



Orzotto with Roasted Mini Roma Tomatoes

with courgette, Gruyère & Italian herbs

Total time: 30 - 40 min.



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

Mini Roma tomatoes might look similar to cherry tomatoes, but they actually have fewer seeds and are not as sweet. Perfect for smaller bites, with the same, classic tomato flavour!

Tear me out!



Mini Roma tomatoes



Onion



Garlic



Courgette



Lemon



Orzo



Italian seasoning



Grated Gruyère DOP

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

Microplane, oven dish, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mini Roma tomatoes (g)	150	300	450	600	750	900
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Orzo (g)	70	130	200	270	330	400
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Grated Gruyère DOP* (g)	35	75	100	150	175	225
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
[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)	2799 / 669	434 / 104
Total fat (g)	34	5
of which saturated (g)	14,7	2,3
Carbohydrates (g)	65	10
of which sugars (g)	16	2,5
Fibre (g)	8	1
Protein (g)	23	4
Salt (g)	0,8	0,1

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 and prepare the stock.
- Transfer the tomatoes to an oven dish and add the balsamic vinegar. Drizzle with olive oil and season with salt and pepper, then toss well to combine. Roast in the oven for 15 - 20 minutes.
- Chop the onion and crush or mince the garlic.
- Finely dice the courgette. Zest and juice the lemon.

2



Cook the orzo

- Melt a knob of butter in a pot or saucepan over medium-low heat. Fry the onion with half of the garlic and ½ tsp lemon zest per person for 2 minutes.
- Add the orzo and the Italian seasoning, then fry for 1 more minute, stirring regularly.
- Add the stock and cook for 10 - 12 minutes over low heat, covered.
- Stir regularly and add a splash of water as necessary if the orzo seems too dry.

3



Fry the courgette

- In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the courgette with the rest of the garlic for 3 minutes.
- Add 1 tsp lemon juice per person and fry for another 3 minutes.
- Season to taste with salt and pepper.
- Transfer the courgette to the orzo, then add half of the Gruyère and mix well to combine.

4



Serve

- Serve the orzotto on plates and top with the tomatoes.
- Garnish with the rest of the Gruyère and the lemon zest.
- Serve the rest of the lemon juice alongside, so as to allow everyone to add it as preferred.

Enjoy!



Tomato-Pepper Soup with Giant Couscous

with sour cream, tarragon & homemade breadsticks

Total time: 30 - 40 min.



Giant couscous



Wholegrain ciabatta



Garlic



Tomato



Onion



Bell pepper



Romano pepper



Fresh tarragon



Organic sour cream



Dried apricot pieces



Grated Italian cheese



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

Giant couscous originated in the 1950s to replace rice, which was a scarce product at the time.

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), (lidded) pot or saucepan(s), lidded soup pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	40	75	115	150	190	225
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Organic sour cream* (g)	25	50	75	100	125	150
Dried apricot pieces (g)	10	20	30	40	50	60
Grated Italian cheese* (g)	10	20	30	40	50	60

From your pantry

Olive oil (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)	2699 / 645	319 / 76
Total fat (g)	23	3
of which saturated (g)	6,6	0,8
Carbohydrates (g)	81	10
of which sugars (g)	22,9	2,7
Fibre (g)	15	2
Protein (g)	22	3
Salt (g)	2	0,2

Allergens

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



Prepare

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Dice the tomato, the bell pepper and the Romano pepper.
- Discard the tarragon stalks and finely chop the leaves (see Tip).

Tip: tarragon is an acquired taste, so be sure to taste before adding it as preferred.



Make the soup

- Heat a drizzle of olive oil in a soup pot over medium heat.
- Fry the onion with the tomato, the bell pepper, the Romano pepper, the dried apricots and half of the garlic for 2 minutes.
- Add two thirds of the stock.
- Cover with the lid and allow to cook for 15 minutes.



Boil the giant couscous

- Boil plenty of water in a pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes.
- Drain and set aside (see Tip).

Tip: be sure to weigh the giant couscous first, as there may be more in the package than you need. However, you can also prepare all of it if preferred.



Bake the bread

- In the meantime, halve the bread roll and cut each half into three sticks.
- Transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and top with the rest of the garlic.
- Season with salt and pepper, then bake in the oven for 8 - 10 minutes.



Finish the soup

- In the meantime, take the soup pot off the heat.
- Add half of the sour cream and then use an immersion blender to process into a smooth soup.
- Season to taste with salt and pepper, then add the rest of the stock if you would prefer the soup to be less thick.
- Finally, stir the giant couscous into the soup.



Serve

- Serve the soup in bowls.
- Garnish with the Italian cheese, the tarragon and the rest of the sour cream.
- Serve the breadsticks alongside.

Enjoy!



Family Pasta Night: Creamy Beef Conchiglie

top your own & enjoy together!

Total time: 25 - 30 min.



Beef mince with Italian seasoning



Conchiglie



Garlic



Onion



Carrot



Passata



Cooking cream



Dried oregano



Bacon



Crispy fried onions



Fresh basil



Shredded mozzarella



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

Everyone at the dinner table, including the youngest chefs in the family, can tailor this meal exactly as they like it! This recipe provides pick 'n' mix toppings so that you can choose how you build your own dish.

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

(lidless) pot or saucepan(s), large deep frying pan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Conchiglie (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Cooking cream (g)	75	150	225	300	375	450
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Bacon* (slice(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Fresh basil* (g)	5	10	15	20	25	30
Shredded mozzarella* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4134/988	727/174
Total fat (g)	48	8
of which saturated (g)	23,3	4,1
Carbohydrates (g)	92	16
of which sugars (g)	20	3,5
Fibre (g)	10	2
Protein (g)	44	8
Salt (g)	2,7	0,5

Allergens

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

1



2



Prepare

- Dice the carrot.
- Heat a light drizzle of olive oil in a large deep frying pan over medium-high heat and fry the carrot for 2 - 3 minutes.
- Chop the onion and crush or mince the garlic, then transfer both to the carrot.
- Mix well to combine and fry for 1 - 2 more minutes.

3



Make the sauce

- Reduce the heat under the frying pan to medium, then add the cream and the oregano. Mix well and allow to simmer until serving.
- Meanwhile, cut the bacon into strips. Heat a clean frying pan over medium-high heat and fry the bacon for 2 - 4 minutes.
- Chop the basil.
- Transfer the pasta to the sauce, along with some pasta water as needed. Toss well to combine, seasoning to taste with salt and pepper.

Boil the pasta

- Add the mince and for 3 minutes over medium-high heat, separating it as you do so. Add the passata and fry for 1 more minute.
- In the meantime, boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the pasta for 11 - 13 minutes.
- Reserve some of the pasta water, then drain and set aside.

4



Serve

- Serve the pasta in bowls.
- Serve all of the other elements separately at the table and allow everyone to build their own pasta bowl as preferred (or if preferred, just plate everything directly).

Enjoy!



Toko At Home! Gado Gado Bowls

decorate your own & enjoy together!

Total time: 15 - 20 min.



Basmati rice



Egg



Carrot



Beansprouts



Green beans



Persian cucumber



Peanut sauce



East Asian-style sauce



Crispy fried onions



Atjar



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Everyone at the dinner table, including the youngest chefs in the family, can tailor this meal exactly as they like it! This recipe provides pick 'n' mix toppings so that you can choose how you build your own dish.

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

Grater, (lidded) pot or saucepan(s), lidded pot or saucepan, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Egg* (unit(s))	2	4	6	8	10	12
Carrot* (unit(s))	½	1	1	2	2	3
Beansprouts* (g)	25	50	100	100	150	150
Green beans* (g)	100	200	300	400	500	600
Persian cucumber* (unit(s))	½	1	2	2	3	3
Peanut sauce* (g)	40	80	120	160	200	240
East Asian-style sauce* (g)	20	35	50	70	85	105
Crispy fried onions (g)	15	30	45	60	75	90
Atjar* (g)	25	50	75	100	125	150
From your pantry						
Water for the rice (ml)	175	350	525	700	875	1050
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	40	80	120	160	200	240
Sambal				to taste		
Salt				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3113 /744	392 /94
Total fat (g)	27	3
of which saturated (g)	8,2	1
Carbohydrates (g)	96	12
of which sugars (g)	22	2,8
Fibre (g)	10	1
Protein (g)	31	4
Salt (g)	2,1	0,3

Allergens

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

1



Prepare

- Boil the water for the rice in a pot or saucepan.
- Cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and season to taste with salt, then allow to stand for 5 minutes, still covered.
- Wash the eggs in the meantime.

2



Boil the vegetables

- Discard the tips of the green beans and then cut in half.
- Boil plenty of water in a pot or saucepan.
- Cook the beansprouts for 1 minute, then use a slotted spoon to remove and set aside.
- In the same pot, boil the green beans and the eggs for 7 - 8 minutes, then drain and rinse under cold water.

3



Finish

- In a saucepan, combine the peanut sauce with the East Asian-style sauce, the ketjap, the water for the sauce and some sambal as preferred.
- Bring to a boil, then remove from the heat.
- Meanwhile, peel and halve the eggs.
- Grate the carrot and slice the cucumber into crescents.

4



Serve

- Serve all the elements separately at the table and allow everyone to create their own gado gado bowl (or if preferred, just plate it directly).

Enjoy!



Chicken Bulgur Bowl with Orange Vinaigrette

with Greek-style cheese, roasted carrot & raisins

Total time: 25 - 30 min.



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

Vinaigrettes and dressings can be used much the same way, but vinaigrettes - made with oil and vinegar, or citrus juice - tend to be lighter. An easy and refreshing way to make your meal even tastier!

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Greek-style cheese* (g)	25	50	75	100	125	150
Orange* (unit(s))	½	1	1½	2	2½	3
Raisins (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	200	200	300	300
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
[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)	3038 /726	595 /142
Total fat (g)	32	6
of which saturated (g)	13,8	2,7
Carbohydrates (g)	81	16
of which sugars (g)	19,5	3,8
Fibre (g)	13	3
Protein (g)	35	7
Salt (g)	1,8	0,4

Allergens

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

1



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook the bulgur for 10 minutes, then drain and set aside.
- Meanwhile, chop the onion and slice the carrot.
- Dice half of the orange and then juice the rest. Dice the cucumber.

2



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the chicken with the carrot and half of the African-inspired spices for 6 - 8 minutes until done. Season with salt and pepper, then remove from the pan and set aside.
- Fry the onion in the same pan for 2 - 3 minutes.
- Stir in half of the spinach and allow to wilt and reduce.

3



Make the vinaigrette

- In a small bowl, combine the orange juice with the mustard, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- In a large bowl, combine the bulgur with the rest of the spinach and the African-inspired spices, along with half of the orange vinaigrette.
- Season to taste with salt and pepper.

4



Serve

- Serve the bulgur on deep plates with everything else on top.
- Garnish with the raisins, the cucumber and the orange.
- Crumble over the Greek-style cheese and drizzle with the rest of the vinaigrette to finish.

Enjoy!



Homemade Meatballs Al Forno with Mozzarella

in tomato sauce with roast potatoes & spinach

Total time: 35 - 45 min.



Beef-pork mince
with Italian herbs



Potatoes



Passata



Worcestershire sauce



Panko breadcrumbs



Spinach



Shredded mozzarella



Onion



Garlic



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

Worcestershire sauce was invented by two pharmacists in Worcester, England. You can probably
guess how it got its name!

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Passata (g)	100	200	300	390	500	590
Worcestershire sauce (g)	5	10	10	15	20	25
Panko breadcrumbs (g)	15	25	40	50	65	75
Spinach* (g)	100	200	300	400	500	600
Shredded mozzarella* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
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)	2761 /660	452 /108
Total fat (g)	30	5
of which saturated (g)	11,3	1,8
Carbohydrates (g)	63	10
of which sugars (g)	11,6	1,9
Fibre (g)	9	1
Protein (g)	35	6
Salt (g)	2,2	0,4

Allergens

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



Roast the potatoes

- Preheat the oven to 220°C.
- Peel or thoroughly wash the potatoes and cut them into quarters.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes or until golden-brown, tossing halfway.



Make the meatballs

- Chop the onion and crush or mince the garlic.
- In a large bowl, combine the mince with the panko, the mustard, the Worcestershire sauce and the garlic. Season with salt and pepper.
- Shape the mince into 4 - 5 meatballs per person, then transfer to an oven dish.
- Roast alongside the potatoes for 4 - 5 minutes.



Assemble

- To the oven dish, add the passata, the onion and the spinach.
- Mix well to combine with the meatballs, seasoning to taste with salt and pepper.
- Scatter over the cheese and return to the oven.
- Bake for 10 - 12 minutes, or until the meatballs are done and the cheese has melted.



Serve

- Serve the meatballs al forno on plates.
- Serve the roast potatoes alongside.

Enjoy!



Plant-Based Chicken in Peanut Curry Sauce

over rice with Romano beans & mango chutney

Total time: 25 - 30 min.



White long grain rice



Onion



Garlic



Romano beans



Curry powder



Peanut butter



Mango chutney



Cucumber



Vegan chicken pieces



Carrot



East Asian-style sauce



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

Romano beans are truly versatile: they can be eaten raw, as a side dish, or added as an ingredient to dishes like this one!

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 wok or deep frying pan, (lidded) pot or saucepan(s), saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (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
Romano beans* (g)	50	100	200	200	300	300
Curry powder (sachet(s))	⅓	⅔	1	1⅓	1⅓	2
Peanut butter (tub)	½	1	1½	2	2½	3
Mango chutney* (g)	20	40	60	80	100	120
Cucumber* (unit(s))	½	1	1½	2	2½	3
Vegan chicken pieces* (g)	80	160	240	320	400	480
Carrot* (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	20	35	50	70	85	105
From your pantry						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Salt	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2862 / 684	478 / 114
Total fat (g)	21	3
of which saturated (g)	2,8	0,5
Carbohydrates (g)	98	16
of which sugars (g)	15,1	2,5
Fibre (g)	8	1
Protein (g)	23	4
Salt (g)	1,9	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 and cook the rice for 12 - 15 minutes.
- Meanwhile, boil plenty of water in a saucepan for the vegetables.
- Prepare the stock. Chop the onion and crush or mince the garlic. Dice the carrot.
- Discard the tips of the Romano beans and then cut into 4cm chunks.

2



Fry the plant-based chicken

- Heat a drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat.
- Fry the plant-based chicken for 7 - 8 minutes.
- Add the onion, the garlic and the curry powder and fry for 4 more minutes.
- Stir in the East Asian-style sauce, the peanut butter, the mango chutney and the stock. Mix well and allow to simmer over low heat.

3



Prepare the cucumber

- Blanche the Romano beans and the carrot for 3 minutes, then drain and transfer to the frying pan.
- Mix well and allow to simmer for 3 minutes.
- Meanwhile, slice the cucumber into thin crescents.
- In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the cucumber and toss well to combine.

4



Serve

- Serve the rice on plates and top with the curry.
- Serve with the quick-pickled cucumber.

Enjoy!



Naked Cheeseburger Bowl with Smoky Special Sauce

with ciabatta croutons, lettuce & tomato

Total time: 20 - 25 min.



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

Ketchup, mayonnaise, mustard and honey make this recipe's "special sauce" the perfect
combination of smoky, creamy, tangy and sweet!

Tear me out!



Beef-pork burger



White ciabatta



Tomato



Red onion



Iceberg lettuce



Smoky tomato ketchup



Smoked paprika



Grated Tex-Mex cheese

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), 2x bowl(s), frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork burger* (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Iceberg lettuce* (head)	¼	½	¾	1	1¼	1½
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Grated Tex-Mex cheese* (g)	25	50	75	100	125	150
From your pantry						
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3703 /885	718 /172
Total fat (g)	56	11
of which saturated (g)	15,1	2,9
Carbohydrates (g)	62	12
of which sugars (g)	18,5	3,6
Fibre (g)	6	1
Protein (g)	33	6
Salt (g)	3,2	0,6

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Dice half of the onion and slice the rest into half rings.
- In a bowl, combine the red wine vinegar with the sugar.
- Add the diced onion, then season to taste with salt and pepper. Mix well and set aside, stirring occasionally.

Did you know... Onions provide numerous benefits. Not only are they rich in fibre and B vitamins, they are also high in antioxidants and vitamin C.



Make the croutons

- Cut the ciabatta into 1cm cubes and transfer to a bowl.
- Add the smoked paprika and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 4 - 6 minutes, or until golden-brown.
- Dice the tomato and roughly shred the lettuce.



Fry the burger

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the burger with the rest of the onion for 8 minutes, turning halfway.
- In the meantime, combine the pickled onion with the smoky ketchup, the mayonnaise, the mustard and the honey.
- Mix well to combine, then season to taste with salt and pepper.



Serve

- Serve the lettuce and tomato on plates and arrange everything on top.
- Drizzle over the sauce and garnish with the cheese.

Enjoy!



Wholewheat Spaghetti in Roasted Bell Pepper Sauce

with goat's cheese, courgette & fresh basil

Total time: 45 - 55 min.



Bell pepper



Courgette



Sicilian-style herb mix



Garlic



Red onion



Fresh basil



Goat's Cheese



Wholewheat spaghetti



Passata



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

Goat's cheese has been popular for centuries - the ancient Greeks even called it "the gift of the gods". It's versatile, can be mild or strong, and fits perfectly into a range of both savoury and sweet dishes.

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, (parchment-lined) baking sheet(s), (lidded) deep frying pan(s), tall container, immersion blender, (lidded) pot or saucepan(s)

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Goat's Cheese* (g)	50	100	150	200	250	300
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2853 / 682	461 / 110
Total fat (g)	26	4
of which saturated (g)	10,7	1,7
Carbohydrates (g)	78	13
of which sugars (g)	20,6	3,3
Fibre (g)	15	2
Protein (g)	25	4
Salt (g)	1,2	0,2

Allergens

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

1



Roast the vegetables

- Preheat the oven to 220°C. Quarter and deseed the bell pepper, then dice the courgette.
- Transfer both to a parchment-lined baking sheet and drizzle with olive oil. Scatter over a third of the Sicilian-style herbs, then toss well to combine.
- Cover the vegetables loosely with aluminum foil, then roast in the oven for 13 - 15 minutes.
- Remove the foil and then return to the oven for a further 10 minutes.

2



Boil the spaghetti

- Boil plenty of water in a pot or saucepan. Cook the spaghetti for 10 - 12 minutes until done, then drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic and onion with the rest of the Sicilian-style herbs for 2 minutes.

3



Make the sauce

- Deglaze with the passata, the balsamic vinegar and the water for the sauce.
- Lower the heat and allow to simmer gently for 6 - 8 minutes.
- Meanwhile, roughly chop the basil and crumble the goat's cheese.
- Transfer the roasted bell pepper to a tall container and use an immersion blender to process into a smooth sauce.

4



Serve

- Transfer the bell pepper sauce to the frying pan, along with the roasted courgette. Season to taste with salt and pepper and allow to simmer for 4 - 6 minutes over medium heat.
- Transfer the spaghetti to the sauce and mix well to combine.
- Serve the spaghetti on plates. Top with the goat's cheese and garnish with the basil.

Enjoy!



Middle-Eastern Spiced Eggplant with Bulgur

with homemade muhammara, quick-pickled onion & naan bread

Total time: 45 - 55 min.



Bulgur



Naan with herbs



Garlic



Eggplant



Romano pepper



Red onion



Red chili pepper



Lemon



Fresh flat leaf parsley



Middle Eastern spice mix



Ground cumin



Chopped walnuts



Hummus



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

Today, you'll make your own muhammara - a spicy Middle-Eastern dip. It owes its name to its colour, as "muhammara" is derived from the Arabic root "ahmar", which means "red".

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), tall container, microplane, lidded pot or saucepan, small bowl, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))					1	1
Lemon* (unit(s))	¼	½	¾	1	1½	1½
Fresh flat leaf parsley (g)	2½	5	7½	10	12½	15
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Ground cumin (sachet(s))	⅓	⅔	1	1½	1¾	2
Chopped walnuts (g)	10	20	30	40	50	60
Hummus* (g)	40	80	120	160	200	240

From your pantry

Brown sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3795 /907	544 /130
Total fat (g)	42	6
of which saturated (g)	5,9	0,8
Carbohydrates (g)	113	16
of which sugars (g)	23,4	3,4
Fibre (g)	18	3
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.



Prepare

- Preheat the oven to 200°C and prepare the stock in a pot or saucepan.
- Halve the eggplant lengthways and score the flesh in a criss-cross pattern, keeping the skin intact.
- Heat a drizzle of olive oil in a frying pan over high heat. Fry the eggplant face-up for 2 minutes, then flip. Reduce the heat and fry for 5 minutes.
- Cut the Romano pepper into strips and slice the onion into half rings.



Roast the vegetables

- In a small bowl, combine a drizzle of olive oil with half of the Middle Eastern-style spices.
- Transfer the eggplant face-up to a parchment-lined baking sheet and top with the oil.
- Place the Romano pepper and garlic clove alongside. Drizzle with olive oil and season with salt and pepper.
- Roast the vegetables for 12 minutes, then add the naan and bake for 2 - 3 minutes.



Cook the bulgur

- In a bowl, combine the red wine vinegar with the sugar.
- Add the onion and a pinch of salt, then toss well to combine and set aside.
- Boil the bulgur in the stock for 10 - 12 minutes until done, covered, then drain (see Tip).

Health Tip if you're watching your calorie intake, prepare just two thirds of the bulgur. You can use the rest of it another time.



Prepare the aromatics

- Deseed and finely chop the **red chili pepper**.*
- Zest the lemon, then cut it into wedges. Roughly chop the parsley.
- When the eggplant is done, remove the Romano pepper and garlic from the baking sheet.
- Turn off the oven but leave the eggplant and naan inside to keep warm. Squeeze the garlic out of its skin.

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



Make the muhammara

- Transfer half of the Romano pepper to a tall container, along with the walnuts, the garlic, the **chili pepper**, the cumin and the brown sugar.
- Add the rest of the Middle Eastern-style spices and drizzle with olive oil.
- Use an immersion blender to process into a uniformly thick paste.
- Squeeze in one lemon wedge per person and season to taste with salt and pepper, then process again.

Serve

- Stir the parsley and the rest of the Romano pepper into the bulgur, along with 1 tsp lemon zest per person.
- Serve the bulgur on deep plates or bowls, topped with the eggplant and the quick-pickled onion.
- Serve the muhammara, the hummus, the naan and the rest of the lemon wedges alongside.

Enjoy!



Venison Steak with Creamy Shallot Sauce & Cranberry Chutney

over mash with basil, almonds, Brussels sprouts & endive

Total time: 30 - 40 min.



Venison steak



Potatoes



Parsnip



Shallot



Brussels sprouts



Endive



Heavy cream



Fresh basil



Cranberry chutney



Salted almonds



There is a special ingredient in your box! The game season has started again: enjoy this tender venison steak, an artisanal and lean piece of meat with a mild gamey flavour.
Scan the QR code to let us know what you thought of the ingredient!

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, deep frying pan, lidded pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Venison steak* (g)	120	240	360	480	600	720
Potatoes (g)	100	200	300	400	500	600
Parsnip* (unit(s))	½	1	2	2	3	3
Shallot (unit(s))	1	2	3	4	5	6
Brussels sprouts* (g)	150	300	450	600	750	900
Endive* (unit(s))	½	1	1	2	2	3
Heavy cream* (ml)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Cranberry chutney* (g)	20	40	60	80	100	120
Salted almonds (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
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)	3837 /917	507 /121
Total fat (g)	48	6
of which saturated (g)	17,4	2,3
Carbohydrates (g)	59	8
of which sugars (g)	24	3,2
Fibre (g)	17	2
Protein (g)	38	5
Salt (g)	2	0,3

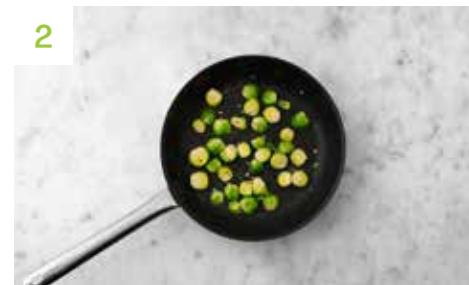
Allergens

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



1 Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Boil plenty of water in a pot or saucepan for the potatoes and the parsnip.
- Peel the potatoes and the parsnip, then cut into rough chunks.
- Boil for 8 - 11 minutes, then drain and set aside, covered.



2 Fry the sprouts

- Halve the Brussels sprouts. Halve the endive lengthways.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the sprouts for 4 - 5 minutes.
- Add a small knob of butter, then fry the endive face-down for 2 - 4 minutes.
- Flip the endive and fry for 2 more minutes.



3 Fry the steak

- Slice the shallot into half-rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the shallot for 1 minute.
- Add a small knob of butter and allow to melt, then fry the steak for 3 - 4 minutes per side, or until cooked as preferred.
- Remove the steak from the pan and allow to rest under aluminum foil.



4 Make the sauce

- To the shallot, add the mustard, the water for the sauce and half of the cream.
- Crumble in the stock cube (see pantry for amount).
- Mix well to combine and allow to reduce for 1 - 2 minutes over medium-high heat.



5 Mash the potatoes

- Mash the parsnip and potatoes with the rest of the cream and some mustard as preferred. Season to taste with salt and pepper.
- Meanwhile, finely chop the basil.
- Roughly chop the almonds.



6 Serve

- Serve the mash with the vegetables and steak alongside.
- Top the steak with the sauce and the cranberry chutney.
- Garnish the mash with the basil.
- Scatter over the almonds to finish.

Enjoy!



Shrimp & Chorizo with Fresh Tagliatelle

in tomato sauce with arugula & Grana Padano

Total time: 20 - 25 min.



Shrimp



Diced chorizo



Tomato paste



Sicilian-style herb mix



Garlic



Red onion



Red cherry tomatoes



Arugula



Grana Padano flakes DOP



Fresh tagliatelle



Cooking cream



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

Tagliatelle is a traditional Italian pasta, known for its long, flat ribbons. Originating from the Emilia-Romagna and Marche regions, it's typically served in a rich, creamy sauce.

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

(lidded) pot or saucepan(s), frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	60	120	180	240	300	360
Diced chorizo* (g)	60	120	180	240	300	360
Tomato paste (can)	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Arugula* (g)	20	40	60	80	100	120
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Fresh tagliatelle* (g)	125	250	375	500	625	750
Cooking cream (g)	150	300	450	600	750	900
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)	4523/1081	685/164
Total fat (g)	55	8
of which saturated (g)	27,3	4,1
Carbohydrates (g)	98	15
of which sugars (g)	21,1	3,2
Fibre (g)	8	1
Protein (g)	51	8
Salt (g)	3,3	0,5

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.
- Boil plenty of salted water in a pot or saucepan for the tagliatelle.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chorizo and the shrimp for 3 minutes until lightly browned, then remove from the pan and set aside.

2



Make the sauce

- In the same pan, fry the garlic, onion and cherry tomatoes for 2 - 3 minutes over medium-high heat.
- Stir in the tomato paste and fry for 2 - 3 minutes, then add the cream and the Sicilian-style herbs.
- Allow to reduce for 2 - 3 minutes and season to taste with salt and pepper.

3



Boil the tagliatelle

- Boil the tagliatelle for 4 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, transfer the chorizo and the shrimp to the sauce.
- Lower the heat and allow to reduce further until the tagliatelle is done.

4



Serve

- Transfer the tagliatelle to the sauce, along with 1 - 2 tbsp pasta water per person. Mix well to combine.
- Serve the arugula on plates and top with the tagliatelle.
- Garnish with the Grana Padano to finish.

Enjoy!



Salmon with Samphire & Beurre Blanc

with lemon, fennel & mashed potatoes

Total time: 40 - 50 min.



Salmon fillet



Potatoes



Yellow carrot



Fennel



Garlic



Onion



Samphire



Lemon



Beurre blanc



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

In this luxurious fish dish, you'll combine tender salmon fillet with crunchy samphire. To keep it light and refreshing, serve this dish with lemon wedges on the side!

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, (parchment-lined) baking sheet(s), (lidded) frying pan(s), oven dish, (lidded) pot or saucepan(s), kitchen paper, potato masher, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (g)	200	400	600	800	1000	1200
Potatoes (g)	200	400	600	800	1000	1200
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Samphire* (g)	25	50	75	100	125	150
Lemon* (unit(s))	½	1	1½	2	2½	3
Beurre blanc* (g)	40	80	120	160	200	240
From your pantry						
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	50	100	150	200	250	300
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3611 /863	458/109
Total fat (g)	50	6
of which saturated (g)	14,5	1,8
Carbohydrates (g)	55	7
of which sugars (g)	8,2	1
Fibre (g)	11	1
Protein (g)	44	6
Salt (g)	1,9	0,2

Allergens

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



1



2



3



4



5



6

Prepare

- Preheat the oven to 200°C.
- Quarter the fennel and remove the tough core. Set aside the fennel fronds to use later as garnish.
- Cut the fennel into wedges, then transfer to an oven dish. Pour in the water and crumble in half of the stock cube (see pantry for amounts).
- Cover with aluminum foil and then bake in the oven for 20 - 25 minutes.

Bake the salmon

- Pat the salmon dry with kitchen paper.
- Transfer to a parchment-lined baking sheet and season with salt and pepper.
- Bake the salmon in the oven (see below for the exact cooking time).
 - 400g: 15 - 19 minutes
 - 600g: 20 - 24 minutes
 - 800g: 25 - 28 minutes

Boil the potatoes

- Peel or thoroughly wash the carrot and the potatoes, then cut both into rough chunks.
- Transfer to a pot or saucepan and submerge with water, then crumble in the rest of the stock cube.
- Boil for 12 - 15 minutes, then reserve a small amount of the cooking liquid before draining and setting aside.

Fry the samphire

- Cut the onion into half rings and thinly slice the garlic. Cut the lemon into six wedges.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the samphire with the garlic and the onion for 3 - 5 minutes.
- Deglaze with the juice of one lemon wedge per person, then turn off the heat and set aside, covered.

Mash the potatoes

- Heat the beurre blanc in a saucepan over low heat for 2 - 3 minutes.
- Meanwhile, mash the carrot and the potatoes with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the mustard and then season to taste with salt and pepper.

Serve

- Serve the salmon, the mash, the fennel, the samphire, and the beurre blanc in separate serving dishes (or if preferred, just plate everything directly).
- Garnish the salmon with the reserved fennel fronds and serve with the rest of the lemon wedges alongside.

Enjoy!



Singapore-Style Noodles with Shrimp & Pork Belly

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

Total time: 35 - 45 min.



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

Hokkien Mee is a Southeast-Asian noodle dish, especially popular in Singapore. Traditionally made of noodles stir-fried with shrimp and pork, this aromatic and flavourful dish is often served with chili and lime.

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

(lidded) pot or saucepan(s), 2x small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Scallions* (bunch)	1/4	1/2	3/4	1	1 1/4	1 1/2
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* (g)	20	35	55	70	90	105
Crispy fried onions (g)	15	30	45	60	75	90
Lime* (unit(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh coriander* (g)	5	10	15	20	25	30
Wholewheat noodles (g)	50	100	150	200	250	300
Sticky pork belly* (g)	120	240	360	480	600	720
Red onion (unit(s))	1/2	1	1	2	2	3
Bell pepper* (unit(s))	1/2	1	2	2	3	3
From your pantry						
Sunflower oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Sambal	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4113 /983	679 /162
Total fat (g)	59	10
of which saturated (g)	17,9	3
Carbohydrates (g)	69	11
of which sugars (g)	15,4	2,5
Fibre (g)	9	1
Protein (g)	43	7
Salt (g)	7	1,2

Allergens

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



Chop the vegetables

- Slice the onion into thin half rings and cut the bell pepper into thin strips (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.



Prepare the stock

- Boil plenty of water in a pot or saucepan for the noodles.
- 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.



Fry the pork belly

- Remove the pork belly from the packaging and transfer the marinade to a small bowl.
- Slice the pork belly into slabs of 1cm thickness.
- Heat a generous drizzle of sunflower oil in a frying pan over medium heat.
- Fry the pork belly for 10 - 12 minutes until crispy, then stir in the marinade.



Stir-fry the vegetables

- Meanwhile, boil the noodles for 3 minutes. Drain and rinse under cold water, then set aside.
- To the pork, add the onion and fry for 3 - 4 minutes.
- Add the shrimp, the bell pepper, the white part of the scallions and the **garlic-ginger-chili*** mix. Stir-fry for 3 minutes, then lower the heat.

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



Make the sauce

- In a small bowl, combine the stock with a drizzle of sunflower oil, the soy sauce, the fish sauce*, the East Asian-style sauce, some sambal as preferred and the juice of 1 lime wedge per person.
- To the frying pan, add the noodles, the beansprouts and the sauce. Toss well to combine.



Serve

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

Enjoy!



Salami & Chicken Pizza

with onion chutney, Romano pepper & arugula

Total time: 25 - 30 min.



Pizza dough



Salami



Red onion



Romano pepper



Passata



Sicilian-style herb mix



Shredded mozzarella



Arugula & lamb's lettuce



Onion chutney



Chicken breast with Mediterranean herbs



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

Salami is originally from Italy. Something that's incorporated into almost all types of salami is garlic, which accounts for its strong smell.

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 frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Salami* (slice(s))	3	6	9	12	15	18
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180
Onion chutney* (g)	20	40	60	80	100	120
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
From your pantry						
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4531 /1083	722 /172
Total fat (g)	39	6
of which saturated (g)	15,2	2,4
Carbohydrates (g)	115	18
of which sugars (g)	22,8	3,6
Fibre (g)	7	1
Protein (g)	60	9
Salt (g)	6,9	1,1

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C (see Tip).
- Dice the chicken into 1cm cubes.
- Slice the onion into half rings and cut the Romano pepper into thin strips.

Tip: keep the pizza dough in the fridge until step 3, so as to ensure the best result.



Fry the chicken

- Heat a drizzle of olive oil in a large frying pan over medium-high heat and fry the chicken for 2-3 minutes.
- Add the onion and Romano pepper, then fry for another 2-3 minutes. Season to taste with salt and pepper.
- In a bowl, combine the passata with the Sicilian-style herbs, the balsamic vinegar and the sugar. Season to taste with salt and pepper.



Make the pizza

- Roll out the pizza dough and transfer the necessary amount to a parchment-lined baking sheet.
- Spread with the tomato sauce, then top with the salami, the chicken and the vegetables.
- Scatter over the mozzarella.
- Bake in the oven for 12-14 minutes or until golden-brown.



Serve

- Top the pizza with the onion chutney.
- Garnish with the arugula and lamb's lettuce.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



Panko Gammon with Bejeweled Broccolini

with potato gratin, pomegranate seeds & onion jus

Total time: 30 - 40 min.



Gammon with honey mustard marinade



Potato gratin



Pomegranate



Broccolini



Fresh thyme



Onion



Shaved almonds



Onion chutney



Yellow mustard seeds



Panko breadcrumbs



Fresh rosemary



Chopped pecans



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

Pomegranate seeds are like juicy, red gems bursting with flavour! They're rich in antioxidants and vitamins, and also add a refreshing crunch to salads, desserts, and savoury dishes.

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), (lidded) deep frying pan(s), oven dish, (lidded) pot or saucepan(s), saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gammon with honey mustard marinade* (g)	200	400	600	800	1000	1200
Potato gratin* (g)	190	375	500	750	875	1125
Pomegranate* (unit(s))	½	¼	⅓	½	⅔	¾
Broccolini* (g)	100	200	300	400	500	600
Fresh thyme* (g)	2½	5	7½	10	12½	15
Onion (unit(s))	1	2	3	4	5	6
Shaved almonds (g)	10	20	30	40	50	60
Onion chutney* (g)	40	80	120	160	200	240
Yellow mustard seeds (sachet(s))	¼	½	¾	1	1¼	1½
Panko breadcrumbs (g)	15	25	40	50	65	75
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Chopped pecans (g)	10	20	30	40	50	60
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (g)	25	50	75	100	125	150
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	¼	½	¾	1	1¼	1½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5050/1207	633/151
Total fat (g)	68	8
of which saturated (g)	27	3,4
Carbohydrates (g)	82	10
of which sugars (g)	37,7	4,7
Fibre (g)	8	1
Protein (g)	62	8
Salt (g)	5,2	0,7

Allergens

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



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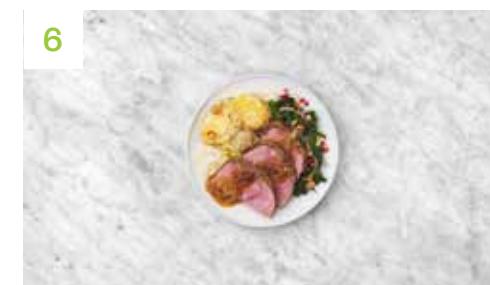
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Prepare

- Preheat the oven to 200°C. Prepare the stock.
- Pull the rosemary leaves and half of the thyme leaves off of the stalks.
- In a bowl, combine the pecans with the mustard seeds, the rosemary, the thyme leaves, the panko and half of the butter. Season with salt and pepper.
- Transfer the gammon to an oven dish and coat the top with the panko mixture.

Roast the gammon

- Roast the gammon in the oven for 35 - 45 minutes.
- Discard the plastic from the potato gratin. Bake alongside the gammon during its final 25 minutes of cooking time.
- Slice half of the onion into wedges and the rest into thin half-rings.
- Melt the rest of the butter in a saucepan over medium-high heat and fry the onion rings for 7 - 8 minutes.

Make the jus

- Add the flour and stir continuously until it is fully incorporated.
- Add half of the stock and allow to incorporate, stirring continuously.
- Stir in the onion chutney and the rest of the stock, then bring to the boil. Allow to simmer for 1 minute, then turn off the heat and set aside.
- Boil plenty of salted water in a pot or saucepan for the broccolini.

Toast the almonds

- Cook the broccolini for 3 - 5 minutes, (or longer if you'd prefer it to be softer), then drain and rinse under cold water.
- Heat a clean deep frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat and fry the onion wedges for 3 - 4 minutes.

Fry the broccolini

- Deglaze with the balsamic vinegar, then stir in the honey and fry for 1 - 2 more minutes.
- Shortly before serving, add the broccolini and the rest of the thyme.
- Fry for 3 - 5 minutes over high heat, seasoning with salt and pepper.
- Roll the pomegranate over the countertop so as to release the seeds, then cut it open and scoop them out.

Serve

- Reheat the onion jus over a low heat.
- Transfer the broccolini to a serving dish and scatter over the pomegranate seeds. Garnish with the toasted almonds.
- Slice the gammon and serve with the onion jus.
- Serve the potato gratin alongside.

Enjoy!



Ribeye Steak with Herbaceous Hollandaise & Fries

with crisp butter lettuce & radish salad

Total time: 35 - 45 min.



Ribeye steak



Fresh tarragon & chervil



Fresh basil



Capers



Chopped walnuts



Onion



Worcestershire sauce



Hollandaise sauce



Potatoes



Butter lettuce



Radish



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

Small but mighty! Radishes are an excellent source of vitamin C, full of fiber and low in calories.

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, (parchment-lined) baking sheet(s), immersion blender, oven dish, salad bowl, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ribeye steak* (g)	150	300	450	600	750	900
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Fresh basil* (g)	2½	5	7½	10	12½	15
Capers (g)	15	30	45	60	75	90
Chopped walnuts (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Hollandaise sauce* (g)	50	100	150	200	250	300
Potatoes (g)	200	400	600	800	1000	1200
Butter lettuce* (head)	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise	to taste					
*store in the fridge						

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Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3703 /885	540 /129
Total fat (g)	56	8
of which saturated (g)	17	2,5
Carbohydrates (g)	54	8
of which sugars (g)	12,7	1,9
Fibre (g)	8	1
Protein (g)	44	6
Salt (g)	1,9	0,3

Allergens

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



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Fry the steak

- Melt a knob of butter in a frying pan over high heat.
- When the butter is nice and hot, add the rest of the onion and sear the steak for 2 minutes per side.
- Transfer to an oven dish and roast for either 5 minutes (150g), 6 minutes (300g) or 9 - 11 minutes (450g and 600g).
- Allow to rest under aluminum foil for at least 3 minutes.

Make the salad

- Discard the radish leaves and then thinly slice the radishes.
- Roughly chop the lettuce.
- In a salad bowl, combine the extra virgin olive oil with the honey, the white wine vinegar and the rest of the mustard.
- Add the lettuce and the radishes and toss well to combine with the dressing. Season to taste with salt and pepper.

Serve

- Stir the Hollandaise sauce into the herb sauce. Warm over medium-low heat, stirring continuously. Season to taste with salt and pepper.
- Slice the steak and serve on plates with the fries alongside. Top the steak with the Hollandaise sauce and the onion.
- Serve with the salad and some mayonnaise as preferred.

Enjoy!