



# Pasta with hot-smoked salmon and leek-cream sauce with oven-roasted tomato and fresh chives

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



Did you know that salmon, like a flamingo, is pink because of its diet? They get this color from the pigment they absorb from shrimps, for example.



Fresh chives



Leek



Onion



Rigatoni



Tomato



Herb cream cheese



Hot-smoked salmon

## Pantry items

Fish stock, butter, black balsamic vinegar, salt and pepper



## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

|                              | 1P       | 2P  | 3P  | 4P  | 5P   | 6P   |
|------------------------------|----------|-----|-----|-----|------|------|
| Fresh chives* (g)            | 2½       | 5   | 7½  | 10  | 12½  | 15   |
| Leek* (pcs)                  | ½        | 1   | 1½  | 2   | 2½   | 3    |
| Onion (pcs)                  | 1        | 2   | 3   | 4   | 5    | 6    |
| Rigatoni (g) 1) 17) 20)      | 90       | 180 | 270 | 360 | 450  | 540  |
| Tomato (pcs)                 | 1        | 2   | 3   | 4   | 5    | 6    |
| Herb cream cheese* (g) 7)    | 40       | 80  | 120 | 160 | 200  | 240  |
| Hot-smoked salmon* (g) 4)    | 80       | 160 | 240 | 320 | 400  | 480  |
| Not included                 |          |     |     |     |      |      |
| Fish stock (ml)              | 200      | 400 | 600 | 800 | 1000 | 1200 |
| Butter (tbsp)                | 1        | 2   | 3   | 4   | 5    | 6    |
| Black balsamic vinegar (tsp) | 1        | 2   | 3   | 4   | 5    | 6    |
| Salt & pepper                | to taste |     |     |     |      |      |

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 3502 / 837  | 475 / 113 |
| Total fat (g)           | 39          | 5         |
| Of which: saturated (g) | 19,2        | 2,6       |
| Carbohydrates (g)       | 81          | 11        |
| Of which: sugars (g)    | 16,6        | 2,3       |
| Fibre (g)               | 10          | 1         |
| Protein (g)             | 34          | 5         |
| Salt (g)                | 3,7         | 0,5       |

### Allergens:

1) Grains containing gluten 4) Fish 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. Cut and cook

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the rigatoni. Finely chop the **chives**. Cut the **leek** and **onion** into half rings. Prepare the stock. Cook the **rigatoni** for 13 – 15 minutes, covered with the lid. Then drain.



### 2. Cook and fry

In the meantime, heat 1 tbsp butter per person in a sauté pan with a lid on medium-high heat. Fry the **leek** and **onion** for 6 – 8 minutes. Then add 200 ml fish stock per person, reduce the heat to low and gently stew the **leek** and **onion** for 10 minutes, covered with the lid. Then take off the lid and simmer for another 5 – 7 minutes (TIP).

**TIP:** Add some extra stock in case the stock evaporates too quickly.



### 3. Cut and roast the tomato

In the meantime, cut the **tomatoes** in half and transfer them to a baking sheet lined with baking paper, with the cut side up. Season with salt and pepper and roast the **tomato** in the oven for 12 – 16 minutes. Then take from the oven and immediately sprinkle with 1 tsp black balsamic vinegar per person.



### 4. Make the sauce

Add the **herb cream cheese** to the **leek** and **onion**, stir well and simmer for another 5 minutes.



### 5. Mix

Add the **rigatoni** and **hot smoked salmon** to the leek-cream sauce, mix well and heat for another 1 – 2 minutes.



### 6. Serve

Transfer the **rigatoni** to plates. Place the **tomato** next to it and garnish with the **chives**.

**Enjoy!**



# Tomato-bell pepper soup with pearl couscous

with sour cream, fresh tarragon and homemade bread sticks

**BALANCED** **VEGETARIAN** 30 min. • Eat within 5 days



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



Onion



Garlic clove



Tomato



Dried apricots



Fresh tarragon



Pearl couscous



Red bell pepper



Whole grain ciabatta



Sour cream



Grated Italian cheese

## Pantry items

Olive oil, vegetable stock, salt and pepper



## A good start

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

### Equipment

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

### 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   |
| Tomato (pcs)  | 2        | 4  | 6   | 8   | 10  | 12  |
| Dried apricots (g) 19) 22) 25)                      | 25       | 50 | 75  | 100 | 125 | 150 |
| Fresh tarragon* (g)                                 | 2½       | 5  | 7½  | 10  | 12½ | 15  |
| Pearl couscous (g) 1)                               | 30       | 60 | 85  | 120 | 145 | 180 |
| Red bell pepper*                                    | ½        | 1  | 1½  | 2   | 2½  | 3   |
| Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27) | 1        | 2  | 3   | 4   | 5   | 6   |
| Sour cream* (g) 7)                                  | 25       | 50 | 75  | 100 | 125 | 150 |
| Grated Italian cheese* (g) 7)                       | 12½      | 25 | 37½ | 50  | 62½ | 75  |
| Not included  |          |    |     |     |     |     |
| Olive oil (tbsp)                                    | 1        | 2  | 2   | 3   | 4   | 5   |
| Vegetable stock cube (pcs)                          | ½        | 1  | 1½  | 2   | 2½  | 3   |
| Salt & pepper                                       | to taste |    |     |     |     |     |
| * keep in the refrigerator                          |          |    |     |     |     |     |

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 2688 / 643  | 520 / 124 |
| Total fat (g)           | 22          | 4         |
| Of which: saturated (g) | 6,8         | 1,3       |
| Carbohydrates (g)       | 83          | 16        |
| Of which: sugars (g)    | 29,4        | 5,7       |
| Fibre (g)               | 14          | 3         |
| Protein (g)             | 21          | 4         |
| Salt (g)                | 3,8         | 0,7       |

### Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose  
May contain traces of: 17) Eggs 19) Peanuts 22) Nuts  
25) Sesame seed 27) Lupin

### Contact

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



## 1. Prepare

Preheat the oven to 200 degrees and boil 300 ml water per person for the soup. Chop the **onion** and press or mince the **garlic**. Cut the **tomato**, **red bell pepper** and **dried apricots** into pieces. Strip the leaves from the **tarragon** stems and finely chop the leaves.

**FACT:** Did you know that this dish contains 300 g vegetables and more vitamin C than the daily recommended amount?



## 4. Roast the bread sticks

In the meantime, cut open the **ciabatta** and cut each half into 3 strips. Transfer the strips to a baking sheet lined with baking paper and drizzle with the remaining olive oil. Sprinkle with the leftover **garlic**, salt and pepper. Roast in the oven for 6 – 8 minutes until crispy.



## 2. Make the soup

Heat half of the olive oil in a stock pot with a lid and stir fry the **onion**, **tomato**, **bell pepper**, **apricots** and half of the **garlic** for 2 minutes on medium heat. Add 200 ml boiling water per person and crumble ½ stock cube per person over the stock pot. Cook the soup for 15 minutes, covered with the lid.



## 5. Puree and mix

In the meantime, take the stock pot from the heat. Add half of the **sour cream** and puree the soup with a hand blender. Season with salt and pepper. Optionally, add the remaining boiling water in case you want to make the soup a bit thinner. Then stir the **pearl couscous** into the soup.



## 3. Cook the pearl couscous

In the meantime, make sure that the **pearl couscous** (TIP) is just under water in a pan with a lid. Bring to a boil and cook the **pearl couscous** for 12 – 14 minutes, covered with the lid. Stir regularly so the couscous does not stick to the pan. Then drain, separate the **couscous** with a fork and leave to steam dry without the lid.

**TIP:** Weigh 300 g pearl couscous per person. You might have received more pearl couscous than necessary for this recipe.



## 6. Serve

Transfer the soup to bowls and garnish with the **Italian cheese**, the remaining **sour cream** and the **tarragon** (TIP). Serve with the **breadsticks**.

**TIP:** Tarragon is quite strong in flavor. Taste well and add less or more to your liking.

## Enjoy!

Answer: Vitamin C





# Salad with sweet potato and goat cheese

with green lentils and roasted cherry tomatoes

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



Does this recipe look familiar?  
This time, we have added goat  
cheese and honey for extra flavor  
and a creamy touch.



Green lentils



Sweet potato



Shallot



Garlic clove



Red cherry tomatoes



Lemon



Fresh flat leaf parsley



Rocket and  
lamb's lettuce



Fresh goat cheese

## Pantry items

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



## A good start

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

### Equipment

2x Frying pan, pan with a lid, salad bowl, baking sheet lined with baking paper

### Ingredients for 1 – 6 servings

|                                | 1P       | 2P  | 3P  | 4P   | 5P   | 6P   |
|--------------------------------|----------|-----|-----|------|------|------|
| Green lentils (g)              | 40       | 80  | 120 | 160  | 200  | 240  |
| Sweet potato (g)               | 300      | 600 | 900 | 1200 | 1500 | 1800 |
| Shallot (pcs)                  | ½        | 1   | 1½  | 2    | 2½   | 3    |
| Garlic clove (pcss)            | ½        | 1   | 1½  | 2    | 2½   | 3    |
| Red cherry tomatoes (g)        | 125      | 250 | 375 | 500  | 625  | 750  |
| Lemon (pcs)                    | ¼        | ½   | ¾   | 1    | 1¼   | 1½   |
| Fresh flat leaf parsley* (g)   | 2½       | 5   | 7½  | 10   | 12½  | 15   |
| Rocket and lamb's lettuce* (g) | 30       | 60  | 90  | 120  | 150  | 180  |
| Fresh goat cheese* (g) 7)      | 50       | 100 | 150 | 200  | 250  | 300  |
| Not included                   |          |     |     |      |      |      |
| Olive oil (tbsp)               | 2        | 4   | 6   | 8    | 10   | 12   |
| 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)        | 3895/931    | 605/145  |
| Total fat (g)           | 44          | 7        |
| Of which: saturated (g) | 11,9        | 1,9      |
| Carbohydrates (g)       | 102         | 16       |
| Of which: sugars (g)    | 32,0        | 5,0      |
| Fibre (g)               | 19          | 3        |
| Protein (g)             | 24          | 4        |
| Salt (g)                | 0,8         | 0,1      |

### 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 and fry

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the lentils. Cook the **green lentils** for 25 – 30 minutes on medium–low heat, covered with the lid, then drain. In the meantime, cut the **sweet potato** into 1 cm thick half slices. Transfer the **sweet potato** slices to a baking sheet lined with baking paper and mix with 1 tbsp olive oil per person (TIP). Season with salt and pepper Roast the **sweet potato** in the oven for 25 – 35 minutes, or until golden brown.

**TIP:** Make sure the sweet potato is completely covered in oil, or else it might burn quickly.



## 4. Fry the lentils

Heat ½ tbsp olive oil per person in a different frying pan on medium–high heat and fry the **shallot** for 3 – 4 minutes. Add the **garlic** and fry for 1 minute. Then add the cooked **lentils** and season with salt and pepper. Stir fry for another 1 – 2 minutes. Add the majority of the lemon dressing to the **lentils**, turn the heat to high and heat briefly.



## 2. Cut

Meanwhile, chop the **shallot** and press or mince the **garlic**. Halve the **cherry tomatoes**.



## 3. Fry the cherry tomatoes

Heat ½ tbsp olive oil per person in a frying pan on medium–high heat and fry the **cherry tomatoes** for 6 – 8 minutes. Stir regularly. Juice the **lemon**. In a salad bowl, mix 1 tbsp **lemon juice** per person with the extra virgin olive oil.



## 5. Make the lettuce

Finely chop the fresh **flat leaf parsley**. Tear the **rocket** and **lamb's lettuce** into small pieces. Mix the **rocket** and **lamb's lettuce** with the remaining lemon dressing and season with salt and pepper.

**FACT:** Lentils contain loads of fibre, protein, iron, magnesium and potassium. Potassium helps maintaining a healthy blood pressure.



## 6. Serve

Transfer the **rocket** and **lamb's lettuce** to plates and top with the **green lentils**. Divide the **sweet potato** and **tomatoes** over the lentils and crumble the **goat cheese** over the salad. Sprinkle the **goat cheese** with the honey and garnish with the **parsley**.

**TIP:** Are you watching your calorie intake? Prepare all of the sweet potato, but add half of it to the dish. Also add half of the goat cheese. You can use the remaining sweet potato and goat cheese the next day, in a lunch salad for example.

**Enjoy!**



# One pot pasta chicken Alfredo

with courgette and Italian cheese

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



Pasta Alfredo was created by an Italian chef named Alfredo. He invented this dish in an effort to make his wife eat again after giving birth to their son



Onion



Garlic clove



Marinated chicken fillet strips



Whipping cream



Farfalle



Courgette



Grated Italian cheese

## Pantry items

Chicken stock, 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

Pan with a lid

### Ingredients for 1 – 6 servings

|                                      | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|--------------------------------------|-----|-----|-----|-----|-----|-----|
| Onion (pcs)                          | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Garlic clove (pcs)                   | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Marinated chicken fillet strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Whipping cream* (ml) 7)              | 100 | 150 | 200 | 250 | 350 | 400 |
| Farfalle* (g) 1) 17) 20)             | 90  | 180 | 270 | 360 | 450 | 540 |
| Courgette (pcs)                      | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Grated Italian cheese* (g) 7)        | 25  | 50  | 75  | 100 | 125 | 150 |

#### Not included

|                          |     |     |     |     |      |      |
|--------------------------|-----|-----|-----|-----|------|------|
| Chicken stock (ml)       | 200 | 400 | 600 | 800 | 1000 | 1200 |
| 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 portie | Per 100g |
|-------------------------|------------|----------|
| Energy (kJ/kcal)        | 3816 /912  | 524 /125 |
| Total fat (g)           | 44         | 6        |
| Of which: saturated (g) | 21,6       | 3,0      |
| Carbohydrates (g)       | 81         | 11       |
| Of which: sugars (g)    | 16,1       | 2,2      |
| Fibre (g)               | 6          | 1        |
| Protein (g)             | 45         | 6        |
| Salt (g)                | 3,3        | 0,5      |

### 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. Prepare

- Prepare the stock and press or mince the **garlic**. Chop the **onion**
- Heat ½ tbsp olive oil per person in a large pan with a lid on medium-high heat. Fry the **chicken fillet** strips for 1 – 2 minutes until brown all around. Take from the pan and set aside.
- Heat ¼ tbsp olive oil in the same pan on medium heat and fry the **garlic** and **onion** for 1 – 2 minutes.



### 3. Mix

- For the final 8 –10 minutes, add the **courgette** and mix well.
- For the final 5 minutes, add the **chicken** back to the pan and mix well.



### 2. Make the sauce

- Add 1 tsp white wine vinegar per person, the chicken stock, the **whipping cream** and the **farfalle** to the pan (TIP). Season with salt and pepper and bring to a boil.
- Cook for 11 – 13 minutes on low heat, or until the farfalle is cooked, covered with the lid. Stir regularly.
- In the meantime, cut the **courgette** into 2 – 3 cm dices.

**TIP:** Are you watching your calorie intake? Use 70 g farfalle per person and 50 ml whipping cream. You can use the remaining farfalle for a pasta salad and you can use the remaining cream for a soup.



### 4. Serve

- Take the pan from the heat and stir in ⅔ of the **Italian cheese**
- Transfer the pasta to deep plates and garnish with the remaining **cheese**.

### Enjoy!





# Boekoeloekoe burger with fried egg

with potatoes, refreshing salad and honey-mustard mayonnaise

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



Did you know that the boekoeloekoe mix contains more than 15 different types of spices and vegetables?



Waxy potatoes



Onion



Boekoeloekoe burger mix



Grated matured cheese



Cage-free egg



Mayonnaise



Yellow bell pepper



Mesclun



White ciabatta

## Pantry items

Olive oil, milk, extra virgin olive oil, white balsamic 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

Sauté pan with a lid, 2x small bowl, frying pan, bowl, salad bowl, large bowl

### 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   |
| Cage-free egg (pcs) 3)                                   | 1½  | 3   | 4½  | 6   | 7½   | 9    |
| Mayonnaise* (g) 3) 10) 19) 22)                           | 25  | 50  | 75  | 100 | 125  | 150  |
| Yellow bell pepper* (pcs)                                | 1   | 2   | 2   | 3   | 4    | 5    |
| Mesclun* (g)   | 30  | 60  | 90  | 120 | 150  | 180  |
| White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27)            | 1   | 2   | 3   | 4   | 5    | 6    |
| <b>Not included</b>                                      |     |     |     |     |      |      |
| 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)        | 4140/990    | 619/148  |
| Total fat (g)           | 57          | 9        |
| Of which: saturated (g) | 11,1        | 1,7      |
| Carbohydrates (g)       | 87          | 13       |
| Of which: sugars (g)    | 15,0        | 2,3      |
| Fibre (g)               | 11          | 2        |
| Protein (g)             | 26          | 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 25) Sesame seed 27) Lupin

### Contact

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



## 1. Fry the potatoes

Preheat the oven to 200 degrees. Peel or thoroughly wash the **potatoes** and cut them into wedges (TIP). 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.

**TIP:** Are you watching your calorie intake? Use half of the mayonnaise and 100 g potatoes per person. You can also cook the potatoes instead of frying them.



## 4. Fry the burgers

Take the **boekoeleoeke 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, add the required amount of **boekoeleoeke 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. 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 needed amount from the egg. Too much egg will make the mix very sticky.



## 5. Heat the ciabatta

In the meantime, heat the **ciabatta** in the oven for 6 – 8 minutes. In a small bowl, mix the remaining **mayonnaise** with the honey and **mustard**.



## 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 in a salad bowl. Cut the **yellow bell pepper** into thin strips. Mix the dressing with the **yellow bell pepper** and **mesclun**. Save a little bit of **mesclun** for the bun.



## 6. Build the burger

Cut open the **ciabatta** and divide the saved **mesclun** among them. Put the boekoeleoeke **burger** on the mesclun and top the burger with 1 tbsp of the honey–mustard mayonnaise. Finish with the fried **egg**. Serve with the mesclun salad and the **potatoes** next to the burger.

## Enjoy!





# Vegetarian kapsalon with a Mexican twist

with homemade guacamole and tomato salsa

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



Did you know that this dish was named after a hairdresser who always ordered the dish in a shawarma restaurant in Rotterdam?



Sweet potato



Mexican spices



Black beans



Corn cob



Avocado



Shallot



Red chili pepper



Garlic clove



Fresh coriander



Lime



Tomato



Grated cheddar



Sour cream

## Pantry items

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



## A good start

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

### Equipment

Baking sheet lined with baking paper, frying pan, 3x bowl

### Ingredients for 1 – 6 servings

|                              | 1P  | 2P  | 3P  | 4P  | 5P   | 6P   |
|------------------------------|-----|-----|-----|-----|------|------|
| Sweet potato (g)             | 300 | 450 | 600 | 750 | 1050 | 1200 |
| Mexican spices (tsp)         | 1½  | 3   | 4½  | 6   | 7½   | 9    |
| Black beans (pack)           | ½   | 1   | 1½  | 2   | 2½   | 3    |
| Corn cob* (pcs)              | ½   | 1   | 1½  | 2   | 2½   | 3    |
| Avocado (pcs)                | ½   | 1   | 1½  | 2   | 2½   | 3    |
| Shallot (pcs)                | ¼   | ½   | ¾   | 1   | 1¼   | 1½   |
| Red chili pepper* (pcs)      | ¼   | ½   | ¾   | 1   | 1¼   | 1½   |
| Garlic clove (pcs)           | ¼   | ½   | ¾   | 1   | 1¼   | 1½   |
| Fresh coriander* (g)         | 5   | 10  | 15  | 20  | 25   | 30   |
| Lime (pcs)                   | ½   | 1   | 1½  | 2   | 2½   | 3    |
| Tomato (pcs)                 | 1   | 2   | 3   | 4   | 5    | 6    |
| Grated cheddar* (g) 7)       | 12  | 25  | 37  | 50  | 62   | 75   |
| Sour cream* (g) 7)           | 25  | 50  | 75  | 100 | 125  | 150  |
| <b>Not included</b>          |     |     |     |     |      |      |
| Olive oil (tbsp)             | ¾   | 1½  | 2¼  | 3   | 3¾   | 4½   |
| Butter (tbsp)                | ½   | 1   | 1½  | 2   | 2½   | 3    |
| Extra virgin olive oil (tsp) | 1½  | 3   | 4½  | 6   | 7½   | 9    |
| White balsamic vinegar (tsp) | ½   | 1   | 1½  | 2   | 2½   | 3    |

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 3579 / 856  | 503 / 120 |
| Total fat (g)           | 47          | 7         |
| Of which: saturated (g) | 12,8        | 1,8       |
| Carbohydrates (g)       | 76          | 11        |
| Of which: sugars (g)    | 26,9        | 3,8       |
| Fibre (g)               | 23          | 3         |
| Protein (g)             | 21          | 3         |
| Salt (g)                | 1,3         | 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. Make the fries

Preheat the oven to 220 degrees. Wash the **sweet potato** and cut into 1 cm thick fries. Transfer the fries to a baking sheet lined with baking paper and drizzle with ½ tbsp olive oil per person and 1 tsp **Mexican spices**. Season with salt and pepper. Mix well and roast the fries in the oven for 30 – 35 minutes, or until cooked. Turn over when halfway done.



## 4. Make the guacamole

Cut the **tomato** into small dices. Mash the **avocado** in a bowl and mix with the **red chili pepper**, minced **shallot**, **garlic**, and ½ of the **coriander**. Add ½ tbsp **lime juice** per person and ½ tsp extra virgin olive oil per person. Season with salt and pepper. Make a salsa by mixing the diced **tomato** in a bowl with ½ of the **coriander**. Add per person: 1 tsp extra virgin olive oil and ½ tsp white balsamic vinegar. Season to taste with salt and pepper.



## 2. Fry the beans

Drain the **black beans**. Mix the **beans** in a bowl with per person: ½ tsp **Mexican spices** and ¼ tbsp olive oil. Season with salt and pepper. Divide the **black beans** over the baking sheet with the **sweet potato fries** for the final 5 minutes. In the meantime, cut the corn kernels off the **corn cob**.



## 5. Melt the cheddar

Mix the **corn kernels** with the **black beans** and **sweet potato** fries. Sprinkle the **cheddar** on top. Place the baking sheet back in the oven for 3 – 5 minutes, or until the cheddar has melted.



## 3. Cut

Heat ½ tbsp butter per person in a frying pan on medium-high heat and fry the **corn kernels** for 4 – 6 minutes with a pinch of salt. In the meantime, cut the **avocado** into dices and finely mince the **shallot**. Remove the seeds from the **red chili pepper** and finely chop the pepper. Press or mince the **garlic** and roughly chop the **coriander**. Juice half of the **lime** and cut the other half into wedges.



## 6. Serve

Transfer the **beans** and **sweet potato** fries with **cheddar** to plates. Serve with the guacamole, tomato salsa and **sour cream**. Garnish with the remaining **coriander** and **lime** wedges.

**FACT:** Did you know that this dish contains more than 75% of the daily recommended amount of fibre and is rich in protein? This is largely due to the black beans, sweet potato, avocado and corn.

## Enjoy!





# Tortillas with carrot hummus and falafel

with yogurt and refreshing salad

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



This dish is full of vegetables! The hummus contains carrot and the falafel is full of tomato, spinach and bell pepper.



Carrot



Red onion



Garlic clove



Falafel



Tomato



Cucumber



Fresh herbs



Lemon



Low-fat yogurt



Chickpeas



Ground cumin seed



Whole grain tortilla

## Pantry items

Extra virgin olive oil, mustard, salt, 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, salad bowl, hand blender, deep bowl, baking sheet lined with baking paper, oven rack, aluminium foil

### Ingredients for 1 – 6 servings

|   | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|---|-----|-----|-----|-----|-----|-----|
| Carrot* (g)                                 | 100 | 200 | 300 | 400 | 500 | 600 |
| Red onion (pcs)                             | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Garlic clove (pcs)                          | 1   | 2   | 3   | 4   | 5   | 6   |
| Falafel* (pack) 1) 19) 22)                  |     |     | 1   | 1   | 1   | 2   |
| Tomato (pcs)                                | 1   | 2   | 3   | 4   | 5   | 6   |
| Cucumber* (pcs)                             | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Fresh dill, mint and flat leaf parsley* (g) | 5   | 10  | 15  | 20  | 25  | 30  |
| Lemon (pcs)                                 | ¼   | ½   | ¾   | 1   | 1¼  | 1½  |
| Low-fat yogurt* (g) 7) 19) 22)              | 50  | 100 | 150 | 200 | 250 | 300 |
| Chickpeas (pack)                            | ¼   | ½   | ¾   | 1   | 1¼  | 1½  |
| Ground cumin seed (tsp)                     | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Whole grain tortilla (pcs) 1)               | 2   | 4   | 6   | 8   | 10  | 12  |
| Not included                                |     |     |     |     |     |     |
| Extra virgin olive oil (tbsp)               | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Mustard (tsp)                               | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Salt (tsp)                                  | ¼   | ½   | ¾   | 1   | 1¼  | 1½  |

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal)        | 2577 / 616  | 376 / 90 |
| Total fat (g)           | 21          | 3        |
| Of which: saturated (g) | 3,9         | 0,6      |
| Carbohydrates (g)       | 76          | 11       |
| Of which: sugars (g)    | 17,9        | 2,6      |
| Fibre (g)               | 17          | 3        |
| Protein (g)             | 20          | 3        |
| Salt (g)                | 3,5         | 0,5      |

### Allergens:

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

### Contact

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



## 1. Roast the vegetables

Preheat the oven to 220 degrees. Cut the **carrot** into max. ½ cm thick half slices. Cut the **red onion** into half rings. Transfer the **carrot** and **red onion** to a baking sheet lined with baking paper, but keep them separated. Sprinkle with salt and pepper. Add the **garlic cloves** (unpeeled) and roast in the oven for 20 – 25 minutes. Then take from the oven, set the aside and heat the **falafel** for 3 – 4 minutes on an oven rack.



## 4. Prepare the hummus

In a high bowl, mix the **chickpeas** with per person: 2 tbsp liquid from the chickpeas, ½ tbsp **lemon juice**, ½ tsp **ground cumin seed**, ¼ tsp salt and the remaining **yogurt**. Puree into a hummus spread with a hand blender.

**FACT:** This dish will provide you with 60% of the daily recommended amount of fibre!



## 2. Make the salad

In the meantime, cut the **tomato** into small dices and finely chop the **fresh herbs**. Cut the **cucumber** into ½ cm thick, 3 – 4 cm long strips. Juice the **lemon**. In a salad bowl, mix the **tomato** with the **fresh herbs** and ⅔ of the **cucumber**. Add per person: ½ tbsp **lemon juice** and ½ tbsp extra virgin olive oil and season with salt and pepper.



## 5. Finish the hummus

Wrap the **tortillas** in aluminium foil and heat in the oven for 2 – 3 minutes. Press the **garlic cloves** from the peel and add the **garlic** and **carrot** to the pureed **chickpeas**. Season with pepper and puree with the hand blender. Optionally, add some extra liquid from the chickpeas to make it smoother and season with some more salt, pepper and **lemon juice**.

**TIP:** Don't forget to add the falafel to the oven for 3 – 4 minutes, after the vegetables.



## 3. Make the yogurt sauce

In a small bowl, mix half of the **yogurt** with ½ tsp mustard per person and salt and pepper to taste. Then drain the **chickpeas** and save the liquid.

**FACT:** Chickpeas are rich in fibre, protein and healthy slow carbohydrates. They also contain a lot of vitamins: 4 to 5 x more vitamin E than any other legume. Vitamin E strengthens the immune system.



## 6. Serve

Transfer the **tortillas** to plates. Halve the **falafel** balls and top each **tortilla** with the carrot hummus, the half **falafel** balls, salad and **red onion**. Sprinkle with the yogurt sauce and fold to close the **tortilla** (TIP). Don't use all of the **carrot** hummus: you will use some of it as a dip for the **cucumber** strips.

**TIP:** Spread a little but of hummus along the edges of the tortilla. This way they will stick to each other.

## Enjoy!





# Thai fusion salad with vegetarian beef strips

with coriander and Japanese udon noodles

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



The vegetarian beef strips are made of wheat grains and have a fibrous structure with a bite. They also contain loads of iron and vitamin B12!



Garlic clove



Fresh ginger



Lime



Sweet Asian sauce



Gomashio



Soy sauce



Vegetarian beef strips



Cucumber



Plum tomato



Red onion



Fresh coriander



Fresh udon noodles



Peanuts



Red chili pepper

## Pantry items

Sunflower oil, sugar, salt and pepper

## A good start

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

### Equipment

Grater, wok or sauté pan, bowl, salad bowl

### Ingredients for 1 – 6 servings

|                                      | 1P       | 2P  | 3P  | 4P  | 5P  | 6P  |
|--------------------------------------|----------|-----|-----|-----|-----|-----|
| Garlic clove (pcs)                   | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Fresh ginger (cm)                    | 1        | 2   | 3   | 4   | 5   | 6   |
| Lime (pcs)                           | ¼        | ½   | ¾   | 1   | 1¼  | 1½  |
| Sweet Asian sauce (g) 1) 6)          | 35       | 70  | 105 | 140 | 175 | 210 |
| Gomashio (tsp) 11)                   | 1½       | 3   | 4½  | 6   | 7½  | 9   |
| Soy sauce (ml) 1) 6)                 | 10       | 20  | 30  | 40  | 50  | 60  |
| Vegetarian beef strips* (g) 1) 3) 6) | 80       | 160 | 240 | 320 | 400 | 480 |
| Cucumber* (pcs)                      | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Plum tomato (pcs)                    | 1        | 2   | 3   | 4   | 5   | 6   |
| Red onion (pcs)                      | ¼        | ½   | ¾   | 1   | 1¼  | 1½  |
| Fresh coriander* (g)                 | 5        | 10  | 15  | 20  | 25  | 30  |
| Fresh udon noodles (pack) 1)         | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Peanuts (g) 5) 22) 25)               | 10       | 20  | 30  | 40  | 50  | 60  |
| Red chili pepper* (pcs)              | ¼        | ½   | ¾   | 1   | 1¼  | 1½  |
| Not included                         |          |     |     |     |     |     |
| Sunflower oil (tbsp)                 | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Sugar (tsp)                          | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Salt & pepper                        | to taste |     |     |     |     |     |

\* keep in the refrigerator

### Nutritive value

|                         | Per portie | Per 100g  |
|-------------------------|------------|-----------|
| Energy (kJ/kcal)        | 2307 / 552 | 418 / 100 |
| Total fat (g)           | 19         | 4         |
| Of which: saturated (g) | 2,3        | 0,4       |
| Carbohydrates (g)       | 63         | 11        |
| Of which: sugars (g)    | 23,2       | 4,2       |
| Fibre (g)               | 5          | 1         |
| Protein (g)             | 29         | 5         |
| Salt (g)                | 4,8        | 0,9       |

### Allergens:

1) Grains containing gluten 3) Eggs 5) Peanuts 6) Soy 11) Sesame seed

May contain traces of: 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

- Press or mince the **garlic**. Grate the **ginger** with a fine grater. Cut the **lime** into 2 wedges per person.
- In a bowl, mix the **sweet Asian sauce**, **gomashio**, **soy sauce**, **ginger**, **garlic** and ½ tsp sugar per person. Press a **lime** wedge per person over it and mix well.
- Add ⅔ of this mixture to the **vegetarian beef strips** and allow to marinate while you chop the vegetables.

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



### 3. Fry

- Heat ½ tbsp sunflower oil per person in a wok or sauté pan on medium-high heat.
- Stir fry the **vegetarian beef strips** for 2 – 3 minutes, add the **udon noodles** and heat for another 2 – 3 minutes.
- In the meantime, roughly chop the **peanuts** and cut the **red chili pepper** into fine rings.



### 2. Cut

- Cut the **cucumber** in half lengthwise and cut into slices. Cut the **plum tomato** into wedges and cut the **red onion** into thin half rings.
- Strip the **mint** leaves from the stems and finely chop the **coriander**.
- In a salad bowl, mix the **cucumber**, **tomato**, **red onion** and **coriander**.

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



### 4. Serve

- Mix the **udon noodles** and the **vegetarian beef strips** with the salad and divide the salad among plates.
- Garnish with the remaining **lime** wedges and the **peanuts**. Do not forget the leftover sauce, add this to taste with the remaining **red chili pepper**.

**FACT:** By eating less meat, you lower your risk of getting cardiovascular diseases. Eating less meat also reduces water waste, deforestation and the emission of greenhouse gasses. Good for you and the planet!

Enjoy!





# Udon noodle soup with fried haddock fillet

with pointed cabbage and broccoli

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



It's June, which means haddock is in season! This fish is similar to cod, but softer in structure and more intense in flavor. It is perfect for fish & chips, but also does very well in soups!



Fresh ginger



Red chili pepper



Carrot



Mushrooms



Pointed cabbage and broccoli



Fresh udon noodles



Haddock fillet



Vietnamese sauce



Soy sauce

## Pantry items

Vegetable stock, sunflower oil, salt and pepper

## A good start

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

### Equipment

Grater, frying pan, kitchen paper, wok or stock pot

### Ingredients for 1 – 6 servings

|                                       | 1P       | 2P  | 3P   | 4P   | 5P   | 6P   |
|---------------------------------------|----------|-----|------|------|------|------|
| Fresh ginger (cm)                     | 1        | 2   | 3    | 4    | 5    | 6    |
| Red chili pepper* (pcs)               | ¼        | ½   | ¾    | 1    | 1¼   | 1½   |
| Carrot* (pcs)                         | ½        | 1   | 1½   | 2    | 2½   | 3    |
| Mushrooms* (g)                        | 60       | 125 | 190  | 250  | 315  | 375  |
| Pointed cabbage and broccoli* (g) 23) | 100      | 200 | 300  | 400  | 500  | 600  |
| Fresh udon noodles (g) 1)             | 100      | 200 | 300  | 400  | 500  | 600  |
| Haddock fillet* (pcs) 4)              | 1        | 2   | 3    | 4    | 5    | 6    |
| Vietnamese sauce (g) 1) 6)            | 5        | 10  | 15   | 20   | 25   | 30   |
| Soy sauce (ml) 1) 6)                  | 5        | 10  | 15   | 20   | 25   | 30   |
| Not included                          |          |     |      |      |      |      |
| Vegetable stock (ml)                  | 400      | 800 | 1200 | 1600 | 2000 | 2400 |
| Sunflower oil (tbsp)                  | 2        | 3   | 3    | 4    | 6    | 7    |
| Salt & pepper                         | to taste |     |      |      |      |      |

\* keep in the refrigerator

### Nutritive value

|                         | Per portie | Per 100g |
|-------------------------|------------|----------|
| Energy (kJ/kcal)        | 2042 /488  | 234 /56  |
| Total fat (g)           | 22         | 2        |
| Of which: saturated (g) | 3,2        | 0,4      |
| Carbohydrates (g)       | 41         | 5        |
| Of which: sugars (g)    | 8,4        | 1,0      |
| Fibre (g)               | 7          | 1        |
| Protein (g)             | 29         | 3        |
| Salt (g)                | 6,5        | 0,7      |

### Allergens:

1) Grains containing gluten 4) Fish 6) Soy

May contain traces of: 23) Celery

### Contact

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



### 1. Prepare

- Prepare the stock (TIP).
- Peel the **ginger** and grate or mince. Remove the seeds from the **red chili pepper** and finely chop the **red chili pepper**.
- Cut the **carrot** into thin half slices. Cut the **mushrooms** into quarters.

**TIP:** Are you watching your salt intake? Use low-salt stock, replace part of the stock with water and/or leave out the soy sauce.



### 3. Fry the fish

- In the meantime, pat the **haddock fillet** dry with kitchen paper.
- Heat the remaining sunflower oil in a frying pan and fry the **haddock fillet** for 2 – 3 minutes on both sides, until done.
- Season to taste with salt and pepper.



### 2. Make the soup

- Heat half of the sunflower oil in a wok or stock pot. Fry the **ginger** and **red chili pepper** for 2 – 3 minutes on medium-high heat.
- Add the **carrot** and the **vegetable mix** and stir fry for 2 minutes.
- Add the stock and **Vietnamese sauce** and allow to cook for 6 – 8 minutes. When halfway done, add the **mushrooms** and **udon noodles** (TIP).



### 4. Serve

- Season the soup with **soy sauce** and pepper.
- Transfer the soup to soup bowls and serve with the **haddock fillet** on top.

### Enjoy!





# Minced meat sandwich with Italian vegetables with melted cheese and salad

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



What else does the word ciabatta mean in Italian? a) pillow, b) robe or c) slipper?

Find the answer on the back.



Red onion



Garlic clove



Mushrooms



Spiced minced beef



Italian vegetable mix



Whole grain ciabatta



Passata



Grated matured cheese



Tomato



Rocket and lamb's lettuce



## Pantry items

Olive oil, beef stock cube, white wine vinegar, extra virgin olive oil, honey, salt and pepper

## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

|   | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|---|-----|-----|-----|-----|-----|-----|
| Red onion (pcs)                                     | ¼   | ½   | ¾   | 1   | 1¼  | 1½  |
| Garlic clove (pcs)                                  | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Mushrooms* (g)                                      | 65  | 125 | 185 | 250 | 310 | 375 |
| Spiced minced beef* (g)                             | 100 | 200 | 300 | 400 | 500 | 600 |
| Italian vegetable mix* (g) 23)                      | 150 | 300 | 450 | 600 | 750 | 900 |
| Whole grain ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27) | 1   | 2   | 3   | 4   | 5   | 6   |
| Passata (tbsp)                                      | 2   | 4   | 6   | 8   | 10  | 12  |
| Grated matured cheese* (g) 7)                       | 15  | 25  | 35  | 50  | 60  | 75  |
| Tomato (pcs)  | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Rocket and lamb's lettuce* (g)                      | 30  | 60  | 90  | 120 | 150 | 180 |

#### Not included

|                               |   |   |    |   |    |   |
|-------------------------------|---|---|----|---|----|---|
| Olive oil (tbsp)              | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Beef stock cube (pcs)         | ⅛ | ¼ | ⅓  | ½ | ¾  | ¾ |
| White wine vinegar (tbsp)     | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey (tsp)                   | 1 | 2 | 3  | 4 | 5  | 6 |

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

|                         | Per portie | Per 100g  |
|-------------------------|------------|-----------|
| Energy (kJ/kcal)        | 3029 / 724 | 530 / 127 |
| Total fat (g)           | 35         | 6         |
| Of which: saturated (g) | 12,0       | 2,1       |
| Carbohydrates (g)       | 51         | 9         |
| Of which: sugars (g)    | 17,0       | 3,0       |
| Fibre (g)               | 10         | 2         |
| Protein (g)             | 45         | 8         |
| Salt (g)                | 3,5        | 0,6       |

### Allergens:

1) Grains containing gluten 6) Soy 7) Milk/lactose  
May contain traces of: 17) Eggs 22) Nuts 23) Celery 25) Sesame seed 27) Lupin

### Contact

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



### 1. Prepare

- Preheat the oven to 220 degrees.
- Chop the **red onion** and press or mince the **garlic**. Finely chop the **mushrooms**.



### 3. Prepare the sandwich

- Add the **passata** to the vegetables and crumble the stock cube over it. Mix well and allow to simmer for 3 – 4 minutes, without the lid.
- Taste and season with salt and pepper. Then divide the mixture over the **ciabatta** halves.
- Sprinkle the halves with the **grated cheese** and roast in the top of the oven for another 2 – 3 minutes, on the same baking sheet.



### 2. Fry

- Heat ½ tbsp olive oil per person in a sauté pan on medium-high heat. Fry the **minced beef**, **onion** and **garlic** for 1 – 2 minutes. Mix well to separate the **minced beef**.
- Add the **mushrooms** and **vegetable mix** and fry for 4 – 5 minutes, covered with the lid.
- Cut the **ciabattas** in half and heat the halves in the oven for 3 – 4 minutes, on a baking sheet lined with baking paper.



### 4. Serve

- In the meantime, cut the **tomato** into dices.
- In a salad bowl, mix a dressing of per person: ¼ tbsp extra virgin olive oil and ½ tbsp white balsamic vinegar. Mix the dressing with the **tomato** and **lettuce**. Season with salt and pepper.
- Transfer the half **ciabattas** to plates and serve with the salad.

**TIP:** Did you know that this dish contains about 300 g vegetables per person?

**Enjoy!**  
ANSWER





# Whole grain penne with green beans and spinach

with pecorino and fresh lemon balm

BALANCED

QUICK & EASY

VEGETARIAN

25 min. • Eat within 5 days



Any leftover lemon balm? This refreshing herb is perfect in a homemade ice tea or lemonade. Use your favorite tea, fresh lemon juice, some elderberry flower syrup, lemon balm and ice.



Onion



Garlic clove



Green beans



Whole grain penne



Spinach



Fresh lemon balm



Cream cheese



Grated pecorino

## 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

Sauté pan, pan with a lid, colander

### Ingredients for 1 – 6 servings

|                             | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|-----------------------------|-----|-----|-----|-----|-----|-----|
| Onion (pcs)                 | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Garlic clove (pcs)          | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Green beans* (g)            | 100 | 200 | 300 | 400 | 500 | 600 |
| Whole grain penne (g 1) 20) | 90  | 180 | 270 | 360 | 450 | 540 |
| Spinach* (g 23)             | 100 | 200 | 300 | 400 | 500 | 600 |
| Fresh lemon balm* (g)       | 5   | 10  | 15  | 20  | 25  | 30  |
| Cream cheese* (g 7)         | 20  | 40  | 60  | 80  | 100 | 120 |
| Grated pecorino* (g 7)      | 15  | 25  | 35  | 50  | 60  | 75  |

#### Not included

|                          |          |   |    |   |    |   |
|--------------------------|----------|---|----|---|----|---|
| 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 portie | Per 100g |
|-------------------------|------------|----------|
| Energy (kJ/kcal)        | 2368 /566  | 606 /145 |
| Total fat (g)           | 20         | 5        |
| Of which: saturated (g) | 8,4        | 2,1      |
| Carbohydrates (g)       | 68         | 17       |
| Of which: sugars (g)    | 9,4        | 2,4      |
| Fibre (g)               | 11         | 3        |
| Protein (g)             | 24         | 6        |
| Salt (g)                | 0,8        | 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. Prepare

- Boil ample water with a generous pinch of salt in a pan with a lid for the pasta. 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.



### 2. Cook

- Cook the **penne** in the pan with a lid for 10 – 12 minutes.
- Add the **green beans** for 4 – 6 minutes, depending on how you prefer your vegetables. Then drain and save some of the cooking liquid.

**FACT:** In comparison with regular pasta, the whole grain penne does not only contain more fibre, but also 3 – 5 x more vitamins and minerals such as potassium, magnesium, iron and vitamin B1 and B2.



### 3. Fry

- In the meantime, strip the **lemon balm** leaves from the stems and finely chop the leaves.
- When the pasta and green beans have about 5 more minutes to go, heat ½ tbsp olive oil per person in a sauté pan on medium-high heat.
- Fry the **onion** and **garlic** for 3 – 4 minutes. Then add the **spinach** and fry for 1 minute.



### 4. Mix

- Add the **penne** and **green beans** to the sauté pan. Also add the **cream cheese**, half of the **lemon balm**, half of the **grated pecorino** and per person: ½ tbsp white wine vinegar and 3 tbsp cooking liquid. Mix well. Optionally, add some more cooking liquid if you prefer the sauce a bit more moist. Season with salt and pepper.
- Transfer the pasta to deep plates and garnish with the **pecorino** and **lemon balm**.

### Enjoy!





# Summery bowl with avocado and sweet potato

with courgette spaghetti and marinated chickpeas

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



Did you know that this dish contains 60% of the daily recommended amount of fibre, which is also the average fibre intake?



Sweet potato



Chickpeas



Red onion



BBQ rub



Yellow carrot



Courgette spaghetti



Cage-free egg



Mixed lettuce



Fresh mint



Avocado

## Pantry items

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

## A good start

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

### Equipment

Bowl, pan, baking sheet lined with baking paper, peeler or cheese slicer

### Ingredients for 1 – 6 servings

|                              | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|------------------------------|-----|-----|-----|-----|-----|-----|
| Sweet potato (g)             | 150 | 300 | 450 | 600 | 750 | 900 |
| Chickpeas (pack)             | ¼   | ½   | ¾   | 1   | 1¼  | 1½  |
| Red onion (pcs)              | 1   | 2   | 3   | 4   | 5   | 6   |
| BBQ rub (tsp)                | 1½  | 3   | 4½  | 6   | 7½  | 9   |
| Yellow carrot* (g)           | 75  | 150 | 225 | 300 | 375 | 450 |
| Courgette spaghetti* (g) 23) | 50  | 100 | 150 | 200 | 250 | 300 |
| Cage-free egg* (pcs) 3)      | 1   | 2   | 3   | 4   | 5   | 6   |
| Mixed lettuce* (g)           | 40  | 80  | 120 | 160 | 200 | 240 |
| Fresh mint* (g)              | 5   | 10  | 15  | 20  | 25  | 30  |
| Avocado (pcs)                | ½   | 1   | 1½  | 2   | 2½  | 3   |

#### Not included

|                               |   |    |    |   |    |    |
|-------------------------------|---|----|----|---|----|----|
| Olive oil (tbsp)              | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| White balsamic vinegar (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |

Extra virgin olive oil to taste

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 2841 / 679  | 425 / 102 |
| Total fat (g)           | 36          | 5         |
| Of which: saturated (g) | 5,9         | 0,9       |
| Carbohydrates (g)       | 56          | 8         |
| Of which: sugars (g)    | 20,4        | 3,1       |
| Fibre (g)               | 16          | 2         |
| Protein (g)             | 24          | 4         |
| Salt (g)                | 0,9         | 0,1       |

### Allergens:

3) Eggs

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. In the oven

Preheat the oven to 200 degrees. Wash the **sweet potato** and cut into wedges (with peel). Drain the **chickpeas**. Cut the **red onion** into wedges. Mix the **chickpeas, sweet potato, red onion** and **BBQ rub** with the olive oil on a baking sheet lined with baking paper. Season with salt and pepper and roast in the oven for 20 – 25 minutes. Turn when halfway done.



## 4. Cook the egg

Boil ample water in a pan and hard boil the **egg** for 6 – 10 minutes. Do you prefer a soft-boiled egg? Cook it for 6 minutes. Then rinse with cold water and peel the egg.



## 2. Mix

Separate the **yellow carrot** into thin ribbons with a peeler or cheese slicer. In a bowl, mix the **courgette spaghetti** and **carrot** ribbons with the white balsamic vinegar, salt and pepper. Set aside until serving and stir regularly.



## 5. Make the bowl

Transfer the **mixed lettuce** to deep bowls and top with the vegetables in balsamic vinegar. Add the **sweet potato** with **onion** and **chickpeas** next to the vegetables. Pour the remaining dressing from the sweet potato over the **mixed lettuce**.



## 3. Cut

Strip the **mint** leaves from the stems and cut the leaves into strips. Cut the **avocado** in half, remove the seed and peel and cut the **avocado** into slices.

**FACT:** Avocado is rich in plant-based unsaturated fats that help keeping your heart and blood vessels healthy. This is why eating avocado has a positive effect on your cholesterol level!



## 6. Finish the bowl

Finish the bowls with the **avocado** slices, put the **egg** on top and carefully cut open the **egg**. Garnish with the **mint** and optionally, finish with some extra virgin olive oil to taste.

**Enjoy!**





# Pork sausage with Chimay cheese and braised onion with half baby potatoes and a salad

**QUICK & EASY** 15 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.



Pork sausage with Chimay cheese and braised onion



Precooked half baby potatoes with peel



Yellow bell pepper



Beef tomato



Mixed lettuce with pea sprouts



Green pesto

## Pantry items

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

## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

|   | 1P       | 2P  | 3P  | 4P  | 5P   | 6P   |
|---|----------|-----|-----|-----|------|------|
| Pork sausage with Chimay cheese and braised onion* (pcs) 7) | 1        | 2   | 3   | 4   | 5    | 6    |
| Precooked half baby potatoes with peel* (g)                 | 200      | 400 | 600 | 800 | 1000 | 1200 |
| Yellow bell pepper* (pcs)                                   | ½        | 1   | 1½  | 2   | 2½   | 3    |
| Beef tomato (pcs)   | ½        | 1   | 1½  | 2   | 2½   | 3    |
| Mixed lettuce with pea sprouts* (g) 23)                     | 40       | 60  | 80  | 120 | 140  | 180  |
| Green pesto* (g) 7) 8)                                      | 12½      | 25  | 37½ | 50  | 62½  | 75   |
| Not included  |          |     |     |     |      |      |
| 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    |
| 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)        | 2935 /702  | 544 /130 |
| Total fat (g)           | 49         | 9        |
| Of which: saturated (g) | 14,0       | 2,6      |
| Carbohydrates (g)       | 41         | 8        |
| Of which: sugars (g)    | 5,6        | 1,0      |
| Fibre (g)               | 8          | 2        |
| Protein (g)             | 21         | 4        |
| Salt (g)                | 2,3        | 0,4      |

### Allergens:

7) Milk/lactose 8) Nuts

May contain traces of: 23) Celery

### Contact

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



### 1. Fry the sausage

- Heat the olive oil in a frying pan with a lid and fry the **pork sausage** for 2 – 3 minutes on medium–high heat until brown all around.
- Boil ample water in a pan with a lid for the baby potatoes. Cook the **baby potatoes** for 8 minutes, then drain.
- Cover the pan with the **sausage** with the lid and fry for 8 – 10 minutes on medium–low heat. Turn regularly.



### 3. Fry the baby potatoes

- Transfer the **sausages** to plates.
- Add the **baby potatoes** to the frying pan you used for the sausage and add the **pesto**. Mix and season with salt and pepper.



### 2. Make the salad

- In a salad bowl, mix a dressing of the mustard, white wine vinegar and extra virgin olive oil.
- Cut the **yellow bell pepper** and **beef tomato** into dices.
- Mix the **mixed lettuce**, **bell pepper** and **tomato** with the dressing in the salad bowl and season with salt and pepper.



### 4. Serve

- Transfer the **baby potatoes** with **pesto** to the plates with **pork sausage**.
- Serve with the salad.

### Enjoy!





# Spicy Asian minced chicken in little gem bowls

with Jasmine rice and sweet and sour cucumber

35 min. • Eat within 3 days



Little gem is the little brother of romaine lettuce. Its slightly sweeter flavor and small size make it perfect for refreshing bites: you could even eat it without cutlery.



Jasmine rice



Cucumber



Lime



Garlic clove



Red chili pepper



Peanuts



Fresh coriander



Little gem



Fish sauce



Minced chicken with Indonesian spices

## Pantry items

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



## A good start

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

### Equipment

Small bowl, grater, pan with a lid, salad bowl, peeler or cheese slicer, wok or sauté pan

### Ingredients for 1 – 6 servings

|  | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|--|-----|-----|-----|-----|-----|-----|
| Jasmine rice (g)                           | 85  | 170 | 250 | 335 | 420 | 505 |
| Cucumber* (pcs)                            | ⅓   | ⅔   | 1   | 1⅓  | 1⅔  | 2   |
| Lime (pcs)                                 | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Garlic clove (pcss)                        | 1½  | 3   | 4½  | 6   | 7½  | 9   |
| Red chili pepper* (pcs)                    | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Peanuts (g) 5) 22) 25)                     | 15  | 30  | 45  | 60  | 75  | 90  |
| Fresh coriander* (g)                       | 2½  | 5   | 7½  | 10  | 12½ | 15  |
| Little gem* (head)                         | 1   | 2   | 3   | 4   | 5   | 6   |
| Fish sauce (ml) 4)                         | 10  | 20  | 30  | 40  | 50  | 60  |
| Minced chicken with Indonesian spices* (g) | 110 | 220 | 330 | 440 | 550 | 660 |

#### Not included

|                           |          |   |    |    |     |    |
|---------------------------|----------|---|----|----|-----|----|
| Sugar (tsp)               | 1        | 2 | 3  | 4  | 5   | 6  |
| White wine vinegar (tbsp) | 2        | 4 | 6  | 8  | 10  | 12 |
| Brown sugar (tsp)         | 2½       | 5 | 7½ | 10 | 12½ | 15 |
| Sunflower oil (tbsp)      | 1        | 2 | 3  | 4  | 5   | 6  |
| Salt & pepper             | to taste |   |    |    |     |    |

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 3383 / 809  | 646 / 154 |
| Total fat (g)           | 32          | 6         |
| Of which: saturated (g) | 5,2         | 1,0       |
| Carbohydrates (g)       | 95          | 18        |
| Of which: sugars (g)    | 21,5        | 4,1       |
| Fibre (g)               | 5           | 1         |
| Protein (g)             | 34          | 6         |
| Salt (g)                | 3,1         | 0,6       |

### Allergens:

4) Fish 5) Peanuts

May contain traces of: 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. Cook the rice

Boil 250 ml water per person in a pan with a lid for the rice. Add a generous pinch of salt to the water and cook the **rice** for 12 – 15 minutes, covered with the lid. Drain if necessary and leave to steam dry without the lid.



## 4. Make the dressing

In a small bowl, mix the **brown sugar** with per person: 1 tbsp **lime juice**, ½ tsp **lime zest** and 2 tsp **fish sauce**.



## 2. Prepare the cucumber

In the meantime, mix the white wine vinegar with the sugar in a bowl. Cut the **cucumber** into thin slices and add to the dressing (TIP). Season with salt. Stir regularly so that the **cucumber** absorbs the dressing well.

**TIP:** Very thinly slice the cucumber or use a peeler or cheese slicer. This way the cucumber will absorb the dressing well.



## 5. Fry the minced chicken

Heat the sunflower oil in a wok or sauté pan and fry the **garlic** and **red chili pepper** for 1 minute on high heat. Add the **spiced minced chicken** and stir fry for 2 – 3 minutes on medium–high heat. Mix the lime dressing with the **minced chicken** and fry for 2 more minutes, or until cooked. Then add the **peanuts** and mix well. Season with salt and pepper.



## 3. Make the bowls

Grate the **lime** peel and juice the **lime**. Press or mince the **garlic** and finely chop the **red chili pepper** (TIP). Roughly chop the **peanuts** and **fresh coriander**. Separate the leaves from the **little gem** and put 2 or 3 on top of each other, forming 3 lettuce 'bowls' per person.

**FACT:** Did you know that the seeds and seed pods are the most spicy part of a pepper? If you don't like spiciness you can remove these parts before frying.



## 6. Serve

Transfer the **rice** to plates. Put the **little gem** 'bowls' on top and stuff them with the **minced chicken**. Pour the remaining sauce from the pan over the **rice**. Serve with the sweet and sour **cucumber** and sprinkle with **coriander**.

**Enjoy!**





# Pizza with homemade meatballs and buffalo mozzarella with bell pepper and tomato sauce

**FAMILY** 25 min. • Eat within 5 days

We would love to see your Father's day pizzas! Share your creations with us by scanning the QR code on the back.



Garlic clove



Onion



Minced pork



Passata



Yellow bell pepper



Buffalo mozzarella



Italian spices



Lebanese flatbread



Grated Italian cheese



Fresh basil

**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

Sauté pan with a lid, baking sheet lined with baking paper

### Ingredients for 1 – 6 servings

|                               | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|-------------------------------|-----|-----|-----|-----|-----|-----|
| Garlic clove (pcs)            | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Onion (pcs)                   | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Minced pork* (g)              | 100 | 200 | 300 | 400 | 500 | 600 |
| Passata (pcs)                 | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Yellow bell pepper* (pcs)     | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Buffalo mozzarella* (pcs) 7)  | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Italian spices (tsp)          | 1   | 2   | 3   | 4   | 5   | 6   |
| Lebanese flatbread (pcs) 1)   | 2   | 4   | 6   | 8   | 10  | 12  |
| Grated Italian cheese* (g) 7) | 12  | 25  | 37  | 50  | 62  | 75  |
| Fresh basil* (g)              | 5   | 10  | 15  | 20  | 25  | 30  |

#### Not included

|                              |   |   |    |   |    |   |
|------------------------------|---|---|----|---|----|---|
| 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)        | 4069 / 973  | 753 / 180 |
| Total fat (g)           | 47          | 9         |
| Of which: saturated (g) | 20,6        | 3,8       |
| Carbohydrates (g)       | 90          | 17        |
| Of which: sugars (g)    | 13,2        | 2,4       |
| Fibre (g)               | 7           | 1         |
| Protein (g)             | 43          | 8         |
| Salt (g)                | 3,3         | 0,6       |

### 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 200 degrees. Chop the **onion** and press or mince the **garlic**. Separate the **minced meat** into 4 meatballs per person.



## 4. Cut

In the meantime, cut half of the **yellow bell pepper** into rings and cut the other half into strips. Tear the **buffalo mozzarella** into large pieces.



## 2. Fry the meatballs

Heat ½ tbsp olive oil per person in a sauté pan with a lid on medium-high heat. Fry the **meatballs** for 3 – 4 minutes until brown all around. Take from the pan and set aside.



## 5. Make the pizza

Spread the **flatbread** with the tomato sauce and sprinkle with the **Italian cheese**. Be creative with the pizza toppings (TIP). Use the **meatballs**, **yellow bell pepper** and **buffalo mozzarella**. Then heat the pizzas in the oven for 7 – 8 minutes, on a baking sheet lined with baking paper. In the meantime, strip the **basil** leaves from the stems and cut the leaves into strips.

**TIP:** For Father's day, top the pizzas with your children. You can make nice shapes or faces on the pizzas with the different toppings.



## 3. Make the sauce

In the same frying pan, fry the **onion**, **garlic** and **Italian herbs** for 2 – 3 minutes. Deglaze with 1 tsp black balsamic vinegar per person, 1 tbsp water per person and the **passata**. Season with salt and pepper. Allow to simmer for 5 – 6 minutes, covered with the lid.



## 6. Serve

Transfer the pizzas to plates, garnish with the **fresh basil** and drizzle to taste with extra virgin olive oil.

**Enjoy!**



Share your creations with us by scanning the QR code





# Chili con carne stuffed bell pepper

with brown rice and yogurt

**FAMILY** 40 min. • Eat within 5 days



Bell pepper is a notorious source of vitamin C. How much of the daily recommended amount of vitamin C does this recipe contain?  
Find the answer on the back



Green bell pepper



Brown rice



Onion



Red chili pepper



Red bell pepper



Tomato



Mixed minced meat with Italian spices



Mexican spices



Red kidney beans



Full-fat yogurt



Grated cheddar

## Pantry items

Butter, black balsamic vinegar, salt and pepper



A good start

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

Equipment

Baking 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  |
|--|-----|-----|-----|-----|-----|-----|
| Green bell pepper* (pcs)                   | 1   | 2   | 3   | 4   | 5   | 6   |
| Brown rice (g)                             | 40  | 85  | 125 | 170 | 210 | 255 |
| Onion (pcs)                                | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Red chili pepper* (pcs)                    | ¼   | ½   | ¾   | 1   | 1¼  | 1½  |
| Red bell pepper* (pcs)                     | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Tomato (pcs)                               | 1   | 2   | 3   | 4   | 5   | 6   |
| Mixed minced meat with Italian spices* (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)        | 2904 / 694  | 460 / 110 |
| Total fat (g)           | 34          | 5         |
| Of which: saturated (g) | 15,5        | 2,5       |
| Carbohydrates (g)       | 54          | 8         |
| Of which: sugars (g)    | 15,9        | 2,5       |
| Fibre (g)               | 13          | 2         |
| Protein (g)             | 38          | 6         |
| Salt (g)                | 1,0         | 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. Fry the green bell pepper

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the rice. Cut the **green bell pepper** 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 in the pan with boiling water, covered with the lid. Then drain and leave to steam dry without the lid.



5. Stew

Add the **tomato**, **red 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. Take off the lid for the final 5 – 6 minutes. Stir regularly and season with salt and pepper.

**FACT:** Did you know that kidney beans, out of all beans, contain the most fibre? Eating a lot of fibre is not only good for your intestines, but it also reduces your risk of getting cardiovascular diseases.



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 **red bell pepper** and **tomato** into dices.



6. Serve

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

Enjoy!

Answer: 200%





# Linguine all'amatriciana

with bacon, pecorino and spicy tomato sauce

30 min. • Eat within 5 days



Amatriciana is a pasta sauce from the mountain village Amatrice, which lies about 2 hours north of Rome. This sauce even has an official status as regional dish.



Red onion



Garlic clove



Red chili pepper



Red cherry tomatoes



Fresh basil



Diced tomato



Linguine



Diced bacon



Grated pecorino



Rocket lettuce

## 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

Sauté pan, frying pan, pan with a lid

### Ingredients for 1 – 6 servings

|                          | 1P  | 2P  | 3P  | 4P  | 5P  | 6P  |
|--------------------------|-----|-----|-----|-----|-----|-----|
| Red onion (pcs)          | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Garlic clove (pcs)       | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Red chili pepper* (pcs)  | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Red cherry tomatoes* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| Fresh basil* (g)         | 5   | 10  | 15  | 20  | 25  | 30  |
| Diced tomato (pack)      | ½   | 1   | 1½  | 2   | 2½  | 3   |
| Linguine (g) 1) 17) 20)  | 90  | 180 | 270 | 360 | 450 | 540 |
| Diced bacon* (g)         | 50  | 100 | 150 | 200 | 250 | 300 |
| Grated pecorino* (g) 7)  | 25  | 50  | 75  | 100 | 125 | 150 |
| Rocket lettuce* (g)      | 20  | 40  | 60  | 80  | 100 | 120 |

#### Not included

|                           |   |   |    |   |    |   |
|---------------------------|---|---|----|---|----|---|
| Olive oil (tbsp)          | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |

Salt & pepper to taste

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 3006 / 719  | 514 / 123 |
| Total fat (g)           | 27          | 5         |
| Of which: saturated (g) | 10,0        | 1,7       |
| Carbohydrates (g)       | 83          | 14        |
| Of which: sugars (g)    | 18,1        | 3,1       |
| Fibre (g)               | 10          | 2         |
| Protein (g)             | 31          | 5         |
| Salt (g)                | 3,3         | 0,6       |

### 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

Chop the **onion**. Press or mince the **garlic**. Remove the seeds from the **red chili pepper** and finely chop the pepper (TIP). Cut the **red cherry tomatoes** in half. Boil ample water with a pinch of salt in a pan with a lid.

**TIP:** Originally, pasta all'amatriciana is quite spicy. Do you like spiciness? Add some seeds or seed pods from the chili pepper to make the dish spicier.



## 4. Cut the basil

Cut the **fresh basil** into strips.



## 2. Make the sauce

Heat ½ tsp olive oil per person in a sauté pan on medium-high heat. Fry the **onion**, **garlic** and **red chili pepper** for 3 – 4 minutes. Deglaze with ½ tbsp white wine vinegar per person. Add the diced **tomato** and **cherry tomatoes**. Season with salt and pepper. Reduce the heat and simmer for 10 – 15 minutes.

**FACT:** This dish contains more than 350 g vegetables per person! Did you know that canned vegetables contain almost as many nutrients as fresh vegetables?



## 5. Finish

Add the **linguine**, a splash of cooking liquid, half of the **pecorino** and half of the **basil** to the sauce. Mix well and heat briefly.



## 3. Fry the bacon

Cook the **linguine** for 10 – 12 minutes, covered with the lid. Then drain, save some of the cooking liquid and leave to steam dry without the lid. In the meantime, heat a frying pan on medium-high heat and fry the **diced bacon** for 4 – 6 minutes until crunchy, without any oil or butter. Add the **bacon** and its cooking grease to the tomato sauce and mix well.



## 6. Serve

Divide the **rocket lettuce** among plates and serve the linguine all'Amatriciana on top. Garnish with the remaining **basil** and **pecorino**.

**Enjoy!**





# Luxurious Caesar salad with chicken

with anchovies, green beans and homemade croutons

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



Did you know that the Caesar salad originated as a makeshift meal when it suddenly got really busy at Cesare Cardini's restaurant in Mexico?



Chicken fillet



Bacon



Green beans



Cage-free egg



Garlic clove



Anchovies



Lemon



Mayonnaise



White ciabatta



Romaine lettuce



Grated Italian cheese

## Pantry items

Olive oil, olive oil from the anchovies, salt and pepper



## A good start

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

### Equipment

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

### Ingredients for 1 – 6 servings

|   | 1P       | 2P  | 3P  | 4P  | 5P  | 6P  |
|---|----------|-----|-----|-----|-----|-----|
| Chicken fillet* (pcs)                         | 1        | 2   | 3   | 4   | 5   | 6   |
| Bacon* (g)                                    | 25       | 50  | 75  | 100 | 125 | 150 |
| Green beans* (g)                              | 75       | 150 | 225 | 300 | 375 | 450 |
| Cage-free egg* (pcs) 3)                       | 1        | 2   | 3   | 4   | 5   | 6   |
| Garlic clove (pcs)                            | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Anchovies (can) 4)                            | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Lemon (pcs)                                   | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Mayonnaise* (g) 3) 10) 19) 22)                | 50       | 100 | 150 | 200 | 250 | 300 |
| White ciabatta (pcs) 1) 6) 7) 17) 22) 25) 27) | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Romaine lettuce* (head)                       | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Grated Italian cheese* (g) 7)                 | 15       | 25  | 40  | 50  | 65  | 75  |
| Not included                                  |          |     |     |     |     |     |
| Olive oil (tbsp)                              | 1        | 1½  | 2   | 2½  | 3½  | 4   |
| Olive oil from the anchovies (tbsp)           | ¾        | 1½  | 2¼  | 3   | 3¾  | 4½  |
| Salt & pepper                                 | to taste |     |     |     |     |     |

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 4222 / 1009 | 686 / 164 |
| Total fat (g)           | 77          | 12        |
| Of which: saturated (g) | 14,9        | 2,4       |
| Carbohydrates (g)       | 22          | 4         |
| Of which: sugars (g)    | 2,0         | 0,3       |
| Fibre (g)               | 6           | 1         |
| Protein (g)             | 54          | 9         |
| Salt (g)                | 4,8         | 0,8       |

### Allergens:

1) Grains containing gluten 3) Eggs 4) Fish 6) Soy 7) Milk/ lactose 10) Mustard

May contain traces of: 17) Eggs 19) Peanuts 22) Nuts 25) Sesame seed 27) Lupin

### Contact

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



## 1. Fry the chicken and bacon

Heat the olive oil in a frying pan on medium heat and fry the **chicken fillet** for 5 – 6 minutes per side, until golden brown and cooked. Add the **bacon** for the last 5 minutes. Take the **chicken** from the pan and allow to rest under aluminium foil. Take the **bacon** from the pan and set aside.



## 4. Fry the croutons

Cut the **ciabatta** into dices. Add the oil from the anchovies to a frying pan on medium-high heat. Fry the **ciabatta** dices for 5 minutes, into golden brown croutons. Stir regularly to make sure they do not burn.



## 2. Cook the beans and eggs

In the meantime, boil a little bit of water in a pan with a lid for the green beans. Trim the ends off the **green beans** and thoroughly wash the **eggs**. Transfer the **green beans** and **eggs** to the pan with boiling water and cook them together for 5 – 6 minutes (TIP).

**TIP:** Do you prefer hard boiled eggs? Cook the eggs for 8 – 12 minutes in a separate pan. Then rinse the eggs under cold water, this will make it easier to peel them.



## 5. Cut

Meanwhile, roughly chop the **romaine lettuce**. Cut the **chicken** into slices and cut the **eggs** into wedges.



## 3. Make the dressing

In the meantime, press or mince the **garlic**. Drain the anchovies (save the oil!) and finely chop half of it. Keep the other half as they are. Press half of the **lemon** and cut the rest of the **lemon** into wedges. In a small bowl, mix the **mayonnaise** with the **garlic**, the chopped **anchovies** and 1 tsp **lemon juice** per person. Season with salt and pepper.



## 6. Serve

In a nice serving bowl, mix the romaine **lettuce** with the **green beans** and croutons. Divide the **egg** over it and garnish with the dressing and the **Italian cheese**. Put the **anchovies** on top, together with the **bacon**, and put the sliced **chicken fillet** in the middle. Season with pepper and, optionally, with salt. Serve with the **lemon** wedges.

## Enjoy!





# Round steak with squid ink pasta

with pecorino and roasted pointed pepper

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



This striking pasta nero does not only contain squid ink for its color, but also for the flavor. The ink contains glutamate, which is packed with the fifth basic flavor: umami.



Round steak



Red pointed pepper



Black tagliatelle



Garlic clove



Shallot



Fresh basil



Lemon



Cage-free egg



Grated pecorino

## Pantry items

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

## A good start

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

### Equipment

Bowl, plastic foil, pan with a lid, sauté pan or large frying pan, baking dish, kitchen paper, aluminum foil

### Ingredients for 1 – 6 servings

|                                  | 1P       | 2P  | 3P  | 4P  | 5P  | 6P  |
|----------------------------------|----------|-----|-----|-----|-----|-----|
| Round steak* (pcs)               | 1        | 2   | 3   | 4   | 5   | 6   |
| Red pointed pepper* (pcs)        | 2        | 4   | 6   | 8   | 10  | 12  |
| Black tagliatelle* (g) 1) 3) 14) | 125      | 250 | 375 | 500 | 625 | 750 |
| Garlic clove* (pcs)              | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Shallot (pcs)                    | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Fresh basil* (g)                 | 5        | 10  | 15  | 20  | 25  | 30  |
| Lemon (pcs)                      | ¼        | ½   | ¾   | 1   | 1¼  | 1½  |
| Cage-free egg (pcs) 3)           | 1        | 2   | 3   | 4   | 5   | 6   |
| Grated pecorino* (g) 7)          | 25       | 50  | 75  | 100 | 125 | 150 |
| Not included                     |          |     |     |     |     |     |
| Olive oil (tbsp)                 | 1        | 2   | 3   | 4   | 5   | 6   |
| Butter (tbsp)                    | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Extra virgin olive oil           | to taste |     |     |     |     |     |
| Salt & pepper                    | to taste |     |     |     |     |     |

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| Energy (kJ/kcal)        | 4132/988    | 633/151  |
| Total fat (g)           | 44          | 7        |
| Of which: saturated (g) | 15,7        | 2,4      |
| Carbohydrates (g)       | 79          | 12       |
| Of which: sugars (g)    | 12,2        | 1,9      |
| Fibre (g)               | 7           | 1        |
| Protein (g)             | 65          | 10       |
| Salt (g)                | 1,9         | 0,3      |

### Allergens:

1) Grains containing gluten 3) Eggs 7) Milk/lactose 14) Molluscs

### 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 peppers

Take the **round steak** from the refrigerator and allow to reach room temperature (TIP). Preheat the oven to 220 degrees. Transfer the pointed peppers to a baking dish, pierce a couple of holes through them with a fork or knife and roast in the oven for 20 – 25 minutes, until dark.

**TIP:** It is best to take the steak from the refrigerator half an hour before you start cooking.



## 4. Fry the round steak

In the meantime, heat ½ tbsp olive oil and 1 tbsp butter per person in a sauté pan or large frying pan on medium–high heat (TIP). Pat the **steak** dry with kitchen paper and rub it with salt and pepper. As soon as the oil is nice and hot, carefully place the **steak** in the pan and fry for 1 – 3 minutes per side until golden brown. Sprinkle with some black pepper and allow to rest for max. 3 minutes under aluminium foil. Meanwhile, remove the peel and seeds from the **pointed pepper**. Then cut into strips



## 2. Cook the black tagliatelle

In the meantime, boil ample water in a pan with a lid for the tagliatelle. Add a generous pinch of salt and cook the **black tagliatelle** for 4 – 6 minutes. Stir or carefully pull with a fork to separate the **tagliatelle**. Then drain and save a little bit of the cooking liquid. Rinse the **tagliatelle** with cold water so it doesn't stick. The **tagliatelle** may cool.



## 5. Finish

Heat ½ tbsp olive oil in the same pan on medium–high heat. Add the **shallot** and **garlic** and fry for 2 minutes. Add the **black tagliatelle** and **pecorino** with a splash of cooking liquid. Stir until the pecorino has melted. Reduce the heat to low and quickly stir in the **egg yolk** (TIP). Season with salt and pepper.

**TIP:** It is important that you stir fast, or else the egg yolk can become very grainy.



## 3. Cut

Chop the **shallot** and press or mince the **garlic**. Roughly chop the **basil** leaves and cut the **lemon** into wedges. Separate the egg yolk from the **egg**; you won't be needing the egg white. Set aside. Take the **peppers** from the oven, transfer to a bowl and immediately cover with plastic foil (TIP). Leave for a few minutes.

**TIP:** Steaming the peppers under plastic foil will make it easier to remove the peel.



## 6. Serve

Against the grain, cut the **steak** into thin slices. Transfer the **tagliatelle** to plates, place the roasted **bell pepper** next to the tagliatelle and drizzle with extra virgin olive oil to taste. Top the tagliatelle with the cut **steak** and garnish with the **basil** and **lemon** wedges.

## Enjoy!





# Stuffed pork fillet with cream cheese, mushrooms and bacon with baby potatoes and fennel-orange salad

**FESTIVE** 55 min. • Eat within 5 days



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



Onion



Garlic clove



Mushrooms



Fresh herbs



Diced bacon



Herb cream cheese



Baby potatoes



Fennel



Orange



Pork fillet



Green peas



Snow peas



Grated pecorino



Mayonnaise

## Pantry items

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



## A good start

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

### Equipment

2x Frying pan, pan with a lid, salad bowl, 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    |
| Mushrooms* (g)                              | 60           | 125 | 185 | 250  | 310  | 375  |
| Fresh dill, mint and flat leaf parsley* (g) | 5            | 10  | 15  | 20   | 25   | 30   |
| Diced bacon* (g)                            | 25           | 50  | 75  | 100  | 125  | 150  |
| Herb cream cheese* (g) 7)                   | 25           | 50  | 75  | 100  | 125  | 150  |
| Baby potatoes (g)                           | 250          | 500 | 750 | 1000 | 1250 | 1500 |
| Fennel* (pcs)                               | ½            | 1   | 1½  | 2    | 2½   | 3    |
| Orange (pcs)                                | ½            | 1   | 1½  | 2    | 2½   | 3    |
| Pork fillet* (g)                            | 150          | 300 | 450 | 600  | 750  | 900  |
| Green peas* (g) 23)                         | 25           | 50  | 75  | 100  | 125  | 150  |
| Snow peas* (g)                              | 50           | 100 | 150 | 200  | 250  | 300  |
| Grated pecorino* (g) 7)                     | 6            | 12  | 18  | 25   | 30   | 37   |
| Mayonnaise* (g) 3) 10) 19) 22)              | 25           | 50  | 75  | 100  | 125  | 150  |
|   | Not included |     |     |      |      |      |
| Olive oil (tbsp)                            | 1            | 2   | 3   | 4    | 5    | 6    |
| Butter (tbsp)                               | ½            | 1   | 1½  | 2    | 2½   | 3    |
| Extra virgin olive oil (tbsp)               | ½            | 1   | 1½  | 2    | 2½   | 3    |
| White balsamic vinegar (tbsp)               | ½            | 1   | 1½  | 2    | 2½   | 3    |
| Salt & pepper                               | to taste     |     |     |      |      |      |
| * keep in the refrigerator                  |              |     |     |      |      |      |

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 4517 / 1080 | 503 / 120 |
| Total fat (g)           | 64          | 7         |
| Of which: saturated (g) | 18,3        | 2,0       |
| Carbohydrates (g)       | 68          | 8         |
| Of which: sugars (g)    | 14,1        | 1,6       |
| Fibre (g)               | 13          | 1         |
| Protein (g)             | 51          | 6         |
| Salt (g)                | 1,6         | 0,2       |

### Allergens:

3) Eggs 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

Boil ample water in a pan with a lid for the baby potatoes. Preheat the oven to 200 degrees. Chop the **onion** and press or mince the **garlic**. Finely chop the **mushrooms** (TIP). Finely chop the **dill**, **flat leaf parsley** and **mint** leaves, but keep them separated.

**TIP:** You will mix the mushrooms with the cream cheese for the stuffing. Make sure you really mince them into very small crumbs.



## 4. In the oven

In a baking dish, mix the **baby potatoes** with ½ tbsp olive oil per person and half of the **garlic**. Roast in the oven for 20 – 25 minutes. Cut the **pork fillet** in half, but not completely, so you can spread it out into one long piece. Spread the cream cheese mixture over it and roll it into a roulade (TIP). Transfer the **pork fillet** to the baking dish with potatoes, or a different baking dish, and roast in the oven for 14 – 18 minutes, together with the **baby potatoes**.



## 2. Make the stuffing

Heat ½ tbsp olive oil per person in a frying pan on medium–high heat. Fry the **diced bacon** for 4 – 6 minutes. Add the **mushrooms** and half of the **onion** and fry for 4 – 6 minutes. Then turn off the heat and mix the **herb cream cheese** with the **bacon**.



## 5. Fry the vegetables

Heat ½ tbsp butter per person in the same frying pan on medium–high heat. Fry the remaining **onion** and **garlic** for 2 – 3 minutes. Add the **chickpeas** and **snow peas**. Fry the vegetables for 6 – 8 minutes, then take from the heat, season with salt and pepper and add the **mint**. Transfer the **vegetables** to a bowl and garnish with the **grated pecorino**.



## 3. Cut

Wash the **baby potatoes** and cook for 8 – 10 minutes until al dente, then drain. Halve the **fennel**, cut into quarters, remove the hard core and cut into thin strips. Set aside any green fennel tops. Peel the **orange** and cut into slices. In a salad bowl, mix a dressing of per person: ½ tbsp extra virgin olive oil and ½ tbsp white balsamic vinegar. Mix with the **fennel**, **orange** and **dill**. Set aside and regularly stir.



## 6. Serve

Finely chop any saved green **fennel tops** and mix in a small bowl with the **mayonnaise** (TIP). Mix the **flat leaf parsley** with the **baby potatoes**. Serve the salad and **baby potatoes** in nice bowls and place the **pork fillet** roll on a nice plate. Serve with the **mayonnaise**.

**TIP:** The green fennel tops will give your mayonnaise an anise–like flavor. Does your fennel have no fennel tops? Add a little bit of the parsley or 1 tsp mustard to the mayonnaise.

## Enjoy!





# Thai fusion salad with udon noodles

with a double portion of vegetarian beef

**HELLOEXTRA** 20 min. • Eat within 5 days



The vegetarian beef strips are made of wheat grains and have a fibrous structure with a bite. They also contain loads of iron and vitamin B12!



Garlic clove



Fresh ginger



Lime



Sweet Asian sauce



Gomashio



Soy sauce



Vegetarian beef strips



Cucumber



Plum tomato



Red onion



Fresh coriander



Fresh udon noodles



Peanuts



Red chili pepper

## Pantry items

Sunflower oil, sugar, salt and pepper



## A good start

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

### Equipment

Grater, wok or sauté pan, bowl, salad bowl

### Ingredients for 1 – 6 servings

|                                      | 1P       | 2P  | 3P  | 4P  | 5P  | 6P  |
|--------------------------------------|----------|-----|-----|-----|-----|-----|
| Garlic clove (pcs)                   | 1        | 2   | 3   | 4   | 5   | 6   |
| Fresh ginger (cm)                    | 2        | 4   | 6   | 8   | 10  | 12  |
| Lime (pcs)                           | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Sweet Asian sauce (g) 1) 6)          | 70       | 140 | 210 | 280 | 350 | 420 |
| Gomashio (tsp) 11)                   | 1½       | 3   | 4½  | 6   | 7½  | 9   |
| Soy sauce (ml) 1) 6)                 | 20       | 40  | 60  | 80  | 100 | 120 |
| Vegetarian beef strips* (g) 1) 3) 6) | 160      | 320 | 480 | 640 | 800 | 960 |
| Cucumber* (pcs)                      | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Plum tomato (pcs)                    | 1        | 2   | 3   | 4   | 5   | 6   |
| Red onion (pcs)                      | ¼        | ½   | ¾   | 1   | 1¼  | 1½  |
| Fresh coriander* (g)                 | 5        | 10  | 15  | 20  | 25  | 30  |
| Fresh udon noodles (pack) 1)         | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Peanuts (g) 5) 22) 25)               | 10       | 20  | 30  | 40  | 50  | 60  |
| Red chili pepper* (pcs)              | ¼        | ½   | ¾   | 1   | 1¼  | 1½  |
| Not included                         |          |     |     |     |     |     |
| Sunflower oil (tbsp)                 | 1        | 2   | 3   | 4   | 5   | 6   |
| Sugar (tsp)                          | 1        | 2   | 3   | 4   | 5   | 6   |
| Salt & pepper                        | to taste |     |     |     |     |     |

\* keep in the refrigerator

### Nutritive value

|                         | Per serving | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 3462 / 828  | 491 / 117 |
| Total fat (g)           | 31          | 4         |
| Of which: saturated (g) | 3,6         | 0,5       |
| Carbohydrates (g)       | 85          | 12        |
| Of which: sugars (g)    | 37,4        | 5,3       |
| Fibre (g)               | 6           | 1         |
| Protein (g)             | 49          | 7         |
| Salt (g)                | 8,7         | 1,2       |

### Allergens:

1) Grains containing gluten 3) Eggs 5) Peanuts 6) Soy 11) Sesame seed

May contain traces of: 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

- Press or mince the **garlic**. Grate the **ginger** with a fine grater. Cut the **lime** into 2 wedges per person.
- In a bowl, mix the **sweet Asian sauce**, **gomashio**, **soy sauce**, **ginger**, **garlic** and 1 tsp sugar per person. Press 2 **lime** wedges per person over it.
- Add ⅔ of this mixture to the **vegetarian beef strips** and allow to marinate while you chop the vegetables.

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



### 3. Fry

- Heat 1 tbsp sunflower oil per person in a wok or sauté pan on medium-high heat.
- Stir fry the **vegetarian beef strips** for 2 – 3 minutes, add the **udon noodles** and heat for another 2 – 3 minutes.
- In the meantime, roughly chop the **peanuts** and cut the **red chili pepper** into fine rings.



### 2. Cut

- Cut the **cucumber** in half lengthwise and cut into slices. Cut the **plum tomato** into wedges and cut the **red onion** into thin half rings.
- Strip the **mint** leaves from the stems and finely chop the **coriander**.
- In a salad bowl, mix the **cucumber**, **tomato**, **red onion** and **coriander**.



### 4. Serve

- Mix the **udon noodles** and the **vegetarian beef strips** with the salad and transfer the salad to plates.
- Garnish with the remaining **lime** wedges and the **peanuts**.
- Add the leftover sauce to taste, together with the remaining **red chili pepper**.

### Enjoy!





# Whole grain penne with rose fish fillet as extra with broccolini and pecorino

**HELLOEXTRA** 25 min. • Eat within 5 days



Any leftover lemon balm? This herb is perfect in a homemade ice tea or lemonade. Use you favorite tea, fresh lemon juice, some elderberry flower syrup, lemon balm and ice.



Onion



Garlic clove



Green beans



Rose fish fillet with skin



Whole grain penne



Spinach



Fresh lemon balm



Cream cheese



Grated pecorino



## Pantry items

Olive oil, white wine vinegar, butter, salt and pepper

## A good start

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

### Equipment

Kitchen paper, frying pan, pan with a lid, colander, sauté pan

### Ingredients for 1 – 6 servings

|   | 1P       | 2P  | 3P  | 4P  | 5P  | 6P  |
|---|----------|-----|-----|-----|-----|-----|
| Onion (pcs)                                 | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Garlic clove (pcs)                          | ½        | 1   | 1½  | 2   | 2½  | 3   |
| Broccolini* (g)                             | 100      | 200 | 300 | 400 | 500 | 600 |
| Rose fish fillet with skin* (pcs) <b>4)</b> | 1        | 2   | 3   | 4   | 5   | 6   |
| Whole grain penne (g) <b>1) 20)</b>         | 90       | 180 | 270 | 360 | 450 | 540 |
| Spinach* (g) <b>23)</b>                     | 100      | 200 | 300 | 400 | 500 | 600 |
| Fresh lemon balm* (g)                       | 5        | 10  | 15  | 20  | 25  | 30  |
| Cream cheese* (g) <b>7)</b>                 | 20       | 40  | 60  | 80  | 100 | 120 |
| Grated pecorino* (g) <b>7)</b>              | 15       | 25  | 35  | 50  | 60  | 75  |
| Not included                                |          |     |     |     |     |     |
| Olive oil (tbsp)                            | ½        | 1   | 1½  | 2   | 2½  | 3   |
| White wine vinegar (tsp)                    | 1        | 2   | 3   | 4   | 5   | 6   |
| Butter (tbsp)                               | 2        | 4   | 6   | 8   | 10  | 12  |
| Salt & pepper                               | to taste |     |     |     |     |     |

\* keep in the refrigerator

### Nutritive value

|                         | Per portie | Per 100g |
|-------------------------|------------|----------|
| Energy (kJ/kcal)        | 3757 /898  | 721 /172 |
| Total fat (g)           | 48         | 9        |
| Of which: saturated (g) | 24,9       | 4,8      |
| Carbohydrates (g)       | 68         | 13       |
| Of which: sugars (g)    | 9,7        | 1,9      |
| Fibre (g)               | 11         | 2        |
| Protein (g)             | 44         | 8        |
| Salt (g)                | 1,1        | 0,2      |

### Allergens:

**1)** Grains containing gluten **4)** Fish **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. Prepare

- Boil ample water with a generous pinch of salt in a pan with a lid for the **pasta**.
- 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.
- Pat dry the rose **fish fillet** with kitchen paper and sprinkle the non-skin side with salt and pepper.
- Strip the **lemon balm** leaves from the stems and finely chop the leaves.



### 3. Fry

- When the **pasta** and **green beans** have about 5 more minutes to go, heat ½ tbsp olive oil per person in a sauté pan on medium-high heat.
- Fry the **onion** and **garlic** for 3 – 4 minutes. Then add the **spinach** and fry for 1 minute.
- Heat the butter in a frying pan on medium-high heat and fry the **rose fish fillet** for 3 – 4 minutes on the skin-side. Reduce the heat and fry for another 1 – 2 minutes on the other side.



### 2. Cook

- Cook the **penne** in the pan with a lid for 10 – 12 minutes.
- Add the **green beans** for 4 – 6 minutes, depending on how you prefer your vegetables. Then drain and save some of the cooking liquid.



### 4. Mix

- Add the **penne** and **green beans** to the sauté pan. Also add the **cream cheese**, half of the **lemon balm**, half of the **grated pecorino** and per person: ½ tbsp white wine vinegar and 3 tbsp cooking liquid. Mix well. Optionally, add some more cooking liquid if you prefer the sauce a bit more moist. Season with salt and pepper.
- Transfer the pasta to deep plates and top with the fried **rose fish**, with the skin-side up.
- Garnish with the remaining **pecorino** and **lemon balm**.

### Enjoy!





## BREAKFAST BOX

# Good morning!

1

**Croissant with matured cheese**  
with boiled egg and garden cress

2

**Full-fat quark with orange fruit**  
with pistachio nuts and dates

3

**Whole grain rusk with ricotta**  
with cucumber and almonds

# Croissant with matured cheese

with a boiled egg and garden cress

**1X** 25 min.



## Equipment

Saucepan with a lid

## Ingredients for 1 breakfast

|   | 2P | 4P |
|---|----|----|
| Free-range egg* (pcs) 3)                        | 2  | 4  |
| Whole grain croissant (pcs) 1) 3) 6) 7) 11) 22) | 2  | 4  |
| Matured cheese* (slices) 7)                     | 2  | 4  |
| Garden cress* (tbsp)                            | 1  | 2  |
| <b>Not included</b>                             |    |    |
| Butter (tbsp)                                   | 1  | 2  |

\* keep in the refrigerator

## Nutritive value

|                         | Per portion | Per 100g   |
|-------------------------|-------------|------------|
| Energy (kJ/kcal)        | 2431 / 581  | 1172 / 280 |
| Total fat (g)           | 42          | 20         |
| Of which: saturated (g) | 19,3        | 9,3        |
| Carbohydrates (g)       | 24          | 12         |
| Of which: sugar (g)     | 2,6         | 1,3        |
| Fibres (g)              | 2           | 1          |
| Protein (g)             | 26          | 13         |
| Salt (g)                | 1,5         | 0,7        |

## Allergens

1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 11) Sesame seed  
May contain traces of: 22) Nuts

1. Preheat the oven to 210 degrees.
2. Make sure the **eggs** are just under water in a saucepan with a lid. Bring to a boil, covered with the lid, and hard boil the **eggs** for 6 minutes. Rinse under cold water.
3. Heat the **croissants** in the oven for 8 minutes. Peel the **egg** and cut the **egg** into slices.
4. Cut open the **croissant** and spread the inside with butter. Top with the **matured cheese** and **egg**. Garnish with the **garden cress**.

# Full-fat quark with orange fruit

with pistachio nuts and dates

**2X** 10 min.



## Ingredients for 1 breakfast

|                               | 2P  | 4P  |
|-------------------------------|-----|-----|
| Full-fat quark* (g) 7)        | 250 | 500 |
| Orange (pcs)                  | 1   | 2   |
| Tangerine (pcs)               | 2   | 4   |
| Pistachio nuts (g) 8) 19) 25) | 20  | 40  |
| Chopped dates (g) 19) 22) 25) | 20  | 40  |

\* keep in the refrigerator

## Nutritive value

|                         | Per portion | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kJ/kcal)        | 1339 / 320  | 520 / 124 |
| Total fat (g)           | 18          | 7         |
| Of which: saturated (g) | 8,4         | 3,3       |
| Carbohydrates (g)       | 25          | 10        |
| Of which: sugar (g)     | 21,0        | 8,2       |
| Fibres (g)              | 3           | 1         |
| Protein (g)             | 12          | 5         |
| Salt (g)                | 0,1         | 0,0       |

## Allergens

7) Milk/lactose 8) Nuts

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

1. Divide the **quark** among bowls.
2. Peel the **orange** and **tangerine** and separate them into wedges.
3. Divide the fruit over the **quark**. Sprinkle with the **pistachio** and **chopped dates**.

# Whole grain rusk with ricotta

with cucumber and almonds

**2X** 10 min.



## Ingredients for 1 breakfast

|   | 2P  | 4P  |
|---|-----|-----|
| Whole grain rusks (pcs) 1) 3) 6) 7) 11) 13) | 4   | 8   |
| Ricotta* (g) 7)                             | 100 | 200 |
| Cucumber* (pcs)                             | ¼   | ½   |
| Almonds (g) 5) 8) 25)                       | 50  | 100 |

Not included

Salt and pepper (to taste)

\* keep in the refrigerator

## Nutritive value

|                         | Per portion | Per 100g   |
|-------------------------|-------------|------------|
| Energy (kJ/kcal)        | 1795 / 429  | 1177 / 281 |
| Total fat (g)           | 28          | 19         |
| Of which: saturated (g) | 6,3         | 4,1        |
| Carbohydrates (g)       | 24          | 16         |
| Of which: sugar (g)     | 7,4         | 4,9        |
| Fibres (g)              | 5           | 3          |
| Protein (g)             | 17          | 11         |
| Salt (g)                | 0,4         | 0,3        |

## Allergens

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

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

May contain traces of: 25) Sesame seed

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