



White Chocolate Mousse with Blueberry Compote

with lime & mascarpone

Total time: 75 - 85 min.



Kruidnoten



Mascarpone



Heavy cream



White chocolate chips



Lime



Blueberries



Build your perfect festive feast with our special Christmas selection! This delicious main course is one of many recipes you can mix and match to create your ideal holiday meal. Browse all the options in the Christmas category.



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

Glasses, large bowl, microplane, 2x saucepan, whisk, heatproof bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Speculaas pieces (g)	15	30	45	60	75	90
Mascarpone* (g)	25	50	75	100	125	150
Heavy cream* (ml)	50	100	150	200	250	300
White chocolate chips (g)	25	50	75	100	125	150
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Blueberries* (g)	35	65	95	125	160	190
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2192 /524	1244 /297
Total fat (g)	32	18
of which saturated(g)	21,2	12
Carbonhydrates (g)	34	19
of which sugars (g)	26,7	15,1
Fiber (g)	1	1
Protein (g)	5	3
Salt (g)	0,3	0,2

Allergens

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



Prepare

- Weigh the kruidnoten and the chocolate chips.
- Finely chop the kruidnoten. Measure the cream.
- Boil a shallow layer of water in a saucepan and place a heatproof bowl on top, ensuring it does not touch the water.
- Transfer the chocolate chips to the bowl and allow to melt, stirring regularly.



Make the compote

- Transfer the kruidnoten to glasses and then top with the mousse. Cool in the fridge for at least an hour.
- In a saucepan, combine the honey with the water for sauce and two thirds of the blueberries.
- Simmer for 3 minutes over medium heat, then mash with a fork.
- Simmer for another 3 minutes, then allow to cool completely.



Make the mousse

- Zest and juice the lime.
- In a large bowl, combine the mascarpone with the melted chocolate and (per person) ½ tsp lime juice and ¼ tsp lime zest.
- Use a whisk or handheld mixer to gradually incorporate the cream and beat for 3 - 6 minutes into a smooth, firm mousse.
- Taste and then add more lime juice or zest if preferred.



Serve

- Top the mousse with the blueberry compote and the rest of the blueberries.
- Finish with some lime zest as preferred.

Enjoy!



Sweet & Smoky Cottage Pie

with corn, beef & cheddar

Family

Total time: 40 - 50 min.



Sweet potato



Potatoes



Corn



Bell pepper



Onion



Seasoned beef mince



Mexican-style spices



Grated cheddar



Tomato paste



Smoked paprika



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

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



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	220	285	360	425
Bell pepper* (unit(s))	½	1	2	2	3	3
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
Tomato paste (can)	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3310 /791	478 /114
Total fat (g)	38	6
of which saturated(g)	17,3	2,5
Carbonhydrates (g)	76	11
of which sugars (g)	26	3,8
Fiber (g)	13	2
Protein (g)	34	5
Salt (g)	2,6	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C and prepare the stock.
- 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 for 12 - 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside.
- Meanwhile, dice the onion and the bell pepper. 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 then 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 so.
- Add the onion and the bell pepper, then fry for 2 - 3 more minutes.
- Stir in the smoked paprika, the corn and the tomato paste, then fry for 1 - 2 minutes until crimson.
- Deglaze with the stock.



Serve

- Transfer the filling to an oven dish and then 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!



Creamy Veggie Meatballs with Braised Red Cabbage

one simple recipe with extra flavours for parents!

Family Veggie Quick

Total time: 20 - 25 min.



Unbelievaballs from the Vegetarian Butcher®



Potatoes



Onion



Apple



Cooking cream



Shredded red cabbage



Soy sauce



Ground cinnamon



Yellow mustard seeds



Fresh goat's cheese



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

Easily adapt this recipe to suit younger palates without compromising on flavour on your own plate. Keep it simple for the kids and enjoy the special ingredients that we've added just for you!

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, lidded frying pan, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Unbelievaballs from the Vegetarian Butcher®** (unit(s))	5	10	15	20	25	30
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Shredded red cabbage* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Ground cinnamon (tsp)	¾	1½	2¼	3	3¾	4½
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Fresh goat's cheese* (g)	25	50	75	100	125	150
Not included						
Flour (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
Water (ml)	25	50	75	100	125	150
Brown sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3146 /752	418 /100
Total fat (g)	35	5
of which saturated(g)	17,5	2,3
Carbonhydrates (g)	78	10
of which sugars (g)	27,4	3,6
Fiber (g)	17	2
Protein (g)	27	4
Salt (g)	3,1	0,4

Allergens

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



Prepare

- Dice the apple and finely chop the red cabbage.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the apple for 1 – 2 minutes.
- Deglaze the white balsamic vinegar, then gradually stir in the cabbage and fry for 4 – 5 minutes over high heat.
- Add the sugar, the cinnamon, a generous pinch of salt and the water (see pantry for amount).



Boil the potatoes

- Transfer the potatoes to a pot or saucepan and submerge with water.
- Boil the potatoes for 12 - 15 minutes, covered, then drain and set aside.
- Meanwhile, prepare the stock and slice the onion into half rings.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the meatballs with the onion for 5 minutes.



Stew the cabbage

- Mix well, then cover with the lid and allow to stew for 15 minutes over medium-high heat, or until the cabbage is soft (see Tip).
- Season to taste with salt and pepper.
- Meanwhile, peel or thoroughly wash the potatoes and then cut them into wedges.

Tip: cook longer if necessary and add extra water if the cabbage seems too dry.



Serve

- Stir in the cream, the stock, the mustard seeds, the flour and the soy sauce, then allow to simmer for 5 - 6 minutes, covered.
- Serve the cabbage and potatoes on plates with the meatballs in their creamy sauce alongside.
- For parents: crumble the goat's cheese over the cabbage.

Enjoy!



Family Tex-Mex Night: Burrito Bowl with Tortilla Chips

build your own & enjoy together!

Family Veggie Quick

Total time: 25 - 30 min.



Basmati rice



Red onion



Garlic



Black beans



Mexican-style spices



Passata



Grated Gouda



Fresh coriander



Tomato



Avocado



Corn



Sweet chilli tortilla chips



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 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, lidded pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Black beans (pack)	½	½	1	1½	1½	2
Mexican-style spices (sachet(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	2	2	3	3
Corn (g)	140	285	425	570	710	855
Sweet chilli tortilla chips (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3707 /886	604 /144
Total fat (g)	32	5
of which saturated(g)	8,3	1,4
Carbonhydrates (g)	118	19
of which sugars (g)	19,2	3,1
Fiber (g)	18	3
Protein (g)	28	5
Salt (g)	3,1	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the rice, then crumble in the stock cube (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered, then drain and set aside.
- Chop the onion and crush or mince the garlic.
- Drain and rinse the black beans.



Chop the vegetables

- Finely chop the coriander and dice the tomato.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Drain the corn.

Did you know... 🌱 this recipe provides more than 250g vegetables per serving. This is thanks in part to the passata, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.



Make the tomato rice

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 - 3 minutes. Add the black beans, **Mexican-style spices*** and passata, then fry for 6 - 8 minutes, stirring regularly.
- Stir in the rice and the cheese and cook for 2 more minutes. Season to taste with salt and pepper.

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



Serve

- Add some extra virgin olive oil to the tomato and avocado as preferred, then season to taste with salt and pepper.
- Serve all the elements separately at the table and allow everyone to build their own burrito bowl (or if preferred, just plate it directly).

Enjoy!



Swedish-Style Meatballs in Cream Sauce

with baby potatoes, broccoli & cranberry chutney

Family

Total time: 30 - 40 min.



Broccoli



Baby potatoes



Cooking cream



Beef-pork meatballs



Soy sauce



Cranberry chutney



Gomashio



Red onion



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

A furniture store made Swedish meatballs famous. Can you pronounce their name in Swedish? There, they're called "köttbullar"!



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 pot or saucepan, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	250	360	610	720	970	1080
Baby potatoes (g)	250	500	750	1000	1250	1500
Cooking cream (g)	75	150	225	300	375	450
Beef-pork meatballs* (unit(s))	4	8	12	16	20	24
Soy sauce (ml)	10	20	30	40	50	60
Cranberry chutney* (g)	40	80	120	160	200	240
Red onion (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Mustard (tsp)	1	2	3	4	5	6
Flour (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3314 /792	423 /101
Total fat (g)	38	5
of which saturated(g)	18,8	2,4
Carbonhydrates (g)	71	9
of which sugars (g)	24,6	3,1
Fiber (g)	15	2
Protein (g)	34	4
Salt (g)	2,5	0,3

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 for the baby potatoes and the broccoli (see Tip).
- Chop the onion. Cut the head of broccoli into florets and dice the stem.
- Wash the baby potatoes and cut them in half or any larger ones into quarters.
- Halve the meatballs.

Tip: if you're cooking for more than four people, use two pots and cook the broccoli and potatoes separately.



Prepare the meatballs

- Fry the onion in the same pan for 1 - 2 minutes.
- Whisk in the cream, the stock, the mustard, the flour and the soy sauce.
- Allow to reduce for 5 - 6 minutes, adding some extra flour as necessary if it is too watery.
- Return the meatballs to the pan and cook for 6 - 8 minutes.



Boil the vegetables

- Boil the baby potatoes for 9 minutes, covered.
- Add the broccoli and boil for 4 - 6 minutes until done, then drain and then set aside.
- Melt a knob of butter in a frying pan over medium-high heat and fry the meatballs for 2 - 3 minutes until evenly browned.
- Remove from the pan and set aside (they will finish cooking later).



Serve

- Serve the baby potatoes and broccoli on plates with the meatballs in their sauce.
- Garnish the vegetables with the gomashio and serve the cranberry chutney alongside.

Enjoy!

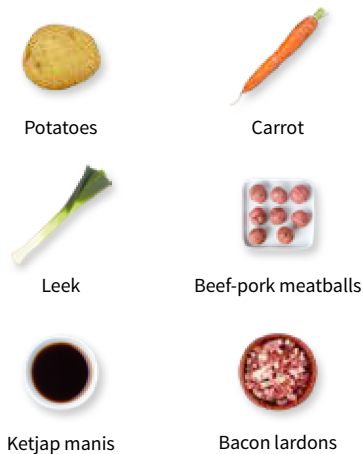


Meatballs with Carrot-Leek Stamppot

with bacon & ketjap jus

Family

Total time: 30 - 40 min.



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

The white end of the leek is the tastiest part! Cut off the root and slice the rest, making sure to remove the outer leaves and cut away the top section, which is tougher and not as tasty.

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, lidded frying pan, pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	1½	2	2½	3
Beef-pork meatballs* (unit(s))	4	8	12	16	20	24
Ketjap manis (ml)	10	20	30	40	50	60
Bacon lardons* (g)	25	50	80	100	130	150
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium beef stock (ml)	50	100	150	200	250	300
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3594 /859	464 /111
Total fat (g)	50	6
of which saturated(g)	25,4	3,3
Carbonhydrates (g)	73	9
of which sugars (g)	23	3
Fiber (g)	14	2
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.



Prepare

- Boil plenty of salted water in a pot or saucepan (see Tip).
- Wash or peel the potatoes and cut them into rough pieces. Cut the carrot into 3cm chunks.
- Boil both for 12 - 15 minutes until done, then drain and set aside.
- Meanwhile, prepare the stock.

Tip: use two pans if you're cooking for more than four people.



Fry the meatballs

- Melt a knob of butter in the same pan over medium-high heat.
- Fry the meatballs for 4 - 6 minutes until evenly browned, then remove from the pan and set aside (see Tip).

Tip: the meatballs should not be done yet, as they will finish cooking in the jus.



Fry the leek

- Meanwhile, slice the leek into thin rings.
- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the leek for 5 - 7 minutes. Season to taste with salt and pepper.



Make the jus

- Melt another knob of butter in the same pan, then stir in the ketjap, the stock and half of the mustard.
- Transfer the meatballs back to the pan.
- Lower the heat and cover with the lid. Allow the jus to gently reduce for 5 - 6 minutes, or until the meatballs are done.



Fry the bacon

- Heat a clean frying pan over medium-high heat and fry the bacon lardons for 5 - 7 minutes until done.
- Remove from the pan using a slotted spoon, so as to keep the cooking juices in the pan.



Serve

- Mash the vegetables with the leek, a knob of butter, a splash of milk and the rest of the mustard.
- Stir in the bacon lardons and then season to taste with salt and pepper.
- Serve the stamppot on plates, topped with the meatballs and the jus.

Enjoy!



Provençal-Style Meatloaf

over rice with roasted vegetables in tomato sauce

Total time: 45 - 55 min.



Onion



Garlic



Pork mince



Panko breadcrumbs



Chopped tomatoes



Fresh rosemary



White long grain rice



Sicilian-style herb mix



Sundried tomatoes



Carrot



Italian seasoning



Courgette



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

You might know meatloaf mostly as an American food, but this isn't really the case! It originates from what we now call Western Europe, namely around Germany and Scandinavia.

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, bowl, oven dish, 2x pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	¼	½	1	1	1½	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Pork mince* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Chopped tomatoes (pack)	¼	½	¾	1	1¼	1½
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Sundried tomatoes (g)	15	30	50	70	80	100
Carrot* (unit(s))	½	1	1	1	2	2
Italian seasoning (sachet(s))	⅓	⅔	1	1½	1½	2
Courgette* (unit(s))	½	1	2	2	3	3
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (ml)	30	60	90	120	150	180
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3205 /766	597 /143
Total fat (g)	30	6
of which saturated(g)	9,9	1,8
Carbonhydrates (g)	93	17
of which sugars (g)	15,9	3
Fiber (g)	8	1
Protein (g)	29	5
Salt (g)	2,1	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.
- Chop the onion and crush or mince the garlic. Finely chop the sundried tomatoes.
- Transfer the mince to a bowl. Add the panko, the milk, the garlic, the sundried tomatoes, the Sicilian-style herbs and half of the onion.
- Season generously with salt and pepper, then knead well to combine.



Make the sauce

- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the rest of the onion for 2 minutes, then deglaze with the balsamic vinegar.
- Add the chopped tomatoes, Italian seasoning and rosemary, then season to taste with salt and pepper.
- Mix well and lower the heat, then allow to simmer gently for 10 - 15 minutes.



Bake the meatloaf

- Shape into a meatloaf.
- Melt a small knob of butter in a frying pan over medium-high heat. Sear the meatloaf for 4 - 6 minutes until evenly browned.
- Transfer to an oven dish and bake for 20 - 30 minutes (see Tip).

Tip: cut open the meatloaf after 20 minutes and check how much further it needs to be cooked.



Finish the sauce

- When the roasted vegetables are done, transfer them to the tomato sauce.
- Mix well to combine.

Did you know... 🍅 *chopped tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 200g of vegetables!*



Roast the vegetables

- Boil plenty of salted water in a pot or saucepan for the rice.
- Cut the carrot and courgette into crescents, then transfer both to a parchment-lined baking sheet.
- Drizzle lightly with olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.
- Meanwhile, boil the rice for 10 - 12 minutes, then drain and set aside.



Serve

- Slice the meatloaf and serve on plates.
- Drizzle with the cooking juices from the oven dish.
- Serve with the rice and vegetables alongside.

Enjoy!



Smoky Conchiglie Al Forno

with mozzarella, basil & bell pepper

Family Veggie Quick

Total time: 25 - 30 min.



Onion



Garlic



Middle Eastern
spice mix



Conchiglie



Tomato



Passata



Smoky tomato ketchup



Fresh basil



Grated Gouda



Shredded mozzarella



Bell pepper



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

Conchiglie is prized for its shape - these pasta shells perfectly envelop sauces, delivering flavour
with every bite!

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, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Tomato (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Smoky tomato ketchup* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	20	40	60	80	100	120
Shredded mozzarella* (g)	50	100	150	200	250	300
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½

Salt and pepper (totaste) to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2929 /700	555 /133
Total fat (g)	22	4
of which saturated(g)	12,4	2,3
Carbonhydrates (g)	87	16
of which sugars (g)	19,9	3,8
Fiber (g)	9	2
Protein (g)	34	6
Salt (g)	2	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan for the conchiglie and crumble in the stock cube (see pantry for amount).
- Boil the conchiglie for 14 - 16 minutes, covered, then drain and set aside.

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



Assemble

- Stir the passata and tomato into the vegetables and cook for 2 more minutes, then stir in the conchiglie.
- Season to taste with salt and pepper, then transfer to an oven dish.
- Top with the mozzarella and smoky tomato ketchup, along with half of the grated cheese.
- Bake in the oven for 5 minutes or until the mozzarella has melted.



Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Dice the bell pepper. Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the bell pepper and Middle Eastern spices and fry for 4 more minutes.
- Meanwhile, dice the tomato.



Serve

- Roughly chop the basil leaves.
- Serve the conchiglie al forno on plates and garnish with the basil and the rest of the cheese.

Enjoy!



Flatbread Pizzas with Mushrooms & Bell Pepper

with mozzarella & Middle Eastern-style spices

Veggie Quick

Total time: 25 - 30 min.



Lebanese flatbread



Garlic



Bell pepper



Mushrooms



Passata



Middle Eastern
spice mix



Grated Gouda



Shredded mozzarella



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

A tasty fusion on your plate today - an Italian dish, made with Lebanese flatbread! The short cooking time means you can get these flatbread pizzas on the table in no time.

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, bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	400	500	650	750
Passata (g)	100	200	300	400	500	600
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Shredded mozzarella* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3205 /766	609 /146
Total fat (g)	27	5
of which saturated(g)	13,9	2,6
Carbonhydrates (g)	90	17
of which sugars (g)	13,7	2,6
Fiber (g)	8	2
Protein (g)	35	7
Salt (g)	2,1	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.
- Crush or mince the garlic.
- Slice the mushrooms and cut the bell pepper into strips.

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



Bake the pizzas

- Spread the tomato sauce over the flatbreads and top with the mushrooms, bell pepper and both cheeses.
- Transfer to a parchment-lined baking sheet and bake in the oven for 5 - 6 minutes (see Tip).

Tip: if you can't bake all of the pizzas at once, you can do it in batches. Decorate the next batch of pizzas while the others are already in the oven.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over high heat and fry the mushrooms with the bell pepper for 3 – 4 minutes.
- In a bowl, combine the passata with the garlic, Middle Eastern-style spices, balsamic vinegar and sugar. Season to taste with salt and pepper.



Serve

- Serve the pizzas on plates.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



Mediterranean Chicken Breast over Roasted Carrot Risotto

with Parmigiano Reggiano, lemon thyme & toasted almonds

Total time: 35 - 45 min.



Risotto rice



Garlic



Carrot



Fresh flat leaf parsley



Shaved almonds



Chicken breast with Mediterranean herbs



Onion



Fresh lemon thyme



Parmigiano Reggiano DOP



Lemon



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

No regular thyme in your box this week - instead, you'll cook with lemon thyme! A cousin of regular thyme, this variety has a bright, citrusy flavour that adds complexity to this dish.

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, blender or an immersion blender with a tall container, deep frying pan, microplane, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
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
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Shaved almonds (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	¾	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	75	150	225	300	375	450
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2900 /693	341 /81
Total fat (g)	24	3
of which saturated(g)	7,3	0,9
Carbonhydrates (g)	88	10
of which sugars (g)	17,7	2,1
Fiber (g)	9	1
Protein (g)	35	4
Salt (g)	2,4	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.
- Chop the onion and crush or mince the garlic.
- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion with the garlic and two-thirds of the lemon thyme sprigs (no need to discard the stalks) for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute.



Fry the chicken

- Heat a clean frying pan over high heat and toast the shaved almonds until golden brown. Remove from the pan and set aside.
- Melt a small knob of butter in the same pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 4 minutes per side, or until done.
- Shortly before serving, slice the chicken.



Make the risotto

- Deglaze with the white wine vinegar, then pour in a third of the stock.
- Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the rice is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Finish

- Transfer half of the roasted carrots to a blender (or to a tall container, if using an immersion blender).
- Add the water for sauce and blend until smooth.
- Transfer this to the risotto and mix well to combine.
- When the risotto is done, remove the lemon thyme sprigs and discard.



Roast the carrots

- Meanwhile, cut the carrot into crescents and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Drizzle with the honey, then roast in the oven for 15 - 20 minutes.
- Meanwhile, chop the parsley and quarter the lemon.
- Discard the stalks of the rest of the lemon thyme.



Serve

- Serve the risotto on deep plates and arrange everything on top.
- Grate the Parmigiano Reggiano directly over the dish.
- Garnish with the toasted almonds, the parsley and lemon thyme leaves. Serve the lemon wedges alongside.

Enjoy!



Pork Tenderloin with Bacon & Gnocchi

in creamy mushroom sauce with Parmigiano Reggiano

Quick Premium

Total time: 15 - 20 min.



Gnocchi



Pork tenderloin



Garlic



Onion



Chestnut mushrooms



Cooking cream



Parmigiano Reggiano DOP



Dried oregano



Bacon lardons



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

Although widely considered a form of pasta, gnocchi are actually a type of dumpling from Italy. Thankfully, they can be treated much the same way as any other pasta shape: suitable for all kinds of sauces!



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, large wok or deep frying pan, microplane, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi (g)	200	400	600	800	1000	1200
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Chestnut mushrooms* (g)	190	375	525	650	900	1025
Cooking cream (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	80	100	130	150
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3648 /872	516 /123
Total fat (g)	42	6
of which saturated(g)	22,2	3,1
Carbonhydrates (g)	74	11
of which sugars (g)	5,6	0,8
Fiber (g)	10	1
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.



Prepare

- Melt a generous knob of butter in a large wok or deep frying pan over medium-high heat.
- Season the pork with salt and pepper, then fry for 6 - 8 minutes until evenly browned.



Prepare the stock

- Prepare the stock (see Tip).
- Finely grate the Parmigiano Reggiano.
- Deglaze the vegetables with the stock, then stir in the cream and allow to reduce for 2 minutes.

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 gnocchi

- Quarter the mushrooms in the meantime.
- 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.
- Add the mushrooms to the pork and fry for 3 - 4 minutes (see Tip).

Tip: if you're cooking for more than two people, fry the mushrooms in a separate pan.



Finish the sauce

- Shortly before serving, stir half of the Parmigiano Reggiano into the creamy mushroom sauce.
- Add some oregano as preferred, then taste and season with salt and pepper as needed.
- Thinly slice the pork.



Add the aromatics

- Meanwhile, slice the onion into thin half-rings and crush or mince the garlic.
- Stir the garlic, onion and bacon lardons into the mushrooms and fry for 4 - 5 minutes.
- When the pork is done, remove from the pan and allow to rest under aluminum foil until serving.



Serve

- Serve the gnocchi and creamy mushroom sauce on plates.
- Top with the pork and garnish with the rest of the Parmigiano Reggiano.

Enjoy!



Pesto Tortelloni with Burrata & Parmigiano Reggiano

with lemon, pumpkin seeds & courgette

Veggie Quick Premium

Total time: 25 - 30 min.



Courgette



Pumpkin seeds



Onion



Garlic



Spinach



Green pesto



Lemon



Parmigiano
Reggiano DOP



Burrata



Tortelloni with ricotta &
spinach



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

Their names are so similar, it's easy to mix them up - but tortelloni and tortellini aren't the same! The difference comes down to their size: tortelloni are larger than delicate tortellini.

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

Microplane, pot or saucepan, large deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Pumpkin seeds (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Green pesto* (g)	40	80	120	160	200	240
Lemon* (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Burrata* (ball(s))	1	2	3	4	5	6
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (totaste)	to taste					
Salt (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4569 /1092	718 /172
Total fat (g)	68	11
of which saturated(g)	22,6	3,6
Carbonhydrates (g)	75	12
of which sugars (g)	14	2,2
Fiber (g)	9	1
Protein (g)	42	7
Salt (g)	2,3	0,4

Allergens

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



Prepare

- Slice the courgette into rounds.
- Chop the onion and crush or mince the garlic.
- Heat a large deep frying pan over high heat and toast the pumpkin seeds until they start to pop. Remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the courgette for 6 - 8 minutes until golden-brown.



Fry the vegetables

- Deglaze with the balsamic vinegar, then add the garlic and three quarters of the spinach. Fry for 2 minutes.
- Add the tortelloni and the pesto, then crumble in the stock cube (see pantry for amount).
- Cook for 1 - 2 minutes over medium-high heat.
- Reduce the heat to medium-low and stir in the courgette.



Boil the tortelloni

- Boil plenty of salted water in a pot or saucepan. Carefully separate the tortelloni and boil for 4 - 6 minutes, then drain and set aside.
- Zest and quarter the lemon. Grate the cheese.
- Remove the courgette from the pan and set aside.
- Heat a light drizzle of olive oil in the same pan over medium-high heat and fry the onion for 2 - 3 minutes.



Serve

- Squeeze a quarter lemon per person directly into the pan, then add the lemon zest and half of the cheese.
- Serve the rest of the spinach on plates, topped with the tortelloni and the burrata. Drizzle with extra virgin olive oil as preferred.
- Garnish with the pumpkin seeds and the rest of the cheese. Serve with the rest of the lemon wedges.

Enjoy!



Salmon with Pistachio Gremolata & Cranberry Glaze











with broccolini in lemon butter & smashed potatoes

Premium

Total time: 55 - 65 min.



Build your perfect festive feast with our special Christmas selection! This delicious main course is one of many recipes you can mix and match to create your ideal holiday meal. Browse all the options in the Christmas category.

- | | |
|--|--|
| 
Waxy red potatoes | 
Garlic |
| 
Red onion | 
Broccolini |
| 
Mangetout | 
Lemon |
| 
Fresh flat leaf parsley | 
Fresh rosemary |
| 
Cranberry chutney | 
Pistachio nuts |
| 
Shaved almonds | 
Salmon fillet |



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

2x parchment-lined baking sheet, 2x bowl, large frying pan, lid, microplane, pot or saucepan, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Waxy red potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Broccolini* (g)	100	200	300	400	500	600
Sugar snap peas* (g)	50	100	200	200	300	300
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Fresh rosemary* (sprig)	1	1	2	2	3	3
Cranberry chutney* (g)	40	80	120	160	200	240
Pistachio nuts (g)	10	20	30	40	50	60
Shaved almonds (g)	5	10	15	20	25	30
Salmon fillet* (g)	200	400	600	800	1000	1200
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	5406 /1292	656 /157
Total fat (g)	86	10
of which saturated(g)	15,9	1,9
Carbonhydrates (g)	75	9
of which sugars (g)	22,9	2,8
Fiber (g)	14	2
Protein (g)	52	6
Salt (g)	1,8	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan.
- Cut any larger potatoes in half, then parboil for 10 - 12 minutes.
- Drain and transfer to a parchment-lined baking sheet, then use a mug to gently crush them.
- Crush or mince the garlic. Discard the rosemary stalk and finely chop the leaves.



Toast the almonds

- Heat a large clean frying pan over medium-high heat. Toast the almonds until golden-brown, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan and fry the broccolini for 6 - 8 minutes.
- Add the onion, the mangetout and a splash of water.
- Cook for 4 - 5 minutes, covered. Season with salt and pepper.



Roast the potatoes

- Drizzle the potatoes with a generous amount of olive oil, then scatter over the rosemary and half of the garlic.
- Season with salt and pepper, then roast in the oven for around 20 minutes until golden-brown and crispy.
- Transfer the fish to a parchment-lined baking sheet and pat dry with kitchen paper.
- Drizzle with olive oil, then season with salt and pepper.



Finish the vegetables

- Cut half of the lemon into wedges, then zest and juice the rest.
- Stir the lemon juice and a knob of butter into the vegetables, then fry for 1 more minute.
- Transfer the vegetables to a serving dish and garnish with the almonds.
- Finely chop the pistachios and the parsley.



Bake the salmon

- Bake the fish in the oven (see below for the exact cooking time).
- In a bowl, combine the cranberry chutney with the mustard and the soy sauce.
- When the fish has 5 minutes left, drizzle over the cranberry glaze.
- Meanwhile, chop the onion and halve the broccolini lengthways.
- 400g: 15 - 19 minutes600g: 20 - 24 minutes800g: 25 - 28 minutes



Serve

- In a bowl, combine the pistachios with the parsley, the lemon zest, the white wine vinegar, the extra virgin olive oil and the rest of the garlic.
- Season to taste with salt and pepper, then drizzle this over the salmon.
- Serve all the components in separate dishes.
- Serve the lemon wedges and some mayonnaise as preferred alongside.

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 (g)	10	20	30	40	50	60
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	1	2	2	3	3
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)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3640 /870	680 /163
Total fat (g)	44	8
of which saturated(g)	4,9	0,9
Carbonhydrates (g)	84	16
of which sugars (g)	15,9	3
Fiber (g)	7	1
Protein (g)	42	8
Salt (g)	4	0,8

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!



Cheesy Loaded Fries with Pulled Chicken

with smashed avocado, sour cream, tomato salsa & lime

Premium

Total time: 40 - 50 min.



Chicken breast



French fries



Garlic



Red onion



Avocado



Tomato



Corn



Lime



Fresh coriander



Organic sour cream



BBQ spice rub



Smoked paprika



Grated cheddar



There is a special ingredient in your box! Our organic sour cream comes from Klaas' dairy farm.
Here, the cows decide for themselves when they want to be milked.
Scan the QR code to learn more about this supplier!



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, 3x bowl, pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
French fries* (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Corn (g)	70	140	140	285	280	425
Lime* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Organic sour cream* (g)	25	50	75	100	125	150
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Grated cheddar* (g)	50	100	150	200	250	300
Not included						
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4243 /1014	426 /102
Total fat (g)	50	5
of which saturated(g)	16,7	1,7
Carbonhydrates (g)	83	8
of which sugars (g)	14,9	1,5
Fiber (g)	14	1
Protein (g)	56	6
Salt (g)	2,5	0,2

Allergens

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

1



Bake the fries

- Preheat the oven to 200°C.
- Transfer the fries to a parchment-lined baking sheet and season to taste with salt and pepper.
- Bake in the oven for 18 - 23 minutes or until golden-brown, tossing halfway.
- Scatter over the cheese and the smoked paprika, then return to the oven for 2 more minutes or until the cheese has melted.

2



Poach the chicken

- Prepare the stock in a pot or saucepan.
- Poach the chicken for 8 - 10 minutes or until done.
- Transfer to a bowl and set aside.
- Crush or mince the garlic. Cut the lime into six wedges.

3



Smash the avocado

- Halve and pit the avocado, then scoop the flesh into a bowl.
- Mash the avocado with some extra virgin olive oil as preferred.
- Stir in the garlic and the juice of one lime wedge per person, then season to taste with salt and pepper.

4



Make the salsa

- Dice the onion and the tomato.
- Finely chop the coriander.
- In a bowl, combine the onion with the tomato, the extra virgin olive oil and half of the coriander.
- Season to taste with salt and pepper.

5



Make the pulled chicken

- Use two forks to shred the chicken.
- Add the BBQ rub* and the honey, along with the juice of one lime wedge per person.
- Season to taste with salt and pepper, then mix well to combine.
- Drain the corn.

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

6



Serve

- Serve the fries on plates. Top with the corn, the tomato salsa, the pulled chicken, the sour cream and the smashed avocado.
- Garnish with the rest of the coriander and serve the rest of the lime wedges alongside.

Enjoy!



Gammon with Hasselback Potatoes in Parsley Dressing

with bacon-wrapped green beans & cranberry-orange sauce

Premium

Total time: 60 - 70 min.



Build your perfect festive feast with our special Christmas selection! This delicious main course is one of many recipes you can mix and match to create your ideal holiday meal. Browse all the options in the Christmas category.



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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

Parchment-lined baking sheet, bowl, oven dish, pot or saucepan, saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gammon with honey mustard marinade* (g)	200	400	600	800	1000	1200
Panko breadcrumbs (g)	15	25	40	50	65	75
Chopped pecans (g)	10	20	30	40	50	60
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Cranberry chutney* (g)	40	80	120	160	200	240
Red onion (unit(s))	½	1	1½	2	2½	3
Orange* (unit(s))	½	1	1½	2	2½	3
Bacon* (slice(s))	2	4	6	8	10	12
Green beans* (g)	150	300	450	600	750	900
Garlic (unit(s))	½	1	1½	2	2½	3
Hasselback potatoes* (g)	225	450	675	900	1125	1350
Not included						
[Plant-based] butter (g)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4954 /1184	600 /143
Total fat (g)	64	8
of which saturated(g)	24,2	2,9
Carbonhydrates (g)	80	10
of which sugars (g)	29,2	3,5
Fiber (g)	18	2
Protein (g)	62	7
Salt (g)	4,7	0,6

Allergens

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Prepare

- Preheat the oven to 200°C. Take the butter out of the fridge and allow it to reach room temperature.
- Chop the pecans and crush or mince the garlic.
- Pull the thyme leaves off of the stalks.
- In a bowl, combine the panko with the pecans, the garlic, the thyme and half of the butter. Season to taste with salt and pepper.



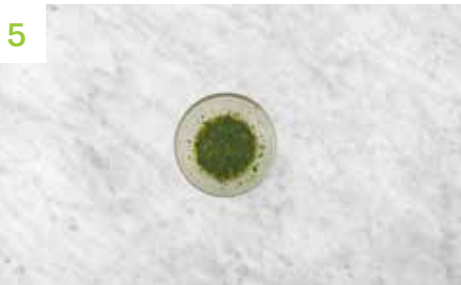
Fry the onion

- Chop the onion.
- Melt the rest of the butter in a saucepan over medium heat. Fry the onion with the rosemary sprig for 5 minutes.
- Deglaze with the balsamic vinegar.
- Meanwhile, juice the orange and finely chop the parsley.



Roast the gammon

- Transfer the gammon to an oven dish and top with the panko butter.
- Roast in the oven for 35 - 45 minutes.
- Meanwhile, boil plenty of salted water in a pot or saucepan. Discard the tips of the green beans.
- Boil the green beans for 5 minutes, then drain and rinse under cold water.



Make the dressing

- Add the cranberry chutney and the orange juice to the onion.
- Mix well, then allow to simmer gently until serving. Season to taste with salt and pepper.
- In a small bowl, combine the parsley with the white balsamic vinegar and some extra virgin olive oil as preferred.
- Season to taste with salt and pepper, then mix well to combine.



Prepare the green beans

- Discard the plastic from the potatoes and transfer the container to the oven. Roast for 30 minutes.
- Wrap two bunches of green beans per person with the bacon.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper, then roast in the oven for 15 - 17 minutes.



Serve

- Remove the rosemary sprig from the cranberry sauce and discard.
- Slice the gammon and transfer to a nice serving platter, then pour over the sauce.
- Drizzle the potatoes with the parsley dressing.
- Serve the green beans alongside.

Enjoy!



Ribeye Steak with Creamy Potato Gratin & Shallot Jus

with pistachio-studded za'atar fennel & carrots

Quick Premium

Total time: 25 - 30 min.



Ribeye steak



Potato gratin



Red onion



Fennel



Carrot



Pistachio nuts



Za'atar



Shallot



Onion chutney



Fresh flat leaf parsley

CHRISTMAS
SELECTION

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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

Aluminum foil, large frying pan, lid, oven dish, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ribeye steak* (g)	150	300	450	600	750	900
Potato gratin* (g)	190	375	500	750	875	1125
Red onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	2	3	4	5	6
Pistachio nuts (g)	10	20	30	40	50	60
Za'atar (sachet(s))	⅓	⅔	1	1½	1½	2
Shallot (unit(s))	½	1	1½	2	2½	3
Onion chutney* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium beef stock (ml)	50	100	150	200	250	300
White balsamic vinegar (tbsp)	⅓	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3548 /848	464 /111
Total fat (g)	46	6
of which saturated(g)	22,4	2,9
Carbonhydrates (g)	58	8
of which sugars (g)	28,4	3,7
Fiber (g)	9	1
Protein (g)	49	6
Salt (g)	2,5	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.
- Take the steak out of the fridge and allow it to reach room temperature.
- Discard the plastic from the potato gratin and transfer the container to the oven.
- Bake the potato gratin for 20 minutes, or until done.



Slice the shallot

- Transfer the steak 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.
- Meanwhile, slice the shallot into half-rings.



Fry the vegetables

- Meanwhile, prepare the stock.
- Slice the carrot into thin crescents and the onion into half-rings.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips.
- Melt a knob of butter in a large frying pan over medium-high heat. Fry the carrot, the fennel and the onion for 6 - 8 minutes, covered.



Make the jus

- Melt a knob of butter in the same pan over medium-high heat and fry the shallot for 3 - 4 minutes.
- Deglaze with the white balsamic vinegar, then stir in the onion chutney and the stock.
- Bring to the boil and allow to reduce gently until serving.
- Meanwhile, roughly chop the pistachios and the parsley.



Fry the steak

- Deglaze with a splash of water, then stir in the za'atar and fry for 2 - 4 more minutes. Season to taste with salt and pepper.
- Keep warm until serving, covered.
- Melt a knob of butter in a frying pan over high heat.
- When the butter is nice and hot, sear the steak for 2 minutes per side.



Serve

- Serve the vegetables on a large platter, garnished with the pistachios and the parsley.
- Slice the steak against the grain, then transfer both this and the potato gratin to serving dishes.
- Drizzle the steak with some of the shallot jus and then serve the rest alongside.

Enjoy!