



Hake with Mediterranean-Style Stewed Peppers

with fried baby potatoes & green olives

Total time: 45 - 55 min.



Bell pepper



Garlic



Onion



Baby potatoes



Skin-on hake fillet



Green olives



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

Green olives are picked before ripening, giving them a firm texture and a briny, slightly bitter flavour.

Tear me out!



Before you begin

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

Utensils

2x lidded deep frying pan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Baby potatoes (g)	200	400	600	800	1000	1200
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Green olives (g)	15	30	55	70	85	100
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2238 / 535	370 / 89
Total fat (g)	24	4
of which saturated (g)	7,5	1,2
Carbohydrates (g)	50	8
of which sugars (g)	12,8	2,1
Fibre (g)	16	3
Protein (g)	27	4
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Deseed the **bell pepper** and chop into very thin strips. Chop the **onion** and crush or mince the **garlic**. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.

Did you know... 🌱 thanks to the potatoes and bell pepper, this recipe provides more than three times the RDA of vitamin C per serving!



2. Fry the potatoes

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potatoes** for 20 minutes, covered, tossing regularly. Remove the lid and season to taste with salt and pepper, then continue frying for 5 - 10 more minutes.



3. Fry the garlic

Heat another drizzle of olive oil in a deep frying pan over medium-high heat and fry the **garlic** for 1 minute. Add the **bell pepper** and **onion** and season with salt and pepper, then cover with the lid.



4. Stew the peppers

Allow to stew for 15 minutes, tossing regularly. Remove the lid and deglaze with the balsamic vinegar, then crumble in the stock cube (see pantry for amount). Add the sugar and fry for 5 more minutes over medium heat.



5. Fry the hake

Pat the hake dry with kitchen paper. Melt the butter in a frying pan over medium-high heat and fry the hake for 2 - 3 minutes per side. Season to taste with salt and pepper. Stir the **olives** into the stewed peppers. Taste and then season with salt and pepper as needed.



6. Serve

Serve the stewed peppers with the **potatoes** and the hake. Drizzle the hake with balsamic vinegar as preferred.

Enjoy!



Veggie Meatballs with Baby Potatoes & Vegetables

with orange mayo & Surinamese-style spices

Total time: 50 - 60 min.



Unbelievaballs from the Vegetarian Butcher



Apple



Baby potatoes



Carrot



Surinamese-style spices



Mayonnaise



Onion



Easy peel orange



Fresh flat leaf parsley



Bell pepper



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

It isn't the type of potato that determines whether or not a potato is a baby potato, but the time it's harvested. By harvesting potatoes when they're young, they maintain their delicate flavour and structure.

Tear me out!



Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Unbelievaballs from the Vegetarian Butcher* (unit(s))	5	10	15	20	25	30
Apple* (unit(s))	½	1	2	2	3	3
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Mayonnaise* (g)	25	50	75	100	125	150
Onion (unit(s))	1	2	2	4	4	6
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Bell pepper* (unit(s))	½	1	1½	2	2½	3
From your pantry						
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)	3335 /797	428 /102
Total fat (g)	43	5
of which saturated (g)	4,9	0,6
Carbohydrates (g)	74	10
of which sugars (g)	27,5	3,5
Fibre (g)	23	3
Protein (g)	20	3
Salt (g)	2	0,3

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Cut the **carrot** into 5cm batons of around 1cm thickness.
- Slice the **onion** into rings. Cut the **bell pepper** into strips.
- Wash or peel the **apple**, then remove the core and cut into wedges.
- Transfer the **baby potatoes** and **carrot** to a bowl. Add a third of the olive oil and half of the Surinamese-style **spices**.



3. Fry the veggie meatballs

- Transfer the **bell pepper**, **onion** and **apple** to the same bowl and add another third of the olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to the same baking sheet and roast in the oven for 30 minutes or until golden-brown, tossing halfway.
- Shortly before serving, heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **veggie meatballs** for 5 - 6 minutes or until done, tossing regularly.



2. Roast the potatoes

- Toss well to coat and transfer to a parchment-lined baking sheet. Roast in the oven for 10 minutes.
- Meanwhile, juice the **orange**.
- In a small bowl, combine the mayonnaise with the rest of the Surinamese-style **spices** and (per person) ½ tbsp **orange** juice. Season to taste with salt and pepper.
- Roughly chop the **parsley**.



4. Serve

- Serve the **potatoes** and vegetables on plates.
- Top with the **meatballs** and drizzle with the **orange** mayo.
- Garnish with the **parsley** to finish.

Enjoy!



Courgette Al Forno with Conchiglie

with mozzarella and homemade tomato sauce

Total time: 40 - 50 min.



Courgette



Garlic



Onion



Cooking cream



Diced tomatoes with garlic & onion



Italian seasoning



Mozzarella



Conchiglie



Fresh basil



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

Did you know that basil was once called a royal herb? It gets its name from the Ancient Greek word for king: basileus.

Tear me out!



Before you begin

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

Utensils

Deep frying pan, oven dish, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Cooking cream (g)	75	150	225	300	375	450
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	⅓	⅔	1	1½	1½	2
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Fresh basil* (g)	5	10	15	20	25	30

From your pantry

Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3527 /843	570 /136
Total fat (g)	37	6
of which saturated (g)	17,8	2,9
Carbohydrates (g)	92	15
of which sugars (g)	22,2	3,6
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	2,2	0,4

Allergens

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



1. Prepare

Preheat the oven to 180°C. Chop the **onion** and crush or mince the **garlic**. Slice the **courgette** into crescents.



2. Fry the onion

Heat the olive oil in a deep frying pan over medium-high heat and fry the **garlic** and **onion** for 2 - 3 minutes. Add the **chopped tomatoes** and the **cream**, along with the balsamic vinegar and **Italian herbs**. Season with salt and pepper, then mix well to combine. Bring to a boil and allow to simmer for 10 - 12 minutes over medium-high heat.



3. Assemble

Transfer the **courgette** to an oven dish. Tear the **mozzarella** into small pieces.



4. Bake

Pour over the sauce and top with the **mozzarella**. Season with salt and pepper and then bake in the oven for 25 minutes.



5. Boil the conchiglie

In the meantime, boil plenty of salted water in a pot or saucepan and cook the **conchiglie** for 14 - 16 minutes. Drain and set aside. Roughly chop or tear the **basil**.



6. Serve

Add the extra virgin olive oil and half of the **basil** to the **conchiglie**. Season to taste with salt and pepper and mix well. Serve the **conchiglie** on plates and top with the **courgette al forno**. Garnish with the rest of the **basil**.

Did you know... 🍅 *tinned tomatoes contain almost as many vitamins and minerals as fresh ones!*

Enjoy!



Roasted Tomato & Bell Pepper Soup

with sour cream, cheesy breadsticks & basil

Total time: 50 - 60 min.



Tomato



Onion



Garlic



Fresh basil



Sicilian-style herb mix



Grated Gouda



Organic sour cream



Bell pepper



Wholegrain ciabatta



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

Sour Cream is made by fermenting fresh cream with lactic acid. Its fresh and tangy flavour makes it an excellent accompaniment for both savoury and sweet dishes.

Tear me out!



Before you begin

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

Utensils

Oven dish, parchment-lined baking sheet, soup pot, immersion blender

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1½	3	4½	6	7½	9
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Grated Gouda* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	1	2	3	4	5	6
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Balsamic 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)	2548 /609	311 /74
Total fat (g)	33	4
of which saturated (g)	10,3	1,3
Carbohydrates (g)	51	6
of which sugars (g)	18,6	2,3
Fibre (g)	20	2
Protein (g)	21	3
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 200°C.
- Quarter the **tomato** and cut the **bell pepper** into strips. Roughly chop the **onion** and **garlic**.
- Roughly tear half of the **basil** leaves and set the stems aside.
- Transfer the **tomato**, **bell pepper**, **onion** and **basil** stems to an oven dish or parchment-lined baking sheet.

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



2. Roast the vegetables

- Add half each of the **garlic** and **basil** leaves, then drizzle with the olive oil and the balsamic vinegar.
- Scatter over the **Sicilian-style herbs** and season with salt and pepper, then toss well to coat.
- Roast in the oven for 30 - 35 minutes (see Tip).

Tip: check the vegetables regularly so as to ensure they don't burn.



3. Make the breadsticks

- In the meantime, cut the **ciabatta** into breadsticks of no more than 2cm thickness.
- Transfer to a parchment-lined baking sheet and drizzle with some olive oil as preferred. Scatter over the **cheese** and the rest of the **garlic**.
- Bake the breadsticks in the oven for 10 - 12 minutes.
- Prepare the stock in the meantime.



4. Mash the soup and serve

- Transfer the roasted vegetables to a soup pot, including any cooking juices from the oven dish.
- Process with an immersion blender, gradually adding the stock until the soup reaches your preferred texture.
- Serve the soup in bowls and top with the **sour cream**.
- Garnish with the rest of the **basil** and serve the breadsticks alongside.

Enjoy!



Peruvian-Spiced Portobello with Fried Egg

inspired by Saltado, over rice with spicy yogurt sauce

Total time: 50 - 60 min.



Sweet potato



Egg



Portobello mushroom



Garlic



White long grain rice



Onion



Peruvian-style spice mix



Tomato



Soy sauce



Worcestershire sauce



Green chili pepper



Yogurt dressing



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

Lomo Saltado is a typical Peruvian dish of onion, tomatoes, fries, meat and white rice. We've made this version vegetarian. Buen provecho!

Tear me out!



Utensils

Parchment-lined baking sheet, bowl, deep frying pan, tall container, pot or saucepan, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Egg* (unit(s))	1	2	3	4	5	6
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Worcestershire sauce (ml)	5	10	15	20	25	30
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Yogurt dressing* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	20	40	60	80	100	120
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3477 / 831	595 / 142
Total fat (g)	34	6
of which saturated (g)	7	1,2
Carbohydrates (g)	105	18
of which sugars (g)	18,5	3,2
Fibre (g)	9	1
Protein (g)	20	3
Salt (g)	2,6	0,4

Allergens

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



1. Prepare

Preheat the oven to 200°C. Wash or peel the **sweet potato** and slice into 1cm thick fries. Transfer to a bowl along with two thirds of the **Peruvian spices** and then drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Bake in the oven for 30 - 40 minutes or until evenly browned, tossing halfway.



4. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** with two thirds of the **garlic** and the rest of the **Peruvian spices** for 1 - 2 minutes. Add the **portobello mushroom** and **tomato** and continue cooking for 3 - 4 minutes. Add the vegetable stock and the **Worcestershire sauce** along with some **soy sauce** as preferred, then allow to simmer for 3 - 4 minutes or until most of the liquid has evaporated.



2. Chop the vegetables

Slice the **onion** into half rings and crush or mince the **garlic**. Slice the **portobello mushroom** and dice the **tomato**. Prepare the stock (see Tip).

Tip: if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.



5. Make the sauce

Deseed and finely chop the **green chili pepper***. Transfer the **yogurt dressing** to a tall container along with the **chili pepper**, white wine vinegar and the rest of the **garlic**. Add a drizzle of olive oil and season with salt and pepper, then use an immersion blender to process into a smooth sauce. Melt the butter in a frying pan and then fry the **egg**.

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



3. Boil the rice

Bring plenty of water to the boil in a pot or saucepan. Cook the **rice** for 12 - 15 minutes, then drain and set aside.



6. Serve

Shortly before serving, stir the **sweet potato** into the **portobello** stew. Serve with the **rice** and top with the fried **egg**. Serve the **yogurt** sauce alongside.

Enjoy!



Beef Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

Total time: 15 - 20 min.



Onion



Bell pepper strips



Seasoned minced beef



Tomato



Fresh coriander



Greek-style cheese



Avocado



Smoky tomato ketchup



Flour tortillas



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

The fajita is a real Tex-Mex classic. Tex stands for Texas, and Mex points towards the Tejanos, the Spanish-Mexican inhabitants of this state who established this cuisine.

Tear me out!



Before you begin

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

Utensils

Aluminum foil, 2x bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Bell pepper strips* (g)	50	100	150	200	250	300
Seasoned minced beef* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Flour tortillas (unit(s))	2	4	6	8	10	12

From your pantry

Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3075 / 735	634 / 152
Total fat (g)	40	8
of which saturated (g)	13,4	2,8
Carbohydrates (g)	59	12
of which sugars (g)	14,9	3,1
Fibre (g)	8	2
Protein (g)	32	7
Salt (g)	3	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 180°C (see Tip 1).
- Finely chop the **onion**.
- In a bowl, combine the red wine vinegar with half of the **onion** and a pinch of salt (see Tip 2).
- Set aside until serving, stirring occasionally.

Tip 1: you can also heat the tortillas in the microwave or in a frying pan if preferred. In this case, no need to use the oven or aluminium foil for this recipe.

Tip 2: you can also add a pinch of sugar if preferred.



2. Heat the tortillas

- Heat the olive oil in a frying pan over medium-high heat.
- Fry the rest of the **onion** with half of the **bell pepper** strips for 2 - 3 minutes (see Tip).
- Add the **mince** and fry for 3 - 5 minutes, separating it as you do so.
- In the meantime, wrap the **tortillas** in aluminium foil and heat in the oven for 2 - 3 minutes.

Tip: if you don't like raw bell pepper, fry all of it.



3. Make the salsa

- Dice the **tomato** and crumble the **Greek-style cheese**, then transfer both to a bowl.
- Finely chop the **coriander** and add half of it to the bowl, then mix well to combine.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.



4. Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own fajitas.
- Use the rest of the **bell pepper** and **coriander** as toppings as well, along with the smoky ketchup.

Enjoy!



Sticky BBQ Tofu with Zesty Corn Salsa

over fragrant rice with sweet chili mayonnaise

Total time: 15 - 20 min.



Seasoned tofu cubes



Corn



BBQ spice rub



Bell pepper



Sweet chili sauce



Lime



BBQ Sauce



Fresh coriander



[Persian] cucumber



Jasmine rice



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

Did you know that per 100 grams, tofu contains more calcium than 1 glass of milk and as much iron as 100 grams of steak?

Tear me out!



Before you begin

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

Utensils

Microplane, pot or saucepan, kitchen paper, salad bowl, small bowl, sieve, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Seasoned tofu cubes* (g)	90	180	270	360	450	540
Corn (g)	70	140	210	285	350	425
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
BBQ Sauce (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Jasmine rice (g)	75	150	225	300	375	450
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3448 / 824	636 / 152
Total fat (g)	35	6
of which saturated (g)	4,9	0,9
Carbohydrates (g)	106	20
of which sugars (g)	32,2	5,9
Fibre (g)	10	2
Protein (g)	20	4
Salt (g)	2,6	0,5

Allergens

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



1. Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
 - Cook the **rice** for 10 - 12 minutes, then drain.
 - Stir half of the **BBQ rub*** into the **rice**, then set aside until serving.
- *Take care, this ingredient is spicy! Use as preferred.*



2. Fry the tofu

- Pat the **tofu** dry with kitchen paper and season with salt and pepper. Coat the **tofu** with the flour (see Tip).
- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the **tofu** for 3 - 4 minutes. Stir in the **BBQ sauce**, the honey and the rest of the **BBQ rub**.
- Lower the heat and cook for 1 more minute.

Tip: do this directly before frying. Otherwise, the tofu will no longer be crispy.



3. Make the salsa

- Drain the **corn**. Roughly chop the **coriander**. Dice the **bell pepper** and **cucumber**.
- Zest and juice the **lime**.
- In a salad bowl, combine the **corn** with the **bell pepper**, **cucumber**, **lime** juice, extra virgin olive oil and **coriander**. Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the **sweet chili sauce**.



4. Serve

- Serve the **rice** in bowls and scatter over the **lime zest** as preferred.
- Top with the BBQ **tofu** and the **corn** salsa.
- Drizzle with the **sweet chili** mayonnaise to finish.

Enjoy!



Bulgogi Meatball Bowl with Peanuts

over rice with pak choi, sweetheart cabbage & lemon

Total time: 15 - 20 min.



Pak choi



Bulgogi sauce



Garlic-ginger-chili mix



Sesame oil



Salted peanuts



Basmati rice



Chopped sweetheart cabbage



Lemon



Beef-pork meatballs with Thai seasoning



Korean-style spice mix



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

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

Tear me out!



Before you begin

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

Utensils

Lidded pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pak choi* (unit(s))	½	1	1½	2	2½	3
Bulgogi sauce (g)	35	70	105	140	175	210
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Sesame oil (ml)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Basmati rice (g)	75	150	225	300	375	450
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Korean-style spice mix (sachet(s))	¼	½	¾	1	1¼	1½
From your pantry						
Water for the sauce (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3268 /781	519 /124
Total fat (g)	36	6
of which saturated (g)	9,3	1,5
Carbohydrates (g)	84	13
of which sugars (g)	15,2	2,4
Fibre (g)	10	2
Protein (g)	33	5
Salt (g)	3,1	0,5

Allergens

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



1. Prepare

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

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



2. Fry the meatballs

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

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



3. Make the sauce

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



4. Serve

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

Enjoy!



Creamy Lemon Risotto with Spinach Pesto

with roasted courgette, ham & fresh basil

Total time: 45 - 55 min.



Onion



Garlic



Risotto rice



Courgette



Dried oregano



Lemon



Spinach



Grated Gouda



Fresh basil



Ham



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

Spinach pesto is milder than traditional basil pesto, with a hint of sweetness from the spinach. Its subtle flavor won't overpower delicate ingredients, so it's a great choice for lighter dishes like fish or pasta.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, blender or an immersion blender with a tall container, bowl, deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Risotto rice (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	2	2	3	3
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Ham* (slice(s))	4	8	12	16	20	24

From your pantry

Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3042 / 727	418 / 100
Total fat (g)	36	5
of which saturated (g)	13,5	1,9
Carbohydrates (g)	71	10
of which sugars (g)	8	1,1
Fibre (g)	11	2
Protein (g)	27	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 180°C and prepare the stock. Finely chop the **onion** and crush or mince the **garlic**. Melt the butter in a deep frying pan over low heat and fry the **garlic** and **onion** for 2 minutes. Stir in the **risotto rice** and toast the grains for 1 minute, then pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



2. Roast the courgette

Slice the **courgette** into rounds of no more than 0.5cm thickness. Transfer to a bowl along with the dried **oregano**. Drizzle with olive oil and season to taste with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.



3. Make the risotto

When the **risotto rice** has absorbed the liquid, repeat with the rest of the stock, adding it in two more batches. The **risotto** is done when the **rice** is soft but still al dente. This should take around 20 - 25 minutes. Add a splash of water and cook longer if you'd prefer the risotto to be less al dente.



4. Make the pesto

Cut the **lemon** into eight wedges. Juice one **lemon wedge** per person into a tall container. Add the extra virgin olive oil and the **basil** (including the stems), along with half each of the **spinach** and the **grated cheese**. Season to taste with salt and pepper, then use an immersion blender to process into a smooth **pesto** (see Tip).

Tip: add extra water if the pesto is too thick.



5. Finish

Dice the **ham**. When the risotto is done, stir in the **ham** along with the rest of the **spinach** and **cheese**, then continue to cook for 2 more minutes over low heat. Season to taste with salt and pepper.



6. Serve

Serve the risotto on deep plates and top with the roasted **courgette**. Finish with the **pesto** as preferred. Serve with the rest of the **lemon wedges**.

Did you know... 🌿 spinach is good for your bones, muscles, blood pressure and it helps you to feel energized!

Enjoy!



Sweet Potato Stampot with Greek-Style Cheese

with caramelised onion, arugula & pecans

Total time: 25 - 30 min.



Potatoes



Sweet potato



Onion



Red cherry tomatoes



Italian seasoning



Chopped pecans



Greek-style cheese



Arugula & lamb's lettuce



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

Pecans are known as a brain food. They contain vitamins B and E, which are understood to positively impact brain function!

Tear me out!



Before you begin

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

Utensils

Bowl, oven dish, pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	75	150	225	300	375	450
Onion (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Chopped pecans (g)	10	20	30	40	50	60
Greek-style cheese* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1½	3	4½	6½	7½	9½
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3075 / 735	465 / 111
Total fat (g)	39	6
of which saturated (g)	12,5	1,9
Carbohydrates (g)	70	11
of which sugars (g)	20,6	3,1
Fibre (g)	16	2
Protein (g)	21	3
Salt (g)	2	0,3

Allergens

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



1. Boil the potatoes

Preheat the oven to 220°C. Weigh out the **potatoes** and **sweet potatoes**, then peel and cut into rough pieces. Transfer to a pot or saucepan and cover with water. Crumble in the stock cube and then boil for 12 – 15 minutes until done. Reserve some of the cooking liquid, then drain and set aside.

Did you know... 🌱 boiling the potatoes in stock not only boosts the flavour but also helps keep the salt levels in check, since you discard most of the stock after cooking.



4. Mash the potatoes

Mash the **potatoes** and **sweet potatoes** with a splash of milk or the reserved stock. Stir in the mustard and season to taste with salt and pepper.



2. Toast the pecans

Slice the **onion** into half rings. In an oven dish, combine the **cherry tomatoes** with the balsamic vinegar and half each of the **onion** and olive oil. Season with salt and pepper, then roast in the oven for 15 - 17 minutes, tossing halfway. Chop the **pecans** into smaller pieces if preferred. Heat a clean frying pan over high heat and toast the **pecans** until evenly browned, then remove from the pan and set aside.



5. Finish the stampot

Stir the **onion** and half of the **Greek-style cheese** into the mash. If preferred, briefly heat the pan so as to allow the **cheese** to melt. Add the roasted **cherry tomatoes** and the **lettuce**, then mix well to combine.



3. Fry the onion

In a bowl, combine the extra virgin olive oil with the Italian seasoning. Dice the **Greek-style cheese** into 1cm cubes, then transfer to the bowl and toss well to coat with the oil. Set aside until serving. Heat the rest of the olive oil in the same frying pan over medium heat. Fry the rest of the **onion** for 6 – 8 minutes, seasoning with salt and pepper.



6. Serve

Serve the stampot on plates and garnish with the **pecans** and the rest of the **Greek-style cheese**.

Did you know... 🌱 onion provides numerous benefits. Not only is it rich in fibre and B vitamins, onion is also rich in antioxidants and vitamin C.

Enjoy!



Shrimp & Avocado Salad

with creamy green sauce, fresh herbs & pickled onion

Total time: 25 - 30 min.



Shrimp



Avocado



Onion



Potatoes



Little gem



Fresh chives, dill & flat leaf parsley



Yellow mustard seeds



Garlic



Honey-ginger dressing



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

Compared with other fruits, avocado is high in protein. For instance, while a pear contains 1 gram of protein, a whole avocado contains as much as 6 grams.

Tear me out!



Utensils

Lidded deep frying pan, blender or immersion blender, tall container, salad bowl, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Avocado (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	1½	2	2½
Potatoes (g)	200	400	600	800	1000	1200
Little gem* (unit(s))	1	2	3	4	5	6
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Honey-ginger dressing (ml)	15	25	40	50	65	75
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	75	150	225	300	375	450
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2803 / 670	504 / 120
Total fat (g)	43	8
of which saturated (g)	6	1,1
Carbohydrates (g)	49	9
of which sugars (g)	11,3	2
Fibre (g)	11	2
Protein (g)	20	4
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

Wash the **potatoes** and cut into quarters. Transfer to a deep frying pan and pour in two thirds of the water (see pantry for amount). Cover with the lid, then steam for 12 - 15 minutes over medium-low heat, tossing occasionally. Drain if necessary, then drizzle with olive oil and fry for 5 - 7 minutes until done. Season to taste with salt and pepper.



4. Make the sauce

To a tall container, add the mayonnaise, extra virgin olive oil and white balsamic vinegar, along with (per person) 1 tbsp water and an eighth of the **avocado**. Season with salt and pepper, then use an immersion blender to process into a smooth sauce. Stir in half each of the **parsley** and the **chives**, then set aside until serving.



2. Pickle the onion

Meanwhile, finely chop the **onion**. In a small saucepan over medium heat, combine the white wine vinegar with the sugar and the rest of the water (see pantry for amounts). When the sugar has dissolved, add the **onion** and the **mustard seeds** and allow to cook gently for 10 - 15 minutes.



5. Fry the shrimp

Meanwhile, crush or mince the **garlic**. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **garlic** with the **shrimp** for 2 - 3 minutes. Turn off the heat and add the honey **ginger** dressing and the **dill**, then mix well to combine. Season to taste with salt and pepper.



3. Chop the vegetables

Halve and pit the **avocado**, then remove the skin and slice the flesh. Cut the **little gem** into strips. Separate the **dill** from the herb mix, then finely chop it and set aside. Finely chop the **parsley** and the **chives**.



6. Serve

In a salad bowl, combine the **little gem** with the **potatoes** and the green sauce. Toss well, then serve on plates and drizzle with the pickled **onion** and **mustard seeds**. Top with the **avocado** and the **shrimp**, then garnish with the rest of the **chives** and **parsley**.

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

Enjoy!



Chicken Stir-Fry with Noodles & Pak Choi

with courgette, chili pepper & gomashio

Total time: 25 - 30 min.



Garlic



Fresh ginger



Red chili pepper



Soy sauce



East Asian-style sauce



Courgette



Pak choi



Onion



Ground paprika



Wholewheat noodles



Gomashio



Carrot



Chicken mince with Indonesian spices



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

An advantage of ginger is that it can easily be stored for a long time. You can freeze it, and, if stored in a sealed bag, it can be kept unpeeled and uncut in the fridge for 3 to 4 weeks.

Tear me out!



Before you begin

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

Utensils

Bowl, microplane, lidded pot or saucepan, 2x wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Soy sauce (ml)	10	15	25	30	40	45
East Asian-style sauce* (sachet(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Wholewheat noodles (g)	75	150	225	300	375	450
Gomashio (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Chicken mince with Indonesian spices* (g)	100	200	300	400	500	600
From your pantry						
Sunflower 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)	2992 /715	560 /134
Total fat (g)	26	5
of which saturated (g)	4,5	0,8
Carbohydrates (g)	82	15
of which sugars (g)	21,7	4,1
Fibre (g)	12	2
Protein (g)	32	6
Salt (g)	4	0,7

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan. Cook the **noodles** for 3 - 4 minutes, covered, then drain and set aside.
- Crush or **mince** the **garlic**. Grate the **ginger** with a microplane. Deseed and finely chop the **red chili pepper***.
- In a bowl, combine the **garlic** with the **ginger**, **chili pepper**, **soy sauce** and **East Asian-style sauce**.

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



2. Fry the vegetables

- Slice the **courgette** and the **carrot** into thin crescents.
- Discard the base of the **pak choi** and then finely chop both the stem and the leaves.
- Chop the **onion**. Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the vegetables with the **paprika** for 6 - 8 minutes, seasoning to taste with salt and pepper.



3. Add the chicken

- Heat a drizzle of sunflower oil in another wok or deep frying pan over medium-high heat.
- Fry the **chicken** for 3 - 4 minutes until done, then transfer it to the vegetables.
- Add the sauce and fry for 1 more minute, then add the **noodles** and mix well to combine. Fry for 1 more minute over high heat.

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.



4. Serve

- Serve the **noodles** on plates and garnish with the **gomashio**.

Enjoy!



Eggplant Penne in Creamy Basil Sauce

with courgette, crema di balsamico & pecorino

Total time: 25 - 30 min.



Garlic



Penne



Grated Pecorino DOP



Eggplant



Courgette



Cooking cream



Fresh basil



Onion



Crema di balsamico



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

While courgettes are often treated as vegetables, they're actually fruits. They're low in calories and rich in vitamin C and fibre, making them a healthy choice for a variety of meals!

Tear me out!



Before you begin

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

Utensils

Bowl, lidded deep frying pan, tall container, pot or saucepan, immersion blender

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Penne (g)	90	180	270	360	450	540
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Eggplant* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Cooking cream (g)	75	150	225	300	375	450
Fresh basil* (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	8	16	24	32	40	48

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
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)	3217 /769	627 /150
Total fat (g)	32	6
of which saturated (g)	15	2,9
Carbohydrates (g)	92	18
of which sugars (g)	19,5	3,8
Fibre (g)	11	2
Protein (g)	24	5
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Chop the **onion** and crush or mince the **garlic**.
- Dice the **eggplant** into 1 - 2cm cubes, then transfer to a bowl. Add the flour and toss well to coat, seasoning with salt and pepper.
- Cut the **courgette** into crescents.

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



2. Fry the vegetables

- Boil the pasta for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **eggplant** and **onion** for 3 - 4 minutes, covered.
- Add the **courgette** and fry for 6 - 8 minutes, or until evenly browned.
- Stir regularly, seasoning to taste with salt and pepper.



3. Make the sauce

- Pull the **basil** leaves off the stems.
- Transfer half of the leaves to a tall container and then finely chop the rest. Add the **cream** to the container, along with a drizzle of olive oil and some salt and pepper. Use an immersion blender to process into a smooth sauce.
- Deglaze the vegetables with the white wine vinegar, then reduce the heat.
- Stir in the **garlic** and the **basil crème**, then crumble in the stock cube (see pantry for amount). Allow to reduce for 3 - 4 minutes. Add a splash of the reserved pasta water if the sauce is too thick.



4. Serve

- Stir the pasta and half of the **grated pecorino** into the sauce and cook for another 1 - 2 minutes over medium-high heat.
- Serve the pasta on plates and garnish with the chopped **basil** and the rest of the **grated pecorino**.
- Drizzle with the **crema di balsamico** to finish.

Enjoy!



Shrimp Spaghetti in Creamy Curry Sauce

with roasted courgette & tomato-tarragon salad

Total time: 40 - 50 min.



Garlic



Red chili pepper



Courgette



Curry powder



Smoked paprika



Cooking cream



Wholewheat spaghetti



Onion



Tomato



Fresh tarragon



Shrimp



Tomato paste



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

Tarragon is a fragrant herb with a unique, slightly sweet flavour. It adds a fresh touch to salads, pairing well with citrus dressings, seafood or chicken, and creamy ingredients.

Tear me out!



Utensils

Parchment-lined baking sheet, bowl, large deep frying pan with lid, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Courgette* (unit(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	⅓	⅔	1	1⅓	1¾	2
Smoked paprika (tsp)	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Wholewheat spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Shrimp* (g)	80	160	240	320	400	480
Tomato paste (can)	½	1	1½	2	2½	3

From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium fish stock (ml)	50	100	150	200	250	300
Sugar (tsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3372 /806	549 /131
Total fat (g)	38	6
of which saturated (g)	15,3	2,5
Carbohydrates (g)	82	13
of which sugars (g)	23	3,7
Fibre (g)	12	2
Protein (g)	30	5
Salt (g)	1	0,2

Allergens

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



1. Prepare

Preheat the oven to 210°C and prepare the stock. Chop the **onion** and crush or mince the **garlic**. Deseed and finely chop the **red chili pepper***. Cut the **courgette** into 0.5cm thick slices and transfer to a parchment-lined baking sheet. Drizzle with half of the olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.

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



4. Prepare the tomato

In the meantime, finely dice the **tomato**. Discard the **tarragon** stalks and finely chop the leaves. In a bowl, combine the **tomato** with the extra virgin olive oil, half of the **tarragon** and the rest of the white balsamic vinegar. Season to taste with salt and pepper.



2. Fry the aromatics

Boil plenty of water in a pot or saucepan for the **spaghetti**. Heat the rest of the olive oil in a large deep frying pan over medium-high heat. Fry the **onion** and **garlic** with half of the **chili pepper** for 1 - 2 minutes. Add the **curry powder** and **smoked paprika** and fry for 1 more minute.



5. Fry the shrimp

Melt the butter in a frying pan over medium-high heat. Fry the **shrimp** with the rest of the **chili pepper** for 3 - 4 minutes. Season to taste with salt and pepper, then add the **shrimp** and the rest of the **tarragon** to the sauce.



3. Boil the spaghetti

Deglaze with ½ tbsp white balsamic vinegar per person, then add the stock and the **tomato paste**. Reduce the heat, then add the **cream** and sugar and allow to simmer over low heat for 12 - 14 minutes, covered. Season to taste with salt and pepper. In the meantime, boil the **spaghetti** for 10 - 12 minutes, covered, then drain and set aside.



6. Serve

Serve the **spaghetti** on deep plates and top with the creamy **shrimp** sauce and the roasted **courgette**. Serve the **tomato-tarragon** salad alongside.

Did you know... 🌱 this recipe provides more than 250g vegetables per serving. This is thanks in part to the **passata**, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.

Enjoy!



Salami & Chicken Pizza

with onion chutney, Romano pepper & arugula

Total time: 25 - 30 min.



Pizza dough



Chicken breast with Mediterranean herbs



Salami



Onion



Romano pepper



Passata



Sicilian-style herb mix



Shredded mozzarella



Arugula & lamb's lettuce



Onion chutney



There is a new ingredient in your box! This shredded mozzarella is not only convenient to use but also just as deliciously soft and creamy as our fresh mozzarella.

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

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Salami* (slice(s))	3	6	9	12	15	18
Onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180
Onion chutney* (g)	20	40	60	80	100	120
From your pantry						
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4590/1097	731/175
Total fat (g)	40	6
of which saturated (g)	15,4	2,5
Carbohydrates (g)	115	18
of which sugars (g)	22,6	3,6
Fibre (g)	7	1
Protein (g)	60	10
Salt (g)	5,8	0,9

Allergens

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



1. Chop the vegetables

- Preheat the oven to 200°C (see Tip).
- Dice the **chicken** into 1cm cubes.
- Slice the **onion** into half rings and cut the **Romano pepper** into thin strips.

Tip: keep the pizza dough in the fridge until step 3, so as to ensure the best result.



2. Fry the chicken

- Heat the olive oil in a large frying pan over medium-high heat and fry the **chicken** for 2 - 3 minutes.
- Add the **onion** and **Romano pepper**, then fry for another 2 - 3 minutes. Season to taste with salt and pepper.
- In a bowl, combine the **passata** with the **Sicilian herbs**, balsamic vinegar and sugar. Season to taste with salt and pepper.



3. Make the pizza

- Roll out the **pizza dough** and transfer the necessary amount to a parchment-lined baking sheet.
- Spread with the **tomato** sauce, then top with the **salami**, **chicken** and vegetables.
- Scatter over the **mozzarella**.
- Bake in the oven for 12 - 14 minutes or until golden-brown.



4. Serve

- Top the pizza with the **onion chutney**.
- Garnish with the **arugula** and **lamb's lettuce**.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



Duck Confit with Blueberry Sauce & Buttered Almonds

over mash with Parmigiano Reggiano & green vegetables

Total time: 30 - 40 min.



Duck thigh confit



Garlic



Potatoes



Onion



Green beans



Parmigiano
Reggiano DOP



Shaved almonds



Yellow mustard seeds



Blueberry jam



Onion chutney



Mangetout



There is a new ingredient in your box! When you confit the duck thigh, it develops a richer flavour. The slow cooking process makes the meat exceptionally tender and juicy.

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

Tear me out!



Utensils

Lidded deep frying pan, lidded frying pan, grater, pot or saucepan, potato masher, small bowl, small saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Duck thigh confit* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	100	200	300	400	500	600
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Shaved almonds (g)	10	20	30	40	50	60
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Blueberry jam (g)	15	30	45	60	75	90
Onion chutney* (g)	20	40	60	80	100	120
Mangetout* (g)	50	100	150	200	250	300
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Low sodium chicken stock cube (unit(s))	¼	¼	½	½	¾	¾
Water (ml)	20	40	60	80	100	120
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4297 /1027	627 /150
Total fat (g)	58	9
of which saturated (g)	20,7	3
Carbohydrates (g)	74	11
of which sugars (g)	24	3,5
Fibre (g)	19	3
Protein (g)	47	7
Salt (g)	2	0,3

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. Crush or mince the **garlic**. Transfer the **potatoes** and **garlic** to a pot or saucepan, then crumble in the vegetable stock cube (see pantry for amount). Cover with water, then boil for 12 - 15 minutes. Reserve a small amount of the cooking liquid, then drain and return to the pot.



4. Fry the duck

Melt half of the butter in a frying pan over medium heat. Fry the **almonds** for 3 - 4 minutes until golden, then transfer to a small bowl. Stir in the **mustard seeds**, then set aside. Heat the rest of the olive oil in the same pan over medium heat. Transfer the **duck** to the pan, including its juices. Fry for 2 - 3 minutes per side, covered.



2. Boil the green beans

Discard the tips of the **green beans** and transfer to a deep frying pan. Cover with a shallow layer of water, then add a pinch of salt and bring to the boil. Allow to cook gently for 4 - 6 minutes, then drain if necessary and return to the pan. Meanwhile, finely chop the **onion**. If preferred, carefully discard the tough ends of the **mangetout**.



5. Make the sauce

In a small saucepan, combine the blueberry **jam** with the **onion chutney**, balsamic vinegar and **chicken** stock cube (see pantry for amounts). Add 1 tbsp water per person and mix well to combine, then allow to simmer gently over medium heat until serving. Meanwhile, grate the **Parmigiano Reggiano**.



3. Fry the vegetables

Drizzle the **green beans** with half of the olive oil, then add the **onion** and the **mangetout**. Fry for 2 - 3 minutes over medium-high heat, then add the water (see pantry for amount). Cover with the lid and steam for 2 - 3 minutes. Season to taste with salt and pepper. Keep warm until serving, covered.



6. Serve

Mash the **potatoes** with the rest of the butter and a splash of milk or reserved cooking liquid as preferred. Stir in the **Parmigiano Reggiano** and the mustard. Season to taste with salt and pepper. Serve the mash on plates, topped with the vegetables and the **duck**. Garnish with the buttered **almonds** and serve with the blueberry sauce.

Enjoy!



Fillet of Cod with Samphire & Capers

over mafaldine with broccoli & lemon

Total time: 30 - 40 min.



Onion



Garlic



Broccoli



Samphire



Capers



Mafaldine



Lemon



Cod fillet



There is a special ingredient in your box! Samphire is a briny vegetable that grows along coastal areas. It has a crunchy texture and a salty, slightly spicy flavour reminiscent of the sea.

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

Tear me out!



Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	100	200	300	400	500	600
Samphire* (g)	25	50	75	100	125	150
Capers (g)	10	20	30	40	50	60
Mafaldine (g)	90	180	270	360	450	540
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Cod fillet* (unit(s))	1	2	3	4	5	6

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
[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)	2782 / 665	560 / 134
Total fat (g)	21	4
of which saturated (g)	6,2	1,2
Carbohydrates (g)	78	16
of which sugars (g)	9,7	2
Fibre (g)	9	2
Protein (g)	38	8
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

Boil plenty of water in a pot or saucepan for the mafaldine. Chop the **onion** and crush or mince the **garlic**. Cut the head of the **broccoli** into florets and dice the stem. Boil the mafaldine for 7 - 9 minutes, covered, then drain and rinse under cold water (see Tip).

Tip: you can also drizzle the mafaldine with some olive oil so as to prevent it from sticking together.



2. Fry the onion and garlic

Heat the olive oil in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 3 minutes. Meanwhile, cut the **lemon** into wedges.



3. Fry the broccoli

Add the **broccoli** and cover with the lid, then allow to cook for 7 minutes. Remove the lid and add the **samphire**, then fry for 3 more minutes. Season to taste with salt and pepper.



4. Fry the cod

Meanwhile, pat the fish dry with kitchen paper and season with salt and pepper. Melt the butter in a frying pan over medium-high heat and fry the fish with the **capers** for 2 - 3 minutes, then carefully flip and fry for 1 - 2 more minutes on the other side. Reduce the heat if necessary.



5. Finish

Transfer the **mafaldine** to the vegetables and mix well to combine. Season to taste with salt and pepper.



6. Serve

Serve the **mafaldine** on plates and top with the fish and **capers**. Drizzle with extra virgin olive oil as preferred and serve with the **lemon wedges**.

Enjoy!



Tuna Steak with Wakame & Edamame

over rice with furikake, cucumber & zesty sambal mayo

Total time: 20 - 25 min.



White long grain rice



Tuna steak



Garlic



Wakame



[Persian] cucumber



Edamame



Sesame oil



Furikake



Lime



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

Recipe Developer Steffi: "The salad in this recipe is inspired by 'Sunomono', a Japanese cucumber salad that is often served as a side dish. The dressing often consists of simple but tasty ingredients such as soy sauce, vinegar, sesame oil and a little sugar. To give this recipe a luxurious twist, I added edamame!"

Tear me out!



Before you begin

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

Utensils

Lidded pot or saucepan, kitchen paper, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Tuna steak* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Wakame* (g)	25	50	100	100	150	150
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Edamame* (g)	50	100	150	200	250	300
Sesame oil (ml)	5	10	15	20	25	30
Furikake (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½

From your pantry

Boiled water (ml)	180	360	540	720	900	1080
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Sambal (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	2½	5	7½	10	12½	15
[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)	2828 /676	582 /139
Total fat (g)	25	5
of which saturated (g)	5,2	1,1
Carbohydrates (g)	69	14
of which sugars (g)	6,9	1,4
Fibre (g)	3	1
Protein (g)	41	9
Salt (g)	2,9	0,6

Allergens

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



1. Prepare

Boil the water (see pantry for amount). Meanwhile, crush or mince the **garlic**. Heat the sunflower oil in a pot or saucepan over medium-high heat. Fry the **garlic** for 1 - 2 minutes, then add the **rice** and the water. Boil the **rice** for 10 - 15 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered. Season to taste with salt and pepper.



4. Fry the tuna

Pat the **tuna** dry with kitchen paper and season with salt and pepper. Melt the butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **tuna** for 1 - 3 minutes per side (see Tip). Deglaze with the rest of the **soy sauce**.

Tip: tuna steak is more flavourful and tender when it's still rare. If you'd prefer your tuna steak to be less rare, fry it for a further 1 - 2 more minutes per side.



2. Make the dressing

Quarter the **lime**. In a salad bowl, combine the white wine vinegar with the **sesame oil** and (per person) 2 tsp **soy sauce** and the juice of a quarter **lime** per person. Season with a pinch of salt.



5. Make the sauce

In a small bowl, combine the mayonnaise with the sambal and the juice of a quarter **lime** per person. Season to taste with salt and pepper.



3. Make the salad

Slice the **cucumber** into thin crescents, then transfer to the salad bowl. Add the **edamame** and toss well to combine with the dressing, then set aside.

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

Slice the **tuna**. Serve the **rice** on plates. Top with the **cucumber** salad, the **wakame** and the **tuna**. Drizzle with the sambal mayonnaise on top and garnish with the **furikake**.

Enjoy!



Venison Steak with Potato Gratin

with cranberry chutney & a cherry tomato salad

Total time: 25 - 30 min.



Venison steak



Potato gratin



Cranberry chutney



Shallot



Radicchio & romaine



Red cherry tomatoes



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

Venison is a lean and flavourful meat with a rich, gamey taste. High in protein and low in fat, it's a healthy alternative that elevates any dish!

Tear me out!



Before you begin

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

Utensils

Aluminum foil, kitchen paper, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Venison steak* (g)	120	240	360	480	600	720
Potato gratin* (g)	200	375	500	750	875	1125
Cranberry chutney* (g)	20	40	60	80	100	120
Shallot (unit(s))	½	1	1½	2	2½	3
Radicchio & romaine* (g)	25	50	75	100	125	150
Red cherry tomatoes (g)	65	125	190	250	315	375
From your pantry						
Balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3272 / 782	662 / 158
Total fat (g)	54	11
of which saturated (g)	23,9	4,8
Carbohydrates (g)	40	8
of which sugars (g)	16,9	3,4
Fibre (g)	5	1
Protein (g)	32	7
Salt (g)	3	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 220°C. Take the venison **steak** out of the fridge and allow it to reach room temperature (see Tip). Discard the plastic from the **potato gratin** and bake in the oven for 20 minutes or until golden-brown.

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



4. Make the sauce

In the same pan, fry the **shallot** over medium-high heat for 2 - 3 minutes or until soft. Stir in the **cranberry chutney**, balsamic vinegar and water (see pantry for amount). Allow to reduce gently for 2 minutes, then turn off the heat and stir in a knob of butter. Season to taste with salt and pepper.



2. Chop the vegetables

Pat the venison **steak** dry with kitchen paper. Chop the **shallot** into crescents and halve the **cherry tomatoes**.

Did you know... 🍅 *cherry tomatoes contain more beta-carotene than regular tomatoes. This is an antioxidant that helps protect the body against tissue damage and ageing.*



5. Make the salad

In a salad bowl, combine the extra virgin olive oil with the mustard, white wine vinegar and honey. Season the dressing to taste with salt and pepper, then transfer the **cherry tomatoes** and **lettuce** to the bowl and toss well to combine.



3. Fry the steak

Melt a generous knob of butter in a frying pan over high heat. When the butter is nice and hot, fry the **venison steak** for 2 minutes per side (see Tip). Remove from the pan and season to taste with salt and pepper, then allow to rest under aluminium foil.

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



6. Serve

Slice the **venison steak** against the grain and top with the balsamic **cranberry** jus. Serve the **potato gratin** and salad alongside.

Enjoy!



Hake à la Meunière with Chorizo & Capers

over carrot & lentil purée with buttered almonds & spinach

Total time: 35 - 45 min.



Red split lentils



Skin-on hake fillet



Onion



Garlic



Carrot



Spinach



Lemon



Shaved almonds



Diced chorizo



Ground paprika



Capers



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'll dust the fish with flour, fry it and finish it with a touch of fresh lemon.

Tear me out!



Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red split lentils (g)	30	60	80	100	140	160
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	3	3	4
Spinach* (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Shaved almonds (g)	10	20	30	40	50	60
Diced chorizo* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1½	3	4½	6	7½	9
Capers (g)	15	30	45	60	75	90

From your pantry

Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2895 /692	479 /115
Total fat (g)	43	7
of which saturated (g)	17,6	2,9
Carbohydrates (g)	29	5
of which sugars (g)	10,1	1,7
Fibre (g)	16	3
Protein (g)	40	7
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

Prepare the stock. Cut the **carrot** into crescents. Slice the **onion** into half rings and crush or mince the **garlic**.



4. Fry the fish

Melt another third of the butter in the same pan over medium-high heat. Fry the **chorizo** with the fish for 2 - 3 minutes per side, then remove from the pan and set aside under aluminum foil. Fry the **spinach** in the same frying pan, allowing it to wilt and reduce. Season to taste with salt and pepper.



2. Fry the vegetables

Heat the olive oil in a deep frying pan over medium heat. Fry the **carrots** with the **garlic** and **onion** for 3 - 4 minutes, seasoning to taste with pepper. Add the **lentils** and the stock, then cover with the lid and bring to a boil. Allow to gently stew for 15 - 20 minutes over low heat, or until the **lentils** are done. Add some extra water if the **lentils** seem too dry.



5. Make the purée

When the **carrot** and **lentils** are done, remove from the heat and use an immersion blender to process until smooth. Add the **paprika** and the rest of the butter, then season to taste with salt and pepper. Keep the purée warm over low heat, covered.



3. Toast the almonds

Transfer the flour to a deep plate and season generously with salt and pepper. Pat the fish dry with kitchen paper. Coat it with the flour and tap off any excess, then set aside until later use. Melt a third of the butter in a frying pan over high heat. Fry the **almonds** for 3 - 4 minutes until golden, then remove from the pan and set aside.



6. Serve

Quarter the **lemon**. Serve the **lentil** purée on plates and top with the **spinach**, the **chorizo** and the fish. Squeeze a **lemon wedge** over each portion and garnish with the toasted **almonds** and the **capers**. Serve the rest of the **lemon wedges** alongside.

Enjoy!



Bulgogi Chicken Bao Buns

with sticky eggplant, crispy onions & ginger mayonnaise

Total time: 35 - 45 min.



Bao buns



Chicken breast



Scallions



Carrot



Eggplant



Black garlic marinade



East Asian-style sauce



Ginger paste



Bulgogi sauce



Crispy fried onions



There is a new ingredient in your box! Enrich this dish with the deep flavour and subtle sweetness of black garlic marinade - ideal for grilling and marinating.

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

Tear me out!



Utensils

2x bowl, lidded deep frying pan, grater, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns (unit(s))	3	6	9	12	15	18
Chicken breast* (unit(s))	1	2	3	4	5	6
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	1	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Black garlic marinade* (g)	15	30	45	60	75	90
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¼	2
Ginger paste* (g)	2½	5	7½	10	12½	15
Bulgogi sauce (g)	20	35	55	70	90	105
Crispy fried onions (g)	15	30	45	60	75	90
From your pantry						
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	60	120	180	240	300	360
Sunflower 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)	4866 /1163	744 /178
Total fat (g)	58	9
of which saturated (g)	10,3	1,6
Carbohydrates (g)	115	18
of which sugars (g)	38,8	5,9
Fibre (g)	9	1
Protein (g)	44	7
Salt (g)	4,7	0,7

Allergens

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



1. Prepare

Preheat the oven to 180°C. Grate the **carrot**. In a bowl, combine the white wine vinegar with the sugar and the **carrot**. Set aside until serving, stirring occasionally. Finely chop the **scallions** and separate the white part from the greens. Dice the **eggplant** into cubes of around 2cm.



4. Finish the chicken

Remove the **chicken** from the pan and finely chop or shred it. Transfer the **chicken** to a bowl and add the **bulgogi sauce**, the **soy sauce** and the rest of the sunflower oil. Season to taste with salt and pepper (see Tip).

Tip: if you'd like to make it spicier, add some sambal from your pantry as preferred.



2. Fry the eggplant

Heat a third of the sunflower oil in a deep frying pan over medium-high heat. Season the **eggplant** with salt and pepper, then fry for 4 - 6 minutes. Add the black **garlic** marinade, the white part of the **scallions** and the **East Asian-style sauce**. Toss well to coat, then add the water (see pantry for amount). Fry for 6 - 8 minutes, covered.



5. Bake the bao buns

Bake the **bao buns** in the oven for 4 - 5 minutes. In a small bowl, combine the mayonnaise with the **ginger** paste.



3. Fry the chicken

In the meantime, heat another third of the sunflower oil in a frying pan over medium-high heat. Fry the **chicken** for 2 - 3 minutes per side. Reduce the heat and fry for a further 4 - 5 minutes, or until done.



6. Serve

Fill the **bao buns** with the **chicken** and **carrot**. Drizzle with the **ginger** mayonnaise and garnish with the **crispy onions** and the **scallion** greens. Serve the **eggplant** alongside.

Enjoy!