



Creamy Chicken Farfalle

with spinach, fennel & chili pepper

Family Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Red chili pepper



Fennel



Farfalle



Chicken mince with Italian seasoning



Spinach



Organic crème fraîche



Italian seasoning



Parmigiano Reggiano



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

Did you know that farfalle is the Italian word for butterfly?

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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fennel* (unit(s))	½	1	1	2	2	3
Farfalle (g)	90	180	270	360	450	540
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Spinach* (g)	50	100	200	200	300	300
Organic crème fraîche* (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano* (unit(s))	½	1	¾	1	1¼	2
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3180 / 760	697 / 166
Total fat (g)	31	7
of which saturated (g)	15	3,3
Carbohydrates (g)	77	17
of which sugars (g)	10	2,2
Fibre (g)	10	2
Protein (g)	37	8
Salt (g)	0,8	0,2

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Chop the **onion** and crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**.*
- Discard the core of the **fennel** and then dice it.
- Boil the **pasta** for 10 - 12 minutes, then drain and set aside.

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

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



Fry the mince

- In the meantime, heat the olive oil in a wok or deep frying pan over medium-high heat and fry the **mince** for 3 minutes, separating it as you do so.
- Add the **onion**, **garlic**, **Italian herbs** and **red chili pepper** and fry for 2 minutes, then add the **fennel** and 1 tbsp water per person.
- Cover with the lid and fry for 5 minutes, then season to taste with salt and pepper.
- Meanwhile, grate the **cheese**.



Make the sauce

- Reduce the heat and tear the **spinach** directly into the pan, in batches if necessary. Mix well and allow the **spinach** to wilt and reduce.
- Add the **crème fraîche** and half of the **cheese**, then stir in the pasta.
- Season with salt and pepper and cook for 1 more minute.



Serve

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

Enjoy!



Chicken Breast with Lemon & Herb Sauce

with roasted baby potatoes, turnip & carrot

Family Calorie Smart

Total time: 35 - 45 min.



Baby potatoes



Chicken breast with Mediterranean herbs



Onion



Turnip



Carrot



Sicilian-style herb mix



Fresh flat leaf parsley & basil



Lemon mayonnaise with black pepper



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

You season this dish with Sicilian-style 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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Turnip* (g)	100	200	400	400	600	600
Carrot* (unit(s))	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2824 / 675	473 / 113
Total fat (g)	35	6
of which saturated (g)	8	1,3
Carbohydrates (g)	58	10
of which sugars (g)	11,1	1,9
Fibre (g)	12	2
Protein (g)	30	5
Salt (g)	2,1	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.
- Peel the **turnip** and then cut both this and the **onion** into wedges.
- Thinly slice the **carrot**.

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.*



Roast the vegetables

- Transfer the **potatoes** and vegetables to a bowl and drizzle generously with olive oil (see Tip). Add the Sicilian-style **spices** and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast for 25 minutes or until golden-brown, tossing halfway.

Tip: to save time washing up, you can also transfer everything directly to the parchment-lined baking sheet.



Fry the chicken

- When the vegetables have 11 minutes left, melt a knob of butter in a frying pan over medium-high heat.
- Fry the **chicken** for 2 - 3 minutes per side, then reduce the heat and fry for 4 - 5 more minutes or until done.
- Finely chop the fresh herbs and transfer half to a bowl. Add the **lemon** mayo and the water (see pantry for amount). Mix well to combine.



Serve

- Serve the **potatoes** and vegetables on plates with the **chicken** alongside.
- Drizzle with the sauce and garnish with the rest of the fresh herbs.

Enjoy!



Stamppot with Chorizo & Meatballs

with sundried tomatoes & roasted carrots

Family

Total time: 30 - 40 min.



Beef-pork meatballs with Spanish-style seasoning



Diced chorizo



Potatoes



Carrot



Sweet potato



Onion



Sundried tomatoes



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

Carrots are rich in vitamin A, which means your immune system and eyes receive an extra boost from this dish.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded frying pan, pot or saucepan, potato masher

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Diced chorizo* (g)	25	50	75	100	125	150
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Sweet potato (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Sundried tomatoes (g)	20	30	50	70	80	100
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
[Low sodium] beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (ml)	70	140	210	280	350	420
[Plant-based] milk	splash					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3469 / 829	449 / 107
Total fat (g)	46	6
of which saturated (g)	15,9	2,1
Carbohydrates (g)	68	9
of which sugars (g)	18,7	2,4
Fibre (g)	15	2
Protein (g)	33	4
Salt (g)	3,7	0,5

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Chop the **onion**.
- Wash or peel the **carrot** and slice it, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer the **carrot** to a parchment-lined baking sheet and roast for 15 - 18 minutes or until golden-brown. Toss halfway.

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.*



Fry the chorizo

- Peel all the **potatoes** and cut them into rough pieces.
- Transfer to a pot or saucepan and cover with water, then boil for 12 - 15 minutes. Reserve some of the cooking liquid, then drain and set aside.
- Cut the sundried **tomatoes** into strips and halve the **meatballs**.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **chorizo** for 2 - 3 minutes until browned, then remove from the pan and set aside.



Fry the meatballs

- Reheat the same frying pan over medium-high heat. Fry the **meatballs** with the **onion** for 2 - 3 minutes until evenly browned.
- Turn the heat to medium-low, cover with the lid and fry for 4 - 5 minutes or until the **meatballs** are done.
- Take the **meatballs** out of the pan and set aside.
- Pour in the water and crumble in the stock cube (see pantry for amounts). Mix well to combine and simmer gently until ready to serve.



Serve

- Mash the **potatoes** with the butter, mustard and a splash of milk (or the reserved cooking liquid).
- Season to taste with salt and pepper, then stir in the roasted **carrot** and sundried **tomatoes**.
- Serve the stamppot on plates and top with the **chorizo** and **meatballs**.
- Serve with the jus.

Enjoy!



Steak Stir-Fry with Wholewheat Noodles & Pak Choi

with courgette, chili pepper & gomashio

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Garlic



Fresh ginger



Red chili pepper



Soy sauce



East Asian-style sauce



Steak strips



Courgette



Pak choi



Onion



Ground paprika



Gomashio



Carrot



Wholewheat noodles



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

You can marinate the beef a day beforehand. This will make the marinade absorb even more for an intense flavour sensation!

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Soy sauce (ml)	10	20	30	40	50	60
East Asian-style sauce* (sachet(s))	1	2	3	4	5	6
Steak strips* (g)	100	200	300	400	500	600
Courgette* (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Gomashio (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Wholewheat noodles (g)	50	100	150	200	250	300
From your pantry						
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)	2335 /558	462 /110
Total fat (g)	16	3
of which saturated (g)	2,4	0,5
Carbohydrates (g)	62	12
of which sugars (g)	21,3	4,2
Fibre (g)	8	2
Protein (g)	36	7
Salt (g)	3,5	0,7

Allergens

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



Prepare

- Take the **steak strips** out of the fridge and allow them to reach room temperature.
- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the **garlic** and finely grate the **ginger**. Deseed and finely chop the **red chili pepper**.*
- In a bowl, combine the steak strips with the **garlic, ginger, red chili pepper, soy sauce** and **East Asian-style sauce**.

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



Stir-fry the vegetables

- Slice the **courgette** and **carrot** into thin crescents. Remove the base of the **pak choi**, then finely chop the stem and the leaves. Chop the **onion**.
- Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry all the vegetables with the **paprika** for 6 - 8 minutes, seasoning to taste with salt and pepper.



Finish the stir-fry

- Meanwhile, boil the **noodles** for 3 - 4 minutes, covered.
- Add the **steak strips** in their marinade to the vegetables and fry for 1 minute.
- Drain the **noodles** and transfer to the wok, then mix well to combine and cook for another minute over high heat.

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.



Serve

- Serve the **noodles** on plates and garnish with the **gomashio**.

Enjoy!



Veggie Burger with Mushrooms

with potato wedges & arugula

Veggie

Total time: 40 - 50 min.



Potatoes



Hamburger bun with sesame seeds



Arugula & lamb's lettuce



Onion



Mushrooms



Veggie burger from The Vegetarian Butcher



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

This week, enjoy The Vegetarian Butcher's Italian-style veggie burger! With the texture of a tender burger, but completely vegetarian. Who wouldn't want that?

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, kitchen paper, salad bowl, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Veggie burger from The Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Honey (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
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)	4272 / 1021	682 / 163
Total fat (g)	59	9
of which saturated (g)	12,1	1,9
Carbohydrates (g)	88	14
of which sugars (g)	12,3	2
Fibre (g)	17	3
Protein (g)	31	5
Salt (g)	2,8	0,5

Allergens

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



Make the wedges

Preheat the oven to 220°C. Thoroughly wash the **potatoes** and cut them into wedges. Pat the **potato** wedges dry with kitchen paper or a clean kitchen towel. Transfer the **potato** wedges to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking tray and bake in the oven for 30 - 35 minutes, tossing halfway.



Make the salad

In a salad bowl, combine the extra virgin olive oil with balsamic vinegar. Season to taste with salt and pepper. Shortly before serving, toss the **lettuce** mix with the dressing.



Make the sauce

In a small bowl, combine the mayonnaise with the honey, then season to taste with salt and pepper (see Tip).

Tip: 🌱 are you watching your calorie intake? You can substitute some of the mayonnaise for yogurt; per person, use 1 tsp mayonnaise and 2 tbsp yogurt. You can also serve half of the potatoes and keep the rest to use another time.



Fry the mushrooms

Cut the **onion** into thin half rings and slice the **mushrooms**. Melt half of the butter in a frying pan over medium-high heat and fry the **onion** with the **mushrooms** for 5 - 6 minutes. Season with salt and pepper, then take the pan off the heat and set aside to keep warm.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.



Fry the burger

Melt the rest of the butter in a frying pan over medium-high heat and fry the **veggie burger** for 2 - 3 minutes per side.



Serve

Cut open the **burger bun** and spread with half of the honeyed mayonnaise. Top with the **burger** and half of the fried vegetables. Serve the **burger** with the **potato** wedges and the salad. Serve the rest of the fried vegetables and the honeyed mayonnaise alongside.

Enjoy!



Garlic Steak Strips over Giant Couscous

with roasted almonds, spinach & Greek-style cheese

Nice & Fast

Total time: 15 - 20 min.



Giant couscous



Onion



Middle Eastern
spice mix



Sliced carrots



Spinach



Steak strips



Garlic



Salted almonds



Lemon



Greek-style cheese



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

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

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Sliced carrots* (g)	75	150	300	300	450	450
Spinach* (g)	100	200	300	400	500	600
Steak strips* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Salted almonds (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Greek-style cheese* (g)	25	50	75	100	125	150
From your pantry						
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3180 /760	667 /159
Total fat (g)	34	7
of which saturated (g)	11,5	2,4
Carbohydrates (g)	67	14
of which sugars (g)	6,8	1,4
Fibre (g)	6	1
Protein (g)	44	9
Salt (g)	2	0,4

Allergens

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



Boil the giant couscous

- Boil 300ml water per person in a pot or saucepan and crumble in the stock cube. Boil the **giant couscous** for 12 - 14 minutes, covered, then drain and set aside. Chop the **onion** and crush or mince the **garlic**.



Cook the vegetables

- Heat a drizzle of olive oil in a frying pan and fry the **onion** with the **Middle Eastern spices** for 1 minute. Add the sliced **carrot** and 1 tbsp water per person, cover with the lid and cook for 5 minutes. Tear the **spinach** directly into the pan and allow to wilt. Season to taste with salt and pepper and cook for another 3 minutes over medium-high heat, still covered.

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.



Fry the steak strips

- Melt the butter with a drizzle of olive oil in a frying pan over medium-high heat. When the pan is hot, fry the **steak strips** with the **garlic** for 1 minute until evenly browned. The **steak** can still be a little rare if preferred. Season to taste with salt and pepper. Roughly chop the **almonds** in the meantime. Stir the **giant couscous** and the red wine vinegar into the vegetables.



Serve

- Cut the **lemon** into wedges. Serve the **giant couscous** and vegetables on plates and top with the **steak strips**. Crumble over the **Greek-style cheese** and garnish with the **almonds**. Drizzle over some extra virgin olive oil as preferred and serve with the **lemon** wedges alongside.

Enjoy!



BBQ Portobello Mushroom Pitas with Aioli

with banana pepper & slaw

Veggie Nice & Fast

Total time: 15 - 20 min.



Pita bread



Garlic



Onion



Banana pepper



Portobello mushroom



BBQ spice rub



Fresh flat leaf parsley & chives



Rainbow slaw mix



BBQ Sauce



Aioli



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

Did you know that the word aioli is a combination of all and oli? These are the Catalan words for garlic and oil.

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, large deep frying pan, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pita bread (unit(s))	2	4	6	8	10	12
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Banana pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	2	4	6	8	10	12
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Rainbow slaw mix* (g)	50	100	150	200	250	300
BBQ Sauce (g)	25	50	75	100	125	150
Aioli* (g)	25	50	75	100	125	150
From your pantry						
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3243 / 775	645 / 154
Total fat (g)	46	9
of which saturated (g)	11,2	2,2
Carbohydrates (g)	70	14
of which sugars (g)	18,4	3,7
Fibre (g)	10	2
Protein (g)	16	3
Salt (g)	3,1	0,6

Allergens

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



Prepare

- Preheat the oven to 200°C and bake the **pit**as for 6 - 8 minutes, or use a toaster if preferred.
- Slice the **onion** into half rings and crush or mince the **garlic**.
- Cut the **banana pepper** into thin rings.



Make the slaw

- Roughly chop the fresh herbs and set half aside, then transfer the rest to a bowl along with the **slaw mix**, mayonnaise and white wine vinegar. Mix well to combine and season to taste with salt and pepper.
- In a small bowl, combine the **BBQ sauce** with the honey, **soy sauce** and half a tablespoon of water per person (see Tip).
- Remove the frying pan from the heat and stir the sauce into the **mushrooms**.

Tip: if you'd like to make it spicier, add some sambal or **chili flakes** as preferred!



Fry the portobello mushrooms

- Heat a clean large frying pan over high heat.
- Cut the **portobello mushrooms** into strips of around 1cm thickness and fry for 2 - 3 minutes until golden-brown.
- Stir in a generous knob of butter along with the **BBQ spice rub***, **garlic**, **onion** and **banana pepper**, then fry for 5 - 6 more minutes.

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



Serve

- Cut open the **pit**as and spread with some of the **aioli** as preferred, then fill with the slaw and **portobello mushrooms**.
- Serve the rest alongside the **pit**as and garnish with the rest of the fresh herbs.
- Serve the rest of the **aioli** alongside.

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

Enjoy!



Bulgogi Bowl with Korean-Style Steak Strips

over rice with quick-pickled vegetables

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Bulgogi sauce



Steak strips



Jasmine rice



Cucumber



Soy sauce



Garlic



Slaw mix



Salted peanuts



Honey & ginger dressing



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

Bulgogi sauce is sweet and savoury, with the flavours of Asian pear, ginger and garlic. It is a key ingredient when preparing Korean BBQ beef.

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, deep frying pan, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgogi sauce (g)	35	70	105	140	175	210
Steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	1	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1½	2	2½	3
Slaw mix* (g)	75	150	200	300	350	450
Salted peanuts (g)	10	20	30	40	50	60
Honey & ginger dressing (ml)	12½	25	37½	50	62½	75
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sambal	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2586 / 618	518 / 124
Total fat (g)	14	3
of which saturated (g)	2,3	0,5
Carbohydrates (g)	84	17
of which sugars (g)	20,8	4,2
Fibre (g)	5	1
Protein (g)	35	7
Salt (g)	3,2	0,6

Allergens

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



Marinate the steak strips

- Take the **steak strips** out of the fridge (see Tip).
- In a bowl, combine the **steak strips** with the **bulgogi sauce** and **soy sauce**.
- Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes, covered.
- Drain when finished and set aside.

Tip: for the best result, take the steak strips out of the fridge 30 - 60 minutes before you start cooking. This way, the steak strips will be at room temperature when you eventually fry them.



Fry the steak strips

- When the **rice** has 5 minutes left, heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **garlic** for 1 minute, then add the **steak strips** in their marinade.
- Add some sambal as preferred and stir-fry for 1 minute.



Prepare

- Crush or **mince** the **garlic** and slice the **cucumber**.
- In another bowl, combine the **cucumber** with the **slaw mix**, white wine vinegar and sugar.
- Season with a pinch of salt, then set aside until serving.

Did you know... 🥒 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.



Serve

- Serve the **rice** on deep plates and top with the **steak strips** in their sauce.
- Serve with the **cucumber** slaw and garnish with the **peanuts**.
- Drizzle over the honey **ginger** dressing.

Enjoy!



Quick Shrimp Curry over Broccoli Rice

in fragrant coconut sauce with bell pepper

Nice & Fast

Total time: 20 - 30 min.



Jasmine rice



Broccoli rice



Garlic



Onion



Bell pepper



Fish sauce



Coconut milk



Shrimp



Ginger paste



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

A dish full of vegetables! In fact, we have supplemented the jasmine rice with broccoli rice. This will give you more than 200 grams of vegetables today!

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, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Broccoli rice* (g)	150	300	450	600	750	900
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Fish sauce (ml)	10	20	30	40	50	60
Coconut milk (ml)	125	250	375	500	625	750
Shrimp* (g)	80	160	240	320	400	480
Ginger paste* (g)	5	10	15	20	25	30

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
Sambal (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3063 / 732	502 / 120
Total fat (g)	36	6
of which saturated (g)	21,3	3,5
Carbohydrates (g)	73	12
of which sugars (g)	8,4	1,4
Fibre (g)	9	1
Protein (g)	24	4
Salt (g)	3,9	0,6

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the **jasmine rice** for 10 - 12 minutes, covered. Add the **broccoli rice** during the final 3 minutes of cooking, then drain and set aside.
- Season to taste with salt and pepper.
- Meanwhile, chop the **onion** and crush or mince the **garlic**.
- Chop the **bell pepper** into thin strips.



Make the curry

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **onion** with half each of the **garlic**, **ginger** paste and sambal for 1 minute.
- Stir in the **bell pepper**, **fish sauce*** and **coconut milk**, then cover with the lid. Allow to simmer for 8 - 10 minutes, removing the lid during the final 2 minutes of cooking.

*Take care, this ingredient is salty! Add gradually as preferred.



Fry the shrimp

- Meanwhile, heat another drizzle of sunflower oil in a frying pan over medium-high heat. Fry the rest of the **ginger** paste, **garlic** and sambal for 1 minute, then add the **shrimp** and fry for 3 - 4 minutes or until done.
- Transfer the **shrimp** in their cooking juices to the vegetables and mix well to combine. Season to taste with salt and pepper.



Serve

- Serve the **broccoli-jasmine rice** on plates.
- Top with the **shrimp** curry in its sauce.

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

Enjoy!



Baked Cod with Bacon & Fennel over orzo with roasted cherry tomatoes

Total time: 30 - 40 min.



Fennel



Red cherry tomatoes



Onion



Garlic



Orzo



Bacon lardons



Cod fillet



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

Did you know that cod is a lean saltwater fish? This fillet is low in fat, but high in protein!

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

Oven dish, lidded pot or saucepan, kitchen paper, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (unit(s))	½	1	2	2	3	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Bacon lardons* (g)	25	50	75	100	125	150
Cod fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
[Low sodium] vegetable stock (ml)	175	350	525	700	875	1050
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	2½	5	7½	10	12½	15
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3151 /753	512 /122
Total fat (g)	39	6
of which saturated (g)	7,4	1,2
Carbohydrates (g)	64	10
of which sugars (g)	10,8	1,8
Fibre (g)	7	1
Protein (g)	33	5
Salt (g)	2	0,3

Allergens

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



Prepare

Preheat the oven to 180°C and prepare the stock. Boil a shallow layer of water in a pot or saucepan. Quarter the **fennel** and remove the tough core, then cut into thin strips (see Tip). Boil the **fennel** for 5 minutes, then drain and set aside. Meanwhile, halve the **cherry tomatoes**, chop the **onion** and crush or **mince** the **garlic**.

Tip: you can set aside any fennel fronds to use later as garnish.



Bake the fish

Pat the fish dry with kitchen paper and season with salt and pepper. Transfer the **cherry tomatoes** and **fennel** to an oven dish, place the fish on top and drizzle over 2 tbsp olive oil per person. Season with salt and pepper, then bake in the oven for 15-18 minutes.



Fry the bacon

Heat a clean wok or deep frying pan over medium-high heat. Fry the **bacon lardons** for 3 - 4 minutes until done, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan and fry the **onion** with the **garlic** for 2 minutes over low heat.



Boil the orzo

Stir in the **orzo** and fry for 1 minute over medium heat, then deglaze with the white balsamic vinegar and the stock. Cover with the lid and boil the **orzo** for 10 - 12 minutes, stirring regularly. Add some more water as necessary if the **orzo** becomes too dry.



Finish the orzo

Transfer the **fennel** and **cherry tomatoes** to the **orzo**, along with half of the **bacon lardons**. Add 1 tbsp per person of the cooking juices from the oven dish. Mix well and add some more of the cooking juices as preferred.



Serve

Serve the **orzo** on plates and top with the fish. Garnish with the rest of the **bacon lardons**.

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

Enjoy!



Parsnip Risotto with Hake & Basil Crème

with a crisp apple salad

Family

Total time: 35 - 45 min.



Garlic



Onion



Parsnip



Risotto rice



Lamb's lettuce



Grated aged Gouda



Basil crème



Apple



Skin-on hake fillet



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

Did you know that the flavor of parsnip gets sweeter when it freezes? This is the reason why this vegetable is harvested in winter.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Parsnip* (g)	100	200	300	400	500	600
Risotto rice (g)	75	150	225	300	375	450
Lamb's lettuce* (g)	20	40	60	80	100	120
Grated aged Gouda* (g)	15	25	40	50	65	75
Basil crème* (ml)	10	15	20	24	35	39
Apple* (unit(s))	½	1	1	2	2	3
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Low sodium] fish stock (ml)	300	600	900	1200	1500	1800
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3506 / 838	442 / 106
Total fat (g)	39	5
of which saturated (g)	14,7	1,9
Carbohydrates (g)	87	11
of which sugars (g)	18,2	2,3
Fibre (g)	9	1
Protein (g)	32	4
Salt (g)	3,4	0,4

Allergens

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



Prepare

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



Make the risotto

- Stir in the **risotto rice** and toast the grains for 1 minute, then deglaze with two-thirds of the white wine vinegar.
- Pour in a third of the stock and allow to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.
- The risotto is done when the **rice** is soft but still al dente. This should take around 25 - 30 minutes. Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Fry the hake

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



Serve

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

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

Enjoy!



Tuna Salad with Baked Sweet Potato

with crunchy cucumber slaw, fresh mint & chives

Calorie Smart

Total time: 50 - 60 min.



Sweet potato



Tuna packed in olive oil



Apple



Fresh mint & chives



Onion



Rainbow slaw mix



Organic sour cream



Cucumber



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

Sour Cream is made by fermenting fresh cream with lactic acid. Its fresh and tangy flavour makes it an excellent accompaniment for both savoury and sweet 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

Aluminum foil, baking sheet, bowl, large bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	300	450	600	900	1050	1350
Tuna packed in olive oil (can)	1	1	2	2	3	3
Apple* (unit(s))	½	1	2	2	3	3
Fresh mint & chives* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
Rainbow slaw mix* (g)	50	100	200	200	300	300
Organic sour cream* (g)	50	100	150	200	250	300
Cucumber* (unit(s))	½	1	1	2	2	3
From your pantry						
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2556 /611	386 /92
Total fat (g)	27	4
of which saturated (g)	6,3	1
Carbohydrates (g)	68	10
of which sugars (g)	28,4	4,3
Fibre (g)	11	2
Protein (g)	18	3
Salt (g)	1	0,2

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Wash or peel the **sweet potato** and then dice it. Prepare a 30cm square of aluminium foil per person.
- Transfer the **sweet potato** to the foil and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Fold up the foil so as make parcels, then transfer to a parchment-lined baking sheet. Bake in the oven for 35 - 40 minutes (see Tip).

Tip: use a fork to check the sweet potatoes after 30 minutes and bake for more or less time as necessary.



Make the slaw

- Dice the **cucumber** and chop the **mint** leaves.
- In a bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the **cucumber**, **mint** and **slaw mix**, then toss well to combine. Season to taste with salt and pepper.
- Drain the **tuna**. Finely dice the **apple** and finely chop the **chives**. Finely chop the **onion**.

Did you know... 🍏 apple contains the fibre pectine, which contributes to gut health. This is good for your cholesterol and your immune system.



Make the tuna salad

- In a bowl, combine the honey with the mustard.
- Add the **onion**, **sour cream**, **tuna** and **apple**, along with two thirds of the **chives**.
- Mix well to combine, seasoning to taste with salt and pepper. Set aside until serving.

Did you know... 🐟 tuna packed in olive oil is not only delicious, it's also good for your health. Olive oil contains monounsaturated fatty acids and vitamin E, which help lower cholesterol levels and maintain a strong immune system.



Serve

- Take the **sweet potato** parcels out of the oven when they're done (see Tip).
- Serve the **sweet potato** on plates and top with the **tuna** salad.
- Scatter the rest of the **chives** over the **tuna** salad and **sweet potato**.
- Serve the **cucumber** slaw on the side.

Tip: be careful when opening the parcels, as they may release hot steam.

Enjoy!



Hearty Yellow Chicken Curry Soup

in fragrant coconut broth with pak choi, carrot & potatoes

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Vietnamese-style sauce



Chicken thigh strips



Fresh lemongrass



Potatoes



Coconut milk



Fish sauce



Shallot



Carrot



Pak choi



Yellow curry spices



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

Lemongrass' floral citrusy flavour lacks the bitterness of other citruses. Prized as much for its scent as its taste, it imparts an unparalleled bright freshness.

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 soup pot or large pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Fresh lemongrass* (unit(s))	¼	½	¾	1	1¼	1½
Potatoes (g)	150	300	450	600	750	900
Coconut milk (ml)	90	180	270	360	450	540
Fish sauce (ml)	5	10	15	20	25	30
Shallot (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Pak choi* (unit(s))	½	1	2	2	3	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Low sodium] chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
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)	2469 /590	392 /94
Total fat (g)	34	5
of which saturated (g)	19,2	3
Carbohydrates (g)	43	7
of which sugars (g)	12,4	2
Fibre (g)	10	2
Protein (g)	26	4
Salt (g)	4,5	0,7

Allergens

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



Prepare

- Prepare the stock by combining (per person) 200ml water with a quarter of a chicken stock cube.
- Wash or peel the **potatoes** and cut them into wedges, then rinse under cold water.
- Chop the **shallot** and slice the **carrot** into thin crescents.

Did you know... 🥔 potatoes are a great source of vitamins, such as vitamin B6 and vitamin B11 which keep you energised. Potatoes also provide vitamin C for a strong immune system.



Make the soup

- Heat the sunflower oil in a soup pot or large pan over medium-high heat and fry the **shallot** for 1 minute.
- Add the **chicken, curry spices, potato** wedges and **carrot** and fry for 3 minutes, then pour in the **coconut milk** and the stock.
- Bruise the **lemongrass** and add it to the soup (see Tip).
- Lower the heat, cover with the lid and allow to simmer gently for 9-12 minutes.

Tip: the lemongrass will provide more flavour if you bruise it several times.



Finish the soup

- Remove and discard the base of the **pak choi** and finely chop both the stem and the leaves.
- Add the **pak choi** to the soup and cook gently for 3 minutes, then stir in the **fish sauce*** and the **Vietnamese-style sauce**.
- Check if the **potatoes** and the **carrot** are done, then season to taste with salt and pepper. Add another splash of **fish sauce** as preferred.

**Take care, this ingredient is salty! Add gradually as preferred.*



Serve

- Take the **lemongrass** out of the soup and then serve in bowls or deep plates.

Enjoy!



Italian-Style Veggie Burger

with balsamic tomato salsa & basil mayo

Family Veggie

Total time: 45 - 55 min.



Potatoes



Tomato



Onion



Garlic



Basil crème



Veggie burger from The Vegetarian Butcher



Grated mature cheese



Arugula & lamb's lettuce



White ciabatta



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

Did you know that arugula contains 5 times more calcium, vitamin A and iron than a lot of other vegetables?

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Tomato (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Basil crème* (ml)	10	15	18	24	33	39
Veggie burger from The Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
Grated mature cheese* (g)	15	25	40	50	65	75
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
White ciabatta (unit(s))	1	2	3	4	5	6
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	⅓	⅔	1	1⅓	1⅔	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3812 / 911	608 / 145
Total fat (g)	46	7
of which saturated (g)	12,2	1,9
Carbohydrates (g)	90	14
of which sugars (g)	7,7	1,2
Fibre (g)	14	2
Protein (g)	30	5
Salt (g)	2,9	0,5

Allergens

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



Make the wedges

Preheat the oven to 200°C. Wash the **potatoes** and cut them into wedges, then transfer to a bowl (see Tip). Lightly drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer the **potato** wedges to a parchment-lined baking sheet and bake for 25 - 35 minutes or until done, tossing halfway. Put the **bread** rolls in the oven when there are 6 - 8 minutes left.

Tip: 🍷 this recipe is high in calories. Are you watching your calorie intake? You can serve the burger without the wedges and use the potatoes another time instead.



Fry the burger

Melt the butter in a frying pan over medium-high heat and fry the **burger** with the **onion** rings for 2 minutes per side. Scatter three-quarters of the **cheese** over the **burger** during the final minute of cooking.



Prepare

In the meantime, dice the **tomato** and crush or **mince** the **garlic**. Finely chop half of the **onion** and slice the rest into half rings.



Assemble the burger

Cut open the **bread** rolls and spread with the **basil** mayo. Add the **burger**, then top with 3 tbsp **tomato** salsa per person and some of the **lettuce**.



Make the salsa

In a bowl, combine the chopped **onion** with the **tomato**, **garlic**, extra virgin olive oil and balsamic vinegar. Season to taste with salt and pepper, then set aside. In a small bowl, combine the mayonnaise with the **basil crème**.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene!



Serve

Combine the rest of the **lettuce** with the rest of the **tomato** salsa. Serve the salad and **potato** wedges with the **burger**. Use the rest of the **cheese** to garnish the salad.

Enjoy!



Spicy Bulgogi Pork Bowl

over bulgur with stir-fried vegetables & gomashio

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Pork tenderloin tips



Korean-style spice mix



Bulgogi sauce



Bulgur



Scallions



Fresh ginger



Garlic



Red chili pepper



Gomashio



Carrot



Chopped sweetheart cabbage



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

You marinate the pork tenderloin with the bulgogi sauce, ketjap and sunflower oil - the longer you leave the marinade to rest, the greater the taste sensation!

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, deep frying pan, grater, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin tips* (g)	100	200	300	400	500	600
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Bulgogi sauce (g)	35	70	105	140	175	210
Bulgur (g)	75	150	225	300	375	450
Scallions* (bunch)	½	1	1	2	2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Gomashio (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Carrot* (unit(s))	½	1	2	2	3	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
From your pantry						
Sunflower oil (tbsp)	1¼	2½	3¾	5	6¼	7½
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 /679	562 /134
Total fat (g)	21	4
of which saturated (g)	3,1	0,6
Carbohydrates (g)	77	15
of which sugars (g)	24	4,7
Fibre (g)	17	3
Protein (g)	38	7
Salt (g)	3,4	0,7

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the bulgur.
- In a bowl, combine the **bulgogi sauce** with the ketjap and a light drizzle of sunflower oil. Add the **pork tenderloin tips** and ensure they are well coated with the marinade, then set aside.
- Crush or mince the **garlic** and grate the **ginger** with a microplane.
- Deseed and finely chop the **red chili pepper**.*

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



Boil the bulgur

- Crumble the stock cube into the boiling water (see pantry for amount). Cook the **bulgur** for 10 - 12 minutes, covered, then drain and set aside.
- Meanwhile, finely chop the **scallions** and set aside some of the greens to use later as garnish.
- Slice the **carrot** into crescents.



Stir-fry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the **scallions, garlic, chili pepper** and **ginger** for 1 - 2 minutes.
- Add the Korean **spices, sweetheart cabbage** and **carrot**, then continue frying for 5 - 7 minutes.
- Meanwhile, heat another drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **pork tenderloin tips** in their marinade for 3 - 6 minutes, or until done. Season to taste with pepper.
- Transfer the **bulgur** to the vegetables and cook for 2 - 3 more minutes, then season to taste with salt and pepper.



Serve

- Serve the **bulgur** and vegetables in bowls and top with the **pork tenderloin tips**.
- Drizzle with the cooking juices from the frying pan. Garnish with the **gomashio** and the reserved **scallion** greens.

Did you know... 🌱 *bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).*

Enjoy!



Chicken Breast in Creamy Mustard Sauce

with potatoes and courgette

Total time: 35 - 45 min.



Potatoes



Chestnut mushrooms



Garlic



Onion



Fresh rosemary



Chicken breast



Courgette



Cooking cream



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

Mustard sauce and chicken breast make the perfect combination. You prepare the sauce yourself from cooking cream, mustard, white wine vinegar and rosemary. Enjoy your meal!

Before you begin

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

Utensils

Lidded deep frying pan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Chestnut mushrooms* (g)	65	125	125	250	250	375
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Cooking cream (g)	150	300	450	600	750	900
From your pantry						
[Low sodium] vegetable stock (ml)	50	100	150	200	250	300
Mustard (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3753 / 897	479 / 114
Total fat (g)	56	7
of which saturated (g)	26,4	3,4
Carbohydrates (g)	55	7
of which sugars (g)	12,1	1,5
Fibre (g)	10	1
Protein (g)	40	5
Salt (g)	1,3	0,2

Allergens

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



Fry the potatoes

Prepare the stock. Peel or thoroughly wash the **potatoes** and slice them into rounds of 0.5cm thickness (see Tip). Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat and fry the **potatoes** for 25 - 30 minutes, covered. Remove the lid during the final 5 minutes of cooking time and then season to taste with salt and pepper.

Tip: this recipe is high in calories. Are you watching your calorie intake? Serve just half of the potatoes and keep the rest to use another time.



Fry the courgette

Heat a drizzle of olive oil in another frying pan over high heat. Fry the **courgette** for 6 - 8 minutes or until golden-brown and done. Season to taste with salt and pepper.



Fry the chicken

Meanwhile, slice the **mushrooms**, chop the **onion** and crush or **mince** the **garlic**. Discard the **rosemary** stalk and roughly chop the leaves. Melt half of the butter in a frying pan over medium-high heat and fry the **chicken** for 2 - 3 minutes per side, then remove from the pan and set aside. It should not be done yet, as it will finish cooking in the sauce later. Meanwhile, slice the **courgette** into crescents.



Make the mustard sauce

Deglaze the **mushrooms** with the stock, then stir in the mustard, white wine vinegar and the **rosemary**. Stir in the **cream** and allow the sauce to reduce for 5 minutes (see Tip). Add the **chicken** and allow to cook for 8 - 12 minutes until the sauce has thickened to your liking.

Tip: taste and stir the sauce regularly. If it's still too thin, allow to reduce longer and/or stir in a teaspoon of flour per person.



Fry the mushrooms

Melt the remaining butter in the same pan and fry the **onion** for 1 - 2 minutes. Stir in the **mushrooms** and **garlic** and continue frying for 2 - 3 more minutes.



Serve

Serve the **courgette** and **potatoes** on plates with the **chicken** in its creamy mustard sauce alongside.

Did you know... 🌱 *this recipe is low in salt but rich in potassium, thanks to the potatoes and courgette. Potassium supports blood pressure health.*

Enjoy!



Creamy Farfalle with Courgette & Goat's Cheese

with sundried tomatoes & broccoli

Family Veggie Nice & Fast

Total time: 25 - 35 min.



Broccoli



Courgette



Onion



Garlic



Dried oregano



Cooking cream



Grated mature goat's cheese



Sundried tomatoes



Farfalle



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

Goat's cheese has been popular for centuries. The ancient Greeks called it 'the gift of the gods'. It's versatile, from mild to strong, and fits perfectly into both savoury and sweet 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

Lidded pot or saucepan, lidded wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	100	200	360	400	560	600
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Dried oregano (sachet(s))	½	¾	1	1½	1¾	2
Cooking cream (g)	40	75	115	150	190	225
Grated mature goat's cheese* (g)	50	100	150	200	250	300
Sundried tomatoes (g)	30	50	70	100	120	150
Farfalle (g)	90	180	270	360	450	540
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock (ml)	75	150	225	300	375	450
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3063 / 732	573 / 137
Total fat (g)	30	6
of which saturated (g)	16,5	3,1
Carbohydrates (g)	78	15
of which sugars (g)	10,8	2
Fibre (g)	10	2
Protein (g)	30	6
Salt (g)	1,9	0,3

Allergens

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



Boil the farfalle

- Prepare the stock. Cut the head of the **broccoli** into florets and then dice the stem.
- Boil plenty of salted water in a pot or saucepan and cook the **farfalle** for 5 minutes.
- Add the **broccoli** and cook for 6 - 9 more minutes, then drain and set aside.
- Meanwhile, chop the **sundried tomatoes** into small pieces.



Make the sauce

- Add the pasta, **broccoli** and half of the **goat's cheese** and cook for another 3 minutes (see Tip).
- Stir in the **sundried tomatoes** and season to taste with salt and pepper.

Tip: serve the goat's cheese separately if necessary, so as to allow everyone to garnish as preferred.



Fry the courgette

- In the meantime, slice the **courgette** into crescents.
- Chop the **onion** and crush or **mince** the **garlic**.
- Heat the olive oil in a wok or deep frying pan over medium heat.
- Fry the **onion** with the **garlic**, **courgette** and **oregano** for 5 minutes, then add the stock and the **cream** and bring to a boil.



Serve

- Serve the **farfalle** on plates and garnish with the rest of the **goat's cheese**.

Enjoy!



Crispy Fish Tacos

with crunchy vegetables & smoky mayonnaise

Family Nice & Fast

Total time: 25 - 35 min.



Cucumber



Carrot



Panko breadcrumbs



Mexican-style spices



Mini tortillas



Radicchio & iceberg lettuce



Skin-on hake fillet



Smoked paprika



Mayonnaise



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

Panko breadcrumbs are larger than regular breadcrumbs: this gives them an extra crunchiness after frying.

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, bowl, deep plate, kitchen paper, peeler or cheese slicer, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cucumber* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Smoked paprika (tsp)	½	1	1½	2	2½	3
Mayonnaise* (g)	50	75	100	150	175	225
From your pantry						
Sugar (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[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)	3531 /844	663 /158
Total fat (g)	50	9
of which saturated (g)	12,4	2,3
Carbohydrates (g)	65	12
of which sugars (g)	15,5	2,9
Fibre (g)	7	1
Protein (g)	30	6
Salt (g)	2,4	0,5

Allergens

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



Prepare

- Preheat the oven to 180°C. Use a peeler or cheese slicer to shave the **carrot** and **cucumber** into thin ribbons. In a bowl, combine the sugar with the white wine vinegar and a pinch of salt. Add the vegetable ribbons and mix well to combine, then set aside until serving, stirring occasionally.

Did you know... 🥒 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.



Fry the hake

- On a deep plate, combine the **panko** with the **Mexican-style spices** and season with salt and pepper. Pat the fish dry with kitchen paper and then cut into thirds. Coat the fish with a third of the mayonnaise and then coat it with the **panko**. Melt the butter in a frying pan over medium-high heat and fry the fish for 3 - 5 minutes until evenly golden-brown.

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



Make the sauce

- Meanwhile, wrap the **tortillas** in aluminium foil and warm in the oven for 3 - 4 minutes. In a small bowl, combine the rest of the mayonnaise with the **smoked paprika*** and season to taste with salt and pepper.

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



Serve

- Spread the **tortillas** with the **paprika** mayonnaise and then fill with the **lettuce**, some of the quick-pickled vegetables and the crispy fish. Serve the rest of the vegetables alongside.

Enjoy!



Veal Bacon Cheeseburger

with oven fries, apple salad & cranberry chutney

Premium Family

Total time: 45 - 55 min.



Potatoes



Brioche bun



Shredded red cabbage



Apple



Onion



Bacon



Veal burger



Cranberry chutney



Grated aged Gouda



Arugula & lamb's lettuce



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

Did you know that cranberry is derived from the German kraanbere? This is because the plant's flowers are reminiscent of a crane!

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, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Brioche bun (unit(s))	1	2	3	4	5	6
Shredded red cabbage* (g)	50	100	150	200	250	300
Apple* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Bacon* (slice(s))	2	4	6	8	10	12
Veal burger* (unit(s))	1	2	3	4	5	6
Cranberry chutney* (g)	20	40	60	80	100	120
Grated aged Gouda* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Honey (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (g)	25	50	75	100	125	150
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
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)	6171 /1475	759 /181
Total fat (g)	88	11
of which saturated (g)	31,3	3,9
Carbohydrates (g)	116	14
of which sugars (g)	28,8	3,5
Fibre (g)	17	2
Protein (g)	52	6
Salt (g)	4,3	0,5



Make the fries

Preheat the oven to 210°C. Peel or wash the **potatoes** and cut into fries of no more than 1cm thickness. Transfer to a parchment-lined baking sheet and drizzle generously with olive oil, then season to taste with salt and pepper. Toss well to combine and then bake for 30 - 40 minutes, tossing halfway. Bake the **bread** alongside during the final 2 - 3 minutes of cooking time.



Fry the burger

In the same pan, melt the butter over medium heat and fry the **onion** with the **burger** for 3 - 5 minutes per side or until done (see Tip). Remove the **burger** from the pan and then deglaze the **onion** with the balsamic vinegar.

Tip: if preferred, you can top the burgers with the cheese already and then cover the pan with the lid so as to allow the cheese to melt. Otherwise, just add the cheese in the next step as instructed.



Chop the vegetables

Finely chop the **red cabbage**. Set aside two thin slices of **apple** per person to use later, then core and dice the rest of the **apple**. In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and honey, then season to taste with salt and pepper.



Assemble the burger

Cut open the **bread roll** and spread both sides with the **cranberry chutney**. Top with the reserved **apple**, the **onion** and the **burger**. Top the **burger** with the **bacon** and **cheese**.



Make the slaw

Transfer the **cabbage** and diced **apple** to the salad bowl, then toss well to combine and set aside. Heat a clean frying pan over medium-high heat and fry the **bacon** for 3 - 5 minutes until done, then remove from the pan and set aside. Slice the **onion** into half rings in the meantime.



Serve

Add the **lettuce** to the **cabbage** and toss well to combine. Serve the **burger** with the salad, fries and mayonnaise.

Enjoy!



Paella with Chicken Thigh & Shrimp

with chorizo, green beans & salad

Premium Family

Total time: 45 - 55 min.



Bell pepper



Ground turmeric



Smoked paprika



Tomato paste



Risotto rice



Lemon



Tomato



Shrimp



Diced chorizo



Carrot



Onion



Chicken thigh strips with Mediterranean herbs



Green beans



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

Paella comes from the Spanish region of Valencia. Did you know that the name of this Mediterranean dish means frying pan in the Valencian dialect?

Utensils

Bowl, large wok or deep frying pan with lid, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	½	1	2	2	3	3
Ground turmeric (tsp)	1	2	3	4	5	6
Smoked paprika (tsp)	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Lemon* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Shrimp* (g)	80	120	180	240	300	360
Diced chorizo* (g)	25	50	75	100	125	150
Carrot* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Chicken thigh strips with Mediterranean herbs* (g)	50	100	150	200	250	300
Green beans* (g)	40	75	115	150	190	225

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
[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)	3176 /759	387 /93
Total fat (g)	32	4
of which saturated (g)	7,1	0,9
Carbohydrates (g)	80	10
of which sugars (g)	15,9	1,9
Fibre (g)	10	1
Protein (g)	34	4
Salt (g)	3,7	0,4

Allergens

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



Prepare

Prepare the stock. Chop the **onion** and cut the **carrot** into thin crescents. Chop the **bell pepper** into strips. Cut the **tomato** into wedges and transfer to a bowl along with the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper, then toss well to combine.



Fry the proteins

Cut the **lemon** into wedges. Pat the **shrimp** dry with kitchen paper. Heat the rest of the olive oil in a frying pan over high heat and fry the **chicken** with the **chorizo** and the **shrimp** for 3 minutes (see Tip).

Tip: the proteins don't need to be done yet as they'll finish cooking later in the paella.



Fry the vegetables

Heat half of the olive oil in a large wok or deep frying pan over medium heat. Fry the **onion** and the **carrot** with the **turmeric** and the **smoked paprika** for 3 minutes, then stir in the **bell pepper** and fry for 2 more minutes.



Finish the paella

Remove the lid and stir in the rest of the stock, then transfer the **shrimp**, **chicken** and **chorizo** to the paella, along with their cooking juices. Mix well and allow to cook gently for 3 more minutes, or until the **chicken** and **shrimp** are done. Season to taste with salt and pepper.



Cook the rice

Add the **tomato paste** and fry for 1 minute, then add the **risotto rice** and 200ml stock per person (you will use the rest of the stock later). Bring to a boil and allow the **rice** to cook gently for 20 - 25 minutes, covered, stirring regularly. Meanwhile, discard the tips of the **green beans** and then cut into thirds. Add the **green beans** to the paella during the final 8 minutes of cooking.



Serve

Serve the paella on plates and squeeze over 1 **lemon** wedge per person. Serve with the **tomato** salad and garnish with the rest of the **lemon** wedges.

Did you know... 🍅 tomatoes are a good source of the antioxidant lycopene. Antioxidants protect our cells and organs against free radicals, which are harmful substances produced by UV radiation and air pollution.

Enjoy!



Steak with Peppercorn Sauce

with green beans, sundried tomatoes & potatoes

Premium Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Steak



Peppercorn sauce



Potato rounds



Green beans



Onion



Sundried tomatoes



Fresh rosemary



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

Green beans contain important minerals. For instance, potassium helps maintain healthy blood pressure, and iron and folic acid make 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 and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, lidded deep frying pan, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Peppercorn sauce* (g)	50	100	150	200	250	300
Potato rounds* (g)	200	400	600	800	1000	1200
Green beans* (g)	150	300	450	600	750	900
Onion (unit(s))	½	1	1½	2	2½	3
Sundried tomatoes (g)	30	50	70	100	120	150
Fresh rosemary* (sprig)	½	1	1½	2	2½	3

From your pantry

Olive oil (tbsp)	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)	3113 /744	495 /118
Total fat (g)	44,9	7,1
of which saturated (g)	19,8	3,1
Carbohydrates (g)	45,2	7,2
of which sugars (g)	9	1,4
Fibre (g)	12,1	1,9
Protein (g)	33,4	5,3
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Take the **steak** out of the fridge and allow to reach room temperature (see Tip).
- Boil a shallow layer of salted water in a deep frying pan and bring to the boil.
- Discard the tips of the **green beans** and cut in half.
- Boil for 4 - 6 minutes until al dente, then drain and rinse under cold water.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.



Fry the green beans

- Heat a drizzle of olive oil in the same pan you used for the **green beans** and fry the **onion** for 2 minutes.
- Add the **green beans** back to the pan and fry for 3 - 5 minutes. Stir in the sundried **tomatoes** and season to taste with salt and pepper.
- Melt a generous knob of butter in a frying pan over high heat.
- When the pan is nice and hot, carefully fry the **steak** for 1 - 3 minutes per side (see Tip).

Tip: fry the steak for more or less time as preferred, depending on how rare you'd like it.



Fry the potatoes

- Chop the **onion** in the meantime.
- Cut the sundried **tomatoes** into smaller pieces. Discard the **rosemary** stalk and then finely chop the leaves.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **potatoes** with the **rosemary** for 7 - 10 minutes until crispy (see Tip). Season to taste with salt and pepper.

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



Serve

- Remove the **steak** from the pan and season with salt and pepper, then allow to rest under aluminium foil.
- Heat the **peppercorn sauce** in the same pan for 1 minute over medium-high heat, stirring regularly.
- Slice the **steak** against the grain and serve with the **potatoes** and **green beans** alongside.
- Top the **steak** with the **peppercorn sauce**.

Enjoy!



Fish Tacos with Avocado Crema

with pomegranate-fennel salsa & tortilla chips

Family

Total time: 30 - 40 min.



Mini tortillas



Cod fillet



Fennel



Pomegranate



Avocado



Onion



Green chili pepper



Fresh coriander



Mexican-style spices



Greek-style cheese



Sweet chilli tortilla chips



Lime



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

Got leftover pomegranate seeds? Sprinkle them over your avocado toast. Pairing them with avocado is both delicious and pleasing to the eye.

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, tall container, immersion blender, large bowl, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	3	6	9	12	15	18
Cod fillet* (unit(s))	1	2	3	4	5	6
Fennel* (unit(s))	½	1	2	2	3	3
Pomegranate* (unit(s))	¼	½	¾	1	1¼	1½
Avocado (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	50	100	150	200	250	300
Sweet chilli tortilla chips (g)	40	75	115	150	190	225
Lime* (unit(s))	½	¾	1	1½	1½	2

From your pantry

White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
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)	4075 /974	713 /170
Total fat (g)	51	9
of which saturated (g)	13,5	2,4
Carbohydrates (g)	81	14
of which sugars (g)	13,6	2,4
Fibre (g)	10	2
Protein (g)	43	8
Salt (g)	3,4	0,6

Allergens

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



Prepare

Preheat the oven to 200°C. Quarter the **fennel** and remove the tough core, then cut into thin strips. Deseed and finely chop the **green chili pepper**.* In a large bowl, combine the white wine vinegar with the sugar, then add the **fennel** and **chili** and toss well to combine. Set aside until serving, stirring occasionally.

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



Heat the tortillas

Wrap the **tortillas** in aluminium foil and heat in the oven for 4 - 6 minutes. Meanwhile, roll the **pomegranate** over the countertop so as to release the seeds, then cut it open and scoop them out.



Make the avocado crema

Cut the **lime** into 6 wedges. Halve and pit the **avocado**, then remove the skin and transfer the **avocado** to a tall container. Add half each of the **Greek-style cheese** and **coriander**, then squeeze in 1 **lime** wedge per person. Use an immersion blender to process into a smooth sauce, then taste and season as necessary with salt and pepper.



Finish the salsa

Chop the **onion**, then transfer to the **fennel** along with the **pomegranate seeds**. Mix well to combine and season to taste with salt and pepper. Finely chop the rest of the **coriander**. Crumble the rest of the **Greek-style cheese**.



Fry the cod

Pat the **cod** dry with kitchen paper. Drizzle with olive oil and season with the **Mexican-style spices***, along with salt and pepper. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **cod** for 2 - 3 minutes per side.

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



Serve

Spread each **tortilla** with 1 tbsp of the **avocado crema**. Top with the **cod** and some of the **pomegranate** salsa. Garnish with the **coriander** and **Greek-style cheese**. Serve the **tacos** with the **tortilla chips** and any remaining **lime wedges**. Serve the rest of the salsa and **avocado crema** alongside.

Did you know... 🥑 avocados are rich in unsaturated fats, which are good for your cholesterol levels and overall cardiovascular health.



Bacon-Wrapped Meatloaf with Onion Jus

with Brussels sprouts, cauliflower & mashed potatoes

Family

Total time: 60 - 70 min.



Onion



Fresh rosemary



Nutmeg



Cauliflower



Brussels sprouts



Seasoned minced meat blend



Panko breadcrumbs



Parmigiano Reggiano



Dried thyme



Bacon



Cooking cream



Grated aged Gouda



Onion chutney



Potatoes



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

The spiced mince is bursting with flavours! Cayenne pepper, caraway and cardamom make this meatloaf a restaurant-worthy creation.

Utensils

Aluminum foil, parchment-lined baking sheet, bowl, grater, large bowl, 2x oven dish, pot or saucepan, potato masher, small saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Nutmeg (pinch)	1½	3	4½	6	7½	9
Cauliflower* (g)	250	500	750	1000	1250	1500
Brussels sprouts* (g)	75	150	225	300	375	450
Seasoned minced meat blend* (g)	150	300	450	600	750	900
Panko breadcrumbs (g)	25	50	75	100	125	150
Parmigiano Reggiano* (unit(s))	½	1	¾	1	1¾	2
Dried thyme (sachet(s))	⅓	⅔	1	1½	1¾	2
Bacon* (slice(s))	3	6	9	12	15	18
Cooking cream (g)	37½	75	112½	150	187½	225
Grated aged Gouda* (g)	12½	25	37½	50	62½	75
Onion chutney* (g)	40	80	120	160	200	240
Potatoes (g)	250	500	750	1000	1250	1500
From your pantry						
[Plant-based] milk (ml)	30	60	90	120	150	180
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Honey (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Mustard (tsp)	2	4	6	8	10	12
Beef stock cube (unit(s))	⅛	¼	⅓	½	⅔	¾

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5648 / 1350	539 / 129
Total fat (g)	76	7
of which saturated (g)	34,2	3,3
Carbohydrates (g)	105	10
of which sugars (g)	29,3	2,8
Fibre (g)	20	2
Protein (g)	58	6
Salt (g)	4,4	0,4

Allergens

Check the ingredient label for the most accurate information regarding allergens and traces.

2024-W12



Prepare

Preheat the oven to 200°C. Chop the **onion** and grate the **Parmigiano Reggiano**. Discard the **rosemary** stalk and finely chop the leaves. Grate a pinch of **nutmeg** as preferred. In a bowl, combine the **mince** with the **panko**, **Parmigiano Reggiano** and **rosemary**, along with half of the **onion**. Add the milk and half of the mustard, along with half a teaspoon of **thyme** per person. Mix well and then season to taste with salt and pepper.



Roast the vegetables

Transfer the **Brussels sprouts** to one side of a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes, above or alongside the meatloaf. Combine the **cauliflower** with the **cream**, **aged cheese** and half of the **nutmeg**. Season to taste with salt and pepper. Place the **cauliflower** on the baking tray next to the **sprouts** and roast alongside for the final 15 - 20 minutes of cooking time.



Bake the meatloaf

Knead the **mince** to combine, then shape it into a meatloaf and transfer to an oven dish. Wrap the meatloaf with the **bacon** and spread with a knob of butter, then cover with aluminum foil. Bake the meatloaf for 25 minutes, then remove the foil and baste with the cooking juices from the oven dish. Return to the oven and bake for a further 15 - 25 minutes as needed. Meanwhile, boil plenty of water in a pot or saucepan for the **cauliflower**.



Boil the potatoes

Boil plenty of water in the same pan you used for the **cauliflower**. Peel or wash the **potatoes** and cut into rough chunks, then boil for 12 - 15 minutes, covered. Meanwhile, melt a small knob of butter in a small saucepan and fry the rest of the **onion** for 2 - 3 minutes. Stir in the **onion chutney** along with (per person) 50ml water and an eighth of a stock cube. Bring to the boil and allow to reduce gently for 6 - 8 minutes.



Prepare the vegetables

Cut the head of the **cauliflower** into florets and dice the stem. Boil the **cauliflower** for 5 minutes, then drain and transfer to an oven dish. Wash the **Brussels sprouts** and remove the stem, then cut them in half. In a large bowl, combine the balsamic vinegar and honey with a drizzle of olive oil and a quarter teaspoon of **thyme** per person. Season to taste with salt and pepper. Transfer the **sprouts** to the bowl and toss well to combine.



Serve

Drain and then mash with the rest of the mustard, a knob of butter and a splash of milk. Season with the rest of the **nutmeg** as preferred, along with salt and pepper to taste. Serve the meatloaf and vegetables on plates. Serve with the mashed **potato** and **onion jus**.

Enjoy!



Pesto Rosso Conchiglie with Baked Goat's Cheese

with arugula, basil & pumpkin seeds

Family Veggie Nice & Fast

Total time: 20 - 30 min.



Onion



Bell pepper



Tomato



Conchiglie



Matured goat's cheese



Fresh basil



Pesto rosso



Arugula



Pumpkin seeds



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

Today prepare a pasta pesto with red pesto, instead of green. This pesto is made from sun-dried tomatoes and adds a lot of flavour to this dish.

Before you begin

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

Utensils

Parchment-lined baking sheet, large wok or deep frying pan, lidded pot or saucepan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Conchiglie (g)	90	180	270	360	450	540
Matured goat's cheese* (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Pesto rosso* (g)	40	80	120	160	200	240
Arugula* (g)	20	40	60	80	100	120
Pumpkin seeds (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin 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)	4121 / 985	887 / 212
Total fat (g)	59	13
of which saturated (g)	19,6	4,2
Carbohydrates (g)	77	17
of which sugars (g)	9,4	2
Fibre (g)	9	2
Protein (g)	30	7
Salt (g)	1,5	0,3

Allergens

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



Boil the pasta

- Preheat the oven to 200°C and boil plenty of water in a pot or saucepan for the **conchiglie**.
- Chop the **onion** and dice the **tomato** and **bell pepper**.
- Boil the **conchiglie** for 14 - 16 minutes until done, covered, then drain and set aside.



Fry the vegetables

- Transfer the **goat's cheese** to a parchment-lined baking sheet and bake for 8 - 10 minutes.
- Meanwhile, heat the olive oil in a wok or deep frying pan and fry the **onion** for 2 minutes over medium-low heat.
- Stir in the **bell pepper** and **tomato** and fry for 5 - 6 minutes. Season to taste with salt and pepper.



Prepare the salad

- Stir the **conchiglie** and the **pesto rosso** into the vegetables and fry for 1 minute.
- In a salad bowl, combine the balsamic vinegar with the extra virgin olive oil.
- Season to taste with salt and pepper, then add the **arugula** and toss well to combine.



Serve

- Serve the **arugula** and **conchiglie** on deep plates.
- Top with the baked **goat's cheese**.
- Garnish with the **pumpkin seeds** and the **basil**.

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

Enjoy!



Lebanese Flatbread with Beef & Cypriot-Style Cheese

with za'atar, labneh & fresh herbs

Nice & Fast

Total time: 25 - 35 min.



-  Lebanese flatbread
-  Labneh
-  Seasoned beef mince
-  Za'atar
-  Tomato
-  Pre-cut carrot & onion
-  Cypriot-style cheese
-  Mesclun
-  Tahini sauce
-  Middle Eastern spice mix
-  Fresh flat leaf parsley & mint



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

Labneh is a fresh cheese made from drained laban - a type of fermented milk (like buttermilk) that is also served as a cold drink.

Before you begin

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

Utensils

Grater, small bowl, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Labneh* (g)	60	120	180	240	300	360
Seasoned beef mince* (g)	100	200	300	400	500	600
Za'atar (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	3	5	5
Pre-cut carrot & onion* (g)	150	300	450	600	750	900
Cypriot-style cheese* (g)	100	200	300	400	500	600
Mesclun* (g)	30	60	90	120	150	180
Tahini sauce* (g)	20	40	60	80	100	120
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5209 /1245	772 /184
Total fat (g)	67	10
of which saturated (g)	32,2	4,8
Carbohydrates (g)	92	14
of which sugars (g)	16,1	2,4
Fibre (g)	10	1
Protein (g)	61	9
Salt (g)	5,5	0,8

Allergens

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



Prepare

- Finely chop the **pre-cut carrot and onion** mixture.
- Finely chop the **mint and parsley** leaves, discarding the stems.
- Slice the **tomato**.
- Grate the **Cypriot-style cheese**.



Make the filling

- Heat the sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **carrot and onion** for 4 - 5 minutes.
- Add the **mince** and **Middle Eastern spices** and fry for 3 minutes until the **meat** is done.
- Turn off the heat and stir in the **Cypriot-style cheese** (see Tip).

Tip: cypriot-style cheese is naturally quite salty, therefore don't add more salt while cooking but rather at the end, after you've tasted the dish.



Step 3 Prepare the flatbread

- Heat a clean frying pan over high heat and warm the **Lebanese flatbread** for 1 - 2 minutes.
- In a bowl, combine the **labneh**, **tahini sauce**, fresh herbs and white wine vinegar with 1 tsp water per person. Season to taste with salt and pepper.
- Spread the sauce over the **flatbread**, leaving 1cm free at the edges.

Did you know... 🌱 *tahini is made from sesame seeds. It is rich in calcium, iron and unsaturated fats.*



Step 4 Serve

- Scatter over the **za'atar** and then add the **beef** mixture in the middle of the **flatbread**.
- Add the sliced **tomato** and top with the **mesclun**.
- Roll up the **flatbread** and serve.

Enjoy!