



# Farmer's Sausage with Curry Sauce

with potato wedges, cucumber slaw & fried onion

Family Quick

Total time: 25 - 30 min.



Farmer's sausage



Curry sauce



Onion



Slaw mix



[Persian] cucumber



Apple



Oven-ready potato wedges



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## Before you start

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

## Equipment

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Curry sauce* (ml)	20	40	60	80	100	120
Onion (unit(s))	1	2	3	4	5	6
Slaw mix* (g)	50	100	150	200	250	300
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Apple* (unit(s))	½	1	1	2	2	3
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3515 /840	528 /126
Total fat (g)	52	8
of which saturated(g)	10,3	1,5
Carbonhydrates (g)	64	10
of which sugars (g)	22,1	3,3
Fiber (g)	11	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. Roast the potatoes

- Preheat the oven to 180°C.
- Transfer the **potato wedges** to a parchment-lined baking sheet and roast in the oven for 20 minutes or until golden brown, tossing halfway.



### 2. Fry the sausage

- Slice the **onion** into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **sausage** for 2 - 3 minutes until evenly browned.
- Add the **onion** and cover with the lid, then reduce the heat to medium.
- Fry for 8 - 10 minutes, turning the **sausage** regularly.



### 3. Make the slaw

- Core and dice the **apple**. Slice the **cucumber** into crescents.
- In a salad bowl, combine the mayonnaise with the white wine vinegar, then season to taste with salt and pepper.
- Add the **cucumber**, **apple** and **slaw mix** to the dressing and toss well to combine.



### 4. Serve

- Cut open the **sausage** and top with the **onion** and the curry sauce.
- Serve the **sausage** with the **potato** wedges and the salad.

Enjoy!



# Harira-Inspired Stew with Roasted Chickpeas

with African-inspired spices, labneh & pita bread

Veggie

Total time: 35 - 45 min.



Lentils



African-inspired  
spice mix



Red onion



Carrot



Fresh ginger



Fresh flat leaf parsley



Labneh



Chickpeas



BBQ spice rub



Chopped dates



Pita bread



Chopped tomatoes



Garlic



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## Before you start

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

## Equipment

Parchment-lined baking sheet, bowl, grater, kitchen paper, lidded soup pot, immersion blender, sieve

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Fresh ginger* (tsp)	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Labneh* (g)	40	80	120	160	200	240
Chickpeas (pack)	½	1	2	2	3	3
BBQ spice rub (sachet(s))	¼	½	¾	1	1¼	1½
Chopped dates (g)	20	40	60	80	100	120
Pita bread (unit(s))	2	4	6	8	10	12
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3

### Not included

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	200	400	600	800	1000	1200
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3456 /826	496 /119
Total fat (g)	24	3
of which saturated(g)	3,9	0,6
Carbonhydrates (g)	112	16
of which sugars (g)	30,2	4,3
Fiber (g)	26	4
Protein (g)	29	4
Salt (g)	4,8	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. Grate the **ginger** and roughly chop the **onion**. Crush or mince the **garlic** and cut the **carrot** into crescents.



## 4. Bake the pitas

Bake the **pitas** in the oven for 6 - 8 minutes, or use a toaster if preferred. Roughly chop the **parsley** and drain the lentils.



## 2. Make the soup

In a lidded soup pot, heat a drizzle of olive oil over medium-high heat. Fry the **ginger, garlic, onion, carrot** and chopped **dates** for 2 - 3 minutes, then add the **chopped tomatoes** and the water (see pantry for amount). Crumble in the stock cube (see Tip). Bring to a boil and cook for 8 - 10 minutes, covered.

**Health Tip** 🌱 if you're watching your salt intake, use just half of the indicated amount.



## 5. Finish

Add the **African-inspired spices** to the soup and then process until smooth with an immersion blender. Stir in the lentils and the reserved **chickpeas**. Taste the soup and season with salt and pepper if necessary, then cook for 2 - 3 more minutes.



## 3. Roast the chickpeas

Drain the **chickpeas** and set aside half to use later. Pat the rest of the **chickpeas** dry with kitchen paper, then transfer to a bowl along with the **BBQ rub\*** and a light drizzle of olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 20 minutes, or until golden-brown and crunchy.

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



## 6. Serve

Serve the soup on deep plates. Top with the roasted **chickpeas** and garnish with the **parsley** and **labneh**. Serve with the **pitas** on the side.

**Did you know...** 🌱 not only are chickpeas high in fibre, protein and complex carbohydrates, they're also packed with vitamins and minerals. In particular, they contain up to five times more vitamin E than any other type of pulse. Vitamin E helps boost and strengthen the immune system.

Enjoy!



# Cheesy Lentil Bake

with lamb's lettuce & pumpkin seed salad

Veggie

Total time: 50 - 60 min.



-  Potato rounds
-  Lentils
-  Leek
-  Carrot
-  Tomato paste
-  Soy sauce
-  Cooking cream
-  Belgian spice mix
-  Grated Gouda
-  Lamb's lettuce
-  Pumpkin seeds



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## Before you start

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

## Equipment

Parchment-lined baking sheet, bowl, large wok or deep frying pan with lid, oven dish, salad bowl, sieve, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato rounds* (g)	100	200	300	400	500	600
Lentils (pack)	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Tomato paste (can)	¼	½	¾	1	1½	1½
Soy sauce (ml)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Belgian spice mix (tsp)	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Lamb's lettuce* (g)	30	60	100	120	160	180
Pumpkin seeds (g)	10	20	30	40	50	60

### Not included

Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3188 /762	531 /127
Total fat (g)	43	7
of which saturated(g)	16,6	2,8
Carbonhydrates (g)	61	10
of which sugars (g)	23,9	4
Fiber (g)	15	2
Protein (g)	24	4
Salt (g)	4	0,7

## Allergens

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



### 1. Roast the potatoes

Preheat the oven to 200°C. Transfer the **potato rounds** to a parchment-lined baking sheet and drizzle with half of the olive oil. Season with salt and pepper, then roast in the oven for 8 - 10 minutes. The **potatoes** should be quite al dente, as they'll finish cooking later.



### 4. Assemble

Transfer the lentil mixture to an oven dish and top with the **potato rounds**. Pour over the **cream** mixture and bake in the oven for 20 minutes. Scatter over the **grated cheese** and then bake for a further 5 minutes.

**Did you know...** 🌱 *lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.*



### 2. Fry the vegetables

Drain and rinse the **lentils**. Halve the **leek** lengthways, wash it thoroughly and then slice it into thin half-rings. Cut the **carrot** into thin crescents. Heat the rest of the olive oil in a large wok or deep frying pan and fry the **leek** with **carrot** for 4 - 6 minutes, covered. Stir in the **lentils**, **tomato paste** and half of the **Belgian spice mix** and cook for 3 - 5 more minutes. Deglaze with the **soy sauce**, then stir in the mustard and the sugar.



### 5. Make the salad

Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop. Meanwhile, in a salad bowl combine the honey with the white wine vinegar and the extra virgin olive oil along. Season to taste with salt and pepper, then add the **lamb's lettuce** and toss well to combine with the dressing. Garnish the salad with the **pumpkin seeds**.



### 3. Prepare the sauce

In a bowl, combine the **cream** with the rest of the **Belgian spice mix** and season to taste with pepper.



### 6. Serve

Allow the **lentil** bake to cool before serving with the salad alongside.

Enjoy!



# Stir-Fried Steak Strips over Wholewheat Noodles

with ginger sauce, vegetables & crispy onions

Quick Calorie Smart

Total time: 20 - 25 min.



Steak strips



Ginger stir-fry sauce



Red onion



Carrot



Scallions



Red chili pepper



Crispy fried onions



Wholewheat noodles



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## Before you start

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

## Equipment

Aluminum foil, bowl, pot or saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Scallions* (bunch)	½	1	1	2	2	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	50	100	150	200	250	300
Not included						
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2736 /654	615 /147
Total fat (g)	22	5
of which saturated(g)	5,6	1,3
Carbonhydrates (g)	76	17
of which sugars (g)	28,2	6,3
Fiber (g)	10	2
Protein (g)	34	8
Salt (g)	2,9	0,6

## Allergens

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### 1. Boil the noodles

- Boil plenty of water for the **noodles** in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the **noodles** for 4 - 5 minutes until al dente. Reserve some of the cooking liquid, then drain and set aside.
- In a bowl, combine the **steak strips** with the flour and half of the ketjap. Season to taste with salt and pepper.



### 2. Chop the vegetables

- Slice the **onion** into half rings.
- Cut the **scallion** into thirds.
- Cut the **carrot** into thin crescents.
- Deseed and finely chop the **red chili pepper**\*.

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



### 3. Stir-fry the vegetables

- Heat half of the sunflower oil in a frying pan over high heat and fry the **chili pepper** for 1 minute.
- Add the **carrot, onion** and **scallions**, then stir-fry for 5 - 6 minutes. Season with salt and pepper, then remove from the pan and set aside.
- Heat the rest of the sunflower oil in the same pan over high heat. Fry the **steak strips** for 1 minute, then remove from the pan and allow to rest under aluminum foil until serving.



### 4. Serve

- To the same pan, add the **noodles**, vegetables and **ginger** stir-fry sauce, along with the rest of the ketjap and 30ml per person of the reserved cooking liquid.
- Stir-fry for 1 - 2 minutes, adding more cooking liquid if necessary.
- Serve the **noodles** in bowls. Top with the **steak strips** and garnish with the **crispy onions**.

Enjoy!





# Moroccan-Inspired Stew with Greek-Style Cheese

with lemon, dates & parsley

Veggie

Total time: 40 - 50 min.



Greek-style cheese



Potatoes



Garlic



Onion



Carrot



Romano pepper



Courgette



African-inspired  
spice mix



Lemon



Fresh ginger



Chopped dates



Fresh flat leaf parsley



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## Before you start

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

## Equipment

Lidded deep frying pan, microplane, pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Greek-style cheese* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Chopped dates (g)	20	40	60	80	100	120
Fresh flat leaf parsley* (g)	5	10	15	20	25	30

### Not included

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3180 /760	433 /104
Total fat (g)	42	6
of which saturated(g)	20	2,7
Carbohydrates (g)	68	9
of which sugars (g)	28	3,8
Fiber (g)	16	2
Protein (g)	27	4
Salt (g)	3,5	0,5

## Allergens

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## 1. Prepare

Prepare the stock. Boil plenty of generously salted water in a pot or saucepan. Thoroughly wash the **potatoes** and roughly chop. Slice the **onion** into half rings and crush or mince the **garlic**. Finely grate the **ginger**. Halve and deseed the **Romano pepper**, then cut into thin strips. Slice the **courgette** and **carrot** into crescents.



## 4. Boil the potatoes

In the meantime, boil the **potatoes** for 12 - 15 minutes or until done, then drain and set aside.

**Did you know...** 🌱 that 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.



## 2. Fry the vegetables

Heat the olive oil in a deep frying pan over medium-high heat. Fry the **courgette, carrot, romano pepper, onion, garlic** and **ginger** for 3 - 4 minutes. Stir in the chopped **dates** and fry for a further 1 - 2 minutes.



## 5. Prepare the toppings

Finely chop the **parsley** and quarter the **lemon**. Squeeze some **lemon juice** directly into the vegetables as preferred, then allow to cook for 5 - 6 more minutes over medium-high heat, uncovered. Season to taste with salt and pepper.



## 3. Simmer

Stir in the African-inspired **spices** and the stock. Cover with the lid and allow to simmer for 10 - 12 minutes over medium heat. Make some space among the vegetables at the bottom of the pan and then place the **Greek-style cheese** here. Season with salt and pepper and cook for 1 - 2 more minutes.



## 6. Serve

Stir the extra virgin olive oil and two thirds of the **parsley** into the **potatoes**, then season to taste with salt and pepper. Serve the **potatoes** and vegetable stew on deep plates. Garnish with the rest of the **parsley** and any remaining **lemon wedges**.

Enjoy!



# Creamy Goat's Cheese with Onion Jus

over carrot-spinach 'stampot' with pecans

Family Veggie Quick

Total time: 40 - 50 min.



Potatoes



Carrot



Red onion



Matured goat's cheese



Chopped pecans



Baby spinach



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## Before you start

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

## Equipment

Parchment-lined baking sheet, lidded pot or saucepan, potato masher, small saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Matured goat's cheese* (unit(s))	1	2	3	4	5	6
Chopped pecans (g)	5	10	15	20	25	30
Baby spinach* (g)	65	125	190	250	315	375
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3268 /781	547 /131
Total fat (g)	44	7
of which saturated(g)	27,9	4,7
Carbonhydrates (g)	65	11
of which sugars (g)	18,9	3,2
Fiber (g)	15	3
Protein (g)	24	4
Salt (g)	1,8	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.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Wash or peel the **carrots** and **potatoes**, then cut them into small chunks. Boil for 18 - 20 minutes, adding the **spinach** during the final minute of cooking.
- Reserve 75ml of the cooking liquid per person, then drain and set aside, covered.

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



### 3. Make the jus

- Stir the sugar into the **onion** and fry for 1 minute, then deglaze with the balsamic vinegar.
- Continue frying for 1 more minute, then add the reserved cooking liquid and allow to reduce for 5 minutes (see Tip).
- Taste and season as necessary with salt and pepper.

**Tip:** *if the jus is still too watery after 5 minutes, add 0.5 tsp flour per person and allow to reduce for 1 - 2 more minutes.*



### 2. Bake the goat's cheese

- Slice the **onion** into thin half rings and then melt a generous knob of butter in a small saucepan over medium-high heat.
- Fry the **onion** for 5 - 6 minutes, stirring occasionally.
- Meanwhile, transfer the **goat's cheese** to a parchment-lined baking sheet.
- Top with the honey and **pecans**, then bake on the top shelf of the oven for 6 - 7 minutes.



### 4. Serve

- Mash the **potatoes** and vegetables with the mustard, a knob of butter and a splash of milk.
- Season to taste with salt and pepper.
- Serve the mash on plates and top with the baked **goat's cheese** and the **onion** jus.

**Enjoy!**



# Spicy Kimchi Fried Rice

with fish sauce, fried egg, furikake & sesame seeds

Veggie

Total time: 30 - 40 min.



Basmati rice



Egg



Onion



Scallions



Carrot



Mushrooms



Sesame oil



Kimchi



Garlic



Furikake



Sesame seeds



Red chili pepper



Fish sauce



There is a new ingredient in your box! Kimchi is a spicy condiment from Korean cuisine. It consists of fermented vegetables (usually cabbage) and various spices. Scan the QR code to let us know what you thought of the ingredient!



## Before you start

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

## Equipment

Grater, lidded pot or saucepan, small bowl, frying pan, wok

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Egg* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Sesame oil (ml)	5	10	15	20	25	30
Kimchi* (g)	25	50	75	100	125	150
Garlic (unit(s))	1	2	3	4	5	6
Furikake (sachet(s))	½	1	1½	2	2½	3
Sesame seeds (sachet(s))	½	1	¾	1	1¼	2
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fish sauce (ml)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	½	¾	1¼	1½	2	2½
Brown sugar (tbsp)	½	1	1½	2	2½	3
Water (ml)	180	360	540	720	900	1080
[Reduced salt] soy sauce (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2933 /701	677 /162
Total fat (g)	34	8
of which saturated(g)	5,3	1,2
Carbonhydrates (g)	80	19
of which sugars (g)	14,1	3,3
Fiber (g)	9	2
Protein (g)	20	5
Salt (g)	4	0,9

## Allergens

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



### 1. Boil the rice

- Boil the water in a pot or saucepan and crumble in two thirds of the stock cube (see pantry for amounts).
- Cook the **rice** for 8 minutes, covered, then turn off the heat and allow to stand for 10 minutes.
- Finely chop the **scallions** and separate the white part from the greens. Grate the **carrot** and slice the **mushrooms**.
- Chop the **onion** into half rings. Cut the **chili pepper** into rings and set some aside to use later as garnish.



### 3. Make the sauce

- In a small bowl, combine the **garlic** with the kimchi, **soy sauce**, white wine vinegar, brown sugar and **fish sauce** (see Tip).
- Add the rest of the stock cube, then set aside.
- Heat another third of the sunflower oil in a frying pan over medium-high heat and fry the **egg**.

**Health Tip** 🌱 if you're watching your salt intake, use just half of the fish sauce and then add more later as preferred when serving.



### 2. Fry the vegetables

- Heat a third of the sunflower oil in a wok over high heat. When the wok is nice and hot, fry the white part of the **scallions** with the **onion**, **mushrooms**, **carrot** and **chili pepper**\* for 4 - 6 minutes.
- Remove from the pan and set aside.
- Meanwhile, roughly chop the kimchi\* and crush or **mince** the **garlic**.

\*Take care, these ingredients are spicy! Use as preferred.



### 4. Serve

- Heat the **sesame oil** with the rest of the sunflower oil in the same wok over high heat. When the oil is nice and hot, fry the **rice** for 2 - 3 minutes, leaving it mostly undisturbed.
- Add the sauce and fry for 1 minute, allowing it to caramelize slightly, then stir in the vegetables.
- Serve the fried **rice** in bowls and top with the **egg**.
- Garnish with the **scallion** greens, the reserved **chili pepper**, the **sesame seeds** and the **furikake**.

Enjoy!



# Mafaldine with Whipped Feta

with lemon, roasted vegetables & hazelnuts

Veggie Quick

Total time: 25 - 30 min.



Mafaldine



Kumato tomato



Courgette



Garlic



Lemon



Hazelnuts



Fresh flat leaf parsley



Za'atar



Cooking cream



Feta



There is a special Ingredient in your box! Kumato tomatoes ripen to a deep brown colour and have a sweet, complex flavour.

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



## Before you start

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

## Equipment

Parchment-lined baking sheet, tall container, immersion blender, microplane, pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Kumato tomato* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Hazelnuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Za'atar (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Feta* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3699 /884	756 /181
Total fat (g)	51	10
of which saturated(g)	16,8	3,4
Carbonhydrates (g)	82	17
of which sugars (g)	11,8	2,4
Fiber (g)	9	2
Protein (g)	22	4
Salt (g)	1,1	0,2

## Allergens

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



### 1. Roast the vegetables

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Slice the **courgette** into crescents and halve the **tomato**, then transfer both to a parchment-lined baking sheet.
- Drizzle with the olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.



### 2. Boil the mafaldine

- Boil the mafaldine for 7 - 9 minutes, then reserve some of the pasta water before draining and setting aside.
- Finely chop the **parsley** and crush or mince the **garlic**.
- Zest the **lemon** and then cut it into quarters.
- Roughly chop the **hazelnuts**.

*Did you know...* 🌿 parsley is very high in iron; per gram it contains three times as much as steak, which means even the relatively small amount of parsley in this recipe contributes to a healthy iron intake.



### 3. Make the whipped feta

- Transfer the **feta**, **cream**, extra virgin olive oil and **garlic** to a tall container.
- Add half of the **parsley** and (per person) ½ tsp **lemon zest**, the juice of a **lemon** wedge and ½ tbsp water.
- Use an immersion blender to process into a smooth sauce and season to taste with salt and pepper.



### 4. Serve

- Transfer the whipped **feta** to the mafaldine and mix well to combine, adding a splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the mafaldine on plates and top with the roasted vegetables.
- Garnish with the **hazelnuts** and the **za'atar**, along with the rest of the **parsley** and **lemon** zest.
- Serve any remaining **lemon wedges** alongside.

Enjoy!





# Naked Cheeseburger Bowl

with croutons, salad & smoky mayo

Quick Calorie Smart

Total time: 20 - 25 min.



Tomato



Red onion



Iceberg lettuce



Smoky tomato ketchup



White ciabatta



Grated Red Leicester



Smoked paprika



Beef-pork burger



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## Before you start

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

## Equipment

Parchment-lined baking sheet, 2x bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Iceberg lettuce* (head)	¼	½	¾	1	1¼	1½
Smoky tomato ketchup* (g)	30	60	90	120	150	180
White ciabatta (unit(s))	½	1	1½	2	2½	3
Grated Red Leicester* (g)	15	25	40	50	65	75
Smoked paprika (tsp)	1	2	3	4	5	6
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2887 /690	655 /157
Total fat (g)	46	10
of which saturated(g)	12,2	2,8
Carbonhydrates (g)	42	10
of which sugars (g)	17,6	4
Fiber (g)	5	1
Protein (g)	27	6
Salt (g)	2,5	0,6

## 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.
- Dice half of the **onion** and chop the rest into half rings.
- In a bowl, combine the red wine vinegar with the sugar.
- Add the diced **onion** and season to taste with salt and pepper. Mix well and set aside, stirring occasionally.

**Did you know...** 🌱 onions provide numerous benefits. Not only are they rich in fibre and B vitamins, they are also high in antioxidants and vitamin C.



### 2. Make the croutons

- Cut the **ciabatta** into 1cm cubes. In a bowl, combine the croutons with the **smoked paprika** and half of the olive oil. Season with salt and pepper.
- Transfer the croutons to a parchment-lined baking sheet and bake in the oven for 4 - 6 minutes or until golden-brown.
- Dice the **tomato** and roughly shred the **lettuce**.



### 3. Fry the burger

- Heat the rest of the olive oil in a frying pan over medium-high heat.
- Fry the **onion** rings and **burger** for 4 - 6 minutes, turning halfway.
- In the meantime, combine the smoky ketchup, mayonnaise, mustard and honey with the pickled **onion**.
- Mix well to combine, then season to taste with salt and pepper.



### 4. Serve

- Serve the shredded **lettuce** on plates.
- Top with the diced **tomato**, croutons, **burger** and fried **onion**.
- Drizzle over the sauce and garnish with the **cheese**.

Enjoy!



# Gigli with Burrata & Basil Crème

in tomato-mushroom sauce with Sicilian-style herbs

Family Veggie Quick

Total time: 25 - 30 min.



Gigli



Garlic



Onion



Carrot



Mushrooms



Passata



Sicilian-style herb mix



Basil crème



Burrata



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## Before you start

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

## Equipment

Lidded pot or saucepan, large deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gigli (g)	90	180	270	360	450	540
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Basil crème (ml)	15	24	39	48	63	72
Burrata* (ball(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3042 /727	623 /149
Total fat (g)	31	6
of which saturated(g)	9,3	1,9
Carbonhydrates (g)	84	17
of which sugars (g)	16,6	3,4
Fiber (g)	11	2
Protein (g)	23	5
Salt (g)	1,8	0,4

## 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 pasta and crumble in the stock cube (see pantry for amount).
- Chop the **onion** and crush or mince the **garlic**.
- Wash or peel the **carrot**, then quarter it lengthways and finely chop. Slice the **mushrooms**.
- Boil the pasta for 8 - 10 minutes, then reserve 50ml pasta water per person. Drain and set aside, covered.



### 2. Fry the vegetables

- Meanwhile, heat a generous drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the **mushrooms** with the **carrot** for 2 - 3 minutes, then stir in the **onion** and fry for 3 - 4 minutes or until the **onion** is soft.

**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.*



### 3. Make the sauce

- Stir in the **garlic** and **Sicilian-style herbs** and fry for 1 more minute, then deglaze with the balsamic vinegar.
- Add the **passata** and allow to reduce for 2 - 3 minutes, then add the pasta, as well as the reserved pasta water and cook for 2 more minutes.
- Season to taste with salt and pepper.



### 4. Serve

- Serve the pasta on deep plates.
- Halve the burrata and serve on top of the pasta.
- Drizzle with the **basil crème** to finish.

**Enjoy!**



# Farmer's Sausage with Potato Wedges

with leek, carrots & dill mayo

Family Quick

Total time: 25 - 35 min.



Farmer's sausage



Fresh dill



Potato wedges



Yellow carrot



Carrot



Leek



Sicilian-style herb mix



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## Before you start

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

## Equipment

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
Yellow carrot* (unit(s))	1	1	2	2	3	3
Carrot* (unit(s))	½	1	1	1	2	2
Leek* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Honey [or plant-based alternative] (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 and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3347 / 800	523 / 125
Total fat (g)	52	8
of which saturated(g)	16,5	2,6
Carbonhydrates (g)	53	8
of which sugars (g)	11,1	1,7
Fiber (g)	15	2
Protein (g)	24	4
Salt (g)	2,1	0,3

## Allergens

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



### 1. Cook the potatoes

Heat the 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.



### 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.



### 2. Cook the carrots

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



### 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 the rest of the butter in the same pan over high heat and fry the **leek** for 3 - 4 minutes, then add the **carrots** and fry for 3 - 4 minutes. Season to taste with salt and pepper.



### 3. Fry the sausage

Melt half of the 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.



### 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!



# Miso-Glazed Eggplant with Fried Egg

Japanese-inspired, over sesame rice with cashews & cucumber

Veggie

Total time: 40 - 50 min.



Eggplant



Shallot



Garlic



Scallions



Sesame oil



Jasmine rice



White miso paste



Soy sauce



Sesame seeds



Egg



[Persian] cucumber



Chopped cashews



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## Before you start

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

## Equipment

Aluminum foil, deep frying pan, oven dish, lidded pot or saucepan, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Shallot (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Sesame oil (ml)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
White miso paste (g)	15	25	40	50	65	75
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Egg* (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	1	1	2	2	3	3
Chopped cashews (g)	20	40	60	80	100	120
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1¼	2¼	3¼	5	6¼	7½
Sugar (tsp)	1	2	3	4	5	6
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3699 /884	443 /106
Total fat (g)	45	5
of which saturated(g)	10,4	1,2
Carbonhydrates (g)	94	11
of which sugars (g)	24,7	3
Fiber (g)	12	1
Protein (g)	24	3
Salt (g)	4	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 prepare the stock. Halve the **eggplant** lengthways and score the flesh in a criss-cross pattern, being sure not to cut all the way through. Chop the **shallot** and crush or mince the **garlic**. Finely chop the **scallions** and separate the white part from the greens.



## 4. Bake the eggplant

Add the **miso** sauce to the **eggplant** and fry for 1 minute or until the sauce has thickened and reduced. Coat the **eggplant** with the sauce, then transfer face-up to an oven dish. Top with the sauce and scatter over half of the **sesame seeds**. Cover with aluminium foil, then roast in the oven for 10 - 12 minutes.



## 2. Cook the rice

Melt the butter with the **sesame oil** in a pot or saucepan over medium-high heat. Fry the **garlic** and **shallot** for 2 - 3 minutes, then add the **rice** and the stock. Bring to the boil, then cover with the lid and cook for 12 - 15 minutes until done. Drain if necessary and set aside until serving.



## 5. Fry the egg

Heat a light drizzle of sunflower oil in the same pan you used for the **eggplant** over medium heat. Fry the **egg**, seasoning to taste with salt and pepper. Slice the **cucumber**. Stir the white part of the **scallions** and the rest of the **sesame seeds** into the **rice**.



## 3. Fry the eggplant

Heat a generous drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the **eggplant** face-up for 4 minutes, then turn and fry for 4 more minutes or until golden-brown. Meanwhile, in a small bowl combine the **miso paste\*** with the **soy sauce**, the honey and the sugar, along with some sambal as preferred.

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



## 6. Serve

Serve the **rice** on plates and top with the **eggplant** and the fried **egg**. Garnish with the **scallion** greens and the **cashews**. Serve the **cucumber** alongside.

Enjoy!





# Huevos Rancheros with Tortilla Chips

with avocado dip, Greek-style cheese & fresh coriander

Veggie Quick Express

Total time: 15 - 20 min.



- Quick-cook brown rice
- Black beans
- Mexican-style spices
- Tomato
- Corn
- Scallions
- Egg
- Greek-style cheese
- Avocado dip
- Sweet chilli tortilla chips
- Fresh coriander



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## Before you start

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

## Equipment

Bowl, lidded pot or saucepan, sieve, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Black beans (pack)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Corn (g)	70	140	210	285	350	425
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Egg* (unit(s))	1	2	3	4	5	6
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240
Sweet chilli tortilla chips (g)	40	75	100	150	175	225
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4130 /987	589 /141
Total fat (g)	45	6
of which saturated(g)	10,6	1,5
Carbonhydrates (g)	107	15
of which sugars (g)	12,3	1,8
Fiber (g)	21	3
Protein (g)	34	5
Salt (g)	3,5	0,5

## Allergens

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



### 1. Cook the rice

- Prepare the stock.
- Finely chop the **scallions** and separate the white part from the greens. Drain the **black beans**.
- Heat half of the olive oil in a pot or saucepan over medium-high heat. Fry the white part of the **scallions** for 1 - 2 minutes, then add the **rice** and pour in the stock.
- Bring to the boil and cook for 8 minutes. Remove from the heat and stir in the **black beans**, then allow to stand for 5 minutes, covered.



### 2. Make the salsa

- Drain the **corn** and dice the **tomato**.
- Finely chop the **coriander**. Transfer all three to a bowl, along with the **scallion** greens and white wine vinegar.
- Drizzle with extra virgin olive oil as preferred and mix well to combine. Season to taste with salt and pepper.



### 3. Fry the egg

- Heat the rest of the olive oil in a frying pan over medium-high heat.
- Crumble the **Greek-style cheese** and spread evenly over the pan (see Tip).
- Crack in the **egg** and fry until done.
- Season to taste with salt and pepper.

**Health Tip** 🍌 if you're watching your calorie intake, serve just half of the cheese and keep the rest in the fridge to use the next day.



### 4. Serve

- Stir the **Mexican-style spices\*** into the **rice** and **beans**.
- Serve on plates and top with the **egg**, salsa and **avocado dip**.
- Serve with the **tortilla chips**.

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

Enjoy!



# Veggie Shawarma Bowl with Yogurt Sauce

with couscous, cherry tomatoes & cucumber

Veggie Quick Express

Total time: 15 - 20 min.



Wholewheat couscous



Veggie shawarma



Mesclun



Red onion



[Persian] cucumber



Red cherry tomatoes



Fresh flat leaf parsley & mint



Organic full-fat yogurt



Greek-style spice mix



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## Before you start

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

## Equipment

2x bowl, large frying pan, lidded pot or saucepan, salad bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	75	150	225	300	375	450
Veggie shawarma* (g)	80	160	240	360	400	520
Mesclun* (g)	20	40	60	90	100	130
Red onion (unit(s))	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	1	1	2	2	3	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3410/815	440/105
Total fat (g)	35	4
of which saturated(g)	4,8	0,6
Carbonhydrates (g)	90	12
of which sugars (g)	32,4	4,2
Fiber (g)	13	2
Protein (g)	31	4
Salt (g)	2,1	0,3

## Allergens

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



### 1. Prepare

- Prepare the stock in a pot or saucepan, then remove from the heat and add the **couscous**. Allow to stand for 8 minutes, covered.
- Fluff through the **couscous** with a fork.
- In a bowl, combine the white wine vinegar with the sugar. Slice the **onion** into thin half rings and transfer to the bowl (see Tip).
- Mix well to combine and set aside, stirring occasionally.

*Tip: the onion will be served raw, but you can also fry it with the shawarma if preferred.*



### 3. Make the salad

- Finely chop the fresh herbs and transfer half to a bowl. Add the **yogurt**, the mayonnaise and the vinegar from the **onion**.
- Season to taste with salt and pepper, then mix well to combine.
- Transfer the rest of the herbs to the **couscous**. Add the **Greek-style spices** and drizzle with extra virgin olive oil as preferred, then mix well to combine.



### 2. Fry the veggie shawarma

- Heat the sunflower oil in a large frying pan over medium-high heat.
- Fry the **veggie** shawarma for 4 - 6 minutes, then stir in the honey and fry for 1 more minute.
- Meanwhile, dice the **cucumber** and halve the **cherry tomatoes**.
- Transfer to a salad bowl and add the **lettuce**. Drizzle with extra virgin olive oil as preferred, then toss well to combine.



### 4. Serve

- Serve the **couscous** on plates and top with the **veggie** shawarma.
- Serve the salad alongside.
- Drizzle with the **yogurt** sauce and garnish with the quick-pickled **onion**.

Enjoy!



# Creamy Stroganoff-Style Mafaldine

with beef-pork mince, vegetable mix & parsley

Quick

Total time: 10 - 15 min.



Mafaldine



Beef-pork mince with Italian herbs



Garlic



Dried thyme



Fresh curly parsley



BBQ spice rub



Vegetable mix with mushrooms



Worcestershire sauce



Tomato paste



Cooking cream



Smoked paprika



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## Before you start

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

## Equipment

Deep frying pan, pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	½	¾	1	1½	1¾	2
Fresh curly parsley* (g)	5	10	15	20	25	30
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Worcestershire sauce (ml)	10	15	25	30	40	45
Tomato paste (can)	¼	½	¾	1	1¼	1½
Cooking cream (g)	75	150	225	300	375	450
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Not included						
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3594 /859	681 /163
Total fat (g)	38	7
of which saturated(g)	19	3,6
Carbonhydrates (g)	88	17
of which sugars (g)	18,3	3,5
Fiber (g)	12	2
Protein (g)	37	7
Salt (g)	2,1	0,4

## Allergens

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



### 1. Boil the mafaldine

- Boil plenty of salted water in a pot or saucepan and cook the mafaldine for 7 - 9 minutes.
- Reserve some of the pasta water, then drain and set aside.



### 2. Fry the vegetables

- Melt the butter in a deep frying pan over high heat and fry the **vegetable mix** for 3 minutes.
- Crush or mince the **garlic** and finely chop the **parsley**.
- Reduce the heat to medium-high, then add the **garlic, mince, tomato paste, thyme, BBQ rub\*** and **smoked paprika**.
- Fry for another 3 minutes, separating the **mince** as you do so.

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



### 3. Make the sauce

- Deglaze the pan with the balsamic vinegar.
- Add the **cream, Worcestershire sauce**, honey and mustard, then crumble in the stock cube (see pantry for amounts).
- Add some pasta water as necessary if the sauce is too thick, then season to taste with salt and pepper.
- Allow to simmer until the mafaldine is done.



### 4. Serve

- Transfer the mafaldine to the sauce and toss well to combine.
- Serve on plates and garnish with the **parsley**.

Enjoy!



# Pulled Chicken Bowl with Avocado Sauce

with salad, sweet potato & Mexican-style spices

Quick Calorie Smart

Total time: 10 - 15 min.



Sweet potato



Pulled chicken



Little gem



Avocado



Corn



Lime



Mexican-style spices



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## Before you start

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

## Equipment

Tall container, immersion blender, plastic wrap, sieve, frying pan, heatproof bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Pulled chicken* (g)	100	200	300	400	500	600
Little gem* (unit(s))	1	2	4	4	6	6
Avocado (unit(s))	½	1	1½	2	2½	3
Corn (g)	70	140	140	285	280	425
Lime* (unit(s))	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2669 /638	504 /120
Total fat (g)	37	7
of which saturated(g)	9,5	1,8
Carbonhydrates (g)	48	9
of which sugars (g)	15,4	2,9
Fiber (g)	11	2
Protein (g)	26	5
Salt (g)	2,2	0,4

## Allergens

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



### 1. Prepare

- Dice the **sweet potato** and transfer to a large microwave-safe bowl.
- Add the butter and 1 tbsp water per person, then cover with plastic wrap and pierce several holes on top.
- Microwave on high for 4 - 5 minutes or until soft.
- Carefully remove the plastic wrap, then add the **Mexican-style spices\*** and season with salt and pepper. Toss well to combine and set aside.

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



### 2. Fry the pulled chicken

- Heat the sunflower oil in a frying pan over medium-high heat and fry the **pulled chicken** for around 4 minutes.
- In the meantime, roughly chop the **lettuce**.
- Drain the **corn** and quarter the **lime**.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.



### 3. Make the sauce

- Transfer the **avocado** to a tall container, then add the mayonnaise and the water (see pantry for amounts).
- Squeeze a quarter **lime** per person directly into the container.
- Use an immersion blender to process into a smooth sauce. Season to taste with salt and pepper.



### 4. Serve

- Serve the **lettuce** on deep plates.
- Top with the **sweet potato**, the **pulled chicken** and the **corn**.
- Drizzle with the **avocado** sauce and serve the rest of the **lime wedges** alongside.

Enjoy!





# Homemade Burger & Fries

with crunchy apple salad & caramelised onion

Family

Total time: 40 - 50 min.



Potatoes



Apple



[Persian] cucumber



Red onion



Mesclun



Beef-pork mince with Italian herbs



Panko breadcrumbs



Hamburger bun with sesame seeds



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## Before you start

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

## Equipment

Parchment-lined baking sheet, 2x bowl, lidded frying pan, grater, salad bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Apple* (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Mesclun* (g)	30	60	90	120	150	180
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (totaste)	0	0	0	0	0	0
Extra virgin olive oil (totaste)	0	0	0	0	0	0
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3469 /829	460 /110
Total fat (g)	31	4
of which saturated(g)	8,8	1,2
Carbonhydrates (g)	102	14
of which sugars (g)	18	2,4
Fiber (g)	15	2
Protein (g)	35	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. Make the fries

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness. Transfer to a bowl and drizzle with the olive oil. Season the fries with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway. Bake the **burger bun** alongside during the final 2 minutes of cooking time.



## 4. Make the burger

In a bowl, combine the **mince** with the grated **apple** and the **panko breadcrumbs**. Season with salt and pepper, then shape the mixture into **burger** patties.



## 2. Prepare the apple

Core the **apple**, then grate a quarter of it and set this aside. Cut the rest of the **apple** into thin slices. Reserve three slices per person to use later as garnish.

**Did you know...** 🍏 *apple contains pectin, a fermentable fibre which boosts gut health, cholesterol and immunity.*



## 5. Fry the burger

Heat a clean frying pan over medium-high heat (the **mince** is already quite fatty, so don't add any oil or butter unless it seems like the **burger** will start sticking to the pan). Fry the **burger** with the **onion** for 7 minutes, then flip and fry for 4 more minutes (see Tip). Cover with the lid and fry for 3 more minutes until done.

**Tip:** if preferred, you can also fry the apple slices alongside.



## 3. Make the salad

Halve the **cucumber** lengthways and scoop out the seeds, then thinly slice it. Cut the **onion** into rings. Reserve five **mesclun** leaves per person to use later as garnish, then transfer the rest to a salad bowl. Add the sliced **apple** and the **cucumber**, then drizzle as preferred with extra virgin olive oil and white balsamic vinegar. Season to taste with salt and pepper, then toss well to combine.



## 6. Serve

Cut open the **burger bun** and spread the base with some mayonnaise. Top with the reserved **apple** slices and **mesclun**, then with the **burger** and the **onion**. Serve the **burger** with the salad and fries alongside, as well as some more mayonnaise as preferred.

**Enjoy!**



# Creamy Coconut-Shrimp Soup

with corn, potato & chives

Family Calorie Smart

Total time: 35 - 45 min.



Red onion



Potatoes



Ground paprika



Bay leaf



Corn



Tomato



Shrimp



Coconut milk



Fish sauce



Fresh chives



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## Before you start

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

## Equipment

Kitchen paper, lidded soup pot, sieve, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Potatoes (g)	200	400	600	800	1000	1200
Ground paprika (tsp)	1½	3	4½	6	7½	9
Bay leaf (unit(s))	1	2	3	4	5	6
Corn (g)	70	140	210	285	350	425
Tomato (unit(s))	2	4	6	8	10	12
Shrimp* (g)	80	160	240	320	400	480
Coconut milk (ml)	100	200	300	400	500	600
Fish sauce (ml)	5	10	15	20	25	30
Fresh chives* (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2577 /616	276 /66
Total fat (g)	33	4
of which saturated(g)	21,1	2,3
Carbonhydrates (g)	57	6
of which sugars (g)	14,2	1,5
Fiber (g)	18	2
Protein (g)	22	2
Salt (g)	3,4	0,4

## Allergens

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



### 1. Prepare the vegetables

- Prepare the stock.
- Chop the **onion**. Peel the **potatoes** and dice them into 1 - 1.5cm chunks.
- Melt the butter in a soup pot over medium-high heat and fry the **onion** with a pinch of salt for 3 minutes.
- Add the **paprika** and the **bay leaf** and fry for 1 more minute.



### 2. Boil the potatoes

- Add the **potatoes** and the stock, then cover with the lid and boil for 12 - 15 minutes until done.
- Roughly chop the **tomato** and finely chop the **chives**.
- Drain the **corn**.



### 3. Fry the shrimp

- Pat dry the **shrimp** with kitchen paper.
- Heat the olive oil in a frying pan over high heat and fry the **shrimp** for 2 minutes until lightly pink. They don't need to be done yet, as they'll finish cooking in the soup later.
- Season with salt and pepper, then remove from the pan and set aside.

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



### 4. Serve

- Stir the **corn**, **tomato**, **coconut milk** and **fish sauce**\* into the **potatoes** and cook for 2 minutes.
- Add the **shrimp** and their cooking juices, then cook for 1 more minute.
- Stir in the white wine vinegar and half of the **chives**.
- Serve the soup on deep plates and garnish with the rest of the **chives**.

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

Enjoy!



# Creamy Endive Orzotto

with ham & cheese

Family Calorie Smart

Total time: 35 - 45 min.



Onion



Garlic



Endive



Ham



Orzo



Cooking cream



Grated Gouda



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## Before you start

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

## Equipment

Lidded deep frying pan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Endive* (unit(s))	1½	3	5	6	8	9
Ham* (slice(s))	4	8	12	16	20	24
Orzo (g)	75	150	225	300	375	450
Cooking cream (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150

### Not included

Low sodium chicken stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2657 /635	388 /93
Total fat (g)	25	4
of which saturated(g)	15,6	2,3
Carbonhydrates (g)	68	10
of which sugars (g)	13,8	2
Fiber (g)	11	2
Protein (g)	31	5
Salt (g)	2,4	0,3

## Allergens

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



### 1. Prepare

Chop the **onion** and crush or mince the **garlic**. Cut off the base of the **endive** and discard. Cut the **endive** in half, then remove and discard the tough core. Chop the **endive** into thin strips and set aside a small amount to use later as garnish if preferred.

**Did you know...** 🌱 *endive is very nutritious; it's rich in calcium (for bones and teeth), potassium (for blood pressure) and fibre (for gut health and immunity).*



### 2. Fry the endive

Melt the butter in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 2 minutes, then stir in the rest of the **endive**. Cover with the lid and allow to stew for 8 - 10 minutes or until soft, stirring occasionally (see Tip).

**Tip:** if the endive is too bitter, stir in a light drizzle of honey as preferred.



### 3. Prepare the ham

Meanwhile, prepare the stock and dice the **ham**. Heat a clean frying pan over medium-high heat and fry the **ham** for 7 - 9 minutes until evenly browned.



### 4. Make the orzotto

Transfer the **orzo** to the **endive** and mix well to combine, then add the **cream** and the stock. Mix well and allow to simmer gently for 10 - 12 minutes, covered. Stir every so often, adding some extra water if necessary so as to prevent the **orzo** from sticking to the pan.



### 5. Add the ham

Stir the **ham** into the **orzotto**, along with three quarters of the **cheese**. Mix well to combine and cook for 2 more minutes. Season to taste with salt and pepper.



### 6. Serve

Serve the **orzotto** on deep plates and garnish with the rest of the **grated cheese**. Top with the reserved **endive** as preferred.

Enjoy!



# Chicken Thigh Strips in Yellow Curry Sauce

over cauliflower rice with bell pepper

Quick Calorie Smart

Total time: 20 - 25 min.



Garlic



Bell pepper



Red onion



White long grain rice



Chicken thigh strips with kebab spices



Yellow curry spices



Coconut milk



Cauliflower Rice



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Tear me out!



## Before you start

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

## Equipment

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Cauliflower Rice* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2920 /698	558 /133
Total fat (g)	31	6
of which saturated(g)	16,9	3,2
Carbonhydrates (g)	72	14
of which sugars (g)	9,4	1,8
Fiber (g)	7	1
Protein (g)	28	5
Salt (g)	1,5	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 **rice**.
- Crush or mince the **garlic** and chop the **onion** into half rings.
- Cut the **bell pepper** into thin strips.
- Cook the **rice** for 12 - 15 minutes, covered, then drain and set aside.



### 2. Make the curry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the **garlic**, **bell pepper**, **onion** and **chicken thigh strips** for 3 - 4 minutes.
- Add the **curry spices** and fry for 1 more minute, then stir in the **coconut milk** and lower the heat.
- Cover with the lid and allow to simmer for 6 - 8 minutes. Season to taste with salt and pepper.



### 3. Fry the cauliflower rice

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the **cauliflower rice** for 3 - 4 minutes. Season with a generous amount of salt and pepper.



### 4. Serve

- Stir the **cauliflower rice** into the white **rice**.
- Serve on deep plates and top with the **chicken** curry.

**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!





# Three Cheese Pizza

with mozzarella, blue cheese & goat's cheese

Veggie

Total time: 35 - 45 min.



Pizza dough



Garlic



Passata



Dried oregano



Blue cheese cubes



Mozzarella



Grated mature goat's cheese



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

The mould in blue cheese is *Penicillium*, a harmless, edible mould added to create its signature blue veins and distinct tangy flavour.



Tear me out!



## Before you start

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

## Equipment

Baking sheet, deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	25	50	75	100	125	150
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4134 /988	962 /230
Total fat (g)	43	10
of which saturated(g)	21,4	5
Carbonhydrates (g)	104	24
of which sugars (g)	12	2,8
Fiber (g)	5	1
Protein (g)	40	9
Salt (g)	4,5	1

## Allergens

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



### 1. Prepare

Preheat the oven to 200°. Crush or mince the **garlic**.

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



### 2. Fry the garlic

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** with half of the **oregano** for 1 minute or until fragrant. Deglaze with the balsamic vinegar.



### 3. Make the sauce

Stir in the **passata** and the sugar, then season to taste with salt and pepper. Allow to simmer gently over low heat for 5 - 7 minutes.



### 4. Prepare the pizza

Roll out the **pizza dough** onto a baking sheet (see Tip). Spread the **tomato** sauce over the dough.

**Tip:** *the dough already comes in parchment paper, so no need to use any extra.*



### 5. Bake the pizza

Scatter the **goat's cheese** over the pizza. Tear the **mozzarella** into pieces and cut the **blue cheese cubes** into smaller pieces, then add both to the pizza. Sprinkle over the rest of the **oregano** and crack over some black pepper. Bake the pizza for 13 - 15 minutes, or until the **cheese** is golden-brown and melted.



### 6. Serve

Slice the pizza and serve.

**Enjoy!**



# Crispy Panko Cauliflower

over rice with peanuts & sweet chili sauce

Plant-Based

Total time: 40 - 50 min.



Sesame oil



Panko breadcrumbs



Basmati rice



Slaw mix



Scallions



Sweet chili sauce



Garlic



Fresh ginger



Red chili pepper



Salted peanuts



Cauliflower



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

Today, you'll make crispy sesame cauliflower pieces by first dipping cauliflower in sesame mayonnaise, and then giving it a panko crust.



Tear me out!



## Before you start

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

## Equipment

Parchment-lined baking sheet, bowl, microplane, lidded pot or saucepan, small bowl, two bowls

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sesame oil (ml)	5	10	15	20	25	30
Panko breadcrumbs (g)	25	50	75	100	125	150
Basmati rice (g)	75	150	225	300	375	450
Slaw mix* (g)	50	100	150	200	250	300
Scallions* (bunch)	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Salted peanuts (g)	10	20	30	40	50	60
Cauliflower* (g)	150	300	450	600	750	900
Not included						
Brown sugar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
White wine vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3753 /897	576 /138
Total fat (g)	43	7
of which saturated(g)	6,1	0,9
Carbohydrates (g)	109	17
of which sugars (g)	19,5	3
Fiber (g)	13	2
Protein (g)	18	3
Salt (g)	2,6	0,4

## Allergens

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



## 1. Make the batter

Preheat the oven to 200°C. In a large bowl, combine the mayonnaise with **sesame oil**, **soy sauce** and brown sugar. Transfer a third of this to a small bowl and set aside. Transfer the **panko** to another large bowl along with a pinch of salt and a light drizzle of olive oil. Toss well to combine.



## 4. Boil the rice

Heat a drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the **garlic** with the white part of the **scallion**, the **ginger** and the **chili pepper** for 1 - 2 minutes. Add the **rice** and the stock, then lower the heat and cover with the lid. Boil the **rice** for 10 minutes, covered, then remove from the heat and allow to stand until serving.



## 2. Roast the cauliflower

Cut the head of the **cauliflower** into florets. Coat the **cauliflower** first with the sesame mayonnaise and then with the **panko**. Transfer the **cauliflower** to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes (see Tip).

**Tip:** for the best result, be sure to space the cauliflower florets apart, using an extra baking sheet if necessary.



## 5. Make the slaw

In a bowl, combine the white wine vinegar with the sugar. Transfer the **slaw mix** to the bowl, season to taste with salt and pepper and toss well to combine. Set aside until serving, stirring every so often. Shortly before serving, stir the slaw into the **rice** and season to taste with salt and pepper.



## 3. Prepare the aromatics

Prepare the stock. Finely grate the **ginger** and crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**\*. Chop the **scallion** into thin rings and separate the white part from the greens.

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



## 6. Serve

Serve the **rice** on plates and top with the **panko cauliflower**. Serve with the **sweet chili sauce** and the rest of the sesame mayo. Garnish with the **scallion greens** and the **peanuts**.

Enjoy!



# Veggie Shawarma Bulgur Bowl

with Greek-style cheese, cheat's tzatziki & pickled onion

Family Veggie Quick

Total time: 25 - 30 min.



Veggie shawarma



Bulgur



Red onion



Organic full-fat yogurt



[Persian] cucumber



Garlic



Greek-style spice mix



Greek-style cheese



Bell pepper



Smoked paprika



Dill, mint & flat leaf parsley



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

Tzatziki is a refreshing yogurt-based dip originating from Greece. Rooted in Mediterranean cuisine, it's believed to have been inspired by ancient Persian and Indian sauces, evolving into a Greek staple.



Tear me out!



## Before you start

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

## Equipment

Bowl, pot or saucepan, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veggie shawarma* (g)	80	160	240	360	400	520
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Garlic (unit(s))	½	1	1½	2	2½	3
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3
Smoked paprika (tsp)	1	2	3	4	5	6
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3372 /806	700 /167
Total fat (g)	40	8
of which saturated(g)	8,8	1,8
Carbonhydrates (g)	71	15
of which sugars (g)	16,6	3,4
Fiber (g)	18	4
Protein (g)	33	7
Salt (g)	2,5	0,5

## 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 crumble in the stock cube (see pantry for amount).
- Cut the **bell pepper** into strips. Slice the **onion** in half rings and crush or mince the **garlic**.
- Cook the **bulgur** for 10 minutes or until done, then drain. Add the **Greek-style spices** and drizzle with extra virgin olive oil as preferred, then mix well to combine and set aside.



## 2. Pickle the onion

- In a small bowl, combine the red wine vinegar with the sugar.
- Add half of the **onion** and season to taste with salt and pepper (see Tip). Mix well to combine and set aside until serving, stirring occasionally.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **bell pepper** with the rest of the **onion** and half of the **garlic** for 3 - 5 minutes.

*Tip: if you don't like raw onion, fry all of it with the bell pepper instead.*



## 3. Fry the shawarma

- Add the **veggie** shawarma to the vegetables and fry for 5 - 6 minutes.
- During the final minute, add the **smoked paprika**, the honey and the water for the sauce (see pantry for amount). Mix well and season to taste with salt and pepper.
- In the meantime, quarter the **cucumber** lengthways and thinly slice it. Finely chop the fresh herbs.

**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.



## 4. Serve

- In a bowl, combine the **yogurt** with the mayonnaise, the extra virgin olive oil, half of the fresh herbs and the rest of the **garlic**.
- Add the **cucumber** and mix well to combine. Add some of the pickling liquid from the **onion** as preferred, then season to taste with salt and pepper.
- Serve the **bulgur** on deep plates. Top with the **veggie** shawarma, pickled **onion** and **tzatziki**.
- Crumble over the **Greek-style cheese** and garnish with the rest of the fresh herbs.

**Enjoy!**



# Brie & Caramelised Onion Sandwich

with onion chutney & potato-apple salad

Veggie Quick

Total time: 20 - 25 min.



Potatoes



White demi-baguette



Creamy French brie



Apple



Onion chutney



Red onion



Arugula & lamb's lettuce



[Persian] cucumber



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

In this recipe, you'll serve brie on a baguette. Now you can enjoy classic French cuisine right at your kitchen table. Vive la France!



Tear me out!



## Before you start

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

## Equipment

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
White demi-baguette (unit(s))	1	2	3	4	5	6
Creamy French brie* (g)	50	100	150	200	250	300
Apple* (unit(s))	½	1	1	2	2	3
Onion chutney* (g)	40	80	120	160	200	240
Red onion (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3812 /911	568 /136
Total fat (g)	31	5
of which saturated(g)	15,7	2,3
Carbonhydrates (g)	130	19
of which sugars (g)	27,9	4,2
Fiber (g)	18	3
Protein (g)	26	4
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. Cut the **potatoes** in half or any larger ones into quarters.
- Transfer to a pot or saucepan, then cover with water and crumble in the stock cube (see pantry for amount).
- Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.
- Slice the **onion** into half rings in the meantime.



### 2. Fry the onion

- Melt the butter in a frying pan over medium-high heat and fry the **onion** for 3 - 5 minutes.
- Deglaze with the balsamic vinegar, then stir in the **onion chutney** and fry for 2 - 3 minutes.
- Core and slice the **apple**.
- Cut the **cucumber** into crescents. Cut the **brie** into 0.5cm thick slices.



### 3. Prepare the sandwich

- Cut open the **baguette** and transfer to a parchment-lined baking sheet.
- Spread the bottom half with the mustard and top with the **brie**.
- Top the other half with the caramelised **onion**, then bake in the oven for 5 - 8 minutes or until the **brie** has melted.

**Did you know...** 🍏 apple contains pectin, a fermentable fibre which boosts gut health, cholesterol and immunity.



### 4. Serve

- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil and then season to taste with salt and pepper.
- Add the **lettuce, apple, cucumber** and **potatoes**, then toss well to combine with the dressing.
- Close the **baguettes** and then cut in half.
- Serve the sandwiches on plates with the **potato** salad alongside.

**Enjoy!**





# Chicken Fillets with Sticky Orange Sauce

with rosemary potato wedges & roasted broccoli

Quick Calorie Smart

Total time: 25 - 30 min.



Potato wedges



Chicken fillets



Easy peel orange



Onion



Broccoli



Dried rosemary



Onion chutney



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

Did you know that rosemary originates from around the Mediterranean Sea? Naturally, the plant grows close to the coast, hence its name means 'sea dew'!



Tear me out!



## Before you start

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

## Equipment

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Chicken fillets* (g)	100	200	300	400	500	600
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	200	360	500	720	860	1080
Dried rosemary (sachet(s))	¼	½	¾	1	1¼	1½
Onion chutney* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Wholegrain mustard (tsp)	½	1	1½	2	2½	3
[Low sodium] chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2774 /663	417 /100
Total fat (g)	27	4
of which saturated(g)	10,5	1,6
Carbonhydrates (g)	62	9
of which sugars (g)	26,7	4
Fiber (g)	14	2
Protein (g)	36	5
Salt (g)	1,1	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 220°C.
- Heat half of the olive oil in a frying pan over medium-high heat. Fry the **potato** wedges for 15 minutes, covered.
- Remove the lid and add the **rosemary**, then fry for 5 - 8 more minutes. Season with salt and pepper.
- Boil plenty of water in a pot or saucepan for the **broccoli**. Cut the head of the **broccoli** into florets and dice the stem. Blanch the **broccoli** for 2 - 3 minutes, then drain.



### 2. Fry the chicken

- Cut the **onion** into eight wedges.
- Transfer the **onion** and **broccoli** to a parchment-lined baking sheet.
- Drizzle with the rest of the olive oil and season with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Melt half of the butter in a frying pan over medium-high heat. Fry the **chicken** for 4 - 6 minutes or until done, then remove from the pan and set aside. Meanwhile, juice the **orange**.



### 3. Make the sauce

- To the same pan, add the **onion chutney**, **orange juice**, honey, mustard and flour, then crumble in the stock cube (see pantry for amounts).
- Mix well to combine, then bring to a boil.
- Allow to thicken and reduce for 2 - 3 minutes, then remove from the heat and stir in the rest of the butter.



### 4. Serve

- Serve the **potato** wedges, **chicken** and **broccoli** on plates.
- Drizzle the **chicken** with the **orange** sauce.
- Serve with some mayonnaise as preferred.

Enjoy!



# Shrimp with Fragrant Giant Couscous

with lemon, courgette & chili pepper

Calorie Smart

Total time: 30 - 40 min.



Red onion



Garlic



Red chili pepper



Lemon



Fresh thyme



Courgette



Giant couscous



Tomato



Romano pepper



Shrimp



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

Giant couscous, also known as pearl couscous, is larger than regular couscous because it's rolled into bigger spheres. This gives it a chewy texture, perfect for absorbing sauces!



Tear me out!



## Before you start

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

## Equipment

Microplane, pot or saucepan, kitchen paper, wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh thyme* (g)	2½	5	7½	10	12½	15
Courgette* (unit(s))	½	1	1½	2	2½	3
Giant couscous (g)	75	150	225	300	375	450
Tomato (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	2	2	3	3
Shrimp* (g)	80	160	240	320	400	480
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2151 /514	437 /104
Total fat (g)	14	3
of which saturated(g)	2,3	0,5
Carbonhydrates (g)	68	14
of which sugars (g)	13,5	2,7
Fiber (g)	10	2
Protein (g)	24	5
Salt (g)	1,1	0,2

## Allergens

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



### 1. Prepare

- Chop the **onion** and crush or **mince** the **garlic**.
- Deseed and finely chop the **red chili pepper**. \* Zest and juice the **lemon**.
- Tear the **thyme** leaves off of the stalks.
- Dice the **courgette**, **Romano pepper** and **tomato**.

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



### 2. Cook the giant couscous

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **giant couscous** for 12 - 14 minutes, then drain and set aside.
- Meanwhile, pat the **shrimp** dry with kitchen paper.



### 3. Fry the shrimp

- Heat the olive oil in a wok or deep frying pan over medium-high heat. Fry the **shrimp** for 3 minutes, then remove from the pan and set aside.
- Heat the sunflower oil in the same pan over medium-low heat. Fry the **garlic**, **onion** and **chili pepper** for 2 minutes
- Add the **courgette**, **Romano pepper**, **thyme** and **lemon** zest. Fry for 6 minutes, seasoning to taste with salt and pepper.



### 4. Serve

- Transfer the **shrimp** and the **tomato** to the vegetables, along with ½ tbsp **lemon juice** per person. Season to taste with salt and pepper.
- Mix well and cook for 1 more minute, then turn off the heat.
- Stir in the **giant couscous**, then serve on plates. Drizzle with more **lemon** juice as preferred.

Enjoy!



# Salmon in Lemon Caper Butter with Dill

over penne in cherry tomato sauce with courgette

Quick

Total time: 15 - 20 min.



Salmon fillet



Penne



Fresh dill



Courgette



Garlic



Capers



Lemon



Passata



Red cherry tomatoes



Sicilian-style herb mix



### Cook and win a getaway week-end

Restore your balance with a week-end getaway by cooking with us in January. Scan and join the challenge!



Tear me out!



## Before you start

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

## Equipment

Lidded frying pan, pot or saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Penne (g)	90	180	270	360	450	540
Fresh dill* (g)	2½	5	7½	10	12½	15
Courgette* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Capers (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Passata (g)	100	200	300	390	500	590
Red cherry tomatoes (g)	65	125	250	250	375	375
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3481 /832	661 /158
Total fat (g)	37	7
of which saturated(g)	15,3	2,9
Carbonhydrates (g)	84	16
of which sugars (g)	18,8	3,6
Fiber (g)	7	1
Protein (g)	34	6
Salt (g)	1,3	0,2

## 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.
- Cook the pasta for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, slice the **courgette** into crescents and crush or mince the **garlic**.



### 2. Make the sauce

- Melt a third of the butter in a frying pan over medium-high heat. Fry the **garlic**, **cherry tomatoes** and **courgette** for 5 minutes, then add the **passata**, the **Sicilian-style herbs** and the sugar.
- Mix well, then reduce the heat and cover with the lid. Allow to simmer for 3 minutes. Season to taste with salt and pepper.
- Meanwhile, roughly chop the **dill** and add half of it to the sauce. Mix well and cook for 1 more minute.



### 3. Fry the salmon

- Melt another third of the butter in a frying pan over medium-high heat. Fry the **salmon** on its skin for 2 - 3 minutes, then add the **capers** and the rest of the butter.
- Flip the **salmon** and fry for 2 more minutes, seasoning to taste with salt and pepper.
- Meanwhile, quarter the **lemon**.
- When the **salmon** is done, deglaze the pan with the juice of a quarter **lemon** per person.



### 4. Serve

- Stir the pasta into the sauce, adding some pasta water as necessary if the sauce is too thick.
- Serve the pasta on plates and top with the **salmon**.
- Drizzle with the **lemon** caper butter and garnish with the rest of the **dill** to finish.

Enjoy!



# Steak with Creamy Fennel Risotto

with roasted tomato, lemon & Italian seasoning

Calorie Smart

Total time: 45 - 55 min.



Risotto rice



Marinated steak



Garlic



Red onion



Fennel



Tomato



Lemon



Cream cheese



Italian seasoning



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

Risotto rice grains contain more starch than other types of rice, providing an incredibly creamy texture. This makes them perfect for this dish!



Tear me out!



## Before you start

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

## Equipment

Aluminum foil, parchment-lined baking sheet, bowl, microplane, frying pan, wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Marinated steak* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Cream cheese* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2828 /676	340 /81
Total fat (g)	25	3
of which saturated(g)	12,6	1,5
Carbohydrates (g)	79	9
of which sugars (g)	14,7	1,8
Fiber (g)	13	2
Protein (g)	33	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. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature. Preheat the oven to 200°C and prepare the stock. Quarter the **tomato** and transfer to a parchment-lined baking sheet, then drizzle with the olive oil. Season with salt and pepper, then roast in the oven for 18 - 20 minutes. Quarter the **fennel** and remove the tough core, then chop the **fennel** into thin strips. Set aside any **fennel** fronds to use later as garnish.



## 4. Finish the risotto

Meanwhile, zest the **lemon** and then cut it into wedges. When the **risotto** is done, add the **cream cheese**, **Italian seasoning** and ½ tsp **lemon zest** per person. Mix well and season to taste with salt and pepper. Check on the **tomato** in the meantime (see Tip).

*Tip: if it's already done, turn off the oven and keep the tomato warm until serving.*



## 2. Fry the fennel

Chop the **onion** and crush or mince the **garlic**. Melt half of the butter in a wok or deep frying pan over medium-high heat. Fry the **onion** with three quarters of the **fennel** for 4 - 5 minutes, then add the **garlic** and the **risotto rice** and fry for 2 minutes over low heat. In a bowl, combine the rest of the **fennel** with the sugar and two thirds of the white wine vinegar. Season with a pinch of salt and set aside, stirring occasionally.



## 5. Fry the steak

Melt the rest of the butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side. Remove from the pan, season with pepper and allow to rest under aluminium foil. Slice the **steak** against the grain before serving.



## 3. Make the risotto

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



## 6. Serve

Serve the **risotto** on deep plates, topped with the **steak** and the roasted **tomato**. Squeeze a **lemon wedge** directly over each portion and garnish with the reserved **fennel** fronds. Serve the **fennel** salad and the rest of the **lemon wedges** alongside.

Enjoy!





# Steak Bowl with Teriyaki Eggplant

over rice with carrot slaw & gomashio

Quick Calorie Smart

Total time: 25 - 35 min.



Marinated steak



White long grain rice



Garlic



Eggplant



Carrot



Teriyaki sauce



Gomashio



Fresh coriander



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

Teriyaki sauce comes from the Japanese cooking technique in which meat or fish is coated with a shiny ('teri') glaze and grilled ('yaki') on a hot plate.



Tear me out!



## Before you start

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

## Equipment

Aluminum foil, bowl, lidded deep frying pan, grater, lidded 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
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	1	2	2	3
Teriyaki sauce (g)	25	50	75	100	125	150
Gomashio (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2874 /687	462 /110
Total fat (g)	25	4
of which saturated(g)	7,2	1,2
Carbonhydrates (g)	80	13
of which sugars (g)	17,2	2,8
Fiber (g)	9	2
Protein (g)	32	5
Salt (g)	3	0,5

## Allergens

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



### 1. Prepare

Prepare the stock. Take the **steak** out of the fridge and allow it to reach room temperature. Crush or mince the **garlic**. Heat half of the sunflower oil in a pot or saucepan over a low heat and fry the **garlic** for 1 - 2 minutes. Stir in the **rice**, then pour in the stock.



### 4. Fry the steak

Melt the butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side. Remove the **steak** from the pan and season with salt and pepper, then allow to rest under aluminium foil. Meanwhile, stir the cooking juices from the frying pan into the **eggplant**.



### 2. Boil the rice

Boil the **rice** for 10 - 12 minutes over low heat, covered. Take the pan off the heat and allow to rest for 5 minutes. Drain the **rice** if necessary, then season to taste with salt and pepper. Halve the **eggplant** lengthways, then cut each half into four long wedges. Heat the rest of the sunflower oil in a deep frying pan over high heat. Fry the **eggplant** for 3 - 4 minutes, turning regularly.



### 5. Make the carrot slaw

Meanwhile, grate the **carrot** and finely chop the **coriander**. In a bowl, mix the **carrot** with the mayonnaise, white wine vinegar and half the **coriander**. Drizzle with extra virgin olive oil to taste and season with salt and pepper.



### 3. Steam the eggplant

Lower the heat to medium and add the water (see pantry for amount). Cover with the lid and then steam the **eggplant** for 4 - 6 minutes. Remove the lid and add the **teriyaki sauce**, then fry for 1 more minute (see Tip). Season to taste with salt and pepper.

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



### 6. Serve

Slice the **steak** against the grain. Serve the **rice** in bowls and top with the **eggplant**, **carrot** slaw and **steak**. Garnish with the **gomashio** and the rest of the **coriander**.

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

Enjoy!



# Hake in Creamy Curry Sauce

over rice with green beans & coriander

Quick Calorie Smart Pescatarian

Total time: 15 - 20 min.



Jasmine rice



Skin-on hake fillet



Garlic



Chopped onion



Ginger paste



Pre-cut green beans



Fresh coriander



Chopped tomatoes



Coconut milk



Peruvian-style spice mix



Curry powder



### Cook and win a getaway week-end

Restore your balance with a week-end getaway by cooking with us in January. Scan and join the challenge!



Tear me out!



## Before you start

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

## Equipment

Lidded deep frying pan, pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1	2	2	3
Chopped onion* (g)	25	50	50	100	100	150
Ginger paste* (g)	5	10	20	20	30	30
Pre-cut green beans* (g)	50	100	200	200	300	300
Fresh coriander* (g)	5	10	15	20	25	30
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2594 /620	496 /119
Total fat (g)	20	4
of which saturated(g)	9,4	1,8
Carbonhydrates (g)	80	15
of which sugars (g)	12,1	2,3
Fiber (g)	8	2
Protein (g)	30	6
Salt (g)	2,2	0,4

## Allergens

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



### 1. Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the **rice** for 6 minutes, then add the **green beans** and boil for 4 - 6 more minutes.
- Drain and set aside.



### 2. Make the curry

- In the meantime, heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the chopped **onion** with the **curry powder** and **ginger** paste for 2 - 3 minutes.
- Crush or mince the **garlic**, then add it to the pan and fry for 1 minute.
- Add the **chopped tomatoes**, **coconut milk** and sugar, then bring to a boil and allow to simmer for 5 minutes. Season to taste with salt and pepper.



### 3. Poach the fish

- Season the fish with the **Peruvian-style spices**.
- Add the fish to the pan, ensuring it's completely submerged in the sauce.
- Cover with the lid and allow the fish to poach for 2 - 3 minutes.
- In the meantime, roughly chop the **coriander** leaves.



### 4. Serve

- Fluff through the **rice** with a fork and season to taste with salt and pepper.
- Serve the **rice** in bowls and top with the **tomato** curry and the fish.
- Garnish with the **coriander**.

Enjoy!



# Cheesy Smashburger Tostadas

with dill pickle mayo & crunchy cucumber slaw

Quick

Total time: 15 - 20 min.



Seasoned minced meat blend



Shredded red cabbage



Chopped pickles



[Persian] cucumber



Fresh dill & chives



Mini tortillas



Grated cheddar



Red onion



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

With these tostadas, you can imagine that you're in Latin America for a while! A tostada is a toasted or deep-fried tortilla, which you'll top with other tasty ingredients.



Tear me out!



## Before you start

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

## Equipment

Bowl, salad bowl, small bowl, two frying pans

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Shredded red cabbage* (g)	50	100	150	200	250	300
Chopped pickles* (g)	25	50	75	100	125	150
[Persian] cucumber* (unit(s))	1	1	2	2	3	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Mini tortillas (unit(s))	3	6	9	12	15	18
Grated cheddar* (g)	40	75	115	150	190	225
Red onion (unit(s))	½	1	1	2	2	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3958 /946	750 /179
Total fat (g)	63	12
of which saturated(g)	19	3,6
Carbonhydrates (g)	57	11
of which sugars (g)	15,5	2,9
Fiber (g)	6	1
Protein (g)	36	7
Salt (g)	3,4	0,6

## Allergens

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



### 1. Prepare

- Finely chop the **onion** and transfer half of it to a bowl.
- Add the **mince** and knead well to combine.
- Divide the **mince** into 3 balls per person, then press these on top of the **tortillas**.
- Flatten the **mince** as much as possible so as to create a 0.5cm border.



### 3. Make the cucumber slaw

- In the meantime, dice the **cucumber**.
- Finely chop the **chives** and the **dill**, or use scissors if preferred.
- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and the honey.
- Add the **red cabbage**, the **cucumber** and half of the fresh herbs, then toss well to combine with the dressing. Season to taste with salt and pepper.



### 2. Fry the tortillas

- Heat the sunflower oil in two frying pans over medium high heat.
- Fry the **tortillas** with the **mince** facing downwards for 3 - 4 minutes.
- Flip the **tortillas** over and fry for 1 minute.
- Top with the **cheddar** and allow it to melt.



### 4. Serve

- In a small bowl, combine the mayonnaise with the mustard and **pickles**, along with the rest of the **onion** and fresh herbs. Season to taste with salt and pepper.
- Top the **tortillas** with some of the **cucumber** slaw and drizzle with the sauce.
- Serve the rest of the slaw alongside.

Enjoy!



# Chicken Breast with Pesto Potatoes

with courgette & bell pepper

Family Quick Calorie Smart Express

Total time: 15 - 20 min.



Pre-cooked halved baby potatoes [skin-on]



Green pesto



Onion



Bell pepper



Courgette



Chicken breast with Mediterranean herbs



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

Did you know that 'pesto' literally means 'mashed'? That's because it's traditionally prepared in a mortar.



Tear me out!



## Before you start

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

## Equipment

Lidded frying pan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Green pesto* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	¾	1	1½	1½	2
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2841 /679	497 /119
Total fat (g)	42	7
of which saturated(g)	9	1,6
Carbonhydrates (g)	44	8
of which sugars (g)	8,3	1,5
Fiber (g)	9	2
Protein (g)	30	5
Salt (g)	1,7	0,3

## Allergens

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



### 1. Fry the baby potatoes

- Halve or quarter any larger **baby potatoes** as necessary.
- Melt the butter in a frying pan over medium-high heat and fry the **baby potatoes** for 8 - 10 minutes, covered.
- Remove the lid and season to taste with salt and pepper, then fry for another 2 - 4 minutes, tossing regularly.



### 2. Chop the vegetables

- Slice the **onion** into thin half rings.
- Cut the **courgette** into crescents and chop the **bell pepper** into strips.

**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.



### 3. Fry the vegetables and chicken

- Heat the olive oil in a frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes, then add the **bell pepper, courgette** and **chicken**.
- Fry for 6 - 8 minutes until the **chicken** is done.
- Meanwhile, stir the **pesto** into the **baby potatoes** when they are done.



### 4. Serve

- Serve the **baby potatoes** with the **chicken** and vegetables.
- Serve the mayonnaise alongside.

**Enjoy!**