



# Loaded Nachos with Homemade Guacamole

with jalapeños and sour cream | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out! 

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Parchment-lined baking sheet, large bowl

## Ingredients

Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Roma tomato (unit(s))	1
Garlic (unit(s))	1
Organic sour cream* (g)	100
Grated Gouda* (g)	150
Tortilla chips (g)	300
From your pantry	
Salt & pepper	to taste
*store in the fridge	

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5615 /1342	964 /230
Total fat (g)	85	15
of which saturated (g)	24,2	4,2
Carbohydrates (g)	107	18
of which sugars (g)	10,2	1,8
Fibre (g)	15	3
Protein (g)	32	5
Salt (g)	3,5	0,6

## Allergens

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

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## Make the nachos

- Preheat the oven to 180°C. Slice the scallions into fine rings.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Top the chips evenly with the jalapeños\* and two-thirds of the scallions, then scatter over the cheese.
- Bake for 10 - 15 minutes or until cheese has melted.

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

## Prepare the guacamole

- Halve and pit the avocado, then dice the flesh and add it to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- Mash the avocado with a fork. Add the tomato, shallot and garlic.
- Squeeze the lime into the bowl. Mix everything together and season with salt and pepper.

## Serve

- Take the nachos out of the oven and serve directly on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions.
- Transfer the sour cream to a bowl.
- Serve the nachos with the sour cream and guacamole.

Enjoy!





# Vietnamese Spring Rolls with Chicken

with teriyaki sauce and fresh vegetables | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

### Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

### Utensils

Deep plate, grater, pot or saucepan, plate, small bowl, frying pan

### Ingredients

Rice paper (unit(s))	½
Carrot* (unit(s))	1
Persian cucumber* (unit(s))	1
Fresh coriander & mint* (g)	10
Chicken breast* (unit(s))	1
Teriyaki sauce (g)	25
Radicchio & iceberg lettuce* (g)	50
Peanut sauce* (g)	80
Sesame oil (ml)	10
Basmati rice (g)	75
From your pantry	
[Reduced salt] soy sauce (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
*store in the fridge	

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2230 /533	647 /155
Total fat (g)	18	5
of which saturated (g)	3	0,9
Carbohydrates (g)	73	21
of which sugars (g)	19,6	5,7
Fibre (g)	4	1
Protein (g)	22	6
Salt (g)	2,8	0,8

### Allergens

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

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### Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside in the same pan.
- Drizzle the rice with sunflower oil. Mix well to combine, then set aside until further use.
- Grate the carrot. Finely chop the herbs. Cut the cucumber into small strips.
- Cut the chicken into small cubes.

### Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the chicken and fry for 3 - 4 minutes.
- Add the teriyaki sauce and fry for another 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl. Mix with the soy sauce, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the rice sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

### Serve

- Place the chicken in the middle of the rice sheet, then top with some lettuce, carrot, cucumber, rice and fresh herbs.
- Fold the bottom of the rice sheet over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the peanut-soy sauce on the side.

### Enjoy!





# Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Parchment-lined baking sheet, large frying pan, small bowl

Ingredients

Red onion (unit(s))	2
Bell Pepper* (unit(s))	1
Chicken mince with Mexican seasoning* (g)	200
Mexican-style spices (sachet(s))	1
Tomato (unit(s))	2
Organic sour cream* (g)	50
Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2824 /675	580 /139
Total fat (g)	32	7
of which saturated (g)	20	4,1
Carbohydrates (g)	56	12
of which sugars (g)	10,5	2,2
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	3	0,6

Allergens

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



Make the filling

- Preheat the oven to 200°C.
- Slice the onion into half rings. Chop the bell pepper into strips.
- Heat the butter in a frying pan over medium-high heat, then fry the onion and bell pepper for 2 - 3 minutes.
- Add the mince and half of the Mexican-style spices\*, and fry for another 3 - 4 minutes, or until done. Season with salt and pepper.

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

Make the quesadillas

- In the meantime, thinly slice the tomato.
- Place the tortillas on a parchment-lined baking sheet and spread the veggie-mince filling over one half of each tortilla.
- Top with the grated cheese and 2 - 3 slices of tomato per tortilla, then fold the other side over the filling and press down so it doesn't open up again.
- Rub a little bit of olive oil over the top of each quesadilla.

Serve

- Put the quesadillas on the top shelf of the oven to bake for 5 - 7 minutes, until golden brown.
- In a small bowl, mix the sour cream with the rest of the Mexican-style spices.
- In the meantime, finely chop the rest of the slices of tomato, then mix these with the sour cream and season with salt and pepper to taste.
- Serve the quesadillas with the sour cream dip.

Enjoy!





# Meatballs in Tomato Sauce

with fresh flat-leaf parsley | to share

Appetizer

Total time: 15 - 20 min.



Tear me out!

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Frying pan

## Ingredients

Garlic (unit(s))	1
Fresh flat leaf parsley* (g)	10
Passata (g)	200
Ground paprika (tsp)	1½
Pork mince* (g)	300
From your pantry	
Olive oil (tbsp)	½
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1966 / 470	731 / 175
Total fat (g)	36	13
of which saturated (g)	13,7	5,1
Carbohydrates (g)	8	3
of which sugars (g)	4,7	1,7
Fibre (g)	2	1
Protein (g)	27	10
Salt (g)	2	0,7

## Allergens

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

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## Prepare

- Press or mince the garlic.
- Finely chop the parsley.
- Shape the mince into small meatballs.

## Fry the meatballs

- Heat a generous knob of butter in a frying pan over medium-high heat and fry the meatballs for 4 - 5 minutes.
- Remove the meatballs from the pan and set aside.
- In the same pan, heat a drizzle of olive oil over medium-high heat and fry the garlic for 1 minute.

## Make the tomato sauce

- Lower the heat and add the passata. Add the ground paprika and season with salt and pepper to taste.
- Simmer for 5 minutes so the sauce can thicken, then add the meatballs and simmer for another 5 minutes.
- Serve the meatballs and tomato sauce in a serving dish and garnish with the fresh parsley.

## Enjoy!





# Spicy Garlic Shrimp

with aioli, baguette & lemon | to share

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Oven dish

Ingredients

Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	2
Red chili pepper* (unit(s))	1
Lemon* (unit(s))	1
Aioli* (g)	50
Shrimp* (g)	360
White demi-baguette (unit(s))	2

From your pantry

[Plant-based] butter (tbsp)	¾
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2728 / 652	688 / 164
Total fat (g)	24	6
of which saturated (g)	4,8	1,2
Carbohydrates (g)	70	18
of which sugars (g)	3,2	0,8
Fibre (g)	6	1
Protein (g)	36	9
Salt (g)	3,2	0,8

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Finely chop the parsley stems, then roughly chop the leaves.
- Deseed and finely chop the red chili pepper\*.
- Crush or mince the garlic.

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

Cook the shrimp

- Transfer the shrimp to an oven dish along with the butter, parsley stems, chili pepper and garlic.
- Mix well to combine and season with salt and pepper.
- Bake the shrimp, with the baguettes alongside on the same oven rack, for 6 - 8 minutes or until the shrimp are done.

Serve

- Cut the lemon into wedges in the meantime.
- Transfer the shrimp to a serving dish and garnish with the parsley leaves.
- Serve immediately, with the baguettes, aioli and lemon wedges alongside.

Enjoy!





# Cheesy Garlic Bread

with homemade sour cream and scallion dip | to share

Appetizer

Total time: 20 - 25 min.



Tear me out!

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Parchment-lined baking sheet, microplane, two bowls

## Ingredients

White demi-baguette (unit(s))	2
Grated Gouda* (g)	100
Scallions* (bunch)	⅓
Garlic (unit(s))	2
Organic sour cream* (g)	200
Parmigiano Reggiano DOP* (g)	40
From your pantry	
[Plant-based] butter (g)	40
Salt & pepper	to taste
*store in the fridge	

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3640 / 870	1059 / 253
Total fat (g)	48	14
of which saturated (g)	31,1	9
Carbohydrates (g)	73	21
of which sugars (g)	2,6	0,8
Fibre (g)	5	1
Protein (g)	33	10
Salt (g)	3	0,9

## Allergens

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

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## Prepare

- Preheat the oven to 220°C.
- Take the butter out of the fridge.
- Finely slice the scallions and press or mince the garlic.
- Grate the Parmigiano Reggiano.

## Make the garlic butter

- Mix the garlic, butter, cheeses and the white part of the scallions together in a bowl. Season with salt and pepper to taste.
- In another bowl, mix the sour cream with the scallion greens. Season with salt and pepper to taste.

## Bake and serve

- Cut the baguettes in half.
- Spread the garlic butter over the bread.
- Place the bread on a parchment-lined baking sheet. Bake for 12 - 15 minutes, or until the bread is crunchy and the cheese has melted.
- Serve the baguettes with the sour cream and scallion dip.

## Enjoy!





# Serrano Ham Flammekueche

with dried dates & crema di balsamico | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Parchment-lined baking sheet, small bowl

Ingredients

Flammekueche* (unit(s))	2
Serrano ham* (g)	60
Shallot (unit(s))	1
Organic sour cream* (g)	100
Crema di balsamico (ml)	16
Red cherry tomatoes (g)	125
Arugula* (g)	40
Chopped dates (g)	40

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1937 /463	619 /148
Total fat (g)	10	3
of which saturated (g)	4,2	1,3
Carbohydrates (g)	69	22
of which sugars (g)	18,5	5,9
Fibre (g)	4	1
Protein (g)	21	7
Salt (g)	2,6	0,8

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Transfer the flammekueche to a parchment-lined baking sheet.
- In a small bowl, soak the dates in some water and set aside.
- Slice the shallot into half rings. Halve the cherry tomatoes.

Bake

- Spread the sour cream over the flammekueche and top with the shallot.
- Bake the flammekueche in the oven for 8 - 10 minutes until golden brown.
- Drain the dates, then add to the flammekueche during the final 2 minutes of cooking time.

Serve

- Slice the flammekueche and top with the Serrano ham.
- Garnish with the arugula and cherry tomatoes.
- Drizzle over the crema di balsamico and serve.

Enjoy!






# Baked Camembert

with baguette, onion chutney & walnuts | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Oven dish

Ingredients

Garlic (unit(s))	1
Fresh rosemary* (sprig)	1
Chopped walnuts (g)	20
Onion chutney* (g)	40
White demi-baguette (unit(s))	2
Camembert* (g)	240
From your pantry	
Extra virgin olive oil (tbsp)	½
Honey [or plant-based alternative] (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3293 / 787	1128 / 270
Total fat (g)	37	13
of which saturated (g)	19,2	6,6
Carbohydrates (g)	78	27
of which sugars (g)	11,2	3,8
Fibre (g)	5	2
Protein (g)	36	12
Salt (g)	3,4	1,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Take the Camembert out of its packaging and transfer to an oven dish.
- Use the tip of a knife to score a criss-cross diamond pattern over the surface of the Camembert, taking care to not cut all the way through (see Tip).
- Thinly slice the garlic and tear the rosemary leaves from the stalks.

Tip: make sure not to cut too far, otherwise the camembert will melt through the skin.

Garnish the Camembert

- Stuff the Camembert with the rosemary leaves and the slices of garlic.
- Top with the walnuts and drizzle with the extra virgin olive oil and the honey.
- Bake the baguettes for 8 - 10 minutes
- Bake the Camembert for the last 7 minutes.

Serve

- Slice the baguettes and serve alongside the camembert.
- Season the Camembert to taste with salt and pepper.
- Serve with the onion chutney.

Enjoy!





# Banana Bread

with walnuts & coconut | 10 slices

Baking

Total time: 60 - 70 min.



Tear me out! 

### Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

### Utensils

Baking paper, 25cm loaf tin, handheld mixer, large bowl, skewers, whisk

### Ingredients

Banana (unit(s))	3
Banana bread mix (g)	400
Desiccated coconut (g)	30
Chopped walnuts (g)	40
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6791 /1623	1415 /338
Total fat (g)	82	17
of which saturated (g)	19,7	4,1
Carbohydrates (g)	187	39
of which sugars (g)	101,1	21,1
Fibre (g)	9	2
Protein (g)	27	6
Salt (g)	3,1	0,6

### Allergens

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

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### Prepare

- Preheat the oven to 160°C.
- Mash up two of the bananas with a fork (see Tip). Cut the other banana in half lengthways and set aside.
- Grease a loaf tin or line it with parchment paper.

**Tip:** the bananas will ripen faster if you store them next to an avocado or wrap them in newspaper. If the bananas are still a bit too hard to mash by hand, you can always use a blender instead.

### Make the batter

- In a large bowl, mix the mashed banana with the banana bread mix, 100ml sunflower oil and 90ml water.
- Use an electric mixer or whisk to mix everything together until well combined.
- Add the chopped walnuts and two-thirds of the grated coconut and mix well.
- Pour the batter into the cake tin. Put the two halves of the other banana on top and gently press them into the batter a little bit, making sure they're still visible.

### Serve

- Put the banana bread in the oven and bake for 45 - 55 minutes.
- Check if the banana bread is done by piercing it with a skewer - if it comes out dry, then the banana bread is ready. Remove from the oven and leave it in the tin to cool down for 15 minutes.
- Garnish with the rest of the grated coconut and then cut into slices (see Tip).

**Tip:** if you're having a slice of banana bread the next day, quickly pop it in the oven or toaster to warm it up!

### Enjoy!





# Brownies with White Chocolate

with salted almonds | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Large bowl, handheld mixer, oven dish, parchment paper

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Salted almonds (g)	40
White chocolate chips (g)	100
From your pantry	
[Plant-based] butter (g)	40
Water (ml)	80

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5753 /1375	1653 /395
Total fat (g)	55	16
of which saturated (g)	26,2	7,5
Carbohydrates (g)	186	53
of which sugars (g)	124,6	35,8
Fibre (g)	8	2
Protein (g)	27	8
Salt (g)	5	1,4

Allergens

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



Prepare

- Take the butter out of the fridge, weigh it out and cut it into cubes. Leave to come up to room temperature.
- Preheat the oven to 180°C. Line a 20 x 20cm baking tin with baking paper (see Tip).
- Roughly chop the almonds.
- In a large bowl, combine the cake mix with 80ml water, the butter and 2 eggs.

Tip: if you don't have a baking tin at home, use a square oven dish instead.

Make the batter

- Keep mixing until the batter is smooth (see Tip).
- Add half of the almonds and half of the white chocolate chips and stir them through the batter.
- Pour the batter into the baking tin. Scatter the rest of the almonds and white chocolate over the top.
- Put the brownie in the oven for 20 - 25 minutes.

Tip: if you have a mixer or electric whisk, use this to mix the batter for about 4 minutes on a low setting.

Serve

- The brownie is done when you see cracks start to form on the surface.
- Take the brownie out of the oven and let it cool down for about 5 minutes (see Tip).
- Cut the brownie into about 9 pieces, then take them out of the baking tin one by one.

Tip: check if the brownie is done by sticking a skewer in it. It's fine if it's still a little bit sticky, but if the batter is very wet then put the brownie back in the oven for a few more minutes.

Enjoy!





# Carrot Cake Energy Bites

with dates, pecan nuts & pistachios | 16 pieces

Baking

Total time: 25 - 30 min.



Tear me out!

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Bowl, large bowl, microplane, saucepan, small saucepan, heatproof bowl

## Ingredients

Chopped dates (g)	80
Carrot* (unit(s))	1
Chopped pecans (g)	100
Ground cinnamon (tsp)	1½
White chocolate chips (g)	100
Raisins (g)	40
Oats (g)	150
Pistachio nuts (g)	20

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4979 / 1190	1683 / 402
Total fat (g)	64	22
of which saturated (g)	15,4	5,2
Carbohydrates (g)	128	43
of which sugars (g)	77,2	26,1
Fibre (g)	14	5
Protein (g)	22	7
Salt (g)	0,2	0,1

## Allergens

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

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## Prepare

- Boil plenty of water in a kettle or saucepan. Place the chopped dates and raisins in a bowl and pour the hot water over them.
- Allow to soak for 10 minutes and then drain. In the meantime, finely grate the carrot.
- Finely chop the raisins, dates and pecans, then put them in a large bowl (see Tip).

**Tip:** if you have an electric mixer, use that to mix all the ingredients together.

## Mix

- Add the carrot, oats and cinnamon to the large bowl.
- Mix everything together, then roll the mixture into small balls (see Tip).
- Bring plenty of water to a boil in a small saucepan.
- Put the chocolate chips in a heat-resistant glass bowl that is larger than the saucepan.

**Tip:** if the mixture is a bit too sticky, put it in the fridge to chill for a little bit. This will help the mixture to set and will make it easier to handle.

## Serve

- Place the bowl on top of the saucepan and allow the chocolate to melt, stirring continuously. Finely chop the pistachios.
- Dip the energy bites in the chocolate before sprinkling over the chopped pistachios (see Tip).
- Serve the energy balls on a serving platter.

**Tip:** the energy bites are quite sweet thanks to the dates and raisins, so feel free to leave out the chocolate if you're trying to cut down on sugar!

## Enjoy!





# Apple Crumble Squares

with blueberry jam and lemon | to share

Baking

Total time: 40 - 50 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Microplane, mixing bowl, oven dish, parchment paper, frying pan

Ingredients

Flour (g)	200
Egg* (unit(s))	1
Lemon* (unit(s))	½
Apple* (unit(s))	4
Unsalted butter* (g)	175
Ground cinnamon (tsp)	3
Salted pecans (g)	40
Blueberry jam (g)	45
Cane sugar (g)	150
From your pantry	
[Plant-based] butter (tbsp)	1
Salt	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	7460 /1783	1125 /269
Total fat (g)	97	15
of which saturated (g)	52,6	7,9
Carbohydrates (g)	203	31
of which sugars (g)	123,7	18,7
Fibre (g)	13	2
Protein (g)	20	3
Salt (g)	0,1	0

Allergens

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



Prepare

- Preheat the oven to 180°C. Remove the butter from the fridge and let it come up to room temperature.
- Line a 25cm square oven dish with parchment paper, leaving some of it hanging over the edges.
- Add the flour, 100g of cane sugar and a pinch of salt to a mixing bowl. Incorporate the butter and egg with your hands until the dough comes together.
- Add half of the dough to the oven dish and press flat into the base of the pan with your hands.

Make the filling

- Peel, core and dice the apple.
- Heat a generous knob of butter in a frying pan on medium-high heat and fry the apple for 5 - 8 minutes.
- Mix in the chopped pecans, cinnamon, a pinch of salt and 50g of sugar, and fry for another 2 - 3 minutes.
- Let the apple mixture cool for a few minutes, and then add it to the oven dish, layering it on top of the dough base.

Bake the crumble

- Spoon the blueberry jam over the apple layer and zest the lemon on top. Use your fingers to crumble over the rest of the dough as the final layer.
- Bake in the oven for 20 - 25 minutes.
- Let the crumble cool completely, then slice into squares and serve.

Enjoy!






# Oatmeal Cookies with Crunchy Pecans

with chocolate chips and banana | to share

Baking

Total time: 35 - 45 min.



Tear me out! 

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Parchment-lined baking sheet, large bowl

## Ingredients

Oats (g)	140
Egg* (unit(s))	1
Baking powder (g)	8
Ground cinnamon (tsp)	3
Chocolate chips (g)	75
Banana (unit(s))	2
Salted pecans (g)	40
From your pantry	
Honey [or plant-based alternative] (tbsp)	2
Salt (tsp)	¼

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3477 /831	1130 /270
Total fat (g)	36	12
of which saturated (g)	11,2	3,6
Carbohydrates (g)	101	33
of which sugars (g)	52	16,9
Fibre (g)	13	4
Protein (g)	18	6
Salt (g)	2,3	0,7

## Allergens

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

1



2



3



## Prepare

- Preheat the oven to 180°C.
- Peel and mash the banana in a large bowl.
- Add the egg, oats, baking powder, cinnamon, honey and salt to the bowl. Mix well to combine.
- Stir in the chocolate chips.

## Make the cookies

- Roll the mixture into balls, then flatten them slightly and place them in rows on a parchment-lined baking sheet.
- Make sure there is enough space between them by alternating the space between each row.
- Sprinkle the chopped pecans on top of each cookie.

## Bake and serve

- Bake the oatmeal cookies for 14 – 16 minutes. When removed from the oven, they should still be slightly soft.
- Allow the treats to cool down on the baking sheet for at least 30 minutes, then store them in an air-tight container (see Tip).

**Tip:** if the cookies have gone soft the next day, put them back in the oven at 160°C for 5 minutes.

## Enjoy!






# Homemade Peanut Butter and Chocolate Granola Mix

with dates, pecans and peanuts | 8 - 10 servings

Baking

Total time: 30 - 40 min.



Tear me out! 

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Parchment-lined baking sheet, large bowl

## Ingredients

Oats (g)	200
Chocolate chips (g)	100
Chopped dates (g)	40
Peanut butter (tub)	1
Chopped pecans (g)	50
Sunflower seeds (g)	40
Unsalted peanuts (g)	20
From your pantry	
Olive oil (tbsp)	2
Honey [or plant-based alternative] (tbsp)	5
Brown sugar (tbsp)	2
Salt (tsp)	¼

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5866 /1402	2005 /479
Total fat (g)	76	26
of which saturated (g)	18,2	6,2
Carbohydrates (g)	147	50
of which sugars (g)	81,1	27,7
Fibre (g)	16	6
Protein (g)	27	9
Salt (g)	0,7	0,2

## Allergens

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

1



2



3



## Prepare

- Preheat the oven to 160°C.
- Add the peanut butter, honey and olive oil to a large bowl. Mix well and add a pinch of salt.
- Add the oats, brown sugar, peanuts, pecans, sunflower seeds and dates to the bowl and mix to combine.

## Bake

- Transfer the granola to a parchment-lined baking sheet and spread it into an even layer.
- Bake in the oven for 20 - 25 minutes.
- Stir the granola every 5 - 10 minutes until it is toasted all around (see Tip).

*Tip: depending on your type of oven, it could take a little longer for the granola to bake. Keep an eye on it and check every 5 minutes!*

## Serve

- Remove the granola from the oven and allow to cool completely (see Tip).
- Mix in the chocolate chips.
- Store in an airtight container.

*Tip: once the granola has cooled down completely, it will be nice and crunchy!*

## Enjoy!



Smoothie box

Kick-start your day!

**1** American-Style Pancakes with Apple  
topped with Greek yogurt and honey

**2** Crackers Topped with Ham and Tomato

**3** Greek Yogurt Bowl with Blueberries & Chia Seeds

## American-Style Pancakes with Apple

**20 min.** topped with Greek yogurt and honey | 2 servings



### Utensils

Large frying pan, spatula, two bowls

### Ingredients for 2 servings

Flour (g)	200
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
Apple* (unit(s))	1
Organic Greek yogurt* (g)	150
From your pantry	
Sugar (tbsp)	1
Salt (tsp)	½
Honey [or plant-based alternative]	to taste
Sunflower oil (tbsp)	1

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2820 / 674	665 / 159
Total fat (g)	21	5
of which saturated (g)	7,4	1,7
Carbohydrates (g)	94	22
of which sugars (g)	17,1	4
Fiber (g)	6	1
Protein (g)	27	6
Salt (g)	3,4	0,8

### 1. Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy.
- In another bowl, add the flour, salt, sugar and 0.5 sachet baking powder.
- Using a spatula, fold the egg and buttermilk mixture into the flour.

### 2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

### 3. Prepare the topping

- Peel, core and dice the apple.

### 4. Serve

- Serve the pancakes on plates.
- Top with a dollop of Greek yogurt and scatter the apple over the pancakes.
- Drizzle with extra honey if preferred.

### Allergens

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

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



# Crackers Topped with Ham and Tomato

2 breakfast servings for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 4 servings

Crackers (unit(s))	12
Ham* (slice(s))	12
Cream cheese* (g)	100
Tomato (unit(s))	2
From your pantry	
Salt and pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	563 /135
Total fat (g)	7
of which saturated (g)	2,2
Carbohydrates (g)	3
of which sugars (g)	1,6
Fiber (g)	4
Protein (g)	6
Salt (g)	1

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

- Slice 1 tomato.
- Serve half of the crackers on plates and spread half of the cream cheese on them.
- Divide half of the ham over the crackers and top with the sliced tomato. Season with salt and pepper.
- Repeat this recipe for a second breakfast the next day.

# Greek Yogurt Bowl with Blueberries

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 4 servings

Organic Greek yogurt* (g)	500
Blueberries* (g)	125
Chia seeds (g)	20
From your pantry	

Honey [or plant-based alternative] to taste  
\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	538 /129
Total fat (g)	9
of which saturated (g)	4,9
Carbohydrates (g)	7
of which sugars (g)	2
Fiber (g)	2
Protein (g)	4
Salt (g)	0,2

- Serve 125g Greek yogurt per person in bowls.
- Top each bowl with a quarter each of the blueberries and chia seeds.
- Drizzle with honey to taste.
- Repeat the recipe for a second breakfast the next day.

Enjoy!






## Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Blender or an immersion blender with a tall container

Ingredients

Pomegranate* (unit(s))	2
Pineapple* (g)	200
Mango* (unit(s))	3
Organic low-fat quark* (ml)	500
Easy peel orange* (unit(s))	2
Coconut milk (ml)	250
Chia seeds (g)	10
From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3435 /821	321 /77
Total fat (g)	26	2
of which saturated (g)	19,6	1,8
Carbohydrates (g)	110	10
of which sugars (g)	96	9
Fibre (g)	14	1
Protein (g)	26	2
Salt (g)	0,3	0

Allergens

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



Mango & Pomegranate Smoothie

- Peel and dice 2 mangos.
- Roll 1 pomegranate over the countertop to release the seeds, then cut it open and scoop them out.
- Add the mango to a blender (or tall container, if you’re using an immersion blender), along with two-thirds of the pomegranate, 250g quark and honey to taste. Blend into a thick smoothie.
- Serve in two glasses and garnish with the rest of the pomegranate seeds.

Tropical Smoothie

- Peel and dice 1 mango.
- Peel the oranges and roughly chop or pull them apart into smaller pieces.
- Add the mango, orange and coconut milk to a blender (or tall container, if you’re using an immersion blender), then blend into a thick smoothie.
- Serve in two glasses and garnish with the chia seeds.

Pomegranate & Pineapple Smoothie

- Roll 1 pomegranate over the countertop to release the seeds, then cut it open and scoop them out.
- Add two-thirds of the pomegranate to a blender (or tall container, if you’re using an immersion blender), along with the pineapple, 250g quark and honey to taste. Blend into a thick smoothie.
- Serve in two glasses and garnish with the rest of the pomegranate seeds.

Enjoy!





# Tutti-Frutti Smoothie with Blueberries

with pineapple, orange and banana | 2 servings

Breakfast

Total time: 5 - 10 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

2x blender or an immersion blender with a tall container

Ingredients

Banana (unit(s))	1
Easy peel orange* (unit(s))	2
Pineapple* (g)	200
Blueberries* (g)	125
Organic semi-skimmed milk* (ml)	250

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1075 /257	237 /57
Total fat (g)	2	1
of which saturated (g)	1,3	0,3
Carbohydrates (g)	49	11
of which sugars (g)	37,2	8,2
Fibre (g)	4	1
Protein (g)	7	2
Salt (g)	0,1	0

Allergens

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



Slice

- Peel and slice 1 banana.
- Juice the orange into a blender (or a tall container, if you're using an immersion blender).

Blend

- Add the banana, pineapple, 250ml milk and 125g blueberries, setting aside a few blueberries to use as garnish.
- Blend into a thick smoothie.

Serve

- Pour the smoothie into two glasses and garnish with the blueberries.

Enjoy!





# Overnight Oats

apple & cinnamon | pistachio & blueberry | kiwi & coconut

Breakfast

Total time: 10 - 15 min.



Tear me out!

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Microplane, plastic wrap, small bowl, two bowls

## Ingredients

Organic semi-skimmed milk* (ml)	1000
Oats (g)	400
Organic Greek yogurt* (g)	150
Ground cinnamon (tsp)	3
Raisins (g)	10
Chopped walnuts (g)	10
Pistachio nuts (g)	10
Kiwi* (unit(s))	2
Desiccated coconut (g)	10
Apple* (unit(s))	1
Lime* (unit(s))	1
Blueberries* (g)	125
From your pantry	
Honey [or plant-based alternative]	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5623 / 1344	537 / 128
Total fat (g)	40	4
of which saturated (g)	15,7	1,5
Carbohydrates (g)	186	18
of which sugars (g)	37,6	3,6
Fibre (g)	21	2
Protein (g)	50	5
Salt (g)	0,7	0,1

## Allergens

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

1



2



3



## Option 1: Apple & Cinnamon (2 servings)

- In a bowl, mix the oatmeal with the milk and yogurt. Cover with plastic wrap, put it in the fridge and leave to soak for at least 6 hours, or overnight.
- Divide a third of the overnight oats between two bowls.
- Core and dice the apple. Mix two-thirds of the apple, the raisins and a pinch of cinnamon into the oats. Add some honey to taste.
- Garnish the oats with the rest of the apple and the chopped walnuts.

## Option 2: Pistachio & Blueberry (2 servings)

- Divide half of the blueberries between two bowls, then mash the blueberries up with a fork.
- Divide a third of the overnight oats between the bowls. Mix well with the mashed blueberries.
- If you have a sweet tooth, go ahead and add some honey to taste.
- Garnish the overnight oats with the pistachios and the rest of the blueberries.

## Option 3: Kiwi & Coconut (2 servings)

- Divide a third of the overnight oats between two bowls.
- Zest the lime. Cut the lime in half and juice it into a small bowl.
- Add 1 tbsp lime juice and a third of the grated coconut to each bowl and mix with the overnight oats.
- Slice the kiwi. Garnish the overnight oats with the kiwi and the rest of the grated coconut, then sprinkle over some lime zest to taste.

Enjoy!





# Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

## Ingredients

Organic Greek yogurt* (g)	1000
Blueberries* (g)	125
Apple* (unit(s))	2
Ground cinnamon (tsp)	3
Salted pecans (g)	20
Easy peel orange* (unit(s))	1
Cranberry & walnut mix (g)	60
Desiccated coconut (g)	40

### From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4887 / 1168	592 / 142
Total fat (g)	81	10
of which saturated (g)	44	5,3
Carbohydrates (g)	68	8
of which sugars (g)	38,5	4,7
Fibre (g)	11	1
Protein (g)	29	3
Salt (g)	1	0,1

## Allergens

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

1



## Greek yogurt with blueberries and desiccated coconut

- Divide a third of the yogurt over two bowls.
- Garnish with the blueberries and desiccated coconut.
- Add honey to taste.

2



## Greek yogurt with apple and pecan nuts

- Core and dice the apple.
- Divide a third of the yogurt over two bowls.
- Garnish with the apple, pecan nuts and cinnamon.
- Add honey to taste.

3



## Greek yogurt with orange, cranberries and walnuts

- Use a sharp knife to remove the skin and the white pith from the orange and then cut the flesh into segments.
- Divide a third of the yogurt over two bowls.
- Garnish with the orange and cranberry & walnut mix.
- Add honey to taste.

Enjoy!






# Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Saucepan, small bowl

## Ingredients

Crackers (unit(s))	12
Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Persian cucumber* (unit(s))	1
Avocado (unit(s))	3
Fresh goat's cheese* (g)	100
Egg* (unit(s))	2

### From your pantry

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4042 / 966	787 / 188
Total fat (g)	76	15
of which saturated (g)	24,7	4,8
Carbohydrates (g)	13	2
of which sugars (g)	4,9	1
Fibre (g)	17	3
Protein (g)	28	6
Salt (g)	2,7	0,5

## Allergens

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

1



## Option 1: Ham, cucumber and cream cheese

- Slice the cucumber.
- Divide four crackers over two plates.
- Spread the cream cheese over the crackers.
- Divide the ham over the crackers and top with the cucumber.

2



## Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes.
- Rinse the egg under cold water, then remove the shell and cut the egg in half.
- Halve and pit 1 avocado, then scoop out the flesh, transfer to a small bowl and mash well.
- Divide four crackers over two plates, spread the mashed avocado over them, top with the eggs and season to taste with salt and pepper.

3



## Option 3: Fresh goat's cheese and avocado

- Divide four crackers over two plates.
- Halve, pit and slice 2 avocados.
- Spread the goat's cheese over the crackers.
- Top with the sliced avocado and season to taste with black pepper.

Enjoy!






# Banana Pancakes

with blueberries, cinnamon & honey | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Bowl, frying pan, whisk

Ingredients

Blueberries* (g)	125
Banana (unit(s))	4
Egg* (unit(s))	6
Ground cinnamon (tsp)	3
Desiccated coconut (g)	10
From your pantry	
Sunflower oil (tbsp)	½
Honey [or plant-based alternative] (tbsp)	1
Flour (tbsp)	1
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2653 /634	512 /122
Total fat (g)	25	5
of which saturated (g)	8,3	1,6
Carbohydrates (g)	70	14
of which sugars (g)	53,4	10,3
Fibre (g)	8	2
Protein (g)	26	5
Salt (g)	0,5	0,1

Allergens

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



Prepare

- Mash three bananas in a bowl (see Tip).
- Slice the other banana and set aside to use later.

Tip: it's best to use ripe bananas for this recipe, but if yours aren't ripe yet, feel free to put them through the blender instead of mashing them by hand.

Make the batter

- Add the eggs, cinnamon and flour to the mashed bananas and whisk into a batter.
- Add three-quarters of the blueberries and half of the grated coconut. Mix well to combine.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Use a ladle to pour the batter into the pan, then fry the pancakes for 2 minutes on each side.

Serve

- Repeat until the rest of the batter is used up. Add some more oil to the pan if needed.
- Stack the pancakes on top of each other and garnish with the rest of the grated coconut.
- Top with the rest of the blueberries and the rest of the banana.
- Drizzle over some honey to finish.

Enjoy!






# Brioche French Toast with Chocolate & Banana

with mascarpone & peanut butter | 2 servings

Breakfast

Total time: 15 - 20 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Deep plate, frying pan, whisk

Ingredients

Banana (unit(s))	1
Brioche bun (unit(s))	2
Mascarpone* (g)	25
Egg* (unit(s))	2
Peanut butter (tub)	2
Organic semi-skimmed milk* (ml)	150
Chocolate chips (g)	30
From your pantry	
Honey [or plant-based alternative]	to taste
Sugar (tsp)	2
Sunflower oil (tbsp)	¼
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2682 /641	833 /199
Total fat (g)	31	10
of which saturated (g)	12,2	3,8
Carbohydrates (g)	67	21
of which sugars (g)	27,8	8,6
Fibre (g)	6	2
Protein (g)	22	7
Salt (g)	1,1	0,3

Allergens

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



Mix

- Peel and slice the banana.
- Crack the egg into a deep plate and whisk in the milk and sugar.
- Cut open the brioche bun.

Fry the French toast

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Dip the brioche briefly in the egg mixture, taking care not to leave it too long.
- Fry the brioche for 4 minutes on each side or until golden brown.
- Roughly chop the chocolate chips in the meantime.

Serve

- Serve the French toast on plates and top with the banana and mascarpone.
- Garnish with the peanut butter and chocolate chips.
- Drizzle over honey as preferred to finish.

Enjoy!





# Avocado & Scrambled Eggs on Toast

with cress and tomato | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Parchment-lined baking sheet, bowl, frying pan

## Ingredients

Egg* (unit(s))	4
Avocado (unit(s))	2
Cress* (g)	20
White ciabatta (unit(s))	2
Tomato (unit(s))	1
From your pantry	
[Plant-based] milk	a splash
Olive oil (tbsp)	½
Salt & pepper	to taste
[Plant-based] butter (tsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2628 / 628	727 / 174
Total fat (g)	39	11
of which saturated (g)	7,7	2,1
Carbohydrates (g)	42	12
of which sugars (g)	4,5	1,2
Fibre (g)	5	1
Protein (g)	24	7
Salt (g)	1,2	0,3

## Allergens

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

1



## Toast the bread

- Preheat the oven to 200°C.
- Cut the avocado in half, then remove the pit and the skin. Thinly slice the avocado. Slice the tomato.
- Cut the ciabatta in half lengthways and drizzle the olive oil over each half.
- Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.

2



## Make the scrambled eggs

- Beat the eggs in a bowl with the milk and season with salt and pepper.
- Melt the butter in a frying pan on medium heat and scramble the eggs for 5 - 6 minutes.

3



## Serve

- Place the toast onto plates and spread the avocado over it.
- Top with the tomato and scrambled eggs.
- Garnish with the cress.
- Season with extra salt or pepper as preferred.

## Enjoy!





## Chia Seed Pudding: 3 Variations

sticky mango, white chocolate & cranberry, apple & lime | 3 breakfasts for 2 people

Breakfast

Total time: 15 - 20 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Microplane, plastic wrap, 2x small bowl, two bowls

Ingredients

Apple* (unit(s))	1
Lime* (unit(s))	½
Mango* (unit(s))	1
Lemon* (unit(s))	½
White chocolate chips (g)	100
Dried cranberries (g)	20
Mango chutney* (g)	80
Chia seeds (g)	100
Desiccated coconut (g)	10
Organic semi-skimmed milk* (ml)	500
Organic Greek yogurt* (g)	150
Chopped pecans (g)	20
From your pantry	
Water (ml)	100
Honey [or plant-based alternative] (tsp)	2
Salt (tsp)	1

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4728 /1130	653 /156
Total fat (g)	55	8
of which saturated (g)	23,1	3,2
Carbohydrates (g)	119	16
of which sugars (g)	71,9	9,9
Fibre (g)	25	4
Protein (g)	26	4
Salt (g)	3,1	0,4

Allergens

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

1



2



3



Variation 1: Sticky mango (2 servings)

- In a bowl, mix the chia seeds with the milk, water, Greek yogurt, honey and salt. Cover the bowl with plastic wrap and transfer to the fridge. Allow to soak for at least 4 hours or overnight.
- Peel the mango and cut the flesh into strips.
- In a bowl, mix a third of the chia pudding with half of the desiccated coconut.
- Divide the mango chutney between two glasses, then top with the coconut-chia pudding mixture. Garnish with the mango and the rest of the desiccated coconut.

Variation 2: Cranberry & white chocolate (2 servings)

- Zest the lemon, then juice it into a small bowl.
- Roughly chop the cranberry and the white chocolate.
- Divide a third of the chia pudding between two glasses. Mix the lemon juice, zest, half each of the white chocolate and cranberries into the chia pudding.
- Garnish with the rest of the cranberries and white chocolate on top.

Variation 3: Apple & lime (2 servings)

- Finely dice the apple. Zest the lime. Juice the lime into a small bowl and mix half of it with the diced apple.
- Divide a third of the chia pudding between two glasses. Mix the rest of the lime juice into the chia pudding.
- Garnish with the apple, the lime zest, and pecans.
- Drizzle some honey to taste on top.

Enjoy!





# Shrimp Poké Bowl with Mango and Edamame

with ponzu mayo and furikake | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

2x bowl, grater, pot or saucepan, kitchen paper, wok or deep frying pan

Ingredients

Sushi rice (g)	150
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Edamame* (g)	50
Mango* (unit(s))	1
Carrot* (unit(s))	1
Ponzu (g)	24
Furikake (sachet(s))	1
From your pantry	
Water (ml)	350
Olive oil (tbsp)	½
White wine vinegar (tbsp)	3
Sugar (tsp)	3
[Plant-based] mayonnaise (tbsp)	1
[Reduced salt] soy sauce	to taste
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2460 /588	532 /127
Total fat (g)	15	3
of which saturated (g)	2,1	0,5
Carbohydrates (g)	89	19
of which sugars (g)	28,7	6,2
Fibre (g)	5	1
Protein (g)	21	5
Salt (g)	1,8	0,4

Allergens

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



Boil the rice

- Boil the water in a pot or saucepan (see pantry for amount).
- Boil the sushi rice for 12 - 15 minutes. Turn off the heat, then stir in two-thirds each of the white wine vinegar and the sugar. Set aside until serving.
- Grate the carrot.
- In a bowl, combine the rest of the white wine vinegar and sugar. Transfer the carrot to the bowl and season to taste with salt, then toss well to combine.

Fry the shrimp

- Peel and dice the mango. Dice the cucumber.
- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then remove from the pan and set aside. Season with salt and pepper.

Serve

- In a bowl, mix the mayonnaise with the ponzu.
- Serve the sushi rice in bowls.
- Top with the shrimp, mango, cucumber, carrot and edamame.
- Drizzle the ponzu mayo on top and garnish with the furikake. Serve with soy sauce to taste.

Enjoy!





# Roast Chicken & Sundried Tomato Wraps

with mixed greens, cherry tomatoes and pesto | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Aluminum foil, salad bowl

Ingredients

Flour tortillas (unit(s))	4
Green pesto* (g)	40
Mixed leaves of radicchio, arugula & lettuce* (g)	40
Roast chicken slices* (g)	120
Red cherry tomatoes (g)	125
Sundried tomatoes (g)	30
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tsp)	2
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2180 /521	800 /191
Total fat (g)	26	10
of which saturated (g)	3,7	1,4
Carbohydrates (g)	49	18
of which sugars (g)	6,1	2,2
Fibre (g)	5	2
Protein (g)	20	7
Salt (g)	2,5	0,9

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Halve the cherry tomatoes.
- In a salad bowl, combine the pesto, mayonnaise and white wine vinegar. Add the sundried tomatoes and lettuce, then toss together.

Heat the tortillas

- Wrap the tortillas in aluminium foil, then place them in the oven for 3 – 4 minutes.

Serve

- Fill each wrap with the salad, then add the cherry tomatoes and roast chicken slices.
- Roll up the tortillas and serve.

Enjoy!





# Chicken Gyros on Turkish Bread

with garlic-yogurt sauce, Greek-style cheese & tomato | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

2x small bowl, frying pan

Ingredients

Mini Turkish bread (unit(s))	2
Roma tomato (unit(s))	2
Red onion (unit(s))	1
Radicchio & iceberg lettuce* (g)	50
Organic Greek yogurt* (g)	150
Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	1
Chicken thigh strips with kebab spices* (g)	200
Greek-style cheese* (g)	50
From your pantry	
Red wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2515 /601	558 /133
Total fat (g)	24	5
of which saturated (g)	11,9	2,6
Carbohydrates (g)	58	13
of which sugars (g)	11,1	2,5
Fibre (g)	5	1
Protein (g)	37	8
Salt (g)	3	0,7

Allergens

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



Prepare

- Preheat the oven to 180°C. Slice the onion into half rings and crush or mince the garlic.
- Crumble up the Greek-style cheese and dice the tomato.
- Finely chop the parsley.

Fry the chicken

- Heat the olive oil in a frying pan over medium-high heat. Fry the chicken with half of the onion for 6 - 8 minutes (see Tip).
- Meanwhile, in a small bowl combine the rest of the onion with the red wine vinegar.
- Season to taste with salt and pepper.

Tip: the rest of the onion is served raw, but you can also fry it all here if preferred.

Serve

- In another small bowl, combine the yogurt with the garlic and the parsley.
- Season to taste with salt and pepper.
- Bake the Turkish bread for 5 - 8 minutes in the oven.
- Cut open the Turkish bread and fill with the chicken, yogurt sauce and Greek-style cheese, along with the tomato, lettuce, and quick-pickled onion.

Enjoy!






# Brioche Grilled Cheese with Brie and Serrano Ham

with mango chutney and arugula | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Lidded frying pan

Ingredients

Serrano ham* (g)	40
Creamy French brie* (g)	200
Mango chutney* (g)	40
Arugula* (g)	40
Tomato ketchup* (g)	60
Tomato (unit(s))	2
Brioche bun (unit(s))	2
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2067 /494	701 /167
Total fat (g)	21	7
of which saturated (g)	13,7	4,6
Carbohydrates (g)	51	17
of which sugars (g)	16,6	5,6
Fibre (g)	4	1
Protein (g)	24	8
Salt (g)	2,9	1

Allergens

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



Assemble

- Slice open the brioche.
- Cut the brie into slices. Slice the tomato.
- Spread the mango chutney on the brioche.
- Layer the brie, tomato, Serrano ham and arugula inside the brioche.

Toast

- Heat the sandwich maker or panini press and place the grilled cheese sandwich in it (see Tip).
- Grill for 5 - 6 minutes or until the cheese has melted.

*Tip: if you do not have a sandwich maker at home, you could also make the grilled cheese in a lidded frying pan. Heat a knob of butter in the pan over medium heat and toast the grilled cheese for 2 - 3 minutes on each side.*

Serve

- Slice the grilled cheese brioche sandwich in half diagonally and serve with the ketchup on the side.

Enjoy!





# Sticky Hoisin Chicken Bun

with cucumber and scallions | 2 servings

Lunch

Total time: 35 - 45 min.



Tear me out! 

## Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

## Utensils

Frying pan

## Ingredients

Hamburger bun with sesame seeds (unit(s))	2
Hoisin sauce (g)	25
Persian cucumber* (unit(s))	1
Scallions* (bunch)	1
Sriracha mayo* (g)	50
Chicken thigh strips* (g)	200
From your pantry	
Olive oil (tbsp)	¼
Salt & pepper	to taste
*store in the fridge	

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2293 / 548	667 / 159
Total fat (g)	30	9
of which saturated (g)	6,4	1,9
Carbohydrates (g)	42	12
of which sugars (g)	11,5	3,3
Fibre (g)	5	2
Protein (g)	27	8
Salt (g)	1,6	0,5

## Allergens

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

1



2



3



## Prepare

- Halve the cucumber lengthways, then slice it into long, thin strips.
- Finely chop the scallions.

## Fry the chicken

- Heat the olive oil in a frying pan on medium-high heat.
- Add the chicken to the pan and season with salt and pepper. Fry the chicken for 8 - 10 minutes.
- Add the hoisin sauce and fry for another 1 - 2 minutes.

## Serve

- Halve the buns and spread the sriracha mayo on them.
- Add the chicken to the buns.
- Top with the cucumber and scallions.
- Transfer the buns to plates and serve.

## Enjoy!






# Lunch Box with Sliced Chicken, Bacon & Avocado Wraps

with snack veggies and dip, fresh mandarin oranges and almonds | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

### Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

### Utensils

Small bowl, frying pan

### Ingredients

Roast chicken slices* (g)	120
Flour tortillas (unit(s))	4
Hummus* (g)	160
Red cherry tomatoes (g)	250
Mandarin* (unit(s))	2
Salted almonds (g)	40
Cucumber* (unit(s))	1
Mixed leaves of radicchio, arugula & lettuce* (g)	40
Honey-mustard dressing* (g)	40
Bacon* (slice(s))	4
Avocado (unit(s))	1
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4301 / 1028	597 / 143
Total fat (g)	62	9
of which saturated (g)	11,3	1,6
Carbohydrates (g)	68	9
of which sugars (g)	17,8	2,5
Fibre (g)	13	2
Protein (g)	34	5
Salt (g)	3,7	0,5

### Allergens

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



### Prepare

- Heat a clean frying pan over medium-high heat and fry the bacon for 3 - 4 minutes.
- Chop half of the cherry tomatoes into quarters.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- In a small bowl, mix the honey mustard dressing with the mayonnaise and season with salt and pepper.

### Make the wraps

- Spread the honey mustard mayo on the wraps, then fill them with the roast chicken slices, bacon, avocado, and chopped tomatoes. Finish with a layer of mixed greens.
- Roll up the tortillas and add two wraps to each lunch box.

### Serve

- Peel the mandarin and pull it apart into smaller segments.
- Halve the cucumber and then cut it into batons.
- To the lunch box with the wraps, add half each of the mandarin segments, almonds, rest of the cherry tomatoes, cucumber and humus to enjoy as a snack (see Tip).

**Tip:** you can also make two lunch boxes at once, so you'll already be prepared for the next day's lunch!

### Enjoy!