



Fusion Niçoise with Tuna Steak

with sriracha mayo, sesame seeds & potatoes

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Diced tuna steak



Sriracha mayo



Onion



Little gem



Green beans



Black sesame seeds



Korean-style spice mix



Potatoes



Scan the QR code to let us know what you thought of the recipe!

Little Gem is the younger brother of Romaine. Its slightly sweeter flavour and firmer bite suit this dish perfectly!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, sieve or colander, pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced tuna steak* (g)	120	240	360	480	600	720
Sriracha mayo* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Green beans* (g)	75	150	300	300	450	450
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
From your pantry						
Honey (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2502 / 598	424 / 101
Total fat (g)	26	4
of which saturated (g)	6,5	1,1
Carbohydrates (g)	52	9
of which sugars (g)	8,2	1,4
Fibre (g)	13	2
Protein (g)	37	6
Salt (g)	2	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Thoroughly wash the potatoes and then cut into chunks. Transfer to a pot or saucepan and submerge with plenty of salted water. Boil the potatoes for 5 - 7 minutes. Meanwhile, discard the tips of the green beans and then cut in half. Add the green beans to the potatoes and boil for 6 - 8 minutes, then drain and transfer back to the pot.



2. Pickle the onion

In a bowl, combine half of the olive oil with the honey and half of the Korean-style spices. Season to taste with salt and pepper, then add the tuna and mix well to combine. Set aside to marinate. Slice the onion into half rings and finely chop the lettuce. In a salad bowl, combine the red wine vinegar with the sugar. Add the onion and mix well to combine, then set aside.



3. Fry the tuna

Heat the rest of the olive oil in a frying pan over high heat and fry the tuna for 1 - 2 minutes. Add a knob of butter and the rest of the Korean-style spices to the potatoes and beans. Fry for 1 - 2 minutes over medium-high heat, seasoning to taste with salt and pepper. Add the lettuce to the onion and toss well to combine. Add extra virgin olive oil as preferred, then season to taste with salt and pepper.



4. Serve

Serve the lettuce on deep plates. Top with the potatoes, beans and tuna. Drizzle with the sriracha mayo and garnish with the black sesame seeds.

Did you know... 🌱 Green beans are high in potassium, which helps to maintain a healthy blood pressure? They're also a good source of iron and folic acid, both of which make us feel more energetic.

Enjoy!



Fried Rice with Omelette & Sesame-Soy Dressing

with sweetheart cabbage, sweet chili cucumber & beansprouts

Family Veggie

Total time: 30 - 40 min.



Egg



Jasmine rice



Crispy fried onions



Cucumber



Sweet chili sauce



Chopped sweetheart cabbage



Sesame seeds



Soy sauce



Beansprouts



Garlic



Korean-style spice mix



Scan the QR code to let us know what you thought of the recipe!

Today prepare a tasty vegetarian meal. Thanks to the omelette, you don't have to worry about your protein intake!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

3x bowl, lidded pot or saucepan, frying pan, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	2	4	6	8	10	12
Jasmine rice (g)	75	150	225	300	375	450
Crispy fried onions (g)	15	30	45	60	75	90
Cucumber* (unit(s))	½	¾	1	1½	1¾	2
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Soy sauce (ml)	5	10	15	20	25	30
Beansprouts* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Boiled water (ml)	250	500	750	1000	1250	1500
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3703 / 885	497 / 119
Total fat (g)	50	7
of which saturated (g)	10,4	1,4
Carbohydrates (g)	78	10
of which sugars (g)	11	1,5
Fibre (g)	6	1
Protein (g)	28	4
Salt (g)	2,2	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Boil the rice

Crush or **mince** the **garlic** and boil the water (see pantry for amount). Cook the **rice** for 12-15 minutes, then drain if necessary. Spread the **rice** over a plate or cutting board and allow to cool.



2. Prepare the cucumber

Finely dice the **cucumber** and transfer to a bowl. Add the **sweet chili sauce** and mix well to combine.



3. Fry the cabbage

Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **sweetheart cabbage** for 6 - 8 minutes. Beat the **eggs** and season with salt and pepper. Heat a drizzle of olive oil in another frying pan over medium-high heat. Transfer the **eggs** to the pan so as to make an omelette. Remove from the pan and then cut the omelette into ribbons.



4. Fry the rice

Stir the **garlic**, Korean-style **spices** and **rice** into the **cabbage**. Fry for 2 - 3 minutes, leaving it mostly undisturbed. Season to taste with salt and pepper.



5. Make the dressing

In a bowl, combine the mayonnaise with the **soy sauce** and the **sesame seeds**.



6. Serve

Serve the fried **rice** in bowls or deep plates. Top with the omelette ribbons, **crispy onions**, **cucumber** and **beansprouts**. Drizzle with the sesame dressing or serve separately alongside.

Did you know...🥬 sweetheart cabbage is packed with nutrients; it is a great source not only of calcium, but also of iron and vitamin C.



No-Fish Burger on a Carrot Bun

with apple slaw, smoky potatoes & herb mayo

Nice & Fast Plant-based

Total time: 20 - 30 min.



Lemon



Rainbow slaw mix



Diced potato



Apple



Smoked paprika



Fresh chives, dill & flat leaf parsley



Carrot bun



Vegan fish burger



Onion



Scan the QR code to let us know what you thought of the recipe!

This carrot bun has lots of fibre! The sandwich tastes the same, but is now even healthier!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

2x bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lemon* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Diced potato* (g)	150	300	450	600	750	900
Apple* (unit(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Carrot bun (unit(s))	1	2	3	4	5	6
Vegan fish burger* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4063 / 971	663 / 159
Total fat (g)	55	9
of which saturated (g)	10,1	1,6
Carbohydrates (g)	96	16
of which sugars (g)	20,6	3,4
Fibre (g)	17	3
Protein (g)	20	3
Salt (g)	2	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 180°C and bake the bread for 4 - 6 minutes. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the potatoes for 15 minutes, until golden-brown. Turn off the heat and season with the smoked paprika, along with salt and pepper.



2. Fry the burger

Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the burger for 3 minutes per side until evenly golden-brown. Cut the lemon into wedges. Core and slice the apple. In a bowl, combine the slaw mix with the apple and some lemon juice as preferred. Season to taste with salt and pepper.



3. Make the sauce

Finely chop the onion and the fresh herbs. In a bowl, combine the mayonnaise with the onion, the sugar and the fresh herbs. Add some lemon juice as preferred, then season to taste with salt and pepper.



4. Serve

Cut open the carrot bun and spread both sides with some of the herb sauce, then top with the burger. Add the rest of the sauce to the slaw and mix well. Top the burger with some of the slaw. Serve with the potatoes, the rest of the slaw and the lemon wedges. Serve with extra mayonnaise as preferred.

Did you know... 🍏 apple contains the fibre pectine, which contributes to gut health. This is good for your cholesterol and your immune system.



Miso Salmon Bowl

over ginger rice with green beans

Calorie Smart

Total time: 45 - 55 min.



Garlic



White miso paste



Salmon fillet



Onion



White long grain rice



Ginger paste



Green beans



Scan the QR code to let us know what you thought of the recipe!

In this recipe, you marinate the salmon with a miso marinade. Miso is a Japanese seasoning with a distinctive umami flavour.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, 2x lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
White miso paste (g)	15	25	40	50	65	75
Salmon fillet* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	60	120	180	240	300	360
Ginger paste* (g)	5 <td>10</td> <td>15</td> <td>20</td> <td>25</td> <td>30</td>	10	15	20	25	30
Green beans* (g)	200	400	600	800	1000	1200
From your pantry						
Honey (tsp)	2	4	6	8	10	12
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	⅓	⅔	1	1½	2	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Water (ml)	100	200	300	400	500	600
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2778 /664	492 /118
Total fat (g)	27	5
of which saturated (g)	4	0,7
Carbohydrates (g)	67	12
of which sugars (g)	13,9	2,5
Fibre (g)	10	2
Protein (g)	30	5
Salt (g)	3	0,5

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Make the sauce

Crush or **mince** the **garlic**. In a bowl, combine half of the **garlic** with the **soy sauce**, **miso paste*** and honey. Mix well and set aside until further use.

**Take care, this ingredient is salty! Add gradually as preferred.*



2. Fry the aromatics

Chop the **onion** and weigh the **rice**. Heat a light drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the rest of the **garlic** with the **ginger** paste and the **onion** for 1 minute.



3. Boil the rice

Lower the heat and transfer the **rice** to the pan. Pour in the water and crumble in the stock cube (see pantry for amounts). Boil the **rice** for 12-15 minutes, covered (see Tip). Keep covered until serving.

Tip: add extra boiling water if necessary.



4. Boil the green beans

Discard the tips of the **green beans** and then cut into thirds. Transfer the **green beans** to a pot or saucepan and cover with a shallow layer of water. Add a pinch of salt and cover with the lid, then bring to the boil and allow to cook gently for 6 - 8 minutes. Drain and season to taste with salt and pepper, then set aside.



5. Fry the salmon

Pat the **salmon** dry with kitchen paper and season with pepper. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **salmon** for 2 - 3 minutes on its skin. Lower the heat and then fry for 2 more minutes on the other side. Top the **salmon** with the **miso** sauce, using a spoon to ensure it is evenly coated. Fry for 1-2 more minutes.



6. Serve

Serve the **rice** on deep plates and top with the **salmon**. Serve with the **green beans**. Drizzle over the rest of the **miso** sauce from the pan.

Did you know... 🌱 green beans are high in potassium, which helps to maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which us feel more energetic.

Enjoy!



Penne Alla Ragù Bianco

with beef, mushrooms & spinach

Family Nice & Fast

Total time: 25 - 35 min.



Mushrooms



Wholegrain penne



Onion



Beef mince with Italian seasoning



Grated Gouda



Cooking cream



Italian seasoning



Spinach



Scan the QR code to let us know what you thought of the recipe!

Ragu is the term for an Italian sauce made with meat or poultry, which has been simmered for a long time. The most well-known ragu is bolognese.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Kettle, pot or saucepan, large deep frying pan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	70	125	250	250	375	375
Wholegrain penne (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Cooking cream (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
Boiled water (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3502 /837	678 /162
Total fat (g)	42	8
of which saturated (g)	16,9	3,3
Carbohydrates (g)	67	13
of which sugars (g)	6,2	1,2
Fibre (g)	13	3
Protein (g)	42	8
Salt (g)	2,1	0,4

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of water in a pot or saucepan for the **penne**. Quarter the **mushrooms**.



2. Fry the vegetables

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **mushrooms** with the **Italian herbs** for 8 - 12 minutes (see Tip). Season to taste with salt and pepper.

Tip: mushrooms absorb a lot of liquid during cooking, therefore it may seem as if they are burning – but trust the process and refrain from adding extra oil.



3. Cook the penne

Cook the **penne** for 9 - 11 minutes, then drain and set aside. In the meantime, chop the **onion** and boil the water in a kettle (see pantry for amount).



4. Make the sauce

Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the **onion** for 2 minutes. Add the **mince** and fry for 3 minutes, separating it as you do so. Add the boiling water, the **cream** and the white wine vinegar, then crumble in the stock cube (see pantry for amount). Mix well to combine, then turn the heat to low and allow to simmer for 8 - 10 minutes, stirring regularly.



5. Finish

Reduce the heat further and then tear the **spinach** directly into the pan. Allow it to wilt and reduce, then transfer the **penne** to the sauce and mix well. Stir in the **mushrooms** and two thirds of the **grated cheese**, then season to taste with plenty of black pepper.



6. Serve

Serve the pasta on deep plates and garnish with the rest of the **grated cheese**.

Enjoy!



Sticky Thai-Style Meatballs

over sesame noodles with peanuts & Thai basil

Nice & Fast

Total time: 15 - 20 min.



Beef-pork meatballs with Thai seasoning



Vegetable mix: pepper, leek, cabbage and carrot



East Asian-style sauce



Thai basil



Salted peanuts



Garlic



Sesame oil



Lime



Ketjap manis



Wholewheat noodles



Scan the QR code to let us know what you thought of the recipe!

We've already chopped the vegetables in this recipe for you, so that you can set this delicious Asian-inspired noodle dish on the table in no time at all!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Lidded frying pan, pot or saucepan, lidded wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Thai basil* (g)	2½	5	7½	10	12½	15
Salted peanuts (g)	20	40	60	80	100	120
Garlic (unit(s))	1	2	3	4	5	6
Sesame oil (ml)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Ketjap manis (ml)	10	20	30	40	50	60
Wholewheat noodles (g)	50	100	150	200	250	300
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3485 /833	758 /181
Total fat (g)	45	10
of which saturated (g)	13,4	2,9
Carbohydrates (g)	71	16
of which sugars (g)	27,7	6
Fibre (g)	10	2
Protein (g)	32	7
Salt (g)	3,5	0,8

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Fry the meatballs

Boil plenty of water in a pot or saucepan for the noodles. Melt the butter in a frying pan over medium-high heat. Fry the meatballs for 5-7 minutes, covered, until evenly browned and done. Turn off the heat and stir in the East Asian-style sauce and the water (see pantry for amount). Season to taste with salt and pepper, then cover the pan and set aside.



2. Prepare the garnishes

Boil the noodles for 4 - 5 minutes until al dente, then drain and set aside. Crush or mince the garlic. Chop the Thai basil into thin ribbons. Roughly chop the peanuts and quarter the lime.



3. Stir-fry the vegetables

Heat the sunflower oil in a wok or deep frying pan over high heat. Fry the vegetable mix with the garlic for 5 - 7 minutes, then stir in the noodles and fry for 1 more minute. Reduce the heat and stir in the sesame oil, ketjap and the juice of 1 lime wedge per person.



4. Serve

Serve the noodles in bowls or deep plates and top with the meatballs in their sauce. Garnish with the peanuts and the Thai basil.

Enjoy!



Chicken Pita with Honey Ginger Mayo

with edamame & crunchy slaw

Nice & Fast

Total time: 15 - 20 min.



Onion



Chicken thigh strips with kebab spices



Honey & ginger dressing



Little gem



Rainbow slaw mix



Pita bread



Salted peanuts



Edamame



Scan the QR code to let us know what you thought of the recipe!

Pita bread originates from the Middle East, where it has been baked for thousands of years. When baked, it puffs up, creating a unique airtight pouch perfect for filling with delicious flavours.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet, bowl, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Honey & ginger dressing (ml)	15	25	40	50	65	75
Little gem* (unit(s))	1	2	3	4	5	6
Rainbow slaw mix* (g)	50	100	200	200	300	300
Pita bread (unit(s))	2	4	6	8	10	12
Salted peanuts (g)	10	20	30	40	50	60
Edamame* (g)	25	50	75	100	125	150
From your pantry						
Sugar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3356 / 802	664 / 159
Total fat (g)	41	8
of which saturated (g)	6,6	1,3
Carbohydrates (g)	69	14
of which sugars (g)	14,4	2,8
Fibre (g)	9	2
Protein (g)	35	7
Salt (g)	3	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C (see Tip). •Slice the onion into half rings. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the onion for 2 - 3 minutes.

Tip: you will use the oven later for the pitas, but you can also use a toaster instead.



2. Fry the chicken

Add the chicken thigh strips to the pan and fry for 7 - 8 minutes. In a small bowl, combine the mayonnaise with the honey ginger dressing and 0.5 tbsp water per person. In another bowl, combine the slaw mix with the sugar and white wine vinegar. Season to taste with salt and pepper, then toss well to combine.



3. Make the salad

Bake the pitas in the oven for 2 - 3 minutes. Roughly chop the lettuce and transfer to a salad bowl. Add 0.5 tbsp per person of the honey ginger mayo and toss well combine. Finely chop the peanuts.



4. Serve

Cut open the pitas and spread with the rest of the honey ginger mayo. Stuff the pitas with the chicken, onion, edamame, slaw and salad. Garnish with the peanuts and serve the rest of the salad and slaw on the side.

Did you know... 🌱 *peanuts are a great source of vitamins and minerals, in particular vitamin E and magnesium. Vitamin E supports the immune system, while magnesium keeps bones and muscles healthy. Just one handful of peanuts provides a fifth of the RDA of both these nutrients.*

Enjoy!



Mushroom Quesadillas with Tortilla Chips

with homemade avocado dip & sour cream

Family Veggie Nice & Fast

Total time: 15 - 20 min.



Wholewheat tortilla



Grated Gouda



Pre-cut onion & garlic



Pre-cut mushroom mix



Bell pepper



Avocado



Organic sour cream



Sweet chilli tortilla chips



Mexican-style spices



Lime



Scan the QR code to let us know what you thought of the recipe!

Limes are packed with vitamin C, which boosts immunity and keeps your skin healthy. An easy way to get your daily vitamin C!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, bowl, small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	25	50	75	100	125	150
Pre-cut onion & garlic* (g)	20	40	60	80	100	120
Pre-cut mushroom mix* (g)	90	175	175	350	350	525
Bell pepper* (unit(s))	½	1	2	2	3	3
Avocado (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	50	100	150	200	250	300
Sweet chilli tortilla chips (g)	40	75	110	150	185	225
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	⅓	⅔	1	1½	1½	2
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3410 / 815	692 / 165
Total fat (g)	46	9
of which saturated (g)	12,6	2,6
Carbohydrates (g)	67	14
of which sugars (g)	9,1	1,8
Fibre (g)	15	3
Protein (g)	24	5
Salt (g)	2,3	0,5

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 220°C. Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the onion and garlic with the mushrooms for 3 minutes. Cut the bell pepper into strips, then add to the mushrooms and fry for 5 - 6 minutes. Season to taste with plenty of salt and pepper.



2. Make the quesadillas

Cut the lime into six wedges. In a small bowl, combine half of the sour cream with the Mexican-style spices* and then spread this over the tortillas. Top with the grated cheese and then transfer the vegetables to half of each tortilla. Fold in half so as to make quesadillas, then transfer to a parchment-lined baking sheet and bake on the top shelf of the oven for 4 - 5 minutes.

*Take care, this ingredient is spicy! Use as preferred.



3. Make the avocado dip

Halve and pit the avocado, then scoop the flesh into a bowl. Discard the skin and then mash the avocado. Add the rest of the sour cream and squeeze in 1 lime wedge per person. Mix well to combine and season to taste with salt and pepper.



4. Serve

Halve the quesadillas and serve on plates. Serve with the avocado dip and the tortilla chips, with the rest of the lime wedges alongside.

Did you know... 🍄 mushrooms are a great source of vitamin B2, which helps keep you energised. Vitamin B2 is most commonly found in animal products, so if you follow a vegetarian or vegan diet it's good to eat mushrooms regularly so as to prevent deficiency.

Enjoy!



Creamy Lemon Risotto with Spinach Pesto

with roasted courgette, ham & fresh basil

Family

Total time: 45 - 55 min.



Onion



Garlic



Risotto rice



Courgette



Dried oregano



Lemon



Spinach



Grated Gouda



Fresh basil



Ham



Scan the QR code to let us know what you thought of the recipe!

Risotto rice grains contain more starch than other types of rice, providing an incredibly creamy texture. This makes them perfect for this dish!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, bowl, lidded deep frying pan, tall container, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Risotto rice (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	2	2	3	3
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Ham* (slice(s))	4	6	8	12	14	18

From your pantry

Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3025 /723	425 /102
Total fat (g)	36	5
of which saturated (g)	13,2	1,9
Carbohydrates (g)	71	10
of which sugars (g)	4	0,6
Fibre (g)	11	2
Protein (g)	25	3
Salt (g)	2,4	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 180°C and prepare the stock. Finely chop the **onion** and crush or **mince** the **garlic**. Melt the butter in a deep frying pan over low heat and fry the **garlic** and **onion** for 2 minutes. Stir in the **risotto rice** and toast the grains for 1 minute, then pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



2. Roast the courgette

Slice the **courgette** into rounds of no more than 0.5cm thickness. Transfer to a bowl along with the dried **oregano**. Drizzle with olive oil and season to taste with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.



3. Make the risotto

When the **risotto rice** has absorbed the stock, repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 20-25 minutes. Add a splash of water and cook longer if you'd prefer the risotto to be less al dente..



4. Make the pesto

Cut the **lemon** into 8 wedges. Juice 1 **lemon** wedge per person into a tall container. Add the extra virgin olive oil and the **basil** (including the stems), along with half each of the **spinach** and the **grated cheese**. Season to taste with salt and pepper, then use an immersion blender to process into a smooth **pesto** (see Tip).

Tip: add extra water if the pesto is too thick.



5. Finish

Dice the **ham**. When the risotto is done, stir in the **ham** along with the rest of the **spinach** and **cheese**, then continue to cook for 2 more minutes over low heat. Season to taste with salt and pepper.



6. Serve

Serve the risotto on deep plates and top with the roasted **courgette**. Finish with the **pesto** as preferred. Serve with the rest of the **lemon** wedges.

Did you know... 🌿 *spinach is good for your bones, muscles, blood pressure and it helps you to feel energized!*

Enjoy!



Turkey Skewers with Coconut Green Beans

in a homemade marinade over rice

Total time: 40 - 50 min.



Garlic



Onion



Red chili pepper



Fresh ginger



Lime



Turkey breast



Coconut milk



Green beans



Skewers



Yellow curry spices



White long grain rice



Scan the QR code to let us know what you thought of the recipe!

Make the turkey satay yourself with a homemade marinade of ketjap, honey and lime. We've even included the skewers!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, grater, frying pan or grill pan, pot or saucepan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh ginger* (tsp)	1	2	3	4	5	6
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Turkey breast* (unit(s))	1	2	3	4	5	6
Coconut milk (ml)	50	100	150	180	250	280
Green beans* (g)	150	300	400	600	700	900
Skewers (unit(s))	2	4	6	8	10	12
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
Honey (tbsp)	½	1	1½	2	2½	3
Water (ml)	50	100	150	200	250	300
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Reduced salt] ketjap manis (tbsp)	3	6	9	12	15	18
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3372 /806	575 /137
Total fat (g)	25	4
of which saturated (g)	10,7	1,8
Carbohydrates (g)	104	18
of which sugars (g)	34,5	5,9
Fibre (g)	11	2
Protein (g)	36	6
Salt (g)	3,8	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Chop the **onion** and crush or **mince** the **garlic**. Deseed the **red chili pepper** and cut into thin strips.* Peel and finely grate the **ginger**. Juice the **lime** into a bowl and set aside. Cut the **turkey** into uniform pieces of around 3cm.

*Take care, this ingredient is spicy! Use as preferred.



4. Boil the rice

Meanwhile, boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes until done. Drain and set aside.



2. Marinate the turkey

Combine the **lime** juice with the ketjap and honey, as well as half each of the **ginger**, **red chili pepper** and **garlic**. Add the **turkey** and mix well, ensuring it is well coated (see Tip). Discard the tips of the **green beans** and then cut into thirds.

Tip: the turkey will absorb more flavour and become more tender the longer you marinate it. If you have time, allow it to marinate for 15 - 20 minutes.



5. Make the skewers

Thread the **turkey** onto the **skewers** (see Tip). Heat a drizzle of sunflower oil in a frying pan or grill pan. Fry the **skewers** for 4 - 5 minutes per side or until done. Add the marinade to the pan and fry for 1 minute, taking care that it doesn't burn. Lower the heat if necessary. When finished, transfer the empty pan directly to the sink and fill with water.

Tip: thread the turkey carefully so as to prevent it from falling apart and to help it cook more evenly.



3. Prepare the green beans

Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **onion** and the **yellow curry spices** with the rest of the **garlic**, **ginger** and **chili pepper** for 2 minutes, then add the **coconut milk** and the water (see pantry for amount). Crumble in the stock cube (see Tip). Mix well, then add the **green beans** and cover with the lid. Allow to cook gently for 15 - 18 minutes.

Tip: if you're watching your salt intake, use just half the indicated amount of the stock cube.



6. Serve

Serve the **rice** and **coconut green beans** on plates. Top with the **turkey skewers**.

Did you know... 🌱 green beans are high in potassium, which helps maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which help us feel more energised.

Enjoy!



Orzo Salad with Cypriot-Style Cheese

with cherry tomatoes, lemon & thyme

Veggie Nice & Fast

Total time: 20 - 30 min.



Orzo



Onion



Garlic



Cucumber



Red cherry tomatoes



Sicilian-style herb mix



Fresh flat leaf parsley



Cypriot-style cheese



Dried thyme



Lemon



Scan the QR code to let us know what you thought of the recipe!

Eating less meat is good not only for you but also for the planet. Did you know by not eating meat for a week, you could save up to 130 litres of water?

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Oven dish, pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1	1	2	2
Red cherry tomatoes (g)	125	250	375	500	625	750
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cypriot-style cheese* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	⅓	⅔	1	1½	1¾	2
Lemon* (unit(s))	¼	½	¾	1	1¼	1½

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3326 /795	697 /167
Total fat (g)	38	8
of which saturated (g)	23,6	4,9
Carbohydrates (g)	75	16
of which sugars (g)	17,2	3,6
Fibre (g)	9	2
Protein (g)	36	8
Salt (g)	3,6	0,7

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 220°C. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Cook the orzo for 10 - 12 minutes, then drain and set aside (see Tip). Cut the onion into half rings and thinly slice the garlic. Dice the cucumber.

Tip: if preferred, you can also rinse the orzo under cold water at this stage.



2. Roast the tomatoes

Transfer the onion, garlic and cherry tomatoes to an oven dish and drizzle with olive oil and the balsamic vinegar. Add the Sicilian herbs and season with salt and pepper, then toss well to coat. Roast the vegetables in the oven for 15 minutes. Finely chop the parsley in the meantime.



3. Fry the cheese

Cut three slabs of Cypriot-style cheese per person. In a large salad bowl, combine the honey with the thyme and the juice of a quarter lemon per person. Season to taste with salt and pepper, then add the cheese and allow to marinate. Heat a clean non-stick frying pan over medium-high heat and fry the cheese for 1 minute per side until golden-brown. Be sure to reserve the marinade in the bowl.



4. Serve

To the marinade, add the extra virgin olive oil and two thirds of the parsley. Add the orzo, cucumber and roasted vegetables and mix well to combine. Serve the orzo on deep plates and top with the Cypriot-style cheese. Garnish with the rest of the parsley.

Did you know... 🍅 cherry tomatoes contain more beta-carotene than regular tomatoes. This is an antioxidant that helps protect the body against tissue damage and aging.

Enjoy!



Cottage Pie

with cheddar, leek & carrot

Total time: 50 - 60 min.



Potatoes



Carrot



Onion



Garlic



Leek



Seasoned minced
meat blend



Bay leaf



Tomato paste



Worcestershire sauce



Dried thyme



Grated cheddar



Scan the QR code to let us know what you thought of the recipe!

What's the difference between Sheperd's pie and Cottage pie? Sheperd's pie usually contains lamb, while Cottage pie is usually made using beef.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep frying pan, oven dish, lidded pot or saucepan, potato masher

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Leek* (unit(s))	½	1	1½	2	2½	3
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Bay leaf (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Worcestershire sauce (ml)	15	30	45	60	75	90
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Grated cheddar* (g)	25	50	75	100	125	150

From your pantry

[Plant-based] milk (splash)					splash	
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper					to taste	

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3339 / 798	421 / 101
Total fat (g)	40	5
of which saturated (g)	20,9	2,6
Carbohydrates (g)	70	9
of which sugars (g)	20,2	2,5
Fibre (g)	18	2
Protein (g)	36	5
Salt (g)	2,5	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C. Wash or peel the potatoes and cut into rough pieces, then transfer to a pot or saucepan. Submerge with water and boil for 12 - 15 minutes until done, covered, then drain and set aside. Finely dice the carrot. Chop the onion and crush or mince the garlic. Finely chop the leek.



2. Make the filling

Melt a knob of butter in a deep frying pan over medium-high heat and fry the carrot and leek for 2 - 3 minutes. Add the onion and garlic and fry for 2 more minutes, then add the mince and fry for 3 - 4 minutes, separating it as you do so. Prepare the stock in the meantime.

Did you know... 🌱 just 100g of leek provides more than a third of the RDA of folic acid, which plays an essential role in bodily growth and function.



3. Mash the potatoes

To the frying pan, add the bay leaf, tomato paste, Worcestershire sauce, thyme and flour. Mix well to combine, then pour in the stock. Allow to cook gently for 8 - 10 minutes, seasoning to taste with salt and pepper. Mash the potatoes with the mustard, a knob of butter and a splash of milk. Season to taste with salt and pepper.



4. Serve

Discard the bay leaf, then transfer the sauce to an oven dish. Top with the mashed potato and the cheese, then bake in the oven for 15 - 20 minutes or until the cheese is golden-brown. Serve the cottage pie on plates.

Enjoy!



Rigatoni in Creamy Mushroom Sauce

with crispy endive, pecorino & fresh parsley

Veggie Nice & Fast

Total time: 20 - 30 min.



Rigatoni



Onion



Garlic



Endive



Pre-cut mushroom mix



Heavy cream



Fresh curly parsley



Grated Pecorino DOP



Italian seasoning



Scan the QR code to let us know what you thought of the recipe!

Mushrooms are the perfect addition to a vegetarian meal. They contain vitamin B2, are rich in protein and add a nice bite.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep frying pan, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Endive* (unit(s))	1	2	3	4	5	6
Pre-cut mushroom mix* (g)	100	175	350	350	525	525
Heavy cream* (ml)	100	200	300	400	500	600
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Grated Pecorino DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3552 / 849	647 / 155
Total fat (g)	48	9
of which saturated (g)	22,5	4,1
Carbohydrates (g)	78	14
of which sugars (g)	12,7	2,3
Fibre (g)	11	2
Protein (g)	22	4
Salt (g)	1	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of water in a pot or saucepan and cook the rigatoni for 12-14 minutes, covered, then drain and set aside. Meanwhile, chop the onion and crush or mince the garlic. Remove the tough base of the endive and discard. Halve the endive lengthways and then cut into thin strips (see Tip).

Tip: some of the endive is served raw, but you can just cook all of it in the next step if preferred.



2. Fry the vegetables

Heat the olive oil in a deep frying pan over medium heat and fry the onion with the garlic for 2 - 3 minutes. Stir in the mushrooms and the majority of the endive, then fry for a further 4 - 6 minutes over medium-high heat. Deglaze with the red wine vinegar (see Tip).

Tip: if you have any white wine, use this instead of the vinegar, so as to add some acidity to the sauce.



3. Make the sauce

Add the cream and the Italian seasoning, then crumble in the stock cube (see pantry for amount). Mix well to combine and allow to cook for 3 minutes over medium-low heat. Taste and then season with salt and pepper as necessary (see Tip). Meanwhile, finely chop the parsley. Stir the grated pecorino into the sauce.

Tip: if the sauce is not thick enough, allow to reduce for a further 3 - 5 minutes.



4. Serve

Transfer the rigatoni to the sauce and mix well to combine. Season to taste with salt and pepper, then serve on deep plates and top with the rest of the endive. Garnish with the parsley.

Did you know... 🌱 most of us eat less than 150g vegetables per day, which is much lower than the RDA. Thankfully however, this recipe contains over 250g per serving.

Enjoy!



Balsamic Burger Bowl with Aged Gouda

over giant couscous with caramelised onion & walnuts

Total time: 30 - 40 min.



Giant couscous



Fennel



Apple



Onion



Veal burger



Radicchio & romaine



Grated aged Gouda



Chopped walnuts



Scan the QR code to let us know what you thought of the recipe!

Did you know that you can use leftover fennel stems to make a tasty and refreshing fennel tea? A healthy and tasty way to enjoy every part of this vegetable!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Lidded pot or saucepan, salad bowl, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Fennel* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Apple* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Veal burger* (unit(s))	1	2	3	4	5	6
Radicchio & romaine* (g)	50	100	150	200	250	300
Grated aged Gouda* (g)	15	25	40	50	65	75
Chopped walnuts (g)	5	10	15	20	25	30
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (ml)	45	90	135	180	225	270
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3925 /938	453 /108
Total fat (g)	48	6
of which saturated (g)	17,9	2,1
Carbohydrates (g)	86	10
of which sugars (g)	22,6	2,6
Fibre (g)	15	2
Protein (g)	34	4
Salt (g)	2,2	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare the giant couscous

Take the **burger** out of the fridge and allow to reach room temperature. Prepare the stock in a pot or saucepan and boil the **giant couscous** for 12-14 minutes until done, covered. Fluff through the grains with a fork and then set aside.



4. Make the balsamic syrup

Add the balsamic vinegar and sugar to a saucepan over high heat (see pantry for amounts). Bring to a boil, then reduce the heat and allow to reduce for 4 - 5 minutes so as to make a balsamic syrup. Turn off the heat and set aside, then heat briefly before serving.



2. Chop the vegetables

Quarter the **fennel** and remove the tough core, then chop the **fennel** into strips and finely chop the fronds. Core and thinly slice the **apple**. Slice the **onion** into thin half rings.



5. Make the salad

In a large salad bowl, combine the white wine vinegar with the extra virgin olive oil, then season to taste with salt and pepper. Add the **apple**, **giant couscous** and **lettuce**, then toss well to combine with the dressing.



3. Fry the burger

Heat a clean frying pan over medium-high heat and fry the **onion** with a pinch of salt for 5 - 7 minutes. Add a knob of butter and reduce the heat, then add the **burger** and **fennel** to the pan (see Tip). Fry the **burger** for 3 - 4 minutes per side or until done.

Tip: if preferred, you can skip frying the fennel and add it raw to the salad instead.



6. Serve

Serve the **giant couscous** on deep plates. Top with the **burger**, **onion** and **fennel**. Garnish with the **walnuts** and the **grated cheese**, then drizzle with the warm balsamic syrup to finish.

Enjoy!



Bacon Cheeseburger on Brioche

with baby potatoes & a crunchy apple salad

Premium Nice & Fast

Total time: 20 - 30 min.



Hamburger from Meatier



Apple



Red cherry tomatoes



Bacon



Pre-cooked halved baby potatoes (skin-on)



BBQ spice rub



Grated aged Gouda



Brioche bun



Onion chutney



Mixed leaves of radicchio, arugula & lettuce



Scan the QR code to let us know what you thought of the recipe!

Brioche is originally from France. It is a bit fluffier than other breads, so it doesn't weigh as heavily on the stomach as other breads. It's even a bit similar to cake!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Parchment-lined baking sheet, lidded deep frying pan, lidded frying pan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	100	200	300	375	500	575
Bacon* (slice(s))	2	4	6	8	10	12
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Grated aged Gouda* (g)	25	50	75	100	125	150
Brioche bun (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	120	160	200	240
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5058 / 1209	694 / 166
Total fat (g)	66	9
of which saturated (g)	27,3	3,7
Carbohydrates (g)	107	15
of which sugars (g)	36,4	5
Fibre (g)	13	2
Protein (g)	41	6
Salt (g)	4,6	0,6

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Preheat the oven to 200°C. Thinly slice the apple and halve the cherry tomatoes. Separate the bacon slices and transfer to a parchment-lined baking sheet, then bake for 5 - 8 minutes. Leave the oven on to use again later for the brioche.



2. Fry the baby potatoes

Melt a knob of butter in a frying pan over medium-high heat. Fry the baby potatoes with the BBQ rub* for 9 minutes, covered, then remove the lid and fry for 5 more minutes. Season to taste with salt and pepper.

**Take care, this ingredient is spicy! Use as preferred.*

Did you know... 🌱 baby potatoes are always eaten with the skin on, which means they provide more fibre and vitamins; in particular vitamin B6, which is important for metabolic health.



3. Fry the burger

Melt a knob of butter in another frying pan over medium-high heat and fry the burger for 3 - 5 minutes per side, covered. Halfway through cooking, top the burger with the grated cheese. In the meantime, bake the brioche bun in the oven for 2 - 3 minutes.



4. Serve

In a salad bowl, combine the mustard with the honey, extra virgin olive oil and white balsamic vinegar. Season to taste with salt and pepper, then add the apple, cherry tomatoes and lettuce. Toss well to combine with the dressing. Serve the baby potatoes on plates with mayonnaise as preferred. Cut open the brioche and top the base of the bun with the burger and the bacon. Spread the onion chutney over the top of the bun and then close the burger. Serve the salad on the side.

Enjoy!



White Asparagus with Hot Smoked Salmon

with beurre blanc, baby potatoes & a jammy egg

Premium Calorie Smart

Total time: 30 - 40 min.



Potatoes



White asparagus



Egg



Fresh curly parsley



Hot smoked salmon flakes



Beurre blanc



Scan the QR code to let us know what you thought of the recipe!

The salmon is hot smoked according to traditional methods, and also holds the ASC quality assurance - taste and sustainability guaranteed.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

2x lidded pot or saucepan, peeler, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
White asparagus* (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Beurre blanc* (g)	50	100	150	200	250	300

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
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Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2703 /646	416 /99
Total fat (g)	34	5
of which saturated (g)	14,8	2,3
Carbohydrates (g)	49	7
of which sugars (g)	3,7	0,6
Fibre (g)	11	2
Protein (g)	34	5
Salt (g)	1,6	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Fill two pots or saucepans with plenty of water and bring to the boil. Wash the potatoes and cut into wedges. Cut off the tough base of the white asparagus (around 1 - 2cm) and discard. Peel the asparagus, being sure to leave the tips intact.

Did you know... 🌱 white asparagus is grown underground, which is how it gets its colour; the lack of sunlight stops it from producing chlorophyll. Both white and green asparagus contain folic acid, which plays an essential role in the production of red blood cells and in boosting energy levels.



3. Cook the asparagus

In the meantime, place the asparagus in the other pan and boil for 7-10 minutes (see Tip). Drain the asparagus and season to taste with salt and pepper, then set aside.

Tip: the cooking time depends on how thick the asparagus is. Use a fork to test it; when it pierces easily with no resistance, it's done.



2. Boil the potatoes

Boil the potatoes for 5 - 7 minutes, covered, then add the egg and continue cooking for 7 - 8 more minutes (see Tip). In the meantime, chop the parsley. Carefully remove the egg from the pan, then drain the potatoes and return them to the pan. Rinse the egg under cold water, then peel and halve it. Stir in a knob of butter and the parsley, then season with salt and pepper. Cover with the lid and set aside until serving.

Tip: add the eggs carefully so as not to break them. You can also use a separate pan if preferred.



4. Serve

Melt a knob of butter in a small saucepan over low heat. Warm the beurre blanc for 2 - 3 minutes, stirring so as to prevent the sauce from sticking to the pan. Serve the potatoes and the asparagus on plates. Top the asparagus with the hot smoked salmon. Pour over the beurre blanc and serve with the egg.

Enjoy!



Steak with Camembert Sauce

with potato wedges, haricots verts & walnut jus

Premium Family

Total time: 50 - 60 min.



Steak



Potatoes



Fresh rosemary



Garlic



Lamb's lettuce



Camembert



Cooking cream



Apple



Chopped walnuts



Haricots verts



Scan the QR code to let us know what you thought of the recipe!

Apples are not only delicious, but also healthy. They're especially rich in fibre, vitamins and antioxidants which give your body a powerful boost.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, oven dish, lidded pot or saucepan, kitchen paper, salad bowl, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Fresh rosemary* (sprig)	1	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	40	60	80	100	140	160
Camembert* (g)	40	80	120	160	200	240
Cooking cream (g)	50	100	150	200	250	300
Apple* (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	30	40	50	60
Haricots verts* (g)	100	200	400	400	600	600
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	4406 / 1053	654 / 156
Total fat (g)	71	11
of which saturated (g)	29,1	4,3
Carbohydrates (g)	57	8
of which sugars (g)	13	1,9
Fibre (g)	13	2
Protein (g)	42	6
Salt (g)	1,1	0,2

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Make the wedges

Take the **steak** out of the fridge and allow it to reach room temperature (see Tip). Preheat the oven to 200°C. Wash the **potatoes** and cut them into wedges. Discard the **rosemary** stalks and finely chop the leaves. Transfer the **potato** wedges and **rosemary** to an oven dish and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Bake in the oven for 30 - 35 minutes, tossing halfway.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.



4. Make the camembert sauce

Crush or mince the **garlic**. Discard the rind of the **camembert** and then cut the **camembert** into cubes. Melt a knob of butter in a saucepan over medium heat and fry the **garlic** for 2 minutes. Stir in the **cream** and **camembert** and allow to melt. Season to taste with salt and pepper, then reduce the heat to low and keep warm until serving.



2. Make the salad

Heat a small frying pan over medium-high heat and toast the **walnuts** until lightly browned. Core and dice the **apple**. In a salad bowl, combine the balsamic vinegar with the extra virgin olive oil, then season to taste with salt and pepper. Add the **apple** and **lamb's lettuce** and toss well to combine with the dressing.



5. Fry the steak

Heat a generous drizzle of olive oil over medium-high heat in the same frying pan. Pat the **steak** dry with kitchen paper and season with salt and pepper. When the oil is nice and hot, fry the **steak** for 1-3 minutes per side until evenly browned. Add a knob of butter halfway through cooking. Remove the **steak** from the pan, season with black pepper and allow to rest under aluminum foil for at least 3 minutes. Lower the heat and add the **walnuts**, along with 1 - 2 tbsp water per person. Reduce for 2-3 minutes so as to make a jus.



3. Boil the haricots verts

Discard the tips of the haricots verts and transfer to a pot or saucepan. Fill with a shallow layer of water, then add a pinch of salt and cover with the lid. Bring to the boil and allow to cook gently for 4 - 6 minutes, then drain and set aside.



6. Serve

Slice the **steak** against the grain, then serve on plates. Top with the **camembert** sauce and serve the haricots verts alongside. Top the haricots verts with the **walnut** jus. Serve with the **rosemary** wedges and the salad.

Enjoy!



Singapore-Style Noodles with Shrimp & Pork Belly

inspired by Hokkien Mee, with crispy onions & a twist of lime

Family

Total time: 35 - 45 min.



Pork belly



Shrimp



Pre-cut fresh ginger, garlic & red chili pepper



Shallot



Romano pepper



Scallions



Beansprouts



Fish sauce



Soy sauce



East Asian-style sauce



Crispy fried onions



Lime



Fresh coriander



Wholegrain rice noodles



Scan the QR code to let us know what you thought of the recipe!

Bean sprouts are high in fibre. These dietary fibres ensure healthy intestinal function, good digestion and a satiated feeling after meals!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Sieve or colander, lidded pot or saucepan, small bowl, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork belly* (unit(s))	1	2	3	4	5	6
Shrimp* (g)	80	160	240	320	400	480
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
Shallot (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Beansprouts* (g)	50	100	150	200	250	300
Fish sauce (ml)	10	20	30	40	50	60
Soy sauce (ml)	10	20	30	40	50	60
East Asian-style sauce* (sachet(s))	½	1	1½	2	2½	3
Crispy fried onions (g)	15	30	45	60	75	90
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Wholegrain rice noodles (g)	50	100	150	200	250	300
From your pantry						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Sambal (tsp)	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3264 /780	621 /148
Total fat (g)	42	8
of which saturated (g)	11,7	2,2
Carbohydrates (g)	62	12
of which sugars (g)	17,2	3,3
Fibre (g)	9	2
Protein (g)	33	6
Salt (g)	5,9	1,1

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Chop the vegetables

Chop the **shallot** into thin half rings and cut the **Romano pepper** into thin rings (see Tip). Finely chop the **scallions** and separate the white part from the greens. Cut the **lime** into wedges. Wash the **beansprouts** and set aside. Roughly chop the **coriander**.

Tip: the thinner you cut the vegetables, the quicker they'll cook later.



4. Stir-fry the vegetables

Add the **shallot** and fry for 3 - 4 minutes, then add the **shrimp**, **Romano pepper** and the white part of the **scallions**, along with the **garlic-ginger-chili** mix. Stir-fry for 2 - 3 minutes.



2. Cook the noodles

Boil plenty of water in a pot or saucepan and cook the **noodles** for 2 - 5 minutes, then drain and rinse under cold water. Mix well and then set aside to drain. In the meantime, prepare the stock (see Tip).

Tip: if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.



5. Make the sauce

In a small bowl, combine the stock with a drizzle of sunflower oil, the **soy sauce**, **fish sauce***, **East Asian-style sauce** and the juice of 1 **lime** wedge per person. Stir in sambal as preferred. Reduce the heat, then add the **noodles** and half of the **beansprouts**. Mix well, then stir in the sauce.

**Take care, this ingredient is salty! Use as preferred.*



3. Fry the pork belly

Cut the **pork belly** into thin strips of no more than 1cm thickness. Heat a generous drizzle of sunflower oil in a wok and fry the **pork belly** on high heat for 4-5 minutes until done.



6. Serve

Serve the **noodles** on plates and top with the rest of the **beansprouts**. Garnish with the **scallion** greens, **coriander** and **crispy onions**. Serve with the rest of the **lime wedges** and extra sambal as preferred.

Enjoy!



White Asparagus with Béarnaise Sauce

with mashed potatoes, ham & egg

Premium Calorie Smart

Total time: 30 - 40 min.



Potatoes



White asparagus



Fresh tarragon



Arugula & lamb's lettuce



Béarnaise sauce



Ham



Egg



Scan the QR code to let us know what you thought of the recipe!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Large pot or asparagus pan, 2x saucepan, peeler, potato masher, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
White asparagus* (g)	250	500	750	1000	1250	1500
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Béarnaise sauce* (g)	50	100	150	200	250	300
Ham* (slice(s))	4	8	12	16	20	24
Egg* (unit(s))	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2908 /695	440 /105
Total fat (g)	45	7
of which saturated (g)	16,5	2,5
Carbohydrates (g)	45	7
of which sugars (g)	4,2	0,6
Fibre (g)	11	2
Protein (g)	26	4
Salt (g)	2,2	0,3

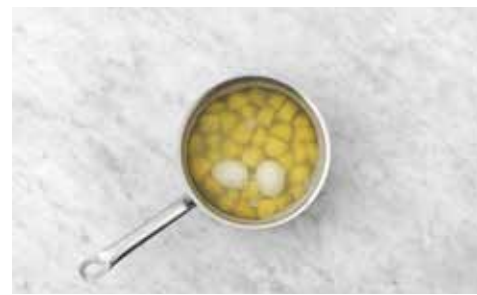
Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of water in a pot or saucepan for the **potatoes** and **egg**. Peel or thoroughly wash the **potatoes** and cut into rough pieces. Cut off the tough base of the **white asparagus** (around 1 - 2cm) and discard. Carefully peel the **asparagus**, leaving the tips intact.



2. Boil the potatoes and egg

Boil the **potatoes** for 8 minutes, then add the **egg** and boil for 7 more minutes. Carefully remove the **egg**, then drain the **potatoes** and return to the pan. Cover with the lid and set aside. Peel the **egg** and then roughly chop.



3. Cook the white asparagus

Boil plenty of salted water in a large pot (or use an **asparagus** pan) and boil the **asparagus** for 7-10 minutes until done. Drain and return to the pan, then season to taste with salt and pepper.



4. Mash the potatoes

Discard the **tarragon** stems and finely chop the leaves. Mash the **potatoes** with a generous knob of butter, the **tarragon** and a splash of milk. Season to taste with salt and pepper. In a salad bowl, combine the **mixed leaves** with a drizzle of extra virgin olive oil. Season to taste with salt and pepper.



5. Heat the sauce

Heat the Béarnaise sauce in a saucepan over medium heat.



6. Serve

Serve the **asparagus** on plates and top with the **ham** and the **egg**. Serve with the mashed **potato** and salad. Finish with the Béarnaise sauce.

Enjoy!



Creamy Eggplant Penne with Burrata

with sundried tomatoes, walnuts & fresh basil

Veggie Nice & Fast

Total time: 20 - 30 min.



Onion



Garlic



Eggplant



Penne



Cooking cream



Fresh basil



Arugula



Burrata



Sicilian-style herb mix



Chopped walnuts



Basil crème



Sundried tomatoes



Scan the QR code to let us know what you thought of the recipe!

Fancy a night out without breaking your piggy bank? We've transformed some classic dishes with luxurious twists and surprising flavours.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep frying pan, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	1½	2	2½	3
Penne (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Burrata* (ball(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Chopped walnuts (g)	10	20	30	40	50	60
Basil crème* (ml)	10	15	20	25	35	40
Sundried tomatoes (g)	30	50	70	100	120	150
From your pantry						
Flour (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	60	120	180	240	300	360
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3837 /917	670 /160
Total fat (g)	49	9
of which saturated (g)	15,5	2,7
Carbohydrates (g)	88	15
of which sugars (g)	18,6	3,2
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	1,5	0,3

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Boil plenty of salted water in a pot or saucepan for the pasta. Prepare the stock (see Tip). Chop the onion and crush or mince the garlic. Dice the eggplant into 1 - 2 cm cubes and roughly chop the sundried tomatoes.

Tip: if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.



2. Fry the eggplant

Boil the pasta for 10 - 12 minutes, then drain and set aside. Mix the eggplant with the flour. Heat two thirds of the olive oil in a frying pan over medium-high heat. Fry the eggplant for 8 - 10 minutes until evenly browned.



3. Make the sauce

In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion, garlic and sundried tomatoes for 3 - 4 minutes. Add the Sicilian herbs and fry for 1 more minute, then deglaze with the balsamic vinegar and the stock. Stir in the cream and allow to simmer for 4 - 5 minutes over a low heat.



4. Serve

Cut the basil into ribbons. Stir the pasta, eggplant and basil crème into the creamy sauce, then season to taste with salt and pepper. Serve the eggplant penne on deep plates and top with the burrata and the arugula. Garnish with the walnuts and the fresh basil.

Did you know... 🌱 eating less meat is beneficial for your health. In particular, it reduces the risk of cardiovascular diseases.

Enjoy!



Loaded Pork Soft Tacos with Avocado Salsa

with homemade cheese sauce, slaw & BBQ sauce

Nice & Fast

Total time: 25 - 35 min.



Mini tortillas



Pork tenderloin



BBQ Sauce



Slaw mix



Corn



Avocado



Scallions



Lime



Grated Gouda



Green chili pepper



Fresh coriander & mint



Scan the QR code to let us know what you thought of the recipe!

Avocados are rich in unsaturated vegetable fats. Eating avocado promotes good cholesterol levels and helps keep your heart and arteries healthy.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

2x bowl, lidded frying pan, grater, saucepan, frying pan, whisk, plate

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	4	8	12	16	20	24
Pork tenderloin* (unit(s))	1	2	3	4	5	6
BBQ Sauce (g)	25	50	75	100	125	150
Slaw mix* (g)	100	200	300	400	500	600
Corn (g)	70	140	215	285	355	425
Avocado (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Lime* (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	40	75	115	150	190	225
Green chili pepper* (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] milk (ml)	100	200	300	400	500	600
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5075 /1213	680 /162
Total fat (g)	69	9
of which saturated (g)	20,2	2,7
Carbohydrates (g)	91	12
of which sugars (g)	23,3	3,1
Fibre (g)	12	2
Protein (g)	53	7
Salt (g)	3,6	0,5

Allergens

Always remember to check the ingredient label for the most accurate information regarding allergens and traces.



1. Prepare

Dice the **pork tenderloin** into small pieces of no more than 1cm. Chop the **scallion** into thin rings, keeping the white part separate from the greens. Zest and juice the **lime**.



4. Cook the pork

Heat a large clean frying pan over high heat. Warm the **tortillas** for 1 minute per side, then transfer to plate and cover with a kitchen towel to keep warm (see Tip). In the meantime, heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the **pork** with the white part of the **scallions** for 3 - 6 minutes. Drain and rinse the **corn** in the meantime, then add to the **pork** during the final minute of cooking, along with the **barbecue sauce**. Season to taste with salt and pepper, then turn off the heat and set aside, covered.

Tip: if you're cooking for a large group, use two pans or heat the tortillas in the oven for 2 - 3 minutes at 200°C.



2. Making coleslaw

Transfer the **slaw mix** and mayonnaise to a bowl, along with half of the **lime** zest. Add 1 tsp **lime** juice per person and mix well to combine. Discard the **mint** stalks and finely chop the leaves. Finely chop the **coriander**. Mix half of the fresh herbs into the slaw and season to taste with salt and pepper.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs



5. Making cheese sauce

Measure the milk (see pantry for amount). Melt a knob of butter in a saucepan over medium-high heat, then add the flour and fry for 2 - 3 minutes or until fragrant. Gradually whisk in the milk so as to make a smooth, creamy sauce. Add the **cheese** and stir until melted, then add the rest of the **chili pepper**. Season to taste with salt and pepper as needed, then mix well and turn off the heat.



3. Making avocado salsa

Halve and pit the **avocado**, then remove the skin and dice the flesh. Deseed and finely chop the **green chili pepper**.* In a bowl, combine the **avocado** with the **scallion** greens, half of the **chili pepper** and the rest of the **lime** juice. Season to taste with salt and pepper.

**Take care, this ingredient is spicy! Use as preferred.*



6. Serve

Fill the **tortillas** with the slaw, **pork** and **avocado** salsa. Drizzle with the **cheese** sauce and garnish with the rest of the fresh herbs and **lime** zest.

Enjoy!