



Haddock fillet with chives sauce

with oven-roasted potatoes and carrot

BALANCED 40 min. • Eat within 3 days



Carrots are rich in vitamin A, which means your immune system and eyes receive an extra boost from this dish.



Carrot



Waxy potatoes



Fresh chives



Full-fat yogurt



Haddock fillet

Pantry items

Olive oil, 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

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Carrot* (g)	250	500	750	1000	1250	1500
Waxy potatoes (g)	250	500	750	1000	1250	1500
Fresh chives* (g)	2½	5	7½	10	12½	15
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150
Haddock fillet* (pcs) 4)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2418 / 578	373 / 89
Total fat (g)	21	3
Of which: saturated (g)	6,9	1,1
Carbohydrates (g)	63	10
Of which: sugars (g)	12,2	1,9
Fibre (g)	12	2
Protein (g)	27	4
Salt (g)	0,5	0,1

Allergens:

4) Fish 7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts



1. Prepare

Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the **potatoes** and **carrots**. Weigh 200 g **carrot** per person. Cut each **carrot** into quarters lengthwise. Thoroughly wash or peel the **potatoes** and cut into long, thin wedges.

FACT: Did you know that potatoes are super healthy? They are full of vitamins, for example vitamin B6 and B11: these contribute to a steady energy level. Potatoes also contain vitamin C, which contribute to a strong immune system.



4. Make the sauce

In the meantime, finely chop the **fresh chives**. In a small bowl, mix the **yogurt**, ½ tsp mustard per person and the **chives**. Season with salt and pepper.

FACT: By using yogurt as the base for your sauce you won't add too many extra calories to your dish. In fact, you are adding extra calcium, vitamin B12 and vitamin D.



2. Cook

Cook the **carrots** and **potatoes** in the pan with lid for 8 – 10 minutes. Drain and leave to steam dry without the lid.



5. Heat the sauce

Once the vegetables in the oven are almost done, pat the **haddock fillet** dry with kitchen paper. Melt ½ tbsp butter per person in a frying pan and fry the **haddock fillet** for 2 – 3 minutes on each side on medium-high heat, until done. Take the **fish** from the pan and add the chives sauce. Mix well with the cooking grease in the pan.



3. Roast

Transfer the **carrots** and **potatoes** to a baking sheet lined with baking paper, pat dry with kitchen paper and mix with 1 tbsp olive oil per person. Roast in the oven for 20 – 30 minutes (TIP). Season to taste with salt and pepper.

TIP: The cooking time of the potatoes and carrot may be longer if you are using an electric oven or combi microwave. Pierce through the potatoes and carrot with a fork. If this is easy, they are cooked.



6. Serve

Transfer the **carrot** and **potatoes** to plates, top with the **haddock fillet** and serve with the chives sauce.

Enjoy!

Contact

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



Conchiglie with red pesto and feta

with red bell pepper, lamb's lettuce and basil

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



Conchiglie is pronounced as 'con-keel-yay' and it means shell in Italian!



Shallot



Red bell pepper



Tomato



Conchiglie



Feta



Fresh basil



Red pesto



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

Wok or sauté pan, pan with a lid, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	1	2	3	4	5	6
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Conchiglie (g 1) 17) 20)	90	180	270	360	450	540
Feta* (g) 7)	50	100	150	200	250	300
Fresh basil* (g)	2½	5	7½	10	12½	15
Red pesto* (g) 7) 8)	40	80	120	160	200	240
Lamb's lettuce* (g) 23)	40	60	80	100	140	160

Not included

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3634 / 869	758 / 181
Total fat (g)	49	10
Of which: saturated (g)	11,6	2,4
Carbohydrates (g)	80	17
Of which: sugars (g)	12,5	2,6
Fibre (g)	9	2
Protein (g)	23	5
Salt (g)	2,1	0,4

Allergens:

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

May contain traces of: 17) Eggs 20) Soy 23) Celery

Contact

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1. Cut and cook

- Boil ample water in a pan with a lid for the **conchiglie**.
- Chop the **shallot** and cut the **red bell pepper** and **tomato** into dices.
- Cook the **conchiglie** for 14 – 16 minutes in the pan, covered with the lid. Then drain and leave to steam dry without the lid.

TIP: Are you watching your calorie intake? Use 25 g feta and 70 g conchiglie per person. You can use the remaining feta and conchiglie the next day, in a salad for example.



3. Mix the pasta and salad

- Add the **conchiglie** and **red pesto** to the wok or sauté pan and heat for 1 minute.
- In a salad bowl, mix the black balsamic vinegar and extra virgin olive oil. Season with salt and pepper. Mix the **lamb's lettuce** with the dressing.



2. Fry the vegetables

- In the meantime, heat the olive oil in a wok or sauté pan and fry the **shallot** for 2 minutes on medium-low heat. Add the **bell pepper** and **tomato** and stir fry for 5 – 6 minutes. Season to taste with salt and pepper.
- In the meantime, cut the **feta** into ½ cm dices and tear the **basil** leaves into small pieces.



4. Serve

- Transfer the **lamb's lettuce** and **conchiglie** to plates. Garnish the dish with **feta** and **basil**.

Enjoy!



Greek flatbread pizza

with feta and olives

VEGETARIAN 30 min. • Eat within 5 days



The flatbread in this recipe has been replaced by whole grain flatbread. This way we have provided you with more fibre!



Red onion



Yellow bell pepper



Tomato



Leccino olives



Fresh herbs



Low-fat yogurt



Feta



Grated matured cheese



Whole grain flatbread



Cucumber

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	1	2	3	4	5	6
Yellow bell pepper* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Leccino olives* (g)	10	20	30	40	50	60
Fresh mint, oregano and parsley* (g)	10	20	30	40	50	60
Low-fat yogurt* (g) 7) 19) 22)	75	150	225	300	375	450
Feta* (g) 7)	25	50	75	100	125	150
Grated matured cheese* (g) 7)	15	25	40	50	65	75
Whole grain flatbread (pcs) 1)	2	4	6	8	10	12
Cucumber* (pcs)	½	1	1½	2	2½	3

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2881 / 689	414 / 99
Total fat (g)	28	4
Of which: saturated (g)	8,8	1,3
Carbohydrates (g)	80	11
Of which: sugars (g)	19,4	2,8
Fibre (g)	11	2
Protein (g)	23	3
Salt (g)	1,8	0,3

Allergens:

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

Contact

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1. Prepare

Preheat the oven to 200 degrees. Cut the **onion** into half rings and cut the **yellow bell pepper** into strips. Cut the **tomato** into slices and roughly chop the **olives**. Strip the **mint** and **oregano** leaves from the stems. Finely chop the **mint** leaves, **oregano** leaves and **flat leaf parsley**, but keep them separated.



4. Top the pizza

Transfer the **flatbread** to a baking sheet lined with baking paper. Divide the feta sauce over the **flatbread** and top with the **onion**, **bell pepper**, **oregano**, **olives** and **tomato** slices. Sprinkle with the **grated cheese** and heat the pizzas in the oven for 4 – 6 minutes.

FACT: The flatbread is made of whole grain flour. In comparison to white grain products these contain more fibre and 3 – 5 times more vitamins and minerals like potassium, magnesium, iron and vitamin B1 and B2.



2. Fry the vegetables

Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **onion** and **bell pepper** for 6 minutes.



5. Make the salad

In the meantime, cut the **cucumber** into small dices. In a salad bowl, mix per person: ½ tbsp extra virgin olive oil and ½ tbsp white wine vinegar. Mix the **cucumber**, **mint** and **parsley** with the dressing. Stir well and season the salad with salt and pepper.



3. Make the sauce

In a high bowl, mix the **yogurt** and **feta** into sauce with a hand blender. Season to taste with pepper.



6. Serve

Cut the **flatbread** pizzas into slices and serve with the cucumber salad.

Enjoy!



Spaghetti bolognese

with a refreshing salad

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



This dish will bring the rich flavors of Bologna to your home in only 20 minutes!



Spaghetti



Onion



Garlic clove



Fresh basil and rosemary



Italian spiced minced beef



Canned cherry tomatoes



Cucumber



Rocket and lamb's lettuce



Grated Italian cheese

Pantry items

Olive oil, extra virgin 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

Peeler or cheese slicer, pan with a lid, salad bowl, sauté pan

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Spagetti (g) 1) 17) 20)	90	180	270	360	450	540
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh basil and rosemary* (g)	5	10	15	20	25	30
Italian spiced minced beef* (g)	100	200	300	400	500	600
Canned cherry tomatoes (can)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Rocket and lamb's lettuce* (g) 23)	40	60	90	120	150	180
Grated Italian cheese* (g) 7)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3837 / 917	568 / 136
Total fat (g)	40	6
Of which: saturated (g)	12,4	1,8
Carbohydrates (g)	84	12
Of which: sugars (g)	17,2	2,6
Fibre (g)	9	1
Protein (g)	48	7
Salt (g)	0,5	0,1

Allergens:

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 17) Eggs 20) Soy 23) Celery

Contact

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1. Cook

Boil ample water with a pinch of salt in a pan with a lid for the **spaghetti**. Cook the **spaghetti** for 10 – 12 minutes until al dente. Then drain and leave to steam dry without the lid.



4. Make the sauce

Add the **canned cherry tomatoes**, reduce the heat to low and allow to stew for 8 – 10 minutes. Season with salt and pepper.

FACT: Did you know that canned tomatoes contain almost as many vitamins and minerals as fresh vegetables? All in all, this dish contains more than 400 g vegetables!



2. Cut

Chop the **onion** and press or mince the **garlic**. Strip the **rosemary** leaves from the stems and finely chop the leaves. Strip the **basil** leaves from the stems and finely chop the stems.



5. Make the salad

In a salad bowl, mix the **rocket** and **lamb's lettuce** with the extra virgin olive oil and the black balsamic vinegar. Season with salt and pepper. Use a peeler or cheese slicer to separate the **cucumber** into thin ribbons. Mix with the salad.



3. Fry the minced meat

Heat the olive oil in a sauté pan and fry the **onion**, **garlic**, **basil stems** and **rosemary** leaves for 2 – 3 minutes on medium-high heat. Add the **minced beef** and fry for 2 – 3 minutes.



6. Serve

Transfer the **pasta** to plates and top with the sauce. Garnish with the **basil** and **grated Italian cheese**. Serve with the salad.

Enjoy!



Asian noodles with scrambled eggs

with peanuts and scallion

VEGETARIAN 30 min. • Eat within 5 days



Does this recipe sound familiar?
This time we added some sesame
oil for an even more authentic
Asian flavor.



Garlic clove



Shallot



Red chili pepper



Scallion



Fresh ginger



Eastern vegetable mix



Soy sauce



Sesame oil



Noodles



Cage-free egg



Peanuts

Pantry items

Sunflower oil, ketjap, salt and pepper

A good start

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

Equipment

Wok or sauté pan, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Shallot (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	⅓	⅔	1	1½	1¾	2
Scallion* (pcs)	1½	3	4½	6	7½	9
Fresh ginger (pcs)	1	2	3	4	5	6
Eastern vegetable mix* (g 23)	150	300	450	600	750	900
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Sesame oil (ml) 11)	5	10	15	20	25	30
Noodles (g) 1)	65	130	200	265	330	395
Cage-free egg* (pcs) 3)	2	4	6	8	10	12
Peanuts (g) 5) 22) 25)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	2	3	4	5
Ketjap (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2370 / 567	522 / 125
Total fat (g)	23	5
Of which: saturated (g)	4,8	1,1
Carbohydrates (g)	60	13
Of which: sugars (g)	6,7	1,5
Fibre (g)	5	1
Protein (g)	27	6
Salt (g)	2,7	0,6

Allergens:

1) Grains containing gluten 3) Eggs 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. Prepare

Boil ample water in a pan with a lid for the **noodles**. Press or mince the **garlic** and chop the **shallot**. Remove the seeds from the **red chili pepper** and finely chop the pepper (TIP). Cut the **scallion** into thin rings. Peel the **ginger** and grate or finely chop.

TIP: Do you like a little bit of heat? Use part of the red chili pepper or 1/2 tsp sambal to spice up your scrambled eggs.



4. Add the noodles

In the meantime, weigh the required amount of **noodles** and cook them for 3 – 4 minutes in the pan with boiling water, covered with the lid. Then drain and add the **noodles** to the wok or sauté pan. Heat for another minute on high heat. Season to taste with pepper.



2. Fry the seasonings

Heat half of the sunflower oil in a wok or sauté pan and stir fry the **garlic**, **red chili pepper**, **shallot** and **ginger** for 3 – 4 minutes on high heat.



5. Make the scrambled eggs

In the meantime, heat the remaining sunflower oil in a frying pan. Add the **eggs** and the remaining **scallion** and stir fry until the egg has firmed up, but is still smooth. Season to taste with salt and pepper.

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.



3. Stir fry

Add the **vegetable mix** and half of the **scallion** and stir fry for another 4 – 5 minutes on medium-high heat. Add the **soy sauce**, ketjap, **sesame oil** and 2 tbsp water per person and stir fry for another 2 – 3 minutes.



6. Serve

Divide the dish among plates. Serve with the scrambled eggs and garnish with the **peanuts**..

Enjoy!



Indian curry with fennel and corn

with naan bread and refreshing yogurt

VEGETARIAN 35 min. • Eat within 5 days



For this recipe, you will be making the curry paste yourself, with fresh ingredients. It's very simple and you can decide how spicy you make it.



Red chili pepper



Red onion



Fresh ginger



Turmeric



Garlic clove



Fennel



Fresh coriander



Yellow mustard seed



Tomato paste



Brown rice



Coconut milk



Canned corn



Naan bread



Full-fat yogurt

Pantry items

Sunflower oil, vegetable stock, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Turmeric* (cm)	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Fennel* (g)	100	200	300	400	500	600
Fresh coriander* (g)	2½	5	7½	10	12½	15
Yellow mustard seed (tsp) 10)	1	2	3	4	5	6
Tomato paste (cup)	½	1	1½	2	2½	3
Brown rice (g)	85	170	250	335	420	500
Coconut milk (ml)	150	250	350	450	600	700
Canned corn (can)	½	1	1½	2	2½	3
Naan bread (pcs) 1) 7)	½	1	1½	2	2½	3
Full-fat yogurt* (g) 7) 19) 22)	50	75	100	125	175	200

Not included

Sunflower oil (tbsp)	½	1	1½	2	2½	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)	3960 / 947	637 / 152
Total fat (g)	40	6
Of which: saturated (g)	24,0	3,9
Carbohydrates (g)	122	20
Of which: sugars (g)	22,9	3,7
Fibre (g)	13	2
Protein (g)	21	3
Salt (g)	2,4	0,4

Allergens:

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

Contact

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1. Prepare

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid, with a pinch of salt, for the **rice**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Chop the **onion**. Finely grate the **ginger** and fresh **turmeric** (TIP). Press or mince the **garlic**. Halve the **fennel**, cut into quarters and remove the hard core. Cut the **fennel** into thin strips and roughly chop the **coriander**.

TIP: Be aware: turmeric stains. Use gloves or cover your hands with sandwich bags before grating it.



4. Make the curry

Stir the **coconut milk** until any lumps have dissolved. Add the **coconut milk** to the sauté pan, crumble ¼ stock cube per person over the pan and bring to a soft boil. Drain the **canned corn** and add to the pan. Cover and allow to simmer for 10 – 12 minutes. Taste and season with salt and pepper if necessary.

TIP: Are you watching your calorie intake? Use half of the rice and replace half of the coconut milk with stock. You can use the remaining coconut milk the next day, to make a porridge breakfast.



2. Fry and cook

Heat ½ tbsp sunflower oil per person in a sauté pan with a lid on medium heat. Add the **ginger**, **turmeric**, **mustard seed**, **onion**, **garlic** and **red chili pepper** (TIP) and fry for 1 – 2 minutes. Then add the **tomato paste** and **fennel** and fry for another 4 – 6 minutes.

TIP: Not a fan of spiciness? Only add half of the chili pepper, or leave it out completely.



5. Heat the bread

Heat the **naan bread** in the oven for 5 – 7 minutes. In the meantime, mix the **yogurt** in a bowl with ⅓ of the **coriander** and salt and pepper to taste.



3. Cook the rice

In the meantime, cook the **rice** in the pan with boiling water for 12 – 15 minutes, covered with the lid. Drain and set aside, uncovered, to steam dry.

FACT: This dish is rich in fibre. It contains almost half of the daily recommended amount!



6. Serve

Transfer the **rice** to deep plates and top with the curry. Serve with the **naan bread** and **yogurt**. Garnish the dish with the remaining **coriander**.

Enjoy!



Sweet and salty chicken thigh in a bao bun

with a refreshing salad

STREETFOOD 25 min. • Eat within 5 days



The bao bun is a Chinese invention. It makes it easier to eat something sweet and sticky on the go. Streetfood proof!



Garlic clove



Scallion



Chicken thigh strips
with Eastern spices



Carrot



Cucumber



Cut red cabbage



Fish sauce



Bao bun



Fresh ginger



Mayonnaise

Pantry items

Sunflower oil, white wine vinegar, sugar

A good start

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

Equipment

Small bowl, saucepan, frying pan, grater, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Scallion (pcs)	2	4	6	8	10	12
Chicken thigh strips with Eastern spices* (g)	110	220	330	440	550	660
Carrot* (g)	100	200	300	400	500	600
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Cut red cabbage* (g) 23)	50	100	150	200	250	300
Fish sauce (ml) 4)	20	40	60	80	100	120
Bao bun (pcs) 1)	2	4	6	8	10	12
Fresh ginger (cm)	1	2	3	4	5	6
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150

Not included

Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3222 / 770	577 / 138
Total fat (g)	38	7
Of which: saturated (g)	6,2	1,1
Carbohydrates (g)	76	14
Of which: sugars (g)	28,7	5,1
Fibre (g)	7	1
Protein (g)	30	5
Salt (g)	6,4	1,1

Allergens:

1) Grains containing gluten 3) Eggs 4) Fish 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts 23) Celery

Contact

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1. Fry the chicken

Preheat the oven to 180 degrees. Press or mince the **garlic**. Cut the green side off the **scallion** and set aside. Cut the white side of the **scallion** into 3 cm long pieces and halve them lengthwise. Heat ½ tbsp sunflower oil per person in a frying pan on medium-high heat. Fry the **garlic** and the white parts of the **scallion** for 4 – 5 minutes. Then add the **chicken thigh strips** and fry for 6 – 8 minutes.



4. Mix the mayonnaise

Heat the **bao bun** in the oven for 4 – 5 minutes. Cut the green side of the **scallion** into thin rings. Grate the **ginger** with a fine grater. In a small bowl, mix the **mayonnaise** with the grated **ginger**.



2. Make the salad

Weigh the needed amount of **carrot** and **cucumber** and grate both with a coarse grater. In a salad bowl, mix per person: 1 tbsp white wine vinegar and ½ tbsp sugar. Mix the grated **cucumber** and **carrot** with the **cut red cabbage** and the dressing. Set aside until serving and regularly stir.



5. Finish the chicken

Add the **chicken** and white parts of the **scallion** to the **fish sauce** and mix well.



3. Make the sauce

In a small saucepan, mix the **fish sauce** with per person: 1 tbsp sugar and ½ tbsp water. Allow to reduce into a syrup on low heat. Then take from the heat.



6. Serve

Stuff the **bao buns** with some of the salad and **chicken thigh strips** and garnish with the ginger mayonnaise and chopped **scallion** rings. Serve with the remaining salad.

Enjoy!



Huevos rancheros with cannellini beans and avocado

a Mexican breakfast for dinner

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



This versatile breakfast has found its way from the Mexican ranch (hence the name) to trendy brunch and dinner menus!



Cannellini beans



Lime



Garlic clove



Scallion



Mexican spices



Diced tomato



Cage-free egg



Grated cheddar



Mini tortillas



Avocado



Sour cream

Pantry items

Olive oil, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, aluminum foil, colander

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Cannellini beans (can)	½	1	1½	2	2½	3
Lime (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Scallion* (pcs)	1	2	3	4	5	6
Mexican spices (packet)	⅓	⅔	1	1⅓	1⅔	2
Diced tomato (can)	½	1	1½	2	2½	3
Cage-free egg* (pcs) 3)	2	4	6	8	10	12
Grated cheddar* (g) 7)	12	25	37	50	62	75
Mini tortillas (pcs) 1)	3	6	9	10	15	16
Avocado (pcs)	½	1	1½	2	2½	3
Sour cream* (g) 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3694 / 883	566 / 135
Total fat (g)	44	7
Of which: saturated (g)	10,5	1,6
Carbohydrates (g)	78	12
Of which: sugars (g)	14,1	2,2
Fibre (g)	16	2
Protein (g)	35	5
Salt (g)	3,5	0,5

Allergens:

1) Grains containing gluten 3) Eggs 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

- Preheat the oven to 200 degrees. Drain the **cannellini beans** in a colander. Cut the **lime** into wedges. Press or mince the **garlic**. Cut the **scallion** into thin rings and keep the white and green parts separated.
- Heat the Mexican spices for 1 minute in a sauté pan with a lid on medium-high heat.
- Add ½ tbsp olive oil per person to the pan and fry the white part of the **scallion**, the **garlic** and **cannellini beans** for 2 – 3 minutes.



3. Cut

- Wrap the **tortillas** in aluminium foil and heat in the oven for 2 – 3 minutes.
- Cut the **avocado** into dices (TIP).

TIP: Halve the avocado lengthwise, twist the two halves to separate them and remove the seed. Cut the fruit into dices and take them from the peel with a spoon.



2. Make the sauce

- Add the diced **tomato** and press 1 **lime** wedge per person over the pan. Stir well and allow to reduce for 3 – 4 minutes.
- Break the **eggs** over the tomato sauce, cover the pan with a lid and allow the eggs to firm up for 6 – 8 minutes (TIP).
- Remove the lid after 4 minutes, season with salt and pepper and sprinkle with the **grated cheddar**.

TIP: The egg is done as soon as the egg white starts to turn white, but the egg yolk is still runny. Do you prefer a firm egg yolk? Cook the egg a little bit longer.



4. Serve

- Serve the **eggs**, **tortillas**, **avocado**, **sour cream**, green part of the **scallion** and the remaining **lime** in separate bowls and/or plates so everyone can assemble their own tortilla. Start with the sauce with **egg**, followed by the **avocado** and **sour cream**.
- Garnish with the **scallion** and serve with the remaining **lime**.

TIP: Did you know that this dish contains half of the daily recommended amount of fibre? This is largely due to the beans and 200 g vegetables.

Enjoy!



Salad with German steak and pesto dressing

with pearl couscous and fried portobello

QUICK & EASY 20 min. • Eat within 3 days



The German steak is of superior quality. Fry it briefly for a medium to rare burger. You can even enjoy it raw, as a steak tartare.



Pearl couscous



Garlic clove



Portobello



Tomato



Green pesto



German steak



Rocket lettuce



Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Pearl couscous (g) 1)	85	170	250	335	420	500
Garlic clove (pcs)	½	1	1½	2	2½	3
Portobello* (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Green pesto* (g) 7) 8)	25	50	75	100	125	150
German steak* (pcs)	1	2	3	4	5	6
Rocket lettuce* (g) 23)	40	80	120	160	200	240
Not included						
Vegetable stock (pcs)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (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)	3669 / 877	752 / 180
Total fat (g)	47	10
Of which: saturated (g)	11,1	2,3
Carbohydrates (g)	67	14
Of which: sugars (g)	7,0	1,4
Fibre (g)	7	1
Protein (g)	41	8
Salt (g)	4,4	0,9

Allergens:

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

May contain traces of: 23) Celery

Contact

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



1. Cut the vegetables

- Boil 300 ml water per person in a pan with a lid.
- Crumble the stock cube over the pan and cook the **pearl couscous**, covered, for 12 minutes until done. Drain, stir to separate the grains and set aside to steam dry without the lid.
- Press or mince the **garlic**. Cut the **portobello** into slices and the **tomato** into wedges.

TIP: Are you watching your salt intake? Use 1/4 stock cube per person or use low-salt stock.



3. Fry the German steak

- Heat the butter in a different frying pan on medium-high heat and fry the **German steak** for 2 – 4 minutes on each side. Sprinkle with salt and pepper.
- In the meantime, mix the **tomato**, **rocket lettuce** and half of the pesto dressing in a salad bowl. Add the **pearl couscous** and mix well.



2. Prepare the dressing and portobello

- Heat the olive oil in a frying pan on medium-high heat and add the **garlic**, **portobello**, salt and pepper and stir fry for 5 – 6 minutes until golden brown.
- In the meantime, mix a dressing with the **green pesto**, extra virgin olive oil and black balsamic vinegar in a small bowl. Season to taste with salt and pepper.



4. Serve

- Transfer the **pearl couscous** to plates.
- Top with the **portobello** and **German steak** and garnish with the remaining pesto dressing.

Enjoy!



Chicken burger with vadouvan mayonnaise

with a large salad

QUICK & EASY 20 min. • Eat within 5 days



Vadouvan is the French version of Indian curry. The result is a sweet and delicately smokey curry.



Chicken burger



Butterhead lettuce



Red cherry tomatoes



Kaiser roll with poppy seed



Mayonnaise



Vadouvan



Diced aged cheese



Chopped walnuts

Pantry items

Olive oil, honey, mustard, 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

Small bowl, frying pan, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Chicken burger* (pcs)	1	2	3	4	5	6
Butterhead lettuce* (head)	½	1	1½	2	2½	3
Red cherry tomatoes* (g)	125	250	375	500	625	750
Kaiser roll with poppy seed (pcs) 1) 6) 7) 17) 22) 25)	1	2	3	4	5	6
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Vadouvan (tsp) 10)	½	1	1½	2	2½	3
Diced aged cheese* (g) 7)	15	25	40	50	65	75
Chopped walnuts (g) 8) 19) 25)	5	10	15	20	25	30

Not included

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

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3634 / 869	697 / 167
Total fat (g)	53	10
Of which: saturated (g)	10,1	1,9
Carbohydrates (g)	55	11
Of which: sugars (g)	13,2	2,5
Fibre (g)	7	1
Protein (g)	38	7
Salt (g)	3,2	0,6

Allergens:

1) Grains containing gluten **3)** Eggs **6)** Soy **7)** Milk/lactose **8)** Nuts **10)** Mustard

May contain traces of: 17) Eggs **19)** Peanuts **22)** Nuts **25)** Sesame seed

Contact

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



1. Fry the burger

- Preheat the oven to 180 degrees.
- Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **chicken burger** for 4 – 6 minutes per side, or until cooked.



3. Make the sauce and dressing

- Heat the **kaiser roll** in the oven for 6 – 8 minutes.
- In a small bowl, mix the **mayonnaise** with ½ tsp **Vadouvan** spices per person (TIP).
- In a salad bowl, mix the extra virgin olive oil with the white balsamic vinegar, mustard and honey.

TIP: Having dinner with children? They might not like the outspoken flavor of vadouvan. Make 2 separate bowls with mayonnaise: one with the vadouvan spices and one without. This way everyone can choose which version they add to their burger.



2. Cut the vegetables

- Separate 2 leaves per person from the **butterhead lettuce**, to use on the **bun** later.
- Finely chop the leftover **lettuce**. Cut the **cherry tomatoes** in half.



4. Serve

- Mix the chopped **lettuce** and **cherry tomatoes** with the dressing. Garnish the salad with the **diced aged cheese** and **chopped walnuts**.
- Cut open the **kaiser rolls** and put some saved **lettuce** leaves and a **chicken burger** on each roll. Garnish with the Vadouvan mayonnaise.

Enjoy!



Warm potato salad with smoked trout

with red bell pepper, lemon and garden cress

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



We have added an ingredient to this dish: garden cress. This way it will get a summery touch!



Baby potatoes



Red bell pepper



Red onion



Garlic clove



Little gem



Lemon



Garden cress



Smoked trout fillet

Pantry items

Olive oil, extra virgin olive oil, honey, salt and pepper

A good start

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

Equipment

Frying pan, pan with a lid, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Red bell pepper* (pcs)	¾	1½	2¼	3	3¾	4½
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Little gem* (crop)	1	2	3	4	5	6
Lemon (pcs)	½	1	1½	2	2½	3
Garden cress* (container)	¼	½	¾	1	1¼	1½
Smoked trout fillet* (pcs) 4)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
Honey (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2416 /578	398 /95
Total fat (g)	27	5
Of which: saturated (g)	4,2	0,7
Carbohydrates (g)	52	9
Of which: sugars (g)	14,1	2,3
Fibre (g)	8	1
Protein (g)	26	4
Salt (g)	1,4	0,2

Allergens:

4) Fish

Contact

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



1. Cook the baby potatoes

- Make sure the **baby potatoes** are just under water in a pan with a lid and bring to a boil.
- Cook the **baby potatoes** for 15 – 17 minutes until al dente, then drain.

FACT: Did you know that, due to the baby potatoes and red bell pepper, this dish contains more vitamin C than the daily recommended amount? Bell pepper is also rich in vitamin E, an antioxidant which protects your cells, blood vessels and organs.



3. Make the dressing

- Juice the **lemon** and cut the **garden cress** with scissors.
- In a salad bowl, mix 1 tbsp **lemon juice** per person with the extra virgin olive oil, honey, **garden cress**, salt and pepper.
- Separate the **smoked trout** into small pieces with 2 forks.



2. Cut and fry

- Cut the **red bell pepper** into dices. Chop the **red onion** and press or mince the **garlic**. Cut the **little gem** into strips.
- Heat the olive oil in a frying pan and stir fry the **bell pepper**, **red onion** and **garlic** for 5 – 6 minutes on medium-high heat (TIP).

TIP: For some extra freshness, you can set aside some of the red onion to use as garnishing.



4. Serve

- In a salad bowl, mix the dressing with the **little gem**, **baby potatoes**, **bell pepper**, **onion** and **smoked trout**.
- Transfer the salad to plates and sprinkle with the leftover **lemon juice** to taste.

Enjoy!



Bell pepper-almond sausage with patatas bravas with roasted carrot and aioli

FAMILY 45 min. • Eat within 5 days



Familiar with salsa brava? This also goes really well with patatas bravas! You can easily make it by mixing olive oil, vinegar, smoked paprika and a little bit of cayenne powder.



Carrot



Paprika



Waxy potatoes



Pork sausage with bell pepper and almond



Shaved almonds



Fresh curly parsley



Aioli



Pantry items

Olive oil, salt & 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, baking sheet with baking paper, pan with a lid, frying pan with lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Carrot* (g)	200	400	600	800	1000	1200
Paprika (tsp)	1	2	3	4	5	6
Waxy potatoes (g)	250	500	750	1000	1250	1500
Pork sausage with bell pepper and almond* (pcs) 8)	1	2	3	4	5	6
Shaved almonds (g) 8) 19) 25)	5	10	15	20	25	30
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Aïoli* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4035 / 965	674 / 161
Total fat (g)	67	11
Of which: saturated (g)	15,7	2,6
Carbohydrates (g)	62	10
Of which: sugars (g)	9,7	1,6
Fibre (g)	12	2
Protein (g)	22	4
Salt (g)	2,3	0,4

Allergens:

3) Eggs 8) Nuts 10) Mustard

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

Contact

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



1. Cut

Preheat the oven to 220 degrees. Boil ample water in a pan with a lid, for the **carrot**. Peel or thoroughly wash the **potatoes** and cut into 1 cm dices.

TIP: You will receive more potatoes than necessary for this recipe. Are you a big eater? Use all of the potatoes.



2. Make the patatas bravas

Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat and fry the **potatoes** for 25 – 35 minutes, covered with the lid. After 20 minutes, take the lid off the pan. Regularly stir.



3. Roast the carrot

Remove the green carrot tops from the **carrot** and cut the **carrot** in half lengthwise. Cut the thicker ones into quarters. Cook the **carrot** for 6 – 8 minutes in the pan with boiling water, until al dente. Drain and transfer the **carrot** to a baking sheet lined with baking paper. Mix with 1 tbsp olive oil per person and half of the **paprika**. Season with salt and pepper. Roast in the oven for 15 – 20 minutes. For the last 5 minutes, sprinkle with the **shaved almonds**.



4. Fry the sausage

In the meantime, heat the remaining olive oil in a frying pan with a lid and fry the **sausage** for 2 – 3 minutes on medium-high heat until brown all around. Cover the pan with the lid and fry for 8 – 10 minutes on medium-low heat. Regularly turn.



5. Cut the parsley

Finely chop the fresh **curly parsley**.



6. Serve

Serve the **sausage** with the patatas bravas and the **carrot**. Garnish the **carrot** with the **parsley** and serve with the **aïoli**.

Enjoy!



Refreshing tabbouleh with chicken gyros and fresh herbs in little gem bowls

FAMILY 30 min. • Eat within 3 days



You can make loads of different variations of tabbouleh. Why not try it with pomegranate, black olives or fresh apricots?



Bulgur



Onion



Chicken gyros



Ground cumin



Plum tomato



Fresh curly parsley and mint



Little gem

Pantry items

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

A good start

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

Equipment

Frying pan, pan with a lid, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Bulgur (g) 1)	85	170	250	335	420	500
Onion (pcs)	½	1	1½	2	2½	3
Chicken gyros* (g)	110	220	330	440	550	660
Ground cumin (tsp)	1½	3	4½	6	7½	9
Plum tomato (pcs)	1	2	3	4	5	6
Fresh curly parsley and mint* (g)	5	10	15	20	25	30
Little gem* (head)	1	2	3	4	5	6
Not included						
Vegetable stock (pcs)	175	350	500	675	850	1025
Olive oil (tbsp)	1	1	2	2	3	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (to taste)						

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2487 / 595	391 / 94
Total fat (g)	19	4
Of which: saturated (g)	4,0	0,8
Carbohydrates (g)	62	10
Of which: sugars (g)	5,9	0,9
Fibre (g)	15	2
Protein (g)	35	5
Salt (g)	2,4	0,4

Allergens:

1) Grains containing gluten



1. Cook the bulgur

Prepare the stock in a pan with a lid for the **bulgur**. Once the stock is boiling, add the **bulgur** and cook, covered, for 10 – 12 minutes on low heat. Stir regularly and separate the **bulgur** with a fork once it is cooked.

FACT: Bulgur is a whole grain product. In comparison to white grain products bulgur contains more fibre and 3 – 5 times more vitamins and minerals like potassium, magnesium, iron and vitamin B1 and B2.



2. Fry the chicken gyros

In the meantime, finely chop the **onion**. Heat the olive oil in a frying pan and fry the **chicken gyros** for 2 minutes on high heat until brown all around. Add the **onion** and **ground cumin** and fry for 5 – 6 minutes on medium low heat.



3. Cut and press

In the meantime, cut the **plum tomato** into dices. Finely chop the **curly parsley** and **mint**.



4. Cut the little gem

Separate 3 whole leaves per person from the **little gem** and set aside. Finely chop the leftover **little gem**.



5. Mix the tabbouleh

In a salad bowl, mix the **bulgur** with the **tomato**, **curly parsley**, **mint**, chopped **little gem**, the white wine vinegar and extra virgin olive oil to taste. Mix the **chicken gyros** with the tabbouleh. Season with salt and pepper.



6. Serve

Place 3 leaves of **little gem** per person on a plate. Divide the tabbouleh with **chicken gyros** among the **little gem** leaves and serve the rest on the side.

FACT: Did you know that this dish contains 50% of the daily recommended amount of fibre? Fibres have a lot of health benefits. Among many other things, they are good for your intestines and they give you a satisfied feeling after a meal.

Enjoy!

Contact

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



Tomato, cucumber and bell pepper gazpacho

with croutons and feta

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



This dish contains 5 different types of vegetables; this variety makes it a super healthy soup. ¡Olé!



Plum tomato



Beef tomato



Mini roma tomatoes



Green bell pepper



Garlic clove



Cucumber



Red pointed pepper



Tomato



Scallion



Draff bread



Ground cumin seed



Feta

Pantry items

Extra virgin olive oil, red wine vinegar, butter, salt and pepper

A good start

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

Equipment

Frying pan, hand blender, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Plum tomato (pcs)	½	1	1½	2	2½	3
Beef tomato (pcs)	½	1	1½	2	2½	3
Mini roma tomatoes (g)	50	100	150	200	250	300
Green bell pepper* (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Red pointed pepper* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	½	1	1½	2	2½	3
Scallion* (pcs)	½	1	1½	2	2½	3
Draff bread (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Ground cumin seed (tsp)	½	1	1½	2	2½	3
Feta* (g) 7)	50	100	150	200	250	300

Not included

Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2458 / 588	366 / 87
Total fat (g)	33	5
Of which: saturated (g)	12,4	1,9
Carbohydrates (g)	47	7
Of which: sugars (g)	14,4	2,1
Fibre (g)	12	2
Protein (g)	20	3
Salt (g)	2,6	0,4

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 17) Eggs 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. Prepare

Roughly chop the **plum tomato**, **beef tomato**, **mini Roma tomatoes**, **green bell pepper**, **garlic clove**, half of the **cucumber** and half of the **red pointed pepper**. Cut the regular **tomato** and the other half of the **pointed pepper** and **cucumber** into very small dices (this you will be using as a topping).

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.



4. Make the croutons

Heat ½ tbsp butter per person in a large frying pan on medium-high heat and fry the diced **bread** for 6 minutes until crispy. Season with salt and pepper.

TIP: The colder the soup, the tastier. If you have more time, leave the soup in the refrigerator longer, or serve with an ice cube. The garlic taste will be more intense the longer you leave it.



2. Cut

Cut the **scallion** into thin rings. Keep the white and green parts separated. Separate the **draff bread** into a 2 cm thick slice per person and crumble these slices. Cut the rest of the **bread** into 1 cm dices (you will be making croutons from them).



5. Make the salad

Mix the green part of the **scallion**, the finely chopped **tomato**, **cucumber** and **pointed pepper** in a salad bowl with ½ tbsp extra virgin olive oil per person, salt and pepper. Crumble the **feta**.



3. Make the gazpacho

Transfer the roughly chopped **vegetables** (not the finely chopped tomato, cucumber and pointed pepper), **garlic**, crumbled **bread**, white part of the **scallion**, salt and pepper to a high bowl or a blender. Add per person: 150 ml water, ½ tsp **cumin**, 1 tbsp red wine vinegar and ½ tbsp extra virgin olive oil. Mix everything in the blender, or with a hand blender, into a smooth soup. Save in the refrigerator until use.



6. Serve

Serve the gazpacho in soup bowls. Garnish with the croutons, the finely chopped vegetables and the **feta**. Add some extra virgin olive oil, salt and pepper to taste.

Enjoy!



Chicken fillet in mushroom-cream sauce

with baby potatoes and crudité's

FAMILY 40 min. • Eat within 3 days



Are you a fan of garlic? Roast a couple of cloves (including peel) in the oven.



Baby potatoes



Shallot



Garlic clove



Mushrooms



Chicken fillet



Whipping cream



Carrot



Tomato



Mesclun

Pantry items

Mushroom stock cube, olive oil, butter, red wine vinegar, extra virgin olive oil, mustard, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, grater, baking sheet lined with baking paper, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Mushrooms* (g)	60	125	180	250	305	375
Chicken fillet* (pcs)	1	2	3	4	5	6
Whipping cream* (ml) 7)	100	200	300	400	500	600
Carrot* (g)	50	100	150	200	250	300
Tomato (pcs)	1	2	3	4	5	6
Mesclun* (g)	15	30	45	60	75	90
Not included						
Mushroom stock cube (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3793 / 907	480 / 115
Total fat (g)	62	8
Of which: saturated (g)	29,3	3,7
Carbohydrates (g)	50	6
Of which: sugars (g)	10,9	1,4
Fibre (g)	8	1
Protein (g)	32	4
Salt (g)	1,3	0,2

Allergens:

7) Milk/lactose

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. Roast the potatoes

Preheat the oven to 210 degrees. Prepare the stock. Wash the **baby potatoes** and cut them in half. Cut the bigger ones into quarters. On a baking sheet lined with baking paper, mix the **baby potatoes** with ½ tbsp olive oil per person, salt and pepper. Roast the **baby potatoes** in the oven for 25 – 30 minutes until crispy. Turn them when halfway done. Chop the **shallot** and press or mince the **garlic**. Cut the **mushrooms** into slices.



4. Cut

In the meantime, grate the **carrot** and cut the **tomato** into wedges.



2. Fry

Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat. Rub the **chicken fillet** with salt and pepper. Fry the **chicken fillet** for 2 – 3 minutes per side, take from the pan and set aside. Add another ½ tbsp butter per person to the same pan. Fry the **garlic** and half of the **shallot** for 1 – 2 minutes. Add the sliced **mushrooms** and fry for another 4 – 6 minutes.



5. Make the salad

In a salad bowl, mix per person: ¼ tbsp red wine vinegar, ½ tbsp extra virgin olive oil and ½ tsp mustard, with the remaining **shallot**, salt and pepper. Mix the **mesclun**, **tomato** and grated **carrot** with the vinaigrette.



3. Make the sauce

Deglaze the **mushrooms**, **garlic** and **shallot** with 1 tbsp red wine vinegar per person and the stock. Add the whipping cream, stir well and season with salt and pepper. Allow the sauce to reduce for 5 minutes (TIP). Add the **chicken fillet** and cover the pan with the lid. Cook the sauce and **chicken** for 8 – 12 more minutes.

TIP: Taste the sauce well and regularly stir. Do you think it is still too thin? Allow it to reduce a little bit longer.



6. Serve

Transfer the **baby potatoes** and salad to plates. Serve with the **chicken fillet** in mushroom-cream sauce.

Enjoy!



Chervil soup

with crunchy brie toast

VEGETARIAN 40 min. • Eat within 5 days



Any leftover chervil? Make a chervil pesto! Use a hand blender to mix the chervil with walnuts, garlic, pine nuts and parmigiano.



Garlic clove



Onion



Leek



Starchy potatoes



Fresh chervil



Whole grain rose roll



French brie

Pantry items

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

Stock pot with a lid, baking sheet lined with baking paper, hand blender

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Onion (pcs)	1	2	3	4	5	6
Leek (g)	100	200	300	400	500	600
Starchy potatoes (g)	100	150	200	250	350	400
Fresh chervil* (g)	30	60	90	120	150	180
Whole grain rose roll (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
French brie* (g) 7)	50	100	150	200	250	300
Not included						
Butter (tbsp)	1	2	3	4	5	6
Vegetable stock (ml)	400	800	1200	1600	2000	2400

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2868 / 686	333 / 80
Total fat (g)	31	4
Of which: saturated (g)	18,9	2,2
Carbohydrates (g)	75	9
Of which: sugars (g)	11,3	1,3
Fibre (g)	9	1
Protein (g)	21	2
Salt (g)	5,9	0,7

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 17) Eggs 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. Prepare

Preheat the oven to 200 degrees. Press or mince the **garlic** and roughly chop the **onion**. Cut the **leek** into thin rings (TIP). Thoroughly wash the **potatoes** or peel them. Cut the **potatoes** into quarters. Prepare the stock.

TIP: The green part of the leek might be a little bit firm, which can make the soup a little bit less smooth. Make sure you cut it really finely, or leave out the green part of the leek.



4. Heat the bread

Halve the **rose roll**. Cut the **French brie** into thin slices and top both halves of the roll with the **brie**. When the soup is almost finished, heat the half rolls with brie in the middle of the oven on an oven rack for 8 – 10 minutes, until the **cheese** has melted (TIP).

TIP: Does your oven have grill function? Grill the rolls with brie until the cheese starts to bubble and color golden brown.



2. Stew

Heat 1 tbsp butter per person in a stock pot with a lid. Fry the **onion** for 1 – 2 minutes on medium-low heat. Add the **leek** and **potato** and fry for another 5 – 6 minutes.



5. Season the soup

Add the **chervil** to the soup and mix well. Puree the soup with a hand blender and season to taste with salt and pepper. Heat the soup for another 2 – 3 minutes without the lid.



3. Cut the chervil

Add the stock and bring to a boil. Allow the soup to simmer for 14 – 16 minutes. In the meantime, remove any thick stems from the **chervil** and finely chop the **chervil**. Separate a couple of **chervil** leaves to use as garnishing.



6. Serve

Transfer the chervil soup to soup bowls and garnish with the saved **chervil** leaves. Serve with the brie toast.

Enjoy!



Aromatic coconut sauce with chicken and courgette with broccoli rice

BALANCED 30 min. • Eat within 5 days



We have hidden loads of vegetables in this dish, about 400 g per person. This is more than the daily recommended amount!



Garlic clove



Courgette



Cucumber



Fresh ginger



Brown rice



Chicken fillet



Broccoli rice



Fish sauce



Coconut milk



Chili flakes

Pantry items

White wine vinegar, sugar, 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, grater, pan with a lid, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Courgette (g)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Brown rice (g)	40	85	125	170	210	255
Chicken fillet* (g)	100	200	300	400	500	600
Broccoli rice* (g) 23)	100	200	300	400	500	600
Fish sauce (ml) 4)	5	10	15	20	25	30
Coconut milk (ml)	75	150	225	300	375	450
Chili flakes (tsp)	1	2	3	4	5	6

Not included

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

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2358 / 564	348 / 83
Total fat (g)	23	3
Of which: saturated (g)	13,5	2,0
Carbohydrates (g)	51	8
Of which: sugars (g)	17,6	2,6
Fibre (g)	7	1
Protein (g)	34	5
Salt (g)	1,6	0,1

Allergens:

4) Fish

May contain traces of: 23) Celery



1. Prepare

Boil ample water in a pan with a lid for the **brown rice** and **broccoli rice**. Cut the **courgette** into 1 cm dices. Cut the **cucumber** in half lengthwise and remove the seeds with a teaspoon. Then cut the **cucumber** into thin half moons (TIP). Press or mince the **garlic** and mince the **ginger**.

TIP: The thinner you slice the cucumber, the better it will absorb the flavor of the dressing.



4. Make the salad

In the meantime, make a dressing in a salad bowl of the white wine vinegar and the sugar (TIP). Add the **cucumber** and mix well to allow the **cucumber** to absorb the dressing. Season with salt and pepper.



2. Cook the rice

Cook the **brown rice** for 8 – 10 minutes in the pan with a lid. Add the **broccoli rice** for the last 2 minutes. Then drain and leave to steam dry, covered with the lid.

FACT: Brown rice is a whole grain product. In comparison to white grain products it contains more fibre and more vitamins and minerals like potassium, magnesium, iron and vitamin B1 and B2.



5. Make the sauce

Take the lid off the sauté pan and add the **fish sauce** and the **coconut milk**. Stir well and allow to simmer for 4 – 5 minutes, without the lid. Season with salt and pepper (TIP).

TIP: Do you like to add some more heat? Add some chili flakes, but be aware: these are very spicy!



3. Fry

In the meantime, heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat. Fry the **garlic**, **ginger** and **courgette** for 2 – 3 minutes. Add the **diced chicken** and fry for another 2 – 3 minutes, covered with the lid.



6. Serve

Transfer the **broccoli rice** and **brown rice** to plates and top with the chicken curry. Serve with the cucumber 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.



Seafood risotto

with a salad and sweet and sour beetroot

PREMIUM 30 min. • Eat within 3 days



A perfect risotto takes time and patience. Tip: keep the stock hot on low heat!



Garlic clove



Onion



Dried galangal root



Risotto rice



Courgette



Yellow beetroot



Lemon



Fresh dill and curly parsley



Mixed lettuce with soy beans



Mixed seafood



Grated pecorino

Pantry items

Vegetable stock, butter, olive oil, sugar, 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, grater, pan with a lid, bowl, large bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Onion (pcs)	¼	½	¾	1	1¼	1½
Dried galangal root (tsp)	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Courgette* (pcs)	⅓	⅔	1	1½	1¾	2
Yellow beetroot (pcs)	1	2	3	4	5	6
Lemon* (pcs)	½	1	1½	2	2½	3
Fresh dill and curly parsley* (g)	5	10	15	20	25	30
Mixed lettuce with soy beans* (g) 23)	50	100	150	200	250	300
Mixed seafood* (g) 2) 14) 18)	100	200	300	400	500	600
Grated pecorino* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	300	600	900	1200	1500	1800
Butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3

Extra virgin olive oil to taste

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2845 / 680	324 / 78
Total fat (g)	21	2
Of which: saturated (g)	11,1	1,3
Carbohydrates (g)	83	9
Of which: sugars (g)	18,9	2,2
Fibre (g)	7	1
Protein (g)	36	4
Salt (g)	5,4	0,6

Allergens:

2) Shellfish 6) Soy 7) Milk/lactose 14) Molluscs

May contain traces of: 18) Fish 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

Prepare the stock for the **risotto**. Press or mince the **garlic** and chop the **onion**. Heat the butter in a pan with a lid and fry half of the **garlic**, **ground galangal** and **onion** for 3 minutes on low heat. Add the **risotto rice** and stir fry for 1 minute. Add ⅓ of the stock and allow the kernels to slowly absorb the stock. Stir regularly. In the meantime, cut the **courgette** into dices.



4. Make the salad

Finely chop the **dill** and **parsley**, but keep them separated. In a large bowl, mix the **lettuce** with the sweet and sour **beetroot** and season with salt and pepper. Garnish the salad with the **dill**.



2. Make the risotto

As soon as the stock has been absorbed, add another ⅓ of the stock, allow to absorb and repeat with the rest of the stock. The **risotto** is cooked as soon as the grains are soft on the outside, but still have a little bit of a bite on the inside. This will take about 20 – 25 minutes. Add some extra water in case you would like to cook the **rice** more.

TIP: The amount of liquid that is needed to cook the risotto strongly depends on the size of your pan. Taste regularly and add more water or stock if necessary.



5. Mix

Add the **courgette**, **pecorino** and **mixed seafood** to the risotto, mix well and season to taste with salt and pepper.



3. Prepare the beetroot

Heat the olive oil in a frying pan on medium-high heat and fry the remaining **garlic** and **courgette** for 5 minutes. In the meantime, peel the **yellow beetroot** and coarsely grate. Juice the **lemon**. In a bowl, mix the sugar with half of the **lemon juice** (TIP). Add the grated **beetroot** and a pinch of salt and season to taste with extra virgin olive oil.

TIP: Would you like to have more dressing? Add a splash of white wine vinegar and, optionally, some extra sugar, to the lemon juice.



6. Serve

Transfer the **risotto** to deep bowls and garnish with the **parsley**. Serve with the salad and the remaining **lemon juice**.

Enjoy!

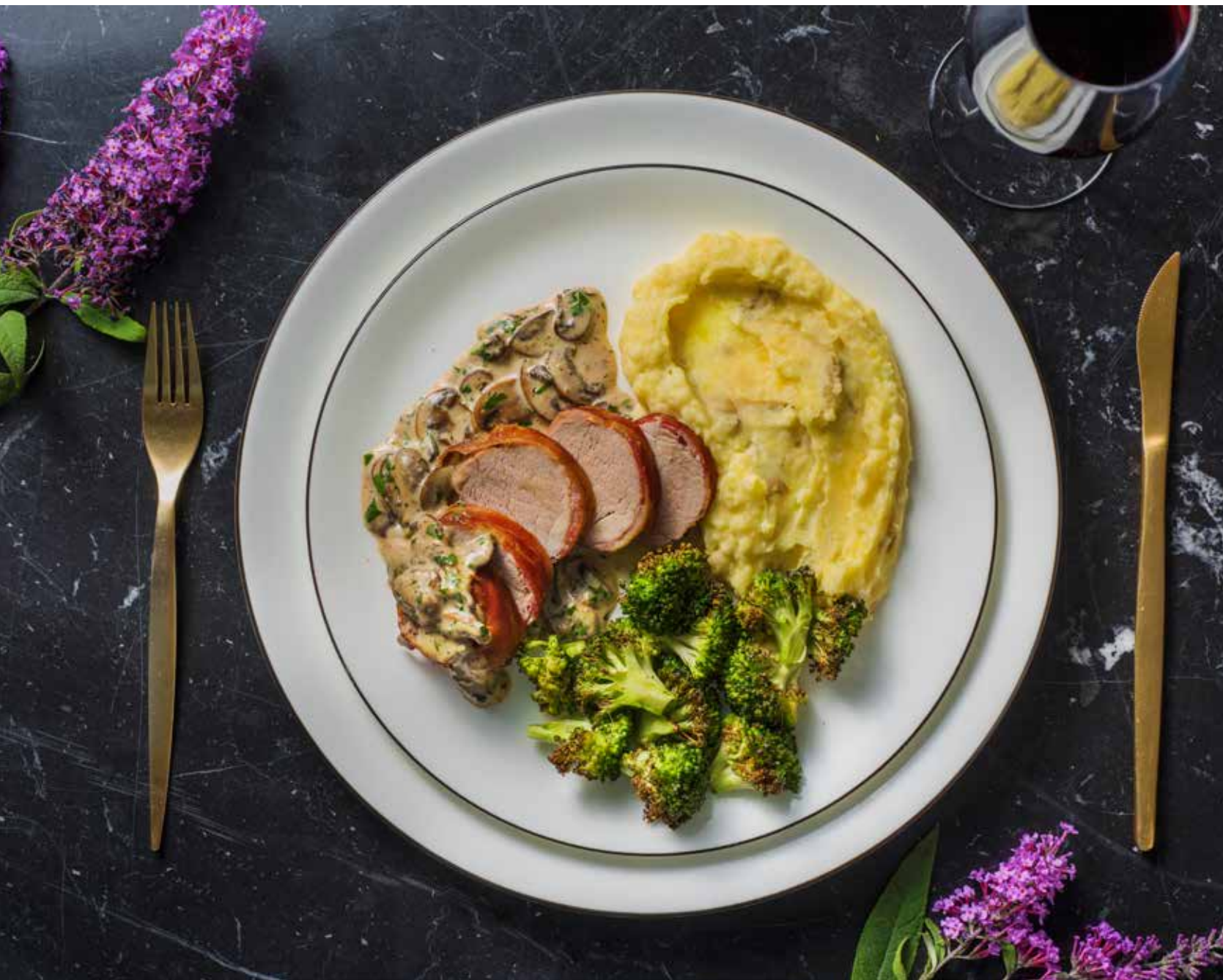


Pork tenderloin in bacon with mushroom-cream sauce with potato puree and roasted broccoli

PREMIUM 40 min. • Eat within 5 days



Based on your feedback, we have decided to roast the broccoli in this dish. Will you let us know whether you liked it?



Starchy potatoes



Broccoli



Garlic clove



Bacon



Pork tenderloin



Chestnut mushrooms



Fresh flat leaf parsley



Sesame oil



Whipping cream

Pantry items

Olive oil, butter, 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, grater, pan with a lid, baking sheet lined with baking paper, potato masher, baking dish

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Starchy potatoes (g)	250	500	750	1000	1250	1500
Broccoli* (g)	200	400	600	800	1000	1200
Garlic clove (pcs)	1	2	3	4	5	6
Bacon* (g)	50	100	150	200	250	300
Pork tenderloin* (pcs)	1	2	3	4	5	6
Chestnut mushrooms* (g)	60	125	180	250	305	375
Fresh flat leaf parsley* (sprigs)	3	6	9	12	15	18
Sesame oil (tsp) 11)	1	2	3	4	5	6
Whipping cream* (ml) 7)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	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)	4717/1128	548/131
Total fat (g)	74	9
Of which: saturated (g)	38,8	4,5
Carbohydrates (g)	57	7
Of which: sugars (g)	7,0	0,8
Fibre (g)	13	1
Protein (g)	51	6
Salt (g)	1,5	0,2

Allergens:

7) Milk/lactose 11) Sesame oil

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

Preheat the oven to 200 degrees. Wash or peel the **potatoes** and cut into large pieces. Make sure the **potatoes** are just under water in a pan with a lid and cook for 12 – 15 minutes, covered with the lid.



4. Make the cream sauce

Return the same frying pan to medium-high heat and fry the **chestnut mushrooms** with the remaining **garlic** for 4 – 5 minutes. Add half of the **flat leaf parsley** and 1 tsp **sesame oil** per person and fry for another minute. Take the pan from the heat, add the **whipping cream** and mix well. Return the pan to the heat and allow to reduce for 8 – 10 minutes into a creamy sauce. Season to taste with salt and pepper.



2. Roast the broccoli

Boil ample water in a pan with a lid for the **broccoli**. Cut the **broccoli** into florets and the stem into dices. Cook the **broccoli** for 4 minutes, covered with the lid. Press or mince the **garlic**. Then drain the **broccoli** and transfer to a baking sheet lined with baking paper. Mix the **broccoli** with the olive oil, half of the **garlic**, salt and pepper. Roast the **broccoli** in the oven for 10 minutes, or until it starts to turn brown. Regularly turn.



5. Make the puree

Use a potato masher to mash the **potatoes** into a puree. Add the remaining butter, a splash of milk and the mustard. Season to taste with salt and pepper.



3. Fry the pork tenderloin

Wrap the **bacon** around the **pork tenderloin**. Heat ½ tbsp butter per person in a frying pan on medium-high heat and fry the **pork tenderloin** all around for 3 – 4 minutes. Then transfer to an oven dish and add to the oven for the last 6 – 8 minutes of the **broccoli**.



6. Serve

Cut the **pork tenderloin** into slices. Transfer the puree and **broccoli** to plates. Place the **pork tenderloin** alongside the **broccoli** and puree. Serve with the mushroom-cream sauce and garnish with the remaining **flat leaf parsley**.

Enjoy!



Ribeye with homemade chimichurri

with oven-roasted corn cob and baby potatoes

FESTIVE 40 min. • Eat within 5 days



You can also prepare the ribeye on the barbeque!



Baby potatoes



Corn cob



Red bell pepper



Garlic clove



Fresh herbs



Chili flakes



Cucumber



Ribeye



Sour cream

Pantry items

Butter, olive oil, red wine vinegar, extra virgin olive oil, salt and pepper

A good start

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

Equipment

Small bowl, frying pan, aluminum foil, salad bowl, baking sheet lined with baking paper

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Corn cob* (pcs)	1	2	3	4	5	6
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Fresh flat leaf parsley, coriander and oregano* (g)	10	15	20	25	35	40
Chili flakes (tsp)	⅓	⅔	1	1½	2	2½
Cucumber* (pcs)	⅓	⅔	1	1½	2	2½
Ribeye* (g)	150	300	450	600	750	900
Sour cream* (g) 7)	50	75	100	125	175	200
Not included						
Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4165 / 996	514 / 123
Total fat (g)	57	7
Of which: saturated (g)	21,3	2,6
Carbohydrates (g)	72	9
Of which: sugars (g)	20,6	2,5
Fibre (g)	10	1
Protein (g)	44	5
Salt (g)	0,2	0,0

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. Fry the baby potatoes

- Take the ribeye from the refrigerator. Preheat the oven to 200 degrees.
- Wash the **baby potatoes** and cut them in half. Transfer them to a baking sheet lined with baking paper and mix with 1 tbsp olive oil per person. Season with salt and pepper.
- Roast them in the oven for 25 – 30 minutes. Turn when halfway done.



4. Make the salad

- Cut the **cucumber** in half lengthwise. Remove the seeds with a spoon and cut the **cucumber** into half moons.
- In a salad bowl, mix the **bell pepper** strips with the **cucumber** and, optionally, season with salt and pepper.



2. Fry the corn and bell pepper

- Remove the leaves and strings from the **corn cob**. Spread the **corn cob** with butter and sprinkle with salt and pepper. Add the **corn cob** to the oven, between the **baby potatoes**, for the last 20 minutes.
- Remove the seeds from the **bell pepper** and cut into long strips. Press or mince the **garlic**.
- Heat ½ tbsp olive oil per person in a frying pan on medium-high heat and fry the **garlic** for 1 minute. Add the **bell pepper** and fry for another 7 – 9 minutes. Season with salt and pepper.



5. Fry the ribeye

- Rub both sides of the **ribeye** with salt and pepper. Heat a frying pan with ½ tbsp butter per person on high heat.
- Add the **ribeye** when the pan is really hot and fry the **ribeye** for 2 – 4 minutes per side.
- Take from the pan and wrap in aluminium foil. Set aside.



3. Make the chimichurri

- Take the **oregano** leaves from the stems. Finely chop the **coriander**, **oregano** and **flat leaf parsley**.
- In a small bowl, mix the fresh herbs with per person: ½ tbsp extra virgin olive oil, 1 tsp red wine vinegar and, if you like spiciness, ⅓ tsp **chili flakes**. Season with salt and pepper and mix well. Set aside.



6. Serve

- Transfer the **corn cob** and **baby potatoes** to plates. Serve the bell pepper salad next to it and garnish the salad with the **sour cream**.
- Cut the **ribeye** against the grain, into strips, and garnish the meat with the chimichurri.

Enjoy!



A double portion haddock fillet with chives sauce

with oven-roasted potatoes and carrot

HELLOEXTRA 40 min. • Eat within 3 days



Carrots are rich in vitamin A, which means your immune system and eyes receive an extra boost from this dish.



Carrot



Waxy potatoes



Fresh chives



Full-fat yogurt



Haddock fillet



Pantry items

Olive oil, 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

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Carrot* (g)	250	500	750	1000	1250	1500
Waxy potatoes (g)	250	500	750	1000	1250	1500
Fresh chives* (g)	2½	5	7½	10	12½	15
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150
Haddock fillet* (pcs) 4)	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
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)	3052 / 730	378 / 90
Total fat (g)	27	3
Of which: saturated (g)	10,9	1,3
Carbohydrates (g)	66	8
Of which: sugars (g)	14,4	1,8
Fibre (g)	13	2
Protein (g)	46	6
Salt (g)	0,8	0,1

Allergens:

4) Fish 7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts



1. Prepare

Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the **potatoes** and **carrots**. Weigh 200 g **carrot** per person. Cut each **carrot** into quarters lengthwise. Thoroughly wash or peel the **potatoes** and cut into long, thin wedges.

FACT: Did you know that potatoes are super healthy? They are full of vitamins, for example vitamin B6 and B11: these contribute to a steady energy level. Potatoes also contain vitamin C, which contribute to a strong immune system.



4. Make the chives sauce

In the meantime, finely chop the **fresh chives**. In a small bowl, mix the **yogurt**, ½ tsp **mustard** per person and the **chives**. Season with salt and pepper.

FACT: By using yogurt as the base for your sauce you won't add too many extra calories to your dish. In fact, you are adding extra calcium, vitamin B12 and vitamin D.



2. Cook

Cook the **carrots** and **potatoes** in the pan with a lid for 8 – 10 minutes. Drain and leave to steam dry without the lid.



5. Heat the sauce

Once the vegetables in the oven are almost done, pat the **haddock fillet** dry with kitchen paper. Melt ½ tbsp butter per person in a frying pan and fry the **haddock fillet** for 2 – 3 minutes on each side on medium-high heat, until done. Take the **fish** from the pan and add the chives sauce. Mix well with the cooking grease in the pan.



3. Roast

Transfer the **carrots** and **potatoes** to a baking sheet lined with baking paper, pat them dry with kitchen paper and mix with 1 tbsp olive oil per person. Roast in the oven for 20 – 30 minutes (TIP). Season to taste with salt and pepper.

TIP: The cooking time of the potatoes and carrot may be longer if you are using an electric oven or combi microwave. Pierce through the potatoes and carrot with a fork. If this is easy, they are cooked.



6. Serve

Transfer the **carrot** and **potatoes** to plates, top with the **haddock fillet** and serve with the chives sauce.

Enjoy!

Contact

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



Indian curry with diced chicken fillet as extra

with fennel, naan bread and refreshing yogurt

HELLOEXTRA 35 min. • Eat within 5 days



For this recipe, you will be making the curry paste yourself, with fresh ingredients. It's very simple and you can decide how spicy you make it.



Red chili pepper



Red onion



Fresh ginger



Turmeric



Garlic clove



Fennel



Diced chicken fillet



Fresh coriander



Yellow mustard seed



Tomato paste



Brown rice



Coconut milk



Canned corn



Naan bread



Full-fat yogurt

Pantry items

Sunflower oil, vegetable stock, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Turmeric* (cm)	1	2	3	4	5	6
Garlic clove (pcs)	½	1	1½	2	2½	3
Fennel* (g)	100	200	300	400	500	600
Diced chicken fillet* (g)	100	200	300	400	500	600
Fresh coriander* (g)	2½	5	7½	10	12½	15
Yellow mustard seed (tsp) 10)	1	2	3	4	5	6
Tomato paste (cup)	½	1	1½	2	2½	3
Brown rice (g)	85	170	250	335	420	505
Coconut milk (ml)	150	250	350	450	600	700
Canned corn (can)	½	1	1½	2	2½	3
Naan bread (pcs) 1) 7)	½	1	1½	2	2½	3
Full-fat yogurt* (g) 7) 19) 22)	50	75	100	125	175	200
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	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)	4550 / 1088	630 / 151
Total fat (g)	46	6
Of which: saturated (g)	25,6	3,6
Carbohydrates (g)	123	17
Of which: sugars (g)	22,9	3,2
Fibre (g)	13	2
Protein (g)	41	6
Salt (g)	2,6	0,6

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

Contact

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1. Prepare

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid, with a pinch of salt, for the **rice**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Chop the **onion**. Finely grate the **ginger** and fresh **turmeric** (TIP). Press or mince the **garlic**. Halve the **fennel**, cut into quarters and remove the hard core. Cut the **fennel** into thin strips and roughly chop the **coriander**.

TIP: Be careful: turmeric stains. Use gloves or cover your hands with sandwich bags before grating it.



4. Make the curry

Stir the **coconut milk** until any lumps have dissolved. Add the **coconut milk** to the sauté pan, crumble ¼ stock cube per person over the pan and bring to a soft boil. Drain the **canned corn** and add to the pan. Cover and allow to simmer for 10 – 12 minutes. Taste and season with salt and pepper if necessary.



2. Fry and cook

Heat ½ tbsp sunflower oil per person in a sauté pan with a lid on medium heat. Add the **diced chicken fillet, ginger, turmeric, mustard seed, onion, garlic** and **red chili pepper** (TIP) and fry for 2 – 3 minutes. Then add the **tomato paste** and **fennel** and fry for another 4 – 6 minutes.

TIP: Not a fan of spiciness? Only add half of the chili pepper, or leave it out completely.



5. Heat the bread

Heat the **naan bread** in the oven for 5 – 7 minutes. In the meantime, mix the **yogurt** in a bowl with ⅓ of the **coriander**, salt and pepper to taste.



3. Cook the rice

In the meantime, cook the **rice** in the pan with boiling water for 12 – 15 minutes, covered with the lid. Drain and set aside, uncovered, to steam dry.



6. Serve

Transfer the **rice** to deep plates and top with the curry. Serve with the **naan bread** and **yogurt**. Garnish the dish with the remaining **coriander**.

Enjoy!



Greek flatbread pizza with an extra portion vegetables with feta and olives

HELLOEXTRA 30 min. • Eat within 5 days



The flatbread in this recipe has been replaced by whole grain flatbread. This way we have provided you with more fibre!



Red onion



Yellow bell pepper



Tomato



Leccino olives



Fresh herbs



Low-fat yogurt



Feta



Grated matured cheese



Whole grain flatbread



Cucumber

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Red onion (pcs)	1	2	3	4	5	6
Yellow bell pepper* (pcs)	2	2	3	4	5	6
Tomato (pcs)	2	4	6	8	10	12
Leccino olives* (g)	15	30	45	60	75	90
Fresh mint, oregano and parsley* (g)	10	20	30	40	50	60
Low-fat yogurt* (g) 7) 19) 22)	75	150	225	300	375	450
Feta* (g) 7)	25	50	75	100	125	150
Grated matured cheese* (g) 7)	15	25	40	50	65	75
Whole grain flatbread (pcs) 1)	2	4	6	8	10	12
Cucumber* (pcs)	2	2	3	4	5	6

Not included

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

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3437 / 822	331 / 79
Total fat (g)	37	4
Of which: saturated (g)	9,9	1,0
Carbohydrates (g)	88	9
Of which: sugars (g)	28,0	2,7
Fibre (g)	15	1
Protein (g)	26	2
Salt (g)	1,9	0,2

Allergens:

1) Grains containing gluten 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 200 degrees. Cut the **onion** into half rings and cut the **yellow bell pepper** into strips. Cut the **tomato** into slices and roughly chop the **olives**. Strip the **mint** and **oregano** leaves from the stems. Finely chop the **mint** leaves, **oregano** leaves and **flat leaf parsley**, but keep them separated.



4. Top the pizza

Transfer the **flatbread** to a baking sheet lined with baking paper. Divide the feta sauce over the **flatbread** and top with the **onion**, **bell pepper**, **oregano**, **olives** and **tomato** slices. Sprinkle with the **grated cheese** and heat the pizzas in the oven for 4 – 6 minutes.

FACT: The flatbread is made of whole grain flour. In comparison to white grain products these contain more fibre and 3 – 5 times more vitamins and minerals like potassium, magnesium, iron and vitamin B1 and B2.



2. Fry the vegetables

Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **onion** and **bell pepper** for 6 minutes.



5. Make the salad

In the meantime, cut the **cucumber** into small dices. In a salad bowl, mix per person: 1 tbsp extra virgin olive oil and 1 tbsp white wine vinegar. Mix the **cucumber**, **mint** and **parsley** with the dressing. Stir well and season the salad with salt and pepper.



3. Make the sauce

In a high bowl, mix the **yogurt** and **feta** into sauce with a hand blender. Season to taste with pepper.



6. Serve

Cut the flatbread pizzas into slices and serve with the cucumber salad.

Enjoy!



BREAKFAST BOX

Good morning!

1

Omelette with avocado
with a whole grain rose roll

2

Full-fat yogurt
with apple
with cranberry-walnuts mix

3

Whole grain rusk
with ricotta
with cucumber and almonds

Omelette with avocado

with a whole grain rose roll

1X 25 min.



Equipment

Bowl, whisk, frying pan

Ingredients for 1 breakfast

	2P	4P
Cage-free egg* (pcs) 3)	4	8
Whole grain rose roll (pcs) 1) 17) 20) 21) 22) 25)	2	4
Fresh chives* (g)	3	6
Avocado (pcs)	1	2

Not included

Butter (tbsp)		
Salt and pepper (to taste)	2	4
Milk (a splash)		

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	2655 / 635	948 / 227
Total fat (g)	38	4
Of which: saturated (g)	12,5	4,5
Carbohydrates (g)	48	17
Of which: sugar (g)	1,2	0,7
Fibres (g)	6	2
Protein (g)	21	8
Salt (g)	1,1	0,4

Allergens

1) Grains containing gluten 3) Eggs

May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose 22) Nuts 25) Sesame seed

1. Preheat the oven to 180 degrees. In a bowl, whisk the **eggs** with a splash of milk, salt and pepper. Finely cut or chop the **chives** and add to the egg mixture.
2. Heat the **rose roll** in the oven for 8 minutes.
3. In the meantime, cut the **avocado** in half, remove the seed and peel and cut into slices.
4. Heat the butter in a frying pan on medium-high heat and fry 1 omelette per person.
5. Transfer the omelettes to plates and top with the **avocado**. Serve the **roll** with the omelette.

Full-fat yogurt with apple

with cranberry-walnuts mix

2X 10 min.



Ingredients for 1 breakfast

	2P	4P
Elstar apple (pcs)	2	4
Conference pear* (pcs)	1	2
Cranberry-walnuts mix (g) 8) 19) 25)	60	120
Full-fat yogurt* (ml) 7)	400	800

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1851 / 443	376 / 90
Total fat (g)	19	4
Of which: saturated (g)	5,6	1,1
Carbohydrates (g)	56	11
Of which: sugar (g)	45,6	9,3
Fibres (g)	7	1
Protein (g)	10	2
Salt (g)	0,2	0,0

Allergens

7) Milk/lactose 8) Nuts

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

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

Whole grain rusk with ricotta

with cucumber and almonds

2X 10 min.



Ingredients for 1 breakfast

	2P	4P
Whole grain rusk (pcs) 1) 3) 6) 7) 11) 13)	4	8
Ricotta* (g) 7)	100	200
Cucumber* (pcs)	¼	½
Almonds (g) 8) 19) 25)	50	100

Not included

Salt and pepper (to taste)

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1789 / 428	1173 / 281
Total fat (g)	28	19
Of which: saturated (g)	6,2	4,1
Carbohydrates (g)	24	16
Of which: sugar (g)	7,4	4,9
Fibres (g)	5	3
Protein (g)	16	11
Salt (g)	0,6	0,4

Allergens

1) Grains containing gluten 3) Eggs 5) Peanuts 6) Soy

7) Milk/lactose 8) Nuts 11) Sesame seed 13) Lupin

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

1. Cut the **cucumber** into slices and finely chop the **almonds**.
2. Divide the **ricotta** over the rusks.
3. Top with the **cucumber** slices and **almonds**. Season to taste with salt and pepper.