Mini tortillas with crunchy chicken and mango chutney
with coleslaw, yoghurt and tomato

Family Nice & Fast

Total time: 25 min. (based on 2 servings)

In this recipe, you'll give the chicken an extra crunchy crust with panko: Japanese breadcrumb with a coarse grain.

- Chicken fillet
- Organic full-fat yoghurt
- Paprika
- Mango chutney
- Tomato
- Red onion
- Panko breadcrumb
- Slaw mix
- Mini tortillas

Pantry items
- Sunflower oil, extra-virgin olive oil, white balsamic vinegar, salt and pepper
Prepare
Preheat the oven to 200 degrees. Cut the chicken fillet into equally sized pieces of about 3 cm. In a bowl, mix the chicken fillet with 1/3 of the yogurt, 1 tsp paprika per person, salt and pepper. Set aside.

Make the sauce & chop
Mix 1/3 of the yogurt with the mango chutney, salt and pepper. Set aside. Cut the tomato into dices.

Chop 1/4 red onion per person (Tip).

Tip: The red onion is added to the salad raw. Don't like raw onion? Fry the onion for 2 – 3 minutes with some oil in a frying pan.

Fry the chicken
Dip the chicken through the panko; make sure it is completely covered. Prepare a plate with kitchen paper, to place the chicken on after frying. Heat 5 tbsp sunflower oil per person in a frying pan on high heat. Make sure the oil is very hot, then fry the chicken for 2 – 3 minutes per side (Tip). The chicken is done as soon as it has a golden brown crust.

Tip: You will use quite a lot of oil because the chicken is basically deep fried. This will make it nice and crunchy.

Make the salad
In another bowl, mix the the white cabbage-carrot mix with the red onion, the remaining yogurt, 1 tsp paprika per person, salt and pepper. Set aside.

Heat the tortillas
Wrap the tortillas in aluminium foil and heat in the oven for 3 – 4 minutes.

Serve
Transfer the salad and tomatoes among the mini tortillas and top with the chicken. Garnish with the mango-yogurt sauce.

Enjoy!

## Ingredients for 1 – 6 servings

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## Nutritional values

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<td>Salt (g)</td>
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## Allergens


*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

## Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.
Risotto with buffalo mozzarella and red chili pepper
with tomato, fresh basil and pecorino

Vegetable stock, butter, olive oil, salt and pepper

Total time: 35 min. (based on 2 servings)
Prepare the vegetables
Prepare the stock. Chop the onion and press or mince the garlic. Roughly chop the basil leaves. Cut the celery stalk into thin half moons. Melt the butter in a pan with a lid on medium-low heat and add the onion, garlic, celery stalks, olive oil and 2 tbsp water per person. Stir fry the vegetables on low heat for 5 minutes, or until soft.

Tip: Are you watching your salt intake? Use low-sodium stock or prepare half the stock and add water.

Fry the risotto rice
In the meantime, cut the plum tomato into 1 cm dices and set aside. Add the risotto rice to the pan with a lid and stir fry for 1 minute.

Prepare the risotto
Add ⅓ of the stock to the pan with the lid and slowly allow the rice to absorb the stock (TIP). Stir regularly. As soon as the stock has been absorbed, add another ⅓ of the stock. In the meantime, remove the seeds from the red chili pepper and finely chop the pepper.

Tip: Replace part of the stock with the same amount of white wine to taste.

Finish the risotto
Mix the diced tomato with the risotto. Add the remaining stock to the risotto and allow the rice to absorb again. Keep stirring well. The risotto is cooked as soon as the kernels are soft on the outside, but still have a little bit of a bite on the inside. This will take about 20 – 25 minutes (TIP). Optionally, add some extra water if you want to cook the risotto more.

Tip: The amount of liquid you’ll need to cook the risotto depends on the size of your pan. Taste in between and add more water or stock.

Tear the mozzarella
Take the pan from the heat. Tear the buffalo mozzarella into bite-sized pieces and add to the risotto together with half of the basil. Add half of the grated pecorino, salt and pepper and leave for 2 minutes, covered with the lid.

Serve
Transfer the risotto to plates and sprinkle with the red chili pepper and remaining pecorino. Garnish with the leftover basil.

Fun fact: Did you know that there are health benefits to eating less meat? One benefit is that it contributes to a reduced risk of cardiovascular disease.

Enjoy!
Mediterranean couscous with shrimp
with semi-dried tomatoes and pesto-vinaigrette

Nice & Fast
Total time: 20 min. (based on 2 servings)
Fry the vegetables

Prepare the stock and press or mince the garlic. Heat ½ tbsp butter per person in a wok or sauté pan with a lid on medium-high heat. Add the vegetable mix, half of the garlic and 1 tsp oregano per person and fry for 5 – 6 minutes. Take the pan from the heat and add the couscous and the stock. Allow to absorb for 10 minutes.

Mix the tomatoes

In the meantime, cut the cherry tomatoes in half and finely chop the semi-dried tomatoes. In a bowl, mix the pesto vinaigrette with per person: 1 tsp black balsamic vinegar and 1 tsp extra virgin olive oil. Add the cherry tomatoes and semi-dried tomatoes to the vinaigrette and mix. Season with salt and pepper. Roughly chop the basil.

Fun fact: Cherry tomatoes are much smaller than a regular tomato, but contain much more vitamins and minerals! Especially potassium, vitamin A and C and folic acid.

Fry the shrimp

Pat the shrimps dry with kitchen paper. Heat ½ tbsp butter per person in a frying pan on medium-high heat. Add the shrimps and the remaining garlic and fry for 3 – 4 minutes. Season with salt and pepper.

Serve

Add the tomatoes with vinaigrette to the couscous and mix. Transfer the couscous to plates and garnish with the shrimps, including cooking grease. Garnish with the basil.

Enjoy!
Beef ciabatta au gratin with mixed vegetables and a tomato salad

Total time: 25 min. (based on 2 servings)

Pantry items
- Olive oil
- Beef stock cube
- White balsamic vinegar
- Extra-virgin olive oil
- Salt
- Pepper

Ingredients
- Red onion
- Garlic clove
- Seasoned minced beef
- Italian vegetable mix
- Wholewheat ciabatta
- Passata
- Italian herbs
- Grated mature cheese
- Plum tomato

DID YOU KNOW...
beef discolours quickly?
You can safely eat it up until the use-by date on the package, but if you want to avoid discoloration then we suggest you cook this recipe first!
Prepare

Preheat the oven to 220 degrees. Chop the red onion and crush or mince the garlic.

Fry

Heat ½ tbsp olive oil per person in a sauté pan over medium-high heat. Fry the minced beef, onion and garlic for 1 – 2 minutes, stirring well to separate the mince. Add the vegetable mix and fry for 4 – 5 minutes, covered with the lid. Halve the ciabattas and place them on a parchment-lined baking sheet, and bake in the oven for 3 – 4 minutes.

Top the sandwich

Add the passata and Italian herbs to the vegetables and crumble in the stock cube. Mix well and allow to cook gently for 3 – 4 minutes, without the lid. Season to taste with salt and pepper, then spread the mixture over the ciabatta halves. Sprinkle with the grated cheese and then broil on the top of the oven for 2 – 3 minutes.

Serve

In the meantime, dice the tomato. In a salad bowl, mix per person: ¼ tbsp extra virgin olive oil and ⅛ tbsp white balsamic vinegar. Toss the tomato with the dressing and season with salt and pepper. Transfer the toasted ciabattas to plates and serve with the tomato salad.

Fun fact: Did you know that people eat less than 150 grams of vegetables a day on average? That is nowhere near the RDI. But no worries - this dish contains over 300 grams of vegetables per serving.

Enjoy!
Oven-roasted courgette in a creamy tomato sauce
with conchiglie and buffalo mozzarella

Total time: 40 min. (based on 2 servings)
A good start
Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment
Pan with a lid, baking dish, sauté pan, peeler or cheese slicer

Ingredients for 1 – 6 servings

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<td></td>
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<td>Extra-virgin olive oil (tbsp)</td>
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<tr>
<td>Salt &amp; pepper</td>
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* keep in the refrigerator

Nutritional values

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<td>Salt (g)</td>
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Allergens
1) Grains containing gluten 7) Milk/lactose
May contain traces of: 20) Soy

Prepare
Preheat the oven to 180 degrees. Separate the courgette into long ribbons using a peeler or cheese slicer. Press or mince the garlic and chop the red onion.

Make the sauce
Heat the olive oil in a sauté pan on medium-high heat and fry the garlic and red onion for 2 – 3 minutes. Deglaze with the diced tomato and the single cream. Add per person: 1 tbsp black balsamic vinegar and 1 tsp Italian herbs. Season with salt and pepper and mix well. Allow to cook on low heat for 5 more minutes.

Tip: This meal is rich in calories. Are you watching your calorie intake? Replace half the cream with an equal amount of milk. Use the remaining cream for a soup the next day.

Fill the baking dish
Transfer the courgette ribbons to a baking dish (they may overlap). Tear the buffalo mozzarella into small pieces.

Fun fact: Eating less or no meat helps the environment. Did you know that this dish gets you the best of both worlds? Each serving is full of iron, (because of the vegetables), calcium and vitamins B2 and B12 (because of the mozzarella).

Finish the baking dish
Pour the sauce over the courgette ribbons in the baking dish and divide the mozzarella over the courgette and sauce. Season with salt and pepper. Cook in the oven for 20 minutes.

Cook the pasta
In the meantime, boil ample water with a pinch of salt in a pan with a lid for the conchiglie. Cook the conchiglie for 14 – 16 minutes, covered with the lid. Then drain and allow to steam dry without the lid. Cut or tear the basil into large pieces.

Fun fact: Did you know that preserved tomatoes pack almost the same amount of vitamins and minerals as fresh tomatoes?

Serve
Add the extra virgin olive oil and half of the basil to the conchiglie. Season with salt and pepper and mix well. Transfer the conchiglie to plates and add the courgette and sauce on top. Garnish with the remaining basil.

Enjoy!
Did you know that bulgur is made of whole wheat grains? This makes it wholewheat and full of fibres, iron and B-vitamins.

Bulgur salad with grilled vegetables and feta with raisins and pumpkin seeds

Veggie Balanced

Total time: 45 min. (based on 2 servings)

Pantry items
Vegetable stock, olive oil, extra-virgin olive oil, balsamic vinegar, mustard, salt and pepper

Ingredients
- Sweet potato
- Cauliflower
- Carrot
- Red onion
- Middle-Eastern herb mix
- Bulgur
- Ground cumin
- Pumpkin seeds
- Plum tomato
- Fresh mint
- Raisins
- Mesclun
- Feta
Prepare

Preheat the oven to 220 degrees and prepare the stock. Cut the cauliflower into florets. Cut the carrot into max. ½ cm thick half slices. Cut the red onion into half rings. Peel the sweet potato and cut into 1 cm dices. Strip the leaves off the thyme sprigs. Mix the vegetables with the thyme, ½ tbsp olive oil per person, salt and pepper. Divide over a baking sheet lined with baking paper and roast in the oven for 20 – 25 minutes.

Prepare the bulgur

In a small pan with a lid, mix the bulgur with the cumin and stir fry for 1 minute on medium heat. Pour the stock over the bulgur and cook for 10 – 12 minutes on low heat until dry, covered with the lid. Then stir to separate the bulgur.

Prepare the salad

Heat a frying pan without oil on high heat and roast the pumpkin seeds until they start to pop. Take from the pan and set aside. Halve the cherry tomatoes and finely chop the fresh mint. In a salad bowl, mix the cherry tomatoes and mint with the raisins and mesclun. Crumble the feta and set aside.

Make the dressing

In a small bowl, mix per person: ½ tbsp extra virgin olive oil, ½ tbsp black balsamic vinegar, ½ tsp mustard and salt and pepper to taste.

Finish the salad

Add the oven-roasted vegetables, bulgur and dressing to the salad bowl and mix well. Season with salt, pepper and optionally, some extra virgin olive oil.

Serve

Transfer the dish to plates and garnish with the feta and pumpkin seeds.

Fun fact: This meal contains over 50% of the RDI for fibre per serving. This is mainly due to the bulgur and vegetables. Fibres are good for the gut flora, which provide a strong immune system and an energised feeling.

Enjoy!

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Small bowl, large bowl, frying pan, pan with a lid, salad bowl, parchment lined baking sheet

Ingredients for 1 – 6 servings

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<td>Salt &amp; pepper</td>
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Nutritional values

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<td>Carbohydrates (g)</td>
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<td>Of which: sugars (g)</td>
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<td>Fibre (g)</td>
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Allergens

1) Grains containing gluten 7) Milk/lactose
May contain traces of: 19) Peanuts 22) Nuts

*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.
Oyakodon with chicken thigh omelette and scallion

Japanese rice bowl served with pickled radish and cucumber

Total time: 40 min. (based on 2 servings)
Prepare
Prepare 60ml of chicken stock per person, using ⅛ of a stock cube per person. In a lidded pan, bring plenty of water to the boil for the rice.

Cut
Boil the rice, covered, for 12 – 15 minutes, then drain and allow to steam off. Meanwhile, finely chop the scallions and keep the white and green parts separate. Roughly chop the onion.

Crack the eggs into a bowl and whisk with a fork until well-incorporated.

Make the pickles
Dice the cucumber and thinly cut the radish, then combine in a bowl with, per person; 2 tbsp white wine vinegar, 1 tsp sugar and some salt to taste. Set aside and toss regularly so as to allow the flavours to absorb well.

Fun fact: The radish leaves are edible; rinse them properly and mix into the salad. The leaves are even healthier than the radishes themselves, they contain lots of iron, calcium and vitamins A and C.

Fry
Rub the chicken thigh with salt and pepper. Add ½ tbsp sunflower oil to a frying pan over medium-high heat and fry the chicken thigh for 4 – 5 minutes until evenly browned. Remove from the pan and set aside, then reduce the heat of the pan to a low temperature. Add the onion and scallion whites and allow to caramelise, about 2 – 3 minutes. In the meantime, cut the chicken thigh into strips and add back to the pan with the onions.

Make the omelette
Add the teriyaki sauce and 2 tbsp chicken stock per person to the frying pan and cook gently for 2 minutes. Add the beaten egg and turn the pan in a smooth motion so that the egg mixture spreads evenly over the frying pan, then reduce the heat and do not move the pan anymore, allowing it to cook gently until the egg has totally solidified (see Tip).

Tip: Cover the pan with a lid if you want the egg to set more quickly.

Serve
Serve the rice on plates and slide the egg with chicken over the rice as a sort of omelette. Garnish with the sesame seeds and the scallion greens, with the cucumber-radish salad served alongside.

Enjoy!
East Asian-inspired fusion salad with vegetarian beef strips
with udon noodles, peanuts and fresh coriander

The vegetarian beef strips are made of wheat and come packed with iron and vitamin B12 - even carnivores won't be missing the meat!

Total time: 20 min. (based on 2 servings)

Pantry items
- Sunflower oil, sugar

Nice & Fast   Family   Veggie   Balanced

Garlic clove
Fresh ginger
Lime
East Asian-style sauce
Gomashio
Soy sauce
Vegetarian beef strips
Cucumber
Plum tomato
Red onion
Fresh coriander
Fresh udon noodles
Salted peanuts
Red chili pepper
Prepare
Finely grate the garlic and ginger. Cut the lime into 2 wedges per person. In a bowl, mix the sweet Asian sauce, gomashio, soy sauce, ginger and garlic (Tip). Add per person: ½ tsp sugar and the juice of 1 lime wedge. Add ⅔ of this mixture to the vegetarian beef strips and allow to marinate while you cut the vegetables.

Tip: Are you watching your salt intake? Don’t use any soy sauce and rinse the noodles in a colander before use. Add some soy sauce to taste after serving.

Make the salad
Cut the cucumber in half lengthwise and cut into half moons. Cut the plum tomato into wedges and cut the red onion into thin half rings. Finely chop the coriander. In a salad bowl, mix the cucumber with the tomato, red onion and coriander.

Fry
Heat ½ tbsp sunflower oil per person in a wok or sauté pan on medium-high heat. Stir fry the vegetarian beef strips for 2 – 3 minutes. Then add the udon noodles and heat for another 2 – 3 minutes. In the meantime, roughly chop the peanuts and cut the red chili pepper into thin rings.

Fun fact: Did you know that peanuts are rich in vitamin E and magnesium, among other things? Vitamin E is good for a strong immune system and magnesium for the formation and proper functioning of bones and muscles. A hand full will get you 20% of the RDI for both.

Serve
Add the udon noodles and vegetarian beef strips to the salad and mix well. Then transfer the salad to plates and garnish with the remaining lime wedges and the peanuts. Do not forget the leftover sauce, add this to taste with the red chili pepper.

Attention: the red chili pepper packs a punch! If you’re not a fan, add a little bit and taste before adding more.

Enjoy!

*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact
We would like to hear what you think. Feel free to contact us via our website or via our social media channels.
Swedish-style meatballs in cream sauce with cranberry chutney, baby potatoes and broccoli

Nice & Fast  Family
Total time: 20 min. (based on 2 servings)
Prepare

Prepare the stock. Boil ample water in a pan with a lid for the baby potatoes and broccoli (Tip). Cut the broccoli into florets and cut the stem into dices. Wash the baby potatoes and cut them in half. Cut any large ones into quarters.

Tip: Are you cooking for more than 4 people? Use two pans to cook the baby potatoes and broccoli separately.

Cook

Cook the baby potatoes in the pan with boiling water for 12 – 15 minutes. Add the broccoli for the final 4 – 6 minutes, then drain.

Make the sauce

Heat ½ tbps butter per person in a frying pan on medium-high heat and fry the meatballs for 4 – 6 minutes. They do not have to be completely cooked yet. Take from the pan and set aside. Add the soy sauce, whipping cream, vegetable stock, mustard and flour to the frying pan. Mix well with a whisk and allow the sauce to reduce for 5 – 6 minutes. If necessary, season with salt and pepper (Tip). Then add the meatballs to the sauce and heat for another 6 – 8 minutes in the sauce.

Tip: This meal is rich in calories. Are you watching your calorie intake? Halve all of the amounts for the sauce. You’ll serve a little less sauce, but a lot less calories. 2. Is the sauce too liquid? Add some extra flour and stir with a whisk.

Serve

Transfer the baby potatoes and broccoli to plates. Add the meatballs with sauce next to them. Serve with the cranberry chutney.

Enjoy!

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Pan with a lid, frying pan, whisk

Ingredients for 1-6 servings

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<tr>
<td>Salt &amp; pepper</td>
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<td></td>
<td></td>
<td></td>
<td>to taste</td>
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*keep in the refrigerator

* Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Nutritional values

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</table>

Allergens

1) Grains containing gluten 6) Soy 7) Milk/lactose 10) Mustard

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.

WEEK 30 | 2021
Courgette pasta with a creamy herbed cheese sauce
with mini roma tomatoes and red basil

Nice & Fast  Veggie

Total time: 25 min. (based on 2 servings)
Prepare
Boil ample water with a generous pinch of salt in a pan with a lid. Chop the red onion and press or mince the garlic. Grate the courgette with a coarse grater. Cut the mini roma tomatoes in half.

Cook the spaghetti
Cook the spaghetti in the pan with boiling water for 10 – 12 minutes, covered with the lid. Then drain and allow to steam dry without the lid.

Fry
Heat 1/2 tbsp olive oil per person in a sauté pan on medium heat and fry the red onion and garlic for 2 – 3 minutes. Add the mini roma tomatoes and fry for another 3 – 4 minutes. Add the grated courgette and fry for 3 – 4 minutes.

Mix the flavourings
In the meantime, mix half of the Italian cheese with the herb cream cheese and the pesto vinaigrette in a small bowl. Finely chop the red basil. In the meantime, mix the remaining grated cheese with the chopped walnuts and red basil in a small bowl. Save this mixture to use as garnishing.

Mix
Add the spaghetti, the cream cheese mixture and 1 tsp black balsamic vinegar per person to the vegetables. Mix well and season with salt and pepper if necessary.

Serve
Transfer the pasta to deep plates. Garnish with the cheese-walnut-red basil topping.

Tip: Walnuts are the only nuts that contain the plant-based omega 3 fatty acid ALA. Omega 3 fatty acids are good for the cardiovascular system. ALA is also found in linseed and soy oil.

Enjoy!
Summery tuna sandwich
with fried egg, carrot roll and a salad

Nice & Fast
Total time: 20 min. (based on 2 servings)

This Skipjack tuna by Fish Tales is caught with a rod and line, which minimises bycatch. One reason why this fish deserves the sustainable MSC quality label.

Small red onion
Carrot roll
Mayonnaise
Cucumber
Fresh parsley and chives
Tuna in olive oil
Egg
Tomato
Mesclun

Pantry items
Olive oil, white wine vinegar, extra-virgin olive oil, mustard, salt and pepper

Summery tuna sandwich
with fried egg, carrot roll and a salad

Nice & Fast
Total time: 20 min. (based on 2 servings)

This Skipjack tuna by Fish Tales is caught with a rod and line, which minimises bycatch. One reason why this fish deserves the sustainable MSC quality label.

Small red onion
Carrot roll
Mayonnaise
Cucumber
Fresh parsley and chives
Tuna in olive oil
Egg
Tomato
Mesclun

Pantry items
Olive oil, white wine vinegar, extra-virgin olive oil, mustard, salt and pepper
Prepare

Preheat the oven to 180 degrees. Chop the shallot and dice the cucumber. Finely chop the flat leaf parsley and the chives, then cut the tomato into wedges.

Fun fact: Cucumbers are mostly water, but they also contain vitamins and minerals. They hydrate, contain few calories and provide essential nutrients. Win-win!

Make the tuna salad

In a bowl, mix the canned tuna with the shallot, mayonnaise and half each of the cucumber and fresh herbs. Season to taste with salt and pepper. In the meantime, slice the carrot bun in half and bake for 4 – 6 minutes in the oven.

Tip: Don't like raw red onion? Fry the onion in a frying pan for a few minutes.

Make the salad

Meanwhile, heat ½ tbsp olive oil per person in a frying pan over medium-high heat and fry 2 eggs per person. Mix in a salad bowl, per person; 1 tbsp extra virgin olive oil, 1 tsp white wine vinegar, 1 tsp mustard and the remaining fresh herbs. Set some of the mesclun aside for assembling the sandwiches, then add the rest to the salad bowl and toss well with the tomato wedges and the remaining cucumber.

Serve

Transfer the carrot buns to plates and top each half with the reserved mesclun and the tuna salad. Finish each half with a fried egg. Serve the salad alongside.

Enjoy!
Haddock fillet with chive sauce
with oven-roasted potatoes and carrot

Balanced  Family
Total time:  min. (based on 2 servings)

Haddock is the main ingredient of what famous streetfood dish?
**Prepare**
Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the potatoes and carrots. Weigh 200 g carrot per person. Cut each carrot into quarters lengthwise. Thoroughly wash or peel the potatoes and cut into long, thin wedges.

**Cook**
Cook the carrots and potatoes in the pan with a lid for 8 – 10 minutes. Drain and leave to steam dry without the lid.

**Roast**
Transfer the carrots and potatoes to a baking sheet lined with baking paper, pat them dry with kitchen paper and mix with 1 tbsp olive oil per person. Bake in the oven for 20 – 30 minutes (TIP). Season to taste with salt and pepper.

**Make the chive sauce**
In the meantime, finely chop the fresh chives. In a small bowl, mix the yogurt, ½ tsp mustard per person and the chives. Season with salt and pepper.

**Fry the fish**
Once the vegetables in the oven are almost done, pat the haddock fillet dry with kitchen paper. Melt ½ tbsp butter per person in a frying pan and fry the haddock fillet for 2 – 3 minutes on each side on medium-high heat, until done. Remove the fish from the pan and add the chives sauce. Mix well with the cooking grease in the pan.

**Serve**
Transfer the carrot and potatoes to plates, top with the haddock fillet and serve with the chives sauce.

**The correct answer is: Fish & chips**

---

**Equipment**
- Pan with a lid, frying pan, small bowl, kitchen paper, large bowl, parchment lined baking sheet

**Ingredients for 1 - 6 servings**

<table>
<thead>
<tr>
<th></th>
<th>1p</th>
<th>2p</th>
<th>3p</th>
<th>4p</th>
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<td>1000</td>
<td>1250</td>
<td>1500</td>
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<tr>
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<td>750</td>
<td>1000</td>
<td>1250</td>
<td>1500</td>
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<tr>
<td>Fresh chives* (g)</td>
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<td>7½</td>
<td>10</td>
<td>12½</td>
<td>15</td>
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<tr>
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<td>75</td>
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<td>4</td>
<td>5</td>
<td>6</td>
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* Not included
- Olive oil (tbsp) | 1| 2| 3| 4| 5| 6
- Mustard (tsp) | ½| 1| 1½| 2| 2½| 3
- Butter (tbsp) | ½| 1| 1½| 2| 2½| 3
- Salt & pepper to taste

* Keep in the refrigerator

**Nutritional values**

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<thead>
<tr>
<th></th>
<th>Per serving</th>
<th>Per 100g</th>
</tr>
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<tbody>
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</tr>
<tr>
<td>Salt (g)</td>
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</tbody>
</table>

**Allergens**
- Fish
- Milk/lactose

---

* Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

**Contact**
We would like to hear what you think. Feel free to contact us via our website or via our social media channels.
Did you know that Cheddar is also a village in England? The eponymous cheese was invented there, but quickly became one of the most popular cheeses in the world!

Nachos with minced meat and bacon
with cheddar, fresh coriander and white cheese salsa

Express
Total time: 15 min. (based on 2 servings)

Bacon lardons
Red onion
Minced beef
Mexican herbs
Pepper
Corn
Red cherry tomatoes
Passata
Spicy tortilla chips
Grated cheddar
Lime
Fresh coriander
White cheese
Salt and pepper

DID YOU KNOW...

beef discoulours quickly?
You can safely eat it up until the use-by date on the package, but if you want to avoid discoulouration then we suggest you cook this recipe first!
A good start
Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Prepare
Preheat the oven to 200 degrees. Place a frying pan over high heat and fry the bacon lardons for 2 minutes. Chop the red onion into half rings and fry together with the lardons for another 2 minutes. Add the minced beef and ½ a packet of Mexican spices per person and fry for 3 minutes.

Fry
Meanwhile, dice the pepper and add it to the pan, then cook for a further 3 minutes. Drain the corn and halve the cherry tomatoes, then add to the pan along with the passata. Mix well and season to taste with salt and pepper. Transfer the sauce to an oven dish and spread the tortilla chips over the top. Sprinkle over the grated cheddar and bake for 3 – 5 minutes in the oven, or until the cheddar has melted.

Tip: Are you watching your salt intake? Use half the tortilla chips and/or white cheese. Eat the remaining chips with a dip like guacamole the next few days, and use the remaining white cheese in a sandwich or to garnish a soup.

Make the salsa
Meanwhile, squeeze half of the lime into a small bowl and cut the other half into wedges. Crumble the white cheese and roughly chop the coriander, then add both to the bowl and toss well with the lime juice (see tip). Season to taste with salt and pepper.

Serve
Transfer the nachos to plates with the sauce alongside. Serve with the white cheese salsa and garnish with the lime wedges.

Enjoy!

*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact
We would like to hear what you think. Feel free to contact us via our website or via our social media channels.
Chervil soup with potato and leek with a crunchy brie sandwich

Got some chervil left over? Use your immersion blender to make chervil pesto! Mix the chervil with walnut, garlic, pine nuts and parmigiano.

Garlic clove
Onion
Leek
Floury potatoes
Fresh chervil
Organic wholewheat rose roll
French brie

Pantry items
Butter, vegetable stock cube, salt and pepper

Balanced   Family   Veggie
Total time: 40 min. (based on 2 servings)
A good start
Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment
Stock pot with lid, hand blender, parchment lined baking sheet

Ingredients for 1 – 6 servings

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<td>to taste</td>
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*keep in the refrigerator

Tip: 1: The green leaves of the leek can be tough, making the soup less smooth. Make sure you finely chop it or don’t use part of it. 2: Are you watching your salt intake? Use low-sodium stock.

Nutritional values

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Allergens
1) Grains containing gluten 7) Milk/lactose
May contain traces of: 17) Eggs 20) Soy 21) Milk/lactose
22) Nuts 27) Lupin

Bake the rolls
Halve the rose roll. Cut the French brie into thin slices and top both halves of the roll with the brie. When the soup is almost finished, heat the half rolls with brie in the middle of the oven on an oven rack for 8 – 10 minutes, until the cheese has melted (TIP).

Tip: Got an oven with a grill setting? Grill the roll at the end until the cheese begins to bubble and gets a nice golden brown colour.

Prepare
Preheat the oven to 200 degrees. Press or mince the garlic and roughly chop the onion. Cut the leek into thin rings (TIP). Thoroughly wash the potatoes or peel them. Cut the potatoes into quarters. Prepare the stock.

Stew
Heat 1 tbsp butter per person in a stock pot with a lid. Fry the onion for 1 – 2 minutes on medium-low heat. Add the leek and potato and fry for another 5 – 6 minutes.

Cut the chervil
Add the stock and bring to a boil. Allow the soup to simmer for 14 – 16 minutes. In the meantime, remove any thick stems from the chervil and finely chop the chervil. Separate a couple of chervil leaves to use as garnishing.

Season the soup
Add the chervil to the soup and mix well. Puree the soup with a hand blender and season to taste with salt and pepper. Heat the soup for another 2 – 3 minutes without the lid.

Serve
Transfer the chervil soup to soup bowls and garnish with the saved chervil leaves. Serve with the brie rolls.

Enjoy!
50-50 Burger on a tomato roll
with a salad of apple and cucumber

**Balanced**  **No Fuss**
Total time: 40 min. (based on 2 servings)

With this burger, you will eat half the meat and more vegetables: the 50-50 burger is half beef and half mushroom!

Pantry items
Olive oil, white wine vinegar, extra-virgin olive oil, salt and pepper

Waxy potatoes  Cucumber
Apple  Red onion
Beef tomato  Fresh chives
Sour cream  Tomato roll
50-50 burger
Fry the potato wedges
Preheat the oven to 200 degrees. Wash or peel the potatoes and cut them into wedges and add to a bowl. Toss the potatoes with 1/2 tbsp olive oil per person, and salt and pepper (see Tip). Spread the potato wedges over a parchment-lined baking sheet and bake in the oven for 30 – 40 minutes, turning halfway.

Tip: Save yourself some dishes by mixing the potato wedges with the olive oil, salt and pepper on the parchment-lined baking sheet directly.

Cut
Finely dice the apple and cucumber and chop the red onion into thin rings (see Tip). Slice half of the beef tomato and dice the rest. Snip or finely chop the chives.

Tip: You will serve the red onion raw. Not a fan? Fry the onion together with the burger.

Make the salad
Mix in a salad bowl 1/2 tbsp per person each of white wine vinegar and extra virgin olive oil, with salt and pepper. Toss the apple, cucumber, diced tomato and half of the chives with the dressing. In a separate small bowl, mix the sour cream with the remaining chives and season to taste with salt and pepper. Meanwhile, bake the tomato bread for 4 – 6 minutes in the oven.

Fry the burger
Heat the remaining olive oil in a frying pan over medium-high heat and fry the beef and pork burger for 3 minutes per side. Reduce the heat and fry for another 5 minutes, or until the burger is cooked.

Tip: The 50-50 burger in your box was made with less salt just for us. The result is just as tasty but healthier.

Top the roll
Cut open the tomato bread and add the burger to the bottom half, then top with the sliced tomato, red onion and a bit of the sour cream-chive mixture. Add salt and pepper, then close the burger with the other half of the tomato bun.

Tip: The tomato roll in your box also contains less salt, more fibres and no added sugar, per our request.

Serve
Serve the burgers on plates with the salad, potato wedges and the remaining sour cream-chive sauce.

Enjoy!
Hello Fresh

Eggplant with Middle-Eastern herbs, bulgur and naan

with home-made muhammara of roasted pointed pepper and walnut

Vegan | Inspiration

Total time: 45 min. (based on 2 servings)

Today you’ll make your own muhammara - a spicy dip with the colour (ahmar) hidden in its name - red in Arabic.

Pantry items
Olive oil, vegetable stock cube, brown sugar, salt and pepper

Ingredients:
- Eggplant
- Red pointed pepper
- Middle-Eastern herb mix
- Garlic clove
- Naan bread
- Bulgur
- Red chili pepper
- Lemon
- Fresh parsley
- Chopped walnuts
- Ground cumin
- Hummus
- [Recipe details]

[Recipe steps]

1. Preheat the oven to 180°C (350°F).
2. Cut the eggplant into strips and sprinkle with salt. Leave for 30 minutes to let the salt draw out the water.
3. Rinse the eggplant strips and pat them dry with paper towels.
4. Mix the Middle-Eastern herb mix with olive oil, garlic, and chopped walnuts. Spread this mixture on the eggplant strips.
5. Place the eggplant strips on a baking sheet and roast in the oven for 20 minutes, or until golden brown.
6. Meanwhile, prepare the muhammara. Roast the red pointed pepper under a hot broiler, then peel and chop it finely. Mix the roasted pepper with the same herbs and spices used in the eggplant mixture. Add olive oil, lemon juice, and chopped walnuts to the mixture.
7. Spread the muhammara on the eggplant strips and cook in the oven for an additional 5 minutes.
8. Serve the eggplant with Middle-Eastern herbs, bulgur, and naan bread, topped with the homemade muhammara.

Enjoy your delicious and flavorful vegan meal!
Prepare
Preheat the oven to 200 degrees. Cut the eggplant in half lengthways and score the flesh in a criss-cross pattern, but don’t go deep enough to pierce through the skin. Heat a frying pan with 1/2 tbsp olive oil per person over high heat. Lay the eggplant skin-side down in the pan and fry for 2 minutes. Reduce the heat, turn the eggplant and fry for a further 5 minutes. Halve the red pointed pepper lengthways, remove the seeds and cut into strips.

Roast
Combine in a small bowl, per person; 1 tsp Middle Eastern spice blend with 1/2 tbsp olive oil. Remove the eggplant halves from the pan and place them skin-side down on a parchment-lined baking sheet, and rub with the spiced oil. Place the red pointed pepper and 1/2 a garlic clove per person on the baking sheet, drizzle with 1/2 tbsp olive oil per person and season to taste with salt and pepper. Roast the vegetables for 12 – 15 minutes in the oven and add the naan bread for the last 2 – 3 minutes.

Cook the bulgur
Boil 175ml water per person in a lidded pan and crumble in 1/3 of a vegetable stock cube per person. Weigh the bulgur (see Tip) and cook, covered, for 15 – 17 minutes, stirring regularly, until the stock is absorbed and the bulgur is cooked.

Tip: You won’t be using all of the bulgur in this dish. Use the remaining bulgur in a refreshing lunch salad the next day.

Cut the flavourings
Remove the seeds from the red chili pepper and finely chop ¼ per person (see Tip). Use a microplane to zest the lemon and then cut the lemon into wedges. Roughly chop the flat leaf parsley. When the eggplant is cooked, remove the pointed pepper and garlic clove from the baking sheet. Turn off the oven but keep the eggplant and naan bread warm inside. Squeeze the garlic out of its skin.

Make the muhammara
Add the walnut pieces, garlic, red chili pepper and half of the pointed pepper to a high bowl. Add, per person; ½ tbsp olive oil, 1 tsp cumin, 1 tsp brown sugar and ½ tsp Middle Eastern spice blend. Use an immersion blender to purée into a uniformly thick paste. Squeeze 1 lemon wedge per person into the bowl and add salt and pepper to taste. Mix well.

Serve
Cut the remaining pointed pepper into strips and mix with the bulgur, flat leaf parsley and 1 tsp lemon zest per person. Serve the bulgur in deep plates or bowls and top with the halved eggplant. Serve the muhammara and hummus alongside, and garnish with the remaining lemon wedges and the naan bread.

Enjoy!

Nutritional values

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* Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Allergens
1) Grains containing gluten 8) Nuts 10) Mustard
May contain traces of: 12) Sulphites 19) Peanuts

Attention: the red chili pepper packs a punch! If you’re not a fan or eating with children, add less or serve the red chili pepper separately.
Potato rösti with pepper-tomato soup with feta and basil crème with lemon

Total time: min. (based on 2 servings)

Pantry items

- Onion
- Garlic clove
- Red pointed pepper
- Tomato
- Tomato paste
- Smoked paprika
- Waxy potatoes
- Scallion
- Egg
- Grated mature cheese
- Italian herbs
- Basil crème with lemon
- Feta

Got some feta left over? Fill a glass jar with olive oil, herbs and the remaining feta in cubes - the olive oil will extend its shelf life!
Cut the vegetables

Prepare the stock (see Tip). Roughly chop the onion and crush or mince the garlic. Dice the pepper and tomato.

Make the soup

Heat the butter in a soup pan with a lid over a low heat, then add the onion and sauté for 2 minutes. Add the pepper, tomato paste and 1 tsp smoked paprika per person and fry for 4 minutes. Add the vegetable stock, half of the tomato, salt and pepper and bring to the boil. Cook for 8 minutes over a low heat (see Tip).

Grate the potatoes

Meanwhile, peel and coarsely grate the potato (see Tip). Transfer the grated potato to a sieve and use the back of a spoon to press as much liquid as possible out of the potatoes. Finely chop the scallions and keep the whites and greens separated.

Make the batter

Whisk the egg thoroughly in a large bowl and add the grated potato, the whites of the scallions and the grated mature cheese, along with ¼ packet per person of the Italian herbs. Add 1 tbsp flour per person and combine well, seasoning to taste with salt and pepper.

Fry the rösti

Heat the sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, scoop the batter 2 tbsp at a time into the oil and use a spatula to carefully press the röstis flat. Fry the röstis for 4 minutes until golden-brown, then turn over and fry for another 3 minutes. Keep going until all the batter is used and you have around 5 röstis for each person (see Tip).

Serve

Crumble the feta into a bowl with the remaining tomato, mix well and season to taste with salt and pepper. Purée the soup with an immersion blender, then pour into bowls and garnish with the greens of the scallions. Serve the röstis on plates and garnish with the tomato-feta salsa and drizzle with the lemon basil crème.

Enjoy!
Linguine with mushroom sauce and bacon
with portobello, pecorino and fresh curly parsley

Easy
Total time: 30 min. (based on 2 servings)

Al dente tip! Boil plenty of water and make sure it boils properly - this will keep it boiling when you add the pasta which will make it easier to time.

Ingredients:
- Garlic clove
- Small red onion
- Mushrooms
- Portobello
- Linguine
- Bacon lardons
- Fresh curly parsley
- Cooking cream
- Olive oil with lemon
- Grated pecorino
- Pantry items: Olive oil, butter, salt and pepper

Easy to make in 30 min.

Linguine with mushroom sauce and bacon with portobello, pecorino and fresh curly parsley
Prepare
Boil ample water with a pinch of salt in a pan with a lid for the linguine. Press or mince the garlic. Chop the shallot and cut the mushrooms into quarters. Cut the portobello into long thin strips. Cook the linguine in the pan with boiling water for 8 – 10 minutes until al dente, covered with the lid. Then drain and save the cooking liquid.

Fun fact: Did you know that mushrooms are fungi? They are considered a vegetable and are rich in minerals, fibres and vitamins such as B2, which keeps your energy level up and helps avoid inflammations.

Fry the bacon lardons
Heat a large sauté pan without oil on medium-high heat and fry the diced bacon for 4 – 6 minutes until crunchy. Then take from the pan and set aside. In the meantime, grate the lemon zest with a fine grater and juice the lemon. Finely chop the curly parsley.

Fry the mushrooms
Heat 1/2 tbsp olive oil per person in the same sauté pan on medium-high heat. Fry the mushrooms and portobello for 3 – 4 minutes. Add the shallot and garlic and stir fry for 1 – 2 minutes. Season to taste with salt and pepper.

Stir-fry
Add the linguine, diced bacon and single cream to the pan with mushrooms. Turn up the heat and stir fry for 3 – 4 minutes, allowing the sauce to reduce.

Finish
Take the sauté pan from the heat. Add per person: ½ tsp lemon zest, 1 tbsp lemon juice and ½ tbsp butter. Then add half of the curly parsley and half of the pecorino. Season to taste with salt and pepper and mix well.

Serve
Transfer the linguine to plates. Garnish with the remaining curly parsley and the pecorino.

Enjoy!
Kapsalon with chicken gyros
with home-made oven fries, lettuce and tomatoes

Family
Total time: 40 min. (based on 2 servings)

Did you know that this dish owes its name to a hair dresser who always used to order the same thing at a shawarma joint in Rotterdam?

Pantry items
Olive oil, buttermilk, salt and pepper

Waxy potatoes
Garlic clove
Red cherry tomatoes
Fresh chives
Mayonnaise
Chicken gyros
Radicchio and iceberg lettuce
Make the oven fries
Preheat the oven to 220 degrees. Peel the potatoes and cut them into ½ – 1 cm thick strips. Pat the fries dry with kitchen paper and mix them in a bowl with half of the olive oil, salt and pepper. Transfer the fries to a baking sheet lined with baking paper and roast in the oven for 25 – 35 minutes, or longer, if you prefer them more crunchy. Turn when halfway done.

Fun fact: Did you know that potatoes are super healthy? They are packed with vitamin B6 and B11 - good for your energy level.

Cut
In the meantime, press or mince the garlic. Cut the cherry tomatoes in half and finely chop or cut the chives with scissors.

Make the dressing
In a salad bowl, mix 1 ½ tbsp mayonnaise per person with the buttermilk (Tip) and the chives. Season with salt and pepper. In a small bowl, mix the remaining mayonnaise with the garlic. Did you receive a large garlic clove or not a fan of raw garlic? Use half of it.

Tip: Don’t have any buttermilk? Replace it with yoghurt, milk or mayonnaise. The dressing may end up a bit thinner or thicker, but the flavour will be equally smashing!

Fry the chicken gyros
Heat the remaining olive oil in a frying pan on medium-high heat and fry the chicken gyros for 5 – 7 minutes until cooked.

Mix the salad
In the meantime, add the radicchio, iceberg lettuce and cherry tomatoes to the dressing in the salad bowl.

Serve
Transfer the fries to a large plate. Put the salad on top and divide the chicken gyros over the whole. Spoon the garlic mayonnaise on top. Do you prefer to keep the fries crunchy? Serve the salad and gyros next to the fries (Tip).

Tip: Do you like spicy food and got some sambal? Add it to the kapsalon to taste.

Enjoy!
Marinated chicken drumsticks with roasted potato
with a crunchy salad, olives and labaneh

Easy
Total time: 50 min. (based on 2 servings)

Labaneh is fresh cheese made of drained laban - a type of fermented milk (like buttermilk) that is also served as a cold beverage.

Pantry items
Olive oil, extra-virgin olive oil, red wine vinegar, honey, mustard, salt and pepper
Prepare the potatoes

Preheat the oven to 210 degrees. Wash or peel the potatoes. Cut the small potatoes in half lengthwise and cut the larger ones into quarters. Separate a 30 x 30 cm sheet of aluminium foil per person. Transfer the potatoes to the sheets and mix with half of the olive oil, salt and pepper. Fold the aluminium foil to form a closed pocket. Transfer the pockets to the right side of a baking sheet lined with baking paper (TIP).

Tip: 1: This meal is rich in calories. Are you watching your calorie intake? Serve half the potatoes and use the remaining potatoes in another dish the next day. 2: Fold the packets tightly. This will keep all the steam inside and the potatoes will cook perfectly.

Mix the salad

In a salad bowl, mix the extra virgin olive oil, red wine vinegar, honey, mustard, salt and pepper into a dressing. Add the cucumber and bell pepper and mix well. Roughly chop the olives.

Serve

Serve the chicken drumsticks and the potatoes on plates. Open the foil carefully and drizzle half of the labaneh over the potatoes, then top the chicken drumsticks with the remaining labaneh. Scatter over the olives and serve the salad alongside.

Enjoy!

A good start

Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment

Salad bowl, aluminum foil, parchment lined baking sheet

Ingredients for 1-6 servings

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* keep in the refrigerator

Nutritional values

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Allergens

3) Eggs 7) Milk/lactose

* Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

Contact

We would like to hear what you think. Feel free to contact us via our website or via our social media channels.
Vegan bao buns stuffed with eggplant and mushrooms
with cashew nuts and a crunchy cucumber salad

Vegan  Balanced
Total time: 35 min. (based on 2 servings)

Got a bamboo steam basket or a steam cooker? Use it to heat the bao buns. Use small sheets of parchment to prevent the buns from sticking together.

Mushrooms  Eggplant
Onion  Garlic clove
Bao bun  Cucumber
Gomashio  Fresh parsley and mint
Soy sauce  Ginger wok sauce
Chopped cashew  Sweet-spicy chili sauce

Pantry items
Sunflower oil, extra-virgin olive oil, white balsamic vinegar, sugar, salt and pepper
Prepare
Preheat the oven to 180 degrees. Slice the mushrooms and finely dice the eggplant into cubes of no more than 1cm x 1cm. Chop the onion and crush or mince the garlic.

Fry the vegetables
Heat ½ tbsp sunflower oil in a large frying pan over medium-high heat. Lightly fry the onion and garlic for 2 – 3 minutes, then add the eggplant, mushrooms and salt and pepper. Stir fry for 8 – 10 minutes.

Steam the bao buns
Carefully cut the bao buns open and dab the insides and outsides with a little bit of water. Wrap the bao buns loosely in aluminum foil (see Tip). Take care to ensure the foil is not touching the bao buns too much, so as to keep them from sticking. Steam the wrapped bao buns for 6 – 8 minutes in the oven.

Make the salad
Mix in a salad bowl ¼ tbsp per person each of extra virgin olive oil and white balsamic vinegar, and season with salt and pepper. Dice the cucumber and finely chop the flat leaf parsley and mint, then add these to the salad bowl along with the gomashio. Toss everything together well and then set aside.

Finish the stuffing
Deglaze the eggplant and mushrooms with 1 tbsp water per person and the soy sauce (see Tip). Add the wok sauce with ginger and ½ tsp sugar per person, then fry for 1 minute and serve immediately.

Serve
Fill the bao buns with the eggplant and mushroom sauce. Garnish with the cashew pieces and the spicy-sweet chili sauce and serve alongside the cucumber salad.

Enjoy!

Nutritional values

Allergens
1) Grains containing gluten 6) Soy 8) Nuts
May contain traces of: 19) Peanuts

*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.
Ghentian waterzooi with chicken thigh
with carrot, leek and celery

Family
Total time: 45 min. (based on 2 servings)

Waterzooi is a typical Belgian dish. What ingredient was traditional waterzooi prepared with instead of chicken?

Bone-in chicken thigh  Fresh thyme
Bay leaf  Onion
Garlic clove  Celery
Fresh curly parsley  Waxy potatoes
Carrot  Leek
Heavy cream

Pantry items
Vegetable stock cube, butter, white wine vinegar, salt and pepper
Poach the chicken

Boil 400 ml water per person in a saucepan with a lid and crumble 1 stock cube per person over it (TIP). Cut the chicken thigh to the bone in 2 places (TIP). Add the chicken thigh, thyme sprigs and bay leaf to the stock and simmer for 10 – 12 minutes until the chicken is cooked, covered with the lid. Take the chicken from the stock with a skimmer and leave to cool. Save the stock.

Cut

In the meantime, chop the onion and press or mince the garlic. Cut the celery stalks into half moons. Finely chop the curly parsley. Thoroughly wash the potatoes and cut into large pieces.

Fun fact: 
Celery doesn’t seem to contain much except water, but nothing could be further from the truth. This vegetable comes packed with fibres, vitamin A and C and calcium!

Prepare the waterzooi

Heat 1 tbsp butter per person in a large pan or stock pot with a lid on medium-high heat. Add the onion and garlic and fry for 1 – 2 minutes. Then add the leek, carrot, celery, potato, ½ tbsp white wine vinegar per person and the stock. Bring to a boil and allow to cook for 5 minutes, covered with the lid.

Add the chicken

Separate the meat from the chicken thigh with 2 forks. Add the pulled meat and whipping cream to the stock. Allow to simmer for 8 – 10 minutes, or until the potatoes are cooked. Season to taste with salt and pepper.

Serve

Transfer the Ghentish stew to bowls or deep plates. Garnish with the curly parsley.

Fun fact: Did you know that this dish contains almost 300 grams of vegetables per serving?

Enjoy!
Limousin cows are something else. The specimens for this burger graze the polder meadows of the Belgian town of Schore and receive natural feed such as nutritious spelt and protein-rich luzerne - you'll taste the difference!

**Pearl couscous**

**Limousin burger**

**Fresh chervil**

**Fennel**

**Apple**

**Red onion**

**Radicchio and iceberg lettuce**

**Chopped walnuts**

**Aged cheese flakes**

**Pantry items**

Vegetable stock, butter, balsamic vinegar, white wine vinegar, extra-virgin olive oil, salt and pepper

Total time: 30 min. (based on 2 servings)
Cook the pearl couscous
Take the burgers from the refrigerator so as to allow them to come to room temperature. Prepare the stock in a lidded pan and cook the pearl couscous for 12 – 14 minutes, covered (see Tip). Fluff the couscous with a fork and allow to steam off without the lid.

Tip: Are you watching your salt intake? Use half the stock and supplement with water or use low-sodium stock.

Cut the vegetables
Quarter the fennel and discard the core, then thinly slice the fennel and finely chop the fronds. Quarter the apple and discard the core, then cut the apple into thin slices. Halve the red onion and cut into thin rings. Finely chop the chervil.

Caramelize the onion
Heat a frying pan, without oil, over medium-high heat and fry the onion rings with a pinch of salt. After about 5 – 7 minutes, as soon as the onion starts to turn dark, add ½ tbsp butter per person. Reduce the heat and add the Limousin burger and the fennel to the pan with onions (see Tip). Fry the burgers for 3 – 4 minutes per side, or until cooked.

Tip: If you like raw fennel, feel free to add it to the salad raw instead of frying it.

Make the dressing
Combine in a large salad bowl, per person; 1 tbsp white wine vinegar, 2 tbsp balsamic vinegar and ½ tbsp extra virgin olive oil. Season the dressing with salt and pepper.

Make the couscous salad
Toss the apple, the pearl couscous, the radicchio-iceberg lettuce mix and half of the chervil with the dressing. If necessary, add some extra virgin olive oil to taste.

Serve
Serve the couscous salad on deep plates. Place the burger on top of the salad. Garnish with the onion rings, fennel, walnuts, mature cheese flakes and the remaining chervil.

Enjoy!
Halloumi burger with eggplant and a refreshing yoghurt sauce
with ciabatta, pepper-pesto and fried potatoes
Veggie
Total time: 35 min. (based on 2 servings)

Waxy potatoes
Pepper-pesto
Organic semi-skimmed yoghurt
Onion
Eggplant
White ciabatta
Halloumi
Tomato

Pantry items
Olive oil, salt and pepper
A good start
Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Equipment
Pan with a lid, bowl, small bowl, parchment lined baking sheet, 2x frying pan

Ingredients for 1 – 6 servings

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<td>4½</td>
<td>6</td>
<td>7½</td>
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<td>Salt &amp; pepper to taste</td>
<td>* keep in the refrigerator</td>
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Nutritional values

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<tr>
<td>Salt (g)</td>
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</table>

Allergens

Prepare
Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the potatoes. Thoroughly wash the potatoes and cut the bigger ones in half (make sure you can still cut it into slices later on). Cook the potatoes for 8 – 10 minutes.

Tip: This meal is rich in calories. Are you watching your calorie intake? Serve half the potatoes and use the remaining potatoes in a soup, salad or another dish the next day. Leave the potatoes large enough so you can still slice them later on.

Make the sauce
In a small bowl, mix the bell pepper pesto with ½ tbsp olive oil per person. In another bowl, mix the yogurt with 1 tsp of the bell pepper pesto-oil mixture per person. Season the yoghurt sauce with salt and pepper and set aside.

Prepare the eggplant
Cut the onion into 1/2 - 1 cm thick rings. Cut the eggplant into slices of max. 1 cm thick. Transfer the onion rings and eggplant slices to a baking sheet lined with baking paper. Spread the eggplant with the remaining bell pepper pesto-oil mixture and roast in the oven for 16 – 18 minutes, together with the onion rings. For the last 6 – 8 minutes, add the ciabatta to the oven.

Fry the potatoes
Cut the cooked potatoes into slices of max. ½ cm thick. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the potatoes for 12 – 14 minutes, or until cooked and brown. Reduce the heat in case the slices become dark too quickly.

Tip: Don’t fry the halloumi until the rest of the dish is almost done. You’ll be able to serve it straight from the pan, which is when it’s at its best: crunchy and tender.

Fry the halloumi
In the meantime, cut the halloumi into 2 large slices per person. In a different frying pan, heat ½ tbsp olive oil per person on medium-high heat. Fry the halloumi for 3 – 4 minutes per side, or until golden brown (TIP).

Serve
Cut the tomato into thin slices. Cut open the ciabatta and top the bottom part with the tomato, a slice of eggplant, a couple of onion rings and 2 slices of halloumi per person. Pour a little bit of the yogurt sauce over it and finish with the top half of the ciabatta. Divide the remaining eggplant, onion rings and potatoes among plates. Serve with the rest of the yogurt sauce.

Enjoy!
Pork tenderloin with honey-orange gravy
with glazed carrot, beetroot puree and almond

Premium
Total time: 50 min. (based on 2 servings)

Glazing is a cooking technique that gives vegetables or meat a shiny coating by adding a sweetener such as sugar, honey or syrup.

Pantry items
Butter, milk, mustard, chicken stock, sugar, salt and pepper

Yellow beetroot  Floury potatoes
Fresh thyme  Carrot
Hand orange  Shaved almonds
Pork tenderloin  Honey
Fresh parsley
Prepare
Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the potatoes and the yellow beetroot. Peel the yellow beetroot and cut it into 1/2 cm dices. Peel or thoroughly wash the potatoes and cut them into large pieces. Strip the thyme leaves from the stems. Remove the greens from the carrot, but leave a little bit of green attached at the top. Then peel the carrot. Juice the orange.

Cook the potatoes
Cook the yellow beetroot for 20 – 25 minutes; add the potatoes after 5 – 10 minutes. Then drain and mash the potatoes and beetroot into a puree. Add 1 tbsp butter per person and a splash of milk to make it creamy. Then add 1 tsp mustard per person and season with salt and pepper.

Glaze the carrot
Heat a large frying pan on medium heat and roast the shaved almonds until golden brown. Then take from the pan and set aside. Put the frying pan back on the heat and add 1/2 tbsp butter. Fry the carrot for 5 – 6 minutes. Then add the stock, the sugar and thyme, reduce the heat to low and allow to stew for 10 – 12 minutes, covered with the lid.

Prepare the pork tenderloin
In the meantime, heat 1 tbsp butter per person in a frying pan on high heat. Sprinkle the pork tenderloin with salt and pepper. Fry the pork for 2 – 3 minutes until brown all around. Transfer the pork tenderloin to a baking dish and heat in the oven for 10 – 15 more minutes. Save the cooking grease in the frying pan.

Cut
Heat the frying pan with cooking grease on low heat and add the honey and the orange juice. Allow this gravy to reduce on low heat for 6 – 10 minutes. Meanwhile, finely chop the parsley.

Serve
Transfer the potato-beetroot puree to plates. Place the carrot and pork tenderloin next to the puree. Pour the gravy over the pork. Garnish with the parsley and the shaved almonds.

Enjoy!
Poached salmon fillet with green beans
with baby potatoes, dill and capers

Total time: 30 min. (based on 2 servings)
Cook
Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the baby potatoes. Trim the ends off the green beans. Add a layer of water to a pan with a lid and add the green beans with a pinch of salt. Cover with the lid and bring to a boil, then allow to simmer for 8 – 10 minutes. Drain both pans and leave to steam dry without the lid.

Cut
Cut the lemon in half lengthwise. Cut one half into slices and the other half into wedges. Chop the shallot and finely chop the dill. Press or mince the garlic.

Poach the salmon
Boil a a little bit of water in a saucepan, together with the fish stock cube, the lemon slices, half of the dill and half of the shallot. Bring to a boil. There has to be just enough water to cover the salmon fillet. Once the water simmers, add the salmon fillet to the pan and cover with the lid. Allow to cook for 2 minutes, then take from the heat and allow to rest for 5 minutes so the salmon can cook a little bit more, covered with the lid.

Make the sauce
Carefully take the salmon from the pan and wrap it inside a sheet of aluminium foil. Transfer the stock from the pan to a measuring cup and remove the lemon slices. Pour 2 tbsp stock per person back into the saucepan and bring to a boil. Mix in the crème fraîche and heat the whole for 1 – 2 minutes. Season with salt and pepper.

Finish the baby potatoes
Mix the garlic with the green beans. Mix the remaining shallot and 1 tsp mustard per person with the baby potatoes.

Serve
Divide the poached salmon among plates. Garnish with the sauce, capers, the remaining dill and lemon wedges. Serve with the roasted green beans and baby potatoes.

Enjoy!
Surf & turf combines something from the sea (surf) with something from the earth (turf). This dish is popular in countries such as America, Canada and Australia and the classic version is made with tenderloin and lobster.

**Feast**
Total time: 45 min. (based on 2 servings)

**Surf & turf with an East Asian-inspired twist with sweet-spicy chili-infused shrimp and crunchy chicken with mushrooms, pickled cucumber and chili-infused mayonnaise**

- Garlic clove
- Scallion
- Cucumber
- Mayonnaise
- Chicken thigh fillet
- Panko breadcrumb
- Jasmine rice
- Wild mushroom medley
- East Asian-style sauce
- Sweet-spicy chili sauce
- Large shrimp
- Soy sauce
- Gomashio

**Pantry items**
- Sunflower oil
- White wine vinegar
- Sugar
- Salt
- Pepper

**Feast**
Total time: 45 min. (based on 2 servings)

**Surf & turf with an East Asian-inspired twist with sweet-spicy chili-infused shrimp and crunchy chicken with mushrooms, pickled cucumber and chili-infused mayonnaise**

- Garlic clove
- Scallion
- Cucumber
- Mayonnaise
- Chicken thigh fillet
- Panko breadcrumb
- Jasmine rice
- Wild mushroom medley
- East Asian-style sauce
- Sweet-spicy chili sauce
- Large shrimp
- Soy sauce
- Gomashio

**Pantry items**
- Sunflower oil
- White wine vinegar
- Sugar
- Salt
- Pepper
**Prepare**

Preheat the oven to 200 degrees and boil 250ml of water per person in a lidded pan for the rice. Crush or mince the garlic and chop the whites of the scallions into 2 – 3cm pieces. Finely chop the scallion greens into rings and set aside. Halve the cucumber lengthways and scoop out the seeds with a teaspoon, then cut the cucumber into thin crescents.

**Bread the chicken**

In a bowl, combine ½ tbsp mayonnaise per person with salt and pepper. Fill a deep bowl with the panko breadcrumbs. Cut the chicken thigh fillet into strips of 1 – 2cm and coat with the mayonnaise, then with the panko breadcrumbs. Cook the rice, covered, for 12 – 15 minutes in a pan with a lid. Drain if necessary and then stir in, per person, 1 tbsp white wine vinegar and ½ tbsp sugar. Cover and set aside until serving.

**Fry the shrimp**

Prepare a marinade in an oven dish by combining the garlic with 1/2 tbsp per person each of sunflower oil and the spicy-sweet chili sauce. Add the shrimp to the oven dish and combine well with the marinade, then bake in the oven for 8 – 10 minutes or until the shrimp are cooked. In a salad bowl, combine 1/2 tbsp per person each of white wine vinegar and sugar, then add the cucumber and set aside, tossing every so often so as to allow the flavours to absorb.

**Deep-fry the chicken**

Pour a layer of sunflower oil into a frying pan and heat (see Tip). When the oil is nice and hot, place the breaded chicken into the oil and fry for 3 – 4 minutes per side until the chicken is cooked and golden-brown. Use a slotted spoon to remove the chicken from the pan and allow to drain out on a plate with kitchen paper.

**Fry the mushrooms**

Heat ½ tbsp sunflower oil per person in a frying pan over medium-high heat and fry the whites of the scallion with the mixed wild mushrooms for 6 – 8 minutes. Add the East Asian-style sauce to the pan, reduce the heat and allow to cook softly over a low heat until serving. In a small bowl, mix the remaining spicy-sweet chili sauce with the remaining mayonnaise.

**Serve**

Serve the cucumber, fried mushrooms, shrimp, crunchy chicken and the rice all in separate dishes. Garnish the shrimp with 1/3 of the reserved scallion greens. Pour the soy sauce over the rice and garnish with the gomashio and remaining scallion greens. Serve the chili-mayonnaise with the crunchy chicken.

**Enjoy!**
Double serving haddock fillet with chive sauce with oven-roasted potatoes and carrot

HelloExtra Family
Total time: 40 min. (based on 2 servings)

Pantry items
Olive oil, mustard, butter, salt and pepper

Carrot
Waxy potatoes
Fresh chives
Organic full-fat yoghurt
Skinned haddock

Haddock is the main ingredient of what famous street food dish?
Prepare
Preheat the oven to 220 degrees. Boil ample water in a pan with a lid for the potatoes and carrots. Weigh 250 g carrots per person. Cut each carrot into quarters lengthwise. Thoroughly wash or peel the potatoes and cut into long, thin wedges.

Fun fact: Did you know that this dish is rich in vitamin A because of the carrots? This vitamin is important for growth, the immune system and healthy eyes.

Cook
Cook the carrots and potatoes in the pan with boiling water for 8 – 10 minutes. Drain and allow to steam dry without the lid.

Roast
Pat dry the carrots and potatoes with kitchen paper and mix them with 1 tbsp olive oil per person in a large bowl. Transfer the carrots and potatoes to a baking sheet lined with baking paper and roast in the oven for 20 – 30 minutes (Tip). Season to taste with salt and pepper.

Tip: The oven time of the potatoes and carrots may be longer if you’re using a microwave oven or an electric oven. Use a fork to test them: if it slides in smoothly, they are done.

Make the chive sauce
In the meantime, finely chop the fresh chives. In a small bowl, mix the yogurt, ½ tsp mustard per person and the chives. Season with salt and pepper.

Fun fact: The yoghurt will make for a refreshing and balanced sauce - rich in calcium and vitamin B2 but low in calories!

Fry the fish
Once the vegetables in the oven are almost done, pat the haddock fillet dry with kitchen paper. Melt 1 tbsp butter per person in a frying pan on medium-high heat and fry the haddock fillet for 2 – 3 minutes on each side, or until cooked. Take the fish from the pan and add the chive sauce. Mix well with the cooking grease in the pan.

Serve
Transfer the carrot and potatoes to plates, top with the haddock fillet and serve with the chive sauce.

Enjoy!
Bulgur salad with extra steak tips
with grilled vegetables, feta, raisins and pumpkin seeds

Did you know that bulgur is made of whole wheat grains? This makes it wholewheat and full of fibres, iron and B-vitamins.

HelloExtra
Total time: 45 min. (based on 2 servings)

Pantry items
Vegetable stock, olive oil, extra-virgin olive oil, balsamic vinegar, mustard
Prepare
Preheat the oven to 220 degrees and prepare the stock. Cut the cauliflower into florets. Cut the carrot into slices of no more than 1/2 cm thickness. Chop the red onion into half rings, then peel the sweet potato and dice into 1cm cubes. Strip the leaves off of the thyme sprigs and add to a large bowl with all the vegetables and 1/2 a packet per person of the Middle Eastern spice blend. Toss everything together with 1/2 tbsp olive oil per person and salt and pepper, then spread the vegetables over a parchment-lined baking sheet and roast in the oven for 30 – 40 minutes, turning halfway.

Prepare the bulgur
In a lidded pan, mix the bulgur with the ground cumin and fry for 1 minute over medium heat. Pour over the stock and cook the bulgur over a low heat, covered, for 10 – 12 minutes until it is done, then use a fork to separate the bulgur.

Prepare the salad
Halve the cherry tomatoes and finely chop the fresh mint, then combine these with the raisins and mesclun in a salad bowl. Crumble the feta and set aside. In a small bowl, combine 1/2 tbsp per person each of extra virgin olive oil and balsamic vinegar. Add 1/2 tsp of mustard per person, mix well and season to taste with salt and pepper.

Fry the steak tips
Heat a frying pan, without oil, and toast the pumpkin seeds until they begin to pop, then remove from the pan and set aside. Pat the steak tips dry with kitchen paper and rub with salt and pepper. Heat 1/2 tbsp olive oil per person in the same frying pan over medium-high heat. When the pan is nice and hot, fry the steak tips for 2 – 3 minutes until evenly browned and still pink inside if desired.

Finish the salad
Add the oven-roasted vegetables, bulgur and dressing to the salad bowl and mix well. Season with salt and pepper with some extra virgin olive oil if necessary.

Serve
Serve the dish on plates and garnish with the feta and pumpkin seeds. Top with the steak pieces.

Fun fact: This meal contains over 50% of the RDI for fibre per serving. This is mainly due to the bulgur and vegetables. Fibres are good for the gut flora, which provide a strong immune system and an energised feeling.

Enjoy!
Hello Extra | Veggie

Total time: 20 min. (based on 2 servings)

East Asian-inspired fusion salad with vegetarian beef strips
with extra pepper and edamame beans

The vegetarian beef strips are made of wheat and come packed with iron and vitamin B12 - even carnivores won’t be missing the meat!
A good start
Wash your hands for 20 seconds and do not forget to wash and weigh the fresh vegetables and fruit before you start cooking.

Prepare
Press or mince the garlic. Grate the ginger with a fine grater. Cut the lime into 2 wedges per person. In a bowl, mix the Asian sauce, sesame seed, soy sauce, ginger, garlic and ½ tsp sugar per person. Press a lime wedge per person over it. Add ⅔ of this mixture to the vegetarian beef strips and allow to marinate while you cut the vegetables.

Tip: Are you watching your salt intake? Don’t use any soy sauce and rinse the noodles in a colander before use. Add some soy sauce to taste after serving.

Cut
Cut the cucumber in half lengthwise and cut into slices. Cut the bell pepper into dices. Cut the plum tomato into wedges and cut the red onion into thin half rings. Strip the coriander leaves from the stems and finely chop the coriander. In a salad bowl, mix the cucumber, tomato, red onion, bell pepper, soy beans and coriander.

Fry
Heat ½ tbsp sunflower oil per person in a wok or sauté pan on medium-high heat. Stir fry the vegetarian beef for 2 – 3 minutes, add the udon noodles and heat for another 2 – 3 minutes. In the meantime, roughly chop the peanuts and cut the red chili pepper into thin rings.

Fun fact: Did you know that there are health benefits to eating less meat? One benefit is that it contributes to a reduced risk of cardiovascular disease.

Serve
Mix the udon noodles and the vegetarian beef strips with the salad and transfer the salad to plates. Garnish with the remaining lime wedges and the peanuts. Do not forget the leftover sauce, add this to taste with the remaining red chili pepper.

*Attention: the red chili pepper packs a punch! If you’re not a fan, add a little bit and taste before adding more.

Enjoy!

*Decide which meal you will be cooking first by checking the expiration date of the fresh ingredients in your box.

---

**Equipment**
Wok or sauté pan, bowl, small bowl, salad bowl, grater

**Ingredients for 1-6 servings**

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<th>2p</th>
<th>3p</th>
<th>4p</th>
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<td>2½</td>
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Not included
- Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
- Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
- Salt & pepper to taste

* keep in the refrigerator

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**Nutritional values**

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<td>Salt (g)</td>
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**Allergens**

---

*WEEK 30 | 2021*
Croissant with jam and a boiled egg

1 X 15 min.

Equipment
- Saucepan with a lid

Ingredients for 1 breakfast

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<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>Multigrain croissant (pcs)</td>
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<tr>
<td>Berry jam (jar(s))</td>
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<tr>
<td>Salt and pepper to taste</td>
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<tr>
<td>Butter to taste</td>
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* Keep in the refrigerator

Nutritive value

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<td>19</td>
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<td>Fibres</td>
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<tr>
<td>Salt</td>
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</table>

Allergens:
- 1) Grains containing gluten
- 2) Milk/lactose
- 3) Eggs
- 4) Soy
- 5) Lupin
- 6) Milk/lactose
- 7) Milk/lactose

1. Preheat the oven to 180 degrees.
2. Make sure the eggs are just under water in a saucepan with a lid. Bring to a boil, covered with the lid, and hard boil the eggs for 6 – 8 minutes. Then rinse under cold water.
3. Heat the croissants in the oven for 5 minutes.
4. Cut open the croissants and spread them with the butter and the berry jam. Serve with the boiled egg. Season to taste with salt and pepper.
Smoothie with banana with coconut milk and chopped dates

1. Cut the banana into slices and add to a blender or high bowl with the coconut milk, oatmeal and half of the chopped dates. Mix into a thick smoothie with a hand blender or blender.

2. Make the smoothie a bit thinner by adding the yogurt and, optionally, a splash of water. Add half of the honey and mix well.

3. Transfer the smoothie to bowls or glasses and garnish with the remaining chopped dates and honey.

Nutritive value

<table>
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<tr>
<th></th>
<th>Per portion</th>
<th>Per 100g</th>
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</tr>
<tr>
<td>Protein (g)</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Salt (g)</td>
<td>0,1</td>
<td>0,0</td>
</tr>
</tbody>
</table>

Allergens:
1) Grains containing gluten 2) Milk/lactose 3) Eggs 4) Soy 7) Milk/lactose 13) Lupine
May contain traces of: 19) Peanuts 22) Nuts

Equipment
Hand blender, deep bowl

Ingredients for 1 breakfast

<table>
<thead>
<tr>
<th></th>
<th>2p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana (pcs)</td>
<td>2</td>
</tr>
<tr>
<td>Coconut milk (ml)</td>
<td>75</td>
</tr>
<tr>
<td>Oatmeal (g)</td>
<td>75</td>
</tr>
<tr>
<td>Chopped dates (g)</td>
<td>20</td>
</tr>
<tr>
<td>Organic Bulgarian yoghurt* (ml)</td>
<td>125</td>
</tr>
<tr>
<td>Honey (pcs)</td>
<td>1</td>
</tr>
</tbody>
</table>

* keep in the refrigerator

Multigrain rusks with peanut butter, banana and coconut

1. Transfer the multigrain rusks to plates and spread with peanut butter.

2. Slice the banana and transfer to the multigrain rusks

3. Garnish the multigrain rusks with grated coconut.

Nutritive value

<table>
<thead>
<tr>
<th></th>
<th>Per portion</th>
<th>Per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ/kcal)</td>
<td>1920 /459</td>
<td>658 /157</td>
</tr>
<tr>
<td>Total fat (g)</td>
<td>13</td>
<td>8</td>
</tr>
<tr>
<td>Of which: saturated (g)</td>
<td>8,4</td>
<td>2,9</td>
</tr>
<tr>
<td>Carbohydrates (g)</td>
<td>72</td>
<td>25</td>
</tr>
<tr>
<td>Of which: sugar (g)</td>
<td>41,6</td>
<td>14,1</td>
</tr>
<tr>
<td>Fibres (g)</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>10</td>
<td>3</td>
</tr>
<tr>
<td>Salt (g)</td>
<td>0,1</td>
<td>0,0</td>
</tr>
</tbody>
</table>

Allergens:
1) Grains containing gluten 3) Eggs 6) Soy 7) Milk/lactose 13) Lupine
May contain traces of: 19) Peanuts 22) Nuts

Equipment

Ingredients for 1 breakfast

<table>
<thead>
<tr>
<th></th>
<th>2p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multigrain rusks (pcs)</td>
<td>4</td>
</tr>
<tr>
<td>Peanut butter (pcs)</td>
<td>2</td>
</tr>
<tr>
<td>Banana (pcs)</td>
<td>2</td>
</tr>
<tr>
<td>Grated coconut (g)</td>
<td>10</td>
</tr>
</tbody>
</table>

* keep in the refrigerator
Spelt-apple crumble

Baking
Preparation time: 15 min. • Oven time: 45 min.

Cupboard items

Butter
Spelt dough mix
Apple
Ground cinnamon
Raisins
1. Prepare
Take the butter from the refrigerator, weigh and cut into dices. Allow the butter to reach room temperature. Preheat the oven to 200 degrees. In a large bowl, mix the spelt dough mix with the butter. Using your hands, knead into a ball. Then separate the ball into 1 cm crumbs by rubbing the dough between your fingers. Cover the crumbs and set aside.

2. Make the stuffing
Peel the apples, remove the cores and cut into small 2 cm dices. Transfer the diced apple to a bowl and mix with the raisins and the cinnamon. Grease a 20 x 20 cm baking dish.

3. Make the cake
Transfer the apple mixture to the greased baking dish and divide the dough crumbs over it. Make sure the apples are completely covered. Transfer the baking dish to the oven and bake for 30 – 35 minutes, or until golden brown.

4. Serve
Allow the apple crumble to cool for 5 minutes and serve (TIP).

Tip: *The apple crumble is good both hot and cold. You can keep the crumble in the refrigerator up to a week and reheat it in the oven at approx. 160 degrees for 15 minutes if you want.*

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### Equipment
- Baking dish, bowl, large bowl

### Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Approx. 10 serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter* (g 7)</td>
<td>150</td>
</tr>
<tr>
<td>Spelt dough mix (g 1 17 20 21 22)</td>
<td>400</td>
</tr>
<tr>
<td>Apple* (pcs)</td>
<td>3</td>
</tr>
<tr>
<td>Ground cinnamon (packet(s))</td>
<td>1</td>
</tr>
<tr>
<td>Raisins (g 19 22)</td>
<td>60</td>
</tr>
</tbody>
</table>

*Keep in the refrigerator*

### Nutritive value

<table>
<thead>
<tr>
<th>Per portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ/kcal)</td>
</tr>
<tr>
<td>Total fat (g)</td>
</tr>
<tr>
<td>Of which: saturated (g)</td>
</tr>
<tr>
<td>Carbohydrates (g)</td>
</tr>
<tr>
<td>Of which: sugars (g)</td>
</tr>
<tr>
<td>Fibre (g)</td>
</tr>
<tr>
<td>Protein (g)</td>
</tr>
<tr>
<td>Salt (g)</td>
</tr>
</tbody>
</table>

### Allergens:
- 1) Grains containing gluten
- 7) Milk/lactose

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### Contact
We would like to hear what you think. Feel free to contact us via our website or via our social media channels.