



Baby Potato Salad with Mediterranean Chicken Breast

with mini Roma tomatoes & cucumber

Family Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Baby potatoes



Chicken breast with Mediterranean herbs



Onion



Cucumber



Italian seasoning



Lamb's lettuce



Mini Roma tomatoes



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

It isn't the type of potato that determines whether or not a potato is a baby potato, but the time it's harvested. By harvesting potatoes when they're young, they maintain their delicate flavour and structure.

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

Sieve or colander, pot or saucepan, salad 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))	¼	½	1	1	1½	1½
Cucumber* (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Lamb's lettuce* (g)	20	40	60	80	100	120
Mini Roma tomatoes (g)	50	100	200	200	300	300
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2540 /607	438 /105
Total fat (g)	32	6
of which saturated (g)	4,6	0,8
Carbohydrates (g)	46	8
of which sugars (g)	8,2	1,4
Fibre (g)	9	2
Protein (g)	30	5
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Boil plenty of salted water in a pot or saucepan for the **baby potatoes**. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Cook the **baby potatoes** for 12 - 14 minutes until done, then drain and rinse under cold water. Set aside and allow to cool (see Tip).

Tip: allow the baby potatoes to cool completely, otherwise they will absorb all the dressing later.



2. Fry the chicken

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **chicken breast** for 2 - 3 minutes per side. Reduce the heat and fry the **chicken** for 4 - 5 more minutes, or until done.



3. Make the salad

Finely mince the **onion** (see Tip). Quarter the **mini Roma tomatoes** and finely dice the **cucumber**. In a large salad bowl, combine the mayonnaise with the white balsamic vinegar and the **Italian herbs**. Transfer the **potatoes, cucumber, tomatoes, onion** and **lettuce** to the bowl, then toss well to combine with the dressing. Season to taste with salt and pepper.

Tip: the onion will be served raw, but you can also fry it with the chicken instead if preferred.



4. Serve

Slice the **chicken** into strips. Serve the **baby potato** salad on plates and top with the **chicken**.

Did you know...🌱 this recipe is not only delicious but it's also a very balanced meal; low in calories, salt and saturated fat, but packed with vegetables.

Enjoy!



Bang Bang Cauliflower with Chili Mayo

over garlic rice with crunchy vegetables

Veggie

Total time: 35 - 45 min.



Sweet chili sauce



Panko breadcrumbs



Cauliflower florets



Garlic



Jasmine rice



Spinach



Carrot



Onion



Cucumber



Soy sauce



Sesame seeds



Mayonnaise



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

Bang bang! This recipe is normally made using chicken. The name comes from the utensil that is used to tenderise the chicken meat.

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, small bowl, large bowl, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	50	75	100	125
Cauliflower florets* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Spinach* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	¼	½	¾	1	1¼	1½
Cucumber* (unit(s))	½	1	1	1	2	2
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (sachet(s))	1	1	1	1	2	2
Mayonnaise* (g)	25	50	75	100	125	150

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	250	500	750	1000	1250	1500
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)	3414 / 816	450 / 107
Total fat (g)	39	5
of which saturated (g)	4,4	0,6
Carbohydrates (g)	94	12
of which sugars (g)	11,8	1,6
Fibre (g)	9	1
Protein (g)	18	2
Salt (g)	2,3	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C. In a large bowl, combine the mayonnaise with the **sweet chili sauce**. Transfer half of this to a small bowl and set aside. In a large bowl, combine the **panko** with a pinch of salt and a drizzle of olive oil.



2. Roast the cauliflower

Transfer the **cauliflower** florets to the large bowl and coat with the **chili** mayonnaise, then transfer to the **panko** and toss well to coat. Transfer the **cauliflower** to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes (see Tip).

Tip: for the best results, don't crowd the cauliflower; use two baking sheets if necessary.



3. Cook the rice

Crush or mince the **garlic**. Heat a light drizzle of olive oil in a pot or saucepan over a low heat. Fry the **garlic** for 1 - 2 minutes, then add the **rice** and the water (see pantry for amount). Boil the **rice** for 10-12 minutes, covered, then take the pan off the heat and allow to rest for 5 minutes. Drain if necessary and set aside.



4. Chop the vegetables

Roughly chop the **spinach** and remove any thick stems. Cut the **carrot** into thin crescents and chop the **onion**. Thinly slice the **cucumber**.

Did you know... 🌱 *spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.*



5. Fry the vegetables

Heat a drizzle of olive oil in a frying pan and fry the **carrot** for 4 - 6 minutes, then stir in the **spinach**, **onion** and **soy sauce** and fry for 2 more minutes. Meanwhile, make the 'bang bang' sauce by combining the reserved **chili** mayonnaise with the white wine vinegar.



6. Serve

Serve the **garlic rice** on deep plates. Top with the fried vegetables and **panko cauliflower**. Serve with the 'bang bang' sauce and the **cucumber**. Garnish with the **sesame seeds**.

Enjoy!



Wholewheat Veggie Quesadillas

with pico de gallo & chili mayo

Family Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



Courgette



Bell pepper



Tomato



Fresh coriander



Lime



Mexican-style spices



Sweet chili sauce



Wholewheat tortilla



Herbed cheese cubes



Ground paprika



Grated Red Leicester



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

Today, you'll make veggie quesadillas. The fresh coriander and sweet-and-spicy chilli sauce will give this dish so much flavour, you definitely won't miss meat.

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, large bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (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
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	¼	½	¾	1	1¼	1½
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Herbed cheese cubes* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1½	3	4½	6	7½	9
Grated Red Leicester* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2874 / 687	579 / 138
Total fat (g)	40	8
of which saturated (g)	14,4	2,9
Carbohydrates (g)	48	10
of which sugars (g)	11,1	2,2
Fibre (g)	14	3
Protein (g)	24	5
Salt (g)	2,3	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 220°C. Finely chop the **onion** and slice the **courgette** into crescents. Cut the **bell pepper** into strips. Transfer the **bell pepper** and **courgette** to a large bowl and drizzle lightly with olive oil. Add the **paprika** and **Mexican-style spices** and season with salt and pepper, then toss well to coat.

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



2. Make the pico de gallo

Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes. Quarter the **lime**. Dice the **tomato** and finely chop the **coriander**. In a bowl, combine the **tomato** with the **coriander** and the **onion** (see Tip). Add the juice of 1 **lime** wedge per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

Tip: the onion is served raw, but you can also fry it with the vegetables instead if preferred.



3. Make the quesadillas

Transfer the **tortillas** to a parchment-lined baking sheet. Top with the fried vegetables, leaving half of each **tortilla** empty. Add both **cheeses**, then fold the **tortilla** over and press down so as to seal the quesadillas. Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.



4. Serve

In a small bowl, combine the mayonnaise with the **sweet chili sauce**. Serve the quesadillas with any remaining **lime wedges**. Serve the pico de gallo and the chili mayo alongside.

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!

Enjoy!



Fast Pasta with a Mexican-Inspired Twist

with pork, cheese & sour cream

Family Nice & Fast

Total time: 20 - 30 min.



Farmer's mincemeat



Mexican-style spices



Onion



Garlic



Courgette



Penne



Passata



Grated Gouda



Organic sour cream



Bell pepper



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

This recipe puts more than 340 grams of vegetables per person on the table in just 20 minutes!

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, sieve or colander, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Farmer's mincemeat* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Penne (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3523 /842	582 /139
Total fat (g)	36	6
of which saturated (g)	14,4	2,4
Carbohydrates (g)	82	14
of which sugars (g)	13,2	2,2
Fibre (g)	6	1
Protein (g)	41	7
Salt (g)	2,4	0,4

Allergens

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



1. Fry the mince

Boil plenty of salted water in a pot or saucepan for the pasta. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **mince** with the **Mexican-style spices*** for 4 - 5 minutes, then remove from the pan and set aside. Keep the cooking juices in the pan to use later. Chop the **onion** and crush or mince the **garlic**. Dice the **courgette** and **bell pepper**.

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



2. Boil the pasta

Boil the pasta for 10 - 12 minutes until done, then drain and set aside. Reheat the frying pan and fry the **garlic** and **onion** for 1 - 2 minutes over medium-high heat. Add the **courgette** and the **bell pepper** and fry for 4 more minutes, then stir in the **passata**. Cover with the lid and allow to reduce for 2 - 4 minutes.

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



3. Finish

Add the pasta to the sauce, along with the **mince** and half of the **grated cheese**. Mix well to combine and season to taste with salt and pepper, then cook for 2 - 3 more minutes.



4. Serve

Serve the pasta on plates and top with a dollop of **sour cream**. Garnish with the rest of the **cheese**.

Enjoy!




Potato Hash with Fried Egg & Mushrooms

with green beans, cheese & fresh herbs

Family Calorie Smart Veggie

Total time: 35 - 45 min.



-  Potatoes
-  Pre-cut green beans
-  Garlic
-  Onion
-  Mushrooms
-  Grated Gouda
-  Egg
-  Fresh flat leaf parsley & chives
-  Carrot
-  Sicilian-style herb mix



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

Mushrooms are a good addition to a vegetarian meal - they contain vitamin B2, are rich in protein and provide some nice texture.

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

Sieve or colander, lidded pot or saucepan, large deep frying pan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Pre-cut green beans* (g)	50	100	100	200	200	300
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Grated Gouda* (g)	50	100	150	200	250	300
Egg* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & chives* (g)	2½	5	7½	10	12½	15
Carrot* (unit(s))	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2866 / 685	483 / 115
Total fat (g)	38	6
of which saturated (g)	22,6	3,8
Carbohydrates (g)	53	9
of which sugars (g)	7,7	1,3
Fibre (g)	16	3
Protein (g)	28	5
Salt (g)	2,2	0,4

Allergens

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



1. Prepare

Wash or peel the **potatoes** and dice into 2cm chunks, then transfer to a saucepan. Cover with water and crumble in the stock cube (see pantry for amount). Cover with the lid and bring to the boil. Cook the **potatoes** for 4 minutes, then add the **green beans** and boil for 6 more minutes. Drain and set aside.



2. Fry the vegetables

In the meantime, slice the **onion** into half rings and crush or mince the **garlic**. Slice the **mushrooms** and cut the **carrot** into thin crescents. Melt a knob of butter in a frying pan and fry the **onion** with the **garlic**, **carrot** and **mushrooms** for 5 minutes over medium-high heat. Season to taste with salt and pepper.



3. Melt the cheese

Melt another knob of butter in a large deep frying pan over medium-high heat. Fry the **potatoes** and **green beans** with the Sicilian herbs for 5 minutes, tossing regularly. Transfer the vegetables to the **potatoes** and **green beans**, mix well and then reduce the heat. Top with the **grated cheese** and allow to melt (see Tip). Meanwhile, finely chop the **parsley** and **chives**.

Tip: cover with the lid so as to melt the cheese more quickly.



4. Serve

Melt a small knob of butter in the same pan you used for the **mushrooms**. Fry the **egg** and season to taste with salt and pepper. Serve the **potato** hash on plates and top with the fried **egg**. Garnish with the **parsley** and **chives**.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.

Enjoy!



Boekeloekoe Burger on a Carrot Bun

with potato wedges, fried egg & cucumber salad

Veggie

Total time: 45 - 55 min.



Potatoes



Onion



Egg



Boekeloekoe burger mix



Grated Gouda



Cucumber



Arugula & lamb's lettuce



Carrot bun



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

Did you know that the boekeloekoe mix contains more than 15 different spices and 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, large bowl, 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
Onion (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1½	3	4½	6	7½	9
Boekoeloekoe burger mix (g)	20	40	60	80	100	120
Grated Gouda* (g)	15	25	40	50	65	75
Cucumber* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Carrot bun (unit(s))	1	2	3	4	5	6

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
[Plant-based] milk (ml)	15	30	45	60	75	90
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
Honey (tsp)	1	2	3	4	5	6
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4063 /971	606 /145
Total fat (g)	57	9
of which saturated (g)	11,6	1,7
Carbohydrates (g)	81	12
of which sugars (g)	10,4	1,6
Fibre (g)	12	2
Protein (g)	28	4
Salt (g)	1,8	0,3

Allergens

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1. Make the potato wedges

Preheat the oven to 220°C. Peel or thoroughly wash the **potatoes** and cut them into wedges, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 30-35 minutes.



4. Fry the burger

Shape the **boekoeloekoe mix** into **burger** patties. Heat a drizzle of olive oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the **burger** for 4 - 5 minutes per side. Meanwhile, heat a light drizzle of olive oil in another frying pan and fry the **egg**. Season to taste with salt and pepper.



2. Make the burger

Chop the **onion** very finely. In a bowl, beat half an **egg** per person. Weigh the **boekoeloekoe mix** and then transfer to a large bowl along with the **grated cheese**, milk, beaten **egg** and half of the **onion** (see Tip). Mix well, adding an extra splash of milk if the mixture is too dry, then chill in the fridge for 15 minutes.

Tip: eating alone or with an odd number? For convenience, prepare the entire boekoeloekoe mix. You can enjoy the leftover burger the next day!



5. Make the sauce

In the meantime, bake the **carrot bun** for 4 - 6 minutes. In a small bowl, combine the rest of the mayonnaise with the honey and the mustard.



3. Prepare the salad

In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and 1 tsp mayonnaise per person, along with the rest of the chopped **onion** (see Tip). Dice the **cucumber** and transfer to the salad bowl. Reserve some of the **lettuce** for the **burger**, then add the rest to the dressing and toss well to combine.

Tip: if you don't like raw onion, fry it with the burger instead.



6. Serve

Cut open the **carrot bun** and top with the reserved **lettuce** and boekoeloekoe **burger**. Spread 1 tbsp of the honey mustard sauce over the **burger**, then top with the fried **egg**. Serve the **burger** with the salad and **potato** wedges, along with the rest of the honey mustard sauce.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us, however, don't get enough vitamin D, particularly during the darker winter months.

Enjoy!



Pork Meatballs in Sweet Soy Sauce

with udon salad & sesame seeds

Nice & Fast

Total time: 25 - 35 min.



Farmer's mincemeat



Fresh ginger



Soy sauce



Fresh udon noodles



Sesame seeds



Mesclun



Cucumber



Garlic



East Asian-style sauce



Lemon



Rainbow slaw mix



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

Mesclun is a French salad mix that originates from the Provence region. Its name means mixture in the Provençal dialect, and as it only includes young salad leaves, it's typically very tender.

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, salad bowl, 2x small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Farmer's mincemeat* (g)	100	200	300	400	500	600
Fresh ginger* (tsp)	2½	5	7½	10	12½	15
Soy sauce (ml)	10	20	30	40	50	60
Fresh udon noodles (g)	100	200	300	400	500	600
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Mesclun* (g)	40	60	90	120	150	180
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Garlic (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Lemon* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3259 / 779	651 / 155
Total fat (g)	46	9
of which saturated (g)	9,5	1,9
Carbohydrates (g)	64	13
of which sugars (g)	26	5,2
Fibre (g)	7	1
Protein (g)	27	5
Salt (g)	4,4	0,9

Allergens

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



1. Make the meatballs

Grate the **ginger** and crush or mince the **garlic**. In a bowl, combine the **pork mince** with the **ginger** and 0.25 tbsp of mayonnaise per person. Shape the **mince** into four or five **meatballs** per person (see Tip).

Tip: pack the mince tightly so as to prevent the meatballs from falling apart.



2. Fry the meatballs

Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **meatballs** for 5 minutes until done. In a small bowl, combine the **soy sauce** with the **garlic**, **East Asian-style sauce** and honey (see Tip). Add the sauce and fry for 2 more minutes, then remove from the pan and set aside. Heat the **noodles** in the same pan for 1 minute, then turn off the heat.

Tip: 🌱 If you're watching your salt intake, omit the soy sauce and add some later while serving as preferred.



3. Make the salad

Juice the **lemon** into a small bowl. Slice the **cucumber** into crescents. In a salad bowl, combine the rest of the mayonnaise with 1.5 tbsp **lemon** juice per person and season to taste with salt and pepper. Add the **mesclun**, **cucumber**, **slaw mix** and **noodles**, then toss well to combine.



4. Serve

Serve the **noodle** salad on plates and top with the **meatballs** in their sauce. Garnish with the **sesame seeds**.

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

Enjoy!



Brie & Caramelised Onion Sandwich

with onion chutney & potato-apple salad

Veggie Nice & Fast

Total time: 20 - 30 min.



Potatoes



White demi-baguette



Brie



Apple



Onion chutney



Onion



Arugula & lamb's lettuce



Cucumber



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

In this recipe, you serve brie on a baguette. Now, you can enjoy classic French cuisine at your kitchen table. Vive la France!

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, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
White demi-baguette (unit(s))	1	2	3	4	5	6
Brie* (g)	50	100	150	200	250	300
Apple* (unit(s))	½	1	1	2	2	3
Onion chutney* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Cucumber* (unit(s))	½	1	1	1	2	2
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3912 /935	583 /139
Total fat (g)	31	5
of which saturated (g)	15,6	2,3
Carbohydrates (g)	134	20
of which sugars (g)	24,5	3,7
Fibre (g)	18	3
Protein (g)	26	4
Salt (g)	3,3	0,5

Allergens

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



1. Prepare

Preheat the oven to 200°C. Cut the **potatoes** in half or any larger ones into quarters. Transfer to a pot or saucepan, then cover with water and crumble in the stock cube (see pantry for amount). Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside. Slice the **onion** into half rings in the meantime.



2. Fry the onion

Melt the butter in a frying pan over medium-high heat and fry the **onion** for 3 - 5 minutes. Deglaze with the balsamic vinegar, then stir in the **onion chutney** and fry for 2 - 3 minutes. Core and slice the **apple**. Cut the **cucumber** into crescents. Cut the **brie** into 0.5cm thick slices.



3. Make the sandwich

Cut open the **baguette** and transfer to a parchment-lined baking sheet. Spread the bottom half with the mustard and top with the **brie**. Top the other half with the caramelised **onion**, then bake in the oven for 5-8 minutes or until the **brie** has melted.



4. Serve

In a salad bowl, combine the white wine vinegar with the extra virgin olive oil and then season to taste with salt and pepper. Add the **lettuce, apple, cucumber** and **potatoes**, then toss well to combine with the dressing. Close the **baguettes** and then cut in half. Serve the sandwiches on plates with the **potato** salad alongside.

Did you know... 🍏 *apple contains pectin, a fermentable fibre which boosts gut health, cholesterol and immunity.*

Enjoy!



Chicken Bulgur Bowl with Orange Vinaigrette

with Greek-style cheese, roasted carrot & raisins

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Bulgur



Chicken breast



Greek-style cheese



Easy peel orange



Raisins



African-inspired
spice mix



Spinach



Onion



Carrot



Cucumber



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

Did you know that bulgur is the Turkish word for barley?

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, large bowl, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chicken breast* (unit(s))	1	2	3	4	5	6
Greek-style cheese* (g)	25	50	75	100	125	150
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Raisins (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	200	200	300	300
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	1	1	2	2
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2741 /655	539 /129
Total fat (g)	20	4
of which saturated (g)	8,9	1,8
Carbohydrates (g)	70	14
of which sugars (g)	18,5	3,6
Fibre (g)	19	4
Protein (g)	43	8
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C. Slice the **carrot** and transfer to a bowl along with half of the African-inspired **spices**. Drizzle lightly with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 15 - 20 minutes, or until softened and lightly browned.

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



2. Cook the bulgur

Transfer the **bulgur** to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount). Bring to a boil and cook the **bulgur** for 10 minutes, covered, then drain and set aside. Meanwhile, chop the **onion** and dice the **cucumber**. Dice the **chicken** into 2cm chunks.



3. Fry the chicken

Melt the butter in a frying pan and fry the **chicken** for 6 - 8 minutes until done. Season with salt and pepper, then set aside. Fry the **onion** in the same pan for 2 - 3 minutes, then add half of the **spinach**. Mix well, allowing the **spinach** to wilt and reduce. Season to taste with salt and pepper, then turn off the heat. Meanwhile, peel and dice half of the **orange** and then set the rest aside.



4. Serve

Juice the rest of the **orange** into a small bowl, then add the mustard, red wine vinegar and extra virgin olive oil. Season to taste with salt and pepper, then mix well to combine. In a large bowl, combine the **bulgur** with the rest of the **spinach**, the rest of the African-inspired **spices** and half of the **orange** vinaigrette. Season to taste with salt and pepper, then serve in deep plates or bowls. Top with the **chicken**, **carrot**, **raisins**, fried **spinach**, **cucumber** and diced **orange**. Crumble over the **Greek-style cheese** and drizzle with the rest of the vinaigrette.

Enjoy!



Veggie Picadillo with Lentils & Greek-Style Cheese

with olives, parsley & raisins

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Garlic



Bell pepper



Mexican-style spices



Lentils



Worcestershire sauce



Raisins



Fresh flat leaf parsley



Diced tomatoes with garlic & onion



Greek-style cheese



Onion



Leccino olives



White long grain rice



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

Picadillo is a Latin American dish, traditionally prepared with minced meat, tomatoes, sultanas and olives. Today, you'll make a vegetarian version of 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

Sieve or colander, pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	⅓	⅔	1	1⅓	1⅔	2
Worcestershire sauce (ml)	10	15	25	30	40	45
Raisins (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Diced tomatoes with garlic & onion (pack)	⅓	⅔	1	1⅓	1⅔	2
Greek-style cheese* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Leccino olives* (g)	20	30	40	60	70	90
White long grain rice (g)	75	150	225	300	375	450
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2519 /602	510 /122
Total fat (g)	14	3
of which saturated (g)	5,5	1,1
Carbohydrates (g)	94	19
of which sugars (g)	18,4	3,7
Fibre (g)	11	2
Protein (g)	19	4
Salt (g)	3,9	0,8

Allergens

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



1. Boil the rice

Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes or until done. Meanwhile, chop the **onion** and crush or **mince** the **garlic**. Dice the **bell pepper**.



2. Chop the parsley

Drain and rinse the lentils. •Roughly chop the **parsley** (both the leaves and stems).

Did you know... 🌱 *Lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.*



3. Fry the vegetables

Heat the olive oil in a wok or deep frying pan over low heat and fry the **onion** with the **garlic** for 2 minutes. Stir in the **bell pepper**, **raisins**, **Mexican spices*** and **chopped tomatoes**, then fry for 5 minutes over medium-high heat. Add the **olives** and **Worcestershire sauce** and cook for 10 more minutes, stirring regularly. Finally, stir in the lentils and season to taste with salt and pepper.

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



4. Serve

Serve the **rice** and picadillo on plates. Crumble over the **Greek-style cheese** (see Tip). Garnish with the **parsley**.

Enjoy!



Forest Mushroom Orzotto

with herbed cheese & basil

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Fresh basil



Orzo



Pre-cut mushroom mix



Herbed cheese cubes



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

You'll use orzo to make this risotto. Orzo takes less time than rice to cook, but the result is just as creamy. The herby cheese cubes make the dish extra luxurious.

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, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Orzo (g)	75	150	225	300	375	450
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Herbed cheese cubes* (g)	50	75	100	150	175	225
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2435 /582	441 /105
Total fat (g)	27	5
of which saturated (g)	16,5	3
Carbohydrates (g)	63	11
of which sugars (g)	2,7	0,5
Fibre (g)	8	1
Protein (g)	24	4
Salt (g)	1,4	0,2

Allergens

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



1. Prepare

Prepare the stock. Finely chop the onion and crush or mince the garlic. Tear the basil leaves into small pieces.

Did you know... 🍄 mushrooms are a great source of vitamin B2, which helps keep you energised. Vitamin B2 is most commonly found in animal products, so if you follow a vegetarian or vegan diet it's good to eat mushrooms regularly so as to prevent deficiency.



2. Boil the orzo

Melt half of the butter in a pot or saucepan and fry the onion with the garlic for 2 minutes over medium-low heat. Add the orzo and fry for 1 more minute, then pour in the stock and cover with the lid. Boil for 10-12 minutes, stirring regularly. Add a splash of water if the orzo seems too dry.



3. Fry the mushrooms

Melt the rest of the butter in a frying pan over medium-high heat and fry the mushrooms for 5 - 6 minutes. Transfer the mushrooms to the orzo, along with half of the herbed cheese cubes. Mix well and allow the cheese to melt, then season to taste with salt and pepper.



4. Serve

Serve the orzo on plates. Garnish with the basil and the rest of the cheese.

Enjoy!



Three Cheese Flatbread Pizzas

with mushrooms, courgette & walnuts

Veggie

Total time: 30 - 40 min.



Garlic



Courgette



Chestnut mushrooms



Passata



Italian seasoning



Lebanese flatbread



Grated Gouda



Grated Italian cheese



Chopped walnuts



Grated mature goat's cheese



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

A tasty fusion on your plate today - an Italian dish, made with Lebanese flatbread! The short cooking time means you can get these flatbread pizzas on the table in no time.

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, frying pan or grill pan, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1	2	2	3
Chestnut mushrooms* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	25	50	75	100	125	150
Grated Italian cheese* (g)	15	25	40	50	65	75
Chopped walnuts (g)	20	40	60	80	100	120
Grated mature goat's cheese* (g)	25	50	75	100	125	150
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3941 /942	789 /189
Total fat (g)	48	10
of which saturated (g)	17,1	3,4
Carbohydrates (g)	88	18
of which sugars (g)	10,5	2,1
Fibre (g)	7	1
Protein (g)	35	7
Salt (g)	1,8	0,4

Allergens

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



1. Chop the vegetables

Preheat the oven to 200°C. Crush or **mince** the **garlic**. Thinly slice the **courgette** and **chestnut mushrooms**.

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.



2. Fry the courgette

Heat a drizzle of olive oil in a frying pan or grill pan over medium-high heat. Fry the **courgette** for 2 minutes per side until golden-brown.



3. Make the sauce

Heat a drizzle of olive oil in a saucepan over medium heat and fry the **garlic** for 1 minute. Reduce the heat and stir in the **passata**, balsamic vinegar and half of the **Italian herbs**. Allow to simmer gently for 4-6 minutes over low heat, seasoning to taste with salt and pepper.



4. Make the pizzas

Transfer the flatbreads to a parchment-lined baking sheet and spread with the **tomato** sauce. Top with the **courgette** and **mushrooms**, then season with salt and pepper. Scatter over the rest of the **Italian herbs**, then top with the three **cheeses** and the **walnuts** (see Tip).

Health Tip: this recipe is high in calories. If you're watching your calorie intake, use half of the cheese and keep the rest to use the next day.



5. Bake the pizzas

Put the pizzas in the oven for around 7 - 8 minutes, or until golden-brown (see Tip).

Tip: if you don't have enough space in the oven for all the pizzas, bake them in batches. You can also eat one pizza while the next one is in the oven.



6. Serve

Serve the **flatbread** pizzas on plates.

Enjoy!



Pasta Caprese with Serrano Ham

with pesto rosso & pumpkin seeds

Family Nice & Fast

Total time: 15 - 20 min.



Trottole tricolore



Pesto rosso



Mozzarella



Pumpkin seeds



Fresh basil



Onion



Tomato



Serrano ham



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

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

Before you begin

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

Utensils

Sieve or colander, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Trottole tricolore (g)	90	180	270	360	450	540
Pesto rosso* (g)	40	80	120	160	200	240
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	5	10	15	20	25	30
Fresh basil* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	2	4	6	8	10	12
Serrano ham* (g)	20	40	60	80	100	120

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3648 /872	842 /201
Total fat (g)	46	10
of which saturated (g)	11,9	2,7
Carbohydrates (g)	77	18
of which sugars (g)	9,4	2,2
Fibre (g)	9	2
Protein (g)	34	8
Salt (g)	1,9	0,4

Allergens

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



1. Prepare

Boil plenty of salted water in a pot or saucepan for the pasta (see Tip). Boil the pasta for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside. Dice the tomato and slice the onion into half rings. Roughly tear the ham and mozzarella into smaller pieces.

Tip: use a kettle to save time.



2. Prepare the toppings

Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop, then remove from the pan and set aside. Meanwhile, finely chop the fresh basil.



3. Finish the pasta

Heat a drizzle of olive oil in the same frying pan over medium-high heat. Fry the onion with the tomato and red pesto for 3 - 5 minutes. Add the pasta and 1 tbsp pasta water per person, then mix well to combine. Season to taste with salt and pepper.



4. Serve

Serve the pasta on plates and top with the ham and mozzarella. Garnish with the basil and the toasted pumpkin seeds.

Did you know... 🌱 pumpkin seeds contain more magnesium and phosphorus than any other type of nut or seed. Magnesium boosts muscle health while phosphorus helps strengthen bones and teeth.

Enjoy!



Quick Spaghetti with Garlic-Lemon Shrimp

in creamy tomato sauce with arugula

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Shrimp



Spaghetti



Red cherry tomatoes



Cooking cream



Arugula



Onion



Lemon



Garlic



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

These lemon-garlic shrimp add a fresh twist to this tasty dish. You can set this pasta dish on the table within 15 minutes!

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, sieve or colander, lidded pot or saucepan, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Spaghetti (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Cooking cream (g)	75	150	225	300	375	450
Arugula* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2682 /641	541 /129
Total fat (g)	21	4
of which saturated (g)	9,1	1,8
Carbohydrates (g)	83	17
of which sugars (g)	12	2,4
Fibre (g)	11	2
Protein (g)	28	6
Salt (g)	1,3	0,3

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the spaghetti. Halve the cherry tomatoes and slice the onion into half rings. Crush or mince the garlic. Cut half of the lemon into wedges and juice the rest into a small bowl. Boil the spaghetti for 10 - 12 minutes, covered, then reserve a small amount of the pasta water before draining and setting aside.

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



2. Fry the shrimp

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 1 - 2 minutes. Add the cherry tomatoes, shrimp, garlic and half of the lemon juice, then fry for another 1 - 2 minutes.



3. Make the sauce

Add the cream and crumble in the stock cube (see pantry for amount). Allow the sauce to reduce for 1 minute (see Tip). Add the spaghetti and cook for 1 more minute, seasoning to taste with salt and pepper.

Tip: add a splash of the reserved pasta water as necessary if the sauce is too thick.



4. Serve

Serve the shrimp spaghetti on deep plates. Top with the arugula and drizzle with the rest of the lemon juice. Garnish with the rest of the lemon wedges.

Enjoy!



Chicken Thigh Strips over Giant Couscous

with Romano pepper & Greek-style cheese

Family Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Giant couscous



Romano pepper



Chicken thigh strips with kebab spices



Butter lettuce



Tomato



Cucumber



Onion



Greek-style cheese



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

Chicken thigh is considered the tastiest cut of chicken. In this recipe, it's pre-cut and already flavoured with kebab spices.

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, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Romano pepper* (unit(s))	½	1	2	2	3	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Butter lettuce* (unit(s))	½	¾	1	1½	1½	2
Tomato (unit(s))	1	2	2	4	4	6
Cucumber* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Greek-style cheese* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (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)	2752 /658	520 /124
Total fat (g)	25,8	4,9
of which saturated (g)	8,7	1,6
Carbohydrates (g)	67,9	12,8
of which sugars (g)	12,3	2,3
Fibre (g)	8,7	1,6
Protein (g)	34,8	6,6
Salt (g)	2	0,4

Allergens

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



1. Boil the giant couscous

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Cook the giant couscous for 12 - 14 minutes, covered, then drain and set aside. Cut the Romano pepper into thin strips. Heat the olive oil in a frying pan over medium-high heat. Fry the chicken thigh strips with the Romano pepper for 6 - 7 minutes until done.



2. Make the salad

In the meantime, finely chop the lettuce and transfer to a salad bowl. Dice the tomato and cucumber and finely chop the onion (see Tip). Transfer all three to the salad bowl. Crumble the Greek-style cheese.

Tip: if you don't like raw onion, fry it with the chicken instead.



3. Make the dressing

In a small bowl, combine the honey with the white wine vinegar and extra virgin olive oil, then season to taste with salt and pepper. Add the dressing to the salad and toss well to combine.

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!



4. Serve

Serve the salad on plates and top with the giant couscous, chicken thigh strips and Romano pepper. Garnish with the Greek-style cheese.

Enjoy!



Veggie No-Chicken Pasties with Crunchy Apple Salad

with sour cream dressing & Suriname-style spices

Veggie

Total time: 40 - 50 min.



Garlic



Onion



Fresh flat leaf parsley



Puff pastry



Veggie chicken pieces



Butter lettuce



Apple



Organic sour cream



Carrot



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

Butter lettuce contains as many as 2 to 4 times more leaves than other common varieties of lettuce. Furthermore, the leaves are about the same size and are tender and subtle in flavour.

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
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Veggie chicken pieces* (g)	80	160	240	320	400	480
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Carrot* (unit(s))	½	1	1½	2	2½	3

From your pantry

Mustard (tsp)	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
[Plant-based] milk					splash	
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3912 / 935	732 / 175
Total fat (g)	56	10
of which saturated (g)	24,2	4,5
Carbohydrates (g)	70	13
of which sugars (g)	20	3,7
Fibre (g)	9	2
Protein (g)	30	6
Salt (g)	2,7	0,5

Allergens

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



1. Prepare

Preheat the oven to 200°C. Chop the **onion** and crush or **mince** the **garlic**. Finely chop the **parsley**. Roll out the **puff pastry** onto a parchment-lined baking sheet. Using half a roll of **puff pastry** for each person, cut the **pastry** into thirds so as to make three pasties.



4. Make the pasties

Spread 2 tbsp of the filling over one side of each piece of **pastry**. Fold the other half over the filling and carefully press the edges together with a fork. Brush the pasties with milk, then bake in the oven for 20 - 25 minutes or until done.



2. Fry the veggie chicken

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **onion** and **garlic** for 2 minutes. Cut any larger pieces of **veggie chicken** into smaller chunks, then add to the frying pan along with the Surinamese-style **spices**. Fry for 3 minutes, seasoning with salt and pepper. In the meantime, roughly chop the **butter lettuce**. Core and dice the **apple**.

Did you know... 🍏 *apple contains pectin, a fermentable fibre which boosts gut health, cholesterol and immunity.*



5. Make the salad

Cut the **carrot** into thin crescents. In a salad bowl, combine the rest of the **sour cream** with the extra virgin olive oil, mustard and honey, then season to taste with salt and pepper. Add the **lettuce** and **carrot** to the bowl, along with the rest of the **apple** and **parsley**. Toss well to combine with the dressing.



3. Make the filling

Stir in two thirds of the **sour cream** and half each of the **parsley** and **apple**. Season to taste with salt and pepper.



6. Serve

Serve the pasties with the salad alongside (see Tip).

Tip: *this recipe is high in calories. If you're watching your calorie intake, serve just two pasties and then enjoy the other one tomorrow.*

Enjoy!



Coconut Curry Noodles with Mangetout

with bell pepper & chestnut mushrooms

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Garlic



Scallions



Chestnut mushrooms



Mangetout



Yellow curry spices



Lime



Coconut milk



Fresh udon noodles



Ginger paste



Bell pepper



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

Did you know that coconut milk doesn't come directly from the nut itself? The white flesh of the coconut is first mixed with water and then the coconut milk is squeezed out.

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Chestnut mushrooms* (g)	60	125	250	250	375	375
Mangetout* (g)	50	100	150	200	250	300
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Coconut milk (ml)	75	150	225	300	375	450
Fresh udon noodles (g)	100	200	300	400	500	600
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
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)	1770 /423	338 /81
Total fat (g)	21	4
of which saturated (g)	12,8	2,4
Carbohydrates (g)	47	9
of which sugars (g)	10,6	2
Fibre (g)	8	2
Protein (g)	10	2
Salt (g)	1,4	0,3

Allergens

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



1. Prepare

Prepare the vegetable stock (see Tip). Roughly chop the bell pepper and crush or mince the garlic. Chop the scallion into rings and set aside some of the greens to use later as garnish.

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



2. Fry the vegetables

Slice the chestnut mushrooms and trim the ends off the mangetout (see Tip). Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the scallions and garlic for 1 minute. Add the bell pepper, mushrooms and ginger paste and fry for 4 minutes, then add the mangetout and yellow curry spices and fry for 2 more minutes.

Tip: the tips of mangetout can sometimes be tough, so be sure to remove and discard these.



3. Finish

Meanwhile, cut the lime into wedges. Stir in the coconut milk and the stock and bring to a boil, then cover with the lid and simmer gently for 4 minutes. Add the udon noodles and continue to simmer for 2 - 3 more minutes, still covered.



4. Serve

Serve the noodles on deep plates. Garnish with the reserved scallion greens and serve the lime wedges alongside.

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.

Enjoy!



Shrimp & Mango Udon Salad

with cucumber & homemade sweet chili sauce

Family Calorie Smart

Total time: 35 - 45 min.



Red chili pepper



Cucumber



Mango



Lime



Romano pepper



Garlic



Fish sauce



Shrimp



Fresh udon noodles



Onion



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

Have you ever wanted to make your own chilli sauce? This recipe will teach you how, with fresh red pepper, lime and garlic. What's more, you can decide how spicy it gets!

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

Kitchen paper, salad bowl, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Mango* (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fish sauce (ml)	5	10	15	20	25	30
Shrimp* (g)	80	160	240	320	400	480
Fresh udon noodles (g)	150	300	450	600	750	900
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	1½	3	4½	6	7½	9

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2611 / 624	427 / 102
Total fat (g)	20	3
of which saturated (g)	2,9	0,5
Carbohydrates (g)	90	15
of which sugars (g)	37,4	6,1
Fibre (g)	7	1
Protein (g)	20	3
Salt (g)	3	0,5

Allergens

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



1. Prepare

In a saucepan, heat a shallow layer of water but do not allow it to boil. Halve and deseed the **red chili pepper***, then transfer it to the saucepan. Allow it to cook gently for 10 minutes, then set aside some of the cooking liquid before draining and setting aside.

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



2. Chop the vegetables

Halve the **cucumber** lengthways and scoop out the seeds. Slice into crescents and then transfer to a salad bowl. Thinly slice the **mango** and add it to the **cucumber**, then toss to combine. Juice half of the **lime** and cut the rest into wedges. Cut the **Romano pepper** into thin strips. Slice the **onion** into half rings and crush or **mince** the **garlic**.

Did you know... 🥭 mango is one of the best sources of potassium, which helps maintain a healthy blood pressure. You can also find potassium in bananas, salmon, potatoes, broccoli and peanuts.



3. Make the sauce

Finely chop the **red chili pepper**, then return it to the saucepan along with 1 tbsp per person of the reserved cooking liquid. Add the **garlic**, sugar, white wine vinegar and a generous drizzle of olive oil. Bring to a gentle boil over a low heat and allow to reduce for 5 - 10 minutes. Shortly before serving, stir in (per person) a teaspoon of **fish sauce*** and half a tablespoon of **lime** juice.

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



4. Fry the shrimp

Pat the **shrimp** dry with kitchen paper. Heat a drizzle of olive oil in a frying pan over high heat and fry the **shrimp** with the **onion** and **Romano pepper** for 3 - 4 minutes.



5. Finish

Add the **udon noodles** and stir-fry for 1 - 2 minutes, then transfer the contents of the frying pan to the salad bowl. Add the homemade **chili sauce** and then toss well to combine.



6. Serve

Serve the **noodles** with the **lime wedges**.

Enjoy!



Yellow Chicken Curry

over cauliflower rice with courgette

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Garlic



Courgette



Onion



White long grain rice



Chicken thigh strips with kebab spices



Yellow curry spices



Coconut milk



Cauliflower Rice



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

In this recipe, you'll use cauliflower rice as well as regular rice. Not only does it cook quicker, but it also provides you with an extra helping of 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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	50	100	150	200	250	300
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Cauliflower Rice* (g)	100	200	300	400	500	600

From your pantry

Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper			to taste			

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2674 /639	516 /123
Total fat (g)	32	6
of which saturated (g)	17,7	3,4
Carbohydrates (g)	54	10
of which sugars (g)	9,6	1,9
Fibre (g)	5	1
Protein (g)	28	5
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the rice. Crush or mince the garlic. Slice the courgette into crescents and the onion into half rings. Boil the rice for 12 - 15 minutes, covered, then drain and set aside.



2. Make the curry

Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the garlic, courgette, onion and chicken for 3 - 4 minutes. Add the curry spices and fry for 1 more minute, then add the coconut milk and reduce the heat. Allow to simmer gently for 6 - 8 minutes, covered, then season with salt and pepper.



3. Fry the cauliflower rice

Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the cauliflower rice for 3 - 4 minutes and season with a generous amount of salt and pepper.



4. Serve

Stir the cauliflower rice into the regular rice. Serve the rice on deep plates and top with the chicken curry.

Did you know... 🌱 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.

Enjoy!



Sticky Orange Turkey Bowl

with mangetout, cucumber & zesty mayo sauce

Nice & Fast

Total time: 25 - 35 min.



Cucumber



Scallions



Easy peel orange



Sweet chili sauce



Turkey breast pieces
with tandoori-
style spices



Mangetout



White long grain rice



Gomashio



BBQ spice rub



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

Before you begin

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

Utensils

Bowl, grater, lidded saucepan, 2x small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cucumber* (unit(s))	½	1	1	1	2	2
Scallions* (bunch)	½	1	1	2	2	3
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Turkey breast pieces with tandoori-style spices* (g)	100	200	300	400	500	600
Mangetout* (g)	50	100	150	200	250	300
White long grain rice (g)	75	150	225	300	375	450
Gomashio (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3

From your pantry

White balsamic vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3414 / 816	700 / 167
Total fat (g)	36	7
of which saturated (g)	4,1	0,8
Carbohydrates (g)	89	18
of which sugars (g)	22	4,5
Fibre (g)	8	2
Protein (g)	32	7
Salt (g)	2,2	0,5

Allergens

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



1. Boil the rice

Chop the scallions into thin rings and keep the white part separate from the greens. Heat a drizzle of olive oil in a saucepan over medium-high heat. Fry the white part of the scallions for 1 - 2 minutes, then add the rice. Pour in plenty of water and crumble in the stock cube (see pantry for amount). •Boil the rice for 9 minutes, then add the mangetout and cook for 4 - 6 minutes (see Tip). Drain and set aside.

Tip: if preferred, carefully discard the tough ends of the mangetout.



3. Fry the turkey

In a bowl, combine the turkey with the BBQ rub* and the flour. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the turkey for 5 - 7 minutes, or until done. Stir in the orange sauce and fry for 2 more minutes. In a small bowl, combine the mayonnaise with the rest of the white balsamic vinegar and half a teaspoon of orange zest per person. Season to taste with salt and pepper.

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



2. Make the orange sauce

Slice the cucumber into crescents. Zest the orange and juice half of it into a small bowl, then dice the rest. To the orange juice, add the sweet chilli sauce, the honey, the water and half of the white balsamic vinegar (see pantry for amounts). Season to taste with pepper and mix well to combine.



4. Serve

Serve the rice and mangetout in bowls. Top with the sticky orange turkey in its sauce, the cucumber and the diced orange. Drizzle over the zesty mayo sauce. Garnish with the scallion greens and the gomashio.

Did you know... 🌱 scallions are very high in calcium compared to other vegetables, as are kale and pak choi.

Enjoy!



Carribbean-Inspired Peanut Stew with Veggie No-Chicken

over brown rice with Romano beans & mango chutney

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Quick-cook brown rice



Onion



Garlic



Romano beans



Veggie chicken pieces



Ketjap manis



Curry powder



Peanut butter



Mango chutney



Cucumber



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

Imagine yourself on a tropical island for a moment with this Caribbean stew. You prepare the stew with vegetarian chicken pieces, making this recipe delicious and more sustainable!

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano beans* (g)	50	100	200	200	300	300
Veggie chicken pieces* (g)	80	160	240	320	400	480
Ketjap manis (ml)	20	40	60	80	100	120
Curry powder (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Peanut butter (tub)	½	1	1½	2	2½	3
Mango chutney* (g)	40	80	120	160	200	240
Cucumber* (unit(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower 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)	2904 /694	511 /122
Total fat (g)	19	3
of which saturated (g)	3	0,5
Carbohydrates (g)	96	17
of which sugars (g)	31,5	5,5
Fibre (g)	10	2
Protein (g)	30	5
Salt (g)	2,4	0,4

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan and cook the rice for 10 minutes, covered. Meanwhile, boil plenty of water in a saucepan for the Romano beans (see Tip 1) Prepare the stock (see Tip 2), chop the onion and crush or mince the garlic. Discard the tips of the Romano beans and then cut into 4cm chunks. In a bowl, combine the garlic with the veggie chicken and the ketjap.

Tip 1: to save time, use a kettle instead.



2. Fry the veggie chicken

Heat a drizzle of sunflower oil in a large deep frying pan or wok over medium-high heat. Fry the onion with the curry powder for 2 - 3 minutes, then add the veggie chicken in their marinade and fry for a further 4 - 5 minutes. Stir in the peanut butter, mango chutney and stock. Mix well and allow to simmer over low heat.



3. Cook the Romano beans

Blanche the Romano beans for 3 minutes, then drain and transfer to the frying pan. Mix well and allow to simmer for 3 minutes. Meanwhile, thinly slice the cucumber. In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the cucumber and toss well to combine.



4. Serve

Serve the rice on plates and top with the curry. Serve with the quick-pickled cucumber.

Did you know... 🌱 Romano beans are a great source of fibre (for gut health), calcium (for strong bones), potassium (for healthy blood pressure) and iron (for healthy energy levels).

Enjoy!



Honey Mustard Veggie Burger

with baby potatoes, caramelised onion & apple salad

Family Veggie

Total time: 40 - 50 min.



Baby potatoes



Hamburger bun with sesame seeds



Honey-mustard dressing



Apple



Onion



Butter lettuce



Vegan burger



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

You serve this dish with a vegan burger. This burger tastes just as good as real meat, but is 100% plant-based!

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, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Honey-mustard dressing* (g)	20	40	60	80	100	120
Apple* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Vegan burger* (unit(s))	1	2	3	4	5	6

From your pantry

[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
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)	3683 / 880	569 / 136
Total fat (g)	37,3	5,8
of which saturated (g)	10,1	1,6
Carbohydrates (g)	99,2	15,3
of which sugars (g)	19,9	3,1
Fibre (g)	16,2	2,5
Protein (g)	31,7	4,9
Salt (g)	2,5	0,4

Allergens

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



1. Fry the potatoes

Wash the **baby potatoes** and cut them in half. Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the **potatoes** for 15 minutes, covered, then remove the lid. Season with salt and pepper, then fry for 5 - 10 more minutes.

Tip: this recipe is high in calories. If you're watching your calorie intake, serve the sandwich without the potatoes and save them for another recipe.



4. Make the salad

In a salad bowl, combine the mayonnaise with the white wine vinegar and season to taste with salt and pepper. Add the **apple** and chopped **lettuce**, then toss well to combine with the dressing.



2. Chop

Slice the **onion** into half rings. Core the **apple** and cut it into matchsticks. Set aside several **lettuce** leaves for the **burger**, then roughly chop the rest.



3. Caramelize the onion

Melt a small knob of butter in a frying pan over medium-high heat and fry the **onion** for 6 - 8 minutes. Deglaze with the balsamic vinegar and the sugar, then mix well and fry for 2-3 more minutes.

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



5. Fry the burger

Melt a small knob of butter in another frying pan over medium-high heat. When the pan is nice and hot, fry the **burger** for 4 - 5 minutes per side or until done.



6. Serve

Cut open the **burger bun** and spread with the honey mustard sauce. Fill with the reserved **lettuce** leaves, the **burger** and the caramelized **onion**. Serve with the salad and **potatoes** alongside.

Enjoy!



Honey Mustard Salmon with Baby Potatoes

with rainbow carrots & fresh thyme

Family Calorie Smart

Total time: 40 - 50 min.



Baby potatoes



Carrot



Salmon fillet



Garlic



Fresh thyme



Yellow carrot



Onion



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

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

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Yellow carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	2	2	3	3
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Mustard (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
Brown sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2849 / 681	417 / 100
Total fat (g)	30	4
of which saturated (g)	4,8	0,7
Carbohydrates (g)	68	10
of which sugars (g)	17,2	2,5
Fibre (g)	16	2
Protein (g)	26	4
Salt (g)	0,8	0,1

Allergens

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



1. Roast the potatoes

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



4. Make the sauce

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



2. Chop the vegetables

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

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



5. Bake the salmon

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



3. Stew the vegetables

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



6. Serve

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

Enjoy!



Pork Tenderloin with Crispy Tarragon

over mushroom orzotto with buttery seeded topping

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Pork tenderloin



Fresh tarragon



Orzo



Garlic



Vegetable mix
with mushrooms



Sunflower seeds



Yellow Mustard Seed



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Did you know that just one handful of sunflower seeds already gives you a large portion of the recommended daily amount of vitamins, proteins and minerals?

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

Frying pan, lidded wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Orzo (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Sunflower seeds (g)	10	20	30	40	50	60
Yellow Mustard Seed (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 / 679	481 / 115
Total fat (g)	28	5
of which saturated (g)	11,2	1,9
Carbohydrates (g)	64	11
of which sugars (g)	7,4	1,3
Fibre (g)	12	2
Protein (g)	38	7
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Crush or **mince** the **garlic**. Discard the **tarragon** stalks and set aside the leaves. Prepare the stock.



2. Fry the pork tenderloin

Melt a generous knob of butter in a frying pan over medium-high heat. Fry the **tarragon** leaves with the **pork tenderloin** for 10 - 13 minutes until the **pork** is evenly browned. Remove from the pan and set aside to rest under aluminum foil until serving. In the same pan, toast the **mustard seeds** with the **sunflower seeds** for 2 - 3 minutes until lightly golden-brown.



3. Make the orzotto

Heat the olive oil in a wok or deep frying pan over medium heat and fry the **garlic** with the **vegetable mix** for 2 minutes. Stir in the **orzo** and fry for 1 minute, then pour in the stock and mix well. Cover with the lid and allow to simmer for 10 - 12 minutes, stirring regularly. Add a splash of water as necessary if the **orzo** seems too dry. Stir in the mustard, then season to taste with salt and pepper.



4. Serve

Slice the **pork tenderloin**. Serve the **orzotto** on deep plates and top with the **pork**. Drizzle with the buttery **mustard seeds** and **sunflower seeds**. Garnish with the crispy **tarragon** to finish.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.

Enjoy!