



# Tuna Potato Salad with Greek-style Cheese

with capers, green beans and fresh dill

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Baby potatoes



Green beans



Tomato



Fresh dill & chives



Onion



Capers



Greek-style cheese



Tuna packed in water



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

This Skipjack tuna by Fish Tales is caught with a fishing rod and line, which results in minimum bycatch. This means it has received the MSC hallmark for sustainable fishing.

## 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, salad bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Green beans* (g)	75	150	270	300	420	450
Tomato (unit(s))	1	2	3	4	5	6
Fresh dill & chives* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
Capers* (g)	10	20	30	40	50	60
Greek-style cheese* (g)	25	50	75	100	125	150
Tuna packed in water (can)	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
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)	2565 /613	473 /113
Total fat (g)	35	6
of which saturated (g)	8,1	1,5
Carbohydrates (g)	48	9
of which sugars (g)	7,4	1,4
Fibre (g)	12	2
Protein (g)	24	5
Salt (g)	2,7	0,5

## 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 **baby potatoes** and **green beans**. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Discard the tips of the **green beans** and then cut into thirds.

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



### 2. Boil the vegetables

Boil the **baby potatoes** for 10 minutes, then add the **green beans** and cook for 5 more minutes. Drain when finished and set aside. In the meantime, drain the **tuna**. Chop the **onion** and cut the **tomato** into wedges. Finely chop the **dill** and the **chives**.



### 3. Make the salad

In a salad bowl, mix half of the fresh herbs with the **onion**, **capers**, **tuna**, extra virgin olive oil and white wine vinegar. Season to taste with salt and pepper, then add the **baby potatoes**, **green beans**, **tomato**, mayonnaise and **tuna**. Mix well to combine.



### 4. Serve

Serve the **tuna potato** salad on plates. Crumble over the **Greek-style cheese** and garnish with the rest of the fresh herbs.

Enjoy!



# Cottage Pie with Pork & Aged Cheese

with courgette, bell pepper & sweetcorn

Family

Total time: 35 - 45 min.



Potatoes



Farmer's mincemeat



Corn



Passata



Grated aged Gouda



Belgian spice mix



Courgette



Sicilian-style herb mix



Bell pepper



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

You'll season the mince dish with Sicilian herbs. This mix includes tomato, onion, pepper, basil and oregano.

## 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, oven dish, lidded pot or saucepan, potato masher

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Farmer's mincemeat* (g)	100	200	300	400	500	600
Corn (g)	50	100	140	200	240	300
Passata (g)	100	200	300	390	500	590
Grated aged Gouda* (g)	25	50	75	100	125	150
Belgian spice mix (tsp)	1½	3	4½	6	7½	9
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3

### From your pantry

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)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3330 / 796	426 / 102
Total fat (g)	42	5
of which saturated (g)	21,1	2,7
Carbohydrates (g)	65	8
of which sugars (g)	15,2	1,9
Fibre (g)	18	2
Protein (g)	37	5
Salt (g)	4	0,5

## Allergens

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



### 1. Prepare

Preheat the oven to 220°C and boil plenty of water in a pot or saucepan. Peel the **potatoes** and cut into rough pieces, then boil for 12 - 15 minutes until done, covered. 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.



### 4. Mash the potatoes

Mash the **potatoes** with a knob of butter and a splash of milk. Add the Sicilian herbs and the mustard and mix well, seasoning to taste with salt and pepper.



### 2. Fry the mince

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **mince** with the **Belgian spices** for 3 - 4 minutes, separating it as you do so. Remove from the pan and set aside. Slice the **courgette** into crescents and dice the **bell pepper**, then transfer both to the pan and fry for 6-8 minutes.



### 5. Assemble

Add the **mince** back to the frying pan and mix well. Transfer the filling to an oven dish and top with the mashed **potatoes** and the **grated cheese**. Bake in the oven for 10 - 12 minutes or until the **cheese** is golden-brown.



### 3. Allow to simmer

Add the **corn**, **passata** and balsamic vinegar, then crumble in the stock cube (see Tip). Mix well and allow to simmer for 2 - 4 minutes, then season to taste with salt and pepper.

**Health Tip:** 🍌 if you're watching your salt intake, omit the stock cube or use a low sodium variety.



### 6. Serve

Serve the cottage pie on plates.

Enjoy!



# Teriyaki Veggie No-Beef Salad

with orange, beansprouts & peanuts

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Butter lettuce



Vegetarian beef-style pieces



Onion



Garlic



Beansprouts



Jasmine rice



Teriyaki sauce



Lime



Salted peanuts



Easy peel orange



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

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



## 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 pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Butter lettuce* (head)	½	1	1½	2	2½	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Beansprouts* (g)	25	50	100	100	150	150
Jasmine rice (g)	75	150	225	300	375	450
Teriyaki sauce (g)	25	50	75	100	125	150
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Salted peanuts (g)	10	20	30	40	50	60
Easy peel orange* (unit(s))	½	1	2	2	3	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	⅓	¼	⅓	½	⅔	¾
Water (ml)	250	500	750	1000	1250	1500
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2770 /662	405 /97
Total fat (g)	20	3
of which saturated (g)	2,4	0,4
Carbohydrates (g)	88	13
of which sugars (g)	17,7	2,6
Fibre (g)	8	1
Protein (g)	29	4
Salt (g)	2,9	0,4

## Allergens

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



### 1. Boil the rice

Chop the **onion** and crush or mince the **garlic**. Heat a light drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the **onion** with half of the **garlic** for 2 - 3 minutes. Add the **rice**, then pour in the water and crumble in the stock cube (see pantry for amounts). Bring to the boil, then cover with the lid and allow to cook for 12 - 15 minutes. Drain if necessary and set aside.



### 2. Make the salad

Roughly chop the **butter lettuce** and cut the **lime** into wedges. Peel the **orange** and then cut it into small pieces. In a bowl, combine the juice of 1 **lime** wedge per person with some extra virgin olive oil as preferred, then season to taste with salt and pepper. Add the **lettuce** and toss well to combine with the dressing.



### 3. Fry the veggie beef

Heat a drizzle of sunflower oil in a frying pan and fry the **veggie beef** with the rest of the **garlic** for 2 - 3 minutes. Add the **teriyaki sauce** and the **beansprouts** and fry for 1 more minute. Roughly chop the **peanuts** in the meantime.

**Did you know...** 🌱 peanuts are a great source of vitamins and minerals, in particular vitamin E and magnesium. Vitamin E supports the immune system, while magnesium keeps bones and muscles healthy. Just one handful of peanuts provides a fifth of the RDA of both these nutrients.



### 4. Serve

Serve the **butter lettuce** on one side of a deep plate, then serve the **rice** on the other side. Top with the **veggie beef** in its sauce. Top the salad with the **orange**. Garnish with the **peanuts**.

Enjoy!



# Cod in Ponzu Butter Sauce

over sweet chili mash with am choi & courgette

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Cod fillet



Ponzu



Sweet chili sauce



Korean-style spice mix



Courgette



Am choi



Potatoes



Carrot



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

The cod in your box was caught with a fishing rod in the chilly waters around Iceland. This way of fishing causes minimum bycatch, resulting in it being awarded the MSC hallmark for sustainable fishing.

## 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, kitchen paper, potato masher, 2x frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Ponzu (g)	12	24	36	48	60	72
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Am choi* (g)	100	200	200	400	400	600
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2163 / 517	360 / 86
Total fat (g)	22	4
of which saturated (g)	9,2	1,5
Carbohydrates (g)	46	8
of which sugars (g)	8,6	1,4
Fibre (g)	10	2
Protein (g)	27	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

Boil plenty of water in a pot or saucepan. Peel or thoroughly wash the **carrot** and **potatoes** and cut into rough pieces. Boil the vegetables for 12 – 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside. Mash the vegetables with a knob of butter and a splash of the reserved cooking liquid. Stir in the mustard and **sweet chili sauce**, then season to taste with salt and pepper.



### 2. Fry the vegetables

In the meantime, slice the **courgette** into thin crescents. Discard the base of the **am choi** and finely chop both the leaves and the stems. Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **courgette** with the **am choi** for 4 - 6 minutes. Add the Korean-style **spices** and turn up the heat, then fry for 2 more minutes. Season to taste with salt and pepper.



### 3. Fry the cod

Pat the **cod** dry with kitchen paper. In another frying pan, melt a knob of butter over medium-high heat. Fry the **cod** for 2 - 3 minutes on one side, then flip and fry for a further 2 minutes on the other side. Season to taste with salt and pepper.



### 4. Serve

Serve the mash on plates. Top with the **cod** and the vegetables. Add the **ponzu** to the same pan you used for the **cod** and mix well to combine with the residual butter. Drizzle the **ponzu** butter sauce over the **cod** to finish.

**Did you know...** 🌱 the cod in this recipe is rich in iodine, which is important for the thyroid, metabolism and children's growth.

Enjoy!





# Creamy Pumpkin Soup with Meatballs

with coconut milk & yellow curry spices

Calorie Smart

Total time: 35 - 45 min.



Onion



Garlic



Potatoes



Carrot



Beef-pork meatballs with Thai seasoning



Diced pumpkin



Coconut milk



Yellow curry spices



Tomato



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

If you have leftover coconut milk, you can pour the excess into an ice cube tray and freeze it for easy portioning the next time you cook.

## 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, slotted spoon, lidded soup pot or large pot, immersion blender

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	50	100	150	200	250	300
Carrot* (unit(s))	½	1	1	1	2	2
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Diced pumpkin* (g)	150	300	450	600	750	900
Coconut milk (ml)	75	150	225	300	375	450
Yellow curry spices (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6

### From your pantry

Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
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)	2322 /555	303 /72
Total fat (g)	38	5
of which saturated (g)	19,7	2,6
Carbohydrates (g)	27	3
of which sugars (g)	12	1,6
Fibre (g)	11	1
Protein (g)	23	3
Salt (g)	2,1	0,3

## Allergens

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



### 1. Prepare

Prepare the stock. Slice the **onion** into half rings and crush or mince the **garlic**. Peel the **potatoes** and cut them into small pieces. Dice the **carrot** and **tomato**.



### 2. Fry the vegetables

Heat a drizzle of olive oil in a large pot over medium-high heat and fry the **onion** and **garlic** for 2-3 minutes. Add the **pumpkin**, **potatoes** and **carrot**, then season to taste with salt and pepper. Mix well and fry for 3 - 4 minutes.



### 3. Boil the vegetables

Add the stock, **tomato** and **yellow curry spices**, along with two thirds of the **coconut milk**. Cover with the lid and bring to the boil, then reduce the heat and cook gently for 20 - 25 minutes.



### 4. Prepare the meatballs

Boil plenty of salted water in a pot or saucepan and boil the **meatballs** for 10 minutes. Remove from the pot with a slotted spoon and set aside, being sure to reserve the cooking liquid.



### 5. Blend the soup

Take the soup off the heat. Add 50ml per person of the reserved cooking liquid, then use an immersion blender to process into a smooth soup. Add an extra splash of cooking liquid if the soup is too thick for your liking.



### 6. Serve

Serve the soup in bowls or deep plates and top with the **meatballs**. Drizzle with the rest of the **coconut milk**.

**Did you know...** 🍅 *onion is a good source of vitamin C, which aids with iron absorption.*

Enjoy!



# Ham & Egg Udon

with mixed vegetables & sesame oil

Family Nice & Fast

Total time: 15 - 20 min.



Fresh udon noodles



Garlic



Ham



Fish sauce



Vegetable mix:  
pepper, leek,  
cabbage and carrot



Egg



Sesame oil



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

The artisanal ham in this recipe has received the sustainable pork label (Duurzaam Varkensvlees) - which stands for local, responsible and, above all, high-quality pork.

## 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 wok or deep frying pan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Ham* (slice(s))	4	8	12	16	20	24
Fish sauce (ml)	10	20	30	40	50	60
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Egg* (unit(s))	1	2	3	4	5	6
Sesame oil (ml)	5	10	15	20	25	30
From your pantry						
Low sodium chicken stock cube (unit(s))		¼		½	¾	¾
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)	2782 / 665	505 / 121
Total fat (g)	26	5
of which saturated (g)	4,8	0,9
Carbohydrates (g)	76	14
of which sugars (g)	12,2	2,2
Fibre (g)	8	1
Protein (g)	29	5
Salt (g)	5,4	1

## Allergens

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



### 1. Fry the vegetable mix

Crush or mince the **garlic**. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Add the **garlic** and crumble in the stock cube (see pantry for amount). Fry for 1 minute, then add the **vegetable mix** and fry for 4 - 6 more minutes. Meanwhile, finely chop three quarters of the **ham** stir it into the vegetables. Leave the rest of the **ham** whole and set aside until step 2.



### 2. Fry the egg

Heat a drizzle of sunflower oil in a frying pan and fry the rest of the **ham** for 1 minute, then remove from the pan and set aside. Fry the **egg** in the same pan.



### 3. Stir-fry

Add the **noodles** to the vegetables along with the **fish sauce**\* and stir-fry for 2 - 3 minutes over high heat. Add the **sesame oil** and mix well to combine, seasoning to taste with salt and pepper.

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



### 4. Serve

Serve the **noodles** on plates and top with the fried **egg** and **ham**.

**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. Fatty fish is another good source of vitamin D.

Enjoy!



# Naan Pizza with Veggie Mince & Pesto

with tomato, bell pepper & lamb's lettuce

Calorie Smart Veggie Nice & Fast

Total time: 15 - 20 min.



Onion



Cream cheese



Green pesto



Lamb's lettuce



Tomato



Bell pepper



Veggie mince



Garlic



Naan bread with herbs



Italian seasoning



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

Salad bowl, small bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Cream cheese* (g)	25	50	75	100	125	150
Green pesto* (g)	20	40	60	80	100	120
Lamb's lettuce* (g)	20	40	60	80	100	120
Tomato (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Veggie mince* (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Naan bread with herbs (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2900 /693	639 /153
Total fat (g)	32	7
of which saturated (g)	9,3	2,1
Carbohydrates (g)	64	14
of which sugars (g)	11,6	2,6
Fibre (g)	14	3
Protein (g)	30	7
Salt (g)	2,1	0,5

## Allergens

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



### 1. Prepare

Preheat the oven to 200°C. Chop the **onion** and cut the **bell pepper** into strips. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **bell pepper** for 3 - 4 minutes. Crush or mince the **garlic** and add half to the **bell pepper**, along with the **onion**, **veggie mince** and **Italian herbs**. Mix well and fry for 4 - 5 minutes, seasoning to taste with salt and pepper.



### 2. Make the tomato salad

Bake the naan for 4 - 6 minutes. In a salad bowl, combine extra virgin olive oil as preferred and the balsamic vinegar with the rest of the **garlic**. Season to taste with salt and pepper. Dice the **tomato** and add it to the bowl, then mix well.



### 3. Finish the naan pizza

Turn up the heat under the frying pan and add a knob of butter, then deglaze with 1 tbsp water per person. Fry for 1 minute or until the liquid has evaporated. In a small bowl, combine the **cream cheese** with the **pesto**, then spread this over the naan. Top with the **veggie mince** and **vegetable mixture**.



### 4. Serve

Serve the pizzas on plates. Add the **lamb's lettuce** to the **tomato** and toss well to combine. Top the pizza with some of the salad and serve the rest alongside.

**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!



# Burger with Smoky Ketchup & Romano Pepper

with patatas bravas-style potatoes & tomato salad

Nice & Fast

Total time: 15 - 20 min.



Diced potato



Smoked paprika



Seasoned hamburger



Romano pepper



Smoky tomato ketchup



Hamburger bun with sesame seeds



Arugula & lamb's lettuce



Tomato



Onion



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

There's something special in your box this week: Smokey ketchup from The Ketchup Project! A delicious product with a great story and a special smokey 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

Deep frying pan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced potato* (g)	150	300	450	600	750	900
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Seasoned hamburger* (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3732 / 892	613 / 147
Total fat (g)	50	8
of which saturated (g)	11,5	1,9
Carbohydrates (g)	75	12
of which sugars (g)	16,9	2,8
Fibre (g)	12	2
Protein (g)	32	5
Salt (g)	2,7	0,4

## Allergens

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



### 1. Fry the potatoes

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **diced potatoes** with the **smoked paprika** for 10 - 12 minutes until done. Season to taste with salt and pepper.



### 2. Fry the burger

Cut the **Romano pepper** into strips and slice the **onion** into thin rings. Heat another drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **Romano pepper** and **onion** with the **burger** for 2 - 3 minutes per side, or until the **burger** is done (see Tip).

**Tip:** use two pans if you're cooking for more than two people.



### 3. Make the salad

Cut the **tomato** into wedges. Serve the **lettuce** on plates and top with the **tomato**. Drizzle with the white wine vinegar and some extra virgin olive oil as preferred. Season to taste with salt and pepper.



### 4. Serve

Cut open the **burger bun** and spread with the smoky **tomato** ketchup. Add the **burger**, **Romano pepper** and **onion**, as well as some **lettuce** if preferred. Serve the **potatoes** and mayonnaise alongside.

Enjoy!



# Hot Smoked Salmon Sandwich

on wholewheat ciabatta with dill & cucumber-tomato salad

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Onion



Cucumber



Wholegrain ciabatta



Fresh dill



Hot smoked salmon flakes



Arugula & lamb's lettuce



Tomato



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

The salmon is hot smoked according to traditional methods, and also holds the ASC quality assurance - taste and sustainability guaranteed.

## 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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	2	2	3	3
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Fresh dill* (g)	5	10	15	20	25	30
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Tomato (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
[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)	2741 /655	530 /127
Total fat (g)	40	8
of which saturated (g)	5,7	1,1
Carbohydrates (g)	39	8
of which sugars (g)	7,3	1,4
Fibre (g)	10	2
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. Chop the **onion** and dice the **tomato**. Set aside four slices of **cucumber** per person to use later, then dice the rest. Bake the **ciabatta** in the oven for 8 - 10 minutes.



### 2. Make the vinaigrette

In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and the mustard. Season to taste with salt and pepper, then add half of the **onion** and mix well. To the salad bowl, add the diced **cucumber**, **tomato** and **lettuce**, then toss well to combine with the vinaigrette.



### 3. Make the salmon salad

Finely chop the **dill**. In a bowl, combine the **salmon flakes** with the mayonnaise and the **dill**, along with the rest of the **onion**. Season to taste with salt and pepper.



### 4. Serve

Cut open the **ciabatta** and top with the **salmon** and reserved **cucumber** slices. Serve the sandwich with the salad alongside.

**Did you know...** 🌱 this recipe is high in fibre and unsaturated fat, thanks to the vegetables and the salmon respectively. Both of these are beneficial for cholesterol and overall cardiovascular health.

Enjoy!





# Garlic Shrimp with Roasted Vegetables

with Greek-style cheese & baby potatoes

Calorie Smart

Total time: 45 - 55 min.



Baby potatoes



Bell pepper



Tomato



Garlic



Red chili pepper



Dried oregano



Greek-style cheese



Shrimp



Onion



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

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

## Before you begin

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

## Utensils

Parchment-lined baking sheet, oven dish, bowl, small bowl, wok

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	2	4	6	8	10	12
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	⅓	⅓	⅓	½	⅔	¾
Dried oregano (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Greek-style cheese* (g)	50	100	150	200	250	300
Shrimp* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1	2	2	3

### From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2895 /692	421 /101
Total fat (g)	37	5
of which saturated (g)	15,4	2,2
Carbohydrates (g)	59	9
of which sugars (g)	12,3	1,8
Fibre (g)	13	2
Protein (g)	28	4
Salt (g)	2,4	0,3

## Allergens

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



## 1. Prepare

Preheat the oven to 220°C. Wash the **baby potatoes** and cut them in half, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 30 - 40 minutes or until golden-brown, tossing halfway.



## 4. Assemble

Transfer the **bell pepper** and **tomato** to an oven dish. Crumble over the **Greek-style cheese** and pour over the **chili oil**. Season with salt and pepper, then mix well to combine. Bake in the oven for 20-30 minutes, allowing the **cheese** to melt.



## 2. Chop the vegetables

Slice the **bell pepper** into thin rings and dice the **tomato**. Crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**.\* Slice the **onion** into half rings.

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

**Did you know...** 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene!



## 5. Fry the shrimp

Shortly before serving, melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the **shrimp** with the **onion** and the rest of the **garlic** for 3 - 4 minutes, seasoning with salt and pepper.



## 3. Make the chili oil

In a small bowl, combine the **chili pepper** with the **oregano**, a generous drizzle of olive oil and half of the **garlic**.



## 6. Serve

Serve the **shrimp** with the **roasted bell pepper** and **baby potatoes** alongside.

Enjoy!



# Fillet of Hake with Mediterranean-Style Bulgur

with creamy roasted pepper sauce

Calorie Smart

Total time: 35 - 45 min.



Skin-on hake fillet



Bulgur



Roasted bell pepper sauce



Onion



Bell pepper



Organic full-fat yogurt



Tomato



Red cherry tomatoes



Middle Eastern spice mix



Chopped walnuts



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

Hake fillet is a tasty fish that is naturally low in fat. This makes it very suitable for this balanced meal.

## Utensils

Kettle, lidded pot or saucepan, kitchen paper, salad bowl, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Roasted bell pepper sauce* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Tomato (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	62½	125	187½	250	312½	375
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped walnuts (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Sambal (tsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2883 / 689	573 / 137
Total fat (g)	30	6
of which saturated (g)	5	1
Carbohydrates (g)	63	12
of which sugars (g)	12,8	2,5
Fibre (g)	17	3
Protein (g)	34	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. Prepare

Boil plenty of water in the kettle for the **bulgur**. Chop the **onion** and cut the **bell pepper** into strips. Halve the **cherry tomatoes** and dice the regular **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.



### 4. Fry the bell pepper

Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the **bell pepper** for 5-7 minutes. Season with salt and pepper, then transfer to the **tomato salsa**. Add the **Middle Eastern spices** and mix well to combine.



### 2. Make the salsa

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and half of the **roasted bell pepper sauce**. Season to taste with salt and pepper, then add all the **tomatoes** and mix well to combine.



### 5. Fry the fish

In a small bowl, combine the sambal with the honey. Pat the **fish** dry with kitchen paper and season with salt and pepper. Heat another light drizzle of olive oil in the same pan over medium-high heat and fry the **fish** for 2 - 3 minutes on its skin. Spread the sambal honey over the fish, then flip and fry for 1 - 2 minutes on the other side.



### 3. Cook the bulgur

Heat a light drizzle of olive oil in a pot or saucepan over low heat and fry the **onion** for 2 minutes. Add the **bulgur** and toast the grains for 1 minute over medium heat, then add the boiling water, ensuring it is well submerged. Crumble in the stock cube (see pantry for amount). Bring to the boil and cover with the lid, then allow to cook for 10 minutes until done. Drain and set aside.



### 6. Serve

Combine the **yogurt** with the rest of the **roasted bell pepper sauce** and then season to taste with salt and pepper. Transfer the **bulgur** to the salad bowl and mix well to combine with the salsa. Season to taste with salt and pepper, then drizzle with extra virgin olive oil as preferred. Serve the **bulgur** on plates. Top with the fish and the **yogurt sauce**. Garnish with the **walnuts**.

Enjoy!



# Tex Mex Hake Bowl with Avocado Dip

over rice with zesty corn salsa & BBQ rub

Family Nice & Fast

Total time: 25 - 35 min.



White long grain rice



Garlic



Skin-on hake fillet



BBQ spice rub



Corn



Tomato



Onion



Fresh flat leaf parsley



Avocado dip



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

In this recipe, you'll use a BBQ spice rub. The paprika and roasted onion in this spice mix adds a complex, smoky 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

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Corn (g)	70	140	215	285	355	425
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Avocado dip* (g)	40	80	120	160	200	240
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Boiled water (ml)	180	360	540	720	900	1080
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2904 /694	459 /110
Total fat (g)	28	5
of which saturated (g)	10,9	1,7
Carbohydrates (g)	78	12
of which sugars (g)	8,6	1,4
Fibre (g)	8	1
Protein (g)	30	5
Salt (g)	1,8	0,3

## Allergens

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



### 1. Boil the rice

Crush or mince the **garlic**. Melt a knob of butter in a pot or saucepan over medium-high heat and fry the **garlic** for 1 - 2 minutes. Add the **rice** and the water, then crumble in the stock cube (see pantry for amounts). Bring to the boil, then reduce the heat and cover with the lid. Cook the **rice** for 10 minutes, then remove from the heat and allow to stand for 10 minutes, still covered.



### 2. Fry the hake

Pat the **hake** dry with kitchen paper and season with the **BBQ spice rub\*** as well as salt and pepper. Melt a knob of butter in a frying pan over medium-high heat and fry the hake for 2 - 3 minutes per side. Drain the **corn** in the meantime.

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



### 3. Make the salsa

Chop the **onion** and dice the **tomato**. Finely chop the **parsley**. In a bowl, combine the extra virgin olive oil with the white wine vinegar, then season to taste with salt and pepper. Add the **onion, tomato, corn** and **parsley** and mix well to combine.



### 4. Serve

Serve the **rice** in bowls and top with the hake, salsa and **avocado dip**.

**Did you know...** 🌱 tinned vegetables such as corn also contribute to your vegetable intake. Corn is a good source of magnesium, which plays an important role in muscle and bone health.

Enjoy!



# Pork Escalope with Balsamic Strawberry Jus

with green beans & rosemary potatoes

Family

Total time: 45 - 55 min.



Pork escalope



Potatoes



Fresh rosemary



Green beans



Onion



Strawberry sauce



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

Did you know that rosemary originates from the countries around the Mediterranean Sea? As the plant naturally grows close to the coast, its name in Latin means 'sea dew'.

## 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, lidded pot or saucepan, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork escalope* (unit(s))	1	2	3	4	5	6
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Onion (unit(s))	½	1	1½	2	2½	3
Strawberry sauce (ml)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1	2	3	4	5	6
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)	3351 /801	495 /118
Total fat (g)	39	6
of which saturated (g)	13	1,9
Carbohydrates (g)	74	11
of which sugars (g)	12,9	1,9
Fibre (g)	16	2
Protein (g)	34	5
Salt (g)	0,8	0,1

## 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 to reach room temperature. Preheat the oven to 200°C. Thoroughly wash the **potatoes** and then dice them into 1cm chunks. Pull the **rosemary** leaves off the stems and finely chop. Transfer the **potatoes** to a parchment-lined baking sheet along with two thirds of the **rosemary**. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast the **potatoes** for 30 - 35 minutes.



### 2. Boil the green beans

In the meantime, discard the tips of the **green beans** and chop the **onion**. Pour a shallow layer of water into a pot or saucepan, then add a pinch of salt and the **green beans**. Cover with the lid and bring to a boil, then cook the **green beans** for 6-8 minutes. Drain and set aside.

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



### 3. Fry the pork escalope

Meanwhile, season the **pork escalope** with salt and pepper. Heat a generous drizzle of olive oil in a frying pan over medium-high heat and fry the **pork** for 5 - 7 minutes until evenly browned. Remove from the pan and set aside under aluminium foil until serving. Keep the pan to use in the next step.



### 4. Make the sauce

In the same frying pan, fry half of the **onion** with the rest of the **rosemary** for 3 - 5 minutes over medium heat. Add the **strawberry sauce**, balsamic vinegar and 2 tbsp water per person. Mix well and allow to reduce gently for 2 minutes, then turn off the heat. Shortly before serving, stir the butter into the sauce and season to taste with salt and pepper.



### 5. Fry the green beans

In the meantime, heat a drizzle of olive oil in another frying pan over medium-high heat and fry the rest of the **onion** for 1 minute. Add the **green beans** and fry for 2 minutes over high heat. Season to taste with salt and pepper.



### 6. Serve

Slice the **pork** and serve with the **potatoes** and **green beans** alongside. Top the **pork** with the balsamic **strawberry** jus.

Enjoy!



# Steak & Mashed Potatoes

with creamy spinach sauce

Nice & Fast

Total time: 20 - 30 min.



Marinated steak



Roseval potatoes



Spinach



Onion



Fresh rosemary



Garlic



Cooking cream



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

For a nice tender steak, take the meat out of the fridge half an hour before you start cooking and pat it dry with kitchen paper.

## 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, lidded pot or saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Roseval potatoes (g)	250	500	750	1000	1250	1500
Spinach (g)	100	200	300	400	500	600
Onion (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] milk	splash					
Salt & pepper	to taste					
*store in the fridge						

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3197 / 764	440 / 105
Total fat (g)	40	6
of which saturated (g)	21,6	3
Carbohydrates (g)	62	9
of which sugars (g)	11,6	1,6
Fibre (g)	13	2
Protein (g)	36	5
Salt (g)	1	0,1

## Allergens

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



### 1. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature. Peel or thoroughly wash the **potatoes** and then cut them into rough chunks. Transfer to a pot or saucepan and submerge with water. Add a pinch of salt and then boil the **potatoes** for 12 - 15 minutes, covered. Reserve some of the cooking liquid, then drain and transfer the **potatoes** back to the pot. Set aside until step 4.



### 2. Fry the steak

Meanwhile, slice the **onion** into half rings and prepare the stock. Melt a knob of butter in a large frying pan over medium-high heat. When the pan is nice and hot, fry the **steak** with half of the **onions** for 1 - 3 minutes per side. Reduce the heat to medium-low, then remove the **steak** from the pan and allow to rest under aluminium foil.



### 3. Make the sauce

Deglaze the **onions** with the white wine vinegar and cook for 1 minute, then add the stock and half of the **cream**. Mix well and allow to simmer for 2-3 minutes, seasoning to taste with salt and pepper. Meanwhile, crush or mince the **garlic**. Discard the **rosemary** stalks and finely chop the leaves.



### 4. Prepare the spinach

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **garlic**, **onion** and **rosemary** for 1 minute. Add the **spinach** and the rest of the **cream**, mix well and fry for 1 - 2 minutes or until the **spinach** has wilted and reduced. Season to taste with salt and pepper, then reduce the heat to low and cover with the lid. Allow to simmer gently until serving.



### 5. Mash the potatoes

Mash the **potatoes** with a knob of butter and a splash of milk or the reserved cooking liquid as preferred. Stir in the mustard and season to taste with salt and pepper.



### 6. Serve

Serve the mashed **potatoes** on plates. Slice the **steak** against the grain and serve on top of the **potatoes**. Top with the creamy sauce and serve with the **spinach** alongside.

**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.*

Enjoy!





# Steak Strips in Black Bean Sauce

over rice with bell pepper & quick-pickled cucumber

Nice & Fast

Total time: 25 - 35 min.



Steak strips



Jasmine rice



Onion



Garlic



Fresh ginger



Black bean paste



Soy sauce



Cucumber



Bell pepper



Gomashio



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

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

## Before you begin

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

## Utensils

Bowl, grater, lidded pot or saucepan, kitchen paper, small bowl, 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
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	1	2	3	4	5	6
Black bean paste (g)	15	25	40	50	65	75
Soy sauce (ml)	10	20	30	40	50	60
Cucumber* (unit(s))	⅓	⅔	1	1½	1¾	2
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (ml)	30	60	90	120	150	180
Sugar (tsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	100	200	300	400	500	600
Sambal	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2674 /639	457 /109
Total fat (g)	17	3
of which saturated (g)	2,5	0,4
Carbohydrates (g)	86	15
of which sugars (g)	16,6	2,8
Fibre (g)	8	1
Protein (g)	34	6
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

Pat the **steak strips** dry with kitchen paper (see Tip). In a bowl, combine the ketjap and flour with a drizzle of sunflower oil and some pepper. Add the **steak strips** and mix well to combine, then set aside. Boil plenty of water in a pot or saucepan and cook the **rice** for 10 - 12 minutes, covered, then drain and set aside. Slice the **cucumber** and transfer to a bowl, along with the sugar and white wine vinegar (see pantry for amounts). Season with salt and pepper as needed, then toss well to combine. Set aside until serving, stirring occasionally.

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



### 3. Stir-fry

Heat a drizzle of sunflower oil in the same pan and fry the **garlic** with the **ginger**, **onion** for 1 - 2 minutes. Add the black bean sauce and **bell pepper** and fry for 4 - 5 minutes over medium-high heat. Deglaze with the **soy sauce**, a splash of white wine vinegar and the stock, then add sambal as preferred. Bring to the boil and allow to reduce for 2 - 3 minutes over medium-high heat, then add the **steak strips** and fry for 1 more minute.



### 2. Fry the steak strips

Chop the **onion** and crush or mince the **garlic**. Cut the **bell pepper** into strips and finely grate the **ginger**. Heat a clean wok or deep frying pan over high heat. When the pan is nice and hot, fry the **steak strips** for 1-2 minutes, then remove from the pan and set aside. Prepare the stock.



### 4. Serve

Serve the **rice** on plates and top with the **steak strips** and vegetables. Garnish with the **gomashio** and serve the **cucumber** alongside.

*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.*

Enjoy!



# Homemade 'Boomstammetjes'

with potato wedges, mangetout & carrots

Family

Total time: 45 - 55 min.



Potatoes



Egg



Farmer's mincemeat



Panko breadcrumbs



Grated aged Gouda



Dried rosemary



Carrot



Mangetout



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

You'll make the boomstammetjes extra crunchy with panko - a type of breadcrumb from Japan that has an extra-large grain.

## 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, deep plate, large bowl, oven dish, pot or saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	½	1	1½	2	2½	3
Farmer's mincemeat* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Grated aged Gouda* (g)	15	25	40	50	65	75
Dried rosemary (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	50	100	150	200	250	300
From your pantry						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3879 / 927	570 / 136
Total fat (g)	49	7
of which saturated (g)	14,9	2,2
Carbohydrates (g)	82	12
of which sugars (g)	11,2	1,6
Fibre (g)	16	2
Protein (g)	36	5
Salt (g)	2,2	0,3

## Allergens

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



### 1. Make the wedges

Preheat the oven to 180°C. Thoroughly wash the **potatoes** and cut them into long thin wedges (see Tip). Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potato** wedges for 20 minutes, covered, then remove the lid and fry for another 10 - 15 minutes. Season to taste with salt and pepper.

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



### 4. Boil the vegetables

Thinly slice the **carrot**. Boil plenty of water in a pot or saucepan and cook the **carrot** for 4 minutes, then add the **mangetout** and continue boiling for another 4 minutes (see Tip). Drain the vegetables and rinse under cold water.

**Tip:** *the tips of mangetout can sometimes be tough, so be sure to remove and discard these.*

**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*



### 2. Make the 'boomstammetjes'

Transfer the **mince, cheese, egg** and three-quarters of the **panko** to a large bowl. Season with salt and pepper, then knead well to combine. Roll two 'boomstammetjes' per person (see photo for the shape).



### 5. Fry the vegetables

Heat a drizzle of olive oil in the same frying pan over medium-high heat. Fry the vegetables for 1 minute, then deglaze with the white balsamic vinegar and season to taste with salt and pepper.



### 3. Bake the 'boomstammetjes'

Transfer the rest of the **panko** to a deep plate, along with the **rosemary**. Mix well to combine, then coat the boomstammetjes in this mixture. Melt a small knob of butter in a frying pan over medium-high heat and fry the boomstammetjes for 2 - 3 minutes until evenly browned, then transfer to an oven dish. Set the frying pan aside to use again in step 5. Bake the boomstammetjes in the oven for 12 - 16 minutes (see Tip).

**Tip:** *thicker boomstammetjes will take longer to cook. Check them carefully and bake for more time if necessary. If preferred, you can cut one of them open before serving to check.*



### 6. Serve

Serve the boomstammetjes with the potato wedges and vegetables. Serve the mayonnaise alongside.

**Enjoy!**



# Creamy Bacon & Mushroom Linguine

with pecorino & parsley

Family

Total time: 30 - 40 min.



Garlic



Onion



Mushrooms



Linguine



Bacon lardons



Fresh curly parsley



Cooking cream



Grated Pecorino DOP



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

If you prefer your pasta al dente, use plenty of water and make sure it's fully boiling. This will stop the temperature from dropping too much when you add the pasta, which makes it easier to time the cooking more precisely.



## 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, lidded pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	150	300	450	600	750	900
Linguine (g)	90	180	270	360	450	540
Bacon lardons* (g)	25	50	75	100	125	150
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Cooking cream (g)	50	100	150	200	250	300
Grated Pecorino DOP* (g)	20	40	60	80	100	120
From your pantry						
[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)	3008 / 719	736 / 176
Total fat (g)	35	8
of which saturated (g)	17,4	4,3
Carbohydrates (g)	72	18
of which sugars (g)	8,2	2
Fibre (g)	7	2
Protein (g)	26	6
Salt (g)	1,7	0,4

## 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 **linguine**. Chop the **onion** and crush or mince the **garlic**. Quarter the **mushrooms**. Boil the **linguine** for 8 - 10 minutes, covered, then reserve some of the pasta water before draining and setting aside.

**Did you know...** 🍄 mushrooms are a great source of vitamin B2, which helps keep you energised.



### 2. Fry the bacon lardons

Heat a large deep frying pan over medium-high heat and fry the **bacon lardons** for 4 - 6 minutes until done, then remove from the pan and set aside. Finely chop the **parsley** in the meantime.



### 3. Fry the mushrooms

Heat a drizzle of olive oil in the same pan over medium-high heat and fry the **mushrooms** for 3-4 minutes. Stir in the **onion** and **garlic** and fry for 1 - 2 more minutes, seasoning to taste with salt and pepper.



### 4. Make the sauce

Add the **linguine**, **bacon lardons** and **cream** to the **mushrooms**. Turn up the heat and add 2 tbsp pasta water per person. Mix well and cook for 3 - 4 minutes or until the sauce has thickened and reduced.



### 5. Finish

Take the pan off the heat. Add a knob of butter and half each of the **parsley** and **pecorino**. Season to taste with salt and pepper, then mix well to combine.



### 6. Serve

Serve the **linguine** on plates. Garnish with the rest of the **parsley** and the **pecorino**.

Enjoy!



# Fish Burger with Ravigote Sauce

on ciabatta with fries & salad

Family

Total time: 45 - 55 min.



White ciabatta



Multigrain fish burger



Ravigote sauce



Butter lettuce



Cucumber



Tomato



Potatoes



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

Ravigote comes from the French verb ravigoter - to rouse, or invigorate. It is precisely this property that makes this refreshing sauce so suitable for pairing with fish.

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
White ciabatta (unit(s))	1	2	3	4	5	6
Multigrain fish burger* (unit(s))	1	2	3	4	5	6
Ravigote sauce* (g)	20	40	60	80	100	120
Butter lettuce* (head)	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Tomato (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (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)	3364 / 804	503 / 120
Total fat (g)	29	4
of which saturated (g)	3,8	0,6
Carbohydrates (g)	102	15
of which sugars (g)	6,1	0,9
Fibre (g)	10	1
Protein (g)	30	5
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 fries

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness. Transfer to a bowl and drizzle with olive oil. Season the fries with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway. Bake the **ciabatta** alongside during the final 6 - 8 minutes of cooking time.



### 2. Fry the fish burger

Melt a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **fish burger** for 3 - 4 minutes per side until evenly golden-brown. Meanwhile, dice the **cucumber** and cut the **tomato** into wedges. Set aside several whole leaves of **butter lettuce** to use on the **burger**, then roughly shred the rest.



### 3. Make the salad

In a salad bowl, combine the mustard with the white wine vinegar and extra virgin olive oil. Season to taste with salt and pepper. Add the **cucumber**, **tomato** and shredded **lettuce**, then toss well to combine with the dressing.



### 4. Serve

Cut open the **ciabatta** and fill with the reserved **lettuce** leaves, the **fish burger** and the **ravigote sauce**. Serve the fries with the fish burger and salad alongside.

Enjoy!



# Pork Tenderloin with Mafaldine

in beurre blanc sauce with roasted oyster mushrooms

Premium Nice & Fast

Total time: 25 - 35 min.



Mafaldine



Pork tenderloin



Garlic



Oyster mushrooms



Beurre blanc



Parmigiano Reggiano DOP



Sicilian-style herb mix



Fresh flat leaf parsley



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

Pork tenderloin is the most tender piece of pork. You can even enjoy it cooked medium!



## 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, deep frying pan, grater, pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Oyster mushrooms* (g)	200	400	600	800	1000	1200
Beurre blanc* (g)	50	100	150	200	250	300
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Sicilian-style herb mix (sachet(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3360 /803	671 /160
Total fat (g)	32	6
of which saturated (g)	12,3	2,5
Carbohydrates (g)	74	15
of which sugars (g)	4,4	0,9
Fibre (g)	13	3
Protein (g)	49	10
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

Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan for the mafaldine. Tear the oyster **mushrooms** into rough pieces and transfer to a bowl. Add the Sicilian **spices** and a generous drizzle of olive oil. Season with salt and pepper, then toss well to coat. Transfer the **oyster mushrooms** to a parchment-lined baking sheet and roast in the oven for 10 - 13 minutes, or until golden-brown.



### 4. Make the sauce

Reheat the same pan over medium-high heat and fry the **garlic** for 1 minute. Add the beurre blanc and half each of the **Parmigiano Reggiano** and **parsley**, along with 30ml pasta water per person. Mix well and add more pasta water as needed if the sauce is too thick.



### 2. Fry the pork tenderloin

Meanwhile, melt a knob of butter in a deep frying pan over medium-high heat. Fry the **pork tenderloin** for 8 - 10 minutes until evenly browned, seasoning to taste with salt and pepper. Remove from the pan and set aside under aluminium foil until serving.



### 5. Finish

Transfer the **mafaldine** and two thirds of the **oyster mushrooms** to the sauce and mix well to combine. Season to taste with salt and pepper.

**Did you know...** 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.



### 3. Boil the mafaldine

Meanwhile, boil the **mafaldine** for 7 - 9 minutes, then reserve some of the pasta water before draining and setting aside. Crush or mince the **garlic** and finely chop the **parsley**. Finely grate the **Parmigiano Reggiano**.



### 6. Serve

Cut the pork tenderloin into slices. Serve the mafaldine on deep plates and top with the rest of the oyster mushrooms and the sliced pork. Garnish with the rest of the **Parmigiano Reggiano** and **parsley**.

Enjoy!





# Fillet of Cod over Creamy Fennel Risotto

with haricots verts, Parmigiano Reggiano & spinach

Premium Family

Total time: 45 - 55 min.



Garlic



Onion



Fennel



Risotto rice



Spinach



Parmigiano Reggiano DOP



Cod fillet



Mascarpone



Fresh lemon thyme



Haricots verts



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

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Spinach* (g)	50	100	200	200	300	300
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¼	2
Cod fillet* (unit(s))	1	2	3	4	5	6
Mascarpone* (g)	25	50	75	100	125	150
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Haricots verts* (g)	40	75	115	150	190	225
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
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)	3217 / 769	387 / 92
Total fat (g)	35	4
of which saturated (g)	22,1	2,7
Carbohydrates (g)	74	9
of which sugars (g)	10,6	1,3
Fibre (g)	13	2
Protein (g)	36	4
Salt (g)	1,6	0,2

## Allergens

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



### 1. Prepare

Prepare the stock. Chop the **onion** and crush or mince the **garlic**. Quarter the **fennel** and discard the core, then chop the **fennel** into very thin strips. Set aside the **fennel** fronds to use later as garnish. Tear the **lemon thyme** leaves off the stems.



### 4. Fry the fish

Grate the **Parmigiano Reggiano** in the meantime. Pat the **cod** dry with kitchen paper and season with salt and pepper. Shortly before serving, melt a knob of butter in a frying pan over medium-high heat and fry the **cod** for 1 - 2 minutes per side.



### 2. Prepare the risotto

Melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the **garlic**, **onion** and **lemon thyme** for 1 - 2 minutes, then stir in half of the **fennel** and fry for 5 - 7 more minutes. Stir in the **risotto rice** and toast the grains for 2 minutes, then add half of the white wine vinegar and a third of the stock. Allow the stock to slowly incorporate, stirring regularly. Meanwhile, in a bowl combine the rest of the fennel with the sugar and the rest of the white wine vinegar.



### 5. Finish the risotto

Tear the **spinach** directly into the risotto and mix well, allowing it to wilt and reduce. Stir in the **mascarpone** and half of the **Parmigiano Reggiano**, then season to taste with pepper.



### 3. Cook the risotto

Repeat with the rest of the stock, adding it in two more batches, and continue cooking over medium-high heat for around 20 - 25 minutes. Discard the tips of the **haricots verts** and then cut in half. Fill a pot or saucepan with a shallow layer of water, then add a pinch of salt and the **haricots verts**. Cover with the lid and bring to the boil, then cook the haricots verts for 6 - 8 minutes until al dente. Drain and then stir in a knob of butter. Season to taste with salt and pepper, then set aside.



### 6. Serve

Serve the risotto on plates and top with the haricots verts and the cod. Serve with the fennel salad. Garnish with the rest of the **Parmigiano Reggiano** and the reserved **fennel** fronds.

Enjoy!



# Filet Mignon with Chimichurri

with potato wedges, mushrooms & salad

Premium Family

Total time: 30 - 40 min.



Potatoes



Mushrooms



Red cherry tomatoes



Garlic



Green chili pepper



Onion



Fresh flat leaf parsley, coriander & oregano



Filet mignon



Arugula



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

This filet mignon is restaurant-worthy! Don't forget to allow the meat to rest after cooking in order to make sure it's extra tender.

## 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, kitchen paper, salad bowl, small bowl, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Mushrooms* (g)	125	250	375	500	625	750
Red cherry tomatoes (g)	65	125	190	250	315	375
Garlic (unit(s))	1	2	3	4	5	6
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley, coriander & oregano* (g)	10	20	30	40	50	60
Filet mignon* (unit(s))	1	2	3	4	5	6
Arugula* (g)	20	40	60	80	100	120

### From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
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)	3360 /803	493 /118
Total fat (g)	48	7
of which saturated (g)	13,7	2
Carbohydrates (g)	51	8
of which sugars (g)	5,5	0,8
Fibre (g)	12	2
Protein (g)	39	6
Salt (g)	1	0,1

## Allergens

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



## 1. Make the wedges

Take the **filet mignon** out of the fridge and allow it to reach room temperature (see Tip). Thoroughly wash the **potatoes** and cut them into wedges. Melt a knob of butter in a frying pan over medium-high heat. Fry the wedges for 20 – 23 minutes or until golden-brown and done, tossing regularly.

**Tip:** for the best result, take the **filet mignon** out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.



## 4. Fry the filet mignon

Pat the **filet mignon** dry with kitchen paper. Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **filet mignon** for 1 – 3 minutes per side (see Tip). Season with salt and pepper, then remove from the pan and allow to rest under aluminium foil for at least 3 minutes. In the same pan, fry the **mushrooms** and rest of the **garlic** for 4 – 5 minutes, seasoning to taste with salt and pepper. Deglaze the pan with a third of the balsamic vinegar.

**Tip:** to add more flavour, add an extra knob of butter to the pan and baste the **filet mignon** continuously as you fry it.



## 2. Chop the vegetables

In the meantime, quarter the **mushrooms**. Halve the **cherry tomatoes** and crush or mince the **garlic**.



## 5. Make the salad

Meanwhile, in a salad bowl combine the extra virgin olive oil with the rest of the balsamic vinegar. Season to taste with salt and pepper, then add the **arugula** and **cherry tomatoes** and toss well to combine. Slice the **filet mignon**.



## 3. Make the chimichurri

Deseed the **green chili pepper**.\* Chop the **onion**, **chili** and all the fresh herbs very finely (see Tips). Transfer to a small bowl along with the olive oil, half of the **garlic** and a third of the balsamic vinegar. Season to taste with salt and pepper, then mix well to combine.

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

**Tip 1:** you can also serve the coriander separately so as to allow everyone to garnish as preferred (or not at all).

**Tip 2:** you can also use a blender or food processor.



## 6. Serve

Serve the **filet mignon** on plates with the mushrooms, salad and potato wedges. Top the **filet mignon** with 1.5 tbsp chimichurri per person and top the mushrooms with the rest of the chimichurri. Serve mayonnaise alongside.

Enjoy!



# Bulgogi Steak Bowl

over rice with kimchi sauce & gomashio

Nice & Fast

Total time: 25 - 35 min.



Marinated steak



Bulgogi sauce



Kimchi sauce



Rainbow slaw mix



Scallions



Fresh coriander



Broccoli



Gomashio



Sesame oil



Jasmine rice



Garlic



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

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



## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Bulgogi sauce (g)	20	35	55	70	90	105
Kimchi sauce (g)	20	40	60	80	100	120
Rainbow slaw mix* (g)	50	100	150	200	250	300
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Broccoli* (g)	200	360	560	720	920	1080
Gomashio (sachet(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Water (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3515 /840	436 /104
Total fat (g)	39	5
of which saturated (g)	9,1	1,1
Carbohydrates (g)	78	10
of which sugars (g)	14,9	1,8
Fibre (g)	12	2
Protein (g)	41	5
Salt (g)	2,4	0,3

## Allergens

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



### 1. Boil the rice

Take the **steak** out of the fridge and allow it to reach room temperature (see Tip). Crush or mince the **garlic**. Heat a drizzle of olive oil in a pot or saucepan over low heat and fry the **garlic** for 1 - 2 minutes, then stir in the **rice**. Pour in the water and crumble in the stock cube (see pantry for amounts). Boil the **rice** for 10 - 12 minutes, then take the pan off the heat and allow to rest for 5 minutes. Drain if necessary and set aside.

*Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. Be sure to remove it from the packaging.*



### 3. Fry the steak

Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes. Flip the **steak** and add the white part of the **scallions** to the pan, then fry for 1 - 2 minutes (see Tip). Deglaze with the **bulgogi sauce** and fry for 1 more minute. Meanwhile, in a small bowl combine the **kimchi sauce** with the mayonnaise.

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



### 2. Prepare the vegetables

Boil plenty of water in a pot or saucepan for the **broccoli**. Cut the head of the **broccoli** into florets and dice the stem. Cook the **broccoli** for 5-7 minutes until done, covered, then drain and set aside. Meanwhile, finely chop the **scallions** and separate the white part from the greens. Finely chop the **coriander**. In a salad bowl, combine the **sesame oil** with the white wine vinegar and the sugar. Add the **slaw mix** and half of the **coriander**, then season to taste with salt and pepper. Toss well to combine and then set aside until serving, stirring occasionally.

*Did you know...* 🌱 *scallions are very high in calcium compared to other vegetables, as are kale and pak choi.*



### 4. Serve

Slice the **steak** into strips. Serve the **rice** on deep plates and top with the **steak**, then drizzle with the **bulgogi sauce** from the pan (see Tip). Serve with **broccoli** and slaw. Drizzle over the kimchi mayo and garnish with the **gomashio**, **scallion** greens and the rest of the **coriander**.

*Tip: if preferred, add 1 tbsp water per person to the pan and cook for 1 minute over medium-high heat so as to create more of the sauce.*

Enjoy!



# Creamy Fish Stew with White Wine

with fennel, baby potatoes & fresh herbs

Premium Family

Total time: 40 - 50 min.



Baby potatoes



Garlic



Shallot



Fennel



Carrot



Leek



Heavy cream



Fresh tarragon & chervil



Lemon



Fish medley: salmon, cod & pollock



Grated Gouda



White wine



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

You can also eat fennel raw! If you have some left, try grating it and mixing it with dill, walnuts and vinegar for a tasty salad.

## 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, peeler, soup pot

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Shallot (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	⅓	⅔	1	¾	1½	1½
Leek* (unit(s))	⅓	⅔	1	1½	1½	2
Heavy cream* (ml)	100	200	300	400	500	600
Fresh tarragon & chervil* (g)	2½	5	7½	10	12½	15
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fish medley: salmon, cod & pollock* (g)	130	260	390	520	650	780
Grated Gouda* (g)	15	25	40	50	65	75
White wine (ml)	100	187	285	374	472	561
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	100	200	300	400	500	600
Low sodium fish stock cube (unit(s))	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4142 / 990	483 / 115
Total fat (g)	63	7
of which saturated (g)	31,8	3,7
Carbohydrates (g)	65	8
of which sugars (g)	13,3	1,5
Fibre (g)	23	3
Protein (g)	37	4
Salt (g)	2,2	0,3

## Allergens

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



### 1. Roast the potatoes

Preheat the oven to 200°C. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 30 - 35 minutes, tossing halfway.



### 4. Finish the stew

Deglaze the vegetables with the white wine and cook for 4 minutes, or until the alcohol has evaporated (see Tip). Bring to the boil and add the **cream** and the mustard, then pour in the water and crumble the stock cube (see pantry for amounts). Allow to cook gently for 10 minutes, or longer if the stew is too watery.

**Tip:** if you're eating with children, substitute the wine for fish stock.



### 2. Chop the vegetables

Chop the **shallot** and crush or mince the **garlic**. Quarter the **fennel** and discard the tough core, then finely dice. Set aside any **fennel** fronds to use later as garnish. Peel and then finely dice the **carrot**. Finely chop the **leek**.



### 5. Prepare the garnishes

In the meantime, finely chop the **chervil** and **tarragon**. Cut the **lemon** into wedges. Shortly before serving, add the fish to the stew (see Tip). Season to taste with salt and pepper if necessary.

**Tip:** the fish will cook very quickly, so don't add it until you're about to serve.



### 3. Fry the vegetables

Melt the butter in a soup pot over medium heat. Fry the **shallot** and **garlic** for 2 – 3 minutes, then add the **fennel**, **leek** and **carrot** and fry for 6 – 8 minutes. Season to taste with a generous amount of salt and pepper.



### 6. Serve

Serve the fish stew with the **baby potatoes**. Garnish with the fresh herbs, **grated cheese** and any reserved **fennel** fronds. Serve the **lemon** wedges alongside.

**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.

Enjoy!



# Creamy Mushroom Rigatoni

with broccolini, blue cheese & walnuts

Veggie Nice & Fast

Total time: 25 - 35 min.



Rigatoni



Broccolini



Chopped walnuts



Mascarpone



Pre-cut mushroom mix



Truffle-style olive oil



Garlic



Shallot



Blue cheese cubes



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

Did you know that this truffle oil is made from Coratina and Peranzana olives? These are harvested by hand in the Puglia area.



## 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
Rigatoni (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Chopped walnuts (g)	10	20	30	40	50	60
Mascarpone* (g)	25	50	75	100	125	150
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Shallot (unit(s))	½	1	1	2	2	3
Blue cheese cubes* (g)	25	50	75	100	125	150
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3088 / 738	710 / 170
Total fat (g)	38	9
of which saturated (g)	14,6	3,4
Carbohydrates (g)	74	17
of which sugars (g)	6,4	1,5
Fibre (g)	8	2
Protein (g)	26	6
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 rigatoni

Boil plenty of water in a pot or saucepan. Cut the **broccolini** into 5cm pieces or halve any thicker pieces lengthways. Boil the **rigatoni** for 10 minutes, then add the **broccolini** and continue cooking for 3 - 5 more minutes. Reserve a small amount of the pasta water, then drain and set aside.



### 2. Fry the mushrooms

Chop the **shallot** and crush or mince the **garlic**. Cut any larger **mushrooms** into smaller pieces. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **shallot** with the **garlic** and **mushrooms** for 6 - 8 minutes, seasoning to taste with salt and pepper.



### 3. Make the sauce

Reduce the heat and add the **mascarpone**, mustard and 60ml per person of the reserved pasta water, then crumble in the stock cube (see pantry for amount). Bring to the boil and allow to simmer for 1 minute, then stir in the **blue cheese** and allow to melt. Stir in the **rigatoni** and **broccolini**, then season to taste with salt and pepper.



### 4. Serve

Serve the **mushroom rigatoni** on plates. Garnish with the **walnuts** and drizzle with the **truffle-style oil**.

Enjoy!





# Turkish Bread with Chicken Thigh & Roasted Eggplant

with Greek-style cheese, roasted bell pepper sauce & pomegranate seeds

Family

Total time: 30 - 40 min.



Mini Turkish bread



Roasted bell pepper sauce



Fresh flat leaf parsley & mint



Eggplant



Lemon



Chicken thigh strips with kebab spices



Giant couscous



Onion



Pomegranate



Mini Roma tomatoes



Middle Eastern spice mix



Greek-style cheese



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

Every country has its own street food: a quick bite you can get on every corner. Easy to make and packed with authentic flavours - enjoy the local dishes of your favourite destinations with our Streetfood recipes.

## Before you begin

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

## Utensils

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini Turkish bread (unit(s))	1	2	3	4	5	6
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Eggplant* (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Giant couscous (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1	2	2	3
Pomegranate* (unit(s))	¼	½	¾	1	1¼	1½
Mini Roma tomatoes (g)	50	100	200	200	300	300
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Greek-style cheese* (g)	25	50	75	100	125	150

### From your pantry

Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3686 / 881	612 / 146
Total fat (g)	36	6
of which saturated (g)	10,3	1,7
Carbohydrates (g)	96	16
of which sugars (g)	18,4	3,1
Fibre (g)	14	2
Protein (g)	40	7
Salt (g)	3,7	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. Halve the **eggplant** lengthways. Score the white flesh of the **eggplant** in a criss-cross pattern, leaving the skin intact. Heat a drizzle of olive oil in a frying pan over high heat. Fry the **eggplant** skin-side down for 2 minutes. Turn down the heat, turn the **eggplant** and fry for another 5 minutes. Meanwhile, slice the **onion** into half rings. Juice half of the **lemon** and cut the rest into wedges.



## 4. Chop the tomato & herbs

Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the **onion** and **chicken thigh strips** for 5 - 7 minutes until evenly browned. In the meantime, dice the **tomato** and finely chop the fresh herbs.

**Did you know...** 🍅 *tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene!*



## 2. Roast the eggplant

In a small bowl, combine the **Middle Eastern spices** with a drizzle of olive oil. Take the **eggplant** out of the frying pan, place them skin-side down on a parchment-lined baking sheet and spread with the oil. Roast the **eggplant** in the oven for 13-16 minutes, adding the **Turkish bread** for the final 3-4 minutes.



## 5. Make the salad

Transfer the **tomato** and half of the fresh herbs to the **giant couscous**, along with half a teaspoon of **lemon** juice per person. Season to taste with salt and pepper, then set aside until serving. Roll the **pomegranate**, applying light pressure so as to release the seeds. Cut open the **pomegranate** and remove the seeds.



## 3. Prepare the giant couscous

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amounts). Cook the **giant couscous** for 12 -14 minutes, then drain and set aside.



## 6. Serve

Cut open the **Turkish bread**. Spread with the roasted pepper sauce, then top with the fried **chicken** and **onion**. Serve with the **giant couscous** salad and top with the roasted **eggplant**. Garnish with the **pomegranate seeds** and the rest of the fresh herbs. Crumble over the **Greek-style cheese** and serve with the **lemon** wedges.

Enjoy!