the stock pot, reduce the heat and allow to simmer for 5 – 6 minutes.
- In the meantime, heat a frying pan on medium-high heat and fry the **diced bacon** for 8 – 10 minutes, or until crunchy (TIP).

**TIP:** Are you watching your salt intake? Use 1/3 stock cube per person for 250 ml water and use less of the bacon and/or pesto. You can use the remaining bacon and pesto in a salad the next day.



### 4. Serve

- Transfer the soup to bowls and garnish with the **yogurt**, **diced bacon** and **dill**.
- Serve with the **whole grain roll**.

### Enjoy!



# Salmon fillet in cream sauce with chives puree with cucumber salad and tomato

35 min. • Eat within 3 days



The salmon skin makes the fillet extra tasty; it also contains healthy omega-3 fatty acids.



Starchy potatoes



Shallot



Garlic clove



Tomato



Cucumber



Fresh chives



Salmon fillet with skin



Crème fraîche

## Pantry items

Fish stock, butter, flour, white balsamic vinegar, extra virgin olive oil, sugar, milk, 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

Frying pan, pan with a lid, salad bowl, whisk, potato masher, saucepan

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Starchy 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)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Fresh chives* (g)	5	10	15	20	25	30
Salmon fillet with skin* (pcs) 4)	1	2	3	4	5	6
Crème fraîche* (g) 7)	25	50	75	100	125	150

#### Not included

Fish stock (ml)	75	150	225	300	375	450
Butter (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Milk	a 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)	3531/844	452/108
Total fat (g)	48	6
Of which: saturated (g)	21,0	2,7
Carbohydrates (g)	68	9
Of which: sugars (g)	17,8	2,3
Fibre (g)	7	1
Protein (g)	30	4
Salt (g)	1,4	0,2

### Allergens:

4) Fish 7) Milk/lactose

### Contact

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



## 1. Prepare

Prepare the fish stock. Boil ample water with a pinch of salt in a pan with a lid for the **potatoes**. Peel the **potatoes** or wash them thoroughly and cut into large pieces. Cook the **potatoes** for 12 – 15 minutes, then drain and leave to steam dry without the lid.



## 4. Make the puree

Mash the **potatoes** into a puree with a potato masher. Add ½ tbsp butter per person and a splash of milk to the **potatoes** to make it creamy. Then add the mustard and half of the **chives**. Season with salt and pepper.



## 2. Cut

Chop the **shallot** and press or mince the **garlic**. Cut the **tomato** into small dices and cut the **cucumber** into thin slices. Finely chop the **chives**. In a salad bowl, mix the **cucumber** with per person: 1 tbsp white balsamic vinegar, ½ tbsp extra virgin olive oil, 1 tsp sugar and a pinch of salt. Set aside and regularly stir.



## 5. Fry the salmon

Pat dry the **salmon fillet** with kitchen paper and rub it with salt and pepper. Heat ½ tbsp butter per person in a frying pan on medium heat and fry the **salmon** for 2 – 3 minutes on the skin-side and 1 – 2 minutes on the other side. In the meantime, take the saucepan with sauce from the heat and stir in the **crème fraîche** and remaining **chives**. Season with salt and pepper.



## 3. Make the sauce

Heat ½ tbsp butter per person in a saucepan. Fry the **shallot** and **garlic** for 2 – 3 minutes. Add ½ tbsp flour per person and stir fry for 1 – 2 minutes. Deglaze with ½ tbsp white balsamic vinegar per person and the fish stock. Stir well with a whisk and reduce the heat. Allow to simmer for 5 – 10 minutes.



## 6. Serve

Serve the **salmon fillet** on top of the **chives puree**, spoon the **cream sauce** on top and garnish with the diced **tomato**. Serve with the **cucumber salad**.

**FACT:** Did you know that salmon is full of vitamin D? Vitamin D strengthens the immune system and you need it for the intake of calcium.

**Enjoy!**



# Chicken thigh fillet with roasted bell pepper

with rice and feta

**FAMILY** 45 min. • Eat within 3 days



What does a red bell pepper have  
3 times more of than an orange?  
Find the answer on the back



Red bell pepper



Chicken thigh fillet



Mexican spices



Lime



White long grain rice



Fresh flat leaf parsley



Feta



Shaved almonds

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

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red bell pepper* (pcs)	1½	3	4½	6	7½	9
Chicken thigh fillet* (g)	100	200	300	400	500	600
Mexican spices (tsp)	2	4	6	8	10	12
Lime (pcs)	½	1	1½	2	2½	3
White long grain rice (g)	85	170	250	335	420	500
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Feta* (g) 7)	25	50	75	100	125	150
Shaved almonds* (g) 8) 19) 22)	5	10	15	20	25	30

#### Not included

Vegetable stock (ml)	¼	½	¾	1	1½	2
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)	3376 / 807	682 / 163
Total fat (g)	37	8
Of which: saturated (g)	8,8	1,8
Carbohydrates (g)	82	16
Of which: sugars (g)	11,2	2,3
Fibre (g)	6	1
Protein (g)	33	7
Salt (g)	2,4	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. Roast the bell pepper

Preheat the oven to 200 degrees. Boil 175 ml water per person in a pan and crumble ¼ stock cube per person over it. In the meantime, cut the **red bell pepper** in quarters lengthwise and remove the **seeds**. Transfer the **bell pepper** to a baking sheet lined with baking paper, sprinkle with ½ tbsp **olive** oil per person and season with salt and pepper. Roast the **bell pepper** in the oven for 20 – 25 minutes.

**TIP:** The cooking time might be longer if you are using a combi microwave. Don't want to wait longer? Cut the bell pepper into smaller pieces.



### 4. Cook the chicken

Add the **rice**, the stock, 2 tsp **lime** juice per person and the remaining Mexican spices to the sauté pan and stir well. Put the **chicken** on top of the **rice**, reduce the heat to medium-low and allow to cook for 20 – 25 minutes, covered with the lid, until the **rice** is al dente. Regularly stir the **rice** (TIP).

**TIP:** The time it takes for the rice to absorb the stock, strongly depends on the size of your pan. Optionally, add some more boiling water if the rice becomes dry too quickly.



### 2. Season the chicken

In a bowl, mix the **chicken thigh** with ½ tbsp olive oil per person and half of the Mexican spices.



### 5. Prepare the seasonings

In the meantime, finely chop the **flat leaf parsley** and crumble the **feta**. Heat a frying pan on medium-high heat and roast the **shaved almonds** until golden brown, without oil or butter.



### 3. Fry the chicken

Heat the remaining olive oil in a sauté pan with a lid on medium-high heat and fry the **chicken** for 2 minutes on each side. Take from the pan. Press the juice from the **lime**.



### 6. Serve

Serve the **chicken thigh fillets** with the **rice** and the roasted **bell pepper**. Garnish with the **parsley**, **feta** and **shaved almonds**.

**FACT:** Did you know that 1 red bell pepper contains as much vitamin C as 3 oranges? Bell peppers are also rich in the antioxidant vitamin E, which protects our cells, blood vessels, organs and eyes.

### Enjoy!

Answer: Vitamin C



# Summer mash with bok choy and bacon

with red chili pepper and sweet and sour cucumber

30 min. • Eat within 3 days



Which potato contains more vitamin A: a sweet potato or a regular potato?  
Find the answer on the back



Cucumber



Starchy potatoes



Sweet potato



Red chili pepper



Fresh ginger



Garlic clove



Bok choy



Lime



Sesame seeds



Diced bacon



Soy sauce

## Pantry items

Sugar, white wine vinegar, butter, milk, 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, grater, skimmer, pan with a lid, potato masher, peeler or cheese slicer, wok or sauté pan

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Cucumber* (pcs)	½	1	1½	2	2½	3
Starchy potatoes (g)	150	300	450	600	750	900
Sweet potato (g)	225	450	675	900	1125	1350
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Bok choy* (pcs)	½	1	1½	2	2½	3
Lime (pcs)	¼	½	¾	1	1¼	1½
Sesame seeds (g) (11) 19) 22)	5	10	15	20	25	30
Diced bacon* (g)	50	100	150	200	250	300
Soy sauce (tsp) 1) 6)	1	2	3	4	5	6
Not included						
Sugar (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
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)	2661 / 636	354 / 85
Total fat (g)	21	3
Of which: saturated (g)	7,9	1,1
Carbohydrates (g)	88	12
Of which: sugars (g)	24,1	3,2
Fibre (g)	11	2
Protein (g)	18	2
Salt (g)	2,7	0,4

### Allergens:

1) Grains containing gluten 6) Soy 11) Sesame seed  
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

Cut or use a peeler to separate the **cucumber** into thin ribbons. In a salad bowl, mix the **sugar** with the white wine vinegar and add the **cucumber**. Set aside. Boil ample water in a pan with a lid for the **potato** and **sweet potato**. Peel and cut the **potato** and **sweet potato** into equally sized pieces and cook them for 12 – 15 minutes, covered with the lid. Drain and leave to steam dry without the lid.



## 4. Fry the bok choy

Heat the pan with cooking grease on medium-high heat and fry the **garlic**, **ginger** and **red chili pepper** for 1 – 2 minutes. Add the white parts of the **bok choy** and fry for 4 minutes. Add the green parts of the **bok choy** and the **soy sauce** and fry for 1 more minute.



## 2. Cut the vegetables

Remove the **seeds** from the **red chili pepper** and finely chop the **pepper**. Peel the **ginger** and grate or mince. Press or mince the **garlic**. Finely chop the **bok choy** and keep the white and the green parts separated. Cut the **lime** into wedges.

**FACT:** Bok choy is full of folic acid (B11), which stimulates the production of white and red blood cells and helps preventing fatigue and anaemia. Spinach, Brussels sprouts, quinoa, broccoli, sunflower seeds and sesame seeds are also rich in folic acid.



## 5. Make the mash

Use a potato masher to mash the **potatoes** and **sweet potatoes** into a puree. Add the butter and a splash of **milk** to make it creamy and season with salt and pepper. Then mix the fried **bok choy** with the **garlic**, **ginger** and **red pepper** into the mash.



## 3. Fry the bacon

Heat a frying pan on medium-high heat, without oil, and roast the **sesame seeds** until they start to color. Take from the pan and set aside. In the meantime, heat a wok or sauté pan on medium-high heat, without oil, and fry the **diced bacon** for 4 – 5 minutes until crispy. Take the **bacon** from the pan with a skimmer and set aside. Save the cooking grease in the pan.



## 6. Serve

Transfer the mash to plates and garnish with the fried **bacon** and the roasted **sesame seeds**. Serve with the **lime** wedges and the **cucumber** salad on the side.

**FACT:** Did you know that this dish is rich in vitamin A? Vitamin A is good for healthy eyes and a strong immune system. This dish also contains a lot of potassium, which helps maintaining a healthy blood pressure.

## Enjoy!

Answer: Sweet



# Creamy pasta with spiced minced chicken

with fennel, spinach and matured cheese

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



Any leftover fennel? You can also eat this vegetable raw: grate it and mix with dill, walnuts and vinegar into a salad for example.



Onion



Garlic clove



Red chili pepper



Fennel



Pasta



Minced chicken



Spinach



Crème fraîche



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

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

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Fennel* (pcs)	½	1	1½	2	2½	3
Pasta (g) <b>1) 17) 20)</b>	90	180	270	360	450	540
Italian spiced minced chicken* (g)	100	200	300	400	500	600
Spinach* (g) <b>23)</b>	50	100	150	200	250	300
Crème fraîche* (g) <b>7)</b>	50	100	150	200	250	300
Grated matured cheese* (g) <b>7)</b>	12	25	37	50	62	75
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3318 / 793	672 / 161
Total fat (g)	36	7
Of which: saturated (g)	15,7	3,2
Carbohydrates (g)	76	15
Of which: sugars (g)	8,3	1,7
Fibre (g)	8	2
Protein (g)	38	8
Salt (g)	0,6	0,1

### Allergens:

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

**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 onion and garlic

Boil ample water in a pan with lid for the **pasta**. Chop the **onion** and press or mince the **garlic**.



### 2. Cut the pepper and fennel

Remove the seed pods from the **red chili pepper** and finely chop the **pepper** (TIP). Halve the **fennel**, cut into quarters and remove the hard core. Then cut into fine dices.

**TIP:** The seed pods and seeds are spicier than the rest of the red chili pepper. Do you like spicy food? Don't remove the seeds and seed pods.



### 3. Cook the pasta

Cook the **pasta** for 14 – 16 minutes in the pan with boiling water, covered with the lid. Then drain and leave to steam dry without the lid.



### 4. Fry

In the meantime, heat the olive oil in a wok or sauté pan with a lid and stir fry the **minced chicken** for 3 minutes on medium-high heat. Add the **onion**, **garlic** and **red chili pepper** and fry for another 2 minutes. Add the **fennel** and 1 tbsp water per person, season to taste with salt and pepper and fry for 5 minutes, covered with the lid.



### 5. Make the sauce

Reduce the heat and tear the **spinach** into bite-sized pieces over the wok or sauté pan and allow to shrink while stirring. Add the **crème fraîche** and half of the grated **matured cheese** and stir well. Add the **pasta**, season to taste with salt and pepper and heat for another minute.



### 6. Serve

Transfer the **pasta** to plates. Garnish with the remaining **cheese**.

**Enjoy!**



# Pork tenderloin with roasted vegetables with potato salad

50 min. • Eat within 5 days



Do you know of which dish the tomato, eggplant and courgette are also the main ingredients? Find the answer on the back



Tomato



Courgette



Eggplant



Dried thyme



Semi-starchy potatoes



Pork tenderloin



Fresh basil and chives



Mayonnaise

## Pantry items

White wine vinegar, olive oil, butter, black balsamic vinegar, salt and peper

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 paper, frying pan, pan with a lid, baking dish, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Tomato (pcs)	1	2	3	4	5	6
Courgette (pcs)	¼	½	¾	1	1¼	1½
Eggplant* (pcs)	¼	½	¾	1	1¼	1½
Dried thyme (tsp)	1	2	3	4	5	6
Semi-starchy potatoes* (g)	250	500	750	1000	1250	1500
Pork tenderloin* (pcs)	1	2	3	4	5	6
Fresh basil and chives* (g)	5	10	15	20	25	30
Mayonnaise* (g) (3 10) (9) (22)	25	50	75	100	125	150
Not included						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3031 / 725	463 / 111
Total fat (g)	39	6
Of which: saturated (g)	8,7	1,3
Carbohydrates (g)	58	9
Of which: sugars (g)	12,6	1,9
Fibre (g)	8	1
Protein (g)	31	5
Salt (g)	0,4	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

Preheat the oven to 220 degrees. Cut the **tomato**, **courgette** and **eggplant** into thin slices.



2. Roast the vegetables

Boil ample water in a pan with a lid for the **potatoes**. Line an oven dish with baking paper. Transfer the slices of **courgette**, **eggplant** and **tomato** to the oven dish, putting them on top of each other, but only half covering the previous slice. Sprinkle the **vegetables** with per person: 1 tbsp **olive** oil, 1 tsp black balsamic vinegar and 1 tsp **thyme**. Season with salt and pepper and roast in the oven for 35 – 40 minutes.



3. Cook the potatoes

Cut the **potatoes** into large pieces. Cook them in the pan with boiling water for 12 – 15 minutes, covered with the lid. Drain and rinse with cold water. Leave to steam dry without the lid (TIP).

**TIP:** Cool the potatoes well. If they stay warm they will absorb all of the mayonnaise in step 5, which will make the potato salad less creamy.



4. Fry the pork tenderloin

Rub the **pork tenderloin** with salt and pepper. Heat ½ tbsp butter per person in a frying pan on medium high heat and fry the **pork** for 6 – 8 minutes. Turn regularly so it gets nice and brown all around. Finely chop the **chives** and cut the **basil** into strips. Set aside.



5. Make the potato salad

In a salad bowl, mix the **mayonnaise** with the white wine vinegar and the **chives**. Add the **potatoes**, season with salt and pepper and mix well.



6. Serve

Transfer the **potato salad** to plates and place the **vegetables** next to it. Garnish with the **basil**. Serve with the **pork tenderloin**.

Enjoy!

Answer: Ratatouille



# Chicken with sesame crust and roasted vegetables with garlic-ginger rice

30 min. • Eat within 5 days



Panko breadcrumbs are larger than regular breadcrumbs: this gives them an extra crunchiness after frying.



Fresh ginger



Garlic clove



Courgette



Red bell pepper



Soy sauce



Basmati rice



Roasted sesame seeds



Cage-free egg



Panko



Chicken fillet

## Pantry items

Honey, sambal, flour, olive oil, butter, vegetable stock, salt and pepper

## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Fresh ginger (cm)	2	4	6	8	10	12
Garlic clove (pcs)	1	2	3	4	5	6
Courgette (pcs)	½	1	1	2	2	3
Red bell pepper* (pcs)	½	1	2	2	3	3
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Basmati rice (g)	85	170	250	335	420	500
Roasted sesame seeds (g) 11) 19) 22)	10	20	30	40	50	60
Cage-free egg* (pcs) 3)	½	1	1½	2	2½	3
Panko (g) 1)	10	20	30	40	50	60
Chicken fillet* (g)	100	200	300	400	500	600

#### Not included

Honey (tbsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Butter (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)	3529 / 844	646 / 155
Total fat (g)	29	3
Of which: saturated (g)	7,9	1,5
Carbohydrates (g)	100	16
Of which: sugars (g)	17,0	2,8
Fibre (g)	5	1
Protein (g)	52	8
Salt (g)	4,2	0,7

### Allergens:

1) Grains containing gluten 3) Eggs 6) Soy 11) Sesame seed  
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 the vegetables

Preheat the oven to 200 degrees. Peel the **ginger** and finely grate. Press or mince the **garlic**. Cut the **courgette** into 1 cm thick slices. Remove the **seeds** from the **bell pepper** and cut the **pepper** into strips. Transfer the **vegetables** to an oven dish and mix with ½ tbsp **olive** oil per person, salt and pepper. Roast them in the oven for 18 – 20 minutes.



## 4. Cook the chicken

Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Add the **chicken** and fry for 2 minutes per side, or until the **chicken** is golden brown. Then take the **chicken** from the pan, transfer to a baking sheet lined with baking paper and heat in the oven for 6 – 8 minutes, or until the **chicken** is cooked.



## 2. Cook the rice

Heat ½ tbsp butter per person in a pan with a lid on medium-high heat. Add the **garlic** and **ginger** and fry for 1 – 2 minutes. Add the **basmati rice** and 180 ml water per person. Crumble ¼ stock cube per person over the pan and bring to a boil. Reduce the heat and cook the **rice** for 10 minutes, covered with the lid. Then take the pan from the heat and leave for 10 minutes, covered with the lid.



## 5. Make the honey-soy sauce

In a small bowl, mix the **soy sauce**, honey and sambal. Take the baking sheet with **vegetables** from the oven and pour the **honey-soy mixture** over the **vegetables**. Mix well and put the baking sheet back into the oven, until the **vegetables** are cooked.



## 3. Bread the chicken

Take 3 deep plates. In the first one, mix the **flour** with a pinch of salt. Add 1 tbsp olive oil per person to the second plate. Mix the sesame **seeds** with the **panko**, salt and pepper in the third plate. Dip the **chicken** through the **flour** first: make sure it is completely covered. Then dip the **chicken** through the olive oil and end with the **sesame-panko mixture**. Transfer the breaded **chicken** to a plate.



## 6. Serve

Transfer the **vegetables** and **rice** to plates. Put the **chicken** on top of the **rice**.

**Enjoy!**



# White asparagus with gribiche sauce

with roseval potatoes and a boiled egg

**PREMIUM** **VEGETARIAN** 45 min. • Eat within 5 days



For an extra smooth gribiche, you can also use a soft-boiled egg. Whisk the soft egg yolk with the sauce and then add the finely chopped egg white.



Roseval potatoes



White asparagus



Cage-free egg



Capers and Pickles



Fresh curly parsley



Lime



Mayonnaise

## Pantry items

Mustard, 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

Bowl, 2x pan with a lid, peeler

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Roseval potatoes (g)	300	600	900	1200	1500	1800
White asparagus* (g)	350	750	1000	1250	1750	2000
Cage-free egg* (pcs) 3)	2	4	6	8	10	12
Capers and pickles* (g)	25	50	75	100	125	150
Fresh curly parsley* (g)	5	10	20	30	30	40
Lime (pcs)	¼	½	¾	1	1¼	1½
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3215 / 769	408 / 98
Total fat (g)	42	5
Of which: saturated (g)	12,9	1,6
Carbohydrates (g)	70	9
Of which: sugars (g)	7,4	0,9
Fibre (g)	12	1
Protein (g)	23	3
Salt (g)	1,4	0,2

### 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. Cook the egg

Boil ample water in a pan with a lid and hard boil 1 **egg** per person for 8 – 10 minutes. In the meantime, wash the **potatoes** and halve them lengthwise. Cut the bottom 1 – 2 cm off the white **asparagus** and peel them with a peeler. Don't peel the tops (TIP).

**TIP:** It is important that you peel the asparagus well, preferably with a peeler, or else they will become very stringy after cooking them.



## 4. Cook

Boil ample water in 2 pans with lids for the **asparagus** and the **potatoes**. Cook the **potatoes** for 12 – 15 minutes in one of the pans, covered with the lid. In the meantime, wash 1 **egg** per person and cook it together with the **potatoes** for the last 5 – 6 minutes (TIP). Then drain and take the **egg** from the pan. Add the butter and remaining **curly parsley** to the **potatoes** and mix. Season with salt and pepper.

**TIP:** Add the eggs carefully so they don't break. You can also cook the eggs in a separate pan.



## 2. Cut

Finely chop the **capers** and **pickles**. Finely chop the **curly parsley** and press the juice from the **lime**. Rinse the hard-boiled **egg** under cold water, peel and finely chop.



## 5. Cook the asparagus

In the meantime, make sure the **asparagus** stand upright in the other pan with boiling water and cook them for 7 – 10 minutes (TIP). Then drain and leave to steam dry without the lid. Season with salt and pepper. In the meantime, rinse the soft-boiled **egg** under cold water and peel.

**TIP:** Don't have a high pan or asparagus pan at home? You can also use a lower pan: don't put the asparagus in upright, but horizontally.



## 3. Make the sauce

In a bowl, mix the **capers** and **pickles** with half of the **curly parsley**, ½ tsp **lime** juice per person, the chopped **egg**, **mustard** and **mayonnaise**. Season to taste with salt and pepper.



## 6. Serve

Transfer the **potatoes** to plates. Place the **white asparagus** next to each other, place the soft-boiled **egg** on top and cut open the **egg** to make the yolk spread over the **white asparagus**. Serve with the **gribiche sauce**.

## Enjoy!



# Fresh pappardelle with veal shoulder ragu, bacon and mushrooms with a refreshing salad

**PREMIUM** 30 min. • Eat within 5 days



The word pappardelle probably originates from the Italian word pappare, which means to devour!



Red onion



Cherry tomatoes



Garlic clove



Fresh sage & basil



Cut mixed mushrooms



Diced bacon



Veal shoulder



Cherry tomatoes



Whipping cream



Fresh pappardelle



Mixed lettuce



Parmigiano reggiano

## Pantry items

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

## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

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

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4569/1092	553/132
Total fat (g)	57	7
Of which: saturated (g)	25,2	3,1
Carbohydrates (g)	91	11
Of which: sugars (g)	18,2	2,2
Fibre (g)	11	1
Protein (g)	46	6
Salt (g)	2,1	0,3

### Allergens:

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



## 1. Prepare

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

**TIP:** Did you know that mushrooms are funghi? They are categorized as vegetables and are rich in vitamin B2. This vitamin helps maintaining a stable energy level and helps preventing infections.



## 4. Stir and cut

Stir the sauce well to make the **veal** separate. Finely chop the **basil** leaves.



## 2. Fry

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



## 5. Make the salad

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



## 3. Stew

Add the **veal shoulder** to the sauté pan as well, together with the **canned cherry tomatoes** and the **whipping cream**. Mix well, cover with the lid and allow to stew gently for 10 – 15 minutes on medium heat. Boil ample water with a pinch of salt in a pan with a lid for the **pappardelle**. Cook the **pappardelle** for 5 – 6 minutes, covered with the lid. Then drain and leave to steam dry without the lid. Optionally, add a drizzle of olive oil and mix so that the **pappardelle** does not stick.



## 6. Serve

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

## Enjoy!



# Ham with pea puree and bacon-wrapped haricots verts with roasted apple and pear

**FESTIVE** 60 min. • Eat within 5 days



Does this recipe look familiar? We have added some refreshing apple and pear to contrast the bacon.



Starchy potatoes



Shaved almonds



Ham



Apple



Pear



Garlic clove



Shallot



Haricots verts



Fresh chives



Bacon



Green peas



Double cream



Spicy onion chutney

## Pantry items

Beef stock cube, olive oil, butter, red wine vinegar, 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

Frying pan, pan with a lid, potato masher, baking dish, baking sheet lined with baking paper, saucepan

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Starchy potatoes (g)	250	500	750	1000	1250	1500
Shaved almonds (g) 8) 19) 25)	10	20	30	40	50	60
Ham* (g) 10) 15) 20) 21) 23)	200	400	600	800	1000	1200
Apple (pcs)	½	1	1½	2	2½	3
Pear (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Haricots verts* (g)	150	300	450	600	750	900
Fresh chives* (g)	2½	5	7½	10	12½	15
Bacon* (g)	12½	25	37½	50	62½	75
Green peas* (g) 23)	25	50	75	100	125	150
Double cream* (ml) 7)	100	200	300	400	500	600
Spicy onion chutney* (g) 19) 22)	20	40	60	80	100	120
<b>Not included</b>						
Beef stock cube (ml)	25	50	75	100	125	150
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Butter (tbsp)	1	2	3	4	5	6
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)	4969 / 1188	476 / 114
Total fat (g)	58	6
Of which: saturated (g)	26,7	2,6
Carbohydrates (g)	103	10
Of which: sugars (g)	37,1	3,6
Fibre (g)	18	2
Protein (g)	54	5
Salt (g)	3,8	0,4

### Allergens:

7) Milk/lactose 8) Nuts 10) Mustard

May contain traces of: 15) Grains containing gluten

19) Peanuts 20) Soy 21) Milk/lactose 22) Nuts 23) Celery

25) Sesame seed



## 1. Prepare

- Preheat the oven to 200 degrees. Prepare the stock. Boil ample water in a pan with a lid for the **potatoes**.
- Peel or thoroughly wash the **potatoes** and cut into large pieces.
- Heat a frying pan without any oil or butter and roast the **shaved almonds** until golden brown, on medium-high heat. Remove from the pan and set aside.



## 4. Make the puree

- Cook the **potatoes** for 12 – 15 minutes, covered with the lid. Drain and leave to steam dry without the lid.
- Use a **potato** masher to mash the **potatoes** into a fine puree. Add 50 ml **double cream** per person and ½ tbsp butter per person to make it creamy.
- Add 1 tsp **mustard** per person, salt and pepper. Stir in the **green peas** and half of the **chives**. Keep the puree warm on low heat.



## 2. Cut

- Transfer the **ham** to a large oven dish. Roast it in the oven for 30 – 40 minutes.
- Cut the **apple** and **pear** into wedges.
- Press or mince the **garlic** and chop the **shallot**.
- Cut off the ends of the **green beans**. Finely chop the **chives**.



## 5. Make the sauce

- In the same saucepan, heat ½ tbsp butter per person on medium-high heat. Fry the **shallot** and **garlic** for 2 – 3 minutes.
- Deglaze with ½ tbsp red wine vinegar, the beef stock and the **onion chutney**. Let it cook for 8 – 10 minutes.
- Reduce the heat and add the remaining **double cream**, salt and pepper and stir well. Heat for another 2 – 3 minutes.



## 3. Wrap the beans

- Take a handful of **green beans** and wrap a slice of **bacon** around them. Repeat until all **beans** are used.
- Divide the wrapped **beans** over a baking sheet lined with baking paper. Drizzle with ¼ tbsp olive oil per person and sprinkle with pepper. Add them to the oven for the last 15 minutes of the **ham**, together with the **apple** and **pear**.
- Boil a little bit of water with a pinch of salt in a saucepan. Cook the **green peas** for 5 minutes. Drain and set aside.



## 6. Serve

- Cut the **ham** into slices and transfer to plates.
- Serve with the **green pea puree**, **bacon-wrapped green beans** and the roasted **apple** and **pear**.
- Garnish the fruit with the **shaved almonds** and the remaining **chives**. Serve with the **onion chutney** sauce.

Enjoy!



# Korean wraps with a double portion beef strips

with crunchy crudité and sweet and sour cucumber

**HELLOEXTRA** 25 min. • Eat within 3 days



In Korea, you often see a lot of side dishes served in several small bowls: this is called Banchan.



Garlic clove



Fresh ginger



Red chili pepper



Soy sauce



Beef strips



Cucumber



Fresh coriander



Lime



White tortilla



Cabbage and carrot

## 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

Grater, frying pan, bowl, aluminum foil

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Fresh ginger (cm)	2	4	6	8	10	12
Red chili pepper* (pcs)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	30	60	80	120	140	180
Beef strips* (g)	220	440	660	880	1100	1320
Cucumber* (pcs)	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Lime (pcs)	¼	½	¾	1	1¼	1½
White tortilla (pcs) 1)	2	4	6	8	10	12
White cabbage and carrot* (g) 23)	100	150	200	300	350	450

#### Not included

Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (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	526 / 126
Total fat (g)	29	4
Of which: saturated (g)	4,6	0,7
Carbohydrates (g)	80	12
Of which: sugars (g)	14,7	2,2
Fibre (g)	7	1
Protein (g)	64	9
Salt (g)	6,7	1,0

### Allergens:

1) Grains containing gluten 6) Soy  
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

Preheat the oven to 180 degrees. Press or mince the **garlic**. Peel the **ginger** and finely chop or grate. Remove the **seeds** from the **red chili pepper** and finely chop the **pepper**. If you're not a fan of spicy, use only half of the **red chili pepper**.



## 4. Heat the tortilla

In the meantime, roughly chop the **coriander** and cut the **lime** into wedges. Wrap the **tortillas** in aluminium foil and heat in the oven for 2 – 3 minutes.



## 2. Marinate

In a bowl, mix the **red chili pepper** with the **garlic**, **ginger**, **soy sauce** and olive oil. Cut the **beef** strips into 1 – 2 cm dices and mix them with the marinade. Allow the **beef** to marinate for at least 15 minutes (TIP).

**TIP:** The longer you marinate the meat, the tastier it will get. Do you have time in the morning? You can already make the marinade. Mix it with the steak and keep in the refrigerator until use.



## 5. Fry the beef

In the meantime, heat a frying pan on medium-high heat. Wait until the pan is hot and fry the **beef**, with marinade, for 2 – 3 minutes until brown all around. The **beef** may still be pink on the inside.



## 3. Prepare the cucumber

Cut the **cucumber** into thin ribbons, using a peeler or a knife. In a bowl, mix the white wine vinegar with the **cucumber** and the **sugar** (TIP). Season with salt and set aside. Regularly stir, so the flavours absorb well.

**TIP:** For a tasty twist, you can mix half of the vegetable mix with the sweet and sour cucumber.



## 6. Serve

Stuff the wraps with the raw **vegetable mix**. Divide the **beef** and sweet-and-sour **cucumber** among the wraps and squeeze some **lime** juice over it. Sprinkle with **coriander** and serve with the remaining **cucumber** on the side.

## Enjoy!



# Flammkuchen with pulled salmon as extra with buffalo mozzarella, courgette and a refreshing salad

**HELLOEXTRA** 35 min. • Eat within 5 days



Flammkuchen: they look Italian and sound German, but do you know where they are actually from?  
Find the answer on the back



Garlic clove



Passata



Italian herbs



Courgette



Flammkuchen



Buffalo mozzarella



Tomato



Rocket and lamb's lettuce



Pulled salmon



Fresh basil

## Pantry items

Olive oil, honey, 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, peeler, baking sheet lined with baking paper, saucepan

### Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Passata (pack)	½	1	1½	2	2½	3
Italian herbs (tsp)	1	2	3	4	5	6
Courgette (pcs)	½	1	1½	2	2½	3
Flammkuchen* (pcs) 1)	1	2	3	4	5	6
Buffalo mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Tomato (pcs)	½	1	1½	2	2½	3
Rocket and lamb's lettuce* (g) 23)	30	60	90	120	150	180
Pulled salmon* (g) 4)	40	80	120	160	200	240
Fresh basil* (g)	5	10	15	20	25	30

#### Not included

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2977 / 712	515 / 123
Total fat (g)	34	6
Of which: saturated (g)	12,3	2,1
Carbohydrates (g)	66	11
Of which: sugars (g)	19,9	3,5
Fibre (g)	4	1
Protein (g)	31	5
Salt (g)	2,2	0,4

### Allergens:

1) Grains containing gluten 4) Fish 7) Milk/lactose  
May contain traces of: 23) Celery

### Contact

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



## 1. Prepare

Preheat the oven to 200 degrees. Press or mince the **garlic**. Heat ¼ tbsp olive oil per person in a saucepan and fry the **garlic** for 1 – 2 minutes on medium-high heat. Add the **passata**, the **Italian spices**, honey and half of the white balsamic vinegar, and heat for 1 minute. Season the sauce with pepper and salt (TIP). Cut ⅓ of the **courgette** into thin slices.

**TIP:** Taste the sauce and make it a bit sweeter of more refreshing by adding honey or vinegar.



## 4. Top the flammkuchen

Divide the sauce over the **flammkuchen**, but leave 2 cm of the edge uncovered. Top with the **courgette** slices and the **buffalo mozzarella**. Season with salt and pepper. Bake in the oven for another 8 – 10 minutes, or until the **buffalo mozzarella** starts to colour.



## 2. Prepare the flammkuchen

Transfer the **flammkuchen** to a baking sheet lined with baking paper, and bake them in the oven for 5 minutes.



## 5. Make the salad

In the meantime, slice the rest of the **courgette** into thin ribbons with a peeler. Cut the **tomato** into small dices. In a salad bowl, mix the extra virgin olive oil with the leftover white balsamic vinegar. Mix the **courgette** ribbons, **tomato**, **rocket lettuce** and **lamb's lettuce** with the dressing. Season with salt and pepper. Remove the leaves from the **basil** sprigs. Save the leaves, finely chop the sprigs and mix with the salad.



## 3. Fry the courgette

In the meantime, heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **courgette** slices for 5 minutes. Cut or tear the **mozzarella** into small pieces.



## 6. Serve

Put a **flammkuchen** on each plate and divide the **pulled salmon** over them. Garnish with the **basil** leaves. Serve with the salad on the side.

**FACT:** Did you know that canned vegetables contain almost as many nutrients as fresh vegetables? All in all, this dish contains 350 g vegetables per person!

## Enjoy!

Avnuser: France



## BREAKFAST BOX

# Good morning!

1

**Apple crumble with muesli**  
with semi-skimmed yoghurt

2

**Smoothie with banana**  
with coconut milk and  
chopped dates

3

**Spelt cakes**  
with avocado  
with tomato and  
aged cheese

# Apple crumble with muesli

with semi-skimmed yogurt

**1X** 25 min.



## Equipment

Oven dish

## Ingredients for 1 breakfast

	2P	4P
Jonagold apple (pcs)	2	4
Ground cinnamon (tbsp)	½	1
Honey (jar)	1	2
Muesli (g) <b>1) 8) 12) 19) 25)</b>	100	200
Semi-skimmed yogurt* (ml) <b>7)</b>	250	500

\* keep in the refrigerator

## Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1600 / 383	471 / 113
Total fat (g)	7	2
Of which: saturated (g)	1,8	0,5
Carbohydrates (g)	68	20
Of which: sugar (g)	48,2	14,2
Fibres (g)	7	2
Protein (g)	9	3
Salt (g)	0,1	0,0

## Allergens

**1)** Grains containing gluten **7)** Milk/lactose **8)** Nuts **12)** Sulfite  
May contain traces of: **19)** Peanuts **25)** Sezamzaad

1. Preheat the oven to 200 degrees. Peel the **apple** and cut into dices.
2. In a bowl, mix the **apple** with the **cinnamon** and half of the honey.
3. Grease an oven dish with butter. Divide the **apple** mixture over the oven dish. Sprinkle with the **muesli** and roast in the oven for 20 – 25 minutes.
4. Transfer the crumble to bowls and serve with the **semi-skimmed yogurt** and the remaining **honey**.

# Smoothie with banana

with coconut milk and chopped dates

**2X** 10 min.



## Equipment

Hand blender or blender

## Ingredients for 1 breakfast

	2P	4P
Banana (pcs)	2	4
Coconut milk (ml)	75	150
Oatmeal (g) <b>1)</b> <b>19)</b> <b>22)</b> <b>25)</b>	75	150
Chopped dates (g) <b>19)</b> <b>22)</b> <b>25)</b>	20	40
Bulgarian yogurt* (ml) <b>7)</b>	125	250
Honey (jar)	1	2

\* keep in the refrigerator

## Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1920 /459	659/157
Total fat (g)	13	4
Of which: saturated (g)	8,5	2,9
Carbohydrates (g)	72	25
Of which: sugar (g)	41,4	14,2
Fibres (g)	6	2
Protein (g)	10	3
Salt (g)	0,1	0,0

## Allergens

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

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

1. Cut the **banana** into slices and add to a blender or high bowl with the **coconut milk**, **oatmeal** and half of the chopped **dates**. Mix into a thick smoothie with a hand blender or blender.
2. Make the smoothie a bit thinner with the **yogurt** and, optionally, a splash of water. Add half of the **honey** and mix well.
3. Transfer the smoothie to bowls or glasses and garnish with the remaining chopped **dates** and **honey**.

# Spelt cakes with avocado

with tomato and aged cheese

**2X** 10 min.



## Ingredients for 1 breakfast

	2P	4P
Avocado (pcs)	1	2
Spelt cakes (pcs) <b>1)</b>	6	12
Plum tomato (pcs)	2	4
Aged cheese flakes* (g) <b>7)</b>	50	100
<b>Not included</b>		
Pepper	to taste	

\* keep in the refrigerator

## Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1487 /356	682/163
Total fat (g)	24	11
Of which: saturated (g)	7,5	3,4
Carbohydrates (g)	19	9
Of which: sugar (g)	4,4	2,0
Fibres (g)	7	3
Protein (g)	13	6
Salt (g)	0,6	0,3

## Allergens

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

May contain traces of: -

1. Cut the **avocado** in half, remove the seed and spoon the fruit from the peel.
2. Divide the **avocado** among the **spelt cakes**. Cut the **plum tomato** into slices and top the **avocado** with the **tomato** slices.
3. Garnish the **spelt cakes** with the **aged cheese flakes**. Sprinkle with pepper to taste.