



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

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



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



Carrot



Red cherry tomatoes



Onion



Fresh flat leaf parsley



Pearl couscous



Raisins



Cod fillet



Pantry items

Vegetable stock, olive oil, butter, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

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

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2540 / 607	410 / 98
Total fat (g)	19	3
Of which: saturated (g)	7,1	1,2
Carbohydrates (g)	72	12
Of which: sugars (g)	25,7	4,2
Fibre (g)	9	1
Protein (g)	33	5
Salt (g)	1,7	0,3

Allergens:

1) Grains containing gluten 4) Fish

May contain traces of: 19) Peanuts 22) Nuts

25) Sesame seed

Contact

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



1. Prepare

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



2. Vegetables in the oven

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



3. Cook the pearl couscous

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



4. Fry the cod

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



5. Make the sauce

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



6. Serve

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

Enjoy!

The right answer is: c



Shakshuka with fresh goat cheese

with curly parsley and a whole grain roll

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



This time we have provided you with a cracked whole grain roll. The shape of this organic bread roughly resembles a rose, hence the Dutch name for this roll: rozenbroodje (rose roll).



Onion



Garlic clove



Red chili pepper



Red bell pepper



Plum tomato



Fresh curly parsley



Cage-free egg



Fresh goat cheese



Cracked whole
Grain roll

Pantry items

Olive oil, vegetable stock cube, salt and pepper

A good start

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

Equipment

Wok or sauté pan with lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	3	5	5
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Plum tomato (pcs)	2	4	6	8	10	12
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Cage-free egg* (pcs) 3)	2	4	6	8	10	12
Fresh goat cheese* (g) 7)	50	75	100	125	175	200
Cracked whole grain roll (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	1	2	2	3	3
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2636 / 630	460 / 110
Total fat (g)	28	5
Of which: saturated (g)	9,6	1,7
Carbohydrates (g)	61	11
Of which: sugars (g)	12,8	2,2
Fibre (g)	9	2
Protein (g)	28	5
Salt (g)	2,8	0,5

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose
May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose
 22) Nuts 25) Sesame seed

Contact

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1. Prepare

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

FACT: Did you know that this dish contains more than 300 g vegetables and more vitamin C than the RDI, due to the tomato and bell pepper?



4. Cook the egg

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

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



2. Fry the seasonings

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



5. Heat the roll

In the meantime, heat the **whole grain roll** in the preheated oven for 6 – 8 minutes until golden brown.



3. Cook the vegetables

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



6. Serve

Transfer the dish to plates. Garnish with the remaining **curly parsley** and serve with the **cracked whole grain roll**.

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



Corn



Naan bread



Full-fat yogurt

Pantry items

Sunflower oil, vegetable stock cube, 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
Corn (g)	75	150	200	240	350	390
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 cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3958 / 946	637 / 152
Total fat (g)	40	6
Of which: saturated (g)	24,0	3,9
Carbohydrates (g)	122	20
Of which: sugars (g)	22,8	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 gentle 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 **ginger**, **turmeric**, **mustard seeds**, **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? Add half of the red chili pepper, or leave it out completely.



5. Heat the naan 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 (TIP).

TIP: This dish is rich in fibre, but also rich in calories. 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, in a porridge breakfast for example.



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!



Tostada with spiced minced chicken

with a refreshing corn-tomato salad

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



Did you know that cheddar is a village in England? Cheddar cheese originated here, but it has quickly grown into one of the most popular cheeses in the world!



Tomato



Canned corn



Mexican spices



Minced chicken with Mexican spices



Passata



White tortilla



Grated cheddar



Lime



Lamb's lettuce

Pantry items

Olive oil, extra virgin olive oil, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Tomato (pcs)	1	2	3	4	5	6
Canned corn (can)	75	150	200	240	350	390
Mexican spices (tsp)	1	2	3	3	5	5
Minced chicken with Mexican spices* (g)	100	200	300	400	500	600
Passata (pack)	½	1	1½	2	2½	3
White tortilla (pcs) 1)	3	6	9	12	15	18
Grated cheddar* (g) 7)	50	75	100	125	175	200
Lime (pcs)	¼	½	¾	1	1¼	1½
Lamb's lettuce* (g)	40	60	80	100	140	160
Not included						
Olive oil (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 portie	Per 100g
Energy (kJ/kcal)	3512 /840	632 /151
Total fat (g)	42	7
Of which: saturated (g)	12,9	2,3
Carbohydrates (g)	71	13
Of which: sugars (g)	16,2	2,9
Fibre (g)	7	1
Protein (g)	41	7
Salt (g)	2,7	0,5

Allergens:

1) Grains containing gluten 7) Milk/lactose

Contact

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1. Prepare

- Preheat the oven to 220 degrees.
- Cut the **tomato** into dices. Drain the **corn**.

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.



3. Make the tostadas

- Spread the chicken–tomato sauce onto the **tortillas** and sprinkle them with **cheddar**. Heat in the oven for 4 – 5 minutes to make the cheese melt.
- In the meantime, cut the **lime** into wedges.



2. Make the sauce

- Heat ½ tbsp olive oil per person in a frying pan on medium–high heat. Fry 1 tsp **Mexican spices** per person for 1 minute. Add the **minced chicken** and stir fry for 3 minutes.
- Add the **passata**, half of the **corn** and half of the diced **tomato** and simmer for 4 – 5 minutes.
- In the meantime, spread the **tortillas** over a baking sheet lined with baking paper and heat in the oven for 2 – 3 minutes.



4. Serve

- In a salad bowl, mix the **lamb's lettuce**, the remaining **corn** and **tomato**. Mix with ½ tbsp extra virgin olive oil per person, salt and pepper and squeeze one **lime** wedge per person over it.
- Serve the tostadas with the remaining **lime**.

Enjoy!



Summer soup with courgette and dill

with homemade croutons and pesto bruschettas

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



A bruschetta is the perfect partner of green pesto. Bruschettas were originally used in Rome to sample freshly pressed olive oil.



Garlic clove



Courgette



Leek



Fresh dill



Demi baguette



Green pesto



Sour cream

Pantry items

Vegetable stock, olive oil, salt and pepper

A good start

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

Equipment

Stock pot, baking sheet lined with baking paper, large frying pan, hand blender

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Courgette (pcs)	½	1	1½	2	2½	3
Leek* (pcs)	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Demi baguette (pcs) 1) 17) 20) 21) 22) 25)	1	2	3	4	5	6
Green pesto* (g) 7) 8)	40	80	120	160	200	240
Sour cream* (g) 7)	50	100	150	200	250	300
Not included						
Vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3330 / 796	434 / 104
Total fat (g)	41	5
Of which: saturated (g)	8,1	1,1
Carbohydrates (g)	84	11
Of which: sugars (g)	14,5	1,9
Fibre (g)	7	1
Protein (g)	19	2
Salt (g)	5,0	0,6

Allergens:

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

Prepare the stock and preheat the oven to 200 degrees. Press or mince the **garlic**. Cut the **courgette** into dices and the **leek** into rings. Roughly chop the **dill**.



2. Cook the soup

Heat ½ tbsp olive oil per person in a stock pot on medium heat. Add the **garlic**, **leek** and **courgette** and fry for 6 – 8 minutes. Add the stock to the stock pot, reduce the heat and allow to simmer for 5 – 6 minutes.



3. Prepare the bruschettas

In the meantime, cut half of the **baguette** into dices and cut the other half into 1 cm thick slices. Transfer the slices to a baking sheet lined with baking paper and spread with half of the **green pesto**. Optionally, drizzle with some olive oil and heat in the oven for 8 – 10 minutes.



4. Make the croutons

In the meantime, heat ½ tbsp olive oil per person in a large frying pan on medium heat and fry the **baguette** dices for 6 – 7 minutes until brown. Add some extra oil in case the croutons brown too quickly. Season to taste with salt and pepper.



5. Puree the soup

Use a hand blender to puree the whole into a smooth soup. Optionally, add some more stock or water if you think the soup is too thick. Then stir in the remaining **green pesto**.



6. Serve

Transfer the soup to bowls and garnish with the **sour cream**, croutons and **dill**. Serve with the pesto bruschettas.

Enjoy!



Stuffed portobello with feta and warm salad

with grilled sweet potato, bell pepper and green lentils

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



Which potato contains more vitamin A: sweet potatoes or regular potatoes?



Green lentils



Sweet potato



Dried thyme



Red onion



Red bell pepper



Feta



Portobello



Mixed lettuce

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Green lentils (g)	20	40	60	80	100	120
Sweet potato (g)	250	500	750	1000	1250	1500
Dried thyme (tsp)	1	2	3	4	5	6
Red onion (pcs)	½	1	1½	2	2½	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Feta* (g) 7)	40	75	100	125	175	200
Portobello* (pcs)	1	2	3	4	5	6
Mixed lettuce* (g)	40	60	90	120	150	180
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Black balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (to taste)	to taste					

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2454 / 587	424 / 101
Total fat (g)	22	4
Of which: saturated (g)	6,7	1,2
Carbohydrates (g)	72	12
Of which: sugars (g)	21,7	3,8
Fibre (g)	14	2
Protein (g)	18	3
Salt (g)	1,4	0,2

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. Cook the lentils

Preheat the oven to 200 degrees. In a pan with a lid, mix the **green lentils** with 200 ml water per person and a pinch of salt. Cover and bring to a boil. Allow to cook for 25 – 30 minutes on low heat. Add some more water in case the lentils become dry too quickly. Then drain.

FACT: Did you know that lentils, out of all legumes, contain the most iron? They are also a good source of fibre, protein and other minerals like magnesium and potassium. Potassium helps maintaining a healthy blood pressure.



4. Make the dressing

In a salad bowl, mix the **mixed lettuce** with the black balsamic vinegar (TIP).

TIP: Want to try something different? This dish also goes well with a honey–mustard dressing. Mix 1 tsp mustard with 1 tsp honey and 1 tsp white balsamic vinegar per person.



2. Prepare the sweet potato

In the meantime, weigh the needed amount of **sweet potato**, peel them and then cut into 1 cm dices (TIP). Divide the **sweet potato** over one half of a baking sheet lined with baking paper and sprinkle with the **thyme**, half of the olive oil, salt and pepper. Roast the **sweet potato** in the oven for 20 – 30 minutes. Turn when halfway done.

TIP: You will receive more sweet potato in your box than necessary for this recipe. You can use all of the sweet potato for a larger serving, or to use the next day.



5. Mix the salad

Mix the **red onion**, **bell pepper**, **sweet potato** and **lentils** with the salad in the salad bowl and season with salt and pepper. Add some extra virgin **olive oil** to taste.



3. Prepare the portobello

In the meantime, cut the **red onion** into rings. Remove the seeds from the **red bell pepper** and cut it into small dices. Crumble the **feta** and stuff the **portobello** with some of the **feta** (TIP). Drizzle the **red onion**, **bell pepper** and **portobello** with the remaining olive oil, salt and pepper. Transfer the **red onion**, **bell pepper** and **portobello** to the baking sheet with **sweet potato** and roast them together for the final 15 minutes.

TIP: You can also crumble the feta in a bowl with a fork, if you don't want to get your hands dirty.



6. Serve

Transfer the salad to plates, serve with the **portobello** on top and garnish with the remaining **feta**.

Enjoy!

The right answer is: sweet potato. However, both are super healthy and rich in zinc, iron, potassium and vitamin B and C!



Hamburger & fries

with cheese, courgetti and crudité's

COOKING WITH KIDS FAMILY 45 min. • Eat within 5 days



Ignore the old rule 'Don't play with your food' with this version of hamburger and fries. Make it your personal artwork!



Semi-starchy potatoes



Paprika



Red bell pepper



Cucumber



Courgette spaghetti



Diced aged cheese



Mixed meat hamburger with green herb marinade



Mayonnaise

Pantry items

Olive oil, white wine vinegar, salt and pepper

A good start

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

Equipment

Kitchen paper, frying pan, bowl, baking sheet lined with baking paper, baking dish

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Semi-starchy potatoes (g)	250	500	750	1000	1250	1500
Paprika (tsp)	½	1	1½	2	2½	3
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Cucumber* (pcs)	¼	½	¾	1	1¼	1½
Courgette spaghetti* (g)	50	100	150	200	250	300
Diced aged cheese* (g) 7	15	25	40	50	65	75
Mixed meat hamburger with green herb marinade* (pcs)	1	2	3	4	5	6
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3876 / 927	634 / 152
Total fat (g)	61	10
Of which: saturated (g)	15,2	2,5
Carbohydrates (g)	56	9
Of which: sugars (g)	9,5	1,6
Fibre (g)	7	1
Protein (g)	34	6
Salt (g)	0,7	0,1

Allergens:

3) Eggs 7) Milk/lactose 10) Mustard
May contain traces of: 19) Peanuts 22) Nuts

Contact

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1. Make the fries

Preheat the oven to 200 degrees. Thoroughly wash the **potatoes** and cut into max. ½ cm thick fries. Pat dry with kitchen paper. In a bowl, mix the fries with ½ tbsp olive oil per person, the **paprika**, salt and pepper. Transfer the fries to a baking sheet lined with baking paper and roast in the oven for 25 – 35 minutes



4. Make the burgers

Use the **diced cheese** to make faces in the **hamburgers**. Make sure you press the cheese into the meat, this way it will stay inside the burger when the cheese melts.

TIP: Making the burgers with children? Make smileys and faces in the burgers with the cheese. Optionally, cut the diced cheese into smaller pieces to make these shapes.



2. Cut

Cut the **bell pepper** into long strips. Cut the **cucumber** into thin slices.



5. Fry

Heat ½ tbsp olive oil in the same frying pan on medium-high heat. Fry the **burgers** for 5 – 6 minutes on the side without cheese. Then flip over the **burger** and fry for 1 minute on the side with cheese. Press well with a spatula. Right before serving, transfer the baking dish with **courgette spaghetti** to the oven and heat for 4 – 5 minutes, together with the fries.



3. Prepare the courgetti

Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the **courgette spaghetti** for 2 – 3 minutes with 1 tsp white wine vinegar per person. Season with salt and pepper. Then take from the pan and set aside in a baking dish. Save the pan for later.



6. Serve

Transfer the fries, **courgette spaghetti** and **burgers** to plates (TIP). Serve with the **cucumber**, **bell pepper** and **mayonnaise**.

TIP: Allow each little chef to assemble their own burger: use the hamburger as a head, the fries and bell pepper as arms and the cucumber as body. The courgette spaghetti can function as hair. Any leftover vegetables? You can make a salad by mixing them with some extra virgin olive oil, white wine vinegar, salt and pepper.

Enjoy!



Creamy linguine with broccoli

with goat cheese, walnuts and semi-dried tomatoes

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



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



Broccoli



Shallot



Garlic clove



Semi-dried tomatoes



Chopped walnuts



Linguine



Dried oregano



Single cream



Grated matured goat cheese

Pantry items

Vegetable stock, olive oil, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Broccoli* (g)	200	400	600	800	1000	1200
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Semi-dried tomatoes* (g)	35	60	90	120	150	180
Chopped walnuts (g) 8) 19) 25)	10	20	30	40	50	60
Linguine (g) 1) 20)	90	180	270	360	450	540
Dried oregano (tsp)	1	2	3	4	5	6
Single cream* (tbsp) 7)	2	4	6	8	10	12
Grated matured goat cheese* (g) 3) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1	2	2	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	3184 / 761	613 / 147
Total fat (g)	37	7
Of which: saturated (g)	13,2	2,5
Carbohydrates (g)	75	14
Of which: sugars (g)	8,5	1,6
Fibre (g)	12	2
Protein (g)	27	5
Salt (g)	1,4	0,3

Allergens:

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

Contact

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



1. Prepare

- Prepare the stock. Boil ample water in a pan with a lid for the linguine and broccoli.
- Cut the **broccoli** into florets and the stem into dices. Chop the **shallot** and press or mince the **garlic**.



3. Make the pasta

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

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



2. Cook the soup

- Cut the **semi-dried tomatoes** into small pieces.
- Cook the **linguine** for 10 – 12 minutes in the pan with a lid, covered. After 5 – 7 minutes, add the **broccoli**. Then drain and leave to steam dry without the lid.



4. Serve

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

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

Enjoy!

.....
The right answer is: tongues
.....



Gyros dish with pork strips

with tomato rice, corn and fried bell pepper

QUICK & EASY 20 min. • Eat within 5 days



Gyros is the Greek version of shawarma. Its typical flavor is due to the spices that are used: cardamom, cumin, oregano and thyme.



Basmati rice



Red bell pepper



Onion



Garlic clove



Canned corn



Tomato paste



Smoked paprika



Dried oregano



Pork strips with gyros spices



Tomato



Fresh flat leaf parsley



Low-fat yogurt

Pantry items

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

A good start

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

Equipment

Sauté pan with a lid, small bowl, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Basmati rice (g)	70	140	210	280	350	420
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Canned corn (g)	50	100	150	200	250	300
Tomato paste (cup)	¼	½	¾	1	1¼	1½
Smoked paprika (packet)	⅓	⅔	1	1⅓	1⅔	2
Dried oregano (packet)	½	1	1½	2	2½	3
Pork strips with gyros spices* (g)	100	200	300	400	500	600
Tomato (pcs)	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Low-fat yogurt* (g)	25	50	75	100	125	150

Not included

Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2412 / 577	478 / 114
Total fat (g)	14	3
Of which: saturated (g)	3,0	0,6
Carbohydrates (g)	77	15
Of which: sugars (g)	16,5	3,3
Fibre (g)	7	1
Protein (g)	31	6
Salt (g)	3,3	0,7

Allergens:

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

Contact

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



1. Cut the vegetables

- Cook 250 ml water per person for the rice. Add ½ vegetable stock cube per person.
- Add the **rice** and cook, covered, for 10 – 12 minutes (TIP). Then drain and leave to steam dry without the lid.
- Cut the red **bell pepper** in thin strips. Cut the **onion** into thin half moons. Press or mince the **garlic** and drain the **corn**.

TIP: You will receive more rice than necessary for this recipe. Are you a big eater? Cook all of the rice in 300 ml water.



3. Finish the rice

- In the meantime, cut the **tomato** into dices and finely chop the **parsley**.
- In a small bowl, mix the **yogurt** with ¼ tsp **dried oregano** per person, ½ tsp extra virgin olive oil per person, salt and pepper.
- Mix the **rice** with the **tomato**, half of the **parsley**, the **corn** and the **yogurt**. Season with salt and pepper.



2. Fry the gyros

- Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat.
- Fry the **tomato paste**, ¼ packet **paprika** per person, ½ packet **dried oregano** per person and the **garlic** for 1 – 2 minutes.
- Add the **onion** and **red bell pepper** and fry for another 4 – 5 minutes, covered with the lid.
- Add the **pork strips** and stir fry for 2 – 3 minutes, or until cooked.



4. Serve

- Transfer the rice to plates, serve with half of the **gyros** on top, and half on the side.
- Garnish with the remaining **parsley**.

Enjoy!



Baby potato salad with corn and bacon

with red bell pepper and sweet and sour shallot

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



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



Baby potatoes



Shallot



Lime



Courgette



Garlic clove



Canned corn



Little gem



Fresh chives



Diced bacon



Full-fat yogurt

Pantry items

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

A good start

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

Equipment

Sauté pan, 2x small bowl, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Shallot (pcs)	½	1	1½	2	2½	3
Lime (pcs)	¼	½	¾	1	1¼	1½
Courgette (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Canned corn (g)	75	150	225	300	375	450
Little gem* (head)	1	2	3	4	5	6
Fresh chives* (g)	2½	5	7½	10	12½	15
Diced bacon* (g)	50	100	150	200	250	300
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150

Not included

Sugar (tsp)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	2586 / 618	371 / 89
Total fat (g)	28	4
Of which: saturated (g)	6,8	1,0
Carbohydrates (g)	66	9
Of which: sugars (g)	23,5	3,4
Fibre (g)	9	1
Protein (g)	20	3
Salt (g)	1,9	0,3

Allergens:

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

Contact

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



1. Cook the baby potatoes

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



4. Stir fry

Heat a sauté pan without oil on high heat and fry the **diced bacon** for 3 – 4 minutes. Add ½ tbsp olive oil per person and the **bell pepper** and fry for 4 minutes. Then add the **corn kernels** and **garlic** and stir fry for another minute. Season to taste with salt and pepper.



2. Prepare the shallot

In the meantime, cut the **shallot** into thin half rings and juice the **lime**. In a small bowl, mix ½ tbsp **lime juice** per person with the **sugar** and a pinch of salt. Add the **shallot** and mix well (TIP).

TIP: Raw shallot might be a bit spicy, so make sure you cut it really thinly. You can also marinate the shallot in the lime juice longer, or add a little extra sugar.



5. Make the dressing

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

TIP: The sauce will be a bit grainy because the fats and proteins separate. This will not affect the flavor of the salad.



3. Cut

Cut the **red bell pepper** into dices. Press or mince the **garlic** and drain the **corn**. Cut the **little gem** into bite-sized pieces. Finely chop the **chives** or cut with scissors.



6. Serve

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

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

Enjoy!



Middle Eastern spiced tomatoes with chickpeas

with yogurt-cucumber salad and naan bread

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



Za'atar is the name of a fresh herb, but also the name is a spice mixture. This mix consists of oregano, thyme and savory spice. These are roasted and then mixed with sesame seeds and sumac.



Beef tomato



Plum tomato



Yellow and orange cherry tomatoes



Middle Eastern spice mix



Za'atar



Cucumber



Shallot



Fresh flat leaf parsley & mint



Chickpeas



Naan bread



Buffalo yogurt

Pantry items

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

A good start

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

Equipment

Baking sheet lined with baking paper, large plate or baking sheet, 2x bowl, colander

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Beef tomato (pcs)	½	1	1½	2	2½	3
Plum tomato (pcs)	½	1	1½	2	2½	3
Yellow and orange cherry tomatoes* (g)	100	200	300	400	500	600
Middle Eastern spice mix (tsp)	1½	3	4½	6	7½	9
Za'atar (packet) 11)	1½	3	4½	6	7½	9
Cucumber* (pcs)	¼	½	¾	1	1¼	1½
Shallot (g)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Chickpeas (pcs)	½	1	1½	2	2½	3
Naan bread (pcs) 1) 7)	½	1	1½	2	2½	3
Buffalo yogurt* (g) 7)	75	150	225	300	375	450
Not included						
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Red wine vinegar (tsp)	2	4	6	8	10	12

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2510 /600	398 /95
Total fat (g)	28	4
Of which: saturated (g)	5,8	0,9
Carbohydrates (g)	62	10
Of which: sugars (g)	17,0	2,7
Fibre (g)	15	2
Protein (g)	19	3
Salt (g)	1,4	0,2

Allergens:

1) Grains containing gluten 7) Milk/lactose 11) 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. Marinate the tomatoes

- Preheat the oven to 180 degrees. Cut the **beef tomato** and **plum tomato** into ½ cm slices.
- Cut the **colored cherry tomatoes** in half and cut any large ones into quarters. Transfer all of the **tomatoes** to a large plate or baking sheet. Sprinkle with per person: ½ tbsp extra virgin olive oil, 1 tsp **Middle Eastern** spices, 1 tsp za'atar, salt and pepper. Allow to absorb until serving.

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



3. Heat the naan bread

- Cut the **naan bread** into pieces and spread over a baking sheet lined with baking paper. Heat in the oven for 4 – 6 minutes.
- In a bowl, mix the **buffalo yogurt**, **cucumber**, **mint**, the remaining **parsley**, the remaining **Middle Eastern spices**, salt and pepper.

FACT: Chickpeas are very nutritious. They are rich in fibre, protein, healthy slow carbohydrates, vitamins and minerals. They contain 4 to 5 x more vitamin E than any other legume.



2. Cut

- Cut the **cucumber** in half lengthwise and cut into dices. Drain the **chickpeas** in a colander.
- Chop the **shallot** and finely chop the **flat leaf parsley**. Strip the **mint** leaves from the stems and finely chop the leaves.
- In a bowl, mix the **chickpeas** with per person: 2 tsp red wine vinegar, ½ tbsp extra virgin olive oil, ⅛ tsp salt, the **shallot**, the remaining **za'atar** and half of the **parsley**. Roughly mash the **chickpeas** with a fork and mix well.



4. Serve

- Transfer the marinated **tomatoes** to plates. Place the mashed **chickpeas** next to them.
- Serve with the yogurt-cucumber salad and the **naan bread**. Sprinkle with extra virgin olive oil to taste.

FACT: Did you know that this dish contains more than 300 g vegetables and is low in saturated fats? It is also rich in fibre, iron, calcium and vitamin E.

Enjoy!



Gratinated sardines in tomato sauce with eggplant with potatoes and cucumber salad

BALANCED 30 min. • Eat within 5 days



Did you know that sardines are rich in vitamin D and calcium? These two are a perfect couple, because vitamin D is needed for the intake of calcium!



Semi-starchy potatoes



Garlic clove



Red onion



Eggplant



Tomato



Canned cherry tomatoes



Sardines in spicy tomato sauce



Fresh flat leaf parsley & oregano



Cucumber



Grated matured cheese

Pantry items

Butter, white wine vinegar, 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

Sauté pan with a lid, baking dish, pan with a lid, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Semi-starchy potatoes (g)	200	400	600	800	1000	1200
Garlic clove (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Eggplant* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Canned cherry tomatoes (can)	½	1	1½	2	2½	3
Sardines in spicy tomato sauce (can) 4)	½	1	1½	2	2½	3
Fresh flat leaf parsley & oregano* (g)	5	10	15	20	25	30
Cucumber* (pcs)	½	1	1½	2	2½	3
Grated matured cheese* (g) 7)	25	50	75	100	125	150

Not included

Butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2496 / 597	283 / 68
Total fat (g)	25	3
Of which: saturated (g)	11,5	1,3
Carbohydrates (g)	61	7
Of which: sugars (g)	20,6	2,3
Fibre (g)	12	1
Protein (g)	23	3
Salt (g)	0,9	0,1

Allergens:

4) Fish 7) Milk/lactose

Contact

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



1. Cut the vegetables

Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the potatoes. Thoroughly wash the **potatoes** and cut into max. 2 cm pieces. Press or mince the **garlic** and finely chop the **red onion**. Cut the **eggplant** into 1 cm dices. Cut the **tomato** into dices as well.

FACT: Did you know that this dish contains more than 300 g vegetables? Even more than 500 g if you include the canned tomatoes!



4. Cut the cucumber

In the meantime, strip the **oregano** leaves from the stems and finely chop the leaves. Finely chop the **flat leaf parsley**. Cut the **cucumber** into dices and mix in a salad bowl with ½ tbsp white wine vinegar per person and the chopped **parsley**.



2. Make the sauce

Open the can with sardines and pour ½ tbsp of the oil per person in a sauté pan with a lid. Heat the oil on medium-high heat and fry the **garlic** and half of the **onion** for 1 – 2 minutes. Add the **tomatoes** and **eggplant** and fry for 3 – 4 minutes, covered with the lid. Then add the **canned cherry tomatoes** and **sardines in spicy tomato sauce**. Mix well, reduce the heat to low and allow to stew gently for 12 – 14 minutes.



5. Gratinate

Add the **oregano** and 1 tsp black balsamic vinegar per person to the vegetables and sardines. Transfer the mixture to a baking dish and sprinkle with the **matured cheese**. Heat in the oven for 4 – 6 minutes.



3. Prepare the potatoes

In the meantime, cook the **potatoes** for 12 – 15 minutes until cooked. Then drain and mix the hot **potatoes** with ½ tbsp butter per person. Mix with the remaining **onion** and season with salt and pepper.



6. Serve

Transfer the **potatoes** to plates and top half of the potatoes with the tomato sauce with sardines. Add the rest next to the potatoes. Serve with the cucumber salad.

Enjoy!



Fusilli in cream sauce with broccoli

with ham and cherry tomatoes

QUICK & EASY 15 min. • Eat within 5 days



Did you know that broccoli is actually a flower? We have already cut the broccoli for you, this way your meal will be finished in only 15 minutes.



Mixed onion and garlic



Red cherry tomatoes



Single cream



Grated Italian cheese



Broccoli florets



Quick cook fusilli



Ham



Lemon

Pantry items

Butter, salt and pepper

A good start

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

Equipment

Sauté pan, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Mixed onion and garlic* (g)	10	20	30	40	50	60
Red cherry tomatoes (g)	125	250	375	500	625	750
Single cream (ml) 7)	100	200	300	400	500	600
Grated Italian cheese* (g) 7)	15	25	40	50	65	75
Broccoli florets* (g)	100	200	300	400	500	600
Quick cook fusilli* (g) 1) 20)	75	150	225	300	375	450
Ham* (g)	30	60	90	120	150	180
Lemon (pcs)	¼	½	¾	1	1¼	1½

Not included

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

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2941 /703	615 /147
Total fat (g)	36	7
Of which: saturated (g)	21,4	4,5
Carbohydrates (g)	66	14
Of which: sugars (g)	12,9	2,7
Fibre (g)	8	2
Protein (g)	26	6
Salt (g)	1,0	0,2

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

- Heat ½ tbsp butter per person in a sauté pan on medium–high heat.
- Boil ample water in a pan with a lid for the broccoli and fusilli.
- Fry the **mixed garlic and onion** for 2 minutes in the sauté pan.



3. Cook

- In the meantime, cook the **broccoli** and **fusilli** together in the pan with boiling water for 4 minutes (TIP).
- Cut the **ham** into strips.
- Drain the **broccoli** and **fusilli** and mix with the **ham** and the cream sauce with cherry tomatoes. Stir well and season with salt and pepper.

TIP: Are the broccoli florets quite large? Cut them into smaller pieces so they cook faster.



2. Cut

- In the meantime, halve the **cherry tomatoes**. Add the **cherry tomatoes**, **single cream** and **Italian cheese** to the sauté pan.
- Season to taste with salt and pepper. Stir well and allow to simmer gently for 4 – 5 minutes.



4. Serve

- Cut the **lemon** into wedges.
- Transfer the pasta to plates and serve with the **lemon** wedges.

Enjoy!



Marinated chicken drumsticks with baked potato

with refreshing salad, olives and labneh

FAMILY 50 min. • Eat within 5 days



Does this recipe look familiar? This time you will finish your dish with labneh: a Middle Eastern yogurt cheese with a refreshing, creamy flavor, which goes perfectly with the baked potatoes.



Waxy potatoes



Marinated chicken drumsticks



Cucumber



Red bell pepper



Leccino olives



Labneh

Pantry items

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

A good start

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

Equipment

Baking sheet lined with baking paper, aluminum foil, salad bowl

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Marinated chicken drumsticks* (pcs)	2	4	6	8	10	12
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Red bell pepper* (pcs)	½	1	1½	2	2½	3
Leccino olives* (g)	15	30	45	60	75	90
Labneh* (g) 7) 19) 22)	50	100	150	200	250	300

Not included

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

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3483 / 833	506 / 121
Total fat (g)	48	7
Of which: saturated (g)	10,7	1,6
Carbohydrates (g)	57	8
Of which: sugars (g)	8,8	1,3
Fibre (g)	7	1
Protein (g)	41	6
Salt (g)	1,7	0,2

Allergens:

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

Contact

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



1. Prepare the potatoes

Preheat the oven to 210 degrees. Wash or peel the **potatoes**. Cut the small **potatoes** in half lengthwise and cut the larger ones into quarters. Separate a 30 x 30 cm sheet of aluminium foil per person. Transfer the **potatoes** to the sheets and mix with half of the olive oil, salt and pepper. Fold the aluminium foil to form a closed pocket. Transfer the pockets to the right side of a baking sheet lined with baking paper (TIP).

TIP: Make sure the pockets are closed well. This way no steam can escape and the potatoes will cook properly.



4. Mix the salad

In a salad bowl, mix the extra virgin olive oil, red wine vinegar, honey, mustard, salt and pepper into a dressing. Add the **cucumber** and **bell pepper** and mix well.



2. In the oven

Spread the **chicken drumsticks** with the remaining olive oil and transfer them to the left side of the same baking sheet. Roast everything in the oven for 35 – 45 minutes, or until cooked.



5. Cut the olives

Roughly chop the **olives**.



3. Cut the vegetables

Cut the **cucumber** and **red bell pepper** into small dices.



6. Serve

Transfer the **chicken drumsticks** and **potato** pockets to plates. Carefully open the pockets and sprinkle the **potatoes** with half of the **labneh**. Divide the remaining **labneh** over the **chicken drumsticks** and sprinkle with the **chopped olives**. Serve with the salad.

Enjoy!



Bobotie with minced beef and green beans

with carrot, rice and turmeric

55 min. • Eat within 5 days



Bobotie is a sweet and spicy oven dish with a custard layer on top. Did you know that this dish appeared in a Dutch cooking book as early as 1609?



Onion



Garlic clove



Green beans



Minced beef



Apple



Besengek curry paste



Bay leaf



Mango chutney



Raisins



Cage-free egg



Semi-skimmed milk



Carrot



Fresh turmeric



Surinamese rice

Pantry items

Butter, salt and pepper

A good start

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

Equipment

Grater, 2x pan with a lid, bowl, large sauté pan with a lid, baking dish

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Minced beef* (g)	100	200	300	400	500	600
Apple (pcs)	½	1	1½	2	2½	3
Besengek curry paste* (g) 1) 7) 9) 19) 22)	25	50	75	100	125	150
Bay leaf (pcs)	1	1	2	2	3	3
Mango chutney* (g) 10) 19) 22)	20	40	60	80	100	120
Raisins (g) 19) 22) 25)	10	15	20	30	35	45
Cage-free egg* (pcs) 3)	½	1	1½	2	2½	3
Semi-skimmed milk* (ml) 7)	50	100	150	200	250	300
Carrot* (g)	50	100	150	200	250	300
Fresh turmeric* (cm)	½	1	1½	2	2½	3
Surinamese rice (g)	70	140	210	280	350	420

Not included

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

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4194 / 1003	631 / 151
Total fat (g)	40	6
Of which: saturated (g)	15,3	2,3
Carbohydrates (g)	101	15
Of which: sugars (g)	32,0	4,8
Fibre (g)	10	2
Protein (g)	53	8
Salt (g)	1,0	0,1

Allergens:

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

9) Celery 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. Prepare

Preheat the oven to 180 degrees. Boil ample water in a pan with a lid for the green beans. Chop the **onion** and press or mince the **garlic**. Trim the ends off the **green beans** and cut the **beans** into 2 equally sized pieces.



4. Cook the rice

Boil ample water in a different pan for the rice and carrot. In a bowl, mix the **milk** with the **egg** and season with salt and pepper. Set aside. Cut the **carrot** into thin slices. Cut off the needed amount of **turmeric** (TIP). Cook the **rice**, **carrot** and **turmeric** (whole) for 10 – 12 minutes. Then drain if necessary.

TIP: Be aware: turmeric stains. Watch your hands and clothes!



2. Fry the minced meat

Cook the **green beans** for 7 – 8 minutes in the pan with boiling water. Then drain, rinse under cold water and allow to steam dry without the lid. Heat ½ tbsp butter per person in a large sauté pan with a lid. Fry the **garlic** and **onion** for 2 – 3 minutes on medium heat. Add the **minced beef** and stir fry for 5 – 6 minutes until brown.



5. Make the bobotie

Transfer the minced meat mixture to a baking dish. Press well with the back of a spoon. Pour the egg-milk mixture over it. Cook the bobotie in the oven for 20 – 25 minutes, or until the custard on top is thick and golden.



3. Fry the seasonings

In the meantime, grate the **apple** with a coarse grater. Add the grated **apple**, **curry paste**, **bay leaf**, **green beans**, **raisins** and **mango chutney** to the **minced beef**. Season with salt and pepper. Allow to simmer for 10 minutes on low heat, covered with the lid.



6. Serve

Transfer the bobotie to plates. Serve with the carrot rice.

Enjoy!



Homemade boomstammetjes with snow peas, carrot and potato puree

FAMILY 45 min. • Eat within 5 days



Panko breadcrumbs are larger and more flaky than regular breadcrumbs. Mixed with rosemary they will give your boomstammetjes an irresistible crunchiness!



Minced pork



Cage-free egg



Panko



Grated aged cheese



Starchy potatoes



Carrot



Dried rosemary



Snow peas



Pantry items

Butter, olive oil, white balsamic vinegar, mustard, 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

Small bowl, 2x frying pan, 2x pan with a lid, large bowl, baking dish, deep plate

Ingredients for 1 – 6 servings

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

Not included

Butter (tbsp)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Milk	a splash					

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3391 / 811	444 / 106
Total fat (g)	32	4
Of which: saturated (g)	11,8	1,5
Carbohydrates (g)	89	12
Of which: sugars (g)	16,3	2,1
Fibre (g)	16	2
Protein (g)	34	4
Salt (g)	2,7	0,4

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. Mix the minced meat

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



2. Prepare the carrot

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



3. Make the boomstammetjes

Transfer the remaining **panko** to a deep plate and transfer 1½ tsp of the dried **rosemary** to a small bowl. Push one side of each boomstammetje into the dried **rosemary** and then roll through the **panko**. Heat ¼ tbsp butter per person in a frying pan on medium-high heat and fry the boomstammetjes for 2 – 3 minutes until brown all around. Then transfer the boomstammetjes to a baking dish and cook them in the oven for 12 – 16 minutes.



4. Cook

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



5. Fry the vegetables

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



6. Serve

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

Enjoy!



Pasta dish with chicken from the oven

with ricotta sauce and summer vegetables

35 min. • Eat within 5days



Literally, ricotta means 'cooked again'. It is made of a byproduct from the production of cheese: whey. This is 'recooked' and that is how ricotta forms.



Rigatoni



Italian marinated chicken fillet strips



Italian vegetable mix



Ricotta



Grated aged cheese



Italian herbs



Garlic clove



Pantry items

Olive oil, extra virgin olive oil, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, baking dish, frying pan, pan with a lid

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Rigatoni (g) 1) 20)	90	180	270	360	450	540
Italian marinated chicken fillet strips* (g)	100	200	300	400	500	600
Italian vegetable mix* (g) 23)	200	400	600	800	1000	1200
Ricotta* (g) 7)	25	50	75	100	125	150
Grated aged cheese* (g) 7)	15	25	35	50	60	75
Italian herbs (packet)	½	1	1½	2	2½	3
Garlic clove (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

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3035 / 726	683 / 163
Total fat (g)	27	6
Of which: saturated (g)	8,7	2,0
Carbohydrates (g)	78	18
Of which: sugars (g)	14,0	3,1
Fibre (g)	7	2
Protein (g)	39	9
Salt (g)	0,7	0,2

Allergens:

1) Grains containing gluten 7) Milk/lactose

May contain traces of: 20) Soy 23) Celery

Contact

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



1. Cook the rigatoni

Preheat the oven to 200 degrees. Boil water with a generous amount of salt in a pan with a lid for the rigatoni. Cook the **rigatoni** for 13 – 15 minutes. Then drain and leave to steam dry without the lid.



4. Mix the ricotta

In the meantime, press or mince the **garlic**. Mix the **garlic** with the **ricotta**, the **Italian herbs** and the extra virgin olive oil. Season with a generous amount of salt and pepper. Then add the **ricotta**, **rigatoni** and **chicken** to the **vegetables** and transfer the mixture to a baking dish.



2. Fry the vegetables

In the meantime, heat half of the olive oil in a sauté pan with a lid on medium–high heat. Add the **mixed vegetables** and 2 tbsp water per person and stew for 8 – 10 minutes, covered with the lid. Stir regularly. Season with salt and pepper (TIP).

TIP: The vegetables will only be added to the oven briefly, so they have to be almost cooked.



5. Pasta in the oven

Sprinkle the **grated aged cheese** over the dish and heat in the oven for 6 – 8 minutes (TIP).

TIP: You can leave the dish in the oven longer in case the vegetables are not completely cooked yet.



3. Fry the chicken fillet

Heat the remaining olive oil in a frying pan and fry the **chicken fillet** strips for 4 – 6 minutes. They don't have to be cooked through yet.



6. Serve

Transfer the dish to plates.

Enjoy!



Luxurious hotdog with Brandt & Levie Chimay sausage on a brioche bun with sauerkraut and broccoli-slaw

PREMIUM 40 min. • Eat within 5 days



At Brandt & Levie, they use their own recipes and Dutch pigs. This time they added real Belgian Trappist cheese and onion.



Waxy potatoes



Sauerkraut



Apple



Red onion



Tomato



Mayonnaise



Buttermilk



Broccoli rice



Dried cranberries



Shaved almonds



Pork sausage with
Chimay cheese
and braised onion



Brioche bun



Pickles

Pantry items

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

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Sauerkraut* (g)	100	200	300	400	500	600
Apple (pcs)	¼	½	¾	1	1¼	1½
Red onion (pcs)	¼	½	¾	1	1¼	1½
Tomato (pcs)	½	1	1½	2	2½	3
Mayonnaise* (g, 3 10) 19) 22)	25	50	75	100	125	150
Buttermilk* (ml) 7)	50	100	150	200	250	300
Broccoli rice* (g, 23)	100	200	300	400	500	600
Dried cranberries (g, 19) 22) 25)	25	50	75	100	125	150
Shaved almonds* (g, 8) 19) 25)	10	20	30	40	50	60
Pork sausage with Chimay cheese and braised onion* (pcs) 7)	1	2	3	4	5	6
Brioche bun (pcs) 1) 7) 17) 20) 22) 25)	1	2	3	4	5	6
Pickles* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4431/1059	675/161
Total fat (g)	58	9
Of which: saturated (g)	15,6	2,4
Carbohydrates (g)	99	15
Of which: sugars (g)	27,9	4,3
Fibre (g)	12	2
Protein (g)	30	5
Salt (g)	2,8	0,4

Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose
8) Nuts 10) Mustard
May contain traces of: 17) Eggs 19) Peanuts
20) Soy 22) Nuts 23) Celery 25) Sesame seed



1. Prepare the fries

Preheat the oven to 210 degrees. Peel or thoroughly wash the **potatoes** and cut them into ½ – 1 cm thick fries. On a baking sheet lined with baking paper, mix the fries with ½ tbsp olive oil per person, salt and pepper. Roast in the middle of the oven for 25 – 40 minutes. Turn the fries when halfway done.



4. Make the slaw

In a salad bowl, mix the **buttermilk**, ⅓ of the **mayonnaise**, the white wine vinegar, sugar and salt and pepper to taste. Then add the **broccoli rice**, the **apple**, **red onion** and **dried cranberries** and mix well. Set aside in the refrigerator.



2. Heat the sauerkraut

Transfer the **sauerkraut**, including liquid (TIP), to a saucepan with a lid. Heat the **sauerkraut** on medium heat for 10 – 12 minutes, covered with the lid. Then drain and allow to steam dry without the lid. Season with salt and pepper.

TIP: For a milder sauerkraut flavor you can rinse it with water in a sieve. Don't forget to add a little bit of water to the saucepan when you heat it, or else it will burn.



5. Fry the sausage

Heat a frying pan with a lid on medium heat and roast the **shaved almonds** until golden brown, without any oil. Take from the pan and set aside. Then heat the remaining olive oil in the same frying pan and fry the **pork 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. Turn regularly. In the meantime, add the **brioche** to the oven for the final 2 – 3 minutes of the fries.



3. Cut

Remove the core from the **apple** and cut the **apple** into very small dices. Chop the **red onion** and cut the **tomato** into slices. In a small bowl, mix ⅓ of the **mayonnaise** with the mustard. Set aside in the refrigerator.



6. Serve

Cut open the **brioche** and spread with the mustard mayonnaise. Place the **sausage** on the **brioche** and garnish with the **tomato**, the diced **pickles** and the **sauerkraut** to taste. Serve the hotdog with the broccoli slaw, the fries and the remaining **mayonnaise**. Garnish the slaw with the **shaved almonds**.

Enjoy!



Fresh pappardelle with shrimps and lemon ricotta with green peas and roasted hazelnuts

PREMIUM 35 min. • Eat within 5 days



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



Leek



Garlic clove



Fresh rosemary



Roasted hazelnuts



Shrimps



Fresh pappardelle



Green peas



Lemon



Ricotta



Rocket lettuce

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Leek* (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Fresh rosemary* (sprigs)	1	2	3	4	5	6
Roasted hazelnuts (g) 8) 19) 25)	10	20	30	40	50	60
Shrimps* (g) 2)	120	240	360	480	600	720
Fresh pappardelle* (g) 1) 3)	125	250	375	500	625	750
Green peas* (g) 23)	25	50	75	100	125	150
Lemon (pcs)	¼	½	¾	1	1¼	1½
Ricotta* (g) 7)	40	80	120	160	200	240
Rocket lettuce* (g)	20	40	60	80	100	120

Not included

Butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6

Extra virgin olive oil to taste

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3569 / 853	720 / 172
Total fat (g)	41	8
Of which: saturated (g)	14,9	3,0
Carbohydrates (g)	79	16
Of which: sugars (g)	7,2	1,5
Fibre (g)	8	2
Protein (g)	39	8
Salt (g)	1,4	0,3

Allergens:

1) Grains containing gluten 2) Shellfish 3) Eggs

7) Milk/lactose 8) Nuts

May contain traces of: 19) Peanuts 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. Stew the leek

Cut the **leek** into 10 cm long pieces, half lengthwise and cut into ½ cm wide strips. Press or mince the **garlic**. Strip the **rosemary** leaves from the stem and finely chop the leaves. Heat 1 tbsp butter per person in a sauté pan with a lid on low heat. Fry half of the **garlic** and **rosemary** for 1 minute. Add the **leek** and fry for 4 minutes. Then add 1 tbsp water per person and allow to stew gently for 10 minutes, covered with the lid.



4. Cook and mix

Cook the **pappardelle** and **green peas** together for 4 – 6 minutes in the pan with boiling water. Then drain and separate a couple of **green peas** for garnishing. Mix the **pappardelle** with ½ tbsp olive oil per person. Juice half of the **lemon** and cut the other half into quarters. In a small bowl, mix the **ricotta** with the **lemon juice** and a generous amount of salt and pepper.

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



2. Roast the hazelnuts

Boil ample water in a pan with a lid for the pappardelle and green peas. Roughly chop the **hazelnuts**. Heat a frying pan without oil on medium–high heat and roast the **hazelnuts** until they start to color. Take from the pan and set aside.



5. Mix

Add the **shrimps**, **pappardelle** and the **ricotta** mixture to the **leek** and mix well. If necessary, season with more salt and pepper.



3. Fry the shrimps

Heat ½ tbsp olive oil per person in the same frying pan on medium–high heat. Pat the **shrimps** dry with kitchen paper. Fry the remaining **garlic** and **shrimps** for 3 – 4 minutes.



6. Serve

Place the rucola on one side of each plate and place the **pappardelle** in the middle. Garnish the dish with the saved **green peas** and the roasted **hazelnuts**. Serve with the **lemon** wedge. Season with extra virgin olive oil, salt and pepper to taste.

Enjoy!



Beef tenderloin with homemade honey-mustard sauce

with roasted baby potatoes, little gem and celeriac crème

FESTIVE 50 min. • Eat within 5 days



Beef tenderloin is perfect for roasting in the oven. After you take it from the oven, allow the beef tenderloin to rest under aluminium foil for 15 minutes. This will make the meat extra tender.



Baby potatoes



Red onion



Shaved almonds



Beef tenderloin



Yellow mustard seed



Honey



Celeriac



Mascarpone



Little gem



Parmigiano reggiano



Fresh flat leaf parsley
& chives

Pantry items

Olive oil, sugar, red wine vinegar, butter, brown sugar, mustard, vegetable stock cube, 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, griddle pan or frying pan, frying pan, pan with a lid, baking sheet lined with baking paper, baking dish, cheese slicer, hand blender

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	250	500	750	1000	1250	1500
Red onion (pcs)	½	1	1½	2	2½	3
Shaved almonds (g) 8) 19) 25)	5	10	15	20	25	30
Beef tenderloin* (g)	150	300	450	600	750	900
Yellow mustard seed (tsp) 10)	1	2	3	4	5	6
Honey (jar)	½	1	1½	2	2½	3
Celeriac (g) 9)	250	500	750	1000	1250	1500
Mascarpone* (g) 7)	15	25	30	45	55	70
Little gem* (head)	1	2	3	4	5	6
Parmigiano reggiano* (g) 7)	15	25	35	50	60	75
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	2	4	6	8	10	12
Butter (tbsp)	1½	3	4½	6	7½	9
Brown sugar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4353/1041	471/113
Total fat (g)	48	5
Of which: saturated (g)	24,1	2,6
Carbohydrates (g)	88	10
Of which: sugars (g)	27,2	2,9
Fibre (g)	20	2
Protein (g)	54	6
Salt (g)	2,2	0,2

Allergens:

7) Milk/lactose 8) Nuts 9) Celery 10) Mustard

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



1. Prepare

Preheat the oven to 200 degrees (TIP). On a baking sheet lined with baking paper, mix the **baby potatoes** with the olive oil, salt and pepper. Roast in the oven for 35 – 40 minutes. Chop the **red onion** and mix in a small bowl with 1 tsp salt per person, the regular sugar and the red wine vinegar. Keep in the refrigerator. Roast the **shaved almonds** in a large frying pan, without oil, until golden brown. Take from the pan and set aside.

TIP: It is best to take the beef from the refrigerator half an hour before you start cooking. If it stays too cold on the inside it will turn tough and chewy when you cook it.



4. Fry the little gem

Cut the **little gem** in half and keep the hard bottom attached so the little gem does not fall apart. Heat ½ tbsp butter per person in a frying pan or griddle pan and fry the **little gem** for 3 – 4 minutes on the cut side.



2. Prepare the beef

In the meantime, heat 1 tbsp butter per person in a frying pan on high heat. Fry the **beef tenderloin** for 4 minutes until brown all around. Transfer the **beef tenderloin** to an oven dish. In the pan you just used for the beef, fry the **mustard seeds** for 1 minute (TIP). Add the honey, brown sugar, mustard and 2 tbsp water per person and heat for another 2 – 3 minutes. Pour the honey–mustard sauce over the **beef tenderloin** and roast it in the oven for 10 – 20 minutes, until cooked medium. Keep it in the oven longer if you prefer the **beef** more cooked.

TIP: Be aware: the mustard seed might pop! Cover the pan with a lid.



5. Cut

Finely chop the **chives** and **flat leaf parsley**. Grate thin slices of **parmigiano reggiano** with a **cheese** slicer or peeler.



3. Make the puree

Boil ample water in a pan with a lid. Weigh the **celeriace**, peel it and cut into 3 cm dices. Add the **celeriace** and the stock cube to the pan and cook for 15 – 17 minutes, or until the **celeriace** is cooked. Drain, add the **mascarpone** and mix into a smooth puree with a hand blender. Season with salt and pepper.



6. Serve

Cut the **beef tenderloin** into thin slices and serve with the honey–mustard sauce from the baking dish. Serve with the **baby potatoes**, the celeriace puree and the grilled **little gem**. Garnish the puree with the **chives** and the **little gem** with the **red onion**, **parmigiano reggiano**, **parsley** and the **shaved almonds**.

Enjoy!



Tostada with a double portion minced chicken with a refreshing corn-tomato salad

HELLOEXTRA QUICK & EASY 20 min. • Eat within 5 days



Did you know that cheddar is a village in England? Cheddar cheese originated here, but has quickly grown into one of the most popular cheeses in the world!



Tomato



Canned corn



Mexican spices



Minced chicken
with Mexican spices



Passata



White tortilla



Grated cheddar



Lime



Lamb's lettuce

Pantry items

Olive oil, extra virgin olive oil, salt
and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Tomato (pcs)	1	2	4	4	6	6
Canned corn (can)	75	150	200	240	350	390
Mexican spices (tsp)	1	2	3	4	5	6
Minced chicken with Mexican spices* (g)	200	400	600	800	1000	1200
Passata (pack)	½	1	1½	2	2½	3
White tortilla (pcs) 1)	3	6	9	12	15	18
Grated cheddar* (g) 7)	50	75	100	125	175	200
Lime (pcs)	¼	½	¾	1	1¼	1½
Lamb's lettuce* (g)	40	60	80	100	140	160
Not included						
Olive oil (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 portie	Per 100g
Energy (kJ/kcal)	4211 / 1007	642 / 154
Total fat (g)	51	8
Of which: saturated (g)	15,3	2,3
Carbohydrates (g)	72	11
Of which: sugars (g)	16,2	2,5
Fibre (g)	7	1
Protein (g)	60	9
Salt (g)	2,9	0,4

Allergens:

1) Grains containing gluten 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 220 degrees.
- Cut the **tomato** into dices. Drain the **corn**.

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.



3. Make the tostadas

- Spread the chicken–tomato sauce onto the **tortillas** and sprinkle them with **cheddar**.
- Heat in the oven for 4 – 5 minutes, so the cheese melts.
- In the meantime, cut the **lime** into wedges and finely chop the fresh flat leaf parsley.



2. Make the sauce

- Heat ½ tbsp olive oil per person in a frying pan on medium–high heat. Fry 1 tsp **Mexican spices** per person for 1 minute. Add the **minced chicken** and stir fry for 3 minutes.
- Add the **passata**, half of the **corn** and half of the diced **tomato** and simmer for 4 – 5 minutes.
- In the meantime, spread the **tortillas** over a baking sheet with baking paper and heat in the oven for 2 – 3 minutes.



4. Serve

- In a salad bowl, mix the **lamb's lettuce**, the remaining **corn** and **tomato**. Mix with ½ tbsp extra virgin olive oil per person, salt and pepper, and squeeze one **lime** wedge per person over it.
- Serve the tostadas with the remaining **lime**.

Enjoy!



Creamy linguine with bream fillet as extra

with broccoli, goat cheese and walnuts

HELLOEXTRA QUICK & EASY 25 min. • Eat within 5 days

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



Bream fillet with skin



Broccoli



Shallot



Garlic clove



Semi-dried tomatoes



Chopped walnuts



Linguine



Dried oregano



Single cream



Grated matured goat cheese

Pantry items

Vegetable stock, olive oil, butter, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Bream fillet with skin* (pcs) 4)	1	2	3	4	5	6
Broccoli* (g)	200	400	600	800	1000	1200
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Semi-dried tomatoes* (g)	35	60	90	120	150	180
Chopped walnuts (g) 8) 19) 25)	10	20	30	40	50	60
Linguine (g) 1) 20)	90	180	270	360	450	540
Dried oregano (tsp)	1	2	3	4	5	6
Single cream* (tbsp) 7)	2	4	6	8	10	12
Grated matured goat cheese* (g) 3) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1	2	2	3
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)	3853 /921	635 /152
Total fat (g)	48	8
Of which: saturated (g)	18,5	3,1
Carbohydrates (g)	75	12
Of which: sugars (g)	8,4	1,4
Fibre (g)	12	2
Protein (g)	43	7
Salt (g)	1,5	0,2

Allergens:

1) Grains containing gluten 3) Eggs 4) Fish 7) Milk/lactose 8) Nuts
May contain traces of: 19) Peanuts 20) Soy 25) Sesame seed

Contact

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1. Prepare

- Prepare the stock. Pat dry the **bream fillet** with kitchen paper.
- Boil ample water in a pan with a lid for the linguine and broccoli.
- Cut the **broccoli** into florets and the stem into dices. Chop the **shallot** and press or mince the **garlic**.



3. Make the pasta

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

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



2. Cook

- Cut the **semi-dried tomatoes** into small pieces.
- Cook the **linguine** for 10 – 12 minutes in the pan with boiling water, covered with the lid. Add the **broccoli** after 5 – 7 minutes. Then drain and leave to steam dry without the lid.
- In the meantime, heat the butter in a frying pan on medium-high heat. Fry the **bream fillet** for 2 – 3 minutes on the skin-side and 1 – 2 minutes on the other side. Season with salt and pepper.



4. Serve

- Transfer the **pasta** to plates and place the **bream fillet** on top.
- Sprinkle with the remaining **goat cheese** and the **chopped walnuts** (TIP).

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

Enjoy!

The right answer is: tongues



Indian curry with fennel and naan bread

with snow peas and pointed pepper as extra

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



Fresh coriander



Yellow mustard seed



Tomato paste



Red pointed pepper



Brown rice



Coconut milk



Canned corn



Snow peas



Naan bread



Full-fat yogurt

Pantry items

Sunflower oil, vegetable stock cube, 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
Red pointed pepper* (pcs)	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
Snow peas* (g)	75	150	225	300	375	450
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 cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4157 / 994	557 / 133
Total fat (g)	40	5
Of which: saturated (g)	24,0	3,2
Carbohydrates (g)	130	17
Of which: sugars (g)	25,0	3,4
Fibre (g)	16	2
Protein (g)	24	3
Salt (g)	2,4	0,3

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**. Add the **corn**, **snow peas** and **red pointed pepper** to the pan and allow to simmer for 10 – 12 minutes, covered with the lid. 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 **ginger**, **turmeric**, **mustard seeds**, **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. In the meantime, cut the **red pointed pepper** into thin rings.

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



5. Heat the naan

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 (TIP).

TIP: This dish is rich in fibre, but also rich in calories. 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, in a porridge breakfast for example.



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!



BREAKFAST BOX

Good morning!

1

Omelette with avocado
with a whole grain roll

2

Smoothie bowl
with mango and spinach

3

Spelt cakes
with turkey fillet and
cottage cheese

Omelette with avocado

with a whole grain roll

1X 25 min.



Equipment

Bowl, frying pan

Ingredients for 1 breakfast

	2P	4P
Cage-free egg* (pcs) 3)	4	8
Cracked whole grain roll (pcs) 1) 17) 20) 21) 22) 25)	2	4
Fresh chives* (g)	3	6
Avocado (pcs)	1	2
Not included		
Butter (tbsp)	2	4
Milk	a splash	
Salt and pepper	to taste	

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	2653 /634	948 /226
Total fat (g)	38	14
Of which: saturated (g)	12,5	4,5
Carbohydrates (g)	48	17
Of which: sugar (g)	1,7	0,6
Fibres (g)	6	2
Protein (g)	21	7
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 **whole grain rolls** 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.

Smoothie bowl

with mango and spinach

2X 10 min.



Equipment

High bowl with a hand blender or blender

Ingredients for 1 breakfast

	2P	4P
Banana (pcs)	1	2
Mango (pcs)	½	1
Full-fat yogurt* (ml) 7)	150	300
Cranberry-seeds mix (g) 19) 22) 25)	40	80
Spinach* (g) 23)	40	80

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	1343 / 321	455 / 109
Total fat (g)	12	4
Of which: saturated (g)	3,3	1,1
Carbohydrates (g)	42	14
Of which: sugar (g)	32,9	11,2
Fibres (g)	5	2
Protein (g)	9	3
Salt (g)	0,1	0,0

Allergens

7) Milk/lactose

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

25) Sesame seed

1. Cut the **banana** into slices. Peel the **mango** and cut the into small pieces.
2. Add the **banana, mango, yogurt** and **spinach** to a blender or a high bowl with a hand blender and puree into a smooth, thick smoothie.
3. Transfer the smoothie to bowls and garnish with the **cranberry-seeds mix**.

Spelt cakes

with turkey fillet and cottage cheese

2X 10 min.



Ingredients for 1 breakfast

	2P	4P
Spelt cakes* (pcs) 1)	6	12
Cottage cheese* (g) 7) 15) 17) 22)	100	200
Turkey fillet* (slices) 3)	2	4
Tomato (pcs)	1	2
Garden cress* (tbsp)	1½	3

Not included

Salt and pepper to taste

* keep in the refrigerator

Nutritive value

	Per portion	Per 100g
Energy (kJ/kcal)	640 / 153	455 / 109
Total fat (g)	2	2
Of which: saturated (g)	1,2	0,9
Carbohydrates (g)	17	12
Of which: sugar (g)	2,6	1,8
Fibres (g)	3	2
Protein (g)	14	10
Salt (g)	0,8	0,6

Allergens

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

May contain traces of: 15) Grains containing gluten

17) Eggs 22) Nuts

1. Spread 2 **spelt cakes** per person with **cottage cheese** and top the other **spelt cakes** with the **turkey fillet**.
2. Cut the **tomato** into slices and divide these over the **cottage cheese**. Cut the **garden cress** and divide among all spelt cakes. Season to taste with salt and pepper.
3. Transfer the **spelt cakes** to plates.



Airy peach-cinnamon cake

BAKING 90 min.



Butter



Ground cinnamon



Cage-free egg



Cake mix



Peach

Pantry items

Sugar



1. Make the cinnamon syrup

Preheat the oven to 180 degrees. Take the **butter** from the refrigerator, separate 50 g and cut the remaining butter into dices. Melt the 50 g **butter** in a saucepan on low heat. Then take from the stove and add the sugar, 2 tsp **cinnamon** and a pinch of salt, while stirring. Mix for 2 - 3 minutes and allow to cool for 8 - 10 minutes. In a small bowl, whisk 2 **eggs**. When the syrup in the pan is not hot anymore, add the eggs to the pan, while stirring. Set aside.



2. Make the batter

Transfer the **cake mix** to a large bowl. Whisk the remaining **eggs** in a different small bowl. Add the remaining **butter** and the **whisked eggs** to the **cake mix** and mix into a smooth batter with a (hand) mixer.



3. Add the peach

Grease a round cake tin (24 cm diameter) or line with baking paper. Pour the batter into the cake tin. Cut the **peaches** in half and remove the seeds. Place them on top of the batter with the cut sides up. Pour the cinnamon syrup over the whole.



4. Bake the cake

Bake the cake in the oven for 50 - 60 minutes. After 50 minutes, check whether the cake is done by piercing it with a wooden skewer. Does it come out clean? Your cake is done. Take it from the oven and allow to cool completely. Cut the cake into slices.

Equipment

2x small bowl, saucepan, (hand)mixer or whisk, round cake tin ø 24 cm, large bowl

Ingrediënten

	± 12 pieces
Butter (g) 7)	250
Ground cinnamon (tsp)	2
Cage-free egg* (pcs) 3)	6
Cake mix (g) 1) 7) 17) 20) 22) 25)	400
Peach (pcs)	3
Not included	
Sugar (tbsp)	5

* keep in the refrigerator

Nutritive value

	Per piece
Energy (kJ/kcal)	1389 / 332
Total fat (g)	21
Of which: saturated (g)	12,9
Carbohydrates (g)	30
Of which: sugars (g)	15,5
Fibre (g)	0
Protein (g)	4
Salt (g)	0,7

Allergens:

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

May contain traces of: 17) Eggs 20) Soy 22) Nuts 25) Sesame seed

Contact

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