



Sicilian-style Orzo with Chicken and Pecorino

with walnuts, raisins & broccoli

Nice & Fast Family

Total time: 25 min. • Based on 2 servings



Red onion



Garlic



Broccoli



Orzo



Raisins



Chopped walnuts



Chicken mince with Italian seasoning



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, saute pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (pcs)	0,5	1	1,5	2	2,5	3
Garlic (cloves)	1	2	3	4	5	6
Broccoli* (g)	180	360	540	720	900	1080
Orzo (g) 13) 15) 67) 68) 70) 71)	70	140	210	280	350	420
Raisins (g) 60) 61) 62)	10	15	25	30	40	45
Chopped walnuts (g) 24) 60) 61) 62)	10	20	30	40	50	60
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Grated Pecorino* (g) 7)	10	20	30	40	50	60
Italian seasoning (packet(s))	0,5	1	1,5	2	2,5	3
Not included						
Vegetable stock (ml)	500	1000	1500	2000	2500	3000
Olive oil (tbsp)	0,5	1	1,5	2	2,5	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2913 /696	422 /101
Total fat (g)	29	4
Of which: saturated (g)	7,1	1,0
Carbohydrates (g)	66	10
Of which: sugars (g)	12,3	1,8
Fibre (g)	11	2
Protein (g)	38	5
Salt (g)	4,4	0,6

Allergens

7) Milk **13)** Gluten **15)** Wheat **24)** Walnuts
May contain traces of: 60) Peanuts **61)** Nuts **62)** Sesame
67) Egg **68)** Mustard **70)** Soy **71)** Lupin



Step 1:

Prepare the stock in a lidded pan for the broccoli and orzo. Chop the red onion into half rings and crush or mince the garlic.



Step 2:

Cut the broccoli head into small florets and dice the stem.



Step 3:

Cook the orzo for 8 minutes in the pan with boiling water, covered with the lid. After 2 minutes, add the broccoli; then after 4 minutes, the raisins. Then drain and allow to steam off, uncovered.



Step 4:

In the meantime, heat the olive oil in a saute pan and saute the red onion, garlic and chopped walnuts for 2 minutes over a low heat. Add the minced chicken and continue cooking for 4 - 5 minutes over medium-high heat.



Step 5:

Add the broccoli, orzo, Italian herbs and most of the pecorino to the pan and cook for another 2 - 3 minutes over a high heat, seasoning with salt and pepper to taste.



Step 6:

Serve the orzo on plates and garnish with the remaining pecorino.

Enjoy!



Patatje Rendang

with coconut green beans

Total time: 45 min. • Based on 2 servings



Waxy potatoes



Green beans



Bell pepper



Coconut milk



Rendang



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

Baking sheet with baking paper, saute pan with lid, kitchen paper, bowl, frying pan, pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Waxy potatoes (g)	300	600	900	1200	1500	1800
Green beans* (g)	150	300	450	600	750	900
Bell pepper* (pcs)	0,5	1	1,5	2	2,5	3
Coconut milk (ml)	75	150	225	300	375	450
Rendang* (g) 7)	120	240	360	480	600	720
Dessicated coconut (g) 60) 61) 62)	5	10	15	20	25	30
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)	3529 /843	469 /112
Total fat (g)	43	6
Of which: saturated (g)	23,3	3,1
Carbohydrates (g)	79	11
Of which: sugars (g)	7,2	1,0
Fibre (g)	14	2
Protein (g)	28	4
Salt (g)	1,6	0,2

Allergens

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



Step 1:

Preheat the oven to 220 degrees. Thoroughly wash the potatoes and cut them into 0.5 - 1 cm thick fries. Pat dry the fries with kitchen paper. In a bowl, mix the fries with ½ tbsp sunflower oil per person and a large pinch of salt. Divide the fries over a baking sheet lined with baking paper and roast in the oven for 30 - 35 minutes. Turn when halfway done.



Step 2:

Trim the ends off the green beans and cut the beans into 3 equally sized pieces. Cut the bell pepper into thin strips. Add a layer of water to a pan with a lid. Add a pinch of salt and the green beans. Cover with the lid and bring to a boil; allow to cook for 8 - 10 minutes.



Step 3:

Heat ¼ tbsp sunflower oil in a saute pan on medium-high heat and fry the bell pepper for 4 - 6 minutes.



Step 4:

Add the coconut milk and rendang to the bell pepper. Reduce the heat to low and allow to stew softly for 10 - 12 minutes, covered with the lid.



Step 5:

Heat ¼ tbsp sunflower oil per person in a frying pan on medium-high heat. Add the green beans and grated coconut and fry for 3 - 4 minutes. Season with salt and pepper.



Step 6:

Transfer the fries to plates and place the rendang half on top and half next to the fries. Serve with the green beans.

Enjoy!



Chicken Meatballs in Fragrant Curry Sauce

over rice with Romano pepper and cashews

Calorie Smart

Total time: 40 min. • Based on 2 servings



Onion



Garlic



Fresh ginger



Scallion



Yellow carrot



Romano pepper



Jasmine rice



Chicken meatballs with Italian seasoning



Green curry spices



Dried galangal



Coconut milk



Fresh flat leaf parsley



Chopped cashews

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

Peeler, pan with lid, frying pan with lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	0,5	1	1,5	2	2,5	3
Garlic (cloves)	1	2	3	4	5	6
Fresh ginger* (cm)	1	2	3	4	5	6
Scallion* (pcs)	3	6	9	12	15	18
Yellow carrot* (pcs)	0,5	1	1,5	2	2,5	3
Romano pepper* (pcs)	0,5	1	1,5	2	2,5	3
Jasmine rice (g)	75	150	225	300	375	450
Chicken meatballs with Italian seasoning* (pcs)	3	6	9	12	15	18
Green curry spices (packet(s))	0,5	1	1,5	2	2,5	3
Dried galangal (packet(s))	0,5	1	1,5	2	2,5	3
Coconut milk (ml)	90	180	250	350	430	530
Fresh flat leaf parsley* (g 69)	2,5	5	7,5	10	12,5	15
Chopped cashews (g 25) 60) 61) 62)	10	20	30	40	50	60
Not included						
Sunflower oil (g)	0,5	1	1,5	2	2,5	3
Flour (tbsp)	0,5	1	1,5	2	2,5	3
Chicken stock cube (pcs)	0,25	0,5	0,75	1	1,25	1,5
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3488 /834	638 /153
Total fat (g)	38	7
Of which: saturated (g)	18,5	3,4
Carbohydrates (g)	87	16
Of which: sugars (g)	10,2	1,9
Fibre (g)	8	1
Protein (g)	32	6
Salt (g)	3,0	0,6

Allergens

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



Step 1:

Bring ample water to the boil in a pan with a lid for the rice. Mince the onion. Press or finely chop the garlic. Peel the ginger using a potato peeler. Cut the white and green part of the scallion into pieces of 2 - 3 cm. Cut the carrot into half slices. Halve the red pointed pepper lengthways, remove the seed pods and cut into strips widthways.



Step 2:

Cook the rice for 12 - 15 minutes. Drain and set aside until serving.



Step 3:

Heat ½ tbsp sunflower oil per person in a large frying pan with a lid over medium-high heat. Fry the onion, garlic, carrot and scallion for 2 - 3 minutes. Add the chicken meatballs to the pan and use a ladle or spatula to cut them in half. Next, add the green curry spices, dried galangal root and ½ tbsp flour per person. Crumble the chicken stock cube over the pan and fry for 2 minutes over medium-high heat while stirring. Deglaze with 50 ml water per person.



Step 4:

Add the pepper, the whole piece of ginger and the coconut milk to the frying pan with chicken meatballs. Bring to a boil, turn down the heat and let the curry simmer, covered, for 12 - 17 minutes. Season with salt and pepper.



Step 5:

Meanwhile, finely chop the parsley leaves.



Step 6:

Take the ginger piece out of the curry. Serve the Jasmine rice in deep plates. Scoop the curry on top of the rice. Garnish with parsley and chopped cashew.

Enjoy!



Veggie Schnitzel Sandwich

with kimchi mayo & fries

Veggie

Total time: 35 min. • Based on 2 servings



Biologische witte
demi-baguette



Vegetarian schnitzel



Scallion



Mayonnaise



Kimchisaus



Waxy potatoes



Carrot



Chopped
sweetheart cabbage



Sesame oil



Fresh ginger



Persian cucumber

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, grater, small bowl, salad bowl, frying pan, bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Biologische witte demi-baguette (pcs) 13) 15) 16) 18) 61) 62) 66) 70) 71) 72)	1	2	3	4	5	6
Vegetarian schnitzel* (pcs) 8) 13) 15)	1	2	3	4	5	6
Scallion* (pcs)	2	4	6	8	10	12
Mayonnaise* (g) 8) 9)	20	40	60	80	100	120
Kimchisaus (pot(s))	0,25	0,5	0,75	1	1,25	1,5
Waxy potatoes (g)	150	300	450	600	750	900
Carrot* (pcs)	0,5	1	1,5	2	2,5	3
Chopped sweetheart cabbage* (g)	50	100	150	200	250	300
Sesame oil (ml) 3)	5	10	15	20	25	30
Fresh ginger* (cm)	0,5	1	1,5	2	2,5	3
Persian cucumber* (pcs)	0,5	1	1,5	2	2,5	3
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	0,5	1	1,5	2	2,5	3
Olive oil (tbsp)	0,5	1	1,5	2	2,5	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3854 / 921	642 / 153
Total fat (g)	43	7
Of which: saturated (g)	4,9	0,8
Carbohydrates (g)	98	16
Of which: sugars (g)	14,5	2,4
Fibre (g)	13	2
Protein (g)	28	5
Salt (g)	2,4	0,4

Allergens

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



Step 1:

Preheat the oven to 220 degrees. Thoroughly wash or peel the potatoes and cut the into 1cm thick fries. Mix them in a bowl with ½ tbsp olive oil per person and some salt and pepper. Transfer them onto a parchment-lined baking tray and bake them in the oven for 25 - 35 minutes or until golden brown. Turn when halfway done.



Step 4:

Chop the scallions into thin rings and set aside the greens from the whites. Heat a frying pan over high heat with the sesame oil. Fry the scallions and precut cabbage for 2 - 3 minutes, then remove from the pan and set aside. Use the same pan to fry the vegetarian schnitzel in the next step.



Step 2:

Roughly grate the carrot and finely grate the ginger without peeling them. Chop the mini-cucumber in half lengthways and then slice into half-moons. In a bowl, mix per person: ½ tbsp sugar, 1 tbsp white wine vinegar and some salt and pepper. Add the grated carrot, ginger and cucumber to the bowl and toss. Chill in the refrigerator until serving.



Step 5:

Bake the bread rolls in the preheated oven for 6 - 8 minutes. Heat the same frying pan over medium-high heat and fry the schnitzel for 3 minutes per side.



Step 3:

In the meantime, mix the kimchi sauce with half of the mayonnaise in a small bowl. Cut open the bread rolls and spread them with the kimchi-mayonnaise.



Step 6:

Top the sandwiches with the fried scallions and cabbage and then place the schnitzel on top. Serve with the fries, salad and remaining mayonnaise.

Enjoy!



Sicilian-style Orzo with Chicken and Pecorino

with walnuts, raisins & broccoli

Nice & Fast Family

Total time: 25 min. • Based on 2 servings



Red onion



Garlic



Broccoli



Orzo



Raisins



Chopped walnuts



Chicken mince with Italian seasoning



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, saute pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red onion (pcs)	0,5	1	1,5	2	2,5	3
Garlic (cloves)	1	2	3	4	5	6
Broccoli* (g)	180	360	540	720	900	1080
Orzo (g) 13 15 67 68 70 71)	70	140	210	280	350	420
Raisins (packet(s)) 60 61 62)	0,25	0,50	0,75	1,00	1,25	1,50
Chopped walnuts (g) 24 60 61 62)	10	20	30	40	50	60
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Grated Pecorino* (g) 7)	10	20	30	40	50	60
Italian seasoning (packet(s))	0,5	1	1,5	2	2,5	3
Not included						
Vegetable stock (ml)	500	1000	1500	2000	2500	3000
Olive oil (tbsp)	0,5	1	1,5	2	2,5	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2913 /696	422 /101
Total fat (g)	29	4
Of which: saturated (g)	7,1	1,0
Carbohydrates (g)	66	10
Of which: sugars (g)	12,3	1,8
Fibre (g)	11	2
Protein (g)	38	5
Salt (g)	4,4	0,6

Allergens

7) Milk **13)** Gluten **15)** Wheat **24)** Walnuts
May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame **67)** Egg **68)** Mustard
70) Soy **71)** Lupin



Step 1:

- Prepare the stock in a lidded pan for the **broccoli** and **orzo**.
- Chop the **red onion** into half rings and crush or mince the **garlic**.



Step 2:

- Cook the **orzo** for 8 minutes in the pan with boiling water, covered with the lid.
- After 2 minutes, add the **broccoli**; then after 4 minutes, the **raisins**.
- Then drain and allow to steam off, uncovered.



Step 3:

- In the meantime, heat the **olive** oil in a saute pan and saute the **red onion**, **garlic** and **chopped walnuts** for 2 minutes over a low heat.
- Add the **minced chicken** and continue cooking for 4 - 5 minutes over medium-high heat.



Step 4:

- Serve the **orzo** on plates and garnish with the remaining **pecorino**.

Enjoy!



Hawaiian-style Chicken with Fresh Pineapple

over rice with stewed pepper

Calorie Smart

Total time: 30 min. • Based on 2 servings



Red chili pepper



Red onion



Garlic



Bell pepper



Tomato



Smoked paprika



Chicken breast



Biologisch wit rozenbroodje



Fresh curly parsley

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 with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (pcs)	0,25	0,5	0,75	1	1,25	1,5
Red onion (pcs)	0,5	1	1,5	2	2,5	3
Garlic (cloves)	0,5	1	1,5	2	2,5	3
Bell pepper* (pcs)	0,5	1	1,5	2	2,5	3
Tomato (pcs)	2	4	6	8	10	12
Smoked paprika (tsp)	0,25	0,5	0,75	1	1,25	1,5
Chicken breast* (pcs)	1	2	3	4	5	6
Biologisch wit rozenbroodje (pcs) 13) 15) 16) 61) 62) 66) 67) 70) 71) 72)	1	2	3	4	5	6
Fresh curly parsley* (g)	2,5	5	7,5	10	12,5	15
Not included						
Vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	0,5	1	1,5	2	2,5	3
Sugar (tsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2105 / 503	293 / 70
Total fat (g)	10	1
Of which: saturated (g)	1,9	0,3
Carbohydrates (g)	67	9
Of which: sugars (g)	16,0	2,2
Fibre (g)	7	1
Protein (g)	34	5
Salt (g)	3,5	0,5

Allergens

13) Gluten 15) Wheat 16) Barley
May contain traces of: 61) Nuts 62) Sesame 66) Milk 67) Egg 70) Soy 71) Lupin 72) Gluten



Step 1:

Preheat the oven to 200 degrees and bake the bread roll for 6 - 8 minutes. In the meantime, prepare the stock. Deseed the red chili pepper and chop the flesh and crush or mince the garlic. Give the red onion, bell pepper and tomato a rough chop.



Step 2:

Heat the olive oil in a soup pot with a lid attachment over medium-high heat. To the pot, add the smoked paprika,, the red onion, red chili pepper and garlic and saute for 3 - 4 minutes. Add the tomato and bell pepper and fry for a further 3 - 4 minutes, seasoning to taste with salt and pepper.



Step 3:

Add the stock to the soup pot and bring everything to the boil, before adding the chicken breast and covering the pot with the lid. Allow to cook gently for 8 - 10 minutes, covered. The chicken breast will poach simultaneously. Check that it is cooked and then remove the chicken breast from the soup, or allow to cook longer if necessary. In the meantime, roughly chop the curly parsley.



Step 4:

Add the sugar to the soup pot and season to taste with salt and pepper. Use an immersion blender to puree the vegetables into a soup, stopping when it reaches the desired texture. Place the soup pot over a low heat to keep it warm until serving.



Step 5:

Meanwhile, use your hands to shred the chicken breast into small pieces or use a knife and fork to pull the meat apart. Season to taste with salt and pepper.



Step 6:

Serve the soup in bowls and garnish with the shredded chicken breast and the parsley. Drizzle with extra virgin olive oil to taste and serve with the bread on the side.

Enjoy!



Pork Tenderloin with Mangetout

with carrot-potato mash and homemade jus

Calorie Smart Family

Total time: 35 min. • Based on 2 servings



Shallot



Garlic



Floury potatoes



Carrot



Pork tenderloin



Green beans

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

Saucepan, whisk, potato masher, frying pan, pan with lid, baking dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (pcs)	1	2	3	4	5	6
Garlic (cloves)	1	2	3	4	5	6
Floury potatoes (g)	150	300	450	600	750	900
Carrot* (pcs)	1	2	3	4	5	6
Pork tenderloin* (pcs)	1	2	3	4	5	6
Green beans* (g)	100	150	200	250	350	400
Not included						
Butter (tbsp)	2	4	6	8	10	12
Beef stock (ml)	125	250	375	500	625	750
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	0,5	1	1,5	2	2,5	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2557 /611	349 /83
Total fat (g)	28	4
Of which: saturated (g)	17,1	2,3
Carbohydrates (g)	50	7
Of which: sugars (g)	12,5	1,7
Fibre (g)	11	1
Protein (g)	34	5
Salt (g)	1,7	0,2

Allergens

May contain traces of: -



Step 1:

Take the pork tenderloin out of the refrigerator to allow it to return to room temperature before cooking. Preheat the oven to 200 degrees. Prepare the stock. Boil ample water in a pan with a lid. Chop the shallot and press or mince the garlic. Peel the potatoes or wash them thoroughly and cut into large pieces. Cut the carrot into 2 cm dices.



Step 2:

Cook the carrot for 20 minutes in the pan with boiling water. After 5 minutes, add the potatoes and season with salt and pepper. Make sure that the carrot and potatoes are completely under water. Drain when done, save a little bit of the cooking liquid and set aside uncovered.



Step 3:

Heat 1 tbsp butter per person in a frying pan on medium heat and fry the shallot and garlic for 3 - 4 minutes. Rub the pork tenderloin with salt and pepper. Take half of the shallot and garlic from the pan and set aside. Add the pork tenderloin to the same pan and fry for 3 - 4 minutes until brown all around. Transfer the pork to a baking dish and cook in the oven for 7 - 9 minutes. Take from the oven once done and cut into strips.



Step 4:

Turn the heat of the frying pan to high and deglaze the shallot and garlic with the stock and 1 tsp black balsamic vinegar per person. Season the gravy with pepper and ½ tsp mustard per person. Allow to cook for 4 - 6 minutes, or until it has reduced by half. Add 1 tbsp cold butter per person right before serving. Stir well with a whisk.



Step 5:

In a saucepan, boil a shallow layer of water with a pinch of salt for the green beans. Remove the tough ends of the beans and then cook them for 4 - 6 minutes. Then drain and rinse under cold water. Add the remaining shallot and garlic to the pan with carrot and potatoes. Use a potato masher to mash them into a puree. Optionally, add a little bit of cooking liquid to make the mash smoother. Season with salt and pepper.



Step 6:

Transfer the carrot puree to plates and place the pork tenderloin next to it. Serve with the green beans and the gravy.

Enjoy!



Hamburger with a Mexican-style Twist

with beetroot nachos and homemade guacamole

Premium

Total time: 30 min. • Based on 2 servings



Tomato



Red onion



Fresh coriander



Avocado



Garlic



Organic sour cream



Canned corn



Romano pepper



Bieten tortillachips



Malted grain bread



Sliced jalapeños



Grated mature cheese



Veal burger



Mexican-style spices

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, baking dish, 2x bowl

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (pcs)	1	2	3	4	5	6
Red onion (pcs)	0,5	1	1,5	2	2,5	3
Fresh coriander* (g)	2,5	5	7,5	10	12,5	15
Avocado (pcs)	0,5	1	1,5	2	2,5	3
Garlic (cloves)	0,5	1	1,5	2	2,5	3
Organic sour cream* (g) 7)	25	50	75	100	125	150
Canned corn (g)	40	80	120	140	200	220
Romano pepper* (pcs)	0,5	1	1,5	2	2,5	3
Bieten tortillachips (g)	50	100	150	200	250	300
Malted grain bread (pcs) 13) 15) 16) 18) 19) 61) 62) 66) 67) 70) 71) 72)	1	2	3	4	5	6
Sliced jalapeños* (g)	10	20	30	45	50	65
Grated mature cheese* (g) 7)	25	50	75	100	125	150
Veal burger* (pcs)	1	2	3	4	5	6
Mexican-style spices (tsp)	1,5	3	4,5	6	7,5	9
Not included						
Butter (tbsp)	0,5	1	1,5	2	2,5	3
Salt & pepper		to taste				
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4464 /1067	709 /170
Total fat (g)	56	9
Of which: saturated (g)	19,7	3,1
Carbohydrates (g)	86	14
Of which: sugars (g)	16,7	2,7
Fibre (g)	15	2
Protein (g)	46	7
Salt (g)	3,3	0,5

Allergens

7) Milk 13) Gluten 15) Wheat 16) Barley 18) Rye 19) Spelt (wheat)
May contain traces of: 61) Nuts 62) Sesame 66) Milk 67) Egg 70) Soy 71) Lupin 72) Gluten



Step 1:

Preheat the oven to 200 degrees. Halve the tomato, remove the seeds and dice the tomato. Chop the red onion and finely chop the coriander. In a bowl, mix the diced tomato, coriander and half of the red onion. Season to taste with salt and pepper.



Step 2:

Halve and pit the avocado and discard the peel. In a bowl, mash the avocado using a fork. Press or mince the garlic. Add half of the garlic and half of the sour cream to the avocado and mix well. Season to taste with salt and pepper.



Step 3:

Drain the corn. Remove the seeds from the pepper and cut the pepper into half rings. Set aside some of the pepper to use as topping for the burger.



Step 4:

Transfer the beetroot tortilla chips to a baking dish. Heat the chips in the oven together with the malted grain roll for 6 - 8 minutes. After 4 minutes, top the chips with the corn, the remaining red onion, the pointed pepper and half of the jalapeños. Garnish with half of the cheddar and heat in the oven for another 4 minutes.



Step 5:

Season the veal burger with the Mexican spices. Heat ½ tbsp butter per person in a frying pan with a lid on medium-high heat and fry the burger for 5 minutes per side, or until the burger is cooked. Sprinkle the remaining cheddar over the burgers for the final minutes and cover with the lid so as to allow the cheese to melt.



Step 6:

Cut open the malted grain rolls and place a burger onto each roll. Top with some of the guacamole, tomato salsa, the reserved pepper and the remaining jalapeños. Divide the sour cream over the nacho dish. Serve the nacho dish, the remaining tomato salsa and guacamole with the burger.

Enjoy!



Fillet of Salmon with Samphire and Fennel

with baby potatoes and lemon mayonnaise

Premium

Total time: 45 min. • Based on 2 servings



Baby potatoes



Red onion



Garlic



Fennel



Lemon



Fresh dill



Mayonnaise



Salmon fillet, skin-on



Samphire

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, 2x frying pan, small bowl, saut/© pan, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Red onion (pcs)	0,5	1	1,5	2	2,5	3
Garlic (cloves)	0,5	1	1,5	2	2,5	3
Fennel* (pcs)	0,75	1,5	2,25	3	3,75	4,5
Lemon (pcs)	0,25	0,5	0,75	1	1,25	1,5
Fresh dill* (g) 69)	2,5	5	7,5	10	12,5	15
Mayonnaise* (g) 8) 9)	25	50	75	100	125	150
Salmon fillet, skin-on* (pcs) 4)	1	2	3	4	5	6
Samphire* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	2,5	5	7,5	10	12,5	15
Butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	4806 /1149	698 /167
Total fat (g)	81	12
Of which: saturated (g)	17,1	2,5
Carbohydrates (g)	65	9
Of which: sugars (g)	5,9	0,9
Fibre (g)	9	1
Protein (g)	32	5
Salt (g)	1,0	0,2

Allergens

4) Fish 8) Egg 9) Mustard
May contain traces of: 69) Celery



Step 1:

Preheat the oven to 200 degrees. Wash the baby potatoes and cut them in half. Transfer the potatoes to an oven dish and mix with 1 tbsp olive oil per person. Season with salt and pepper. Roast in the oven for 25 - 35 minutes, turn the potatoes when halfway done.



Step 2:

In the meantime, chop the red onion and press or mince the garlic. Cut the fennel in half, then into quarters and remove the hard stalks and core. Finely chop the fennel. Heat the butter in a saute pan over medium-high heat and fry the onion for 2 - 3 minutes. Then add the fennel and continue cooking for 10 - 12 minutes till soft.



Step 3:

Deglaze with 3 tbsp water per person and leave to simmer until most of the moisture has evaporated. Add more water in case you prefer the fennel even softer. Juice the lemon and roughly chop the dill. In a small bowl, mix ½ tsp lemon juice per person with the mayonnaise.



Step 4:

Pat the salmon fillet dry with kitchen paper and rub it with salt and pepper. Heat 1 tbsp olive oil per person in a frying pan on medium-high heat and fry the salmon fillet for 2 - 3 minutes with the skin-side down. Reduce the heat, flip the salmon on its other side and fry for another 1 - 2 minutes.



Step 5:

Meanwhile, heat the remaining olive oil in a different frying pan and fry the garlic for 1 - 2 minutes. Add the samphire and fry for another 1 - 2 minutes.



Step 6:

Transfer the baby potatoes to plates, add the fennel next to it and place the salmon fillet on top of the fennel. Put the samphire on the salmon fillet and garnish the dish with the dill. Serve with the lemon mayonnaise.

Enjoy!



Surf & Turf with an Asian-style Twist

with quick-pickled cucumber and chili mayo

Feast

Total time: 45 min. • Based on 2 servings



Garlic



Scallion



Cucumber



Mayonnaise



Chicken tenderloin



Panko breadcrumbs



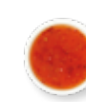
Jasmine rice



Pre-cut mushroom mix



East Asian-style sauce



Sweet chili sauce



Jumbo shrimp



Soy sauce



Gomashio

Equipment

2x frying pan, small bowl, skimmer, salad bowl, baking dish, deep plate, kitchen paper, bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	2	3	4	5	7	8
Scallion* (pcs)	2	4	6	8	10	12
Cucumber* (pcs)	0,25	0,5	0,75	1	1,25	1,5
Mayonnaise* (g) 8) 9)	25	50	75	100	125	150
Chicken tenderloin* (pcs)	1	2	3	4	5	6
Panko breadcrumbs (g) 13) 15)	25	50	75	100	125	150
Jasmine rice (g)	75	150	225	300	375	450
Pre-cut mushroom mix* (g)	87,5	175	262,5	350	437,5	525
East Asian-style sauce (packet(s)) 11) 13) 15)	0,5	1	1,5	2	2,5	3
Sweet chili sauce* (packet(s))	0,5	1	1,5	2	2,5	3
Jumbo shrimp* (g) 5)	130	260	390	520	650	780
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
Gomashio (packet(s)) 3)	0,5	1	1,5	2	2,5	3
Not included						
Sunflower oil (tbsp)	2	4	6	8	10	12
White wine vinegar (tbsp)	1,5	3	4,5	6	7,5	9
Sugar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	4517 / 1080	680 / 163
Total fat (g)	47	7
Of which: saturated (g)	5,4	0,8
Carbohydrates (g)	102	15
Of which: sugars (g)	21,6	3,3
Fibre (g)	5	1
Protein (g)	59	9
Salt (g)	4,6	0,7

Allergens

3) Sesame 5) Schaaldieren 8) Egg 9) Mustard 11) Soy 13) Gluten 15) Wheat
May contain traces of: -



Step 1:

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



Step 2:

In a bowl, combine ½ tbsp mayonnaise per person with salt and pepper. Fill a deep bowl with the panko breadcrumbs. Coat the chicken with the mayonnaise, then with the panko breadcrumbs. Cook the rice, covered, for 12 - 15 minutes in a pan with a lid. Drain if necessary and then stir in, per person, 1 tbsp white wine vinegar and ½ tbsp sugar. Cover and set aside until serving.



Step 3:

Create the marinade in an oven dish by combining the garlic with ½ tbsp per person each of sunflower oil and sweet chili sauce. Add the shrimp to the oven dish and combine well with the marinade, then bake in the oven for 8 - 10 minutes or until the shrimp are cooked. In a salad bowl, combine ½ tbsp per person each of white wine vinegar and sugar, then add the cucumber and set aside, tossing every so often so as to allow the flavours to absorb.



Step 4:

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



Step 5:

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



Step 6:

Serve the cucumber, fried mushrooms, shrimp, crunchy chicken and rice all in separate bowls. Garnish the shrimp with ⅓ of the reserved scallion greens. Pour the soy sauce over the rice and garnish with the gomashio and remaining scallion greens. Serve the chili-mayonnaise with the crispy chicken.

Enjoy!



Ketjap Duck Confit over Rice

with quick-pickled cucumber & radish salad

Global Cuisine

Total time: 30 min. • Based on 2 servings



Confit duck leg



Sesame seeds



Cucumber



Radish



Risotto rice



Easy peel orange



Munt, koriander
en Thai basil



Red chili pepper



Mixed leaves
of radicchio,
arugula & lettuce



Ketjap

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, baking dish

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Confit duck leg* (pcs)	1	2	3	4	5	6
Sesame seeds (g) 3) 60) 61)	5	10	15	20	25	30
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Radish* (bunch(es))	0,5	1	1,5	2	2,5	3
Risotto rice (g)	75	150	225	300	375	450
Easy peel orange (pcs)	0,5	1	1,5	2	2,5	3
Munt, koriander en Thai basil* (g)	5	10	15	20	25	30
Red chili pepper* (pcs)	0,25	0,5	0,75	1	1,25	1,5
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
Ketjap (tbsp) 11) 13) 15)	1	2	3	4	5	6
Not included						
Vegetable stock cube (pcs)	0,25	0,5	0,75	1	1,25	1,5
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	0,5	1	1,5	2	2,5	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3257 / 779	588 / 141
Total fat (g)	31	6
Of which: saturated (g)	8,3	1,5
Carbohydrates (g)	89	16
Of which: sugars (g)	27,4	5,0
Fibre (g)	6	1
Protein (g)	37	7
Salt (g)	4,9	0,9

Allergens

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



Step 1:

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid and crumble ¼ stock cube per person over it. Spread the confit duck leg 1 tsp the ketjap per person. Transfer to an oven dish, with the skin-side up, and sprinkle with sesame seed. Halve the cucumber lengthwise, remove the seeds and cut into thin half moons. Remove the greens from the radishes and cut the radishes into quarters.



Step 2:

Roast the duck leg in the oven for 20 - 22 minutes. Add the risotto rice to the pan with the lid and cook for 10 - 12 minutes, covered with the lid. Then drain and leave to steam dry without the lid. In a salad bowl, make a dressing of per person: 1 tbsp white wine vinegar and ½ tbsp sugar. Mix the radishes and cucumber with the dressing. Set aside and regularly stir.



Step 3:

Peel the orange and cut into thin slices.



Step 4:

Finely chop the coriander, mint and basil leaves. Remove the seeds from the red chili pepper and finely chop the pepper. Mix the chili pepper with the salad.



Step 5:

Right before serving, mix the mixed lettuce with the fresh herbs and the salad.



Step 6:

Transfer the salad to plates and serve with the rice next to it. Put the orange and duck leg on top of the salad.

Enjoy!