



# Honey Mustard Salmon with Baby Potatoes

with rainbow carrots & fresh thyme

Calorie Smart Family

Total time: 40 - 50 min.



Baby potatoes



Carrot



Salmon fillet



Garlic



Fresh thyme



Yellow carrot



Onion



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Did you know that salmon, like flamingos, are pink because of their diet? They get this colour from the pigment they absorb from shrimp, for example.

## 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, lidded deep frying pan, kitchen paper, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Yellow carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	2	2	3	3

### From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Mustard (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Brown sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2761 /660	404 /97
Total fat (g)	30	4
of which saturated (g)	4,8	0,7
Carbohydrates (g)	65	9
of which sugars (g)	15,2	2,2
Fibre (g)	16	2
Protein (g)	26	4
Salt (g)	0,8	0,1

## Allergens

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



## 1. Roast the potatoes

Preheat the oven to 220°C and prepare the stock. Wash the **baby potatoes** and cut them in half or any larger ones into quarters. Transfer to a bowl and drizzle with **olive oil**. Season to taste with **salt** and **pepper**, then toss well to coat. Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes, tossing halfway.



## 2. Chop the vegetables

Halve all the **carrots** lengthways and cut into crescents of 1cm thickness. Slice the **onion** into half rings and crush or mince the **garlic**. Pull the leaves off half a sprig of **thyme** per person, then roughly chop.

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



## 3. Stew the vegetables

Heat a drizzle of **olive oil** in a deep frying pan and fry the **onion** with the **carrot** for 1 minute over medium-high heat. Add the **garlic**, **thyme**, **sugar** and **stock**, then cover with the lid and allow to stew for 10 - 12 minutes. Remove the lid and then cook for 2 more minutes.



## 4. Make the sauce

In a small bowl, combine the **honey** with the **mustard**.



## 5. Bake the salmon

Pat the **salmon** dry with kitchen paper and season with salt and pepper. Spread the **honey mustard** sauce over the **salmon**, then transfer to the baking sheet with the **potatoes** and return to the oven for 10 - 12 minutes.



## 6. Serve

Serve the **salmon** with the **potatoes** and **carrots**.

Enjoy!



# Bacon-Wrapped Burger with Creamy Mash

with carrots, onion sauce & chives

Nice & Fast

Total time: 25 - 30 min.



Potatoes



Cream cheese



Seasoned hamburger



Bacon



Onion



Carrot



Onion chutney



Italian seasoning



Dried thyme



Fresh chives



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You'll season the mashed potatoes with mustard and Italian herbs. The cream cheese will make them extra luxurious and extra flavourful.

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cream cheese* (g)	25	50	75	100	125	150
Seasoned hamburger* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	120	160	200	240
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	⅓	⅔	1	1½	2	3
Fresh chives* (g)	2½	5	7½	10	12½	15
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3694 / 883	494 / 118
Total fat (g)	44	6
of which saturated (g)	20,4	2,7
Carbohydrates (g)	83	11
of which sugars (g)	32	4,3
Fibre (g)	13	2
Protein (g)	31	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. Boil the potatoes

- Peel or thoroughly wash the **potatoes** and cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then crumble in the **stock cube** (see pantry for amount).
- Boil the **potatoes** for 12 - 15 minutes.
- Reserve a small amount of the cooking liquid, then drain and set aside.



### 2. Prepare the vegetables

- Finely chop the **onion** and slice the **carrot** into thin rounds.
- Heat a drizzle of **olive oil** in a deep frying pan over medium-high heat, then add the **onion**, the **carrot** and the water (see pantry for amount).
- Cover with the lid and allow to stew for 8 - 10 minutes.
- Deglaze with the **white wine vinegar**, then add the **honey** and the **thyme** and fry for another minute. Season to taste with **salt** and **pepper**.



### 3. Fry the burgers

- Meanwhile, wrap the burger with the **bacon**.
- Melt a knob of **butter** in a second frying pan and fry the burgers for 2-3 minutes per side.
- Add the **onion chutney** and 1 tbsp of water per person and fry for one more minute. Turn off the heat.
- Mash the **potatoes** with a knob of butter and the cooking liquid as preferred. Stir in the **mustard**, **cream cheese** and **Italian herbs**, then season to taste with **salt** and **pepper**.



### 4. Serve

- Finely chop the **chives**.
- Serve the **mashed potatoes** with the **vegetables** and the burger.
- Serve with the sauce and garnish with the **chives** to finish.

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

Enjoy!



# Butternut Squash over Pearl Barley Risotto

with crispy sage, pecorino & mushrooms

Veggie

Total time: 50 - 60 min.



Mushrooms



Onion



Garlic



Butternut squash



Fresh sage



Pearl barley



Mascarpone



Grated Pecorino DOP



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

## Before you begin

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

## Utensils

Parchment-lined baking sheet, large bowl, 2x pot or saucepan, kitchen paper, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	250	250	375	375
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Butternut squash* (unit(s))	¼	½	¾	1	1¼	1½
Fresh sage* (g)	5	10	15	20	25	30
Pearl barley (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Pecorino DOP* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3456 /826	478 /114
Total fat (g)	45	6
of which saturated (g)	19,7	2,7
Carbohydrates (g)	81	11
of which sugars (g)	6,2	0,9
Fibre (g)	18	3
Protein (g)	18	3
Salt (g)	2,8	0,4

## Allergens

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



### 1. Chop the vegetables

Preheat the oven to 200°C and prepare the stock. Halve the **mushrooms** and quarter the **onion**. Halve the **butternut squash** lengthways. Scoop out the seeds and the stringy part of the flesh, then cut into wedges (see Tip).

*Tip: butternut squash can be difficult to cut. If you have time, transfer it to the oven for 5 minutes so as to soften it.*



### 2. Roast the pumpkin

Transfer the **onion** and **butternut squash** to a large bowl and drizzle generously with **olive oil**. Season to taste with **salt** and **pepper**, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 20 - 30 minutes or until the edges are lightly browned. Toss occasionally.



### 3. Frying

Set aside half of the **sage leaves** and then cut the rest into thin ribbons. Crush or **mince** the **garlic**. Melt the **butter** in a pot or saucepan over medium-high heat. Fry the **chopped sage** and **pearl barley** with half of the **garlic** for 1 minute, then pour in the stock.



### 4. Make the risotto

Bring to the boil, then cover with the lid and cook the **pearl barley** for around 25 - 30 minutes until done. Stir regularly so as to prevent it from sticking, adding extra water as necessary if it seems too dry.

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



### 5. Fry the mushrooms

Heat a drizzle of **olive oil** in a frying pan over medium-high heat and fry the **sage leaves** for 3 - 4 minutes until crispy. Transfer to a sheet of kitchen paper and set aside. In the same pan, fry the **mushrooms** with the rest of the **garlic** for 5-7 minutes or until nicely browned (see Tip). Season to taste with **salt** and **pepper**.

*Tip: add a splash of water as necessary if the pan seems too dry.*



### 6. Serve

When the **pearl barley** is done, stir in the **mascarpone** and half of the **pecorino**. Serve the **pearl barley risotto** on plates and top with the **butternut squash**, **mushrooms** and **onion**. Garnish with the **crispy sage** and the rest of the **pecorino**.

Enjoy!



# Creamy Chorizo Orecchiette

with Grana Padano, pecorino & cherry tomatoes

Nice & Fast

Total time: 25 - 30 min.



Diced chorizo



Orecchiette



Garlic



Broccoli



Cooking cream



BBQ spice rub



Red cherry tomatoes



Onion



Grated Pecorino DOP



Grana Padano flakes  
DOP



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

## Before you begin

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

## Utensils

Deep frying pan, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced chorizo* (g)	40	75	115	150	190	225
Orecchiette (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	100	200	360	360	560	560
Cooking cream (g)	75	150	225	300	375	450
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Onion (unit(s))	½	1	1	2	2	3
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
From your pantry						
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3289 / 786	723 / 173
Total fat (g)	35	8
of which saturated (g)	19	4,2
Carbohydrates (g)	77	17
of which sugars (g)	12,3	2,7
Fibre (g)	10	2
Protein (g)	35	8
Salt (g)	2,7	0,6

## Allergens

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



### 1. Prepare

- Boil plenty of salted water in a pot or saucepan for the **pasta**.
- Cut the head of the **broccoli** into small florets and dice the stem.
- Boil the **pasta** for 8 minutes, then add the **broccoli** and boil for another 4 minutes.
- Reserve some of the pasta water, then drain and set aside.



### 2. Fry the chorizo

- Meanwhile, halve the **cherry tomatoes**.
- Chop the **onion** and crush or mince the **garlic**.
- Heat a clean deep frying pan over medium-high heat.
- Fry the **chorizo** with the **onion** for 2 - 3 minutes, then add the **garlic** and **cherry tomatoes** and fry for 1 more minute.



### 3. Make the sauce

- Stir in the **BBQ spice rub\*** and the cream, then season to taste with **salt** and **pepper**.
- Stir in the **pasta** and **broccoli**, along with half of each type of **cheese**.
- Allow to simmer for 2 - 3 minutes or until thickened as preferred, adding a splash of the reserved pasta water as necessary.

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



### 4. Serve

- Serve the **pasta** on deep plates and garnish with the rest of the **cheese**.

Enjoy!





# Panko Chicken Bowl with Sweet Soy Mayo

over rice with broccoli, carrot & gomashio

Family

Total time: 40 - 50 min.



Broccoli



Carrot



Jasmine rice



Chicken thigh fillet



Mayonnaise



Panko breadcrumbs



Middle Eastern  
spice mix



Soy sauce



Gomashio



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

Broccoli really is a super vegetable! It contains a high amount of vitamins, it's very high in fibre, and is packed with iron.

## 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, 2x pot or saucepan, lidded pot or saucepan, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	200	360	560	720	920	1080
Carrot* (unit(s))	½	1	1	1	2	2
Jasmine rice (g)	75	150	225	300	375	450
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Mayonnaise* (g)	35	75	100	150	175	225
Panko breadcrumbs (g)	20	40	60	75	100	115
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3

### From your pantry

Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3954 /945	812 /194
Total fat (g)	51	11
of which saturated (g)	6,3	1,3
Carbohydrates (g)	82	17
of which sugars (g)	6,7	1,4
Fibre (g)	9	2
Protein (g)	35	7
Salt (g)	2,1	0,4

## Allergens

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



## 1. Prepare

Preheat the oven to 210°C. Boil plenty of water in two pots or saucepans for the **rice** and **vegetables**. Cut the head of the **broccoli** into florets and then dice the stem. Thinly slice the **carrot**, then parboil both for 4 - 5 minutes. Drain and set aside (they will finish cooking later).



## 4. Cook the chicken

Heat the **sunflower oil** in a frying pan over high heat. When the **oil** is nice and hot, fry the **chicken** for 1 - 2 minutes per side, then transfer to a parchment-lined baking sheet. Bake in the oven for 10-12 minutes until done.



## 2. Boil the rice

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



## 5. Stir-fry the vegetables

Reheat the same pan over medium-high heat and stir-fry the **broccoli** and **carrot** for 4 - 5 minutes until done. Season to taste with **salt** and **pepper**. In a small bowl, combine the rest of the **mayonnaise** with the **soy sauce** and the honey (see Tip).



## 3. Prepare the chicken

Meanwhile, cut the **chicken** into 2 - 3cm strips. Use 0.5 tbsp **mayonnaise** to coat the **chicken** and set the rest of the **mayonnaise** aside to use later. Transfer the **panko** and **Middle Eastern spices** to a plate and mix well, then coat the **chicken** with the **panko**.



## 6. Serve

Serve the **rice** on deep plates and top with the **chicken** and **vegetables**. Drizzle with the **soy mayonnaise** and garnish with the **gomashio**.

Enjoy!

**Tip** 🍌 this recipe is high in calories. If you're watching your calorie intake, substitute part of the mayonnaise for yogurt so as to make a lighter sauce.



# Pork Sausages over Fragrant Tomato Couscous

with herbed yogurt sauce & vegetables

Nice & Fast

Total time: 15 - 20 min.



Italian vegetable mix



Chopped red onion



Pork sausage with tomato & rosemary



Middle Eastern spice mix



BBQ spice rub



Tomato paste



Wholewheat couscous



Fresh flat leaf parsley & mint



Organic full-fat yogurt



Garlic



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

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

## Before you begin

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

## Utensils

Bowl, lidded deep frying pan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Italian vegetable mix* (g)	200	400	600	800	1000	1200
Chopped red onion* (g)	40	75	115	150	190	225
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato paste (can)	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium beef stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3770/901	529/127
Total fat (g)	48	7
of which saturated (g)	11,9	1,7
Carbohydrates (g)	76	11
of which sugars (g)	17,7	2,5
Fibre (g)	16	2
Protein (g)	35	5
Salt (g)	2,4	0,3

## Allergens

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



### 1. Fry the vegetables

- Prepare the **stock**. Crush or mince the **garlic**.
- Heat a drizzle of **olive oil** in a deep frying pan over medium-high heat. Fry the **garlic** with the **vegetable mix** for 3 - 5 minutes.
- Meanwhile, heat a drizzle of **olive oil** in a frying pan over medium-high heat. Fry the **sausages** for 5 minutes, then add the **onion** and fry for 5 - 7 more minutes.



### 2. Prepare the couscous

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

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



### 3. Make the yogurt sauce

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



### 4. Serve

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

Enjoy!



# Sticky Chicken Pitas

with onion chutney, crunchy slaw & butter lettuce

Nice & Fast

Total time: 15 - 20 min.



Onion



Pulled chicken



Slaw mix



Pita bread



Tomato



Butter lettuce



East Asian-style sauce



Onion chutney



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

## Before you begin

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

## Utensils

Lidded frying pan, salad bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Pulled chicken* (g)	100	200	300	400	500	600
Slaw mix* (g)	50	100	150	200	250	300
Pita bread (unit(s))	2	4	6	8	10	12
Tomato (unit(s))	½	1	2	2	3	3
Butter lettuce* (head)	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Onion chutney* (g)	20	40	60	80	100	120
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3134 / 749	623 / 149
Total fat (g)	34	7
of which saturated (g)	6	1,2
Carbohydrates (g)	75	15
of which sugars (g)	23	4,6
Fibre (g)	7	1
Protein (g)	31	6
Salt (g)	3,3	0,7

## Allergens

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



### 1. Prepare

- Heat the oven to 200°C (see Tip). Slice the **onion** into half rings.
- Heat a drizzle of **sunflower oil** in a frying pan over medium-high heat.
- Fry the **onion** for 1 -2 minutes. Add the **pulled chicken** and the **East Asian-style sauce** to the pan and fry for around 4 minutes, covered.
- Season to taste with **salt** and **pepper**.

*Tip: you'll use the oven later to heat the pitas, but you can also do this in a toaster instead.*



### 2. Bake the pitas

- Bake the **pitas** in the oven for 6 - 8 minutes.
- In the meantime, dice the **tomato** and roughly shred the **lettuce**. Cut open the **pitas**.



### 3. Make the slaw

- In a salad bowl, combine the **white wine vinegar** with the **sugar** and a pinch of **salt**.
- Add the **slaw mix** and toss well to combine.

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



### 4. Serve

- Spread the **pitas** with the **mayonnaise** and the **onion chutney**.
- Top with some of the **lettuce** and **slaw**, then with the **pulled chicken**.
- Add the **tomato** and the rest of the **lettuce** to the **slaw**, then drizzle with **extra virgin olive oil** as preferred and toss well to combine.
- Serve the **pitas** with the **salad** alongside.

Enjoy!



# Sweetheart Cabbage with Harissa & Yogurt Dressing

over beef couscous with fresh herbs & almonds

Nice & Fast

Total time: 15 - 20 min.



Seasoned beef mince



Dill, mint & flat leaf parsley



Sweetheart cabbage



Wholewheat couscous



Onion



Lemon



Shaved almonds



Harissa



Yogurt dressing



Baby spinach



Za'atar



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

Harissa is a chilli paste from the Maghreb made using a variety of chillies, spices, and herbs. Its name comes from the Arabic root word harasa, which means to crush or mash.

## Before you begin

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

## Utensils

Lidded pot or saucepan, wok or deep frying pan, lidded wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Seasoned beef mince* (g)	100	200	300	400	500	600
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Sweetheart cabbage* (unit(s))	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Shaved almonds (g)	5	10	15	20	25	30
Harissa* (g)	15	30	45	60	75	90
Yogurt dressing* (g)	20	40	60	80	100	120
Baby spinach* (g)	65	125	190	250	315	375
Za'atar (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock (ml)	90	180	270	360	450	540
Water (ml)	45	90	135	180	225	270
Sunflower oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3406 / 814	522 / 125
Total fat (g)	40	6
of which saturated (g)	9,6	1,5
Carbohydrates (g)	71	11
of which sugars (g)	12,5	1,9
Fibre (g)	13	2
Protein (g)	37	6
Salt (g)	2	0,3

## Allergens

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



### 1. Prepare the couscous

- Prepare the **stock** in a pot or saucepan.
- Remove from the heat, then transfer the **couscous** to the **stock**.
- Stir in the **za'atar** and cover with the lid and allow to stand for 10 minutes.
- Fluff through the **couscous** with a fork to separate the grains.



### 3. Prepare the cabbage

- Cut the **cabbage** into two large wedges per person.
- Heat a drizzle of **sunflower oil** in the same pan over high heat. Fry the **cabbage** for 1 - 2 minutes per side until nicely browned, then add the water (see pantry for amount).
- Cover with the lid and allow to steam for 5 - 7 minutes.



### 2. Toast the almonds

- Chop the **onion**.
- Heat a drizzle of **sunflower oil** in a wok or deep frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes.
- Add the **minced beef** and fry for 3 - 4 minutes.
- Reduce the heat and gradually add the **spinach**, tearing it directly into the pan.
- In the meantime, heat a clean wok or deep frying pan over high heat and toast the **almonds** until golden-brown. Remove from the pan and set aside.



### 4. Serve

- Finely chop the **fresh herbs**. Cut the **lemon** into wedges.
- Stir the **couscous** into the **beef** and drizzle with **extra virgin olive oil** as preferred.
- Serve the **couscous** on plates and top with the **cabbage**.
- Drizzle with the **harissa** and the **yogurt dressing**, then garnish with the **herbs** and the **almonds**. Serve with the **lemon wedges** alongside.





# Crispy Chicken with Sticky Soy Vegetables

over garlic-ginger rice with sesame seeds

Family

Total time: 30 - 40 min.



Courgette



Bell pepper



Carrot



Garlic



Ginger paste



Basmati rice



Sesame seeds



Panko breadcrumbs



Chicken fillets



Soy sauce



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

## Before you begin

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

## Utensils

2x parchment-lined baking sheet, bowl, lidded pot or saucepan, kitchen paper, small bowl, frying pan, three deep plates

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Basmati rice (g)	75	150	225	300	375	450
Sesame seeds (sachet(s))	1	1	1	1	2	2
Panko breadcrumbs (g)	15	25	40	50	65	75
Chicken fillets* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Flour (g)	25	50	75	100	125	150
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6

\*store in the fridge

## Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	3464 /828	473 /113
Total fat (g)	27	4
of which saturated (g)	7,9	1,1
Carbohydrates (g)	100	14
of which sugars (g)	12,7	1,7
Fibre (g)	12	2
Protein (g)	42	6
Salt (g)	3	0,4

## Allergens

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

2024-W39



### 1. Prepare the vegetables

Preheat the oven to 200°C and prepare the stock. Slice the **courgette** into rounds of 1cm thickness. Cut the **carrot** and **bell pepper** into strips. Transfer the **vegetables** to a bowl and drizzle with half of the **olive oil**. Season with **salt** and **pepper**, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 18 - 20 minutes.



### 4. Fry the chicken

Heat the rest of the **olive oil** in a frying pan over medium-high heat. Fry the **chicken** for 2 minutes per side or until golden-brown. Transfer to a parchment-lined baking sheet and then bake in the oven for 6 - 8 minutes or until done.



### 2. Cook the rice

Crush or mince the **garlic**. Melt the **butter** in a pot or saucepan over medium-high heat. Fry the **garlic** with the **ginger paste** for 1 - 2 minutes, then add the **rice** and pour in the stock. Bring to the boil, then cover with the lid and cook the rice for 10 minutes. Remove from the heat and allow to stand for 10 minutes, still covered.



### 5. Make the sauce

In a small bowl, combine the **soy sauce** with the **honey** and **sambal**. Pour this over the roasted **vegetables** and toss well to combine, then return the **vegetables** to the oven until done.



### 3. Bread the chicken

On a deep plate, combine the **flour** with the water (see pantry for amounts). On another deep plate, combine the **panko** with the **sesame seeds**, then season with **salt** and **pepper**. Pat the **chicken** dry with kitchen paper. Coat the **chicken** first with the batter and then with the sesame **panko**, then transfer to a third plate until the next step.



### 6. Serve

Serve the **rice** on plates. Top with the **vegetables** and the **chicken**.

**Did you know...** 🥒 courgettes are technically classified as a fruit, as are **cucumbers**, **pumpkins** and **tomatoes**. Courgettes are high in iron, **vitamin C** and calcium.

Enjoy!



# Garlic Shrimp Linguine

in tomato-fennel sauce with fresh basil

Calorie Smart

Total time: 30 - 40 min.



Passata



Linguine



Garlic



Fennel



Sicilian-style herb mix



Fresh basil



Onion



Romano pepper



Lemon



Shrimp



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

You'll season this dish with Sicilian herbs. This mix includes tomato, onion, pepper, basil and oregano.

## Before you begin

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

## Utensils

Deep frying pan, microplane, lidded pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Passata (g)	100	200	300	390	500	590
Linguine (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2226 / 532	439 / 105
Total fat (g)	8	2
of which saturated (g)	4,6	0,9
Carbohydrates (g)	82	16
of which sugars (g)	13,5	2,7
Fibre (g)	9	2
Protein (g)	28	5
Salt (g)	1,5	0,3

## Allergens

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



### 1. Prepare

- Quarter the **fennel** and discard the core, then cut the **fennel** into thin strips.
- Slice the **onion** and **Romano pepper** into half rings. Finely chop the **basil** and crush or mince the **garlic**.
- Boil plenty of **water** in a pot or saucepan and cook the **linguine** for 10 - 12 minutes, covered.
- Reserve some of the pasta water, then drain and set aside.

**Did you know...** 🌱 200g fennel contains almost a quarter of the RDA of potassium. Potassium has an important role in our nervous system as well as in maintaining normal levels of fluid inside our cells.



### 2. Fry the shrimp

- Melt the **butter** in a deep frying pan over medium-high heat and fry the **shrimp** for 1 - 2 minutes per side.
- Season to taste with **salt** and **pepper**, then remove from the pan and set aside.



### 3. Make the sauce

- Place the pan back over medium-high heat and fry the **fennel** with the **onion** and **Romano pepper** for 5 - 7 minutes until done.
- Stir in the **garlic** and the **Sicilian-style herbs** and fry for 2 - 3 more minutes.
- Deglaze with the **balsamic vinegar** and 1 tbsp per person of the reserved pasta water.
- Stir in the **passata** and allow to simmer gently for 4 - 5 minutes, seasoning to taste with **salt** and **pepper**.



### 4. Serve

- Stir the **linguine** and the **shrimp** into the sauce (see Tip).
- Serve the **shrimp linguine** on plates.
- Zest a quarter of the **lemon** per person directly over the plate and then cut the **lemon** into wedges.
- Garnish with the **fresh basil** and serve with the **lemon wedges**.

**Tip:** add some more pasta water as necessary if the sauce is too dry.

Enjoy!



# Penne Alla Norma with Parmigiano Reggiano

with eggplant, pecorino & fresh basil

Nice & Fast Veggie

Total time: 20 - 25 min.



Eggplant



Garlic



Onion



Fresh basil



Passata



Italian seasoning



Mini Roma tomatoes



Grated Pecorino DOP



Parmigiano Reggiano DOP



Penne



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

## Before you begin

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

## Utensils

Deep frying pan, microplane, pot or saucepan, large deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	5	10	15	20	25	30
Passata (g)	100	200	300	390	500	590
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Mini Roma tomatoes (g)	50	100	200	200	300	300
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Penne (g)	90	180	270	360	450	540
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3033 / 725	641 / 153
Total fat (g)	30	6
of which saturated (g)	10,1	2,1
Carbohydrates (g)	83	18
of which sugars (g)	16,3	3,4
Fibre (g)	12	2
Protein (g)	25	5
Salt (g)	1,9	0,4

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Dice the **eggplant** into 1cm cubes and halve the **tomatoes**. Chop the **onion** and crush or mince the **garlic**.
- Roughly chop the **basil**. Boil the **pasta** for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.



### 2. Fry the eggplant

- Heat a generous drizzle of **olive** oil in a large deep frying pan over high heat.
- Fry the **eggplant** for 8 minutes until golden-brown, then add the **Italian herbs** and fry for 2 more minutes.
- Meanwhile, grate the **Parmigiano Reggiano**.

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



### 3. Make the sauce

- In the meantime, heat a drizzle of **olive oil** in a deep frying pan over medium-high heat.
- Fry the **garlic** and **onion** for 2 - 3 minutes, then add the **tomatoes** and fry for 2 more minutes.
- Deglaze with the **passata** and **balsamic vinegar**.
- Season to taste with **salt** and **pepper** and allow to simmer for 4 - 5 minutes.



### 4. Serve

- Transfer the **pasta** and **eggplant** to the **tomato sauce**, along with half each of the **basil** and **pecorino**.
- Add 30ml - 45ml pasta water per person and mix well to combine.
- Serve the **pasta** on deep plates, then garnish with the **Parmigiano Reggiano**, along with the rest of the **basil** and **pecorino**.

Enjoy!



# Hearty Cheddar Sausage Stew

with homemade fries & endive slaw

Total time: 45 - 55 min.



Leek



Carrot



Onion



Garlic



Pork sausage with Cheddar and red onion



Bay leaf



Endive



Ground cinnamon



Potatoes



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

## Before you begin

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

## Utensils

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Pork sausage with Cheddar and red onion* (unit(s))	1	2	3	4	5	6
Bay leaf (unit(s))	1	1	1	1	2	2
Endive* (unit(s))	½	1	1½	2	2½	3
Ground cinnamon (tsp)	¼	½	¾	1	1¼	1½
Potatoes (g)	200	400	600	800	1000	1200
From your pantry						
Low sodium beef stock (ml)	150	300	450	600	750	900
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Flour (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3372/806	448/107
Total fat (g)	54	7
of which saturated (g)	16,9	2,2
Carbohydrates (g)	51	7
of which sugars (g)	11,2	1,5
Fibre (g)	16	2
Protein (g)	26	3
Salt (g)	2,4	0,3

## Allergens

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

2024-W39



### 1. Prepare

Preheat the oven to 200°C and prepare the stock. Peel or thoroughly wash the **potatoes** and then cut into fries of 1cm - 2cm thickness. Transfer to a bowl and drizzle with the **olive oil**. Season the **fries** with **salt** and **pepper**, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown.



### 4. Make the stew

Cover with the lid and bring to the boil, then allow to stew for 10 minutes. Remove the lid and allow to reduce for 5 minutes or until it reaches the desired consistency.



### 2. Chop the vegetables

Chop the **leek** into thin rings and transfer to a sieve or colander, then rinse thoroughly. Finely dice the carrot and slice the onion into half rings. Crush or mince the garlic. Cut open the sausage and squeeze the meat out of the skin.



### 5. Make the endive slaw

Halve the **endive** lengthways and remove the tough core. Finely chop the **endive** and transfer to a bowl. Add the **mayonnaise** and **white wine vinegar**, then mix well to combine, seasoning to taste with **salt** and **pepper**.



### 3. Fry the vegetables

Melt the **butter** in a deep frying pan over medium heat. Fry the **garlic** and **onion** for 2 - 3 minutes, then stir in the **flour** and a pinch of **cinnamon**. Add the **leek** and **carrot** and fry for 2 - 3 minutes, then add the **sausage meat** and fry for another 2 - 3 minutes, separating it as you do so. Deglaze with the stock, then add the **bay leaf** and the **mustard**. Season to taste with **salt** and **pepper**.



### 6. Serve

Remove the **bay leaf** from the stew, then serve the stew with the **fries** and the **endive** salad. Serve with extra **mayonnaise** alongside as preferred.

Enjoy!





# Cheesy Courgette Calzones

with Romano pepper salad

Veggie

Total time: 40 - 50 min.



Pizza dough



Passata



Onion



Italian seasoning



Courgette



Arugula & lamb's lettuce



Herbed cheese cubes



Romano pepper



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

While courgettes are often treated as vegetables, they're actually fruits. They are low in calories and rich in vitamin C and fibre, making them a healthy choice for a variety of meals!

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Onion (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Herbed cheese cubes* (g)	50	75	100	150	175	225
Romano pepper* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3724 / 890	644 / 154
Total fat (g)	32	6
of which saturated (g)	12,1	2,1
Carbohydrates (g)	111	19
of which sugars (g)	18,9	3,3
Fibre (g)	8	1
Protein (g)	30	5
Salt (g)	3,6	0,6

## Allergens

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



### 1. Fry the vegetables

- Preheat the oven to 200°C. Slice the **onion** into half rings and cut the **courgette** into crescents.
- Heat the **olive oil** in a deep frying pan over medium-high heat.
- Fry the **onion** and **courgette** for 4 - 5 minutes.
- Stir regularly and season with **salt** and **pepper**.

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



### 2. Make the sauce

- Add the **passata** and the **Italian herbs**, along with the **sugar** and the water (see pantry for amount).
- Add half of the **balsamic vinegar** and mix well, seasoning to taste with **salt** and **pepper**. Allow to thicken and reduce for 5 - 7 minutes over medium heat, stirring regularly.
- Meanwhile, roll out the **pizza dough** onto a parchment-lined baking sheet.
- Cut the **dough** into uniform rectangles so as to make two calzones per person.



### 3. Bake the calzones

- Spread the sauce over half of each piece of **dough**, keeping the edges free.
- Top with the **herbed cheese cubes**, then carefully fold the empty side of the **dough** over the filling.
- Press the edges together with a fork.
- Repeat with the rest of the **dough**, then bake the **calzones** in the oven for 15 - 20 minutes or until golden-brown.



### 4. Serve

- Slice the **Romano pepper** into thin strips. In a salad bowl, combine the **extra virgin olive oil** with the rest of the **balsamic vinegar**.
- Season to taste with **salt** and **pepper**.
- Add the **lettuce** and the **Romano pepper** to the bowl, then toss well to combine with the **dressing**.
- Serve the **calzones** on plates with the **salad** alongside.

Enjoy!



# Pesto Farfalle with Parmigiano Reggiano

with basil, spinach & chili pepper

Family Veggie

Total time: 30 - 40 min.



Onion



Garlic



Leek



Red chili pepper



Farfalle



Spinach



Green pesto



Parmigiano Reggiano DOP



Fresh basil



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

Did you know that basil was once called a royal herb? It gets its name from the Ancient Greek word for king: basileus.

## Before you begin

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

## Utensils

Microplane, pot or saucepan, wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Farfalle (g)	90	180	270	360	450	540
Spinach* (g)	100	200	300	400	500	600
Green pesto* (g)	40	80	120	160	200	240
Parmigiano Reggiano DOP* (unit(s))	1	1	¾	1	1¼	2
Fresh basil* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3121 /746	763 /182
Total fat (g)	37	9
of which saturated (g)	8,1	2
Carbohydrates (g)	74	18
of which sugars (g)	8,5	2,1
Fibre (g)	9	2
Protein (g)	24	6
Salt (g)	0,8	0,2

## Allergens

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



### 1. Prepare

- Boil plenty of salted water in a pot or saucepan for the **pasta**.
- Chop the **onion** and crush or mince the **garlic**.
- Slice the **leek** into rings. Deseed and finely chop the **red chili pepper**\*
- Boil the pasta for 11 - 13 minutes, then drain and set aside.

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



### 2. Fry the vegetables

- Heat the **olive oil** in a wok or deep frying pan over medium-high heat.
- Fry the **onion, garlic** and **chili pepper** for 2 - 3 minutes, then add the **leek** and fry for 5 more minutes.
- In the meantime, grate the **Parmigiano Reggiano** and cut the **basil** into ribbons.

Did you know... 🌱 the majority of the leek's nutrients are in the green part at the top. It is rich in vitamin B6, which is essential for muscles and immunity.



### 3. Finish

- Stir in the **spinach** and allow to wilt and reduce.
- Add the **pesto** and the **pasta**, along with half each of the **basil** and **Parmigiano Reggiano**.
- Mix well and season to taste with **salt** and **pepper**.



### 4. Serve

- Serve the **pasta** on plates.
- Garnish with the rest of the **Parmigiano Reggiano** and **basil**.

Enjoy!



# Chicken Breast with Red Wine Stew

inspired by coq au vin, with creamy chive mash

Total time: 45 - 55 min.



Red wine



Chestnut mushrooms



Potatoes



Garlic



Carrot



Worcestershire sauce



Fresh thyme



Fresh flat leaf  
parsley & chives



Herbed cream cheese



Onion



Chicken breast



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

Compared to regular mushrooms, chestnut mushrooms contain less moisture. This means that they won't shrink so much during cooking.

## 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 frying pan, pot or saucepan, frying pan, potato masher

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red wine (ml)	90	187	280	374	467	561
Chestnut mushrooms* (g)	125	250	375	500	625	750
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Worcestershire sauce (ml)	10	15	25	30	40	45
Fresh thyme* (g)	2½	5	7½	10	12½	15
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Herbed cream cheese* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Chicken breast* (unit(s))	1	2	3	4	5	6

### From your pantry

Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Flour (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3222 / 770	367 / 88
Total fat (g)	37	4
of which saturated (g)	22,5	2,6
Carbohydrates (g)	61	7
of which sugars (g)	11,4	1,3
Fibre (g)	16	2
Protein (g)	45	5
Salt (g)	1,2	0,1

## Allergens

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

2024-W39



## 1. Prepare

Preheat the oven to 200°C. Prepare the stock. Finely chop the **onion**. Cut the **carrot** into crescents. Finely chop the **parsley** and **chives**, being sure to keep them separate.



## 4. Make the sauce

Add the flour and the **garlic** and fry for 1 minute. Add the wine, the **Worcestershire sauce**, the **thyme**, the sugar and the stock. Mix well to combine, then bring to a boil and cook for 2-4 minutes so as to allow the alcohol to evaporate. Reduce the heat to low and allow to simmer over low heat until serving. Season to taste with salt and pepper.



## 2. Boil the potatoes

Peel or thoroughly wash the potatoes and cut them into rough chunks. Transfer to a pot or saucepan and submerge with water, then boil for 12 - 15 minutes. Reserve some of the cooking liquid, then drain. Mash the potatoes with the herbed cream cheese, the chives, a knob of butter and a splash of milk or the cooking liquid as preferred. Stir in the mustard and season to taste with salt and pepper.



## 5. Fry the chicken breast

Meanwhile, season the **chicken breast** with salt and pepper. Melt a knob of butter in a frying pan over medium-high heat and fry the **chicken breast** for 2-3 minutes per side. Reduce the heat and fry for a further 4 - 5 minutes or until done.



## 3. Fry the vegetables

Meanwhile, quarter the **mushrooms** and crush or **mince** the **garlic**. Melt a generous knob of butter in a deep frying pan over medium-high heat. Fry the **onion** and **carrot** for 5 - 6 minutes. Add the **mushrooms** and fry for 4 - 5 more minutes. Discard the **thyme** stalks and finely chop the leaves.



## 6. Serve

Serve the mashed **potatoes** on plates and top with the **chicken breast**. Pour over the red wine stew and garnish with the **parsley**.

Enjoy!



# Steak with Peppercorn Sauce

with potato rounds & crunchy green bean salad

Premium Nice & Fast

Total time: 20 - 25 min.



Steak



Potato rounds



Little gem



Green beans



Peppercorn sauce



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

Tonight, a steak is on the menu. You'll serve it with the peppercorn sauce included in your box.

## Before you begin

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

## Utensils

Aluminum foil, lidded pot or saucepan, kitchen paper, salad bowl, saucepan, 2x frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Potato rounds* (g)	200	400	600	800	1000	1200
Little gem* (unit(s))	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Peppercorn sauce* (g)	50	100	150	200	250	300
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3088 / 738	506 / 121
Total fat (g)	45	7
of which saturated (g)	19,8	3,2
Carbohydrates (g)	45	7
of which sugars (g)	8,7	1,4
Fibre (g)	10	2
Protein (g)	33	5
Salt (g)	1	0,2

## Allergens

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



### 1. Fry the potatoes

- Take the **steak** out of the fridge and allow to reach room temperature.
- Heat a drizzle of **olive oil** in a frying pan over medium-high heat and fry the **potato rounds** for 15 minutes (see Tip).
- Season to taste with **salt** and **pepper**.

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



### 2. Make the salad

- Discard the tips of the **green beans** and then cut in half.
- Fill a pot or saucepan with a shallow layer of water, then add the **green beans** and a pinch of **salt**. Cover with the lid and bring to a boil, then cook the **beans** for 4 - 6 minutes until al dente.
- Drain and rinse under cold water. In the meantime, finely chop the **lettuce**. In a salad bowl, combine the **mustard**, **honey** and **extra virgin olive oil**.
- Add the **lettuce** and **green beans**, toss well to combine and then season to taste with **salt** and **pepper**.



### 3. Fry the steak

- Melt a generous knob of **butter** in a frying pan over medium-high heat.
- Pat dry the **steak** with kitchen paper and season with **salt** and **pepper**.
- When the **butter** is nice and hot, fry the steak for 1 - 3 minutes per side. Remove from the pan and season with **pepper**, then set aside to rest under aluminium foil.
- In the meantime, heat the **peppercorn sauce** in a saucepan over low heat.



### 4. Serve

- Slice the **steak** into strips and serve with the **salad** and **potato rounds** alongside.
- Pour the **peppercorn sauce** over the **steak**.

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

Enjoy!





# Shrimp Mafaldine in Creamy Pesto Sauce

with mushrooms, dill & arugula salad

Total time: 30 - 40 min.



Shrimp



Fresh dill



Arugula



Pre-cut mushroom mix



Organic crème fraîche



Garlic



Mafaldine



Green pesto



Shallot



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

Dill is not only flavourful, but it also contains antioxidants and vitamin C, making it a healthy and tasty addition to many dishes.

## Before you begin

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

## Utensils

Deep frying pan, lidded pot or saucepan, salad bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Fresh dill* (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Organic crème fraîche* (g)	25	50	75	100	125	150
Garlic (unit(s))	1	2	3	4	5	6
Mafaldine (g)	90	180	270	360	450	540
Green pesto* (g)	20	40	60	80	100	120
Shallot (unit(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tsp)	2	4	6	8	10	12
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	¼	½	¾	1	1¼	1½
Mustard (tsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3598 /860	670 /160
Total fat (g)	46	9
of which saturated (g)	16,5	3,1
Carbohydrates (g)	75	14
of which sugars (g)	5,6	1
Fibre (g)	8	1
Protein (g)	35	7
Salt (g)	1,4	0,3

## Allergens

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



### 1. Fry the shrimp

- Boil plenty of salted water in a pot or saucepan for the **mafaldine**.
- Chop the **shallot** and crush or mince the **garlic**.
- Melt half of the **butter** in a deep frying pan and add the **olive oil**.
- Fry the **shrimp** for 2 minutes over medium-high heat, then add half of the **garlic** and fry for 1 more minute.
- Season to taste with **salt** and **pepper**, then remove from the pan and set aside.



### 2. Make the sauce

- Melt the rest of the **butter** in the same pan over medium-high heat. Fry the **shallot** with the rest of the **garlic** for 2 minutes, then add the **mushrooms** and fry for 4 - 6 minutes.
- Stir in the **crème fraîche** and half of the **white wine vinegar**, then allow to simmer over a low heat.
- Meanwhile, boil the **mafaldine** for 7 - 9 minutes until done, covered. Reserve some of the pasta water, then drain and set aside.



### 3. Make the salad

- Finely **chop** the dill.
- In a salad bowl, combine the **extra virgin olive oil** with the **honey** and the **mustard**, along with the rest of the **white wine vinegar**. Season to taste with **salt** and **pepper**.
- Add the **arugula** and the majority of the **dill**, then toss well to combine with the dressing.



### 4. Serve

- To the **mushrooms**, add the **shrimp**, the **mafaldine** and the **pesto**, along with 1 tbsp pasta water per person.
- Toss well to combine and cook for 1 more minute over medium-high heat.
- Serve the **mafaldine** on deep plates and garnish with the rest of the **dill**. Serve the **salad** alongside.

Enjoy!



# Fish Pie with Salmon, Cod & Pollock

with broccolini, fresh herbs & toasted almonds

Total time: 40 - 50 min.



Fish medley: salmon, cod & pollock



Garlic



Leek



Carrot



Cooking cream



Fresh chives, dill & flat leaf parsley



Puff pastry



Broccolini



Dried thyme



Shaved almonds



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

Broccolini, also known as bimi, is a combination of broccoli and Chinese broccoli. Compared to the slightly bitter, vegetal flavour of regular broccoli, broccolini is milder, with a sweeter, earthier flavour.

## 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 deep frying pan, lidded frying pan, oven dish

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fish medley: salmon, cod & pollock* (g)	130	260	390	520	650	780
Garlic (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Cooking cream (g)	40	75	115	150	190	225
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Puff pastry* (roll(s))	⅓	⅔	1	1½	1½	2
Broccolini* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	⅓	⅔	1	1½	1½	2
Shaved almonds (g)	5	10	15	20	25	30
From your pantry						
Low sodium chicken stock (ml)	100	200	300	400	500	600
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3628/867	542/130
Total fat (g)	55	8
of which saturated (g)	23,7	3,5
Carbohydrates (g)	52	8
of which sugars (g)	9	1,3
Fibre (g)	11	2
Protein (g)	36	5
Salt (g)	1,3	0,2

## Allergens

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

2024-W39



### 1. Prepare

Preheat the oven to 200°C and prepare the stock. Crush or **mince** the **garlic**. Wash the **leek**, then chop it into half rings. Cut the **carrot** into then crescents. Finely chop the **fresh herbs**.

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



### 4. Toast the almonds

In the meantime, heat a clean frying pan over high heat and toast the **almonds** until golden-brown. Remove from the pan and set aside.



### 2. Fry the vegetables

Melt the **butter** in a deep frying pan over medium heat. Fry the **leek**, **carrot**, **thyme** and **garlic** for 3-5 minutes, covered. Stir in the **flour** and fry for 1 minute, then add the **stock**, the **cream** and the **mustard**. Turn up the heat and season to taste with **salt** and **pepper**, then allow to reduce for 3-5 minutes, stirring regularly.



### 5. Prepare the broccolini

Transfer the **broccolini** to the same pan, then add the water (see pantry for amount). Cover with the lid and allow to steam for 4 - 6 minutes until done, adding an extra splash of water as necessary it seems too dry. Turn off the heat and drizzle with **extra virgin olive oil** as preferred, then season to taste with **salt** and **pepper**.



### 3. Bake the pie

Turn off the heat, then transfer the **fish** and three quarters of the **fresh herbs** to the sauce. Mix well, then transfer to an oven dish. Top with the **pastry** and fold over or cut off any surplus. Score the centre of the **pastry**, then bake in the oven for 20-25 minutes.



### 6. Serve

Serve the **fish pie** on plates. Garnish the **broccolini** with the **toasted almonds** and the rest of the **fresh herbs**, then serve alongside.

Enjoy!



# Bacon Cheeseburger on Brioche

with baby potatoes & a crunchy apple salad

Premium Nice & Fast

Total time: 20 - 25 min.



Hamburger from Meatier



Apple



Red cherry tomatoes



Bacon



Pre-cooked halved baby potatoes (skin-on)



BBQ spice rub



Grated aged Gouda



Brioche bun



Onion chutney



Mixed leaves of radicchio, arugula & lettuce



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

Brioche is originally from France. It is a bit fluffier than other breads, so it doesn't weigh as heavily on the stomach as other breads. It's even a bit similar to cake!

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	100	200	300	375	500	575
Bacon* (slice(s))	2	4	6	8	10	12
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Grated aged Gouda* (g)	25	50	75	100	125	150
Brioche bun (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	120	160	200	240
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5058 /1209	694 /166
Total fat (g)	66	9
of which saturated (g)	27,3	3,7
Carbohydrates (g)	107	15
of which sugars (g)	36,4	5
Fibre (g)	13	2
Protein (g)	41	6
Salt (g)	4,6	0,6

## Allergens

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



### 1. Prepare

- Preheat the oven to 200°C.
- Thinly slice the **apple** and halve the **cherry tomatoes**.
- Separate the **bacon slices** and transfer to a parchment-lined baking sheet, then bake for 5 - 8 minutes.
- Leave the oven on to use again later for the **brioche**.



### 2. Fry the baby potatoes

- Melt a knob of **butter** in a frying pan over medium-high heat.
- Fry the **baby potatoes** with the **BBQ spice rub\*** for 9 minutes, covered, then remove the lid and fry for 5 more minutes.
- Season to taste with **salt** and **pepper**.

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

**Did you know...** 🍌 baby potatoes are always eaten with the skin on, which means they provide more fibre and vitamins; in particular vitamin B6, which is important for metabolic health.



### 3. Fry the burger

- Melt a knob of **butter** in another frying pan over medium-high heat and fry the **burger** for 3 - 5 minutes per side, covered.
- Halfway through cooking, top the **burger** with the **grated cheese**.
- In the meantime, bake the **brioche bun** in the oven for 2 - 3 minutes.



### 4. Serve

- In a salad bowl, combine the **mustard** with the **honey**, **extra virgin olive oil** and **white balsamic vinegar**. Season to taste with **salt** and **pepper**, then add the **apple**, **cherry tomatoes** and **lettuce**.
- Toss well to combine with the **dressing**. Serve the **baby potatoes** on plates with **mayonnaise** as preferred.
- Cut open the **brioche** and top the base of the bun with the **burger** and the **bacon**.
- Spread the **onion chutney** over the top of the **bun** and then close the **burger**. Serve the **salad** on the side.

Enjoy!



# Creamy Eggplant Penne with Burrata

with sundried tomatoes, walnuts & fresh basil

Family Nice & Fast Veggie

Total time: 20 - 25 min.



Onion



Garlic



Eggplant



Penne



Cooking cream



Fresh basil



Arugula



Burrata



Sicilian-style herb mix



Chopped walnuts



Basil crème



Sundried tomatoes



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

Burrata is a ball of mozzarella that is filled with a mixture of cream and finely chopped mozzarella. It used to be the way to use up leftover mozzarella, but now it's becoming popular in its own right.

## Before you begin

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

## Utensils

Deep frying pan, pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	1½	2	2½	3
Penne (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Burrata* (ball(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Chopped walnuts (g)	10	20	30	40	50	60
Basil crème* (ml)	10	15	24	30	39	45
Sundried tomatoes (g)	30	50	70	100	120	150
From your pantry						
Flour (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	60	120	180	240	300	360
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3824 /914	668 /160
Total fat (g)	49	8
of which saturated (g)	15,7	2,7
Carbohydrates (g)	88	15
of which sugars (g)	18,4	3,2
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	1,5	0,3

## Allergens

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



### 1. Prepare

- Boil plenty of salted water in a pot or saucepan for the **pasta**.
- Prepare the **stock** (see Tip).
- Chop the **onion** and crush or mince the **garlic**.
- Dice the **eggplant** into 1 - 2 cm cubes and roughly chop the **sundried tomatoes**.

*Tip: if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.*



### 3. Make the sauce

- In the meantime, heat a drizzle of **olive oil** in a deep frying pan over medium-high heat.
- Fry the **onion**, **garlic** and **sundried tomatoes** for 3 - 4 minutes.
- Add the **Sicilian herbs** and fry for 1 more minute, then deglaze with the **balsamic vinegar** and the stock.
- Stir in the **cream** and allow to simmer for 4 - 5 minutes over a low heat.



### 2. Fry the eggplant

- Boil the **pasta** for 10 - 12 minutes, then drain and set aside.
- Mix the **eggplant** with the **flour**.
- Heat two thirds of the **olive oil** in a frying pan over medium-high heat.
- Fry the **eggplant** for 8 - 10 minutes until evenly browned.



### 4. Serve

- Cut the **basil** into ribbons.
- Stir the **pasta**, **eggplant** and **basil crème** into the creamy sauce, then season to taste with **salt** and **pepper**.
- Serve the **eggplant penne** on deep plates and top with the **burrata** and the **arugula**.
- Garnish with the **walnuts** and the **fresh basil**.

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

Enjoy!





# Loaded BBQ Pork Tacos with Avocado Salsa

with slaw, corn, Gouda & fresh herbs

Nice & Fast

Total time: 25 - 30 min.



Mini tortillas



Pork tenderloin



BBQ Sauce



Slaw mix



Corn



Avocado



Scallions



Lime



Grated Gouda



Green chili pepper



Fresh coriander & mint



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

Avocados are rich in unsaturated vegetable fats. Eating avocado promotes good cholesterol levels and helps keep your heart and arteries healthy.

## Before you begin

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

## Utensils

2x bowl, microplane, frying pan, sieve

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	4	8	12	16	20	24
Pork tenderloin* (unit(s))	1	2	3	4	5	6
BBQ Sauce (g)	25	50	75	100	125	150
Slaw mix* (g)	100	200	200	400	400	600
Corn (g)	70	140	215	285	355	425
Avocado (unit(s))	½	1	2	2	3	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Lime* (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	40	75	115	150	190	225
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander & mint* (g)	5	10	15	20	25	30
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4581/1095	726/173
Total fat (g)	62	10
of which saturated (g)	15,3	2,4
Carbohydrates (g)	82	13
of which sugars (g)	18,6	2,9
Fibre (g)	12	2
Protein (g)	49	8
Salt (g)	3,6	0,6

## Allergens

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



### 1. Prepare

- Preheat the oven to 200°C (see Tip). Chop the **scallion** into thin rings, keeping the white part separate from the greens.
- Zest and juice the **lime**.
- Deseed and finely chop the **green chili pepper\***.
- Discard the mint stalks and finely chop the leaves. Finely chop the **coriander**.

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

**Tip:** you will heat the tortillas in the oven later on, however you can alternatively use a frying pan if preferred.



### 3. Make the sides

- Transfer the **slaw mix** and **mayonnaise** to a bowl, along with **lime zest** as preferred.
- Add 1 tsp **lime juice** per person and mix well to combine.
- Stir in half of the **fresh herbs** and season to taste with **salt** and **pepper**.
- Meanwhile, heat the **tortillas** in the oven for 2 - 3 minutes.



### 2. Fry the pork tenderloin

- Dice the **pork tenderloin** into small pieces of no more than 1cm.
- Heat a generous drizzle of **olive oil** in a frying pan over medium-high heat. Fry the pork with the white part of the **scallions** for 3 - 6 minutes.
- In the meantime, drain and rinse the **corn**. Add it to the **pork** during the final minute of cooking, along with the **barbecue sauce**.
- Season to taste with **salt** and **pepper**, then turn off the heat and set aside, covered.



### 4. Serve

- Halve and pit the **avocado**, then remove the skin and dice the flesh.
- In another bowl, combine the **avocado** with the **scallion greens**, and some **green chili pepper** as preferred. Add the rest of the **lime juice**, then season to taste with **salt** and **pepper**.
- Fill the **tortillas** with the **slaw**, **pork**, **cheese** and **avocado salsa**.
- Garnish with the rest of the **fresh herbs** and **lime zest** as preferred.

Enjoy!