



Leek Velouté with Bacon

with watercress & homemade croutons

Family

Total time: 35 - 45 min.



Garlic



Leek



Potatoes



Bacon



Cress



Cooking cream



White demi-baguette



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

The lower end of the leek is the tastiest part. Cut off the root and slice the rest. Remove the outer leaves and the top part, which is tougher and not as tasty.

Before you begin

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

Utensils

Parchment-lined baking sheet, lidded soup pot, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	1	2	3	4	5	6
Potatoes (g)	100	200	300	400	500	600
Bacon* (slice(s))	2	4	6	8	10	12
Cress* (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
White demi-baguette (unit(s))	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	1	2	3	4	5	6
Water (ml)	250	500	750	1000	1250	1500
Extra virgin olive oil (totaste)				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3724 /890	461 /110
Total fat (g)	45	6
of which saturated (g)	17,1	2,1
Carbohydrates (g)	96	12
of which sugars (g)	10,7	1,3
Fibre (g)	19	2
Protein (g)	22	3
Salt (g)	3,1	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 200°C. Crush or **mince** the **garlic**. Halve the **leek** lengthways and then cut into crescents. Peel and dice the **potatoes**.

Did you know... 🌱 the majority of the leek's nutrients are in the green part at the top. It is rich in vitamin B6, which is essential for muscles and immunity.



4. Make the croutons

Roughly chop the **watercress**. Dice the **baguette** into 3cm chunks. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **baguette** for 6 - 8 minutes or until evenly browned, so as to make croutons. Drizzle with extra oil if necessary, then season to taste with salt and pepper.



2. Prepare the Bacon

Carefully separate the **bacon** slices and transfer to a parchment-lined baking sheet. Bake in the oven for 8 - 10 minutes.



5. Blend the soup

Reserve some **watercress** to use as garnish and then add the rest to the soup. Allow to cook for another 5 minutes, then use an immersion blender to process into a smooth and creamy soup (see Tip). Add the **cream** and the butter, then season generously with salt and pepper.

Tip: add extra water as necessary if the soup is too thick for your liking.



3. Make the soup

Heat a generous drizzle of olive oil in a soup pot over medium heat. Fry the **garlic** for 1 minute, then add the **potatoes** and **leek** and fry for 2 - 3 minutes. Deglaze with the white wine vinegar and the water, then crumble in the stock cube (see pantry for amounts). Bring to a boil and allow to cook for 15 minutes, covered.



6. Serve

Cut or tear the **bacon** into smaller pieces. Serve the soup in bowls and top with the **bacon** and croutons. Garnish with the reserved **watercress** and drizzle with extra virgin olive oil as preferred.

Enjoy!



Roasted Vegetables with Fried Egg

over coconut rice with curry sauce

Veggie

Total time: 35 - 45 min.



Jasmine rice



Coconut milk



Courgette



Chestnut mushrooms



Shallot



Apple



Yellow curry spices



Egg



Crispy fried onions



Romano pepper



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

Jasmine rice is similar to basmati rice in texture, appearance and nutritional value. However, jasmine rice has a slightly stronger flavour.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded pot or saucepan, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Courgette* (unit(s))	½	1	1	2	2	3
Chestnut mushrooms* (g)	65	125	200	250	325	375
Shallot (unit(s))	½	1	2	2	3	3
Apple* (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Romano pepper* (unit(s))	½	1	2	2	3	3
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Flour (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4046 / 967	664 / 159
Total fat (g)	55	9
of which saturated (g)	23,3	3,8
Carbohydrates (g)	90	15
of which sugars (g)	18,7	3,1
Fibre (g)	13	2
Protein (g)	21	3
Salt (g)	1,7	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 220°C. Slice the **courgette** into 1cm thick crescents. Dice the **Romano pepper** into 1.5cm chunks and halve the **mushrooms**. Transfer the vegetables to a bowl along with half a teaspoon of **yellow curry spices** per person. Drizzle generously with olive oil and season with salt and pepper, then toss well to coat.



2. Roast the vegetables

Transfer the vegetables to a parchment-lined baking sheet and bake in the oven for 15 - 18 minutes.



3. Make the coconut rice

To a pot or saucepan, add (per person) 65ml **coconut milk** and 175ml water, then crumble in half of the stock cube (see pantry for amount). Bring to a boil and reduce the heat to medium-low, then add the **rice**. Boil for 10 - 12 minutes, covered, then drain if necessary and set aside (see Tip).

Tip: this recipe is high in calories. Are you watching your calorie intake? Prepare all of the rice but then just serve two thirds. You can keep the rest of it in the fridge to use the next day.



4. Make the sauce

In the meantime, chop the **shallot** and finely dice the **apple**. Heat a drizzle of olive oil in a small saucepan over medium-high heat. Fry the **shallot** with the **apple** for 3 - 4 minutes, then add the rest of the **yellow curry spices** and fry for 1 minute. Add the flour and fry for another minute, then add the rest of the **coconut milk** and 100ml water per person. Crumble in the rest of the stock cube and mix well, then bring to a boil and allow to reduce for 3 - 4 minutes. Season to taste with salt and pepper.



5. Fry the egg

In the meantime, heat a drizzle of olive oil in a small frying pan and fry the **egg**. Season to taste with salt and pepper.



6. Serve

Serve the **coconut rice** on deep plates with the roasted vegetables and curry sauce. Top with the fried **egg** and garnish with the **crispy onions**.

Did you know... 🌱 as well as vitamin C, Romano peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



Roasted Eggplant with Tahini Sauce

with Greek-style cheese & tomato couscous

Veggie

Total time: 35 - 45 min.



-  Wholewheat couscous
-  Garlic
-  Onion
-  Eggplant
-  Tomato paste
-  Red cherry tomatoes
-  African-inspired spice mix
-  Tahini sauce
-  Fresh flat leaf parsley & mint
-  Greek-style cheese
-  Salted almonds
-  Middle Eastern spice mix



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

Do you have leftover Greek-style cheese? Fill a glass jar with olive oil, herbs and the remaining cheese cubes - since Greek-style cheese lasts longer in olive oil!

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	¼	½	¾	1	1½	1½
Red cherry tomatoes (g)	125	250	375	500	625	750
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Tahini sauce* (g)	20	40	60	80	100	120
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Salted almonds (g)	10	20	30	40	50	60
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3167 / 757	487 / 116
Total fat (g)	38	6
of which saturated (g)	8,8	1,4
Carbohydrates (g)	75	12
of which sugars (g)	18,4	2,8
Fibre (g)	16	2
Protein (g)	23	4
Salt (g)	2,2	0,3

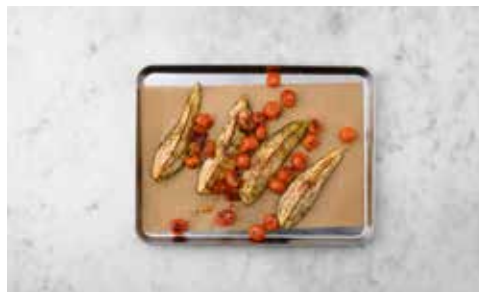
Allergens

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1. Roast the eggplant

Preheat the oven to 200°C. Crush or **mince** the **garlic** and transfer half to a bowl. Add the **Middle Eastern spices**, balsamic vinegar and a drizzle of olive oil. Season to taste with salt and pepper, then mix well to combine. Quarter the **eggplant** lengthways and coat it with the oil, then transfer to a parchment-lined baking sheet. Roast in the oven for 30 minutes.



4. Roast the cherry tomatoes

Transfer the **cherry tomatoes** to an oven dish and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Roast alongside the **eggplant** during the final 12 - 15 minutes of cooking time.



2. Fry the onion

In the meantime, chop the **onion** and prepare the stock. Heat a drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the onion with the rest of the **garlic** for 2 - 3 minutes, then stir in the **tomato paste** and fry for 1 - 2 minutes or until the **tomato paste** turns crimson.



5. Finish

Finely chop the **parsley** and **mint**. Roughly chop the **almonds**. Stir the roasted **cherry tomatoes** and the African-inspired **spices** into the **couscous**, then season to taste with salt and pepper as needed.



3. Prepare the couscous

Deglaze with the stock and bring to the boil. Stir in the **couscous**, then remove from the heat and allow to stand until step 5, covered.



6. Serve

Stir 1 tbsp water per person into the **tahini sauce**. Serve the **tomato couscous** on plates and top with the **eggplant**. Drizzle with the **tahini sauce** and crumble over the **Greek-style cheese**. Garnish with the fresh herbs and the **almonds**.

Did you know... 🍆 eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.



Shrimp Couscous with Yazzara

with hazelnuts, fresh herbs & ras el hanout

Nice & Fast

Total time: 20 - 30 min.



Yazzara



Shrimp



Wholewheat couscous



Onion



Parsnip



Ras el hanout



Hazelnuts



Garlic



Raisins



Fresh flat leaf parsley & mint



Carrot



Lemon



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

Parsnips are actually one of the oldest known vegetables. They were grown as far back as ancient times and were often used as a way of sweetening dishes.

Before you begin

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

Utensils

Large deep frying pan with lid, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Yazzara* (g)	40	80	120	160	200	240
Shrimp* (g)	80	160	240	320	400	480
Wholewheat couscous (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	2	2	3	3
Parsnip* (unit(s))	½	1	1	2	2	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Hazelnuts (g)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1½	2	2½	3
Raisins (g)	10	20	30	40	50	60
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Carrot* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3130 /748	445 /106
Total fat (g)	27	4
of which saturated (g)	4,1	0,6
Carbohydrates (g)	93	13
of which sugars (g)	26,7	3,8
Fibre (g)	19	3
Protein (g)	27	4
Salt (g)	1,9	0,3

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. Add the couscous and set aside, covered. Meanwhile, boil a shallow layer of water in a deep frying pan over medium-high heat. Peel the parsnip. Slice the parsnip and carrot into thin crescents and boil for 4 - 6 minutes, covered, then drain if necessary and return to the pan. Slice the onion in half rings and crush or mince the garlic.



2. Fry the vegetables

Add the onion and garlic to the vegetables and drizzle with olive oil, then fry the vegetables for 5 - 6 minutes over medium-high heat. Season to taste with salt and pepper. Meanwhile, finely chop the fresh herbs. Cut the lemon into 6 wedges. Chop the hazelnuts. Heat a clean frying pan over high heat and toast the hazelnuts briefly, then remove from the pan and set aside.



3. Fry the shrimp

Heat a drizzle of olive oil in the same pan and fry the shrimp for 2 - 3 minutes. Deglaze with the juice of 1 lemon wedge per person. Season to taste with salt and pepper. Transfer the couscous to the vegetables, along with the ras el hanout, hazelnuts, raisins and half of the fresh herbs.



4. Serve

Add the white wine vinegar and the honey, then squeeze in 1 lemon wedge per person. Mix well to combine and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper. Serve the couscous on deep plates. Top with the shrimp and a dollop of yazzara. Garnish with the rest of the fresh herbs. Serve with any remaining lemon wedges alongside.

Did you know... 🌱 just 100g of parsnip provides almost a fifth of the RDA of fibre. Fibre is good for gut health, which makes it easier to absorb nutrients and boosts immunity.

Enjoy!



Veggie Meatball Traybake

with orange mayo & Surinamese-style spices

Family Veggie

Total time: 35 - 45 min.



Veggie meatballs from The Vegetarian Butcher



Apple



Baby potatoes



Carrot



Surinamese-style spices



Mayonnaise



Onion



Easy peel orange



Fresh flat leaf parsley



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

Carrots are rich in vitamin A, so your immune system and eyes will receive an extra boost from this dish.

Before you begin

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

Utensils

Parchment-lined baking sheet, large bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veggie meatballs from The Vegetarian Butcher* (unit(s))	5	10	15	20	25	30
Apple* (unit(s))	½	1	2	2	3	3
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Mayonnaise* (g)	25	50	75	100	125	150
Onion (unit(s))	1	2	2	4	4	6
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3038 /726	445 /106
Total fat (g)	37	5
of which saturated (g)	4	0,6
Carbohydrates (g)	71	10
of which sugars (g)	20,9	3,1
Fibre (g)	21	3
Protein (g)	20	3
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 200°C. Slice the **onion** into half rings. Wash or peel the **apple**, then remove the core and cut into wedges. Cut the **carrot** into 5cm batons of around 1cm thickness.



2. Cut the potatoes

Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.



3. Prepare the vegetables

Transfer the **carrot**, **onion** and **apple** to a large bowl and drizzle with olive oil (see Tip 1). Season with salt and pepper, then toss well to coat and transfer to one side of a parchment-lined baking sheet (see Tip 2). In the same bowl, drizzle the **baby potatoes** with olive oil and add 1 tsp Surinamese-style **spices** per person, then toss well to coat. Transfer to the other side of the baking sheet.

Tip 1: to save time washing up, you can also do this directly on the baking sheet.

Tip 2: if you're cooking for more than two people, use the whole baking sheet and then use another one for the potatoes.



4. Roast the vegetables

Roast in the oven for 30 - 40 minutes or until golden-brown, tossing halfway. Add the **veggie meatballs** during the final 10 minutes of cooking time.



5. Make the sauce

Juice the **orange**. In a small bowl, combine the mayonnaise with (per person) 0.5 tsp Surinamese-style **spices** and 1.5 tbsp **orange** juice. Season to taste with salt and pepper. Roughly chop the **parsley**.



6. Serve

Serve the **potatoes**, vegetables and **meatballs** on plates and drizzle with the **orange** mayo. Garnish with the **parsley**.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.

Enjoy!



Bulgogi Bowl with Korean-Style Steak Strips

over rice with quick-pickled vegetables

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Bulgogi sauce



Steak strips



Jasmine rice



Cucumber



Soy sauce



Garlic



Slaw mix



Salted peanuts



Honey & ginger dressing



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

A good start is half the battle. Marinate the steak strips a day in advance - that way the flavours will absorb well, resulting in an extra intense taste experience!

Before you begin

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

Utensils

Bowl, deep frying pan, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgogi sauce (g)	35	70	105	140	175	210
Steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	1	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1½	2	2½	3
Slaw mix* (g)	75	150	200	300	350	450
Salted peanuts (g)	10	20	30	40	50	60
Honey & ginger dressing (ml)	15	25	40	50	65	75
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sambal (totaste)	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2586 / 618	518 / 124
Total fat (g)	14	3
of which saturated (g)	2,3	0,5
Carbohydrates (g)	84	17
of which sugars (g)	20,8	4,2
Fibre (g)	5	1
Protein (g)	35	7
Salt (g)	3,2	0,6

Allergens

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



1. Marinate

Take the steak strips out of the fridge (see Tip). Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, covered. Drain when finished and set aside.

Tip: for the best result, take the steak strips out of the fridge 30 - 60 minutes before you start cooking. This way, the steak strips will be at room temperature when you eventually fry them.



3. Fry the steak strips

When the rice has 5 minutes left, heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the garlic for 1 minute, then add the steak strips in their marinade. Add some sambal as preferred and stir-fry for 1 minute.



2. Prepare

In a bowl, combine the steak strips with the bulgogi sauce and soy sauce. Crush or mince the garlic and slice the cucumber. In another bowl, combine the cucumber with the slaw mix, white wine vinegar and sugar. Season with a pinch of salt, then set aside until serving.

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.



4. Serve

Serve the rice on deep plates and top with the steak strips in their sauce. Serve with the cucumber slaw and garnish with the peanuts. Drizzle over the honey ginger dressing.

Enjoy!



Creamy Chorizo Casarecce

with avocado pesto dip & cherry tomatoes

Family Nice & Fast

Total time: 15 - 20 min.



Avocado & pesto dip



Herbed cream cheese



Red cherry tomatoes



Bell pepper strips



Diced chorizo



Grated Gouda



Casarecce



Onion



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

Chorizo is a type of Spanish sausage that owes its flavour and red colour to the liberal use of paprika.

Before you begin

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

Utensils

Pot or saucepan, large deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Avocado & pesto dip* (g)	40	80	120	160	200	240
Herbed cream cheese* (g)	25	50	75	100	125	150
Red cherry tomatoes (g)	125	250	375	500	625	750
Bell pepper strips* (g)	50	100	150	200	250	300
Diced chorizo* (g)	40	75	115	150	190	225
Grated Gouda* (g)	25	50	75	100	125	150
Casarecce (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	1	2	2

From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3519 /841	812 /194
Total fat (g)	43	10
of which saturated (g)	17,5	4
Carbohydrates (g)	76	18
of which sugars (g)	13,7	3,2
Fibre (g)	11	2
Protein (g)	31	7
Salt (g)	2,4	0,6

Allergens

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



1. Boil the pasta

Boil plenty of salted water in a pot or saucepan and cook the pasta for 11 - 13 minutes, then drain and set aside. Chop the onion in the meantime.



2. Fry the chorizo and vegetables

Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat. Fry the onion with the chorizo for 2 - 3 minutes. Halve the cherry tomatoes and add to the frying pan, along with the bell pepper strips. Fry for 4 - 5 minutes and season to taste with salt and pepper.

Did you know... 🍅 cherry tomatoes may be smaller than normal tomatoes, but they are more nutrient-dense; they are richer in potassium and folic acid, as well as vitamins A and C.



3. Finishing the sauce

Stir in the herbed cream cheese and half of the grated cheese. Allow to melt, then add the pasta and mix well to combine. Cook for 1 more minute over high heat and season to taste with salt and pepper.



4. Serve

Serve the pasta on plates. Garnish with the rest of the cheese and top with the avocado pesto dip.

Enjoy!



Chicken Stir-Fry with Wholewheat Noodles

with vegetables, Korean-style spices & chili pepper

Family Nice & Fast

Total time: 15 - 20 min.



Red chili pepper



Garlic



Chicken thigh strips



Vegetable mix:
pepper, leek,
cabbage and carrot



Korean-style spice mix



Soy sauce



Ketjap manis



Wholewheat noodles



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

Chicken thigh is a popular cut of chicken. The meat is darker and slightly fattier than the breast, making it tender and flavoursome.

Before you begin

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

Utensils

Pot or saucepan, lidded wok

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Ketjap manis (ml)	20	40	60	80	100	120
Wholewheat noodles (g)	100	200	300	400	500	600

From your pantry

Sunflower oil (tbsp)	1	1½	2	2½	3½	4
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3050 /729	682 /163
Total fat (g)	22	5
of which saturated (g)	5,1	1,1
Carbohydrates (g)	99	22
of which sugars (g)	22,4	5
Fibre (g)	11	2
Protein (g)	33	7
Salt (g)	3,9	0,9

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the noodles. Deseed and finely chop the red chili pepper.* Crush or mince the garlic.

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



2. Stir-fry the chicken and vegetables

Heat the sunflower oil in a wok over medium-high heat. Fry the chicken thigh strips with the garlic and red chili pepper for 2 - 3 minutes, then add the vegetable mix and Korean-style spices. Stir in the soy sauce and ketjap, then cover with the lid and fry for 5 - 7 minutes. Season to taste with salt and pepper.



3. Boil the noodles

In the meantime, break the noodles directly into the boiling water and cook for 3 - 4 minutes. Reserve some of the cooking liquid, then drain the noodles and transfer them to the wok. Add 1 tbsp cooking liquid per person and stir-fry for 1 minute over high heat.



4. Serve

Serve the stir-fry on plates.

Enjoy!



Sesame-Panko Chicken with Spicy Green Beans

with sambal-soy potato salad

Total time: 40 - 50 min.



Chicken fillets



Roseval potatoes



Garlic



Onion



Ground coriander



Soy sauce



Sesame seeds



Panko breadcrumbs



Korean-style spice mix



Green beans



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

This sesame chicken is crispy on the outside and tender on the inside because you make it from chicken fillet - the most tender and sought-after piece of the chicken breast.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, 2x deep plate, 2x lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken fillets* (unit(s))	1	2	3	4	5	6
Roseval potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	1	1	2	2
Panko breadcrumbs (g)	10	20	30	40	50	60
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Green beans* (g)	150	300	500	600	800	900
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
Sambal (tsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3594 /859	565 /135
Total fat (g)	47	7
of which saturated (g)	7,3	1,1
Carbohydrates (g)	64	10
of which sugars (g)	8,4	1,3
Fibre (g)	17	3
Protein (g)	38	6
Salt (g)	2	0,3

Allergens

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



1. Boil the potatoes

Preheat the oven to 200°C and boil plenty of water in a lidded pot or saucepan. Peel or wash the **potatoes** and cut into rough pieces. Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



2. Prepare the green beans

Meanwhile, discard the tips of the **green beans** and then cut into thirds. Transfer to a pot or saucepan and submerge with water, then cover with the lid. Bring to a boil and allow to cook gently for 4 - 5 minutes, then drain and rinse under cold water.

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



3. Make the dressing

Chop the **onion** and crush or **mince** the **garlic**. In a bowl, combine the **soy sauce** with the **ground coriander**, sambal and white wine vinegar. Add the **garlic** and **onion**, then season to taste with salt and pepper.



4. Bread the chicken

On a deep plate, combine half of the olive oil with a pinch of salt. On another deep plate, combine the **sesame seeds** with the **panko** and Korean-style **spices**. Coat the **chicken** first with the olive oil and then with the **panko**.



5. Cook the chicken

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **chicken** for 2 minutes per side or until golden-brown. Transfer to a parchment-lined baking sheet and then bake in the oven for 6 - 8 minutes. Meanwhile, clean the pan and heat another drizzle of olive oil over medium-high heat. Stir-fry the **green beans** with half of the dressing for 3 - 5 minutes.



6. Serve

Combine the rest of the dressing with the mayonnaise and then stir into the **potatoes**. Season to taste with salt and pepper, then serve the **potato salad** on plates. Serve with the **green beans** and the **chicken**.

Enjoy!



Hot Smoked Salmon Salad with Cocktail Sauce

with pickled onion, apple & pita

Nice & Fast

Total time: 20 - 30 min.



Hot smoked salmon flakes



Cocktail sauce



Pita bread



Little gem



Apple



Onion



Yellow Mustard Seed



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

Mustard plants are hardy and are grown around the world. Almost every part of the plant is edible, including the flowers, leaves and seeds!

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, salad bowl, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Cocktail sauce* (g)	30	60	90	120	150	180
Pita bread (unit(s))	1½	3	4½	6	7½	9
Little gem* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	1	1	1	2	2	3
Yellow Mustard Seed (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (ml)	30	60	90	120	150	180
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Water (ml)	25	50	75	100	125	150
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4021 /961	833 /199
Total fat (g)	67	14
of which saturated (g)	9,5	2
Carbohydrates (g)	63	13
of which sugars (g)	21,3	4,4
Fibre (g)	7	1
Protein (g)	27	6
Salt (g)	2,6	0,5

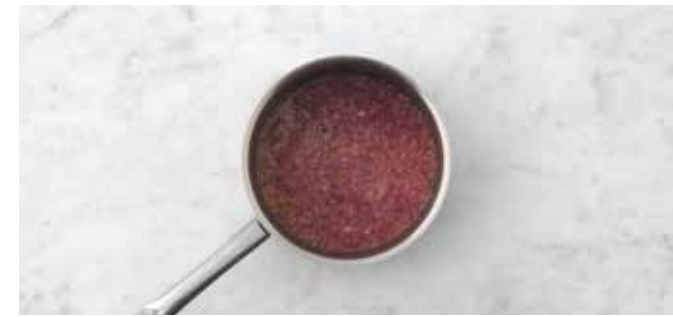
Allergens

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



1. Prepare

Preheat the oven to 200°C. Cut the pitas into quarters and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then bake in the oven for 6 - 8 minutes.



2. Pickle the onion

Finely chop the onion. To a small saucepan, add the water, white wine vinegar and sugar (see pantry for amounts). Mix well and heat until the sugar has dissolved. Add the onion and the mustard seeds, then set the heat to low and allow to simmer gently for 10 - 15 minutes. In a bowl, combine the mayonnaise with the salmon and half of the cocktail sauce. Season to taste with salt and pepper.



3. Make the salad

In a salad bowl, combine the honey with the mustard, balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper. Core and dice the apple. Thinly slice the little gem. Add both to the salad bowl and toss well to combine with the dressing.



4. Serve

Serve the salad on plates. Top with the salmon and the pickled onion. Drizzle with the rest of the cocktail sauce and serve the pita alongside.

Enjoy!



Jambalaya-Inspired Rice

with chicken & chorizo

Calorie Smart

Total time: 40 - 50 min.



Onion



Garlic



Green bell pepper



Tomato



Diced chorizo



Chicken thigh strips with kebab spices



Mexican-style spices



Worcestershire sauce



White long grain rice



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

Jambalaya is a rice dish reminiscent of paella. It has its origins in Cajun cuisine from the southern United States.

Before you begin

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

Utensils

Small bowl, lidded wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Green bell pepper* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Diced chorizo* (g)	25	50	75	100	125	150
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Worcestershire sauce (ml)	10	15	25	30	40	45
White long grain rice (g)	75	150	225	300	375	450
From your pantry						
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	250	500	750	1000	1250	1500
Sunflower oil (tbsp)	1	2	3	4	5	6

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2891 /691	412 /99
Total fat (g)	28	4
of which saturated (g)	7,2	1
Carbohydrates (g)	72	10
of which sugars (g)	9	1,3
Fibre (g)	11	2
Protein (g)	33	5
Salt (g)	3,3	0,5

Allergens

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



1. Prepare

Boil the water and crumble in the stock cube (see pantry for amounts). Chop the onion and crush or mince the garlic. Dice the bell pepper and tomato.

Did you know... 🌿 as well as vitamin C, bell peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



2. Fry the chicken

Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the chorizo for 5 minutes, then transfer to a small bowl and set aside. In the same pan, sear the chicken for 5 minutes until evenly browned.



3. Add the rice

Add the onion and garlic and fry for 1 - 2 minutes, then add the Mexican-style spices* and the Worcestershire sauce. Mix well and fry for 1 more minute. Add the rice, bell pepper, tomato and stock. Bring to the boil, then reduce the heat to medium-low and cover with the lid.

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



4. Serve

Allow to cook gently for 20 - 25 minutes or until the rice is done. Stir regularly so as to prevent it from sticking (see Tip). Serve the rice on plates and top with the chorizo.

Tip: add an extra splash of water as necessary if it becomes too dry.

Enjoy!



Hamburger with Caramelised Endive

with roast potatoes & mesclun salad

Family

Total time: 35 - 45 min.



Endive



Potato rounds



Pumpkin seeds



Mesclun



Hamburger from Meatier



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

In this recipe, you'll caramalise the endive. The sweet honey is the perfect flavour to balance out the slightly bitter taste of endive.

Before you begin

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

Utensils

Parchment-lined baking sheet, lidded deep frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Endive* (unit(s))	1½	3	4½	6	7½	9
Potato rounds* (g)	200	400	600	800	1000	1200
Pumpkin seeds (g)	10	20	30	40	50	60
Mesclun* (g)	30	60	90	120	150	180
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
From your pantry						
Mustard (tsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3615 /864	581 /139
Total fat (g)	59	10
of which saturated (g)	20,2	3,2
Carbohydrates (g)	48	8
of which sugars (g)	14	2,3
Fibre (g)	8	1
Protein (g)	29	5
Salt (g)	2,1	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 200°C. Cut the **endive** into wedges, leaving the core intact so as to keep the leaves together.



2. Roast the potatoes

Transfer the **potato rounds** to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then roast in the oven for 14-16 minutes.

Did you know... 🍌 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



3. Prepare the endive

In the meantime, melt a knob of butter in a deep frying pan over high heat and fry the **endive** for 1 minute. Lower the heat and season with salt and pepper, then cover with the lid and allow to stew for 10 - 15 minutes.



4. Toast the pumpkin seeds

Heat a clean frying pan over high heat. Toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside. In a salad bowl, combine the mustard and white wine vinegar with the extra virgin olive oil. Season to taste with salt and pepper, then add the **mesclun** and toss well to combine with the dressing.



5. Fry the burger

When the **endive** and **potatoes** are almost done, melt a knob of butter in the same frying pan over medium-low heat. Fry the **burger** for around 3-5 minutes per side. Season with salt and pepper, then allow to rest for 1 minute. Turn the heat under the **endive** to medium-high, then add the honey and allow to caramelise for 2 minutes, stirring carefully throughout (see Tip).

Tip: if you're cooking for children, taste the endive before serving and add extra honey as necessary if it is too bitter.



6. Serve

Serve the **endive**, **potatoes** and **burger** with the salad and the mayonnaise. Garnish the salad with the **pumpkin seeds**.

Did you know... 🍌 this recipe provides more than 250g vegetables, which exceeds the RDA. The ingredients are rich in iron and calcium, as well as vitamin C and the B-complex.

Enjoy!



Chicken Breast in Creamy Spinach Sauce

with potatoes, carrot & fresh herbs

Calorie Smart

Total time: 50 - 60 min.



Onion



Carrot



Garlic



Potatoes



Fresh thyme & oregano



Chicken breast with Mediterranean herbs



Cooking cream



Spinach



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

Did you know that 200 grams of spinach contains more calcium than a whole glass of milk?

Before you begin

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

Utensils

Lidded frying pan, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Fresh thyme & oregano* (g)	5	10	15	20	25	30
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Spinach* (g)	50	100	150	200	250	300
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	100	200	300	400	500	600
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2833 /677	396 /95
Total fat (g)	33	5
of which saturated (g)	17,3	2,4
Carbohydrates (g)	58	8
of which sugars (g)	11,7	1,6
Fibre (g)	14	2
Protein (g)	33	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

Prepare the stock. Chop the **onion** and thinly slice the **carrot**. Crush or **mince** the **garlic**. Wash or peel the **potatoes** and cut them into quarters. Remove the **oregano** leaves from the stems and finely chop.



2. Fry the potatoes

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **potatoes** with the **oregano** for 20 minutes, covered, tossing regularly. Remove the lid and fry for 10 - 15 more minutes, seasoning with salt and pepper.



3. Fry the chicken

Melt a knob of butter in a pot or saucepan over high heat. Sear the **chicken** for 2 - 3 minutes per side, then remove from the pan and set aside.



4. Simmer

Melt another knob of butter in the same pot over medium heat. Fry the **onion**, **garlic** and **carrot** for 3 - 4 minutes, then stir in the flour and fry for 1 more minute. Deglaze with the stock, then add the sprigs of **thyme** and mix well. Cover with the lid and allow to simmer for 10 minutes, then return the **chicken** to the pot and cook for 5 - 8 more minutes or until done.



5. Add the spinach

Remove the lid and stir in the **cream** and the **spinach**, then season to taste with salt and pepper. Mix well and allow to reduce for 4 - 6 minutes, uncovered, then remove the **thyme** sprigs.

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.*



6. Serve

Serve the **potatoes** with the **chicken** and the creamy **spinach** sauce.

Enjoy!



Chicken Farfalle in Creamy Eggplant Sauce

with mushrooms, lemon & parsley

Family

Total time: 35 - 45 min.



Eggplant



Onion



Garlic



Mushrooms



Fresh curly parsley



Lemon



Farfalle



Dried thyme



Chicken mince with Italian seasoning



Cooking cream



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

Did you know that farfalle is the Italian word for butterfly?

Before you begin

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

Utensils

Lidded pot or saucepan, immersion blender, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	125	250	375	500	625	750
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Farfalle (g)	90	180	270	360	450	540
Dried thyme (sachet(s))	½	¾	1	1½	1¾	2
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3008 / 719	507 / 121
Total fat (g)	25	4
of which saturated (g)	11	1,9
Carbohydrates (g)	82	14
of which sugars (g)	10,1	1,7
Fibre (g)	12	2
Protein (g)	36	6
Salt (g)	1	0,2

Allergens

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



1. Prepare the eggplant

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Slice the **eggplant** into crescents and boil in the stock for 10 - 12 minutes, covered. Drain and then use an immersion blender to process into an **eggplant** purée. Season to taste with salt and pepper. Meanwhile in another pot or saucepan, boil plenty of water for the **farfalle**.



4. Fry the vegetables

Heat the olive oil in a wok or deep frying pan over medium-high heat. Fry the **garlic** with the **onion** and **thyme** for 2 - 3 minutes, then add the **mushrooms** and the **chicken mince**. Fry for another 2 - 3 minutes, separating the **mince** as you do so. Stir in the **eggplant** purée and fry for 3-4 minutes.



2. Chop the vegetables

Chop the **onion** and crush or mince the **garlic**. Finely chop the **parsley**. Slice the **mushrooms** and cut the **lemon** into wedges.



5. Finish

Stir in the **cream** and season to taste with salt and pepper, then add the **farfalle** and mix well to combine.



3. Boil the farfalle

Boil the **farfalle** for 10 - 12 minutes, then drain and set aside.



6. Serve

Serve the creamy **chicken farfalle** on plates. Garnish with the **parsley** and serve with the **lemon** wedges.

Did you know... 🍆 **eggplants** are not only a very versatile vegetable, they're also a great source of iron and **vitamin C**.

Enjoy!



Cod over Mafaldine Aglio e Olio

with pecorino, courgette & shaved almonds

Premium Nice & Fast

Total time: 15 - 20 min.



Cod fillet



Sicilian-style herb mix



Courgette



Garlic



Lemon



Red chili pepper



Mafaldine



Shaved almonds



Spinach



Fresh flat leaf parsley



Grated Pecorino DOP



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

Pecorino is made from sheep's milk. The name pecorino is derived from the Italian word for sheep: pecora.

Before you begin

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

Utensils

Deep frying pan, tall container, immersion blender, pot or saucepan, kitchen paper, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Mafaldine (g)	90	180	270	360	450	540
Shaved almonds (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Fresh flat leaf parsley* (g)	10	20	30	40	50	60
Grated Pecorino DOP* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3849 / 920	725 / 173
Total fat (g)	46	9
of which saturated (g)	16,2	3,1
Carbohydrates (g)	76	14
of which sugars (g)	6	1,1
Fibre (g)	7	1
Protein (g)	47	9
Salt (g)	1,6	0,3

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 mafaldine. Pat the cod dry with kitchen paper and season with the Sicilian herbs. Slice the courgette into crescents. Peel the garlic clove and cut the lemon into 6 wedges. Deseed and finely chop the chili pepper.*

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



2. Boil the mafaldine

Boil the mafaldine for 7 - 9 minutes. Reserve some of the pasta water, then drain and set aside. •Meanwhile, heat a clean frying pan over high heat and toast the shaved almonds for 1 - 2 minutes or until golden-brown, then remove from the pan and set aside. •Melt a knob of butter in a deep frying pan over medium-high heat and fry the courgette for 3 - 4 minutes, then stir in the spinach and fry for 1 minute. Season generously with salt and pepper.



3. Fry the cod

Transfer the garlic, chili pepper and extra virgin olive oil to a tall container, along with two thirds of the parsley and the juice of 1 lemon wedge per person. Use an immersion blender to process into a smooth paste. Melt a knob of butter in the frying pan from the previous step and fry the cod for 1 - 2 minutes per side. Finely chop the rest of the parsley.



4. Serve

Stir the aglio e olio mixture into the mafaldine and warm for 1 minute over medium-high heat. Season to taste with salt and pepper. Serve the mafaldine on deep plates and top with the vegetables and cod. Garnish with the pecorino, parsley and shaved almonds. Serve with any remaining lemon wedges.

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.



Creamy Asparagus Soup with Bacon

with croutons, fresh herbs & lemon-infused olive oil

Premium Family

Total time: 35 - 45 min.



Potatoes



Shallot



Garlic



White asparagus



Heavy cream



Tarragon and chives



White rose roll



Lemon-infused olive oil



Nutmeg



Bacon



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

To make your own asparagus stock, transfer the discarded asparagus base and skin to a pot. Add 400ml water per person and season with a generous pinch of salt, then boil for 30 minutes. Strain and use this instead of water.

Before you begin

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

Utensils

Peeler, slotted spoon, lidded soup pot, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Shallot (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
White asparagus* (g)	250	500	750	1000	1250	1500
Heavy cream* (ml)	100	200	300	400	500	600
Tarragon and chives* (g)	5	10	15	20	25	30
White rose roll* (unit(s))	1	2	3	4	5	6
Lemon-infused olive oil (ml)	4	8	12	16	20	24
Nutmeg (pinch)	1	1	1½	2	2½	3
Bacon* (slice(s))	2	4	6	8	10	12

From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	400	800	1200	1600	2000	2400
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4092 /978	360 /86
Total fat (g)	55	5
of which saturated (g)	26,1	2,3
Carbohydrates (g)	97	9
of which sugars (g)	7	0,6
Fibre (g)	19	2
Protein (g)	22	2
Salt (g)	2,6	0,2

Allergens

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



1. Prepare

Peel the **potatoes** and cut them into quarters. Roughly chop the **shallot** and the **garlic**. Cut off 2cm from the base of the **asparagus** and discard, then peel the **asparagus** but leave the tips intact. Cut off the tips, then cut the rest into 4cm chunks.



4. Prepare the toppings

Dice the **bread** into 1cm chunks. Heat a drizzle of olive oil in the same pan over high heat and fry the **bread** for 6 minutes, so as to make croutons. Meanwhile, finely chop the **chives** and the **tarragon**.



2. Boil the vegetables

Melt a knob of butter in a soup pot over low heat and fry the **garlic** and the **shallot** for 2 minutes over low heat. Add the **potatoes** and **asparagus**, mix well and fry for 1 minute. Pour in the water and crumble in the stock cube (see pantry for amounts). Cover with the lid and cook for 10 - 12 minutes.



5. Finish the soup

Take the soup off the heat. Use a slotted spoon to remove the **asparagus** tips and set aside. Add the **cream** and use an immersion blender to process into a smooth soup. Grate in a pinch of **nutmeg** as preferred and season to taste with salt and pepper.



3. Fry the bacon

Cut the **bacon** into strips. Heat a clean frying pan over medium-high heat and fry the **bacon** for 3-4 minutes, then remove from the pan and set aside.



6. Serve

Heat the soup for 1 minute, then serve in deep bowls. Top with the **asparagus** tips, the **bacon** and the croutons. Garnish with the fresh herbs and drizzle with the **lemon-infused olive oil** as preferred.

Did you know... 🥔 **potatoes** are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.

Enjoy!



Mixed Grill with Souvlaki & Kofta

with orzo salad, Lebanese flatbread & tzatziki

Family

Total time: 50 - 60 min.



Fresh mint, oregano & parsley



Garlic



Onion



Orzo



Beef mince with kofta seasoning



Cucumber



Organic full-fat yogurt



Chicken fillets with Mediterranean spices



Red cherry tomatoes



Lebanese flatbread



Leccino olives



Greek-style cheese



Skewers



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

If you want to give your homemade tzatziki extra body and flavour, you can start by draining the yoghurt through a tea towel or a cheesecloth.

Utensils

Parchment-lined baking sheet, 2x bowl, lidded frying pan, grater, large bowl, oven dish, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh mint, oregano & parsley* (g)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Orzo (g)	75	150	225	300	375	450
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Cucumber* (unit(s))	1	1	2	2	3	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Chicken fillets with Mediterranean spices* (g)	100	200	300	400	500	600
Red cherry tomatoes (g)	125	250	375	500	625	750
Lebanese flatbread (unit(s))	1	2	3	4	5	6
Leccino olives* (g)	20	40	60	80	100	120
Greek-style cheese* (g)	25	50	75	100	125	150
Skewers (unit(s))	1	2	3	4	5	6

From your pantry

Olive oil (tbsp)	1¼	3½	5¼	7	8¾	10½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4786 /1144	604 /144
Total fat (g)	48	6
of which saturated (g)	16,1	2
Carbohydrates (g)	109	14
of which sugars (g)	14,4	1,8
Fibre (g)	10	1
Protein (g)	66	8
Salt (g)	3,9	0,5

Allergens

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



1. Prepare

Preheat the oven to 200°C and boil plenty of water in a pot or saucepan for the **orzo**. Discard the **oregano** stems and finely chop the leaves, then crush or **mince** the **garlic**. Finely chop half of the **onion** and slice the rest into thin half rings. Boil the **orzo** for 12 - 14 minutes, covered, then drain and rinse under cold water.



4. Roast the cherry tomatoes

Transfer the **chicken** fillets to an oven dish, drizzle with olive oil and season with salt and pepper. Thread the **chicken** onto the **skewers** so as to make souvlaki, then transfer back to the oven dish. In a bowl, combine the **cherry tomatoes** with the balsamic vinegar and a drizzle of olive oil. Season with salt and pepper, then transfer to a parchment-lined baking sheet. Roast the **cherry tomatoes** and the **chicken** souvlaki in the oven for 12 - 15 minutes, or until the **chicken** is done. Bake the **Lebanese flatbread** alongside during the final 1 - 2 minutes of cooking time.



2. Make the kofta

In a large bowl, combine the mince with the finely chopped **onion** and half each of the **oregano** and **garlic**, along with salt and pepper. Form the mixture into three oval-shaped meatballs (kofta) per person, then transfer to the fridge until step 5.

Did you know... 🌱 garlic contains bioactive substances called dithiolthiones; these are a type of antioxidant which have a positive effect on cholesterol levels.



5. Fry the kofta

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the kofta for 2-4 minutes until evenly browned. Cover with the lid and continue cooking for another 4 - 6 minutes. In the meantime, roughly chop the **olives** and finely chop the **parsley**. In a bowl, combine the **orzo** with the diced **cucumber**, the **olives** and the **parsley**, along with the rest of the **onion**, **oregano** and **mint**. Add a light drizzle of olive oil and mix well.



3. Make the tzatziki

Finely chop the **mint**. Dice half of the **cucumber** and set aside. Halve the remaining **cucumber** lengthways, remove the seeds and then grate the **cucumber**. Stand over the sink and squeeze as much liquid out of the grated **cucumber** as possible (see Tip). Transfer the grated **cucumber** to a small bowl and add the **yogurt**, the rest of the **garlic** and half of the **mint**. Mix well to combine and season to taste with salt and pepper.

Tip: you can use your hands or a clean kitchen towel as preferred.



6. Serve

Transfer the **orzo** salad to a serving bowl and crumble over the **Greek-style cheese**. Serve the kofta and **chicken** souvlaki on plates. Serve the **tzatziki** and the roasted **cherry tomatoes** in small bowls. Serve with the **Lebanese flatbread** alongside.

Enjoy!



Steak with Chimichurri Sauce

over green curry fusion risotto with broccolini & fresh herbs

Family

Total time: 40 - 50 min.



Marinated steak



Risotto rice



Coconut milk



Green curry spices



Scallions



Pre-cut fresh ginger, garlic & red chili pepper



Mint, coriander & Thai basil



Lime



Broccolini



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

Before you begin

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

Utensils

Aluminum foil, bowl, deep frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
Mint, coriander & Thai basil* (g)	10	20	30	40	50	60
Lime* (unit(s))	½	1	1	2	2	3
Broccolini* (g)	150	300	500	600	800	900

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3979 /951	505 /121
Total fat (g)	53	7
of which saturated (g)	23,5	3
Carbohydrates (g)	73	9
of which sugars (g)	5,4	0,7
Fibre (g)	9	1
Protein (g)	41	5
Salt (g)	1,6	0,2

Allergens

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



1. Prepare

Take the **steak** out of the fridge and prepare the stock. Finely chop the **scallions** and set aside some of the greens to use later as garnish. Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the rest of the **scallions** with half of the **ginger-garlic-chili** mix* for 1 - 2 minutes. Stir in the **rice** and **green curry spices** and fry for 1 more minute.

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



2. Make the risotto

Reduce the heat and then pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches. Incorporate the **coconut milk** in the same way, stirring regularly. The **risotto** is done when the rice is soft but still al dente. This should take around 25 - 30 minutes. Add extra water if necessary.



3. Make the chimichurri

Finely chop the Thai **basil**, **coriander** and **mint**. Cut the **lime** into wedges and juice a quarter per person into a bowl. Add the herbs, the rest of the **garlic-ginger-chili** mix and the extra virgin olive oil. Mix well to combine.



4. Cook the broccolini

Cut the **broccolini** into 5cm chunks or halve any thicker pieces lengthways. Boil plenty of water in a pot or saucepan and cook the **broccolini** for 3-5 minutes until done, then drain and set aside.



5. Fry the steak

Melt a knob of butter in a frying pan over medium-high heat and add a drizzle of olive oil. When the pan is nice and hot, fry the **steak** for 2 - 3 minutes per side. Remove from the pan and season with salt and pepper, then allow to rest under aluminum foil for 3 - 4 minutes before slicing into strips.



6. Serve

Stir the **broccolini** into the risotto and season with salt and pepper. Serve the risotto on plates and top with the **steak**. Drizzle with the chimichurri and garnish with the reserved **scallion** greens.

Enjoy!



Asparagus & Hot Smoked Salmon

with Hollandaise sauce, baby potatoes & a jammy egg

Premium Family

Total time: 40 - 50 min.



White asparagus



Baby potatoes



Egg



Fresh curly parsley



Hot smoked salmon flakes



MAGGI Hollandaise Sauce



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

Asparagus was loved as far back as ancient times. A favourite command of Roman emperor Augustus was “Velocius quam asparagi conquantur!” meaning that he would like something to be done “faster than cooking asparagus”!

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large pot or asparagus pan, peeler, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
White asparagus* (g)	250	500	750	1000	1250	1500
Baby potatoes (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	5	10	15	20	25	30
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
MAGGI Hollandaise Sauce* (ml)	85	175	250	335	425	510

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3209 / 767	435 / 104
Total fat (g)	43	6
of which saturated (g)	8,2	1,1
Carbohydrates (g)	60	8
of which sugars (g)	6,4	0,9
Fibre (g)	12	2
Protein (g)	33	4
Salt (g)	2,3	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. Wash the baby potatoes and cut into quarters, then transfer to a bowl. Drizzle generously with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 30 - 35 minutes or until golden-brown, tossing halfway.



2. Cook the asparagus

Boil plenty of water in a large pot or use an asparagus pan if preferred. Cut off 2cm from the base of the asparagus and discard, then peel the asparagus but leave the tips intact. Boil the asparagus with the egg for 7 minutes, then take the egg out of the pan and rinse under cold water. Continue boiling the asparagus for 5 more minutes, then drain and set aside.



3. Prepare the toppings

Heat the Hollandaise sauce for 2 - 3 minutes in a saucepan. Peel the egg and cut it in half. Finely chop the parsley.



4. Serve

Serve the asparagus on plates and top with the salmon. Serve the baby potatoes and the egg alongside. Top the potatoes with the Hollandaise sauce and garnish with the parsley.

Did you know... 🌱 baby potatoes are always eaten with the skin on, which means they provide more fibre and vitamins; in particular vitamin B6, which is important for metabolic health.

Enjoy!



Sweet Soy Chicken with Fried Egg & Krupuk

over garlic rice with hot honey peanuts & pak choi

Family

Total time: 30 - 40 min.



Garlic



Sesame oil



Risotto rice



Pak choi



Carrot



Chicken fillets



Hot honey peanuts



Sweet chili sauce



Soy sauce



Egg



Krupuk



Onion



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

These krupuk come from Zeeland! They're made with only natural ingredients, including the tastiest sweet shrimps caught in the North Sea.

Before you begin

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

Utensils

Bowl, lidded frying pan, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Sesame oil (ml)	5	10	15	20	25	30
Risotto rice (g)	65	130	195	260	325	390
Pak choi* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Chicken fillets* (unit(s))	1	2	3	4	5	6
Hot honey peanuts (g)	10	20	30	40	50	60
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Egg* (unit(s))	1	2	3	4	5	6
Krupuk (g)	30	60	90	120	150	180
Onion (unit(s))	½	1	1½	2	2½	3

From your pantry

Low sodium chicken stock cube (unit(s))	¼	¼	½	½	¾	¾
Sunflower oil (tbsp)	1	2	3	4	5	6
Water (ml)	100	200	300	400	500	600
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3778 /903	578 /138
Total fat (g)	38	6
of which saturated (g)	5,6	0,9
Carbohydrates (g)	92	14
of which sugars (g)	18	2,8
Fibre (g)	8	1
Protein (g)	42	6
Salt (g)	3,3	0,5

Allergens

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



1. Cook the rice

Weigh the **risotto rice**. Crush or **mince** the **garlic**. Heat the **sesame oil** in a pot or saucepan over medium-high heat. Fry the **garlic** for 2 - 3 minutes, then reduce the heat and add the **rice**, a pinch of salt and the water (see pantry for amount). Cover with the lid and boil the **rice** for 12 - 15 minutes until done, then set aside until serving (see Tip).

Tip: add an extra splash of hot water as necessary if the **rice** is too dry.



4. Fry the chicken

Heat a drizzle of sunflower oil in a frying pan over medium-low heat. Stir-fry the **chicken** for 5 minutes, then add the **sweet chili sauce**, **soy sauce** and ketjap and cook for 2 more minutes.



2. Chop the vegetables

Discard the base of the **pak choi** and then cut into strips (see Tip). Slice the **carrot** into thin crescents. Slice the **onion** into half rings. Cut the **chicken** into 1-2 cm chunks.

Tip: you can also cut the pak choi into larger pieces if preferred, so as to ensure it stays crunchy.



5. Fry the egg

Transfer the vegetables to a bowl and set aside. Heat a light drizzle of sunflower oil in the same pan and fry the **egg**. In the meantime, roughly chop the hot honey **peanuts**.



3. Fry the vegetables

Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and fry the **carrot** and **onion** for 3 - 5 minutes. Add the **pak choi** and crumble in the stock cube (see pantry for amount). Cover with the lid and allow to stew for 2 - 4 minutes, then season to taste with salt and pepper.



6. Serve

Serve the **rice** and vegetables on plates and top with the **chicken** in its sauce and the fried **egg**. Garnish with the hot honey **peanuts** and serve the krupuk alongside.

Enjoy!



Korean-Inspired Chicken Bao Buns

with kimchi sauce, smashed broccoli & gomashio

Family

Total time: 35 - 45 min.



Bao buns



Chicken breast



Kimchi sauce



Korean-style spice mix



Gomashio



Cucumber



Broccoli



Fresh coriander



Garlic



Soy sauce



Sesame oil



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

Broccoli really is a super vegetable! It contains a high yield of vitamins, it's very high in fibre, and is packed with iron.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded frying pan, large bowl, pot or saucepan, kitchen paper, plate, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns* (unit(s))	3	6	9	12	15	18
Chicken breast* (unit(s))	1	2	3	4	5	6
Kimchi sauce (g)	20	40	60	80	100	120
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Broccoli* (g)	180	360	540	720	900	1080
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Sesame oil (ml)	5	10	15	20	25	30

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (g)	25	50	75	100	125	150
Sunflower oil (ml)	30	60	90	120	150	180
Water (ml)	30	60	90	120	150	180
Honey (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4033/964	591/141
Total fat (g)	33	5
of which saturated (g)	5,2	0,8
Carbohydrates (g)	117	17
of which sugars (g)	28,9	4,2
Fibre (g)	10	1
Protein (g)	47	7
Salt (g)	3,2	0,5

Allergens

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



1. Prepare the broccoli

Preheat the oven to 220°C. Boil plenty of water in a pot or saucepan for the **broccoli**. Cut the head of the **broccoli** into florets and dice the stem. Cook the **broccoli** for 2 - 3 minutes, then drain and rinse under cold water. Pat dry with kitchen paper, then transfer the florets to a parchment-lined baking sheet. Use the base of a glass to press down carefully so as to 'smash' the **broccoli**, ensuring it doesn't fall apart.



4. Fry the chicken

Prepare a plate lined with kitchen paper. Coat the **chicken** with the batter and then transfer carefully to the frying pan (see Tip). Fry the **chicken** for 5 - 6 minutes until golden-brown, carefully turning halfway.

Tip: if the oil spatters, reduce the heat and carefully cover with the lid.



2. Roast the broccoli

Drizzle with olive oil and scatter over half of the **Korean-style spices**. Roast the **broccoli** in the oven for 12 - 14 minutes (see Tip). Meanwhile, slice the **cucumber** and transfer to a bowl. Add the white wine vinegar and the sugar, then toss well to combine. Set aside until serving, stirring occasionally.

Tip: allow the tips to darken slightly if preferred, as this boosts the flavour of the broccoli. Take care that it doesn't burn.



5. Making sauce

Crush or **mince** the **garlic** and transfer to a saucepan over medium-high heat. Add the **kimchi sauce***, **sesame oil**, **soy sauce** and honey, then mix well to combine. Allow to reduce gently for 1-2 minutes into a thick sauce. Meanwhile, bake the **bao buns** in the oven alongside the **broccoli** for the final 2 - 3 minutes of cooking time. Roughly chop the **coriander** in the meantime.

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



3. Make the batter

Pat the **chicken** dry with kitchen paper and then cut into 2cm chunks. Season to taste with salt and pepper. In a large bowl, combine the rest of the Korean-style **spices** with the flour and the water, so as to make a batter (see pantry for amounts). Heat the sunflower oil in a frying pan over medium-high heat. Check if the oil is hot enough by adding a drop of batter to the pan. If it starts bubbling immediately, it's hot enough to fry the **chicken**.



6. Serve

Serve the smashed **broccoli** on plates and garnish with the **gomashio**. Spread some of the sauce inside the **bao buns** and then fill with the **cucumber** and the fried **chicken**. Drizzle over the rest of the sauce and garnish with the **coriander**.

Did you know... 🌱 **broccoli** is considered a superfood, and for good reason – not only is it high in vitamins B, C and E, it's also a great source of calcium, potassium and iron.

Enjoy!