



Mexican-Spiced Chicken Thigh over Rice

with roasted peppers, Greek-style cheese & almonds

Family

Total time: 45 - 55 min.



Bell pepper



Romano pepper



Chicken thigh fillet



Mexican-style spices



Lemon



White long grain rice



Greek-style cheese



Shaved almonds



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

The spices that add colour to this dish are dried chilli, jalapeño and smoked paprika. Together, they make it a real fiesta!

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 deep frying pan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Mexican-style spices (sachet(s))	⅓	1⅓	2	2⅔	3⅓	4
Lemon* (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Greek-style cheese* (g)	25	50	75	100	125	150
Shaved almonds (g)	5	10	15	20	25	30

From your pantry

Low sodium vegetable stock cube (unit(s))	⅙	⅓	½	⅔	¾	1
Boiled water (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1½	3	4½	6	7½	9

From your pantry

Salt & pepper	to taste				
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*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3134 /749	468 /112
Total fat (g)	36	5
of which saturated (g)	9,9	1,5
Carbohydrates (g)	72	11
of which sugars (g)	9	1,3
Fibre (g)	10	1
Protein (g)	34	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. Roast the peppers

Preheat the oven to 200°C. Boil the water and crumble in the stock cube (see pantry for amounts). In the meantime, halve the **Romano pepper** and quarter the **bell pepper**. Remove the seeds from both, then transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then roast in the oven for 20 - 25 minutes.



2. Marinate the chicken

Meanwhile, transfer the **chicken thigh** to a bowl and drizzle with olive oil. Add half of the **Mexican spices***, then toss well to coat.

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



3. Fry the chicken

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **chicken thigh** for 2 minutes per side, then remove from the pan. Juice the **lemon** in the meantime.



4. Cook the rice and chicken

Transfer the **rice** and the rest of the **Mexican spices** to the same pan, then pour in the stock. Add 2 tsp **lemon** juice per person and mix well, then place the **chicken thigh** on top of the **rice**. Cover with the lid and allow to cook over medium-low heat for 20 - 25 minutes or until the **rice** is done, stirring regularly (see Tip).

Tip: add a splash of water as necessary if the rice is too dry.



5. Toast the almonds

In the meantime crumble the **Greek-style cheese**. Heat a clean frying pan over medium-high heat and toast the **shaved almonds** until golden-brown.



6. Serve

Serve the **chicken thigh** and **rice** with the roasted peppers. Garnish with the **Greek-style cheese** and the toasted **almonds**.

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

Enjoy!



Middle-Eastern Spiced Eggplant with Bulgur

with homemade muhammara & naan bread

Veggie

Total time: 45 - 55 min.



Eggplant



Romano pepper



Middle Eastern
spice mix



Garlic



Naan bread



Bulgur



Red chili pepper



Lemon



Fresh flat leaf parsley



Chopped walnuts



Ground cumin



Yazzara



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

This dish is full of vegetables. Obviously, there is the eggplant on your plate, but the spicy muhammara is also full of veggies and contributes significantly to your daily vegetable intake.

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, grater, tall container, pot or saucepan, small bowl, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Naan bread (unit(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	⅙	¼	⅓	½	⅔	¾
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chopped walnuts (g)	10	20	30	40	50	60
Ground cumin (sachet(s))	⅓	⅔	1	1½	1¾	2
Yazzara* (g)	40	80	120	160	200	240

From your pantry						
Brown sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	2	4	6	8	10	12
Water (ml)	175	350	525	700	875	1050
Low sodium vegetable stock cube (unit(s))	⅓	⅔	1	1½	1¾	2
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3506/838	558/133
Total fat (g)	39	6
of which saturated (g)	5,8	0,9
Carbohydrates (g)	94	15
of which sugars (g)	18	2,9
Fibre (g)	22	3
Protein (g)	19	3
Salt (g)	1,8	0,3

Allergens

Always remember to check the ingredient label for the most

2024-W27



1. Prepare

Preheat the oven to 200°C. Halve the **eggplant** lengthways and score the flesh in a criss-cross pattern, but don't go deep enough to pierce through the skin. Heat a drizzle of olive oil in a frying pan over high heat. Lay the **eggplant** skin-side down in the pan and fry for 2 minutes. Reduce the heat, turn the **eggplant** over and fry for another 5 minutes. Halve the **Romano pepper** lengthways, deseed and cut into strips.

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



4. Prepare the aromatics

Deseed the **red chili pepper*** and finely chop an eighth of it for each person. Wash the **lemon**, then zest it and cut into wedges. Roughly chop the **parsley**. When the **eggplant** is done, take the **Romano pepper** and **garlic** off the baking sheet. Turn off the oven but leave the **eggplant** and **naan bread** inside to keep warm. Squeeze the **garlic** out of its skin.

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



2. Roast the vegetables

In a small bowl, combine a drizzle of olive oil with 1 tsp Middle Eastern-style **spices** per person. Transfer the **eggplant** to a parchment-lined baking sheet, skin-side down, then top with the oil. Place the **Romano pepper** and **garlic** on the same baking sheet, drizzle with olive oil and season with salt and pepper. Roast the vegetables for 12 - 15 minutes, adding the **naan bread** during the last 2 - 3 minutes of cooking time.



5. Make the muhammara

Transfer half of the **Romano pepper** to a tall container, along with the **walnuts**, **garlic**, **red chili pepper**, **cumin** and brown sugar. Add the rest of the Middle Eastern-style **spices** and drizzle with olive oil. Process into a uniformly thick paste using an immersion blender. Squeeze in 1 **lemon** wedge per person and season to taste with salt and pepper, then process again.



3. Cook the bulgur

Boil the water in a pot or saucepan and crumble in the stock cube (see pantry for amounts). Cook the **bulgur** for 10 - 12 minutes, covered, until done. Stir regularly, then drain when finished and set aside.



6. Serve

Stir the **parsley** and the rest of the **Romano pepper** into the **bulgur**, along with 1 tsp **lemon** zest per person. Serve the **bulgur** in deep plates or bowls and top with the **eggplant**. Serve the muhammara and **yazzara** on the side. Garnish with the rest of **lemon** wedges and serve with the **naan bread**.

Enjoy!



Creamy Orzo Al Forno with Courgette

with panko-parm topping, lemon & spinach

Family Veggie

Total time: 50 - 60 min.



Orzo



Courgette



Onion



Cooking cream



Spinach



Garlic



Herbed cheese cubes



Parmigiano Reggiano DOP



Panko breadcrumbs



Lemon



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

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

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, microplane, oven dish, small bowl, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Cooking cream (g)	75	150	225	300	375	450
Spinach* (g)	50	100	150	200	250	300
Garlic (unit(s))	1	2	3	4	5	6
Herbed cheese cubes* (g)	15	25	40	50	65	75
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Panko breadcrumbs (g)	10	15	20	25	35	40
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3714 /888	602 /144
Total fat (g)	48	8
of which saturated (g)	27,6	4,5
Carbohydrates (g)	81	13
of which sugars (g)	9	1,5
Fibre (g)	10	2
Protein (g)	28	5
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 200°C. Chop the **onion** and crush or mince the **garlic**.



2. Fry the courgette

Slice the **courgette**. Heat a drizzle of olive oil in a deep frying pan over high heat. Fry the **courgette** for 3 - 4 minutes, then remove from the pan and set aside. Prepare the stock in the meantime. Zest and juice the **lemon** into a small bowl. Finely grate the **Parmigiano Reggiano**.

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.*



4. Combine

Tear the **spinach** directly into the frying pan, in batches if necessary. Mix well, allowing the **spinach** to wilt and reduce. Finally, add the **cream** and the **cheese cubes**, then season to taste with salt and pepper. Take the pan off the heat and add the **orzo**, **courgette** and 0.5 tbsp **lemon** juice per person. Mix well to combine, then transfer to an oven dish.



5. Bake the orzo

Cover the **orzo** with aluminium foil and bake in the oven for 20 minutes. In a bowl, combine the **Parmigiano Reggiano** with the **panko** and then season with salt and pepper. When the **orzo** has 5 - 7 minutes left, remove and discard the foil, then scatter over the **panko** mixture and return to the oven.



3. Prepare the sauce

Melt the butter in the same pan over medium-high heat. Fry the **onion** and **garlic** for 2 minutes, then stir in the flour and fry for another 2 minutes (see Tip). Pour in a third of the stock and whisk to combine. Repeat this twice more with the rest of the stock, allowing the sauce to thicken and reduce. Bring to a boil and cook until it is smooth and has the consistency of **cream**.

Tip: this technique is known as making a roux. For this, it's important that the quantities are precise; 1 tbsp butter is 15g and 1 tbsp flour is 20g.



6. Serve

Serve the **orzo** on deep plates and garnish with the **lemon** zest as preferred.

Enjoy!



Panko Shrimp with Sweet Chili Sauce

over coconut rice with quick-pickled vegetables

Total time: 40 - 50 min.



Coconut milk



White long grain rice



Cucumber



Radish



Desiccated coconut



Panko breadcrumbs



Shrimp



Fresh coriander



Sweet chili sauce



Lemon



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

Panko breadcrumbs are larger than regular breadcrumbs. This gives them an extra crunchy texture after frying.

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, kitchen paper, salad bowl, spoon

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Coconut milk (ml)	50	100	150	200	250	300
White long grain rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
Desiccated coconut (g)	10	20	30	40	50	60
Panko breadcrumbs (g)	25	50	75	100	125	150
Shrimp* (g)	80	160	240	320	400	480
Fresh coriander* (g)	2½	5	7½	10	12½	15
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Water (ml)	250	500	750	1000	1250	1500
White wine vinegar (tbsp)	1	2	3	4	5	6
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)	3159 /755	393 /94
Total fat (g)	30	4
of which saturated (g)	15,3	1,9
Carbohydrates (g)	96	12
of which sugars (g)	14,9	1,9
Fibre (g)	9	1
Protein (g)	24	3
Salt (g)	1,6	0,2

Allergens

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



1. Boil the rice

Preheat the oven to 200°C. Transfer the **coconut milk** to a pot or saucepan, then pour in the water and crumble in the stock cube (see pantry for amounts). Add the **rice** and then boil for 12 – 14 minutes over low heat, covered. Drain and set aside to finish, still covered. Meanwhile, halve the **cucumber** lengthways and scoop out the seeds, then slice into crescents. Remove the **radish** leaves and thinly slice the **radishes**.



2. Make the salad

Cut the **lemon** into six wedges and set aside one wedge per person. Juice two wedges per person into a salad bowl, then add the sugar and white wine vinegar. Mix well to combine and season to taste with salt and pepper. Transfer the **cucumber** and **radish** to the salad bowl and toss well to combine with the dressing. Set aside in the fridge until serving, stirring occasionally.



3. Prepare the shrimp

Transfer the desiccated **coconut** and the **panko** to a bowl and season with salt and pepper, then mix well to combine. Pat the **shrimp** dry with kitchen paper, then transfer to a parchment-lined baking sheet and coat with the sunflower oil. Scatter over the **coconut-panko** mixture and toss well to coat. Bake the **shrimp** in the oven for 12 – 14 minutes.



4. Serve

In the meantime, roughly chop the **coriander**. Serve the **coconut rice** with the **shrimp** and the quick-pickled vegetables. Top the **rice** with any remaining **coconut-panko** from the baking sheet, then drizzle with the **sweet chili sauce**. Garnish with the **coriander** and serve with the reserved **lemon** wedge.

Did you know... 🌱 shrimp may be low in calories, but they are rich in protein and calcium.

Enjoy!



Pork Sausages over Fragrant Tomato Couscous

with herbed yogurt sauce & vegetables

Nice & Fast

Total time: 15 - 20 min.



Italian vegetable mix



Chopped red onion



Pork sausage with tomato & rosemary



Middle Eastern spice mix



BBQ spice rub



Tomato paste



Wholewheat couscous



Fresh flat leaf parsley & mint



Organic full-fat yogurt



Garlic



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

In this recipe, you'll use whole-wheat couscous. This contains plenty of fibre, meaning this recipe is both tasty and healthy!

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 deep frying pan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Italian vegetable mix* (g)	200	400	600	800	1000	1200
Chopped red onion* (g)	40	75	115	150	190	225
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato paste (can)	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium beef stock (ml)	175	350	525	700	875	1050
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)	3268 /781	469 /112
Total fat (g)	35	5
of which saturated (g)	10,1	1,5
Carbohydrates (g)	76	11
of which sugars (g)	17,3	2,5
Fibre (g)	16	2
Protein (g)	34	5
Salt (g)	2,2	0,3

Allergens

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



1. Fry the vegetables

Prepare the stock. Crush or mince the **garlic**. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** with the **vegetable mix** for 3 - 5 minutes. Meanwhile, heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **sausages** for 5 minutes, then add the **onion** and fry for 5 - 7 more minutes.



2. Prepare the couscous

To the vegetables, add the **tomato paste**, the **BBQ spice rub*** and the **Middle Eastern spices**, mix well and fry for 1 minute. Add the stock and then stir in the **couscous**. Turn off the heat and cover with the lid, then allow to stand for 10 minutes. Season to taste with salt and pepper.

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



3. Make the yogurt sauce

Meanwhile, finely chop the **fresh herbs** and transfer to a bowl. Add the **yogurt** and mix well to combine. Season to taste with salt and pepper, then set aside.



4. Serve

Serve the **couscous** on plates and top with the **sausages** and **onion**. Serve with the **yogurt** sauce.

Did you know... 🌱 wholegrain couscous contains 5 times more vitamin B2 and 3 times more vitamin E than regular couscous.

Enjoy!



Bulgogi Meatball Bowl with Peanuts

over rice with am choi, cabbage & lemon

Nice & Fast

Total time: 15 - 20 min.



Am choi



Bulgogi sauce



Pre-cut fresh ginger, garlic & red chili pepper



Sesame oil



Salted peanuts



Basmati rice



Chopped cabbage
Lemon



Beef-pork meatballs



with Thai seasoning
Korean-style spice mix



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

Bulgogi sauce is sweet and savoury, with the flavours of Asian pear, ginger and garlic. It is a key ingredient when preparing Korean BBQ beef.

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, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Am choi* (unit(s))	½	1	1	2	2	3
Bulgogi sauce (g)	35	70	105	140	175	210
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
Sesame oil (ml)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Basmati rice (g)	75	150	225	300	375	450
Chopped cabbage* (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Korean-style spice mix (sachet(s))	¼	½	¾	1	1¼	1½
From your pantry						
Water for the sauce (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
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)	3281 /784	512 /122
Total fat (g)	35	6
of which saturated (g)	9,1	1,4
Carbohydrates (g)	82	13
of which sugars (g)	15,3	2,4
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	3,1	0,5

Allergens

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



1. Prepare

Prepare the stock. Heat half of the **sesame oil** in a pot or saucepan over medium-high heat and fry half of the **garlic-ginger-chili mix*** for 1 minute. Add the **rice** and the stock and boil for 10 - 12 minutes, covered. Meanwhile, discard the base of the **am choi**, then finely chop both the stem and the leaves.

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



2. Fry the meatballs

Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **meatballs** for 3 - 4 minutes until evenly browned, then remove from the pan and set aside. Add the **am choi**, **Korean-style spices**, **cabbage** and the rest of the **garlic-ginger-chili mix**, then stir-fry for 2 - 3 minutes.

Did you know... 🌱 *sweetheart cabbage is high in calcium, folic acid and vitamin C. This helps your bones and muscles to stay strong and healthy.*



3. Make the sauce

Transfer the **meatballs** back to the pan, then add the **bulgogi sauce** and the rest of the **sesame oil**. Add the water and mix well (see pantry for amount). Stir-fry for 2 - 3 minutes over high heat. Taste the sauce and season with salt and pepper if necessary. Cut the **lemon** into wedges.



4. Serve

Serve the **rice** on deep plates and top with the meatball stir-fry. Garnish with the **peanuts** and lemon wedges.

Enjoy!



Crispy Fish Noodle Bowl

with sweet chili sauce, peanuts & coriander

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Multigrain fish burger



Rainbow slaw mix



Fresh udon noodles



Lime



Little gem



Salted peanuts



Fish sauce



Fresh coriander



Sweet chili sauce



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

Limes are packed with vitamin C, which boosts immunity and keeps your skin healthy. An easy way to get your daily vitamin C!

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 salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Multigrain fish burger* (unit(s))	1	2	3	4	5	6
Rainbow slaw mix* (g)	100	200	400	400	600	600
Fresh udon noodles (g)	100	200	300	400	500	600
Lime* (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	1	2	2	4	4	6
Salted peanuts (g)	20	40	60	80	100	120
Fish sauce (ml)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2443 / 584	470 / 112
Total fat (g)	20	4
of which saturated (g)	6	1,2
Carbohydrates (g)	71	14
of which sugars (g)	14	2,7
Fibre (g)	9	2
Protein (g)	30	6
Salt (g)	3,4	0,7

Allergens

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



1. Prepare

Quarter the **lime**. Roughly chop the **lettuce** and finely chop the **coriander**.



2. Fry the burger

Melt the butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **fish burger** for 3 minutes per side, or until golden-brown and done. Remove from the pan and set aside.



3. Make the noodles

Add the **noodles** and **sweet chili sauce** to the same pan and fry for 2 - 3 minutes, or until the **noodles** are done. Transfer the **noodles** to a large salad bowl and add the white wine vinegar and sugar. Mix well. Add the **lettuce**, **slaw mix**, **fish sauce*** and **coriander**. Toss well to combine, then season to taste with salt and pepper.

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



4. Serve

Cut the fish **burger** into strips. Serve the **noodle** salad on deep plates and top with the fish **burger**. Garnish with the **peanuts** and serve with the **lime wedges**.

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

Enjoy!



Fragrant Green Fish Curry

with cashews, vegetables & lime

Nice & Fast

Total time: 15 - 20 min.



Coconut milk



Quick-cook brown rice



Vegetable mix:
pepper, leek,
cabbage and carrot



Fresh flat leaf
parsley & coriander



Chopped cashews



Lime



Green curry spices



Fish sauce



Basa fillet



Pre-cut fresh ginger,
garlic & red chili pepper



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

Lidded deep frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Coconut milk (ml)	90	180	250	360	430	540
Quick-cook brown rice (g)	75	150	225	300	375	450
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Fresh flat leaf parsley & coriander* (g)	5	10	15	20	25	30
Chopped cashews (g)	10	20	30	40	50	60
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Fish sauce (ml)	10	20	30	40	50	60
Basa fillet* (unit(s))	1	2	3	4	5	6
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	⅙	¼	⅓	½	⅔	¾
Water for the sauce (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2920 /698	553 /132
Total fat (g)	30	6
of which saturated (g)	16,3	3,1
Carbohydrates (g)	74	14
of which sugars (g)	10,6	2
Fibre (g)	11	2
Protein (g)	30	6
Salt (g)	3,5	0,7

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 and cook the **rice** for 10 minutes, then drain and set aside. Heat a clean deep frying pan over high heat. Toast the **cashews** until golden-brown, then remove from the pan and set aside.



2. Make the curry

Heat a drizzle of sunflower oil in the same pan over medium-high heat. Fry the **garlic-ginger-chili mix*** for 1 minute. Add the **vegetable mix** and fry for 3 minutes, then add the **green curry spices** and fry for 1 more minute. Add the **coconut milk** and the water, then crumble in the stock cube (see pantry for amounts). Lower the heat and allow to cook for 4 - 5 minutes, covered.

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



3. Add the fish

Meanwhile, finely chop the fresh herbs. Cut the **lime** into six wedges. Cut the fish into 1cm chunks and season with salt and pepper. Stir the fish into the curry and poach for 1 - 2 minutes or until done. Add the **fish sauce*** and the juice of one **lime** wedge per person. Taste and season as necessary with salt and pepper.

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



4. Serve

Serve the **rice** on plates and top with the fish curry. Garnish with the fresh herbs and the **cashews**. Serve the rest of the **lime wedges** alongside.

Did you know... 🌱 cashews are high in zinc and iron. These two minerals are very important for the body; zinc supports the immune system, while iron helps us feel energised.

Enjoy!



Farmer's Sausage with Potato Wedges

with leek, carrot & dill mayo

Family Nice & Fast

Total time: 25 - 30 min.



Farmer's sausage



Fresh dill



Potato wedges



Carrot



Leek



Sicilian-style herb mix



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

You'll serve this dish with homemade dill mayonnaise, made with mayonnaise, dill, honey and mustard. This tastes great with the potatoes!

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, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Fresh dill* (g)	2½	5	7½	10	12½	15
Potato wedges* (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sunflower oil (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)	3205 / 766	593 / 142
Total fat (g)	51	10
of which saturated (g)	16,5	3,1
Carbohydrates (g)	47	9
of which sugars (g)	14,2	2,6
Fibre (g)	11	2
Protein (g)	24	4
Salt (g)	2,1	0,4

Allergens

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



1. Cook the potatoes

Heat a drizzle of sunflower oil in a frying pan over medium-high heat (see Tip). Fry the **potato** wedges with the Sicilian herbs for 15 minutes until golden-brown and done, tossing regularly. Season to taste with salt and pepper.

Tip: use an extra pan if you're cooking for more than two people.



2. Boil the carrot

Meanwhile, slice the **carrot** and boil plenty of water in a pot or saucepan. Cook the **carrot** for 8 - 10 minutes until done, covered, then drain and set aside.



3. Fry the sausage

Melt a knob of butter in another frying pan over medium-high heat and fry the **sausage** for 2 - 3 minutes until evenly browned. Cover with the lid and fry for 8 - 10 minutes over medium heat, turning regularly.



4. Make the sauce

Meanwhile, finely chop the **dill**. In a small bowl, combine the mayonnaise with the honey and mustard, along with as much **dill** as preferred. Season to taste with salt and pepper.



5. Fry the vegetables

Cut the **leek** into half rings. Remove the **sausage** from the pan and set aside to keep warm until serving. Melt a knob of butter in the same pan over high heat and fry the **leek** for 3 - 4 minutes, then add the **carrot** and fry for 3 - 4 minutes. Season to taste with salt and pepper.



6. Serve

Serve the **sausage**, **potatoes** and vegetables on plates with the **dill** mayonnaise alongside.

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!



Goat's Cheese Salad with Balsamic Strawberry Dressing

with apple, beetroot & toasted walnuts

Nice & Fast Veggie

Total time: 15 - 20 min.



Fresh goat's cheese



Pre-cooked beetroot



Chopped walnuts



Apple



Cucumber



Onion



Radicchio & iceberg lettuce



Wholegrain ciabatta



Strawberry sauce



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

Did you know that walnuts are the only nut that contains ALA? ALA is a plant-based omega-3 fatty acid that is good for your heart, blood vessels, and brain.

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

Salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh goat's cheese* (g)	60	125	200	250	325	375
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Chopped walnuts (g)	10	20	30	40	50	60
Apple* (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Onion (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Strawberry sauce (ml)	15	30	45	60	75	90
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
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)	3280 / 784	594 / 142
Total fat (g)	48	9
of which saturated (g)	21,5	3,9
Carbohydrates (g)	56	10
of which sugars (g)	21,8	3,9
Fibre (g)	13	2
Protein (g)	25	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

Preheat the oven to 200°C. Weigh the **beetroot** and then dice it (see Tip). Slice the **onion** into thin half rings and crush or **mince** the **garlic**. Dice the **cucumber**. Core and dice the **apple**.

Tip: beetroot can stain, so wear gloves or use a sandwich bag to hold it.



2. Toast the walnuts

Bake the **bread roll** in the oven for 6 - 8 minutes. Heat a clean frying pan over medium-high heat and toast the **walnuts** for 1 - 2 minutes or until golden-brown. Remove from the pan and set aside.

Did you know... 🌱 if you enjoy seasonal vegetables, then you can't go wrong with beetroot. Grown locally throughout the year, it's an excellent source of potassium and folic acid, making it a healthy choice as well as a sustainable one.



3. Fry the apple

In a large salad bowl, combine the **strawberry sauce** with the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper. Melt the butter in the same pan and fry the **onion** with the **apple** for 3-4 minutes over medium-high heat (see Tip).

Tip: keep an eye on the pan and add extra butter if necessary to prevent the apple from sticking to the pan.



4. Serve

Shortly before serving, add the **lettuce** and **cucumber** to the salad bowl and toss well to combine with the dressing. Serve the salad on plates and top with the **beetroot**, **apple** and **onion**. Crumble over the **goat's cheese** and garnish with the **walnuts**. Serve the **bread** alongside.

Enjoy!



Chicken Sausages with Carrot Mash

with broccoli, ketjap jus & gomashio

Calorie Smart Family Nice & Fast

Total time: 20 - 25 min.



Potatoes



Broccoli



Gomashio-herb mix



Chopped onion



Chicken sausage



Ketjap manis



Sliced carrots



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

Frying pan, 2x pot or saucepan, potato masher

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Chicken sausage* (unit(s))	2	4	6	8	10	12
Broccoli* (g)	100	200	360	500	560	700
Ketjap manis (ml)	10	20	30	40	50	60
Gomashio-herb mix (sachet(s))	¼	½	¾	1	1¼	1½
Sliced carrots* (g)	100	200	300	400	500	600
Chopped onion* (g)	50	100	150	200	250	300
From your pantry						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Mustard (tbsp)	¾	1½	2¼	3	3¾	4½
Water (ml)	60	120	180	240	300	360
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2423 / 579	357 / 85
Total fat (g)	27	4
of which saturated (g)	11,9	1,8
Carbohydrates (g)	52	8
of which sugars (g)	10	1,5
Fibre (g)	15	2
Protein (g)	54	8
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

Wash or peel the **potatoes**, then cut into rough pieces. Transfer the **potatoes** and sliced **carrots** to a pot or saucepan and cover with water, then boil for 12 - 15 minutes. Reserve some of the cooking liquid when finished, then drain and set aside. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **sausages** for 2 - 3 minutes until evenly browned.



2. Make the jus

Add the **onion** and fry for 4 - 6 more minutes or until the **sausages** are done, turning regularly. •Add the ketjap and butter to the **sausages** along with 0.5 tbsp mustard per person. Crumble in the stock cube and mix well, then deglaze with the water (see pantry for amounts). Set the heat to low and allow to reduce until serving.



3. Boil the broccoli

In the meantime boil plenty of salted water in a pot or saucepan. Cut the head of the **broccoli** into florets and dice the stem, then boil for 5-7 minutes. Drain and season with salt and pepper, then set aside. Mash the **potatoes** and **carrots** with the rest of the mustard and a splash of milk or the reserved cooking liquid. Season to taste with salt and pepper.



4. Serve

Serve the **carrot** mash and the **broccoli** on plates. Garnish with the **gomashio-herb mix** and serve the **sausages** alongside. Pour over the ketjap jus to finish.

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

Enjoy!



Mediterranean-Style Scrambled Eggs

with Greek-style cheese & potato wedges

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Cucumber



Tomato



Scallions



Mesclun



Egg



Greek-style cheese



Oven-ready potato wedges



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

Scrambled eggs for dinner? Why not? This vitamin-rich dish can be used as a tasty base for any meal.

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, fork, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cucumber* (unit(s))	½	1	1¾	2	2¾	3
Tomato (unit(s))	1½	3	4	6	7	9
Scallions* (bunch)	¼	¼	½	½	¾	¾
Mesclun* (g)	20	40	60	80	100	120
Egg* (unit(s))	2	4	6	8	10	12
Greek-style cheese* (g)	50	100	150	200	250	300
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3088 / 738	423 / 101
Total fat (g)	47	6
of which saturated (g)	17,7	2,4
Carbohydrates (g)	46	6
of which sugars (g)	8	1,1
Fibre (g)	8	1
Protein (g)	31	4
Salt (g)	1,7	0,2

Allergens

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



1. Fry the potatoes

Preheat the oven to 180°C. Spread the **potato wedges** over a parchment-lined baking sheet, then roast for 20 minutes or until golden-brown. Slice the **cucumber** into crescents. Finely chop the **scallions**. Dice the **tomato** and crumble the **Greek-style cheese**.

Did you know... 🌱 *this recipe provides over 300g of vegetables!*



2. Make the salad

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar. Season to taste with salt and pepper, add the **cucumber** and the **mesclun**, along with half each of the **Greek-style cheese** and **tomato**. Melt the butter in a frying pan over medium-high heat. Fry the **scallions** with the rest of the **tomato** for 3 - 4 minutes.



3. Scramble the eggs

In a bowl, beat the **eggs** and season with salt and pepper. Transfer to the frying pan along with the rest of the **Greek-style cheese**, then scramble the **eggs** until done.

Did you know... 🌱 *eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.*



4. Serve

Serve the scrambled **eggs** on plates with the **potato wedges**. Serve the salad alongside. Serve the mayonnaise with the **potatoes**.

Enjoy!



Homemade Tuna Melt Baguettes

with corn, tomato salad & fresh herbs

Family Nice & Fast

Total time: 20 - 25 min.



Corn



Onion



Tomato



White demi-baguette



Grated Gouda



Fresh chives, dill
& flat leaf parsley



Lamb's lettuce



Tuna packed in olive oil



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

The tuna melt is an American speciality somewhat like the Dutch toasti - with tuna, corn and melted cheese, it's the perfect comfort food!

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, sieve

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Corn (g)	70	140	210	285	350	425
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
White demi-baguette (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Lamb's lettuce* (g)	30	60	100	120	160	180
Tuna packed in olive oil (can)	1	1	2	2	3	3
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3427 / 819	724 / 173
Total fat (g)	40	8
of which saturated (g)	9,7	2,1
Carbohydrates (g)	83	18
of which sugars (g)	9,3	2
Fibre (g)	10	2
Protein (g)	30	6
Salt (g)	3,5	0,7

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. Drain the **tuna**, then drain and weigh the **corn**. Chop the **onion** and dice the **tomato**. Finely chop the fresh herbs.



2. Assemble

In a bowl, combine the **tuna** with the **corn** and mayonnaise, along with half each of the **tomato**, **onion** and fresh herbs. Season to taste with salt and pepper. Cut open the **demi-baguette** and transfer to a parchment-lined baking sheet. Top with the **tuna** salad and then with the **cheese**. Bake in the oven for 6 - 8 minutes.



3. Make the salad

In a salad bowl, combine the mustard with the extra virgin olive oil and white wine vinegar. Season to taste with salt and pepper, then stir in the rest of the **onion** and **tomato**. Shortly before serving, add the **lettuce** to the salad bowl and toss well to combine with the dressing.



4. Serve

Serve the **tuna** melts on plates and garnish with the rest of the fresh herbs. Serve with the salad alongside.

Did you know... 🌱 *Did you know... corn is rich in magnesium, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.*

Enjoy!



Spicy Shrimp Udon Soup

with ketjap mushrooms, mangetout & gomashio

Total time: 35 - 45 min.



Garlic



Red chili pepper



Onion



Mushrooms



Radish



Shrimp



Fresh udon noodles



Fish sauce



Mangetout



Gomashio



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

Gomashio comes from Japanese cuisine and is used to season dishes. It is made from 90% goma (sesame seeds) and 10% sio (sea salt).

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

Oven dish, lidded pot or saucepan, saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Radish* (bunch)	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Fresh udon noodles (g)	100	200	300	400	500	600
Fish sauce (ml)	10	20	30	40	50	60
Mangetout* (g)	50	100	150	200	250	300
Gomashio (sachet(s))	⅓	⅔	1	1½	1¾	2
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (g)	15	30	45	60	75	90
Honey (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Water (ml)	300	600	900	1200	1500	1800
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[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)	2151 /514	256 /61
Total fat (g)	21	3
of which saturated (g)	9,6	1,1
Carbohydrates (g)	58	7
of which sugars (g)	22	2,6
Fibre (g)	12	1
Protein (g)	22	3
Salt (g)	5,5	0,7



1. Chop the vegetables

Preheat the oven to 220°C. Crush or **mince** the **garlic**. Deseed and finely chop the **red chili pepper*** (see Tip). Chop the **onion** and slice the **mushrooms**.

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

Tip: you can also cut some of the chili pepper into rings to use later as garnish.



4. Fry the vegetables

Meanwhile, heat the sunflower oil in a frying pan over medium-high heat. Fry the **onion** with the **mushrooms** for 5 - 7 minutes or until lightly browned. Add the honey and half of the ketjap, then mix well to combine. Lower the heat and allow to cook gently until serving. Boil the **noodles** for 3 minutes until al dente, then drain and set aside, covered.



2. Pickle the radish

In a small bowl, combine the white wine vinegar with the sugar. Thinly slice the **radishes** and transfer to the bowl. Season with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.



3. Prepare the shrimp

Boil plenty of water in a pot or saucepan for the **noodles**. Transfer the **shrimp** to an oven dish (see Tip). Dice the butter and arrange it over the **shrimp**, along with the **garlic** and **chili pepper**. Bake in the oven for 8 - 10 minutes or until done.

Tip: use a smaller oven dish where everything is packed more tightly, so as to ensure the shrimp are as flavourful as possible!



5. Make the stock

To a pot or saucepan, add the **fish sauce*** and the rest of the ketjap. Pour in the water and crumble in the stock cube (see pantry for amounts). Bring to the boil, then add the **mangetout** and cook for 3 - 5 minutes.

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

Did you know... 🌱 **mangetout** are very nutrient-dense; they contain vitamin C which boosts immunity, potassium for healthy blood pressure and fibre for gut health.



6. Serve

Serve the **noodles** in bowls (see Tip). Pour in the stock, then arrange all the toppings. Garnish with the **gomashio** and any reserved **chili pepper**.

Tip: if preferred, you can also add some of the garlic butter from the oven dish.

Enjoy!



Sticky Chicken with Gomashio

over rice with green beans & Korean-style spices

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Garlic



Onion



White long grain rice



Green beans



Cauliflower Rice



Korean-style spice mix



East Asian-style sauce



Gomashio



Ginger paste



Diced chicken



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

Gomashio is a Japanese seasoning made from ground sesame seeds with a little bit of added salt. It's perfect for giving your dish more flavour without adding too much salt.

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

Kettle, frying pan, pot or saucepan, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Cauliflower Rice* (g)	100	200	300	400	500	600
Korean-style spice mix (sachet(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Diced chicken* (g)	100	200	300	400	500	600
From your pantry						
Honey (tsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	200	400	600	800	1000	1200
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2761 /660	396 /95
Total fat (g)	16	2
of which saturated (g)	6,1	0,9
Carbohydrates (g)	89	13
of which sugars (g)	22,6	3,2
Fibre (g)	11	2
Protein (g)	35	5
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

Boil the water in a kettle for the **rice** (see pantry for amount). Boil plenty of water in a pot or saucepan for the **green beans**. Chop the **onion** and crush or mince the **garlic**. Melt a knob of butter in a pot or saucepan over medium-high heat. Fry the **garlic** with the **onion** and **ginger** paste for 1 - 2 minutes, then add the **rice** and fry for 1 minute.



2. Prepare the green beans

Pour the boiling water from the kettle over the **rice** and crumble in the stock cube (see pantry for amount). Bring to the boil, then cover with the lid and allow to cook for 10 - 12 minutes over low heat. Add the **cauliflower rice** during the final minute of cooking. Drain and keep warm until serving. Discard the tips of the **green beans** and then cut in half. Boil for 10 minutes, then drain and set aside.



3. Fry the chicken

Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **chicken** with the **Korean-style spices** for 6 minutes. Add the **East Asian-style sauce**, the honey and 1 tbsp water per person, mix well and fry for 2 more minutes.



4. Serve

Serve the **rice** and **green beans** on plates and top with the **chicken**. Garnish with the **gomashio**.

Did you know... 🌱 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.

Enjoy!



Chicken Enchiladas with Sour Cream & Cheese

on wholewheat tortillas with tomato salsa

Family Nice & Fast

Total time: 25 - 30 min.



Corn



Onion



Tomato



Carrot



Chicken mince with Mexican seasoning



Mexican-style spices



Passata



Wholewheat tortilla



Grated cheddar



Organic sour cream



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

Contrary to what you might think, the tomato is not a vegetable but a fruit, or more precisely, it's a variety of fruit.

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

Oven dish, small bowl, frying pan, sieve

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Corn (g)	70	140	210	285	350	425
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1½	3	5	6	8	9
Carrot* (unit(s))	½	1	¾	1	1¾	2
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Grated cheddar* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
White wine 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)	2975 / 711	472 / 113
Total fat (g)	31	5
of which saturated (g)	15,1	2,4
Carbohydrates (g)	63	10
of which sugars (g)	18,1	2,9
Fibre (g)	18	3
Protein (g)	39	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. Prepare

Preheat the oven to 200°C. Drain the corn. Chop the onion and dice the tomato. Finely dice the carrot. Heat the olive oil in a frying pan over medium-high heat and fry the carrot and corn with two-thirds of the onion for 1 - 2 minutes (see Tip).

Tip: the rest of the onion will be served raw, but if preferred you can fry all of it here instead.



2. Make the filling

Add the chicken mince and the Mexican-style spices* and fry for 2 - 3 minutes, separating the mince as you do so. Add the passata and half of the tomato and fry for 2 - 4 more minutes.

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



3. Make the enchiladas

Top the tortillas with the chicken sauce, then roll them up and transfer to a baking dish. Scatter over the cheddar and bake in the oven for 5-10 minutes.

Did you know... 🌽 corn is rich in magnesium, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.



4. Serve

In a small bowl, combine the rest of the tomato and onion with the white wine vinegar. Add extra virgin olive oil as preferred, then season to taste with salt and pepper. Serve the enchiladas with the salsa and the sour cream.

Enjoy!



Creamy Mushroom Vol Au Vont

with mashed potato, tomato salad & fresh herbs

Veggie

Total time: 35 - 45 min.



Potatoes



Mushrooms



Carrot



Onion



Garlic



Bay leaf



Cooking cream



Puff pastry cup



Lamb's lettuce



Fresh curly parsley



Tomato



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

Parchment-lined baking sheet, deep frying pan, lidded pot or saucepan, potato masher, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Mushrooms* (g)	125	250	375	500	625	750
Carrot* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	1	1	2	2
Cooking cream (g)	50	100	150	200	250	300
Puff pastry cup (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Tomato (unit(s))	½	1	2	2	3	3

From your pantry

Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Flour (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	100	200	300	400	500	600
[Plant-based] milk					splash	
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3343 / 799	464 / 111
Total fat (g)	51	7
of which saturated (g)	28,4	3,9
Carbohydrates (g)	67	9
of which sugars (g)	9,6	1,3
Fibre (g)	15	2
Protein (g)	15	2
Salt (g)	1,1	0,1

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. Boil plenty of water in a pot or saucepan. Peel or thoroughly wash the **potatoes** and cut them into rough pieces. Finely dice the **carrot** and slice the **mushrooms**. Chop the **onion** and crush or mince the **garlic**.

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



4. Bake the pastry cup

Transfer the **puff pastry** cup to a parchment-lined baking sheet and bake in the oven for 5 - 8 minutes. In the meantime, roughly chop the **parsley**. Mash the **potatoes** with a knob of butter and a splash of milk until smooth (see Tip). Season to taste with salt and pepper.

Tip: *if you're watching your calorie intake, set aside half of the potatoes before mashing and then skip the butter. You can make a potato salad the next day with the rest of the potatoes.*



2. Boil the potatoes

Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



5. Make the salad

Cut the **tomato** into wedges and transfer to a salad bowl along with the **lamb's lettuce**. Add the extra virgin olive oil and toss well to combine. Season to taste with salt and pepper.



3. Make the sauce

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **garlic** with the **onion**, **carrot** and **mushrooms** for 4 - 6 minutes. Stir in the flour and a generous knob of butter and fry for 1 - 2 more minutes. Add the **bay leaf**, the stock and the **cream** and mix well into a uniformly smooth sauce. Allow to reduce over low heat for 6 - 8 minutes (see Tip).

Tip: *turn up the heat if the sauce is too watery.*



6. Serve

Stuff the **pastry** cup with the creamy **mushroom** sauce. Serve with the mashed **potato** and the salad alongside. Garnish with the **parsley**.

Enjoy!



One-Pot Chicken Alfredo

with wholegrain penne, broccoli & cheese

Family Nice & Fast

Total time: 25 - 30 min.



Garlic



Cooking cream



Wholegrain penne



Broccoli



Grated Gouda



Onion



Chicken fillets with Mediterranean spices



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

You only need one pan to prepare this pasta. This allows all the flavours in this dish to melt together (and it saves you time on the washing up!).

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 deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Wholegrain penne (g)	90	180	270	360	450	540
Broccoli* (g)	180	360	500	720	860	1080
Grated Gouda* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	2	2	3	3
Chicken fillets with Mediterranean spices* (g)	100	200	300	400	500	600
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium chicken 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)	3339 / 798	463 / 111
Total fat (g)	33	5
of which saturated (g)	15,5	2,1
Carbohydrates (g)	69	10
of which sugars (g)	9,9	1,4
Fibre (g)	18	2
Protein (g)	49	7
Salt (g)	2,5	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. Cut the chicken into rough chunks. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the chicken for 3 - 4 minutes until evenly browned, then remove from the pan and set aside. Heat a light drizzle of olive oil in the same pan over medium-high heat and fry the garlic and onion for 1 - 2 minutes.



2. Make the sauce

Add the stock, cream, white wine vinegar and penne, then season with salt and pepper. Cover with the lid and cook over low heat for 7 minutes, stirring occasionally. Meanwhile, cut the head of the broccoli into small florets and finely dice the stem.



3. Mixing

Stir in the broccoli and cook for 7 minutes, then add the chicken and cook for 5 more minutes (see Tip).

Tip: if the sauce is too watery, turn up the heat and allow to reduce a little longer, uncovered.



4. Serve

Remove from the heat and stir in two thirds of the cheese, then season to taste with salt and pepper. Serve the chicken Alfredo on deep plates and garnish with the rest of the cheese.

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!



Burrata Salad with Crispy Bacon & Cherry Tomatoes

with caramelised onion, dried figs & homemade croutons

Premium

Total time: 30 - 40 min.



Garlic



Red cherry tomatoes



Onion



White ciabatta



Green pesto



Bacon



Arugula & lamb's lettuce



Burrata



Chopped dried fig



Fresh basil



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

Burrata is a ball of mozzarella that is filled with a mixture of cream and finely chopped mozzarella. It used to be the way to use up leftover mozzarella, but now it's becoming popular in its own right.

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, oven dish, salad bowl, small bowl, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Onion (unit(s))	½	1	1½	2	2½	3
White ciabatta (unit(s))	½	1	1½	2	2½	3
Green pesto* (g)	20	40	60	80	100	120
Bacon* (slice(s))	2	4	6	8	10	12
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Burrata* (ball(s))	1	2	3	4	5	6
Chopped dried fig (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30

From your pantry

Balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
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)	4017 /960	852 /204
Total fat (g)	74	16
of which saturated (g)	27,5	5,8
Carbohydrates (g)	45	10
of which sugars (g)	19,2	4,1
Fibre (g)	7	2
Protein (g)	26	5
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

Preheat the oven to 200°C. Thinly slice the **garlic** and transfer to an oven dish along with the **cherry tomatoes**. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 10 - 12 minutes.



4. Make the croutons

Dice the **bread roll**. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **bread** so as to make croutons. Add extra oil as necessary and season to taste with salt and pepper.



2. Caramelize the onion

Slice the **onion** into half rings. Melt a generous knob of butter in a small saucepan over medium-low heat. Fry the **onion** for 10 minutes, then deglaze with two thirds of the balsamic vinegar. Stir in the sugar, then turn off the heat and allow to stand until serving.



5. Make the salad

Transfer the **cherry tomatoes** to a salad bowl and add the **pesto** dressing and the **lettuce** mix. Toss well to combine, then season to taste with salt and pepper if necessary. Roughly chop the **basil** and add to the **tomatoes**. Crumble the **bacon** and set aside.



3. Prepare the bacon

Separate the **bacon** slices and transfer to a parchment-lined baking sheet. Bake in the oven for 10 - 12 minutes until done. In a small bowl, combine the **green pesto** with half of the extra virgin olive oil.



6. Serve

Serve the salad on plates. Top with the caramelised **onion**, **bacon**, **dried figs** and croutons, then finally with the burrata. Drizzle with the rest of the extra virgin olive oil and balsamic vinegar, then season to taste with salt and pepper.

Enjoy!



Poached Salmon with Beurre Blanc

with baby potatoes, dill & capers

Premium Family

Total time: 30 - 40 min.



Green beans



Baby potatoes



Lemon



Onion



Fresh dill



Garlic



Capers



Beurre blanc



Salmon fillet



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

Capers are a source of fibre and vitamins. They contain vitamin B6 and B12 as well as vitamins A, C and D. But you'd have to eat a lot of these flower buds to get enough vitamins.

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 saucepan, saucepan, pot or saucepan, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	200	400	600	800	1000	1200
Baby potatoes (g)	200	400	600	800	1000	1200
Lemon* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Fresh dill* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Capers (g)	10	20	30	40	50	60
Beurre blanc* (g)	50	100	150	200	250	300
Salmon fillet* (g)	120	240	360	480	600	720

From your pantry

Mustard (tsp)	1	2	3	4	5	6
Low sodium fish or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	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)	3628 /867	516 /123
Total fat (g)	54	8
of which saturated (g)	16,9	2,4
Carbohydrates (g)	54	8
of which sugars (g)	7,7	1,1
Fibre (g)	19	3
Protein (g)	38	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

Boil plenty of water in a pot or saucepan for the **baby potatoes**. Halve any larger **baby potatoes** and then cook for 12 - 15 minutes until al dente. Trim the ends off of the **green beans** and transfer to another pot or saucepan. Fill the pot with a shallow layer of water, add a pinch of salt and then cover with the lid and bring to a boil. Allow the **green beans** to simmer for 8 - 10 minutes. Drain both the **potatoes** and the **green beans** and set aside, uncovered.



4. Heat up the sauce

Melt the butter in a saucepan over low heat. Add the beurre blanc and heat for 4 - 6 minutes. Stir regularly so as to prevent the sauce from sticking to the bottom of the pan. Season to taste with salt and pepper.



2. Slicing

Cut half of the **lemon** into wedges and then slice the rest. Chop the **onion** and finely chop the **dill**. Crush or mince the **garlic**.



5. Finishing potatoes

Stir the **garlic** into the **green beans**. Add the mustard and the rest of the **onion** to the **baby potatoes** and toss well to combine. Season both to taste with salt and pepper.



3. Poaching fish

Fill a saucepan with enough water to cover the **salmon**, then add the stock cube and the **lemon** slices, as well as half each of the **dill** and **onion**. Bring to a gentle boil, then transfer the **salmon** to the saucepan and cover with the lid. Poach the **salmon** for 2 minutes, then remove the pan from the heat and allow to rest for 5 minutes so as to allow the **salmon** to continue cooking, still covered.



6. Serve

Serve the poached **salmon** with the **lemon** wedges. Top with the beurre blanc, then garnish with the **capers** and the rest of the **dill**. Serve the **green beans**, **baby potatoes** and mayonnaise alongside.

Enjoy!



Steak over Mediterranean Orzo with Leccino Olives

with Greek-style cheese, tomato-basil salad & roasted bell pepper

Total time: 30 - 40 min.



Bell pepper



Garlic



Fresh basil & oregano



Greek-style cheese



Orzo



Lemon-infused olive oil



Red cherry tomatoes



Leccino olives



Marinated steak



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

Orzo is a perfect canvas for flavours. As it's relatively small, it can easily absorb the delicious flavours of spices and sauces.

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, oven dish, kitchen paper, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil & oregano* (g)	10	20	30	40	50	60
Greek-style cheese* (g)	50	100	150	200	250	300
Orzo (g)	75	150	225	300	375	450
Lemon-infused olive oil (ml)	4	8	12	16	20	24
Red cherry tomatoes (g)	65	125	190	250	315	375
Leccino olives* (g)	15	30	45	60	75	90
Marinated steak* (unit(s))	1	2	3	4	5	6

From your pantry

Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tsp)	2	4	6	8	10	12
Extra virgin olive 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)	4008 /958	543 /130
Total fat (g)	55	7
of which saturated (g)	18,7	2,5
Carbohydrates (g)	65	9
of which sugars (g)	11,1	1,5
Fibre (g)	13	2
Protein (g)	49	7
Salt (g)	2,8	0,4

Allergens

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



1. Roast the bell pepper

Take the **steak** out of the fridge (see Tip). Preheat the oven to 200°C and prepare the stock. Dice the **bell pepper** into 1 - 2cm chunks. Transfer the **bell pepper** to an oven dish and drizzle generously with olive oil, then roast in the oven for 20 - 25 minutes.

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



2. Chop

Crush or mince the **garlic**. Discard the stems of the fresh herbs, then finely chop the **oregano** leaves and cut the **basil** into ribbons. Dice the **Greek-style cheese**. Heat a drizzle of olive oil in a wok or deep frying pan over low heat. Add the **orzo** and toast the grains for 1 minute over medium heat.



3. Cook the orzo

Add the stock and cover with the lid. Cook the **orzo** for 10 - 12 minutes over low heat until done, stirring regularly. Add an extra splash of water as necessary if the **orzo** becomes too dry. Meanwhile, in a bowl combine the extra virgin olive oil with the white wine vinegar, the **lemon-infused oil** and the **basil**. Season to taste with salt and pepper.



4. Make the salad

Halve the **cherry tomatoes**, then add these to the bowl and toss well to combine. To the **orzo**, add the **oregano** and two thirds each of the **olives** and **Greek-style cheese**. Season to taste with salt and pepper, then drizzle with extra virgin olive oil as preferred (see Tip).

Tip: if preferred, you can substitute the extra virgin olive oil with the residual oil from the olive container.



5. Fry the steak

Melt the butter in a frying pan over medium-high heat. Pat the **steak** dry with kitchen paper, then season with salt and pepper. When the pan is nice and hot, fry the **steak** for 2 - 3 minutes per side (see Tip). Add the **garlic** during the final minute of cooking, then season to taste with pepper.

Tip: to add more flavour, add a knob of butter to the pan halfway through cooking and baste the steak continuously as you fry it.



6. Serve

Remove from the pan and allow to rest under aluminium foil. Set the pan aside. Stir the **roasted bell pepper** into the **orzo**. Slice the **steak** against the grain into thin strips. Serve the **orzo** on plates and top with the **steak**. Drizzle the **steak** with the cooking juices from the frying pan. Serve the **tomato** salad alongside. Garnish with the rest of the **olives** and **cheese**.












Hoisin-Glazed Shrimp Bao Buns

with rainbow slaw & black sesame seeds

Family

Total time: 35 - 45 min.



-  Bao buns
-  Shrimp
-  Garlic
-  Rainbow slaw mix
-  Little gem
-  Black sesame seeds
-  Hoisin sauce
-  Fresh coriander
-  Honey & ginger dressing



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

Hoisin sauce is a characteristic thick, brown, sweet Asian sauce. You can use it to marinate, glaze or as a dipping sauce!

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, pot or saucepan, salad bowl, sieve or colander, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns* (unit(s))	4	6	10	12	16	18
Shrimp* (g)	120	240	360	480	600	720
Garlic (unit(s))	1	1	2	2	3	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Little gem* (unit(s))	1	2	3	4	5	6
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Hoisin sauce (g)	25	50	75	100	125	150
Fresh coriander* (g)	2½	5	7½	10	12½	15
Honey & ginger dressing (ml)	15	25	40	50	65	75

From your pantry

Flour (tbsp)	1	2	3	4	5	6
Sugar (tsp)	2	4	6	8	10	12
White wine vinegar (ml)	45	90	135	180	225	270
Water (ml)	100	200	300	400	500	600
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4125 /986	600 /144
Total fat (g)	46	7
of which saturated (g)	6,2	0,9
Carbohydrates (g)	112	16
of which sugars (g)	33,4	4,9
Fibre (g)	9	1
Protein (g)	30	4
Salt (g)	3,8	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 180°C. In a pot or saucepan, combine the sugar with the water and the white wine vinegar (see pantry for amounts). Add a pinch of salt, then bring to a boil and add the **slaw mix**. Allow to simmer for 4 - 6 minutes, then drain and set aside in the fridge.



4. Bake the bao buns

Bake the **bao buns** in the oven for 4 - 5 minutes. Roughly chop the **coriander** in the meantime.



2. Make the dressing

In a salad bowl, combine the honey **ginger** dressing with half of the mayonnaise and then set aside. Crush or mince the **garlic**. In a bowl, combine the **shrimp** with the flour. Season with salt and pepper.



5. Make the salad

Set aside three **lettuce** leaves per person, then roughly chop the rest. Transfer to the salad bowl and toss well to combine with the dressing.



3. Fry the shrimp

Heat the sunflower oil in a frying pan over medium-high heat. Fry the **garlic** and **shrimp** for 2 - 3 minutes until evenly browned, then stir in the **hoisin sauce** and fry for 1 minute until the **shrimp** are uniformly coated in the sauce.



6. Serve

Open the **bao buns** and spread with the rest of the mayonnaise. Fill the **bao buns** with the reserved **lettuce** leaves so as to create **lettuce** cups. Top with the **shrimp** and the pickled slaw. Garnish with the **coriander** and the **black sesame seeds**. Add the rest of the pickled slaw and **sesame seeds** to the salad. Toss well to combine and serve alongside the **bao buns**.



Chicken Drumsticks with Red Wine Stew

inspired by coq au vin, with creamy mashed potatoes

Total time: 45 - 55 min.



Chicken drumsticks in Baharat marinade



Red wine



Chestnut mushrooms



Potatoes



Garlic



Carrot



Worcestershire sauce



Fresh thyme



Fresh flat leaf parsley & chives



Herbed cream cheese



Onion



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

Compared to regular mushrooms, chestnut mushrooms contain less moisture. This means that they won't shrink so much during cooking.

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, deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
Red wine (ml)	90	187	280	374	467	561
Chestnut mushrooms* (g)	125	250	375	500	625	750
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Worcestershire sauce (ml)	10	15	25	30	40	45
Fresh thyme* (g)	2½	5	7½	10	12½	15
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Herbed cream cheese* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3

From your pantry

Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Flour (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	3389 /810	359 /86
Total fat (g)	40	4
of which saturated (g)	21,7	2,3
Carbohydrates (g)	61	6
of which sugars (g)	11,3	1,2
Fibre (g)	16	2
Protein (g)	50	5
Salt (g)	2,9	0,3

Allergens

Always remember to check the ingredient label for the most

2024-W27



1. Prepare

Preheat the oven to 200°C. Prepare the stock. Finely chop the **onion**. Cut the **carrot** into crescents.



2. Roast the drumsticks

Transfer the **chicken drumsticks** to a parchment-lined baking sheet. Roast in the oven for 35 - 45 minutes or until done, turning halfway. Meanwhile, quarter the **mushrooms** and crush or mince the **garlic**.



3. Fry the vegetables

Melt a generous knob of butter in a deep frying pan over medium-high heat. Fry the **onion** and **carrot** for 5 - 6 minutes. Add the **mushrooms** and fry for 4 - 5 more minutes. Discard the **thyme** stalks and finely chop the leaves. Finely chop the **parsley** and **chives**, being sure to keep them separate.



4. Make the sauce

Add the flour and the **garlic** and fry for 1 minute. Add the wine, the **Worcestershire sauce**, the **thyme**, the sugar and the stock. Mix well to combine, then bring to a boil and cook for 2 - 4 minutes so as to allow the alcohol to evaporate. Reduce the heat to low and allow to simmer over low heat until serving. Season to taste with salt and pepper.



5. Boil the potatoes

Peel or thoroughly wash the **potatoes** and cut them into rough chunks. Transfer to a pot or saucepan and submerge with water, then boil for 12 - 15 minutes. Reserve some of the cooking liquid, then drain. Mash the **potatoes** with the herbed **cream cheese**, the **chives**, a knob of butter and a splash of milk or the cooking liquid as preferred. Stir in the mustard and season to taste with salt and pepper.



6. Serve

Serve the mashed **potatoes** on plates and top with the **chicken drumsticks**. Pour over the red wine stew and garnish with the **parsley**.

Enjoy!



Smoky Conchiglie with Burrata & Basil

with Romano pepper & pecorino

Premium Calorie Smart Family Nice & Fast Veggie

Total time: 25 - 30 min.



Conchiglie



Onion



Garlic



Romano pepper



Middle Eastern
spice mix



Tomato



Diced tomatoes
with garlic & onion



Smoky tomato ketchup



Grated Pecorino DOP



Fresh basil



Burrata



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

Burrata originates from the Italian region of Puglia, where it was developed as a creamy variation of fresh mozzarella.

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, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Conchiglie (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	2	2	3	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Diced tomatoes with garlic & onion (pack)	¼	½	¾	1	1¼	1½
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Burrata* (boule(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2753 / 658	567 / 136
Total fat (g)	21	4
of which saturated (g)	11,7	2,4
Carbohydrates (g)	86	18
of which sugars (g)	17,9	3,7
Fibre (g)	11	2
Protein (g)	28	6
Salt (g)	3	0,6

Allergens

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



1. Prepare

Boil plenty of water for the **conchiglie** in a pot or saucepan. Crumble in the stock cube and boil the **conchiglie** for 9 - 11 minutes, then drain and set aside.

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



2. Fry the vegetables

Chop the **onion** and crush or mince the **garlic**. Dice the **Romano pepper**. Heat a light drizzle of olive oil in a deep frying pan and fry the **onion** and **garlic** for 2 minutes over medium-high heat. Add the **Romano pepper** and **Middle Eastern spices** and fry for another 4 minutes. Meanwhile, finely chop the **tomato**.



3. Finish the sauce

Stir in the **smoky ketchup**, the fresh **tomato** and the diced **tomatoes**. Fry for 2 more minutes, then stir in the **conchiglie** and the **pecorino**. Season to taste with salt and pepper.



4. Serve

Roughly chop the **basil** leaves and halve the **burrata**. Serve the **conchiglie** on plates and top with the **burrata**. Garnish with the **basil**.

Enjoy!



Chicken Burger with a Mexican-Inspired Twist

on brioche with bacon, avocado dip, cheddar & potato wedges

Premium Nice & Fast

Total time: 25 - 30 min.



Potato wedges



Brioche bun



Oranjestroep



chicken burger



Grated cheddar



Avocado dip



Onion



Little gem



Romano pepper



Tomato



Green chili pepper



Fresh coriander

Bacon



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

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

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, large deep frying pan with lid, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Brioche bun (unit(s))	1	2	3	4	5	6
Oranjestad chicken burger* (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1	2	2	3
Green chili pepper* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Bacon* (slice(s))	2	4	6	8	10	12

From your pantry						
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4159 /994	589 /141
Total fat (g)	54	8
of which saturated (g)	20,1	2,8
Carbohydrates (g)	86	12
of which sugars (g)	15,1	2,1
Fibre (g)	13	2
Protein (g)	39	6
Salt (g)	3,2	0,5

Allergens

2024-W27



1. Prepare

Slice half of the **onion** into crescents and then finely chop the rest. Halve the **Romano pepper** lengthways, remove the seeds and then cut into thin strips. Chop the **green chili pepper*** into rings. In a small bowl, combine the white wine wine vinegar with the **sugar** and season with salt and pepper. Add the **green chili pepper** and mix well, then set aside, stirring every so often.

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



4. Make the salsa

In the meantime, dice the **tomato** and finely chop the **coriander**. Transfer both to a bowl along with the rest of the **onion**. Drizzle with extra virgin olive oil, then mix well to combine. Season to taste with salt and pepper. Cut off the base of the **lettuce** and separate the leaves.



2. Fry the bacon

Heat a clean frying pan over high heat and fry the **bacon** for 3 - 5 minutes, then remove from the pan and set aside. Heat the olive oil in the same frying pan over medium-high heat. Fry the **potato wedges** for 15 - 20 minutes, seasoning to taste with salt and pepper.



5. Assemble

Cut open the **brioche bun** and spread the bottom with the **avocado dip**. Top with the **burger**, fried vegetables and several **lettuce** leaves. Add the **green chili pepper** as preferred.



3. Fry the burger

Melt the butter in a large frying pan over medium-high heat (see Tip 1). Fry the **chicken burger** for 4 - 6 minutes on one side, along with the **Romano pepper** and the **onion** crescents (see Tip 2). Flip the **burger** over and top with the **cheddar** and **bacon**, then cover the pan with the lid so as to allow the **cheese** to melt. Reduce the heat and allow to cook for 4 - 6 minutes or until done. Season the vegetables to taste with salt and pepper.

Tip 1: if you're cooking for more than 2 people, fry the vegetables separately.

Tip 2: if you don't like raw **onion**, fry all of it with the **burger**.



6. Serve

Serve the **chicken burgers** with the **potato wedges**. Garnish the wedges with the **tomato** salsa and serve with mayonnaise as preferred.

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.

Enjoy!