



# Skewered Meatballs with Coconut Rice

with homemade serundeng & cucumber-carrot ribbons

Total time: 30 - 40 min.



Coconut milk



Jasmine rice



Cucumber



Skewers



Salted peanuts



Dessicated coconut



Garam Masala



Fresh coriander & mint



Garlic



Organic full-fat yogurt



Beef-pork meatballs with Thai seasoning



Lemon



Carrot



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

Serundeng is an Indonesian garnishing of grated coconut, peanuts and spices. You will be making your own serundeng as the finishing touch of your dish!

## Utensils

2x bowl, lidded frying pan, lidded pot or saucepan, peeler or cheese slicer, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Coconut milk (ml)	75	150	225	300	375	450
Jasmine rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	½	1	2	2	3	3
Skewers (unit(s))	1	2	3	4	5	6
Salted peanuts (g)	10	20	30	40	50	60
Desiccated coconut (g)	10	20	30	40	50	60
Garam Masala (sachet(s))	¼	½	¾	1	1½	2
Fresh coriander & mint* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	2	2	3

### From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
Water (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3837 / 917	530 / 127
Total fat (g)	54	7
of which saturated (g)	28,2	3,9
Carbohydrates (g)	76	11
of which sugars (g)	11,7	1,6
Fibre (g)	10	1
Protein (g)	30	4
Salt (g)	1,7	0,2

## Allergens

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

2024-W21



### 1. Prepare the vegetables

Use a **cheese** slicer or peeler to shave the **cucumber** and **carrot** into ribbons. Crush or **mince** the **garlic**. Juice half of the **lemon** and cut the rest into wedges. In a bowl, combine the white wine vinegar with the sugar. Add 0.5 tsp **lemon** juice per person, then mix well and allow the sugar to dissolve. Add the vegetable ribbons and mix well, then set aside until serving, stirring occasionally.



### 4. Make the serundeng

Heat a clean frying pan over medium-high heat and toast the **peanuts** with the desiccated **coconut** and **garam masala**\* for 5 - 6 minutes, or until the **coconut** is golden-brown. Remove from the pan and set aside.

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



### 2. Make the coconut rice

Melt a small knob of butter in a pot or saucepan and fry the garlic for 1 - 2 minutes, then add the coconut milk. Pour in the water and crumble in the stock cube (see pantry for amounts). Bring to a boil, then add the rice and cover with the lid. Cook the rice for 12 - 15 minutes, then drain if necessary and set aside.



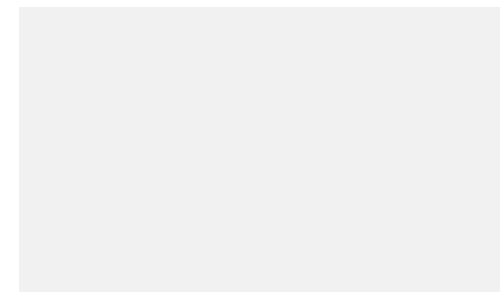
### 5. Make the yogurt sauce

In the meantime, finely chop the **coriander** and set aside. Discard the **mint** stalks and finely chop the leaves, then transfer to a bowl. Add the **yogurt** and 1 tsp **lemon** juice per person, the mix well to combine, seasoning to taste with salt and pepper.



### 3. Fry the meatballs

Thread the **meatballs** onto the **skewers**. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **skewers** for 3 - 4 minutes until evenly browned. Reduce the heat and cover with the lid, then fry for 5 - 6 minutes or until the **meatballs** are done.



### 6. Serve

Serve the **meatball skewers** with the **coconut rice** and the quick-pickled vegetables. Garnish with the serundeng and the **coriander**. Serve with the **yogurt** sauce and any remaining **lime wedges**.

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

Enjoy!



# Roasted Vegetable Bulgur Salad

with pumpkin seeds & goat's cheese

Calorie Smart Veggie

Total time: 45 - 55 min.



Sweet potato



Middle Eastern spice mix



Carrot



Onion



Bulgur



Ground cumin



Pumpkin seeds



Tomato



Fresh mint



Arugula & lamb's lettuce



Fresh goat's cheese



Romano pepper



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

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

## Utensils

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

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Bulgur (g)	40	75	115	150	190	225
Ground cumin (sachet(s))	⅓	⅔	1	1½	2	3
Pumpkin seeds (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh mint* (g)	2½	5	7½	10	12½	15
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Fresh goat's cheese* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	1	2	3	4	5	6
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Mustard (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
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2134 / 510	353 / 84
Total fat (g)	22	4
of which saturated (g)	7	1,2
Carbohydrates (g)	55	9
of which sugars (g)	13,9	2,3
Fibre (g)	17	3
Protein (g)	15	2
Salt (g)	1,5	0,2

## Allergens

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



### 1. Prepare

Preheat the oven to 200°C and prepare the stock. Peel the **sweet potato** and dice it into 1cm cubes, then transfer to a large bowl along with half of the Middle Eastern-style **spices**. Drizzle with half of the olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 15 minutes.



### 4. Toast the pumpkin seeds

Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside. Crumble the **goat's cheese** and set aside. Dice the **tomato** and finely chop the **mint**, then transfer both to a salad bowl. Add the **lettuce** and toss well to combine.



### 2. Chop the vegetables

Meanwhile, cut the Romano pepper into strips and chop the carrot into 0.5cm thick crescents. Slice the onion into half rings. Transfer the vegetables to the same bowl and drizzle with the rest of the olive oil. Add the rest of the Middle Eastern-style spices and season with salt and pepper, then toss well to coat.



### 5. Finish the salad

In a small bowl, combine the extra virgin olive oil with the balsamic vinegar and the mustard. Season to taste with salt and pepper. Transfer the roasted vegetables, the dressing and the **bulgur** to the salad bowl and toss well to combine. Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.



### 3. Prepare the bulgur

Toss the **sweet potato** and then add the vegetables to the baking sheet (see Tip). Return to the oven for a further 20 - 25 minutes, tossing halfway. In a pot or saucepan, combine the **bulgur** with the **cumin** and toast for 1 minute over medium heat, stirring continuously. Pour in the stock and cover with the lid, then boil for 10 minutes over low heat. Drain and then fluff through the **bulgur** with a fork.

*Tip: use a second baking sheet if necessary.*



### 6. Serve

Serve the salad on plates and top with the **goat's cheese**. Garnish with the **pumpkin seeds**.

**Did you know...** 🌱 *bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).*

**Enjoy!**



# Caramelised Pear Salad with Blue Cheese

with courgette ribbons, potatoes & walnuts

Calorie Smart Veggie

Total time: 40 - 50 min.



Potatoes



Courgette



Pear



Onion



Chopped walnuts



Blue cheese cubes



Arugula & lamb's lettuce



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

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

## Before you begin

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

## Utensils

Parchment-lined baking sheet, peeler or cheese slicer, salad bowl, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	¾	1½	2	3	3½	4½
Pear* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	30	40	50	60
Blue cheese cubes* (g)	40	75	100	125	175	200
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180

### From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (totaste)				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2648 /633	447 /107
Total fat (g)	34	6
of which saturated (g)	12	2
Carbohydrates (g)	58	10
of which sugars (g)	13,1	2,2
Fibre (g)	12	2
Protein (g)	18	3
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

Preheat the oven to 180°C. Thoroughly wash the **potatoes** and give them a 1cm dice. Shave the **courgette** into thin ribbons using a peeler or **cheese** slicer. Core the **pear** then cut into wedges. Chop the **onion**.



## 2. Roast the courgette

Transfer the courgette ribbons to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Roast in the oven for 8 - 10 minutes or until done, then transfer to a salad bowl along with the white wine vinegar and the onion (see Tip). Season to taste with salt and pepper, then mix well to combine.

*Tip: if you don't like raw onion, fry it with the potatoes in step 3.*



## 3. Fry the potatoes

Heat a clean frying pan over medium-high heat and toast the **walnuts**, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan and fry the **potatoes** for 15 - 20 minutes.



## 4. Fry the pear

Melt the butter in another frying pan over medium-high heat and fry the **pear** for 8 - 16 minutes or until soft and golden-brown. This will take longer if the **pear** isn't ripe yet. Deglaze with the balsamic vinegar, remove from the pan and set aside.

*Did you know... 🍏 not only are pears delicious, they're also an excellent source of fibre; just one pear provides a sixth of the RDA. They're a great addition to a meal or to enjoy on their own as a snack.*



## 5. Make the salad

Add the **lettuce** to the **courgette** and toss well to combine. Add a splash of extra virgin olive oil as preferred and season to taste with salt and pepper.



## 6. Serve

Serve the **potatoes** with the salad alongside. Top the salad with the **pear** and then garnish with the **blue cheese** and the toasted **walnuts**.

Enjoy!



# Sumac Cod with Yogurt Sauce

over golden rice with fried bell pepper

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Cod fillet



Sumac



White long grain rice



Ground turmeric



Garlic



Onion



Bell pepper



Green bell pepper



Middle Eastern  
spice mix



Organic full-fat yogurt



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Sumac is a spice made from the dried red berries of the sumac plant. The flavour is fresh and sour like citrus, but a bit more herbal. Ideal for this dish!

## Before you begin

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

## Utensils

Lidded pot or saucepan, kitchen paper, small bowl, 2x frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Sumac (tsp)	¾	1½	2¼	3	3¾	4½
White long grain rice (g)	75	150	225	300	375	450
Ground turmeric (tsp)	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Green bell pepper* (unit(s))	½	1	1	2	2	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water (ml)	180	360	540	720	900	1080
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2410 /576	374 /89
Total fat (g)	18	3
of which saturated (g)	6,5	1
Carbohydrates (g)	71	11
of which sugars (g)	9,3	1,4
Fibre (g)	10	2
Protein (g)	27	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. Boil the rice

Slice the onion into half rings and crush or mince the garlic. Heat a drizzle of olive oil in a pot or saucepan over medium heat and fry the garlic, onion and turmeric for 1 minute. Add the rice and fry for another minute, then pour in the water and crumble in the stock cube (see pantry for amount). Cover with the lid and boil the rice for 12-15 minutes. Set aside until serving, still covered.



### 2. Fry the bell pepper

Chop the bell pepper into strips. Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the bell pepper with the Middle Eastern spices for 6 - 7 minutes, covered, stirring occasionally. Season to taste with salt and pepper.

**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. Make the yogurt sauce

Pat the fish dry with kitchen paper and coat it with the sumac. Season to taste with salt and pepper. Melt a knob of butter in a frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side. In a small bowl, combine the yoghurt with the white wine vinegar, then season to taste with salt and pepper.



### 4. Serve

Serve the rice on deep plates. Top with the bell pepper and the sumac cod. Drizzle over the yogurt sauce to finish.

Enjoy!





# Crispy Fish Tacos

with crunchy vegetables & smoky mayonnaise

Family Nice & Fast

Total time: 25 - 35 min.



Cucumber



Carrot



Panko breadcrumbs



BBQ spice rub



Mini tortillas



Radicchio & iceberg lettuce



Skin-on hake fillet



Smoked paprika



Mayonnaise



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

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

## Before you begin

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

## Utensils

Aluminum foil, bowl, deep plate, kitchen paper, peeler or cheese slicer, small bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cucumber* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	15	25	40	50	65	75
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Smoked paprika (tsp)	½	1	1½	2	2½	3
Mayonnaise* (g)	50	75	100	150	175	225

### From your pantry

Sugar (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3531 / 844	663 / 158
Total fat (g)	50	9
of which saturated (g)	12,4	2,3
Carbohydrates (g)	65	12
of which sugars (g)	15,5	2,9
Fibre (g)	7	1
Protein (g)	30	6
Salt (g)	2,4	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 180°C. Use a peeler or cheese slicer to shave the carrot and cucumber into thin ribbons. In a bowl, combine the sugar with the white wine vinegar and a pinch of salt. Add the vegetable ribbons and mix well to combine, then set aside until serving, stirring occasionally.

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



## 2. Prepare the fish

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



## 3. Make the sauce

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



## 4. Serve

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

Enjoy!



# Penne in Creamy Goat's Cheese Sauce

with leek, mushrooms & almonds

Veggie Nice & Fast

Total time: 15 - 20 min.



Penne



Garlic



Vegetable mix  
with mushrooms



Cooking cream



Fresh goat's cheese



Salted almonds



Grated mature  
goat's cheese



Fresh basil & oregano



Dried thyme



Lemon



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

Did you know that fresh goat cheese is not only a great flavour booster, but also a perfect lower-salt alternative to hard cheeses like Gouda or Parmesan?

## Before you begin

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

## Utensils

Deep frying pan, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Cooking cream (g)	75	150	225	300	375	450
Fresh goat's cheese* (g)	50	75	125	150	200	225
Salted almonds (g)	10	20	30	40	50	60
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Fresh basil & oregano* (g)	5	10	15	20	25	30
Dried thyme (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Lemon* (unit(s))	⅓	⅓	1	1⅓	1⅓	2
From your pantry						
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium mushroom or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3577 /855	735 /176
Total fat (g)	42	9
of which saturated (g)	21,6	4,4
Carbohydrates (g)	83	17
of which sugars (g)	13	2,7
Fibre (g)	12	3
Protein (g)	33	7
Salt (g)	1,6	0,3

## Allergens

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



### 1. Boil the penne

Boil plenty of water in a pot or saucepan for the **penne** and crumble in the stock cube (see pantry for amount). Boil the **penne** for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.



### 2. Fry the vegetables

Crush or mince the **garlic**. Tear the **oregano** and **basil** leaves off the stems and then finely chop. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **garlic** with the **vegetable mix**, the fresh herbs and 1 tsp **thyme** per person for 3 - 5 minutes. In the meantime, roughly chop the **almonds** and cut the **lemon** into six wedges.



### 3. Making sauce

Stir the **cream**, soft **goat's cheese**, honey, white wine vinegar and mustard into the vegetables. Add a splash of pasta water if necessary and cook for 2 - 3 minutes. Squeeze in the juice of one **lemon** wedge per person and season to taste with salt and pepper. Transfer the **penne** to the sauce and mix well to combine.



### 4. Serve

Serve the creamy **penne** on deep plates. Garnish with the **grated goat's cheese** and the chopped **almonds**. Serve with the rest of the **lemon** wedges.

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

Enjoy!



# Garlic Steak Strips over Giant Couscous

with feta, roasted almonds & spinach

Nice & Fast

Total time: 15 - 20 min.



Giant couscous



Onion



Middle Eastern  
spice mix



Sliced carrots



Spinach



Steak strips



Garlic



Salted almonds



Lemon



Feta



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

This dish has it all: from tender steak strips and soft feta cheese, to crunchy almonds.

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Sliced carrots* (g)	75	150	300	300	450	450
Spinach* (g)	100	200	300	400	500	600
Steak strips* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Salted almonds (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Feta* (g)	25	50	75	100	125	150
From your pantry						
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3188 /762	410 /98
Total fat (g)	34	4
of which saturated (g)	11,7	1,5
Carbohydrates (g)	67	9
of which sugars (g)	4,3	0,6
Fibre (g)	9	1
Protein (g)	43	6
Salt (g)	1,6	0,2

## Allergens

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



### 1. Boil the giant couscous

Boil the water in a pot or saucepan and crumble in the stock cube (see pantry for amounts). Boil the giant couscous for 12 - 14 minutes, covered, then drain and set aside. Chop the onion and crush or mince the garlic.



### 2. Cook the vegetables

Heat a drizzle of olive oil in a frying pan and fry the onion with the Middle Eastern spices for 1 minute. Add the sliced carrot and 1 tbsp water per person, cover with the lid and cook for 5 minutes. Tear the spinach directly into the pan and allow to wilt. Season to taste with salt and pepper and cook for another 3 minutes over medium-high heat, still covered.



### 3. Fry the steak strips

Melt the butter with a drizzle of olive oil in a frying pan over medium-high heat. When the pan is hot, fry the steak strips with the garlic for 1 minute until evenly browned. The steak can still be a little rare if preferred. Season to taste with salt and pepper. Roughly chop the almonds in the meantime. Stir the giant couscous and the red wine vinegar into the vegetables.



### 4. Serve

Cut the lemon into wedges. Serve the giant couscous and vegetables on plates and top with the steak strips. Crumble over the feta and garnish with the almonds. Drizzle over some extra virgin olive oil as preferred and serve with the lemon wedges 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.



# Chicken Bulgur Bowl with BBQ spice rub

with avocado, tomato & beetroot tortilla chips

Family Nice & Fast

Total time: 15 - 20 min.



Chicken mince with Mexican seasoning



Tomato



Bulgur



BBQ spice rub



Lime



Avocado



Chopped red onion



Beetroot tortilla chips



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

If your avocado isn't ripe yet, try storing it with a banana in a paper bag to speed up the process.

## Before you begin

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

## Utensils

Pot or saucepan, small bowl, lidded wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
BBQ spice rub (sachet(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Avocado (unit(s))	½	1	2	2	3	3
Chopped red onion* (g)	40	75	75	150	150	225
Beetroot tortilla chips (g)	25	50	75	100	125	150
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	5	10	15	20	25	30
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3694 / 883	612 / 146
Total fat (g)	48	8
of which saturated (g)	11,1	1,8
Carbohydrates (g)	72	12
of which sugars (g)	5	0,8
Fibre (g)	21	3
Protein (g)	32	5
Salt (g)	2,1	0,4

## Allergens

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



### 1. Prepare

Prepare the stock in a pot or saucepan and boil the **bulgur** for 10-12 minutes until done, stirring regularly (see Tip). Halve and pit the **avocado**, then remove the skin and slice the flesh. Dice the **tomato**.



### 2. Fry the mince

Heat the olive oil in a wok or deep frying pan over medium-high heat and fry the **onion** for 1 minute. Add the **chicken mince** and fry for 3 minutes, separating it as you do so.



### 3. Make the sauce

Cut the **lime** into wedges. In a small bowl, combine the mayonnaise with the **BBQ spice rub**\*, the water and the juice of 1 **lime** wedge per person. Season to taste with salt and pepper.

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



### 4. Serve

Serve the **bulgur** in bowls or deep plates. Top with the **chicken mince**, **tomato**, **avocado** and **tortilla** chips. Garnish with the rest of the **lime wedges**. Drizzle over the dressing and season to taste with salt and pepper.

**Did you know...** 🌱 bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).

Enjoy!





# Homemade Chicken Nuggets & Fries

with sour cream salad & sweet chili sauce

Family

Total time: 45 - 55 min.



Potatoes



Organic sour cream



Ground paprika



Chicken fillets



Tomato



Cucumber



Panko breadcrumbs



Sweet chili sauce



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

You'll give the chicken nuggets an extra crunch with panko, a Japanese breadcrumb with a large grain and a coarse texture.

## Before you begin

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

## Utensils

Parchment-lined baking sheet, 2x bowl, deep plate, kitchen paper, plate, salad bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Organic sour cream* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1	2	3	4	5	6
Chicken fillets* (g)	100	200	300	400	500	600
Tomato (unit(s))	1½	3	4½	6	7½	9
Cucumber* (unit(s))	½	¾	1	1½	1¾	2
Panko breadcrumbs (g)	25	50	75	100	125	150
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	2	4	6	8	10	12
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3393 /811	526 /126
Total fat (g)	42	6
of which saturated (g)	6,7	1
Carbohydrates (g)	70	11
of which sugars (g)	12,1	1,9
Fibre (g)	10	2
Protein (g)	36	6
Salt (g)	1,1	0,2

## 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 220°C (see Tip). Wash or peel the **potatoes** and cut into fries of no more than 1cm thickness. Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.

*Tip: for the best results, we recommend using a fan oven. However, you can alternatively just preheat the oven to 240°C. The cooking time remains unchanged.*



### 4. Bread the chicken

Transfer the **panko** to a deep plate and season with salt and pepper, then coat the **chicken** with the **panko**.



### 2. Marinate the chicken

In a bowl, combine half of the sour cream with the paprika and the mustard, then season with salt and pepper. Cut the chicken fillets into 3cm uniform pieces, then coat the chicken with the sour cream sauce. Check on the fries in the meantime.



### 5. Fry the chicken

Prepare a plate with kitchen paper. Heat the sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the **chicken** for 2-3 minutes per side or until golden-brown. Transfer the fried nuggets to the plate.



### 3. Make the salad

Cut the **tomato** into wedges and slice the **cucumber** into crescents. Transfer to a salad bowl and add the extra virgin olive oil and white balsamic vinegar, along with the rest of the **sour cream**. Toss well to combine, seasoning to taste with salt and pepper.



### 6. Serve

Serve the **chicken** nuggets with the fries and the salad. Serve the **sweet chili sauce** alongside.

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

Enjoy!



# Steak Strips in a Sweet Soy Marinade

over rice with chestnut mushrooms & cabbage

Family Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Fresh ginger



Garlic



Soy sauce



Jasmine rice



Red chili pepper



Chestnut mushrooms



Chopped sweetheart cabbage



East Asian-style sauce



Scallions



Steak strips



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

You can marinate the steak strips a day beforehand. This will give the marinade more time to absorb for an even more intense flavour sensation!

## Before you begin

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

## Utensils

Bowl, grater, lidded pot or saucepan, frying pan, lidded wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Garlic (unit(s))	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Jasmine rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Chestnut mushrooms* (g)	125	250	375	500	625	750
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Scallions* (bunch)	⅓	⅔	1	1½	1¾	2
Steak strips* (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2795 /668	554 /132
Total fat (g)	22	4
of which saturated (g)	3,2	0,6
Carbohydrates (g)	77	15
of which sugars (g)	14,3	2,8
Fibre (g)	6	1
Protein (g)	37	7
Salt (g)	2,3	0,5

## Allergens

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



### 1. Marinate the steak strips

Boil plenty of water in a pot or saucepan for the **rice**. Grate the **ginger** and crush or **mince** the **garlic**. In a bowl, combine the olive oil with the sugar, **soy sauce** and **ginger**, along with half of the **garlic**. Add the **steak strips** to the bowl and mix well to combine, then set aside and allow to marinate.



### 2. Boil the rice

Boil the **rice** for 12 - 15 minutes, then drain and set aside. Deseed and finely chop the **red chili pepper**.\* Quarter the **mushrooms**. Chop the **scallions**, keeping the white part separate from the greens.

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



### 3. Fry the mushrooms

Heat half of the sunflower oil in a frying pan over medium-high heat. Fry the **mushrooms** with the **chili pepper** and the white part of the **scallions** for 4 - 6 minutes, seasoning to taste with salt and pepper. Heat the rest of the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **cabbage** with the rest of the **garlic** for 5 - 8 minutes, covered. Remove the lid and stir in the **East Asian-style sauce**.



### 4. Serve

Add the **steak strips** in their marinade to the **mushrooms** and stir-fry for 1 - 2 minutes until cooked to your liking. Serve the **rice** on bowls or deep plates and top with the **steak strips** and **mushrooms**. Serve with the **cabbage** and garnish with the **scallion** greens.

**Did you know...** 🌱 *sweetheart cabbage is an excellent source of calcium, iron and vitamin C, which help keep your bones, teeth and muscles healthy.*

Enjoy!



# Surinamese-Style Chicken Curry

with egg, potatoes & stir-fried green beans

Calorie Smart

Total time: 40 - 50 min.



Garlic



Onion



Potatoes



Surinamese-style spices



Garam Masala



Chicken thigh strips



Green beans



Egg



Tomato



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

Did you know that garam masala literally means 'spicy spice mixture' in Hindustani?

## Before you begin

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

## Utensils

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Garam Masala (sachet(s))	¼	½	¾	1	1¼	1½
Chicken thigh strips* (g)	100	200	300	400	500	600
Green beans* (g)	150	300	450	600	750	900
Egg* (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6

### From your pantry

Water (ml)	125	250	375	500	625	750
Sunflower oil (tsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	⅓	⅔	1	1½	1¾	2
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2406 / 575	308 / 74
Total fat (g)	24	3
of which saturated (g)	6,9	0,9
Carbohydrates (g)	50	6
of which sugars (g)	7,5	1
Fibre (g)	18	2
Protein (g)	35	4
Salt (g)	1,5	0,2

## 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 **egg** and **green beans**. Chop the **onion** and crush or **mince** the **garlic**. Peel the **potatoes** and dice into 2cm chunks.



## 4. Finish the curry

Meanwhile, dice the **tomato** and stir it into the **chicken** and **potatoes**. Remove the lid and mix well, then turn up the heat and allow to thicken and reduce for 10 - 12 minutes as preferred. Be sure to stir occasionally so as to prevent it from sticking to the bottom of the pan. Season to taste with salt and pepper.



## 2. Make the curry

Heat a drizzle of sunflower oil in a large deep frying pan. Fry the garlic with the Surinamese-style spices, the **garam masala\*** and half of the onion for 2-3 minutes. Add the chicken and the potatoes and stir-fry for 3 - 4 minutes, then pour in the water and crumble in the stock cube (see pantry for amounts). Bring to a boil, then lower the heat and cover with the lid. Allow to stew gently for 13 - 16 minutes, adding an extra splash of water as necessary if it seems too dry.

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



## 5. Stir-fry the green beans

Heat a drizzle of sunflower oil in a frying pan and fry the rest of the **onion** for 1 - 2 minutes. Add the **green beans** and stir-fry for 2 - 3 minutes over high heat.



## 3. Boil the green beans

Discard the tips of the **green beans** and then cut in half. Boil the **green beans** with the **egg** for 6 - 7 minutes, then drain. Rinse the **egg** under cold water and then peel off the shell.

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



## 6. Serve

Serve the **potatoes** and **chicken** on plates. Top with the **egg** and serve the **green beans** alongside.

Enjoy!



# Chicken Sausage Spaghetti

in creamy pesto rosso sauce with bell pepper & tomato

Family Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Tomato



Bell pepper



Chicken sausage



Wholewheat spaghetti



Passata



Cooking cream



Pesto rosso



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

The chicken sausages are made from local free-range chicken and seasoned with bell pepper, oregano and thyme. Especially for us, they contain less salt!

## Before you begin

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

## Utensils

Large deep frying pan with lid, pot or saucepan

## 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
Tomato (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Cooking cream (g)	50	100	150	200	250	300
Pesto rosso* (g)	25	50	75	100	125	150
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3611 / 863	596 / 142
Total fat (g)	42	7
of which saturated (g)	13,9	2,3
Carbohydrates (g)	81	13
of which sugars (g)	18,9	3,1
Fibre (g)	15	2
Protein (g)	34	6
Salt (g)	1,9	0,3

## Allergens

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



### 1. Prepare

Boil plenty of salted water in a pot or saucepan for the spaghetti. Chop the onion and crush or mince the garlic. Dice the bell pepper and finely dice the tomato.

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



### 2. Fry the vegetables

Melt a knob of butter in a large deep frying pan over medium-high heat. Fry the sausages for 4 - 6 minutes until evenly browned, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan and fry the bell pepper for 2 - 3 minutes, then stir in the garlic, onion and tomato and fry for 1 - 2 minutes.



### 3. Make the sauce

Boil the spaghetti for 10 - 12 minutes, then reserve at least 25ml pasta water before draining and setting aside. Deglaze the vegetables with the balsamic vinegar, then reduce the heat and add the passata. Cover with the lid and allow to simmer gently for 5 - 6 minutes. Season to taste with salt and pepper. Meanwhile, slice the sausages into 1cm chunks.



### 4. Serve

Stir the cream, sausages and pasta water into the sauce. Mix well and allow to reduce gently for 2 - 3 minutes. Add the spaghetti and the pesto. Mix well, adding extra pasta water as necessary if it seems too dry. Serve the spaghetti on deep plates.

Enjoy!





# Hearty Sweet Potato Soup

with sour cream, pumpkin seeds & a malted grain roll

Family Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Garlic



Potatoes



Sweet potato



Bell pepper



Malted grain bread roll



Pumpkin seeds



Organic sour cream



Carrot



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

Did you know that malted grain is a byproduct of the beer brewing industry? It's the dried skin of the barley that is used, and it adds some extra protein to this bread roll.

## Before you begin

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

## Utensils

Lidded soup pot, immersion blender, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	50	100	150	200	250	300
Sweet potato (g)	150	300	450	600	750	900
Bell pepper* (unit(s))	1	2	3	4	5	6
Malted grain bread roll* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	10	20	30	40	50	60
Organic sour cream* (g)	25	50	75	100	125	150
Carrot* (unit(s))	½	1	1	1	2	2

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2720 / 650	266 / 64
Total fat (g)	18	2
of which saturated (g)	7,7	0,8
Carbohydrates (g)	93	9
of which sugars (g)	22	2,2
Fibre (g)	26	3
Protein (g)	19	2
Salt (g)	2,7	0,3

## Allergens

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



### 1. Prepare

Prepare the stock and preheat the oven to 200°C. Chop the **onion** and crush or **mince** the **garlic**. Slice the **carrot** into 1cm thick pieces. Peel and finely dice all the **potatoes** and the **bell pepper**.



### 4. Toast the pumpkin seeds

Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside.



### 2. Make the soup

Melt the butter in a soup pot over medium-high heat and fry the onion with the garlic for 2 minutes. Add the carrot, bell pepper and all the potatoes, then fry for 3 more minutes. Pour in the stock and cover with the lid, then allow to simmer for 15 minutes.



### 5. Blend the soup

Remove the soup pot from the heat and process with an immersion blender. Add some extra water if the soup is too thick and then season to taste with salt and pepper.



### 3. Bake the bread roll

In the meantime, bake the **bread roll** in the oven for 6 - 8 minutes.



### 6. Serve

Serve the soup in bowls and garnish with the **pumpkin seeds** and the **sour cream**. Serve the **bread** alongside.

**Did you know...** 🍷 potatoes are rich in vitamins and minerals such as zinc, iron and potassium, along with vitamins B and C. Sweet potatoes also contain a lot of vitamin A, which is good for eye health and the immune system.

Enjoy!



# Garlic Shrimp with Leccino Olives & Lemon

over fragrant rice with parsley & vegetables

Family Calorie Smart

Total time: 40 - 50 min.



Garlic



Onion



Bell pepper



Carrot



Fresh flat leaf parsley



Ground paprika



Ground turmeric



Dried thyme



Smoked paprika



Quick-cook brown rice



Tomato paste



Leccino olives



Shrimp



Lemon



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

This recipe is inspired by paella, a Valencian rice dish. Did you know that paella is traditionally cooked over a fire made using logs from the wood of an orange tree?

## Utensils

Kitchen paper, frying pan, lidded wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Ground paprika (tsp)	1	2	3	4	5	6
Ground turmeric (tsp)	1	2	3	4	5	6
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Smoked paprika (tsp)	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Tomato paste (can)	½	1	1½	2	2½	3
Leccino olives* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Lemon* (unit(s))	¼	½	¾	1	1¼	1½

### From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	185	375	565	750	940	1125
Water (ml)	185	370	555	740	925	1110
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2247 /537	261 /62
Total fat (g)	13	1
of which saturated (g)	2,2	0,3
Carbohydrates (g)	78	9
of which sugars (g)	16,1	1,9
Fibre (g)	16	2
Protein (g)	22	3
Salt (g)	2	0,2

## Allergens

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



### 1. Prepare

Prepare the stock. Chop the **onion** and crush or **mince** the **garlic**.



### 2. Chop the vegetables

Cut the bell pepper into strips and slice the carrot into crescents. Finely chop the parsley.



### 3. Fry the vegetables

Heat a light drizzle of olive oil in a wok or deep frying pan over medium-low heat. Fry the **onion** with half of the **garlic** for 2 minutes, then add the **bell pepper, carrot, paprika, turmeric, thyme** and **smoked paprika**. Mix well and fry for 4 - 6 minutes.



### 4. Cook the rice

Add the **rice**, stock, **tomato** pasta and the water (see pantry for amount). Bring to the boil, then cover with the lid and allow to cook gently for 10 minutes (see Tip). Season to taste with salt and pepper, then remove the lid and allow to rest for 5 minutes.

**Tip:** add an extra splash of water or stock as necessary if it seems too dry.



### 5. Fry the shrimp

Meanwhile, finely chop the **olives** and cut the **lemon** into wedges. Pat the **shrimp** dry with kitchen paper. Shortly before serving, heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the **shrimp** with the rest of the **garlic** for 3-4 minutes, turning regularly. Season to taste with salt and pepper.



### 6. Serve

Serve the **rice** on plates and top with the **shrimp**. Garnish with the **olives** and the **parsley**. Serve with the **lemon** wedges alongside.

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

Enjoy!



# White Asparagus with Hot Smoked Salmon

with beurre blanc, potatoes & a jammy egg

Premium Calorie Smart

Total time: 30 - 40 min.



Potatoes



White asparagus



Egg



Fresh curly parsley



Hot smoked salmon flakes



Beurre blanc



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

## Before you begin

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

## Utensils

Peeler, saucepan, two pots or saucepans

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
White asparagus* (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Beurre blanc* (g)	50	100	150	200	250	300

### From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
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Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2703 /646	416 /99
Total fat (g)	34	5
of which saturated (g)	14,8	2,3
Carbohydrates (g)	49	7
of which sugars (g)	3,7	0,6
Fibre (g)	11	2
Protein (g)	34	5
Salt (g)	1,6	0,3

## Allergens

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



## 1. Prepare

Fill two pots or saucepans with plenty of water and bring to the boil. Wash the potatoes and cut into wedges. Cut off the tough base of the white asparagus (around 1 - 2cm) and discard. Peel the asparagus, being sure to leave the tips intact.

**Did you know...** 🌱 white asparagus is grown underground, which is how it gets its colour; the lack of sunlight stops it from producing chlorophyll. Both white and green asparagus contain folic acid, which plays an essential role in the production of red blood cells and in boosting energy levels.



## 3. Cooking asparagus

In the meantime, place the asparagus in the other pan and boil for 7-10 minutes (see Tip). Drain the asparagus and season to taste with salt and pepper, then set aside.

**Tip:** the cooking time depends on how thick the asparagus is. Use a fork to test it; when it pierces easily with no resistance, it's done.



## 2. Cooking

Boil the potatoes for 5 - 7 minutes, covered, then add the egg and continue cooking for 7 - 8 more minutes (see Tip). In the meantime, chop the parsley. Carefully remove the egg from the pan, then drain the potatoes and return them to the pan. Rinse the egg under cold water, then peel and halve it. Stir in a knob of butter and the parsley, then season with salt and pepper. Cover with the lid and set aside until serving.

**Tip:** add the eggs carefully so as not to break them. You can also use a separate pan if preferred.



## 4. Serve

Melt a knob of butter in a small saucepan over low heat. Warm the beurre blanc for 2 - 3 minutes, stirring so as to prevent the sauce from sticking to the pan. Serve the potatoes and the asparagus on plates. Top the asparagus with the hot smoked salmon. Pour over the beurre blanc and serve with the egg.

Enjoy!



# Paella with Chicken Thigh & Shrimp

with chorizo, green beans & salad

Premium Family

Total time: 45 - 55 min.



Onion



Carrot



Bell pepper



Green beans



Tomato



Ground turmeric



Smoked paprika



Tomato paste



Risotto rice



Lemon



Shrimp



Chicken thigh strips with Mediterranean herbs



Diced chorizo



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

Paella comes from the Spanish region of Valencia. Did you know that the name of this Mediterranean dish means frying pan in the Valencian dialect?

## Utensils

Bowl, large wok or deep frying pan with lid, kitchen paper, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	¼	½	¾	1	1½	1½
Bell pepper* (unit(s))	½	1	2	2	3	3
Green beans* (g)	40	75	115	150	190	225
Tomato (unit(s))	1	2	3	4	5	6
Ground turmeric (tsp)	1	2	3	4	5	6
Smoked paprika (tsp)	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Lemon* (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	120	180	240	300	360
Chicken thigh strips with Mediterranean herbs* (g)	50	100	150	200	250	300
Diced chorizo* (g)	25	50	75	100	125	150

### From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3197 /764	390 /93
Total fat (g)	33	4
of which saturated (g)	7,4	0,9
Carbohydrates (g)	80	10
of which sugars (g)	13,3	1,6
Fibre (g)	15	2
Protein (g)	34	4
Salt (g)	2,7	0,3

## Allergens

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



### 1. Prepare

Prepare the stock. Chop the **onion** and cut the **carrot** into thin crescents. Chop the **bell pepper** into strips. Discard the tips of the **green beans** and then cut into thirds. Cut the **tomato** into wedges and transfer to a bowl along with the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper, then toss well to combine.



### 4. Fry the proteins

Cut the **lemon** into wedges. Pat the **shrimp** dry with kitchen paper. Heat the rest of the olive oil in a frying pan over high heat and fry the **chicken** with the **chorizo** and the **shrimp** for 3 minutes (see Tip).

*Tip: the proteins don't need to be done yet as they'll finish cooking later in the paella.*



### 2. Fry the vegetables

Heat half of the olive oil in a large wok or deep frying pan over medium heat. Fry the onion and the carrot with the turmeric and the smoked paprika for 3 minutes, then stir in the bell pepper and fry for 2 more minutes.



### 5. Combine

Remove the lid and stir in the rest of the stock, then transfer the **shrimp**, **chicken** and **chorizo** to the paella, along with their cooking juices. Mix well and allow to cook gently for 3 more minutes, or until the **chicken** and **shrimp** are done. Season to taste with salt and pepper.



### 3. Make the paella

Add the **tomato paste** and fry for 1 minute, then add the **risotto rice** and 200ml stock per person (you will use the rest of the stock later). Bring to a boil and allow the **rice** to cook gently for 20-25 minutes, covered, stirring regularly. Add the **green beans** during the final 8 minutes of cooking.



### 6. Serve

Serve the paella on plates and squeeze over 1 **lemon** wedge per person. Serve with the **tomato** salad and garnish with the rest of the **lemon** wedges.

*Did you know...* 🍅 tomatoes are a good source of the antioxidant lycopene. Antioxidants protect our cells and organs against free radicals, which are harmful substances produced by UV radiation and air pollution.

Enjoy!





# Filet Mignon with Garlic-Parsley Potatoes

with little gem salad & cherry tomatoes

Premium Family

Total time: 40 - 50 min.



Filet mignon



Garlic



Roseval potatoes



Fresh curly parsley



Onion



Little gem



Red cherry tomatoes



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

The Roseval potato is a young type of potato from Brittany in France. Leaving the peel on the potato maintains its loved flavour and nice colour. Truly restaurant worthy!

## Before you begin

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

## Utensils

Aluminum foil, parchment-lined baking sheet, bowl, kitchen paper, salad bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Filet mignon* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Roseval potatoes (g)	250	500	750	1000	1250	1500
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Onion (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750

### From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3515 / 840	487 / 117
Total fat (g)	48	7
of which saturated (g)	13,7	1,9
Carbohydrates (g)	62	9
of which sugars (g)	10	1,4
Fibre (g)	14	2
Protein (g)	38	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

Preheat the oven to 210°C. Take the **filet mignon** out of the fridge and allow it to reach room temperature. Crush or **mince** the **garlic**. Wash the **potatoes** and cut into wedges.



### 4. Fry the filet mignon

Pat the **filet mignon** dry with kitchen paper and season with salt and pepper. When the wedges have 10 minutes left, melt the butter in a frying pan over high heat. When the butter is lightly browned, fry the **filet mignon** for 1 - 3 minutes per side (per side). Remove from the pan and allow to rest under aluminium foil for at least 3 minutes.

*Tip: if you want to add more flavour, add some extra butter while frying and baste the steak continuously.*



### 2. Bake the wedges

Transfer the wedges and garlic to a bowl. Drizzle with half of the olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25-35 minutes, tossing halfway. Chop the parsley in the meantime.



### 5. Make the mustard sauce

Add the rest of the mustard to the same frying pan and pour in the water (see pantry for amount). Mix well and season to taste with salt and pepper, then allow to reduce as preferred.



### 3. Make the salad

Finely chop the **onion** and halve the **cherry tomatoes**. Separate the **lettuce** leaves, leaving them whole. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and the **onion**, along with two-thirds of the mustard. Season to taste with salt and pepper, then add the **lettuce** and **tomatoes** and toss well to combine.



### 6. Serve

Toss the **parsley** with the wedges and then serve with the mayonnaise alongside. Slice the **filet mignon** against the grain and serve alongside (see Tip). Top the **filet mignon** with the mustard sauce. Serve with the salad.

Enjoy!



# Asian-Style Chicken Thigh on Brioche

with fries, orange salad & lime mayo

Family

Total time: 50 - 60 min.



Potatoes



Cucumber



Green beans



Lime



Brioche bun



Easy peel orange



Beansprouts



Baby spinach



Ponzu



Chicken thigh fillet



Ginger stir fry sauce



Soy sauce



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

Ponzu is the Japanese name for a sauce made by simmering mirin (Japanese rice wine) together with rice vinegar and seaweed over low heat.

## Utensils

Parchment-lined baking sheet, 2x bowl, sieve or colander, lidded pot or saucepan, salad bowl, frying pan, 3x small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	½	1	1	1	2	2
Green beans* (g)	50	100	150	200	250	300
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Brioche bun (unit(s))	1	2	3	4	5	6
Easy peel orange* (unit(s))	½	1	1	2	2	3
Beansprouts* (g)	25	50	75	100	125	150
Baby spinach* (g)	35	65	95	125	160	190
Ponzu (g)	12	24	36	48	60	72
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Ginger stir fry sauce (g)	20	35	55	70	90	105
Soy sauce (ml)	10	20	30	40	50	60
From your pantry						
White wine vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4527 / 1082	617 / 147
Total fat (g)	60	8
of which saturated (g)	9,8	1,3
Carbohydrates (g)	98	13
of which sugars (g)	22,3	3
Fibre (g)	14	2
Protein (g)	37	5
Salt (g)	4,7	0,6

## 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 200°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 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 - 35 minutes.



### 4. Fry the chicken

Heat the sunflower oil in a frying pan over medium-high heat and fry the **chicken thigh** for 6 - 8 minutes, then add the **soy sauce** and fry for 1 more minute. Reduce the heat allow the **chicken** to rest until serving. In a small bowl, combine half of the mayonnaise with 0.5 tbsp **lime** juice per person. In another small bowl, combine the rest of the mayonnaise with the **ponzu**.



### 2. Prepare the cucumber

In a bowl, combine the chicken thigh with the ginger stir-fry sauce and set aside. Cut several slices of cucumber to use later on the burger, then dice the rest. Transfer all of the cucumber to a bowl, along with the white wine vinegar and half of the sugar. Toss well to combine and set aside.



### 5. Make the salad

Bake the **brioche bun** for 4 - 6 minutes in the oven, alongside the fries. Use a sharp knife to remove the skin and the white pith from the **orange** and then dice the flesh. Drain the **cucumber**, then separate the slices and set aside. Transfer the diced **cucumber** to the salad bowl, along with the **orange**, **beansprouts** and **green beans**. Toss well to combine with the dressing.



### 3. Boil the green beans

Discard the tips of the **green beans** and then cut into thirds. Transfer the **green beans** to a pot or saucepan and cover with a shallow layer of water. Cover with the lid, then bring to the boil and allow to cook gently for 6 - 8 minutes. Juice the **lime** into a small bowl and add 0.5 tsp per person to a salad bowl. To this, add the extra virgin olive oil and the rest of the sugar. Season with salt and pepper, then mix well to combine.



### 6. Serve

Cut open the **brioche bun** and spread both sides with the **ponzu** mayo. Top with the **chicken**, sliced **cucumber** and some of the **spinach**. Add the rest of the **spinach** to the salad and toss well to combine. Serve the **burgers** with the fries, **lime** mayo and the salad.

Enjoy!



# Cod with Beurre Blanc & Parsnip Chips

with oyster mushrooms over creamy mash & celery leaves

Premium Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Potatoes



Parsnip



Shallot



Garlic



Cod fillet



Oyster mushrooms



Pre-cut mushroom mix



Beurre blanc



Yellow Mustard Seed



Fresh celery leaves



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

Parsnips are known as a winter vegetable, but can be eaten all year round. Did you know that frost makes them taste even sweeter?

## Before you begin

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

## Utensils

Large frying pan, pot or saucepan, kitchen paper, plate, potato masher, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Parsnip* (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Cod fillet* (unit(s))	1	2	3	4	5	6
Oyster mushrooms* (g)	100	200	200	400	400	600
Pre-cut mushroom mix* (g)	90	175	350	350	525	525
Beurre blanc* (g)	50	100	150	200	250	300
Yellow Mustard Seed (sachet(s))	½	1	1½	2	2½	3
Fresh celery leaves* (g)	5	10	15	20	25	30
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] milk (splash)				splash		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2916 /697	394 /94
Total fat (g)	35	5
of which saturated (g)	16,6	2,2
Carbohydrates (g)	53	7
of which sugars (g)	9,3	1,3
Fibre (g)	21	3
Protein (g)	38	5
Salt (g)	1,3	0,2

## Allergens

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



### 1. Prepare

Peel the potatoes and parsnip and cut them into rough pieces, then transfer to a pot or saucepan. Set aside some of the parsnip skins to use later. Cover with water and crumble in the stock cube (see pantry for amount). Boil for 12 - 15 minutes, then reserve a small amount of the cooking liquid. Drain and return to the pot, then mash with a knob of butter and a splash of milk or cooking liquid as preferred. Stir in the mustard and then season to taste with salt and pepper.



### 2. Fry the vegetables

Finely chop the shallot and crush or mince the garlic. Melt a knob of butter in a large frying pan over high heat and fry the shallot for 1 - 2 minutes. Tear the oyster mushrooms into 1 - 2cm strips and add to the pan, along with the mushroom mix. Fry for 5 minutes, then add the garlic and fry for 2 more minutes. Season to taste with salt and pepper.



### 3. Fry the fish

In a second frying pan, heat a drizzle of sunflower oil over high heat. When the oil is nice and hot, fry the parsnip skins for 2 - 3 minutes until crispy. Transfer to a plate lined with kitchen paper and set aside. Reduce the heat to medium-high. Melt a knob of butter and fry the cod for 1 - 2 minutes per side, seasoning to taste with salt and pepper. Add the beurre blanc and the mustard seeds, mix well and heat for 1 minute.



### 4. Serve

Finely chop the celery leaves. Serve the mash on plates and top with the mushrooms and the fish. Drizzle with the beurre blanc and garnish with the parsnip chips and the celery leaves.

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



# Pesto Rosso Conchiglie with Baked Goat's Cheese

with arugula, basil & pumpkin seeds

Family Veggie Nice & Fast

Total time: 20 - 30 min.



Onion



Bell pepper



Tomato



Conchiglie



Matured goat's cheese



Fresh basil



Pesto rosso



Arugula



Pumpkin seeds



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

Conchiglie is prized for its shape - these pasta shells perfectly envelop sauces, delivering flavour with every bite!

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Conchiglie (g)	90	180	270	360	450	540
Matured goat's cheese* (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Pesto rosso* (g)	40	80	120	160	200	240
Arugula* (g)	20	40	60	80	100	120
Pumpkin seeds (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4121 / 985	887 / 212
Total fat (g)	59	13
of which saturated (g)	19,6	4,2
Carbohydrates (g)	77	17
of which sugars (g)	7,6	1,6
Fibre (g)	9	2
Protein (g)	30	7
Salt (g)	1,5	0,3

## Allergens

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



### 1. Boil the pasta

Preheat the oven to 200°C and boil plenty of water in a pot or saucepan for the conchiglie. Chop the onion and dice the tomato and bell pepper. Boil the conchiglie for 14 - 16 minutes until done, covered, then drain and set aside.



### 2. Fry the vegetables

Transfer the goat's cheese to a parchment-lined baking sheet and bake for 8 - 10 minutes. Meanwhile, heat the olive oil in a wok or deep frying pan and fry the onion for 2 minutes over medium-low heat. Stir in the bell pepper and tomato and fry for 5 - 6 minutes. Season to taste with salt and pepper.



### 3. Prepare the salad

Stir the conchiglie and the pesto rosso into the vegetables and fry for 1 minute. In a salad bowl, combine the balsamic vinegar with the extra virgin olive oil. Season to taste with salt and pepper, then add the arugula and toss well to combine.



### 4. Serve

Serve the arugula and conchiglie on deep plates. Top with the baked goat's cheese. Garnish with the pumpkin seeds and the basil.

**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.

Enjoy!





# Beef & Cypriot-Style Cheese on Lebanese Flatbread

with za'atar, labneh & fresh herbs

Nice & Fast

Total time: 25 - 35 min.



Pre-cut carrot & onion



Fresh flat leaf parsley & mint



Tomato



Cypriot-style cheese



Seasoned beef mince



Middle Eastern spice mix



Lebanese flatbread



Labneh



Tahini sauce



Za'atar



Mesclun



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

With labneh, a fresh cheese made from drained yoghurt, you'll add a fresh twist to this dish full of flavours.

## Before you begin

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

## Utensils

Grater, small bowl, frying pan, wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pre-cut carrot & onion* (g)	150	300	450	600	750	900
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	3	5	5
Cypriot-style cheese* (g)	100	200	300	400	500	600
Seasoned beef mince* (g)	100	200	300	400	500	600
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1½	1½
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Labneh* (g)	60	120	180	240	300	360
Tahini sauce* (g)	20	40	60	80	100	120
Za'atar (sachet(s))	½	1	1½	2	2½	3
Mesclun* (g)	30	60	90	120	150	180
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5192/1241	769/184
Total fat (g)	67	10
of which saturated (g)	32,2	4,8
Carbohydrates (g)	92	14
of which sugars (g)	15,5	2,3
Fibre (g)	10	1
Protein (g)	61	9
Salt (g)	5,5	0,8

## Allergens

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



### 1. Prepare

Finely chop the pre-cut carrot and onion mixture. Finely chop the mint and parsley leaves, discarding the stems. Slice the tomato. Grate the Cypriot-style cheese.



### 2. Make the filling

Heat the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the carrot and onion for 4 - 5 minutes. Add the mince and Middle Eastern spices and fry for 3 minutes until the meat is done. Turn off the heat and stir in the Cypriot-style cheese (see Tip).

*Tip: cypriot-style cheese is naturally quite salty, therefore don't add more salt while cooking but rather at the end, after you've tasted the dish.*



### 3. Heat the flatbread

Heat a clean frying pan over high heat and warm the Lebanese flatbread for 1 - 2 minutes. In a bowl, combine the labneh, tahini sauce, fresh herbs and white wine vinegar with 1 tsp water per person. Season to taste with salt and pepper. Spread the sauce over the flatbread, leaving 1cm free at the edges.

*Did you know...* 🌱 tahini is made from sesame seeds. It is rich in calcium, iron and unsaturated fats.



### 4. Serve

Scatter over the za'atar and then add the beef mixture in the middle of the flatbread. Add the sliced tomato and top with the mesclun. Roll up the flatbread and serve.

Enjoy!