



Creamy Endive Orzotto

with ham & cheese

Calorie Smart Family

Total time: 35 - 45 min.



Onion



Garlic



Endive



Ham



Orzo



Cooking cream



Grated Gouda



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

Orzo means barley in Italian, but it is actually a variety of pasta. It gets its name from its shape, similar to that of a grain of barley.

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, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Endive* (unit(s))	1½	3	5	6	8	9
Ham* (slice(s))	4	8	12	16	20	24
Orzo (g)	75	150	225	300	375	450
Cooking cream (g)	50	100	150	200	250	300
Grated Gouda* (g)	25	50	75	100	125	150
From your pantry						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2644 / 632	385 / 92
Total fat (g)	25	4
of which saturated (g)	15,4	2,2
Carbohydrates (g)	67	10
of which sugars (g)	13,3	1,9
Fibre (g)	9	1
Protein (g)	31	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

Chop the **onion** and crush or **mince** the **garlic**. Cut off the base of the **endive** and discard. Cut the **endive** in half, then remove and discard the tough core. Chop the **endive** into thin strips and set aside a small amount to use later as garnish if preferred.

Did you know... 🌱 *endive is very nutritious; it's rich in calcium (for bones and teeth), potassium (for blood pressure and fibre (for gut health and immunity).*



2. Fry the endive

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 2 minutes, then stir in the rest of the **endive**. Cover with the lid and allow to stew for 8 - 10 minutes or until soft, stirring occasionally (see Tip).

Tip: if the endive is too bitter, stir in a light drizzle of honey as preferred.



3. Prepare the ham

Meanwhile, dice the **ham**. Heat a clean frying pan over medium-high heat and fry the **ham** for 7 - 9 minutes until evenly browned.



4. Make the orzotto

Transfer the **orzo** to the **endive** and mix well to combine, then stir in the **cream**. Pour in the water and crumble in the stock cube (see pantry for amounts). Mix well and allow to simmer gently for 10 - 12 minutes, covered. Stir every so often, adding some extra water if necessary so as to prevent the **orzo** from sticking to the pan.



5. Add the ham

Stir the **ham** into the **orzotto**, along with three quarters of the **cheese**. Mix well to combine and cook for 2 more minutes. Season to taste with salt and pepper.



6. Serve

Serve the **orzotto** on deep plates and garnish with the rest of the **grated cheese**. Top with the reserved **endive** as preferred.

Enjoy!



Shakshuka Potatoes with Garlic Bread

with Italian herbs & goat's cheese

Veggie

Total time: 45 - 55 min.



Potatoes



Garlic



Tomato



Italian seasoning



Chopped tomatoes with basil



Spinach



Fresh goat's cheese



Egg



White ciabatta



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

You can very easily experiment with shakshuka. For example, this Italian version is prepared with goat cheese and garlic bread.

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, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	¾	1	1½	1¾	2
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Fresh goat's cheese* (g)	25	50	75	100	125	150
Egg* (unit(s))	2	4	6	8	10	12
White ciabatta (unit(s))	1	2	3	4	5	6

From your pantry

Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3209 / 767	510 / 122
Total fat (g)	34	5
of which saturated (g)	10,2	1,6
Carbohydrates (g)	77	12
of which sugars (g)	13,7	2,2
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	4	0,6

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes**, then dice both these and the **tomatoes** into 1cm chunks. Crush or **mince** the **garlic**. Parboil the **potatoes** for 5-6 minutes, covered, then drain and set aside.



4. Poach the eggs

Make small, deep wells in the sauce for the **eggs** and crack one **egg** into each. Season the **eggs** with salt and pepper, then top with half of the **goat's cheese**. Allow the **eggs** to poach for 4 - 6 minutes, covered, then remove the lid and continue poaching for 2-4 minutes (see Tip).

Tip: the cooking time depends on your pan. Check the eggs regularly and cook for more or less time as preferred.



2. Make the sauce

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **Italian herbs** with half of the **garlic** for 30 seconds, then add the fresh **tomato**, the **chopped tomatoes** from the carton and the balsamic vinegar. Crumble in the stock cube. Mix well, then cover with the lid and allow to reduce gently for 5 - 7 minutes.



5. Make the garlic bread

In a small bowl, combine the rest of the **garlic** with a drizzle of olive oil. Cut open the **bread roll** and spread with the **garlic** oil, then transfer to a parchment-lined baking sheet. Bake in the oven for 10 minutes.



3. Finish the sauce

Add the **potatoes** and the **spinach** to the sauce. Mix well and allow the **spinach** to wilt and reduce (see Tip). Season to taste with salt and pepper. Crumble the **goat's cheese** in the meantime.

Tip: allow the sauce to reduce as much as possible; the eggs will poach more easily in a thicker sauce.



6. Serve

Serve the shakshuka on plates. Garnish with the rest of the **goat's cheese** and serve the **garlic bread** alongside.

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

Enjoy!



Hake over Parsnip Risotto with Basil Crème

with Gouda & a crisp apple salad

Total time: 35 - 45 min.



Garlic



Onion



Parsnip



Risotto rice



Lamb's lettuce



Grated aged Gouda



Basil crème



Apple



Skin-on hake fillet



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

Deep frying pan, kitchen paper, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Parsnip* (unit(s))	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Lamb's lettuce* (g)	20	40	60	80	100	120
Grated aged Gouda* (g)	15	25	40	50	65	75
Basil crème (ml)	10	15	20	24	35	39
Apple* (unit(s))	½	1	1	2	2	3
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Low sodium fish stock (ml)	300	600	900	1200	1500	1800
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3531 /844	446 /106
Total fat (g)	40	5
of which saturated (g)	15,1	1,9
Carbohydrates (g)	86	11
of which sugars (g)	17,2	2,2
Fibre (g)	16	2
Protein (g)	32	4
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

Prepare the stock. Crush or **mince** the **garlic** and slice the **onion** into half rings. Peel and thinly slice the **parsnip**. Heat a drizzle of olive oil with a knob of butter in a deep frying pan over medium heat. Fry the **onion** and **garlic** for 2 - 3 minutes, then add the **parsnip** and fry for another 2 - 3 minutes.



2. Make the risotto

Stir in the **risotto rice** and toast the grains for 1 minute, then deglaze with two thirds of the white wine vinegar. Pour in a third of the stock and allow to slowly 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.



3. Fry the hake

Pat the hake dry with kitchen paper and season with salt and pepper. Melt a knob of butter in a frying pan over medium-high heat and fry the hake for 2 - 3 minutes on its skin, then for a further 1 - 2 minutes on the other side. Core and dice the **apple** in the meantime. In a salad bowl, combine the **apple** and **lamb's lettuce** with the extra virgin olive oil and the rest of the white wine vinegar. Season to taste with salt and pepper.



4. Serve

Shortly before serving, stir the **cheese** and **basil crème** into the risotto and season to taste with salt and pepper. Serve the risotto on plates and top with the hake. Serve the salad alongside.

Did you know... 🌱 the hake in this recipe is high in iodine, which is important for the thyroid, metabolism and growth in children. If you don't eat very much bread or if you eat unsalted bread then you run the risk of having an iodine deficiency, so it's important to eat eggs, dairy, seaweed products and wild-caught fish.

Enjoy!



Chicken Breast in Creamy Mushroom Sauce

with rice, broccoli & gomashio

Calorie Smart Family Nice & Fast

Total time: 25 - 30 min.



Mushrooms



White long grain rice



Gomashio-herb mix



Chicken breast with Mediterranean herbs



Cooking cream



Onion



Broccoli



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

You'll give the chicken breast in this dish an original twist by seasoning it with gomashio-herb mix. This is a seasoning made from sesame seeds and green 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 deep frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	125	250	375	500	625	750
White long grain rice (g)	75	150	225	300	375	450
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Broccoli* (g)	100	200	360	400	560	600
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2904 /694	529 /126
Total fat (g)	28	5
of which saturated (g)	10,3	1,9
Carbohydrates (g)	70	13
of which sugars (g)	4,6	0,8
Fibre (g)	10	2
Protein (g)	38	7
Salt (g)	2,1	0,4

Allergens

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



1. Prepare

Boil plenty of water for the **rice** and **broccoli**. Quarter the **mushrooms** and chop the **onion**. Cut the head of the **broccoli** into florets and dice the stem.

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.



4. Make the sauce

To the **mushrooms**, add the **cream** and the **mustard**, then pour in the water and crumble in the stock cube (see pantry for amounts). Allow the sauce to reduce for 5 minutes (see Tip). Transfer the **chicken breast** to the sauce, then cover with the lid and allow to cook for a further 8 - 12 minutes.

Tip: stir the sauce regularly and taste as you go. If the sauce is too thin, increase the heat and remove the lid so as to allow the sauce to reduce further. If it is too thick, add an extra splash of water as needed.



2. Fry the mushrooms

Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** with the **mushrooms** for 4 - 6 minutes or until the **onion** is soft and translucent, stirring regularly (see Tip). Season to taste with salt and pepper.

Tip: mushrooms absorb a lot of liquid during cooking, therefore it may seem as if they are burning - but trust the process and refrain from adding extra oil.



5. Boil the rice and broccoli

Boil the **rice** for 5 - 6 minutes, covered, then add the **broccoli** and cook for a further 5 - 7 minutes. Drain and set aside.



3. Sear the chicken

Heat a drizzle of olive oil in a frying pan over medium-high heat. Sear the **chicken breast** for 3-5 minutes until evenly browned.



6. Serve

Serve the **rice** and **broccoli** on plates and garnish with the **gomashio-herb mix**. Top with the **chicken** and creamy **mushroom** sauce.

Enjoy!



Tempeh Stir-Fry in Spicy Ketjap Sauce

with potato wedges & vegetables

Calorie Smart Plant-based

Total time: 40 - 50 min.



Diced tempeh



Potatoes



Garlic



Onion



Green beans



Romano pepper



Surinamese-style spices



Ketjap manis



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

Bowl, 2x lidded deep frying pan, lidded pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Romano pepper* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Ketjap manis (ml)	15	30	40	55	70	85
From your pantry						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Sambal (tsp)	1½	3	4½	6	7½	9
Sunflower 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)	2736 /654	422 /101
Total fat (g)	24	4
of which saturated (g)	3,3	0,5
Carbohydrates (g)	77	12
of which sugars (g)	19,2	3
Fibre (g)	15	2
Protein (g)	27	4
Salt (g)	2,8	0,4

Allergens

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



1. Cut the vegetables

Slice the **onion** into half rings and crush or mince the **garlic**. Slice the **Romano pepper** into thin strips.



2. Fry the potatoes

Wash or peel the potatoes and cut into wedges. Heat a light drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the potato wedges for 20 minutes, covered, then remove the lid and add the Surinamese spices. Season to taste with salt and pepper, then fry for a further 10-15 minutes. Toss regularly, adding more sunflower oil as needed.



3. Boil the green beans

Discard the tips of the **green beans** and cut them in half. Boil a shallow layer of salted water in a pot or saucepan. Cook the **green beans** for 4 - 6 minutes until al dente, covered, then drain and rinse under cold water.



4. Fry the tempeh

Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. When the oil is nice and hot, fry the **tempeh** for 4 - 5 minutes, then remove from the pan and set aside.



5. Stir-fry the vegetables

In the same pan, fry the **onion** with the **garlic**, **green beans** and **Romano pepper** for 8 - 10 minutes. Add the **tempeh** back to the pan for the final 2 minutes, then stir in the ketjap and 1 tsp sambal per person. In the meantime, mix the mayonnaise with the rest of the sambal in a small bowl, then set aside until serving.



6. Serve

Serve the **potato** wedges with the **tempeh** and vegetables. Serve with the sambal mayonnaise alongside.

Did you know... 🌱 tempeh is a great source of calcium and iron; just 100g of tempeh contains as much calcium as one glass of milk, plus as much iron as 100g steak!

Enjoy!



Roasted Vegetable Lasagne

with mozzarella & Sicilian herbs

Veggie

Total time: 60 - 70 min.



Garlic



Eggplant



Courgette



Sicilian-style herb mix



Diced tomatoes with garlic & onion



Passata



Mozzarella



Fresh lasagne sheets



Grated Gouda



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

Today you will prepare an Italian lasagne with fresh lasagne sheets and lots of vegetables. This dish will be sure to please everyone.

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, large bowl, oven dish, lidded pot or saucepan, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Grated Gouda* (g)	15	25	40	50	65	75
From your pantry						
Olive oil (tbsp)	2¼	4½	6¾	9	11¼	13½
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3766 /900	517 /123
Total fat (g)	46	6
of which saturated (g)	15	2,1
Carbohydrates (g)	84	12
of which sugars (g)	23,7	3,3
Fibre (g)	11	2
Protein (g)	32	4
Salt (g)	3,3	0,5

Allergens

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



1. Prepare

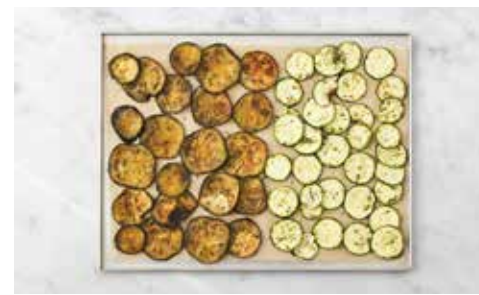
Boil plenty of water in a pot or saucepan and preheat the oven to 220°C. Crush or mince the **garlic**.



4. Cut the mozzarella

Tear or cut the **mozzarella** into smaller pieces. Blanch the **lasagne sheets** for 3 minutes (see Tip). Drain and rinse under cold water, then transfer to kitchen paper or a clean tea towel to dry. Drizzle with olive oil so as to prevent the **lasagne sheets** from sticking together.

Tip 🌱: *this recipe is high in calories. Are you watching your calorie intake? Use just two thirds of the lasagne sheets. You can keep the rest of them in the fridge to use tomorrow.*



2. Roast the vegetables

Slice the **eggplant** and **courgette** into 0.5cm thick rounds. In a large bowl, combine half of the Sicilian herbs with 1.5 tbsp olive oil per person. Season with salt and pepper, then add the sliced vegetables and toss well to combine. Transfer to a parchment-lined baking sheet and roast in the oven for 10-12 minutes.



5. Make the lasagne

Transfer a shallow layer of sauce to the oven dish, then top with a layer of the **lasagne sheets**. Press down so as to evenly distribute the sauce. Top with another layer of sauce and then with the roasted vegetables, then scatter over the **grated cheese**. Repeat until the vegetables and most of the sauce have been used, then finish the **lasagne** with the rest of the sauce and the **mozzarella**. Bake in the oven for 30 - 35 minutes.



3. Make the sauce

Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** with the rest of the Sicilian herbs for 1 - 2 minutes or until fragrant, then deglaze with the diced **tomatoes**, **passata**, balsamic vinegar and water (see pantry for amounts). Season to taste with salt and pepper, then cover with the lid and allow to reduce gently until the roasted vegetables are done.

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



6. Serve

Allow to rest for at least 3 minutes before serving (see Tip). Serve the **lasagne** on plates.

Tip: *this allows the lasagne to cool slightly and for the sauce to thicken.*

Enjoy!



Meatball Sandwich with Homemade Fries

with rainbow slaw, chili mayo & fried vegetables

Total time: 40 - 50 min.



Potatoes



Rainbow slaw mix



Onion



Sweet chili sauce



Beef-pork meatballs with Thai seasoning



Romano pepper



Fresh coriander



Hamburger bun with sesame seeds



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

Romano peppers have a particularly sweet flavour. They have a slightly thinner skin compared to the regular bell pepper, so you'll barely be able to notice it when eating 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

Parchment-lined baking sheet, 2x bowl, lidded deep frying pan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	150	300	450	600	750	900
Rainbow slaw mix* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	2	2	3	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Romano pepper* (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
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)	4109 / 982	672 / 161
Total fat (g)	57	9
of which saturated (g)	12	2
Carbohydrates (g)	82	13
of which sugars (g)	21,2	3,5
Fibre (g)	14	2
Protein (g)	32	5
Salt (g)	2,8	0,5

Allergens

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



1. Prepare

Preheat the oven to 220°C. Peel or wash the **potatoes** and cut into fries of 1cm thickness. Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake for 30-35 minutes, tossing halfway.



4. Fry the meatballs

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **meatballs** for 3 - 4 minutes until evenly browned. Stir in the vegetables and fry for 2 - 3 more minutes, then cover the pan and allow to stew for 4 - 5 minutes.

Did you know... 🌱 *onion is a good source of vitamin C, which aids with iron absorption.*



2. Make the slaw

Finely chop the **coriander**. In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the **slaw mix** and the **coriander**, then toss well to combine. Set aside until serving, stirring occasionally.



5. Assemble

Cut open the **hamburger bun** and spread with the **chili** mayo. Top with some of the slaw, the **meatballs** and the fried vegetables.



3. Chop the vegetables

Slice the **onion** and the **Romano pepper** into thin half-rings. In a small bowl, combine the **sweet chili sauce** with the mayonnaise (see Tip). Season to taste with salt and pepper.

Health tip 🌱 *this recipe is high in calories. If you're watching your calorie intake, use just half of the sweet chili sauce and mayonnaise.*



6. Serve

Serve the **burger** with the fries alongside. Serve the rest of the slaw and the **chili** mayo on the side.

Enjoy!



Eggplant Penne in Creamy Basil Sauce

with courgette, crema di balsamico & pecorino

Nice & Fast Veggie

Total time: 25 - 30 min.



Garlic



Penne



Grated Pecorino DOP



Eggplant



Courgette



Cooking cream



Fresh basil



Onion



Crema di balsamico



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

Unlike most vinegars, balsamic vinegar is made from grape must rather than wine, giving balsamic vinegar its sweet complex flavour.

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, tall container, pot or saucepan, salad bowl, immersion blender

Ingredients for 1-6 servings

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

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3268 /781	636 /152
Total fat (g)	32	6
of which saturated (g)	14,7	2,9
Carbohydrates (g)	91	18
of which sugars (g)	16	3,1
Fibre (g)	11	2
Protein (g)	25	5
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

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

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



2. Fry the vegetables

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



3. Make the basil cream

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



4. Serve

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

Enjoy!



Pork Escalope with Nectarine

with baby potatoes & radish-cucumber salad

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Baby potatoes



Pork escalope



Nectarine



Radish



Cucumber



Lamb's lettuce



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

The leaves of radishes are also edible, and they're actually very healthy! Rinse them well and add them to your bowl.

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 frying pan, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Pork escalope* (unit(s))	1	2	3	4	5	6
Nectarine* (unit(s))	½	1	1½	2	2½	3
Radish* (bunch)	½	1	2	2	3	3
Cucumber* (unit(s))	½	1	1	2	2	3
Lamb's lettuce* (g)	20	40	60	80	100	120
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2519 /602	354 /85
Total fat (g)	21	3
of which saturated (g)	10,1	1,4
Carbohydrates (g)	70	10
of which sugars (g)	19,5	2,7
Fibre (g)	13	2
Protein (g)	32	5
Salt (g)	1,1	0,2

Allergens

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



1. Prepare the baby potatoes

Cut any larger **baby potatoes** in half and leave the rest whole. Transfer to a pot or saucepan, then submerge with water and crumble in the stock cube (see pantry for amount). Boil the **baby potatoes** for 15 – 17 minutes, then drain and set aside.



2. Fry the pork escalope

Season the **pork escalope** with salt and pepper. Melt half of the butter in a frying pan over medium-high heat and fry the **pork escalope** for 5-7 minutes per side, turning regularly. Remove from the pan and allow to rest under aluminium foil until serving.



3. Chop the vegetables

Fry the **baby potatoes** for 2 minutes in the same frying pan. Quarter the **radishes** and thinly slice the **cucumber**. Cut the **nectarine** into wedges. Melt the rest of the butter in another frying pan over medium-high heat and fry the **nectarine** for 1 - 2 minutes per side (see Tip).

Tip: add extra butter if necessary and be sure not to fry the nectarine too long.



4. Serve

In a salad bowl, combine the mustard, honey, white wine vinegar and extra virgin olive oil, then season with salt and pepper. Add the **lettuce**, **cucumber** and **radish** and toss well to combine with the dressing. Season to taste with salt and pepper. Serve the salad, **baby potatoes** and **pork escalope** on plates. Serve the **nectarine** alongside.

Enjoy!



Mafaldine with Whipped Feta

with lemon, roasted vegetables & hazelnuts

Nice & Fast Veggie

Total time: 25 - 30 min.



Mafaldine



Kumato tomato



Courgette



Garlic



Lemon



Hazelnuts



Fresh flat leaf parsley



Za'atar



Cooking cream



Feta



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

Za'atar is the name of a fresh herb, but it's also a spice mixture. This mix consists of oregano, thyme and savoury spices. These are roasted and then mixed with sesame seeds and sumac.

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, tall container, immersion blender, pot or saucepan, zester

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Kumato tomato* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Hazelnuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Za'atar (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Feta* (g)	25	50	75	100	125	150

From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
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)	3745 /895	770 /184
Total fat (g)	50	10
of which saturated (g)	16,5	3,4
Carbohydrates (g)	83	17
of which sugars (g)	11,6	2,4
Fibre (g)	9	2
Protein (g)	23	5
Salt (g)	1,1	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Slice the **courgette** into crescents and halve the **kumato tomato**.



2. Roast the vegetables

Transfer the **courgette** and **kumato tomato** to a parchment-lined baking sheet. Drizzle generously with olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.



3. Boil the mafaldine

Boil the mafaldine for 7 - 9 minutes, then reserve some of the pasta water before draining and setting aside. Finely chop the **parsley** and crush or mince the **garlic**. Zest the **lemon** and then cut it into quarters. Roughly chop the hazelnuts.



4. Make the sauce

Transfer the **feta**, **cream**, extra virgin olive oil and **garlic** to a tall container, along with half of the **parsley** and (per person) half a teaspoon of **lemon** zest, the juice of a **lemon** wedge and half a tablespoon of water. Use an immersion blender to process into a smooth sauce and season to taste with salt and pepper.



5. Finish

Transfer the whipped **feta** to the mafaldine and mix well to combine, adding a splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.



6. Serve

Serve the mafaldine on plates and top with the roasted vegetables. Garnish with the hazelnuts and the **za'atar**, along with the rest of the **parsley** and **lemon** zest. Serve any remaining **lemon** wedges alongside.

Did you know... 🌿 *parsley is very high in iron; per gram it contains three times as much as steak, which means even the relatively small amount of parsley in this recipe contributes to a healthy iron intake.*



Tuna Potato Salad with Greek-Style Cheese

with capers, green beans and fresh dill

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Baby potatoes



Green beans



Tuna packed in olive oil



Tomato



Fresh dill & chives



Onion



Capers



Greek-style cheese



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

This Skipjack tuna by Fish Tales is caught with a fishing rod and line, which results in minimum bycatch. This means it has received the MSC hallmark for sustainable fishing.

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, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Green beans* (g)	75	150	270	300	420	450
Tuna packed in olive oil (can)	1	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh dill & chives* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
Capers (g)	10	20	30	40	50	60
Greek-style cheese* (g)	25	50	75	100	125	150
From your pantry						
White wine vinegar (tsp)	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)	2602 /622	491 /117
Total fat (g)	36	7
of which saturated (g)	8,5	1,6
Carbohydrates (g)	48	9
of which sugars (g)	7,3	1,4
Fibre (g)	12	2
Protein (g)	23	4
Salt (g)	2,4	0,4

Allergens

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



1. Prepare

Boil plenty of salted water in a pot or saucepan for the **baby potatoes** and **green beans**. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Discard the tips of the **green beans** and then cut into thirds.

Did you know... 🌱 green beans are high in potassium, which helps maintain healthy blood pressure. They're also a good source of iron and folic acid, which help keep us energised.



2. Boil the vegetables

Boil the **baby potatoes** for 10 minutes, then add the **green beans** and cook for 5 more minutes. Drain when finished and set aside. In the meantime, drain the **tuna**, reserving the oil to use later. Chop the **onion** and cut the **tomato** into wedges. Finely chop the **dill** and the **chives**.



3. Make the salad

In a salad bowl, mix half of the fresh herbs with the **onion**, **capers**, **tuna** and white wine vinegar. Season to taste with salt and pepper, then add the **baby potatoes**, **green beans**, **tomato**, mayonnaise and **tuna**. Mix well to combine, adding some of the reserved oil from the **tuna** as preferred.



4. Serve

Serve the **tuna potato** salad on plates. Crumble over the **Greek-style cheese** and garnish with the rest of the fresh herbs.

Did you know... 🌱 tuna packed in olive oil is not just delicious, it's also good for your health. Olive oil contains monounsaturated fatty acids and vitamin E, which help lower cholesterol and boost immunity.

Enjoy!



Lentils in Fragrant Green Curry Sauce

with naan, courgette & labneh sauce

Nice & Fast Veggie

Total time: 25 - 30 min.



Garlic



Onion



Fresh ginger



Green chili pepper



Courgette



Spinach



Coconut milk



Green curry spices



Naan bread with herbs



Labneh



Lime



Fresh coriander



Lentils



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

Labneh is a fresh cheese made from drained laban - a type of fermented milk (like buttermilk). Laban is also served on it's own as a cold drink.

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

Microplane, small bowl, sieve, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Courgette* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	200	200	300	300
Coconut milk (ml)	125	250	375	500	625	750
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Naan bread with herbs (unit(s))	1	2	3	4	5	6
Labneh* (g)	20	40	60	80	100	120
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	2½	5	7½	10	12½	15
Lentils (pack)	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock (ml)	75	150	225	300	375	450
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3339 / 798	476 / 114
Total fat (g)	38	5
of which saturated (g)	20,8	3
Carbohydrates (g)	81	12
of which sugars (g)	11,2	1,6
Fibre (g)	15	2
Protein (g)	24	3
Salt (g)	3	0,4

Allergens

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

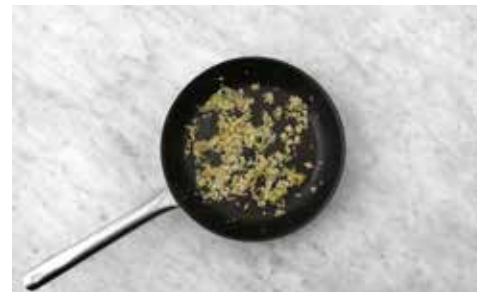


1. Prepare

Preheat the oven to 200°C (see Tip). Prepare the stock. Chop the **onion** and crush or mince the **garlic**. Deseed and finely chop the **green chili pepper*** and finely grate the **ginger**.

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

Tip: you'll bake the naan bread in the oven later, but you can also use a grill or toaster if preferred.



2. Fry the aromatics

Dice the **courgette**. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **onion** with the **garlic**, **green chili pepper** and **ginger** for 1 - 2 minutes, then add the **courgette** and fry for 3 - 4 minutes. Add the **green curry spices** and fry for 1 more minute.



3. Bake the naan

Drain the lentils in the meantime. Bake the naan for 3 - 4 minutes.



4. Make the curry

Meanwhile, add the stock, lentils and **coconut milk** to the frying pan and cook for 2 - 3 minutes. Roughly chop the **coriander** and cut the **lime** into wedges.

Did you know... 🌱 lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.



5. Make the sauce

Stir the **spinach** into the curry and allow it to wilt and reduce. Mix well and season to taste with salt and pepper. In a small bowl, combine the **coriander** with the **labneh** and squeeze in some **lime** juice as preferred.



6. Serve

Serve the lentil curry on plates with the naan alongside. Top the curry with the **labneh** sauce and serve with any remaining **lime wedges**.

Enjoy!



Veggie No-Chicken Bulgur Bowl

with cranberries, yogurt sauce & courgette

Nice & Fast Veggie

Total time: 15 - 20 min.



Bulgur



Veggie chicken pieces



Pre-cut onion & garlic



Courgette



Tomato



Fresh flat leaf parsley & mint



Dried cranberries



Organic full-fat yogurt



Middle Eastern spice mix



Salted almonds



Lemon



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

While almonds are often confused with nuts, they're actually seeds of the almond tree (*prunus dulcis*). This makes almonds part of the stone fruit family, just like peaches and apricots!

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, salad bowl, small bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Veggie chicken pieces* (g)	80	160	240	320	400	480
Pre-cut onion & garlic* (g)	20	40	40	80	80	120
Courgette* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Dried cranberries (g)	20	40	60	80	100	120
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Salted almonds (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Honey (tbsp)	1	2	3	4	5	6
Water (ml)	150	300	450	600	750	900
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3410 / 815	528 / 126
Total fat (g)	28	4
of which saturated (g)	4,9	0,8
Carbohydrates (g)	97	15
of which sugars (g)	34,9	5,4
Fibre (g)	20	3
Protein (g)	35	5
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

Boil the water in a pot or saucepan and crumble in the stock cube (see pantry for amounts). Cook the **bulgur** for 10 - 12 minutes over medium heat, covered. Fluff through the **bulgur** with a fork and then set aside. Meanwhile, slice the **courgette** into thin crescents. Dice the **tomato** and cut the **lemon** into eight wedges.



2. Make the sauce

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **courgette** with the **garlic** and **onion** for 8 - 10 minutes. Season to taste with salt and pepper. Finely chop the fresh herbs and transfer half to a small bowl. Add the **yogurt** and mix well to combine, seasoning to taste with salt and pepper. In a salad bowl, combine the **tomato** with the dried **cranberries** and the rest of the fresh herbs.



3. Fry the vegan chicken pieces

Heat a drizzle of olive oil in another frying pan over high heat and fry the **veggie chicken** for 4 minutes until evenly browned. Reduce the heat to medium-high and add the honey and **Middle Eastern spices**, then fry for 1 - 2 more minutes. Transfer the **bulgur** and **courgette** to the salad bowl and mix well to combine.



4. Serve

Add the juice of 1 **lemon** wedge per person and extra virgin olive oil as preferred, then season to taste with salt and pepper. Serve the **bulgur** in bowls and top with the **veggie chicken**. Drizzle with the **yogurt** sauce and garnish with the **almonds**. Serve with the rest of the **lemon** wedges alongside.

Enjoy!



Loaded Nachos with Beef & Cheddar

with black beans, tomato, coriander & lime

Nice & Fast

Total time: 15 - 20 min.



Onion



Mexican-style spices



Bell pepper



Passata



Grated cheddar



Lime



Fresh coriander



Beef mince with Mexican seasoning



Black beans



Beetroot tortilla chips



Tomato



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

Deep frying pan, oven dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	390	500	590
Grated cheddar* (g)	50	75	100	150	175	225
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Beef mince with Mexican seasoning* (g)	100	200	300	400	500	600
Black beans (pack)	¼	½	¾	1	1¼	1½
Beetroot tortilla chips (g)	50	100	150	200	250	300
Tomato (unit(s))	1	2	3	4	5	6
From your pantry						
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)	3473 / 830	582 / 139
Total fat (g)	49	8
of which saturated (g)	17,2	2,9
Carbohydrates (g)	53	9
of which sugars (g)	12,2	2
Fibre (g)	15	2
Protein (g)	39	6
Salt (g)	2,8	0,5

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. Slice the **onion** into half-rings. Heat a drizzle of olive oil in a frying pan over high heat and fry the **onion** for 2 minutes. Add the **beef mince** and the **Mexican-style spices*** and fry for 3 more minutes.

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



2. Make the sauce

Meanwhile, dice the **bell pepper** and stir it into the **beef**, then fry for another 3 minutes. Dice the **tomato**, then drain and rinse the **black beans**. Transfer both to the pan, along with the **passata**. Mix well and season to taste with salt and pepper.



3. Prepare the garnishes

Transfer the sauce to an oven dish and top with the **tortilla** chips and the **cheddar**. Bake in the oven for 3 - 5 minutes or until the **cheddar** has melted. Meanwhile, cut the **lime** into wedges and roughly chop the **coriander**.



4. Serve

Serve the nachos on plates. Garnish with the **coriander** and serve the **lime wedges** alongside.

Enjoy!



Sweet & Sticky Beef Meatballs

over herbed mash with green beans & onion

Calorie Smart Family Nice & Fast

Total time: 25 - 30 min.



Beef mince with Italian seasoning



Panko breadcrumbs



Potatoes



Onion



Green beans



Tomato ketchup



Soy sauce



Fresh flat leaf parsley & chives



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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	5	10	15	20	25	30
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	2	2	3	3
Green beans* (g)	150	300	400	600	700	900
Tomato ketchup* (g)	30	60	90	120	150	180
Soy sauce (ml)	5	10	15	20	25	30
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Honey (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2820 /674	445 /106
Total fat (g)	29	5
of which saturated (g)	12,1	1,9
Carbohydrates (g)	70	11
of which sugars (g)	20,8	3,3
Fibre (g)	17	3
Protein (g)	30	5
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 potatoes

Peel or thoroughly wash the **potatoes** and then cut them into rough pieces. Transfer the **potatoes** to a pot or saucepan, submerge with water and crumble in the stock cube (see pantry for amount). Boil the **potatoes** for 12 - 15 minutes, then reserve a small amount of the cooking liquid before draining and setting aside. Meanwhile, discard the tips of the **green beans** and then cut in half. Finely chop the **onion**.



2. Make the meatballs

Transfer the **green beans** to a deep frying pan and submerge with water. Boil for 4 - 6 minutes, covered, then drain and return to the pan. In a bowl, combine the **mince** with the **panko** and then shape it into three **meatballs** per person. Melt a small knob of butter in a frying pan over high heat and fry the **meatballs** for 2 - 3 minutes or until evenly browned. Reduce the heat to medium, then add half of the **onion** and cover with the lid. Fry for 4 - 6 minutes.



3. Fry the vegetables

Drizzle the **green beans** with olive oil, then add the rest of the **onion** and fry for 3 - 4 minutes over medium heat. Season to taste with salt and pepper. Meanwhile, in a small bowl combine the ketchup with the **soy sauce**, honey and water (see pantry for amounts). Add the sauce to the **meatballs** and fry for 2 minutes, stirring regularly, then turn off the heat. Chop the fresh herbs in the meantime.



4. Serve

Mash the **potatoes** with a small knob of butter and some of the cooking liquid as preferred. Stir in the mustard and fresh herbs, then season to taste with salt and pepper. Serve the mash on plates with the vegetables and the **meatballs** alongside. Drizzle with the sauce from the frying pan to finish.

Did you know... 🌱 Green beans are high in potassium, which helps to maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which us feel more energetic.



Pork Sausages over Fragrant Tomato Couscous

with herbed yogurt sauce & vegetables

Total time: 30 - 40 min.



Pork sausage with tomato & rosemary



Middle Eastern spice mix



BBQ spice rub



Tomato paste



Wholewheat couscous



Fresh flat leaf parsley & mint



Organic full-fat yogurt



Garlic



Onion



Romano pepper



Carrot



Courgette



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

In this recipe, you'll use whole-wheat couscous. This contains plenty of fibre, meaning this recipe is both tasty and healthy!

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, lidded deep frying pan, frying pan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato paste (can)	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1	2	2	3
From your pantry						
Low sodium beef stock (ml)	175	350	525	700	875	1050
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)	3276 / 783	466 / 111
Total fat (g)	35	5
of which saturated (g)	10,1	1,4
Carbohydrates (g)	75	11
of which sugars (g)	17,9	2,5
Fibre (g)	14	2
Protein (g)	35	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. Prepare

Chop the **onion** and crush or mince the **garlic**. Cut the **Romano pepper** into thin strips. Dice the **carrot** and **courgette**. Prepare the stock.



4. Prepare the couscous

Add the **tomato paste**, the **BBQ spice rub*** and the **Middle Eastern spices**, mix well and fry for 1 minute. Add the stock and then stir in the **couscous**. Turn off the heat and cover with the lid, then allow to stand for 10 minutes. Season to taste with salt and pepper.

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



2. Fry the veggies

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** and **carrot** for 1 - 2 minutes, then add the **Romano pepper** and **courgette** and fry for 5 - 7 minutes.



5. Make the sauce

Meanwhile, finely chop the **fresh herbs** and transfer to a bowl. Add the **yogurt** and mix well to combine. Season to taste with salt and pepper, then set aside.



3. Fry the sausages

Meanwhile, heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **sausages** for 5 minutes, then add the **onion** and fry for 5-7 more minutes.



6. Serve

Serve the **couscous** on plates and top with the **sausages** and **onion**. Serve with the **yogurt** sauce.

Did you know... 🌱 *wholegrain couscous contains 5 times more vitamin B2 and 3 times more vitamin E than regular couscous.*

Enjoy!



Farmer's Sausage with Potato Wedges

with leek, carrot & dill mayo

Family

Total time: 40 - 50 min.



Farmer's sausage



Fresh dill



Carrot



Leek



Sicilian-style herb mix



Potatoes



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

You'll serve this dish with homemade dill mayonnaise, made with mayonnaise, dill, honey and mustard. This tastes great with the potatoes!

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 frying pan, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Fresh dill* (g)	2½	5	7½	10	12½	15
Carrot* (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
From your pantry						
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[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)	3418 / 817	551 / 132
Total fat (g)	52	8
of which saturated (g)	16,7	2,7
Carbohydrates (g)	58	9
of which sugars (g)	16,1	2,6
Fibre (g)	14	2
Protein (g)	25	4
Salt (g)	2,4	0,4

Allergens

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



1. Cook the potatoes

Peel the **potatoes** and cut into wedges. Heat a drizzle of sunflower oil in a frying pan over medium-high heat (see Tip). Fry the **potato wedges** for 20 minutes, covered, then remove the lid and add the **Sicilian herbs**. Fry for 10 - 15 more minutes until golden-brown and done, tossing regularly. Season to taste with salt and pepper.

Tip: use an extra pan if you're cooking for more than two people.



2. Cook the carrot

Meanwhile, slice the **carrot** and boil plenty of water in a pot or saucepan. Cook the **carrot** for 8-10 minutes until done, covered, then drain and set aside.



3. Fry the sausage

Melt a knob of butter in another frying pan over medium-high heat and fry the **sausage** for 2 - 3 minutes until evenly browned. Cover with the lid and fry for 8 - 10 minutes over medium heat, turning regularly.



4. Make the sauce

Meanwhile, finely chop the **dill**. In a small bowl, combine the mayonnaise with the honey and mustard, along with as much **dill** as preferred. Season to taste with salt and pepper.



5. Fry the vegetables

Cut the **leek** into half rings. Remove the **sausage** from the pan and set aside to keep warm until serving. Melt a knob of butter in the same pan over high heat and fry the **leek** for 3 - 4 minutes, then add the **carrot** and fry for 3 - 4 minutes. Season to taste with salt and pepper.



6. Serve

Serve the **sausage, potatoes** and vegetables on plates with the **dill** 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!



Chicken Gyros Bulgur Bowl

with yogurt sauce, fresh herbs & Romano beans

Calorie Smart Family Nice & Fast

Total time: 20 - 25 min.



Tomato



Carrot



Garlic



Romano beans



Fresh flat leaf parsley



Lime



Bulgur



Organic full-fat yogurt



Chicken gyros



Middle Eastern spice mix



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

Did you know that bulgur is made of wheat grains? First, they are steamed, then dried and finally cracked. This results in a whole grain product that's full of fibre, iron and B-vitamins.

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, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano beans* (g)	50	100	150	200	250	300
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Bulgur (g)	75	150	225	300	375	450
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Chicken gyros* (g)	100	200	300	400	500	600
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2828 /676	448 /107
Total fat (g)	30	5
of which saturated (g)	6	0,9
Carbohydrates (g)	62	10
of which sugars (g)	9,6	1,5
Fibre (g)	19	3
Protein (g)	32	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. Prepare

Prepare the stock. Dice the **tomato** and the **carrot**. Crush or mince the **garlic**. Cut the **Romano beans** into 1cm chunks. Roughly chop the **parsley** and cut the **lime** into wedges.

Did you know... 🌱 this recipe provides half the RDA of fibre, thanks to the bulgur as well as 200g of vegetables. Fibre is good for your gut health, immune system and energy levels, and helps you feel more satiated.



2. Fry the vegetables

Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the **garlic**, **Romano beans** and **carrot** for 3 - 4 minutes, then add the **bulgur** and fry for 1 minute. Pour in the stock and bring to the boil, then cover with the lid and cook for 8 - 10 minutes.



3. Fry the gyros

Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **chicken gyros** for 6 - 8 minutes. When the **bulgur** is done, add the **tomato**, two-thirds of the **Middle Eastern spices** and half of the **parsley**. Mix well and season to taste with salt and pepper.



4. Serve

Combine the **yogurt** with the extra virgin olive oil and the rest of the **Middle Eastern spices**, then season to taste with salt and pepper. Serve the **bulgur** on plates and top with the **chicken gyros**. Drizzle with the **yogurt** sauce and garnish with the rest of the **parsley**. Serve with the **lime wedges** alongside.

Enjoy!



Creamy Goat's Cheese Tart

with roasted pepper sauce & basil crème

Veggie

Total time: 50 - 60 min.



Bell pepper



Garlic



Onion



Fresh goat's cheese



Puff pastry



Passata



Basil crème



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

Did you know that fresh goat cheese is not only a great flavour booster, but also a perfect lower-salt alternative to hard cheeses like Gouda or Parmesan?

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Fresh goat's cheese* (g)	50	100	150	200	250	300
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Basil crème (ml)	10	15	24	30	39	45
From your pantry						
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
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)	3693/883	680/163
Total fat (g)	58	11
of which saturated (g)	29,9	5,5
Carbohydrates (g)	64	12
of which sugars (g)	14,6	2,7
Fibre (g)	9	2
Protein (g)	20	4
Salt (g)	2,6	0,4

Allergens

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



1. Prepare

Preheat the oven to 200°C and take the **puff pastry** out of the fridge. Dice half of the **bell pepper** and cut the other half into strips. Chop the **onion** and crush or mince the **garlic**.



2. Fry the pepper

Heat the olive oil in a deep frying pan over medium heat. Fry the **onion**, **garlic** and diced **bell pepper** for 8 - 10 minutes until soft.



3. Crumble the goat's cheese

Crumble the **goat's cheese** and spread out the **pastry** on a parchment-lined baking sheet.



4. Make the sauce

Deglaze the **bell pepper** with balsamic vinegar. Add the **passata** along with the sugar and 1 tbsp water per person. Mix well and simmer for 6 - 8 minutes, covered. Season to taste with salt and pepper.



5. Bake the tart

Spread the sauce over the **pastry** and top with the **bell pepper** strips. Bake the tart in the oven for 10 minutes, then top with the **goat's cheese**. Return to the oven for another 10 - 15 minutes, or until the **cheese** is golden-brown and the **pastry** is done.



6. Serve

Drizzle the **basil crème** over the tart, then cut into slices and serve.

Enjoy!



Goat's Cheese Salad with Balsamic Strawberry Dressing

with apple, beetroot & toasted walnuts

Veggie

Total time: 30 - 40 min.



Fresh goat's cheese



Chopped walnuts



Apple



Cucumber



Onion



Radicchio & iceberg lettuce



Wholegrain ciabatta



Strawberry sauce



Golden beetroot



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

Did you know that walnuts are the only nut that contains ALA? ALA is a plant-based omega-3 fatty acid that is good for your heart, blood vessels, and brain.

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 salad bowl, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh goat's cheese* (g)	60	125	200	250	325	375
Chopped walnuts (g)	10	20	30	40	50	60
Apple* (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	¾	1	1¼	2
Onion (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Strawberry sauce (ml)	15	30	45	60	75	90
Golden beetroot* (unit(s))	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin 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)	3330 / 796	603 / 144
Total fat (g)	48	9
of which saturated (g)	21,5	3,9
Carbohydrates (g)	58	10
of which sugars (g)	23,6	4,3
Fibre (g)	13	2
Protein (g)	25	5
Salt (g)	1,7	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the **beetroot**. Peel and dice the **beetroot** into 1cm chunks. Boil for 15 - 20 minutes or until done. Drain and set aside.



2. Bake the bread roll

Slice the **onion** into thin half rings. Dice the **cucumber**. Core and dice the **apple**. Bake the **bread roll** in the oven for 6 - 8 minutes.



3. Toast the walnuts

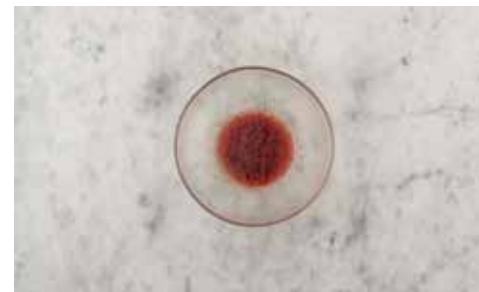
Heat a clean frying pan over medium-high heat and toast the **walnuts** for 1 - 2 minutes or until golden-brown. Remove from the pan and set aside.



4. Fry the apple

Melt the butter in the same pan and fry the **onion** with the **apple** for 3 - 4 minutes over medium-high heat (see Tip).

Tip: keep an eye on the pan and add extra butter if necessary to prevent the apple from sticking to the pan.



5. Make the dressing

In a large salad bowl, combine the **strawberry sauce** with the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper. Shortly before serving, add the **lettuce** and **cucumber** to the salad bowl. Toss well to combine with the dressing.



6. Serve

Serve the salad on plates and top with the **beetroot**, **apple** and **onion**. Crumble over the **goat's cheese** and garnish with the **walnuts**. Serve the **bread** alongside.

Did you know... 🌱 if you enjoy seasonal vegetables, then you can't go wrong with beetroot. Grown locally throughout the year, it's an excellent source of potassium and folic acid, making it a healthy choice as well as a sustainable one.



Chicken Sausages with Carrot Mash

with broccoli, ketjap jus & gomashio

Calorie Smart Family

Total time: 35 - 45 min.



Potatoes



Carrot



Onion



Chicken sausage



Broccoli



Ketjap manis



Gomashio-herb mix



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 frying pan, 2x pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Broccoli* (g)	100	200	360	500	560	700
Ketjap manis (ml)	10	20	30	40	50	60
Gomashio-herb mix (sachet(s))	¼	½	¾	1	1¼	1½

From your pantry

Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Mustard (tbsp)	¾	1½	2¼	3	3¾	4½
Water (ml)	60	120	180	240	300	360

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2423 / 579	360 / 86
Total fat (g)	27	4
of which saturated (g)	11,9	1,8
Carbohydrates (g)	52	8
of which sugars (g)	11,3	1,7
Fibre (g)	18	3
Protein (g)	28	4
Salt (g)	2,9	0,4

Allergens

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



1. Boil the vegetables

Wash or peel the **potatoes** and **carrots**, then cut into rough pieces. Transfer to a pot or saucepan and cover with water, then boil for 12 - 15 minutes. Reserve some of the cooking liquid when finished, then drain and set aside.



4. Make the jus

Add the ketjap and butter to the **sausages** along with 0.5 tbsp mustard per person. Crumble in the stock cube and mix well, then deglaze with the water (see pantry for amounts). Set the heat to low and allow to reduce until serving.



2. Fry the sausages

Slice the **onion** into half rings. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **sausages** for 2 - 3 minutes until evenly browned. Add the **onion** and fry for 4 - 6 more minutes or until the **sausages** are done, turning regularly.



5. Mash the vegetables

Mash the **potatoes** and **carrots** with the rest of the mustard and a splash of milk or the reserved cooking liquid. Season to taste with salt and pepper.



3. Boil the broccoli

Boil plenty of salted water in a pot or saucepan. Cut the head of the **broccoli** into florets and dice the stem, then boil for 5 - 7 minutes. Drain and season with salt and pepper, then set aside.

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



6. Serve

Serve the **carrot** mash and the **broccoli** on plates. Garnish with the **gomashio-herb mix** and serve the **sausages** alongside. Pour over the ketjap jus to finish.

Enjoy!



Mediterranean-Style Scrambled Eggs

with Greek-style cheese & potato wedges

Family Veggie

Total time: 40 - 50 min.



Potatoes



Cucumber



Tomato



Scallions



Mesclun



Egg



Greek-style cheese



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

Scrambled eggs for dinner? Why not? This vitamin-rich dish can be used as a tasty base for any meal.

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, salad bowl, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (unit(s))	½	1	1¾	2	2¾	3
Tomato (unit(s))	1½	3	4	6	7	9
Scallions* (bunch)	¼	¼	½	½	¾	¾
Mesclun* (g)	20	40	60	80	100	120
Egg* (unit(s))	2	4	6	8	10	12
Greek-style cheese* (g)	50	100	150	200	250	300

From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3

[Plant-based] mayonnaise to taste

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3113 / 744	423 / 101
Total fat (g)	43	6
of which saturated (g)	17,5	2,4
Carbohydrates (g)	55	8
of which sugars (g)	7,5	1
Fibre (g)	11	1
Protein (g)	32	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. Fry the potatoes

Peel or thoroughly wash the **potatoes** and then cut into wedges. Heat the sunflower oil in a wok or deep frying pan over medium-high heat and fry the **potatoes** for 20 minutes, covered. Remove the lid and fry for a further 5 - 10 minutes. Toss regularly, seasoning to taste with salt and pepper.



2. Chop the vegetables

In the meantime, slice the **cucumber** into crescents and finely chop the **scallions**. Dice the **tomato** and crumble the **Greek-style cheese**.

Did you know... 🥦 this recipe provides over 300g of vegetables!



3. Make the salad

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar. Season to taste with salt and pepper, then add the **cucumber** and the **mesclun**, along with half each of the **Greek-style cheese** and **tomato**.



4. Fry the vegetables

Melt the butter in a frying pan over medium-high heat and fry the **scallions** with the rest of the **tomato** for 3 - 4 minutes.



5. Scramble the eggs

In a bowl, beat the **eggs** and season with salt and pepper. Transfer to the frying pan along with the rest of the **Greek-style cheese**, then scramble the **eggs** until done.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.



6. Serve

Serve the scrambled **eggs** on plates with the **potato** wedges, salad and mayonnaise.

Enjoy!



Veggie Burger with Blue Cheese

with balsamic pear salad & homemade fries

Veggie

Total time: 35 - 45 min.



Potatoes



Veggie burger from The Vegetarian Butcher



Hamburger bun with sesame seeds



Blue cheese cubes



Onion



Arugula



Pear



Carrot



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

Pears are both delicious and nutritious! They're packed with fibre, vitamin C, and potassium, which are good for your digestion, immune system and blood pressure.

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, deep frying pan, lidded frying pan, peeler or cheese slicer, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Veggie burger from The Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Blue cheese cubes* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1½	2	2½	3
Arugula* (g)	20	40	60	80	100	120
Pear* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3598 / 860	688 / 164
Total fat (g)	44	8
of which saturated (g)	17,5	3,3
Carbohydrates (g)	83	16
of which sugars (g)	23,4	4,5
Fibre (g)	15	3
Protein (g)	31	6
Salt (g)	2,7	0,5

Allergens

Always remember to check the ingredient label for the most



1. Make the fries

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and cut them into fries of no more than 1cm thickness. Transfer the fries to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25-30 minutes or until golden brown, tossing halfway.



4. Fry the burgers

When the fries have 10 more minutes, cut open the **bread buns** and bake in the oven for 4 - 6 minutes. Melt a knob of butter in a frying pan over medium-high heat. Fry the **burger** for 2 - 3 minutes per side or until evenly browned. Lower the heat, then top the **burgers** with half of the **blue cheese**. Cover with the lid and allow the **cheese** to melt for 1 minute.



2. Chop the vegetables

Peel and core the **pear**, then slice half and dice the rest. Slice the **onion** into half rings. Use a peeler or **cheese slicer** to shave the **carrot** into thin ribbons.

Did you know... 🍏 *not only are pears delicious, they're also an excellent source of fibre; just one pear provides a sixth of the RDA. They're a great addition to a meal or to enjoy on their own as a snack.*



5. Make the salad

Shortly before serving, transfer the **arugula** to the vegetables in the salad bowl, along with the diced **pear**, mustard, extra virgin olive oil and the rest of the balsamic vinegar. Toss well to combine, seasoning to taste with salt and pepper.



3. Fry the vegetables

Melt a knob of butter in a deep frying pan over medium-low heat. Fry the **onion** for 7 - 9 minutes. Increase the heat to medium-high, then add the **carrot** and fry for 1 more minute. Deglaze with the honey and half of the balsamic vinegar. Transfer the vegetables to a salad bowl and set aside to cool.



6. Serve

Top the **bread buns** with some mayonnaise, then add some of the salad. Top with the **pear** slices and the **burger**. Serve the rest of the salad alongside, garnished with the rest of the **blue cheese**. Serve the fries with mayonnaise as preferred.

Enjoy!



Falafel Flatbreads with Yogurt Sauce

with fresh herbs, eggplant & quick-pickled onion

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Wholewheat Lebanese flatbread



Falafel



Eggplant



Onion



Cucumber



Radicchio & romaine



Za'atar



Organic full-fat yogurt



Fresh flat leaf parsley & mint



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

These falafel are made from chickpeas and they're seasoned with cumin, garlic and coriander. They also contain iron, zinc and vitamin B12!

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, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat Lebanese flatbread (unit(s))	2	4	6	8	10	12
Falafel* (g)	75	150	225	300	375	450
Eggplant* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1	1	2	2
Radicchio & romaine* (g)	25	50	75	100	125	150
Za'atar (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3552 /849	629 /150
Total fat (g)	36	6
of which saturated (g)	5,7	1
Carbohydrates (g)	105	19
of which sugars (g)	19,9	3,5
Fibre (g)	13	2
Protein (g)	20	4
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

Preheat the oven to 180°C (see Tip). Slice the **onion** into half rings. Cut the **eggplant** into thin crescents. Cut the **cucumber** into 5cm batons.

Tip: you'll use the oven later to heat the flatbreads, but you can also do this in a frying pan instead. Warm each flatbread for 1 - 2 minutes per side over medium-high heat.



2. Fry the vegetables

In a small bowl, combine the white wine vinegar with the sugar, then add half of the **onion** (see Tip). Heat a generous drizzle of olive oil in a frying pan over medium-high heat and fry the **eggplant** for 4 minutes. Add the rest of the **onion** and fry for 2 more minutes, then add the honey and fry for another minute. Take the pan off the heat.

Tip: if you don't like raw onion, fry it with the eggplant instead.



3. Fry the falafel

Stir in the **za'atar** and season to taste with salt and pepper. Cover with the lid and then set aside to keep warm. Heat a drizzle of olive oil in a frying pan over high heat and fry the **falafel** for 2 - 4 minutes until evenly browned. Transfer the flatbreads to a parchment-lined baking sheet and bake in the oven for 2 - 3 minutes. If necessary, keep the flatbreads warm between two plates so as to prevent them from drying out.



4. Serve

Finely chop the fresh herbs and transfer to a bowl. Add the **yogurt**, the pickling liquid and the mayonnaise, then mix well to combine. Season to taste with salt and pepper. Top the flatbreads with the **lettuce**, **cucumber**, vegetables and **falafel**. Finish with the **yogurt** sauce and serve.

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

Enjoy!