



Chicken Drumstick Traybake

with Surinamese-style spices & quick-pickled onion

Calorie Smart

Total time: 45 - 55 min.



Chicken drumsticks
in Baharat marinade



Potatoes



Cauliflower florets



Carrot



Surinamese-style spices



Red onion



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

Discover the convenience of a traybake! Toss all the ingredients on one
baking tray, and let the oven take care of the rest.



Tear me out!



Before you start

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.

Equipment

Parchment-lined baking sheet, 2x bowl, large bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
Potatoes (g)	250	500	750	1000	1250	1500
Cauliflower florets* (g)	100	200	300	400	500	600
Carrot* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2703 /646	381 /91
Total fat (g)	24	3
of which saturated(g)	6,2	0,9
Carbonhydrates (g)	62	9
of which sugars (g)	16	2,3
Fiber (g)	15	2
Protein (g)	44	6
Salt (g)	2,7	0,4

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.
- Cut the carrot into 5cm long batons. Dice the potatoes into 2cm chunks.
- Transfer the the potatoes and carrot to a large bowl and drizzle with olive oil.
- Add the Surinamese-style spices, then toss well to coat.



Pickle the onion

- Slice the onion into half-rings.
- In a bowl, combine the red wine vinegar with the sugar.
- Add the onion and season with salt, then mix well to combine.
- Set aside until serving, stirring occasionally.



Prepare the traybake

- Transfer the vegetables and the drumsticks to a parchment-lined baking sheet. Bake in the oven for 30 minutes.
- Transfer the cauliflower florets to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Toss the vegetables on the baking sheet and add the cauliflower, then return to the oven for another 15 minutes or until done.



Serve

- Serve the drumsticks and vegetables on plates.
- Garnish with the pickled onion and serve with some mayonnaise as preferred.

Enjoy!



Sweet & Smoky Cottage Pie with Beef & Cheddar

with hidden veggies for kids: tomato & sweet potato

Family

Total time: 40 - 50 min.



Sweet potato



Potatoes



Corn



Onion



Seasoned beef mince



Mexican-style spices



Grated cheddar



Smoked paprika



Passata



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

With our hidden veggies recipes, you can serve delicious meals that are fresh, easy to make and sneakily packed with the veggies that kids usually push to the side of the plate. Family dinner made stress-free!



Tear me out!

Before you start

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.

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Potatoes (g)	100	200	300	400	500	600
Corn (g)	70	140	230	285	370	425
Onion (unit(s))	½	1	1	2	2	3
Seasoned beef mince* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Passata (g)	100	200	300	390	500	590
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3234 / 773	524 / 125
Total fat (g)	38	6
of which saturated(g)	17,3	2,8
Carbonhydrates (g)	70	11
of which sugars (g)	20,6	3,3
Fiber (g)	12	2
Protein (g)	33	5
Salt (g)	2,8	0,5

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Peel or thoroughly wash all of the potatoes and then cut into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then boil the potatoes for 12 - 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside.
- Meanwhile, dice the onion and drain the corn.



Mash the potatoes

- Mash the potatoes with a knob of butter and a splash of cooking liquid as preferred.
- Stir in the **Mexican-style spices*** and season to taste with salt and pepper.

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



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mince for 3 minutes over medium-high heat, separating it as you do.
- Add the onion, then fry for another 2 - 3 minutes.
- Stir in the smoked paprika, the passata and the corn.



Serve

- Transfer the filling to an oven dish and top with the mash.
- Scatter over the cheese and then bake in the oven for 8 - 10 minutes until golden-brown.
- Serve the cottage pie on plates.

Enjoy!



Chicken with Sweet Potato Mash & Corn Salsa

one simple recipe with extra flavours for parents!

Family Quick

Total time: 25 - 30 min.



Chicken thigh strips



Sweet potato



Potatoes



Bell pepper



Red onion



Corn



Tomato



Ground paprika



Jalapeño



Lime



Fresh coriander



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Before you start

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.

Equipment

Blender or an immersion blender with a tall container, bowl, pot or saucepan, potato masher, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips* (g)	100	200	300	400	500	600
Sweet potato (g)	150	300	450	600	750	900
Potatoes (g)	200	400	600	800	1000	1200
Bell pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Corn (g)	70	140	210	285	350	425
Tomato (unit(s))	1	2	3	4	5	6
Ground paprika (tsp)	1½	3	4½	6	7½	9
Jalapeño* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)	0	0	0	0	0	0
Extra virgin olive oil (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3632 /868	435 /104
Total fat (g)	41	5
of which saturated(g)	11,1	1,3
Carbonhydrates (g)	93	11
of which sugars (g)	25,7	3,1
Fiber (g)	19	2
Protein (g)	29	3
Salt (g)	1,5	0,2

Allergens

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



Prepare

- Peel or thoroughly wash both types of potatoes, then cut into rough pieces.
- Transfer to a pot or saucepan and submerge with water.
- Boil the potatoes for 12 - 15 minutes.
- Reserve a small amount of the cooking liquid, then drain and set aside.



Make the sauce

- Transfer the **jalapeño** to a tall container.
- Add the mayonnaise, the water for the sauce, the juice of a quarter lime per person and half of the coriander.
- Use an immersion blender to process into a smooth sauce.
- Season to taste with salt and pepper.



Fry the chicken

- Cut the bell pepper into strips. Slice half of the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the bell pepper, chicken, onion rings and paprika for 7 minutes. Season with salt and pepper.
- Meanwhile, finely chop the rest of the onion. Dice the tomato and drain the corn.



Mash the potatoes

- Mash the potatoes with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the mustard and season with salt and pepper.
- Serve the mashed potatoes on plates with the vegetables and chicken alongside.
- For kids: serve with some of the salsa.



Make the salsa

- In a bowl, combine the tomato and corn with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Quarter the lime.
- Roughly chop the coriander.
- Deseed and roughly chop the **jalapeño**.*

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



Serve

- For parents: combine the chopped onion and the juice of a quarter lime per person with the rest of the salsa, then serve alongside.
- Drizzle with the green sauce and garnish with the rest of the coriander.
- Serve with any remaining lime wedges.

Enjoy!



Family Burger Night: Crispy No-Chicken Burger on Brioche

stack your own, enjoy together!

Family Veggie

Total time: 35 - 45 min.



Baby potatoes



Brioche bun



Honey-mustard dressing



Apple



Red onion



Iceberg lettuce



Happy go Clucky from the Vegetarian Butcher®



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

Scan the QR-code on your recipe card for a chance to win a SMEG fridge.



Tear me out!

Before you start

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.

Equipment

Lidded deep frying pan, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Brioche bun (unit(s))	1	2	3	4	5	6
Honey-mustard dressing* (g)	20	40	60	80	100	120
Apple* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Iceberg lettuce* (head)	⅓	⅔	1	1½	1¾	2
Happy go Clucky from the Vegetarian Butcher®** (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3749 /896	554 /133
Total fat (g)	40	6
of which saturated(g)	10,1	1,5
Carbonhydrates (g)	105	16
of which sugars (g)	27,1	4
Fiber (g)	19	3
Protein (g)	22	3
Salt (g)	2,2	0,3

Allergens

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



Prepare the potatoes

- Wash the baby potatoes and cut them in half.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the potatoes for 15 minutes, covered, then remove the lid.
- Season with salt and pepper, then fry for 5 - 10 more minutes.



Make the salad

- In a salad bowl, combine the mayonnaise with the white wine vinegar and season to taste with salt and pepper.
- Add the chopped lettuce, then toss well to combine with the dressing.



Chop the vegetables

- Slice the onion into half rings.
- Core the apple and cut it into matchsticks.
- Set aside several lettuce leaves for the burger, then finely chop the rest for the salad.



Fry the burger

- Melt a small knob of butter in another frying pan over medium-high heat.
- When the pan is nice and hot, fry the burger for 3 minutes per side or until golden-brown.



Fry the onions

- Melt a small knob of butter in a frying pan over medium-high heat and fry the onion for 6 - 8 minutes.
- Deglaze with the balsamic vinegar, then add the sugar.
- Mix well and fry for 2 - 3 more minutes.

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.



Serve

- Cut open the brioche bun and top with the burger.
- Serve all the elements separately at the table and allow everyone to build their own burger and salad (or if preferred, just plate it directly).
- Serve the potatoes alongside.

Enjoy!



Wild Boar Burger in Creamy Mustard Sauce

with mashed potato, carrots & green beans

Family

Total time: 30 - 40 min.



Green beans



Carrot



Potatoes



Onion



Garlic



Cooking cream



Wild boar burger



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

Wild boar is praised for its unique, gamey flavour. This is due to the boar's varied diet; they're omnivores, just like pigs!



Tear me out!

Before you start

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Equipment

Aluminum foil, potato masher, frying pan, two pots or saucepans

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	150	300	450	600	750	900
Carrot* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	50	100	150	201	250	301
Wild boar burger* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Mustard (tsp)	2	4	6	8	10	12
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3523 /842	480 /115
Total fat (g)	51	7
of which saturated(g)	26,7	3,6
Carbonhydrates (g)	64	9
of which sugars (g)	13,7	1,9
Fiber (g)	16	2
Protein (g)	30	4
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Boil plenty of water in two pots or saucepans for the potatoes and the other vegetables.
- Wash or peel the potatoes and cut into rough pieces.
- Crumble the stock cube into one of the pans (see pantry for amount).
- Boil the potatoes for 12 - 15 minutes until done, then drain.



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger with half each of the garlic and onion for 4 - 5 minutes per side.
- Remove the burger from the pan and serve on plates.
- Set aside to keep warm under aluminum foil until serving.



Mash the potatoes

- Meanwhile, slice the carrot.
- Discard the tips of the green beans and cut into thirds.
- Mash the potatoes with a knob of butter and a splash of milk
- Stir in half of the mustard and season to taste with salt and pepper.



Make the sauce

- Reduce the heat under the pan, then add the cream, the red wine vinegar, the water for the sauce and the rest of the mustard.
- Mix well, then bring to the boil and allow to reduce for 2 - 3 minutes.
- Season to taste with salt and pepper.



Cook the vegetables

- In the other pan, boil the carrot and green beans for 8 - 10 minutes or until done.
- Drain and set aside.
- In the meantime, chop the onion and crush or mince the garlic.

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



Serve

- Shortly before serving, stir a knob of butter and the rest of the garlic and onion into the vegetables.
- Cook for 1 - 2 minutes, seasoning to taste with salt and pepper.
- Transfer the mashed potatoes and the vegetables to the plates. Finish with the creamy mustard sauce.

Enjoy!



Escarole 'Stamppt' with Grana Padano & Pesto Rosso

with cherry tomato sauce & crema di balsamico

Veggie Quick Calorie Smart

Total time: 20 - 25 min.



Chopped escarole



Potatoes



Pesto rosso



Pumpkin seeds



Red cherry tomatoes



Onion



Sicilian-style herb mix



Grana Padano flakes DOP



Crema di balsamico



Garlic



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

Escarole isn't the same as endive, but they do come from the same plant species! Escarole has a slightly bitter flavour and crisp texture, and can be eaten both raw or cooked.



Tear me out!

Before you start

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.

Equipment

Kettle, pot or saucepan, potato masher, sieve, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chopped escarole* (g)	150	300	450	600	750	900
Potatoes (g)	250	500	750	1000	1250	1500
Pesto rosso* (g)	20	40	60	80	100	120
Pumpkin seeds (g)	10	20	30	40	50	60
Red cherry tomatoes (g)	70	125	200	250	325	375
Onion (unit(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Crema di balsamico (ml)	4	8	12	16	20	24
Garlic (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Flour (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2820 /674	438 /105
Total fat (g)	35	5
of which saturated(g)	11,2	1,7
Carbonhydrates (g)	64	10
of which sugars (g)	11,7	1,8
Fiber (g)	15	2
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

- Peel and roughly chop the potatoes.
- Peel the garlic clove.
- Transfer the potatoes and garlic clove to a pot or saucepan and cover with water, then boil for 12 - 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside.
- In the meantime, boil the kettle. Transfer the escarole to a sieve and pour over the boiling water, then press out the excess liquid with a spoon.



Finish the stamppot

- Mash the potatoes with the mustard, a knob of butter and a splash of the reserved cooking liquid as preferred.
- Stir in the escarole, the Sicilian-style herbs and the pesto rosso.
- Season to taste with salt and pepper.

Did you know... 🌱 escarole is low in calories but full of vitamins and minerals, such as folic acid, potassium and vitamin K. Vitamin K is found in several types of leafy greens, and helps to keep your bones strong.



Make the sauce

- Prepare the stock.
- Chop the onion and halve the tomatoes.
- Heat a drizzle of olive oil in a frying pan over medium high heat. Fry the onion for 2 - 3 minutes, then add the tomatoes and fry for 2 minutes.
- Add the flour and whisk in the stock, then lower the heat and simmer for 2 - 3 minutes.



Serve

- Serve the stamppot on plates and pour over the tomato sauce.
- Garnish with the Grana Padano flakes and the pumpkin seeds.
- Drizzle over the crema di balsamico, as well as some extra virgin olive oil if preferred.

Enjoy!

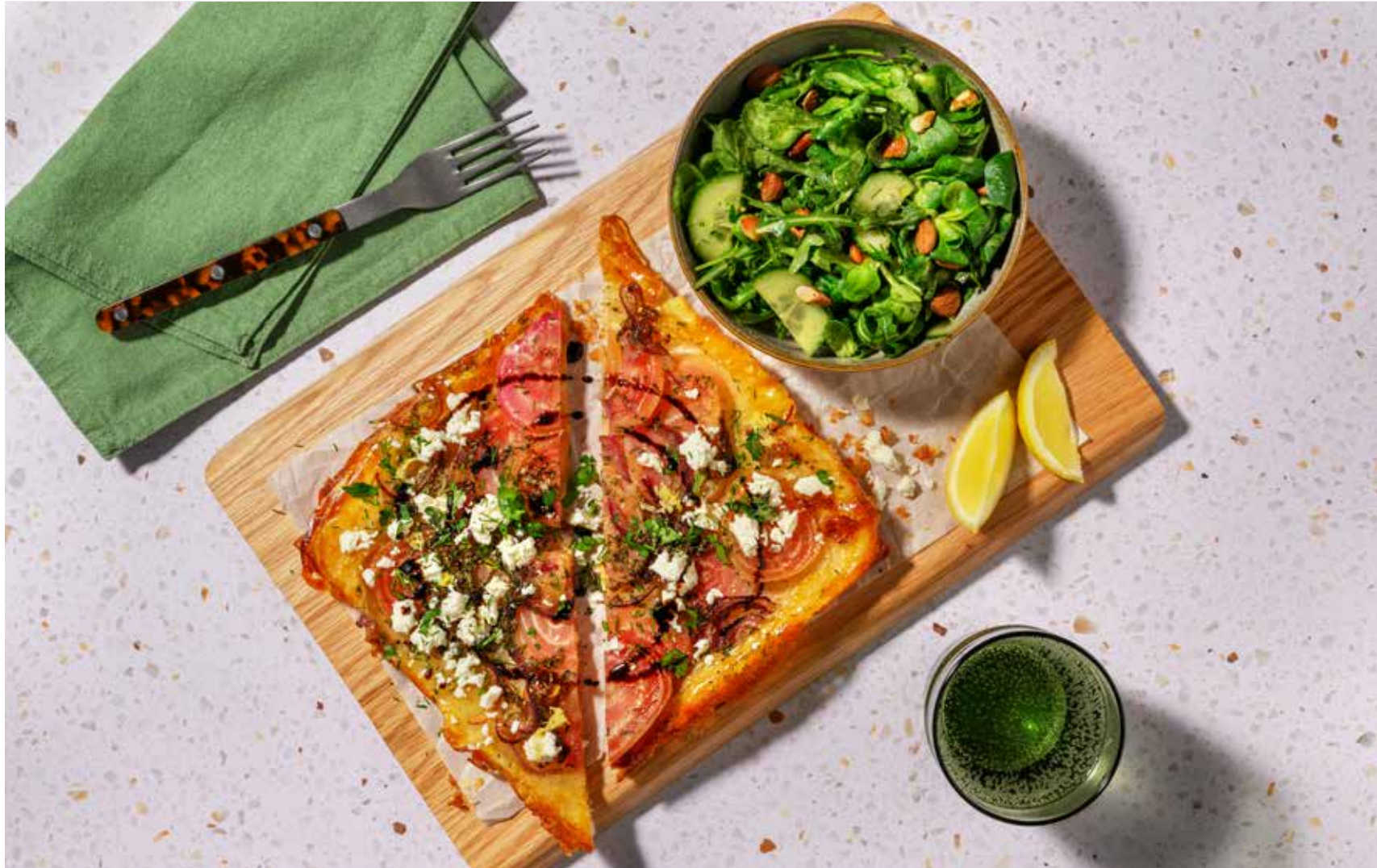


Candy Cane Beetroot Upside-Down Tart

with Greek-style cheese, fresh herbs & zesty arugula salad

Veggie

Total time: 40 - 50 min.



Red onion



Dried thyme



Puff pastry



Garlic



Lemon



Crema di balsamico



Arugula & lamb's lettuce



Dill, mint & flat leaf parsley



Salted almonds



Cucumber



Candy cane beetroot



Greek-style cheese



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

Chioggia beetroot, also known as candy cane beetroot, originates from the Italian town of Chioggia. Its pattern disappears when cooked - but don't worry, the sweet taste will stick around!



Tear me out!

Before you start

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.

Equipment

Parchment-lined baking sheet, microplane, pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Crema di balsamico (ml)	4	8	12	16	20	24
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Salted almonds (g)	20	40	60	80	100	120
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Candy cane beetroot* (unit(s))	1	2	3	4	5	6
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3895 /931	753 /180
Total fat (g)	54	10
of which saturated(g)	24,6	4,8
Carbonhydrates (g)	85	16
of which sugars (g)	23,9	4,6
Fiber (g)	11	2
Protein (g)	23	4
Salt (g)	1,8	0,3

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.
- Boil plenty of water in a pot or saucepan. Peel and slice the beetroot into rounds of 0.5cm thickness.
- Slice the onion into half rings and crush or mince the garlic.
- Parboil the beetroot for 5 - 7 minutes, then drain and pat dry.



Prepare the toppings

- Roughly chop the almonds and finely chop the fresh herbs.
- Zest the lemon and cut it into wedges.
- Slice the cucumber into crescents.
- In a salad bowl, combine the mustard with the rest of the honey and the juice of one lemon wedge per person.



Prepare the tart

- Cut each roll of pastry in half, so as to make one tart per person.
- Drizzle half of the honey over a parchment-lined baking sheet (or use more baking sheets as necessary if cooking for more people).
- Scatter the garlic and half of the thyme over the honey, then season with salt and pepper.



Make the salad

- To the salad bowl, add the lettuce, the almonds, the cucumber and half of the fresh herbs.
- Toss well to combine with the dressing, then season to taste with salt and pepper.
- Using a spatula, carefully transfer the tart to a plate, turning it over so that the vegetables are now facing upwards.



Bake the tart

- Arrange the beetroot and onion on top of the honey, then scatter over the rest of the thyme.
- Place the puff pastry on top and press down the edges with a fork.
- Pierce the surface of the pastry several times, then bake in the oven for 20 - 25 minutes.



Serve

- Crumble the cheese over the tart and drizzle with the crema di balsamico.
- Garnish with the lemon zest and the rest of the fresh herbs.
- Serve the salad and the rest of the lemon wedges alongside.

Enjoy!



Candy Cane Beetroot Bowl with Avocado & Greek-Style Cheese

over bulgur with pistachios, orange dressing & coriander

Veggie

Total time: 35 - 45 min.



Bulgur



Garlic



Red onion



Baby spinach



Candy cane beetroot



Corn



Avocado



Easy peel orange



Mexican-style spices



Fresh coriander



Pistachio nuts



Greek-style cheese



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

Did you know that "bulgur" is the Turkish word for barley?

Tear me out!



Before you start

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.

Equipment

Parchment-lined baking sheet, 2x bowl, large bowl, lidded pot or saucepan, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Baby spinach* (g)	65	125	125	250	250	375
Candy cane beetroot* (unit(s))	½	1	2	2	3	3
Corn (g)	70	140	140	285	280	425
Avocado (unit(s))	½	1	2	2	3	3
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Pistachio nuts (g)	10	20	30	40	50	60
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3674 /878	570 /136
Total fat (g)	52	8
of which saturated(g)	10,6	1,6
Carbonhydrates (g)	72	11
of which sugars (g)	15	2,3
Fiber (g)	16	2
Protein (g)	24	4
Salt (g)	2,1	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C. Prepare the stock.
- Peel the beetroot and cut into thin wedges. Crush or mince the garlic.
- Transfer the beetroot to a bowl and drizzle with olive oil. Add the garlic and season with salt and pepper, then toss well to combine.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes, tossing halfway.



Fry the corn

- Heat a clean frying pan over high heat and toast the pistachios until golden-brown.
- Remove from the pan, then roughly chop and set aside.
- In the meantime, drain the corn and roughly chop the coriander.
- Heat a drizzle of olive oil in the same pan over medium-high heat and fry the corn for 4 - 5 minutes.



Prepare the bulgur

- Chop the onion.
- Heat a light drizzle of olive oil in a pot or saucepan over low heat and fry the onion for 2 minutes.
- Stir in the bulgur and toast the grains for 1 minute, then pour in the stock and bring to the boil.
- Cook for 10 - 12 minutes over low heat, stirring occasionally.



Finish

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Transfer the corn, the beetroot and half of the coriander to a large bowl. Add half of the dressing and toss well to combine.
- To the rest of the dressing, add the mayonnaise and the rest of the **Mexican-style spices**. Mix well.



Make the dressing

- Meanwhile, juice a quarter orange per person into a bowl.
- Add the red wine vinegar and the extra virgin olive oil, then mix well to combine. Season to taste with salt and pepper.
- When the bulgur is done, stir in half of the **Mexican-style spices*** and set aside until serving, covered.

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



Serve

- Serve the spinach on plates and drizzle with extra virgin olive oil as preferred. Top with the bulgur, the beetroot salad and the avocado.
- Crumble over the cheese and drizzle with the orange mayonnaise.
- Garnish with the pistachios and the rest of the coriander to finish.

Enjoy!



Sweet Potato & Lentil Curry with Naan

with spinach salad & fragrant labneh sauce

Family Veggie Calorie Smart

Total time: 35 - 45 min.



Sweet potato



Garlic



Red onion



Fresh ginger



Spinach



Roma tomato



Fresh flat leaf
parsley & coriander



Lentils



Labneh



Yellow curry spices



Coconut milk



Naan with herbs



Persian cucumber



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

No need to say "naan bread" - the word "naan" itself already means
"bread" in Persian!

Tear me out!



Before you start

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.

Equipment

Lidded deep frying pan, microplane, salad bowl, small bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Spinach* (g)	75	150	200	300	350	450
Roma tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & coriander* (g)	5	10	10	10	20	20
Lentils (pack)	½	1	1½	2	2½	3
Labneh* (g)	20	40	60	80	100	120
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2636 /630	355 /85
Total fat (g)	27	4
of which saturated(g)	13,3	1,8
Carbonhydrates (g)	72	10
of which sugars (g)	14	1,9
Fiber (g)	14	2
Protein (g)	19	3
Salt (g)	2,8	0,4

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.
- Peel the sweet potato and dice it into 1 – 2cm chunks.
- Chop the onion and crush or mince the garlic.
- Grate or finely chop the ginger.



Make the salad

- Meanwhile, tear or cut the spinach into small pieces.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and then season to taste with salt and pepper.
- Dice the cucumber and quarter the tomatoes, then transfer to the bowl, along with half of the spinach. Toss well to combine with the dressing.
- Roughly chop the parsley and coriander. Drain the lentils.



Fry the aromatics

- Heat a clean deep frying pan over medium-high heat.
- Toast the curry spices for 1 – 2 minutes or until fragrant.
- Stir in a knob of butter and allow to melt.
- Add the onion, ginger and three quarters of the garlic, then fry for 2 – 3 minutes.



Finish

- Add the lentils and the rest of the spinach to the curry. Mix well and allow the spinach to wilt and reduce.
- Simmer for 3 – 5 minutes over low heat, or longer if the curry needs to reduce further.
- In a small bowl, combine the labneh with the rest of the garlic and a third of the fresh herbs.
- Add extra virgin olive oil as preferred and season to taste with salt and pepper.



Make the curry

- Add the sweet potato and cover with the lid, then fry for 1 - 2 minutes over medium-high heat.
- Add the stock and the coconut milk, then allow to cook gently over low heat for 10 minutes.
- Remove the lid and cook for 5 more minutes, or longer if the curry needs to reduce further.



Serve

- Meanwhile, bake the naan in the oven for 2 – 3 minutes.
- Serve the curry with the naan and the salad alongside.
- Garnish with the rest of the fresh herbs and serve the labneh sauce on the side.

Enjoy!

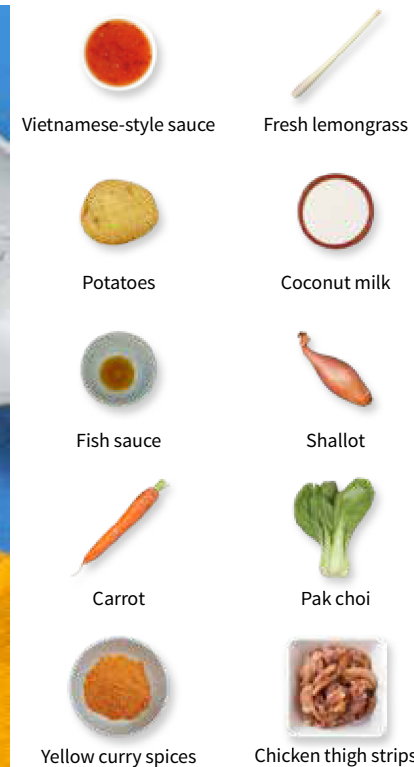


Fragrant Coconut Chicken Soup

with pak choi, carrot & potatoes

Family Quick

Total time: 25 - 30 min.



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

Scan the QR-code on your recipe card for a chance to win a SMEG fridge.



Tear me out!

Before you start

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.

Equipment

Lidded soup pot or large pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Fresh lemongrass* (unit(s))	¼	½	¾	1	1¼	1½
Potatoes (g)	150	300	450	600	750	900
Coconut milk (ml)	90	180	270	360	450	540
Fish sauce (ml)	5	10	15	20	25	30
Shallot (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	2	3	4	5	6
Pak choi* (unit(s))	½	1	2	2	3	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock (ml)	200	400	600	800	1000	1200
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2544 /608	304 /73
Total fat (g)	34	4
of which saturated(g)	18,8	2,2
Carbonhydrates (g)	49	6
of which sugars (g)	16,4	2
Fiber (g)	12	1
Protein (g)	27	3
Salt (g)	4,4	0,5

Allergens

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



Prepare

- Prepare the stock.
- Wash or peel the potatoes and cut them into wedges, then rinse under cold water.
- Chop the shallot and slice the carrot into thin crescents.

Did you know... 🥔 potatoes are a great source of vitamins, such as vitamin B6 and vitamin B11 which keep you energised. Potatoes also provide vitamin C for a strong immune system.



Finish the soup

- Remove and discard the base of the pak choi and finely chop both the stem and the leaves.
- Add the pak choi to the soup and cook gently for 3 minutes, then stir in the fish sauce* and the Vietnamese-style sauce.
- Check if the potatoes and the carrot are done, then season to taste with salt and pepper.
- Add another splash of fish sauce as preferred.

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



Make the soup

- Heat a drizzle of sunflower oil in a soup pot or large pan over medium-high heat and fry the shallot for 1 minute.
- Add the chicken, yellow curry spices, potato wedges and carrot and fry for 3 minutes, then pour in the coconut milk and the stock.
- Bruise or pierce the lemongrass in three places and add it to the soup.
- Lower the heat, then cover with the lid and allow to simmer gently for 9 - 12 minutes.



Serve

- Take the lemongrass out of the soup and discard.
- Serve the soup in bowls or deep plates.

Enjoy!



Panko Salmon with Chive Mash

with roasted cherry tomatoes, olives & salad

Quick Premium

Total time: 25 - 30 min.



Potatoes



Fresh flat leaf
parsley & chives



Garlic



Panko breadcrumbs



Red cherry tomatoes



Persian cucumber



Mixed leaves
of radicchio,
arugula & lettuce



Salmon fillet



Kalamata olives



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

Compared to other cucumber varieties, Persian cucumbers have a
thinner skin, are shorter, nearly seedless and extra crisp. Their flavour is
mild and slightly sweet.



Tear me out!

Before you start

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.

Equipment

Oven dish, lidded pot or saucepan, potato masher, salad bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	5	10	15	20	25	30
Red cherry tomatoes (g)	125	250	375	500	625	750
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
Salmon fillet* (unit(s))	1	2	3	4	5	6
Kalamata olives (g)	15	30	50	70	80	100
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3418 /817	520 /124
Total fat (g)	47	7
of which saturated(g)	8,9	1,4
Carbonhydrates (g)	60	9
of which sugars (g)	9,6	1,5
Fiber (g)	12	2
Protein (g)	31	5
Salt (g)	1,8	0,3

Allergens

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



Cook the potatoes

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan for the potatoes.
- Peel or wash the potatoes and cut them into rough chunks.
- Boil the potatoes for 15 minutes, then drain and set aside, covered.



Bake the fish

- Transfer the cherry tomatoes to the same oven dish and lightly drizzle with olive oil.
- Season with salt and pepper, then bake in the oven for 10 - 12 minutes.
- Mash the potatoes with a small knob of butter, a splash of milk and half of the mustard.
- Stir in the rest of the chives, then season to taste with salt and pepper.



Prepare the fish

- Finely chop the parsley and chives. Crush or mince the garlic.
- In a small bowl, combine the parsley, panko and garlic with half of the chives and a drizzle of olive oil. Season with salt and pepper.
- Grease an oven dish with a light drizzle of olive oil and place the fish skin-side down.
- Spread the panko-herb mixture over the fish.



Serve

- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and the rest of the mustard. Season to taste with salt and pepper.
- Dice the cucumber and transfer to the salad bowl. Add the lettuce mix and toss well to combine. Garnish the salad with the olives.
- Serve the fish and cherry tomatoes with the chive mash and the salad alongside.

Enjoy!



Gnocchi with Burrata & Chicken Breast

in tomato sauce with courgette & fresh basil

Quick Premium

Total time: 20 - 25 min.



Gnocchi



Courgette



Red onion



Garlic



Burrata



Passata



Italian seasoning



Fresh basil



Crema di balsamico



Chicken breast with Mediterranean herbs



Cook along and win a SMEG fridge

La cucina tastes even better with a touch of SMEG: Italian design, premium quality, and cooking pleasure.

Scan the QR code for a chance to win a SMEG fridge.



Before you start

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.

Equipment

Deep frying pan, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Fresh basil* (g)	5	10	15	20	25	30
Crema di balsamico (ml)	4	8	12	16	20	24
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3431 /820	513 /123
Total fat (g)	31	5
of which saturated(g)	10	1,5
Carbonhydrates (g)	90	13
of which sugars (g)	16,6	2,5
Fiber (g)	4	1
Protein (g)	44	7
Salt (g)	3,8	0,6

Allergens

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



Make the sauce

- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a saucepan over medium heat.
- Fry the garlic and onion for 2 - 3 minutes.
- Stir in the Italian seasoning, the passata, the balsamic vinegar, the sugar and the water for the sauce.



Fry the gnocchi

- Bring to the boil, then lower the heat.
- Allow to simmer gently for 10 minutes, stirring regularly, until it has thickened and reduced.
- Season to taste with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the gnocchi for 6 - 8 minutes until golden-brown (see Tip).

Tip: for the best result, leave the gnocchi mostly undisturbed.



Fry the chicken & courgette

- Meanwhile, slice the courgette into thin crescents.
- Cut the chicken into thin strips.
- Heat another drizzle of olive oil in a deep frying pan over medium-high heat. Fry the chicken and courgette for 5 - 7 minutes until done, seasoning with salt and pepper.
- Finely chop the basil in the meantime.



Serve

- Serve the gnocchi and tomato sauce on deep plates.
- Top with the chicken and courgette, then drizzle with the crema di balsamico.
- Top with the burrata and garnish with the basil to finish.

Enjoy!



Ribeye Steak with Herbaceous Hollandaise & Fries

with crisp butter lettuce & radish salad

Premium

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!

Ribeye steak is prized for its marbling - the streaks of fat that melt as it cooks - making this cut of meat extra juicy and tender.



Tear me out!

Before you start

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.

Equipment

Aluminum foil, parchment-lined baking sheet, immersion blender, oven dish, salad bowl, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ribeye steak* (unit(s))	1	1	1	1	2	2
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
Not included						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
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 (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3648 /872	531 /127
Total fat (g)	56	8
of which saturated(g)	17,2	2,5
Carbonhydrates (g)	49	7
of which sugars (g)	10,7	1,6
Fiber (g)	11	2
Protein (g)	45	7
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Take the steak out of the fridge and allow it to reach room temperature (see Tip).
- Peel or thoroughly wash the potatoes and then cut into fries of no more than 1cm thickness.

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



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 - 3 minutes per side.
- Transfer both to an oven dish and roast for 6 - 8 minutes (see Tip).
- Allow to rest under aluminum foil for at least 3 minutes.

Tip: reduce the oven time if you'd prefer the steak to be less well-done.



Bake the fries

- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 20 - 25 minutes or until golden brown, tossing halfway.
- Meanwhile, slice the onion into half rings.
- Pull the tarragon leaves off the stems.



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 and the rest of the mustard and white wine vinegar.
- Add the lettuce and the radishes and toss well to combine with the dressing. Season to taste with salt and pepper.



Make the sauce

- Melt a knob of butter in a saucepan over medium-low heat. Fry half of the onion for 5 - 6 minutes, then take the pan off the heat.
- Add the fresh herbs, the capers, the walnuts and the Worcestershire sauce, along with half of the mustard and two thirds of the white wine vinegar.
- Use an immersion blender to process the mixture into a smooth sauce, then set aside until later use.



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!



Sesame-Crusted Tuna Steak

with broccolini, spicy fried rice & sriracha mayo

Premium

Total time: 35 - 45 min.



Scallions



Garlic



Tuna steak



Korean-style spice mix



Sesame seeds



Kimchi sauce



Fish sauce



Fresh coriander



Carrot



Broccolini



Jasmine rice



Sriracha mayo



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

Tuna steak is a thick cut of tuna fish, usually from the loin or the belly. It's often grilled, seared, or pan-fried and typically served rare or medium-rare in order to preserve its tenderness.



Tear me out!

Before you start

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.

Equipment

Bowl, deep plate, grater, pot or saucepan, kitchen paper, frying pan, lidded wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tuna steak* (unit(s))	1	2	3	4	5	6
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Sesame seeds (sachet(s))	1	1	1	1	2	2
Kimchi sauce (g)	20	40	60	80	100	120
Fish sauce (ml)	10	20	30	40	50	60
Fresh coriander* (g)	5	10	15	20	25	30
Carrot* (unit(s))	1	2	3	4	5	6
Broccolini* (g)	50	100	200	200	300	300
Jasmine rice (g)	75	150	225	300	375	450
Sriracha mayo* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock (ml)	25	50	75	100	125	150
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	2	4	6	8	10	12
Sambal (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3640 /870	668 /160
Total fat (g)	43	8
of which saturated(g)	4,7	0,9
Carbonhydrates (g)	84	15
of which sugars (g)	16,5	3
Fiber (g)	8	1
Protein (g)	42	8
Salt (g)	4	0,7

Allergens

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



Prepare

- Prepare the stock.
- Boil plenty of water in a pot or saucepan and cook the rice for 8 - 9 minutes, then drain and set aside.
- Chop some of the scallion greens into thin rings to use later as garnish and set aside. Cut the rest of the scallions into 2cm chunks.
- Grate the carrot and crush or mince the garlic.



Fry the fish

- On a deep plate, combine two thirds of the sesame seeds with the rest of the Korean-style spices. Season to taste with salt and pepper.
- Pat the tuna steak dry with kitchen paper, then coat with the sesame mixture.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the tuna steak for 1 - 3 minutes per side, or longer if you'd prefer it to be less rare.



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok over medium-high heat.
- Fry the scallions, the carrot and the garlic for 4 - 6 minutes, then remove from the wok and set aside.
- In a bowl, combine the stock with the white wine vinegar, the sugar, the fish sauce* and the soy sauce, along with half each of the **kimchi sauce*** and the Korean-style spices.

**Take care, these ingredients are spicy and salty! Use as preferred.*



Finish

- Heat a drizzle of sunflower oil in the same wok over high heat.
- When the oil is nice and hot, add the rice, the sauce and some sambal as preferred.
- Mix well to combine and fry for 4 - 5 minutes over high heat, leaving it mostly undisturbed.
- Add the fried carrot and scallions and mix well to combine.



Make the sauce

- In the same wok, heat another drizzle of sunflower oil over high heat.
- Fry the broccolini for 4 - 5 minutes, then deglaze with a splash of water and add the rest of the **kimchi sauce**.
- Cover and allow to stew for 4 - 5 minutes, then remove from the wok and set aside.
- Finely chop the coriander in the meantime.



Serve

- Serve the stir-fry on deep plates and garnish with the reserved scallions and the coriander.
- Cut the tuna steak into thin slices and serve on a separate plate, then drizzle over the sriracha mayo.
- Garnish the broccolini with the rest of the sesame seeds and serve on another plate.

Enjoy!



Chicken Cheeseburger with Sesame Mayo & Zesty Peanut Slaw

on a charcoal bun with potato wedges & fresh herbs

Quick Premium

Total time: 25 - 30 min.



Potatoes



Chicken burger from Oranjehoe



Onion



Sesame oil



Korean-style spice mix



Rainbow slaw mix



Romano pepper



Fresh coriander & mint



Salted peanuts



Charcoal burger bun



Lime



Grated cheddar



There is a new ingredient in your box! This charcoal burger bun is slightly sweet in flavour, and a real eye-catcher on your plate. Scan the QR code to let us know what you thought of the ingredient!



Before you start

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.

Equipment

Parchment-lined baking sheet, lidded frying pan, large frying pan, salad bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Sesame oil (ml)	10	20	30	40	50	60
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Romano pepper* (unit(s))	½	1	2	2	3	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Charcoal burger bun (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150
Not included						
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4950 /1183	687 /164
Total fat (g)	75	10
of which saturated(g)	14,5	2
Carbonhydrates (g)	86	12
of which sugars (g)	17,1	2,4
Fiber (g)	16	2
Protein (g)	38	5
Salt (g)	4,6	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.
- Peel or thoroughly wash the potatoes and cut them into wedges.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the potato wedges for 15 - 18 minutes, tossing regularly.
- Season to taste with salt and pepper.



Make the dressing

- Quarter the lime and squeeze a quarter per person into a salad bowl.
- Add the vinegar, two thirds of the soy sauce and half of the mayonnaise.
- Mix well to combine, seasoning with salt and pepper.
- Roughly chop the fresh herbs and the peanuts.



Bake the wedges

- Transfer the potato wedges to a parchment-lined baking sheet.
- Scatter over half of the Korean-style spices, then toss well to combine.
- Add the charcoal bun alongside and bake in the oven for 5 - 6 minutes.
- Meanwhile, slice the onion into half rings and cut the Romano pepper into thin strips.



Make the slaw

- Set aside some of the slaw mix to use later, then add the rest to the salad bowl.
- Add the Romano pepper, the fresh herbs and the peanuts, then toss well to combine with the dressing.
- In a small bowl, combine the sesame oil with the rest of the soy sauce, mayonnaise and Korean-style spices.



Fry the burger

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the burger for 2 - 3 minutes.
- Add the onion and fry for 5 more minutes, turning regularly.
- Top the burger with the cheese, then cover with the lid. Allow the cheese to melt for 1 - 2 minutes over low-medium heat.



Serve

- Cut open the charcoal bun and spread both sides with half of the sesame mayonnaise.
- Top with the burger, the reserved slaw mix and the fried onion.
- Serve with the slaw and the potato wedges, along with the rest of the sesame mayonnaise and lime wedges.

Enjoy!



Keto-Friendly Pesto Rosso Cod En Papillote

with shaved almonds, arugula salad, roasted broccoli & fennel

Premium -30% Carbs

Total time: 30 - 40 min.



Cod fillet



Broccoli



Fennel



Italian seasoning



Arugula



Peruvian-style spice mix



Sicilian-style herb mix



Shaved almonds



Pesto rosso



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

Pesto rosso originates from Sicily, Italy, and can also be called “pesto alla siciliana”.



Tear me out!

Before you start

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.

Equipment

Aluminum foil, parchment-lined baking sheet, large bowl, kitchen paper, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Broccoli* (g)	200	360	500	720	860	1080
Fennel* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Arugula* (g)	20	40	60	80	100	120
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Shaved almonds (g)	10	20	30	40	50	60
Pesto rosso* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3184 /761	665 /159
Total fat (g)	64	13
of which saturated(g)	8	1,7
Carbonhydrates (g)	10	2
of which sugars (g)	5,1	1,1
Fiber (g)	10	2
Protein (g)	32	7
Salt (g)	1,6	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.
- Cut the head of the broccoli into florets and dice the stem.
- Cut the fennel stems off of the bulb and set aside until later use. Quarter the fennel and remove the tough core, then chop the fennel into thin strips.
- Transfer the broccoli, fennel and Italian herbs to a large bowl and drizzle generously with olive oil. Season with salt and pepper, then toss well to coat.



Make the salad

- Thinly slice the reserved fennel stalks and transfer to a salad bowl.
- Add the arugula, the white wine vinegar and a third of the extra virgin olive oil. Toss well to combine.
- In the meantime, heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet. Roast in the oven for 10 minutes.
- Pat the fish dry with kitchen paper, then transfer each fillet to a 30cm square of aluminum foil.
- Top with the pesto and the Peruvian-style spices. Season with salt and pepper, then seal the foil tightly.
- Add the fish to the baking sheet and return to the oven for 12 - 15 minutes.



Serve

- In a small bowl, combine the Sicilian herbs with the mayonnaise and the rest of the extra virgin olive oil. Season to taste with salt and pepper.
- Serve the salad, roasted vegetables and fish on plates.
- Top the fish with the mayonnaise sauce and garnish with the almonds.

Enjoy!



Keto-Friendly Pork Tenderloin with Parm-Crusted Courgette Fries

over cheesy creamed spinach with lemon mayonnaise

Quick Calorie Smart Premium -30% Carbs

Total time: 25 - 30 min.



Courgette



Peruvian-style spice mix



Pork tenderloin



Lemon



Garlic



Onion



Parmigiano Reggiano DOP



Spinach



Cream cheese



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

Do your teeth feel gritty after eating spinach? To avoid this, be sure to include a calcium-rich component in the meal. For example, in this dish we've included cream and cheese!



Tear me out!

Before you start

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.

Equipment

Aluminum foil, parchment-lined baking sheet, grater, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Cream cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2469 /590	507 /121
Total fat (g)	42	9
of which saturated(g)	13,4	2,8
Carbonhydrates (g)	14	3
of which sugars (g)	8,7	1,8
Fiber (g)	5	1
Protein (g)	37	8
Salt (g)	2,3	0,5

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 courgette into batons and transfer to a parchment-lined baking sheet.
- Add the Peruvian-style spices and drizzle with olive oil, then toss well to coat.
- Roast in the oven for 7 - 10 minutes.



Fry the aromatics

- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion and garlic for 1 - 2 minutes.
- Crumble in the stock cube (see pantry for amount).



Fry the pork tenderloin

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the pork tenderloin for 10 - 13 minutes until evenly browned, or until cooked to your liking.
- Remove from the pan and allow to rest under aluminum foil.



Fry the spinach

- Gradually add the spinach in batches and fry for 1 minute.
- Before it has completely wilted and reduced, add the cream cheese and the juice of 1 lemon wedge per person.
- Fry for 1 more minute, seasoning to taste with salt and pepper.



Make the lemon mayonnaise

- Cut the lemon into six wedges
- In a small bowl, combine the mayonnaise with the juice of 1 lemon wedge per person.
- Grate the Parmigiano Reggiano directly over the courgette, then return to the oven for 5 more minutes.



Serve

- Serve the creamy spinach on deep plates and top with the pork tenderloin.
- Serve the cheesy courgette fries alongside and drizzle with the lemon mayonnaise.
- Serve any remaining lemon wedges alongside.

Enjoy!