



Asian-Inspired Chicken Udon Salad

with peanuts & fresh coriander

Quick

Total time: 25 - 30 min.



-  Fresh udon noodles
-  Garlic
-  Ginger paste
-  Red onion
-  [Persian] cucumber
-  Tomato
-  Lime
-  East Asian-style sauce
-  Soy sauce
-  Fresh coriander
-  Salted peanuts
-  Red chili pepper
-  Chicken mince with Indonesian spices



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

Ginger paste offers the bold, aromatic flavour of fresh ginger with the ease of ready-to-use convenience. Perfect for quick meals, it saves time in the kitchen while delivering a kick of warmth and spice to your dishes!



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

Salad bowl, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Red onion (unit(s))	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1½	3	5	6	8	9
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Soy sauce (ml)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Chicken mince with Indonesian spices* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	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)	2272 /543	385 /92
Total fat (g)	19	3
of which saturated(g)	3,7	0,6
Carbonhydrates (g)	62	10
of which sugars (g)	25,1	4,3
Fiber (g)	7	1
Protein (g)	29	5
Salt (g)	3,9	0,7

Allergens

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



1. Prepare

- Crush or mince the **garlic**.
- Quarter the **lime**.
- In a small bowl, combine the **East Asian-style sauce** with the **soy sauce, garlic, ginger** paste and sugar.
- Add the juice of a quarter **lime** per person, then mix well to combine.



2. Make the salad

- Slice the **cucumber** into crescents.
- Cut the **tomato** into wedges and the **onion** into half rings.
- Finely chop the **coriander**.
- Transfer all of this to a salad bowl and toss well to combine (see Tip).

Tip: you can also serve the coriander separately so as to allow everyone to garnish as preferred.



3. Fry the mince

- Heat the sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **chicken mince** for 3 minutes, separating it as you do so.
- Add the udon noodles and two thirds of the sauce, mix well and fry for 2 - 3 minutes.
- Meanwhile, roughly chop the **peanuts** and slice the **red chili pepper*** into thin rings.

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



4. Serve

- Transfer the **noodles** to the salad bowl and toss well to combine.
- Serve on plates and garnish with the **peanuts**.
- Serve any remaining **lime wedges** alongside.
- Drizzle with the rest of the sauce and finish with the **chili pepper** as preferred. Season to taste with salt and pepper.

Enjoy!



Tomato Soup with Giant Couscous

with sour cream, tarragon & homemade breadsticks

Family Veggie Calorie Smart

Total time: 30 - 40 min.



Onion



Garlic



Tomato



Bell pepper



Fresh tarragon



Dried apricot pieces



Giant couscous



Wholegrain ciabatta



Organic sour cream



Grated Italian cheese



There is a special ingredient in your box! Wholegrain products reduce the risk of cardiovascular disease, among other things - so this wholegrain ciabatta is a better choice than the white variety, and just as tasty!

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



Before you start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Equipment

Parchment-lined baking sheet, pot or saucepan, lidded soup pot, immersion blender

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
Tomato (unit(s))	2	4	6	8	10	12
Bell pepper* (unit(s))	½	1	2	2	3	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Dried apricot pieces (g)	10	20	30	40	50	60
Giant couscous (g)	40	75	115	150	190	225
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Grated Italian cheese* (g)	15	25	40	50	65	75
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	300	600	900	1200	1500	1800
Low sodium vegetable stock cube (unit(s))	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)	2632 /629	543 /130
Total fat (g)	23	5
of which saturated(g)	6,9	1,4
Carbonhydrates (g)	76	16
of which sugars (g)	19,2	4
Fiber (g)	19	4
Protein (g)	23	5
Salt (g)	1,9	0,4

Allergens

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



1. Prepare

Preheat the oven to 180°C and boil the water (see pantry for amount). Chop the **onion** and crush or mince the **garlic**. Dice the **tomato** and **bell pepper**. Discard the **tarragon** stalks and finely chop the leaves.



4. Bake the bread

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



2. Make the soup

Heat a drizzle of olive oil in a soup pot over medium heat. Fry the **onion** with the **tomato**, **bell pepper**, **apricots** and half of the **garlic** for 2 minutes. Add two thirds of the boiling water and then crumble in the stock cube (see pantry for amount). Cover with the lid and allow to cook for 15 minutes.



5. Finish the soup

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



3. Boil the giant couscous

Boil plenty of water in a pot or saucepan and cook the **giant couscous** for 12 - 14 minutes, then drain and set aside (see Tip).

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



6. Serve

Serve the soup in bowls and garnish with the **Italian cheese**, the **tarragon** and the rest of the **sour cream**. Serve the breadsticks alongside (see Tip).

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

Enjoy!



Cheesy Pumpkin Pasta Bake

with spinach, thyme & pumpkin seeds

Veggie Calorie Smart

Total time: 40 - 50 min.



Penne



Onion



Garlic



Ground paprika



Diced pumpkin



Dried thyme



Cream cheese



Grated aged Gouda



Pumpkin seeds



Spinach



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

The pumpkin seed is the champion among seeds and nuts due to its high magnesium content. Among other benefits, this mineral is essential for healthy blood pressure.



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 frying pan, tall container, oven dish, pot or saucepan, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1	2	3	4	5	6
Diced pumpkin* (g)	150	300	450	600	750	900
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Cream cheese* (g)	25	50	75	100	125	150
Grated aged Gouda* (g)	35	75	110	150	185	225
Pumpkin seeds (g)	5	10	15	20	25	30
Spinach* (g)	50	100	150	200	250	300
Not included						
[Plant-based] milk (splash)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	75	150	225	300	375	450
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)	2828 /676	526 /126
Total fat (g)	27	5
of which saturated(g)	13,2	2,5
Carbonhydrates (g)	77	14
of which sugars (g)	11,9	2,2
Fiber (g)	9	2
Protein (g)	29	5
Salt (g)	1,3	0,2

Allergens

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



1. Prepare

Preheat the oven to 220°C and prepare the stock. Boil plenty of water in a pot or saucepan and cook the pasta for 10 – 12 minutes. Reserve some of the pasta water, then drain and set aside. Slice the **onion** into half rings and crush or mince the **garlic**.



4. Combine

Transfer the pasta, **spinach** and two thirds of the **grated cheese** to the **pumpkin** sauce. Mix well to combine and season to taste with salt and pepper, then cook for 1 more minute.

Did you know... 🌱 *spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.*



2. Fry the vegetables

Heat the olive oil in a frying pan over medium-high heat and fry the **onion**, **garlic** and **paprika** for 2 – 3 minutes. Stir in the **pumpkin** and **thyme** and fry for 4 – 6 minutes. Deglaze with the stock, then cover with the lid and allow to stew for 8 – 11 minutes, or until the **pumpkin** is soft.



5. Toast the pumpkin seeds

Transfer the pasta to an oven dish and scatter over the rest of the **cheese**. Bake in the oven for 10 – 15 minutes, or until the the top is golden-brown. In the meantime, heat a clean frying pan over medium-high heat and toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside.



3. Make the sauce

Transfer the **pumpkin** to a tall container. Add the **cream cheese** and then use an immersion blender to process into a smooth sauce. Add a splash of milk or some pasta water as necessary if the sauce seems too thick, then transfer back to the pan.



6. Serve

Serve the pasta bake on plates. Garnish with the **pumpkin seeds**.

Enjoy!



Crispy Fish Tacos

with crunchy vegetables & smoky mayonnaise

Family Quick

Total time: 25 - 30 min.



[Persian] cucumber



Carrot



Panko breadcrumbs



Mexican-style spices



Mini tortillas



Radicchio & iceberg lettuce



Smoked paprika



Mayonnaise



Pollock



Red onion



Tomato



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

The combination of seafood and Mexican cuisine has its roots in Mexico's coastal regions, where fresh fish and shellfish are abundant.



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, bowl, deep plate, grater, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
[Persian] cucumber* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Radichio & iceberg lettuce* (g)	25	50	75	100	125	150
Smoked paprika (tsp)	½	1	1½	2	2½	3
Mayonnaise* (g)	35	75	100	150	175	225
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Pollock* (unit(s))	1	2	3	4	5	6
Not included						
Sugar (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (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)	3569 /853	571 /136
Total fat (g)	49	8
of which saturated(g)	11,9	1,9
Carbonhydrates (g)	71	11
of which sugars (g)	20	3,2
Fiber (g)	8	1
Protein (g)	30	5
Salt (g)	2	0,3

Allergens

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



1. Prepare

- Preheat the oven to 180°C.
- Slice the **onion** into half rings. Grate the **carrot** and slice the **cucumber** into thin crescents.
- In a bowl, combine the sugar with the white wine vinegar and a pinch of salt.
- Add the **carrot, onion** and **cucumber** and toss well to combine. Set aside until serving, stirring occasionally.

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



2. Fry the fish

- On a deep plate, combine the **panko** with the **Mexican-style spices*** and season with salt and pepper.
- Pat the fish dry with kitchen paper and then cut into thirds.
- Coat the fish with a third of the mayonnaise and then coat it with the **panko**.
- Melt the butter in a frying pan over medium-high heat and fry the fish for 3 - 5 minutes until evenly golden-brown.

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



3. Make the sauce

- Meanwhile, wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes.
- In a small bowl, combine the rest of the mayonnaise with the **smoked paprika** and season to taste with salt and pepper.
- Dice the **tomato**.



4. Serve

- Spread the **tortillas** with the **paprika** mayonnaise and then fill with the **lettuce**, fish and **tomato**, along with some of the quick-pickled vegetables.
- Serve the rest of the vegetables alongside.

Enjoy!



One-Pot Spaghetti in Tomato Sauce

with Parmigiano Reggiano & homemade herbed cream cheese

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Spaghetti



Onion



Garlic



Cream cheese



Tomato



Sicilian-style herb mix



Parmigiano Reggiano DOP



Passata



Fresh flat leaf parsley & basil



Arugula & lamb's lettuce



Dried oregano



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

You'll finish this pasta with homemade herbed cream cheese, prepared with cream cheese, fresh parsley and basil.



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

Grater, small bowl, lidded soup pot or large pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Cream cheese* (g)	25	50	75	100	125	150
Tomato (unit(s))	2	4	6	8	10	12
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Passata (g)	100	200	300	390	500	590
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2590 /619	376 /90
Total fat (g)	19	3
of which saturated(g)	8,1	1,2
Carbonhydrates (g)	84	12
of which sugars (g)	16,5	2,4
Fiber (g)	13	2
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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



1. Prepare

- Prepare the stock. Chop the **onion** and crush or mince the **garlic**.
- Dice the **tomato**. Heat the olive oil in a soup pot or large pot.
- Fry the **garlic** and **onion** for 1 - 2 minutes.
- Break the **spaghetti** in half and transfer to the pot, then add the diced **tomato**, **passata**, **oregano**, Sicilian-style **spices** and the stock.



2. Make the sauce

- Cover with the lid and boil for 3 minutes, then remove the lid and cook for 7 - 9 more minutes.
- Stir regularly, lowering the heat or adding a splash of water as necessary if the sauce reduces too quickly.
- Season to taste with salt and pepper.



3. Make the herbed cream cheese

- Finely chop the fresh herbs and transfer half to a small bowl.
- Add the **cream cheese** and season to taste with salt and pepper, then mix well to combine.
- Grate the **Parmigiano Reggiano** in the meantime.



4. Serve

- Serve the **arugula** and **lamb's lettuce** on plates, then top with the **spaghetti**.
- Garnish with the herbed **cream cheese** and the **Parmigiano Reggiano**, along with the rest of the fresh herbs.

Enjoy!



Cheesy Chicken with Middle Eastern Spices

over bulgur with vegetables & fresh herbs

Calorie Smart

Total time: 30 - 40 min.



Bulgur



Green bell pepper



Tomato



Red onion



Grated Gouda



Garlic



Fresh flat leaf parsley & mint



Middle Eastern spice mix



Organic full-fat yogurt



Chicken breast with Mediterranean herbs



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

Did you know that a green bell pepper contains more fibre and vitamin K than red and yellow bell peppers?



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, large frying pan, oven dish, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Green bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1½	3	5	6	8	9
Red onion (unit(s))	½	1	1	2	2	3
Grated Gouda* (g)	25	50	75	100	125	150
Garlic (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	⅓	⅔	1	1½	1½	2
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
White balsamic vinegar (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)	2715 /649	531 /127
Total fat (g)	22	4
of which saturated(g)	9,7	1,9
Carbonhydrates (g)	63	12
of which sugars (g)	11,3	2,2
Fiber (g)	17	3
Protein (g)	41	8
Salt (g)	2	0,4

Allergens

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



1. Cook the bulgur

- Preheat the oven to 200°C.
- Transfer the **bulgur** to a pot or saucepan and cover with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and cook for 10 - 12 minutes until done, then drain and set aside.
- Meanwhile, chop the **onion**. Dice the **bell pepper** and **tomato**.



2. Fry the chicken

- Heat the olive oil in a large frying pan over medium-high heat. Fry the **chicken** for 4 minutes per side, then add the **bell pepper** and fry for 2 more minutes.
- Transfer the **chicken** and **bell pepper** to an oven dish, then top with the **tomato** and half of the **onion**. Season to taste with salt and pepper.
- Scatter over the **cheese** and then bake in the oven for 8 - 9 minutes or until the **chicken** is done.



3. Fry the aromatics

- Crush or mince the **garlic**.
- Melt the butter in a deep frying pan over medium heat. Fry the **garlic** with the rest of the **onion** and half of the **Middle Eastern-style spices** for 2 - 3 minutes.
- Stir in the **bulgur** and the white balsamic vinegar, then season to taste with salt and pepper.
- In a bowl, combine the **yogurt** with the rest of the **Middle Eastern-style spices**.



4. Serve

- Finely chop the fresh herbs.
- Remove the **chicken** from the oven dish and set aside.
- Transfer the roasted vegetables and half of the fresh herbs to the **bulgur** and mix well to combine.
- Serve the **bulgur** on plates and top with the **chicken** and the **yogurt** sauce. Garnish with the rest of the fresh herbs.

Enjoy!



Luxe Hamburger with Truffle-Parm Fries

on brioche with portobello & arugula salad

Total time: 45 - 55 min.



Red onion



Parmigiano Reggiano DOP



Brioche bun



Portobello mushroom



Kumato tomato



Fresh flat leaf parsley



Arugula & lamb's lettuce



Truffle-style olive oil



Potatoes



Wild boar burger



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

Today, you'll serve this luxurious burger with equally luxurious fries! You'll sprinkle them with grated cheese and drizzle some truffle-flavoured extra virgin olive oil on top.



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 frying pan, grater, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Brioche bun (unit(s))	1	2	3	4	5	6
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Kumato tomato* (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Truffle-style olive oil (ml)	2	4	6	8	10	12
Potatoes (g)	250	500	750	1000	1250	1500
Wild boar burger* (unit(s))	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Olive oil (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)	4745 /1134	666 /159
Total fat (g)	68	10
of which saturated(g)	23,3	3,3
Carbonhydrates (g)	89	13
of which sugars (g)	12,7	1,8
Fiber (g)	14	2
Protein (g)	40	6
Salt (g)	2,9	0,4

Allergens

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



1. Prepare

Preheat the oven to 220°C. Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness. Transfer to a bowl and drizzle with the olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.



2. Chop the onion

Bake the **brioche bun** alongside during the final 2 minutes of cooking time. Meanwhile, slice the **onion** into half rings and grate the **Parmigiano Reggiano**.



3. Fry the portobello

Melt two thirds of the butter in a frying pan over medium-high heat and fry the **portobello** for 3 - 4 minutes until evenly browned. Season to taste with salt and pepper, then cover with the lid and fry for another 3 - 4 minutes. Turn off the heat and set aside to keep warm, still covered.



4. Fry the burger

Halfway through the fries' cooking time, melt the rest of the butter in a frying pan over medium-high heat. Fry the **burger** with the **onion** for 3 - 5 minutes per side or until done, then keep warm until serving.



5. Make the salad

Meanwhile, finely chop the **parsley**. Cut the **tomato** into wedges and transfer to a salad bowl, along with the **arugula**. Add the white wine vinegar and drizzle with extra virgin olive oil as preferred, then toss well to combine. Season to taste with salt and pepper. In a small bowl, combine the mayonnaise with half of the truffle oil.



6. Serve

Cut open the **brioche** and spread with the truffle mayonnaise. Top with the **burger**, **portobello** and some of the **onion**. Garnish the fries with the **grated cheese**. Drizzle with the rest of the truffle oil and garnish with the **parsley**. Serve the salad alongside.

Enjoy!



Cod with Fresh Rigatoni

in creamy spinach & leek sauce with a twist of lemon

Quick Premium

Total time: 20 - 25 min.



Fresh rigatoni



Leek



Onion



Garlic



Heavy cream



Spinach



Cod fillet



Grated Italian cheese



Lemon



Fresh dill & chives



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

Did you know that cod swims in saltwater and belongs 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 rigatoni* (g)	125	250	375	500	625	750
Leek* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Heavy cream* (ml)	100	200	300	400	500	600
Spinach* (g)	50	100	150	200	250	300
Cod fillet* (unit(s))	1	2	3	4	5	6
Grated Italian cheese* (g)	15	25	40	50	65	75
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh dill & chives* (g)	2½	5	7½	10	12½	15
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)	3736 /893	614 /147
Total fat (g)	39	6
of which saturated(g)	22,3	3,7
Carbonhydrates (g)	86	14
of which sugars (g)	12,4	2
Fiber (g)	11	2
Protein (g)	45	7
Salt (g)	1	0,2

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta (see Tip). Slice the **leek** into thin rings.
- Chop the **onion** and crush or mince the **garlic**.

Tip: keep the pasta in the fridge until actually cooking it, so as to prevent it from sticking together.



2. Boil the pasta

- 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.
- Meanwhile, boil the pasta for 4 - 6 minutes, covered, then drain and set aside. Stir the **cream** into the vegetables.
- Crumble in the stock cube (see pantry for amount). Cover with the lid and allow to stew for 5 - 7 minutes.
- During the last 2 minutes of cooking time, add the **spinach** and then cover again.



3. Fry the fish

- Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the **cod** 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.



4. Serve

- Finely chop the fresh herbs.
- Serve the pasta 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!



Sea Bass Piccata with Broccolini

in caper butter sauce with rosemary potato wedges

Calorie Smart Premium

Total time: 30 - 40 min.



Potato wedges



Sea bass



Broccolini



Spinach



Lemon



Fresh curly parsley



Capers



Garlic



Fresh rosemary



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

Piccata is an Italian dish, where sliced fish or meat is prepared in a sauce of lemon, butter and capers.



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, microplane, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Sea bass* (g)	120	240	360	480	600	720
Broccolini* (g)	100	200	300	400	500	600
Spinach* (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Capers (g)	10	20	30	40	50	60
Garlic (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	½	1	1½	2	2½	3

Not included

Sunflower oil (tbsp)	¼	1	1½	2	2½	3
Water (ml)	60	120	180	240	300	360
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	¼	¼	¼	½	¾	¾
Salt and pepper (totaste)	0	0	0	0	0	0
Olive oil (tbsp)	¼	½	¾	1	1¼	1½

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2920 /698	493 /118
Total fat (g)	43	7
of which saturated(g)	16,5	2,8
Carbonhydrates (g)	37	6
of which sugars (g)	2	0,3
Fiber (g)	10	2
Protein (g)	35	6
Salt (g)	0,6	0,1

Allergens

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



1. Fry the potatoes

Discard the **rosemary** stalk and finely chop the leaves. Heat the sunflower oil in a frying pan over medium-high heat. Fry the **potato** wedges with the **rosemary** for 20 - 25 minutes until golden-brown, seasoning to taste with salt and pepper.



2. Fry the vegetables

Crush or mince the **garlic**. Heat the olive oil in a deep frying pan over medium-high heat. Fry half of the **garlic** for 1 minute, then add the **broccolini** and half of the water (see pantry for amount). Cover with the lid and stew for 8 - 10 minutes, or longer if you'd prefer it to be softer. Stir in the **spinach** and fry for 2 minutes until wilted and reduced. Season to taste with salt and pepper.



3. Fry the fish

Melt two thirds of the butter in a frying pan over medium-high heat. Fry the sea bass for 2 - 3 minutes on its skin, then lower the heat and fry for 1 more minute on the other side. Season with pepper, then remove from the pan and set aside under aluminium foil.



4. Slicing

Zest the **lemon**, then juice half and cut the rest into wedges. Roughly chop the **parsley**.



5. Make the sauce

Melt the rest of the butter in the same pan you used for the fish over medium-high heat. Fry the rest of the **garlic** for 1 minute, then add the **capers** and (per person) 1 tsp each of **lemon zest** and juice. Add the rest of the water, then crumble in the stock cube (see pantry for amounts). Add the sea bass and the **parsley** and heat for 1 - 2 minutes.



6. Serve

Serve the **potatoes**, **broccolini** and sea bass on plates. Top the sea bass with the sauce and serve with the **lemon wedges**.

Enjoy!



Tempura Shrimp over Luxe Miso Ramen

with mushrooms, scallions & a jammy egg

Global Cuisine

Total time: 35 - 45 min.



Scallions



Carrot



Garlic



Egg



Fresh spaghetti



Shrimp



Pre-cut mushroom mix



Korean-style spice mix



Gomashio



White miso paste



East Asian-style sauce



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

Tempura is a Japanese dish of lightly battered and fried seafood or vegetables. Its crispy, airy texture comes from a simple batter made with cold water and flour.



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 plate, large bowl, lidded pot or saucepan, kitchen paper, plate, small bowl, lidded soup pot, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1½	3	4½	6	7½	9
Fresh spaghetti* (g)	65	125	190	250	315	375
Shrimp* (g)	120	240	360	480	600	720
Pre-cut mushroom mix* (g)	90	175	265	350	440	525
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
White miso paste (g)	15	25	35	50	60	75
East Asian-style sauce* (sachet(s))	½	1	1½	2	2½	3
Not included						
Water (ml)	75	150	225	300	375	450
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Sunflower oil (ml)	30	60	90	120	150	180
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Flour (g)	70	140	210	280	350	420
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4280/1023	436/104
Total fat (g)	41	4
of which saturated(g)	7,1	0,7
Carbonhydrates (g)	109	11
of which sugars (g)	18,9	1,9
Fiber (g)	16	2
Protein (g)	49	5
Salt (g)	7,3	0,7

Allergens

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



1. Prepare

Add the water to a small bowl and transfer it to the freezer (see pantry for amount). Boil plenty of salted water in a pot or saucepan for the **spaghetti** and **eggs**. Cut one **scallion** per person into diagonal rings and set aside to use later as garnish. Chop the rest of the **scallions** into fine rings. Cut the **carrot** into thin crescents and peel the **garlic**.



4. Bread the shrimp

Pat the **shrimp** dry with kitchen paper. On a deep plate, combine the Korean-style **spices** with 20g flour per person. Transfer the cold water from the freezer to a large bowl. Add the rest of the flour, then beat well into a smooth batter (see Tip).

Tip: if the batter is too thick, add another splash of cold water; if it's too thin, add extra flour.



2. Boil the egg and spaghetti

Boil the **egg** for 6 minutes, then rinse under cold water and set aside until serving (see Tip). In the same pan, cook the fresh **spaghetti** for 4 - 5 minutes, then drain and set aside, covered. In the meantime, prepare the stock.

Tip: if you'd prefer a hard boiled egg, cook it for 8 minutes.



5. Fry the shrimp

Prepare a plate lined with kitchen paper. Coat the **shrimp** first with the flour, then with the batter. Heat the sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, carefully fry the **shrimp** for 3 - 4 minutes or until golden-brown. Transfer to the plate and allow to drain.



3. Make the broth

Heat the olive oil in a soup pot over medium-high heat. Fry the **mushrooms** for 2 - 4 minutes. Add the **garlic**, **carrot** and **scallions** and fry for 1 - 2 minutes. Add the stock, the ketjap, the **miso paste*** and the **East Asian-style sauce**, then cover with the lid and allow to cook gently over low heat until serving. **Take care, this ingredient is salty! Add gradually as preferred.*



6. Serve

Peel and halve the **egg**. Serve the **spaghetti** in deep bowls and pour over the stock. Top with the **shrimp** and the boiled **egg**. Drizzle with the **soy sauce**, then garnish with the **gomashio** and the reserved **scallions**.

Enjoy!



Pork Tenderloin in Red Wine Jus

with roasted pumpkin & chive mash

Quick Calorie Smart Premium

Total time: 25 - 35 min.



Potatoes



Apple



Diced pumpkin



Pork tenderloin



Onion



Garlic



Red wine



Dried thyme



Fresh chives



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

Jus is a French sauce made by reducing meat juices with stock, wine, or aromatics. It's lighter than gravy, rich in flavor, and perfect for enhancing roasted or grilled dishes!



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, lidded pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Apple* (unit(s))	½	1	2	2	3	3
Diced pumpkin* (g)	150	300	450	600	750	900
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red wine (ml)	40	75	115	150	190	225
Dried thyme (sachet(s))	¼	½	½	¾	¾	1
Fresh chives* (g)	5	10	15	20	25	30

Not included

Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Flour (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2812 /672	360 /86
Total fat (g)	28	4
of which saturated(g)	14,7	1,9
Carbohydrates (g)	60	8
of which sugars (g)	16,3	2,1
Fiber (g)	13	2
Protein (g)	34	4
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Preheat the oven to 180°C and prepare the stock. Wash or peel the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan. Cover with water and add a generous pinch of salt, then boil for 12 - 15 minutes until done, then drain and set aside, covered.



4. Make the jus

In the same frying pan, melt the rest of the butter over medium heat. Fry the **onion** with the **garlic** for 3 - 4 minutes, then add the red wine and the **thyme**. Bring to the boil and allow to simmer gently for 2 - 3 minutes, then add the stock and the flour. Bring back up to the boil and allow to gently reduce until serving. Season to taste with pepper.



2. Roast the vegetables

Meanwhile, wash or peel the **apple**, then remove the core and cut into wedges. Transfer the **apple** wedges to a bowl along with the **diced pumpkin** and drizzle with the olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet, leaving enough space to add the **pork tenderloin** later. Roast in the oven for 5 - 10 minutes.



5. Mash the potatoes

Mash the **potatoes** with the mustard and a splash of milk, then season generously with salt and pepper. Finely chop the **chives** and stir half of them into the mash.



3. Prepare the pork

Melt two thirds of the butter in a frying pan over high heat. Season the **pork tenderloin** with salt and pepper, then sear for 3 - 4 minutes until evenly browned. Meanwhile, slice the **onion** into half rings and crush or **mince** the **garlic**. Transfer the **pork** to a small oven dish and roast in the oven for 10 - 15 minutes alongside the **apple** and **pumpkin**.



6. Serve

Serve the mash on plates with the **pork tenderloin** alongside. Top the **pork** with the red wine jus. Serve with the roasted vegetables and garnish with the rest of the **chives**.

Did you know... 🍂 *vitamin A boosts our vision in poorly lit or dark settings and it's also good for skin, hair and nails. Just 200g of pumpkin provides half the RDA of vitamin A.*

Enjoy!



Luxe Avocado Salad with Honeyed Goat's Cheese Pearls

with cherry tomatoes, crema di balsamico & walnuts

Veggie Quick Premium

Total time: 20 - 25 min.



Red onion



Giant couscous



Lemon-infused olive oil



Honeyed goat's cheese pearls



Lamb's lettuce



Crema di balsamico



Chopped walnuts



Fresh flat leaf parsley & basil



Avocado



Red cherry tomatoes



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

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



Tear me out!



Before you 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, salad bowl, two frying pans

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Giant couscous (g)	75	150	225	300	375	450
Lemon-infused olive oil (ml)	4	8	12	16	20	24
Honeyed goat's cheese pearls* (g)	50	100	150	200	250	300
Lamb's lettuce* (g)	40	60	80	100	140	160
Crema di balsamico (ml)	8	16	24	32	40	48
Chopped walnuts (g)	20	40	60	80	100	120
Fresh flat leaf parsley & basil* (g)	10	20	30	40	50	60
Avocado (unit(s))	½	1	2	2	3	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White 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)	3925 /938	516 /123
Total fat (g)	53	7
of which saturated(g)	13,1	1,7
Carbonhydrates (g)	88	12
of which sugars (g)	28,8	3,8
Fiber (g)	15	2
Protein (g)	24	3
Salt (g)	1,3	0,2

Allergens

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



1. Prepare

- Prepare the stock in a pot or saucepan and boil the **giant couscous** for 12 - 14 minutes, covered.
- Drain when finished and rinse under cold water.
- Meanwhile, finely chop the **onion**. Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Quarter the **cherry tomatoes**. Finely chop the fresh herbs.



3. Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar, the **lemon-infused olive oil** and the rest of the honey.
- Add the **giant couscous**, the **onion**, the **cherry tomatoes**, the fresh herbs and the **lamb's lettuce**.
- Season to taste with salt and pepper, then toss well to combine.



2. Toast the walnuts

- Heat a clean frying pan over high heat and toast the **walnuts** until lightly browned.
- Turn off the heat and add half of the honey, then mix well to coat.
- Heat the olive oil in another frying pan over medium-high heat. Fry the **onion** for 3 - 4 minutes.



4. Serve

- Serve the salad on plates.
- Top with the **avocado** and the **goat's cheese pearls**.
- Garnish with the honeyed **walnuts** and drizzle with the **crema di balsamico** to finish.

Enjoy!



Fusion Chicken Tacos with Kimchi Wedges

with avocado, rainbow sesame slaw & cheddar

Street food

Total time: 45 - 55 min.



Pulled chicken



Sesame oil



Fresh coriander



Avocado



Mini tortillas



Lime



Potatoes



Scallions



Kimchi sauce



Rainbow slaw mix



Garlic



Grated cheddar



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

Kimchi sauce is a spicy, tangy sauce inspired by Korean kimchi, made with fermented chili, garlic, and ginger. It adds bold and zesty flavour to stir-fries, marinades, and dips.



Tear me out!



Before you start

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Equipment

Aluminum foil, parchment-lined baking sheet, microplane, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pulled chicken* (g)	100	200	300	400	500	600
Sesame oil (ml)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Avocado (unit(s))	½	1	2	2	3	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Lime* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Scallions* (bunch)	½	1	1	2	2	3
Kimchi sauce (g)	20	40	60	80	100	120
Rainbow slaw mix* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150

Not included

Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Water (ml)	30	60	90	120	150	180
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	5234 /1251	696 /166
Total fat (g)	79	10
of which saturated(g)	16,1	2,1
Carbonhydrates (g)	93	12
of which sugars (g)	15,6	2,1
Fiber (g)	16	2
Protein (g)	40	5
Salt (g)	3,7	0,5

Allergens

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



1. Make the wedges

Preheat the oven to 200°C. Wash or peel the **potatoes** and cut into wedges, then transfer to a parchment-lined baking sheet. Drizzle with half of the sunflower oil and season with salt and pepper, then toss well to coat. Bake in the oven for 30 - 35 minutes.



4. Fry the pulled chicken

Crush or mince the **garlic** and chop the **scallions**. Set aside the **scallion** greens to use later as garnish. Take the **pulled chicken** out of the packaging and separate into smaller pieces. Heat the rest of the sunflower oil in a frying pan and fry the white part of the **scallions** for 1 - 2 minutes. Add the **pulled chicken**, the **garlic** and the water (see pantry for amount). Fry for 4 - 6 minutes over medium-high heat.



2. Make the slaw

In a salad bowl, combine the **slaw mix** with the **sesame oil**, white wine vinegar and sugar. Finely chop the **coriander** and add half to the slaw. Season to taste with salt and pepper, then toss well to combine and set aside.

Did you know... 🥬 compared to other vegetables, red cabbage is very high in calcium, fibre and vitamin C.



5. Finish

Wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes. Take the wedges out of the oven and transfer to a serving dish. In a small bowl, combine the **kimchi sauce*** with half of the **lime** mayo and season to taste with salt and pepper. Drizzle the wedges with the kimchi mayo and garnish with the reserved **scallion** greens.

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



3. Prepare the toppings

Halve and pit the **avocado**, then remove the skin and slice the flesh. Zest and juice half of the **lime**. In a small bowl, combine the mayonnaise with (per person) 1 tsp **lime juice** and ½ tsp **lime zest**. Cut the rest of the **lime** into wedges.



6. Serve

Serve the **tortillas** on the table. Serve the **coriander**, the rest of the **lime** mayo, the **pulled chicken**, the **avocado**, the **cheddar**, the slaw and the **lime wedges** all in separate dishes. Allow everyone to assemble their own **tacos**. Serve the kimchi **potato** wedges alongside.

Enjoy!