



# Creamy Bacon & Mushroom Linguine

with Pecorino & parsley

Total time: 30 - 40 min.



Garlic



Red onion



Mushrooms



Linguine



Fresh curly parsley



Cooking cream



Grated Pecorino DOP



Bacon lardons



There is a special ingredient in your box! Pecorino is an Italian sheep's cheese, similar to Parmigiano Reggiano, but it's aged for a shorter period of time and therefore has a more mild flavour.  
Scan the QR code to let us know what you thought of the ingredient!

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(s), large deep frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	150	300	450	525	750	825
Linguine (g)	90	180	270	360	450	540
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
Bacon lardons* (g)	50	100	150	200	250	300
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)	3301 / 789	762 / 182
Total fat (g)	40	9
of which saturated (g)	19,8	4,6
Carbohydrates (g)	73	17
of which sugars (g)	8,9	2,1
Fibre (g)	6	1
Protein (g)	32	7
Salt (g)	2,6	0,6

Allergens

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



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. Reserve at least 30ml pasta water per person, then drain and set aside.



Make the sauce

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



Fry the bacon lardons

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



Finish

- Remove from the heat and stir in a knob of butter, along with half each of the parsley and pecorino.
- Season to taste with salt and pepper, then mix well to combine.



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.



Serve

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

Enjoy!





# Creamy Goat's Cheese with Onion Jus

over carrot-spinach 'stampot' with pecans

Total time: 25 - 30 min.



Potatoes



Carrot



Red onion



Baby spinach



Chopped pecans



Goat's Cheese



**Our recipe developer Babette says:**

*"'Stampot', also called 'stoemp' in Belgium, is a regular on the table for me and many others. Instead of meat, I chose to serve it with a classic vegetarian element: goat's cheese with honey and nuts. The perfect comfort food!"*

## 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(s), lidded pot or saucepan, potato masher, small saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Carrot* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	1	2	3	4	5	6
Baby spinach* (g)	65	125	190	250	315	375
Chopped pecans (g)	10	20	30	40	50	60
Goat's Cheese* (g)	100	200	300	400	500	600
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Plant-based] milk	splash					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3807 / 910	496 / 119
Total fat (g)	50	6
of which saturated (g)	30,2	3,9
Carbohydrates (g)	92	12
of which sugars (g)	28,2	3,7
Fibre (g)	15	2
Protein (g)	28	4
Salt (g)	1,4	0,2

## Allergens

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

1



## Prepare

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Wash or peel the carrots and potatoes, then cut them into small chunks. Boil for 18 - 20 minutes, adding the spinach during the final minute of cooking.
- Reserve 75ml cooking liquid per person, then drain and set aside, covered.

3



## Make the jus

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

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

2



## Bake the goat's cheese

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

4



## Serve

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

## Enjoy!





# Panko Chicken Bowl with Sweet Soy Mayo

over rice with broccoli, carrot & gomashio

Total time: 35 - 45 min.



Broccoli



Carrot



Jasmine rice



Mayonnaise



Panko breadcrumbs



Middle Eastern  
spice mix



Soy sauce



Gomashio




Chicken thigh fillet



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

The soy mayo in this recipe adds a creamy, umami touch with a hint of sweetness and depth. It's the perfect finishing touch!

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(s), plate, small bowl, frying pan, two pots or saucepans

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	250	360	610	720	970	1080
Carrot* (unit(s))	½	1	1	1	2	2
Jasmine rice (g)	75	150	225	300	375	450
Mayonnaise* (g)	35	75	100	150	175	225
Panko breadcrumbs (g)	20	40	60	75	100	115
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6

### From your pantry

Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3883 / 928	797 / 191
Total fat (g)	50	10
of which saturated (g)	6,9	1,4
Carbohydrates (g)	87	18
of which sugars (g)	7,8	1,6
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	2,1	0,4

## Allergens

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

1



## Chop the vegetables

- Preheat the oven to 210°C.
- Boil plenty of water in two pots or saucepans for the rice and vegetables.
- Cut the head of the broccoli into florets and then dice the stem.
- Thinly slice the carrot, then parboil both for 4 - 5 minutes. Drain and set aside until later use.

3



## Prepare the chicken

- Cut the chicken into 2 - 3cm strips.
- Coat it first with the reserved mayonnaise and then with the panko.
- Heat a generous drizzle of sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the chicken for 1 - 2 minutes per side.
- Transfer to a parchment-lined baking sheet and bake for 10 - 12 minutes until done.

2



## Boil the rice

- Meanwhile, boil the rice for 12 - 15 minutes, then drain and set aside.
- Set aside 0.5 tbsp mayonnaise per person to use in the next step, then transfer the rest to a small bowl.
- Add the soy sauce and the honey, then mix well to combine.
- On a plate, combine the panko with the Middle Eastern spices.

4



## Serve

- Reheat the same pan over medium-high heat and stir-fry the broccoli and carrot for 4 - 5 minutes until done. Season to taste with salt and pepper.
- Serve the rice on deep plates and arrange everything on top.
- Drizzle with the soy mayonnaise and garnish with the gomashio.

## Enjoy!





# Sweet Soy Chicken with Hot Honey Peanuts

over sticky garlic rice with pak choi & carrot

Total time: 25 - 30 min.



Garlic



Sesame oil



Risotto rice



Pak choi



Carrot



Hot honey peanuts



Sweet chili sauce



Soy sauce



Yellow carrot



Chicken tenderloin



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

Pak choi has a slightly sweet, mustard-like flavour and crisp texture. It's a versatile vegetable that can be incorporated into all kinds of dishes, like soups, salads and stir-fries.

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) frying pan(s), lidded pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Sesame oil (ml)	5	10	15	20	25	30
Risotto rice (g)	75	150	225	300	375	450
Pak choi* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	¾	1	1	2	2	3
Hot honey peanuts (g)	10	20	30	40	50	60
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Yellow carrot* (unit(s))	⅓	1	2	2	3	3
Chicken tenderloin* (g)	100	200	300	400	500	600
From your pantry						
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water for the rice (ml)	100	200	300	400	500	600
Low sodium chicken 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)	2895 /692	468 /112
Total fat (g)	22	4
of which saturated (g)	3,3	0,5
Carbohydrates (g)	91	15
of which sugars (g)	16,1	2,6
Fibre (g)	10	2
Protein (g)	35	6
Salt (g)	2,8	0,4

## 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.
- Heat the sesame oil in a pot or saucepan over medium-high heat and fry the garlic for 2 - 3 minutes until golden-brown.
- Reduce the heat, then add the rice and the water (see pantry for amount). Season with a pinch of salt (see Tip).
- Boil the rice for 12 - 15 minutes, covered, then set aside until serving.

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

3



## Fry the pak choi

- Add the pak choi and crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to stew for 2 - 4 minutes, then season to taste with salt and pepper.
- Roughly chop the hot honey peanuts.

2



## Chop the vegetables

- Slice the carrots into thin crescents.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and stir-fry the carrot for 3 - 5 minutes.
- Discard the base of the pak choi and then cut into strips (see Tip).

**Tip:** if preferred, cut the pak choi into larger pieces so as to keep some of its structure while stir-frying.

4



## Serve

- Cut the chicken into 1 - 2cm chunks. Heat a drizzle of sunflower oil in a frying pan over medium-low heat and fry the chicken for 4 minutes.
- Stir in the sweet chili sauce, soy sauce and ketjap and fry for 1 more minute.
- Serve the sticky rice on plates and top with the vegetables and the chicken. Garnish with the hot honey peanuts.

## Enjoy!





# Piri Piri Shrimp with Tomato Salsa

over pesto rosso rice with zesty herb sauce

Total time: 25 - 30 min.



White long grain rice



Shrimp



Garlic



Red onion



Bell pepper



Roma tomato



Lemon



Fresh flat leaf  
parsley & chives



Pesto rosso



Piri piri seasoning



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

Piri-piri gets its name from the Swahili word for "pepper." This spicy pepper is native to Africa and can be used in a variety of ways, from sauces and marinades to spice blends.

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, (lidded) pot or saucepan(s), 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
Shrimp* (g)	80	160	240	320	400	480
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Pesto rosso* (g)	20	40	60	80	100	120
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9

### From your pantry

Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
[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)	2904 /694	617 /148
Total fat (g)	30	6
of which saturated (g)	3,6	0,8
Carbohydrates (g)	82	17
of which sugars (g)	13,1	2,8
Fibre (g)	8	2
Protein (g)	20	4
Salt (g)	1,4	0,3

## Allergens

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

1



## Boil the rice

- Boil plenty of salted water in a pot or saucepan.
- Cut the bell pepper into strips and then dice the tomato.
- Boil the rice for 12 - 15 minutes.
- Reserve some of the cooking liquid, then drain and set aside.

3



## Fry the shrimp

- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the onion with the bell pepper for 3 - 4 minutes.
- Stir in the shrimp and the **piri-piri spices**\* and fry for another 3 minutes, or until the shrimp turn pink.
- In a salad bowl, combine the tomato with the rest of the fresh herbs and some extra virgin olive oil as preferred. Season generously with salt and pepper.

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

2



## Make the sauce

- Slice the onion into half rings and crush or mince the garlic.
- Finely chop the fresh herbs.
- Zest the lemon and then cut it into quarters.
- In a small bowl, combine the mayonnaise with the garlic and half of the fresh herbs, along with (per person): a quarter teaspoon of lemon zest, half a tablespoon of water and the juice of 1 lemon wedge. Mix well and then season to taste with salt and pepper.

4



## Serve

- Shortly before serving, stir the pesto and the balsamic vinegar into the rice. Add a splash of the reserved cooking liquid as necessary to make the rice more creamy. Season to taste with salt and pepper.
- Serve the rice on deep plates and arrange everything on top.
- Serve with the salsa and drizzle with the sauce. Serve any remaining lemon wedges alongside.

## Enjoy!





# Sweet Potato & Lentil Curry with Naan

with spinach salad & fragrant labneh sauce

Total time: 35 - 45 min.



Sweet potato



Garlic



Red onion



Fresh ginger



Spinach



Roma tomato



Fresh flat leaf  
parsley & coriander



Lentils



Labneh



Yellow curry spices



Coconut milk



Naan with herbs



Persian cucumber



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

No need to say "naan bread" - the word "naan" itself already means "bread" in Persian!

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, microplane, salad bowl, small bowl, sieve

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Spinach* (g)	75	150	200	300	350	450
Roma tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & coriander* (g)	5	10	10	10	20	20
Lentils (pack)	½	1	1½	2	2½	3
Labneh* (g)	20	40	60	80	100	120
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3

From your pantry						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	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)	2636 /630	355 /85
Total fat (g)	27	4
of which saturated (g)	13,3	1,8
Carbohydrates (g)	72	10
of which sugars (g)	14	1,9
Fibre (g)	14	2
Protein (g)	19	3
Salt (g)	2,8	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Peel the sweet potato and dice it into 1 – 2cm chunks.
- Chop the onion and crush or mince the garlic.
- Grate or finely chop the ginger.



Make the salad

- Meanwhile, tear or cut the spinach into small pieces.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and then season to taste with salt and pepper.
- Dice the cucumber and quarter the tomatoes, then transfer to the bowl, along with half of the spinach. Toss well to combine with the dressing.
- Roughly chop the parsley and coriander. Drain the lentils.



Fry the aromatics

- Heat a clean deep frying pan over medium-high heat.
- Toast the curry spices for 1 – 2 minutes or until fragrant.
- Stir in a knob of butter and allow to melt.
- Add the onion, ginger and three quarters of the garlic, then fry for 2 – 3 minutes.



Finish

- Add the lentils and the rest of the spinach to the curry. Mix well and allow the spinach to wilt and reduce.
- Simmer for 3 – 5 minutes over low heat, or longer if the curry needs to reduce further.
- In a small bowl, combine the labneh with the rest of the garlic and a third of the fresh herbs.
- Add extra virgin olive oil as preferred and season to taste with salt and pepper.



Make the curry

- Add the sweet potato and cover with the lid, then fry for 1 - 2 minutes over medium-high heat.
- Add the stock and the coconut milk, then allow to cook gently over low heat for 10 minutes.
- Remove the lid and cook for 5 more minutes, or longer if the curry needs to reduce further.



Serve

- Meanwhile, bake the naan in the oven for 2 – 3 minutes.
- Serve the curry with the naan and the salad alongside.
- Garnish with the rest of the fresh herbs and serve the labneh sauce on the side.

Enjoy!





# Sticky Veggie No-Beef with Escarole 'Stampopot'

with Korean-style spices & crispy onions

Total time: 20 - 25 min.



Potatoes



Chopped escarole



Carrot



Korean-style spice mix



Vegetarian beef-style pieces



Garlic



Scallions



East Asian-style sauce



Crispy fried onions



There is a new ingredient in your box! Our vegetarian beef-style pieces are now from The Vegetarian Butcher – the same delicious recipes, now with even better flavour.  
Scan the QR code to let us know what you thought of the ingredient!

## 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(s), large pot or saucepan, lid, potato masher, sieve

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Chopped escarole* (g)	150	300	450	600	750	900
Carrot* (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Garlic (unit(s))	1	2	3	4	5	6
Scallions* (bunch)	⅓	⅔	1	1½	1¾	2
East Asian-style sauce* (g)	35	70	105	140	175	210
Crispy fried onions (g)	15	30	45	60	75	90

### From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3008 / 719	406 / 97
Total fat (g)	25	3
of which saturated (g)	8,7	1,2
Carbohydrates (g)	97	13
of which sugars (g)	21,2	2,9
Fibre (g)	18	2
Protein (g)	26	3
Salt (g)	3,1	0,4

## Allergens

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

1



## Boil the vegetables

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

3



## Fry the scallions

- In the meantime, crush or mince the garlic.
- Finely chop the scallions into rings and keep the white part separate from the greens.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic with the white part of the scallions for 1 minute.

2



## Prepare the escarole

- In the meantime, boil the kettle.
- Transfer the escarole to a sieve and pour over the boiling water, then use the back of a spoon to squeeze out the excess liquid.
- Mash the carrot and potatoes with the mustard and a knob of butter.
- Stir in the wilted escarole and Korean-style spices, then season to taste with salt and pepper.

4



## Serve

- Add the veggie beef and fry for 4 minutes, stirring occasionally.
- Stir in the ketjap and the East Asian-style sauce, then fry for 2 - 3 more minutes.
- Serve the stampot on deep plates and top with the veggie beef in its sauce. Garnish with the scallion greens and the crispy onions.

## Enjoy!





# Pumpkin Soup with Ciabatta Croutons

with crème fraîche, pumpkin seeds & lentils

Total time: 25 - 30 min.



Onion



Garlic



Fresh thyme



Diced pumpkin



Sweet potato



Red split lentils



Pumpkin seeds



Wholegrain ciabatta



Crème fraîche



Carrot



Chili oil



There is a special ingredient in your box! Our crème fraîche comes from Klaas' dairy farm. Here, the cows decide for themselves when they want to be milked.  
*Scan the QR code to learn more about this supplier!*

## 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

Immersion blender, lidded soup pot, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh thyme* (g)	2½	5	7½	10	12½	15
Diced pumpkin* (g)	150	300	450	600	750	900
Sweet potato (g)	75	150	225	300	375	450
Red split lentils (g)	50	100	150	200	250	300
Pumpkin seeds (g)	10	20	30	40	50	60
Wholegrain ciabatta (unit(s))	½	1	1½	2	2½	3
Crème fraîche* (g)	25	50	75	100	125	150
Carrot* (unit(s))	½	1	1½	2	2½	3
Chili oil (ml)	4	8	12	16	20	24

### From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2895 /692	369 /88
Total fat (g)	32	4
of which saturated (g)	9,3	1,2
Carbohydrates (g)	69	9
of which sugars (g)	18,4	2,3
Fibre (g)	19	2
Protein (g)	23	3
Salt (g)	1,5	0,2

## Allergens

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

1



## Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Discard the thyme stalks and finely chop the leaves.
- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the onion for 2 - 3 minutes.

3



## Make the croutons

- Cut the ciabatta into 1cm cubes.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the ciabatta with the pumpkin seeds for 6 - 8 minutes so as to make croutons. Season to taste with salt and pepper.
- When the vegetables are done, remove from the heat and use an immersion blender to process into a smooth soup. Blend in an extra splash of water if you'd prefer the soup to be less thick.

2



## Make the soup

- Add the pumpkin, garlic and half of the thyme to the pot. Fry for a further 3 - 4 minutes.
- Peel or thoroughly wash the sweet potato and the carrot. Cut both into rough pieces.
- Deglaze with the white balsamic vinegar and the honey, then add the stock, the sweet potato, the carrot and the lentils. Cover with the lid and boil for 12 - 15 minutes.

4



## Serve

- Blend two thirds of the crème fraîche into the soup, then serve in bowls or deep plates.
- Garnish with the rest of the crème fraîche.
- Top with the croutons and pumpkin seeds, along with the rest of the thyme.
- Drizzle with the **chili oil**\* to finish.

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

## Enjoy!





# Pork Sausage with Brussels Sprouts 'Stampopot'

with bacon lardons, onion chutney & Belgian spices

Total time: 25 - 30 min.



Pork sausage



Bacon lardons



Potatoes



Red onion



Brussels sprouts



Belgian spice mix



Onion chutney



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

Brussels sprouts are named after the Belgian city of Brussels. While they're not originally from Brussels, they owe their name to the fact that they used to be regularly cultivated in the areas surrounding the city.

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) frying pan(s), lidded pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage* (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	25	50	80	100	130	150
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1½	2	2½	3
Brussels sprouts* (g)	150	300	450	600	750	900
Belgian spice mix (tsp)	½	1	1½	2	2½	3
Onion chutney* (g)	40	80	120	160	200	240
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	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)	2849 /681	446 /107
Total fat (g)	32	5
of which saturated (g)	12,8	2
Carbohydrates (g)	67	11
of which sugars (g)	21,5	3,4
Fibre (g)	12	2
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.



Prepare

- Wash or peel the potatoes and cut them into rough pieces.
- Set aside three Brussels sprouts per person, then halve the rest.
- Transfer the sprouts and potatoes to a pot or saucepan and submerge with a shallow layer of water.
- Add a generous pinch of salt, then cover with the lid. Cook for 12 - 15 minutes, then drain and set aside, covered.



Fry the sausage

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the sausage for 2 minutes until evenly browned.
- Cover with the lid and cook for 3 more minutes.
- Add the chopped sprouts and cook for 6 - 8 more minutes until the sausage is done, tossing regularly.



Fry the bacon lardons

- Heat a clean frying pan over medium-high heat.
- Fry the bacon lardons for 3 - 4 minutes, then remove from the pan and set aside.
- Meanwhile, cut the reserved sprouts into half rings and slice the onion.
- Prepare the stock.



Finish

- Mash the potatoes and Brussels sprouts with a splash of milk, the Belgian spices\* and the mustard.
- Season to taste with salt and pepper, then stir in the bacon lardons.

*\*Take care, this ingredient can quickly become overpowering! Check the amount carefully and add gradually as preferred.*



Make the jus

- In the same pan, fry the onion for 3 - 4 minutes over medium-high heat.
- Deglaze with the balsamic vinegar and the stock.
- Add the onion chutney and mix well to combine.
- Bring to the boil and allow to gently reduce until serving.



Serve

- Serve the ‘stamppot’ on plates.
- Top with the sausage and garnish with the fried Brussels sprouts.
- Finish with the onion jus.

Enjoy!





# Meatballs in Creamy Curry Sauce

over rice with Romano beans

Total time: 25 - 30 min.



Jasmine rice



Red onion



Garlic



Tomato



Romano beans



Beef meatballs with kofta seasoning



Coconut milk



Tomato paste



African-inspired spice mix



Curry powder



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

Jasmine rice is similar to basmati rice in texture and appearance. However, jasmine rice has a slightly stronger 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

Lidded deep frying pan, (lidded) pot or saucepan(s)

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	2	3	4	5	7	8
Romano beans* (g)	50	100	200	200	300	300
Beef meatballs with kofta seasoning* (unit(s))	4	8	12	16	20	24
Coconut milk (ml)	90	180	250	360	430	540
Tomato paste (can)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3

### From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*\*store in the fridge*

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3615 /864	646 /154
Total fat (g)	46	8
of which saturated (g)	28,6	5,1
Carbohydrates (g)	87	16
of which sugars (g)	17,2	3,1
Fibre (g)	8	1
Protein (g)	32	6
Salt (g)	1,7	0,3

## Allergens

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



## Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Chop the onion and crush or mince the garlic.
- Dice the tomato and cut the Romano beans into chunks.



## Finish

- Add the diced tomato, the African-inspired spices, the curry powder and the honey.
- Mix well and fry for another 2 minutes, then stir in the coconut milk.
- Season to taste with salt and pepper, then cover with the lid and allow to simmer for 5 - 7 minutes.



## Fry the meatballs

- Boil the rice for 5 minutes.
- Add the Romano beans and cook for 7 more minutes, then drain and set aside.
- Melt a generous knob of butter in a deep frying pan over medium-high heat. Fry the meatballs with the garlic and onion for 2 - 3 minutes.
- Add the tomato paste and fry for 2 more minutes.



## Serve

- Serve the rice and Romano beans in bowls or deep plates.
- Top with the curry.

## Enjoy!





# Homemade Meatloaf with Mashed Potato

with braised leeks & cranberry chutney

Total time: 40 - 50 min.



Onion



Fresh curly parsley



Nutmeg



Potatoes



Leek



Panko breadcrumbs



Cranberry chutney



Pork mince



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

Braising is a cooking technique in which food is lightly fried before being stewed, or cooked in a small amount of liquid. It's perfect for keeping food moist and locking in lots of 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

Bowl(s), lidded deep frying pan, microplane, oven dish, lidded pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Nutmeg (pinch)	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Leek* (unit(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	75	100	125	150
Cranberry chutney* (g)	40	80	120	160	200	240
Pork mince* (g)	100	200	300	400	500	600
From your pantry						
[Plant-based] milk (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock (ml)	125	250	375	500	625	750
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)	3485 /833	419 /100
Total fat (g)	36	4
of which saturated (g)	17	2
Carbohydrates (g)	96	12
of which sugars (g)	27,1	3,3
Fibre (g)	14	2
Protein (g)	30	4
Salt (g)	1,9	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Finely chop the onion.
- Grate a pinch of nutmeg.
- Finely chop the parsley.



Chop the vegetables

- Prepare the stock.
- Thoroughly wash or peel the potatoes and cut them into rough chunks.
- Halve the leek lengthways, then cut into 10cm cylindrical chunks.



Prepare the meatloaf

- Transfer the mince to a bowl.
- Add the milk, the panko, the onion, the nutmeg and half of the parsley.
- Season with salt and pepper.
- Knead into a firm ball.



Bake the meatloaf

- Grease an oven dish with a small knob of butter.
- Transfer the mince to the oven dish and shape it into a meatloaf.
- Bake in the oven for 20 - 30 minutes (see Tip).

**Tip:** if you're cooking for more than two people, the meatloaf may need more time. Keep an eye on it and bake longer as needed, topping with some small cubes of butter as preferred.



Braise the leeks

- Melt a knob of butter in a deep frying pan over medium-high heat and fry the leek for 3 - 4 minutes.
- Deglaze with the stock and cover with the lid, then allow to simmer gently for 15 minutes.
- Boil plenty of water in a pot or saucepan and cook the potatoes for 12 - 15 minutes, covered.
- Drain and then mash the potatoes with the mustard, a knob of butter and a splash of milk. Season to taste with salt and pepper.



Serve

- Slice the meatloaf and serve on plates. Pour over the cooking juices from the oven dish.
- Serve with the mash, the braised leek and the cranberry chutney.
- Garnish the mash with the rest of the parsley.

Enjoy!





# Cheesy Tex-Mex Loaded Wedges with Guacamole

with tomato salsa, sour cream & corn

Total time: 50 - 60 min.



Sweet potato



Mexican-style spices



Red kidney beans



Corn



Red onion



Red chili pepper



Garlic



Fresh coriander



Lime



Tomato



Grated cheddar



Organic sour cream



Guacamole



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

This recipe gives you all the cheesy, saucy goodness of loaded fries – but on hearty sweet potato wedges instead! Just as tasty, with a little less oil and a lot more 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

(parchment-lined) baking sheet(s), 3x bowl(s), small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	225	450	675	900	1125	1350
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Red kidney beans (pack)	½	1	1½	2	2½	3
Corn (g)	70	140	210	285	350	425
Red onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	15	25	40	50	65	75
Organic sour cream* (g)	25	50	75	100	125	150
Guacamole* (g)	40	80	120	160	200	240
From your pantry						
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3192 /763	468 /112
Total fat (g)	38	6
of which saturated (g)	12,5	1,8
Carbohydrates (g)	76	11
of which sugars (g)	23,9	3,5
Fibre (g)	19	3
Protein (g)	21	3
Salt (g)	1,8	0,3

Allergens

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



Make the wedges

- Preheat the oven to 220°C.
- Wash the sweet potato and cut it into wedges, then transfer to a bowl.
- Add half of the **Mexican-style spices**\* and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.

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



Fry the corn

- Drain the corn. Melt a knob of butter in a frying pan over medium-high heat and fry the corn for 2 - 3 minutes. Season with a pinch of salt.
- Mince the onion and crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**\*.
- Juice half of the lime and cut the rest into wedges.

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



Prepare the beans

- Transfer to a parchment-lined baking sheet and bake for 30 - 35 minutes, tossing halfway (see Tip).
- Drain the beans and transfer to a bowl.
- Add the rest of the **Mexican-style spices** and lightly drizzle with olive oil.
- Season with salt and pepper, then toss well to combine.

*Tip: the wedges can burn easily. Be sure to keep a close eye on them and lower the oven temperature if necessary.*



Make the guacamole

- In a small bowl, combine the guacamole with the **chili pepper**, the garlic and the onion (see Tip).
- Add another third of the coriander, the rest of the extra virgin olive oil and ½ tbsp lime juice per person.
- Season to taste with salt and pepper.

*Tip: if you don't like raw garlic and onion, add them to the baking sheet in the next step.*



Make the salsa

- Spread the beans over the sweet potato wedges during the final 5 minutes of cooking time.
- Meanwhile, dice the tomato and roughly chop the coriander.
- In a bowl, combine the tomato with the white balsamic vinegar, a third of the coriander and half of the extra virgin olive oil.
- Season to taste with salt and pepper.



Serve

- Transfer the corn to the baking sheet and toss well to combine.
- Scatter over the cheese and return to the oven for 3 - 5 minutes, or until the cheese has melted.
- Serve the loaded wedges on plates. Top with the guacamole, the salsa and the sour cream.
- Garnish with the rest of the coriander and serve the lime wedges alongside.

Enjoy!





# Steak Strips with Wholewheat Noodles

with stir-fried vegetables & gomashio

Total time: 15 - 20 min.



Steak strips



Garlic-ginger-chili mix



Vegetable mix with cabbage



Wholewheat noodles



East Asian-style sauce



Gomashio



Ginger stir-fry sauce



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

We've already chopped the ginger, garlic and red chili pepper for you, so this dish will be ready in no time!

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, bowl(s), (lidded) pot or saucepan(s), frying pan, (lidded) wok or deep frying pan(s)

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	55	70	90	105

### From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
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)	2301 / 550	550 / 131
Total fat (g)	16	4
of which saturated (g)	5,7	1,4
Carbohydrates (g)	65	16
of which sugars (g)	18,7	4,5
Fibre (g)	8	2
Protein (g)	33	8
Salt (g)	2,4	0,6

## Allergens

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

1



## Prepare

- Take the steak strips out of the fridge and allow to reach room temperature.
- In a bowl, combine the steak strips with the ginger stir-fry sauce and the ketjap.
- Cover with aluminum foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the **garlic-ginger-chili mix\*** for 1 minute.

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

3



## Fry the steak strips

- Melt a knob of butter in a frying pan over high heat.
- Fry the steak strips for 1 minute until evenly browned, seasoning to taste with salt and pepper.

2



## Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.

4



## Serve

- Serve the noodles and vegetables on deep plates.
- Top with the steak strips and drizzle with any residual juices from the pan.
- Garnish with the gomashio to finish.

## Enjoy!





# Shrimp Cocktail Bowl with Avocado, Chives & Lemon

over salad & giant couscous with broccoli rice

Total time: 15 - 20 min.



Broccoli rice



Shrimp



Cocktail sauce



Garlic



Little gem



Ground paprika



Lemon



Avocado



Giant couscous



Fresh chives



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

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

Tear me out!

## Before you 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(s), salad bowl, small bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Broccoli rice* (g)	100	200	300	400	500	600
Shrimp* (g)	80	160	240	320	400	480
Cocktail sauce* (g)	30	60	90	120	150	180
Garlic (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	1	2	3	4	5	6
Ground paprika (tsp)	1½	3	4½	6	7½	9
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Avocado (unit(s))	½	1	1½	2	2½	3
Giant couscous (g)	40	75	115	150	190	225
Fresh chives* (g)	2½	5	7½	10	12½	15
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Wholegrain mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	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)	3008 / 719	634 / 152
Total fat (g)	52	11
of which saturated (g)	9,8	2,1
Carbohydrates (g)	35	7
of which sugars (g)	5,5	1,2
Fibre (g)	10	2
Protein (g)	23	5
Salt (g)	2,1	0,4

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the giant couscous for 10 - 11 minutes.
- Add the broccoli rice and cook for 2 - 3 more minutes, then drain and rinse under cold water.
- Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper, then set aside.

3



## Make the salad

- Roughly chop the lettuce.
- In a salad bowl, combine the white wine vinegar with the mustard and the rest of the mayonnaise. Season to taste with salt and pepper.
- Add the lettuce and toss well to combine with the dressing.

2



## Make the sauce

- Cut the lemon into wedges.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Crush or mince the garlic and finely chop the chives.
- In a small bowl, combine the cocktail sauce with the water for the sauce, half of the mayonnaise and a third of the paprika.

4



## Serve

- Melt a knob of butter in a frying pan over medium-high heat. Fry the shrimp with the garlic and the rest of the paprika for 3 minutes. Season to taste with salt and pepper.
- Serve the giant couscous and the salad in bowls. Top with the avocado, the shrimp, the lemon wedges and the cocktail sauce.
- Finish with the chives.

## Enjoy!





# Creamy Chicken Spaghetti

with Grana Padano & fresh basil

Total time: 15 - 20 min.



Chicken mince with  
Mediterranean herbs



Mascarpone



Fresh basil



Garlic



Romano pepper



Grana Padano  
flakes DOP



Onion



Passata



Spaghetti



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

Mascarpone is considered a fresh cheese, just like cottage cheese, cream cheese and fresh meikaas. If the cheese production doesn't include maturation, then it is classified as a fresh cheese.

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

Large deep frying pan with lid, (lidded) pot or saucepan(s)

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Spaghetti (g)	90	180	270	360	450	540
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef 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)	3280 /784	645 /154
Total fat (g)	30	6
of which saturated (g)	14,7	2,9
Carbohydrates (g)	84	16
of which sugars (g)	16,8	3,3
Fibre (g)	9	2
Protein (g)	42	8
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

- Bring plenty of salted water in a pot or saucepan for the spaghetti (see Tip).
- Cut the Romano pepper into thin strips.
- Chop the onion and crush or mince the garlic.
- Boil the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.

**Tip:** you can also use a kettle to save time.

3



## Finish

- Roughly chop the basil in the meantime.
- When the sauce is done, take the pan off the heat and then stir in the mascarpone.
- Add the spaghetti and 1 tbsp per person of the reserved pasta water, then toss well to combine.
- Season generously with salt and pepper.

2



## Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the mince with the garlic and onion for 4 - 5 minutes, separating it as you do so.
- Stir in the Romano pepper and the passata, then crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to simmer for 5 - 6 minutes.

4



## Serve

- Serve the spaghetti on plates.
- Garnish with the basil and the Grana Padano.

## Enjoy!














# Cheesy Chipotle Mushroom Tostadas

with avocado, sour cream & rainbow slaw

Total time: 15 - 20 min.




-  Pre-cut mushroom mix
-  Chipotle paste
-  Mini tortillas
-  Grated Gouda
-  Lime
-  Rainbow slaw mix
-  Avocado
-  Fresh coriander
-  Organic sour cream



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

Tostadas are a staple in Mesoamerican cuisine: crispy, toasted tortillas that can be served alone or topped with an endless variety of ingredients.

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(s), bowl(s), frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pre-cut mushroom mix* (g)	350	525	875	1050	1400	1575
Chipotle paste (g)	10	20	30	40	50	60
Mini tortillas (unit(s))	4	8	12	16	20	24
Grated Gouda* (g)	25	50	75	100	125	150
Lime* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	50	100	150	200	250	300
Avocado (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Organic sour cream* (g)	25	50	75	100	125	150
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3167 / 757	543 / 130
Total fat (g)	44	8
of which saturated (g)	10,7	1,8
Carbohydrates (g)	66	11
of which sugars (g)	6,3	1,1
Fibre (g)	14	2
Protein (g)	24	4
Salt (g)	2,2	0,4

## Allergens

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

1



## Fry the mushrooms

- Preheat the oven to 200°C.
- Heat a drizzle of sunflower oil in a frying pan over high heat and fry the mushrooms for 6 - 8 minutes.
- Lower the heat, then add the **chipotle paste\*** and mix well.

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

3



## Make the slaw

- Meanwhile, quarter the lime.
- In a bowl, combine the slaw mix with the mayonnaise and the juice of a quarter lime per person. Season to taste with salt and pepper.
- Roughly chop the coriander.

2



## Make the tostadas

- Transfer the tortillas to a parchment-lined baking sheet.
- Top with the mushrooms and then scatter over the cheese.
- Bake in the oven for 4 - 5 minutes, or until the cheese has melted.
- Meanwhile, halve and pit the avocado, then remove the skin and slice the flesh.

4



## Serve

- Serve the tostadas on plates.
- Top with the slaw, the avocado and the sour cream.
- Garnish with the coriander and serve with the rest of the lime wedges.

## Enjoy!





# Crispy No-Fish Sandwich with Ravigote Sauce

on a carrot bun with fries & salad

Total time: 40 - 50 min.



Carrot bun



Ravigote sauce



Little gem



Plant-based fish fingers



Parsnip



Carrot



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’s precisely this property that makes this refreshing sauce so suitable for pairing with fish!

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(s), bowl(s), salad bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Carrot bun (unit(s))	1	2	3	4	5	6
Ravigote sauce* (g)	40	80	120	160	200	240
Little gem* (unit(s))	1	2	3	4	5	6
Plant-based fish fingers* (unit(s))	3	6	9	12	15	18
Parsnip* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200

### From your pantry

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

[Plant-based] mayonnaise

to taste

Salt & pepper

to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3950 / 944	577 / 138
Total fat (g)	44	6
of which saturated (g)	7	1
Carbohydrates (g)	111	16
of which sugars (g)	20,1	2,9
Fibre (g)	22	3
Protein (g)	21	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

- Preheat the oven to 210°C.
- Wash or peel the carrot, the potatoes and the parsnip and cut them all into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 30 - 35 minutes or until golden-brown, tossing halfway.

3



## Fry the 'fish' fingers

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the 'fish' fingers for 3 minutes per side until evenly golden-brown.
- Cut open the bread roll and spread the base with half of the ravigote sauce.
- Top with the reserved lettuce leaves and the 'fish' fingers.

2



## Make the salad

- Set aside several lettuce leaves to use later, then roughly chop the rest.
- In a salad bowl, combine the extra virgin olive oil with the mustard, the honey and the white wine vinegar.
- Season to taste with salt and pepper, then add the chopped lettuce and toss well to combine.
- Bake the bread roll in the oven for 4 - 6 minutes.

4



## Serve

- Spread the top of the bread roll with the rest of the ravigote sauce, then close the sandwich.
- Serve the sandwich with the fries and the salad alongside.
- Serve with some mayonnaise as preferred.

## Enjoy!

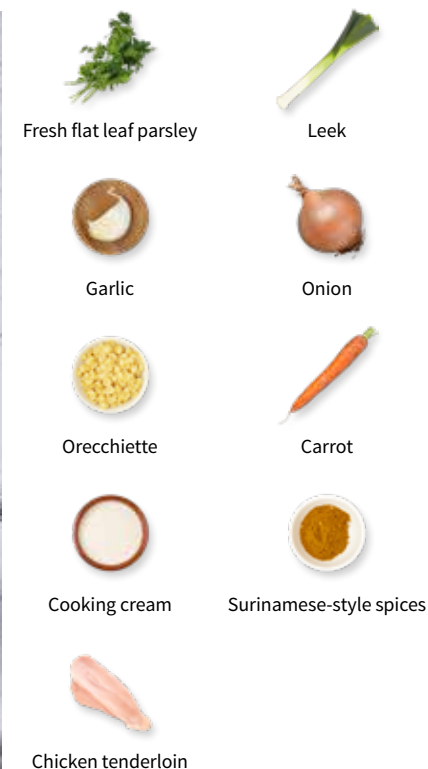




# Hearty Chicken Soup with Orecchiette

with carrot, leek & parsley

Total time: 25 - 30 min.



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

The orecchiette gives this soup a really nice texture! This type of pasta gets its name from its shape - "orecchiette" is, in fact, the Italian word for "little ears".

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(s), lidded soup pot

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Leek* (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
Orecchiette (g)	45	90	135	180	225	270
Carrot* (unit(s))	1	1	2	2	3	3
Cooking cream (g)	50	100	150	200	250	300
Surinamese-style spices (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken tenderloin* (g)	100	200	300	400	500	600

### From your pantry

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2452 / 586	318 / 76
Total fat (g)	25	3
of which saturated (g)	14,7	1,9
Carbohydrates (g)	52	7
of which sugars (g)	15,9	2,1
Fibre (g)	9	1
Protein (g)	36	5
Salt (g)	1,7	0,2

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan and prepare the stock.
- Weigh the pasta and cook for 11 - 13 minutes, then drain and set aside.
- Meanwhile, slice the leek into rings.
- Slice the onion into half rings and crush or mince the garlic.

3



## Make the soup

- Dice the chicken.
- Pour in the stock, then stir in the carrot, the chicken, the Surinamese-style spices and the mustard.
- Cover with the lid and allow to cook for 8 - 10 minutes.

2



## Fry the vegetables

- Melt a generous knob of butter in a soup pot over medium-high heat.
- Fry the garlic with the leek and onion for 3 - 4 minutes.
- Meanwhile, slice the carrot into crescents and finely chop the parsley.

4



## Serve

- Add the pasta and the cream, along with a splash of stock or water as necessary if the soup is still too thick.
- Mix well and taste, then season with salt and pepper.
- Serve the soup in bowls and garnish with the parsley to finish.

## Enjoy!





# Sticky Mushrooms with Fried Egg

over mashed potatoes with pak choi & scallions

Total time: 30 - 40 min.



Potatoes



Pak choi



Chestnut mushrooms



Korean-style spice mix



Scallions



East Asian-style sauce



Egg



Beansprouts



Reduced salt soy sauce



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

Compared to regular mushrooms, chestnut mushrooms contain less moisture. This means that they won't shrink so much during cooking.

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, potato masher, 2x frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Pak choi* (unit(s))	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	400	500	650	750
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1½	2	2½	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Egg* (unit(s))	1	2	3	4	5	6
Beansprouts* (g)	25	50	50	100	100	150
Reduced salt soy sauce (ml)	10	20	30	40	50	60

### From your pantry

Olive oil (tbsp)	1¾	3½	5¼	7	8¾	10½
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2590 / 619	381 / 91
Total fat (g)	29	4
of which saturated (g)	5,1	0,8
Carbohydrates (g)	71	10
of which sugars (g)	14,6	2,2
Fibre (g)	12	2
Protein (g)	21	3
Salt (g)	2,7	0,4

## Allergens

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

1



## Boil the potatoes

- Wash or peel the potatoes, then cut them into rough pieces and transfer to a pot or saucepan.
- Submerge with water and boil for 12 - 15 minutes, covered.
- Reserve some of the cooking liquid before draining and setting aside.
- Discard the base of the pak choi and finely chop the rest, keeping the leaves and the stem separate.

3



## Make the sticky mushrooms

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the mushrooms with the white part of the scallions for 5 - 7 minutes.
- Add the beansprouts, the soy sauce, the honey and the East Asian-style sauce. Mix well and fry for 2 - 3 minutes.
- Meanwhile, heat a light drizzle of olive oil in a frying pan and fry the egg.

2



## Chop the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the pak choi stems for 4 minutes, then add the leaves and fry for 1 more minute.
- Season with salt and pepper, then remove from the pan and set aside.
- Meanwhile, finely chop the scallions and separate the white part from the greens.
- Slice the mushrooms.

4



## Serve

- Mash the potatoes with a splash of the reserved cooking liquid and a drizzle of olive oil.
- Stir in the Korean-style spices and the pak choi.
- Serve the mash on deep plates.
- Top with the mushrooms and the fried egg, then garnish with the scallion greens.

## Enjoy!





# Fragrant Red Fish Curry with Coriander & Green Beans

over rice with coconut milk & carrots

Total time: 25 - 30 min.



Jasmine rice



Basa fillet



Onion



Garlic



Red curry paste



Coconut milk



Green beans



Carrot



Fresh coriander



**Our recipe developer Babette says:**

*This recipe is inspired by Malaysian fish curries. Malaysian cuisine is all about balancing spicy, sour, creamy and herby flavours. In this recipe, you'll combine our red curry paste – which includes tangy lime, spicy chili pepper and various herbs – with creamy coconut milk."*

## 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, (lidded) wok or deep frying pan(s)

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Basa fillet* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red curry paste* (g)	25	45	70	90	115	135
Coconut milk (ml)	125	250	360	500	610	750
Green beans* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	175	350	525	700	875	1050
Low sodium vegetable stock (ml)	50	100	150	200	250	300
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Sambal						to taste
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3159 /755	397 /95
Total fat (g)	35	4
of which saturated (g)	21,1	2,7
Carbohydrates (g)	81	10
of which sugars (g)	12	1,5
Fibre (g)	10	1
Protein (g)	36	5
Salt (g)	3,4	0,4

## Allergens

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

1



## Prepare

- Boil the water for the rice in a pot or saucepan and cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Chop the onion and crush or mince the garlic.
- Finely chop the coriander, keeping the leaves separate from the stems.

3



## Poach the fish

- Add the coconut milk, the soy sauce and the stock. Mix well and cook for 5 - 7 minutes.
- Pat the fish dry with kitchen paper and cut into smaller pieces.
- Season generously with salt and pepper, then transfer to the curry.
- Poach for 2 - 3 minutes, or until the fish is done.

2



## Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium heat. Fry the onion with the garlic and the coriander stems for 4 - 5 minutes.
- Prepare the stock.
- Slice the carrot into crescents. Discard the tips of the green beans and cut into thirds.
- Add the carrot, the green beans and the curry paste to the wok and fry for 3 minutes.

4



## Serve

- Taste the curry and season as necessary with salt and pepper.
- Stir in some sambal as preferred.
- Serve the rice in bowls and top with the curry.
- Garnish with the coriander leaves to finish.

## Enjoy!





# Cheesy Curry Cottage Pie with Chives

with mince, sweetheart cabbage & apple

Total time: 45 - 55 min.



Sweetheart cabbage



Onion



Potatoes



Cooking cream



Curry powder



Grated Gouda



Garlic



Apple



Fresh chives



Pork mince



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

Chives add a mild onion flavour that perfectly complements hearty casseroles and, in this case, cottage pie! Their bright, fresh notes bring a lovely balance to rich dishes like this one.

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(s), oven dish, (lidded) pot or saucepan(s), potato masher

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweetheart cabbage* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Cooking cream (g)	50	100	150	200	250	300
Curry powder (sachet(s))	¼	½	¾	1	1¼	1½
Grated Gouda* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1	2	2	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Pork mince* (g)	100	200	300	400	500	600

### From your pantry

Mustard (tsp)	2	4	6	8	10	12
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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)	3510 / 839	517 / 123
Total fat (g)	49	7
of which saturated (g)	22,2	3,3
Carbohydrates (g)	66	10
of which sugars (g)	21,6	3,2
Fibre (g)	11	2
Protein (g)	34	5
Salt (g)	2,9	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.
- Peel or thoroughly wash the potatoes and then cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount). Boil the potatoes for 12 - 15 minutes, then drain and set aside.
- Finely shred the cabbage. Slice the onion into half rings and crush or mince the garlic. Core and dice the apple.

3



## Assemble

- Mash the potatoes with a knob of butter and the rest of the cream and mustard. Season to taste with salt and pepper.
- Transfer the filling to an oven dish.
- Top with the mashed potatoes and then scatter over the cheese.
- Bake in the oven for 15 minutes.

2



## Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the mince for 2 minutes, separating it as you do so.
- Add the onion, the garlic and the cabbage and fry for 3 more minutes.
- Add the apple and the curry powder, along with half each of the mustard and the cream.
- Mix well to combine, then season to taste with salt and pepper.

4



## Serve

- Meanwhile, finely chop the chives or use scissors if preferred.
- Serve on plates and garnish with the chives.

## Enjoy!





# Homemade Creamy Vegetable Pie

with mushrooms, leek & cheese with a crisp salad

Total time: 50 - 60 min.



Puff pastry



Leek



Mushrooms



Carrot



Onion



Garlic



Dried thyme



Bay leaf



Cooking cream



Grated Gouda



Arugula & lamb's lettuce



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

Puff pastry is a light, flaky dough made by layering butter and dough through repeated rolling. When baked, it puffs up into crisp, airy layers - perfect for a whole range of 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

Lidded deep frying pan, oven dish, salad bowl

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Leek* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	125	250	400	400	650	650
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1¾	2
Bay leaf (unit(s))	1	1	2	2	3	3
Cooking cream (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150
Arugula & lamb’s lettuce* (g)	30	60	90	120	150	180
From your pantry						
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[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)	2992 / 715	491 / 117
Total fat (g)	46	8
of which saturated (g)	25,1	4,1
Carbohydrates (g)	51	8
of which sugars (g)	13,5	2,2
Fibre (g)	12	2
Protein (g)	20	3
Salt (g)	1,3	0,2

Allergens

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



Prepare

- Roll out the pastry, then return to the fridge for 10 minutes.
- Preheat the oven to 220°C and prepare the stock.
- Chop the the leek into thin rings and slice the mushrooms.
- Finely dice the carrot and chop the onion. Crush or mince the garlic.



Bake the pie

- Remove the bay leaf, then transfer the vegetables to an oven dish.
- Scatter over the cheese, then cover with the pastry.
- Score the pastry in in a criss-cross pattern and season with salt and pepper.
- Bake in the oven for 15 - 20 minutes, or until the pastry is golden-brown and done.



Fry the vegetables

- Melt a small knob of butter in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 4 - 5 minutes.
- Add the carrot, the leek, the mushrooms and the thyme. Cover with the lid and continue cooking for another 4 - 5 minutes.



Make the salad

- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil.
- Season to taste with salt and pepper.
- Add the lettuce and toss well to combine.



Make the filling

- Remove the lid, then add the flour and another small knob of butter to the vegetables.
- Fry for 1 - 2 minutes, then pour in the stock and the cream.
- Add the bay leaf and mix well to combine, seasoning to taste with salt and pepper.
- Allow to reduce gently for 4 - 5 minutes over low heat.



Serve

- Serve the pie with the salad alongside.

Enjoy!





# Spicy Chili-Piccalilli Burger

on a carrot bun with potato wedges & salad

Total time: 45 - 55 min.



Potatoes



Carrot bun



Tomato



Cucumber



Green chili pepper



Beef-pork burger



Radicchio & iceberg lettuce



Piccalilli



Onion



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

You'll give this burger an original twist by adding piccalilli, a popular British product inspired by Indian 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

(parchment-lined) baking sheet(s), bowl(s), salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot bun (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	⅓	⅔	1	1¾	1⅔	2
Green chili pepper* (unit(s))	½	1	1½	2	2½	3
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Piccalilli* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3887 /929	542 /130
Total fat (g)	50	7
of which saturated (g)	14,1	2
Carbohydrates (g)	86	12
of which sugars (g)	18,7	2,6
Fibre (g)	13	2
Protein (g)	31	4
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Wash or peel the potatoes and cut them into wedges (see Tip).
- Transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.

Health Tip 🥗 if you're watching your calorie intake, skip the potatoes and keep them to use another time instead.



Make the dressing

- In a salad bowl, combine the honey with the mustard, the white wine vinegar and the mayonnaise. Season to taste with salt and pepper.
- Shortly before serving, transfer the lettuce, the tomato and the cucumber to the salad bowl and toss well to combine with the dressing.



Bake the wedges

- Transfer the wedges to a parchment-lined baking sheet.
- Bake in the oven for 30 - 40 minutes or until done, tossing halfway.
- Add the bread roll alongside during the final 4 - 6 minutes of cooking time.



Fry the burger

- Slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger with the **chili pepper** and the onion for 3 - 4 minutes per side.
- Lower the heat and set aside to keep warm until serving.



Chop the vegetables

- Meanwhile, thinly slice the cucumber and the tomato.
  - Slice the **green chili pepper**\* into thin rings.
- \*Take care, this ingredient is spicy! Use as preferred.*



Serve

- Cut open the bread roll and spread with some of the piccalilli. Top with some of the salad, then add the burger, the onion and the **chili pepper**. Drizzle the burger with any residual cooking juices.
- Serve the burger with the potato wedges and the rest of the salad.
- Serve the rest of the piccalilli alongside.

Enjoy!





# Potato Hash with Fried Egg & Mushrooms

with green beans, cheese & fresh herbs

Total time: 35 - 45 min.



Potatoes



Pre-cut green beans



Garlic



Onion



Mushrooms



Grated Gouda



Egg



Fresh flat leaf  
parsley & chives



Carrot



Sicilian-style herb mix



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

Did you know that green beans, or princess beans, are officially legumes? They're considered vegetables due to their similar health benefits.

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, large deep frying pan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Pre-cut green beans* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Grated Gouda* (g)	50	100	150	200	250	300
Egg* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & chives* (g)	2½	5	7½	10	12½	15
Carrot* (unit(s))	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
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)	2879 /688	447 /107
Total fat (g)	38	6
of which saturated (g)	22,2	3,4
Carbohydrates (g)	59	9
of which sugars (g)	11,7	1,8
Fibre (g)	13	2
Protein (g)	28	4
Salt (g)	2,1	0,3

## Allergens

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

1



## Prepare

- Wash or peel the potatoes and dice into 2cm chunks, then transfer to a pot or saucepan.
- Submerge with water and crumble in the stock cube (see pantry for amount).
- Cover with the lid, then bring to the boil and cook for 4 minutes.
- Add the green beans and boil for 6 more minutes, then drain and set aside.

3



## Melt the cheese

- Melt another knob of butter in a large deep frying pan over medium-high heat. Fry the potatoes and the green beans with the Sicilian-style herbs for 5 minutes, tossing regularly.
- Transfer the vegetables to the potatoes and green beans, mix well and then reduce the heat. Top with the cheese and allow to melt.
- Meanwhile, finely chop the fresh herbs.

2



## Fry the vegetables

- In the meantime, slice the onion into half rings and crush or mince the garlic.
- Slice the mushrooms and cut the carrot into thin crescents.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the onion with the garlic, the carrot and the mushrooms for 5 minutes. Season to taste with salt and pepper.

4



## Serve

- Melt a small knob of butter in the same pan you used for the mushrooms. Fry the egg, seasoning to taste with salt and pepper.
- Serve the potato hash on plates and top with the fried egg.
- Garnish with the fresh herbs.

## Enjoy!





# Plant-Based Teriyaki Burger with Spicy Slaw on Ciabatta

with gomashio potatoes & quick-pickled cucumber

Total time: 40 - 50 min.



Unbelievabull  
burger from the  
Vegetarian Butcher®



White ciabatta



Potatoes



Red onion



Slaw mix



Cucumber



Teriyaki sauce



Gomashio



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

Ciabatta is a relatively new type of bread, invented in 1982. It was developed as the Italian response to the popularity of the French baguette, and is now a global favourite!

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(s), small bowl, frying pan, two bowls

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Unbelievabull burger from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1½	2	2½	3
Slaw mix* (g)	50	100	150	200	250	300
Cucumber* (unit(s))	½	1	1½	2	2½	3
Teriyaki sauce (g)	25	50	75	100	125	150
Gomashio (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3757 / 898	538 / 129
Total fat (g)	40	6
of which saturated (g)	9,6	1,4
Carbohydrates (g)	108	15
of which sugars (g)	27,6	4
Fibre (g)	14	2
Protein (g)	23	3
Salt (g)	4,5	0,7

## Allergens

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

1



## Roast the potatoes

- Preheat the oven to 200°C.
- Dice the potatoes and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice the cucumber.

3



## Fry the burger

- In a small bowl, combine the honey with the teriyaki sauce.
- Slice the onion.
- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the burger with the onion for 2 minutes per side.
- Add the teriyaki sauce and fry for 1 - 2 more minutes per side.

2



## Make the slaw

- In a bowl, combine the cucumber with the sugar, half of the white wine vinegar and a pinch of salt.
- In another bowl, combine the mayonnaise with the sambal and the rest of the vinegar.
- Add the slaw mix and toss well to combine. Season to taste with salt and pepper.
- Heat the bread roll in the oven for 5 - 7 minutes.

4



## Serve

- Cut open the bread roll and top with the burger and the onion, along with some of the cucumber and the slaw.
- Serve the rest of the cucumber and the slaw alongside.
- Garnish the potatoes with the gomashio.

## Enjoy!





# Harissa Cod with Garlic Yogurt Sauce

over rice with honey-glazed carrots & fresh herbs

Total time: 20 - 25 min.



Cod fillet



White long grain rice



Garlic



Carrot



Lime



Organic full-fat yogurt



Harissa



Middle Eastern  
spice mix




Fresh flat leaf parsley  
& chives



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

Harissa has a unique flavour, characterised by spice, nuttiness and fresh citrus. It's also incredibly versatile: it can be used as a seasoning, marinade, or even as a base for stews and sauces!

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

Large frying pan, lid, (lidded) pot or saucepan(s), kitchen paper, small frying pan, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1½	3	4	5	7	8
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Harissa* (g)	15	30	45	60	75	90
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30

### From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2602 /622	491 /117
Total fat (g)	16	3
of which saturated (g)	6	1,1
Carbohydrates (g)	91	17
of which sugars (g)	23,1	4,4
Fibre (g)	9	2
Protein (g)	28	5
Salt (g)	1,5	0,3

## Allergens

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

1



## Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 10 - 12 minutes, then drain and set aside.
- Meanwhile, cut the carrot into thin matchsticks of around 5cm.
- Crush or mince the garlic (see Tip).

**Tip:** part of the garlic is served raw, but if preferred you can fry all of it in the next step.

3



## Fry the fish

- Melt a knob of butter in a small frying pan over medium-high heat.
- Pat the fish dry with kitchen paper.
- Fry the fish for 1 - 2 minutes per side, seasoning to taste with salt and pepper.
- Meanwhile, quarter the lime and finely chop the fresh herbs.

2



## Fry the carrots

- Heat a drizzle of olive oil in a large frying pan over medium-high heat and then add the water (see pantry for amount).
- Fry the carrots with half of the garlic for 7 - 10 minutes, covered (see Tip).
- Remove the lid, then add the Middle Eastern spices and the honey.
- Mix well and fry for 1 more minute.

**Tip:** the carrots will still be al dente at this point. If you'd prefer them to be softer, fry for an extra 3 - 5 minutes.

4



## Serve

- In a small bowl, combine the yogurt with the rest of the garlic and half of the fresh herbs. Add some lime juice as preferred and season to taste with salt and pepper.
- Serve the rice on deep plates with everything else alongside.
- Drizzle with the harissa and garnish with the rest of the fresh herbs.
- Serve with the lime wedges.

## Enjoy!





# Salmon in Lemon-Caper Butter with Dill

over penne in cherry tomato sauce with courgette

Total time: 15 - 20 min.



Salmon fillet



Penne



Fresh dill



Courgette



Garlic



Capers



Lemon



Passata



Red cherry tomatoes



Sicilian-style herb mix



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

Immature capers are very delicate and can quickly wither in the sun, so they're picked exclusively in the early morning, when temperatures are cool. This ensures the buds remain plump and flavourful!

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) frying pan(s), (lidded) pot or saucepan(s), frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Penne (g)	90	180	270	360	450	540
Fresh dill* (g)	2½	5	7½	10	12½	15
Courgette* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Capers (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Passata (g)	100	200	300	390	500	590
Red cherry tomatoes (g)	65	125	250	250	375	375
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
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)	3481 / 832	661 / 158
Total fat (g)	38	7
of which saturated (g)	15,3	2,9
Carbohydrates (g)	84	16
of which sugars (g)	18,8	3,6
Fibre (g)	7	1
Protein (g)	34	6
Salt (g)	1,3	0,2

## Allergens

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

1



## Boil the pasta

- Boil plenty of salted water in a pot or saucepan.
- Cook the pasta for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, slice the courgette into crescents and crush or mince the garlic.

3



## Fry the fish

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

2



## Make the sauce

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

4



## Serve

- Stir the pasta into the sauce, adding some pasta water as necessary if the sauce is too thick.
- Serve everything on plates and drizzle with the lemon-caper butter.
- Garnish with the rest of the dill to finish.

## Enjoy!





# Pizza Bianco with Courgette & Green Pesto

with mushrooms, mozzarella & Romano pepper

Total time: 35 - 45 min.



Courgette



Red onion



Mushrooms



Green pesto



Crème fraîche



Pizza dough



Shredded mozzarella



Green Romano pepper



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

The word “pesto” literally means “mashed”; this is because pesto traditionally prepared in a mortar.

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(s), bowl(s), frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Red onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Green pesto* (g)	20	40	60	80	100	120
Crème fraîche* (g)	25	50	75	100	125	150
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Green Romano pepper* (unit(s))	¼	½	¾	1	1¼	1½

### From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
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Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3812 / 911	723 / 173
Total fat (g)	41	8
of which saturated (g)	13,4	2,5
Carbohydrates (g)	101	19
of which sugars (g)	11,4	2,2
Fibre (g)	7	1
Protein (g)	28	5
Salt (g)	4,3	0,8

## 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.
- Thinly slice the courgette.
- Cut the Romano pepper into strips.
- Slice the onion into thin half-rings and slice the mushrooms.

**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.

3



## Make the sauce

- In a bowl, combine the crème fraîche with three quarters of the cheese and half of the pesto (see Tip).
- Season to taste with salt and pepper.
- Roll out the pizza dough onto a parchment-lined baking sheet and spread with the pesto mixture.

**Health Tip** 🥒 the rest of the pesto will be used later, but if you're watching your calorie intake you can keep it in the fridge to use another time instead.

2



## Fry the vegetables

- Heat a light drizzle of olive oil in a frying pan over high heat and fry the mushrooms for 3 - 5 minutes.
- Season with salt and pepper, then remove from the pan and set aside.
- Heat another light drizzle of olive oil in the same pan over high heat and fry the courgette for 4 - 5 minutes. Season with salt and pepper.

4



## Serve

- Top the pizza with the courgette, the onion, the Romano pepper, the mushrooms and the rest of the cheese.
- Bake in the oven for 13 - 15 minutes.
- Drizzle the pizza with the rest of the pesto.
- Slice the pizza and serve on plates.

## Enjoy!





# Chicken Thigh Strips with Kohlrabi

over fragrant bulgur with labneh & spinach

Total time: 35 - 45 min.



Chicken thigh strips with kebab spices



Bulgur



Red onion



Kohlrabi



Spinach



Labneh




African-inspired spice mix



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

The word “kohlrabi” comes from the German “kohl” (cabbage) and “rabi” (turnip). This versatile vegetable, with its mild, slightly sweet flavour, can be used in all kinds of dishes – even the leaves are edible!

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) frying pan(s), lidded pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Kohlrabi* (unit(s))	½	1	2	2	3	3
Spinach* (g)	100	200	300	400	500	600
Labneh* (g)	40	80	120	160	200	240
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3

### From your pantry

Low sodium vegetable stock (ml)	175	350	500	675	850	1025
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	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)	2862 / 684	407 / 97
Total fat (g)	27	4
of which saturated (g)	5,4	0,8
Carbohydrates (g)	76	11
of which sugars (g)	14,2	2
Fibre (g)	15	2
Protein (g)	36	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



## Make the bulgur

- Prepare the stock and chop the onion.
- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat and fry the onion for 2 minutes.
- Stir in the African-inspired spices and the bulgur, then fry for 1 minute, stirring continuously.
- Pour in the stock and then boil over low heat for 10 - 12 minutes, covered. Stir regularly and then set aside when finished.

3



## Finish the kohlrabi

- Stir the honey and half of the spinach into the kohlrabi.
- Fry for 1 - 2 more minutes, allowing the spinach to wilt and reduce.
- Transfer the kohlrabi and spinach to the bulgur.
- Add the white balsamic vinegar and the rest of the spinach, then mix well to combine.

2



## Prepare the kohlrabi

- Peel and finely dice the kohlrabi.
- Heat the water in a frying pan over medium-high heat (see pantry for amount). Stew the kohlrabi for 3 - 5 minutes, covered.
- Remove the lid and lightly drizzle with olive oil, then fry for 3 - 4 minutes. Season to taste with salt and pepper.
- Meanwhile, roughly chop the spinach

4



## Serve

- In the meantime, heat a light drizzle of olive oil in another frying pan over medium-high heat. Fry the chicken for 7 minutes.
- Stir half of the chicken into the bulgur, then serve on plates.
- Top the bulgur with the rest of the chicken. Drizzle with extra virgin olive oil as preferred and dollop with the labneh to finish.

## Enjoy!





# Creamy Bacon Linguine with Parmigiano Reggiano

with tomato side salad & basil crème

Total time: 15 - 20 min.



Parmigiano  
Reggiano DOP



Cooking cream



Linguine



Garlic



Tomato



Basil crème



Arugula & lamb's lettuce



Bacon lardons



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

Arugula's peppery, slightly bitter taste complements the more mild flavour and delicate texture of  
lamb's lettuce. The perfect combination for a balanced and flavourful salad!

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 bowl(s), microplane, (lidded) pot or saucepan(s), frying pan, whisk

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Cooking cream (g)	75	150	225	300	375	450
Linguine (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Basil crème (ml)	10	15	24	30	39	45
Arugula & lamb's lettuce* (g)	20	40	60	80	100	120
Bacon lardons* (g)	50	100	150	200	250	300
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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)	3351 / 801	931 / 222
Total fat (g)	41	11
of which saturated (g)	21,1	5,9
Carbohydrates (g)	73	20
of which sugars (g)	9	2,5
Fibre (g)	4	1
Protein (g)	31	9
Salt (g)	2,2	0,6

## Allergens

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

1



## Boil the linguine

- Boil plenty of salted water in a pot or saucepan and cook the linguine for 9 - 11 minutes, or until done.
- Reserve some of the pasta water, then drain and set aside.

3



## Make the sauce

- Cut the tomato into wedges.
- In a bowl, whisk the cream with three quarters of the cheese, then season with salt and pepper.
- Transfer the linguine to the frying pan, then immediately pour in the cream mixture and 30ml pasta water per person.
- Mix well and cook for no more than 1 minute over low heat.

2



## Fry the bacon

- Peel the garlic and transfer the entire clove to a frying pan over medium-high heat.
- Melt a knob of butter in the same pan and fry the bacon lardons for 4 minutes until done, then remove the garlic from the pan (see Tip).
- Grate the cheese in the meantime.

**Tip:** the garlic will infuse the sauce with its flavour without being too overpowering.

4



## Serve

- In a bowl, combine the tomato with the basil crème, the lettuce and the balsamic vinegar. Season to taste with salt and pepper.
- Serve the linguine on plates and garnish with the rest of the cheese.
- Season to taste with black pepper and serve the salad alongside.

## Enjoy!





# Shrimp Udon in East Asian-Style Sauce

with peanuts, fresh herbs & stir-fried vegetables

Total time: 15 - 20 min.



Shrimp



Fresh udon noodles



East Asian-style sauce



Vegetable mix with cabbage



Garlic



Fresh coriander & mint



Nasi-bami spice mix



Lime



Unsalted peanuts



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

Udon noodles are Japan's thickest noodles. They can be eaten in many different ways: in soups, curries or, in the summer, cold with a dipping sauce!

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

Small bowl, (lidded) wok or deep frying pan(s)

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Fresh udon noodles (g)	220	440	660	880	1100	1320
East Asian-style sauce* (g)	35	70	105	140	175	210
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Unsalted peanuts (g)	10	20	30	40	50	60

### From your pantry

Flour (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2732 /653	442 /106
Total fat (g)	20	3
of which saturated (g)	2,4	0,4
Carbohydrates (g)	86	14
of which sugars (g)	15,3	2,5
Fibre (g)	12	2
Protein (g)	30	5
Salt (g)	3,8	0,6

## Allergens

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

1



## Prepare

- Crush or mince the garlic.
- Finely chop the fresh herbs.
- Cut the lime into six wedges.

3



## Add the noodles

- Add the udon noodles and the sauce to the wok.
- Toss well and stir-fry for 3 minutes.
- Squeeze 1 lime wedge per person directly into the noodles and toss well to combine.
- Season to taste with salt and pepper.

2



## Stir-fry the vegetables

- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Stir-fry the vegetable mix with the nasi-bami spices for 4 - 6 minutes.
- Add the shrimp and the garlic, then fry for 3 more minutes.
- In a small bowl, combine the East Asian-style sauce with the soy sauce, the flour, the water for the sauce and some sambal as preferred.

4



## Serve

- Serve the noodles in bowls or deep plates.
- Garnish with the fresh herbs and the peanuts.
- Serve with any remaining lime wedges.

## Enjoy!





# Pulled Chicken Bowl with Avocado Sauce

with salad, sweet potato & Mexican-style spices

Total time: 10 - 15 min.



Sweet potato



Pulled chicken



Little gem



Avocado



Corn



Lime



Mexican-style spices



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

Little Gem is the younger brother of Romaine. Its slightly sweeter flavour and firmer bite suit this dish perfectly!

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

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Pulled chicken* (g)	100	200	300	400	500	600
Little gem* (unit(s))	1	2	4	4	6	6
Avocado (unit(s))	½	1	1½	2	2½	3
Corn (g)	70	140	140	285	280	425
Lime* (unit(s))	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3

### From your pantry

Water (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Water for the sauce (ml)	30	60	90	120	150	180
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2653 /634	461 /110
Total fat (g)	37	6
of which saturated (g)	9,6	1,7
Carbohydrates (g)	46	8
of which sugars (g)	14,3	2,5
Fibre (g)	11	2
Protein (g)	26	4
Salt (g)	2	0,3

## Allergens

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

1



## Prepare

- Dice the sweet potato and transfer to a large microwave-safe bowl.
- Add a knob of butter and the water (see pantry for amount).
- Cover with plastic wrap and pierce several holes on top.
- Microwave on high for 4 - 5 minutes or until soft.

3



## Make the sauce

- Halve and pit the avocado, then remove the skin and dice the flesh.
- Transfer to a tall container, then add the mayonnaise and the water for the sauce.
- Squeeze a quarter lime per person directly into the container.
- Use an immersion blender to process into a smooth sauce. Season to taste with salt and pepper.

2



## Fry the chicken

- Carefully remove the plastic wrap, then add the **Mexican-style spices**\* and season with salt and pepper. Toss well to combine and set aside.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for around 4 minutes.
- In the meantime, roughly chop the lettuce.
- Drain the corn and quarter the lime.

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

4



## Serve

- Serve the lettuce on deep plates and arrange everything on top.
- Drizzle with the avocado sauce and serve the rest of the lime wedges alongside.

## Enjoy!