



Creamy potato soup with shrimps

with coconut milk, fresh corn and tomato

BALANCED **FAMILY** 35 min. • Eat within 3 days

BALANCED



Shallot



Waxy potatoes



Paprika



Bay leaf



Corn cob



Tomato



Fresh chives



Shrimps



Coconut milk

Pantry items

Butter, vegetable stock cube, olive oil, white wine vinegar, salt and pepper

A good start

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

Equipment

Stock pot with a lid, frying pan, kitchen paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Waxy potatoes (g)	200	400	600	800	1000	1200
Paprika (tsp)	½	1	1½	2	2½	3
Bay leaf (pcs)	1	2	3	4	5	6
Corn cob* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	2	4	6	8	10	12
Fresh chives* (g)	2½	5	7½	10	12½	15
Shrimps* (g) 2)	80	160	240	320	400	480
Coconut milk (ml) 26)	100	200	300	400	500	600
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	2642 / 632	366 / 88
Total fat (g)	33	5
Of which: saturated (g)	21,6	3,0
Carbohydrates (g)	59	8
Of which: sugars (g)	15,5	2,2
Fibre (g)	10	1
Protein (g)	22	3
Salt (g)	3,5	0,5

Allergens:

2) Shellfish

May contain traces of: 26) Sulfur dioxide & sulfite

Contact

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



1. Prepare

Boil 250 ml water per person. Chop the **shallot**. Peel the **potatoes** and cut into 1 – 1½ cm dices. Heat the butter in a stock pot with a lid on medium-high heat and fry the **shallot** for 3 minutes, with a pinch of salt. Add the **paprika** and the **bay leaf** and fry for half a minute.

FACT: Did you know that potatoes are super healthy? They are rich in good carbohydrates, our first energy source, potassium for a healthy blood pressure, vitamin B6 and B11 for your energy level, fibre for healthy digestion and vitamin C for a strong immune system!



4. Fry the shrimps

Pat the **shrimps** dry with kitchen paper. Heat the olive oil in a frying pan on high heat and fry the **shrimps** for 2 minutes until brown all around. They do not have to be cooked through yet. Season with salt and pepper, take from the pan and set aside.

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



2. Cook the potatoes

Add the **potatoes** to the stock pot, add the boiling water and crumble ½ stock cube per person over it. Cook the potatoes for 12 – 15 minutes.

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



5. Cook the soup

Add the **corn kernels**, the **tomato** and **coconut milk** to the pan with **potatoes** and cook for 2 minutes. Add the **shrimps**, including cooking grease, and heat for half a minute. Add the white wine vinegar and half of the **chives** with the soup.

TIP: Are you a big eater? Use 125 ml coconut milk per person.



3. Cut

In the meantime, place the **corn cob** upright on a cutting board and carefully cut off the corn kernels. Cut the **tomato** into large pieces and finely chop the **chives**.



6. Serve

Divide the soup among bowls and garnish with the leftover **chives**.

Enjoy!



Chili con carne stuffed bell pepper

with brown rice and yogurt

40 min. • Eat within 5 days



Bell pepper



Brown rice



Onion



Red chili pepper



Tomato



Mixed minced meat with Italian herbs



Mexican spices



Red kidney beans



Full-fat yogurt



Grated cheddar

Pantry items

Butter, black balsamic vinegar, salt and pepper

A good start

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

Equipment

Baking sheet lined with baking paper, wok or sauté pan with a lid, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Bell pepper* (pcs)	1½	3	4½	6	7½	9
Brown rice (g)	40	85	125	170	210	250
Onion (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Tomato (pcs)	1	2	3	4	5	6
Mixed minced meat with Italian herbs* (g)	100	200	300	400	500	600
Mexican spices (tsp)	1	2	3	4	5	6
Red kidney beans (can)	½	1	1½	2	2½	3
Full-fat yogurt* (g) 7) 19) 22)	25	50	75	100	125	150
Grated cheddar* (g) 7)	12½	25	37½	50	62½	75

Not included

Butter (tbsp)	1	1	2	2	3	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)	2925 / 699	463 / 111
Total fat (g)	34	5
Of which: saturated (g)	15,5	2,5
Carbohydrates (g)	53	8
Of which: sugars (g)	15,6	2,5
Fibre (g)	13	2
Protein (g)	38	6
Salt (g)	0,8	0,1

Allergens:

7) Milk/lactose

May contain traces of: 19) Peanuts 22) Nuts

Contact

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1. Roast the bell pepper

Preheat the oven to 200 degrees. In the meantime, boil ample water in a pan with a lid for the rice. Cut the 1 **bell pepper** per person in half lengthwise and remove the seeds. As soon as the oven is hot, transfer the bell pepper to a baking sheet lined with baking paper, with the cut side down. Roast in the oven for 15 – 20 minutes, or until light brown.



4. Fry

Heat the butter in a wok or sauté pan with a lid and fry the **onion** for 2 minutes on low heat. Add the **Italian spiced minced meat**, the **red chili pepper** and the **Mexican spices** and season with salt and pepper. Stir fry for 1 – 2 minutes on medium-high heat. It does not have to be cooked through yet.



2. Cook the rice

In the meantime, cook the **brown rice** for 12 – 15 minutes, covered with the lid. Then drain and leave to steam dry without the lid.



5. Stew

Add the **tomato**, diced **bell pepper**, **kidney beans** (you don't have to drain them) and black balsamic vinegar to the wok or sauté pan, cover with the lid and allow to stew for 10 – 12 minutes on medium heat. For the last 5 – 6 minutes, remove the lid from the pan. Stir regularly and season with salt and pepper.

FACT: Did you know that kidney beans, out out all beans, contain the most fibre? Fibres are not only good for you digestion, they also contribute to a lower risk of cardiovascular diseases. Kidney beans also contain a lot of magnesium, which is important for healthy muscles.



3. Cut the vegetables

In the meantime, chop the **onion**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Cut the remaining **bell pepper** and **tomato** into dices.



6. Serve

Transfer the **rice** to plates and put the halved **bell pepper** next to it. Stuff the pepper with the chili con carne. Garnish with the **yogurt** and the **grated cheddar**.

FACT: Did you know that, largely due to the bell pepper, this dish contains 200% of the daily recommended amount of vitamin C? That makes this dish good for your immune system and intestines!

Enjoy!



Boekoeloekoburger with a fried egg

with potatoes, refreshing salad and honey-mustard mayonnaise

VEGETARIAN 45 min. • Eat within 5 days

VEGETARIAN



Waxy potatoes



Onion



Boekoeloekoe burger mix



Grated matured cheese



Free-range egg



Mayonnaise



Bell pepper



Lettuce



White ciabatta

Pantry items

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

A good start

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

Equipment

Sauté pan with a lid, small bowl, 2x frying pan, bowl, salad bowl, large bowl, baking sheet lined with baking paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Onion (pcs)	¼	½	¾	1	1¼	1½
Boekoeloeke burger mix (g) 1) 9) 19) 20) 21) 22) 25) 27)	20	40	60	80	100	120
Grated matured cheese* (g) 7)	12½	25	37½	50	62½	75
Free-range egg* (pcs) 3)	1½	3	4½	6	7½	9
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Bell pepper* (pcs)	1	2	2	3	4	5
Lettuce* (g) 23)	30	60	90	120	150	180
White ciabatta (st) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Milk (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1½	3	4½	6	7½	9
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	2	4	6	8	10	12

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4169/997	619/148
Total fat (g)	58	9
Of which: saturated (g)	11,5	1,7
Carbohydrates (g)	87	13
Of which: sugars (g)	14,7	2,2
Fibre (g)	11	2
Protein (g)	27	4
Salt (g)	2,0	0,3

Allergens:

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 9) Celery 10) Mustard

May contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose 22) Nuts 23) Celery 25) Sesame seed 27) Lupin



1. Fry the potatoes

Preheat the oven to 200 degrees. Peel or thoroughly wash the **potatoes** and cut them into wedges. Finely chop the **onion**. Heat 1 tbsp olive oil per person in a sauté pan with a lid and fry the **potatoes** for 25 – 35 minutes on medium-high heat, covered with the lid. Remove the lid after 20 minutes. Regularly stir and season with salt and pepper.



4. Fry the burgers

Take the Boekoeloeke mixture and separate it into one small ball per person. Heat ¼ tbsp olive oil in a frying pan on medium-high heat, gently place the balls in the pan and press them into the shape of a burger. Optionally, use a spatula to shape them a bit more. Fry the burgers for 4 - 5 minutes on each side. Meanwhile, heat ¼ tbsp olive oil per person in a different frying pan and fry the leftover **egg**. Season with salt and pepper.



2. Make the burger

In a bowl, whisk half an **egg** per person. In a large bowl, mix the needed amount of **Boekoeloeke mix** with the **grated cheese**, **onion**, 1 tbsp whisked **egg** per person and 1 tbsp milk per person (TIP). Add a little bit of extra milk in case the mixture stays too dry (TIP). Leave the mixture in the refrigerator for 15 minutes so it can firm up.

TIP: You will whisk the egg first. This makes it easier to separate into tablespoons.

TIP: You can ignore the preparation on the packaging of the burger mix; just follow the steps on this recipe card.



5. Heat the ciabatta

In the meantime, heat the **ciabatta** in the oven for 6 - 8 minutes on a baking sheet lined with baking paper. Mix the remaining **mayonnaise** in a small bowl with the honey and mustard (TIP).

TIP: This dish is rich in calories. Are you watching your calorie intake? Use half of the mayonnaise and 100 g potatoes per person. You can also leave out the bread, so you will have a dish with a veggie burger, vegetables and potatoes.



3. Make the salad

In the meantime, make a dressing with the extra virgin olive oil, 1 tsp **mayonnaise** per person and the white balsamic vinegar. Cut the **bell pepper** into thin strips. Mix the dressing with the bell pepper and the **lettuce**. Save a little bit of lettuce for the bun.



6. Top the burger

Cut open the **ciabatta** and divide the saved **lettuce** among them. Put the Boekoeloeke burger on top and add 1 tbsp of the honey-mustard mayonnaise onto the burger. Top with the fried **egg**. Serve with the salad and the **potatoes** next to the burger sandwich.

Enjoy!



French-style cod with butter sauce and capers

with leek and green beans

40 min. • Eat within 3 days



Starchy potatoes



Leek



Green beans



Shallot



Garlic clove



Lime



Fresh flat leaf parsley



Cod fillet



Capers

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Starchy potatoes* (g)	250	500	750	1000	1250	1500
Leek* (pcs)	½	1	1½	2	2½	3
Green beans* (g)	75	150	225	300	375	450
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove* (pcs)	½	1	1½	2	2½	3
Lime (pcs)	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cod fillet* (pcs) 4)	1	2	3	4	5	6
Capers* (g)	10	20	30	40	50	60
Not included						
Vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2977 / 712	330 / 79
Total fat (g)	33	4
Of which: saturated (g)	14,2	1,6
Carbohydrates (g)	68	8
Of which: sugars (g)	9,2	1,0
Fibre (g)	12	1
Protein (g)	29	3
Salt (g)	3,7	0,4

Allergens:

4) Fish

May contain traces of: -

Contact

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



1. Prepare

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



4. Fry the cod

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



2. Roast the potatoes

Mix the **potatoes** with ½ tbsp olive oil per person, salt and pepper. Transfer to a baking sheet lined with baking paper and roast in the oven for 25 - 30 minutes. Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat. Fry the **leek, garlic** and half of the **shallot** for 3 - 4 minutes. Deglaze with the stock and add the **green beans**. Bring to a boil, covered with the lid, and cook for 10 - 12 minutes. Then drain and set aside (TIP).

TIP: It is OK if the vegetables cool down a little bit.



5. Make the butter sauce

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



3. Mix the vinaigrette

In a bowl, mix per person: ½ tbsp extra virgin olive oil, 1 tsp white wine vinegar, 1 tsp mustard, the remaining **shallot**, salt and pepper into a vinaigrette. Cut the **lime** into 2 wedges per person. Finely chop the **flat leaf parsley**.



6. Serve

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

Enjoy!



Mini tortillas with crunchy chicken and mango chutney

with carrot-cabbage salad and tomato

FAMILY 25 min. • Eat within 5 days

FAMILY



Chicken fillet



Full-fat yogurt



Paprika



Mango chutney



Tomato



Panko



White cabbage and carrot



Mini tortillas

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Diced chicken fillet* (g)	100	200	300	400	500	600
Full-fat yogurt* (g) 7) 19) 22)	50	100	150	200	250	300
Paprika (tsp)	½	¾	1	1½	1¾	2
Mango chutney* (g) 10) 19) 22)	20	40	60	80	100	120
Tomato (pcs)	1	2	3	4	5	6
Panko (g) 1)	12½	25	37½	50	62½	75
White cabbage and carrot* (g) 23)	100	200	300	400	500	600
Mini tortillas (pcs) 1)	3	6	9	12	15	18
Not included						
Sunflower oil (tbsp)	5	10	15	20	25	30
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3569 / 853	701 / 168
Total fat (g)	42	8
Of which: saturated (g)	7,2	1,4
Carbohydrates (g)	79	15
Of which: sugars (g)	22,9	4,5
Fibre (g)	7	1
Protein (g)	35	7
Salt (g)	1,2	0,2

Allergens:

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

Contact

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



1. Prepare

Preheat the oven to 200 degrees. Cut the **chicken fillet** into equally sized pieces of about 3 cm. In a bowl, mix the chicken fillet with ½ of the **yogurt**, 1 tsp **paprika** per person, salt and pepper. Set aside.



2. Make the sauce

Mix ½ of the **yogurt** with the **mango chutney**, salt and pepper. Set aside. Cut the **tomato** into dices.



3. Fry the chicken

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



4. Make the salad

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



5. Heat the tortillas

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



6. Serve

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

Enjoy!



Orzo with spinach and cherry tomatoes

a soft and creamy Italian dish

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

BALANCED



Shallot



Garlic clove



Cherry tomatoes



Orzo



Shaved almonds



Paprika



Spinach



Grana padano flakes

Pantry items

Vegetable stock, butter, salt and pepper

A good start

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

Equipment

Wok or sauté pan, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Cherry tomatoes (g)	125	250	375	500	625	750
Orzo (g) 1) 20)	85	170	250	335	420	500
Shaved almonds (g) 8) 19) 22)	5	10	15	20	25	30
Paprika (tsp)	1	2	3	4	5	6
Spinach* (g) 23)	150	300	450	600	750	900
Grana padano flakes* (g) 3) 7)	25	50	75	100	125	150

Not included

Vegetable stock (ml)	175	350	525	700	875	1050
Butter (tbsp)	1	1	2	2	3	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

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

Allergens:

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



1. Cut

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



2. Cook the orzo

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



3. Fry the cherry tomatoes

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



4. Fry the spinach

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



5. Mix

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



6. Serve

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

Enjoy!

FACT: Did you know that spinach is a good source of calcium? The amount of spinach you will use today contains almost as much calcium as a glass of milk.

Contact

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



Quiche with broccoli, cherry tomatoes and feta

with thyme and oregano

VEGETARIAN 50 min. • Eat within 5 days

VEGETARIAN



Broccoli



Red onion



Garlic clove



Free-range egg



Whipping cream



Dried oregano



Dried thyme



Feta



Cherry tomatoes



Shortcrust pastry

Pantry items

Olive oil, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Broccoli* (g)	125	250	375	500	625	750
Red onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Free-range egg* (pcs) 3)	2	4	6	8	10	12
Whipping cream* (ml) 7)	50	100	150	200	250	300
Dried oregano (tsp)	1	2	3	4	5	6
Dried thyme (tsp)	1	2	3	4	5	6
Feta* (g) 7)	25	50	75	100	125	150
Cherry tomatoes (g)	65	125	185	250	310	375
Shortcrust pastry (roll) 1) 21)	⅓	⅔	1	1⅓	1⅔	2

Not included

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
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Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4006/958	753/180
Total fat (g)	67	13
Of which: saturated (g)	28,9	5,4
Carbohydrates (g)	51	10
Of which: sugars (g)	9,6	1,8
Fibre (g)	8	1
Protein (g)	29	6
Salt (g)	2,0	0,4

Allergens:

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

May contain traces of: 21) 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 210 degrees. Boil ample water in a pan with a lid for the broccoli. Cut the **broccoli** into small florets and the stem into dices (TIP). Cut the **onion** into thin rings. Press or mince the **garlic**.

TIP: Make sure the florets are not too big: they have to fit into the quiche later.



4. Make the stuffing

In a bowl, mix the **eggs**, **whipping cream**, **dried oregano** and the **thyme**. Crumble the **feta** over it and stir well. Season the mixture with salt and pepper. Halve the **cherry tomatoes**.



2. Cook the broccoli

Cook the **broccoli** for 3 – 4 minutes until half cooked, covered with the lid.



5. Make the quiche

Grease an oven dish with ¼ tbsp olive oil per person and line with the **shortcrust pastry** (TIP). Transfer the **broccoli**, **cherry tomatoes** and fried **onion** to the oven dish with the pastry. Pour the egg-feta mixture over the vegetables. Cook the quiche in the oven for 30 – 35 minutes.

TIP: You can also put a sheet of baking paper in the oven dish and place the pastry on that, instead of greasing the oven dish. This will also make it easier to take the quiche out when it is done.



3. Fry the onion

In the meantime, heat ½ tbsp olive oil per person in a frying pan and fry the **onion** and **garlic** for 4 – 5 minutes.



6. Serve

Cut the quiche into pieces and divide among plates.

Enjoy!



Indonesian-style slab bacon in sweet sauce

with rice and fried scallion

40 min. • Eat within 5 days



- | | |
|---|--|
|  |  |
| Slab bacon | Cherry tomatoes |
|  |  |
| Garlic clove | White long grain rice |
|  |  |
| Canned cherry tomatoes | Peanut butter |
|  |  |
| Soy sauce | Ground coriander |
|  |  |
| Ground cumin seed | Ground lemongrass |
|  | |
| Scallion | |

Pantry items
Butter, ketjap, honey, olive oil, vegetable stock, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, frying pan, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Slab bacon* (pcs)	2	4	6	8	10	12
Cherry tomatoes (g)	125	250	375	500	625	750
Garlic clove (pcs)	½	1	1½	2	2½	3
White long grain rice (g)	70	140	210	280	350	420
Canned cherry tomatoes (can)	½	1	1½	2	2½	3
Peanut butter (cup 5) 22)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Ground coriander (tsp)	1	1	2	3	3	4
Ground cumin seed (tsp)	1	1	2	3	3	4
Ground lemongrass (tsp)	1	1	2	3	3	4
Scallion* (pcs)	1½	3	4½	6	7½	9
Not included						
Butter (tbsp)	¼	½	¾	1	1¼	1½
Ketjap (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	½	1	1	1½	1½
Vegetable stock (ml)	25	50	75	100	125	150
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3678/879	620/148
Total fat (g)	50	8
Of which: saturated (g)	17,3	2,9
Carbohydrates (g)	72	12
Of which: sugars (g)	15,3	2,6
Fibre (g)	4	1
Protein (g)	32	5
Salt (g)	2,5	0,4

Allergens:

1) Grains containing gluten 5) Peanuts 6) Soy
May contain traces of: 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. Fry the slab bacon

Prepare the stock (TIP). Cut the **slab bacon** into 1 cm wide strips. Heat the butter in a sauté pan with a lid on medium high heat and fry the slab bacon strips for 5 – 6 minutes. Cut the **cherry tomatoes** in half and press or mince the **garlic**.

TIP: Is it difficult to make a small amount of stock? Combine 500 ml water with 1 stock cube and add a small amount of that.



4. Cut the scallion

In the meantime, cut the **scallion** into thin rings. Save a little bit of the green part to use as garnish.



2. Cook the rice

Boil ample water in a pan with a lid and cook the **rice** (TIP) for 12 – 15 minutes, covered with the lid. Drain and leave to steam dry without the lid.

TIP: This dish is rich in calories, so you will not be using all of the rice. You can use the remaining rice the next day, for example in a lunch salad or a soup. Are you a big eater? Use all of the rice.



5. Fry the scallion

Heat the **olive oil** in a frying pan on high heat and fry the **scallion** with a pinch of salt for 3 – 4 minutes until crispy. The scallion is supposed to get a little bit dark and crispy.



3. Make the sauce

Add the fresh **cherry tomatoes**, **canned cherry tomatoes**, the stock, **peanut butter**, honey, **garlic**, dry spices, 10 ml **soy sauce** per person and ½ tbsp ketjap to the pan with **slab bacon**. Bring to a boil, cover the pan with a lid and allow to simmer for 15 minutes. Stir regularly. Take the lid from the pan and cook for another 2 – 3 minutes, or until the sauce has reduced a little bit (TIP).

TIP: Make sure the slab bacon is completely under water when you start to stew.



6. Serve

Transfer the **rice** to plates. Spoon the sauce with slab bacon half on top of the **rice** and half next to the **rice**. Serve with the fried **scallion** and sprinkle the rice with the saved raw scallion.

FACT: Did you know that canned cherry tomatoes, contrary to what most people think, contain almost as many vitamins and minerals as fresh tomatoes? Altogether, this dish contains more than 350 vegetables.

Enjoy!



Chickpea curry with diced tomato and sweet potato

with rice, mint, coriander and mango chutney

VEGETARIAN 35 min. • Eat within 5 days

VEGETARIAN



Sweet potato



Onion



Garlic clove



Fresh ginger



Fresh turmeric



Chickpeas



Diced tomato



Coconut milk



Basmati rice



Fresh coriander
and mint



Spinach



Mango chutney

Pantry items

Vegetable stock, sunflower oil

A good start

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

Equipment

Stock pot with a lid, grater, pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Sweet potato (g)	150	300	450	600	750	900
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1½	3	4½	6	7½	9
Fresh turmeric* (cm)	2	4	6	8	10	12
Chickpeas (pack)	½	1	1½	2	2½	3
Diced tomato (can)	½	1	1½	2	2½	3
Coconut milk (ml) 26)	125	250	375	500	625	750
Basmati rice (g)	85	170	250	335	420	505
Fresh coriander and mint* (g)	5	10	15	20	25	30
Spinach* (g) 23)	50	100	150	200	250	300
Mango chutney* (g) 10) 19) 22)	20	40	60	80	100	120

Not included

Vegetable stock (ml)	75	150	225	300	375	450
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4079 / 975	458 / 109
Total fat (g)	34	4
Of which: saturated (g)	21,5	2,4
Carbohydrates (g)	140	16
Of which: sugars (g)	30,6	3,4
Fibre (g)	16	2
Protein (g)	23	3
Salt (g)	2,1	0,2

Allergens:

10) Mustard

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

26) Sulfur dioxide and sulfite

Contact

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



1. Prepare

Prepare the stock. Boil ample water with a pinch of salt in a pan with a lid for the rice. Cut the **sweet potato** into dices of max 1 cm. Chop the **onion** and press or mince the **garlic**. Grate the **fresh ginger** and **fresh turmeric**. Drain the **chickpeas**.

TIP: *Turmeric releases a lot of color. You can use rubber gloves or plastic sandwich bags to cover your hands while you grate it.*



4. Cut

Strip the **mint** leaves off the stems and finely chop with the **coriander**.



2. Fry

Heat ½ tbsp sunflower oil per person in a pan or stock pot with a lid on medium-high heat. Stir fry the **garlic**, **onion**, **ginger** and **turmeric** for 1 – 2 minutes. Add the diced **sweet potato** and fry for another 3 – 4 minutes.



5. Make the curry

Take the lid from the stock pot and add the **chickpeas** to the curry for the last 5 minutes. Also add the **spinach** bit by bit and allow to shrink while stirring. Season well with salt and pepper.

FACT: *Chickpeas are rich in fibre, protein and slow carbs. They are also rich in several B vitamins, iron, calcium, magnesium, potassium and vitamin E.*



3. Cook

Deglaze with ½ tbsp white wine vinegar per person, the stock, **diced tomato** and **coconut milk**. Bring to a boil, reduce the heat and allow to simmer for 10 – 15 minutes, or until the sweet potato is soft. In the meantime, cook the **rice** for 10 – 12 minutes, covered with the lid. Then drain and leave to steam dry without the lid.

TIP: *Did you know that canned cherry tomatoes contain almost as many vitamins and minerals as fresh tomatoes?*



6. Serve

Transfer the **rice** and chickpea-sweet potato curry to deep plates. Garnish with the **fresh mint** and **coriander** and serve with the **mango chutney**.

Enjoy!



Creamy linguine with broccoli

with goat cheese, chopped walnuts and semi-dried tomatoes

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

**QUICK
& EASY**



Broccoli



Shallot



Garlic clove



Semi-dried tomatoes



Linguine



Dried oregano



Single cream



Grated matured
goat cheese



Chopped walnuts

Pantry items

Vegetable stock, olive oil, salt and pepper

A good start

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

Equipment

Wok or sauté pan with 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) 17) 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)	3174 / 759	611 / 146
Total fat (g)	37	7
Of which: saturated (g)	13,7	2,6
Carbohydrates (g)	75	14
Of which: sugars (g)	8,3	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: 17) Eggs 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**.



2. Cook

- Cut the **sun-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.



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.
- 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 it with the sauce, but serve it separately as garnishing.



4. Serve

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

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

Enjoy!



Udon noodles with chicken in sweet Asian sauce

with mushrooms and cucumber

QUICK & EASY 20 min. • Eat within 5 days

**QUICK &
EASY**



Mushrooms



Scallion



Garlic clove



Fresh ginger



Chicken fillet



Cucumber



Sweet Asian sauce



Fresh udon noodles



Chopped cashews

Pantry items

Sunflower oil, chicken stock, ketjap, salt and pepper

A good start

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

Equipment

Grater, large sauté pan with a lid

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Mushrooms* (g)	125	250	375	500	625	750
Scallion* (pcs)	1	3	4½	6	7½	9
Garlic clove (pcs)	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Chicken fillet* (g)	100	200	300	400	500	600
Cucumber* (pcs)	¼	½	¾	1	1¼	1½
Sweet Asian sauce (g) 1) 6)	35	70	105	140	175	210
Fresh udon noodles (g) 1)	200	400	600	800	1000	1200
Chopped cashews (g) 8) 19) 25)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Chicken stock (ml)	50	100	150	200	250	300
Ketjap (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2471 / 591	387 / 92
Total fat (g)	11	2
Of which: saturated (g)	1,6	0,3
Carbohydrates (g)	85	13
Of which: sugars (g)	21,9	3,4
Fibre (g)	5	1
Protein (g)	37	6
Salt (g)	3,2	0,5

Allergens:

1) Grains containing gluten **6)** Soy **8)** Nuts

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

Contact

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



1. Prepare

- Prepare the chicken stock.
- Cut the **mushrooms** into quarters, or sixths if they are very large. Cut the **scallion** into 3 cm long pieces. Halve them lengthwise if they are very thick.
- Grate the **ginger** and press or mince the **garlic**.



3. Mix

- Add the stock, the **sweet Asian sauce** and the ketjap to the chicken and vegetables (TIP). Allow to simmer for 4 – 5 minutes, without the lid.
- For the last 2 minutes, add the **udon noodles**, **cucumber**, salt and pepper. Mix well.

TIP: Don't have any ketjap at home? Add the same amount of brown sugar.



2. Fry the chicken fillet

- Heat ½ tbsp sunflower oil per person in a large sauté pan with a lid on medium-high heat. Fry the **garlic**, **ginger** and **chicken fillet** for 1 - 2 minutes. Season with salt and pepper.
- Add the **scallion** and **mushrooms** and fry for 5 - 6 minutes, covered with the lid.
- In the meantime, halve the **cucumber** lengthwise. Remove the seeds with a teaspoon and cut into 0,5 cm thick half moons.

TIP: Are you watching your salt intake? Rinse and drain the udon noodles in a colander before use.



4. Serve

- Transfer the noodles, chicken and vegetables to plates. Garnish with the **chopped cashews**.

Enjoy!



Bao bun with sticky pork

with sweet and sour salad and bok choy with fish sauce

PREMIUM 35 min. • Eat within 5 days

PREMIUM



Bao bun



Cucumber



Cut pointed cabbage



Bok choy



Fish sauce



Fresh ginger



Garlic clove



Scallion



Soy sauce



Sesame oil



Pork tenderloin



Fresh coriander



Sesame seed

Pantry items

Sugar, white wine vinegar, olive oil, flour, brown sugar, salt and pepper

A good start

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

Equipment

Small bowl, sauté pan with a lid, frying pan, plate, large bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Bao bun (pcs) 1)	2	4	6	8	10	12
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Cut pointed cabbage* (g)	75	150	225	300	375	450
Bok choy* (pcs)	½	1	1½	2	2½	3
Fish sauce (ml) 4)	20	40	60	80	100	120
Fresh ginger (cm)	1	2	3	4	5	6
Garlic clove (pcs)	1	2	3	4	5	6
Scallion* (pcs)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	20	40	60	80	100	120
Sesame oil (ml) 11)	10	20	30	40	50	60
Pork tenderloin* (pcs)	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Sesame seed (g) 11) 19) 22)	5	10	15	20	25	30
Not included						
Sugar (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1½	3	4½	6	7½	9
Flour (g)	10	20	30	40	50	60
Brown sugar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3473 / 830	493 / 118
Total fat (g)	36	5
Of which: saturated (g)	6,3	0,9
Carbohydrates (g)	80	11
Of which: sugars (g)	26,5	3,8
Fibre (g)	6	1
Protein (g)	44	6
Salt (g)	9,7	1,4

Allergens:

1) Grains containing gluten **4)** Fish **6)** Soy **11)** Sesame seed
May contain traces of: 19) Peanuts **22)** Nuts

Contact

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



1. Prepare

Preheat the oven to 180 degrees and heat the **bao buns** in the oven for 4 - 5 minutes. In the meantime, cut the **cucumber** into thin strips so they will fit into the bao buns. In a large bowl, mix the sugar, 3 tbsp white wine vinegar per person and a pinch of salt. Add the **cut pointed cabbage** and the **cucumber** strips, stir well and allow to absorb until serving.



4. Fry the pork

Meanwhile, heat 1 tbsp olive oil per person in a frying pan on medium-high heat. When the pan is really hot, add the **pork tenderloin slices** and fry for 1 minute per side (TIP). Make sure there is enough space in the pan to put the slices next to each other while you sear them briefly. Do this in batches if necessary. Transfer the slices to a plate.

TIP: The meat does not have to be cooked yet, just fried briefly.



2. Prepare the bok choy

Halve the **bok choy** lengthwise into 10 cm pieces. Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat and fry the bok choy for 3 minutes. Add the **fish sauce** and allow to stew for 10 minutes, covered with the lid (TIP).

TIP: Is the bok choy finished before the meat? Keep it warm on low heat until serving.

TIP: Are you watching your salt intake? Use half of the fish sauce and half of the soy sauce.



5. Make the sticky stuffing

Add the **ginger**, **garlic** and the white parts of the **scallion** to the pan you used for the pork and fry for 2 – 3 minutes on medium-low heat. Then add the sauce and 2 tbsp water per person. Bring to a boil and add the pork slices as soon as the sauce starts to simmer. Stir regularly until the sauce reduces and starts sticking to the meat.



3. Prepare the pork

Finely grate the **ginger** and press or mince the **garlic**. Cut the **scallion** into thin rings and keep the green and white parts separated. In a small bowl, mix the brown sugar with the **soy sauce** and **sesame oil**. Cut the pork tenderloin into thin slices and rub it with salt and pepper. Dip the slices through flour so that they are covered with a thin layer on all sides.



6. Serve

Roughly chop the **coriander**. Stuff the **bao buns** with a little bit of the sweet and sour salad and the pork. Garnish with the green parts of the **scallion** and the **coriander**. Serve with the **bok choy** and the remaining sweet and sour vegetables. Sprinkle the bok choy with sesame seed.

Enjoy!



Potato pancakes with hot-smoked salmon

with sour cream, dill and kohlrabi-apple salad

PREMIUM 55 min. • Eat within 5 days

PREMIUM



Kohlrabi



Apple



Radish



Fresh dill & chives



Hot-smoked salmon



Waxy potatoes



Shallot



Free-range egg



Sour cream

Pantry items

Extra virgin olive oil, white balsamic vinegar, honey, flour, sunflower oil, salt and pepper

A good start

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

Equipment

Grater, frying pan, bowl, salad bowl, colander, large bowl

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Kohlrabi* (g)	125	250	375	500	625	750
Apple (pcs)	½	1	1½	2	2½	3
Radish* (bunch)	⅓	⅔	1	1⅓	1⅔	2
Fresh dill & chives* (g)	5	10	15	20	25	30
Hot-smoked salmon* (g) 4)	100	200	300	400	500	600
Waxy potatoes (g)	300	600	900	1200	1500	1800
Shallot (g)	½	1	1½	2	2½	3
Free-range egg* (pcs) 3)	1	1	1	2	2	3
Sour cream* (g) 7)	25	50	75	100	125	150
Not included						
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
Flour (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4201/1004	518/124
Total fat (g)	51	6
Of which: saturated (g)	9,6	1,2
Carbohydrates (g)	88	11
Of which: sugars (g)	15,4	1,9
Fibre (g)	12	2
Protein (g)	41	5
Salt (g)	1,4	0,2

Allergens:

3) Eggs 4) Fish 7) Milk/lactose

May contain traces of:



1. Cut

Weigh 125 g **kohlrabi** per person. Peel the kohlrabi and remove the core from the **apple**. Cut both ingredients into thin strips and cut the **radish** into thin slices. Finely chop the **fresh dill** and **fresh chives**. Tear the **hot smoked salmon** into coarse pieces.



4. Mix

In a bowl, whisk the **egg** with a fork. Transfer 1½ tbsp of the whisked egg per person to a large bowl and mix with the grated **potatoes**, **shallot**, **flour** and a good pinch of salt and pepper.



2. Make the salad

Whip up a dressing in a salad bowl using the extra-virgin olive oil, white balsamic vinegar, honey, **dill**, salt and pepper. Add the **kohlrabi**, **apple** and **radish** and stir well. Set aside until serving.



5. Make the potato pancakes

Heat a frying pan with sunflower oil on medium-high heat. As soon as the pan is hot, scoop 5 heaps of the potato mixture per person into the frying pan. Carefully flatten the heaps and fry the potato pancakes for 4 minutes until golden-brown. Turn the potato pancakes with a thin spatula and fry for another 3 minutes.



3. Grate the potato

Peel the **potatoes** and grate the potatoes and **shallot** with a coarse grater. Transfer both ingredients to a colander and squeeze out as much liquid as possible by firmly pressing with a spoon.



6. Serve

Transfer the potato pancakes to plates and add the **hot-smoked salmon**. Top with some dots of **sour cream** and serve with the salad. Sprinkle with the **chives**.

Enjoy!

Contact

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



Spicy risotto with bacon and leek

with rocket lettuce and pecorino

40 min. • Eat within 5 days



Garlic clove



Shallot



Risotto rice



Grated pecorino



Leek



Red chili pepper



Bacon



Rocket lettuce

Pantry items

Vegetable stock, butter, sunflower oil, salt and pepper

A good start

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

Equipment

Baking sheet lined with baking paper, sauté pan, pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	½	1	1½	2	2½	3
Shallot (pcs)	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Grated pecorino* (g) 7)	12½	25	37½	50	62½	75
Leek* (g)	150	300	450	600	750	900
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Bacon* (g)	25	50	75	100	125	150
Rocket lettuce* (g) 23)	40	60	80	120	140	180

Not included

Vegetable stock (ml)	200	400	600	800	1000	1200
Butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2515 / 601	411 / 98
Total fat (g)	25	4
Of which: saturated (g)	10,6	1,7
Carbohydrates (g)	72	12
Of which: sugars (g)	10,0	1,6
Fibre (g)	8	1
Protein (g)	18	3
Salt (g)	3,4	0,6

Allergens:

7) Milk/lactose

May contain traces of: 23) Celery



1. Prepare

Preheat the oven to 180 degrees and prepare the stock for the risotto. Chop the **shallot**. Cut the **garlic** into very thin slices. If this is difficult, you can also mince the garlic.



2. Make the risotto

Heat the butter in a pan and fry the **garlic** for 1 – 2 minutes on medium heat. Add the **risotto rice** and stir fry for 1 minute (TIP). Add ⅓ of the stock and allow the **rice** to slowly absorb the stock. Stir regularly.

TIP: Do you have any white wine at home? Traditionally, white wine is used to season risotto. Deglaze the rice with a splash of wine in step 2 before adding the stock.



3. Add the pecorino

As soon as the stock has been absorbed by the **risotto**, add another ⅓ of the stock 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 more water in case you would like to cook the rice more. Mix the risotto with the **grated pecorino**.

FACT: Did you know that the green part of leek contains the most vitamins and minerals? It contains a lot of vitamin B6, important for your muscles and immune system. So don't throw it away!



4. Fry the bacon

Cut the **leek** in half lengthwise and then cut into thin half rings. Remove the seeds from the **red chili pepper** and finely chop the pepper. Separate the **bacon** slices and but them on a baking sheet with baking paper. Roast the bacon in the oven for 8 – 10 minutes, until crispy (TIP).

TIP: Each oven works differently. Regularly check the slices of bacon to make sure they don't burn.



5. Fry the leek

Heat the sunflower oil in a sauté pan and stir fry the **leek** and **red chili pepper** for 6 - 8 minutes on medium-high heat. The leek may still have a bite. Mix the leek with half of the **rocket lettuce** and the **risotto**. Optionally, season with salt and pepper. Be aware: the stock and bacon are quite salty already.



6. Serve

Divide the leftover **rocket lettuce** among plates. Top with the **risotto** and crumble the **bacon** over it.

Enjoy!

Contact

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



Creamy ragu bianco

pasta with minced beef and mushrooms

35 min. • Eat within 5 days



Courgette



Dried rosemary



Mushrooms



Casarecce



Shallot



Italian spiced
minced beef



Crème fraîche



Grated Italian cheese

Pantry items

Olive oil, white wine vinegar, chicken stock cube, salt and pepper

A good start

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

Equipment

Baking sheet lined with baking paper, frying pan, pan with a lid, sauté pan or large frying pan

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Courgette (pcs)	½	1	1½	2	2½	3
Dried rosemary (tsp)	¼	½	¾	1	1¼	1½
Mushrooms* (g)	125	250	375	500	625	750
Casarecce (g) 1 17 20)	90	180	270	360	450	540
Shallot (pcs)	½	1	1½	2	2½	3
Italian spiced minced beef* (g)	100	200	300	400	500	600
Crème fraîche* (g) 7	25	50	75	100	125	150
Grated Italian cheese* (g) 7	25	50	75	100	125	150

Not included

Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Chicken 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)	4027 / 963	666 / 159
Total fat (g)	46	8
Of which: saturated (g)	19,4	3,2
Carbohydrates (g)	78	13
Of which: sugars (g)	14,5	2,4
Fibre (g)	7	1
Protein (g)	56	9
Salt (g)	2,1	0,3

Allergens:

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

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

Contact

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



1. Roast the courgette

Preheat the oven to 210 degrees. Cut the **courgette** into ½ cm half slices and transfer them to a baking sheet lined with baking paper. Mix them with ½ tbsp olive oil per person, ¼ tsp **dried rosemary** per person, salt and pepper. Roast in the oven for 20 – 30 minutes, or until the courgette is brown and cooked.



4. Fry the minced meat

Heat the remaining olive oil in a sauté pan or large frying pan on medium-high heat and fry the **shallot** for 2 minutes. Add the **minced beef** and stir fry for 3 minutes. Add the boiling water and white wine vinegar to the pan, crumble the stock cube over it and add the **crème fraîche**. Mix well, reduce the heat to low and allow to simmer for 8 – 10 minutes. Regularly stir.



2. Cook and cut

In the meantime, boil ample water in a pan with a lid for the casarecce. Cut the **mushrooms** into quarters. Heat ¼ tbsp olive oil per person in a frying pan on medium-high heat and fry the mushrooms for 10 – 12 minutes, or until cooked (TIP).

TIP: Mushrooms absorb a lot of moisture at first, which can make it seem like they are burning. However, do not add any more oil: the mushrooms will release the moisture after a few minutes.



5. Finish the pasta

Add the **casarecce** to the pan and mix well. Add the **mushrooms**, a generous amount of pepper and the majority of the **grated Italian cheese**.



3. Cook the casarecce

Add the **casarecce** to the pan with a lid and cook the casarecce for 10 – 12 minutes, covered with the lid. Then drain and leave to steam dry without the lid. In the meantime, boil 50 ml water per person. Chop the **shallot**.

TIP: Are you watching your calorie intake? Cook all of the pasta and use 2/3 of it in this dish. You can make a lunch salad with the remaining pasta. Mix it with rocket lettuce, tomato, olive oil and balsamic vinegar for example. Optionally, use half of the cheese for this dish and use the other half in your lunch salad.



6. Serve

Transfer the pasta to deep plates and serve with the **courgette**. Sprinkle with the leftover **Italian cheese**.

TIP: Did you know that this dish contains about 300 g vegetables? This 100% of the daily recommended amount!

Enjoy!



Fried cod fillet with broccoli

with baby potatoes, Italian cheese and chopped cashews

45 min. • Eat within 3 days



Baby potatoes



Broccoli



Chopped cashews



Shallot



Lemon



Cod fillet



Grated Italian cheese

Pantry items

Olive oil, butter, salt and pepper

A good start

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

Equipment

Frying pan, grater, kitchen paper, pan with a lid, oven dish

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Baby potatoes (g)	200	400	600	800	1000	1200
Broccoli* (g)	200	400	600	800	1000	1200
Chopped cashews (g) 8) 19) 25)	10	20	30	40	50	60
Shallot (pcs)	½	1	1½	2	2½	3
Lemon (pcs)	½	1	1½	2	2½	3
Cod fillet* (pcs) 4)	1	2	3	4	5	6
Grated Italian cheese* (g) 7)	15	25	35	50	60	75
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2504 / 599	406 / 97
Total fat (g)	28	5
Of which: saturated (g)	9,1	1,5
Carbohydrates (g)	47	8
Of which: sugars (g)	5,3	0,9
Fibre (g)	11	2
Protein (g)	35	6
Salt (g)	0,4	0,1

Allergens:

4) Fish 7) Milk/lactose 8) Nuts

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



1. Fry the baby potatoes

Preheat the oven to 200 degrees. Wash the **baby potatoes** and cut in half. Transfer the baby potatoes to an oven dish, mix with half of the olive oil and season with salt and pepper. Roast the baby potatoes in the oven for 30 - 35 minutes. Turn when halfway done.



2. Cook the broccoli

In the meantime, boil ample water in a pan with a lid for the broccoli. Cut the **broccoli** into small florets and cut the stem into dices. Cook the broccoli for 3 – 4 minutes until al dente, covered with the lid. Drain the broccoli and rinse under cold water to stop the cooking process.

FACT: Did you know that the amount of broccoli in this dish contains more vitamin C than the daily recommended amount?



3. Cut and grate

Heat a frying pan on high heat and roast the **chopped cashew nuts** until golden brown, without oil. Take from the pan and set aside. Finely chop the **shallot**. Grate the **lemon** peel with a fine grater and cut the lemon into wedges.



4. Fry the broccoli

Heat the butter in the same frying pan you just used and fry the **shallot** for 2 - 3 minutes on medium-high heat. Add the **broccoli** and stir fry on high heat for 5 – 7 minutes. When halfway done, mix ½ tsp **lemon zest** with the broccoli. Season with salt and pepper.



5. Fry the cod fillet

In the meantime, pat dry the **cod fillet** with kitchen paper and rub with salt and pepper. Heat the remaining olive oil in a different frying pan on medium-high heat. Fry the cod for 2 – 3 minutes per side, or until the fillet is cooked.



6. Serve

Serve the **baby potatoes** with the **cod** and the **broccoli**. Sprinkle the broccoli with the chopped cashews and the **grated Italian cheese**. Squeeze a **lemon** wedge over the fish.

Enjoy!

Contact

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



Stuffed bell pepper with creamy Italian chicken

with brown rice and lamb's lettuce

40 min. • Eat within 5 days



Brown rice



Bell pepper



Mushrooms



Italian marinated
chicken fillet strips



Single cream



Lettuce

Pantry items

Butter, chicken stock cube, extra virgin olive oil, white balsamic vinegar, salt and pepper

A good start

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

Equipment

Pan with a lid, salad bowl, sauté pan, baking sheet lined with baking paper, kitchen paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Brown rice (g)	85	170	250	335	420	500
Bell pepper* (pcs)	1	2	3	4	5	6
Mushrooms* (g)	60	125	180	250	305	375
Italian marinated chicken fillet strips* (g)	100	200	300	400	500	600
Single cream (ml) 7)	100	200	300	400	500	600
Lettuce* (g) 23)	20	40	60	80	100	120

Not included

Butter (tbsp)	½	1	1½	2	2½	3
Chicken stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3412 / 816	640 / 153
Total fat (g)	40	8
Of which: saturated (g)	20,6	3,9
Carbohydrates (g)	78	15
Of which: sugars (g)	11,9	2,2
Fibre (g)	7	1
Protein (g)	33	6
Salt (g)	1,8	0,3

Allergens:

7) Milk/lactose

May contain traces of: 23) Celery

Contact

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1. Cook the rice

Preheat the oven to 200 degrees. Boil ample water in a pan for the rice. Cook the **rice** for 8 minutes, covered with the lid. Turn off the heat and leave for 10 minutes, covered with the lid. Then drain if necessary and allow to steam dry without the lid.



2. Bell pepper in the oven

In the meantime, cut the **bell pepper** in half lengthwise. Remove the seeds, but leave the green part of the stem. Transfer the half bell peppers with the open side up to a baking sheet lined with baking paper. Roast in the oven for 10 – 15 minutes.



3. Make the stuffing

Wipe clean the **mushrooms** with kitchen paper and cut them into quarters. Heat ½ tbsp butter per person in a sauté pan on medium-high heat and fry the **chicken fillet strips** and **mushrooms** for 4 – 5 minutes. Add the **single cream** and ¼ chicken stock cube per person. Season with salt and pepper. Allow to simmer for 5 minutes.



4. Make the salad

In a salad bowl, make a dressing with extra virgin olive oil and white balsamic vinegar. Season with salt and pepper and mix the **lettuce** with the dressing.



5. Stuff the bell peppers

Mix the **brown rice** with the chicken-mushroom sauce in the sauté pan. Stuff the roasted **bell peppers** with the mixture.



6. Serve

Transfer the stuffed bell peppers to plates and serve with the salad on the side.

Enjoy!



Spicy pearl barley with minced chicken and tomato

with piri-piri spices and fresh parsley

BALANCED 35 min. • Eat within 5 days

BALANCED



Pearl barley



Onion



Garlic clove



Tomato



Cherry tomatoes



Cucumber



Fresh flat leaf parsley



Spiced minced chicken



Piri piri spices



Lettuce



Grated pecorino

Pantry items

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

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Pearl barley (g) 1)	70	140	210	280	350	420
Onion (pcs)	½	1	1½	2	2½	3
Garlic clove (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Cherry tomatoes (g)	125	250	375	500	625	750
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Spiced minced chicken* (g)	100	200	300	400	500	600
Piri piri spices (tsp)	½	1	1½	2	2½	3
Mesclun* (g) 23)	30	60	90	120	150	180
Grated pecorino* (g) 7)	10	20	30	40	50	60
Not included						
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Black balsamic vinegar (tsp)	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)	2575 / 616	423 / 101
Total fat (g)	23	4
Of which: saturated (g)	5,8	1,0
Carbohydrates (g)	63	10
Of which: sugars (g)	12,8	2,1
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	2,1	0,3

Allergens:

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

May contain traces of: 23) Celery

Contact

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



1. Cook the pearl barley

Boil 225 ml water per person in a pan with a lid and weigh 70 g **pearl barley** per person (TIP). Add ¼ stock cube per person to the boiling water, add the pearl barley and cook for 23 – 25 minutes, covered with the lid. Regularly stir to prevent the pearl barley from burning to the bottom of the pan. Then drain if necessary.

TIP: You will not use all of the pearl barley. The remaining pearl barley can be used the next day, in a lunch salad for example. Are you a big eater? Use all of the pearl barley in this dish. Cook it in 275 ml water per person.



4. Make the salad

Add the **lettuce** and **cucumber** to the salad bowl and mix with 1 tsp black balsamic vinegar per person. Season with extra virgin olive oil, salt and pepper to taste.



2. Cut

In the meantime, chop the **onion** and press or mince the **garlic**. Cut the **tomato** into dices and cut the **cherry tomatoes** in half. Cut the **cucumber** into dices. Strip the **parsley** leaves from the stems and finely chop the leaves. Finely chop the stems and add them to the cooking **pearl barley**. Save the leaves for later.



5. Mix the pearl barley

Add the **pearl barley** and the majority of the **parsley** to the wok or sauté pan, season with salt and pepper and heat for another 1 – 2 minutes.

TIP: This pearl barley risotto is supposed to be a little bit moist. Do you prefer a more dry risotto? Leave the tomatoes and minced chicken on the heat a little bit longer so more liquid evaporates. You can also drain the tomatoes after cutting them.



3. Fry the minced chicken and tomato

Heat ½ tbsp olive oil per person in a wok or sauté pan and fry the **onion** and **garlic** for 2 minutes on medium heat. Add the **minced chicken** and stir fry for 3 minutes on medium-high heat. Add the **cherry tomatoes**, the **diced tomato** and the **piri-piri spices**. Fry for 7 – 8 more minutes on medium-high heat.



6. Serve

Transfer the **pearl barley** to plates and garnish with the **grated pecorino** and the leftover **parsley**. Serve with the salad.

FACT: Did you know that pearl barley is rich in fibre and contains good, slow carbs?

Enjoy!



Polpettone stuffed with mozzarella

with pasta, stewed bell pepper and broccolini

FESTIVE 55 min. • Eat within 5 days

FESTIVE



Garlic clove



Onion



Fresh basil



Spiced mixed
minced meat



Free-range egg



Panko



Italian herbs



Buffalo mozzarella



Bell pepper



Orecchiette



Broccolini



Whipping cream



Italian cheese



Green pesto



Shaved almonds

Pantry items

Olive oil, white balsamic vinegar, salt
and pepper

A good start

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

Equipment

Frying pan, bowl, aluminum foil, frying pan with a lid, oven dish, baking paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Garlic clove (pcs)	1	2	3	4	5	6
Onion (pcs)	¼	½	¾	1	1¼	1½
Fresh basil* (g)	5	10	15	20	25	30
Spiced mixed minced meat* (g)	150	300	450	600	750	900
Free-range egg* (pcs) 3)	½	1	1½	2	2½	3
Panko (g) 1)	25	50	75	100	125	150
Italian herbs (tsp)	1½	3	4½	6	7½	9
Buffalo mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Bell pepper* (pcs)	1	2	3	4	5	6
Orecchiette (g) 1) 17) 20)	90	180	270	360	450	540
Broccolini* (g)	100	200	300	400	500	600
Whipping cream* (ml) 7)	50	100	150	200	250	300
Italian cheese* (g) 7)	15	25	35	50	60	75
Green pesto* (g) 7) 8)	25	50	75	100	125	150
Shaved almonds* (g) 8) 19) 25)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (to taste)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	6763 / 1617	885 / 212
Total fat (g)	99	13
Of which: saturated (g)	36,8	4,8
Carbohydrates (g)	104	14
Of which: sugars (g)	16,9	2,2
Fibre (g)	11	1
Protein (g)	71	9
Salt (g)	5,6	0,7

Allergens:

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



1. Make the polpettone

Preheat the oven to 210 degrees. Press or mince the **garlic**. Finely mince the **onion**. Cut the **basil** leaves into strips. In a bowl, mix the **minced meat** with ½ **egg** per person, ¼ tsp salt per person, the **panko**, minced **onion**, **Italian herbs**, half of the **garlic** and half of the **basil**. Roll out this mixture, place the **mozzarella** in the middle and fold the minced meat over it. Knead into a flat ball and make sure it does not have any openings to the mozzarella.



4. Broccolini in the oven

Heat ½ tbsp olive oil per person in a frying pan with a lid. Fry the **bell pepper** strips with ½ tbsp white balsamic vinegar per person for 10 – 12 minutes until soft, covered with the lid. In an oven dish, mix the **broccolini** with ½ tbsp olive oil per person and the remaining **garlic**. Season to taste with salt and pepper and roast in the oven for 10 – 12 minutes, together with the polpettone.



2. Polpettone in the oven

Boil ample water with a large pinch of salt for the pasta. Spread the meatloaf with ½ tbsp olive oil per person. Transfer to an oven dish, cover with aluminium foil and cook in the oven for 25 - 30 minutes. Remove the foil for the last 10 minutes. Cut the **bell pepper** into strips.



5. Mix the pasta

Drain the **pasta**, transfer back to the pan and add the **pesto**, **whipping cream** and half of the **Italian cheese**. Heat the pasta for 4 – 5 more minutes on medium-low heat. In the meantime, heat a frying pan without oil and roast the **shaved almonds** until golden brown.



3. Cook the orecchiette

Cook the **orecchiette** for 10 – 12 minutes until al dente, covered with the lid.



6. Serve

Transfer the pasta to a large bowl and put the polpettone on top. Garnish with the remaining **Italian cheese**. Serve the **broccolini** in a bowl and garnish with the **shaved almonds**. Garnish the stewed **bell pepper** with the leftover **basil**.

Enjoy!



Creamy potato soup with extra shrimps

with coconut milk, fresh corn and tomato

HELLOEXTRA 35 min. • Eat within 3 days

**HELLO
EXTRA**



Shallot



Waxy potatoes



Paprika



Bay leaf



Corn cob



Tomato



Fresh chives



Shrimps



Coconut milk

Pantry items

Butter, vegetable stock cube, olive oil, white wine vinegar, salt and pepper

A good start

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

Equipment

Stock pot with a lid, frying pan, kitchen paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Shallot (pcs)	½	1	1½	2	2½	3
Waxy potatoes (g)	200	400	600	800	1000	1200
Paprika (tsp)	½	1	1½	2	2½	3
Bay leaf (pcs)	1	2	3	4	5	6
Corn cob* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	2	4	6	8	10	12
Fresh chives* (g)	2½	5	7½	10	12½	15
Shrimps* (g) 2)	160	320	480	640	800	960
Coconut milk (ml) 26)	100	200	300	400	500	600
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Vegetable stock cube (pcs)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	2868 / 686	357 / 85
Total fat (g)	34	4
Of which: saturated (g)	21,9	2,7
Carbohydrates (g)	59	7
Of which: sugars (g)	15,5	1,9
Fibre (g)	10	1
Protein (g)	33	4
Salt (g)	5,5	0,7

Allergens:

2) Shellfish

May contain traces of: 26) Sulfite

Contact

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



1. Prepare

Boil 250 ml water per person. Chop the **shallot**. Peel the **potatoes** and cut into 1 – 1½ cm dices. Heat the butter in a stock pot with a lid on medium-high heat and fry the **shallot** for 3 minutes, with a pinch of salt. Add the **paprika** and the **bay leaf** and fry for half a minute.

FACT: Did you know that potatoes are super healthy? They are rich in good carbohydrates, our first energy source, potassium for a healthy blood pressure, vitamin B6 and B11 for your energy level, fibre for healthy digestion and vitamin C for a strong immune system!



4. Fry the shrimps

Pat the **shrimps** dry with kitchen paper. Heat the olive oil in a frying pan on high heat and fry the shrimps for 2 minutes until brown all around. They do not have to be cooked through yet. Season with salt and pepper, take from the pan and set aside.

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



2. Cook the potatoes

Add the **potatoes** to the stock pot, add the boiling water and crumble the stock cube over it. Cook the potatoes for 12 – 15 minutes.

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



5. Finish the soup

Add the **corn kernels**, the **tomato** and **coconut milk** to the pan with **potatoes** and cook for 2 minutes. Add the **shrimps**, including cooking grease, and heat for half a minute. Add the white wine vinegar and half of the **chives** with the soup.



3. Cut the corn

In the meantime, place the **corn cob** upright on a cutting board and carefully cut off the corn kernels. Cut the **tomato** into large pieces and finely chop the **chives**.



6. Serve

Divide the soup among bowls and garnish with the leftover **chives**.

Enjoy!



Creamy linguine with chicken fillet as extra with goat cheese, broccoli and semi-dried tomatoes

HELLOEXTRA 30 min. • Eat within 5 days

**HELLO
EXTRA**



Broccoli



Shallot



Garlic clove



Semi-dried tomatoes



Linguine



Dried oregano



Diced chicken fillet



Single cream



Grated matured
goat cheese



Chopped walnuts

Pantry items

Vegetable stock, olive oil, salt and pepper

A good start

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

Equipment

Sauté pan with a lid, 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
Linguine (g 1) 17) 20)	90	180	270	360	450	540
Dried oregano (tsp)	1	2	3	4	5	6
Diced chicken fillet* (g)	100	200	300	400	500	600
Single cream (tbsp) 7)	2	4	6	8	10	12
Grated matured goat cheese* (g 3) 7)	25	50	75	100	125	150
Chopped walnuts (g 8) 19) 25)	10	20	30	40	50	60
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)	3743 /895	605 /145
Total fat (g)	43	7
Of which: saturated (g)	15,3	2,5
Carbohydrates (g)	75	12
Of which: sugars (g)	8,3	1,3
Fibre (g)	12	2
Protein (g)	47	8
Salt (g)	1,6	0,3

Allergens:

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

May contain traces of: 17) Eggs 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 **diced chicken fillet** and fry for 6 - 8 minutes. 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. Mix with the **semi-dried tomatoes** and season with salt and pepper.



2. Cook the linguine

- Cut the **sun-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 leftover **goat cheese** and the **chopped walnuts** (TIP).

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

Enjoy!



Korean bibimbap with pork tenderloin strips

with raw and sautéed vegetables and fried egg

QUICK & EASY 25 min. • Eat within 3 days

**QUICK
& EASY**



Jasmine rice



Cucumber



Garlic clove



Gomashio



Mushrooms



Spinach



Pork tenderloin strips
with Indonesian spices



Free-range egg



Soy sauce

Pantry items

Sambal, sunflower oil, white wine vinegar,
brown sugar, salt and pepper

A good start

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

Equipment

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

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Jasmine rice (g)	85	170	250	335	420	500
Cucumber* (pcs)	¼	½	¾	1	1¼	1½
Garlic clove (pcs)	½	1	1½	2	2½	3
Gomashio (tsp) 11)	1	2	3	4	5	6
Mushrooms* (g)	62	125	187	250	312	375
Spinach* (g) 23)	100	200	300	400	500	600
Pork tenderloin strips with Indonesian spices* (g)	100	200	300	400	500	600
Free-range egg* (pcs) 3)	1	2	3	4	5	6
Soy sauce (ml) 1) 6)	10	20	30	40	50	60
Not included						
Sambal (tsp)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1¼	2½	3¾	5	6¼	7½
White wine vinegar (tsp)	2	4	6	8	10	12
Brown sugar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per portie	Per 100g
Energy (kJ/kcal)	2981 / 713	572 / 137
Total fat (g)	26	5
Of which: saturated (g)	4,6	0,9
Carbohydrates (g)	78	15
Of which: sugars (g)	7,9	1,5
Fibre (g)	4	1
Protein (g)	39	8
Salt (g)	2,5	0,5

Allergens:

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

May contain traces of: 23) Celery

Contact

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



1. Prepare

- Boil 250 ml water per person in a pan with a lid and cook the **rice** for 10 - 12 minutes, covered with the lid. Then leave to rest for 5 minutes, covered with the lid.
- Grate the **cucumber** and mix in a bowl with 1 tsp white wine vinegar per person, salt and pepper. Press or mince the **garlic**.
- In a small bowl, make a sauce of per person: ¼ tsp sambal, 1 tbsp water, 1 tsp white wine vinegar, 1 tsp brown sugar, half of the **gomashio** and half of the **garlic**.



3. Fry the pork

- Heat ½ tbsp sunflower oil per person in a frying pan on high heat. Fry the **pork tenderloin strips** and the remaining **garlic** for 2 - 4 minutes.
- Heat ¼ tbsp sunflower oil per person in a different frying pan on medium heat and fry 1 sunny-side up **egg** per person. Season with salt and pepper.



2. Cut and fry

- Cut the **mushrooms** into quarters. Heat ½ tbsp sunflower oil in a frying pan on medium-high heat and fry the mushrooms for 5 - 7 minutes. Season with salt and pepper.
- Boil ample water in a pan for the spinach (TIP). Pour the boiling water over the **spinach** and drain.

TIP: Do you have a water kettle? Cook the water with this, it is quicker than in a pan.



4. Serve

- Transfer the **rice** to a bowl and top with the **pork tenderloin**, **cucumber**, **spinach** and **mushrooms**. Put the fried **egg** on top of everything. Garnish with the leftover **gomashio** and serve with the sambal sauce and **soy sauce**.

Enjoy!



German steak with caramelized chicory

with potato slices and refreshing salad

35 min. • Eat within 3 days



Waxy potatoes



Chicory



Sunflower seeds-
pumpkin seeds mix



Lettuce



German steak



Mayonnaise

Pantry items

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

A good start

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

Equipment

Frying pan, pan with a lid, salad bowl, sauté pan or large frying pan, baking sheet lined with baking paper, kitchen paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	250	500	750	1000	1250	1500
Chicory* (pcs)	1½	3	4	5	7	8
Sunflower seeds- pumpkin seeds mix (g) 19) 22) 25)	10	15	20	25	35	40
Lettuce* (g) 23)	30	60	90	120	150	180
German steak* (pcs)	1	2	3	4	5	6
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150

Not included

Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	3734 / 893	520 / 124
Total fat (g)	53	7
Of which: saturated (g)	14,5	2,0
Carbohydrates (g)	62	9
Of which: sugars (g)	13,0	1,8
Fibre (g)	9	1
Protein (g)	36	5
Salt (g)	1,5	0,2

Allergens:

3) Eggs 10) Mustard

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

Contact

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1. Cook and cut

Boil 300 ml water per person in a pan with a lid for the potatoes. Preheat the oven to 220 degrees. Thoroughly wash the **potatoes**, cut into ½ cm slices and cook for 5 minutes in the pan with lid. In the meantime, cut the **chicory** into wedges lengthwise. Leave the hard core so the leaves won't fall off.



2. Potatoes in the oven

Drain the **potatoes**, pat them dry with kitchen paper and divide them over a baking sheet with baking paper. Drizzle the potatoes with the olive oil and season with salt and pepper. Roast the potatoes in the oven for 20 minutes.



3. Fry the chicory

In the meantime, heat half of the butter in a sauté pan or large frying pan with a lid and fry the **chicory** for 1 minute all around on high heat. Reduce the heat, sprinkle the chicory with salt and pepper and fry for 10 – 15 minutes, covered with the lid.



4. Make the salad

In the meantime, heat a frying pan on high heat and roast the **mixed seeds** until they start to pop, then take from the pan. In a salad bowl, mix the mustard, white wine vinegar, extra virgin olive oil, salt en pepper into a dressing. Mix with the **lettuce**.



5. Fry the German steak

When the potatoes and chicory are almost done, heat the remaining butter in the same frying pan you just used and fry the **German steak** for about 2 minutes per side. Season with salt and pepper and allow to rest for 1 minute. Turn up the heat of the **chicory**, add the honey, and caramelize for 2 minutes (TIP). Regularly stir, carefully.

TIP: Cooking for children? Taste the chicory before you serve it and add some extra honey in case it is too bitter.



6. Serve

Transfer the **chicory**, **potatoes** and **German steak** to plates and serve with the salad and the **mayonnaise**. Garnish the salad with the roasted **mixed seeds**.

FACT: Did you know that this dish contains about 250 g vegetables per person?

Enjoy!



Boekoeloeke burger with a fried egg

with potatoes and an extra portion of refreshing salad

HELLOEXTRA VEGETARIAN 45 min. • Eat within 5 days

HELLO
EXTRA



Waxy potatoes



Onion



Boekoeloeke burger mix



Grated matured cheese



Free-range egg



Mayonnaise



Bell pepper



Lettuc



White ciabatta

Pantry items

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

A good start

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

Equipment

Sauté pan with a lid, small bowl, 2x frying pan, bowl, salad bowl, large bowl, baking sheet lined with baking paper

Ingredients for 1 - 6 servings

	1P	2P	3P	4P	5P	6P
Waxy potatoes (g)	200	400	600	800	1000	1200
Onion (pcs)	¼	½	¾	1	1¼	1½
Boekoeloeke burger mix (g) 1) 9) 19) 20) 21) 22) 25) 27)	20	40	60	80	100	120
Grated matured cheese* (g) 7)	12½	25	37½	50	62½	75
Free-range egg* (pcs) 3)	1½	3	4½	6	7½	9
Mayonnaise* (g) 3) 10) 19) 22)	25	50	75	100	125	150
Bell pepper* (pcs)	2	4	4	6	8	10
Lettuce* (g) 23)	60	120	180	240	300	360
White ciabatta (st) 1) 6) 7) 17) 22) 25) 27)	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Milk (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	3	6	9	12	15	18
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	2	4	6	8	10	12

Salt & pepper to taste

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	4554/1089	564/135
Total fat (g)	64	8
Of which: saturated (g)	12,4	1,5
Carbohydrates (g)	93	12
Of which: sugars (g)	21,5	2,7
Fibre (g)	14	2
Protein (g)	27	3
Salt (g)	2,0	0,2

Allergens:

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 9) Celery 10) Mustard
May contain traces of: 17) Eggs 19) Peanuts 20) Soy 21) Milk/lactose 22) Nuts 23) Celery 25) Sesame seed 27) Lupin



1. Prepare

Preheat the oven to 200 degrees. Peel or thoroughly wash the **potatoes** and cut them into wedges. Finely chop the **onion**. Heat 1 tbsp olive oil per person in a sauté pan with a lid and fry the potatoes for 25 - 35 minutes on medium-high heat, covered with the lid. Remove the lid after 20 minutes. Regularly stir and season with salt and pepper.



4. Fry the burgers

Take the Boekoeloeke mixture and separate it into one small ball per person. Heat ¼ tbsp olive oil in a frying pan on medium-high heat, gently place the balls in the pan and press them into the shape of a burger. Optionally, use a spatula to shape them a bit more. Fry the burgers for 4 - 5 minutes each side. Meanwhile, heat ¼ tbsp olive oil per person in a different frying pan and fry the leftover **egg**. Season with salt and pepper.



2. Make the burger

In a bowl, whisk half an **egg** per person. In a large bowl, mix the needed amount of **Boekoeloeke mix** with the **grated cheese**, **onion**, 1 tbsp whisked **egg** per person and 1 tbsp milk per person (TIP). Add a little bit of extra milk in case the mixture seems too dry (TIP). Leave the mixture in the refrigerator for 15 minutes so it can firm up.

TIP: You will whisk the egg first. This makes it easier to separate the egg into tablespoons.

TIP: You can ignore the preparation on the packaging of the burger mix: just follow the steps on this recipe card.



5. Make the sauce

In the meantime, heat the **ciabatta** in the oven for 6 - 8 minutes. Mix the rest of the **mayonnaise** with the honey and mustard.

TIP: This dish is rich in calories. Are you watching your calorie intake? Use half of the mayonnaise and 100 g potatoes per person. You can also leave out the bread, so you will have a dish with a veggie burger, vegetables and potatoes.



3. Make the salad

In the meantime, make a dressing with the extra virgin olive oil, 1 tsp **mayonnaise** per person and the white balsamic vinegar. Cut the **bell pepper** into thin strips. Mix the dressing with the **bell pepper** and **lettuce**. Save a little bit of lettuce for the bun.



6. Serve

Cut open the **ciabatta** and divide the saved **lettuce** among them. Put the Boekoeloekeburger on top and spread 1 tbsp of the honey-mustard mayonnaise on the burger. Top with the fried **egg**. Serve with the salad and the **potatoes** next to the burger.

Enjoy!



Lentil-pearl couscous salad with red beetroot crème

with goat cheese, apple and dill

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

**QUICK &
EASY**



Pearl couscous



Lentils



Red onion



Lime



Chopped walnuts



Apple



Cooked red beetroot



Fresh dill



Yogurt-tahini sauce



Lettuce



Fresh goat cheese

Pantry items

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

A good start

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

Equipment

Pan with a lid, frying pan, high bowl, hand blender

Ingredients for 1 – 6 servings

	1P	2P	3P	4P	5P	6P
Pearl couscous (g 1)	40	80	120	160	200	240
Lentils (pack)	¼	½	¾	1	1¼	1½
Red onion (pcs)	½	1	1½	2	2½	3
Lime (pcs)	½	1	1½	2	2½	3
Chopped walnuts (g 8) 19) 25)	5	10	15	20	25	30
Apple (pcs)	½	1	1½	2	2½	3
Cooked red beetroots (pcs)	1	2	3	4	5	6
Fresh dill* (g)	2½	5	7½	10	12½	15
Yogurt-tahini sauce (g 7) 11) 19) 22)	25	50	75	100	125	150
Lettuce* (g 23)	20	40	60	80	100	120
Fresh goat cheese* (g 7)	50	75	100	125	175	200
Not included						
Vegetable stock (ml)	125	250	375	500	625	750
Honey (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
Salt and pepper	to taste					

* keep in the refrigerator

Nutritive value

	Per serving	Per 100g
Energy (kJ/kcal)	2707 / 647	434 / 104
Total fat (g)	5	30
Of which: saturated (g)	1,8	11,0
Carbohydrates (g)	11	67
Of which: sugars (g)	4,4	27,5
Fibre (g)	2	12
Protein (g)	3	20
Salt (g)	0,4	2,7

Allergens:

1) Grains containing gluten 7) Milk/lactose 8) Nuts 11) Sesame seed
May contain traces of: 19) Peanuts 22) Nuts 23) Celery 25) Sesame seed

Contact

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



1. Prepare

- Prepare the stock in a pan with a lid for the pearl couscous. Add the **pearl couscous** and cook for 12 – 14 minutes until dry, covered with the lid. Then separate the grains with a fork and allow to steam dry without the lid.
- Drain the **lentils**.



3. Make the crème

- Heat a frying pan without oil on high heat and roast the **chopped walnuts** until golden brown.
- Using a hand blender and a high bowl or measuring cup, puree the **beetroot** with the **yogurt-tahini sauce** into a smooth sauce with per person: 1 tbsp lime juice, ½ tbsp honey, ½ tbsp extra virgin olive oil, salt and pepper.
- Add the **lentils**, **apple**, **onion**, the remaining extra virgin olive oil and the black balsamic vinegar to the **pearl couscous**. Mix well.



2. Cut

- Chop the **red onion**. Juice half of the **lime** and cut the other half into wedges.
- Roughly chop the **chopped walnuts**. Remove the core from the **apple** and cut the apple into thin wedges. Cut the **red beetroot** into large pieces. Roughly chop the **dill**.



4. Serve

- Transfer the **lettuce** and the pearl couscous-lentil salad to plates.
- Garnish with the **goat cheese**, roasted **chopped walnuts**, **dill** and **lime** wedges. Serve with the beetroot cream.

Enjoy!