



Loaded Nachos with Pulled Chicken

with homemade guacamole and jalapeños | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), large bowl

Ingredients

Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Roma tomato (unit(s))	1
Garlic (unit(s))	1
Pulled chicken* (g)	100
Organic sour cream* (g)	100
Grated Gouda* (g)	150
Tortilla chips (g)	300
Jalapeño* (unit(s))	1
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	947 / 226
Total fat (g)	14
of which saturated (g)	4,1
Carbohydrates (g)	17
of which sugars (g)	1,7
Fibre (g)	2
Protein (g)	7
Salt (g)	0,6

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Finely slice the scallions, then finely chop the jalapeño*.
- Spread the tortilla chips on a parchment-lined baking sheet. Spread the pulled chicken, jalapeño, and two-thirds of the scallions over the tortilla chips and scatter over the cheese.
- Bake for 10 - 15 minutes, or until the cheese has melted.

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

Chop the vegetables

- Cut the avocados in half, remove the pit and skin and then dice them. Transfer to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- Mash the avocado with a fork until smooth. Add the tomato, shallot and garlic.
- Juice the lime into the bowl. Mix everything together and season with salt and pepper to taste.

Serve

- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions.
- Put the sour cream in a bowl, then serve the sour cream and guacamole to the side.

Enjoy!



Vietnamese Spring Rolls with Shrimp

with fresh vegetables and peanut-soy sauce | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Deep plate, (lidded) pot or saucepan(s), plate, small bowl, frying pan

Ingredients

Rice paper (unit(s))	1
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Shredded red cabbage* (g)	100
Bell pepper* (unit(s))	1
Peanut sauce* (g)	80
Sesame oil (ml)	10
Rice noodles (g)	100
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
[Reduced salt] soy sauce (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	608 /145
Total fat (g)	4
of which saturated (g)	0,7
Carbohydrates (g)	21
of which sugars (g)	3,5
Fibre (g)	1
Protein (g)	5
Salt (g)	0,6

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan. Cook the rice noodles for 6 - 7 minutes, then drain and rinse under cold water.
- Transfer the rice noodles back to the same saucepan and drizzle with sunflower oil. Mix well to combine, then set aside until further use.
- Cut the cucumber and bell pepper into small strips.

Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp and fry for 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl, then mix in the soy sauce, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the rice sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

Serve

- Place the shrimp in the middle of the rice sheet, then top with some cabbage, bell pepper, cucumber and noodles.
- Fold the bottom of the rice sheet over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the peanut-soy sauce on the side.

Enjoy!



Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), large frying pan, small bowl

Ingredients

Red onion (unit(s))	2
Bell Pepper* (unit(s))	1
Chicken mince with Mexican seasoning* (g)	200
Mexican-style spices (sachet(s))	1
Tomato (unit(s))	2
Organic sour cream* (g)	50
Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2824 /675	580 /139
Total fat (g)	32	7
of which saturated (g)	20	4,1
Carbohydrates (g)	56	12
of which sugars (g)	10,5	2,2
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	3	0,6

Allergens

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



Make the filling

- Preheat the oven to 200°C.
- Slice the onion into half rings. Chop the bell pepper into strips.
- Heat the butter in a frying pan over medium-high heat, then fry the onion and bell pepper for 2 - 3 minutes.
- Add the mince and half of the Mexican-style spices*, and fry for another 3 - 4 minutes, or until done. Season with salt and pepper.

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

Make the quesadillas

- In the meantime, thinly slice the tomato.
- Place the tortillas on a parchment-lined baking sheet and spread the veggie-mince filling over one half of each tortilla.
- Top with the grated cheese and 2 - 3 slices of tomato per tortilla, then fold the other side over the filling and press down so it doesn't open up again.
- Rub a little bit of olive oil over the top of each quesadilla.

Serve

- Put the quesadillas on the top shelf of the oven to bake for 5 - 7 minutes, until golden brown.
- In a small bowl, mix the sour cream with the rest of the Mexican-style spices.
- In the meantime, finely chop the rest of the slices of tomato, then mix these with the sour cream and season with salt and pepper to taste.
- Serve the quesadillas with the sour cream dip.

Enjoy!



Chicken Saté

with fresh coriander and crispy onions | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Bowl(s), saucepan, skewers

Ingredients

Fresh coriander* (g)	10
Hoisin sauce (g)	50
Peanut sauce* (g)	120
Crispy fried onions (g)	30
Chicken thigh strips* (g)	400
From your pantry	
[Reduced salt] soy sauce (tbsp)	2½
[Reduced salt] ketjap manis (tbsp)	1
Sambal	to taste
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	787/188
Total fat (g)	12
of which saturated (g)	4,1
Carbohydrates (g)	7
of which sugars (g)	5
Fibre (g)	1
Protein (g)	13
Salt (g)	1,4

Allergens

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



Prepare

- Slice the chicken lengthways into smaller strips.
- In a bowl, combine the hoisin sauce with the soy sauce. Season to taste with salt and pepper.
- Add the chicken to this marinade and set aside until further use.

Grill the chicken

- Preheat the barbecue (see Tip).
- Thread the chicken onto skewers.
- Grill the skewers on the barbecue for 8 - 10 minutes, or until the chicken is done.
- Finely chop the coriander.

Tip: you can also roast the skewers in a preheated oven for 8 - 10 minutes or fry it on the stove.

Serve

- Transfer the peanut sauce and ketjap manis to a saucepan and combine well over low heat for 3 - 5 minutes. Add some sambal to taste.
- Place the chicken on a serving platter.
- Serve the peanut sauce to the side and garnish with the crispy onions.
- Scatter the coriander over the chicken.

Enjoy!



Tandoori-Style Marinated Shrimp

with mango chutney and lime | to share

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Bowl(s), deep plate, frying pan or grill pan, kitchen paper

Ingredients

Shrimp* (g)	360
Curry powder (sachet(s))	1
Garam Masala (sachet(s))	1/3
Lime* (unit(s))	1
Mango chutney* (g)	80
Organic full-fat yogurt* (g)	50
From your pantry	
Sunflower oil (tbsp)	1
Flour (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	369 /88
Total fat (g)	2
of which saturated (g)	0,4
Carbohydrates (g)	8
of which sugars (g)	0,6
Fibre (g)	1
Protein (g)	9
Salt (g)	0,6

Allergens

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



Make the marinade

- Cut the lime into 6 wedges.
- In a bowl, combine the yogurt, curry powder, garam masala*, and the juice of 2 lime wedges to make a marinade.
- Season to taste with salt and pepper.

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

Marinate the shrimp

- Transfer the flour to a deep plate. Pat the shrimp dry with kitchen paper and then coat it with flour.
- Transfer the shrimp to the marinade.
- Mix well, being sure to fully cover the shrimp.
- Set aside and marinate the shrimp for at least 10 minutes (see Tip).

Tip: the shrimp will absorb more flavour the longer you marinate them. If you have time, prepare the marinade in the morning and keep in the fridge so as to allow the shrimp to marinate all day.

Serve

- Heat the sunflower oil in a grill pan or frying pan over high heat.
- Add the shrimp to the pan and fry for 2 - 3 minutes, until the shrimp are done.
- Serve the shrimp with the mango chutney on the side and garnish with the rest of the lime wedges.

Enjoy!



Super Cheesy Pesto Garlic Baguettes

with Gouda | to share

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), medium bowl

Ingredients

Garlic (unit(s))	2
Green pesto* (g)	40
White demi-baguette (unit(s))	4
Grated Gouda* (g)	150
From your pantry	
Olive oil (tbsp)	4

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1348 /322
Total fat (g)	16
of which saturated (g)	5,3
Carbohydrates (g)	35
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	10
Salt (g)	1,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- Slice the demi-baguettes into pieces, taking care not to cut the whole way through, and transfer them to a parchment-lined baking sheet.

Prepare the baguettes

- In a medium bowl, mix together the garlic, cheese, pesto and olive oil.
- Use a spoon to scoop two-thirds of the pesto mixture equally into each cut in the baguettes (see Tip).

Tip: don't worry if the bread breaks when doing this. The cheese will melt and stick it back together in the oven.

Serve

- Spread the rest of the pesto mixture over the top of the baguettes.
- Bake for 10 - 12 minutes, or until the cheese is melted and slightly golden.
- Transfer the baguettes to a serving platter.
- Allow to cool for a couple of minutes, then tear and share.

Enjoy!



Smoked Salmon Flammekueche

with lemon, capers and sour cream | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s)

Ingredients

Flammekueche* (unit(s))	2
Smoked salmon* (g)	120
Organic sour cream* (g)	100
Capers (g)	30
Red onion (unit(s))	1
Lemon* (unit(s))	1
Lamb's lettuce* (g)	80
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1837 /439	565 /135
Total fat (g)	14	4
of which saturated (g)	4,7	1,4
Carbohydrates (g)	51	16
of which sugars (g)	4,3	1,3
Fibre (g)	3	1
Protein (g)	24	7
Salt (g)	2,9	0,9

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Place the flammekueche on a parchment-lined baking sheet.
- Chop the onion into half rings.

Add the toppings

- Reserve 1 tbsp of sour cream to use later, then spread the rest over the flammekueche.
- Top with the onion and capers, then season with salt and pepper.
- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the lemon into wedges in the meantime.

Serve

- Slice the flammekueche, then top with the smoked salmon and the reserved sour cream.
- Top with the lamb's lettuce.
- Serve with the lemon wedges alongside.

Enjoy!



Baked Camembert

with baguette, onion chutney & walnuts | to share

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Oven dish

Ingredients

Garlic (unit(s))	1
Fresh rosemary* (sprig)	1
Chopped walnuts (g)	20
Onion chutney* (g)	40
White demi-baguette (unit(s))	2
Camembert* (g)	240
From your pantry	
Extra virgin olive oil (tbsp)	½
Honey [or plant-based alternative] (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1130 /270
Total fat (g)	13
of which saturated (g)	6,6
Carbohydrates (g)	27
of which sugars (g)	3,8
Fibre (g)	2
Protein (g)	12
Salt (g)	1,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Take the Camembert out of its packaging and transfer to an oven dish.
- Use the tip of a knife to score a crisscross diamond pattern over the surface, taking care not to cut all the way through (see Tip).
- Thinly slice the garlic and tear the rosemary leaves from the stalks.

Tip: make sure not to cut too far, otherwise the Camembert will melt through the skin.

Garnish the Camembert

- Stuff the Camembert with the rosemary leaves and the slices of garlic.
- Top with the walnuts and drizzle with the extra virgin olive oil and the honey.
- Bake the baguettes for 8 - 10 minutes.
- Bake the Camembert for the last 7 minutes.

Serve

- Slice the baguettes and serve alongside the Camembert.
- Season the Camembert to taste with salt and pepper.
- Serve with the onion chutney.

Enjoy!



Homemade Banana Bread

with dates and walnuts | to share

Baking

Total time: 60 - 70 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

25cm loaf tin, handheld mixer, mixing bowl, parchment paper

Ingredients

Banana (unit(s))	4
Egg* (unit(s))	2
Baking powder (g)	8
Ground cinnamon (tsp)	1½
Flour (g)	200
Chopped walnuts (g)	80
Chopped dates (g)	80
From your pantry	
Sunflower oil (ml)	70
[Plant-based] milk (ml)	50
Honey [or plant-based alternative] (tbsp)	5
Salt (tsp)	¼

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1057 /253
Total fat (g)	12
of which saturated (g)	1,4
Carbohydrates (g)	31
of which sugars (g)	16,5
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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



Prepare

- Preheat the oven to 160°C. Grease a loaf tin or line it with parchment paper.
- Add three bananas to a mixing bowl and mash them with a fork.
- Add the sunflower oil, honey, milk and eggs to the banana, then mix with a handheld mixer until combined.
- Add the flour, cinnamon, baking powder and salt to the bowl and mix until combined. Mix in the chopped dates and walnuts.

Finish

- Pour the batter into the loaf tin.
- Cut the fourth banana in half lengthways and place each half face-up on top of the batter.
- Put the banana bread in the oven for 45 - 55 minutes.

Serve

- After 45 minutes, check if the cake is done by poking it with a skewer.
- If the skewer comes out clean, the cake is ready. Remove it from the oven and let the cake cool completely.
- Cut the cake into slices and serve.

Enjoy!



Festive Brownies with White Chocolate Frosting

with speculaas and strawberry jam | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Large bowl, oven dish, parchment paper, small saucepan

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
White chocolate chips (g)	100
Speculaas pieces (g)	60
Powdered sugar (g)	50
Strawberry jam (g)	45
From your pantry	
[Plant-based] milk (tbsp)	3
Water (ml)	80
[Plant-based] butter (g)	40

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1392 /333
Total fat (g)	11
of which saturated (g)	6,2
Carbohydrates (g)	53
of which sugars (g)	37,5
Fibre (g)	2
Protein (g)	5
Salt (g)	1,1

Allergens

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



Make the batter

- Preheat the oven to 180°C.
- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Line a 20cm x 20cm square baking tin or oven dish with parchment paper.

Bake the brownies

- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter.
- Pour the batter into the baking tin.
- Bake the brownies in the oven for 20 - 25 minutes. The brownies are done when you see cracks start to form on the surface.
- Remove from the oven and allow to cool down.

Finish and serve

- Add the chocolate and milk to a small saucepan on low heat. Heat for 4 - 5 minutes or until the white chocolate melts completely.
- Remove from the heat and stir in the powdered sugar. Mix until smooth. Spread the white chocolate frosting over the brownie.
- Spoon a few dollops of strawberry jam over the frosting and gently swirl it through.
- Scatter the speculaas pieces on top. Cut the brownie into 9 smaller pieces and serve.

Enjoy!



Carrot Cake with Cinnamon

with mascarpone-orange frosting | 10 slices

Baking

Total time: 70 - 80 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

25cm loaf tin, grater, large bowl, small bowl, whisk

Ingredients

Carrot* (unit(s))	2
Orange* (unit(s))	1
Mascarpone* (g)	100
Powdered sugar (g)	100
Cake mix (g)	400
Ground cinnamon (tsp)	2
From your pantry	
Sunflower oil (tbsp)	1
Water (ml)	160

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	975 /233
Total fat (g)	6
of which saturated (g)	3,3
Carbohydrates (g)	42
of which sugars (g)	24,5
Fibre (g)	1
Protein (g)	2
Salt (g)	0,5

Allergens

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



Mix the batter

- Preheat the oven to 180°C.
- Grate the carrot (see Tip).
- Grease a 25cm rectangular cake tin, or line it with baking paper.
- Pour the cake mix into a large bowl. Add the cinnamon, sunflower oil and water and mix with a (handheld) mixer or whisk until you have an even batter.

Tip: do you have a food processor? Then you can also coarsely "grate" the carrot in it.

Fill the cake tin

- Add the grated carrot to the batter and mix well.
- Pour the batter into the cake pan and bake the cake in the oven for 40 - 45 min.
- Meanwhile, squeeze half an orange in a small bowl.
- Mix the mascarpone into the orange juice, add 3 tbsp powdered sugar and beat with a fork until fluffy. Store in the refrigerator.

Serve

- After 45 minutes, check if the cake is done by poking it with a skewer. If it comes out clean, the cake is ready.
- Remove the cake tin from the oven, set it aside, and let the cake cool completely before removing it from the tin to serve.
- Spread the mascarpone-orange frosting on top, then cut the cake into slices and serve.

Enjoy!



Classic Apple Crumble

with cinnamon and raisins | 10 servings

Baking

Total time: 45 - 55 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Bowl(s), large bowl, oven dish

Ingredients

Unsalted butter* (g)	150
Apple* (unit(s))	3
Ground cinnamon (tsp)	3
Raisins (g)	40
Flour (g)	200
Baking powder (g)	8
Granulated sugar (g)	100
Egg* (unit(s))	1
From your pantry	
Brown sugar (tbsp)	3

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1135 /271
Total fat (g)	13
of which saturated (g)	7,9
Carbohydrates (g)	35
of which sugars (g)	20,1
Fibre (g)	2
Protein (g)	4
Salt (g)	0,3

Allergens

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



1



2



3

Prepare the crumble topping

- Weigh out the butter and dice, then allow it to come up to room temperature.
- Set aside 1 tbsp of flour for later. In a large bowl, combine the rest of the flour with the baking powder, sugar, butter and 1.5 tsp of cinnamon. Add the egg and use your hands to combine.
- Keep kneading until it reaches a sandy, crumbly texture and sticks together when squeezed. Allow to cool in the fridge while you prepare the filling.

Prepare the filling

- Preheat the oven to 180°C.
- Peel and core the apple, then dice into 2cm cubes.
- In a bowl, mix the apple with the raisins, the rest of the cinnamon, the reserved flour and the brown sugar.
- Grease or line a 20 x 20cm oven dish.

Bake the crumble

- Transfer the filling to the oven dish, then spread the crumble topping over it. Make sure the crumbs are evenly distributed and the apples are completely covered.
- Bake the crumble in the oven for 30 – 35 minutes, or until golden brown.
- Let the apple crumble cool down for 5 minutes before serving.

Enjoy!



Starry Night New Year's Cookies

with chocolate drizzle | to share

Baking

Total time: 65 - 75 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), bowl(s), handheld mixer, large bowl, plastic wrap, saucepan, whisk, heatproof bowl

Ingredients for 4 servings

Unsalted butter* (g)	200
Egg* (unit(s))	1
Flour (g)	400
Powdered sugar (g)	100
Chocolate chips (g)	100
Granulated sugar (g)	200
From your pantry	
Water (tbsp)	2 1/4

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1797 / 430
Total fat (g)	19
of which saturated (g)	11,9
Carbohydrates (g)	58
of which sugars (g)	32
Fibre (g)	2
Protein (g)	6
Salt (g)	0

Allergens

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



1



2



3



4



5



6

Make the icing

- In a bowl, combine the powdered sugar with the water until smooth (see pantry for amount).
- Use a pastry brush or a spoon to spread the icing onto the cookies.
- Allow the icing to set before proceeding with the recipe.

Melt the chocolate

- In the meantime, boil a shallow layer of water in a saucepan.
- Reduce the heat to low and then place a heatproof bowl on top of the pan, making sure it doesn't touch the water.
- Transfer the chocolate chips to the bowl and allow to melt, stirring continuously.

Serve

- Using a spoon, drizzle the melted chocolate over the cookies one by one.
- Move the spoon quickly back and forth, so as to create chocolate stripes.
- Allow the chocolate to set before serving.

Enjoy!



Cranberry and Orange Scones

with cinnamon | 10 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), bowl(s), large bowl, microplane, small bowl, whisk

Ingredients

Flour (g)	260
Baking powder (g)	8
Organic buttermilk* (ml)	150
Cranberry chutney* (g)	80
Dried cranberries (g)	40
Orange* (unit(s))	1
Ground cinnamon (tsp)	3
Mascarpone* (g)	100
From your pantry	
[Plant-based] butter (g)	70
Sugar (g)	55
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1141 /273
Total fat (g)	12
of which saturated (g)	7,7
Carbohydrates (g)	37
of which sugars (g)	14,5
Fibre (g)	2
Protein (g)	5
Salt (g)	1

Allergens

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



Make the batter

- Preheat the oven to 180°C. Take the butter out of the refrigerator. Zest the orange and squeeze out 1 tbsp of orange juice.
- In a large bowl, mix the flour, salt, baking powder, 0.5 sachet of cinnamon, orange zest and 40 grams of sugar.
- Knead the butter and dry ingredients together until you have bread crumbs.
- Add the buttermilk and dried cranberries and knead together until well combined. The dough should have a smooth, consistent texture.

Make the scones

- Shape the dough into little balls, using roughly 2 tbsp of the dough for each one.
- Transfer to a parchment-lined baking sheet.
- Bake the scones in the oven for 10 - 15 minutes.

Serve

- Add the cranberry chutney to a small bowl and mix with 1 tbsp of orange juice.
- In a bowl, add the mascarpone, rest of the cinnamon and 15g of sugar and whisk until fluffy.
- Let the scones cool down thoroughly once you take them out of the oven.
- Serve the scones on a plate with the cinnamon mascarpone and cranberry chutney on the side.

Enjoy!



Apple Turnovers

with lemon-mascarpone cream | 12 pieces

Baking

Total time: 50 - 60 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), bowl(s), brush, handheld mixer, large bowl, microplane

Ingredients

Puff pastry* (roll(s))	2
Apple* (unit(s))	3
Ground cinnamon (tsp)	1
Raisins (g)	20
Lemon* (unit(s))	1
Mascarpone* (g)	100
Heavy cream* (ml)	200
From your pantry	
[Plant-based] milk	4
Sugar (g) *store in the fridge	80

Nutritional values

	Per 100g
Energy (kJ/kcal)	1084 / 259
Total fat (g)	14
of which saturated (g)	8,4
Carbohydrates (g)	24
of which sugars (g)	10,4
Fibre (g)	2
Protein (g)	3
Salt (g)	0,2

Allergens

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



Dice the apple

- Preheat the oven to 200 °C.
- Core and dice the apple into small cubes. Zest the lemon, then juice half of it.
- In a large bowl, mix the diced apple with the raisins, 1 tsp cinnamon, 2 tbsp sugar and 2 tbsp lemon juice.
- Roll out the puff pastry. Cut each sheet of puff pastry in half lengthways, then widthways into thirds, so that you have six equal pieces.

Fold the turnovers

- Spread the filling over the middle of each piece of pastry, keeping the edges clear.
- Fold the dough diagonally over the filling so that you have a triangle shape and press the edges together with a fork.
- Place the apple turnovers on two parchment-lined baking sheets and brush the milk over the pastry.
- Set aside 0.5 tbsp sugar for the next step, then sprinkle the rest of the sugar over the apple turnovers to taste.

Bake and serve

- Bake the apple turnovers in the oven for 20 - 25 minutes until golden brown.
- Add the mascarpone, whipping cream, 0.5 tbsp sugar and 2 tsp lemon zest to a bowl.
- Whisk the mixture with a handheld mixer until stiff peaks form.
- Serve the apple turnovers with the lemon-mascarpone cream.

Enjoy!



No-Bake Blueberry Cheesecake

with speculaas crumble, lemon & mint | 4 servings

Dessert

Total time: 25 - 30 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Bowl(s), microplane, handheld mixer, small bowl

Ingredients

Speculaas pieces (g)	180
Lemon* (unit(s))	1
Granulated sugar (g)	100
Mascarpone* (g)	250
Heavy cream* (ml)	200
Fresh mint* (g)	10
Blueberries* (g)	125

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1321 /316
Total fat (g)	18
of which saturated (g)	12,6
Carbohydrates (g)	27
of which sugars (g)	19,8
Fibre (g)	1
Protein (g)	3
Salt (g)	0,3

Allergens

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



Prepare

- Zest the lemon and squeeze the juice into a small bowl.

Make the filling

- In a bowl, mix the cream with the mascarpone and sugar. Use an electric whisk to beat the mixture until it's light and fluffy.
- Add 2 tbsp lemon juice and 1 tsp lemon zest and mix well.
- If preferred, cut the blueberries in half.
- Pull the mint leaves off the stems and chop them up finely.

Assemble and serve

- Set out four small glasses and begin adding a layer of cream in each, followed by a layer of speculaas crumble. Add another layer of cream, then a layer of blueberries.
- Repeat this step once more, ending with a layer of blueberries.
- Place the glasses in the fridge for at least 2 hours to let the cheesecake firm up.
- Garnish with the mint and lemon zest before serving.

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Food processor, tall container

Ingredients

Coconut milk (ml)	500
Spinach* (g)	100
Avocado (unit(s))	1
Banana (unit(s))	4
Kiwi* (unit(s))	1
Pineapple* (g)	200
Orange* (unit(s))	2
Blueberries* (g)	250
Mango* (unit(s))	2
Desiccated coconut (g)	10
Organic semi-skimmed milk* (ml)	250

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	374 /90
Total fat (g)	4
of which saturated (g)	3,2
Carbohydrates (g)	10
of which sugars (g)	8,5
Fibre (g)	1
Protein (g)	1
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

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



Blueberry & Mango Smoothie

- Peel 1 banana and 1 mango, then slice them into smaller pieces and add to the blender or a tall container (if you're using an immersion blender).
- Add 250ml coconut milk and 125g blueberries, then blend into a thick smoothie.
- Pour the smoothie into two glasses and serve.

Tutti-Frutti Smoothie

- Peel and slice 1 banana. Juice the oranges into a blender or tall container (if you're using an immersion blender).
- Add the banana, pineapple, 250ml of milk and 125g blueberries, setting aside a few blueberries to use as garnish. Blend into a thick smoothie.
- Pour the smoothie into two glasses to serve.

Green Vegan Smoothie Bowl

- Halve and pit the avocado, then remove the skin and dice the flesh. Peel and dice 1 kiwi and 1 mango. Peel and slice 2 bananas.
- Set all of the kiwi and a third each of the mango and banana aside for the garnish.
- Add the avocado, spinach, 250ml coconut milk and rest of the banana and mango to a blender (or tall container if you're using an immersion blender), then blend into a thick smoothie. Pour the smoothie into two bowls. Garnish with the coconut and the reserved fruit.

Enjoy!



Tutti-Frutti Smoothie with Blueberries

with pineapple, orange and banana | 2 servings

Breakfast

Total time: 5 - 10 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

2x blender or immersion blender (with a tall container)

Ingredients

Banana (unit(s))	1
Orange* (unit(s))	2
Pineapple* (g)	200
Blueberries* (g)	125
Organic semi-skimmed milk* (ml)	250

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1075 /257	237 /57
Total fat (g)	2	1
of which saturated (g)	1,3	0,3
Carbohydrates (g)	49	11
of which sugars (g)	37,2	8,2
Fibre (g)	4	1
Protein (g)	7	2
Salt (g)	0,1	0

Allergens

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



Slice

- Peel and slice 1 banana.
- Juice the orange into a blender (or a tall container, if you're using an immersion blender).



Blend

- Add the banana, pineapple, 250ml milk and 125g blueberries, setting aside a few blueberries to use as garnish.
- Blend into a thick smoothie.



Serve

- Pour the smoothie into two glasses and garnish with the blueberries.

Enjoy!



Chia Seed Pudding 3 Ways

mango & pistachio, apple & raisins, blueberries & apple | 3 breakfasts for 2 people

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Bowl(s), large bowl

Ingredients

Coconut milk (ml)	500
Desiccated coconut (g)	10
Mango* (unit(s))	1
Apple* (unit(s))	1
Ground cinnamon (tsp)	1
Pistachio nuts (g)	20
Chia seeds (g)	100
Raisins (g)	20
Blueberries* (g)	125
Strawberry jam (g)	30
From your pantry	
Water (ml)	100
Honey [or plant-based alternative] (tbsp)	2

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	681/163
Total fat (g)	10
of which saturated (g)	6,5
Carbohydrates (g)	14
of which sugars (g)	9,5
Fibre (g)	4
Protein (g)	2
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

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



Variation 1: Mango & pistachio (2 servings)

- Add the chia seeds, coconut milk, 100 ml water and honey to a large bowl. Mix well, allow to rest for 10 minutes, then stir once more.
- Divide the chia pudding between 6 glasses, leaving room for the toppings. Cover the glasses, then put them in the fridge and leave to set for at least 4 hours, or overnight.
- Roughly chop the pistachios. Peel and dice the mango.
- Grab two glasses of chia pudding and mix in most of the mango, then garnish with the rest. Top with the pistachios.

Variation 2: Apple & raisins (2 servings)

- Finely dice half of the apple, then put it in a bowl and mix with 1 tsp of cinnamon.
- Grab two glasses of chia pudding and top with the apple.
- Garnish with the raisins.

Variation 3: Blueberry & apple (2 servings)

- Finely dice the other half of the apple.
- Grab two glasses of chia pudding and mix in the strawberry jam.
- Top with the blueberries and apple.
- Scatter over the desiccated coconut to finish.

Enjoy!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Two bowls

Ingredients

Organic Greek yogurt* (g)	1000
Blueberries* (g)	125
Apple* (unit(s))	2
Ground cinnamon (tsp)	3
Chopped pecans (g)	20
Orange* (unit(s))	1
Cranberry & walnut mix (g)	60
Desiccated coconut (g)	40
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	592/142
Total fat (g)	10
of which saturated (g)	5,3
Carbohydrates (g)	8
of which sugars (g)	4,7
Fibre (g)	1
Protein (g)	3
Salt (g)	0,1

*The nutritional values are based on the average of the three variations.

Allergens

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



Greek yogurt with blueberries and desiccated coconut

- Divide a third of the yogurt over two bowls.
- Garnish with the blueberries and desiccated coconut.
- Add honey to taste.

Greek yogurt with apple and pecan nuts

- Core and dice the apple.
- Divide a third of the yogurt over two bowls.
- Garnish with the apple, pecan nuts and cinnamon.
- Add honey to taste.

Greek yogurt with orange, cranberries and walnuts

- Use a sharp knife to remove the skin and the white pith from the orange and then cut the flesh into segments.
- Divide a third of the yogurt over two bowls.
- Garnish with the orange and cranberry & walnut mix.
- Add honey to taste.

Enjoy!



Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Small bowl

Ingredients

Avocado (unit(s))	2
Goat's Cheese* (g)	200
Tomato (unit(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Fresco spalmabile - cream cheese* (g)	100
Roast chicken slices* (g)	120
Greek-style cheese* (g)	50
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	784/187
Total fat (g)	13
of which saturated (g)	6
Carbohydrates (g)	3
of which sugars (g)	1,2
Fibre (g)	3
Protein (g)	12
Salt (g)	0,7

*The nutritional values are based on the average of the three variations.

Allergens

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



Option 1: Avocado, Greek-style cheese and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin. Transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Spread the avocado over the crackers. Top with half of the roast chicken slices.
- Crumble the Greek-style cheese on top.

Option 2: Goat's cheese, tomato and cress

- Divide four crackers over two plates.
- Slice the tomato.
- Spread the goat's cheese on the crackers.
- Add the tomato to the crackers and season with salt and pepper. Garnish with half of the cress.

Option 3: Cream cheese, avocado and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin and slice the flesh.
- Spread the cream cheese on the crackers, then add half of the roast chicken slices.
- Place the avocado on top, then season with salt and pepper. Garnish with half of the cress.

Enjoy!



Pancakes with Cinnamon Pears and Crispy Bacon

with crème fraîche and honey | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Aluminum foil, bowl(s), large bowl, 2x frying pan, whisk

Ingredients

Pear* (unit(s))	2
Crème fraîche* (g)	50
Bacon* (slice(s))	4
Ground cinnamon (tsp)	1½
Flour (g)	200
Organic buttermilk* (ml)	200
Egg* (unit(s))	2
Baking powder (g)	4
From your pantry	
Honey [or plant-based alternative]	to taste
Sunflower oil (tbsp)	½
[Plant-based] butter (tbsp)	½
Brown sugar (tbsp)	½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3134 / 749	667 / 159
Total fat (g)	28	6
of which saturated (g)	11,5	2,4
Carbohydrates (g)	97	21
of which sugars (g)	19,1	4,1
Fibre (g)	8	2
Protein (g)	28	6
Salt (g)	1,8	0,4

Allergens

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



Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until light and fluffy (see Tip).
- Weigh out 150g flour, then transfer to a large bowl and add the sugar and baking powder.
- Fold the egg and buttermilk mixture into the flour mixture with a spatula.

Tip: the egg mixture is ready when you can see lots of air bubbles.

Fry the pancakes

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancake for about 2 minutes on each side.
- Remove from the pan and cover with aluminium foil to keep warm.
- Repeat these steps until you've used all of the batter, adding a little bit of sunflower oil in between each pancake if the pan dries out.

Serve

- Heat a frying pan over medium-high heat. Separate the bacon slices, transfer to the pan and fry for 3 - 4 minutes until crispy. Remove the bacon and set aside.
- Slice the pear. In the same pan, add a knob of butter, the pear and the cinnamon, then fry for 3 - 4 minutes.
- Stack the pancakes on plates, then top with the bacon, a dollop of crème fraîche and the pear.
- Drizzle with honey to taste.

Enjoy!



Eggs Florentine with Spinach and Grana Padano

on brioche bread with Hollandaise sauce | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Large pot or saucepan, microplane, kitchen paper, plate, slotted spoon, small saucepan, frying pan, whisk

Ingredients

Brioche bun (unit(s))	2
Egg* (unit(s))	4
Garlic (unit(s))	1
Spinach* (g)	300
Lemon* (unit(s))	1
Hollandaise sauce* (g)	50
Grana Padano flakes DOP* (g)	20
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2556 /611	570 /136
Total fat (g)	35	8
of which saturated (g)	9,6	2,1
Carbohydrates (g)	42	9
of which sugars (g)	7	1,6
Fibre (g)	7	2
Protein (g)	30	7
Salt (g)	1,5	0,3

Allergens

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



Poach the eggs

- Boil plenty of water in a large pot. Once boiling, add the vinegar.
- Use a whisk to swirl the water and create a small whirlpool. Carefully crack the eggs into the whirlpool one at a time, then turn the heat to low and cook until the white part has fully set; this should take 2 - 3 minutes for runny egg yolks.
- Remove with a slotted spoon and add to a plate lined with kitchen paper to absorb excess water.

Tip: instead of poaching the eggs, you can also boil them for 6 minutes if you prefer soft-boiled, or 10 minutes for hard-boiled.

Prepare the spinach

- Preheat the oven to 180°C.
- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat and crush or mince the garlic. Zest the lemon and cut into 6 wedges.
- Bake the brioche buns in the oven for 3 - 4 minutes.
- Add the garlic and spinach to the pan, in batches if needed. Fry the spinach while stirring for 1 minute until it starts to wilt, add the juice of 2 lemon wedges, then remove the pan from the heat. Season with salt and pepper.

Serve

- Heat the Hollandaise sauce in a small saucepan for 1 - 2 minutes.
- Cut open the brioche buns and top with the spinach.
- Place the eggs carefully on top, season with salt and pepper, and drizzle the Hollandaise sauce over them.
- Garnish with the Grana Padano flakes and lemon zest to taste and serve with the rest of the lemon wedges alongside.

Enjoy!



Croissants with Scrambled Eggs

with avocado and bacon | 4 pieces

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), bowl(s), frying pan

Ingredients

Egg* (unit(s))	4
Fresh chives* (g)	5
Avocado (unit(s))	1
Bacon* (slice(s))	4
Bake-off croissants (unit(s))	4
From your pantry	
[Plant-based] butter (tbsp)	1
[Plant-based] milk	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1062 /254
Total fat (g)	16
of which saturated (g)	7,4
Carbohydrates (g)	17
of which sugars (g)	3,2
Fibre (g)	1
Protein (g)	9
Salt (g)	0,7

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Cut the avocado in half, then remove the pit and the skin. Thinly slice the avocado.
- Finely chop the chives.

Bake the croissants

- Transfer the bacon to one side of a parchment-lined baking sheet and bake in the oven for 8 - 10 minutes.
- During the last 4 - 6 minutes of cooking time, add the croissants to the other side of the parchment-lined baking sheet and bake alongside the bacon.

Serve

- Meanwhile, beat the eggs in a bowl with the milk and season with salt and pepper.
- Melt the butter in a frying pan on medium heat and scramble the eggs for 5 - 6 minutes.
- Cut open the croissants.
- Add the avocado slices to the croissants, then top with the bacon and scrambled eggs. Garnish with the chives and season to taste with pepper.

Enjoy!



Shrimp Poké Bowl with Mango and Edamame

with ponzo mayo and furikake | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

2x bowl(s), grater, (lidded) pot or saucepan(s), kitchen paper, (lidded) wok or deep frying pan(s)

Ingredients

Sushi rice (g)	150
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Edamame* (g)	50
Mango* (unit(s))	1
Carrot* (unit(s))	1
Ponzu (g)	24
Furikake (sachet(s))	1
From your pantry	
Water (ml)	350
Olive oil (tbsp)	½
White wine vinegar (tbsp)	3
Sugar (tsp)	3
[Plant-based] mayonnaise (tbsp)	1
[Reduced salt] soy sauce	to taste
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2460 /588	386 /92
Total fat (g)	15	2
of which saturated (g)	2,1	0,3
Carbohydrates (g)	89	14
of which sugars (g)	29,3	4,6
Fibre (g)	5	1
Protein (g)	21	3
Salt (g)	1,8	0,3

Allergens

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



Boil the rice

- Boil the water in a pot or saucepan (see pantry for amount).
- Boil the sushi rice for 12 - 15 minutes. Turn off the heat, then stir in two-thirds each of the white wine vinegar and the sugar. Set aside until serving.
- Grate the carrot.
- In a bowl, combine the rest of the white wine vinegar and sugar. Transfer the carrot to the bowl and season to taste with salt, then toss well to combine.

Fry the shrimp

- Peel and dice the mango. Dice the cucumber.
- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then remove from the pan and set aside. Season with salt and pepper.

Serve

- In a bowl, mix the mayonnaise with the ponzu.
- Serve the sushi rice in bowls.
- Top with the shrimp, mango, cucumber, carrot and edamame.
- Drizzle the ponzu mayo on top and garnish with the furikake. Serve with soy sauce to taste.

Enjoy!



Wraps with Tuna, Mango & Avocado

with coriander and scallions | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Large bowl, sieve

Ingredients

Tuna packed in water (can)	1
Mango* (unit(s))	1
Scallions* (bunch)	½
Fresh coriander & mint* (g)	10
Little gem* (unit(s))	2
Avocado (unit(s))	1
Flour tortillas (unit(s))	4
From your pantry	
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2674 /639	588 /141
Total fat (g)	31	7
of which saturated (g)	4	0,9
Carbohydrates (g)	63	14
of which sugars (g)	19,6	4,3
Fibre (g)	9	2
Protein (g)	23	5
Salt (g)	1,7	0,4

Allergens

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



Prepare

- Roughly chop the coriander and mint.
- Cut the avocado in half, remove the pit and skin, then slice the flesh.
- Remove the core of the little gem and pull the leaves apart.
- Drain the tuna.

Make the tuna salad

- Finely slice the scallions into rings.
- Peel the mango and cut the flesh into strips.
- Put the tuna in a large bowl.
- Add the mayonnaise, scallions, coriander and mint and mix well. Season with salt and pepper to taste.

Serve

- Place 2 - 3 little gem leaves in the middle of each tortilla.
- Fill the tortillas with the tuna salad, mango and avocado.
- Roll up the tortillas and cut them in half before serving.

Enjoy!



Spicy Pulled Chicken Sandwich

on Turkish bread with sriracha mayo | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Frying pan

Ingredients

Red onion (unit(s))	1
Persian cucumber* (unit(s))	1
Bell pepper* (unit(s))	1
Garlic (unit(s))	1
Pulled chicken* (g)	100
Sweet chili sauce* (sachet(s))	1
Mini Turkish bread (unit(s))	2
Sriracha mayo* (g)	100
Radicchio & iceberg lettuce* (g)	50
From your pantry	
[Reduced salt] ketjap manis (tbsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2745 /656	609 /145
Total fat (g)	33	7
of which saturated (g)	4,3	1
Carbohydrates (g)	66	15
of which sugars (g)	18,9	4,2
Fibre (g)	7	2
Protein (g)	21	5
Salt (g)	2,8	0,6

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Finely chop the onion and cut the bell pepper into strips.
- Press or mince the garlic.

Fry the pulled chicken

- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat.
- Fry the garlic and onion for 2 minutes, then add the bell pepper and pulled chicken and fry for 4 minutes.
- Add the sweet chili sauce and ketjap, then continue to cook for another 2 minutes.
- Season with salt and pepper to taste.

Serve

- Put the Turkish bread in the oven for 5 - 8 minutes.
- Slice the cucumber.
- Cut open the Turkish bread and top with the pulled chicken, cucumber and mixed leaves.
- Drizzle over the sriracha mayo and serve.

Enjoy!



Pulled Chicken and Avocado Pitas

with bell pepper and Gouda | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!



Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

(parchment-lined) baking sheet(s), bowl(s), frying pan

Ingredients

Pita bread (unit(s))	4
Pulled chicken* (g)	200
Avocado (unit(s))	1
Bell pepper strips* (g)	100
Grated Gouda* (g)	50
Lemon* (unit(s))	1
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2782 /665	750 /179
Total fat (g)	32	9
of which saturated (g)	10,2	2,7
Carbohydrates (g)	55	15
of which sugars (g)	6	1,6
Fibre (g)	6	2
Protein (g)	35	9
Salt (g)	2,5	0,7

Allergens

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



Fry the pulled chicken

- Preheat the oven to 180°C.
- Heat the olive oil in a frying pan over medium heat and fry the bell pepper for 2 - 3 minutes.
- Set the bell pepper aside, then add the pulled chicken to the pan along with 2 tbsp of water and cook for 3 - 4 minutes.
- Season with salt and pepper.

Bake the bread

- Meanwhile, cut the pitas in half and place them on a baking sheet lined with parchment paper.
- Cover half of them with the grated cheese.
- Bake the pitas for 4 - 5 minutes in the top oven rack, or until the cheese has melted.
- In the meantime, halve and pit the avocado, then remove the skin and dice the flesh.

Serve

- Cut the lemon in half. Juice half of the lemon into a bowl.
- Add the avocado and mash everything with a fork until it becomes a thick purée. Season with salt and pepper.
- Spread the smashed avocado over the pita halves without cheese.
- Add the bell pepper and pulled chicken on top, then close with the cheesy pita halves. Serve while hot.

Enjoy!



Butter Chicken Fusion Bao Buns

with pickled onion & coriander | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Bowl(s), frying pan

Ingredients

Bao buns (unit(s))	4
Cooking cream (g)	150
Curry powder (sachet(s))	1
African-inspired spice mix (sachet(s))	1
Tomato paste (can)	1
Fresh coriander* (g)	10
Red onion (unit(s))	1
Chicken tenderloin* (g)	200
From your pantry	
[Plant-based] butter (tbsp)	2
Honey [or plant-based alternative] (tbsp)	1
Red wine vinegar (tbsp)	2
Sugar (tsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2987 /714	722 /172
Total fat (g)	28	7
of which saturated (g)	16,7	4
Carbohydrates (g)	78	19
of which sugars (g)	29	7
Fibre (g)	6	1
Protein (g)	36	9
Salt (g)	1,1	0,3

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Slice the onion into thin half rings.
- In a bowl, combine the red wine vinegar and sugar. Add the onion and season with salt and pepper to taste. Mix everything together and set aside, stirring occasionally so the flavours can sink in.

Fry

- Melt the butter in a frying pan over medium-high heat. Add the curry powder and African-inspired spice mix and fry for 1 minute, then add the tomato paste and fry for a further minute.
- Meanwhile, dice the chicken into 1cm chunks. Add the chicken to the pan and fry for 3 - 4 minutes.
- Add the cooking cream and the honey. Stir to combine, then turn up the heat and cook for 1 - 2 minutes. Season to taste with salt and pepper.

Serve

- Meanwhile, bake the bao buns in the oven for 4 - 5 minutes.
- Finely chop the coriander.
- Carefully open the bao buns and fill them with the chicken and creamy sauce.
- Garnish with the pickled onion and the coriander.

Enjoy!