



Hake à la Meunière with Carrot & Lentil Purée

with spinach & toasted almonds

Calorie Smart

Total time: 35 - 45 min.



Carrot



Onion



Garlic



Lemon



Red split lentils



Smoked paprika



Shaved almonds



Skin-on hake fillet



Spinach



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

You'll make a variation on the classic fish à la meunière - fish prepared in the manner of the miller's wife. You fry the fish in flour and finish it with a touch of fresh lemon.

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, lidded deep frying pan, kitchen paper, plate, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	¾	2	2	3	4	5
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Red split lentils (g)	40	60	80	100	140	160
Smoked paprika (tsp)	½	1	1½	2	2½	3
Shaved almonds (g)	10	20	30	40	50	60
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
From your pantry						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Flour (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[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)	2276 /544	401 /96
Total fat (g)	29	5
of which saturated (g)	10,6	1,9
Carbohydrates (g)	31	6
of which sugars (g)	9,8	1,7
Fibre (g)	16	3
Protein (g)	33	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. Prepare

Prepare the stock. Chop the **carrot** into crescents. Slice the **onion** into half rings and press or **mince** the **garlic**. Cut the **lemon** into wedges.



2. Fry the vegetables

Heat the olive oil in a deep frying pan over medium heat. Fry the carrots with the onion and garlic for 3 - 4 minutes, seasoning to taste with salt and pepper. Add the lentils and the stock, then put the lid on and bring to a boil. Allow to stew for 15 - 20 minutes, or until the lentils are done.

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



3. Toast the almonds

Heat a clean frying pan over high heat and toast the **almond** flakes until they start to turn golden-brown. Remove from the pan and set aside. Transfer the flour to a plate. Pat the fish dry with kitchen paper and season with salt and pepper. Coat it in the flour and tap off any excess, then set aside until later use.



4. Make the purée

When the **carrot** and lentils are done, take the pan off the heat and process until smooth with an immersion blender. Add the **smoked paprika** and half of the butter, then season to taste with salt and pepper. Keep the purée warm over a low heat, covered.



5. Fry the hake

Melt the rest of the butter in the same pan you used for the **almonds** over medium-high heat. Fry the hake for 2 - 3 minutes per side, then remove from the pan and set aside under aluminium foil. Fry the **spinach** in the same frying pan, allowing it to wilt and reduce.

Did you know... 🌱 *the hake in this recipe is rich in iodine, which is important for the thyroid, metabolism and children's growth. If you don't eat very much bread or if you eat unsalted bread, then you risk iodine deficiency. Therefore, it's important to eat wild-caught fish, eggs, dairy and seaweed on a regular basis.*



6. Serve

Serve the lentil purée onto plates and top with the **spinach**. Serve with the hake and squeeze a **lemon** wedge over each portion. Garnish with the toasted **almond** flakes and serve with the rest of the **lemon** wedges.

Enjoy!



Eggplant Parmigiana

with basil, mozzarella & tomato

Family Veggie

Total time: 50 - 60 min.



Eggplant



Onion



Garlic



Fresh basil



Italian seasoning



Chopped tomatoes



Passata



Parmigiano Reggiano DOP



Mozzarella



White ciabatta



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

Did you know that Parmigiano Reggiano gets its name from the region where it is produced? Namely the Italian provinces of Parma and Reggio Emilia.

Before you begin

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

Utensils

Bowl, lidded deep frying pan, sieve or colander, grater, large frying pan, oven dish, kitchen paper, plate

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Mozzarella* (ball(s))	½	1	1½	2	2½	3
White ciabatta (unit(s))	1	2	3	4	5	6

From your pantry

Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	2	4	6	8	10	12
Olive oil (tbsp)	2½	5	7½	10	12½	15
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3874 / 926	562 / 134
Total fat (g)	52	7
of which saturated (g)	16,8	2,4
Carbohydrates (g)	78	11
of which sugars (g)	17,8	2,6
Fibre (g)	10	1
Protein (g)	33	5
Salt (g)	2,8	0,4

Allergens

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



1. Prepare the eggplant

Preheat the oven to 200°C. Slice the **eggplant** lengthways into slabs of no more than 0.5cm thickness. Generously season both sides with salt, then transfer to a sieve and allow to rest (see Tip). Meanwhile, chop the **onion** and crush or **mince** the **garlic**. Cut the **basil** into ribbons.

Tip: the salt draws the water out of the eggplant, which ensures a better texture and taste when frying it later.



4. Fry the eggplant

Heat a generous drizzle of olive oil in a large frying pan over high heat. Fry half of the **eggplant** for 4-6 minutes until golden-brown, turning halfway. Transfer the fried **eggplant** to a plate lined with kitchen paper. Heat a drizzle of olive oil in the same pan and repeat with the rest of the **eggplant**.



2. Make the sauce

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the garlic, onion and Italian herbs for 3 - 4 minutes, then deglaze with the balsamic vinegar. Add the diced tomatoes and the passata, then mix well and add half of the basil. Season to taste with salt and pepper, then cover with the lid and cook gently for 10 - 15 minutes over a low heat.



5. Assemble

Transfer a small amount of the **tomato** sauce to an oven dish and spread evenly, then top with a third of the fried **eggplant**. Top this with a third of the sauce and then finally with a third each of the **mozzarella** and **Parmigiano Reggiano**. Repeat so as to use up the rest, then finish with the chunks of **bread**. Bake in the oven for 9 minutes, then add the rest of the **bread** alongside and continue baking for 6 minutes.



3. Coat the eggplant

Finely grate the **Parmigiano Reggiano** and tear or cut the **mozzarella** into smaller pieces (see Tip). Cut half of the **bread** into rough chunks and transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer the flour to a large plate and season with salt and pepper. Pat the **eggplant** dry and scrape off the excess salt, then coat the **eggplant** with the flour.

Tip: this recipe is high in calories. Are you watching your calorie intake? Use just half of the mozzarella. You can keep the rest of it in the fridge to use the next day.



6. Serve

Serve the melanzane on plates and garnish with the rest of the **basil**. Serve the rest of the **bread** alongside.

Enjoy!

Teriyaki Steak Stir-Fry

over wholewheat noodles with quick-pickled cucumber

Calorie Smart

Total time: 30 - 40 min.



Steak strips



Bell pepper



Carrot



Garlic



Fresh ginger



Teriyaki sauce



Wholewheat noodles



East Asian-style sauce



Cucumber



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An advantage of ginger is that you can store it for a long time. You can easily freeze it, and, if stored in a sealed bag, you can keep unpeeled and uncut ginger for about 3 to 4 weeks in the refrigerator.

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

2x bowl, grater, lidded pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Teriyaki sauce (g)	15	30	50	60	80	90
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Cucumber* (unit(s))	½	1	¾	1	1¾	2

From your pantry

Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Extra virgin olive oil (totaste)						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2239 /535	476 /114
Total fat (g)	15,4	3,3
of which saturated (g)	2,2	0,5
Carbohydrates (g)	65,8	14
of which sugars (g)	25,3	5,4
Fibre (g)	7,8	1,7
Protein (g)	31,8	6,8
Salt (g)	2,1	0,4

Allergens

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1. Prepare

Crush or mince the **garlic** and finely grate the **ginger**. In a bowl, prepare the marinade by combining the **teriyaki sauce**, **garlic** and **ginger** with a fifth of the white wine vinegar, along with salt and pepper to taste. Transfer the **steak strips** to the bowl, mix well to combine and set aside to marinate.



4. Fry the steak strips

Heat another drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak strips** in their marinade for 1 minute until evenly browned, leaving them slightly rare if preferred (see Tip).

Tip: fry the steak strips for more or less time as preferred, depending on how rare you'd like them.



2. Prepare the cucumber

Thinly slice the cucumber. Transfer to a bowl along with the sugar and the rest of the white wine vinegar. Add a pinch of salt, then mix well and set aside.



5. Finish the stir-fry

In the meantime, boil the **noodles** for 3 - 4 minutes, then drain and transfer to the vegetables. Stir in the **East Asian-style sauce** and cook for 1 more minute, then drizzle with extra-virgin olive oil as preferred.

Did you know... 🌱 wholegrains contain more fibre than white grains, as well as 3 - 5 times more vitamins and minerals; such as calcium, magnesium and iron, along with vitamins B1, B2 and E.



3. Boil water

Boil plenty of water in a pot or saucepan for the **noodles**. Dice the **bell pepper** and finely dice the **carrot**. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the **carrot** and **bell pepper** for 6 - 8 minutes, seasoning with salt and pepper.



6. Serve

Serve the **noodles** and vegetables on plates and top with the **steak strips**. Serve the quick-pickled **cucumber** on the side.

Did you know... 🥩 steak is not only high in iron, it's also rich in potassium, which benefits blood pressure. Other good sources of potassium are bananas, potatoes, wholegrains, pulses, nuts, vegetables, salmon and milk.

Enjoy!



Stampopot with Chorizo & Meatballs

with sundried tomatoes & roasted carrots

Family

Total time: 30 - 40 min.



Onion



Carrot



Sweet potato



Potatoes



Sundried tomatoes



Diced chorizo



Beef-pork meatballs with Spanish-style seasoning



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

The meatballs in this recipe are seasoned with oregano, garlic and cayenne pepper. Perfect to accompany the flavourful chorizo.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	2	3	4	5	6
Sweet potato (g)	75	150	225	300	375	450
Potatoes (g)	200	400	600	800	1000	1200
Sundried tomatoes (g)	20	30	50	70	80	100
Diced chorizo* (g)	25	50	75	100	125	150
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (ml)	70	140	210	280	350	420
[Plant-based] milk (splash)				splash		
Salt & pepper				to taste		

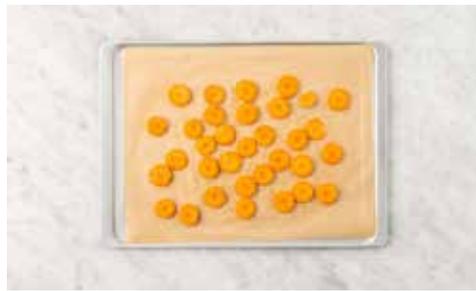
*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3477 /831	450 /108
Total fat (g)	46	6
of which saturated (g)	16	2,1
Carbohydrates (g)	67	9
of which sugars (g)	18,3	2,4
Fibre (g)	18	2
Protein (g)	33	4
Salt (g)	3,2	0,4

Allergens

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



1. Prepare

Preheat the oven to 220°C. Chop the **onion**. Wash or peel the **carrot** and slice it, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer the **carrot** to a parchment-lined baking sheet and roast for 15-18 minutes or until golden-brown. Toss halfway.



4. Fry the meatballs

Reheat the same frying pan over medium-high heat. Fry the **meatballs** with the **onion** for 2 - 3 minutes until evenly browned. Turn the heat to medium-low, cover with the lid and fry for 4 - 5 minutes or until the **meatballs** are done. Take the **meatballs** out of the pan and set aside. Pour in the water and crumble in the stock cube (see pantry for amounts). Mix well to combine and simmer gently until ready to serve.



2. Boil the potatoes

Peel all the potatoes and cut them into rough pieces. Transfer to a pot or saucepan and cover with water, then boil for 12 - 15 minutes. Reserve some of the cooking liquid, then drain and set aside.



5. Mash the potatoes

Mash the **potatoes** with the butter, mustard and a splash of milk (or the reserved cooking liquid). Season to taste with salt and pepper, then stir in the roasted **carrot** and sundried **tomatoes**.



3. Fry the chorizo

Cut the sundried **tomatoes** into strips and halve the **meatballs**. Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **chorizo** for 2 - 3 minutes until browned, then remove from the pan and set aside.



6. Serve

Serve the stampot on plates and top with the **chorizo** and **meatballs**. Serve with the jus.

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*



Cheesy Pumpkin Pasta Bake

with spinach, thyme & pumpkin seeds

Calorie Smart Veggie

Total time: 40 - 50 min.



Penne



Onion



Garlic



Ground paprika



Diced pumpkin



Dried thyme



Cream cheese



Spinach



Grated aged Gouda



Pumpkin seeds



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.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1	2	3	4	5	6
Diced pumpkin* (g)	150	300	450	600	750	900
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Cream cheese* (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Grated aged Gouda* (g)	35	75	110	150	185	225
Pumpkin seeds (g)	5	10	15	20	25	30

From your pantry

[Plant-based] milk	splash					
Low sodium vegetable stock (ml)	75	150	225	300	375	450
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)	2828 /676	526 /126
Total fat (g)	27	5
of which saturated (g)	13,1	2,4
Carbohydrates (g)	76	14
of which sugars (g)	10,9	2
Fibre (g)	9	2
Protein (g)	29	5
Salt (g)	1,3	0,2

Allergens

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



1. Prepare

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



4. Combine

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

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



2. Fry the vegetables

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



5. Toast the pumpkin seeds

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



3. Make the sauce

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



6. Serve

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

Enjoy!



Asian-Inspired Fusion Salad with Veggie No-Beef

with udon noodles, peanuts & chili pepper

Calorie Smart Veggie Nice & Fast

Total time: 20 - 30 min.



Garlic



Lime



East Asian-style sauce



Ginger paste



Soy sauce



Tomato



Onion



Fresh udon noodles



Salted peanuts



Red chili pepper



Cucumber



Vegetarian beef-style pieces



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

Did you know that peanuts are rich in vitamin E and magnesium? Vitamin E is good for your immune system and magnesium contributes to the formation of bones and muscles.

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, salad bowl, small bowl, 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
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Ginger paste* (g)	5	10	15	20	25	30
Soy sauce (ml)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	1	1	1½	1½
Fresh udon noodles (g)	100	200	300	400	500	600
Salted peanuts (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Cucumber* (unit(s))	½	1	1½	2	2½	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2234 /534	429 /103
Total fat (g)	18	3
of which saturated (g)	2,1	0,4
Carbohydrates (g)	62	12
of which sugars (g)	21,1	4,1
Fibre (g)	5	1
Protein (g)	28	5
Salt (g)	3,6	0,7

Allergens

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



1. Prepare

Crush or **mince** the **garlic** and quarter the **lime**. In a small bowl, combine the **East Asian-style sauce** with the **soy sauce**, **ginger** paste and **garlic** (see Tip). Add the sugar and the juice of a quarter **lime** per person, then mix well to combine. Transfer the **veggie beef** to another bowl and add two thirds of the marinade, then mix well and set aside.

Health tip 🍋 if you're watching your salt intake, omit the soy sauce and be sure to rinse the noodles before adding them in step 3. You can add soy sauce as preferred when serving.



2. Make the salad

Slice the **cucumber** into crescents and cut the **tomato** into wedges. Slice the **onion** into thin half rings, then transfer the vegetables to a salad bowl and toss well.



3. Fry the noodles

Heat the sunflower oil in a wok or deep frying pan over medium-high heat. Stir-fry the **veggie beef** for 2 - 3 minutes, then add the **udon noodles** and continue stir-frying for another 2 - 3 minutes. In the meantime, roughly chop the **peanuts** and cut the **red chili pepper*** into thin rings.

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



4. Serve

Transfer the **udon noodles** and **veggie beef** to the salad bowl. Toss well to combine, then serve on plates. Garnish with the **peanuts** and the **chili pepper**. Drizzle with the rest of the marinade as preferred and serve with any remaining **lime wedges**.

Enjoy!



Meatballs with Eggs Alla Norma

with feta, eggplant & tortillas

Family

Total time: 30 - 40 min.



Eggplant



Tomato



Middle Eastern
spice mix



Passata



Wholewheat
mini tortilla



Egg



Feta



Beef-pork meatballs
with Spanish-style
seasoning



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

Cooking eggs in any kind of liquid is called poaching. This is a lot easier in a sauce than in water, and it has the benefit of giving the eggs extra flavour.

Before you begin

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

Utensils

Parchment-lined baking sheet, brush, lidded deep frying pan, lidded frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1	2	2	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Wholewheat mini tortilla (unit(s))	2	4	6	8	10	12
Egg* (unit(s))	2	4	6	8	10	12
Feta* (g)	25	50	75	100	125	150
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
From your pantry						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3330 /796	550 /131
Total fat (g)	52	9
of which saturated (g)	16,7	2,8
Carbohydrates (g)	34	6
of which sugars (g)	11,1	1,8
Fibre (g)	11	2
Protein (g)	45	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

Preheat the oven to 200°C (see Tip). Prepare the stock. Finely dice the **eggplant** and the **tomato**.

Tip: you'll use the oven later to heat the tortillas, but you can also do this in a frying pan instead.

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



2. Make the sauce

Heat a light drizzle of olive oil in a deep frying pan over medium heat (see Tip). Fry the eggplant for 5 - 6 minutes until evenly browned, then add the tomato and the Middle Eastern spices and fry for 3 - 4 minutes. Add the stock and the passata and cook for 2 - 3 minutes, seasoning to taste with salt and pepper.

Tip: use a deep frying pan with a thick base, as this will heat more evenly and the eggs will poach more easily. If you are cooking for more than three people, use more pans as necessary.



3. Bake the tortillas

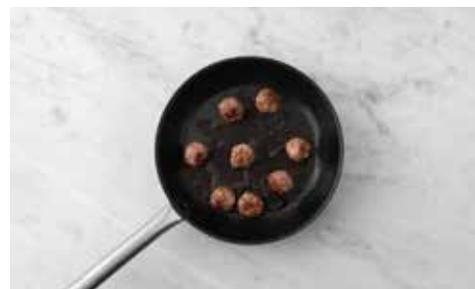
Halve the **tortillas** and transfer to a parchment-lined baking sheet. Brush with a light drizzle of olive oil and season with salt and pepper, then bake in the oven for 5 - 6 minutes.



4. Cook the eggs

Make small wells in the **vegetable mixture** for each **egg**. Crack the **eggs** into the wells so as to mostly submerge them with the sauce, then season the **eggs** with salt and pepper. Crumble over two thirds of the **feta**, then cover with the lid and allow to poach for 4 - 6 minutes (see Tip). Remove the lid, turn up the heat and poach for another 4 - 6 minutes so as to allow any excess liquid to evaporate.

Tip: the cooking time depends on your pan. Check the eggs and poach for more or less time as needed.



5. Fry the meatballs

Meanwhile, heat a drizzle of olive oil in a frying pan over high heat and fry the **meatballs** for 3-4 minutes until evenly browned. Reduce the heat and cover with the lid, then fry for 5 - 6 more minutes or until done.



6. Serve

Serve the **eggs** alla norma in bowls. Top with the **meatballs** and garnish with the rest of the **feta**. Serve the **tortillas** alongside.

Enjoy!



Veggie Schnitzel over Garlic-Ginger Rice

with quick-pickled slaw, East Asian-style sauce & gomashio

Nice & Fast Plant-based

Total time: 25 - 35 min.



Garlic



Scallions



Carrot



Chopped
sweetheart cabbage



Basmati rice



Gomashio



East Asian-style sauce



Vegan schnitzel



Ginger paste



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

Sweetheart cabbage is nutritious and rich in vitamin C, K and fibre. With its mild flavour, sweetheart cabbage is a versatile ingredient and ideal for a balanced diet!

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Scallions* (bunch)	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Basmati rice (g)	75	150	225	300	375	450
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
From your pantry						
Water (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3849 /920	570 /136
Total fat (g)	42	6
of which saturated (g)	5,4	0,8
Carbohydrates (g)	108	16
of which sugars (g)	29,7	4,4
Fibre (g)	16	2
Protein (g)	21	3
Salt (g)	3,6	0,5

Allergens

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



1. Prepare

Boil the water in a pot or saucepan, or use a kettle instead (see pantry for amount). Crush or mince the **garlic**. Chop the **scallions** into thin rings and keep the white part separate from the greens. Grate the **carrot**. In a bowl, combine the sugar and white wine vinegar with some salt and pepper. Add the **carrot** and the **sweetheart cabbage** (see Tip). Toss well to combine and then keep in the fridge until serving.

Tip: if necessary, chop the cabbage into smaller pieces before adding it to the carrot.



2. Boil the rice

Heat the olive oil in a pot or saucepan over medium-high heat. Fry the **garlic** with the **ginger** paste and the white part of the **scallion** for 1-2 minutes. Add the **rice** to the pan along with the boiling water, then crumble in the stock cube (see pantry for amount). Bring to a boil, then lower the heat and cook the **rice** for 10 minutes, covered. Remove from the heat when finished and set aside until ready to serve.



3. Fry the schnitzel

Heat the sunflower oil in a frying pan over medium-high heat and fry the **schnitzel** for 3 minutes per side. Take the **schnitzel** out of the pan and cut it into strips. In the meantime, combine the mayonnaise with the **East Asian-style sauce** and 1 tsp water per person.



4. Serve

Serve the **garlic-ginger rice** on plates. Top with the **schnitzel** strips and drizzle over the sauce. Garnish with the **gomashio** and the **scallion** greens. Serve the crunchy slaw alongside.

Enjoy!



Yazzara-Beef Naan Pizza

with spinach & tomato salad

Nice & Fast

Total time: 20 - 30 min.



Naan bread



Onion



Garlic



Beef mince with kofta seasoning



Spinach



Tomato



Yazzara



Cucumber



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

Yazzara is a refreshing vegetable dip made of pumpkin, carrot, cream and ginger. It will give your naan pizza more color and a nice kick!

Before you begin

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

Utensils

Salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Naan bread (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Spinach* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Yazzara* (g)	40	80	120	160	200	240
Cucumber* (unit(s))	½	1	1	1	2	2
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
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3113 /744	549 /131
Total fat (g)	37	6
of which saturated (g)	9,9	1,7
Carbohydrates (g)	66	12
of which sugars (g)	12,3	2,2
Fibre (g)	9	2
Protein (g)	33	6
Salt (g)	2,3	0,4

Allergens

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



1. Prepare

Preheat the oven to 200°C and bake the naan bread for 4 - 6 minutes (see Tip). Chop the onion and crush or mince the garlic.

Tip: you can also use a toaster if preferred.



2. Fry the mince

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the garlic and onion for 2 - 3 minutes. Add the beef mince and fry for 3 minutes, then add half of the spinach and fry for 2 minutes. Season to taste with salt and pepper.



3. Make the salad

Cut the tomatoes into wedges and dice the cucumber. Finely chop the rest of the spinach or leave it whole as preferred. In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil and season to taste with salt and pepper. Add the tomato, cucumber and spinach, then toss well to combine with the dressing.

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



4. Serve

Top the naan with the yazzara and then with the beef and the spinach. Serve the salad alongside.

Enjoy!



Glazed Kohlrabi over Creamy Miso Mash

with edamame rainbow slaw, peanuts & coriander

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Potatoes



Rainbow slaw mix



Edamame



Cream cheese



White miso paste



East Asian-style sauce



Sesame oil



Fresh coriander



Salted peanuts



Kohlrabi



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

Edamame, originally from Asia, are not only rich in vegetable proteins but also in essential nutrients such as iron and calcium. A nutritious and tasty base for a host of dishes!

Before you begin

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

Utensils

Lidded frying pan, pot or saucepan, potato masher, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Rainbow slaw mix* (g)	100	200	300	400	500	600
Edamame* (g)	25	50	75	100	125	150
Cream cheese* (g)	25	50	75	100	125	150
White miso paste (g)	10	20	25	40	45	60
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Sesame oil (ml)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Kohlrabi* (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
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)	2308 / 552	387 / 92
Total fat (g)	21,3	3,6
of which saturated (g)	8,4	1,4
Carbohydrates (g)	67,8	11,4
of which sugars (g)	16,2	2,7
Fibre (g)	15,8	2,7
Protein (g)	18,2	3
Salt (g)	2,5	0,4

Allergens

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



1. Prepare

Wash or peel the **potatoes** and cut them into rough pieces. Transfer to a pot or saucepan and submerge with water, then boil for 12 - 15 minutes until done. Reserve 25ml per person of the cooking liquid, then drain and set aside. Meanwhile, peel the **kohlrabi** and dice into 1cm cubes.



2. Fry the kohlrabi

Melt a knob of butter in a frying pan over medium-high heat and fry the **kohlrabi** for 4 - 6 minutes. Deglaze with a splash of water and cover with the lid, then allow to stew for 8 minutes, then remove the lid and fry for 2 more minutes. Add an extra splash of water as necessary if it seems too dry, then stir in the **East Asian-style sauce** and fry for another minute. Season to taste with salt and pepper.



3. Chop the coriander

Roughly chop the **coriander**. In a salad bowl, combine the white wine vinegar with the sugar. Add the **edamame, slaw mix, sesame oil** and half of the **coriander**. Toss well to combine and season to taste with salt and pepper, then set aside.

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



4. Serve

Mash the **potatoes** with the **cream cheese**, the **miso*** and the reserved cooking liquid. Taste and season with salt and pepper as needed. Serve the **miso** mash on one side of the plate and top with the **kohlrabi**. Serve the **edamame** slaw alongside, then garnish with the **peanuts** and the rest of the **coriander**.

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

Enjoy!



Italian-Style Chicken Cheeseburger

in tomato sauce with basil potato wedges

Family Nice & Fast

Total time: 20 - 30 min.



Caprese chicken burger



Passata



Garlic



Sicilian-style herb mix



Grated Gouda



Onion



Potatoes



Bell pepper



Fresh basil



Grated Pecorino DOP



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

The caprese chicken burger in this dish is inspired by the Neapolitan Insalata Caprese. Like the salad, this burger also contains pieces of (sun-dried) tomato and mozzarella. An Italian feast in burger form!

Before you begin

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

Utensils

Lidded frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Italian-style chicken burger* (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Garlic (unit(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	40	50	65	75
Onion (unit(s))	½	1	1	2	2	3
Potatoes (g)	250	500	750	1000	1250	1500
Bell pepper* (unit(s))	½	1	2	2	3	3
Fresh basil* (g)	5	10	15	20	25	30
Grated Pecorino DOP* (g)	10	20	30	40	50	60
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3177 / 759	467 / 112
Total fat (g)	34,8	5,1
of which saturated (g)	17,9	2,6
Carbohydrates (g)	71,1	10,4
of which sugars (g)	17,3	2,5
Fibre (g)	15	2,2
Protein (g)	36,6	5,4
Salt (g)	2,7	0,4

Allergens

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



1. Make the wedges

Boil plenty of water in a pot or saucepan. Thoroughly wash or peel the potatoes and then cut them into wedges. Boil the wedges for 8 - 10 minutes, covered. Reserve 40ml of cooking liquid per person, then drain and return to the pot.

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.



2. Chop the vegetables

Chop the onion and crush or mince the garlic. Cut the bell pepper into strips and cut the basil into ribbons. Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the burger for 5 - 7 minutes, then remove from the pan and set aside. In the same pan, fry the garlic with the onion and bell pepper for 1 - 2 minutes.



3. Make the sauce

Deglaze with the balsamic vinegar and then add the passata, the sugar and half of the Sicilian herbs. Cover with the lid and allow to simmer for 2 - 4 minutes over medium-low heat, then season to taste with salt and pepper. Transfer the burger to the sauce. Top the burger with both cheeses and then cover the pan again. Lower the heat and cook for 2 - 3 more minutes so as to allow the cheese to melt.



4. Serve

To the potatoes, add the butter, the basil and the rest of the Sicilian herbs. Mix well and fry for 1 - 2 minutes over medium-high heat. Season to taste with salt and pepper. Serve the potatoes on plates. Serve the burger in its sauce alongside.

Enjoy!



Crispy Panko Cauliflower

over rice with crunchy slaw & sweet chili sauce

Plant-based

Total time: 35 - 45 min.



Sesame oil



Soy sauce



Panko breadcrumbs



Cauliflower florets



Basmati rice



Slaw mix



Scallions



Sweet chili sauce



Garlic



Fresh ginger



Red chili pepper



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

Did you know that cauliflower really is a flower? If the leaves don't cover the cauliflower, then the florets turn yellow from the sun.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, 2x large bowl, microplane, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sesame oil (ml)	5	10	15	20	25	30
Soy sauce (ml)	10	20	30	40	50	60
Panko breadcrumbs (g)	25	50	75	100	125	150
Cauliflower florets* (g)	150	300	450	600	750	900
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

From your pantry

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
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3498 /836	543 /130
Total fat (g)	38	6
of which saturated (g)	5,3	0,8
Carbohydrates (g)	103	16
of which sugars (g)	22,6	3,5
Fibre (g)	12	2
Protein (g)	16	2
Salt (g)	3,1	0,5

Allergens

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

2024-W21



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

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.

Enjoy!



Brandt & Levie Sausage

with bacon potatoes & a crisp salad

Family Nice & Fast

Total time: 15 - 20 min.



Bacon lardons



Chopped onion



Diced potato



Pork sausage with marjoram & garlic



Arugula & lamb's lettuce



Slaw mix



Tomato



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

Did you know that fresh tomatoes are 95% water?

Before you begin

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

Utensils

Lidded deep frying pan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bacon lardons* (g)	25	50	75	100	125	150
Chopped onion* (g)	50	100	150	200	250	300
Diced potato* (g)	150	300	450	600	750	900
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Slaw mix* (g)	75	150	200	300	350	450
Tomato (unit(s))	1	2	3	4	5	6
From your pantry						
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3167 / 757	601 / 144
Total fat (g)	55	10
of which saturated (g)	21,1	4
Carbohydrates (g)	37	7
of which sugars (g)	8,9	1,7
Fibre (g)	8	2
Protein (g)	24	5
Salt (g)	1,9	0,4

Allergens

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



1. Fry the potatoes

Melt a small knob of butter in a frying pan over medium-high heat and fry the bacon lardons with the chopped onion for 2 - 3 minutes. Add the potatoes and fry for 10 - 12 minutes, tossing regularly and seasoning to taste with salt and pepper.

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.



2. Fry the sausage

In the meantime, melt a knob of butter in a deep frying pan over medium-high heat. Fry the sausage for 2 - 3 minutes until evenly browned, then cover with the lid and fry for 6 - 7 minutes or until done.



3. Make the salad

In a salad bowl, combine the extra virgin olive oil with the mayonnaise and the balsamic vinegar, then season to taste with salt and pepper. Dice the tomato, then add to the bowl along with the slaw mix and the lettuce. Toss well to combine with the dressing.



4. Serve

Serve the potatoes with the sausage and drizzle with any residual cooking juices. Serve with the salad, along with extra mayonnaise as preferred.

Enjoy!



Shrimp Fusilli in Creamy Curry Sauce

with goat's cheese, white courgette & lamb's lettuce

Nice & Fast

Total time: 15 - 20 min.



Shrimp



Wholewheat fusilli



Onion



White courgette



Lamb's lettuce



Curry powder



Sunflower seeds



Cooking cream



Fresh goat's cheese



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

Goat cheese is easier to digest than cheese made with cow milk due to the goat milk's lower levels of lactose. Goat milk also contains twice as many valuable minerals compared to cow's milk.

Before you begin

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

Utensils

Pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Wholewheat fusilli (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
White courgette* (unit(s))	½	1	2	2	3	3
Lamb's lettuce* (g)	20	40	60	80	100	120
Curry powder (sachet(s))	½	1	1½	2	2½	3
Sunflower seeds (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Fresh goat's cheese* (g)	25	50	75	100	125	150
From your pantry						
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)	3021 / 722	619 / 148
Total fat (g)	30	6
of which saturated (g)	13,9	2,8
Carbohydrates (g)	73	15
of which sugars (g)	13	2,7
Fibre (g)	10	2
Protein (g)	35	7
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan and cook the fusilli for 10 - 12 minutes, then drain and set aside. Meanwhile, chop the onion into half rings. Slice the courgette into crescents.

Did you know... 🥒 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



2. Fry the vegetables

Toast the sunflower seeds until lightly golden-brown, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the courgette and onion for 3 - 4 minutes, then add the shrimp and fry for another 3 minutes.



3. Finish

When the shrimp are done, stir in the cream and the curry powder. Season to taste with salt and pepper, then add the fusilli and mix well to combine.



4. Serve

Serve the lamb's lettuce on plates and top with the fusilli. Crumble over the goat's cheese and garnish with the sunflower seeds.

Enjoy!



Flemish-Style Sausage Rolls

with homemade apple sauce & crunchy slaw

Family

Total time: 45 - 55 min.



Onion



Fresh curly parsley



Panko breadcrumbs



Puff pastry



Apple



Carrot



Seasoned minced meat blend



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

Before baking, you can brush the top of the puff pastry with a layer of beaten egg. This will give the pastry an appetising, shiny crust!

Before you begin

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

Utensils

Parchment-lined baking sheet, grater, large bowl, salad bowl, small saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Panko breadcrumbs (g)	10	15	20	25	35	40
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	2	3	4	5	6
Seasoned minced meat blend* (g)	100	200	300	400	500	600

From your pantry

Extra virgin olive oil (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Honey (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3770 /901	626 /150
Total fat (g)	57	9
of which saturated (g)	19,4	3,2
Carbohydrates (g)	65	11
of which sugars (g)	30,7	5,1
Fibre (g)	11	2
Protein (g)	25	4
Salt (g)	2,3	0,4

Allergens

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



1. Prepare

Preheat the oven to 210°C. Cut the **pastry** sheet in half (see ingredients for amount). Chop the **onion** and finely chop the **parsley**. In a large bowl, combine the **mince** with the **onion**, **panko**, mustard and half of the **parsley**. Season with salt and pepper and knead well to combine. Shape the **mince** into logs and transfer to the **pastry** so as to have one per person.



4. Grate the carrots

Grate the **carrot**.



2. Make the sausage rolls

Fold the pastry around the mince, then brush the edge with water so as to better seal the rolls. Fold the pastry and seal the ends, then transfer to a parchment-lined baking sheet with the seam facing downwards. Score the surface of the pastry in a criss-cross pattern and season with salt and pepper. Bake in the oven for 25 - 30 minutes or until golden-brown (see Tip).

Tip: if the pastry isn't cooking evenly, turn the baking sheet halfway through cooking.



5. Make the slaw

In a salad bowl, combine the mayonnaise with the extra virgin olive oil and white wine vinegar. Season with salt and pepper, then add the grated **carrot** and the rest of the **parsley**. Toss well to combine with the dressing.



3. Make the applesauce

Peel the **apple**, then core and dice it. Transfer to a saucepan along with the honey and the water (see pantry for amounts). Bring to the boil and allow to cook gently over low heat for 12-14 minutes, covered. Remove from the heat and use a fork to mash the **apple**, then set aside until serving, covered.



6. Serve

Serve the **sausage** rolls with the slaw and the applesauce.

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

Enjoy!



Sticky Sweet Pork with Cucumber Salad

over fragrant coriander-lime rice with gomashio

Calorie Smart

Total time: 30 - 40 min.



Scallions



Garlic



Lime



Basmati rice



Cucumber



Fresh coriander & mint



Fresh ginger



Organic full-fat yogurt



Pork tenderloin tips



Soy sauce



Lamb's lettuce



Gomashio



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

Ginger is a root. So if you put it in some soil, it will grow just like a potato.

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, microplane, salad bowl, 2x small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Basmati rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	½	1	2	2	3	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Fresh ginger* (tsp)	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Pork tenderloin tips* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Lamb's lettuce* (g)	20	40	60	80	100	120
Gomashio (sachet(s))	½	1	1½	2	2½	3

From your pantry

Water (ml)	200	400	600	800	1000	1200
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] butter (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)	2678 / 640	375 / 90
Total fat (g)	23	3
of which saturated (g)	7,3	1
Carbohydrates (g)	73	10
of which sugars (g)	9,4	1,3
Fibre (g)	5	1
Protein (g)	33	5
Salt (g)	2,4	0,3

Allergens

2024-W21



1. Prepare

Finely chop the **scallions** and separate the white part from the greens. Crush or **mince** the **garlic** and juice the **lime** into a small bowl. Heat the sunflower oil in a deep frying pan over medium heat and fry the white part of the **scallions** with half of the **garlic** for 2 - 3 minutes. Set aside the **scallion** greens to use later as garnish. Grate the **ginger** with a microplane and set aside.



4. Fry the pork

Melt the butter in a wok or deep frying pan over medium-high heat. Fry the **pork tenderloin tips** with the **ginger** for 1 - 2 minutes until evenly browned. Stir in the **soy sauce**, the sugar and the water for the sauce (see pantry for amount). Mix well, then reduce the heat and allow to simmer for 3-4 minutes until thickened and reduced.



2. Boil the rice

Stir the rice into the aromatics and fry for 2 - 3 minutes, then pour in the water (see pantry for amount). Add a pinch of salt and 0.5 tsp lime zest per person, then cover and bring to a boil. Reduce the heat and cook the rice for 12 - 15 minutes or until done. Stir regularly and add extra water if necessary.



5. Finish

Finely chop the **coriander**. Stir the rest of the **lime** juice and half of the **coriander** into the **rice** and allow to rest until serving, covered. In a salad bowl, combine the **cucumber** with the **lamb's lettuce**, the **mint** and the **yogurt dressing**.



3. Make the yogurt sauce

Slice the **cucumber** into crescents. Discard the stems of the **mint** and finely chop the leaves. In a small bowl, combine the **yogurt** with the extra virgin olive oil, a third of the **lime** juice and the rest of the **garlic**. Mix well and season to taste with salt and pepper.

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.



6. Serve

Serve the **rice** on plates and top with the sticky **pork tenderloin tips**. Garnish with the **gomashio**, the rest of the **coriander** and the **scallion** greens. Serve the **cucumber** salad alongside.

Enjoy!



Mini Burgers in Creamy Sundried Tomato Sauce

with roasted vegetables & fresh herbs

Family

Total time: 45 - 55 min.



Mini beef-pork burger



Cooking cream



Bell pepper



Onion



Tomato tapenade



Potatoes



Garlic



Italian seasoning



Carrot



Fresh flat leaf parsley & basil



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

This burger is made from beef and pork. Because the pork is naturally a bit fatter, the burger stays nice and juicy on the inside!

Utensils

Parchment-lined baking sheet, large bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini beef-pork burger* (unit(s))	2	4	6	8	10	12
Cooking cream (g)	75	150	225	300	375	450
Bell pepper* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Tomato tapenade* (g)	20	40	60	80	100	120
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	⅓	¼	⅓	½	⅔	¾

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3912 /935	577 /138
Total fat (g)	62	9
of which saturated (g)	18	2,7
Carbohydrates (g)	63	9
of which sugars (g)	14,6	2,2
Fibre (g)	15	2
Protein (g)	28	4
Salt (g)	2,5	0,4

Allergens

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



1. Prepare

Preheat the oven to 200°C. Quarter the **carrot** lengthways, then cut into 5cm batons. Wash the **potatoes**, then cut them into 1cm chunks.

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.*



2. Roast the potatoes

Transfer the potatoes and carrots to a large bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet, leaving enough space to add the bell pepper later. Roast for 25 - 35 minutes or until golden-brown, tossing halfway.



3. Prepare the vegetables

In the meantime, chop the **onion** and crush or **mince** the **garlic**. Finely chop the fresh herbs and set aside. Cut the **bell pepper** into strips. Roast the **bell pepper** with the **carrots** and **potatoes** for the final 15 minutes of cooking time.



4. Fry the mini burgers

Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the mini **burgers** with the **onion**, **garlic** and **tomato tapenade** for 3-4 minutes.



5. Make the sauce

Flip the **burgers** and add the **Italian herbs**, then fry for 2 more minutes or until done. Deglaze with the balsamic vinegar and the **cream**, then add the water and crumble in the stock cube (see pantry for amounts). Allow the sauce to cook gently for 5-7 minutes over low heat (see Tip).

Tip: this recipe is high in calories. If you're watching your calorie intake, use just a third of the cream and then substitute the rest with milk or stock. You can use the rest of the cream in another recipe.



6. Serve

Serve the roasted vegetables with the **burgers** and creamy sauce. Garnish with the fresh herbs and serve the mayonnaise alongside.

Enjoy!



Bulgur with Roasted Carrots & Feta

with harissa, spinach & almonds

Calorie Smart Veggie

Total time: 35 - 45 min.



Carrot



Middle Eastern
spice mix



Bulgur



Garlic



Onion



Harissa



Baby spinach



Salted almonds



Feta



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

While almonds are often confused with nuts, they're actually seeds of the almond tree (*prunus dulcis*). This makes almonds part of the stone fruit family, just like peaches and apricots!

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	¾	2	2½	3	4½	5
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Harissa* (g)	15	30	45	60	75	90
Baby spinach* (g)	65	125	250	250	375	375
Salted almonds (g)	15	30	40	60	70	90
Feta* (g)	50	100	150	200	250	300
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	1	2	3	4	5	6

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2916 / 697	481 / 115
Total fat (g)	32	5
of which saturated (g)	10,9	1,8
Carbohydrates (g)	69	11
of which sugars (g)	12,9	2,1
Fibre (g)	21	3
Protein (g)	25	4
Salt (g)	2,7	0,4

Allergens

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



1. Prepare

Preheat the oven to 220°C. Halve the **carrot** lengthways and cut into batons of 0.5cm thickness. Transfer to a bowl along with the Middle Eastern-style **spices**. Drizzle with olive oil and then toss well to coat.



2. Roast the carrot

Transfer the carrot to a parchment-lined baking sheet and roast for 20 - 25 minutes. Toss halfway and drizzle with some more olive oil if necessary. The carrot is done when the tips are lightly browned and the inside is soft.



3. Cook the bulgur

Prepare the stock in a pot or saucepan (see Tip). Boil the **bulgur** for 10 minutes until done, stirring regularly.



4. Make the sauce

Chop the **onion** and crush or **mince** the **garlic**. Heat a light drizzle of olive oil in a frying pan over medium-high heat, then fry the **onion** and **garlic** for 2 - 3 minutes. Stir in the honey and **harissa**, then cook for 30 seconds or until fragrant. Transfer the sauce directly to the **bulgur** and mix well to combine.



5. Add the spinach

Gradually add the **spinach** to the **bulgur** and mix well to combine. Roughly chop the **salted almonds** and set aside.

Did you know... 🌱 this recipe is rich in fibre thanks to the vegetables and bulgur, as well as calcium thanks to the feta and almonds. Overall, the recipe provides almost half the RDA of both nutrients.



6. Serve

Serve the **bulgur** on plates and top with the roasted **carrots**. Crumble over the **feta** and garnish with the chopped **almonds**.

Enjoy!



Creamy Chickpea Wraps with Yogurt Sauce

with cucumber salad & gomashio

Calorie Smart Veggie

Total time: 35 - 45 min.



Garlic



Onion



Chickpeas



Korean-style spice mix



Tomato paste



Coconut milk



Cucumber



Arugula & lamb's lettuce



Wholewheat mini tortilla



Organic full-fat yogurt



Fresh mint



Gomashio



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

You'll finish this colourful dish with gomashio. This sesame-based Japanese seasoning provides the perfect finishing touch!

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

Sieve or colander, large bowl, small bowl, 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
Chickpeas (pack)	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	45	90	135	180	225	270
Cucumber* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	45	90	135	180	225	270
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh mint* (g)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	25	50	75	100	125	150
White wine 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)	2833 / 677	485 / 116
Total fat (g)	33	6
of which saturated (g)	14,6	2,5
Carbohydrates (g)	65	11
of which sugars (g)	16,8	2,9
Fibre (g)	22	4
Protein (g)	22	4

2024-W21



1. Prepare

Chop the **onion** and crush or **mince** the **garlic**. Drain and rinse the **chickpeas**. Pull the **mint** leaves off the stems and then chop them into thin ribbons.

Did you know... 🌱 *not only are chickpeas high in fibre, protein and complex carbohydrates, they're also full of vitamins and minerals. They're particularly rich in vitamin E, which helps keep your immune system strong. Chickpeas contain 4 to 5 times more vitamin E than other beans and pulses.*



4. Finish the chickpeas

Add the **coconut milk** and the water, then crumble in the stock cube (see pantry for amounts). Allow the sauce to thicken and reduce for 4 - 6 minutes over medium heat, stirring occasionally. Squash the **chickpeas** gently with the back of a spoon if preferred. Season to taste with salt and pepper.



2. Make the yogurt sauce

In a small bowl, combine the yogurt with half of the chopped mint and some extra virgin olive oil. Season to taste with salt and pepper.



5. Make the salad

Slice the **cucumber** into thin crescents. In a large bowl, combine the white wine vinegar with the honey and extra virgin olive oil. Season to taste with salt and pepper, then add the **lettuce** and **cucumber**. Toss well to combine with the dressing. Meanwhile, heat the mini **tortillas** in the oven for 2-3 minutes (see Tip).

Tip: if you would prefer softer tortillas, wrap them in foil and heat for the same amount of time.



3. Fry the chickpeas

Preheat the oven to 200°C (see Tip). Melt the butter in a frying pan over medium heat and fry the **onion** with the **garlic** for 3 - 5 minutes. Add the Korean-style **spices**, **tomato paste** and **chickpeas** and fry for 1 - 2 minutes, or until fragrant.

Tip: you will heat the tortillas in the oven later on, however you can alternatively use a frying pan if preferred.



6. Serve

Fill the **tortillas** with some of the **cucumber** salad and the **chickpeas**. Top with the **yogurt** sauce and serve the rest of the **cucumber** salad alongside.. Garnish with the **gomashio** and the rest of the **mint**.

Enjoy!



Bacon-Wrapped Burger with Creamy Mash

with carrots, onion sauce & chives

Nice & Fast

Total time: 25 - 35 min.



Potatoes



Cream cheese



Seasoned hamburger



Bacon



Onion



Carrot



Onion chutney



Italian seasoning



Dried thyme



Fresh chives



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

You'll season the mashed potatoes with mustard and Italian herbs. The cream cheese will make them extra luxurious and extra flavourful.

Before you begin

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

Utensils

Lidded deep frying pan, pot or saucepan, potato masher, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cream cheese* (g)	25	50	75	100	125	150
Seasoned hamburger* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	160	160	240	240
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	¼	½	¾	1	1½	2
Fresh chives* (g)	2½	5	7½	10	12½	15
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3694 /883	494 /118
Total fat (g)	45	6
of which saturated (g)	20,7	2,8
Carbohydrates (g)	83	11
of which sugars (g)	32	4,3
Fibre (g)	16	2
Protein (g)	32	4
Salt (g)	3,1	0,4

Allergens

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



1. Boil the potatoes

Peel or thoroughly wash the **potatoes** and cut them into rough pieces. Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount). Boil the **potatoes** for 12 - 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside.



2. Prepare the vegetables

Finely chop the **onion** and slice the **carrot** into thin rounds. Heat a drizzle of olive oil in a deep frying pan over medium-high heat, then add the **onion**, the **carrot** and the water (see pantry for amount). Cover with the lid and allow to stew for 8 - 10 minutes. Deglaze with the white wine vinegar, then add the honey and the **thyme** and fry for another minute. Season to taste with salt and pepper.



3. Fry the burgers

Meanwhile, wrap the **burger** with the **bacon**. Melt a knob of butter in a second frying pan and fry the **burgers** for 2 - 3 minutes per side. Add the **onion chutney** and 1 tbsp of water per person and fry for one more minute. Turn off the heat. Mash the **potatoes** with a knob of butter and the cooking liquid as preferred. Stir in the mustard, **cream cheese** and **Italian herbs**, then season to taste with salt and pepper.



4. Serve

Finely chop the **chives**. Serve the mashed **potatoes** with the vegetables and the **burger**. Serve with the sauce and garnish with the **chives** to finish.

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!



White Asparagus with Bacon & Poached Eggs

with potatoes & parsley butter sauce

Family Calorie Smart

Total time: 35 - 45 min.



Potatoes



White asparagus



Egg



Fresh curly parsley



Bacon



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

Parsley contains a wide variety of nutrients, including magnesium, calcium, potassium, and vitamins A, K, and C!

Before you begin

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

Utensils

Large pot or saucepan, large pot or asparagus pan, lidded pot or saucepan, kitchen paper, peeler, plate, slotted spoon, frying pan, whisk

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))	2	4	6	8	10	12
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Bacon* (slice(s))	2	4	6	8	10	12
From your pantry						
[Plant-based] butter (g)	25	50	75	100	125	150
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2761/660	428/102
Total fat (g)	40	6
of which saturated (g)	19,1	3
Carbohydrates (g)	47	7
of which sugars (g)	3,5	0,5
Fibre (g)	11	2
Protein (g)	26	4
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Boil plenty of water for the **asparagus** in a large pot or use an **asparagus** pan. At the same time, boil plenty of water in a pot or saucepan for the **potatoes**. Wash or peel the **potatoes**, then cut them in half or any larger ones into quarters. Boil the **potatoes** for 15 - 20 minutes, covered, then drain and set aside.



2. Boil the asparagus

Cut off 2cm from the base of the asparagus and discard, then peel the asparagus but leave the tips intact. Boil the asparagus for 12 - 15 minutes, then drain and set aside.



3. Prepare the eggs

Boil plenty of water in a large pot or saucepan and add the white wine vinegar. Break each **egg** into a small glass. Use a whisk to create a whirlpool in the water and carefully drop the **eggs** into the centre of the whirlpool, going one at a time, then turn the heat low.



4. Chop the parsley

Poach the **eggs** for 2 - 3 minutes until the whites are set (see Tip). Use a slotted spoon to carefully transfer the **eggs** to a plate lined with kitchen paper. Meanwhile, finely chop the **parsley**.

Tip: the yolk will still be runny, but if you'd prefer it to be more firm you can keep poaching for another minute.



5. Fry the bacon

Cut the **bacon** into strips. Heat a clean frying pan over medium-high heat and fry the **bacon** for 3-4 minutes until done, then remove from the pan and set aside. In the same pan, melt the butter and then add the **parsley** and the white balsamic vinegar. Season to taste with salt and pepper, then mix well and remove from the heat.



6. Serve

Serve the **asparagus** and **potatoes** on plates. Top with the poached **eggs** and the **bacon**. Drizzle with the butter sauce to finish.

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.



Veggie Cheeseburger on Ciabatta

with caramelised onion, red Leicester & potatoes

Veggie Nice & Fast

Total time: 20 - 30 min.



Butter lettuce



Grated Red Leicester



White ciabatta



Carrot



Onion



Potatoes



Lemon



Veggie burger from The Vegetarian Butcher



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

While it looks rustic, ciabatta is more modern than you might think. It was first developed in 1982 by Arnaldo Cavallari. Its name means slipper in Italian as it's shaped just like a slipper!

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, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Butter lettuce* (head)	½	1	2	2	3	3
Grated Red Leicester* (g)	15	25	40	50	65	75
White ciabatta (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Veggie burger from The Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey	½	1	1½	2	2½	3
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3656 /874	650 /155
Total fat (g)	47	8,4
of which saturated (g)	12,4	2,2
Carbohydrates (g)	79,8	14,2
of which sugars (g)	13,5	2,4
Fibre (g)	13,2	2,4
Protein (g)	28,5	5,1
Salt (g)	2,8	0,5

Allergens

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



1. Prepare

Preheat the oven to 180°C and bake the **ciabatta** for 8 - 10 minutes. Meanwhile, wash or peel the **potatoes** and dice into 2cm cubes, then transfer to a pot or saucepan. Submerge with water and boil for 12 - 15 minutes, covered, then drain and set aside.

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.



2. Make the dressing

Slice the **onion** into half rings and then grate the **carrot**. Set aside two **lettuce** leaves per person to use later, then roughly shred the rest of the **lettuce** and transfer to a salad bowl. Cut the **lemon** into six wedges. In a bowl, combine the extra virgin olive oil with two thirds of the mayonnaise and the juice of one **lemon** wedge per person. Season to taste with salt and pepper.



3. Fry the burger

Melt a knob of butter in a frying pan over medium-high heat. Fry the **onion** for 2 - 3 minutes, then add the honey and season to taste with salt and pepper. Move the **onion** to one side of the pan so as to make space, then fry the **veggie burger** for 2 - 3 minutes per side or until evenly browned.



4. Serve

Cut open the **ciabatta** and spread with the rest of the mayonnaise, then top with the reserved **lettuce** leaves and the **burger**. Add the caramelised **onion** and half of the **cheese**. Toss the **lettuce** with the dressing, **carrot**, **potatoes** and the rest of the **cheese**, then serve alongside the **burger**.

Enjoy!



Salmon Fillet with Stir-Fried Green Beans

with sambal potato salad & sesame seeds

Family

Total time: 30 - 40 min.



Potatoes



Garlic



Ground coriander



Onion



Soy sauce



Sesame seeds



Salmon fillet



Green beans



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

This potato salad has an Asian-inspired twist. That's because you prepare it with a dressing of coriander, sesame seeds, mayonnaise and sambal.

Before you begin

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

Utensils

Bowl, pot or saucepan, lidded pot or saucepan, kitchen paper, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Salmon fillet* (unit(s))	1	2	3	4	5	6
Green beans* (g)	150	300	500	600	800	900

From your pantry

White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3130 / 748	565 / 135
Total fat (g)	47	8
of which saturated (g)	7	1,3
Carbohydrates (g)	47	8
of which sugars (g)	5,5	1
Fibre (g)	14	2
Protein (g)	29	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. Boil the potatoes

Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and then cut into rough pieces. Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



2. Parboil the green beans

In the meantime, discard the tips of the green beans and then cut into thirds. Transfer the green beans to a pot or saucepan and submerge with water. Cover with the lid, then bring to a boil and allow to simmer gently for 4 - 5 minutes (see Tip). Drain and rinse under cold water to stop it from cooking any further.

Tip: boil the green beans for another 3 minutes if preferred.



3. Make the dressing

In the meantime, chop the **onion** and crush or **mince** the **garlic**, then transfer both to a bowl (see Tip). Add the **ground coriander**, sambal, white wine vinegar and **soy sauce**. Mix well to combine and season to taste with salt and pepper.

Tip: if you don't like raw onion, fry it with the green beans in step 4 rather than adding it here.



4. Stir-fry the green beans

In the meantime, heat half of the olive oil in a wok or deep frying pan over medium-high heat. Stir-fry the **green beans** with half of the dressing for 3 - 5 minutes, or until the **green beans** are al dente. Add half of the **sesame seeds** and mix well to combine.



5. Fry the salmon

In the meantime, pat the **salmon** dry with kitchen paper. Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **salmon** for 2-3 minutes on its skin, then flip and fry for 2 more minutes on the other side. Season to taste with salt and pepper.



6. Serve

Combine the rest of the dressing with the mayonnaise and then stir this into the **potatoes**. Season to taste with salt and pepper. Serve the **potato salad** and **green beans** with the **salmon**. Garnish with the rest of the **sesame seeds**.

Did you know... 🌱 many of us don't get enough vitamin D, which helps strengthen the immune system and aids with calcium absorption. Good sources of vitamin D include such fish as salmon, mackerel, herring and sardines.



Pork Escalope with Creamy Mushroom Conchiglie

with rosemary & arugula

Family

Total time: 35 - 45 min.



Pork escalope



Onion



Garlic



Fresh rosemary



Mushrooms



Conchiglie



Cooking cream



Arugula



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

The pork escalope is a cut from the buttock of the pig. The meat is quite lean and deliciously tender. Great for a balanced meal!

Before you begin

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

Utensils

Aluminum foil, large frying pan, oven dish, lidded pot or saucepan, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork escalope* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Arugula* (g)	20	40	60	80	100	120
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	⅓	⅓	⅓	½	⅔	¾
Mustard (tsp)	½	1	1½	2	2½	3
Honey (tsp)	¾	1½	2¼	3	3¾	4½
Flour (tbsp)	½	1	1½	2	2½	3
[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)	3192 /763	632 /151
Total fat (g)	28	6
of which saturated (g)	16,7	3,3
Carbohydrates (g)	83	16
of which sugars (g)	10,1	2
Fibre (g)	8	2
Protein (g)	41	8
Salt (g)	1	0,2

Allergens

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



1. Prepare

Take the **pork escalope** out of the fridge and allow it to reach room temperature. Preheat the oven to 160°C and boil plenty of water in a pot or saucepan for the **conchiglie**. Chop the **onion** and crush or mince the **garlic**. Clean the **mushrooms** with kitchen paper and then thinly slice them. Discard the **rosemary** stalk and finely chop the leaves.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.



4. Fry the mushrooms

In the meantime, clean the frying pan with kitchen paper and then melt a knob of butter over medium-high heat. Fry the **onion** for 2 minutes, then set the heat to high and stir in the **mushrooms**. Fry for 4 - 5 minutes, then deglaze with the balsamic vinegar and continue cooking until the liquid has evaporated.



2. Boil the conchiglie

Boil the conchiglie for 14 - 16 minutes, then reserve 75ml pasta water per person before draining and setting aside.



5. Combine

Stir in the flour and crumble in the stock cube (see pantry for amounts). Mix well and then add the **cream**, pasta water and the reserved sauce from the oven dish. Season to taste with salt and pepper, then mix well and allow to reduce gently for 3-4 minutes until the sauce has thickened. Stir in the **conchiglie** to the pan and cook for 1 more minute.



3. Fry the pork

Season the **pork escalope** with salt and pepper. Melt a knob of butter in a large frying pan over medium-high heat. Sear the **pork escalope** for 3-4 minutes until evenly browned, then remove from the heat and stir in the honey, mustard, **rosemary** and **garlic**. Transfer the **pork escalope** to an oven dish and pour over the sauce. Roast in the oven for 6 - 8 minutes, then set aside under aluminium foil (see Tip). Reserve the sauce to use later.

Tip: the pork may be slightly rare inside, but it's still safe to eat.



6. Serve

Slice the **pork escalope**. Transfer the **arugula** to plates and top with the **conchiglie** and the **pork**. Season to taste with salt and pepper.

Enjoy!