



Linguine with shrimps in creamy sauce

with courgette, tomato and refreshing lemon

FAMILY 35 min. • Eat within 3 days



Linguine is Italian for a) ribbons
b) tongues or c) strings



Courgette



Dried rosemary



Garlic clove



Tomato



Lemon



Linguine



Shrimps



Crème fraîche

Pantry items

Olive oil, sunflower oil, salt and pepper

A good start

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

Equipment

Grater, pan with a lid, baking sheet lined with baking paper, sauté pan, kitchen paper, aluminum foil

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Courgette (pcs)	½	1	1½	2	2½	3
Dried rosemary (tsp)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Lemon (pcs)	¼	½	¾	1	1¼	1½
Linguine (g 1) 20)	90	180	270	360	450	540
Shrimps* (g 2)	90	180	270	360	450	540
Crème fraîche* (tbsp) 7)	2	4	6	8	10	12

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Sunflower 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)	2975 / 711	556 / 133
Total fat (g)	29	5
Of which: saturated (g)	10,2	1,9
Carbohydrates (g)	79	15
Of which: sugars (g)	16,4	3,1
Fibre (g)	6	1
Protein (g)	29	6
Salt (g)	0,9	0,2

Allergens:

1) Grains containing gluten 2) Shellfish 7) Milk/lactose

May contain traces of: 20) Soy

Contact

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1. Roast the courgette

Preheat the oven to 210 degrees. Cut the **courgette** into ½ cm thick half slices. Divide the **courgette** over a baking sheet lined with baking paper, sprinkle with the **dried rosemary** and drizzle with half of the olive oil. Season with salt and pepper and roast in the oven for 20 – 30 minutes, or until the courgette is brown and cooked (TIP).

TIP: Keep a good eye on the courgette: its cooking time strongly depends on your type of oven and on how thick the courgette slices are.



4. Make the sauce

Heat the sunflower oil in the same pan and fry the **garlic** for 1 minute on medium–low heat. Add the **diced tomato** and fry for 2 minutes. Reduce the heat to low, add the **crème fraîche** and allow to melt while stirring. Mix ½ – 1 tbsp cooking liquid from the linguine with the sauce to make it a bit smoother. Season with salt and pepper.



2. Cut and cook

In the meantime, press or mince the **garlic** and cut the **tomato** into 1 cm dices. Grate the **lemon** peel with a fine grater and press the juice from the **lemon**. Boil ample water in a pan with a lid and cook the **linguine** for 10 – 12 minutes, covered with the lid. Drain, save a little bit of the cooking liquid and leave to steam dry without the lid.



5. Mix the pasta

Add the **linguine** to the pan and mix with the sauce. Add half of the **courgette**, half of the **shrimps** and per person: 1 tsp **lemon juice** and ¼ tsp **lemon zest**. Mix well.



3. Fry the shrimps

In the meantime, pat the **shrimps** dry with kitchen paper. Heat the remaining olive oil in a sauté pan and fry the **shrimps** for 3 – 4 minutes on medium–high heat (TIP). Season with salt and pepper. Remove the **shrimps** from the pan and wrap them in aluminium foil. Set aside.

TIP: Keep a good eye on the cooking time: shrimps cook very quickly. If you fry them too long, they will turn hard and tough.



6. Serve

Transfer the dish to plates and garnish with the remaining **courgette** and **shrimps**. Season to taste with the leftover **lemon zest**.

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

Enjoy!

.....
Answer: tongues
.....



Pearl couscous salad with avocado and feta

with tomato, lime and coriander

VEGETARIAN 20 min. • Eat within 5 days



Pearl couscous, also known as ptitim in Israel, was invented in the fifties as replacement for which product, which was scarce at the time? a) regular couscous, b) bulgur or c) rice?



Shallot



Tomato



Avocado



Pearl couscous



Lime



Fresh coriander



Pumpkin seeds



Lamb's lettuce



Feta

Pantry items

Vegetable stock cube, extra virgin olive oil, white balsamic vinegar, honey, salt and pepper

A good start

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

Equipment

Grater, frying pan, 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
Tomato (pcs)	1	2	3	4	5	6
Avocado (pcs)	½	1	1½	2	2½	3
Pearl couscous (g) 1)	85	170	250	335	420	505
Lime (pcs)	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Pumpkin seeds (g) 19) 22) 25)	10	20	30	40	50	60
Lamb's lettuce* (g)	40	60	80	100	140	160
Feta* (g) 7)	40	75	100	125	175	200
Not included						
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Honey (tsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3272 / 782	773 / 185
Total fat (g)	41	10
Of which: saturated (g)	9,4	2,2
Carbohydrates (g)	73	17
Of which: sugars (g)	11,4	2,7
Fibre (g)	10	2
Protein (g)	24	6
Salt (g)	3,8	0,9

Allergens:

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



1. Prepare

Boil 300 ml water per person in a pan with a lid and crumble ½ stock cube per person over it. Finely mince the **shallot**. Cut the **tomato** and **avocado** into dices.

FACT: Avocados are rich in plant-based unsaturated fats that help keeping your heart and blood vessels healthy. With this, avocado has a positive effect on your cholesterol level!



2. Roast the pumpkin seeds

Heat a frying pan on high heat, without oil, and roast the **pumpkin seeds** until they start to pop.

FACT: Did you know that pumpkin seeds, of all nuts and seeds, are the richest in magnesium and phosphorus? You need magnesium for strong bones and muscles; phosphorus for strong bones and teeth.



3. Cook

Add the **pearl couscous** to the pan with stock and cook for 12 minutes until done, then drain. Grate the **lime** peel with a fine grater and press the juice from the **lime** (TIP). Finely chop the **fresh coriander**.



4. Make the vinaigrette

In a salad bowl, mix the extra virgin olive oil, white wine vinegar, honey, 1 tsp **lime juice** per person and ½ tsp **lime zest** per person into a vinaigrette.



5. Mix the salad

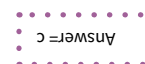
Mix the **pearl couscous** and **shallot** with the vinaigrette. Mix the **tomato**, **avocado**, **coriander** and **lamb's lettuce** with the **pearl couscous**. Season to taste with salt and pepper.



6. Serve

Transfer the couscous salad to plates, crumble the **feta** over it and garnish with the **pumpkin seeds**.

Enjoy!



Contact

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Aromatic eggplant with sweet potato and rice

with pickled vegetables and cucumber yogurt

BALANCED **VEGETARIAN** 40 min. • Eat within 5 days



Do you throw away the cucumber seeds? This recipe will show you how to use this part for a refreshing yogurt sauce. It's a perfect addition to a spicy dish like this.



Eggplant



Sweet potato



Brown rice



Besengek curry paste



Cucumber



Low-fat yogurt



Lime



Cut red cabbage



Shaved almonds

Pantry items

Sunflower oil, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Eggplant* (g)	½	1	1½	2	2½	3
Sweet potato (g)	75	150	225	300	375	450
Brown rice (g)	85	170	250	335	420	505
Besengek curry paste* (g) 1) 7) 9) 19) 22)	25	50	75	100	125	150
Cucumber* (pcs)	⅓	⅔	1	1½	1¾	1.99
Low-fat yogurt* (g) 7) 19) 22)	50	100	150	200	250	300
Lime (pcs)	½	1	1½	2	2½	3
Cut red cabbage* (g)	50	100	150	200	250	300
Shaved almonds (g) 8) 19) 25)	10	20	30	40	50	60
Not included						
Sunflower 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)	2625 / 628	473 / 113
Total fat (g)	19	3
Of which: saturated (g)	2,3	0,4
Carbohydrates (g)	96	17
Of which: sugars (g)	15,0	2,7
Fibre (g)	12	2
Protein (g)	16	3
Salt (g)	0,4	0,1

Allergens:

1) Grains containing gluten 7) Milk/lactose 8) Nuts 9) Celery
May contain traces of: 19) Peanuts 22) Nuts 23) Celery
25) Sesame seed

Contact

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1. Roast the vegetables

Preheat the oven to 210 degrees. Cut the **eggplant** into dices. Thoroughly wash the **sweet potato** and cut into 1 cm dices. In a bowl, mix the **eggplant**, **sweet potato**, **curry paste** and sunflower oil. Transfer the **eggplant** and **potato** to a baking sheet lined with baking paper. Roast in the oven for 20 – 25 minutes.



4. Cook the rice

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

FACT: Because of the 250 g vegetables, brown rice and sweet potato, this dish is rich in fibre, but low in calories, salt and saturated fats. Nice and balanced!



2. Prepare the vegetables

Boil ample water in a pan with a lid for the rice. Halve the **cucumber** lengthwise and remove the **seeds** with a teaspoon; save the seeds. In a bowl, mix the **seeds** with the **low-fat yogurt** and season with salt and pepper. Grate the **lime** peel, halve the **lime** and juice one half. Cut the other half into wedges.



5. Roast the almonds

Heat a frying pan on medium heat, without any butter or oil, and roast the **shaved almonds** until golden brown. Take from the pan and set aside.



3. Pickle the cucumber and cabbage

Cut the **cucumber** into thin half moons. In a bowl, mix the **red cabbage** with 1 tsp **lime zest** per person and 1 tbsp **lime juice** per person (TIP). Season with salt and pepper and keep in the refrigerator until use.

TIP: Does your lime not contain enough juice? Complement the dressing with a little bit of white wine vinegar.

FACT: Did you know that red cabbage, compared to many other vegetables, is rich in calcium, fibre and vitamin C?



6. Serve

Transfer the **rice** to bowls or deep plates. Put the roasted **eggplant** on one side, alongside the **sweet potato** and cucumber-cabbage salad. Garnish with the **shaved almonds** and **lime wedges** and serve the cucumber-yogurt in a separate bowl.

Enjoy!



Mini tortillas with crunchy chicken and mango chutney with cabbage-carrot salad and tomato

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



Panko is a type of breadcrumb from Japan, which is more flaky than regular breadcrumbs. This gives it an extra crunchiness when you fry it!



Chicken fillet



Full-fat yogurt



Paprika



Mango chutney



Tomato



Panko



White cabbage and carrot



Mini tortillas



Pantry items

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

A good start

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

Equipment

Frying pan, kitchen paper, plate, 2x bowl, aluminum foil

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Chicken fillet* (g)	100	200	300	400	500	600
Full-fat yogurt* (g) 7) 19) 22)	50	100	150	200	250	300
Paprika (tsp)	⅓	⅔	1	1⅓	1⅔	2
Mango chutney* (g) 10) 19) 22)	20	40	60	80	100	120
Tomato (pcs)	1	2	3	4	5	6
Panko (g) 1)	12½	25	37½	50	62½	75
White cabbage and carrot* (g) 23)	100	200	300	400	500	600
Mini tortillas (pcs) 1)	3	6	9	12	15	18
Not included						
Sunflower oil (tbsp)	5	10	15	20	25	30
Extra virgin 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 serving	Per 100g
Energy (kJ/kcal)	3590 / 858	706 / 169
Total fat (g)	42	8
Of which: saturated (g)	7,2	1,4
Carbohydrates (g)	79	15
Of which: sugars (g)	22,9	4,5
Fibre (g)	7	1
Protein (g)	35	7
Salt (g)	1,3	0,3

Allergens:

1) Grains containing gluten 7) Milk/lactose 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 23) Celery

Contact

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1. Prepare

Preheat the oven to 200 degrees. Cut the **chicken fillet** into equally sized pieces of about 3 cm. In a bowl, mix the **chicken fillet** with ⅓ of the **yogurt**, 1 tsp **paprika** per person, salt and pepper. Set aside.



4. Make the salad

Wash the bowl you used for the chicken and mix the the white cabbage–carrot salad with the remaining **yogurt**, ½ tbsp extra virgin olive oil per person, 1 tsp white balsamic vinegar per person, salt and pepper.



2. Make the sauce

In another bowl, mix ⅓ of the **yogurt** with the **mango chutney**, salt and pepper. Set aside. Cut the **tomato** into dices.



5. Heat the tortillas

Wrap the **tortillas** in aluminium foil and heat in the oven for 3 – 4 minutes.



3. Fry the chicken

Dip the **chicken** through the **panko**; make sure it is completely covered. Prepare a plate with kitchen paper to place the chicken on after frying. Heat 5 tbsp sunflower oil per person in a frying pan on high heat. Make sure the oil is very hot and fry the **chicken** for 2 – 3 minutes per side. The **chicken** is done as soon as it has a golden brown crust.

TIP: You will use quite some oil, because you are deep-frying the chicken. This will make it nice and crunchy.



6. Serve

Divide the salad and **tomatoes** among the **mini tortillas** and top with the **chicken**. Garnish with the mango–yogurt sauce.

Enjoy!



Orzo with spinach and cherry tomatoes

with roasted shaved almonds and grana padano

BALANCED **FAMILY** 30 min. • Eat within 3 days



Grana padano means something like "the grain of Padania." This crumbly cheese from the Po Valley can be ripened for up to 2 years.



Shallot



Garlic clove



Red cherry tomatoes



Orzo



Shaved almonds



Paprika



Spinach



Grana padano flakes

Pantry items

Vegetable stock, butter, salt and pepper

A good start

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

Equipment

Wok or sauté pan, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750
Orzo (g) 1) 20)	85	170	250	335	420	505
Shaved almonds (g) 8) 19) 25)	5	10	15	20	25	30
Paprika (tsp)	1	2	3	4	5	6
Spinach* (g) 23)	150	300	450	600	750	900
Grana padano flakes* (g) 3) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
Butter (tbsp)	1	1	2	2	3	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2481 / 593	403 / 96
Total fat (g)	20	3
Of which: saturated (g)	9,3	1,5
Carbohydrates (g)	72	12
Of which: sugars (g)	10,2	1,7
Fibre (g)	10	2
Protein (g)	27	4
Salt (g)	2,3	0,4

Allergens:

1) Grains containing gluten **3)** Eggs **7)** Milk/lactose **8)** Nuts
May contain traces of: **19)** Peanuts **20)** Soy **23)** Celery
25) Sesame seed

Contact

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1. Cut

Prepare the stock. Chop the **shallot** and press or mince the **garlic**. Halve the **cherry tomatoes**.



2. Cook the orzo

Heat half of the butter in a pan with a lid and fry the **shallot** and **garlic** for 2 minutes on low heat. Add the **orzo** and stir fry for 1 minute. Pour the stock over the **orzo** and simmer for 10 – 12 minutes on low heat until all the stock has been absorbed, covered with the lid. Stir regularly. Add a little bit of extra water if the orzo becomes dry too quickly.



3. Fry the tomatoes

In the meantime, heat a work or sauté pan on medium heat and roast the **shaved almonds** until they start to color, without any butter or oil. Take from the pan and set aside. Melt the remaining butter in the same pan and fry the **cherry tomatoes** with the **paprika** for 3 minutes on medium-high heat.



4. Fry the spinach

Tear the **spinach** into bite-sized pieces over the pan with **cherry tomatoes** and allow to shrink while stirring. Season with salt and pepper and fry for 3 minutes on medium-high heat.



5. Mix

Add half of the **grana Padano** to the **orzo** and allow to melt while stirring. Add the **orzo** to the vegetables and heat for another minute.



6. Serve

Transfer the **orzo** to plates and garnish with the **shaved almonds** and the remaining **grana Padano**.

Enjoy!

FACT: This dish contains 50% of the daily recommended amount of calcium per serving. This is an important mineral for strong bones and teeth. The main sources of calcium in this dish are the spinach and grana padano. Spinach also contains loads of iron, which gives you a fit and energetic feeling.



Ratatouille with oven-roasted pesto baby potatoes with ricotta and pumpkin seeds

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



Did you know that the word ratatouille used to refer to a coarse stew? The specific version we know now dates from 1930, when it first appeared in print.



Baby potatoes



Green pesto



Yellow bell pepper



Eggplant



Courgette



Red onion



Garlic clove



Italian spices



Red cherry tomatoes



Pumpkin seeds



Ricotta

Pantry items

Olive oil, black balsamic vinegar, salt and pepper

A good start

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

Equipment

Baking dish, large bowl, frying pan, aluminum foil

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Green pesto* (g) 7) 8)	20	40	60	80	100	120
Yellow bell pepper* (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Courgette* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Italian spices (tsp)	1	2	3	4	5	6
Red cherry tomatoes (g)	60	125	185	250	310	375
Pumpkin seeds (g) 19) 22) 25)	10	20	30	40	50	60
Ricotta* (g) 7)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
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)	2651 /634	395 /94
Total fat (g)	34	5
Of which: saturated (g)	7,6	1,1
Carbohydrates (g)	60	9
Of which: sugars (g)	21,0	3,1
Fibre (g)	11	2
Protein (g)	16	2
Salt (g)	0,6	0,1

Allergens:

7) Milk/lactose 8) Nuts

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

Contact

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1. Fry the baby potatoes

Preheat the oven to 200 degrees. Halve the **baby potatoes** and cut any larger ones into quarters. Transfer the **baby potatoes** to a baking dish and mix with half of the **green pesto**, salt and pepper. Roast in the oven for 10 minutes.

FACT: Did you know that this dish contains more than 300 g vegetables? This is more than the daily recommended amount.



4. Fry

Add the **bell pepper**, **eggplant**, **courgette**, **cherry tomatoes** and **red onion** to the baking dish with **baby potatoes**. Add the garlic oil with Italian herbs and mix well. Cover the dish with aluminium foil and cook in the oven for 25 – 35 minutes. For the last 15 minutes, remove the foil and mix everything again. (TIP).

TIP: Having dinner with more than 2? Divide the vegetables and baby potatoes over several baking dishes.



2. Cut

Cut the **yellow bell pepper** into strips. Cut the **eggplant** in half lengthwise and cut into 1 cm thick slices. Cut the **courgette** in half lengthwise and cut into 1 cm thick slices as well. Cut the **red onion** into quarters.

FACT: This dish is rich in vitamin A, C and E, due to the bell pepper, tomatoes and potatoes. These vitamins are all important for a strong immune system.



5. Roast the seeds

Heat a frying pan without any oil on high heat and roast the **pumpkin seeds** until they start to pop. Then take from the pan and set aside.



3. Make the garlic oil

Press or mince the **garlic**. In a large bowl, mix 1 tbsp olive oil per person with the **garlic**, **Italian herbs**, salt and pepper.



6. Serve

Take the vegetables from the oven and sprinkle with 1 tsp black balsamic vinegar per person. Transfer the ratatouille-potato dish to plates. Garnish with the **ricotta**, the remaining **green pesto** and **pumpkin seeds**.

FACT: Ricotta is a nice and creamy cheese, but is relatively low in salt and calories: perfect for a balanced dish.

Enjoy!



Pizza calzone with ham and mushrooms

with a refreshing salad

ITALIAN SUMMER 45 min. • Eat within 5 days



This folded pizza, like the regular pizza, originated in Naples. It was invented as a to-go version of the pizza.



Red onion



Garlic clove



Passata



Mushrooms



Sliced ham



Italian spices



Pizza dough



Grated Italian cheese



Plum tomato



Lamb's lettuce

Pantry items

Extra virgin olive oil, olive oil, black balsamic vinegar, salt and pepper

A good start

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

Equipment

Saucepan, frying pan, bowl, 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
Garlic clove (pcs)	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Mushrooms* (g)	75	125	200	275	325	400
Sliced ham* (g)	30	60	90	120	150	180
Italian spices (tsp)	1½	3	4½	6	7½	9
Pizza dough* (roll)	½	1	1½	2	2½	3
Grated Italian cheese* (g) 7)	25	50	75	100	125	150
Plum tomato (pcs)	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120

Not included

Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Black balsamic vinegar (tsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4249 / 1016	666 / 159
Total fat (g)	43	7
Of which: saturated (g)	11,1	1,7
Carbohydrates (g)	111	17
Of which: sugars (g)	17	3
Fibre (g)	8	1
Protein (g)	38	6
Salt (g)	5,6	0,9

Allergens:

7) Milk/lactose



1. Cut the vegetables

Preheat the oven to 200 degrees. Chop half of the **red onion** and cut the rest into half rings. Press or mince the **garlic** and cut the **mushrooms** into slices. Cut the **ham** into strips. In a bowl, mix 1 tbsp **passata** per person with ½ tbsp olive oil per person and season with salt and pepper. This you will use to spread onto the calzone later.



4. Stuff the calzone

Spread half of each piece of dough with the **tomato** sauce, but keep the edges free. Then divide the **mushroom mixture**, **ham** strips and **Italian cheese** over the **tomato** sauce. Fold the uncovered side over the covered side of the **dough** and close the edges well. Spread the top with the passata-olive oil mixture (TIP). Cook the calzone in the oven for 15 – 20 minutes.

TIP: You can use a brush or the back of a spoon.



2. Make the sauce

Heat ½ tbsp olive oil per person in a saucepan on medium heat and fry the **garlic** and chopped **red onion** for 1 – 2 minutes. Add the **passata** and per person: 1,5 tbsp **Italian herbs**, 1 tsp black balsamic vinegar and 2 tbsp water. Season with salt and pepper and allow to reduce into a thick sauce on medium heat for 5 – 7 minutes. Regularly stir.



5. Make the salad

Cut the **plum tomatoes** into thin wedges. In a salad bowl, mix per person: 1 tsp extra virgin olive oil, ½ tsp balsamic vinegar, salt and pepper. Add the **lamb's lettuce** and **tomato** wedges and mix well.



3. Fry the vegetables

In the meantime, heat ½ olive oil in a frying pan on medium heat. Fry the **red onion** rings and **mushrooms** for 4 – 5 minutes. Stir regularly and season with salt and pepper. In the meantime, roll out the **pizza dough** on a baking sheet lined with baking paper and cut in half. Push into the dough with your hands to make the surface a bit bigger.



6. Serve

Transfer the calzones to plates and serve with the salad on the side.

Enjoy!

Contact

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



Penne in sundried tomato-eggplant cream sauce with pecorino and fresh basil

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



True or false? The Italian name for eggplant describes this vegetable (which is technically a fruit) as an unhealthy apple.



Eggplant



Onion



Garlic clove



Dried tomato mix



Penne



Paprika



Whipping cream



Fresh basil



Grated pecorino



Rocket lettuce

Pantry items

Olive oil, vegetable stock, black balsamic vinegar, 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, frying pan, pan with a lid

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)	½	1	1½	2	2½	3
Dried tomato mix* (g)	35	60	90	120	150	180
Penne (g 1) 20)	90	180	270	360	450	540
Paprika (tsp)	1	2	3	4	5	6
Whipping cream* (ml) 7)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Grated pecorino* (g) 7)	25	50	75	100	125	150
Rocket lettuce* (g)	40	60	80	100	140	160

Not included

Olive oil (tbsp)	1½	3	4½	6	7½	9
Vegetable stock (ml)	60	120	180	240	300	360
Black balsamic vinegar (tsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3895 / 931	804 / 192
Total fat (g)	55	11
Of which: saturated (g)	18,8	3,9
Carbohydrates (g)	80	16
Of which: sugars (g)	11,9	2,5
Fibre (g)	9	2
Protein (g)	24	5
Salt (g)	2,1	0,4

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 20) Soy

Contact

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



1. Prepare

- Boil ample water with a pinch of salt in a pan with a lid for the **penne**. Prepare the stock.
- Cut the **eggplant** into 1 – 2 cm dices.
- Chop the **onion**. Press or mince the **garlic**. Roughly chop the **dried tomatoes**.



3. Make the sauce

- In the meantime, heat ½ tbsp olive oil per person in a sauté pan on medium-high heat. Fry the **onion**, **garlic** and **dried tomatoes** for 3 – 4 minutes.
- Add the **paprika** and fry for another minute.
- Deglaze with ½ tbsp black balsamic vinegar per person and the stock. Add the **whipping cream** and allow to simmer for 4 – 5 minutes.



2. Cook the penne

- Cook the **penne** for 10 – 12 minutes. Drain and leave to steam dry without the lid.
- Mix the diced **eggplant** with ½ tbsp flour per person.
- Heat 1 tbsp olive oil per person in a frying pan on medium-high heat. Fry the **eggplant** for 8 – 10 minutes until brown all around.

TIP: Are you watching your calorie intake? Cook 70 g penne per person and use half of the pecorino. You can make a summery salad with the remaining ingredients.



4. Serve

- Cut the **basil** into strips and divide the **rocket lettuce** among deep plates.
- Add the **penne**, half of the **pecorino**, half of the **basil** and the **eggplant** to the sauce. Season with salt and pepper.
- Divide the dish among the plates with **rocket lettuce**. Finish with the leftover **pecorino** and garnish with the remaining **fresh basil**.

Enjoy!

Answer: True. Melanzana is a combination of mela (apple) and insana (unhealthy). It was seen as an unhealthy fruit, because it is not very tasty when eaten raw.



Pita bread with minced beef and labneh

with tomato-cucumber salad and fresh mint

QUICK & EASY 20 min. • Eat within 5 days



Does this recipe look familiar? This time you will finish the pitas with a labneh: a Middle Eastern yogurt cheese, which you will season with lemon and paprika.



Pita bread



Tomato



Cucumber



Red bell pepper



Eastern spiced
minced beef



Fresh mint



Lemon



Labneh



Paprika

Pantry items

Butter, 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

3x Small bowl, frying pan, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Pita bread (pcs) 1)	2	4	6	8	10	12
Tomato (pcs)	1	2	3	4	5	6
Cucumber* (pcs)	½	1	1½	2	2½	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Eastern spiced minced beef* (g) 15) 17) 20) 23) 24)	120	240	360	480	600	720
Fresh mint* (g)	2½	5	7½	10	12½	15
Lemon (pcs)	¼	½	¾	1	1¼	1½
Labneh* (g) 7) 19) 22)	40	80	120	160	200	240
Paprika (tsp)	½	1	1½	2	2½	3
Not included						
Butter (tbsp)	½	½	1	1	1½	1½
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3529 /844	532 /127
Total fat (g)	40	6
Of which: saturated (g)	14,5	2,2
Carbohydrates (g)	82	12
Of which: sugars (g)	14,0	2,1
Fibre (g)	6	1
Protein (g)	36	5
Salt (g)	3,0	0,4

Allergens:

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 15) Grains containing gluten 17) Eggs 19) Peanuts 20) Soy
22) Nuts 23) Celery 24) Mustard

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 tomato and cucumber

- Preheat the oven to 200 degrees and heat the **whole grain pitas** for 4 – 6 minutes, or toast them in a toaster.
- Cut the **cucumber** and **tomato** into small dices and mix them in a salad bowl.
- Cut the **bell pepper** into dices.



3. Mix the labneh

- Juice the **lemon**. In a small bowl, mix the **labneh** with 1 tsp **lemon juice** per person (TIP).
- Transfer the **minced beef** and **bell pepper** to a small bowl and put the **labneh** on the top, in the middle. Garnish with the **paprika**.

TIP: Want to make your salad more refreshing? Mix the salad with 1 tsp lemon juice per person.



2. Fry the minced meat

- Heat ½ tbsp butter per person in a frying pan and stir fry the **minced beef** with the **bell pepper** for 4 – 6 minutes.
- Cut the **mint** leaves into strips and add them to the salad bowl.
- Mix the salad with the extra virgin olive oil, salt and pepper.



4. Serve

- Serve the **minced beef** and **labneh** with the tomato–cucumber salad, the remaining **lemon juice** and the **pitas** all separately so everyone can stuff their own **pita**.
- Stuff your pita with some of the salad, then top with the **minced beef** and **labneh**.

Enjoy!



Quick stir fry with spiced chicken fillet strips

with udon noodles, homemade wok sauce and a fried egg

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



Gomashio is a Japanese seasoning, which consists of ground sesame seeds with a little bit of salt. It's perfect for giving your dish more flavor without adding too much salt.



Onion



Eastern vegetable mix



Fresh ginger



Garlic clove



Soy sauce



Spiced chicken fillet strips



Chopped cashew nuts



Fresh udon noodles



Cage-free egg



Gomashio

Pantry items

Honey, 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, grater, frying pan, 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
Eastern vegetable mix* (g, 23)	200	400	600	800	1000	1200
Fresh ginger (cm)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Spiced chicken fillet strips* (g)	100	200	300	400	500	600
Chopped cashew nuts (g) 8) 19) 25)	10	20	30	40	50	60
Fresh udon noodles (g) 1)	100	200	300	400	500	600
Cage-free egg (pcs) 3)	1	2	3	4	5	6
Gomashio (tsp) 11)	1	2	3	4	5	6

Not included

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

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2456 / 587	452 / 108
Total fat (g)	23	4
Of which: saturated (g)	4,6	0,8
Carbohydrates (g)	55	10
Of which: sugars (g)	18,6	3,4
Fibre (g)	8	1
Protein (g)	37	7
Salt (g)	2,9	0,5

Allergens:

1) Grains containing gluten 3) Eggs 6) Soy 8) Nuts

11) Sesame seed

May contain traces of: 19) Peanuts 23) Celery

25) Sesame seed



1. Fry the vegetables

Cut the **onion** into thin half rings. Heat half of the sunflower oil in a wok or sauté pan with a lid on medium-high heat. Fry the **onion** and **vegetable mix** for 3 – 4 minutes. Cover the pan with the lid and fry for another 7 – 10 minutes.

FACT: One of the 5 vegetables in the vegetable mix is Chinese cabbage. This type of cabbage is rich in calcium, vitamin C and folic acid. Folic acid gives you a fit and energetic feeling.



4. Mix

Add the **chicken fillet**, the homemade wok sauce and the **noodles** to the **vegetables** and carefully stir so the **noodles** separate.



2. Make the wok sauce

In the meantime, grate the **ginger** and **garlic** with a fine grater (TIP). In a small bowl, mix the **soy sauce**, **ginger**, **garlic** and honey

TIP: For this dish, you will grate the garlic and ginger because it's easy and efficient. However, you can also press or mince the garlic if you prefer.



5. Fry the egg

In the meantime, heat the pan with the cooking grease from the chicken and fry 1 sunny-side up **egg** per person. Season with salt and pepper.



3. Fry the chicken

Heat the remaining sunflower oil in a frying pan on medium-high heat. Fry the **spiced chicken fillet strips** for 5 – 8 minutes, or until cooked. Regularly stir.



6. Serve

Transfer the **noodles** with **vegetables** and **chicken** to plates. Put the fried **egg** on top. Garnish with the **chopped cashews** and the **gomashio**.

FACT: Did you know that cashew nuts are rich in iron and zinc? Zinc is an essential mineral for the body. Among other things, it benefits your immune system.

Enjoy!

Contact

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



Endive mash with fried halloumi

with apple salad and honey-mustard dressing

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



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



Onion



Potatoes



Apple



Chopped walnuts



Raisins



Cut endive



Halloumi

Pantry items

Black balsamic vinegar, mustard, honey, olive oil, vegetable stock cube, 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, large pan with a lid, salad bowl, potato masher

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Potatoes (g)	300	600	900	1200	1500	1800
Apple (pcs)	½	1	1½	2	2½	3
Chopped walnuts (g) 8) 19) 25)	10	20	30	40	50	60
Raisins (g) 19) 22) 25)	8	15	22	30	37	45
Cut endive* (g) 23)	150	300	450	600	750	900
Halloumi* (pcs) 7)	½	1	1½	2	2½	3
Not included						
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Honey (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Butter (tsp)	1	2	3	4	5	6
Milk						a splash
Salt & pepper						to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3830 / 916	512 / 122
Total fat (g)	44	6
Of which: saturated (g)	18,6	2,5
Carbohydrates (g)	89	12
Of which: sugars (g)	30,6	4,1
Fibre (g)	12	2
Protein (g)	35	5
Salt (g)	3,8	0,5

Allergens:

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

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. Cook the potatoes

- Boil ample water with a pinch of salt in a large pan with a lid for the potatoes. Crumble ¼ stock cube per person over the pan.
- Chop the **onion**.
- Peel or thoroughly wash the **potatoes** and cut them into large pieces. Cook the **potato** for 12 – 15 minutes, covered with the lid.



3. Fry the halloumi

- Cut the **halloumi** into ½ cm thick slices.
- Heat ¼ tbsp olive oil per person in a frying pan on medium-high heat and fry the **onion** for 2 minutes. Then take from the pan and set aside.
- In the same pan, heat another ¼ tbsp olive oil per person on medium-high heat and fry the **halloumi** for 2 – 3 minutes per side. Season with salt and pepper.



2. Make the salad

- Wash the **apple**, remove the core and cut the **apple** into thin wedges.
- In a salad bowl, mix per person: ½ tbsp black balsamic vinegar, ½ tbsp honey, ½ tsp **mustard**, pepper and salt.
- Mix half of the **apple**, the **chopped walnuts**, **raisins** and a hand full of **endive** per person with the dressing in the salad bowl.



4. Make the mash

- Drain the **potatoes** and mash into a puree with a potato masher. Add a splash of milk, 1/2 tsp mustard and some butter to make it smooth.
- Mix the **endive** and remaining **apple** with the mash and season with salt and pepper.
- Transfer the mash to plates and serve with the **halloumi** and the salad.

Enjoy!



Roasted vegetables and hummus with a twist

with tabbouleh and whole grain pita bread

VEGETARIAN 40 min. • Eat within 5 days



We added eggplant and roasted garlic to the hummus. Because of this, it also reminds of baba ganoush: a Middle Eastern salad of roasted eggplant.



Bulgar



Eggplant



Red bell pepper



Yellow bell pepper



Red onion



Garlic clove



Tomato



Fresh flat leaf parsley and mint



Lemon



Chickpeas



Yogurt-tahini sauce



Ground cumin



Whole grain pita bread

Pantry items

Olive oil, vegetable stock, 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

Pan with a lid, high bowl, salad bowl, hand blender, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Bulgur (g) 1)	25	45	65	85	110	130
Eggplant* (pcs)	½	1	1½	2	2½	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Yellow bell pepper* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Fresh flat leaf parsley and mint* (g)	5	10	15	20	25	30
Lemon (pcs)	½	1	1½	2	2½	3
Chickpeas (pack)	½	1	1½	2	2½	3
Yogurt–tahini sauce* (g) 7) 11) 19) 22)	40	75	100	150	175	225
Ground cumin (tsp)	¼	½	¾	1	1¼	1½
Whole grain pita (pcs) 1)	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Vegetable stock (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3408 / 815	397 / 95
Total fat (g)	25	3
Of which: saturated (g)	7,2	0,8
Carbohydrates (g)	105	12
Of which: sugars (g)	20,4	2,4
Fibre (g)	27	3
Protein (g)	28	3
Salt (g)	2,8	0,3

Allergens:

1) Grains containing gluten **7)** Milk/lactose **11)** Sésame
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 bulgur

Preheat the oven to 220 degrees and prepare the stock in a pan with a lid for the bulgur. Add the **bulgur** to the stock and cook for 15 – 17 minutes on low heat, until cooked. Stir regularly. Then drain if necessary and leave to steam dry without the lid.



4. Make the hummus

Drain the **chickpeas**. In a high bowl, mix the **chickpeas** with the **yogurt–tahini sauce**, the **cumin**, ½ tbsp **lemon juice** per person, salt and pepper. Use a hand blender to mix into a smooth hummus. Set aside.



2. Roast the vegetables

Cut the **eggplant** into ½ cm thick slices and transfer to a baking sheet lined with baking paper. Sprinkle with salt. Cut the **bell pepper** into large pieces and the **onion** into half rings. In a salad bowl, mix the **bell pepper** and **red onion** with ½ tbsp **olive oil** per person, salt and pepper. Transfer to the baking sheet next to the **eggplant**. Place the **garlic**, unpeeled, with the vegetables and roast in the oven for 20 – 25 minutes, or until the vegetables are cooked.



5. Finish the hummus

Heat the **pita bread** in the oven for 3 – 5 minutes, or heat them in a toaster. Add the **bulgur** to the salad bowl and mix well. Carefully take the **garlic** from the peel and add to the hummus, together with the **eggplant**. Mix with the hand blender and taste. Season to taste with **lemon juice**, salt and pepper.



3. Prepare the tabbouleh

In the meantime, cut the **tomato** into ½ cm dices. Finely chop the **fresh mint** and **flat leaf parsley**. Juice the **lemon**. In a salad bowl, mix the **tomato** with the majority of the **mint** and **parsley** and per person: ½ tbsp **lemon juice** and ½ tbsp extra virgin olive oil. Season with salt and pepper and set aside.



6. Serve

Transfer the hummus to a large plate and use a spoon to spread the hummus towards the edges of the plate. Place the **onion** and **bell pepper** next to the hummus and add the **tabbouleh**. Garnish the dish with the remaining **mint** and **parsley**. Optionally, drizzle to taste with extra virgin olive oil. Serve with the **pita bread**.

FACT: Did you know that this dish contains about 400 g vegetables? This will give you more vitamin C than the daily recommended amount and half of the recommended amount of fibre.

Enjoy!



Vegetarian schnitzel with fried potatoes

with flat beans and dill mayonnaise

QUICK & EASY **VEGETARIAN** 15 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.



Seasoned
precooked potatoes



Garlic clove



Cut onion



Cut flat beans



Vegetarian schnitzel



Fresh dill



Lemon



Mayonnaise



Pantry items

Sunflower oil, butter, salt and pepper

A good start

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

Equipment

Small bowl, 2x frying pan, frying pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Seasoned precooked potatoes* (g)	200	400	600	800	1000	1200
Garlic clove (pcs)	½	1	1½	2	2½	3
Cut onion* (g)	50	100	150	200	250	300
Cut flat beans* (g) 23)	150	300	450	600	750	900
Vegetarian schnitzel* (pcs) 1) 3)	1	2	3	4	5	6
Fresh dill* (g)	5	10	15	20	25	30
Lemon (pcs)	¼	½	¾	1	1¼	1½
Mayonnaise* (g) 3) 10) 19) 22)	40	75	110	150	185	225
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3661 /875	639 /153
Total fat (g)	60	10
Of which: saturated (g)	10,2	1,8
Carbohydrates (g)	56	10
Of which: sugars (g)	5,0	0,9
Fibre (g)	15	3
Protein (g)	21	4
Salt (g)	2,2	0,4

Allergens:

1) Grains containing gluten 3) Eggs 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 23) Celery

Contact

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



1. Fry the potatoes

- Heat ½ tbsp sunflower oil per person in a frying pan on medium-high heat. Fry the **seasoned potatoes** for 10 – 14 minutes. Regularly toss.
- Press or mince the **garlic** and cut the **lemon** into wedges.



3. Fry the schnitzel

- In the meantime, heat ½ tbsp sunflower oil per person in a third frying pan on medium-high heat and fry the **vegetarian schnitzel** for 3 minutes per side.
- Finely chop the **dill** and mix it with the **mayonnaise** in a small bowl.



2. Fry the flat beans

- Heat ½ tbsp butter per person in a different frying pan with a lid on medium-high heat.
- Fry the **garlic**, **onion** and **flat beans** for 10 – 12 minutes, covered with the lid. Season with salt and pepper.



4. Serve

- Transfer the **potatoes** and **flat beans** to plates. Place a **schnitzel** on each plate and serve with the **dill mayonnaise** and **lemon** wedges.

Enjoy!



Aromatic jambalaya with spicy chicken

with bacon, bell pepper and green beans

FAMILY 45 min. • Eat within 3 days



Jambalaya is a perfect example of multiple cuisines in one meal. Do you know which ones?



Red onion



Garlic clove



Red bell pepper



Green beans



Fresh flat leaf parsley



Paprika



Ground cumin seed



Ground coriander



Ground cinnamon



Tomato paste



White long grain rice



Diced bacon



Chicken thigh strips

Pantry items

Vegetable stock, sambal, white wine 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, wok or sauté pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Green beans* (g)	100	200	300	400	500	600
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Paprika (tsp)	1½	3	4½	6	7½	9
Ground cumin seed (tsp)	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Tomato paste (can)	⅓	⅔	1	1⅓	1⅔	2
White long grain rice (g)	85	170	250	335	420	505
Diced bacon* (g)	25	50	75	100	125	150
Chicken fillet strips* (g)	100	200	300	400	500	600
Not included						
Vegetable stock (ml)	300	600	900	1200	1500	1800
Sambal (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3180 / 760	406 / 97
Total fat (g)	29	4
Of which: saturated (g)	6,4	0,8
Carbohydrates (g)	85	11
Of which: sugars (g)	10,0	1,3
Fibre (g)	9	1
Protein (g)	35	4
Salt (g)	4,6	0,6

Allergens: -

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. Chop the **red onion** and press or mince the **garlic**. Cut the **bell pepper** into dices. Trim the ends off the **green beans** and cut the **green beans** into 3 equally sized pieces. Finely chop the fresh **parsley**.

TIP: Are you watching your salt intake? Use a smaller piece of stock cube for 300 ml boiling water per person.



4. Fry the chicken and bacon

Heat the remaining sunflower oil in a frying pan on medium-high heat and fry the **diced bacon** and **chicken thigh** for 5 – 7 minutes until brown and cooked. Add the sambal when halfway done and season to taste with salt and pepper (TIP).

TIP: The spiciness of sambal depends on different types and brands. Taste well and add less or more if necessary.



2. Fry the vegetables

Heat half of the sunflower oil in a wok or sauté pan with a lid and fry the **garlic, onion, paprika, cumin, coriander** and **cinnamon** for 1 minute on medium-high heat. Add the **green beans, bell pepper** and **tomato paste** and stir fry for 3 minutes.



5. Mix

Mix half of the **chicken** and **bacon** with the **rice**.



3. Cook the rice

Add the **long grain rice**, stock and white wine vinegar to the same pan and bring to a boil. Reduce the heat to medium-low, cover the pan and allow to simmer for 17 – 20 minutes, or until the **rice** is cooked. Stir regularly to prevent the **rice** from burning to the bottom of the pan (TIP).

TIP: Optionally, add some more stock in case the rice becomed dry too quickly.



6. Serve

Transfer the **rice** to plates, top with the remaining **chicken** and **bacon** and pour the baking grease over the dish. Garnish with the **parsley**.

Enjoy!

Answer: Jambalaya originated in Louisiana and was influenced by Spanish, French, West African and Native American cuisines



Cold avocado-cucumber soup with pulled salmon

with yogurt, apple and fresh mint

BALANCED 25 min. • Eat within 5 days



This cold, green soup is perfect for a hot summer day. It is full of vegetables and low in calories: balanced and tasty at the same time!



Cucumber



Shallot



Lime



Avocado



Fresh mint



Whole grain ciabatta



Apple



Low-fat yogurt



Hot-smoked salmon

Pantry items

Vegetable stock, 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

Bowl, measuring cup, hand blender, high bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Cucumber* (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Lime (pcs)	½	1	1½	2	2½	3
Avocado (pcs)	½	1	1½	2	2½	3
Fresh mint* (g)	5	10	15	20	25	30
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Apple (pcs)	½	1	1½	2	2½	3
Low-fat yogurt* (ml) 7) 19) 22)	25	50	75	100	125	150
Hot-smoked salmon* (g) 4)	60	120	180	240	300	360
Not included						
Vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2680 / 641	390 / 93
Total fat (g)	35	5
Of which: saturated (g)	5,8	0,9
Carbohydrates (g)	51	7
Of which: sugars (g)	16,4	2,4
Fibre (g)	11	2
Protein (g)	25	4
Salt (g)	3,4	0,5

Allergens:

1) Grains containing gluten **4)** Fish **6)** Soy **7)** Milk/lactose
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 200 degrees and prepare the stock in a measuring cup. Cut ¾ of the **cucumber** into large pieces. Finely chop the **shallot** and juice the **lime**. Cut the **avocado** in half, remove the seed and peel and cut ¾ of the **avocado** into large pieces. Strip the **mint** leaves from the stems.



4. Cut

In the meantime, cut the remaining **cucumber** into very small dices. Cut the remaining **avocado** into dices. Cut the **apple** into quarters, remove the core and cut the **apple** into very small dices. Finely chop the remaining **mint** leaves.



2. Puree the soup

In a high bowl, use a hand blender to puree the cut **cucumber**, half of the **shallot**, the cut **avocado** and ¾ of the **yogurt** with per person: ½ tbsp **lime** juice (save the remaining juice for later) and ½ tbsp extra virgin olive oil. Stir well and add the stock and half of the **mint**. Puree again and season with salt and pepper. Save the soup in the refrigerator until use, covered with a lid (TIP).

TIP: The colder the soup, the tastier it will be. Don't have time to properly cool the soup? Serve it with an ice cube.



5. Make the salad

In a bowl, mix the remaining **yogurt**, ¼ tbsp extra virgin olive oil per person, 1 tsp **lime** juice per person, ¾ of the **apple**, ¾ of the **pulled salmon**, the remaining **avocado**, **cucumber** and **mint**. Season well with salt and pepper.



3. Heat the ciabatta

Heat the **ciabatta** in the oven for 6 – 8 minutes.



6. Serve

Cut open the **ciabatta** and top with the salad. Serve the **cucumber** soup in deep plates and garnish with the remaining **pulled salmon** and **apple**.

FACT: Salmon and avocado are both sources of unsaturated fats. They have a positive effect on your cholesterol level and this helps keeping you heart and blood vessels healthy.

Enjoy!



Tomato rice with chicken meatballs

with bell pepper and feta

FAMILY 30 min. • Eat within 5 days



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



Red bell pepper



Garlic clove



Onion



Curly parsley
and oregano



White long grain rice



Diced tomato



Chicken meatballs
with Italian spices



Plum tomato



Feta

Pantry items

Chicken 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 with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Curly parsley and oregano* (g)	5	10	15	20	25	30
White long grain rice (g)	85	170	250	335	420	505
Diced tomato (pack)	½	1	1½	2	2½	3
Chicken meatballs with Italian spices* (pcs)	3	6	9	12	15	18
Plum tomato (pcs)	1	2	3	4	5	6
Feta* (g) 7)	25	50	75	100	125	150
Not included						
Chicken stock (ml)	200	400	600	800	1000	1200
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)	3487 / 834	405 / 97
Total fat (g)	35	4
Of which: saturated (g)	8,9	1,0
Carbohydrates (g)	91	11
Of which: sugars (g)	17,4	2,0
Fibre (g)	7	1
Protein (g)	34	4
Salt (g)	5,5	0,6

Allergens:

7) Milk/lactose

Contact

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



1. Cut

Prepare the stock. Cut the **red bell pepper** into small dices. Press or mince the **garlic**. Chop the **onion**. Strip the **oregano** leaves from the stems and finely chop the leaves.

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



4. Cut

Cut the **plum tomato** into wedges. Finely chop the **curly parsley**. Crumble the **feta**.

FACT: Did you know that tomatoes, both canned and fresh, 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 tomato rice

Heat 1 tbsp olive oil per person in a sauté pan with a lid on medium heat. Add the **rice**, **onion**, **garlic** and diced **bell pepper**. Stir fry for 2 – 3 minutes. Add the chicken stock, diced **tomato** and **oregano**. Bring to a boil, covered with the lid, and allow to simmer for 15 – 18 minutes, or until the **rice** is cooked and has absorbed the liquid (TIP).

TIP: The time it takes to cook the rice depends on your pan. Regularly taste and add some extra water or stock in case the rice becomes dry too quickly.



5. Finish the tomato rice

Take the pan with **tomato rice** from the heat and add the **plum tomato** and half of the **parsley**. Season with salt and pepper.



3. Fry the meatballs

Cut the **chicken meatballs** in half and shape them into new meatballs, so that you end up with 6 small meatballs per person (TIP). Heat ½ tbsp olive oil per person in a frying pan with a lid on medium-high heat. Fry the **meatballs** for 2 – 3 minutes until brown all around. Reduce the heat to low, cover the pan with the lid and fry the **meatballs** for another 6 – 8 minutes, or until cooked.

TIP: Do you prefer larger meatballs? You can leave them as they are, but make sure you fry them longer than the indicated time.



6. Serve

Transfer the **tomato rice** to plates and serve with the **chicken meatballs**. Garnish with the remaining **parsley** and the **feta**.

Enjoy!

Answer: Vitamin C



Cold avocado-cucumber soup with pulled salmon

with yogurt, apple and fresh mint

BALANCED 25 min. • Eat within 5 days



This cold, green soup is perfect for a hot summer day. It is full of vegetables and low in calories: balanced and tasty at the same time!



Cucumber



Shallot



Lime



Avocado



Fresh mint



Whole grain ciabatta



Apple



Low-fat yogurt



Hot-smoked salmon

Pantry items

Vegetable stock, 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

Bowl, measuring cup, hand blender, deep bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Cucumber* (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	½	1	1½	2	2½	3
Lime (pcs)	½	1	1½	2	2½	3
Avocado (pcs)	½	1	1½	2	2½	3
Fresh mint* (g)	5	10	15	20	25	30
Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Apple (pcs)	½	1	1½	2	2½	3
Low-fat yogurt* (ml) 7) 19) 22)	25	50	75	100	125	150
Hot-smoked salmon* (g) 4)	60	120	180	240	300	360
Not included						
Vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2680 / 641	390 / 93
Total fat (g)	35	5
Of which: saturated (g)	5,8	0,9
Carbohydrates (g)	51	7
Of which: sugars (g)	16,4	2,4
Fibre (g)	11	2
Protein (g)	25	4
Salt (g)	3,4	0,5

Allergens:

1) Grains containing gluten 4) Fish 6) Soy 7) Milk/lactose
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 200 degrees and prepare the stock in a measuring cup. Cut ¾ of the **cucumber** into large pieces. Finely chop the **shallot** and juice the **lime**. Cut the **avocado** in half, remove the seed and peel and cut ¾ of the **avocado** into large pieces. Strip the **mint** leaves from the stems.



4. Cut

In the meantime, cut the remaining **cucumber** into very small dices. Cut the remaining **avocado** into dices. Cut the **apple** into quarters, remove the core and cut the **apple** into very small dices. Finely chop the remaining **mint** leaves.



2. Puree the soup

In a high bowl, use a hand blender to puree the cut **cucumber**, half of the **shallot**, the cut **avocado** and ¾ of the **yogurt** with per person: ½ tbsp **lime** juice (save the remaining juice for later) and ½ tbsp extra virgin olive oil. Stir well and add the stock and half of the **mint**. Puree again and season with salt and pepper. Save the soup in the refrigerator until use, covered with a lid (TIP).

TIP: The colder the soup, the tastier it will be. Don't have time to properly cool the soup? Serve it with an ice cube.



5. Make the salad

In a bowl, mix the remaining **yogurt**, ¼ tbsp extra virgin olive oil per person, 1 tsp **lime** juice per person, ¾ of the **apple**, ¾ of the **pulled salmon**, the remaining **avocado**, **cucumber** and **mint**. Season well with salt and pepper.



3. Heat the ciabatta

Heat the **ciabatta** in the oven for 6 – 8 minutes.



6. Serve

Cut open the **ciabatta** and top with the salad. Serve the **cucumber** soup in deep plates and garnish with the remaining **pulled salmon** and **apple**.

TIP: Salmon and avocado are both sources of essential unsaturated fats. They have a positive effect on your cholesterol level and this keeps you heart and blood vessels healthy.

Enjoy!



Hamburger deluxe with potatoes

with a veal burger, fried egg and bacon

PREMIUM 40 min. • Eat within 5 days



This hamburger deluxe really feels like haute cuisine! Do you have guests coming for dinner? Pierce a skewer through the middle of the bun for an extra luxurious touch.



Potatoes



Crusty roll



Little gem



Red cherry tomatoes



Red onion



Bacon



Veal burger



Cage-free egg



Capers and pickles



Mayonnaise

Pantry items

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

A good start

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

Equipment

Baking sheet lined with baking paper, 2x frying pan, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Potatoes (g)	250	500	750	1000	1250	1500
Crusty roll (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Little gem* (head)	1	2	3	4	5	6
Red cherry tomatoes* (g)	60	125	180	225	305	350
Red onion (pcs)	½	1	1½	2	2½	3
Bacon* (g)	25	50	75	100	125	150
Veal burger* (pcs)	1	2	3	4	5	6
Cage-free egg* (pcs) 3)	1	2	3	4	5	6
Capers and pickles* (container)	¼	½	¾	1	1¼	1½
Mayonnaise* (tbsp) 3) 10) 19) 22)	1	2	3	4	5	6

Not included

Olive oil (tbsp)	1	2	3	4	5	6
Honey (tbsp)	¼	½	¾	1	1¼	1½
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	¼	½	¾	1	1¼	1½
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)	5255 / 1256	640 / 153
Total fat (g)	68	8
Of which: saturated (g)	17,0	2,1
Carbohydrates (g)	107	13
Of which: sugars (g)	8,8	1,1
Fibre (g)	10	1
Protein (g)	49	6
Salt (g)	3,0	0,4

Allergens:

1) Grains containing gluten 3) Eggs 10) Mustard
May contain traces of: 17) Eggs 19) Peanuts 20) Soy
21) 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. Fry the potatoes

Preheat the oven to 200 degrees. Thoroughly wash the **potatoes** and cut into wedges. Transfer to a baking sheet lined with baking paper, mix with half of the olive oil and season with salt and pepper. Roast in the oven for 30 – 35 minutes (TIP). Sprinkle the crusty roll with some water and add to the oven for the final 6 – 8 minutes of the potatoes.

TIP: The indicated cooking time is for hot air ovens. Do you have a combi microwave or a less strong oven? Roast the potatoes for 10 minutes longer, or until cooked.



4. Fry the burger

Heat the butter in another frying pan and fry the **red onion** on medium-low heat for 2 minutes. Add the **veal burger** and fry for 4 – 5 minutes on each side. In the meantime, heat the remaining olive oil in the frying pan you used for the bacon and fry one sunny-side up **egg** per person.

TIP: This cooking time will give you a medium cooked burger. Do you prefer your burger more well done? Fry it longer.



2. Cut and fry

In the meantime, roughly chop the **little gem**, halve the **cherry tomatoes** and cut the **red onion** into half rings. Heat a frying pan on medium-high heat and fry the **bacon**, without oil, for 3 – 5 minutes until crunchy. Take from the pan and set aside. Break half of the **bacon** into smaller pieces, to mix into the salad later.



5. Mix the salad

Add the **little gem** (TIP), the **cherry tomatoes**, the pieces of **bacon**, the **pickles** and **capers** to the salad bowl and mix well.

TIP: You can also separate some leaves from the **little gem** for on the burger.



3. Make the dressing

In a salad bowl, mix the honey, mustard, extra virgin olive oil and white wine vinegar into a dressing. Season to taste with salt and pepper.



6. Serve

Cut open the rolls. Place the **veal burger** and **onions** on the bottom half. Top with the fried **egg** and the remaining **bacon**. Serve the burger with the **potatoes**, **mayonnaise** and salad.

Enjoy!



Rose fish fillet with salicornia and fresh pappardelle

with broccolini, fried capers and almonds

PREMIUM 30 min. • Eat within 3 days



Broccolini is a mix of broccoli and
a) green asparagus, b) Chinese
broccoli or c) it is not a mix, but
young broccoli.



Shallot



Garlic clove



Lemon



Salicornia



Broccolini



Fresh pappardelle



Shaved almonds



Capers



Rose fish fillet with skin



Basil crème

Pantry items

Olive oil, butter, salt and pepper

A good start

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

Equipment

Sauté pan, kitchen paper, pan with a lid, frying pan

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	1½	3	4½	6	7½	9
Garlic clove (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	½	1	1½	2	2½	3
Salicornia* (g)	50	100	150	200	250	300
Broccolini* (g)	100	200	300	400	500	600
Fresh pappardelle* (g) 1) 3)	125	250	375	500	625	750
Shaved almonds* (g) 8) 19) 25)	5	10	15	20	25	30
Capers* (g)	10	20	30	40	50	60
Rose fish fillet with skin* (pcs) 4)	1	2	3	4	5	6
Basil crème* (cup)	½	1	1½	2	2½	3

Not included						
Olive oil (tbsp)	1	1½	2	2½	3½	4
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)	3481 / 832	610 / 146
Total fat (g)	34	6
Of which: saturated (g)	8,3	1,5
Carbohydrates (g)	86	15
Of which: sugars (g)	10,5	1,8
Fibre (g)	7	1
Protein (g)	42	7
Salt (g)	2,6	0,5

Allergens:

1) Grains containing gluten 3) Eggs 4) Fish 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. Cut

Boil ample water in a pan with a lid for the pappardelle. Chop the **shallot** and press or mince the **garlic**. Cut the **broccolini** into 5 cm pieces. Cut the **lemon** into wedges.



2. Cook and fry

Heat 1 tbsp olive oil per person in a sauté pan on medium-high heat. Fry the **shallot** and **garlic** for 3 minutes. In the meantime, cook the **pappardelle** (TIP). for 4 – 6 minutes. Drain and rinse with cold water (to prevent sticking). Add the **broccolini** to the sauté pan and fry for 5 minutes. Then add the **salicornia** and fry for 3 minutes. Season with salt and pepper.

TIP: Carefully separate the pappardelle before adding it to the pan. This way the pasta will cook properly.



3. Roast the almonds

In the meantime, heat a frying pan without oil on medium-high heat and roast the **shaved almonds** until they start to color (TIP). Take from the pan and set aside.

TIP: Be aware: this goes very quickly! Keep a good eye on the pan.



4. Fry the rose fish

In the meantime, pat dry the **rose fish fillet** with kitchen paper and rub the skin with salt and pepper. Heat the butter in the same frying pan on medium-high heat and fry the **capers** and **rose fish fillet**, on the skin-side, for 3 – 4 minutes (TIP). Carefully turn the rose **fish fillet** and fry for 2 minutes on the other side.

TIP: Reduce the heat in case this goes too fast. The pan might still be hot from roasting.



5. Mix

In the meantime, add the **pappardelle** and **basil crème** to the sauté pan with **broccolini** and mix until everything is warm. Season with salt and pepper.



6. Serve

Transfer the **pappardelle** to plates. Put the **rose fish fillet** on top and sprinkle with the **shaved almonds**. Serve with the **lemon** wedges.

TIP: Drizzle with some extra virgin olive oil for extra flavor and smoothness.

Enjoy!





Ham with honey-mustard marinade

with roasted vegetables and fried rainbow potatoes

FESTIVE 55 min. • Eat within 5 days



Brussels sprouts are originally from the Mediterranean region. They gained great popularity in Belgium where they got their name from the city where they were cultivated: Brussels!



Ham with honey-mustard marinade



Brussels sprouts



Hazelnuts



Carrot



Rainbow potatoes



Garlic clove



Fresh curly parsley



Diced bacon



Parmigiano reggiano



Mayonnaise

Pantry items

Mustard, honey, olive oil, butter, salt and pepper

A good start

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

Equipment

Small bowl, 2x sauté pan with a lid, frying pan, bowl, baking dish, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Ham with honey–mustard marinade* (g) 10) 15) 20) 21) 23)	200	400	600	800	1000	1200
Brussels sprouts* (g)	150	300	450	600	750	900
Hazelnuts (g) 8) 19) 25)	20	40	60	80	100	120
Carrot* (bunch)	½	1	1½	2	2½	3
Rainbow potatoes (g)	250	500	750	1000	1250	1500
Garlic clove (pcs)	1	2	3	4	5	6
Fresh curly parsley* (g)	5	10	15	20	25	30
Diced bacon* (g)	50	100	150	200	250	300
Parmigiano reggiano* (g) 7)	15	25	35	50	60	75
Mayonnaise* (tbsp) 3) 10) 19) 22)	40	75	100	125	175	200

Not included

Mustard (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	3	6	9	12	15	18
Olive oil (tbsp)	2	4	6	8	10	12
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)	5694/1361	522/125
Total fat (g)	101	9
Of which: saturated (g)	24,0	2,2
Carbohydrates (g)	45	4
Of which: sugars (g)	30,0	2,8
Fibre (g)	17	2
Protein (g)	59	5
Salt (g)	5,3	0,5

Allergens:

3) Eggs 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

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. In a small bowl, mix per person: ½ tbsp mustard, 2 tsp honey, salt and pepper. Transfer the ham to a baking dish, divide the honey–mustard mixture over it and roast in the oven for 30 – 40 minutes. Cut the **Brussels sprouts** in half and roughly chop the **hazelnuts**. Heat a frying pan on high heat, without oil, and roast the **hazelnuts** until they start to release aromas. Take from the pan and set aside.



4. Finish the potatoes

In the meantime, press or mince the **garlic**. Finely chop the **curly parsley**. For the last minute of the **potatoes**, add half of the **garlic** and half of the **curly parsley** to the pan.



2. Carrot in the oven

Remove the greens from the **carrot**, but leave on a little bit at the top. Cut the large **carrots** in quarters lengthwise; the smaller ones in half. In a bowl, mix per person: ½ tbsp olive oil and 1 tsp honey. Season with salt and pepper and divide the **carrot** over a baking sheet lined with baking paper. Roast them in the oven, next to or above the ham, for 18 – 22 minutes.



5. Fry the Brussels sprouts

Heat ½ tbsp butter per person in a sauté pan with a lid on medium–high heat. Fry the **bacon** and the remaining **garlic** for 3 – 4 minutes. Add the **Brussels sprouts** and 1 tbsp water per person and fry for 8 –12 minutes, covered with the lid (TIP). Stir regularly. Take the **ham** from the oven and mix ½ tbsp butter with the cooking grease in the baking dish: this will be a sauce. If necessary, season with salt and pepper.

TIP: Do you prefer your Brussels sprouts softer? Cook them for a couple of minutes before frying them.



3. Fry

Wash the **rainbow potatoes** and cut them in half. Heat 1½ tbsp olive oil per person in a sauté pan with a lid and fry the **potatoes** for 25 - 30 minutes on medium-high heat, covered with the lid. Regularly stir. Take the lid off after 20 minutes and sprinkle with salt and pepper.



6. Serve

Divide the **colored potatoes** among plates. Serve the **ham** on a nice serving dish. Cut it into slices and serve the sauce on the side, in a small bowl. Transfer the **carrot** and **Brussels sprouts** to a nice serving dish or plate. Garnish the **carrot** with the **hazelnuts** and the remaining **parsley**. Grate the **parmigiano reggiano** over the **Brussels sprouts**. Serve with the **mayonnaise**.

Enjoy!



Linguine in creamy sauce with a double portion of shrimps with courgette, tomato and refreshing lemon

HELLOEXTRA 35 min. • Eat within 3 days



Linguine is Italian for a) ribbons, b) tongues or c) strings?



Courgette



Dried rosemary



Garlic clove



Tomato



Lemon



Linguine



Shrimps



Crème fraîche

Pantry items

Olive oil, sunflower oil, salt and pepper

A good start

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

Equipment

Grater, pan with lid, aluminum foil, baking sheet lined with baking paper, sauté pan, kitchen paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Courgette (pcs)	½	1	1½	2	2½	3
Dried rosemary (tsp)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Lemon (pcs)	¼	½	¾	1	1¼	1½
Linguine (g 1) 20)	90	180	270	360	450	540
Shrimps* (g 2)	180	360	540	720	900	1080
Crème fraîche* (tbsp 7)	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Sunflower 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)	3431/820	544/130
Total fat (g)	36	6
Of which: saturated (g)	11,3	1,8
Carbohydrates (g)	79	13
Of which: sugars (g)	16,4	2,6
Fibre (g)	6	1
Protein (g)	42	7
Salt (g)	1,7	0,3

Allergens:

1) Grains containing gluten 2) Shellfish 7) Milk/lactose

May contain traces of: 20) Soy

Contact

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



1. Roast the courgette

Preheat the oven to 210 degrees. Cut the **courgette** into ½ cm thick half slices. Transfer the **courgette** to a baking sheet lined with baking paper, sprinkle with the **dried rosemary** and drizzle with half of the olive oil. Season with salt and pepper and roast in the oven for 20 – 30 minutes, or until the **courgette** is brown and cooked (TIP).

TIP: Keep a good eye on the courgette: its cooking time strongly depends on your type of oven and on how thick you cut the courgette.



4. Make the sauce

Heat the sunflower oil in the same pan and fry the **garlic** for 1 minute on medium–low heat. Add the diced **tomato** and fry for 2 minutes. Reduce the heat to low, add the **crème fraîche** and allow to melt while stirring. Mix ½ – 1 tbsp cooking liquid from the linguine with the sauce to make it a bit smoother. Season with salt and pepper.



2. Cut and cook

In the meantime, press or mince the **garlic** and cut the **tomato** into 1 cm dices. Grate the **lemon** peel with a fine grater and press the juice from the **lemon**. Cook ample water in a pan with a lid and cook the **linguine** for 10 – 12 minutes, covered with the lid. Drain, save a little bit of the cooking liquid and leave to steam dry without the lid.



5. Mix the pasta

Add the **linguine** to the pan and mix with the sauce. Add half of the **courgette**, half of the **shrimps** and per person: 1 tsp **lemon juice** and ¼ tsp **lemon zest**. Mix well.



3. Fry the shrimps

In the meantime, pat the **shrimps** dry with kitchen paper. Heat the remaining olive oil in a sauté pan and fry the **shrimps** for 3 – 4 minutes on medium–high heat (TIP). Season with salt and pepper. Take the **shrimps** from the pan and wrap them in aluminium foil. Set aside.

TIP: Keep a good eye on the cooking time: shrimps cook very quickly. If you fry them too long, they will turn hard and tough.



6. Serve

Transfer the **linguine** to plates and garnish with the remaining **courgette** and **shrimps**. Season to taste with the remaining **lemon zest**.

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

Enjoy!

Answer: Tongues



Penne in sun-dried tomato-eggplant cream sauce with an extra portion of vegetables

HELLOEXTRA 20 min. • Eat within 5 days



True or false? The Italian name for eggplant describes this vegetable (which is technically a fruit) as an unhealthy apple.



Eggplant



Graffiti eggplant



Mushrooms



Onion



Garlic clove



Dried tomato mix



Penne



Paprika



Whipping cream



Fresh basil



Grated pecorino



Rocket lettuce

Pantry items

Olive oil, vegetable stock, black balsamic vinegar, 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, frying pan, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Eggplant* (pcs)	1	1	2	2	3	3
Graffiti eggplant* (pcs)	1	1	2	3	3	4
Mushrooms* (g)	125	250	375	500	625	750
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Dried tomato mix* (g)	35	60	90	120	150	180
Penne (g 1) 20)	90	180	270	360	450	540
Paprika (tsp)	1	2	3	4	5	6
Whipping cream* (ml) 7)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Grated pecorino* (g) 7)	25	50	75	100	125	150
Rocket lettuce* (g)	40	60	80	100	140	160
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
Vegetable stock (ml)	60	120	180	240	300	360
Black balsamic vinegar (tsp)	½	1	1½	2	2½	3
Flour (tbsp)	2	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	4284 /1024	585 /140
Total fat (g)	62	8
Of which: saturated (g)	19,7	2,7
Carbohydrates (g)	83	11
Of which: sugars (g)	12,0	1,6
Fibre (g)	11	2
Protein (g)	27	4
Salt (g)	2,1	0,3

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 20) Soy

Contact

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



1. Prepare

- Boil ample water with a pinch of salt in a pan with a lid for the **penne**.
- Prepare the stock.
- Cut the **eggplant** and **graffiti eggplant** into 1 – 2 cm dices. Cut the **mushrooms** into slices.
- Chop the **onion** and press or mince the **garlic**. Roughly chop the **dried tomatoes**.



3. Make the sauce

- In the meantime, heat ½ tbsp olive oil per person in a sauté pan on medium-high heat. Fry the **onion**, **garlic** and **mushrooms** for 4 minutes.
- Add the **semi-dried tomatoes** and fry for another 3 minutes. Then add the **paprika** and fry for 1 minute.
- Deglaze with ½ tbsp black balsamic vinegar per person and the stock. Add the **whipping cream** and allow to simmer for 4 – 5 minutes.



2. Cook the penne

- Cook the **penne** for 10 – 12 minutes. Drain and leave to steam dry without the lid.
- Mix all of the diced **eggplant** with the **flour**.
- Heat 2 tbsp olive oil per person in a frying pan on medium-high heat. Fry the **eggplant** for 8 – 10 minutes until brown all around.

TIP: Are you watching your calorie intake? Cook 70 g penne per person and use half of the pecorino. You can make a summery salad with the remaining ingredients.



4. Serve

- Cut the **basil** into strips and divide the **rocket lettuce** among deep plates.
- Add the **penne**, the **eggplant**, half of the **pecorino**, and half of the **basil** to the sauce. Season with salt and pepper.
- Divide the dish among the plates with **rocket lettuce**. Finish with the remaining **pecorino** and garnish with the rest of the **fresh basil**.

Enjoy!

is not very tasty when eaten raw.
was seen as an unhealthy fruit, because it
of mela (apple) and insana (unhealthy). It
Answer: True. Melanzana is a combination



BREAKFAST BOX

Good morning!

1

Egg muffins
with bacon, parsley
and cheese

2

Banana pancakes
with cinnamon and honey

3

Whole grain crackers
with cheese
and peanutbutter

Egg muffins

with bacon, parsley and cheese

1X 25 min.



Equipment

Muffin tin, whisk or fork

Ingredients for 1 breakfast

	2P	4P
Flat leaf parsley* (g)	20	40
Bacon* (slices)	4	8
Free-range egg* (pcs) 3)	4	8
Grated matured cheese* (g) 7)	25	50
Paprika (tsp)	½	1
Semi-skimmed milk* 7)	a splash	
Not included		
Sunflower oil (tbsp)	½	1

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1331 / 318	757 / 181
Total fat (g)	25	14
Of which: saturated (g)	8,8	5,0
Carbohydrates (g)	3	1,5
Of which: sugar (g)	1,5	0,9
Fibres (g)	0	0
Protein (g)	21	12
Salt (g)	1,1	0,6

Allergens

3) Eggs 7) Milk/lactose
May contain traces of: -

1. Finely chop the **parsley** and cut the **bacon** into thin strips. Break the **eggs** over a bowl, add a splash of **milk** and mix with a whisk or fork.
2. Preheat the oven to 180 degrees. Grease 2 cups of the muffin tin per person with sunflower oil.
3. Mix the **parsley**, **bacon** and **grated cheese** with the **eggs**. Season to taste with **paprika**, salt and pepper.
4. Transfer the egg mixture to the greased muffin tin. Cook the muffins in the oven for 25 - 30 minutes until golden brown.

Banana pancakes

with cinnamon and honey

2X 20 min.



Equipment

Bowl, frying pan

Ingredients for 1 breakfast

	2P	4P
Banana (pcs)	2	4
Free-range egg* (pcs) 3)	4	8
Linseed (g) 19) 22) 25)	30	60
Juicing orange (pcs)	6	12
Honey (jar)	1	2
Ground cinnamon (tsp)	1	2

Not included

Butter (tbsp)	2	4
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* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	2169 / 519	520 / 124
Total fat (g)	23	6
Of which: saturated (g)	7,6	1,8
Carbohydrates (g)	52	13
Of which: sugar (g)	43,1	10,3
Fibres (g)	11	3
Protein (g)	18	4
Salt (g)	0,3	0,1

Allergens

3) Eggs

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

1. Puree the **bananas** with a fork in a bowl.
2. Add the **eggs**, half of the **linseed** and a pinch of salt and mix the whole into a batter with a fork.
3. Heat ¼ of the butter in a frying pan and fry ¼ of the batter into a small pancakes until brown on both sides. Repeat this with the rest of the batter.
4. Meanwhile, juice the **oranges**.
5. Transfer the pancakes to plates, pour the **honey** over it and sprinkle with the **cinnamon** and remaining **linseed**. Serve with the orange juice.

Whole grain crackers

with cheese and peanut butter

2X 10 min.



Ingredients for 1 breakfast

	2P	4P
Crackers (pcs) 1)	6	12
Matured cheese* (slices) 7)	2	4
Peanut butter (cup) 5) 22)	2	4

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1381 / 330	1748 / 418
Total fat (g)	18	22
Of which: saturated (g)	7,5	9,4
Carbohydrates (g)	25	32
Of which: sugar (g)	1,3	1,7
Fibres (g)	8	10
Protein (g)	14	17
Salt (g)	0,9	1,1

Allergens

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

May contain traces of: 22) Nuts

1. Top 2 **crackers** with **cheese** and spread the other **cracker** with **peanut butter**.
2. Transfer the **crackers** to plates.