

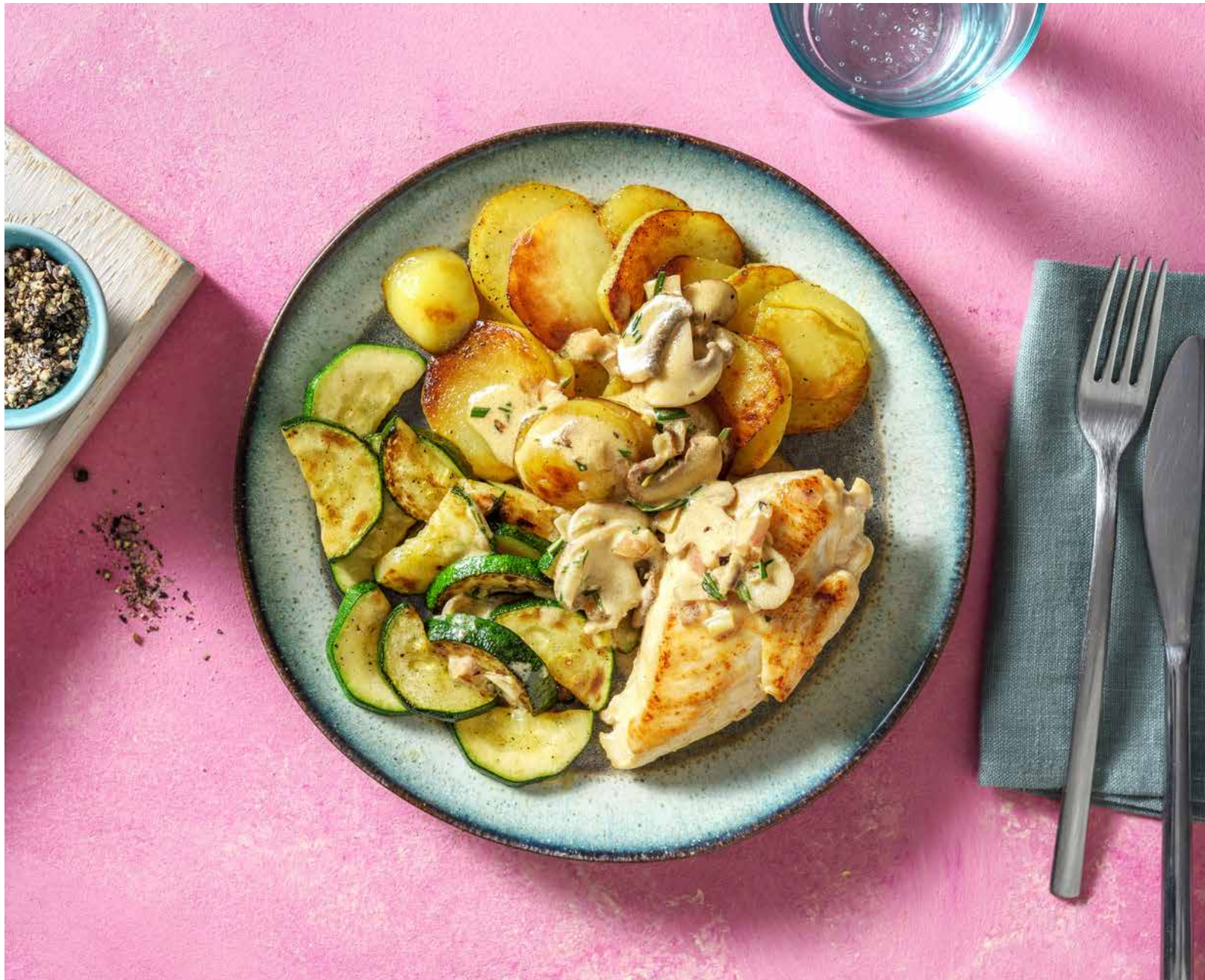


Chicken Breast in Creamy Mustard Sauce

with potatoes and courgette

Family

Total time: 35 min. • Based on 2 servings



Waxy potatoes



Chestnut mushrooms



Garlic



Onion



Fresh rosemary



Chicken breast



Courgette



Heavy cream

A fresh start

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.

Equipment

Saute pan with lid, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Waxy potatoes (g)	200	400	600	800	1000	1200
Chestnut mushrooms* (g)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Fresh rosemary* (sprig(s))	1	2	3	4	5	6
Chicken breast* (pcs)	½	1	1½	2	2½	3
Courgette* (pcs)	75	150	200	300	350	450
Heavy cream* (ml) 7)	75	150	200	300	350	450
Not included						
Vegetable stock (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1½	3	4½	6	7½	9
Butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3646 / 871	476 / 114
Total fat (g)	56	7
Of which: saturated (g)	24,7	3,2
Carbohydrates (g)	52	7
Of which: sugars (g)	10,1	1,3
Fibre (g)	8	1
Protein (g)	37	5
Salt (g)	1,6	0,2

Allergens

7) Milk

May contain traces of: -



Step 1:

Prepare the stock. Peel or thoroughly wash the potatoes and cut into ½ cm slices. Heat 1 tbsp olive oil per person in a saute pan with a lid and fry the sliced potato, covered, for 25 - 30 minutes on medium-low heat, covered with the lid. Take off the lid for the final 5 minutes. Season with salt and pepper.



Step 2:

In the meantime, cut the mushrooms into slices. Press or mince the garlic and chop the onion. Strip the rosemary leaves from the stems and roughly chop the leaves. Heat half of the butter in a frying pan on medium-high heat and fry the chicken breast for 2 - 3 minutes per side. Then take the chicken from the pan and set side; it does not have to be cooked through yet. Meanwhile, cut the courgette into thin half moons.



Step 3:

Heat the remaining butter in the same pan and fry the onion for 1 - 2 minutes. Add the mushrooms and garlic and stir fry for 2 - 3 minutes.



Step 4:

Heat ½ tbsp olive oil per person in another frying pan on high heat and fry the courgette for 6 - 8 minutes until cooked. Season to taste with salt and pepper.



Step 5:

Deglaze the mushrooms with 75 ml stock per person. Add the mustard, white wine vinegar and rosemary. Reduce the heat, add the whipping cream and allow to reduce for 12 minutes. Add the chicken breast for the final 5 minutes, allowing it to cook completely.



Step 6:

Transfer the courgette and potatoes to plates and serve with the chicken in creamy mustard sauce.

Enjoy!



Courgette Lasagne with Homemade Cream Sauce

with spinach and fresh lasagne sheets

Family Veggie

Total time: 55 min. • Based on 2 servings



Courgette



Onion



Garlic



Fresh oregano



Spinach



Cooking cream



Grated mature cheese



Fresh lasagne sheets

A fresh start

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.

Equipment

Baking dish, baking sheet with baking paper, whisk, wok or sauté pan, bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Fresh oregano* (g)	2½	5	7½	10	12½	15
Spinach* (g) 69	100	200	300	400	500	600
Cooking cream* (ml) 7	100	200	300	400	500	600
Grated mature cheese* (g) 7	25	50	75	100	125	150
Fresh lasagne sheets* (g) 8) 13) 15)	100	200	300	400	500	600
Not included						
Vegetable stock (ml)	225	450	675	900	1125	1350
Olive oil (tbsp)	1	2	3	4	5	6
Butter (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3710 / 887	497 / 119
Total fat (g)	51	7
Of which: saturated (g)	24,1	3,2
Carbohydrates (g)	78	10
Of which: sugars (g)	13,5	1,8
Fibre (g)	4	1
Protein (g)	28	4
Salt (g)	3,2	0,4

Allergens

7) Milk 8) Egg 13) Gluten 15) Wheat

May contain traces of: 69) Celery



Step 1:

Preheat the oven to 220 degrees and prepare the stock. Cut the courgette into ½ cm thick slices.



Step 2:

In a bowl, mix the courgette with 1 tbsp olive oil per person, salt and pepper. Divide the courgette over a baking sheet lined with baking paper and roast in the oven for 10 minutes. In the meantime, finely chop the onion and press or mince the garlic. Remove the oregano leaves from the stems and finely chop the leaves.



Step 3:

Melt ½ tbsp butter per person in a wok or sauté pan and fry the onion and garlic for 2 minutes on medium-high heat. Add the flour and whisk until dry. Add ⅓ of the stock and stir with a whisk until the stock has been absorbed. Repeat this 2 more times with the rest of the stock, stir into a smooth sauce, bring to a boil and cook for 1 - 2 minutes. Season with salt and pepper.



Step 4:

Add the oregano and spinach to the sauce and let the spinach shrink while stirring. Add the single cream, ½ of the grated cheese, salt and pepper, and continue cooking for 2 - 3 minutes. Grease an oven dish with butter or olive oil. Cut the lasagne sheets according to the size of your oven dish.



Step 5:

Pour a thin layer of sauce into the oven dish. Cover with lasagne sheets and press well. Put a couple of courgette slices on the lasagne sheets and top that with a layer of sauce. Repeat until you have used all the ingredients, but save a little bit of sauce for the top. Make sure you do not use too much sauce per layer, because you are working with fresh lasagne sheets.



Step 6:

Cover the lasagne with a layer of sauce and sprinkle with the leftover grated cheese. Bake the lasagne in the preheated oven for 25 - 35 minutes. Transfer the lasagne to plates.

Enjoy!



Courgette Boats with Couscous & Pomegranate

with cottage cheese, pistachios and crema di balsamico

Veggie Calorie Smart

Total time: 35 min. • Based on 2 servings



Courgette



Wholewheat couscous



Cottage cheese



Pomegranate



Shaved almonds



Red onion



Middle Eastern
spice blend



Garlic



Crema di balsamico

A fresh start

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.

Equipment

Baking dish, bowl, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (pcs)	1	2	3	4	5	6
Wholewheat couscous (g) 13) 15) 68) 70) 71)	70	140	210	280	350	420
Cottage cheese* (g) 7) 61) 67) 72)	100	200	300	400	500	600
Pomegranate* (g)	35	70	105	140	175	210
Shaved almonds (g) 22) 60) 61) 62)	10	20	30	40	50	60
Red onion (pcs)	½	1	1½	2	2½	3
Middle Eastern spice blend (packet(s))	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Crema di balsamico (ml) 14)	4	8	12	16	20	24
Not included						
Vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2640 /631	403 /96
Total fat (g)	21	3
Of which: saturated (g)	4,9	0,7
Carbohydrates (g)	77	12
Of which: sugars (g)	24,8	3,8
Fibre (g)	8	1
Protein (g)	29	4
Salt (g)	2,8	0,4

Allergens

7) Milk **13)** Gluten **14)** Sulphites **15)** Wheat **22)** Almonds
May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame **67)** Egg **68)** Mustard
70) Soy **71)** Lupin **72)** Gluten



Step 1:

- Preheat the oven to 200 minutes. Slice the courgette in half and remove the seeds with a spoon.
- Press or mince the garlic and mix in a bowl with ½ tbsp extra virgin olive oil per person and the Middle Eastern spice mix.
- Grease the inside of the courgette with the garlic and spice oil and sprinkle with some salt and pepper.
- Transfer the courgette to an oven dish and bake in the oven for 18 - 20 minutes.



Step 3:

- Roll the pomegranate on the kitchen counter with your palm.
- Apply some pressure while doing this so you hear the seeds lightly crack.
- Cut the pomegranate open and take the seeds from the skin.
- Weigh the needed amount of pomegranate seeds per person.



Step 2:

- Prepare the stock and weigh the couscous. In a salad bowl, mix the couscous with the stock, cover, and soak for 10 minutes.
- Then mix with a fork while separating any clumps.
- Season to taste with salt and pepper.



Step 4:

- Finely chop the onion and mix into the couscous with ⅓ of the almonds and ¼ tbsp extra virgin olive oil per person.
- Place the couscous on top of the courgette halves and top with the cottage cheese.
- Place two courgette halves on each plate and garnish with the pomegranate, the remaining almonds, and the crema di balsamico.

Enjoy!



Beef & Potato Hash with an Italian Twist

with pesto rosso and fresh parsley

Nice & Fast Family

Total time: 25 min. • Based on 2 servings



Baby potatoes



Fresh curly parsley



Beef mince with kofta seasoning



Italian vegetable mix met champignons



Pesto rosso

A fresh start

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.

Equipment

Pan with lid, sauté pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Italian vegetable mix met champignons* (g) 69)	200	400	600	800	1000	1200
Pesto rosso* (g) 7) 25) 61)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3686 / 881	610 / 146
Total fat (g)	53	9
Of which: saturated (g)	12,1	2,0
Carbohydrates (g)	56	9
Of which: sugars (g)	8,5	1,4
Fibre (g)	10	2
Protein (g)	39	6
Salt (g)	1,7	0,3

Allergens

7) Milk 25) Cashews
May contain traces of: 61) Nuts 69) Celery



Step 1:

- Boil ample water in a pan with a lid for the baby potatoes.
- Cut the baby potatoes in half and cut any large ones into quarters.
- Cook the baby potatoes for 12 - 15 minutes in the pan with boiling water, covered with the lid. Then drain.
- Meanwhile, finely chop the fresh curly parsley.



Step 2:

- Heat the olive oil in a sauté pan on high heat. Fry the spiced minced beef for 3 - 4 minutes.
- Then add the mixed vegetables and half of the parsley and fry for 5 - 6 minutes.



Step 3:

- Add the baby potatoes and the red pesto to the pan, mix well and fry for another 1 - 2 minutes.
- Add salt and pepper to taste.



Step 4:

- Transfer the dish to plates and garnish with the remaining parsley.

Enjoy!



Farfalle in Wild Mushroom Pesto with Pecorino

with chestnut mushrooms, arugula and lamb's lettuce

Veggie Nice & Fast

Total time: 20 min. • Based on 2 servings



Garlic



Farfalle



Red onion



Chestnut mushrooms



Wild mushroom pesto



Arugula and
lamb's lettuce



Fresh curly parsley



Grated Pecorino



Italian seasoning

A fresh start

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.

Equipment

Pan with lid, kitchen paper, wok or saut/© pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	1	2	3	4	5	6
Farfalle (g) 13) 15) 67) 68) 70) 71)	90	180	270	360	450	540
Red onion (pcs)	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	375	500	625	750
Wild mushroom pesto* (g) 7) 25) 60) 61) 69)	40	80	120	160	200	240
Arugula and lamb's lettuce* (g)	30	60	90	120	150	180
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Grated Pecorino* (g) 7)	20	40	60	80	100	120
Italian seasoning (packet(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3460 /827	921 /220
Total fat (g)	47	13
Of which: saturated (g)	11,3	3,0
Carbohydrates (g)	72	19
Of which: sugars (g)	6,5	1,7
Fibre (g)	8	2
Protein (g)	25	7
Salt (g)	1,2	0,3

Allergens

7) Milk **13)** Gluten **15)** Wheat **25)** Cashews
May contain traces of: 60) Peanuts **61)** Nuts **67)** Egg **68)** Mustard **69)** Celery
70) Soy **71)** Lupin



Step 1:

- In a lidded pot, bring plenty of water to the boil and cook the pasta for 11 - 13 minutes, covered, then drain well.
- Set the pasta aside, uncovered. Meanwhile, chop the red onion and press or mince the garlic.
- Clean the chestnut mushrooms with kitchen towel, before quartering them.



Step 3:

- Tear the arugula and lamb's lettuce into smaller pieces and roughly chop the curly parsley.
- Stir the pasta into the pan with the mushroom mixture and season with salt and pepper.



Step 2:

- Heat the olive oil in a wok or saute pan over medium-high heat and saute the onion and garlic for 1 - 2 minutes, before adding the mushrooms and Italian seasoning and continuing to cook for 5 - 7 minutes.
- Add the mushroom pesto and cook through for another minute.



Step 4:

- To serve, transfer the arugula and lamb's lettuce plates and top with the pasta.
- Garnish with the grated cheese and curly parsley.

Enjoy!



Dahl with Naan Bread and Salsa

with ginger, apple and coconut

Veggie Vegan

Total time: 40 min. • Based on 2 servings



Onion



Garlic



Apple



Fresh ginger



Ground turmeric



Green curry spices



Red split lentils



Coconut milk



Naan bread



Cucumber



Kumato



Fresh mint



Lime



Dessicated coconut

A fresh start

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.

Equipment

Grote hapjespan with lid, bowl, grater

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Apple* (pcs)	½	1	1½	2	2½	3
Fresh ginger* (cm)	1	2	3	4	5	6
Ground turmeric (tsp)	⅓	⅔	1	1⅓	1⅔	2
Green curry spices (packet(s))	½	1	1½	2	2½	3
Red split lentils (g)	25	50	75	100	125	150
Coconut milk (ml)	125	250	375	500	625	750
Naan bread (pcs) 13) 15) 18)	1	2	3	4	5	6
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Kumato* (pcs)	½	1	1½	2	2½	3
Fresh mint* (g) 69)	5	10	15	20	25	30
Lime (pcs)	¼	½	¾	1	1¼	1½
Dessicated coconut (g) 60) 61) 62)	5	10	15	20	25	30

Not included

Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3830 / 915	654 / 156
Total fat (g)	48	8
Of which: saturated (g)	25,7	4,4
Carbohydrates (g)	98	17
Of which: sugars (g)	20,8	3,6
Fibre (g)	13	2
Protein (g)	19	3
Salt (g)	3,2	0,6

Allergens

13) Gluten 15) Wheat 18) Rye

May contain traces of: 60) Peanuts 61) Nuts 62) Sesame 69) Celery



Step 1:

Preheat the oven to 200 degrees. Cut the onion into half rings. Press or mince the garlic. Grate the apple with a coarse grater or finely chop. Grate the ginger with a fine grater or finely chop.



Step 4:

Heat the naan in the oven for 4 - 6 minutes. Grate the cucumber with a coarse grater or finely chop. Cut the tomato into wedges and remove the seed pods. Then finely dice the tomato. Strip the mint leaves from the stems and finely chop the leaves. Cut the lime into wedges.



Step 2:

Heat ½ tbsp sunflower oil per person in a large saute pan with a lid on medium-high heat. Add the turmeric and green curry spices and stir-fry for 1 minute until the aroma of the herbs begins to spread. Add the garlic, onion and ginger and stir fry for 2 - 3 minutes.



Step 5:

In a bowl, mix the cucumber, tomato, fresh mint, and ½ tbsp extra virgin olive oil per person. Season with salt and pepper. Season with salt and pepper to taste and set aside until serving.



Step 3:

Add the lentils and apple to the saute pan and mix well. Add 100 ml water per person and the coconut milk. Crumble the stock cube into the pan and reduce the heat. Cook the dahl for 18- 20 minutes, covered with the lid. Optionally, add some extra water if the dahl becomes dry too quickly. Take the lid off the pan and cook for another 5 minutes, or until the lentils are cooked. Season with salt and pepper.



Step 6:

Juice 1 lime wedge per person over the dahl and mix well. Transfer the dahl to deep plates and garnish with the grated coconut. Serve with the naan, the refreshing raita and the remaining lime wedges.

Enjoy!



Blue Cheese Cauliflower Steak

with rosemary potato wedges and mushrooms

Veggie Calorie Smart

Total time: 45 min. • Based on 2 servings



Mushrooms



Garlic



Smoked paprika



Fresh rosemary



All-purpose potatoes



Cauliflower



Fresh flat leaf parsley



Heavy cream



Middle Eastern
spice blend



Danablu



Chopped walnuts

A fresh start

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.

Equipment

Baking sheet with baking paper, small bowl, deep bowl, frying pan with lid, 2x bowl, hand blender, pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	60	125	180	250	305	375
Garlic (cloves)	½	1	1½	2	2½	3
Smoked paprika (tsp)	¼	½	¾	1	1½	2
Fresh rosemary* (sprig(s))	½	1	1½	2	2½	3
All-purpose potatoes (g)	150	300	450	600	750	900
Cauliflower* (pcs)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g 69)	5	10	15	20	25	30
Heavy cream* (ml 7)	50	100	150	200	250	300
Middle Eastern spice blend (tsp)	½	1	1½	2	2½	3
Danablu* (g 7)	25	50	75	100	125	150
Chopped walnuts (g 24) 60) 61) 62)	5	10	15	20	25	30

Not included						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Butter (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2857 /683	409 /98
Total fat (g)	45	6
Of which: saturated (g)	18,1	2,6
Carbohydrates (g)	44	6
Of which: sugars (g)	3,5	0,5
Fibre (g)	13	2
Protein (g)	19	3
Salt (g)	1,2	0,2

Allergens

7) Milk 24) Walnuts
May contain traces of: 60) Peanuts 61) Nuts 62) Sesame 69) Celery



Step 1:

Preheat the oven to 200 degrees. Cut the mushrooms into quarters and press or mince the garlic. In a bowl, mix the mushrooms with the garlic and per person: ½ tbsp olive oil and ½ tsp smoked paprika. Season with salt and pepper and set aside.



Step 2:

Strip the rosemary leaves from the stems and finely chop the leaves. Wash the potatoes and cut them into wedges. In a bowl, mix the potato wedges with the rosemary and ½ tbsp olive oil per person. Season with salt and pepper and divide over the other half of a baking sheet lined with baking paper. Roast the potatoes in the oven for 15 minutes. Turn them when halfway done and add the mushrooms on the other side of the baking sheet. Put the baking sheet back into the oven and heat everything together for another 15 - 25 minutes.



Step 3:

Boil ample water with a pinch of salt in a pan with a lid. Cut 2 thick 2 cm slices from the middle of the cauliflower. Keep the stem attached so the florets don't fall off. Save these 'steaks' and cut the remaining cauliflower into small florets. Cook the florets for 10 - 12 minutes in the pan with boiling water, then drain and set aside without the lid.



Step 4:

Heat ¼ tbsp olive oil per person and ½ tbsp butter per person together in a large frying pan with a lid on medium heat. Sprinkle the cauliflower steak with salt and pepper and carefully place it into the hot pan. Fry for 1 - 3 minutes per side until golden brown. Then reduce the heat, cover the pan with the lid and allow the cauliflower steak to cook for another 8 - 10 minutes. Turn when halfway done and sprinkle with some more black pepper.



Step 5:

In the meantime, finely chop the flat leaf parsley. In a high bowl, mix the cooked cauliflower florets, half of the parsley and per person: 50 ml whipping cream and 1 tsp Middle Eastern spices. Puree into a smooth and thick sauce using a hand blender. Transfer the puree to the pan you used for the cauliflower florets and keep warm on low heat until the dish is finished. Season with a generous amount of salt and pepper.



Step 6:

Crumble the danablu and mix with the remaining flat leaf parsley, walnuts and mushrooms in a small bowl. Divide the cauliflower puree among plates and top with the cauliflower steak. Serve with the potatoes and top the cauliflower steaks with the danablu topping. Garnish with the remaining Middle Eastern spices.

Enjoy!

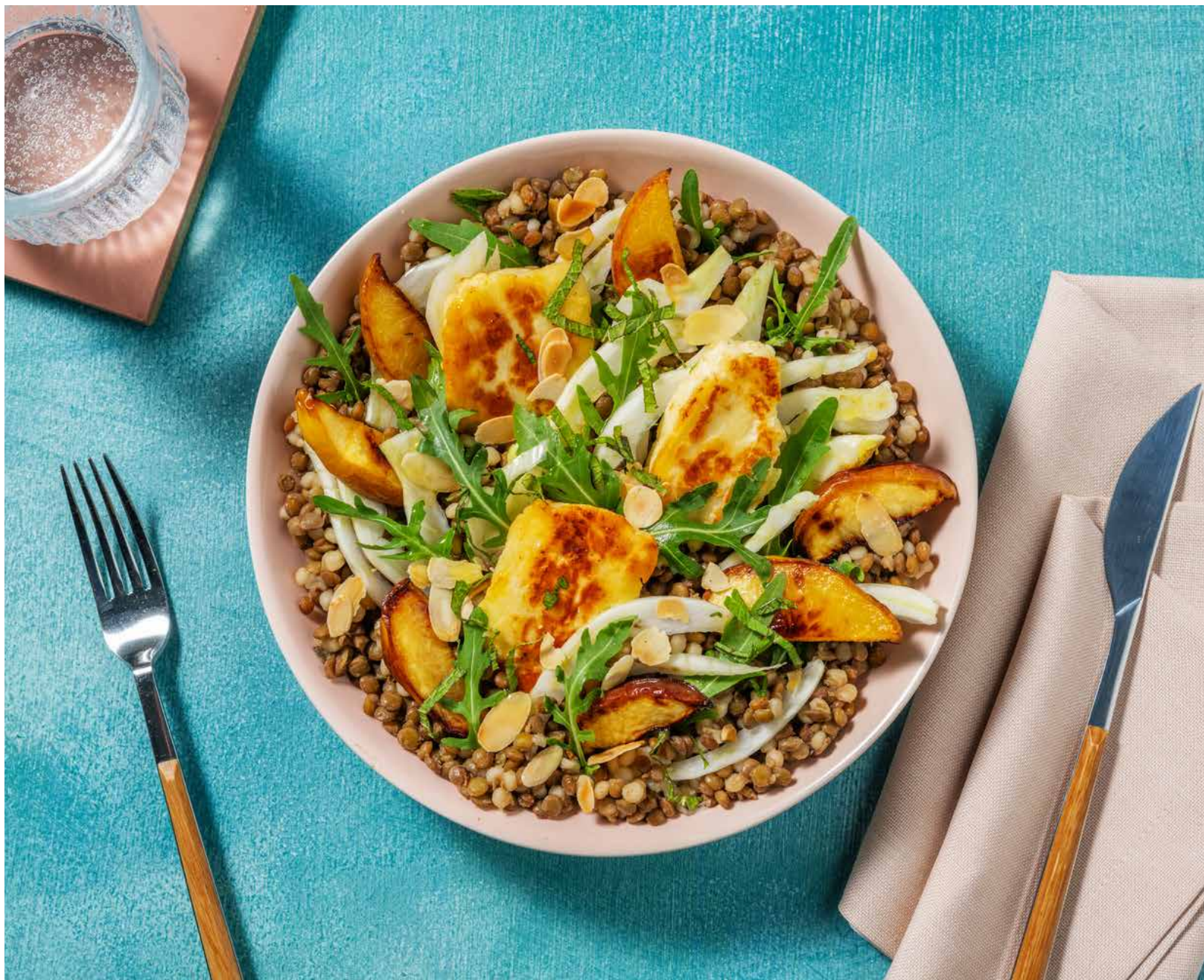


Roasted Peaches & Halloumi over Giant Couscous

with fennels, lentils & arugula

Veggie Nice & Fast

Total time: 25 min. • Based on 2 servings



Fennel



Peach



Giant couscous



Shaved almonds



Lentils



Fresh mint



Halloumi



Arugula

A fresh start

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.

Equipment

Pan with lid, baking sheet with baking paper, small bowl, frying pan, kitchen paper, sieve, large bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (pcs)	½	1	1½	2	2½	3
Peach* (pcs)	1	2	3	4	5	6
Giant couscous (g) 13) 15) 67) 68) 70) 71)	40	85	120	170	205	255
Shaved almonds (g) 22) 60) 61) 62)	10	20	30	40	50	60
Lentils (pack(s))	½	1	1½	2	2½	3
Fresh mint* (g) 69)	5	10	15	20	25	30
Halloumi* (pcs) 7)	½	1	1½	2	2½	3
Arugula* (g)	40	60	80	100	140	160
Not included						
Vegetable stock (ml)	100	200	300	400	500	600
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3762 /899	560 /134
Total fat (g)	44	7
Of which: saturated (g)	16,6	2,5
Carbohydrates (g)	75	11
Of which: sugars (g)	20,8	3,1
Fibre (g)	12	2
Protein (g)	41	6
Salt (g)	3,6	0,5

Allergens

7) Milk 13) Gluten 15) Wheat 22) Almonds
May contain traces of: 60) Peanuts 61) Nuts 62) Sesame 67) Egg 68) Mustard 69) Celery 70) Soy 71) Lupin



Step 1:

- Preheat the oven to 200 degrees and prepare the stock in a lidded pan for the giant couscous.
- Halve and quarter the fennel and discard the tough core.
- Chop the fennel and add to a large bowl with, per person; 1 tbsp white balsamic vinegar and 1 tsp sugar, along with a pinch of salt.
- Mix well and set aside, tossing regularly so as to allow the flavours to absorb.



Step 3:

- In a small bowl, combine the balsamic vinegar with ½ tbsp extra virgin olive oil per person and season to taste with salt and pepper.
- Heat a non-stick frying pan without oil and toast the shaved almonds until golden-brown. Remove from the pan and set aside.
- Drain the lentils in a sieve. Tear the mint leaves from the stems and finely chop the leaves.
- Slice the halloumi into thick slabs and pat dry with kitchen paper.
- Heat the frying pan you used for the almonds over medium-high heat and fry the halloumi for 2 - 3 minutes per side until evenly golden brown.



Step 2:

- Cut the peach into wedges and transfer to a parchment-lined baking sheet.
- Roast the peach in the oven for 10 - 15 minutes.
- Add the giant couscous to the pan with stock and cook for 12 - 14 minutes, covered, until the stock is absorbed.
- Separate the grains with a fork and allow to steam off without the lid.



Step 4:

- To the fennel, add the arugula, giant couscous, lentils, peach and mint and mix together with ½ tbsp extra virgin olive oil per person.
- Season with salt and pepper.
- Serve the salad on plates and top with the halloumi and garnish with the toasted almonds.
- Drizzle with the balsamic dressing and extra virgin olive oil to taste.

Enjoy!



Panzanella with Sausages

with pesto rosso baby potatoes and homemade croutons

Nice & Fast Family

Total time: 20 min. • Based on 2 servings



Baby potatoes



White crusty roll



Pork sausages with
tomato and rosemary



Roma tomato



Tomato



Mini roma tomatoes



Fresh flat leaf
parsley & basil



Mixed leaves of lamb's
lettuce, arugula
& baby spinach



Pesto rosso

A fresh start

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.

Equipment

Frying pan with lid, bowl, salad bowl, frying pan, pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
White crusty roll (pcs) 7) 11) 13) 15) 16) 18) 61) 62) 67) 71) 72)	½	1	1½	2	2½	3
Pork sausages with tomato and rosemary* (pcs) 67) 68) 69) 70) 72)	2	4	6	8	10	12
Roma tomato (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Mini roma tomatoes* (g)	50	100	150	200	250	300
Fresh flat leaf parsley & basil* (g)	10	20	30	40	50	60
Mixed leaves of lamb's lettuce, arugula & baby spinach* (g)	30	60	90	120	150	180
Pesto rosso* (g) 7) 25) 61)	15	25	45	60	70	85
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3550 /848	594 /142
Total fat (g)	52	9
Of which: saturated (g)	11,0	1,8
Carbohydrates (g)	64	11
Of which: sugars (g)	10,0	1,7
Fibre (g)	9	1
Protein (g)	27	5
Salt (g)	1,5	0,3

Allergens

7) Milk 11) Soy 13) Gluten 15) Wheat 16) Barley 18) Rye 25) Cashews
May contain traces of: 61) Nuts 62) Sesame 67) Egg 68) Mustard 69) Celery
70) Soy 71) Lupin 72) Gluten



Step 1:

- Boil ample water in a pan with a lid for the baby potatoes.
- Wash the baby potatoes and cut them in half; cut any large ones into quarters.
- Cook the baby potatoes for 12 - 15 minutes, covered with the lid.
- Drain and set aside without a lid to steam dry.
- Tear the ciabatta into small pieces and mix in a bowl with 1 tbsp olive oil per person, salt and pepper.



Step 3:

- Chop the plum tomato and tomato into large pieces. Halve the mini roma tomatoes. Finely chop the fresh herbs.
- In a salad bowl, make a dressing of the extra virgin olive oil and white balsamic vinegar.
- Toss the mixed lettuce, all of the tomatoes, chopped herbs and croutons with the dressing.
- Season the salad with salt and pepper.



Step 2:

- Heat a frying pan on medium-high heat and fry the ciabatta pieces for 6 - 8 minutes, or until brown and crunchy.
- Heat the leftover olive oil in a frying pan with a lid on medium-high heat and fry the pork sausages for 2 - 3 minutes until brown all around.
- Cover the pan and continue to fry for 4 - 6 minutes on medium-high heat. Turn regularly.



Step 4:

- Reheat the frying pan you used for the croutons on medium-high heat.
- Add the baby potatoes and red pesto and heat for 1 minute.
- Serve the pesto baby potatoes and pork sausages on plates.
- Serve the panzanella salad on the side.

Enjoy!



Roasted Pepper Risotto with Honeyed Goat's Cheese

with walnuts & tomato-basil salsa

Veggie

Total time: 35 min. • Based on 2 servings



Risotto rice



Romano pepper



Grated pecorino



Onion



Garlic



Fresh goat's cheese



Chopped walnuts



Roma tomato



Honey



Smoked paprika



Fresh basil

A fresh start

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.

Equipment

Baking sheet with baking paper, bowl, deep bowl, hand blender, pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Romano pepper* (pcs)	1	2	3	4	5	6
Grated pecorino* (g 7)	20	40	60	80	100	120
Onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Fresh goat's cheese* (g 7)	25	50	75	100	125	150
Chopped walnuts (g 24) 60) 61) 62)	10	20	30	40	50	60
Roma tomato (pcs)	1	2	3	4	5	6
Honey (tbsp)	1	2	3	4	5	6
Smoked paprika (pinch(es))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Vegetable stock (ml)	300	600	900	1200	1500	1800
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3447 /824	483 /116
Total fat (g)	45	6
Of which: saturated (g)	16,8	2,4
Carbohydrates (g)	83	12
Of which: sugars (g)	20,0	2,8
Fibre (g)	6	1
Protein (g)	19	3
Salt (g)	4,5	0,6

Allergens

7) Milk 24) Walnuts
May contain traces of: 60) Peanuts 61) Nuts 62) Sesame



Step 1:

Preheat the oven to 220 degrees. Remove the seeds from the pointed peppers and chop roughly. Place them onto a baking sheet with baking paper along with ½ clove garlic per person. Sprinkle ½ olive oil per person and season to taste with salt and pepper. Roast the pointed peppers for 10 - 15 minutes in the oven, or until they start to brown. Turn when halfway done.



Step 4:

Remove the peel from the roasted garlic. Add the roasted peppers and garlic to a deep bowl. Add, per person: ½ tbsp olive oil, 1 pinch of smoked paprika and the pecorino. Blend everything with an immersion blender till a thick paste forms. Add to the risotto and stir well. If the risotto is too watery, heat for a few minutes to allow the excess liquid to evaporate.



Step 2:

Dice the tomato and finely chop the onion. Press or mince the garlic and prepare the stock.



Step 5:

Cut the goat cheese into slices and place them on the baking sheet used for the pepper and garlic. Season to taste with salt and pepper. Top with the honey and walnut pieces and roast for 5 - 10 minutes in the oven. Pick the leaves from the basil and coarsely chop. Mix the diced tomatoes with half of the basil in a bowl. Add ½ tbsp extra virgin olive oil and season well with salt and pepper.



Step 3:

Heat ½ butter per person in a pan with a lid. Fry the garlic and onion for 1 - 2 minutes on low heat. Add the risotto rice and cook for 1 minute while stirring. Add ⅓ of the stock and allow the rice to slowly absorb the liquid. Stir regularly. When the stock in the pan has been absorbed, add another ⅓ of the stock. Repeat this process for the last ⅓ of the stock. The risotto is done when the grains are soft from the outside while still having a slight bite to it. This should take around 20 - 25 minutes.



Step 6:

Divide the risotto among deep dishes and top with the gratinated goat cheese with walnut pieces. Garnish with the remaining basil and serve with the fresh tomato-basil salad.

Enjoy!



Courgette Naan Pizza

with tomato-pepper soup, creme fraiche & basil

Veggie

Total time: 30 min. • Based on 2 servings



Courgette



Romano pepper



Naan bread with seasoning



Onion



Garlic



Tomato



Basil creme with lemon



Grana Padano flakes



Fresh basil



Organic creme fraiche

A fresh start

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.

Equipment

Hand blender, stock pot, baking sheet with baking paper, baking sheet lined with baking paper, small bowl, bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (pcs)	½	1	1½	2	2½	3
Romano pepper* (pcs)	1	2	3	4	5	6
Naan bread with seasoning (pcs 13) 15)	1	2	3	4	5	6
Onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	1	2	3	4	5	6
Tomato (pcs)	½	1	1½	2	2½	3
Basil creme with lemon* (ml)	10	15	25	30	40	45
Grana Padano flakes* (g) 7) 8)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Organic creme fraiche* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3232 / 772	647 / 155
Total fat (g)	38	8
Of which: saturated (g)	11,8	2,4
Carbohydrates (g)	82	16
Of which: sugars (g)	19,0	3,8
Fibre (g)	9	2
Protein (g)	21	4
Salt (g)	3,4	0,7

Allergens

7) Milk 8) Egg 13) Gluten 15) Wheat
May contain traces of: -



Step 1:

Preheat the oven to 200 degrees. Slice the courgette into ½ thick pieces. Toss the courgette with ½ tbsp olive oil per person and salt and pepper, then spread over a parchment-lined baking sheet and roast for 15 - 20 minutes in the oven.



Step 2:

Coarsely chop the onion and the pointed pepper. Peel and halve the garlic, then quarter the tomato. Heat ½ tbsp olive oil per person in a soup pan over medium-high heat. Saute the onion and garlic for 2 minutes, then add the tomato and pointed pepper. Fry for a further 4 minutes, then add 100ml water per person to the pan. Bring to the boil, crumble ¼ stock cube per person into the pan and allow to cook gently for 7 minutes.



Step 3:

Place the naan bread on an oven tray and bake in the oven for 3 - 5 minutes alongside the courgette. In the meantime, combine half of the creme fraiche with the lemon-infused basil creme in a small bowl. Tear the mozzarella into rough pieces.



Step 4:

Remove the naan bread from the oven and spread over the basil-creme fraiche mixture. Top with the mozzarella and bake the naan pizza in the oven alongside the vegetables for the last 3 - 4 minutes, or until the mozzarella is melted.



Step 5:

Use an immersion blender to puree the tomato-pepper mixture into a smooth soup, and season to taste with salt and pepper. Roughly chop the basil leaves.



Step 6:

Take the naan pizza out of the oven and top with the roasted courgette. Sprinkle over some of the fresh basil. Serve the soup in bowls and garnish with a spoonful of the remaining creme fraiche and the rest of the basil. Serve with the naan pizza.

Enjoy!



Marinated Tofu Wraps with Mango Chutney

with Persian cucumber-slaw & pear

Nice & Fast Veggie Vegan

Total time: 20 min. • Based on 2 servings



Persian cucumber



Garlic paste



Pear



Cabbage and carrot



Soy sauce



East Asian-style sauce



Sesame seeds



Sesame oil



Seasoned tofu cubes



Mini tortillas



Mango chutney

A fresh start

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.

Equipment

Small bowl, large bowl, frying pan, aluminum foil

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Persian cucumber* (pcs)	½	1	1½	2	2½	3
Garlic paste* (g)	10	15	25	30	40	45
Pear* (pcs)	½	1	1½	2	2½	3
Cabbage and carrot* (g)	50	100	150	200	250	300
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
East Asian-style sauce (packet(s)) 11) 13) 15)	½	1	1½	2	2½	3
Sesame seeds (g) 3) 60) 61)	5	10	15	20	25	30
Sesame oil (ml) 3)	5	10	15	20	25	30
Seasoned tofu cubes* (g) 11)	90	180	270	360	450	540
Mini tortillas (pcs) 13) 15)	3	6	9	12	15	18
Mango chutney* (g) 9) 60) 61)	40	80	120	160	200	240
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2960 /707	630 /150
Total fat (g)	34	7
Of which: saturated (g)	5,2	1,1
Carbohydrates (g)	72	15
Of which: sugars (g)	28,3	6,0
Fibre (g)	8	2
Protein (g)	25	5
Salt (g)	5,4	1,1

Allergens

3) Sesame **9)** Mustard **11)** Soy **13)** Gluten **15)** Wheat
May contain traces of: 60) Peanuts **61)** Nuts



Step 1:

- Preheat the oven to 180 degrees.
- Chop the cucumber into thin strips.
- Core the pear and finely slice the flesh.



Step 2:

- In a bowl, make a dressing by mixing (per person) 2 tbsp white wine vinegar and sesame oil along with a pinch of salt.
- Add the carrot-cabbage mix and the cucumber, toss well to combine and set aside. In a separate bowl, mix the soy sauce, garlic paste, East Asian-style sauce and sesame seeds.
- Give both bowls another good mix.



Step 3:

- Add the sesame oil to a frying pan over medium-high heat.
- Stir fry the cubed tofu for 2 - 3 minutes until golden brown, then add the sesame-soy sauce and continue to cook for 2 - 3 minutes.
- Meanwhile, wrap the mini tortillas in aluminium foil and heat for 3 - 4 minutes in the oven.



Step 4:

- Remove the mini tortillas from the oven and spread with the mango chutney and cucumber coleslaw, then top with the cubed tofu.

Enjoy!



Creamy Penne with Marinated Cod

with courgette, lemon & mint

Express

Total time: 15 min. • Based on 2 servings



Penne



Courgette



Garlic



Lemon



Red onion



Cooking cream



Italian seasoning



Fresh mint



Cod in lemon-
rosemary marinade



Mini roma tomatoes

A fresh start

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.

Equipment

Grater, saute pan, frying pan, pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g) 13) 15) 67) 68) 70) 71)	90	180	270	360	450	540
Courgette* (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Lemon (pcs)	¼	½	¾	1	1¼	1½
Red onion (pcs)	½	1	1½	2	2½	3
Cooking cream* (ml) 7)	100	200	300	400	500	600
Italian seasoning (packet(s))	¼	½	¾	1	1¼	1½
Fresh mint* (g) 69)	2½	5	7½	10	12½	15
Cod in lemon-rosemary marinade* (pcs) 4)	1	2	3	4	5	6
Mini roma tomatoes* (pcs)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	1	2	3	4	5	6
Fish stock cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3933 /940	695 /166
Total fat (g)	50	9
Of which: saturated (g)	22,0	3,9
Carbohydrates (g)	83	15
Of which: sugars (g)	18,0	3,2
Fibre (g)	6	1
Protein (g)	37	7
Salt (g)	2,5	0,5

Allergens

4) Fish **7)** Milk **13)** Gluten **15)** Wheat
May contain traces of: 67) Egg **68)** Mustard **69)** Celery **70)** Soy **71)** Lupin



Step 1:

- Boil ample water in a pan with a lid for the penne.
- Cook the penne for 10 - 12 minutes, covered. Meanwhile, grate the courgette with a coarse grater and press or mince the garlic.
- Cut the lemon into 4 wedges. Cut the red onion into half rings and halve the cherry tomatoes.



Step 3:

- Heat 1 tbsp butter per person in a frying pan on medium-high heat.
- Fry the marinated cod for 2 - 3 minutes per side.
- Deglaze the cod with the juice of 1 lemon wedge per person and add half of the mint.



Step 2:

- Heat ½ tbsp olive oil per person in a saute pan and fry the garlic, cherry tomatoes and cut onion for 1 - 2 minutes.
- Add the cream and per person: ½ tbsp white wine vinegar and ¼ packet Italian herbs.
- Allow to simmer on low heat for 3 minutes and crumble ¼ fish stock cube per person into the pan. Season with salt and pepper.
- Mix the grated courgette with the cream sauce. Finely chop the mint leaves.



Step 4:

- Mix the pasta with the courgette-cream sauce and transfer to plates.
- Add the cod fillet with butter sauce on top and garnish with the remaining mint.

Enjoy!



Chicken & Mozzarella Baguette

with pepper & salad

Family Nice & Fast

Total time: 15 min. • Based on 2 servings



Chicken mince with Italian seasoning



Biologische witte demi-baguette



Little gem



Tomato paste



Roma tomato



Mozzarella



BBQ spice rub



Fresh flat leaf parsley



Chopped onion



Bell pepper strips



Mayonnaise



Garlic

A fresh start

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.

Equipment

Salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Biologische witte demi-baguette (pcs) 13) 15) 16) 18) 61) 62) 66) 70) 71) 72)	1	2	3	4	5	6
Little gem* (head(s))	¾	1½	2	2¾	3¾	4
Tomato paste (cans)	¼	½	¾	1	1¼	1½
Roma tomato (pcs)	½	1	1½	2	2½	3
Mozzarella* (pcs) 7)	½	1	1½	2	2½	3
BBQ spice rub (packet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g) 69)	5	10	15	20	25	30
Chopped ,Ää,Äonion* (g)	25	50	75	100	125	150
Bell pepper strips* (g)	50	100	150	200	250	300
Mayonnaise* (g) 8) 9)	25	50	75	100	125	150
Garlic (cloves)	½	1	1½	2	2½	3
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3837 /917	691 /165
Total fat (g)	49	9
Of which: saturated (g)	16,1	2,9
Carbohydrates (g)	70	13
Of which: sugars (g)	17,0	3,1
Fibre (g)	9	2
Protein (g)	44	8
Salt (g)	3,4	0,6

Allergens

7) Milk **8)** Egg **9)** Mustard **13)** Gluten **15)** Wheat **16)** Barley **18)** Rye
May contain traces of: 61) Nuts **62)** Sesame **66)** Milk **69)** Celery **70)** Soy **71)** Lupin **72)** Gluten



Step 1:

- Preheat the oven to 200 degrees.
- Bake the baguette 6 - 8 minutes, or until golden brown. Press or mince the garlic.
- Heat ½ tbsp butter per person in a frying pan.



Step 3:

- Roughly chop the parsley and leaves and dice the tomatoes.
- In a salad bowl combine the mayonnaise and per person: 1 tsp honey and 1 tsp mustard.
- Generously season with salt and pepper. Tear the mozzarella into pieces.
- Mix the leaves, tomatoes and parsley into the dressing.



Step 2:

- Add the chopped onion and garlic to the pan and fry for 1 minute.
- Add the bell pepper and minced chicken and continue frying for 4 - 5 minutes.
- Add the tomato paste and the BBQ rub along with per person 30 ml water and ½ tsp sugar to the frying pan.
- Let everything simmer over medium-high heat for 2 - 3 minutes or till the water has evaporated.



Step 4:

- Cut the bread rolls open lengthways, without cutting all the way through.
- Top with the chicken mince and mozzarella and serve on plates with the salad on the side.

Enjoy!



Pearl Barley Risotto with Bacon & Roasted Fennel

with courgette, sour cream & pecorino

Calorie Smart

Total time: 50 min. • Based on 2 servings



Fennel



Red onion



Garlic



Courgette



Pearl barley



Bacon lardons



Organic sour cream



Grated Pecorino



Dried thyme



Dried rosemary



Lime

A fresh start

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.

Equipment

Baking sheet with baking paper, frying pan, large bowl, pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Courgette* (pcs)	½	1	1½	2	2½	3
Pearl barley (g) 13) 16) 72)	65	130	190	255	320	385
Bacon lardons* (g)	50	100	150	200	250	300
Organic sour cream* (g) 7)	25	50	75	100	125	150
Grated Pecorino* (g) 7)	20	40	60	80	100	120
Dried thyme (packet(s))	⅓	⅔	1	1⅓	1⅔	2
Dried rosemary (packet(s))	⅓	⅔	1	1⅓	1⅔	2
Lime (pcs)	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Vegetable stock cube (pcs)	⅓	⅔	1	1⅓	1⅔	2
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2778 /664	633 /151
Total fat (g)	33	7
Of which: saturated (g)	14,0	3,2
Carbohydrates (g)	62	14
Of which: sugars (g)	9,8	2,2
Fibre (g)	11	3
Protein (g)	24	6
Salt (g)	3,3	0,7

Allergens

7) Milk **13)** Gluten **16)** Barley
May contain traces of: 72) Gluten



Step 1:

Preheat the oven to 200 degrees. Quarter the fennel and discard the core, then chop into strips of 1cm thickness. Halve the courgette lengthways and slice into crescents. Chop the red onion into half rings and crush or mince the garlic. Cut the lime into 4 wedges.



Step 4:

Heat a frying pan, without oil, over medium-high heat and fry the bacon lardons for 5 - 6 minutes. When they have crisped up, remove the pan from the heat.



Step 2:

Weigh the pearl barley. Heat ¼ tbsp olive oil per person in a lidded pan. Add the garlic, pearl barley and half of the onion, then saute for 1-2 minutes over medium-high heat. Deglaze with the juice of 1 lime wedge per person, and then add (per person) 225ml warm water and ⅛ of a stock cube. Bring to the boil and then cool the pearl barley, uncovered, for 25 - 30 minutes. Add more water if the pearl barley is too dry.



Step 5:

When the pearl barley is almost cooked, stir in the sour cream and half of the pecorino. Add the bacon, including the cooking grease, to the risotto and mix well. Stir in ¾ of the roasted vegetables.



Step 3:

In a large bowl, combine the fennel, courgette and the remaining red onion with (per person) ½ tbsp olive oil and a teaspoon each of rosemary and thyme. Season to taste with salt and pepper, then toss well so as allow everything to be well-coated with the oil. Spread over a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes, tossing every so often.



Step 6:

Serve the pearl barley risotto on plates and top with the roasted vegetables. Garnish with the remaining pecorino.

Enjoy!



Hawaiian-style Burger with Sticky Mushrooms

over rice with a fried egg & scallions

Total time: 35 min. • Based on 2 servings



Garlic



Onion



Mushrooms



Scallion



Jasmine rice



Soy sauce



Worcestershire sauce



Tomato paste



Egg



Half & half burger

A fresh start

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.

Equipment

Pan with lid, large bowl, 2x frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Scallion* (pcs)	1½	3	4½	6	7½	9
Jasmine rice (g)	65	130	195	260	325	390
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
Worcestershire sauce (packet(s)) 9) 11) 13) 16)	½	1	1½	2	2½	3
Tomato paste (tbsp)	½	1	1½	2	2½	3
Egg* (pcs) 8)	1	2	3	4	5	6
Half & half burger* (pcs) 8) 13) 15) 66) 68) 69) 70)	1	2	3	4	5	6
Not included						
Beef stock (ml)	100	200	300	400	500	600
Flour (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper	to taste
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* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3268 /781	566 /135
Total fat (g)	38	7
Of which: saturated (g)	13,0	2,3
Carbohydrates (g)	72	13
Of which: sugars (g)	12,2	2,1
Fibre (g)	5	1
Protein (g)	33	6
Salt (g)	4,1	0,7

Allergens

8) Egg **9)** Mustard **11)** Soy **13)** Gluten **15)** Wheat **16)** Barley
May contain traces of: 66) Milk **68)** Mustard **69)** Celery
70) Soy



Step 1:

Prepare the stock. Bring plenty of water to the boil in a pan with a lid for the rice. Press or finely chop the garlic. Cut the onion into thin crescents and slice the mushrooms. Cut the scallion into thin rings. Set aside the green and white part separately.



Step 2:

Weigh the rice and cook, covered, for 12 - 15 minutes until done. Drain and set aside uncovered. Heat ½ tbsp butter per person in a frying pan at medium-high heat and saute the garlic and onion for 2 - 3 minutes. Add the mushrooms and the white part of the scallion and fry for another 4 - 5 minutes.



Step 3:

In the meantime, mix the stock in a large bowl with per person: 10 ml soy sauce, ½ sachet Worcestershire sauce, ½ tbsp flour, ½ tbsp sugar and ½ tbsp tomato paste. Add the stock mix to the frying pan with mushrooms and bring to the boil. Cook the sauce for 5 - 8 minutes at low heat. Stir regularly until the sauce thickens, the sauce is done when it is thick enough to cover the back of a spoon.



Step 4:

Use another frying pan to heat ½ tbsp olive oil per person and fry 1 egg per person. Remove from the pan and set aside.



Step 5:

Use the same frying pan you used to fry the egg to heat the hamburger for 2 - 3 minutes on each side or until the hamburger is done. Season with salt and pepper.



Step 6:

Transfer the rice and the hamburger to plates. Scoop the mushrooms on top of the hamburger. Serve with the fried egg and garnish the dish with the green part of the scallion.

Enjoy!



Chicken Thigh Strips over Vermicelli

with krupuk

Nice & Fast Family

Total time: 15 min. • Based on 2 servings



Garlic



Chicken thigh strips



Vegetable medley



Noodles



Ginger stir fry sauce



Soy sauce



Vegetarian krupuk

A fresh start

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.

Equipment

Large wok or saute pan, colander, large bowl, lidded pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Vegetable medley* (g) 69)	200	400	600	800	1000	1200
Noodles (g) 13) 15)	100	200	300	400	500	600
Ginger stir fry sauce (packet(s)) 3) 11) 13) 15)	½	1	1½	2	2½	3
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
Vegetarian krupuk (g) 13) 15)	25	50	75	100	125	150
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Chicken stock cube (pcs)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3394 /811	732 /175
Total fat (g)	26	6
Of which: saturated (g)	7,2	1,6
Carbohydrates (g)	107	23
Of which: sugars (g)	14,3	3,1
Fibre (g)	8	2
Protein (g)	34	7
Salt (g)	5,2	1,1

Allergens

3) Sesame 11) Soy 13) Gluten 15) Wheat
May contain traces of: 69) Celery



Step 1:

- Boil ample water in a lidded pan for the noodles.
- Press or mince the garlic. Heat ½ tbsp sunflower oil per person in a large wok or saute pan.
- Add the chicken thigh strips to the pan and fry for 2 - 3 minutes over high heat.
- Then add the vegetable mix and continue cooking over medium-high heat for 7 - 10 minutes while stirring.



Step 2:

- Boil the noodles, covered, for 3 - 4 minutes in a lidded pan, then drain and set aside.



Step 3:

- Crumble ¼ chicken stock cube per person into the pan with vegetables.
- Add the soy sauce and wok sauce with ginger and mix well.
- Then add the noodles and continue cooking for 2 minutes over high heat.
- Season to taste with pepper.



Step 4:

- Transfer the noodles to plates and serve with the krupuk.

Enjoy!



Hot-Smoked Salmon Salad Sandwich

with dill and a crunchy cucumber-green bean salad

Nice & Fast Calorie Smart

Total time: 25 min. • Based on 2 servings



Green beans



Red onion



Cucumber



Wholewheat bread roll



Fresh dill



Salmon flakes



Mayonnaise



Mixed leaves of lamb's lettuce, arugula & frisee

A fresh start

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.

Equipment

Bowl, salad bowl, pan with lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	75	150	225	300	375	450
Red onion (pcs)	½	1	1½	2	2½	3
Cucumber* (pcs)	½	1	1½	2	2½	3
Wholewheat bread roll (pcs) 7) 11) 13) 15) 16) 18) 61) 62) 67) 71) 72)	1	2	3	4	5	6
Fresh dill* (g) 69)	5	10	15	20	25	30
Salmon flakes* (g) 4)	75	150	225	300	375	450
Mayonnaise* (g) 8) 9)	25	50	75	100	125	150
Mixed leaves of lamb's lettuce, arugula & frisee* (g)	20	40	60	80	100	120
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2601 /622	529 /126
Total fat (g)	36	7
Of which: saturated (g)	4,8	1,0
Carbohydrates (g)	41	8
Of which: sugars (g)	7,2	1,5
Fibre (g)	10	2
Protein (g)	29	6
Salt (g)	2,0	0,4

Allergens

4) Fish **7)** Milk **8)** Egg **9)** Mustard **11)** Soy **13)** Gluten **15)** Wheat **16)** Barley **18)** Rye **May contain traces of: 61)** Nuts **62)** Sesame **67)** Egg **69)** Celery **71)** Lupin **72)** Gluten



Step 1:

Preheat the oven to 180 degrees. Boil ample water with a generous pinch of salt in a pan with a lid. Trim the ends off the green beans and cut the beans into 3 equally sized pieces. Cook the green beans, covered, for 4 - 6 minutes until al dente. Then drain, rinse under cold water and set aside.



Step 2:

Chop the red onion. In a salad bowl, make a dressing of per person: ½ tbsp extra virgin olive oil, ½ tbsp white balsamic vinegar and 1 tsp mustard. Season the dressing with salt and pepper and mix with half of the chopped red onion.



Step 3:

Separate 4 slices per person from the cucumber, for the sandwich. Cut the remaining cucumber into dices and mix with the dressing and red onion in the salad bowl. Heat the bread roll in the oven for 6 - 8 minutes.



Step 4:

Finely chop the dill. In a bowl, mix the pulled salmon with the mayonnaise, the remaining red onion and the dill. Season to taste with salt and pepper.



Step 5:

Toss the mixed leaves with the dressing. Also add the green beans.



Step 6:

Top the bread rolls with the salmon salad and the cucumber slices. Transfer the sandwiches to plates and serve with the green bean salad.

Enjoy!



Stir Fry with Steak Strips & Noodles

with courgette, pepper and cashews

Nice & Fast Calorie Smart

Total time: 25 min. • Based on 2 servings



Garlic



Fresh ginger



Red chili pepper



Soy sauce



East Asian-style sauce



Steak strips



Courgette



Bell pepper



Scallion



Ground paprika



Noodles



Chopped cashews



Gomashio



Carrot

A fresh start

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.

Equipment

Grater, pan with lid, wok or sauté pan, bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	½	1	1½	2	2½	3
Fresh ginger* (cm)	1	2	3	4	5	6
Red chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
East Asian-style sauce (packet(s)) 11) 13) 15)	1	2	3	4	5	6
Steak strips* (g)	100	200	300	400	500	600
Courgette* (pcs)	½	1	1½	2	2½	3
Bell pepper* (pcs)	½	1	1½	2	2½	3
Scallion* (pcs)	2	4	6	8	10	12
Ground paprika (packet(s))	½	1	1½	2	2½	3
Noodles (g) 13) 15)	50	100	150	200	250	300
Chopped cashews (g) 25) 60) 61) 62)	10	20	30	40	50	60
Gomashio (packet(s)) 3)	½	1	1½	2	2½	3
Carrot* (pcs)	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2643 /632	506 /121
Total fat (g)	23	4
Of which: saturated (g)	4,6	0,9
Carbohydrates (g)	69	13
Of which: sugars (g)	24,1	4,6
Fibre (g)	9	2
Protein (g)	33	6
Salt (g)	3,9	0,8

Allergens

3) Sesame **11)** Soy **13)** Gluten **15)** Wheat **25)** Cashews
May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame



Step 1:

- Remove the steak strips from the fridge and allow to come to room temperature.
- Boil ample water in a pan with a lid for the noodles. Press or mince the garlic.
- Grate the ginger with a microplane.
- Remove the seeds from the red chili pepper and finely chop the pepper. In a bowl, mix the garlic, ginger, red chili pepper, soy sauce and East Asian sauce with the steak strips.



Step 3:

- Meanwhile, cook the noodles, covered, for 3 - 4 minutes in the pan with boiling water.
- Add the steak strips and the marinade to the vegetables and fry for 2 - 3 minutes.
- Then drain the noodles and add them to the pan.
- Mix the noodles, vegetables and steak strips well and cook for 1 more minute on high heat.



Step 2:

- Cut the courgette in half lengthways and cut into thin crescents.
- Cut the bell pepper into strips and the carrot into thin crescents.
- Finely chop the scallions and keep the white and green parts separate.
- Heat the sunflower oil in a wok or frying pan over medium-high heat.
- Fry the courgette, bell pepper, carrot, the whites of the scallions and the ground paprika for 6 - 8 minutes.
- Season to taste with salt and pepper.



Step 4:

- Serve on plates and garnish with the chopped cashews, the scallion greens and the gomashio.

Enjoy!



Tuna Potato Salad with Greek-style Cheese

with capers, green beans and fresh dill

Nice & Fast

Total time: 20 min. • Based on 2 servings



Baby potatoes



Green beans



Tuna in olive oil



Kumato



Fresh dill & bieslook



Red onion



Capers



Mayonnaise



Greek-style cheese

A fresh start

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.

Equipment

Salad bowl, pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	100	200	300	400	500	600
Tuna in olive oil (g) 4)	80	140	220	280	360	420
Kumato (pcs)	1	2	3	4	5	6
Fresh dill & bieslook* (g)	5	10	15	20	25	30
Red onion (pcs)	½	1	1½	2	2½	3
Capers* (g)	10	20	30	40	50	60
Mayonnaise* (g) 8) 9)	25	50	75	100	125	150
Greek-style cheese* (g) 7)	25	50	75	100	125	150
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2717 /649	439 /105
Total fat (g)	33	5
Of which: saturated (g)	6,5	1,1
Carbohydrates (g)	59	10
Of which: sugars (g)	7,9	1,3
Fibre (g)	11	2
Protein (g)	23	4
Salt (g)	2,1	0,3

Allergens

4) Fish 7) Milk 8) Egg 9) Mustard

May contain traces of:



Step 1:

- Boil ample water with a pinch of salt in a pan with a lid for the baby potatoes and the green beans.
- Wash the baby potatoes and cut them in half. Cut any large ones into quarters.
- Trim the ends off the green beans and cut the beans into 3 equally sized pieces.



Step 3:

- In a salad bowl, mix half of the fresh herbs, the red onion, capers, tuna, 1 tsp white wine vinegar per person, salt and pepper.
- Mix the baby potatoes, green beans, tomato and mayonnaise with the tuna in the salad bowl.
- Add some of the saved oil from the tuna to taste.



Step 2:

- Cook the baby potatoes in the pan with boiling water for 12 - 15 minutes, covered with the lid.
- Add the green beans for the final 5 minutes.
- Then drain and allow to set aside without the lid. In the meantime, drain the oil from the can of tuna and save the oil.
- Cut the tomato into wedges. Finely chop the dill and chives. Chop the red onion.



Step 4:

- Transfer the baby potato salad to plates.
- Crumble the cheese over the salad and garnish with the remaining chives and dill.

Enjoy!



Chicken in Fragrant Coconut Curry Sauce

over broccoli rice with quick-pickled cucumber

Calorie Smart

Total time: 30 min. • Based on 2 servings



Courgette



Cucumber



Garlic



Fresh ginger



Quick-cook brown rice



Broccoli rice



Chicken tenderloin



Fish sauce



Coconut milk

A fresh start

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.

Equipment

Grater, pan with lid, saute pan with lid, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (pcs)	½	1	1½	2	2½	3
Cucumber* (pcs)	⅓	⅔	1	1½	1½	2
Garlic (cloves)	½	1	1½	2	2½	3
Fresh ginger* (cm)	1	2	3	4	5	6
Quick-cook brown rice (g)	45	85	130	170	215	255
Broccoli rice* (g) 69	100	200	300	400	500	600
Chicken tenderloin* (g)	100	200	300	400	500	600
Fish sauce (ml) 4	5	10	15	20	25	30
Coconut milk (ml)	75	150	225	300	375	450
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2322 /555	409 /98
Total fat (g)	23	4
Of which: saturated (g)	13,6	2,4
Carbohydrates (g)	49	9
Of which: sugars (g)	13,9	2,4
Fibre (g)	6	1
Protein (g)	35	6
Salt (g)	1,8	0,3

Allergens

4) Fish
May contain traces of: 69) Celery



Step 1:

- Boil ample water in a pan with a lid for the brown rice and broccoli rice.
- Cut the courgette into 1 cm cubes.
- Cut the cucumber in half lengthwise and remove the seeds with a teaspoon. Then cut the cucumber into thin half moons.
- Press or mince the garlic and finely grate or chop the ginger.
- Cut the chicken tenders into chunks.



Step 3:

- In a salad bowl, mix a dressing of the white wine vinegar and the sugar.
- Add the cucumber and mix well, so the cucumber can absorb the dressing.
- Season with salt and pepper. Take the lid off the saute pan and add the fish sauce and coconut milk.
- Mix well and allow to cook gently for another 4 - 5 minutes.
- Season to taste with salt and pepper.



Step 2:

- Cook the brown rice in the pan with boiling water for 10 minutes, covered with the lid.
- Add the broccoli rice for the final 2 minutes.
- Then drain and set aside, covered with the lid. In the meantime, heat ½ tbsp olive oil per person in a saute pan with a lid on medium-high heat.
- Fry the garlic, ginger and courgette for 2 - 3 minutes.
- Then add the chicken tenderloins and fry for another 2 - 4 minutes, covered with the lid.



Step 4:

- Transfer the rice to plates and top with the aromatic coconut sauce and chicken.
- Serve with the cucumber salad on the side.

Enjoy!



Orzo with Baked Feta

with roasted pepper & tomato tapenade

Veggie

Total time: 30 min. • Based on 2 servings



Bell pepper



Courgette



Feta



Tomato tapenade



Rosemary-infused olive oil



Orzo



Fresh basil

A fresh start

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.

Equipment

Waterkoker, wok or saut/© pan with lid, baking dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (pcs)	1	2	3	4	5	6
Courgette* (pcs)	½	1	1½	2	2½	3
Feta* (g) 7)	75	150	225	300	375	450
Tomato tapenade* (g) 14) 69)	40	80	120	160	200	240
Rosemary-infused olive oil (ml)	4	8	12	16	20	24
Orzo (g) 13) 15) 67) 68) 70) 71)	85	170	250	335	420	505
Fresh basil* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Vegetable stock cube (pcs)	¼	½	¾	1	¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3340 /798	652 /156
Total fat (g)	38	7
Of which: saturated (g)	12,6	2,5
Carbohydrates (g)	82	16
Of which: sugars (g)	17,1	3,3
Fibre (g)	9	2
Protein (g)	29	6
Salt (g)	4,7	0,9

Allergens

7) Milk 13) Gluten 14) Sulphites 15) Wheat
May contain traces of: 67) Egg 68) Mustard 69) Celery 70) Soy 71) Lupin



Step 1:

- Preheat the oven to 200 degrees and boil 200ml of water per person in the kettle.
- Chop the pepper into small strips and then cut these in half.
- Halve the courgette lengthways and slice into crescents.
- Leave the feta whole and then spread 1 slab of feta per person with ½ tbsp tomato tapenade.



Step 2:

- Add the chopped pepper and courgette to an oven dish and toss with the balsamic vinegar, the olive oil with rosemary, ½ tbsp olive oil per person and some salt and pepper.
- Lay the feta in the middle of the oven dish on top of the vegetables and bake for 20 minutes in the oven.



Step 3:

- Heat a wok or frying pan with a lid attachment over medium-high heat, without oil.
- Toast the orzo in the pan for 1 minute, then pour in the boiled water from the kettle and crumble in ¼ of a stock cube per person.
- Reduce the heat and cook the orzo, covered, for 10 - 12 minutes over a low heat, stirring regularly and adding extra water if the orzo is getting too dry.



Step 4:

- In the meantime, cut the basil leaves into ribbons.
- Drain the orzo if necessary and then stir it into the roasted vegetables and feta in the oven dish, along with the tomato tapenade.
- Garnish with the fresh basil.

Enjoy!



Stamppot with Wild Boar Burger

with bell pepper, peas & onion jus

Family Calorie Smart

Total time: 30 min. • Based on 2 servings



All-purpose potatoes



Wild boar burgers



Peas



Carrot



Bell pepper



Red onion



Vadouvan

A fresh start

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.

Equipment

2x frying pan, aluminum foil, potato masher, stock pot or large pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
All-purpose potatoes (g)	200	400	600	800	1000	1200
Wild boar burgers* (pcs)	1	2	3	4	5	6
Peas* (g) 69	25	50	75	100	125	150
Carrot* (pcs)	½	1	1½	2	2½	3
Bell pepper* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	1	2	3	4	5	6
Vadouvan (sachets) 9)	¼	½	¾	1	1½	2
Not included						
Butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Milk	a splash					
Beef stock (ml)	200	300	400	500	700	800
Sugar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2822 /675	353 /84
Total fat (g)	31	4
Of which: saturated (g)	16,0	2,0
Carbohydrates (g)	65	8
Of which: sugars (g)	20,6	2,6
Fibre (g)	11	1
Protein (g)	27	3
Salt (g)	2,7	0,3

Allergens

9) Mustard
May contain traces of: 69) Celery



Step 1:

- Prepare the stock. Wash or peel the potatoes and carrots.
- Cut the potatoes into quarters and chop the carrot into 2 cm pieces.
- Dice the bell pepper and cut the onion into half rings.
- Place the potatoes and carrots in a large lidded pan with enough water to cover the vegetables.
- Bring to a boil and cook for 12 - 15 minutes. In the final 3 minutes, add the peas and bell pepper to boil with the vegetables.
- Drain and cover to keep everything warm.



Step 3:

- Heat ½ tbsp butter per person in another frying pan over medium-high heat.
- Fry the wild boar burger for 4 - 5 minutes per side or until done.
- Take from the pan and cover with aluminium foil to keep warm until serving.



Step 2:

- Heat ½ tbsp butter per person in a frying pan over medium-high heat.
- Add the red onion and fry for 3 - 4 minutes until golden brown.
- Add the stock along with per person: ½ tbsp sugar and ½ tsp mustard.
- Let everything simmer for 3 - 5 minutes.
- Remove from the heat and season to taste with salt and pepper.



Step 4:

- Mash the potatoes and vegetables and add ¼ tbsp butter and ½ tsp mustard per person.
- Also add 1 tsp vadouvan per person along with some salt and pepper.
- Serve the mash on plates and place the burgers on the side.
- Pour with the gravy.

Enjoy!