



Honey-Glazed Tempeh with Sriracha Mayo

over rice with furikake, gomashio & vegetables

Nice & Fast Veggie

Total time: 20 - 30 min.



Diced tempeh



Broccoli



Garlic



Sliced carrots



Furikake



Gomashio



Onion



Ginger paste



Jasmine rice



Sriracha mayo



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

Before you begin

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

Utensils

Lidded pot or saucepan, sieve, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Broccoli* (g)	100	200	360	500	560	700
Garlic (unit(s))	½	1	1½	2	2½	3
Sliced carrots* (g)	75	150	300	300	450	450
Furikake (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ginger paste* (g)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
Sriracha mayo* (g)	25	50	75	100	125	150
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3008 / 719	703 / 168
Total fat (g)	27	6
of which saturated (g)	3	0,7
Carbohydrates (g)	89	21
of which sugars (g)	19,7	4,6
Fibre (g)	6	1
Protein (g)	26	6
Salt (g)	1,4	0,3

Allergens

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



1. Cut the vegetables

Cut the head of the **broccoli** into florets and dice the stem. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Add the **rice** and half of the **ginger paste**, then boil for 5 minutes, covered. Add the **broccoli** and boil for 5 – 7 more minutes, then drain and rinse under cold water. Take out the **broccoli** florets and set aside.



2. Fry the vegetables

Slice the **onion** into half rings and crush or mince the **garlic**. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **carrot** and **onion** for 1 – 2 minutes.



3. Stir-fry the tempeh

Stir in the **garlic**, **tempeh** and the rest of the **ginger** paste and fry for 3–4 minutes. Add the honey and fry for 1 more minute. In the meantime, add the sugar and white wine vinegar to the **rice** and **broccoli** stems and mix well to combine.



4. Serve

Serve the **rice** in bowls or deep plates. Top with the **tempeh**, **broccoli**, **carrot** and **onion**. Drizzle over the **sriracha mayo**, then garnish with the **furikake** and the **gomashio**.

Did you know... 🌱 broccoli is considered a superfood, and for good reason – not only is it high in vitamins B, C and E, it's also a great source of calcium, potassium and iron.



Roasted Vegetables with Pomegranate & Hummus

over bulgur with fresh herbs & Middle Eastern spices

Calorie Smart Plant-based

Total time: 40 - 50 min.



Hummus



Bulgur



Middle Eastern
spice mix



Sweet potato



Cauliflower



Pomegranate



Fresh flat leaf parsley
& mint



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

Got leftover pomegranate seeds? Sprinkle them over your avocado toast. Pairing them with avocado is both delicious and pleasing to the eye.

Before you begin

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

Utensils

Aluminum foil, parchment-lined baking sheet, large bowl, oven dish, two small bowls

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hummus* (g)	40	80	120	160	200	240
Bulgur (g)	40	75	110	150	185	225
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Cauliflower* (g)	250	500	750	1000	1250	1500
Pomegranate* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Water (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2741 / 655	410 / 98
Total fat (g)	28	4
of which saturated (g)	4,4	0,7
Carbohydrates (g)	72	11
of which sugars (g)	14,2	2,1
Fibre (g)	20	3
Protein (g)	14	2
Salt (g)	1,3	0,2

Allergens

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



1. Roast the vegetables

Preheat the oven to 200°C and prepare the stock. Wash or peel the **sweet potato** and slice it into 1cm thick crescents. Cut the head of the **cauliflower** into florets and dice the stem. Transfer both to a bowl and drizzle generously with olive oil. Add the **Middle Eastern spices** and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet.



2. Prepare the pomegranate

In an oven dish, combine the **bulgur** with the stock and season with pepper. Cover with aluminium foil and place on the bottom shelf of the oven. Place the vegetables above and roast for 18 - 20 minutes. Meanwhile, roll the **pomegranate** over the countertop so as to release the seeds, then cut it open and scoop them out.



3. Make the dressing

Finely chop the **fresh herbs** and transfer half to a small bowl. Add the extra virgin olive oil and white balsamic vinegar, then season to taste with salt and pepper and mix well to combine. Transfer the **hummus** to another small bowl and add the water (see pantry for amount). Season to taste with salt and pepper and mix well to combine



4. Serve

Serve the **bulgur** on plates and top with the roasted vegetables. Drizzle with the **hummus** and herb dressing, then garnish with the **pomegranate seeds** and the rest of the fresh herbs.

Did you know... 🌱 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.



Kofta-Spiced Beef Orzo

with pecorino, mascarpone, mushrooms & leek

Family Nice & Fast

Total time: 25 - 35 min.



Red chili pepper



Onion



Garlic



Leek



Orzo



Middle Eastern
spice mix



Tomato paste



Beef mince with
kofta seasoning



Mascarpone



Mushrooms



Grated Pecorino DOP



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

The minced beef in this dish is already seasoned with köfte spices - this Turkish spice mix with cumin, cardamom and mint will fill your kitchen with delicious aromas!

Before you begin

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

Utensils

Large deep frying pan with lid, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can(s))	½	1	1½	2	2½	3
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Mushrooms* (g)	65	125	190	250	315	375
Grated Pecorino DOP* (g)	10	20	30	40	50	60
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3318 / 793	517 / 124
Total fat (g)	38	6
of which saturated (g)	21,2	3,3
Carbohydrates (g)	72	11
of which sugars (g)	13,3	2,1
Fibre (g)	13	2
Protein (g)	36	6
Salt (g)	2,4	0,4

Allergens

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



1. Boil the orzo

Prepare the stock in a pot or saucepan. Chop the **onion** and crush or mince the **garlic**. Slice the **mushrooms**. Deseed and finely chop the **red chili pepper**. Boil the **orzo** for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

Tip: add a splash of water as necessary if the orzo becomes too dry.



2. Make the sauce

Melt the butter in a large deep frying pan over medium heat. Fry the **onion** and **mushrooms** with the **garlic**, **red chili pepper*** and **Middle Eastern spices** for 2 minutes. Add the **tomato paste** and the **mince** and fry for 3 minutes, separating the **mince** as you do so. Meanwhile, cut the **leek** into half rings.

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



3. Mix the orzo

Stir in the **leek** and fry for 5 minutes over medium-low heat, covered. Add the balsamic vinegar and **orzo** and fry for 1 minute, then stir in half of the **mascarpone**. Season to taste with salt and pepper.



4. Serve

Serve the **orzo** on plates and top with a dollop of **mascarpone**. Garnish with the **grated pecorino**.

Enjoy!



Cheeseburger with Potato Wedges

with butter lettuce & tomato

Family

Total time: 45 - 55 min.



Roseval potatoes



Hamburger bun with sesame seeds



Onion



Tomato



Butter lettuce



Half & half burger



Grated cheddar



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

Both sweet potatoes and regular potatoes are packed with vitamins and minerals, including vitamin A, which contributes to healthy eyes and a strong immune system.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Roseval potatoes (g)	250	500	750	1000	1250	1500
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Butter lettuce* (head)	½	1	2	2	3	3
Half & half burger* (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	15	25	40	50	65	75
From your pantry						
Extra virgin olive oil					to taste	
Olive oil (tbsp)	1	1½	2	2½	3½	4
[Plant-based] butter (tbsp)	½	½	1	1	1½	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise					to taste	
Salt & pepper					to taste	

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3774 /902	572 /137
Total fat (g)	42	6
of which saturated (g)	13,9	2,1
Carbohydrates (g)	91	14
of which sugars (g)	9,4	1,4
Fibre (g)	14	2
Protein (g)	36	5
Salt (g)	2,2	0,3

Allergens

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



1. Prepare the potatoes

Preheat the oven to 220°C. Peel or thoroughly wash the **potatoes**, then cut them into wedges and transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer the **potato** wedges to a parchment-lined baking sheet and bake for 30-40 minutes, tossing halfway (see Tip). Bake the **burger bun** during the final 4 - 5 minutes of cooking time.

Health tip 🍏 *this recipe is high in calories. If you're watching your calorie intake, serve just two thirds of the potatoes. You can keep the rest of them to use the next day.*



2. Chop the vegetables

Slice the **onion** into half rings. Slice the **tomato** and set aside two slices for each **burger**. Separate the **lettuce** leaves. Transfer the **tomato** and **lettuce** to a salad bowl along with the balsamic vinegar and extra virgin olive oil. Toss well to combine, then season to taste with salt and pepper.



3. Fry the onions

Melt the butter in a frying pan over medium-low heat and fry the **onion** for 4 - 6 minutes. Turn up the heat to medium-high and then fry the **burger** alongside the **onion** for 1 - 2 minutes. Flip the **burger** and top with the **cheddar**, then cover with the lid. Turn the heat to low and allow the **cheese** to melt for 2 - 3 minutes.



4. Serve

Cut open the **burger bun** and top with some of the **lettuce** and the reserved sliced **tomato**. Top with some of the fried **onion** and then with the **cheeseburger**. Drizzle the cooking juices from the frying pan over the **burger**. Serve with the **potato** wedges, the salad and mayonnaise as preferred.

Enjoy!



Homemade 'boomstammetjes'

with potato wedges, mangetout & carrots

Family Nice & Fast

Total time: 25 - 35 min.



Egg



Farmer's mincemeat



Panko breadcrumbs



Grated aged Gouda



Dried rosemary



Mangetout



Oven-ready potato wedges



Sliced carrots



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

Boomstammetjes (meaning tree trunks) are a Dutch recipe in which minced meat and cheese are formed into a sausage shape, like a tree trunk! They're then breaded and baked in the oven, which makes them extra crunchy.

Before you begin

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

Utensils

Parchment-lined baking sheet, deep plate, large bowl, oven dish, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	½	1	1½	2	2½	3
Farmer's mincemeat* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Grated aged Gouda* (g)	15	25	40	50	65	75
Dried rosemary (sachet(s))	½	1	1½	2	2½	3
Mangetout* (g)	50	100	150	200	250	300
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500
Sliced carrots* (g)	150	300	450	600	750	900

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4029 /963	620 /148
Total fat (g)	59	9
of which saturated (g)	15,8	2,4
Carbohydrates (g)	70	11
of which sugars (g)	4	0,6
Fibre (g)	8	1
Protein (g)	74	11
Salt (g)	2	0,3

Allergens

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



1. Prepare

Preheat the oven to 180°C. Transfer the **potatoes** to a parchment-lined baking sheet and bake in the oven for 20 minutes or until golden-brown, tossing halfway (see Tip).

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



4. Boil the vegetables

Boil plenty of water in a pot or saucepan and cook the sliced **carrot** for 4 minutes. Add the **mangetout** and boil for another 4 minutes (see Tip). Drain the vegetables and rinse under cold water.

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



2. Make the boomstammetjes

Transfer the mince, cheese, egg and three quarters of the panko to a large bowl. Season with salt and pepper, then knead well to combine. Roll two 'boomstammetjes' per person (see photo for the shape). Transfer the rest of the panko to a deep plate, along with the rosemary. Mix well to combine, then coat the boomstammetjes in this mixture.



5. Fry the vegetables

Transfer the vegetables to the same frying pan over medium-high heat. Drizzle with olive oil and fry the vegetables for 1 minute, then deglaze with the white balsamic vinegar and season to taste with salt and pepper.



3. Bake the boomstammetjes

Melt a small knob of butter in a frying pan over medium-high heat and fry the boomstammetjes for 2 - 3 minutes until evenly browned, then transfer to an oven dish. Set the frying pan aside to use again in step 3. Bake the boomstammetjes in the oven for 12-16 minutes (see Tip).

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



6. Serve

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

Did you know... 🍌 *carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.*

Enjoy!



Udon Noodles with Shrimp

with vegetables

Nice & Fast

Total time: 15 - 20 min.



Shrimp



Fresh udon noodles



East Asian-style sauce



Ketjap manis



Vegetable mix: pepper, leek, cabbage and carrot



Garlic



Fresh coriander & mint



Salted peanuts



Nasi-bami spice mix



Lime



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

The advantage of fresh udon noodles is that they are done in no time. They can be heated in the sauce, which will make them absorb all of the lovely Asian flavors.

Before you begin

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

Utensils

Small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Fresh udon noodles (g)	100	200	300	400	500	600
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Ketjap manis (ml)	20	40	60	80	100	120
Vegetable mix: pepper, leek, cabbage and carrot* (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
Salted peanuts (g)	20	40	60	80	100	120
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Flour (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Water (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2443 /584	509 /122
Total fat (g)	23	5
of which saturated (g)	3	0,6
Carbohydrates (g)	65	14
of which sugars (g)	27,4	5,7
Fibre (g)	9	2
Protein (g)	24	5
Salt (g)	3,7	0,8

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.



2. Stir-fry the vegetables

Heat the 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** and fry for 2 more minutes. In a small bowl, combine the **East Asian-style sauce** with the **ketjap manis**, flour and water (see pantry for amounts).



3. Add the noodles

When the **shrimp** are done, add the **udon noodles** and the sauce to the pan. Toss well and stir-fry for 3 minutes. Squeeze 1 lime wedge per person into the **noodles** and mix well to combine. Season to taste with salt and pepper.



4. Serve

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

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

Enjoy!



Chicken Fajitas with Cheese & Chili Mayo

with Mexican-style spices, bell pepper & lettuce

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Tomato



Chicken fillets



Mini tortillas



Little gem



Grated Gouda



Mexican-style spices



Sweet chili sauce



Tomato paste



Bell pepper



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

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

Before you begin

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

Utensils

Aluminum foil, lidded deep frying pan, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Chicken fillets* (g)	100	200	300	400	500	600
Mini tortillas (unit(s))	3	6	9	12	15	18
Little gem* (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	15	25	40	50	65	75
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Bell pepper* (unit(s))	1	2	3	4	5	6

From your pantry

Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[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)	2778 /664	448 /107
Total fat (g)	29	5
of which saturated (g)	6,2	1
Carbohydrates (g)	60	10
of which sugars (g)	17,9	2,9
Fibre (g)	11	2
Protein (g)	39	6
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 bell pepper

Preheat the oven to 180°C. Cut the **bell pepper** into thin strips. Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **bell pepper** with a generous pinch of salt for 3 - 4 minutes, covered. Add the **tomato paste** and the **Mexican-style spices*** and fry for 1 - 2 more minutes.

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



2. Prepare the toppings

Dice the **tomato** and finely chop the **lettuce**. In a small bowl, combine the **sweet chili sauce** with the mayonnaise.



3. Fry the chicken

Wrap the **tortillas** in aluminium foil and keep warm in the oven until serving. Dice the **chicken** into 2cm cubes, then add to the **bell pepper** and fry for 3 - 4 minutes. Season to taste with salt and pepper.



4. Serve

Serve the **chicken, tortillas, lettuce, tomato, chili** mayo and **cheese** in separate dishes. Allow everyone to assemble their own wraps.

Did you know... 🍅 tomato paste is a good source of fibre, calcium, vitamin C and iron. Just one small can provides almost twice as much iron as 100g of chicken or pork!



Serrano Ham & Burrata Salad

with crema di balsamico, fennel, orange & giant couscous

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Fennel



Giant couscous



Fresh mint



Burrata



Serrano ham



Crema di balsamico



Easy peel orange



Lamb's lettuce



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

Traditionally, serrano ham is dried at high altitudes. It's even named after the Spanish word for highlands: sierra.

Before you begin

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

Utensils

Large bowl, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (unit(s))	½	1	1½	2	2½	3
Giant couscous (g)	75	150	225	300	375	450
Fresh mint* (g)	5	10	15	20	25	30
Burrata* (ball(s))	½	1	1½	2	2½	3
Serrano ham* (g)	20	40	60	80	100	120
Crema di balsamico (ml)	4	8	12	16	20	24
Easy peel orange* (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2456 / 587	421 / 101
Total fat (g)	19	3
of which saturated (g)	8,1	1,4
Carbohydrates (g)	78	13
of which sugars (g)	23	3,9
Fibre (g)	12	2
Protein (g)	25	4
Salt (g)	1,9	0,3

Allergens

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



1. Boil the giant couscous

Prepare the stock in a pot or saucepan for the **giant couscous** (see Tip). Boil the **giant couscous** for 12 - 14 minutes until done, then fluff through the grains with a fork and set aside.

Tip: to save time, use a kettle instead.



2. Prepare the fennel

Quarter the **fennel** and remove the tough core, then dice the **fennel**. In a large bowl, combine the **fennel** with the white balsamic vinegar and the sugar. Season with a pinch of salt and toss well to combine, then set aside, stirring occasionally.



3. Cut the orange

Use a sharp knife to remove the skin and the white pith from the **orange** and then cut the flesh into segments. Discard the **mint** stalks and finely chop the leaves.



4. Serve

To the **fennel**, add the **lamb's lettuce**, **giant couscous**, **mint**, **orange** and extra virgin olive oil. Season to taste with salt and pepper, then toss well to combine. Serve the salad on plates and top with the **Serrano ham** and the burrata. Drizzle with the **crema di balsamico** and some extra virgin olive oil as preferred.

Did you know... 🌿 *lamb's lettuce is high in iron and calcium, so the 20g in this salad helps contribute to a healthy intake of both minerals.*



Stuffed Portobello with Goat's Cheese & Walnuts

with potato wedges, cherry tomatoes & roasted bell pepper

Calorie Smart Nice & Fast Veggie

Total time: 25 - 35 min.



Fresh rosemary



Onion



Red cherry tomatoes



Bell pepper



Portobello mushroom



Fresh goat's cheese



Chopped walnuts



Oven-ready potato wedges



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

Portobello is packed with vitamin B2, making it great as a meat substitute. You'll serve it with goat cheese and honey.

Before you begin

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

Utensils

Parchment-lined baking sheet, lidded deep frying pan, oven dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Bell pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	40	75	100	125	175	200
Chopped walnuts (g)	10	20	30	40	50	60
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Honey (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (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)	2674 /639	437 /104
Total fat (g)	38	6
of which saturated (g)	10	1,6
Carbohydrates (g)	52	8
of which sugars (g)	8,9	1,5
Fibre (g)	12	2
Protein (g)	17	3
Salt (g)	0,6	0,1

Allergens

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



1. Fry the wedges

Preheat the oven to 200°C. Discard the **rosemary** stalk and finely chop the leaves. Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **potato wedges** with the **rosemary** for 20 minutes until golden-brown (see Tip). Season to taste with salt and pepper.

Tip: increase the heat so as to cook the potatoes more quickly. Toss regularly and take care that they don't burn.



2. Prepare the vegetables

Slice the **onion** into rings and dice the **bell pepper**. Halve the **cherry tomatoes**. Transfer all three to an oven dish and drizzle with olive oil. Add the balsamic vinegar and season with salt and pepper, then toss well to coat.



3. Roast the vegetables

Transfer the **portobello** to a parchment-lined baking sheet, with the base facing upwards. Fill with the **goat's cheese** and season with salt and pepper. Drizzle with the honey, then bake in the oven for 18 - 20 minutes. Roast the vegetables alongside the **portobello** during the final 15 minutes of cooking time. 5 minutes before the end of the cooking time, top the **portobello** with the **walnuts**.



4. Serve

Serve the **potatoes** and **portobello** on plates. Serve the vegetables alongside. Drizzle with extra virgin olive oil as preferred.

Did you know... 🌱 goat's cheese not only adds great flavour, but it's also lower in salt than other cheeses such as Gouda or Parmesan.

Enjoy!



Creamy Cauliflower Fusilli

with spinach & grated cheese

Family Nice & Fast Veggie

Total time: 15 - 20 min.



Spinach



Chopped onion



Garlic



Grated Gouda



Cauliflower florets



Cooking cream



Grated Gruyère DOP



Wholewheat fusilli



Sicilian-style herb mix



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

Did you know that 200 grams of spinach contains more calcium than a whole glass of milk?

Before you begin

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

Utensils

Pot or saucepan, deep frying pan, lidded deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Spinach* (g)	50	100	200	200	300	300
Chopped onion* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Cauliflower florets* (g)	150	300	450	600	750	900
Cooking cream (g)	75	150	225	300	375	450
Grated Gruyère DOP* (g)	15	25	40	50	65	75
Wholewheat fusilli (g)	90	180	270	360	450	540
Sicilian-style herb mix (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
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Flour (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3356 / 802	554 / 132
Total fat (g)	38	6
of which saturated (g)	21	3,5
Carbohydrates (g)	79	13
of which sugars (g)	12,5	2,1
Fibre (g)	15	2
Protein (g)	30	5
Salt (g)	1,6	0,3

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes, then reserve 50ml pasta water per person before draining and setting aside. Transfer the **cauliflower florets** to a deep frying pan and submerge with water. Boil for 8 - 10 minutes, covered, then drain and transfer back to the pan. Drizzle with olive oil and fry for 1 - 2 minutes over high heat. Season to taste with salt and pepper.



2. Make the roux

Meanwhile, crush or mince the **garlic**. Melt the butter in a deep frying pan over medium-high heat and fry the **garlic** and **onion** for 1 - 2 minutes. Whisk in the flour to incorporate (see Tip).

Tip: this technique is known as making a roux. For this, it's important that the quantities are precise; 1 tbsp butter is 15g and 1 tbsp flour is 20g.



3. Make the sauce

Pour in a third of the stock and whisk until fully incorporated. Repeat this twice more with the rest of the stock. Keep whisking until smooth, then bring to a boil and allow to thicken and reduce for 1 - 2 minutes. Season to taste with some pepper. Stir in the **spinach** and the **Sicilian-style herbs** (check the amount in the table). Mix well and allow the **spinach** to wilt and reduce.



4. Serve

Add the **cream**, both **cheeses** and the reserved pasta water. Mix well and allow to reduce for 1 - 2 minutes. Stir in the pasta and half of the **cauliflower**. Serve the pasta on plates and top with the rest of the **cauliflower**.

Did you know... 🌱 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C for a healthy immune system, potassium for healthy blood pressure and fibre for gut health.



Pork Escalope with Mangetout

with carrot mash & onion jus

Calorie Smart Family Nice & Fast

Total time: 25 - 35 min.



Garlic



Potatoes



Pork escalope



Mangetout



Sliced carrots



Chopped red onion



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

Carrots are rich in vitamin A, so your immune system and eyes will receive an extra boost from this dish.

Before you begin

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

Utensils

Oven dish, pot or saucepan, 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
Potatoes (g)	200	400	600	800	1000	1200
Pork escalope* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	75	150	225	300	375	450
Sliced carrots* (g)	150	300	450	600	750	900
Chopped red onion* (g)	75	150	225	300	375	450
From your pantry						
Low sodium beef stock (ml)	125	250	375	500	625	750
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2565 /613	334 /80
Total fat (g)	28	4
of which saturated (g)	17,5	2,3
Carbohydrates (g)	56	7
of which sugars (g)	4,1	0,5
Fibre (g)	13	2
Protein (g)	72	9
Salt (g)	1,3	0,2

Allergens

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



1. Prepare

Take the pork out of the fridge and allow it to reach room temperature (see Tip). Preheat the oven to 160°C and prepare the stock. Boil plenty of water in a pot or saucepan for the vegetables. Crush or mince the garlic. Peel or thoroughly wash the potatoes then cut them into rough pieces.

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



2. Fry the pork

Boil the potatoes with the sliced carrots for 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside. Season the pork with salt and pepper. Melt a generous knob of butter in a frying pan over medium heat and fry the onion and garlic for 1 - 2 minutes. Add the pork and fry for 3 - 4 minutes until evenly browned, then transfer half of the onion and garlic to the boiled vegetables.



3. Make the jus

Transfer the pork to an oven dish and roast for 6 - 8 minutes, then remove from the oven and slice it. Increase the heat under the frying pan and deglaze with the stock and balsamic vinegar. Stir in the mustard and season with pepper, then allow to cook for 4 - 6 minutes or until it has reduced by half. Shortly before serving, whisk a generous knob of cold butter into the jus.



4. Serve

Boil plenty of water in a saucepan and cook the mangetout for 4 - 6 minutes, then drain and rinse under cold water. Mash the carrot and potatoes until smooth. Add a splash of the reserved cooking liquid if necessary and then season to taste with salt and pepper. Serve the mash on plates and top with the pork escalope and the mangetout. Serve with the jus.

Enjoy!



Harissa Turkey Potato Hash

with African-style spices, cauliflower & green beans

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Diced potato



Harissa



African-style spice mix



Turkey breast pieces with tandoori-style spices



Cauliflower florets



Pre-cut green beans



Onion



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

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

Before you begin

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

Utensils

Pot or saucepan, small bowl, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced potato* (g)	300	600	900	1200	1500	1800
Harissa* (g)	15	30	45	60	75	90
African-style spice mix (sachet(s))	½	1	1½	2	2½	3
Turkey breast pieces with tandoori-style spices* (g)	100	200	300	400	500	600
Cauliflower florets* (g)	100	200	300	400	500	600
Pre-cut green beans* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2891 /691	411 /98
Total fat (g)	31	4
of which saturated (g)	3,1	0,4
Carbohydrates (g)	62	9
of which sugars (g)	4,5	0,6
Fibre (g)	14	2
Protein (g)	32	5
Salt (g)	2,2	0,3

Allergens

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



1. Prepare

Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the **potatoes** with half of the **African-style spices** for 15 minutes until golden-brown. Season with salt and pepper. Add the **green beans** and **cauliflower** to a pot or saucepan. Cover with water and boil for 6 - 8 minutes, then drain.



2. Fry the turkey

Meanwhile, slice the **onion** into half rings. Heat a drizzle of olive oil in a wok or large deep frying pan over medium-high heat and fry the **onion** and **turkey** for 4 - 5 minutes. Add the **green beans**, **cauliflower**, **harissa** and the rest of the **African-style spices**. Mix well and fry for 2-3 minutes. Season to taste with salt and pepper.



3. Make the sauce

In a small bowl, combine the mayonnaise with the white wine vinegar. Season to taste with pepper.



4. Serve

Serve the **turkey** with the **potatoes** and the vegetables on deep plates and drizzle with the mayonnaise.

Did you know... 🌱 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.

Enjoy!



'Kapsalon' with Chicken Gyros

with fries, garlic sauce & salad

Family

Total time: 40 - 50 min.



Potatoes



Garlic



Cucumber



Fresh chives



Chicken gyros



Radicchio & iceberg lettuce



Tomato



Grated Gouda



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

With Greek gyros, you give an original twist to this homemade fast food classic.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, kitchen paper, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Garlic (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1	1	2	2
Fresh chives* (g)	2½	5	7½	10	12½	15
Chicken gyros* (g)	100	200	300	400	500	600
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Tomato (unit(s))	1½	3	4	6	7	9
Grated Gouda* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
White wine vinegar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3833 /916	536 /128
Total fat (g)	57	8
of which saturated (g)	13	1,8
Carbohydrates (g)	65	9
of which sugars (g)	6,2	0,9
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	2,6	0,4

Allergens

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



1. Make the fries

Preheat the oven to 220°C. Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness. Pat dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season the fries with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.



2. Chop the vegetables

Meanwhile, crush or mince the **garlic**. Dice the **tomato** and slice the **cucumber**. Finely chop the **chives** or use scissors if preferred. In a salad bowl, combine the **chives** with the white wine vinegar, the water and three quarters of the mayonnaise (see pantry for amounts). Season to taste with salt and pepper.



3. Fry the chicken gyros

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **chicken gyros** for 5 - 7 minutes until done. In a small bowl, combine the **garlic** with the rest of the mayonnaise (see Tip). Add the **lettuce**, **cucumber** and **tomato** to the salad bowl. Toss well to combine with the dressing.

Tip: if you received a large garlic clove or you don't like the taste of raw garlic, use less and then taste the sauce before adding more.



4. Mix the salad and serve

Scatter the **cheese** over the fries and return to the oven for 5 more minutes until it has melted. Serve the fries on plates with the salad and the **chicken gyros**. Finish with the **garlic** mayonnaise (see Tip).

Tip: if preferred, add some sambal from your pantry.

Did you know... 🍌 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.

Enjoy!



Shrimp with Zesty Peanut Dressing

over rice with broccoli & furikake

Calorie Smart Family

Total time: 30 - 40 min.



Jasmine rice



Lime



Salted peanuts



Garlic



Onion



Soy sauce



Shrimp



Furikake



Shredded white cabbage



Broccoli



Ginger paste



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

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

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Lime* (unit(s))	½	1	1½	2	2½	3
Salted peanuts (g)	10	20	30	40	50	60
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Shrimp* (g)	80	160	240	320	400	480
Furikake (sachet(s))	¼	½	¾	1	1¼	1½
Shredded white cabbage* (g)	100	200	300	400	500	600
Broccoli* (g)	100	200	300	400	500	600
Ginger paste* (g)	5	10	15	20	25	30

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	2	4	6	8	10	12
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2741 /655	539 /129
Total fat (g)	22	4
of which saturated (g)	2,6	0,5
Carbohydrates (g)	84	16
of which sugars (g)	17,2	3,4
Fibre (g)	10	2
Protein (g)	26	5
Salt (g)	2,7	0,5

Allergens

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



1. Boil the rice

Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes, covered, then drain and set aside.



2. Chop the vegetables

Boil plenty of water in another pot or saucepan for the **broccoli** and **cabbage**. Juice the **lime** and roughly chop the **peanuts**. Chop the **onion** and crush or mince the **garlic**. Cut the head of the **broccoli** into florets and dice the stem.



3. Boil the vegetables

Boil the **broccoli** and **cabbage** for 3 minutes, then drain and rinse under cold water. Meanwhile, in a bowl combine the **soy sauce** with the white balsamic vinegar and the honey, along with half each of the **ginger** paste and the sunflower oil. Add 2 tsp **lime** juice per person along with the **peanuts**, then mix well to combine.



4. Stir-fry the vegetables

Heat the rest of the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **onion**, **broccoli** and **cabbage** for 6 - 7 minutes, then stir in the rest of the **ginger** paste and fry for 1 more minute. Season to taste with salt and pepper.



5. Fry the shrimp

In the meantime, pat the **shrimp** dry with kitchen paper. Heat the olive oil in a frying pan over medium-high heat and fry the **garlic** with the **shrimp** for 3 - 4 minutes. Season to taste with salt and pepper.



6. Serve

Serve the **rice** on plates and top with the vegetables and the **shrimp**. Drizzle with the **peanut** dressing and garnish with the **furikake**.

Enjoy!



Indonesian-Style Loaded Fries

with chicken & peanut sauce

Total time: 30 - 40 min.



Peanut sauce



Crispy fried onions



Chicken mince with Indonesian spices



Cucumber



Lime



French fries



Green beans



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

To make these Indonesian-style fries, you'll spread all the toppings over the fries. While this might make them slightly less crispy, the flavours will soak in nicely.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Peanut sauce* (g)	40	80	120	160	200	240
Crispy fried onions (g)	10	20	30	40	50	60
Chicken mince with Indonesian spices* (g)	100	200	300	400	500	600
Cucumber* (unit(s))	½	1	¾	1	1¼	2
Lime* (unit(s))	¼	½	¾	1	1¼	1½
French fries* (g)	250	500	750	1000	1250	1500
Green beans* (g)	100	200	300	400	500	600

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3979 /951	622 /149
Total fat (g)	54	8
of which saturated (g)	9,9	1,5
Carbohydrates (g)	78	12
of which sugars (g)	15,1	2,4
Fibre (g)	13	2
Protein (g)	31	5
Salt (g)	2,1	0,3

Allergens

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



1. Bake the fries

Preheat the oven to 220°C. Transfer the **fries** to a parchment-lined baking sheet and drizzle lightly with olive oil (see Tip). Season with salt and pepper, then toss well to coat. Bake in the oven for 20 - 25 minutes or until golden-brown, tossing halfway.

Tip 🌱 *this recipe is high in calories. Are you watching your calorie intake? Serve just half of the fries. You can keep the rest in the fridge to use the next day.*



4. Make the lime mayo

Zest the **lime** and then cut it into eight wedges. In a bowl, combine the mayonnaise with (per person) the juice of 1 **lime** wedge and half a teaspoon of the zest. Mix well and season to taste with salt and pepper.



2. Prepare the cucumber

Halve the **cucumber** lengthways and scoop out the seeds, then slice into crescents. In a bowl, combine the white wine vinegar with the sugar. Add the cucumber and season with salt, then toss well to combine. Set aside, stirring occasionally.



5. Heat the peanut sauce

In a small saucepan, combine the **peanut sauce** with the water (see pantry for amount). Heat the **peanut sauce** over a low heat for 1 - 2 minutes.



3. Fry the chicken

Discard the tips of the **green beans** and then cut into thirds. Fill a pot or saucepan with a shallow layer of water. Add the **green beans** and a pinch of salt, then cover with the lid. Bring to the boil and allow to cook gently for 6 - 8 minutes. Meanwhile, heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the **chicken mince** for 2-3 minutes, separating it as you do so. Stir in the **green beans** and fry for 2 more minutes.



6. Serve

Serve the fries on plates and top with the **chicken mince** and **green beans**, then with the **peanut sauce** and the **cucumber**. Garnish with the **crispy onions** and drizzle with the lime mayo to finish.

Did you know... 🌱 *cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals, so they're a great way to stay hydrated and get your essential nutrients at the same time.*



Swedish-Style Meatballs in Cream Sauce

with baby potatoes, broccoli and cranberry chutney

Family

Total time: 30 - 40 min.



Broccoli



Baby potatoes



Cooking cream



Beef & pork meatballs



Soy sauce



Cranberry chutney



Gomashio-herb mix



Onion



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

You season the broccoli with gomashio herb mix - a seasoning that uses sesame seeds and traditional garden herbs.

Before you begin

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

Utensils

Lidded pot or saucepan, 2x frying pan, whisk

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	200	360	560	720	920	1080
Baby potatoes (g)	250	500	750	1000	1250	1500
Cooking cream (g)	75	150	225	300	375	450
Beef & pork meatballs* (unit(s))	4	8	12	16	20	24
Soy sauce (ml)	10	20	30	40	50	60
Cranberry chutney* (g)	40	80	120	160	200	240
Gomashio-herb mix (sachet(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Flour (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Water for the sauce (ml)	25	50	75	100	125	150

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3322 / 794	438 / 105
Total fat (g)	38	5
of which saturated (g)	18,4	2,4
Carbohydrates (g)	75	10
of which sugars (g)	21,3	2,8
Fibre (g)	16	2
Protein (g)	34	5
Salt (g)	2,6	0,3

Allergens

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



1. Prepare

Prepare the stock. Boil plenty of water in a pot or saucepan for the **baby potatoes** and **broccoli** (see Tip). Chop the **onion**. Cut the head of **broccoli** into florets and dice the stem. Wash the **baby potatoes** and cut them in half or any larger ones into quarters. Halve the **meatballs**.

Tip: if you're cooking for more than four people, use two pans and cook the broccoli and potatoes separately.



2. Boil the vegetables

Melt a knob of butter in a frying pan over medium-high heat. Fry the **meatballs** for 2 - 3 minutes until evenly browned, then remove from the pan and set aside (they will finish cooking later). Boil the **baby potatoes** for 9 minutes, covered, then add the **broccoli** and boil for 4 - 6 minutes until done. Drain and then set aside.

Did you know... 🌱 broccoli is not only high in vitamins B, C and E, but also calcium, potassium and iron.



3. Prepare the meatballs

Fry the **onion** in the same pan for 1 - 2 minutes. Whisk in the **cream**, stock, mustard, flour, **soy sauce** and water (see pantry for amount). Allow to reduce for 5 - 6 minutes, adding some extra flour if it is too watery. Transfer the **meatballs** back to the pan and cook for 6 - 8 minutes.



4. Serve

Serve the **baby potatoes** and **broccoli** on plates with the **meatballs** and creamy sauce. Garnish the vegetables with the **gomashio-herb mix** and serve with the **cranberry chutney**.

Enjoy!



Fish Burger with Ravigote Sauce

with spinach-leek mash & parsley

Family

Total time: 35 - 45 min.



Potatoes



Leek



Fresh curly parsley



Spinach



Multigrain fish burger



Ravigote sauce



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

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Leek* (unit(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Spinach* (g)	100	200	300	400	500	600
Multigrain fish burger* (unit(s))	1	2	3	4	5	6
Ravigote sauce* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water (ml)	30	60	90	120	150	180
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk	splash					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2987 / 714	481 / 115
Total fat (g)	39	6
of which saturated (g)	11,2	1,8
Carbohydrates (g)	62	10
of which sugars (g)	6,4	1
Fibre (g)	10	2
Protein (g)	27	4
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and cut them into rough chunks. Slice the **leeks** into thin rings and finely chop the **curly parsley**. Finely chop the **spinach**.



2. Boil the potatoes

Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



3. Fry the vegetables

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **leek** for 3 - 4 minutes, then add the water (see pantry for amount). Lower the heat and allow to simmer for 6 - 8 minutes, covered. Add an extra splash of water as necessary if the **leek** browns too quickly. Stir in the **spinach** and fry for 3 - 4 minutes, allowing it to wilt and reduce.



4. Fry the fish burger

Meanwhile, heat the sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the **fish burger** for 3 minutes per side until golden-brown.



5. Mash the potatoes

Mash the **potatoes** with a knob of butter and a splash of milk, then stir in the mustard, the **parsley** and the **spinach-leek** mixture. Season to taste with salt and pepper.



6. Serve

Serve the mash on plates and top with the **fish burger**. Serve the **ravigote sauce** alongside.

Did you know... 🌱 just 100g of leek provides more than a third of the RDA of folic acid, which plays an essential role in bodily growth and function.

Enjoy!



Hawai'i-Style Burger with Sticky Vegetables

inspired by loco moco, over rice with a fried egg

Family

Total time: 35 - 45 min.



Garlic



Mushrooms



Onion



Jasmine rice



Soy sauce



Egg



Half & half burger



Tomato paste



Romano pepper



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

This dish is inspired by Hawaiian loco moco. A fusion between American and Asian cuisine, it was first created in 1949. It was named by local teenagers who were among the first to order the dish.

Before you begin

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

Utensils

Aluminum foil, large bowl, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Onion (unit(s))	½	1	1	2	2	3
Jasmine rice (g)	75	150	225	300	375	450
Soy sauce (ml)	10	20	30	40	50	60
Egg* (unit(s))	1	2	3	4	5	6
Half & half burger* (unit(s))	1	2	3	4	5	6
Tomato paste (can)	¼	½	¾	1	1¼	1½
Romano pepper* (unit(s))	½	1	2	2	3	3

From your pantry

Sugar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3556 / 850	570 / 136
Total fat (g)	39	6
of which saturated (g)	13,3	2,1
Carbohydrates (g)	86	14
of which sugars (g)	17,4	2,8
Fibre (g)	8	1
Protein (g)	37	6
Salt (g)	3,6	0,6

Allergens

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



1. Prepare

Prepare the stock. Boil plenty of water in a pot or saucepan for the **rice**. Cut the **onion** into thin half rings. Slice the **mushrooms** and chop the **Romano pepper** into thin strips. Crush or mince the **garlic**. Boil the **rice** for 10 - 12 minutes, covered, then drain and set aside.



2. Fry the vegetables

Melt a knob of butter in a frying pan over medium-high heat and fry the **garlic** and **onion** for 2-3 minutes. Stir in the **mushrooms** and **Romano Pepper** and fry for 4 - 5 more minutes.



3. Make the sauce

Meanwhile, in a large bowl combine the stock with the **tomato paste**, ketjap, flour, sugar and **soy sauce**. Transfer this to the vegetables and mix well, then bring to the boil. Allow to reduce over low heat for 5 - 8 minutes, stirring regularly. When it starts sticking to the spoon, it's done.



4. Fry the burger

Heat a drizzle of olive oil over medium-high heat in another frying pan and fry the **burger** for 2-3 minutes per side or until done. Season to taste with salt and pepper. Remove the **burger** from the pan and keep warm under aluminium foil.



5. Fry the egg

In the same pan, fry the **egg** (see tip).

Tip: add a small knob of butter as necessary if there isn't enough oil left in the pan.



6. Serve

Serve the **rice** and **burgers** on plates. Top with the sticky vegetables and the fried **egg**.

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



Almond-Crusted Cod with Mushrooms

over creamy parsnip & potatoes with lemon & parsley

Total time: 30 - 40 min.



Garlic



Onion



Parsnip



Potatoes



Fresh flat leaf parsley



Panko breadcrumbs



Shaved almonds



Cooking cream



Cod fillet



Chestnut mushrooms



Lemon



Nutmeg



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

Parsnips are actually one of the oldest known vegetables. They were grown as far back as ancient times and were often used as a way of sweetening dishes.

Before you begin

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

Utensils

Bowl, oven dish, lidded pot or saucepan, kitchen paper, saucepan, frying pan, zester

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Parsnip* (unit(s))	½	1	2	2	3	3
Potatoes (g)	150	300	450	600	750	900
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Panko breadcrumbs (g)	10	15	20	25	35	40
Shaved almonds (g)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Cod fillet* (unit(s))	1	2	3	4	5	6
Chestnut mushrooms* (g)	125	250	375	500	625	750
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Nutmeg (pinch)	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3201 /765	460 /110
Total fat (g)	42	6
of which saturated (g)	18	2,6
Carbohydrates (g)	57	8
of which sugars (g)	9,5	1,4
Fibre (g)	16	2
Protein (g)	36	5
Salt (g)	0,9	0,1

Allergens

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



1. Prepare

Preheat the oven to 200°C. Chop the **onion** and crush or mince the **garlic**. Peel the **parsnip** and dice both into 1cm cubes. Zest and juice the **lemon**. Finely chop the **parsley**. In a bowl, combine the **panko** with the **shaved almonds** and half of the **parsley**, along with (per person) half a teaspoon of **lemon** juice and a pinch of the zest. Season to taste with salt and pepper.



4. Fry the mushrooms

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **garlic** with half of the **onion** for 2 minutes. Quarter the **mushrooms**, then transfer to the pan along with the rest of the **parsley**. Fry for 4 – 6 minutes, seasoning to taste with salt and pepper.



2. Boil the vegetables

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Add a third of the **cream**, then boil the **potato** and **parsnip** for 8 minutes. Drain and set aside.



5. Make the sauce

In the meantime, melt the butter in a saucepan over medium heat. Fry the rest of the **onion** for 2 minutes. In the meantime, grate a pinch of **nutmeg**. Transfer the **potatoes** and **parsnip** to the saucepan, pour in the rest of the **cream** and allow to cook gently for 3 minutes. Add a pinch of **nutmeg** as preferred and then season generously with salt and pepper.



3. Bake the cod

Pat the **cod** dry with kitchen paper and season with salt and pepper. Grease an oven dish with a light drizzle of olive oil. Transfer the **cod** to the oven dish and top generously with the **panko** mixture, pressing down firmly. Lightly drizzle with olive oil, then bake in the oven for 10 – 15 minutes.



6. Serve

Serve the creamy **potatoes** and **parsnip** on deep plates. Top with the **mushrooms** and the **cod**. Garnish with the rest of the **panko** mixture from the oven dish, along with the rest of the **lemon** zest as preferred.

Enjoy!















Sea Bass with Shrimp in Garlic Butter

over fennel risotto with pecorino & cherry tomatoes

Total time: 35 - 45 min.



-  Sea bass fillet
-  Shrimp
-  Fennel
-  Risotto rice
-  Red chili pepper
-  Onion
-  Red cherry tomatoes
-  Fresh basil
-  Garlic
-  Lemon
-  Pumpkin seeds
-  Grated Pecorino DOP



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

Sea bass lends itself well to frying - preferably on the skin-side, so it gets nice and crispy.

Before you begin

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

Utensils

Deep frying pan, lidded frying pan, pot or saucepan, frying pan, zester

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sea bass fillet* (g)	100	200	300	400	500	600
Shrimp* (g)	40	80	120	160	200	240
Fennel* (unit(s))	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	1	2	2
Red cherry tomatoes (g)	125	250	375	500	625	750
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	10	20	30	40	50	60
Grated Pecorino DOP* (g)	10	20	30	40	50	60
From your pantry						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3803 / 909	440 / 105
Total fat (g)	48	5
of which saturated (g)	19,8	2,3
Carbohydrates (g)	76	9
of which sugars (g)	8,5	1
Fibre (g)	14	2
Protein (g)	41	5
Salt (g)	2	0,2

Allergens

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



1. Prepare

Prepare the stock in a pot or saucepan. Chop the **onion** and crush or mince the **garlic**. Quarter the **fennel** and remove the tough core, then dice the **fennel**. Melt a knob of butter in a deep frying pan and fry the **fennel** and **onion** with half of the **garlic** for 2 minutes over medium-high heat.



4. Toast the pumpkin seeds

Squeeze in one **lemon** wedge per person, then add the **shrimp** and fry for 1 - 2 minutes. Season to taste with salt and pepper. Take the pan off the heat and set it aside, covered. Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop. Remove from the pan and set aside.



2. Make the risotto

Stir in the **risotto rice** and toast the grains for 1 minute, then pour in a third of the stock. Allow the stock to incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 25 - 30 minutes. Add extra water and cook longer if you'd prefer the risotto to be less al dente.



5. Fry the sea bass

Pat the sea bass dry with kitchen paper and season with salt and pepper. Heat a drizzle of olive oil in the same frying pan over medium-high heat and fry the fish for 2 - 3 minutes on its skin. Reduce the heat and then fry for a further 1 - 2 minutes on the other side.



3. Make the sauce

Meanwhile, deseed and finely chop the **red chili pepper***. Halve the **cherry tomatoes** and chop the **basil**. Zest the **lemon**, then cut it into quarters. Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the chilli pepper and **cherry tomatoes** with the rest of the **garlic** and half of the **basil** for 3 - 4 minutes.

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



6. Serve

Meanwhile, add the **cheese** to the risotto along with (per person) a tablespoon of butter and half a teaspoon of **lemon** zest. Stir slowly to combine. Serve the risotto on plates and top with the sea bass and the **shrimp** sauce. Garnish with the **pumpkin seeds** and the rest of the **basil**. Serve with the rest of the **lemon** wedges.

Enjoy!



Steak with Creamy Mushroom Sauce

with mashed potatoes, parsley & cucumber salad

Nice & Fast

Total time: 20 - 30 min.



Steak



Potatoes



Garlic



Chestnut mushrooms



Heavy cream



Cucumber



Mesclun



Fresh curly parsley



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

Before you begin

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

Utensils

Aluminum foil, large bowl, plastic wrap, potato masher, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	375	500	625	750
Heavy cream* (ml)	75	150	225	300	375	450
Cucumber* (unit(s))	½	1	¾	1	1¼	2
Mesclun* (g)	30	60	90	120	150	180
Fresh curly parsley* (g)	5	10	15	20	25	30
From your pantry						
Mustard (tsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	1¾	3½	5¼	7	8¾	10½
Flour (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] milk						splash
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4067 /972	581 /139
Total fat (g)	73	10
of which saturated (g)	36,3	5,2
Carbohydrates (g)	42	6
of which sugars (g)	4,3	0,6
Fibre (g)	12	2
Protein (g)	37	5
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature (see Tip). Wash or peel the **potatoes** and cut them into rough chunks, then transfer to a large microwave-safe bowl. Add a small knob of butter and 1 tbsp water per person, then cover with plastic wrap and pierce several times with a fork.

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



4. Make the sauce

In the same pan, fry the **mushrooms** with the **garlic** for 4 - 6 minutes over medium-high heat. Add the **cream** and the rest of the white wine vinegar, then crumble in the stock cube (see pantry for amount). Stir in the flour and allow to reduce over low heat. Meanwhile, finely chop the **parsley**. Slice the **cucumber** into crescents.



2. Make the dressing

Microwave on high for 4 - 5 minutes or until soft when pierced with a fork (see Tip). Set aside until serving, covered. Meanwhile, in a salad bowl, combine the extra virgin olive oil with half of the white wine vinegar and a third of the mustard. Season to taste with salt and pepper.

Tip: no microwave? No problem! Boil the potatoes for 12-15 minutes until done, then drain any excess liquid and set aside.



5. Mash the potatoes

Carefully remove the plastic from the **potatoes** (watch out for steam). Mash the **potatoes** with a knob of butter and a splash of milk, then stir in the **parsley** and the rest of the mustard. Season to taste with salt and pepper. Add the **cucumber** and **lettuce** to the salad bowl and toss well to combine with the dressing.



3. Fry the steak

Melt a generous knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side (see Tip). Remove from the pan, season with pepper and allow to rest under aluminium foil. Meanwhile, crush or mince the **garlic** and slice the **mushrooms**.

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



6. Serve

Serve the mashed **potatoes** on plates. Slice the **steak** against the grain and serve alongside. Top with the creamy **mushroom** sauce. Serve the salad on the side.

Enjoy!



Panko Shrimp over Luxe Miso Ramen

with mushrooms, scallions & a jammy egg

Premium Family

Total time: 35 - 45 min.



Scallions



Carrot



Garlic



Egg



Shrimp



Panko breadcrumbs



Pre-cut mushroom mix



Korean-style spice mix



Gomashio



White miso paste



East Asian-style sauce



Mie noodles



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

Before you begin

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

Utensils

2x bowl, lidded pot or saucepan, kitchen paper, 2x large deep frying pan, lidded soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1½	3	4½	6	7½	9
Shrimp* (g)	120	240	360	480	600	720
Panko breadcrumbs (g)	25	50	75	100	125	150
Pre-cut mushroom mix* (g)	90	175	265	350	440	525
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
White miso paste (g)	15	25	35	50	60	75
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Mie noodles (g)	50	100	150	200	250	300
From your pantry						
Sunflower oil (ml)	30	60	90	120	150	180
Olive oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	300	600	900	1200	1500	1800
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3962 /947	424 /101
Total fat (g)	41	4
of which saturated (g)	7,6	0,8
Carbohydrates (g)	94	10
of which sugars (g)	18	1,9
Fibre (g)	14	2
Protein (g)	45	5
Salt (g)	5,8	0,6



1. Prepare

Boil plenty of salted water for the **noodles** and **eggs**. Cut one **scallion** per person into diagonal rings and set aside to use later as garnish. Chop the rest of the **scallions** into fine rings. Cut the **carrot** into thin crescents and peel the **garlic**.



4. Fry the mushrooms

Heat a drizzle of olive oil in a large frying pan over high heat. Fry the **mushrooms** for 4 - 6 minutes, then add the rest of the **East Asian-style sauce** and season with black pepper. Allow to reduce for 1 minute, then remove from the pan and set aside.



2. Boil the eggs and noodles

Boil 1 **egg** per person for 6 minutes, then rinse under cold water and set aside until serving (see Tip). In the same pan, boil the **noodles** for 4 - 5 minutes, then drain and set aside, covered.

Tip: if you'd prefer a hard boiled egg, boil it for 8 minutes.



5. Fry the shrimp

Transfer the flour to a bowl and the **panko** to another bowl. Add the Korean-style **spices** to the **panko** and season with salt and pepper. Beat the rest of the **egg** in a third bowl. Pat the **shrimp** dry with kitchen paper. Coat the **shrimp** with flour, then dip into the **egg** and finally coat with the **panko**. Heat the sunflower oil in a large frying pan over high heat. When the oil is nice and hot, fry the **shrimp** for 3 - 4 minutes until golden-brown and done.



3. Make the stock

Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the **carrot**, **garlic** and **scallions** for 1 - 2 minutes. In the meantime, boil the water (see pantry for amount). To the pot, add the ketjap, the **miso paste*** and half of the **East Asian-style sauce**. Crumble in the stock cube, then cover with the lid and allow to cook gently over a low heat until serving.

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



6. Serve

Peel the boiled **egg** and cut in half. Serve the **noodles** in deep bowls and pour over the stock. Top with the **shrimp**, **mushrooms** and boiled **egg**. Garnish with the **gomashio** and the reserved **scallions**.

Enjoy!



Steak with Pesto Mafaldine

with panko-parm topping, spinach & courgette

Total time: 30 - 40 min.



Marinated steak



Green pesto



Courgette



Onion



Spinach



Garlic



Parmigiano Reggiano DOP



Panko breadcrumbs



Mafaldine



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

Did you know that the courgette is related to the squash? In fact, if a courgette is left to grow for longer, it is known as a marrow squash.

Before you begin

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

Utensils

Aluminum foil, bowl, grater, lidded pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Green pesto* (g)	20	40	60	80	100	120
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Panko breadcrumbs (g)	15	25	40	50	65	75
Mafaldine (g)	90	180	270	360	450	540
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[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)	4021 /961	735 /176
Total fat (g)	45	8
of which saturated (g)	14,8	2,7
Carbohydrates (g)	83	15
of which sugars (g)	4,5	0,8
Fibre (g)	6	1
Protein (g)	50	9
Salt (g)	0,9	0,2

Allergens

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



1. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature. Boil plenty of salted water in a pot or saucepan for the pasta. Slice the **courgette** into crescents and chop the **onion** into half rings. Crush or mince the **garlic**. Grate the **Parmigiano Reggiano**.

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



4. Fry the steak

Melt a generous knob of butter in a frying pan over high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side (see Tip). Remove from the pan, season with pepper and allow to rest under aluminium foil.

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



2. Make the panko topping

Heat a drizzle of olive oil in a frying pan over high heat. Fry the **garlic** for 1 minute, then add the **panko** and fry for 3 - 4 minutes until golden-brown. Transfer to a bowl and add half of the **cheese**, then mix well to combine. Season to taste with pepper.



5. Boil the mafaldine

Boil the mafaldine for 7 - 9 minutes until done, then reserve some of the pasta water before draining and returning to the pan. Add the **pesto** and mix well to combine, adding a splash of pasta water as necessary to loosen it. Taste and season as needed with salt and pepper.



3. Fry the vegetables

In the same pan, heat another drizzle of olive oil over medium-high heat. Fry the **onion** and **courgette** for 6 - 8 minutes or until done. Add the **spinach** during the final minute of cooking and season to taste with salt and pepper.



6. Serve

Serve the mafaldine on plates and top with the vegetables. Slice the **steak** against the grain and serve on top of the vegetables. Garnish with the **panko** topping and the rest of the **cheese**.

Enjoy!



Chicken Enchiladas with Cheesy Nachos

with avocado dip, sour cream & tomato salsa

Family Nice & Fast

Total time: 25 - 35 min.



Corn



Onion



Chicken mince with Mexican seasoning



Mexican-style spices



Passata



Wholewheat tortilla



Grated Gouda



Tomato



Radicchio & iceberg lettuce



Organic sour cream



Avocado dip



Sweet chili tortilla chips



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

We have already seasoned the minced chicken with Mexican spices for you. This way, you can put a real fiesta of flavours on the table tonight!

Before you begin

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

Utensils

Bowl, sieve or colander, 2x oven dish, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Corn (g)	70	140	210	285	350	425
Onion (unit(s))	½	1	1	2	2	3
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	25	50	75	100	125	150
Tomato (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240
Sweet chilli tortilla chips (g)	40	75	115	150	190	225
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1½	3	4½	6	7½	9
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)	4125 /986	669 /160
Total fat (g)	52	8
of which saturated (g)	17,5	2,8
Carbohydrates (g)	82	13
of which sugars (g)	16,6	2,7
Fibre (g)	16	3
Protein (g)	41	7
Salt (g)	4,2	0,7

Allergens

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



1. Prepare

Preheat the oven to 200°C. Drain the **corn** and finely chop the **onion**. Heat the olive oil in a frying pan over medium-high heat and fry half each of the **onion** and **corn** for 1 - 2 minutes (see Tip). Stir in the **chicken mince** and **Mexican-style spices*** and fry for 2 - 3 more minutes, separating the **mince** as you do so. Stir in the **passata** and fry for 2 - 4 more minutes.

Tip: the rest of the onion will be served raw, but you can fry all of it here instead if preferred.

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



2. Make the enchiladas

Top the **tortillas** with the sauce, then roll them up and transfer to an oven dish. Scatter over half of the **cheese** and bake in the oven for 5-10 minutes. Transfer the **tortilla** chips to another oven dish and scatter over the rest of the **cheese**. Bake in the oven for 5 - 7 minutes or until the **cheese** has melted.



3. Make the salad

In the meantime, dice the **tomato** and transfer to a bowl, along with the rest of the **onion** and a third of the white balsamic vinegar. Mix well to combine and season to taste with salt and pepper. In a salad bowl, combine the rest of the white balsamic vinegar with the extra virgin olive oil. Season to taste with salt and pepper. Shortly before serving, transfer the **lettuce** and the rest of the **corn** to the bowl and toss well to combine with the dressing.



4. Serve

Serve the enchiladas with the salad and **sour cream**. Top the nachos with the diced **tomato** and the **avocado dip**.

Did you know... 🌽 **corn** is rich in **magnesium**, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.

Enjoy!



Aussie Burger with 'The Lot'

with bacon, egg, potato wedges & mango chutney

Total time: 40 - 50 min.



Brioche bun



Hamburger from Meatier



Grated Gouda



Mango chutney



Onion



Tomato



Butter lettuce



Oven-ready potato wedges



Egg



Bacon



Golden beetroot



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

The burger you'll be serving today comes from Meatier's naturally farmed, happy and healthy animals. It tastes absolutely delicious!

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Brioche bun (unit(s))	1	2	3	4	5	6
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Mango chutney* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Golden beetroot* (unit(s))	¼	½	1	1	1½	1½

From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5544/1325	687/164
Total fat (g)	80	10
of which saturated (g)	26,4	3,3
Carbohydrates (g)	95	12
of which sugars (g)	20,6	2,6
Fibre (g)	12	1
Protein (g)	49	6
Salt (g)	6,7	0,8

Allergens

2024-W26



1. Prepare and cut vegetables

Preheat the oven to 180°C. Boil plenty of water in a pot or saucepan for the **beetroot**. Peel and thinly slice the **beetroot** (see Tip). Cut the **tomato** into wedges and slice the **onion** into half rings.



4. Fry the egg

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **egg**.



2. Boil the beetroot

Boil the **beetroot** for 10 - 12 minutes, then drain, keeping a shallow layer of water in the pan. Add the **onion**, white wine vinegar, sugar and salt to the **beetroot** and allow to simmer over low heat until the sugar and salt have dissolved. Take the pan off the heat and set aside. In a salad bowl, combine the extra virgin olive oil and mustard with 1 tbsp per person of the pickling liquid. Season to taste with salt and pepper.



5. Fry the burger

Melt a knob of butter in another frying pan and fry the **burger** for 3 - 5 minutes per side (see Tip). During the final minute of cooking, top the **burgers** with the **grated cheese** and cover with the lid so as to allow the **cheese** to melt. In the meantime, cut open the **bread roll** and spread with some of the mayonnaise. Top with a few leaves of **butter lettuce** and some of the pickled **beetroot** and **onion**.

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



3. Prepare the wedges

Transfer the **potato** wedges to a parchment-lined baking sheet and bake for 10 minutes. Add the **bacon** to the baking sheet and then return to the oven for another 10 minutes.



6. Serve

Transfer the **burger** to the **bun**, then spread with the **mango chutney** and top with a slice of **bacon** and the fried **egg**. Crumble the rest of the **bacon** into the salad and tear the rest of the **butter lettuce** directly into the bowl. Add the **tomato** and then toss well to combine. Serve the **burgers** with the salad, **potato** wedges and the rest of the mayonnaise.

Enjoy!