



Rice Bowl with Pork Tenderloin & Egg

inspired by Korean bibimbap

Nice & Fast Family

Total time: 25 min. • Based on 2 servings



Jasmine rice



Cucumber



Garlic



Gomashio



Mushrooms



Spinach



Pork tenderloin strips
with Indian seasoning



Egg



Soy sauce

A fresh start

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

Equipment

Bowl, pan with lid, 2x frying pan, waterkoker, colander, peeler or cheese slicer, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Cucumber* (pcs)	¼	½	¾	1	1¼	1½
Garlic (cloves)	½	1	1½	2	2½	3
Gomashio (tsp) 3)	1	2	3	4	5	6
Mushrooms* (g)	65	125	190	250	315	375
Spinach* (g) 69)	100	200	300	400	500	600
Pork tenderloin strips with Indian seasoning* (g)	100	200	300	400	500	600
Egg* (pcs) 8)	1	2	3	4	5	6
Soy sauce 11) 13) 15)	to taste					
Not included						
Sambal (tsp)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1¾	3½	5¼	7	8¾	10½
White wine vinegar (tsp)	2	4	6	8	10	12
Brown sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3348 /800	594 /142
Total fat (g)	37	6
Of which: saturated (g)	6,5	1,2
Carbohydrates (g)	70	12
Of which: sugars (g)	7,3	1,3
Fibre (g)	3	0
Protein (g)	45	8
Salt (g)	3,3	

Allergens

3) Sesame 8) Egg 11) Soy 13) Gluten 15) Wheat
May contain traces of: 69) Celery



Step 1:

- Boil 250 ml water per person in a pan with a lid and cook the rice for 10 - 12 minutes, covered with the lid.
- Then allow to steam dry, covered with the lid.
- Separate the cucumber into thin ribbons and mix in a bowl with 1 tsp white wine vinegar per person, salt and pepper. Press or mince the garlic.
- In a small bowl, mix per person: ¼ tsp sambal, 1 tbsp water, 1 tsp white wine vinegar, 1 tsp brown sugar, half of the gomashio and half of the garlic.



Step 3:

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



Step 2:

- Cut the mushrooms into quarters. Heat ½ tbsp sunflower oil in a frying pan on medium-high heat and fry the mushrooms for 5 - 7 minutes.
- Season with salt and pepper, remove them from the pan and set aside for step 4. Boil ample water in a pan for the spinach.
- Pour the boiling water over the spinach and drain.



Step 4:

- Transfer the rice to bowls and top with the pork tenderloin, cucumber, spinach and mushrooms.
- Place the fried egg on top.
- Garnish with the remaining gomashio and drizzle with the sambal sauce and soy sauce or serve the sauces on the side.

Enjoy!



Surinamese-spiced Chicken Thigh

with potatoes, egg & green beans

Calorie Smart

Total time: 40 min. • Based on 2 servings



Garlic



Onion



Waxy potatoes



Surinamese spices



Garam Masala



Chicken thigh strips



Green beans



Egg



Roma tomato



Shallot

A fresh start

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

Equipment

Lid, sauté pan or large frying pan, frying pan, peeler, pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Waxy potatoes (g)	150	300	450	600	750	900
Surinamese spices (sachet(s))	½	1	1½	2	2½	3
Garam Masala (packet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken thigh strips* (g)	100	200	300	400	500	600
Green beans* (g)	150	300	450	600	750	900
Egg* (pcs) 8)	1	2	3	4	5	6
Roma tomato (pcs)	1	2	3	4	5	6
Shallot (pcs)	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Water (ml)	150	300	450	600	750	900
Chicken stock cube (pcs)	⅓	⅔	1	1⅓	1⅔	2
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2108 / 504	288 / 69
Total fat (g)	23	3
Of which: saturated (g)	6,2	0,9
Carbohydrates (g)	38	5
Of which: sugars (g)	7,1	1,0
Fibre (g)	11	1
Protein (g)	31	4
Salt (g)	2,6	⅓

Allergens

8) Egg
May contain traces of: -



Step 1:

Bring plenty of water to a boil for the green beans and eggs in a pan with a lid. Press or finely chop the garlic. Mince the onion. Peel the potatoes and cut into cubes of 2 by 2 cm. Finely chop the shallot.



Step 2:

Heat ½ tbsp sunflower oil per person in a large or small frying pan with a lid. Fry the onion, garlic, Surinam-style herbs and garam masala for 2 - 3 minutes. Add the chicken thigh strips and diced potato and fry for 3 - 4 minutes while stirring. Add per person: 150 ml water and ⅓ chicken stock cube. Bring to a boil and turn down the heat a bit. Allow to simmer, covered, for 13 - 16 minutes.



Step 3:

Remove the ends of the green beans and cut the green beans in half. Cook the eggs and green beans for 6 - 7 minutes. Drain. Rinse the eggs with cold tap water. Peel the eggs.



Step 4:

Meanwhile, dice the tomato. Add the eggs and diced tomato to the pan with potatoes and chicken. Remove the lid from the pan and stir well. Turn up the heat, reduce the sauce for 10 - 12 minutes until it has reached the desired thickness. Meanwhile, scrape the bottom of the pan to avoid burning. Season with salt and pepper.



Step 5:

Heat ½ tbsp sunflower oil in a frying pan. Fry the shallot for 1- 2 minutes. Add the green beans to the shallot and fry for 2 - 3 minutes over high heat while stirring.



Step 6:

Serve the potato and chicken to plates with 1 egg per person. Scoop the fried green beans on the side.

Enjoy!



Homemade Tuna Salad Pitas

with roasted carrots & hazelnuts

Family

Total time: 40 min. • Based on 2 servings



Bunched carrots



Red onion



Red chili pepper



Lime



Tuna in olive oil



Roasted hazelnuts



Dessicated coconut



Mayonnaise



Pita bread

A fresh start

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

Equipment

Baking sheet with baking paper, microplane, bowl, pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bunched carrots* (g)	200	400	600	800	1000	1200
Red onion (pcs)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Lime (pcs)	¼	½	¾	1	1¼	1½
Tuna in olive oil (can(s)) 4)	1	1	2	2	3	3
Roasted hazelnuts (g) 23) 60) 61) 62)	10	20	30	40	50	60
Dessicated coconut (g) 60) 61) 62)	5	10	15	20	25	30
Mayonnaise* (g) 8) 9)	40	80	120	160	200	240
Pita bread (pcs) 13) 15)	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4058 / 970	783 / 187
Total fat (g)	57	11
Of which: saturated (g)	8,6	1,7
Carbohydrates (g)	85	16
Of which: sugars (g)	14,0	2,7
Fibre (g)	10	2
Protein (g)	25	5
Salt (g)	2,6	½

Allergens

4) Fish 8) Egg 9) Mustard 13) Gluten 15) Wheat 23) Hazelnuts
May contain traces of: 60) Peanuts 61) Nuts 62) Sesame



Step 1:

- Preheat the oven to 220 degrees.
- Boil ample water in a pan with a lid for the carrot.
- Remove the leaves from the carrot but leave a little bit of green at the top.
- Cut any large carrots into quarters lengthwise and smaller ones in half.
- Cook the carrots in the pan for 5 minutes, covered with the lid. Then drain.



Step 3:

- Transfer the carrots and half of the red onion to a baking sheet lined with baking paper, mix with the olive oil and season to taste with salt and pepper.
- Roast in the oven for 15 – 20 minutes.
- After 10 minutes, sprinkle the hazelnuts over the carrots. In a bowl, mix the red chili pepper, tuna, grated coconut, ½ tsp lime zest per person, ½ tbsp lime juice per person, the remaining red onion and mayonnaise. Season to taste with salt and pepper.



Step 2:

- Finely chop the red onion.
- Deseed and finely chop the chili pepper.
- Wash the lime thoroughly, zest it with a microplane and then juice it.
- Drain the tuna and roughly chop the hazelnuts.



Step 4:

- Sprinkle some water on the pita bread, cut a small part open and fill them with the tuna mixture. In the last 5 minutes, place the pita sandwiches on the baking tray between the carrots and bake them in the oven.
- Serve the pita sandwiches with the carrots and sprinkle with the remaining lime juice.

Enjoy!



Indonesian Beef Stew over Jasmine Rice

with beansprouts, cucumber and a twist of lime

Total time: 30 min. • Based on 2 servings



Garlic



Red chili pepper



Onion



Fresh ginger



Fresh lemongrass



Rendang



Dried galangal



Bay leaf



Jasmine rice



Cucumber



Lime



Beansprouts



Carrot

A fresh start

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

Equipment

Grater, stock pot with lid, peeler, pan with lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	1	2	3	4	5	6
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Onion (pcs)	½	1	1½	2	2½	3
Fresh ginger* (cm)	3	4	5	6	9	10
Fresh lemongrass* (pcs)	½	1	1½	2	2½	3
Rendang* (g) 7)	100	200	300	400	500	600
Dried galangal (packet(s))	½	1	1½	2	2½	3
Bay leaf (pcs)	2	2	3	3	4	4
Jasmine rice (g)	75	150	225	300	375	450
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Lime (pcs)	¼	½	¾	1	1¼	1½
Beansprouts* (g)	25	50	75	100	125	150
Carrot* (pcs)	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Beef stock cube (pcs)	½	1	1½	2	2½	3
Ketjap (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2561 /612	576 /138
Total fat (g)	19	4
Of which: saturated (g)	6,8	1,5
Carbohydrates (g)	84	19
Of which: sugars (g)	10,6	2,4
Fibre (g)	6	1
Protein (g)	23	5
Salt (g)	4,4	1

Allergens

7) Milk

May contain traces of: -



Step 1:

Bring ample water to a boil in a lidded pan for the rice. Press or mince the garlic in the meantime and chop the red chili pepper. Finely chop the onion and grate the carrot. Peel the ginger and break the lemon grass by snapping the stalks in 3 places.



Step 2:

Heat ½ tbsp sunflower oil per person in a lidded saucepan over medium-high heat. Sauté the onion, grated carrot, garlic and chili pepper for 2 - 3 minutes. Then add the rendang and the dried laos and fry for 1 minute.



Step 3:

Crumble the beef stock cube into the pan and add the lemongrass, bay leaf and peeled ginger. Deglaze with the ketjap and 200 ml water person. Mix well, bring to a boil and let it simmer for 12 - 15 minutes with the lid on. Add salt and pepper to taste.



Step 4:

Cook the rice, covered, for 12 - 15 minutes and drain if necessary. Set aside without the lid on.



Step 5:

Peel the cucumber in stripes, leaving some of its skin to create a nice texture for the peel. Slice the cucumber and cut the lime into wedges.



Step 6:

Remove the ginger, lemongrass and bay leaf from the soup. Serve the rice on plates and scoop the soup onto the rice. Place the bean sprouts, cucumber and lime wedges on the side.

Enjoy!



Orzo with Kofta-spiced Beef

with mascarpone, pepper and leek

Nice & Fast Family

Total time: 25 min. • Based on 2 servings



Red chili pepper



Onion



Garlic



Bell pepper



Leek



Orzo



Middle Eastern
spice blend



Tomato paste



Beef mince with
kofta seasoning



Grated Italian cheese



Mascarpone

A fresh start

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

Equipment

Pan with lid, large sauté pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Bell pepper* (pcs)	½	1	1½	2	2½	3
Leek* (pcs)	½	1	1½	2	2½	3
Orzo (g 13) 15) 67) 68) 70) 71)	85	170	250	335	420	505
Middle Eastern spice blend (packet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can(s))	½	1	1½	2	2½	3
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Grated Italian cheese* (g 7)	12½	25	37½	50	62½	75
Mascarpone* (g 7)	40	75	100	150	175	225
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
Butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3971 /949	576 /138
Total fat (g)	46	7
Of which: saturated (g)	25,9	3,8
Carbohydrates (g)	80	12
Of which: sugars (g)	18,0	2,6
Fibre (g)	10	1
Protein (g)	49	7
Salt (g)	3,4	½

Allergens

7) Milk 13) Gluten 15) Wheat
May contain traces of: 67) Egg 68) Mustard 70) Soy 71) Lupin



Step 1:

- Prepare the stock in a pan with a lid for the orzo. Mince the onion and press or finely chop the garlic.
- Remove the seed pods from the red chili pepper and finely chop. Dice the pepper.
- Cook the orzo in the pan with the lid, covered, for 8 - 10 minutes over low heat until dry. Toss regularly.



Step 3:

- Add the leek and pepper to the frying pan and fry, covered, for 5 minutes over medium-low heat.
- Add the balsamic vinegar and orzo and fry for another minute.
- Add half the mascarpone to the orzo and stir well.
- Season with salt and pepper.



Step 2:

- Heat the butter in a large frying pan with a lid over medium-low heat.
- Fry the onion, garlic and red chili pepper for 2 minutes.
- Add the tomato paste and beef mince and fry for 3 minutes until it separates.
- Meanwhile, cut the leek into half rings.



Step 4:

- Serve the orzo on plates and scoop a spoonful of mascarpone on top.
- Garnish with the grated Italian cheese.

Enjoy!



Tuna Salad with Baked Sweet Potato

with crunchy cucumber slaw, pecans & fresh mint

Calorie Smart

Total time: min. • Based on 2 servings



Sweet potato



Tuna in olive oil



Apple



Fresh mint and chives



Shallot



Red cabbage, white cabbage and carrot



Organic sour cream



Pecan nuts



Cucumber

A fresh start

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

Equipment

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	300	450	600	900	1050	1350
Tuna in olive oil (g) 4)	80	140	220	280	360	420
Apple* (piece(s))	½	1	1½	2	2½	3
Fresh mint and chives* (g)	5	10	15	20	25	30
Shallot (piece(s))	½	1	1½	2	2½	3
Red cabbage, white cabbage and carrot* (g)	50	100	150	200	250	300
Organic sour cream* (g) 7)	50	100	150	200	250	300
Pecan nuts (g) 26) 60) 61) 62)	10	20	30	40	50	60
Cucumber* (piece(s))	½	1	1½	2	2½	3
Not included						
Olive oil (el)	½	1	1½	2	2½	3
Mustard (tl)	½	1	1½	2	2½	3
Honey (tl)	½	1	1½	2	2½	3
White wine vinegar (el)	½	1	1½	2	2½	3
Extra virgin olive oil (el)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2842 / 679	426 / 102
Total fat (g)	34	5
Of which: saturated (g)	6,9	1,0
Carbohydrates (g)	68	10
Of which: sugars (g)	30,3	4,5
Fibre (g)	11	2
Protein (g)	18	3
Salt (g)	1,0	0,2

Allergens

4) Fish 7) Milk/Lactose 26) Pecans

May contain traces of:

60) Peanuts 61) Nuts 62) Sesame Seeds



Step 1:

Preheat the oven to 210 degrees, and prepare sheets of aluminium foil of 30 x 30 cm per person. Wash or peel the sweet potato, then dice it and transfer to the foil. Toss to coat with ½ tbsp olive oil per person, and salt and pepper. Fold the foil to seal the potatoes, and place the foil parcels in the oven to bake for 35 - 40 minutes, or until done.



Step 2

Drain the tuna. Finely dice the apple, mince the shallot and finely cut the chives.



Step 3

Prepare the dressing in a bowl by combining the shallot, sour cream, tuna, apple and ⅔ of the chives. Then add ½ tsp each of mustard and honey per person. Finish the dressing with salt and pepper to taste, then set aside.



Step 4

Dice the cucumber and roughly chop the pecans. Strip the mint leaves from their stems and cut into strips. In a bowl, combine per person ½ tbsp each of white wine vinegar and extra-virgin olive oil. Add the cucumber, pecans, mint and the cabbage-carrot medley. Mix well to combine and season with salt and pepper to taste.



Step 5

Take the sweet potato parcels out of the oven when they're done. Open the packets and place the potatoes on plates. Top with the tuna salad.



Step 6

Sprinkle the remaining chives over the tuna-stuffed sweet potatoes. Serve the cucumber-coleslaw salad on the side.

Enjoy!



Cottage Pie with a Dutch Twist

with sweetcorn, crème fraîche & aged cheese

Family

Total time: 35 min. • Based on 2 servings



Floury potatoes



Pork & veal mince



Vegetable medley:
mushroom, leek,
broccoli, courgette



Canned corn



Diced tomatoes



Organic crème fraîche



Grated aged cheese



Minced meat seasoning

A fresh start

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

Equipment

Potato masher, sauté pan, pan with lid, baking dish

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Floury potatoes (g)	300	600	900	1200	1500	1800
Pork & veal mince* (g) 8) 13) 15)	100	200	300	400	500	600
Vegetable medley: mushroom, leek, broccoli, courgette* (g) 69)	100	200	300	400	500	600
Canned corn (g)	50	100	140	200	240	300
Diced tomatoes (pack(s))	¼	½	¾	1	1¼	1½
Organic crème fraîche* (g) 7)	25	50	75	100	125	150
Grated aged cheese* (g) 7)	25	50	75	100	125	150
Minced meat seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Beef stock cube (pcs)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Milk (a splash)						
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3798 /908	440 /105
Total fat (g)	43	5
Of which: saturated (g)	21,5	2,5
Carbohydrates (g)	88	10
Of which: sugars (g)	21,7	2,5
Fibre (g)	12	1
Protein (g)	37	4
Salt (g)	4,7	

Allergens

7) Milk **8)** Egg **13)** Gluten **15)** Wheat
May contain traces of: 69) Celery



Step 1:

Preheat the oven to 220 degrees. Boil ample water in a pan with a lid. Peel the potatoes and cut into large pieces. Cook the potatoes for 12 - 15 minutes, then drain and allow to steam off.



Step 2:

Heat ½ tbsp butter per person in a sauté pan on medium-high heat. Fry the minced meat for 3 - 4 minutes while stirring, take from the pan and set aside. Add the mixed vegetables to the same pan and fry for 6 - 8 minutes. Then add the corn, diced tomato, stock cube and black balsamic vinegar and mix well. Allow to cook gently for 2 - 4 minutes and season with salt and pepper.



Step 3:

Use a potato masher to mash the potatoes and crème fraîche into a creamy puree. Add 1 tsp mustard per person and a splash of milk. Mix well and season with salt and pepper.



Step 4:

Add the minced meat back to the pan with vegetables and mix well.



Step 5:

Transfer the vegetable-minced meat mixture to a baking dish. Top with the potato puree. Make a striped pattern on the top using a fork and sprinkle with the grated aged cheese. Heat the dish in the oven for 8 - 10 minutes, or until the cheese starts to turn brown.



Step 6:

Transfer the oven dish to plates.

Enjoy!



Shrimp in Tomato Sauce

over creamy mash with haricot verts

Premium

Total time: 45 min. • Based on 2 servings



Floury potatoes



Haricots verts



Shallot



Mini roma tomatoes



Fresh flat leaf parsley



Lemon



Shrimp

A fresh start

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

Equipment

Saucepan with lid, potato masher, kitchen paper, 2x pan with lid, hand blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Floury potatoes (g)	250	500	750	1000	1250	1500
Haricots verts* (g)	150	300	400	600	700	900
Shallot (pcs)	½	1	1½	2	2½	3
Mini roma tomatoes* (g)	100	200	300	400	500	600
Fresh flat leaf parsley* (g: 69)	2½	5	7½	10	12½	15
Lemon (pcs)	¼	½	¾	1	1¼	1½
Shrimp* (g: 5)	120	240	360	480	600	720
Not included						
Butter (tbsp)	2	4	6	8	10	12
Olive oil (tbsp)	1½	3	4½	6	7½	9
Fish stock cube (pcs)	⅓	⅔	1	1⅓	1¾	2
Milk (a splash)	a splash					
Sugar (tsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3373 /806	450 /108
Total fat (g)	45	6
Of which: saturated (g)	19,2	2,6
Carbohydrates (g)	65	9
Of which: sugars (g)	11,2	1,5
Fibre (g)	13	2
Protein (g)	28	4
Salt (g)	4,0	½

Allergens

5) Schaaaldieren
May contain traces of: 69) Celery



Step 1:

Peel the potatoes and cut into large pieces. Make sure the potatoes are just under water in a pan with a lid. Bring to a boil and cook the potatoes for 15 - 17 minutes, covered with the lid. Drain and leave to steam dry without the lid.



Step 2:

In the meantime, trim the ends off the haricot verts. Make sure the haricot verts are just underwater in a pan with a lid. Bring to a boil and cook for 6 - 8 minutes until al dente, covered with the lid. Drain and leave to steam dry without the lid. Mix with ½ tbsp butter per person and season with salt and pepper.



Step 3:

In the meantime, chop the shallot and quarter the mini Roma tomatoes. Roughly chop the fresh parsley and juice the lemon. Heat ½ tbsp olive oil per person in a saucepan with a lid and fry the shallot for 1 minute on medium-low heat. Add the mini Roma tomatoes and 50 ml of water per person. Crumble the stock cube over it and bring to a boil. Then reduce the heat and allow to simmer for 5 – 7 minutes, covered with the lid.



Step 4:

In the meantime, pat the shrimps dry with kitchen paper. Mash the potatoes and the remaining butter into a fine puree using a potato masher. Add a generous splash of milk to make the puree smooth. Season to taste with salt, pepper and ½ tsp lemon juice per person.



Step 5:

Heat the remaining olive oil in a frying pan and fry the shrimps on medium-high heat for 3 – 4 minutes. Season to taste with salt and pepper. Take the shrimps from the pan and set aside. Add the sugar to the saucepan with the tomatoes. Take the pan from the stove and puree the tomatoes into a smooth sauce using a hand blender. Mix the cooking grease from the shrimps with the tomato sauce and season to taste with salt and pepper.



Step 6:

Pour the tomato sauce onto plates and top with the potato puree. Put the shrimps on top of the puree and sprinkle with the parsley. Serve with the haricot verts.

Enjoy!



Filet Mignon with Garlic Jus & Mash

with bacon, walnuts & a crisp radish salad

Premium

Total time: 30 min. • Based on 2 servings



Filet mignon



Floury potatoes



Garlic



Red onion



Fresh chives



Buttersla



Roma tomato



Radish



Capers and pickles



Bacon lardons



Chopped walnuts

A fresh start

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

Equipment

Potato masher, kitchen paper, salad bowl, frying pan, pan with lid, aluminum foil

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Filet mignon* (pcs)	1	2	3	4	5	6
Floury potatoes (g)	300	600	900	1200	1500	1800
Garlic (cloves)	1½	3	4½	6	7½	9
Red onion (pcs)	½	1	1½	2	2½	3
Fresh chives* (g)	5	10	15	20	25	30
Buttersla* (head(s))	¼	½	¾	1	1¼	1½
Roma tomato (pcs)	½	1	1½	2	2½	3
Radish* (bunch(es))	½	1	1½	2	2½	3
Capers and pickles* (g)	25	50	75	100	125	150
Bacon lardons* (g)	25	50	75	100	125	150
Chopped walnuts (g) 24) 60) 61) 62)	10	20	30	40	50	60
Not included						
Beef stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	2	4	6	8	10	12
Butter (g)	60	120	180	240	300	360
Milk	a splash					
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5155 /1232	635 /152
Total fat (g)	84	10
Of which: saturated (g)	43,0	5,3
Carbohydrates (g)	74	9
Of which: sugars (g)	14,5	1,8
Fibre (g)	10	1
Protein (g)	40	5
Salt (g)	4,0	½

Allergens

24) Walnuts
May contain traces of: 60) Peanuts **61)** Nuts **62)** Sesame



Step 1:

Take the steak from the refrigerator, rub both sides with salt and pepper and allow to reach room temperature. Boil ample water in a pan with a lid. Peel the potatoes and cut into large pieces. Cook the potatoes for 12 - 15 minutes until cooked. Then drain and allow to steam dry without the lid.



Step 4:

Set aside 1 tsp butter for the next step and melt the remaining butter in the same frying pan on medium-high heat. Fry the steak for 2 - 4 minutes per side. Take the steak from the pan and allow it to rest under aluminium foil. Add the garlic and butter to the same frying pan and fry for 1 minute until golden brown. Then add per person: ¼ stock cube and 1 tbsp water and stir into a gravy. Allow to reduce on low heat for 1 minute.



Step 2:

Press or mince the garlic and finely chop the onion. Finely chop the chives. Weigh the butterhead lettuce and roughly chop it. Cut the plum tomato into wedges. Remove the leaves from the radishes and cut the radishes into quarters.



Step 5:

Mash the potatoes into a puree, using a potato masher. Add the chives, 1 tsp mustard per person and a splash of milk to make the puree smooth. Season to taste with salt and pepper.



Step 3:

In a salad bowl, make a dressing of per person: ½ tbsp extra virgin olive oil, ½ tbsp white wine vinegar, 1 tsp mustard and 1 tsp honey. Mix the capers, pickles and chopped red onion with the dressing and season with salt and pepper. Heat a frying pan on medium-high heat and fry the diced bacon for 6 - 8 minutes until crunchy, without any oil. Then transfer to a sheet of kitchen paper.



Step 6:

Add the butterhead lettuce, radishes, bacon and tomato wedges to the dressing and mix well. Garnish with the chopped walnuts. Transfer each steak to a plate and pour the gravy over them. Serve with the salad and potato puree.

Enjoy!



Fillet of Salmon en Croûte with Fries

with roasted mini Roma tomatoes & a crisp salad

Feast

Total time: 50 min. • Based on 2 servings



Shallot



Garlic



Spinach



Fresh dill & bieslook



Lemon



Cream cheese



Thin-cut fries



Fillet of salmon



Puff pastry



Arugula and lamb's lettuce



Mini roma tomatoes

Equipment

Baking sheet with baking paper, colander, baking dish, bowl, salad bowl, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Spinach* (g) 69)	50	100	150	200	250	300
Fresh dill & bieslook* (g)	5	10	15	20	25	30
Lemon (pcs)	¼	½	¾	1	1¼	1½
Cream cheese* (g) 7)	20	40	60	80	100	120
Thin-cut fries* (g)	200	400	600	800	1000	1200
Fillet of salmon* (pcs) 4)	1	2	3	4	5	6
Puff pastry* (roll(s)) 13) 15)	½	1	1½	2	2½	3
Arugula and lamb's lettuce* (g)	20	40	60	80	100	120
Mini roma tomatoes* (g)	125	250	375	500	625	750
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Milk	a splash					
Balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5957/1424	781/187
Total fat (g)	88	12
Of which: saturated (g)	29,0	3,8
Carbohydrates (g)	106	14
Of which: sugars (g)	9,6	1,3
Fibre (g)	8	1
Protein (g)	41	5
Salt (g)	1,3	0,2

Allergens

4) Fish 7) Milk 13) Gluten 15) Wheat
May contain traces of: 69) Celery



Step 1:

Preheat the oven to 220 degrees. Chop the shallot and press or mince the garlic. Heat ½ tbsp butter and press or mince the garlic. Heat ½ tbsp butter per person in a frying pan with a lid on medium-high heat. Fry the shallot and garlic for 1 minute. Add the spinach bit by bit and let it shrink while stirring. Drain and let it cool in a colander. Press well with your hands or a spoon to remove as much liquid as possible from the spinach. Then finely chop.



Step 2:

In the meantime, finely chop the fresh chives and dill. Cut the lemon into eight wedges. In a bowl, mix the cream cheese with half of the herbs, salt and pepper. Squeeze 1 lemon wedge per person over it. Mix well and set aside.



Step 3:

Roll out the puff pastry and cut into half a roll per person. Prick some holes in the puff pastry using a fork. Divide the spinach over one side of each piece of pastry. Put the salmon fillet on top and spread with the cream cheese. Fold the puff pastry over the salmon and firmly press along the edges, to form closed pockets. Brush the top with some milk.



Step 4:

Place the fries on the baking sheet. Bake in the oven for 25 - 30 minutes, or until golden brown. Toss the fried halfway through. Place the mini roma tomatoes in a baking dish and season with, per person: ¼ tbsp balsamic vinegar, ½ tbsp olive oil, salt and pepper. Place the salmon pockets on the baking sheet beside the fries and place them back in the oven along with the mini roma tomatoes and cook them for the last 15- 20 minutes in the oven.



Step 5:

Right before serving, mix per person: ½ tbsp extra virgin olive oil and ¼ tbsp white balsamic vinegar in a salad bowl. Add the arugula and lamb's lettuce and the remaining herbs. Mix well.



Step 6:

Transfer the salmon pockets to plates. Serve with the fries, roasted mini roma tomatoes and salad. Garnish with the lemon wedges.

Enjoy!



Bao Buns with Sticky-Sweet Pork

with sugarsnaps and quick-pickled crunchy vegetables

Global Cuisine

Total time: 35 min. • Based on 2 servings



Cucumber



Chopped
sweetheart cabbage



Sugar snap peas



East Asian-style sauce



Bao bun



Fresh ginger



Garlic



Scallion



Soy sauce



Sesame oil



Pork tenderloin



Fresh coriander



Black sesame seeds

Equipment

2x frying pan, grater, small bowl, large bowl, plate, frying pan, bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cucumber* (pcs)	½	¾	1	1½	1¾	2
Chopped sweetheart cabbage* (g)	50	100	150	200	250	300
Sugar snap peas* (g)	50	100	150	200	250	300
East Asian-style sauce (packet(s) 11) 13) 15)	½	1	1½	2	2½	3
Bao bun (pcs) 13) 15)	3	6	9	12	15	18
Fresh ginger* (cm)	1	2	3	4	5	6
Garlic (cloves)	1	2	3	4	5	6
Scallion* (pcs)	1	2	3	4	5	6
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
Sesame oil (ml) 3)	10	20	30	40	50	60
Pork tenderloin* (pcs)	1	2	3	4	5	6
Fresh coriander* (g) 69)	5	10	15	20	25	30
Black sesame seeds (sachet(s) 3)	¼	½	¾	1	1¼	1½
Not included						
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1	2	3	4	5	6
Brown sugar (tbsp)	1	2	3	4	5	6
Flour (g)	10	20	30	40	50	60
Sunflower oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3887 / 929	625 / 149
Total fat (g)	32	5
Of which: saturated (g)	5,6	0,9
Carbohydrates (g)	113	18
Of which: sugars (g)	33,5	5,4
Fibre (g)	7	1
Protein (g)	46	7
Salt (g)	3,9	0,6

Allergens

3) Sesame 11) Soy 13) Gluten 15) Wheat
May contain traces of: 69) Celery



Step 1:

Take the pork tenderloin from the refrigerator and allow it to reach room temperature before cooking. Preheat the oven to 180 degrees. In the meantime, cut the cucumber into thin strips so they easily fit into the bao buns. In a large bowl, mix the sugar, 1 ½ tbsp white wine vinegar per person with a pinch of salt. Add the cabbage and cucumber, stir well and allow to absorb until serving.



Step 4:

Meanwhile, heat 1 tbsp sunflower oil per person in a separate large frying pan on medium-high heat. When the pan is really hot, add the pork tenderloin slices and fry for 1 minute per side. Make sure there is enough space in the pan to put the slices next to each other, while you sear them briefly. The meat does not have to be completely cooked yet.



Step 2:

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



Step 5:

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



Step 3:

Bake the boa buns for 4 - 5 minutes in the oven. Heat ¼ tbsp sunflower oil per person in a sauté pan with a lid on medium-high heat and fry half of the garlic for 1 minute. Add the sugar snaps and fry for another 3 - 4 minutes. Deglaze with half of the Asian sauce and season to taste with salt and pepper.



Step 6:

Roughly chop the coriander. Stuff the 3 bao buns per person with a little bit of the sweet and sour salad and the pork. Garnish with the green parts of the scallion and the coriander and drizzle with the Asian sauce. Serve with the sugar snaps and the remaining sweet and sour vegetables. Garnish the vegetables with the black sesame seeds.

Enjoy!