



Chicken Soup with Mexican-Style Spices & Cheddar

with crispy tortilla ribbons & cream cheese

Quick

Total time: 20 - 25 min.



Flour tortillas



Garlic



Roma tomato



Tomato paste



Grated cheddar



Mexican-style spices



Chicken mince with Mexican seasoning



Bell Pepper



Corn



Cream cheese



Ground paprika



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

Today, enjoy this classic comfort food - chicken soup! Warm broth and tender chicken make for a delicious, heart-warming and satisfying 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, pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	1	2	3	4	5	6
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Bell Pepper* (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	1	2	3	4	5	6
Corn (g)	70	140	140	285	280	425
Tomato paste (can)	½	1	1½	2	2½	3
Cream cheese* (g)	50	100	150	200	250	300
Grated cheddar* (g)	15	25	40	50	65	75
Ground paprika (tsp)	1½	3	4½	6	7½	9
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
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	365 /87
Total fat (g)	35	5
of which saturated(g)	16	2,2
Carbonhydrates (g)	46	6
of which sugars (g)	17	2,3
Fiber (g)	16	2
Protein (g)	33	4
Salt (g)	3,6	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.
- Prepare the stock.
- Take the cream cheese out of the fridge and allow it to reach room temperature (see Tip).
- Dice the bell pepper.

Health Tip 🌿 if you’re watching your salt intake, use just half of the cream cheese and keep the rest to use another time.



Make the soup

- Dice the tomato and drain the corn, then add both to the pot.
- Pour in the stock and allow to simmer for 4 - 6 minutes. Season to taste with salt and pepper.
- Cut the tortillas into ribbons and transfer to a parchment-lined baking sheet.
- Drizzle with sunflower oil and scatter over the rest of the paprika, then bake in the oven for 2 - 3 minutes.



Fry the mince

- Heat a drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the mince with the bell pepper for 4 - 5 minutes.
- Crush or mince the garlic.
- Add the tomato paste, the garlic, the Mexican-style spices* and half of the paprika.
- Fry for 2 - 3 minutes.

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



Serve

- Serve the soup on deep plates.
- Top with a dollop of cream cheese and garnish with the cheddar.
- Serve the crispy tortilla ribbons alongside.

Enjoy!



Supergreen Pork Rigatoni Alla Ragù Bianco

hidden courgette & spinach! | with Parmigiano Reggiano & pistachios

Family Quick

Total time: 20 - 25 min.



Rigatoni



Pork mince



Garlic



Courgette



Spinach



Fresh basil



Cooking cream



Parmigiano Reggiano DOP



Pistachio nuts



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

Blender or an immersion blender with a tall container, deep frying pan, grater, microplane, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Pork mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Fresh basil* (g)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Pistachio nuts (g)	5	10	15	20	25	30

Not included

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water for the sauce (ml)	25	50	75	100	125	150
White balsamic vinegar (tbsp)	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)	3736 /893	722 /173
Total fat (g)	46	9
of which saturated(g)	18,2	3,5
Carbonhydrates (g)	75	14
of which sugars (g)	9,5	1,8
Fiber (g)	9	2
Protein (g)	41	8
Salt (g)	1,7	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 a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the pasta for 13 - 15 minutes, then drain and set aside.
- Meanwhile, chop the basil. Grate the cheese and the courgette.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the spinach until wilted and reduced, stirring regularly.



Fry the courgette

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the courgette for 3 minutes.
- Add the mince and fry for 3 more minutes, then deglaze with the white balsamic vinegar. Season to taste with salt and pepper.
- Meanwhile, roughly chop the pistachios.
- Stir the pasta, mince and courgette into the sauce.



Make the sauce

- Transfer the spinach to a tall container.
- Add the garlic, the cream and the water for the sauce, along with half each of the basil and the cheese.
- Use an immersion blender to process into a smooth sauce.
- Transfer the sauce to the same pan and bring to a gentle boil. Allow to simmer over a low heat until further use.



Serve

- Serve the pasta on deep plates and drizzle with extra virgin olive oil as preferred.
- Garnish with the pistachios and the rest of the basil and cheese.

Enjoy!



DIY Hotdog with Potato Wedges & Salad

pick 'n' mix toppings: crispy onions, apple, tomato & more!

Family Quick

Total time: 25 - 30 min.



Hotdog bun



Potatoes



Pork sausage



Red onion



Tomato



Onion chutney



Apple



Lamb's lettuce



Crispy fried onions



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

Lidded deep frying pan, lidded frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Hotdog bun (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Pork sausage* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	20	40	60	80	100	120
Apple* (unit(s))	½	1	1½	2	2½	3
Lamb's lettuce* (g)	20	40	60	80	100	120
Crispy fried onions (g)	10	15	25	30	40	45

Not included						
Water for the potatoes (ml)	25	50	75	100	125	150
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Olive 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)	3979 /951	563 /135
Total fat (g)	47	7
of which saturated(g)	18,2	2,6
Carbonhydrates (g)	101	14
of which sugars (g)	24,4	3,5
Fiber (g)	14	2
Protein (g)	30	4
Salt (g)	1,6	0,2

Allergens

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



Prepare

- Wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan and add the water (see pantry for amount).
- Boil for 12 – 15 minutes, covered, then drain and return to the pan.
- Drizzle with olive oil and fry the potato wedges for 5 – 7 minutes until done. Season to taste with salt and pepper.



Caramelise the onion

- Melt a knob of butter in another frying pan over medium-low heat and fry the onion for 8 - 10 minutes.
- Deglaze with half of the balsamic vinegar, then add the sugar and the onion chutney. Lower the heat and allow to gently caramelize until the sugar has dissolved.
- Meanwhile, bake the hotdog bun in the oven for 4 - 5 minutes.
- Dice the apple and the tomato.



Fry the sausage

- Preheat the oven to 200°C.
- Slice the onion into half rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the sausage for 2 - 3 minutes until evenly browned.
- Set the heat to medium, then cover with the lid and fry for 8 more minutes, turning regularly.

Did you know... 🍷 onion is a good source of vitamin C, which aids with iron absorption.



Serve

- In a salad bowl, combine the lettuce with the extra virgin olive oil and the rest of the balsamic vinegar.
- Serve all the toppings in separate bowls: the apple, tomato, caramelised onion and crispy onions. Serve the potato wedges alongside.
- Cut open the hotdog buns. Allow everyone to build their own hotdog and salad as preferred.

Enjoy!



Steak Haché with Fries & Aioli

& for parents: onion jus & radicchio-arugula salad

Family

Total time: 35 - 45 min.



Potatoes



Green beans



Red onion



BBQ spice rub



Steak haché



Mixed leaves
of radicchio,
arugula & lettuce



Aioli



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

Parchment-lined baking sheet, bowl, lidded pot or saucepan, kitchen paper, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	¾	1	1½	1¾	2
Steak haché* (unit(s))	1	2	3	4	5	6
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Aioli* (g)	25	50	75	100	125	150
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive 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)	3753 /897	523 /125
Total fat (g)	55	8
of which saturated(g)	18,2	2,5
Carbonhydrates (g)	64	9
of which sugars (g)	14,8	2,1
Fiber (g)	17	2
Protein (g)	32	4
Salt (g)	2	0,3

Allergens

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



Make the fries

- Preheat the oven to 200°C.
- Peel or wash the potatoes and cut into fries of no more than 1cm thickness.
- Pat the fries dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet.
- Bake in the oven for 20 - 25 minutes, tossing halfway.



Make the jus

- Prepare the stock and slice the onion into half rings.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the onion for 6 - 7 minutes.
- Deglaze with the balsamic vinegar, then add the **BBQ rub*** and the stock.
- Mix well and then allow to reduce over low heat for 5 - 8 minutes.

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



Cook the green beans

- In the meantime, discard the tips of the green beans.
- Fill a pot or saucepan with a shallow layer of water and add a pinch of salt, then add the green beans.
- Cover with the lid and bring to a boil, then allow to simmer gently for 6 - 8 minutes until al dente.
- Drain the beans and rinse under cold water so as to stop them cooking further, then set aside to cool.



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mustard and the honey.
- Season to taste with salt and pepper, then add the lettuce mix and toss well to combine with the dressing.



Fry the steak haché

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the steak haché for 8 minutes on one side.
- Turn the steak haché over and season with salt and pepper, then fry for 8 more minutes.



Serve

- Serve the steak haché with the fries and aioli.
- For parents: top the steak haché with the onion jus and then serve the salad alongside.
- For kids: serve the steak haché plain with the green beans alongside.

Enjoy!



Tomato Risotto with Shrimp

with arugula salad, basil & lemon

Family Calorie Smart

Total time: 35 - 45 min.



Garlic



Onion



Lemon



Tomato paste



Tinned cherry tomatoes



Shrimp



Fresh basil



Arugula



Risotto rice



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

While you might associate basil mostly with Italian food, it actually originated in India over 4,000 years ago, before slowly making its way to Europe - and now to your plate!



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, large pot or saucepan, microplane, oven dish, kitchen paper, salad bowl, 2x small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	¼	½	¾	1	1¼	1½
Tinned cherry tomatoes (can)	¼	¾	1	1½	1½	2
Shrimp* (g)	80	160	240	320	400	480
Fresh basil* (g)	2½	5	7½	10	12½	15
Arugula* (g)	20	40	60	80	100	120
Risotto rice (g)	75	150	225	300	375	450
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (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)	2594 /620	352 /84
Total fat (g)	24	3
of which saturated(g)	7,3	1
Carbonhydrates (g)	82	11
of which sugars (g)	12,5	1,7
Fiber (g)	12	2
Protein (g)	21	3
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 200°C and prepare the stock.
- Chop the onion and crush or mince the garlic. Zest the lemon and cut it into six wedges, then juice one wedge per person into a small bowl.
- Pat the shrimp dry with kitchen paper and transfer to a bowl.
- Drizzle with olive oil, then add half each of the garlic and lemon zest. Toss well to combine.



Make the salad

- Drain the cherry tomatoes and transfer to an oven dish. Drizzle with olive oil.
- Add the balsamic vinegar and season with salt and pepper, then mix well to combine.
- Roast in the oven for 15 minutes.
- Meanwhile, in a salad bowl combine the arugula with the lemon juice and the extra virgin olive oil. Season to taste with salt and pepper.



Prepare the risotto

- Melt a knob of butter in a large pot over medium-high heat.
- Fry the onion with the rest of the garlic for 1 - 2 minutes.
- Add the risotto rice and toast the grains for 1 - 2 minutes, then stir in the tomato paste.



Finish the risotto

- Heat a clean frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then remove from the pan and set aside.
- Finely chop the basil and transfer to a small bowl, along with the rest of the lemon zest.
- Add half of this to the risotto, along with the tomatoes and shrimp in their cooking juices. Mix well to combine.



Cook the risotto

- Pour in a third of the stock and allow 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 20 - 25 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Serve

- Serve the risotto on plates with the arugula salad alongside.
- Garnish with the rest of the lemon-basil mixture.
- Serve with the lemon wedges.

Enjoy!



Vietnamese-Inspired Meatball Pitas with Ponzu Mayo

with rainbow salad & Thai basil

Quick Calorie Smart

Total time: 25 - 30 min.



Beef-pork meatballs with Thai seasoning



Rainbow slaw mix



Cucumber



Pita bread



Ponzu



Thai basil



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

Basil comes in many different varieties, the most common being red, lemon and Thai. Thai basil has an anise-like aroma and gives your dish a more authentic flavour to what you'd find in many Asian cuisines.



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, lidded frying pan, salad bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Rainbow slaw mix* (g)	100	200	300	400	500	600
Cucumber* (unit(s))	½	1	1½	2	2½	3
Pita bread (unit(s))	2½	5	7½	10	12½	15
Ponzu (g)	12	24	36	48	60	72
Thai basil* (g)	5	10	15	20	25	30
Not included						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (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)	2916 /697	563 /135
Total fat (g)	28	5
of which saturated(g)	7,6	1,5
Carbonhydrates (g)	77	15
of which sugars (g)	16	3,1
Fiber (g)	8	2
Protein (g)	31	6
Salt (g)	3,4	0,7

Allergens

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



Fry the meatballs

- Preheat the oven to 200°C. Place the pitas on a parchment-lined baking sheet and bake for 4 - 6 minutes, or use a toaster.
- Heat a clean frying pan over medium-high heat and fry the meatballs for 2 - 3 minutes, or until evenly browned.
- Reduce the heat to medium-low, then add the ketjap and the water for the sauce. Cover with the lid and fry for a further 5 - 6 minutes, or until the meatballs are done.



Make the ponzu mayo

- Roughly chop the Thai basil.
- In a small bowl, mix the mayonnaise with the ponzu.
- Cut open the pitas.



Make the salad

- Slice the cucumber into crescents.
- In a salad bowl, combine the white wine vinegar with the sugar.
- Add the rainbow slaw mix and the cucumber to the salad bowl and toss to combine. Season to taste with salt and pepper.

Did you know... 🥒 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.



Serve

- Spread some of the ponzu mayo inside each pita.
- Stuff the pitas with the fillings and top with the rest of the ponzu mayo.
- Serve any remaining salad on the side and garnish with the Thai basil.

Enjoy!



Fennel Curry with Coriander Yogurt Sauce

over brown rice with toasted almonds & coconut milk

Veggie

Total time: 35 - 45 min.



There is a special ingredient in your box! This brown quick-cook rice is quick and easy to prepare, while its high fibre content makes it a good alternative to white rice.
Scan the QR code to let us know what you thought of the ingredient!



Red chili pepper



Red onion



Ginger stir-fry sauce



Ground turmeric



Garlic



Fennel



Fresh coriander



Tomato paste



Quick-cook brown rice



Coconut milk



Organic full-fat yogurt



Bell pepper



Corn



Yellow mustard seeds



Shaved almonds

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, lidded deep frying pan, lidded pot or saucepan, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Ginger stir-fry sauce (g)	20	35	50	70	85	105
Ground turmeric (tsp)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	2	2	3	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Tomato paste (can)	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Bell pepper* (unit(s))	½	1	1	2	2	3
Corn (g)	70	140	285	285	425	425
Yellow mustard seeds (sachet(s))	⅓	⅓	1	1½	1½	2
Shaved almonds (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
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)	3184 /761	519 /124
Total fat (g)	33	5
of which saturated(g)	16,8	2,7
Carbonhydrates (g)	94	15
of which sugars (g)	27,6	4,5
Fiber (g)	16	3
Protein (g)	18	3
Salt (g)	1,6	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 for the rice.
- Deseed and finely chop the **chili pepper**. * Chop the onion and crush or mince the garlic.
- Quarter the fennel and remove the tough core, then chop the fennel into strips.
- Cut the bell pepper into thin strips. Roughly chop the coriander.

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



Finish the curry

- Boil the rice for 10 minutes, covered, then drain and set aside.
- To the vegetables, add the coconut milk and crumble in the stock cube (see pantry for amount).
- Bring to a gentle boil, then cover with the lid and allow to simmer for 10 - 12 minutes.
- Taste the curry and season with salt and pepper as needed.



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over medium heat.
- Fry the onion with the garlic, mustard seeds, **chili pepper*** and turmeric for 1 - 2 minutes.
- Drain the corn and transfer to the pan, along with the tomato paste, ginger stir-fry sauce, fennel and bell pepper.
- Mix well and fry for 4 - 6 minutes.



Serve

- Heat a clean frying pan over high heat. Toast the almonds until golden brown, then remove from the pan and set aside.
- In a bowl, combine the yogurt with a third of the coriander. Season to taste with salt and pepper.
- Serve the rice on deep plates. Top with the curry and the yogurt sauce. Garnish with the almonds and the rest of the coriander.

Enjoy!



Veggie No-Chicken & Broccoli Gratin

with panko topping & homemade cheese sauce

Veggie

Total time: 40 - 50 min.



Potatoes



Broccoli



Red onion



Grated Gouda



Panko breadcrumbs



Garlic



Cooking cream



Middle Eastern
spice mix



Nutmeg



Vegan chicken pieces



Shallot



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

Gouda is one of the most popular cheeses in the world! This mild, creamy cheese develops a nuttier flavour and more crumbly texture as it ages, and it's perfect for melting!



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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Broccoli* (g)	200	360	600	800	960	1160
Red onion (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Panko breadcrumbs (g)	15	25	40	50	65	75
Garlic (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Nutmeg (pinch)	1	2	3	4	5	6
Vegan chicken pieces* (g)	80	160	240	320	400	480
Shallot (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	70	140	210	280	350	420
[Plant-based] butter (g)	15	30	45	60	75	90
Flour (g)	20	40	60	80	100	120
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3828 /915	499 /119
Total fat (g)	51	7
of which saturated(g)	23,4	3,1
Carbonhydrates (g)	76	10
of which sugars (g)	9,4	1,2
Fiber (g)	18	2
Protein (g)	36	5
Salt (g)	2,4	0,3

Allergens

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



Prepare the potatoes

- Preheat the oven to 200°C.
- Peel the potatoes and dice into 3cm chunks.
- Heat a light drizzle of sunflower oil in a frying pan over high heat. Fry the potatoes for 20 - 25 minutes until golden-brown, covered. Toss regularly.
- Boil plenty of water in a pot or saucepan for the broccoli. Cut the head of the broccoli into florets and dice the stem.



Make the cheese sauce

- Melt the butter in a saucepan over medium-high heat. Fry the shallot and garlic for 2 - 3 minutes, then stir in the flour.
- When it turns golden brown, pour in the cream and the stock.
- Bring to a boil, stirring continuously so as to prevent clumps from forming.
- Reduce the heat and stir in the nutmeg.



Cook the broccoli

- Boil the broccoli for 5 minutes, covered, then drain and set aside.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the veggie chicken for 4 minutes until lightly browned, then add a splash of water.
- Fry for 1 more minute until the water has evaporated.
- When the potatoes are done, add the veggie chicken and the broccoli and set aside.



Assemble

- Add the rest of the cheese and season to taste with salt and pepper (see Tip).
- Add the Middle Eastern spices to the broccoli-potato mixture.
- Mix well to combine, then turn off the heat and transfer everything to an oven dish.

Tip: add an extra splash of water if the sauce is too thick; if it's too thin, add some extra flour.



Make the topping

- Meanwhile, chop the shallot and slice the onion into thin half rings. Prepare the stock.
- In a bowl, combine the onion with the panko breadcrumbs and half of the cheese. Season with salt and pepper, then set aside.
- Crush or mince the garlic.
- Finely grate a pinch of nutmeg as preferred.



Serve

- Pour over the cheese sauce and mix well to combine, then press down with the back of a spoon so as to ensure it is even.
- Scatter over the panko mixture, then bake in the oven for 10 minutes or until golden-brown.
- Serve the gratin on plates.

Enjoy!



Dahl with Crispy Chickpeas & Naan

with coconut milk, spinach & lime

Plant-Based

Total time: 35 - 45 min.



Onion



Fresh ginger



Carrot



Curry powder



Tomato paste



Coconut milk



Red split lentils



Spinach



Naan with herbs



Lime



Yellow carrot



Chickpeas



African-inspired
spice mix



Fresh coriander



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

Ginger is a root, so if you put it in some soil, it'll grow - just like a potato!

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, large deep frying pan with lid, microplane, kitchen paper, sieve or colander

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¾	7½
Carrot* (unit(s))	1	1	2	2	3	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Red split lentils (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Yellow carrot* (unit(s))	1	1	2	2	3	3
Chickpeas (pack)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(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
Low sodium vegetable stock (ml)	150	300	450	600	750	900
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)	3201 /765	394 /94
Total fat (g)	36	4
of which saturated(g)	16,4	2
Carbonhydrates (g)	78	10
of which sugars (g)	18,4	2,3
Fiber (g)	27	3
Protein (g)	24	3
Salt (g)	1,9	0,2

Allergens

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



Prepare

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion and finely grate the ginger.
- Dice the carrots into 1cm chunks (see Tip).

Tip: be sure to finely dice the carrots, otherwise they will take longer to cook.



Roast the chickpeas

- Drain and rinse the chickpeas, then pat them dry with kitchen paper.
- Transfer to a bowl along and add the rest of the African-inspired spices.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.



Make the dahl

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the carrot and ginger for 2 - 3 minutes, then stir in the curry powder, the tomato paste and half of the African-inspired spices.
- Fry for 2 more minutes, then add the coconut milk and the stock and bring to a boil.



Finish

- Bake the naan for 3 - 4 minutes, then cut into triangles.
- Finely chop the coriander and cut the lime into six wedges.
- When the dahl is done, squeeze in one lime wedge per person.
- Mix well and season to taste with salt and pepper.



Add the lentils

- Add the lentils and season with salt and pepper, then cover with the lid.
- Allow the dahl to cook for 10 minutes, covered, then add the spinach.
- Mix well and cook for another 10 minutes, or until the lentils are done.
- Add a splash of water if the dahl seems too dry.



Serve

- Serve the dahl in bowls and top with the crispy chickpeas.
- Garnish with the coriander.
- Serve with the naan and the rest of the lime wedges.

Enjoy!



Spaghetti in Creamy Chicken Curry Sauce

with roasted Romano pepper, fresh herbs & tomato salad

Family

Total time: 45 - 55 min.



Garlic



Red chili pepper



Smoked paprika



Passata



Cooking cream



Wholewheat spaghetti



Tomato



Chicken thigh strips



Yellow curry spices



Fresh basil, chives & flat leaf parsley



Romano pepper



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

Did you know that fresh tomatoes are actually 95% water?



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, large deep frying pan with lid, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Smoked paprika (tsp)	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Cooking cream (g)	75	150	225	300	375	450
Wholewheat spaghetti (g)	90	180	270	360	450	540
Tomato (unit(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Yellow curry spices (sachet(s))	⅓	⅔	1	1½	1¾	2
Fresh basil, chives & flat leaf parsley* (g)	2½	5	7½	10	12½	15
Romano pepper* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3774 /902	630 /151
Total fat (g)	48	8
of which saturated(g)	18,7	3,1
Carbonhydrates (g)	75	12
of which sugars (g)	17,4	2,9
Fiber (g)	13	2
Protein (g)	34	6
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Preheat the oven to 210°C and prepare the stock.
- Roughly dice the Romano pepper and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Crush or mince the garlic. Deseed and finely chop the **red chili pepper**.*

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



Make the salad

- In the meantime, finely dice the tomato and transfer to a bowl.
- Finely chop the fresh herbs and add half to the tomatoes.
- Add the extra virgin olive oil and the rest of the white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.



Fry the aromatics

- Boil plenty of water in a pot or saucepan for the spaghetti.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the garlic with half of the **chili pepper** for 1 - 2 minutes.
- Stir in the yellow curry spices and the smoked paprika and fry for 1 more minute.



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat. Fry the chicken with the rest of the **chili pepper** for 7 minutes. Season with salt and pepper.
- Transfer to the sauce, along with the rest of the fresh herbs.



Cook the spaghetti

- Deglaze with half of the white balsamic vinegar, then pour in the stock and the passata.
- Reduce the heat, then stir in the cream and allow to simmer over low heat for 12 - 14 minutes, covered. Season to taste with salt and pepper.
- In the meantime, boil the spaghetti for 10 - 12 minutes, then drain and set aside.



Serve

- Serve the spaghetti on deep plates.
- Top with the sauce and the Romano pepper.
- Serve the tomato salad alongside.

Enjoy!



Pork Tenderloin in Creamy Mustard Sauce

with green beans, parsley, yellow carrot & potatoes

Quick Calorie Smart Premium Quick & Conscious

Total time: 25 - 30 min.



Potatoes



Yellow carrot



Green beans



Red onion



Pork tenderloin



Fresh curly parsley



Worcestershire sauce



Cooking cream



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

Green beans contain a variety of important minerals. For instance, potassium helps maintain healthy blood pressure, and iron and folic acid help you to feel more energised!



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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	5	10	15	20	25	30
Worcestershire sauce (ml)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	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)	2736 /654	441 /105
Total fat (g)	39	6
of which saturated(g)	18,8	3
Carbonhydrates (g)	37	6
of which sugars (g)	8,1	1,3
Fiber (g)	13	2
Protein (g)	35	6
Salt (g)	1,1	0,2

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 green beans.
- Slice the carrot and potatoes into 0.5cm thick rounds.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the potatoes for 5 minutes, covered. Add the carrot and fry for another 5 minutes, still covered.
- Remove the lid and fry for 10 - 15 minutes, tossing regularly.



Make the sauce

- Fry the onion in the same pan for 3 minutes.
- Meanwhile, finely chop the parsley.
- Add the Worcestershire sauce, the cream, the butter and the mustard, along with half of the parsley.
- Mix well, then allow to thicken and reduce for 2 - 3 minutes. Season to taste with salt and pepper.



Fry the pork

- Discard the tips of the green beans. Finely chop the onion.
- Boil the green beans for 4 - 6 minutes until al dente, then drain and set aside, covered.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the pork tenderloin for 10 - 13 minutes, or until cooked as preferred. Remove from the pan and allow to rest under aluminium foil.
- Keep the cooking juices in the pan.



Serve

- Slice the pork tenderloin.
- Serve the pork with the the potatoes, carrot and green beans alongside.
- Pour the creamy mustard sauce over the pork and green beans.
- Garnish with the rest of the parsley.

Enjoy!



Cod with Fresh Tagliatelle

in creamy spinach & leek sauce with a twist of lemon

Quick Premium

Total time: 20 - 25 min.



Fresh tagliatelle



Cod fillet



Garlic



Onion



Leek



Spinach



Heavy cream



Grated Italian cheese



Fresh dill & chives



Lemon



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

Cod is a saltwater fish, belonging to the lean fish species. This fillet is low in fat and high in protein!



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 pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh tagliatelle* (g)	125	250	375	500	625	750
Cod fillet* (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
Leek* (unit(s))	½	1	2	2	3	3
Spinach* (g)	50	100	150	200	250	300
Heavy cream* (ml)	100	200	300	400	500	600
Grated Italian cheese* (g)	15	20	40	50	60	70
Fresh dill & chives* (g)	2½	5	7½	10	12½	15
Lemon* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
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)	4402 /1052	726 /174
Total fat (g)	61	10
of which saturated(g)	35,8	5,9
Carbonhydrates (g)	85	14
of which sugars (g)	8,7	1,4
Fiber (g)	12	2
Protein (g)	45	7
Salt (g)	0,9	0,2

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 for the tagliatelle.
- Slice the leek into thin rings.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over high heat. Fry the garlic, onion and leek for 4 - 5 minutes, stirring regularly.



Fry the fish

- Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side, seasoning to taste with salt and pepper.
- Stir half of the cheese into the sauce and allow to cook for 2 - 3 more minutes.
- Quarter the lemon and squeeze one quarter per person directly into the sauce.
- Season generously with salt and pepper.



Boil the tagliatelle

- Meanwhile, boil the tagliatelle for 4 - 6 minutes, covered, then drain and set aside.
- Stir the cream into the vegetables and crumble in the stock cube (see pantry for amount). Cover with the lid and allow to stew for 5 minutes.
- Add the spinach and cook for 2 more minutes, covered.



Serve

- Finely chop the fresh herbs.
- Serve the tagliatelle and the creamy sauce on plates.
- Top with the cod and garnish with the fresh herbs and the rest of the cheese. Serve with the rest of the lemon wedges.

Enjoy!



Hamburger Deluxe with Bacon & Egg

on brioche with truffle mayo & cherry tomato salad

Premium

Total time: 40 - 50 min.



Truffle-style
mayonnaise



Potatoes



Red cherry tomatoes



Bacon



Chopped pickles



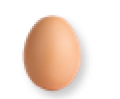
Brioche bun



Little gem



Red onion



Egg



Hamburger from
Meatier



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

Little Gem is the younger brother of Romaine. Its slightly sweeter flavour
and firmer bite suit this dish perfectly!



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, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Truffle-style mayonnaise* (g)	25	50	75	100	125	150
Brioche bun (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Little gem* (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	60	125	250	250	375	375
Red onion (unit(s))	½	1	1	2	2	3
Bacon* (slice(s))	2	4	6	8	10	12
Egg* (unit(s))	1	2	3	4	5	6
Chopped dill pickles* (g)	15	25	40	50	65	75
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	¼	½	¾	1	1¼	1½
Mustard (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)	5146 /1230	683 /163
Total fat (g)	77	10
of which saturated(g)	20,9	2,8
Carbonhydrates (g)	84	11
of which sugars (g)	14,8	2
Fiber (g)	14	2
Protein (g)	44	6
Salt (g)	3,9	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.
- Peel or thoroughly wash the potatoes and cut them into wedges.
- Transfer to a bowl, then drizzle with olive oil and season with salt and pepper.
- Toss well to coat, then transfer to a parchment-lined baking sheet and bake in the oven for 30 - 35 minutes.



Make the dressing

- Meanwhile, roughly chop the lettuce and halve the cherry tomatoes.
- In a salad bowl, combine the honey, the mustard, the extra virgin olive oil and the white wine vinegar. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in another frying pan and fry the egg.
- Crumble half of the bacon into smaller pieces.



Fry the burger

- Heat a clean frying pan over medium-high heat and fry the bacon for 3 - 5 minutes until done, then remove from the pan and set aside.
- Meanwhile, slice the onion into half rings.
- Melt a small knob of butter in the same pan over medium heat and fry the onion for 2 minutes.
- Add the burger and fry for 3 - 4 minutes per side.



Serve

- To the salad bowl, add the lettuce, the cherry tomatoes, the crumbled bacon and the pickles. Toss well to combine with the dressing.
- Cut open the brioche bun and top with the burger, the onion, the fried egg and the bacon strips.
- Serve the burger with the potato wedges, the salad and the truffle-style mayonnaise alongside.

Enjoy!



Surinamese-Style Chicken Curry with Roti

with boiled egg, green beans & quick-pickled cucumber

Premium

Total time: 45 - 55 min.



Chicken thigh



Potatoes



Tomato



Red onion



Garlic



Egg



Surinamese-style spices



Persian cucumber



Roti



Green beans



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

This Surinamese-style spice mix is packed with delicious spices such as turmeric, cumin, fenugreek, cinnamon and chili. As such, the mix ensures an supreme taste experience!

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, lidded deep frying pan, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh* (unit(s))	1	2	3	4	5	6
Potatoes (g)	150	300	450	600	750	900
Tomato (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Egg* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1	2	2	3
Roti* (unit(s))	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	1	2	3	4	5	6
Water (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)	3268 /781	357 /85
Total fat (g)	27	3
of which saturated(g)	6,1	0,7
Carbonhydrates (g)	88	10
of which sugars (g)	15,7	1,7
Fiber (g)	18	2
Protein (g)	44	5
Salt (g)	2,8	0,3

Allergens

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



Prepare

- Preheat the oven to 160°C.
- Finely chop half of the onion and slice the rest into half-rings. Crush or mince the garlic and dice the tomato.
- Wash or peel the potatoes and cut into rough pieces.
- Discard the tips of the green beans and then cut in half.



Boil the egg

- Boil plenty of water in a saucepan (or use a kettle if preferred).
- Boil the egg for 8 - 10 minutes, then rinse under cold water and peel off the shell.



Fry the chicken thigh

- Season the chicken thigh with salt and pepper.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the chicken for 2 - 3 minutes per side, then remove from the pan and set aside.
- In the same pan, fry the chopped onion with the garlic and tomatoes for 1 minute.



Prepare the cucumber

- Meanwhile, halve the cucumber and scoop out the seeds, then slice into crescents.
- In a bowl, combine the white wine vinegar with the water (see pantry for amount).
- Add the sugar, cucumber and onion rings, then toss well to combine. Season to taste with salt and pepper, then set aside, stirring occasionally.
- Bake the roti in the oven for 3 minutes.



Boil the potatoes

- Prepare the stock.
- Add the potatoes, stock and Surinamese-style spices to the vegetables and cook for 5 minutes, covered.
- Add the green beans and the chicken thigh and cook for another 10 minutes, still covered (see Tip).

Tip: if you'd like it to be spicier, add some sambal from your pantry as preferred.



Serve

- Serve the potatoes and green beans on deep plates, then pour over the sauce and top with the chicken thigh.
- Serve with the boiled egg, the roti and the quick-pickled cucumber.

Enjoy!



Steak with Onion Jus & Parmigiano Reggiano

over cauliflower purée with arugula salad

Quick Calorie Smart Premium -30% Carbs

Total time: 25 - 30 min.



Onion



Cauliflower



Parmigiano
Reggiano DOP



Arugula & lamb's lettuce



Steak



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

Cauliflower is more than just low-carb - it's packed with fiber, vitamin C and antioxidants, making it a nutrient-rich choice that supports digestion and immune health.



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, immersion blender, microplane, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Cauliflower* (g)	250	500	750	1000	1250	1500
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Steak* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Low sodium beef stock (ml)	50	100	150	200	250	300
Wholegrain mustard (tsp)	1	2	3	4	5	6
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)	2234 /534	418 /100
Total fat (g)	34	6
of which saturated(g)	21,2	4
Carbonhydrates (g)	14	3
of which sugars (g)	5,5	1
Fiber (g)	8	2
Protein (g)	41	8
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Take the steak out of the fridge and allow it to reach room temperature (see Tip). Season the steak with salt and pepper.
- Prepare the stock.
- Boil plenty of water in a pot or saucepan for the cauliflower.
- Cut the head of the cauliflower into florets and dice the stem.

Tip: for the best result, do this 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.



Make the jus

- To the onion, add the stock, the ketjap and a knob of butter.
- Bring to a boil and allow to reduce over medium-low heat until serving.
- Grate the Parmigiano Reggiano and add two thirds to the cauliflower, along with the mustard and a knob of butter.
- Use an immersion blender to process into a smooth purée. Season to taste with salt and pepper



Boil the cauliflower

- Boil the cauliflower for 5 - 7 minutes, then drain and set aside, covered.
- Meanwhile, chop the onion.
- Melt a generous knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the steak with the onion for 8 - 10 minutes per side.
- Remove the steak from the pan and set aside under aluminum foil.



Serve

- Serve the cauliflower purée on plates with the arugula and lamb's lettuce alongside. Drizzle with extra virgin olive oil as preferred.
- Slice the steak and serve it on top of the purée, then pour over the jus.
- Garnish with the rest of the Parmigiano Reggiano to finish.

Enjoy!



Teriyaki Salmon with Udon Noodles & Lime

with stir-fried pak choi, carrot & Romano pepper

Premium Quick & Conscious

Total time: 25 - 30 min.



Garlic



Lime



Onion



Romano pepper



Carrot



Pak choi



Teriyaki sauce



Sesame oil



Salmon fillet



Fresh udon noodles



Ginger stir-fry sauce



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

Pak choi contains a lot of folic acid. This is essential for the production of red blood cells, which help to carry oxygen and energise your body!



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

Large bowl, large wok or deep frying pan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Teriyaki sauce (g)	25	50	75	100	125	150
Sesame oil (ml)	10	20	30	40	50	60
Salmon fillet* (unit(s))	1	2	3	4	5	6
Fresh udon noodles (g)	110	220	330	440	550	660
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water for the sauce (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)	3092 /739	539 /129
Total fat (g)	41	7
of which saturated(g)	6,3	1,1
Carbonhydrates (g)	60	10
of which sugars (g)	24,1	4,2
Fiber (g)	9	2
Protein (g)	32	6
Salt (g)	2,8	0,5

Allergens

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



Prepare

- Quarter the lime.
- Juice a quarter lime per person into a small bowl. Add the teriyaki sauce, the sesame oil and the ginger stir-fry sauce.
- Mix well to combine, then transfer 1 tbsp per person to a large bowl.
- Add the water for the sauce to the small bowl and mix well, then set aside.



Fry the salmon

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the salmon on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in a large wok or deep frying pan over medium-high heat.
- Fry the garlic, onion, carrot, Romano pepper and the white part of the pak choi for 5 - 7 minutes.



Chop the vegetables

- Transfer the salmon to the large bowl and coat with the teriyaki marinade, then set aside.
- Slice the carrot and crush or mince the garlic.
- Slice the onion into half rings and cut the Romano pepper into strips.
- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.



Serve

- Add the noodles and the reserved teriyaki sauce. Stir-fry for 2 more minutes, seasoning to taste with salt and pepper.
- Add the green part of the pak choi during the final 30 seconds of cooking time.
- Serve the stir-fry on deep plates and top with the salmon. Serve with the rest of the lime wedges.

Enjoy!



Chipotle Shrimp Tacos with Avocado & Mango

with zhoug, corn & lime mayonnaise

Quick Premium

Total time: 20 - 25 min.



Shrimp



Corn



Chipotle paste



Mango



Mini tortillas



Zhoug



Purple carrot



Fresh coriander & mint



Avocado



Greek-style cheese



Lime



There is a special ingredient in your box! Zhoug is a spicy, herbal sauce from the Middle East, made from coriander, garlic, chili peppers, spices and olive oil.
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

Grater, kitchen paper, sieve, 2x frying pan, two small bowls

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Corn (g)	70	140	215	285	355	425
Chipotle paste (g)	10	20	30	40	50	60
Mango* (unit(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	4	8	12	16	20	24
Zhoug (g)	25	45	70	90	115	135
Purple carrot* (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Avocado (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4674 /1117	745 /178
Total fat (g)	67	11
of which saturated(g)	15,1	2,4
Carbonhydrates (g)	89	14
of which sugars (g)	28,2	4,5
Fiber (g)	12	2
Protein (g)	35	6
Salt (g)	4,6	0,7

Allergens

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



Prepare

- Peel and dice the mango. Drain the corn.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Grate the carrot.
- Roughly chop the fresh herbs. Quarter the lime.

Did you know... 🥭 mango is one of the best sources of potassium, which helps maintain a healthy blood pressure. You can also find potassium in bananas, salmon, potatoes, broccoli and peanuts.



Prepare the toppings

- In a small bowl, combine the corn with the **zhoug**.*
- In another small bowl, mix the mayonnaise with the juice of 1 lime wedge per person.
- Place a clean frying pan over medium-high heat (see Tip). Heat the tortillas for 1 - 2 minutes per side, or until golden-brown. Keep warm over a low heat until serving.
*Take care, this ingredient is spicy! Use as preferred.

Tip: if preferred, you can also microwave the tortillas on high for 1 - 2 minutes instead.



Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the shrimp with the **chipotle paste*** for 3 minutes, or until the shrimp are done.
- Turn off the heat and stir in a knob of butter.

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



Serve

- Fill each tortilla with the carrot, mango and avocado. Top with the corn and **zhoug**, the chipotle shrimp and the lime mayonnaise.
- Drizzle over the remaining chipotle butter from the pan and crumble over the Greek-style cheese.
- Garnish with the fresh herbs and the remaining lime wedges.

Enjoy!