



Nachos with Cheese and Scallions

with sweet chilli-sour cream sauce | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl

Ingredients

Grated Gouda* (g)	100
Scallions* (bunch)	1
Organic sour cream* (g)	50
Mexican-style spices (sachet(s))	1
Sweet chili sauce* (sachet(s))	1
Tortilla chips (g)	300

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1340 /320
Total fat (g)	17
of which saturated (g)	5
Carbohydrates (g)	33
of which sugars (g)	2,4
Fibre (g)	3
Protein (g)	7
Salt (g)	1

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Thinly slice the scallions.

Make the sauce

- In a bowl, mix the sour cream with the sweet chilli sauce.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Scatter half of the scallions over the chips, followed by the cheese and Mexican-style spices*.
- Dollop the sauce on top.

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

Serve

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Take the nachos out of the oven.
- Serve on the baking sheet or on a platter.
- Garnish with the rest of the scallions.

Enjoy!




Vietnamese Spring Rolls with Chicken

with teriyaki sauce and fresh vegetables | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	662 / 158
Total fat (g)	6
of which saturated (g)	1
Carbohydrates (g)	21
of which sugars (g)	5,3
Fibre (g)	1
Protein (g)	7
Salt (g)	0,8

Allergens

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

1



2



3



Prepare

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

Prepare the sauce

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

Serve

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

Enjoy!



Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

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

Nutritional values

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

Allergens

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

1



2



3



Make the filling

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

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

Make the quesadillas

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

Serve

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

Enjoy!



Crispy Chicken Bites

with sriracha-mayo and mango dip | 4 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl, two bowls

Ingredients

Chicken breast* (unit(s))	3
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50
From your pantry	
[Plant-based] mayonnaise (tbsp)	2
Olive oil (tbsp)	2
Sambal (tsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1000 /239
Total fat (g)	15
of which saturated (g)	2,4
Carbohydrates (g)	11
of which sugars (g)	0,9
Fibre (g)	1
Protein (g)	15
Salt (g)	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Put the regular mayonnaise into a bowl.
- In a separate medium bowl, combine the panko breadcrumbs, piri piri seasoning* and 2 tbsp of olive oil. Season with salt and pepper.
- Cut the chicken breast into 3cm chunks.

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

Bake the chicken

- Add the chicken to the mayonnaise, season with salt and pepper and mix well.
- Dip the chicken into the breadcrumbs and make sure they are completely coated. Transfer to a parchment-lined baking tray.
- Bake the chicken on the top shelf of the oven for 15 - 20 minutes, until slightly golden brown and cooked through.

Serve

- Mix the mango chutney and sour cream in a small bowl.
- Add the sambal and season with salt and pepper to taste.
- Place the chicken bites on a serving plate.
- Serve the mango dip and Sriracha-mayo on the side for dipping.

Enjoy!




Spicy Garlic Shrimp

with aioli, baguette & lemon | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Oven dish

Ingredients

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

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	688 /164
Total fat (g)	6
of which saturated (g)	1,2
Carbohydrates (g)	18
of which sugars (g)	0,8
Fibre (g)	1
Protein (g)	9
Salt (g)	0,8

Allergens

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



Prepare

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

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

Cook the shrimp

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

Serve

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

Enjoy!



Super Cheesy Pesto Garlic Baguettes

with Gouda | to share

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, medium bowl

Ingredients

Garlic (unit(s))	2
Green pesto* (g)	40
White demi-baguette (unit(s))	4
Grated Gouda* (g)	150
From your pantry	
Olive oil (tbsp)	4

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1348 /322
Total fat (g)	16
of which saturated (g)	5,3
Carbohydrates (g)	35
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	10
Salt (g)	1,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- Slice the demi-baguettes into pieces, taking care not to cut the whole way through, and transfer them to a parchment-lined baking sheet.

Prepare the baguettes

- In a medium bowl, mix together the garlic, cheese, pesto and olive oil.
- Use a spoon to scoop two-thirds of the pesto mixture equally into each cut in the baguettes (see Tip).

Tip: don't worry if the bread breaks when doing this. The cheese will melt and stick it back together in the oven.

Serve

- Spread the rest of the pesto mixture over the top of the baguettes.
- Bake for 10 - 12 minutes, or until the cheese is melted and slightly golden.
- Transfer the baguettes to a serving platter.
- Allow to cool for a couple of minutes, then tear and share.

Enjoy!



Serrano Ham Flammekueche

with dried dates & crema di balsamico | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl

Ingredients

Flammekueche* (unit(s))	2
Serrano ham* (g)	60
Shallot (unit(s))	1
Organic sour cream* (g)	100
Crema di balsamico (ml)	16
Red cherry tomatoes (g)	125
Arugula* (g)	40
Chopped dates (g)	20

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1803 /431	595 /142
Total fat (g)	10	3
of which saturated (g)	4,2	1,4
Carbohydrates (g)	62	20
of which sugars (g)	15,9	5,2
Fibre (g)	3	1
Protein (g)	21	7
Salt (g)	2,6	0,8

Allergens

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



Prepare

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

Bake

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

Serve

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

Enjoy!



Baked Camembert in Puff Pastry

with onions, bacon and thyme twists | to share

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, frying pan

Ingredients

Camembert* (g)	240
Puff pastry* (roll(s))	1
Onion (unit(s))	2
Garlic (unit(s))	1
Fresh thyme* (g)	10
Bacon lardons* (g)	50
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1049 /251
Total fat (g)	16
of which saturated (g)	9,5
Carbohydrates (g)	17
of which sugars (g)	3,7
Fibre (g)	2
Protein (g)	9
Salt (g)	0,8

Allergens

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



Prepare

- Preheat the oven to 190°C.
- Chop the onion into half rings.
- Crush or mince the garlic.
- Pull the thyme leaves off the sprigs and discard the stalks.

Fry the onions and bacon

- Heat a frying pan over medium-high heat and fry the bacon and onions for 3 - 4 minutes.
- Add three-quarters of the thyme leaves and garlic during the last minute of cooking time. Season to taste with salt and pepper.
- In the meantime, make a few shallow cuts on top of the camembert and stuff the rest of the thyme leaves in the openings.
- Roll out the puff pastry onto a parchment-lined baking sheet.

Bake and serve

- Place the camembert in the middle of the dough, then cut 12 strips from the centre to the edges of the dough.
- Add a little of the onion-bacon mixture to each strip. Twist each strip twice, and alternate left and right between the strips.
- Bake for 14 - 16 minutes.
- Transfer to a platter and drizzle the honey on top, then serve.

Enjoy!



Blueberry & Lemon Banana Bread

with lemon glaze and almond flakes | 10 servings

Baking

Total time: 85 - 95 min.



Tear me out!

Before you begin

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

Utensils

25cm loaf tin, large bowl, microplane, small bowl, frying pan, whisk

Ingredients

Banana bread mix (g)	400
Blueberries* (g)	125
Lemon* (unit(s))	1
Shaved almonds (g)	10
Powdered sugar (g)	100
Banana (unit(s))	3
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1077 /257
Total fat (g)	10
of which saturated (g)	1,6
Carbohydrates (g)	38
of which sugars (g)	24,4
Fibre (g)	1
Protein (g)	4
Salt (g)	0,5

Allergens

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



Prepare

- Preheat the oven to 160°C.
- Mash the bananas with a fork until smooth. Grease a rectangular loaf tin, or line it with parchment paper.
- In a large bowl, mix the mashed bananas with the banana bread mix, 90ml water and 100ml sunflower oil.
- Zest the lemon into the bowl, then whisk everything together into a smooth batter (you can use an electric whisk or whisk it by hand).

Make the batter

- Add the blueberries and mix them into the batter.
- Juice the lemon and set the juice aside until step 3.
- Pour the batter into the loaf tin, then bake the banana bread for 45 - 55 minutes.
- When you take the banana bread out of the oven, leave it in the tin for 10 minutes, then take it out of the tin and let it cool down for another 5 minutes.

Serve

- While the banana bread is cooling down, heat a frying pan without any oil over high heat. Toast the almond flakes until they're golden brown.
- In a small bowl, combine the icing sugar with 4 tsp lemon juice and mix into a smooth icing.
- Drizzle the icing over the top of the banana bread, then scatter over the almond flakes.

Enjoy!



Chocolate Brownies with Pecans

topped with almond flakes | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

Utensils

Large bowl, oven dish, parchment paper

Ingredients

Chocolate cake mix (g)	400
Egg* (unit(s))	2
Chopped pecans (g)	100
Shaved almonds (g)	20
From your pantry	
Water (ml)	80
[Plant-based] butter (g)	40
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1522 /364
Total fat (g)	18
of which saturated (g)	4,7
Carbohydrates (g)	42
of which sugars (g)	26,2
Fibre (g)	3
Protein (g)	7
Salt (g)	1,3

Allergens

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

1



Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).

Tip: if you don't have a baking tin at home, a rectangular oven dish will work just fine!

2



Make the batter

- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter (see Tip).
- Stir in two-thirds of the pecan nuts.
- Pour the batter into the baking tin.
- Scatter the rest of the pecan nuts and the almond flakes over the top, then bake in the oven for 20 - 25 minutes. The brownies are done when you see cracks start to form on the surface.

Tip: if you have an electric whisk or mixer, go ahead and use it here to save time!

3



Serve

- Take the brownie out of the oven and let it cool down for about 5 minutes (see Tip).
- Cut the brownie into about 9 pieces, then take them out of the baking tin one by one.

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

Enjoy!




Homemade Carrot Cake with Pecans

with a Greek yogurt & honey frosting | to share

Baking

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, 25cm loaf tin, grater, mixing bowl, parchment paper, whisk

Ingredients

Flour (g)	400
Egg* (unit(s))	4
Speculaas spices (sachet(s))	1
Baking powder (g)	16
Carrot* (unit(s))	4
Chopped pecans (g)	150
Organic Greek yogurt* (g)	150
Cream cheese* (g)	50
From your pantry	
Sunflower oil (ml)	150
Honey [or plant-based alternative] (tbsp)	5
[Plant-based] milk (ml)	100
Brown sugar (tbsp)	3
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1012 /242
Total fat (g)	15
of which saturated (g)	2,3
Carbohydrates (g)	22
of which sugars (g)	7,2
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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



Prepare

- Preheat the oven to 160°C. Grate the carrots.
- Combine the eggs, 4 tbsp of honey, sunflower oil and milk in a mixing bowl.
- Combine the flour, baking powder, brown sugar and speculaas spices in another mixing bowl.
- Pour the liquid ingredients into the dry ingredients and mix well. Mix in the grated carrots and chopped pecans.

Bake the batter

- Line a loaf tin with parchment paper.
- Pour the batter into the loaf tin and bake in the oven for 40 - 45 minutes.
- Meanwhile, add the cream cheese, 1 tbsp of honey and Greek yogurt to a bowl.
- Whisk until it becomes fluffy, then transfer to the refrigerator until serving.

Serve

- Check if the cake is done by piercing it with a skewer; if it comes out clean, then the cake is ready.
- Take the cake out of the oven and allow it to cool down entirely.
- Spread the Greek yogurt frosting on top and drizzle with honey to taste.

Enjoy!




Apple Ginger Crisp

with whipped crème fraîche | to share

Baking

Total time: 45 - 55 min.



Tear me out! 

Before you begin

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

Utensils

Medium bowl, microplane, mixing bowl, oven dish, whisk

Ingredients

Apple* (unit(s))	4
Fresh ginger* (tsp)	5
Flour (g)	200
Cane sugar (g)	200
Unsalted butter* (g)	250
Speculaas spices (sachet(s))	1
Crème fraîche* (g)	50

From your pantry

Sugar (tbsp)	1
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1221 /292
Total fat (g)	17
of which saturated (g)	10,6
Carbohydrates (g)	33
of which sugars (g)	20,7
Fibre (g)	2
Protein (g)	2
Salt (g)	0

Allergens

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

1



2



3



Prepare the filling

- Preheat the oven to 180 ° C.
- Peel, core and dice the apples into 2cm pieces. Grate the ginger.
- Add the apple and ginger to a mixing bowl and combine together with half of the cane sugar and 2 tbsp of flour. Transfer the apple mixture to an oven dish.
- Add the rest of the flour, rest of the cane sugar, speculaas spices and a pinch of salt to the mixing bowl. Dice the butter and add to the bowl.

Make the crumble

- Using your hands, fold the butter into the flour mixture until it reaches a sandy, crumbly texture and sticks together when squeezed.
- Sprinkle the flour topping over the apple mixture.
- Bake in the oven until the topping is golden brown, for about 40 - 45 minutes.

Serve

- Meanwhile, in a medium bowl, combine the crème fraîche with 1 tbsp of granulated sugar.
- Whisk together until thick, for 1 - 2 minutes.
- Serve the crumble in bowls with a dollop of the whipped crème fraîche.

Enjoy!



Salted Caramel Cake

with chopped almonds and caramel drizzle | to share

Baking

Total time: 60 - 70 min.



Tear me out!

Before you begin

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

Utensils

2x bowl, 24cm cake tin, large bowl, handheld mixer, parchment paper

Ingredients

Unsalted butter* (g)	250
Egg* (unit(s))	2
Cream cheese* (g)	100
Cake mix (g)	400
Salted almonds (g)	20
Salted caramel sauce (g)	80
From your pantry	
Sugar (tsp)	5

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1779 /425
Total fat (g)	26
of which saturated (g)	15,8
Carbohydrates (g)	42
of which sugars (g)	22
Fibre (g)	1
Protein (g)	5
Salt (g)	0,8

Allergens

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



Prepare

- Preheat the oven to 175°C.
- Take the butter out of the fridge, cut it into cubes and let it come up to room temperature.
- Pour the cake mix into a large bowl and beat the eggs in another bowl.
- Grease a cake tin or line it with parchment paper.

Bake

- Add the butter, sugar and eggs to the cake mix. Use a handheld mixer to combine into a smooth batter.
- Pour the batter into the cake tin and bake in the oven for 35 - 40 minutes (see Tip).
- When the cake is done, set it aside and allow to cool down completely.

Tip: after 35 minutes, check whether the cake is ready by piercing it with a skewer; the cake is done if the skewer comes out clean.

Make the frosting

- Roughly chop the almonds.
- In a bowl, combine the cream cheese with half of the salted caramel sauce into a frosting.
- Spread the frosting over the cake and drizzle the rest of the salted caramel sauce on top.
- Garnish with the almonds.

Enjoy!




Homemade Granola

with speculaas spices, nuts, seeds and apple | 8 - 10 servings

Baking

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

2x parchment-lined baking sheet, mixing bowl

Ingredients

Oats (g)	200
Speculaas spices (sachet(s))	1
Chopped pecans (g)	50
Salted almonds (g)	40
Pumpkin seeds (g)	40
Peanut butter (tub)	1
Apple* (unit(s))	1
From your pantry	
Olive oil (tbsp)	2
Honey [or plant-based alternative] (tbsp)	5
Brown sugar (tbsp)	2
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1575 /376
Total fat (g)	20
of which saturated (g)	2,7
Carbohydrates (g)	38
of which sugars (g)	17,5
Fibre (g)	5
Protein (g)	9
Salt (g)	0,5

Allergens

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



Prepare

- Preheat the oven to 160°C.
- Roughly chop the almonds. Core and dice the apple.
- Add the apple to a parchment-lined baking sheet and spread into an even layer.
- Bake the apple in the oven for 15 - 20 minutes, or until it is dried, then remove and set aside to cool.

Bake the granola

- Add the oats, sugar, speculaas spices, salted almonds, pecans and pumpkin seeds to a large mixing bowl.
- Add the peanut butter, olive oil and honey and combine it with the granola.
- Transfer the granola to a parchment-lined baking sheet and spread it into an even layer.
- Bake the granola in the oven for 40 - 45 minutes. Stir and mix the granola every 10 - 15 minutes until it is toasted all around.

Serve

- Remove the granola from the oven and let cool completely (see Tip).
- Mix in the dried apple.
- Store in an airtight container.

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

Enjoy!

Little Red Riding Hood's Classic Dutch Apple Tart

with cinnamon whipped cream | 12 servings

Baking

Total time: 60 - 70 min.



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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, brush, 24cm cake tin, handheld mixer, 2x mixing bowl, kitchen paper, parchment paper, plastic wrap, 2x small bowl

Ingredients for 4 servings

	12 servings
Raisins (g)	80
Egg* (unit(s))	2
Unsalted butter* (g)	200
Flour (g)	300
Baking powder (g)	16
Apple* (unit(s))	3
Ground cinnamon (tsp)	3
Cane sugar (g)	200
Heavy cream* (ml)	200
From your pantry	
Sugar (tbsp)	2
Salt (tsp)	¼

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1282 /307
Total fat (g)	14
of which saturated (g)	8,7
Carbohydrates (g)	36
of which sugars (g)	21,2
Fibre (g)	2
Protein (g)	4
Salt (g)	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 180°C.
- Take the butter from the fridge and allow it to reach room temperature.
- Soak the raisins in a small bowl of lukewarm water for 15 minutes, then drain and pat them dry.



4. Assemble the pie

- Grease a round cake tin or line it with parchment paper. Use two-thirds of the dough to cover the bottom and sides of the tin.
- Add in the apple mixture and spread out evenly.
- Shape thin rolls from the rest of the dough to make the top crust of the pie. Arrange the thin rolls in a criss-cross pattern over the apple mixture.



2. Make the dough

- In a mixing bowl, beat the butter with a handheld mixer for 2 minutes. Add one egg and continue beating for 1 - 2 more minutes.
- Add 180g cane sugar, the flour, baking powder and salt. Knead into a cohesive dough using either a mixer with dough hooks or your hands.
- Cover the bowl in plastic wrap and rest in the fridge for 10 minutes.



5. Bake

- Whisk an egg in a small bowl. Brush the dough with the egg.
- Bake the pie for 45 - 50 minutes or until the crust turns golden brown.



3. Core the apples

- Meanwhile, peel and core the apples, then dice into small cubes.
- In a bowl, mix the apples with the raisins, the rest of the cane sugar, three-quarters of the cinnamon and 1 tbsp of granulated sugar.



6. Serve

- Pour the cream into a mixing bowl and add 1 tbsp of granulated sugar and the rest of the cinnamon.
- Beat with an electric mixer or a whisk for 3 - 4 minutes, or until medium-firm peaks form.
- Serve the apple pie with the cinnamon whipped cream.

And they ate happily ever after...

Enjoy!



Quick Homemade Cherry Tomato & Carrot Soup

with Sicilian herbs and basil crème | 4 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Immersion blender, soup pot

Ingredients

Cooking cream (g)	150
Sliced carrots* (g)	150
Red cherry tomatoes (g)	500
Sicilian-style herb mix (sachet(s))	1
Basil crème (ml)	24
Onion (unit(s))	1
Garlic (unit(s))	1

From your pantry

Olive oil (tbsp)	1
Low sodium vegetable stock (ml)	1000
Balsamic vinegar (tsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	182 /44
Total fat (g)	3
of which saturated (g)	1,1
Carbohydrates (g)	3
of which sugars (g)	1,7
Fibre (g)	1
Protein (g)	1
Salt (g)	0,3

Allergens

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



Prepare

- Prepare the stock.
- Roughly chop the onion and garlic.
- Heat a generous drizzle of olive oil in a large soup pot and fry the onion and garlic for 2 minutes on low heat.

Add the vegetables

- Add the cherry tomatoes and sliced carrots to the pot.
- Add the Sicilian-style herbs and balsamic vinegar, then season with salt and pepper.
- Fry for 3 - 4 minutes, then add the stock.
- Bring the soup to a boil.

Make the soup

- Let the soup boil for 6 - 8 minutes or until the vegetables are soft.
- Use an immersion blender to process into a smooth texture.
- Add the cream and season to taste with salt and pepper.
- Serve the soup in bowls and drizzle with the basil crème.

Enjoy!

Smoothie box

Kick-start your day!

1 Cheesy Triangle Wraps with Ham and Tomato
with mustard mayo

2 Mango & Yogurt Smoothie

3 Crackers Topped with Avocado, Ham & Eggs

Cheesy Triangle Wraps with Ham and Tomato

with mustard mayo | 2 servings

15 min.



Utensils

Small bowl, frying pan

Ingredients for 2 servings

Flour tortillas (unit(s))	4
Ham* (slice(s))	4
Grated Gouda* (g)	100
Tomato (unit(s))	1
From your pantry	
Mustard (tsp)	2
[Plant-based] mayonnaise (tbsp)	2
Sunflower oil (tbsp)	½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2682 / 641	1189 / 284
Total fat (g)	39	17
of which saturated (g)	13,5	6
Carbohydrates (g)	46	20
of which sugars (g)	3,5	1,6
Fiber (g)	3	1
Protein (g)	24	11
Salt (g)	3,1	1,4

1. Prepare

- Lay each tortilla out flat and make only one cut, starting from the centre and moving up towards the edge of the wrap. It should look like a radius line.
- Thinly slice the tomato.
- In a small bowl, combine the mustard and the mayonnaise.

2. Fill the wraps

- Starting to the left of the cut, add 1 slice of ham to the first quarter of the tortilla.
- Add the cheese to the quarter directly below the ham.
- In the next quarter (to the right of the cheese), add the tomato slices.
- Finally, spread the mustard mayo on the top-right quarter.

3. Toast the tortillas

- Heat the sunflower oil in a frying pan over medium-high heat.
- Carefully fold the quarters one by one, starting left of the cut. First, fold the ham over the quarter below with the cheese.
- Continue folding over the next quarter with the tomatoes. Lastly, fold over the quarter with the mustard mayo. You should have a folded tortilla triangle. Gently flatten it.
- Fry the tortilla triangles for 2 - 3 minutes per side, until the tortillas are golden brown and the cheese has melted.

4. Serve

- Serve the cheesy triangle wraps on plates.

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

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



Mango & Yogurt Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Blender or an immersion blender with a tall container

Ingredients for 4 servings

Mango* (unit(s))	3
Organic full-fat yogurt* (g)	200
Organic semi-skimmed milk* (ml)	400
Desiccated coconut (g)	20

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	290 /69
Total fat (g)	2
of which saturated (g)	1,5
Carbohydrates (g)	10
of which sugars (g)	8
Fiber (g)	1
Protein (g)	2
Salt (g)	0

- Peel and dice half of the mango.
- Add the mango to a blender, along with half of the yogurt and half of the milk.
- Blend until smooth.
- Pour into glasses and garnish with half of the desiccated coconut.
- Repeat the recipe for a second breakfast the next day.

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

Crackers Topped with Avocado, Ham & Eggs

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Saucepan

Ingredients for 4 servings

Crackers (unit(s))	12
Egg* (unit(s))	6
Avocado (unit(s))	2
Ham (slice(s))	12

From your pantry

Salt and pepper (totaste)	0
---------------------------	---

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	698 /167
Total fat (g)	11,3
of which saturated (g)	2
Carbohydrates (g)	2
of which sugars (g)	0,7
Fiber (g)	3,2
Protein (g)	8,5
Salt (g)	0,7

- Boil plenty of water in a saucepan. Carefully transfer 3 eggs to the water and boil for 8 - 10 minutes.
- Rinse the eggs under cold water, then remove the shell and cut the eggs in half.
- Serve half of the crackers on plates. Halve and pit 1 avocado, then remove the skin and mash the flesh with a fork. Spread on the crackers. Add 1 slice of ham to each cracker, then top with the egg halves and season with salt and pepper.
- Repeat this recipe for a second breakfast the next day.

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Utensils

Blender or an immersion blender with a tall container

Ingredients

Pomegranate* (unit(s))	2
Pineapple* (g)	200
Mango* (unit(s))	3
Organic low-fat quark* (ml)	500
Orange* (unit(s))	2
Coconut milk (ml)	250
Chia seeds (g)	10

From your pantry

Honey [or plant-based alternative] to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	321 /77
Total fat (g)	2
of which saturated (g)	1,8
Carbohydrates (g)	10
of which sugars (g)	8,2
Fibre (g)	1
Protein (g)	2
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

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



Mango & Pomegranate Smoothie

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

Tropical Smoothie

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

Pomegranate & Pineapple Smoothie

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

Enjoy!



Baron 1898's Goldmine Fruit Smoothie

with passion fruit, mango & yogurt | 2 servings



Breakfast

Total time: 10 - 15 min.



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Before you begin

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

Utensils

Blender or an immersion blender with a tall container

Ingredients

	2p
Passion fruit* (unit(s))	4
Mango* (unit(s))	1
Organic full-fat yogurt* (g)	100
Organic semi-skimmed milk* (ml)	200
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per portion	Per 100g
Energy (kJ/kcal)	841 /201	239 /57
Total fat (g)	4	1
of which saturated (g)	2,2	0,6
Carbohydrates (g)	28	8
of which sugars (g)	23	6,5
Fibre (g)	5	1
Protein (g)	8	2
Salt (g)	0,2	0,1

Allergens

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



1. Prepare

- Peel and dice 1 mango.
- Halve 3 passion fruits and scoop out the flesh.

2. Blend

- Add the mango and passion fruits to a blender (or tall container, if you're using an immersion blender).
- Add the yogurt and milk, then blend until smooth.

3. Serve

- Add honey to taste.
- Pour the smoothie into two glasses.
- Halve 1 passion fruit and scoop out the flesh to add on top of the smoothies.

And they ate happily ever after...

Enjoy!



Chia Seed Pudding: 3 Variations

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

Breakfast

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

Apple* (unit(s))	1
Lime* (unit(s))	½
Mango* (unit(s))	1
Lemon* (unit(s))	½
White chocolate chips (g)	100
Dried cranberries (g)	20
Mango chutney* (g)	80
Chia seeds (g)	100
Desiccated coconut (g)	10
Organic semi-skimmed milk* (ml)	500
Organic Greek yogurt* (g)	150
Chopped pecans (g)	50
From your pantry	
Water (ml)	100
Honey [or plant-based alternative] (tsp)	2
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	655 /157
Total fat (g)	8
of which saturated (g)	3
Carbohydrates (g)	15
of which sugars (g)	8,8
Fibre (g)	3
Protein (g)	3
Salt (g)	0,4

*The nutritional values are based on the average of the three variations.

Allergens

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



Variation 1: Sticky mango (2 servings)

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

Variation 2: Cranberry & white chocolate (2 servings)

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

Variation 3: Apple & lime (2 servings)

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

Enjoy!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with 3 variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

Before you begin

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

Utensils

Ingredients

Organic Greek yogurt* (g)	1000
Pear* (unit(s))	2
Apple* (unit(s))	2
Chia seeds (g)	30
Oats (g)	150
Blueberries* (g)	125
Strawberry jam (g)	15

From your pantry

Honey [or plant-based alternative] to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	542 /130
Total fat (g)	6
of which saturated (g)	3,4
Carbohydrates (g)	13
of which sugars (g)	4,6
Fibre (g)	2
Protein (g)	4
Salt (g)	0,1

*The nutritional values are based on the average of the three variations.

Allergens

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

1



Greek yogurt with blueberries and chia seeds

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

2



Greek yogurt with pear, oatmeal and chia seeds

- Peel and core the pear, then slice the flesh.
- Divide a third of the yogurt over two bowls.
- Garnish with the pear, oatmeal and a third of the chia seeds.
- Add honey to taste.

3



Greek yogurt with apple, strawberry jam and chia seeds

- Core and slice the apple.
- Divide a third of the yogurt over two bowls.
- Garnish with the apple, strawberry jam and a third of the chia seeds.
- Add honey to taste.

Enjoy!




Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Saucepan, small bowl

Ingredients

Crackers (unit(s))	12
Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Persian cucumber* (unit(s))	1
Avocado (unit(s))	3
Fresh goat's cheese* (g)	100
Egg* (unit(s))	2
Sliced Gouda* (unit(s))	4
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	846 /202
Total fat (g)	16
of which saturated (g)	6
Carbohydrates (g)	2
of which sugars (g)	1,1
Fibre (g)	3
Protein (g)	11
Salt (g)	0,6

*The nutritional values are based on the average of the three variations.

Allergens

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



Option 1: Ham, cucumber and cream cheese

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

Option 2: Smashed avocado and boiled eggs

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

Option 3: Fresh goat's cheese and avocado

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

Enjoy!

Toadstool Pancakes from the Fairytale Forest

with pomegranate & white chocolate | 4 servings

Breakfast

Total time: 30 - 40 min.



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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

Handheld mixer, 2x mixing bowl, frying pan

Ingredients

	4p
Pomegranate* (unit(s))	1
Red velvet cake mix (pack)	1
Organic semi-skimmed milk* (ml)	500
Egg* (unit(s))	4
White chocolate chips (g)	100
Heavy cream* (ml)	200
From your pantry	
Sugar (tsp)	1
Sunflower oil (tbsp)	¼
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	993 /237
Total fat (g)	7
of which saturated (g)	4
Carbohydrates (g)	32
of which sugars (g)	18
Fibre (g)	1
Protein (g)	5
Salt (g)	0,5

Allergens

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



1. Make the whipped cream

- Pour the cream into a mixing bowl and add the sugar. Beat with a handheld mixer or a whisk for 3 - 4 minutes, or until stiff peaks form.
- Transfer to the refrigerator to keep cool while making the pancakes.
- Combine the eggs and milk in a mixing bowl.
- Add the red velvet mix and mix together until just combined. Fold in the chocolate chips.



2. Fry the pancakes

- Heat the oil in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan.
- Fry the pancake for about 2 minutes on each side, then remove from the pan and repeat for the rest of the batter.

3. Serve

- Roll the pomegranate over the countertop so as to release the seeds, then cut it open and scoop them out.
- Serve the pancakes on plates.
- Top with the whipped cream and garnish with the pomegranate seeds.

And they ate happily ever after...

Enjoy!





Sugar Bread French Toast

with yogurt & blueberries | 2 servings

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Deep plate, frying pan, whisk

Ingredients

Sugar bread (unit(s))	½
Organic semi-skimmed milk* (ml)	150
Egg* (unit(s))	3
Ground cinnamon (tsp)	3
Organic Greek yogurt* (g)	150
Blueberries* (g)	125
From your pantry	
[Plant-based] butter (tbsp)	1
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2887 /690	686 /164
Total fat (g)	27	6
of which saturated (g)	13,8	3,3
Carbohydrates (g)	88	21
of which sugars (g)	46,5	11
Fibre (g)	4	1
Protein (g)	24	6
Salt (g)	1,4	0,3

Allergens

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

1



2



3



Prepare

- Slice the sugar bread into 1cm thick slices.
- In a deep plate, add the eggs, milk and cinnamon (see Tip). Whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the sugar bread slices in the egg mixture two by two, until they are completely saturated.

Tip: if desired, save some of the cinnamon for garnish.

Make the French toast

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown.
- Repeat until all of the slices are done.

Serve

- Serve the sugar bread french toast on plates.
- Garnish with the yogurt and blueberries.
- Drizzle with honey to taste.

Enjoy!




Middle Eastern-Inspired Avocado Toast

with feta, pomegranate & pistachios | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, microplane, 2x small bowl

Ingredients

Wholegrain ciabatta (unit(s))	2
Avocado (unit(s))	2
Feta* (g)	50
Pomegranate* (unit(s))	1
Pistachio nuts (g)	20
Middle Eastern spice mix (sachet(s))	¾
Lemon* (unit(s))	1

From your pantry

Olive oil (tbsp)	1
Extra virgin olive oil (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3151 /753	901 /215
Total fat (g)	51	14
of which saturated (g)	10,1	2,9
Carbohydrates (g)	49	14
of which sugars (g)	14,3	4,1
Fibre (g)	14	4
Protein (g)	19	6
Salt (g)	1,7	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Cut the bread rolls in half and drizzle the olive oil over the inside. Put the bread on a parchment-lined baking sheet and toast for 6 - 8 minutes.
- Cut the avocado in half, remove the pit and skin, then mash up the flesh with a fork.
- Zest the lemon and cut it in half. Juice one half, then cut the other into 4 wedges.

Prepare the toppings

- Add the lemon juice and 2 tsp Middle Eastern-style spices to the avocado, mix well and season with salt and pepper to taste.
- Roll the pomegranate over the counter to loosen the seeds, then cut it in half and scoop the seeds out.
- Roughly chop the pistachios.
- In a small bowl, mix the lemon zest with 2 tbsp extra virgin olive oil.

Serve

- Serve the toast on two plates and spread the mashed avocado over it.
- Crumble up the feta.
- Scatter the feta, pomegranate seeds and pistachios over the toast and serve with a lemon wedge.
- Finish off by drizzling over the lemon oil.

Enjoy!



Poké Bowl with Salmon

with sriracha mayo, edamame and furikake | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, grater, lidded pot or saucepan, frying pan

Ingredients

Sushi rice (g)	150
Salmon fillet* (unit(s))	2
Ponzu (g)	24
Sesame oil (ml)	10
Carrot* (unit(s))	1
Persian cucumber* (unit(s))	1
Edamame* (g)	50
Furikake (sachet(s))	1
Sriracha mayo* (g)	25
From your pantry	
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	½
Water (ml)	350
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2950 /705	551 /132
Total fat (g)	34	6
of which saturated (g)	4,8	0,9
Carbohydrates (g)	68	13
of which sugars (g)	8,3	1,5
Fibre (g)	3	1
Protein (g)	27	5
Salt (g)	1,2	0,2

Allergens

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



Boil the rice

- Boil the water in a lidded pot or saucepan (see pantry for amount).
- Boil the sushi rice for 12 – 15 minutes.
- Turn the heat off when finished, add the white wine vinegar and sugar and mix well.
- Leave the rice in the pan with the lid on until ready to serve.

Marinate

- Cut the salmon into small cubes.
- In a bowl, mix the salmon with the ponzu sauce, the sesame oil and some salt and pepper.
- Set aside and let the salmon marinate for 5 minutes.
- Grate the carrot. Finely dice the cucumber.

Serve

- Heat the sunflower oil in a frying pan over medium-high heat and fry the salmon for 2 - 3 minutes.
- Serve the sushi rice in bowls.
- Serve the carrot, cucumber, edamame and salmon on top of the rice.
- Drizzle the marinade on the top and garnish with the sriracha mayo and furikake.

Enjoy!



Roast Chicken & Sundried Tomato Wraps

with mixed greens, cherry tomatoes and pesto | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Utensils

Aluminum foil, salad bowl

Ingredients

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

*store in the fridge

Nutritional values

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

Allergens

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



Prepare

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

Heat the tortillas

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

Serve

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

Enjoy!



Spicy Pulled Chicken Sandwich

on Turkish bread with sriracha mayo | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Frying pan

Ingredients

Red onion (unit(s))	1
Persian cucumber* (unit(s))	1
Bell pepper* (unit(s))	1
Garlic (unit(s))	1
Pulled chicken* (g)	100
Sweet chili sauce* (sachet(s))	1
Mini Turkish bread (unit(s))	2
Sriracha mayo* (g)	100
Radicchio & iceberg lettuce* (g)	50
From your pantry	
[Reduced salt] ketjap manis (tbsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2745 / 656	609 / 145
Total fat (g)	33	7
of which saturated (g)	4,3	1
Carbohydrates (g)	66	15
of which sugars (g)	18,9	4,2
Fibre (g)	7	2
Protein (g)	21	5
Salt (g)	2,8	0,6

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Finely chop the onion and cut the bell pepper into strips.
- Press or mince the garlic.

2



Fry the pulled chicken

- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat.
- Fry the garlic and onion for 2 minutes, then add the bell pepper and pulled chicken and fry for 4 minutes.
- Add the sweet chili sauce and ketjap, then continue to cook for another 2 minutes.
- Season with salt and pepper to taste.

3



Serve

- Put the Turkish bread in the oven for 5 - 8 minutes.
- Slice the cucumber.
- Cut open the Turkish bread and top with the pulled chicken, cucumber and mixed leaves.
- Drizzle over the sriracha mayo and serve.

Enjoy!



Grilled Cheese with Chicken and Gouda

with Romano pepper and chipotle-mango ketchup | 2 servings

Lunch

Total time: 15 - 20 min.



We've replaced the sliced sourdough in this recipe with pita bread. Enjoy!



Tear me out!



Before you begin

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

Utensils

Frying pan

Ingredients

Red onion (unit(s))	1
Romano pepper* (unit(s))	1
Chipotle paste (g)	20
Roast chicken slices* (g)	120
Mango ketchup* (g)	60
Pita bread (unit(s))	4
Sliced Gouda* (unit(s))	4

From your pantry	
Olive oil (tbsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste
<i>*store in the fridge</i>	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2683 / 641	787 / 188
Total fat (g)	29,1	8,5
of which saturated (g)	11,2	3,3
Carbohydrates (g)	61	17,9
of which sugars (g)	11,5	3,4
Fibre (g)	5,4	1,6
Protein (g)	31,5	9,2
Salt (g)	3,25	1

Allergens

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



Prepare

- Slice the bread in half.
- Cut the Romano pepper into strips.
- Chop the onion into thin half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper and onion for 4 - 5 minutes. Add half of the chipotle paste* and fry for a further minute. Season with salt and pepper.

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

Assemble

- Layer the cheese, roast chicken slices, Romano pepper and onion on the bread.
- Heat the sandwich maker or panini press and place the sandwich in it (see Tip).
- Grill for 5 - 6 minutes or until the cheese has melted.

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

Serve

- Mix the mango ketchup with the mayonnaise and the rest of the chipotle paste to taste.
- Slice the grilled cheese in half and serve with the mixed dipping sauce on the side.

Enjoy!



Hoisin Pulled Chicken Bao Buns

with carrot, cucumber and fried onions | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, peeler, frying pan

Ingredients

Pulled chicken* (g)	100
Bao buns (unit(s))	4
Hoisin sauce (g)	25
Persian cucumber* (unit(s))	1
Carrot* (unit(s))	1
Crispy fried onions (g)	30
Sriracha mayo* (g)	50
From your pantry	
White wine vinegar (tbsp)	3
Sugar (tsp)	1
Sunflower oil (tbsp)	½
Salt	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2464 /589	717 /171
Total fat (g)	26	7
of which saturated (g)	6	1,7
Carbohydrates (g)	68	20
of which sugars (g)	18	5,2
Fibre (g)	6	2
Protein (g)	19	6
Salt (g)	1,9	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 to shave the carrot into thin ribbons.
- In a bowl, combine the white wine vinegar with the sugar. Transfer the carrot to the bowl and season to taste with salt, then toss to combine.
- Slice the cucumber into thin crescents.

Fry the chicken

- Bake the bao buns in the oven for 4 - 5 minutes.
- In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the pulled chicken along with the hoisin sauce for 4 - 5 minutes.

Serve

- Cut or gently pull the bao buns open and fill them with the carrot and cucumber.
- Add the pulled chicken to each bao bun.
- Drizzle the sriracha mayo over the bao buns.
- Garnish with the fried onions.

Enjoy!