



Smoked Sausage with Split Pea Soup

with carrot, celeriac & potatoes

Total time: 45 - 55 min.



Green split peas



Bay leaf



Carrot



Potatoes



Leek



Onion



Celeriac cubes



Smoked pork sausage



Fresh celery leaves



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

This classic pea soup is not only packed with essential nutrients, but it also warms you up during these cold winter days!

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

Potato masher, lidded soup pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Green split peas (g)	125	250	375	500	625	750
Bay leaf (unit(s))	1	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Potatoes (g)	100	200	300	400	500	600
Leek* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Celeriac cubes* (g)	150	300	450	600	750	900
Smoked pork sausage* (unit(s))	½	1	1½	2	2½	3
Fresh celery leaves* (g)	5	10	15	20	25	30
From your pantry						
Low sodium beef stock (ml)	500	1000	1500	2000	2500	3000
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4151 /992	343 /82
Total fat (g)	32	3
of which saturated (g)	11,9	1
Carbohydrates (g)	117	10
of which sugars (g)	17,9	1,5
Fibre (g)	32	3
Protein (g)	50	4
Salt (g)	4,3	0,4

Allergens

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



1. Prepare

- Prepare the stock in a large soup pot.
- Add the split **peas** and the **bay leaf**, then cover with the lid.
- Allow to simmer gently for 20 minutes over medium-low heat, stirring regularly.



2. Chop the vegetables

- Slice the **carrot** into rounds of 1cm thickness.
- Wash or peel the **potatoes** and dice into 2cm chunks.
- Set aside a few **celery** leaves to use later as garnish, then roughly chop the stems and the rest of the leaves.
- Slice the **leek** and the **onion** into half rings.



3. Boil the vegetables

- To the soup pot, add the **carrot, potatoes, celeriac, leek, onion** and chopped **celery** leaves. Boil for 13 minutes over low heat.
- Meanwhile, take the **smoked sausage** out of its packaging.
- Add it to the vegetables and boil for 7 minutes, then remove from the pot, along with the **bay leaf**.
- Mash the soup a few times with a **potato** masher.



4. Serve

- Slice the **smoked sausage** and transfer back to the soup (see Tip).
- Turn up the heat and mix well, seasoning to taste with salt and pepper.
- Serve the soup in bowls and garnish with the reserved **celery** leaves.

Health Tip 🍌 this recipe is high in calories. If you're watching your calorie intake, use just half of the sausage. You can keep the rest to use tomorrow.



Honey Mustard Salmon with Baby Potatoes

with rainbow carrots & fresh thyme

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	10
of which sugars (g)	18,6	2,7
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!



Chicken Breast in Creamy Mushroom Sauce

with roast potatoes & salad

Total time: 40 - 50 min.



Potatoes



Onion



Garlic



Mushrooms



Chicken breast



Cooking cream



Carrot



Tomato



Lamb's lettuce



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

Contrary to what you might think, the tomato is not a vegetable but a fruit, or more precisely, it's a variety of fruit.

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, deep frying pan, grater, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Chicken breast* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Lamb's lettuce* (g)	20	40	60	80	100	120

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2807 /671	415 /99
Total fat (g)	38	6
of which saturated (g)	18,6	2,7
Carbohydrates (g)	47	7
of which sugars (g)	9,5	1,4
Fibre (g)	12	2
Protein (g)	35	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. Roast the potatoes

Preheat the oven to 210°C and prepare the stock. Peel or wash the **potatoes** and cut into quarters, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes or until done, tossing halfway. Meanwhile, chop the **onion** and crush or mince the **garlic**. Slice the **mushrooms**.



4. Prepare the vegetables

Meanwhile, grate the **carrot** and cut the **tomato** into wedges.

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.*



2. Fry the mushrooms

Melt a knob of butter in a deep frying pan over medium-high heat. Season the **chicken breast** with salt and pepper, then fry for 2 - 3 minutes per side. Remove from the pan and set aside. Melt another knob of butter in the same pan and fry the **garlic** with half of the **onion** for 1 - 2 minutes. Stir in the **mushrooms** and fry for 4 - 6 minutes.



5. Make the salad

In a salad bowl, combine the extra virgin olive oil and the mustard with the rest of the red wine vinegar and the rest of the **onion**. Season to taste with salt and pepper, then add the **lettuce, tomato** and **carrot** to the bowl. Toss well to combine with the vinaigrette.



3. Make the sauce

Deglaze the **mushrooms** with the stock and 1 tbsp red wine vinegar per person, then add the **cream** and mix well to combine, seasoning to taste with salt and pepper. Allow the **mushroom** sauce to reduce for 5 minutes (see Tip). Transfer the **chicken** back to the pan and cook for 8 - 12 minutes until the sauce has thickened to your liking.

Tip: taste and stir the sauce regularly. If it's too thin, allow to reduce for more time.



6. Serve

Serve the **potatoes** and salad on plates. Serve the **chicken** and **mushroom** sauce alongside.

Enjoy!



Sweet & Sticky Pork with Cucumber Salad

over fragrant coriander-lime rice with gomashio

Total time: 30 - 40 min.



Scallions



Garlic



Lime



Basmati rice



[Persian] cucumber



Fresh coriander & mint



Fresh ginger



Organic full-fat yogurt



Pork tenderloin tips



Soy sauce



Lamb's lettuce



Gomashio



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Ginger is a root, so if you put it in some soil, it will grow just like a potato.

Utensils

Lidded deep frying pan, microplane, salad bowl, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Basmati rice (g)	75	150	225	300	375	450
[Persian] cucumber* (unit(s))	½	1	2	2	3	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Fresh ginger* (tsp)	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Pork tenderloin tips* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Lamb's lettuce* (g)	20	40	60	80	100	120
Gomashio (sachet(s))	½	1	1½	2	2½	3

From your pantry

Water (ml)	200	400	600	800	1000	1200
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2678 /640	520 /124
Total fat (g)	24	5
of which saturated (g)	7,3	1,4
Carbohydrates (g)	73	14
of which sugars (g)	9,4	1,8
Fibre (g)	5	1
Protein (g)	33	6
Salt (g)	2,4	0,5

Allergens

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



1. Prepare

Finely chop the **scallions** and separate the white part from the greens. Crush or mince the **garlic** and zest and juice the **lime** into a small bowl. Heat the sunflower oil in a deep frying pan over medium heat and fry the white part of the **scallions** with half of the **garlic** for 2 - 3 minutes. Set aside the **scallion** greens to use later as garnish. Grate the **ginger** with a microplane and set aside.



2. Boil the rice

Stir the **rice** into the aromatics and fry for 2-3 minutes, then pour in the water (see pantry for amount). Add a pinch of salt and ½ tsp **lime zest** per person, then cover and bring to a boil. Reduce the heat and cook the **rice** for 12 - 15 minutes or until done. Stir regularly and add extra water if necessary.



3. Make the yogurt sauce

Slice the **cucumber** into crescents. Discard the stems of the **mint** and finely chop the leaves. In a salad bowl, combine the **yogurt** with the extra virgin olive oil, a third of the **lime juice** and the rest of the **garlic**. Mix well and season to taste with salt and pepper.



4. Fry the pork

Melt the butter in a wok or deep frying pan over medium-high heat. Fry the **pork tenderloin tips** with the **ginger** for 1 - 2 minutes until evenly browned. Stir in the **soy sauce**, the sugar and the water for the sauce (see pantry for amount). Mix well, then reduce the heat and allow to simmer for 3-4 minutes until thickened and reduced.



5. Finish

Finely chop the **coriander**. Stir the rest of the **lime juice** and half of the **coriander** into the **rice** and allow to rest until serving, covered. To the salad bowl, add the **cucumber**, the **lamb's lettuce** and the **mint**. Toss well to combine with the dressing.



6. Serve

Serve the **rice** on plates and top with the sticky **pork tenderloin tips**. Garnish with the **gomashio**, the rest of the **coriander** and the **scallion** greens. Serve the **cucumber** salad alongside.

Enjoy!



Veggie No-Beef Empanadas

with cheddar & a crunchy salad

Total time: 45 - 55 min.



Garlic



Onion



Romano pepper



Vegetarian beef-style pieces



Mexican-style spices



Passata



Tomato



[Persian] cucumber



Lime



Fresh flat leaf parsley



Grated cheddar



Puff pastry



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For extra decorative empanadas, spread the top with a thin layer of whisked egg and sprinkle with some sesame seeds.

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, lidded deep frying pan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Mexican-style spices (sachet(s))	⅓	⅔	1	1½	1¾	2
Passata (g)	100	200	300	390	500	590
Tomato (unit(s))	½	1	2	2	3	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grated cheddar* (g)	15	25	40	50	65	75
Puff pastry* (roll(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4004 / 957	680 / 162
Total fat (g)	56	9
of which saturated (g)	24,2	4,1
Carbohydrates (g)	78	13
of which sugars (g)	15	2,5
Fibre (g)	10	2
Protein (g)	33	6
Salt (g)	2,6	0,4

Allergens

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1. Prepare

Preheat the oven to 220°C. Chop the **onion** and crush or mince the **garlic**. Finely dice the **Romano pepper**.



2. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **garlic, onion** and **Mexican-style spices*** for around 1 minute, or until fragrant (see Tip). In the meantime, cut the the **veggie beef** into smaller pieces. Turn down the heat, then add the **veggie beef** and **Romano pepper** and fry for 3 - 4 minutes.

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

Tip: if you'd like to serve some of the onion raw in the salad, fry just half of it here and keep the rest to add to the salad later.



3. Make the filling

Add the **passata** and cover with the lid, then cook for 8 minutes over low heat, stirring regularly. Remove the lid and allow the sauce to reduce for 2 minutes. Season to taste with salt and pepper, take remove from the heat and allow to cool.



4. Make the salad

Meanwhile, dice the **tomato** and the **cucumber**. Finely chop the **parsley** and cut the **lime** into wedges. In a salad bowl, combine the extra virgin olive oil with the juice of one **lime wedge** per person. Season with salt and pepper, then add the **tomatoes, cucumber** and **parsley** to the bowl. Toss well to combine with the dressing.



5. Make the empanadas

Stir the **cheddar** into the sauce. Roll out the **puff pastry** onto a parchment-lined baking sheet and cut it into three squares per person (see Tip). Top each square with 2 tbsp of the filling, then fold the **pastry** over so as to make triangles. Carefully press the edges together with a fork, then bake in the oven for 10 - 15 minutes or until golden brown.

Tip: if necessary, use a rolling pin to make the pastry thinner.



6. Serve

Serve the empanadas with the salad alongside.

Enjoy!



Crispy Chicken Wraps

with mango ketchup & rainbow slaw

Total time: 15 - 20 min.



Onion



Oranjehoen crispy chicken schnitzel



Mango ketchup



Rainbow slaw mix



Flour tortillas



Bell pepper



Little gem



BBQ spice rub



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

In this recipe, you'll use a BBQ spice rub. The paprika and roasted onion in this spice mix adds a complex, smoky 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

Aluminum foil, bowl, small bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Oranjehoen crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Mango ketchup* (g)	45	90	135	180	225	270
Rainbow slaw mix* (g)	100	200	300	400	500	600
Flour tortillas (unit(s))	2	4	6	8	10	12
Bell pepper* (unit(s))	½	1	2	2	3	3
Little gem* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Sambal						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4004 / 957	633 / 151
Total fat (g)	53	8
of which saturated (g)	6,5	1
Carbohydrates (g)	85	13
of which sugars (g)	21,4	3,4
Fibre (g)	13	2
Protein (g)	28	4
Salt (g)	2,7	0,4

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Slice the **onion** into half rings. Cut the **bell pepper** into strips.
- Heat half of the sunflower oil in a frying pan over medium-high heat.
- When the pan is nice and hot, fry the **schnitzel** for 6 minutes until golden-brown, turning regularly.

Did you know... 🌱 *onions provide numerous benefits. Not only are they rich in fibre and B vitamins, they are also high in antioxidants and vitamin C.*



3. Make the slaw

- In a bowl, combine the **slaw mix** with the sugar, white wine vinegar and half of the mayonnaise (see Tip). Mix well and season to taste with salt and pepper.
- In a small bowl, combine the **mango ketchup** with the rest of the mayonnaise and the water (see pantry for amount). Taste and add some sambal if preferred.

Health Tip 🌱 *this recipe is high in calories. If you're watching your calorie intake, substitute the mayonnaise for yogurt.*



2. Heat the tortillas

- Heat the rest of the sunflower oil in another frying pan over medium-high heat. Fry the **onion** and **bell pepper** with the **BBQ rub*** for 4 - 6 minutes. Season to taste with salt and pepper.
- Wrap the **tortillas** in aluminium foil and heat in the oven for 2-3 minutes.
- Roughly chop the **lettuce** in the meantime.

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



4. Serve

- When the **schnitzel** is done, remove from the pan and cut it into strips.
- Serve the **tortillas** on plates.
- Top with the **lettuce**, the fried vegetables, the slaw and the **schnitzel** strips.
- Drizzle with the **mango** sauce to finish.

Enjoy!



Casarecce with Meatballs & Pecorino

in roasted pepper pesto sauce with cherry tomatoes

Total time: 15 - 20 min.



Garlic



Onion



Red cherry tomatoes



Casarecce



Passata



Roasted pepper pesto



Grated Pecorino DOP



Bell pepper



Beef-pork meatballs with Spanish-style seasoning



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

Pecorino is an Italian sheep cheese which resembles Parmigiano Reggiano. Pecorino, however, is slightly milder in taste because it's aged for a shorter period.

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 deep frying pan with lid, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Casarecce (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Roasted pepper pesto* (g)	20	40	60	80	100	120
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3418 /817	620 /148
Total fat (g)	35	6
of which saturated (g)	13,2	2,4
Carbohydrates (g)	82	15
of which sugars (g)	16,9	3,1
Fibre (g)	10	2
Protein (g)	38	7
Salt (g)	2,6	0,5

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 (see Tip). Cook the pasta for 10 - 12 minutes, then drain and set aside.
- Meanwhile, chop the **onion** and crush or mince the **garlic**.
- Halve the **cherry tomatoes** and cut the **bell pepper** into strips.

Tip: to save time, use a kettle instead.



2. Fry the meatballs

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the **meatballs** for 3 - 4 minutes, then remove from the pan and set aside.
- In the same pan, fry the **onion, garlic** and **bell pepper** for 1-2 minutes.
- Add the **cherry tomatoes** and fry for another 1 - 2 minutes.



3. Make the sauce

- Deglaze with the balsamic vinegar and the **passata**.
- Mix well to combine, add the **meatballs** and cover with the lid. Allow to simmer for 5 minutes.
- Stir the **roasted pepper pesto** into the sauce and season to taste with salt and pepper.



4. Serve

- Transfer the pasta to the sauce and mix well to combine.
- Serve the pasta on plates and garnish with the **cheese**.

Enjoy!



Noodles with Garlic Shrimp

with stir-fried vegetables in ketjap sauce

Total time: 15 - 20 min.



Mie noodles



Vegetable mix with cabbage



Ketjap manis



Crispy fried onions



Cornflour



Shrimp



Lime



Garlic



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

Pot or saucepan, saucepan, small bowl, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mie noodles (g)	50	100	150	200	250	300
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Ketjap manis (ml)	40	80	120	160	200	240
Crispy fried onions (g)	15	30	45	60	75	90
Cornflour (sachet(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Sambal	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3234 / 773	685 / 164
Total fat (g)	39	8
of which saturated (g)	17,5	3,7
Carbohydrates (g)	80	17
of which sugars (g)	30,1	6,4
Fibre (g)	8	2
Protein (g)	22	5
Salt (g)	3,6	0,8

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 cook the **noodles** for 4-5 minutes until al dente, then drain and return to the pot.
- Drizzle with half of the sunflower oil and toss well to coat, then set aside.
- Meanwhile, heat the rest of the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **vegetable mix** for 6 - 8 minutes and season with salt and pepper.



2. Make the sauce

- In a small bowl, combine (per person) 1 tsp each of **cornflour** and cold water. Prepare the stock.
- Melt a generous knob of butter in a saucepan over medium-low heat. Add the **ketjap**, **cornflour** mixture, white wine vinegar, sambal and stock.
- Mix well to combine and allow to reduce gently for 1 minute.
- Meanwhile, quarter the **lime** and crush or mince the **garlic**.



3. Stir-fry the noodles

- Melt a knob of butter in a frying pan over medium-high heat. Fry the **shrimp** with the **garlic** for 2 - 3 minutes until done.
- Deglaze with the juice of a quarter **lime** per person. Season to taste with salt and pepper, then set aside.
- Transfer the **noodles** and the **ketjap** sauce to the vegetables. Mix well to combine, then increase the heat to high and stir-fry for 1 more minute. Season to taste with salt and pepper.



4. Serve

- Serve the **noodles** in bowls or on deep plates and top with the **shrimp**.
- Garnish with the **crispy onions**.
- Serve with any remaining **lime wedges** alongside.

Enjoy!



Mushroom Noodle Soup with a Jammy Egg

with kimchi sauce, furikake & scallions

Total time: 10 - 15 min.



Egg



Mie noodles



Pre-cut mushroom mix



Corn



Scallions



Kimchi sauce



Sesame oil



Ginger paste



Garlic



Furikake



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

You'll season this dish with furikake, a Japanese topping made of dried fish and vegetables with seaweed, sesame seeds and salt.

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

Pot or saucepan, saucepan, sieve

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	1	2	3	4	5	6
Mie noodles (g)	50	100	150	200	250	300
Pre-cut mushroom mix* (g)	90	175	350	350	525	525
Corn (g)	70	140	140	285	280	425
Scallions* (bunch)	½	1	1½	2	2½	3
Kimchi sauce (g)	20	40	60	80	100	120
Sesame oil (ml)	5	10	15	20	25	30
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Furikake (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2251 /538	350 /84
Total fat (g)	22	3
of which saturated (g)	4,8	0,7
Carbohydrates (g)	64	10
of which sugars (g)	16,9	2,6
Fibre (g)	12	2
Protein (g)	21	3
Salt (g)	4,2	0,7

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 saucepan for the **egg** and **noodles**.
- Boil the **egg** for 2 minutes, then add the **noodles** and cook for 4-5 more minutes. Drain, then return the **noodles** to the pan and set aside.
- Rinse the **egg** under cold water, then remove the shell and cut the **egg** in half.
- Meanwhile, prepare the stock.



3. Finish

- Meanwhile, drain the **corn**.
- When the **mushrooms** are done, add the **sesame oil**, white wine vinegar, **soy sauce**, the stock and the **kimchi sauce*** (see Tip).
- Mix well to combine, then bring to the boil and remove from the heat.

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



2. Fry the vegetables

- Heat the sunflower oil in a pot or saucepan over medium-high heat and fry the **mushroom mix** for 2 - 3 minutes.
- In the meantime, crush or mince the **garlic** and finely chop the **scallions**. Set aside half of the **scallion** greens to use later as garnish.
- To the **mushrooms**, add the **garlic**, the **ginger** paste and the ketjap, along with the rest of the **scallions**. Mix well and fry for 4 more minutes.



4. Serve

- Serve the **noodles** in bowls.
- Pour over the **mushroom** broth, then top with the **corn** and the **egg**.
- Garnish with the **furikake** and the reserved **scallion** greens.

Enjoy!



Sweet Chili Chicken Wraps with Avocado

with tortilla chips, rainbow corn slaw & coriander

Total time: 10 - 15 min.



Flour tortillas



Chicken mince with Mexican seasoning



Sweet chili tortilla chips



Rainbow slaw mix



Corn



Avocado



Lime



Sweet chili sauce



Fresh coriander



Tomato



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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

2x plate, salad bowl, sieve, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Sweet chilli tortilla chips (g)	40	75	110	150	185	225
Rainbow slaw mix* (g)	50	100	200	200	300	300
Corn (g)	70	140	140	285	280	425
Avocado (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3891 /930	791 /189
Total fat (g)	48	10
of which saturated (g)	11	2,2
Carbohydrates (g)	88	18
of which sugars (g)	17,3	3,5
Fibre (g)	10	2
Protein (g)	32	7
Salt (g)	3,4	0,7

Allergens

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



1. Prepare

- Drain the **corn**.
- Cut the **lime** into six wedges and juice one per person into a salad bowl.
- Add the **corn**, **slaw mix**, mayonnaise and sugar. Season to taste with salt and pepper, then toss well to combine.



3. Heat the tortillas

- Transfer the **tortillas** to a plate and microwave on high for 1 minute (see Tip).
- Finely chop the **coriander**.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Transfer the **avocado** to a plate and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.

Tip: no microwave? No problem! Transfer the tortillas to a parchment-lined baking sheet and heat in the oven for 2 - 3 minutes.



2. Fry the chicken mince

- Heat the sunflower oil in a frying pan over medium-high heat and fry the **chicken mince** for 2 minutes.
- Meanwhile, dice the **tomato**.
- Add the **tomato** and fry for 2 - 3 minutes, then stir in the **sweet chili sauce**. Season to taste with salt and pepper.



4. Serve

- Serve everything separately on the table so as to allow everyone to assemble their own wraps (see Tip).

Health Tip 🍌 *this recipe is high in calories. If you're watching your calorie intake, save the tortilla chips to enjoy another time instead.*

Enjoy!



Meatballs with Fresh Spaghetti in Creamy Tomato Sauce

with Parmigiano Reggiano, basil & Romano pepper

Total time: 10 - 15 min.



Fresh spaghetti



Romano pepper



Fresh basil



Beef-pork meatballs with Spanish-style seasoning



Cooking cream



Passata



Parmigiano Reggiano DOP



Onion



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

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

Before you begin

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

Utensils

Large deep frying pan with lid, pot or saucepan, spatula, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh spaghetti* (g)	125	250	375	500	625	750
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Cooking cream (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef 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)	3740 / 894	698 / 167
Total fat (g)	40	7
of which saturated (g)	17,8	3,3
Carbohydrates (g)	94	18
of which sugars (g)	19,9	3,7
Fibre (g)	8	2
Protein (g)	37	7
Salt (g)	2,1	0,4

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **spaghetti**.
- Heat half of the olive oil in a frying pan over medium-high heat. Fry the **meatballs** for 5 - 6 minutes or until done, halving them with a spatula as you do so.
- Meanwhile, cook the **spaghetti** for 4 - 6 minutes. Reserve some of the pasta water, then drain and set aside.



3. Finish

- When the sauce is done, take the pan off the heat. Stir in the **cream** and the **meatballs**.
- Add the **spaghetti** and 1 tbsp per person of the reserved pasta water, then toss well to combine.
- Season generously with salt and pepper.

Did you know... 🌿 as well as vitamin C, Romano peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



2. Make the sauce

- In the meantime, cut the **Romano pepper** into strips and slice the **onion** into half rings.
- Heat the rest of the olive oil in a large deep frying pan over medium-high heat. Fry the **onion** and **Romano pepper** for 1 minute.
- Stir in the **passata**, sugar and balsamic vinegar, then crumble in the stock cube (see pantry for amounts).
- Cover with the lid and allow to simmer for 3 minutes.



4. Serve

- Chop the **basil** into ribbons.
- Serve the **spaghetti** on plates.
- Garnish with the **basil** and grate the **Parmigiano Reggiano** directly over the top.

Enjoy!



Shrimp Noodle Soup with Pak Choi

in sesame broth with corn & crispy onions

Total time: 10 - 15 min.



Shrimp



Mie noodles



Garlic-ginger-chili mix



Pak choi



Corn



Radish



Tahini



Crispy fried onions



Gomashio



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

Tahini is a paste made from sesame seeds. It's widely used, and is a staple in Mediterranean, Asian, Middle-Eastern, and African cuisines.

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

Pot or saucepan, sieve or colander, small bowl, wok

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Mie noodles (g)	50	100	150	200	250	300
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Pak choi* (unit(s))	½	1	2	2	3	3
Corn (g)	45	100	140	180	240	280
Radish* (bunch)	½	1	1	2	2	3
Tahini (g)	20	35	50	70	85	105
Crispy fried onions (g)	15	30	45	60	75	90
Gomashio (sachet(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2582 / 617	341 / 82
Total fat (g)	28	4
of which saturated (g)	7,4	1
Carbohydrates (g)	62	8
of which sugars (g)	8,9	1,2
Fibre (g)	14	2
Protein (g)	27	4
Salt (g)	3,9	0,5

Allergens

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



1. Boil the noodles

- Prepare the stock in a pot or saucepan and boil the **noodles** for 4-6 minutes, then turn off the heat and set aside without draining.
- Meanwhile, discard the base of the **pak choi** and finely chop both the leaves and the stems, being sure to keep them separate.



2. Fry the shrimp

- Heat the sunflower oil in a wok over medium-high heat. Fry the **shrimp** with the stems of the **pak choi** and the **garlic-ginger-chili mix*** for 3 - 4 minutes.
- In the meantime, drain the **corn**.
- Add the **corn** and the leaves of the **pak choi** and fry for 1 more minute. Season to taste with salt and pepper.

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



3. Finish the ramen

- Quarter the **radishes** (see Tip).
- In a small bowl, combine the **tahini** with the **soy sauce** and the white wine vinegar (see Health Tip).
- Shortly before serving, stir this sauce into the **noodles**.

Tip: if you don't like raw radishes, add them to the pot of noodles. Health Tip: if you're watching your salt intake, omit the soy sauce and add some when serving as preferred.



4. Serve

- Serve the ramen in bowls.
- Top with the **corn**, **radishes**, **shrimp** and **pak choi**.
- Garnish with the **crispy onions** and the **gomashio**.

Enjoy!



Minced Beef & Vegetable Pie

with onion chutney & green beans

Total time: 45 - 55 min.



Onion



Carrot



Seasoned minced meat blend



Puff pastry



Green beans



Onion chutney



Curry powder



Ground turmeric



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

Green beans contain many important minerals. For instance, potassium helps maintain healthy blood pressure, and iron and folic acid help you feel more energetic.

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, oven dish, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Puff pastry* (roll(s))	⅓	⅔	1	1½	1½	2
Green beans* (g)	150	300	450	600	750	900
Onion chutney* (g)	20	40	60	80	100	120
Curry powder (sachet(s))	⅓	⅔	1	1½	1½	2
Ground turmeric (tsp)	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3301/789	618/148
Total fat (g)	49	9
of which saturated (g)	24,1	4,5
Carbohydrates (g)	56	10
of which sugars (g)	16,4	3,1
Fibre (g)	14	3
Protein (g)	28	5
Salt (g)	1,8	0,3

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 and prepare the stock.
- Chop the **onion**. Wash or peel the **carrot** and then thinly slice it.
- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the **carrot** and **onion** for 4 - 5 minutes, then add the **mince** and fry for 3 - 4 minutes, separating it as you do so.

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.



2. Bake the pie

- Add the **onion chutney, turmeric, curry powder** and stock. Bring to a boil and cook for 2 - 3 minutes until thickened and reduced.
- Season to taste with salt and pepper.
- Transfer the filling to an oven dish and top with the **pastry** (see tip).
- Pierce the surface several times with a fork, then bake in the oven for 20 - 25 minutes until the **pastry** is golden-brown.

Tip: Craving a dessert? Here's what you can do with leftover pastry dough: melt some butter, and in the meantime, place the leftover pastry in a bowl. Add sugar and cinnamon to the same bowl and mix, then add the melted butter and toss well. Transfer the pastry to an oven dish and bake for 20 minutes at 180° C. Enjoy!



3. Boil the green beans

- In the meantime, discard the tips of the **green beans**.
- Transfer to a pot or saucepan and cover with a shallow layer of water, then add a pinch of salt.
- Bring to a boil, covered, then allow to cook gently for 6 - 8 minutes or until al dente.
- Drain and then season to taste with salt and pepper.



4. Serve

- Serve the pie on plates with the **green beans** on the side.

Enjoy!



Chicken Sausages with Cheesy Mash

with braised red cabbage, apple & nutmeg

Total time: 60 - 70 min.



Onion



Apple



Nutmeg



Shredded red cabbage



Ground cinnamon



Potatoes



Grated Gouda



Chicken sausage



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

Did you know that red cabbage retains its nice colour better if you add something acidic, like vinegar or lemon juice?

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, microplane, lidded pot or saucepan, potato masher

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Nutmeg (pinch)	1	2	3	4	5	6
Shredded red cabbage* (g)	100	200	300	400	500	600
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Potatoes (g)	250	500	750	1000	1250	1500
Grated Gouda* (g)	25	50	75	100	125	150
Chicken sausage* (unit(s))	2	4	6	8	10	12
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	¾	¾	¾	1	1½
Brown sugar (tbsp)	1	2	3	4	5	6
Water (ml)	120	240	360	480	600	720
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3259 / 779	442 / 106
Total fat (g)	33	4
of which saturated (g)	20,1	2,7
Carbohydrates (g)	79	11
of which sugars (g)	30,6	4,2
Fibre (g)	20	3
Protein (g)	34	5
Salt (g)	2,5	0,3

Allergens

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



1. Prepare

- Chop the **onion**. Peel and core the **apple**, then dice it.
- Grate a pinch of **nutmeg** with a microplane.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **onion** with half of the **nutmeg** for 2 – 3 minutes, then gradually stir in the **red cabbage**.
- Add the **apple** and the white balsamic vinegar and fry for 4 – 5 minutes over low heat, covered.



2. Stew the red cabbage

- Add the brown sugar, the **cinnamon** and a generous pinch of salt, then pour in the water (see pantry for amount).
- Mix well, then cover with the lid and allow to stew for 45 minutes over medium-high heat, or until the **cabbage** is soft (see Tip).
- Stir regularly, adding more water as necessary if it gets too dry. Season to taste with salt and pepper.

Tip: if it isn't done yet, continue cooking and add extra water as necessary.



3. Boil the potatoes

- Boil plenty of water in a lidded pot or saucepan and crumble in the stock cube (see pantry for amount).
- Thoroughly wash or peel the **potatoes** and cut them into rough pieces.
- Boil the **potatoes** for 12 – 15 minutes or until done, then drain.
- Mash with the **cheese** and the mustard, along with a splash of milk and a knob of butter. Season to taste with salt and pepper, then stir in the rest of the grated **nutmeg** as preferred.



4. Serve

- Melt a knob of butter in a frying pan over medium-high heat. Fry the **chicken sausages** for 2 - 3 minutes until evenly browned.
- Cover with the lid and fry for another 4 - 6 minutes, turning regularly.
- Serve the mashed **potatoes** and braised **cabbage** on plates.
- Top with the **chicken sausages**.

Enjoy!



Homemade Meatloaf with Italian Herbs

with courgette & a creamy basil potato salad

Total time: 50 - 60 min.



Courgette



Onion



Beef mince with Italian seasoning



Panko breadcrumbs



Basil crème



Baby potatoes



Tomato



Lamb's lettuce



Italian seasoning



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

You might know meatloaf mostly as an American food, but this is not the case. It originates from what we now call Western Europe, namely around Germany and Scandinavia!

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, grater, oven dish, lidded pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	1/3	2/3	1	1 1/3	1 2/3	2
Onion (unit(s))	1/2	1	1 1/2	2	2 1/2	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Basil crème (ml)	15	24	39	48	63	72
Baby potatoes (g)	150	300	450	600	750	900
Tomato (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	40	60	100	140	160	200
Italian seasoning (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2

From your pantry

[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2623 /627	493 /118
Total fat (g)	32	6
of which saturated (g)	8,8	1,7
Carbohydrates (g)	54	10
of which sugars (g)	8,9	1,7
Fibre (g)	9	2
Protein (g)	28	5
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 220°C. For each person, grate 40g of **courgette**. Cut the rest of the **courgette** into slices of 0.5cm thickness (see Tip). Grate or mince the **onion**.

Tip: weigh the courgette carefully; if there is too much in the meatloaf, it may get soggy.



2. Make the meatloaf

Transfer the grated **courgette** to a bowl, along with the **beef mince**, **panko**, **Italian herbs** and **onion**. Add half of the **basil crème** and season generously with salt and pepper. Knead well to combine.

Did you know... 🍖 *beef is rich in iron and courgette in vitamin C; vitamin C aids with iron absorption, therefore making this recipe an ideal combination.*



3. Bake the meatloaf

Transfer the **mince** to an oven dish and shape into a meatloaf. Top with the sliced **courgette** and then bake for 25 - 30 minutes, or until the meatloaf is done.



4. Boil the potatoes

Boil plenty of salted water in a pot or saucepan. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Boil the **baby potatoes** for 12 - 15 minutes until done, covered, then drain and rinse under cold water.



5. Make the potato salad

Dice the **tomato**. In a salad bowl, combine the mayonnaise with the rest of the **basil crème** (see Tip). Add the **potatoes** and mix well, then add the **lamb's lettuce** and diced **tomato**. Toss well to combine, seasoning to taste with salt and pepper.



6. Serve

Slice the meatloaf and serve on plates with the salad alongside.

Enjoy!

Tip: if you don't have any mayonnaise at home, use the same amount of olive oil instead.



Beef & Leek Gratin

with aged cheese & Italian herbs

Total time: 40 - 50 min.



Potatoes



Onion



Garlic



Leek



Beef mince with Italian seasoning



Grated aged Gouda



Italian seasoning



Diced tomatoes with garlic & onion



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

Did you know that the green part of the leek contains the most vitamins and minerals? Slice this part slightly finer, wash it well and sauté it for an extra nutritious gratin!

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, lidded pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
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
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Grated aged Gouda* (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	¼	½	¾	1	1¼	1½

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	¼	⅓	½	⅔	¾
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3067 /733	502 /120
Total fat (g)	39	6
of which saturated (g)	22,3	3,6
Carbohydrates (g)	54	9
of which sugars (g)	13,6	2,2
Fibre (g)	14	2
Protein (g)	39	6
Salt (g)	3,4	0,6

Allergens

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



1. Boil the potatoes

- Preheat the oven to 180°C and boil plenty of water in a pot or saucepan for the **potatoes**.
- Thoroughly wash the **potatoes** and cut into 0.5cm thick slices.
- Boil the **potatoes** for 8 - 10 minutes, covered, then drain and set aside.



2. Fry the vegetables

- In the meantime, chop the **onion** and crush or mince the **garlic**.
- Halve the **leek** lengthways and chop into thin half rings. Melt a knob of butter in a wok or deep frying pan over medium-high heat.
- Fry the **onion** and **garlic** for 2 minutes, then add the **mince** and crumble in the stock cube (see pantry for amount).
- Fry for 3 - 4 minutes, separating the **mince** as you do so, then add the **leek** and fry for 2 more minutes (see Tip).

Tip: the meat and vegetables don't need to be done yet because they will finish cooking in the oven.



3. Finish the filling

- Add the **chopped tomatoes** and half of the **Italian herbs**, then bring to a boil and allow to cook for 2 minutes over medium-low heat.
- Add the balsamic vinegar and season to taste with salt and pepper.

Did you know... 🌱 eating vegetables reduces the risk of chronic illness. Less than 4 in 10 of us get 200g vegetables per day. Luckily, this recipe provides 250g vegetables, which is already 80% of the RDA.



4. Serve

- Transfer the filling to an oven dish and top with the **potato slices**, making sure they overlap.
- Scatter over the **cheese** and the rest of the **Italian herbs**, then bake in the oven for 8 - 10 minutes or until the **cheese** has melted.
- Remove from the oven and allow to rest for 2 - 3 minutes before serving.

Enjoy!



Pollock with Creamy Chive Sauce

with potato wedges & roasted lemon & dill carrots

Total time: 40 - 50 min.



Potatoes



Carrot



Yellow carrot



Fresh dill & chives



Italian seasoning



Lemon



Oatly organic cream alternative



Pollock



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

Pollock is a white fish related to cod. It's praised for its soft texture and full 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

Parchment-lined baking sheet, lidded deep frying pan, large bowl, large salad bowl, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Yellow carrot* (unit(s))	⅓	1	2	2	3	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Oatly organic cream alternative (ml)	50	100	150	200	250	300
Pollock* (unit(s))	1	2	3	4	5	6
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	2	4	6	8	10	12
Honey [or plant-based alternative] (tsp)	1½	3	4½	6	7½	9

Black pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2778 /664	412 /99
Total fat (g)	33	5
of which saturated (g)	4,8	0,7
Carbohydrates (g)	61	9
of which sugars (g)	13,7	2
Fibre (g)	16	2
Protein (g)	27	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. Prepare

Preheat the oven to 220°C. Cut the **carrots** into long batons of around 1cm thickness. Peel or thoroughly wash the **potatoes** and cut into long, thin wedges.

Did you know... 🌱 thanks to the carrots, this recipe provides plenty of vitamin A, which not only supports growth but is also good for your eyes and immune system. It's also low in salt and high in fibre.



4. Make the chive sauce

In the meantime, finely chop the **fresh chives** and **dill**. Transfer the **chives** to a small bowl. Add the **Oatly cream** alternative and half of the mustard, then mix well to combine. Juice half of the **lemon** into a large salad bowl and cut the rest into wedges. In the large salad bowl, combine the honey with the **dill** and the rest of the mustard.



2. Fry the potatoes

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potato wedges** for 20 minutes, covered, tossing regularly. Remove the lid, add the Italian seasoning and fry for a further 15 minutes.



5. Fry the fish

Pat the fish dry with kitchen paper. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the fish for 2 - 3 minutes per side, or until done. Remove from the pan and season to taste with pepper. Transfer the **chive** sauce to the pan and mix well with the cooking juices.



3. Roast the carrots

Transfer the **carrots** to a large bowl and drizzle generously with olive oil. Toss well to coat, then transfer the **carrots** to a parchment-lined baking sheet. Roast in the oven for 20 - 25 minutes, tossing halfway (see Tip). Add extra olive oil if necessary. The **carrots** are done when the tips begin to darken and the insides are soft.

Tip: the carrots may need longer if you're using an electric or combination oven. Use a fork to check them; if it slides in easily, then the carrots are done.



6. Serve

Add the **carrot** to the **honey-mustard dressing** and toss well to combine. Serve the **carrots** and **potato** wedges on plates with the fish alongside. Serve with the creamy **chive** sauce and the **lemon wedges**.

Enjoy!



Smoked Sausage with Cheesy Potato Gratin

with Brussels sprouts & bacon lardons

Total time: 45 - 55 min.



Potatoes



Cooking cream



Grated aged Gouda



Brussels sprouts



Garlic



Smoked pork sausage



Bacon lardons



Nutmeg



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

Humans have been eating garlic for almost 4000 years! No wonder it's a staple in so many dishes and cuisines from around the world.

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, oven dish, lidded pot or saucepan, saucepan, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Cooking cream (g)	50	100	150	200	250	300
Grated aged Gouda* (g)	25	50	75	100	125	150
Brussels sprouts* (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Smoked pork sausage* (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	75	100	125	150
Nutmeg (pinch)	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk (ml)	25	50	75	100	125	150

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3665 /876	573 /137
Total fat (g)	56	9
of which saturated (g)	27,5	4,3
Carbohydrates (g)	55	9
of which sugars (g)	6,5	1
Fibre (g)	15	2
Protein (g)	35	5
Salt (g)	3,5	0,5

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the **potatoes**. Peel the **potatoes** and slice them into rounds of 1cm thickness. Parboil the **potato rounds** for 6 - 8 minutes, then drain and rinse under cold water.



2. Make the sauce

Melt the butter in a saucepan over medium heat, then add in the flour and stir until it forms a ball. Gradually pour in the milk and the **cream** and whisk until smooth, then stir in the **cheese**. Add a pinch of grated **nutmeg** as preferred, then season to taste with salt and pepper.



3. Make the gratin

Transfer the **potato rounds** to an oven dish, overlapping them slightly, then pour over the **cheese** sauce. Bake in the oven for 18 - 22 minutes.

Did you know... 🥔 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



4. Boil the Brussels sprouts

Boil plenty of water for the **Brussels sprouts** in the same pot or saucepan you used for the **potatoes**. Remove and discard the tough base and the outer leaves of the **sprouts**, then cook them for 6-8 minutes, covered. Turn off the heat and remove the **sprouts** from the pan, keeping the water to use again later. Rinse the **sprouts** under cold water, then cut them in half.



5. Prepare the sausage

Take the **smoked sausage** out of its packaging and transfer to the same pan you used in the previous step. Heat the **sausage** for 10 minutes, then remove from the pan and cut in half. Meanwhile, crush or mince the **garlic**. Heat a clean frying pan over medium-high heat and fry the **bacon lardons** for 2-3 minutes. Stir in the **garlic** and **Brussels sprouts** and fry for 5 - 8 minutes. Season to taste with salt and pepper.



6. Serve

Serve the **potato gratin** on plates with the **Brussels sprouts** and the **smoked sausage**.

Enjoy!



Mozzarella Chicken Burger with Serrano Ham

on brioche with avocado dip, cherry tomatoes & arugula

Total time: 20 - 25 min.



Avocado dip



Chicken burger from Oranjevoen



Serrano ham



Pre-cooked halved baby potatoes (skin-on)



Arugula



Onion



Mozzarella



Red cherry tomatoes



Brioche bun



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

Traditionally, Serrano ham is dried at high altitudes. It's even named after the Spanish word for highlands: sierra.

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, lidded frying pan, frying pan or grill pan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Avocado dip* (g)	40	80	120	160	200	240
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Serrano ham* (g)	20	40	60	80	100	120
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Arugula* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Brioche bun (unit(s))	1	2	3	4	5	6

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4385 /1048	604 /144
Total fat (g)	56	8
of which saturated (g)	18	2,5
Carbohydrates (g)	84	12
of which sugars (g)	15	2,1
Fibre (g)	12	2
Protein (g)	48	7
Salt (g)	3,6	0,5

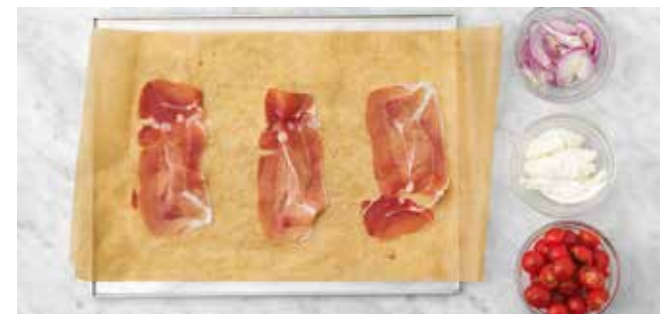
Allergens

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



1. Roast the baby potatoes

- Preheat the oven to 220°C.
- Transfer the **baby potatoes** to a parchment-lined baking sheet and drizzle with the olive oil. Season to taste with salt and pepper, then toss well to coat.
- Roast in the oven for 15 minutes, tossing halfway.



2. Chop the vegetables

- Meanwhile, halve the **cherry tomatoes** and slice the **mozzarella**.
- Slice the **onion** into half rings.
- Transfer the **Serrano ham** to a parchment-lined baking sheet and bake in the oven for 5 minutes, above the **potatoes**.
- Melt the butter in a grill pan over medium-high heat. Cut open the **brioche bun**, then toast it face-down for 3 - 5 minutes or until lightly browned.



3. Fry the burger

- Heat the sunflower oil in a frying pan over medium-high heat and fry the **burger** for 5 minutes. Flip it over and add the **onion**, then fry for 3 - 5 more minutes.
- In a salad bowl, combine the extra virgin olive oil with the balsamic vinegar. Season to taste with salt and pepper.
- Add the **cherry tomatoes** and the **arugula**, then toss well to combine with the dressing.



4. Serve

- Top the **burger** with a quarter of the **mozzarella**, then cover with the lid so as to allow the **cheese** to melt.
- Spread the **brioche bun** with the **avocado dip**. Top with some of the salad, then with the **burger**, **Serrano ham** and fried **onion**.
- Serve the **burger** with the **baby potatoes**. Serve the rest of the salad and **mozzarella** alongside.

Enjoy!



Venison Steak with Rosemary Potatoes

with shallot jus, Brussels sprouts & cranberries

Total time: 30 - 40 min.



Venison steak



Potato rounds



Shallot



Garlic



Carrot



Brussels sprouts



Dried cranberries



Fresh rosemary



Chopped cashews



Onion chutney



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

There is a special ingredient in your box! The game season has started again: enjoy this tender venison steak, an artisanal and lean piece of meat with a mild gamey 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

Aluminum foil, parchment-lined baking sheet, deep frying pan, small bowl, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Venison steak* (g)	120	240	360	480	600	720
Potato rounds* (g)	200	400	600	800	1000	1200
Shallot (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Brussels sprouts* (g)	75	150	225	300	375	450
Dried cranberries (g)	10	20	30	40	50	60
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Chopped cashews (g)	10	20	30	40	50	60
Onion chutney* (g)	40	80	120	160	200	240
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3648 / 872	514 / 123
Total fat (g)	46	7
of which saturated (g)	17,5	2,5
Carbohydrates (g)	75	11
of which sugars (g)	30	4,2
Fibre (g)	14	2
Protein (g)	33	5
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Take the **venison steak** out of the fridge and allow to reach room temperature. Preheat the oven to 200°C. Boil plenty of salted water in a deep frying pan for the vegetables. Meanwhile, chop the **shallot** into half rings and slice the **carrot** into rounds of no more than 0.5cm thickness. Clean the **Brussels sprouts**, remove the stem and chop them in half. Finely chop the **rosemary**. Crush or mince the **garlic**.



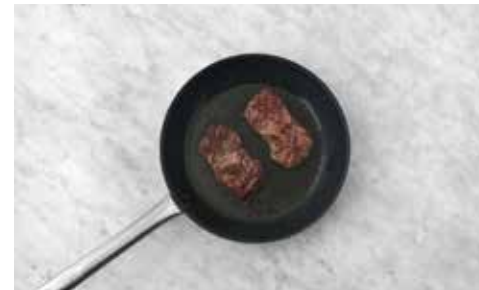
4. Fry the vegetables

Heat the rest of the olive oil in the same deep frying pan over medium-high heat and fry the **carrots** and **Brussels sprouts** for 4 - 6 minutes. Stir in the **cranberries** and **cashews** and fry for 1 - 2 more minutes. Season to taste with salt and pepper.



2. Roast the potatoes

Boil the **carrots** for 5 - 6 minutes, then add the **Brussels sprouts** and boil for a further 6 - 8 minutes or until done. Drain and set aside. Meanwhile, transfer the **potatoes** to a parchment-lined baking sheet. In a small bowl, combine the **garlic** and **rosemary** with half of the olive oil, then transfer to the **potatoes** and toss well to coat. Season with salt and pepper, then roast in the oven for 15-17 minutes until golden-brown.



5. Fry the steak

Melt a generous knob of butter in a frying pan over high heat. When the butter is nice and hot, fry the **venison steak** for 2 minutes per side, then remove from the pan. Season to taste with pepper and allow to rest under aluminium foil. Transfer any cooking juices from the pan to the **shallot** jus and mix well to combine.



3. Make the jus

Prepare the stock. Melt a knob of butter in a small saucepan over medium-high heat and fry the **shallot** for 2 - 3 minutes. Stir in the **onion chutney** and the stock, then bring to the boil and allow to reduce gently until serving.



6. Serve

Slice the **venison steak** against the grain and serve with the **potatoes**. Top the **steak** with the **shallot** jus. Serve the vegetables alongside.

Enjoy!



Cod over Mafaldine Aglio e Olio

with pecorino, courgette & shaved almonds

Total time: 15 - 20 min.



Cod fillet



Sicilian-style herb mix



Courgette



Garlic



Lemon



Red chili pepper



Mafaldine



Shaved almonds



Spinach



Fresh flat leaf parsley



Grated Pecorino DOP



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

Recipe developer Babette: "Mafaldine is my favorite type of pasta! It's easy to spin around a fork and the frilly edges help it hold the sauce better. In this recipe, you serve it with cod, homemade 'aglio e olio' and zucchini. What more do you need?"

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, tall container, immersion blender, pot or saucepan, kitchen paper, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	⅓	⅔	1	1½	1¾	2
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Mafaldine (g)	90	180	270	360	450	540
Shaved almonds (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Fresh flat leaf parsley* (g)	10	20	30	40	50	60
Grated Pecorino DOP* (g)	20	40	60	80	100	120

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin 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)	3820 /913	717 /171
Total fat (g)	45	9
of which saturated (g)	16,4	3,1
Carbohydrates (g)	76	14
of which sugars (g)	6,6	1,2
Fibre (g)	7	1
Protein (g)	47	9
Salt (g)	1,7	0,3

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the mafaldine.
- Pat the **cod** dry with kitchen paper and season with the **Sicilian herbs**.
- Slice the **courgette** into crescents. Peel the **garlic clove** and cut the **lemon** into 6 wedges.
- Deseed and finely chop the **red chili pepper***

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



2. Boil the mafaldine

- Boil the mafaldine for 7 - 9 minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, heat a clean frying pan over high heat and toast the **shaved almonds** for 1 - 2 minutes or until golden-brown, then remove from the pan and set aside.
- Melt half of the butter in a deep frying pan over medium-high heat. Fry the **courgette** for 3 - 4 minutes, then stir in the **spinach** and fry for 1 minute. Season generously with salt and pepper.



3. Fry the cod

- Transfer the **garlic, chili pepper** and extra virgin olive oil to a tall container, along with two thirds of the **parsley** and the juice of **1 lemon wedge** per person.
- Use an immersion blender to process into a smooth paste.
- Melt the rest of the butter in the same pan from the previous step and fry the **cod** for 1 - 2 minutes per side.
- Finely chop the rest of the **parsley**.



4. Serve

- Stir the aglio e olio mixture into the **mafaldine** and warm for 1 minute over medium-high heat. Stir in some pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the **mafaldine** on deep plates and top with the vegetables and **cod**.
- Garnish with the **pecorino, parsley** and **shaved almonds**. Serve with any remaining **lemon wedges**.

Enjoy!



Loaded Steak Burrito Bowl with Avocado

with cheesy nachos, salsa & sour cream

Total time: 35 - 45 min.



-  White long grain rice
-  Avocado
-  Grated Gouda
-  Onion
-  Tomato paste
-  Tomato
-  Lime
-  Mexican-style spices
-  Organic sour cream
-  Marinated steak
-  Sweet chilli tortilla chips
-  Black beans
-  Romano pepper



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This colourful nacho bowl will have the sun shining at the kitchen table. The mix of marinated steak strips, spicy rice, fresh tomato salsa and sour cream make it a real family favourite!

Utensils

Aluminum foil, bowl, sieve or colander, oven dish, lidded pot or saucepan, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Avocado (unit(s))	½	1	2	2	3	3
Grated Gouda* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Tomato paste (can)	⅓	⅔	1	1½	1½	2
Tomato (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Marinated steak* (unit(s))	1	2	3	4	5	6
Sweet chilli tortilla chips (g)	40	75	120	150	195	225
Black beans (pack)	¼	½	¾	1	1¼	1½
Romano pepper* (unit(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
[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)	4774 /1141	588 /141
Total fat (g)	56	7
of which saturated (g)	19,9	2,5
Carbohydrates (g)	104	13
of which sugars (g)	14,8	1,8
Fibre (g)	15	2
Protein (g)	52	6
Salt (g)	2,7	0,3

Allergens

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



1. Prepare

Take the **steak** out of the fridge so as to allow it to reach room temperature. Preheat the oven to 200°C and prepare the stock. Chop the **onion** and dice the **Romano pepper**. Drain and rinse the **black beans**. Heat the olive oil in a pot or saucepan over medium-high heat. Fry the **Romano pepper** with half of the **onion** for 1 - 2 minutes.



4. Make the nachos

Transfer the **tortilla chips** to an oven dish and scatter over the **cheese**. Bake in the oven for 3-5 minutes or until the **cheese** has melted. In a small bowl, combine the **sour cream** with the juice of one **lime wedge** per person. Season to taste with salt and pepper.



2. Cook the rice

Stir in the **tomato paste**, the **rice** and half of the **Mexican-style spices***. Fry for 1 more minute, then pour in the stock. Boil the **rice** for 13 minutes, covered (see Tip). Stir in the **black beans** and cook for 2 more minutes, then drain if necessary. Season with salt and pepper, then set aside.

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

Tip: stir occasionally and add a splash of water as necessary if it cooks too quickly.



5. Fry the steak

Pat the **steak** dry with kitchen paper and coat with the rest of the **Mexican-style spices**, then season with salt and pepper. Melt the butter in a frying pan over medium-high heat and fry the **steak** for 1-3 minutes per side. Remove from the pan and allow to rest under aluminium foil.



3. Make the salsa

Dice the **tomato** and cut the **lime** into wedges. Juice one **lime** wedge per person into a bowl, then add the extra virgin olive oil, the **tomato** and the rest of the **onion**. Mix well to combine and season to taste with salt and pepper. Halve and pit the **avocado**, then remove the skin and slice the flesh.



6. Serve

Serve the **rice** on deep plates and top with the **tomato** salsa, the **avocado** and the **sour cream**. Slice the **steak** against the grain and serve on top of the **rice**. Serve the nachos and the rest of the **lime wedges** alongside.

Enjoy!



Cod with Yazzara & Broccolini

over couscous with za'atar & yellow carrot

Total time: 15 - 20 min.



Cod fillet



Fresh flat leaf parsley



Middle Eastern
spice mix



Shaved almonds



Wholewheat couscous



Broccolini



Za'atar



Lemon



Yellow carrot



Yazzara



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 frying pan, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	30	40	40	50
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Shaved almonds (g)	10	20	30	40	50	60
Wholewheat couscous (g)	75	150	225	300	375	450
Broccolini* (g)	100	200	300	400	500	600
Za'atar (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Yellow carrot* (unit(s))	½	1	1	2	2	3
Yazzara* (g)	60	120	180	240	300	360

From your pantry

Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Water (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3167 /757	446 /107
Total fat (g)	29	4
of which saturated (g)	4,2	0,6
Carbohydrates (g)	76	11
of which sugars (g)	13,9	2
Fibre (g)	14	2
Protein (g)	41	6
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

Prepare the stock in a pot or saucepan, then remove from the heat and add the **couscous**. Allow to stand for 10 minutes, covered. Meanwhile, cut the **carrot** into matchsticks of around 5cm.



4. Fry the cod

Pat the **cod** dry with kitchen paper and season with salt and pepper. Heat the rest of the olive oil in the same frying pan over medium-high heat. Fry the **cod** for 2 - 3 minutes, then flip and fry for 1 - 2 more minutes on the other side.



2. Fry the vegetables

Heat half of the olive oil in a frying pan over medium-high heat and then add the water (see pantry for amount). Fry the **carrot** with the **broccolini** for 7 - 10 minutes, covered. Remove the lid and stir in the honey, then fry for 1 more minute. Season to taste with salt and pepper.



5. Finish the couscous

In the meantime, cut the **lemon** into six wedges and squeeze one per person directly into the **couscous**. Add the **Middle Eastern spices** and some extra virgin olive oil as preferred. Mix well, seasoning to taste with salt and pepper.



3. Toast the almonds

Heat a clean frying pan over high heat and toast the **shaved almonds** until golden-brown. Remove from the pan and set aside. Finely chop the parsley in the meantime.



6. Serve

Serve the **couscous** on deep plates and top with the **cod** and the **yazzara**. Garnish with the **za'atar**, the **shaved almonds** and the **parsley**. Serve with the rest of the **lemon wedges**.

Enjoy!



Smoky Conchiglie with Burrata & Basil

with Romano pepper & pecorino

Total time: 25 - 30 min.



Conchiglie



Onion



Garlic



Romano pepper



Middle Eastern
spice mix



Tomato



Diced tomatoes
with garlic & onion



Smoky tomato ketchup



Grated Pecorino DOP



Fresh basil



Burrata



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

Burrata originates from the Italian region of Puglia, where it was developed as a creamy variation of fresh mozzarella.

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Conchiglie (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	2	2	3	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Diced tomatoes with garlic & onion (pack)	¼	½	¾	1	1¼	1½
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Burrata* (ball(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2753 / 658	567 / 136
Total fat (g)	20	4
of which saturated (g)	11,7	2,4
Carbohydrates (g)	88	18
of which sugars (g)	18,5	3,8
Fibre (g)	10	2
Protein (g)	28	6
Salt (g)	2,9	0,6

Allergens

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



1. Prepare

- Boil plenty of water for the **conchiglie** in a pot or saucepan.
- Crumble in the stock cube and boil the **conchiglie** for 9-11 minutes, then drain and set aside.

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



2. Fry the vegetables

- Chop the **onion** and crush or mince the **garlic**.
- Dice the **Romano pepper**.
- Heat a light drizzle of olive oil in a deep frying pan and fry the **onion** and **garlic** for 2 minutes over medium-high heat.
- Add the **Romano pepper** and **Middle Eastern spices** and fry for another 4 minutes. Meanwhile, finely chop the **tomato**.



3. Finish the sauce

- Stir in the smoky ketchup, the fresh **tomato** and the diced **tomatoes**.
- Fry for 2 more minutes, then stir in the **conchiglie** and the **pecorino**. Season to taste with salt and pepper.



4. Serve

- Roughly chop the **basil** leaves and halve the **burrata**.
- Serve the **conchiglie** on plates and top with the **burrata**.
- Garnish with the **basil**.

Enjoy!



Loaded Chili Cheese Dog

with potato wedges, onion chutney & rainbow slaw

Total time: 30 - 40 min.



Green chili pepper



Oven-ready potato wedges



Pork sausage with Cheddar and red onion



Seasoned minced beef



Passata



Rainbow slaw mix



Hotdog bun



Grated Gouda



Onion chutney



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

Every country has its own street food: a quick bite you can get on every corner. Easy to make and packed with authentic flavours - enjoy the local dishes of your favourite destinations with our street food recipes!

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, deep frying pan, lidded frying pan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green chili pepper* (unit(s))	½	1	1½	2	2½	3
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500
Pork sausage with Cheddar and red onion* (unit(s))	1	2	3	4	5	6
Seasoned minced beef* (g)	50	100	150	200	250	300
Passata (g)	100	200	300	390	500	590
Rainbow slaw mix* (g)	100	200	300	400	500	600
Hotdog bun (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Onion chutney* (g)	20	40	60	80	100	120

From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Red wine 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
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5598/1338	728/174
Total fat (g)	85	11
of which saturated (g)	27,1	3,5
Carbohydrates (g)	93	12
of which sugars (g)	22,2	2,9
Fibre (g)	11	1
Protein (g)	44	6
Salt (g)	3,4	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 180°C. Slice the **green chili pepper*** into thin rings. Transfer the **potato wedges** to a parchment-lined baking sheet and bake in the oven for 20 minutes or until golden-brown.

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



2. Fry the sausage

Melt the butter in a frying pan with a lid over medium-high heat and fry the **sausage** for 2-3 minutes until evenly browned. Cover with the lid and fry for another 10 - 12 minutes over medium heat, turning regularly.



3. Make the chili

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **mince** for 3 minutes, separating it as you do so. When the **meat** is evenly browned, add the **passata**, half of the **green chili pepper** and the sugar. Season with salt and pepper and allow to simmer for 4 - 5 minutes.



4. Make the slaw

In a salad bowl, combine the mayonnaise with the red wine vinegar. Season with salt and pepper, then add the **slaw mix** and toss well to combine.

Did you know... 🥬 compared to other vegetables, red cabbage is very high in calcium, fibre and vitamin C.



5. Make the chili cheese dogs

When the **sausage** and the **chili** are done, place the **hotdog buns** on a parchment-lined baking sheet. Transfer the **sausages** to the **buns** and then spread the **chili** over the top. Top with the **cheese** and then bake in the oven for 3 - 4 minutes or until the **cheese** has melted.



6. Serve

Serve the **potato wedges** and rainbow slaw with the loaded **chili cheese dogs**. Garnish with the **onion chutney** and the rest of the **green chili pepper**.

Enjoy!