



Chicken Breast over Roasted Carrot Risotto

with Parmigiano Reggiano, lemon thyme & toasted almonds

Calorie Smart

Total time: 35 - 45 min.



Risotto rice



Garlic



Onion



Carrot



Fresh lemon thyme



Fresh flat leaf parsley



Parmigiano Reggiano DOP



Shaved almonds



Lemon



Chicken breast with Mediterranean herbs



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

The "pour and stir" method - adding stock and letting it absorb before adding more - is the secret to risotto's creaminess! As you stir, the grains rub together, releasing starch that gives risotto its creamy texture.

Tear me out!



Before you start

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.

Equipment

Parchment-lined baking sheet, blender or an immersion blender with a tall container, deep frying pan, microplane, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Shaved almonds (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	¾	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	75	150	225	300	375	450
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2841 /679	334 /80
Total fat (g)	23	3
of which saturated(g)	7	0,8
Carbonhydrates (g)	88	10
of which sugars (g)	17,6	2,1
Fiber (g)	9	1
Protein (g)	34	4
Salt (g)	2	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C. Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the onion with the garlic and two thirds of the lemon thyme sprigs for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute.



Fry the chicken

- Heat a clean frying pan over high heat and toast the shaved almonds until golden brown. Remove from the pan and set aside.
- Melt a small knob of butter in the same pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 4 minutes per side, or until done.
- Shortly before serving, slice the chicken.



Make the risotto

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



Finish

- Transfer half of the roasted carrots to a blender (or to a tall container, if using an immersion blender).
- Add the water for sauce and blend until smooth.
- Transfer this to the risotto and mix well to combine.
- When the risotto is done, remove the lemon thyme springs and discard.



Roast the carrots

- Meanwhile, cut the carrot into crescents and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Drizzle with the honey, then roast in the oven for 15 - 20 minutes.
- Meanwhile, chop the parsley and quarter the lemon.
- Discard the stalks of the rest of the lemon thyme.



Serve

- Serve the risotto on deep plates and arrange everything on top.
- Grate the Parmigiano Reggiano directly over the dish.
- Garnish with the toasted almonds, the parsley and lemon thyme leaves. Serve the lemon wedges alongside.

Enjoy!



Supergreen Pork Rigatoni Alla Ragù Bianco with Parmigiano Reggiano

with hidden veggies for kids: courgette & spinach

Family Quick

Total time: 20 - 25 min.



Rigatoni



Pork mince



Garlic



Courgette



Spinach



Cooking cream



Parmigiano Reggiano DOP



Pistachio nuts



Basil crème



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

With our hidden veggies recipes, you can serve delicious meals that are fresh, easy to make and sneakily packed with the veggies that kids usually push to the side of the plate. Family dinner made stress-free!



Tear me out!

Before you start

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.

Equipment

Blender or an immersion blender with a tall container, deep frying pan, grater, microplane, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Pork mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Pistachio nuts (g)	5	10	15	20	25	30
Basil crème (ml)	10	15	25	30	40	45
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water for the sauce (ml)	25	50	75	100	125	150
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3920 /937	719 /172
Total fat (g)	52	9
of which saturated(g)	18,8	3,4
Carbonhydrates (g)	74	14
of which sugars (g)	9,5	1,7
Fiber (g)	7	1
Protein (g)	41	8
Salt (g)	2	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the pasta for 13 - 15 minutes, then drain and set aside.
- Grate the cheese and the courgette.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the spinach until wilted and reduced, stirring regularly.



Fry the courgette

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the courgette for 3 minutes.
- Add the mince and fry for 3 more minutes, then deglaze with the white balsamic vinegar. Season to taste with salt and pepper.
- Meanwhile, roughly chop the pistachios.
- Stir the pasta, mince and courgette into the sauce.



Make the sauce

- Transfer the spinach to a tall container.
- Add the garlic, the cream and the water for the sauce, along with the basil crème and half of the cheese.
- Use an immersion blender to process into a smooth sauce.
- Transfer the sauce to the same pan and bring to a gentle boil. Allow to simmer over a low heat until further use.



Serve

- Serve the pasta on deep plates and drizzle with extra virgin olive oil as preferred.
- Garnish with the pistachios and the rest of the cheese.

Enjoy!



Family Tex-Mex Night: Burrito Bowl with Tortilla Chips

build your own & enjoy together!

Family Veggie Quick

Total time: 25 - 30 min.



Basmati rice



Red onion



Garlic



Black beans



Mexican-style spices



Passata



Grated Gouda



Fresh coriander



Tomato



Avocado



Corn



Sweet chilli tortilla chips



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

Everyone at the dinner table, including the youngest chefs in the family, can tailor this meal exactly as they like it! This recipe provides pick 'n' mix toppings so that you can choose how you build your own dish.



Tear me out!

Before you start

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.

Equipment

Deep frying pan, lidded pot or saucepan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Black beans (pack)	½	½	1	1½	1½	2
Mexican-style spices (sachet(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	2	2	3	3
Corn (g)	140	285	425	570	710	855
Sweet chilli tortilla chips (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3707 /886	604 /144
Total fat (g)	32	5
of which saturated(g)	8,3	1,4
Carbonhydrates (g)	118	19
of which sugars (g)	19,2	3,1
Fiber (g)	18	3
Protein (g)	28	5
Salt (g)	3,1	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the rice, then crumble in the stock cube (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered, then drain and set aside.
- Chop the onion and crush or mince the garlic.
- Drain and rinse the black beans.



Chop the vegetables

- Finely chop the coriander and dice the tomato.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Drain the corn.

Did you know... 🍌 this recipe provides more than 250g vegetables per serving. This is thanks in part to the passata, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.



Make the tomato rice

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 - 3 minutes. Add the black beans, **Mexican-style spices*** and passata, then fry for 6 - 8 minutes, stirring regularly.
- Stir in the rice and the cheese and cook for 2 more minutes. Season to taste with salt and pepper.

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



Serve

- Add some extra virgin olive oil to the tomato and avocado as preferred, then season to taste with salt and pepper.
- Serve all the elements separately at the table and allow everyone to build their own burrito bowl (or if preferred, just plate it directly).

Enjoy!



Plant-Based 'Fish' Fingers with Potatoes & Vegetables

one simple recipe with extra flavours for parents!

Family Quick Plant-Based

Total time: 25 - 30 min.



Potatoes



Plant-based fish fingers



Carrot



Broccoli



Capers



Lemon



Potato seasoning mix



Fresh tarragon



Fresh chives



Gomashio-herb mix



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

Easily adapt this recipe to suit younger palates without compromising on flavour on your own plate. Keep it simple for the kids and enjoy the special ingredients that we've added just for you!

Tear me out!



Before you start

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.

Equipment

Lidded deep frying pan, pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Plant-based fish fingers* (unit(s))	3	6	9	12	15	18
Carrot* (unit(s))	1	2	3	4	5	6
Broccoli* (g)	150	300	450	540	750	840
Capers (g)	10	15	25	30	40	45
Lemon* (unit(s))	½	1	1½	2	2½	3
Potato seasoning mix (sachet(s))	½	1	1½	2	2½	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Fresh chives* (g)	2½	5	7½	10	12½	15
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3351 /801	484 /116
Total fat (g)	41	6
of which saturated(g)	4,8	0,7
Carbonhydrates (g)	88	13
of which sugars (g)	15,8	2,3
Fiber (g)	20	3
Protein (g)	18	3
Salt (g)	2	0,3

Allergens

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



Prepare

- Wash and dice the potatoes.
- Transfer to a deep frying pan and submerge with water. Cover with the lid and boil for 11 – 13 minutes, then drain and return to the pan.
- Drizzle with sunflower oil and add the potato seasoning, then fry for 3 - 5 minutes over medium-high heat. Season to taste with salt and pepper.



Fry the ‘fish’ fingers

- Heat a drizzle of sunflower oil in a frying pan over medium heat. Fry the ‘fish’ fingers for 3 minutes per side, or until evenly browned.
- Roughly chop the capers. Cut the lemon into six wedges.
- In a small bowl, combine the mayonnaise with the sugar, capers, fresh herbs and the juice of 1 lemon wedge per person. Season to taste with salt and pepper.



Boil the vegetables

- Boil plenty of salted water in a pot or saucepan.
- Cut the head of the broccoli into small florets and dice the stem. Slice the carrot into thin crescents.
- Cook the broccoli and carrot for 5 - 7 minutes, then drain. Season to taste with salt and pepper, then set aside.
- Meanwhile, finely chop the fresh herbs.



Serve

- Serve the potatoes, vegetables and ‘fish’ fingers on plates.
- For kids: serve with some mayonnaise as preferred.
- For parents: serve with the tartar sauce and the rest of the lemon wedges. Garnish the vegetables with the gomashio-herb mix.

Enjoy!



Pork Sausage with Curry Sauce

with potato wedges, cucumber slaw & fried onion

Family Quick

Total time: 25 - 30 min.



Pork sausage



Curry sauce



Onion



Slaw mix



Persian cucumber



Apple



Potato wedges



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

This dish is inspired by German currywurst! The currywurst was invented by a snack-bar owner in Berlin in 1949. Ketchup and curry powder were brought to Germany by British soldiers – and the dish grew from there!



Tear me out!

Before you start

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.

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage* (unit(s))	1	2	3	4	5	6
Curry sauce* (ml)	20	40	60	80	100	120
Onion (unit(s))	1	2	3	4	5	6
Slaw mix* (g)	50	100	150	200	250	300
Persian cucumber* (unit(s))	½	1	2	2	3	3
Apple* (unit(s))	½	1	1	2	2	3
Potato wedges* (g)	200	400	600	800	1000	1200
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¾	7½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3033 /725	492 /118
Total fat (g)	42	7
of which saturated(g)	9,3	1,5
Carbonhydrates (g)	58	9
of which sugars (g)	22	3,6
Fiber (g)	10	2
Protein (g)	24	4
Salt (g)	1,9	0,3

Allergens

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



Roast the potatoes

- Preheat the oven to 180°C.
- Transfer the potato wedges to a parchment-lined baking sheet and roast in the oven for 20 minutes or until golden-brown, tossing halfway.



Fry the sausage

- Slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sausage for 2 minutes until evenly browned.
- Add the onion and cover with the lid, then reduce the heat to medium.
- Fry for 8 minutes, turning the sausage regularly.



Make the slaw

- Core and dice the apple.
- Slice the cucumber into crescents.
- In a salad bowl, combine the mayonnaise with the white wine vinegar and season to taste with salt and pepper.
- Add the cucumber, apple and slaw mix to the dressing and toss well to combine.



Serve

- Cut open the sausage and top with the onion and the curry sauce.
- Serve the sausage with the potato wedges and the salad.

Enjoy!



Spicy Kimchi Fried Rice

with fish sauce, fried egg, furikake & sesame seeds

Veggie

Total time: 30 - 40 min.



Basmati rice



Egg



Onion



Scallions



Carrot



Mushrooms



Sesame oil



Kimchi



Garlic



Furikake



Sesame seeds



Red chili pepper



Fish sauce



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

For deliciously crispy fried rice, let the rice dry and cool down thoroughly by spreading it out on a plate or cutting board after cooking.



Tear me out!

Before you start

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.

Equipment

Grater, lidded pot or saucepan, small bowl, frying pan, wok

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Egg* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Sesame oil (ml)	5	10	15	20	25	30
Kimchi* (g)	25	50	75	100	125	150
Garlic (unit(s))	1	2	3	4	5	6
Furikake (sachet(s))	½	1	1½	2	2½	3
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fish sauce (ml)	10	20	30	40	50	60

Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	⅓	⅔	1¼	1½	2	2½
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2904 /694	473 /113
Total fat (g)	34	5
of which saturated(g)	5,1	0,8
Carbonhydrates (g)	81	13
of which sugars (g)	13,5	2,2
Fiber (g)	8	1
Protein (g)	20	3
Salt (g)	4,1	0,7

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 pot or saucepan and crumble in two thirds of the stock cube (see pantry for amounts).
- Cook the rice for 8 minutes, covered, then turn off the heat and allow to stand for 10 minutes.
- Finely chop the scallions and separate the white part from the greens.
- Grate the carrot and slice the mushrooms.



Make the sauce

- In a small bowl, combine the garlic with the **kimchi**, white wine vinegar, ketjap and fish sauce (see Tip).
- Add the rest of the stock cube, then set aside.

Health Tip 🌱 if you’re watching your salt intake, use just half of the fish sauce and then add more later as preferred when serving.



Prepare the aromatics

- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the the **chili pepper**, then set some aside to use later as garnish.

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



Fry the rice

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the egg.
- Heat the sesame oil with a drizzle of sunflower oil in the same wok over high heat. When the oil is nice and hot, fry the rice for 2 - 3 minutes, leaving it mostly undisturbed.
- Add the sauce and fry for 1 minute, allowing it to caramelise slightly, then stir in the vegetables.



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok over high heat.
- When the wok is nice and hot, fry the white part of the scallions with the onion, mushrooms, carrot and **chili pepper*** for 4 - 6 minutes.
- Remove everything from the pan and set aside.
- Roughly chop the **kimchi*** in the meantime.

**Take care, these ingredients are spicy! Use as preferred.*



Serve

- Serve the fried rice in bowls and top with the egg.
- Garnish with the scallion greens, the reserved **chili pepper**, the sesame seeds and the furikake.

Enjoy!



Chicken Breast with Creamy Chive Sauce

with baby potatoes & roasted carrots

Family

Total time: 30 - 40 min.



Cooking cream



Fresh chives



Baby potatoes



Carrot



Yellow carrot



Chicken breast



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.



Tear me out!

Before you start

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.

Equipment

Parchment-lined baking sheet, lidded frying pan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cooking cream (g)	50	100	150	200	250	300
Fresh chives* (g)	2½	5	7½	10	12½	15
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	437 /104
Total fat (g)	42	6
of which saturated(g)	22,9	3,2
Carbohydrates (g)	59	8
of which sugars (g)	15,5	2,1
Fiber (g)	15	2
Protein (g)	32	4
Salt (g)	0,5	0,1

Allergens

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



Roast the carrots

- Preheat the oven to 200°C and prepare the stock.
- Halve the carrots lengthways or cut any larger ones into quarters.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast the carrots in the oven for 20 - 25 minutes.



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat. Season the chicken with salt and pepper, then fry for 2 minutes per side.
- Lower the heat and fry for 4 minutes per side, or until done.
- Remove from the pan and set aside.
- Melt a generous knob of butter in the same pan over medium-high heat. Fry the flour for 1 minute, or until golden-brown and fragrant.



Fry the baby potatoes

- Wash the baby potatoes and cut them in half.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the baby potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid and season with salt and pepper, then fry for 5 - 10 more minutes.
- Meanwhile, finely chop the chives.



Serve

- Add the cream and the stock. Season to taste with pepper and mix well until smooth. Turn the heat to low and allow the sauce to reduce for 3 - 5 minutes.
- Shortly before serving, stir in the chives and return the chicken to the pan.
- Serve the baby potatoes and carrots with the chicken in its creamy chive sauce.

Enjoy!



Provençal-Style Meatloaf

over rice with roasted vegetables in tomato sauce

Total time: 45 - 55 min.



Onion



Garlic



Pork mince



Panko breadcrumbs



Chopped tomatoes



Fresh rosemary



White long grain rice



Sicilian-style herb mix



Sundried tomatoes



Carrot



Italian seasoning



Courgette



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

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

Tear me out!



Before you start

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.

Equipment

Parchment-lined baking sheet, bowl, oven dish, 2x pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	¼	½	1	1	1½	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Pork mince* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Chopped tomatoes (pack)	¼	½	¾	1	1¼	1½
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Sundried tomatoes (g)	15	30	50	70	80	100
Carrot* (unit(s))	½	1	1	1	2	2
Italian seasoning (sachet(s))	⅓	⅔	1	1½	1½	2
Courgette* (unit(s))	½	1	2	2	3	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3205 /766	597 /143
Total fat (g)	30	6
of which saturated(g)	9,9	1,8
Carbonhydrates (g)	93	17
of which sugars (g)	15,9	3
Fiber (g)	8	1
Protein (g)	29	5
Salt (g)	2,1	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Chop the onion and crush or mince the garlic. Finely chop the sundried tomatoes.
- Transfer the mince to a bowl. Add the panko, the milk, the garlic, the sundried tomatoes, the Sicilian-style herbs and half of the onion.
- Season generously with salt and pepper, then knead well to combine.



Make the sauce

- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the rest of the onion for 2 minutes, then deglaze with the balsamic vinegar.
- Add the chopped tomatoes, Italian seasoning and rosemary, then season to taste with salt and pepper.
- Mix well and lower the heat, then allow to simmer gently for 10 - 15 minutes.



Bake the meatloaf

- Shape into a meatloaf.
- Melt a small knob of butter in a frying pan over medium-high heat. Sear the meatloaf for 4 - 6 minutes until evenly browned.
- Transfer to an oven dish and bake for 20 - 30 minutes (see Tip).

Tip: cut open the meatloaf after 20 minutes and check how much further it needs to be cooked.



Finish the sauce

- When the roasted vegetables are done, transfer them to the tomato sauce.
- Mix well to combine.

Did you know... 🍅 chopped tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 200g of vegetables!



Roast the vegetables

- Boil plenty of salted water in a pot or saucepan for the rice.
- Cut the carrot and courgette into crescents, then transfer both to a parchment-lined baking sheet.
- Drizzle lightly with olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.
- Meanwhile, boil the rice for 10 - 12 minutes, then drain and set aside.



Serve

- Slice the meatloaf and serve on plates.
- Drizzle with the cooking juices from the oven dish.
- Serve with the rice and vegetables alongside.

Enjoy!



Chicken Schnitzel with Homemade Fries

with sauerkraut slaw, cranberry chutney & parsley

Total time: 45 - 55 min.



Potatoes



Apple



Carrot



Red onion



Fresh curly parsley



Lemon



Sauerkraut



Cranberry chutney



Oranجهoen crispy chicken schnitzel



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

Curly parsley is often used as a garnish, while flat-leaf parsley has a bolder, more herbaceous taste, often used in cooking. Both are perfect for adding a refreshing note to your dishes!

Tear me out!



Before you start

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.

Equipment

Parchment-lined baking sheet, grater, salad bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Apple* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Sauerkraut* (g)	100	200	300	400	500	600
Cranberry chutney* (g)	40	80	120	160	200	240
Oranjestroep chicken schnitzel* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4079 /975	545 /130
Total fat (g)	44	6
of which saturated(g)	12,2	1,6
Carbonhydrates (g)	112	15
of which sugars (g)	36	4,8
Fiber (g)	17	2
Protein (g)	26	4
Salt (g)	3,5	0,5

Allergens

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



Make the fries

- Preheat the oven to 210°C.
- Peel or thoroughly wash the potatoes and then cut into fries of no more than 1cm thickness.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 30 - 35 minutes or until golden-brown, tossing halfway.



Make the slaw

- To the sauerkraut, add the carrot, onion, apple, sugar and mayonnaise, along with half of the parsley.
- Season to taste with salt and pepper, then mix well to combine.
- Set aside in the fridge until serving.



Chop the vegetables

- Finely dice the apple. Grate the carrot and slice the onion into thin half rings.
- Finely chop the parsley and cut the lemon into wedges.
- Weigh the sauerkraut, then transfer to a sieve and rinse under cold water.
- Use a spoon to push out the excess liquid, then transfer the sauerkraut to a salad bowl.



Serve

- Melt a generous knob of butter in a frying pan over medium-high heat and fry the schnitzel for 5 minutes, turning regularly.
- Serve the schnitzel with the fries and the sauerkraut slaw.
- Serve the cranberry chutney and lemon wedges alongside.
- Garnish with the rest of the parsley to finish.

Enjoy!



Burger with Creamy Parmigiano Reggiano Sauce

with potatoes, carrots & green beans

Family

Total time: 40 - 50 min.



Potatoes



Beef-pork burger



Garlic



Onion



Carrot



Green beans



Sicilian-style herb mix



Cooking cream



Parmigiano Reggiano
DOP



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

Green beans are the tender, young stage of the bean plant. If left to mature, they turn into dried beans, like kidney beans – the same plant, but different timing!



Tear me out!

Before you start

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.

Equipment

Aluminum foil, parchment-lined baking sheet, microplane, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (g)	15	30	45	60	75	90
Flour (g)	10	20	30	40	50	60
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4012 /959	572 /137
Total fat (g)	58	8
of which saturated(g)	26,2	3,7
Carbonhydrates (g)	69	10
of which sugars (g)	15,6	2,2
Fiber (g)	16	2
Protein (g)	33	5
Salt (g)	1,8	0,2

Allergens

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



Prepare

- Preheat the oven to 210°C and boil plenty of salted water in a pot or saucepan.
- Peel or thoroughly wash the potatoes and then cut them into 2cm chunks.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast for 25 - 30 minutes or until golden-brown, tossing halfway.



Fry the aromatics

- Chop the onion and crush or mince the garlic.
- Melt the butter in the same frying pan over medium-high heat. Fry the onion, the garlic and the flour for 1 - 2 minutes until fragrant.
- Grate the cheese in the meantime.



Boil the vegetables

- Slice the carrot into rounds and boil for 2 minutes.
- Discard the tips of the green beans and then cut in half.
- Add the green beans to the carrot and boil for 6 - 8 minutes.
- Reserve 50ml cooking liquid per person, then drain and return to the pot. Season to taste with salt and pepper, then set aside until serving.



Make the sauce

- Deglaze with the reserved cooking liquid, then add the cream, the Sicilian-style herbs and two thirds of the cheese.
- Bring to a boil and allow to reduce for 3 - 5 minutes (see Tip).
- Season to taste with salt and pepper.

Tip: if the sauce is too thin, stir in the same amount of flour again and allow to reduce for 2 - 3 more minutes. If it's too thick, add an extra splash of water as necessary.



Fry the burger

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the burger for 2 - 3 minutes per side.
- Season to taste with salt and pepper.
- Remove from the pan and set aside under aluminum foil until serving.



Serve

- Serve the potatoes on plates with everything else alongside.
- Top with the sauce and scatter over the rest of the cheese.

Enjoy!



Pork Tenderloin with Bacon & Gnocchi

in creamy mushroom sauce with Parmigiano Reggiano

Quick Premium

Total time: 15 - 20 min.



Gnocchi



Pork tenderloin



Garlic



Onion



Chestnut mushrooms



Parmigiano
Reggiano DOP



Dried oregano



Bacon lardons



Cooking cream



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

Although widely considered a form of pasta, gnocchi are actually a type of dumpling from Italy. Thankfully, they can be treated much the same way as any other pasta shape: suitable for all kinds of sauces!



Tear me out!



Before you start

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.

Equipment

Aluminum foil, large wok or deep frying pan, microplane, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi (g)	200	400	600	800	1000	1200
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Chestnut mushrooms* (g)	190	375	525	650	900	1025
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	80	100	130	150
Cooking cream (g)	75	150	225	300	375	450
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3648 /872	516 /123
Total fat (g)	42	6
of which saturated(g)	22,2	3,1
Carbonhydrates (g)	74	11
of which sugars (g)	5,6	0,8
Fiber (g)	10	1
Protein (g)	44	6
Salt (g)	2,7	0,4

Allergens

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



Prepare

- Melt a generous knob of butter in a large wok or deep frying pan over medium-high heat.
- Season the pork with salt and pepper, then fry for 6 - 8 minutes until evenly browned.



Prepare the stock

- Prepare the stock (see Tip).
- Finely grate the Parmigiano Reggiano.
- Deglaze the vegetables with the stock, then stir in the cream and allow to reduce for 2 minutes.

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.



Fry the gnocchi

- Quarter the mushrooms in the meantime.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the gnocchi for 6 - 8 minutes until golden-brown.
- Add the mushrooms to the pork and fry for 3 - 4 minutes (see Tip).

Tip: if you're cooking for more than two people, fry the mushrooms in a separate pan.



Finish the sauce

- Shortly before serving, stir half of the Parmigiano Reggiano into the creamy mushroom sauce.
- Add some oregano as preferred, then taste and season with salt and pepper as needed.
- Thinly slice the pork.



Add the aromatics

- Meanwhile, slice the onion into thin half-rings and crush or mince the garlic.
- Stir the garlic, onion and bacon lardons into the mushrooms and fry for 4 - 5 minutes.
- When the pork is done, remove from the pan and allow to rest under aluminum foil until serving.



Serve

- Serve the gnocchi and creamy mushroom sauce on plates.
- Top with the pork and garnish with the rest of the Parmigiano Reggiano.

Enjoy!



Fish Gratin with Salmon, Cod & Shrimp

with leek, fennel & mashed potatoes

Premium

Total time: 50 - 60 min.



Leek



Fennel



Red onion



Garlic



Tomato



Fresh flat leaf parsley



Potatoes



Cooking cream



Shrimp



Fish medley: salmon, cod & pollock



Grated Gouda



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

The French not only use the word “gratin” to describe a crunchy crust - it’s also a word which refers to the French elite!



Tear me out!

Before you start

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.

Equipment

Deep frying pan, oven dish, lidded pot or saucepan, kitchen paper, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Potatoes (g)	250	500	750	1000	1250	1500
Cooking cream (g)	50	100	150	200	250	300
Shrimp* (g)	40	80	120	160	200	240
Fish medley: salmon, cod & pollock* (g)	130	260	390	520	650	780
Grated Gouda* (g)	25	50	75	100	125	150
Not included						
Low sodium fish or vegetable stock (ml)	75	150	225	300	375	450
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3615 /864	393 /94
Total fat (g)	43	5
of which saturated(g)	24,2	2,6
Carbonhydrates (g)	67	7
of which sugars (g)	14,8	1,6
Fiber (g)	15	2
Protein (g)	46	5
Salt (g)	2,1	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Chop the leek into thin rings.
- Core and quarter the fennel, then cut it into 2cm chunks.
- Chop the onion and crush or mince the garlic.



Boil the potatoes

- Reduce the heat under the vegetables and then stir in the cream, shrimp, tomato and half of the parsley.
- Season the fish with salt and pepper, then transfer to an oven dish and pour over the creamy sauce.
- Scatter over the grated cheese, then bake in the oven for 15 - 20 minutes.
- Meanwhile, boil the potatoes for 12 - 15 minutes, covered, then drain and set aside.



Fry the vegetables

- Melt a generous knob of butter in a deep frying pan over medium-high heat and fry the garlic and onion for 1 - 2 minutes.
- Add the leek and fennel and continue cooking for 4 - 5 more minutes, then stir in the flour and fry for 1 more minute.
- Deglaze with the stock and white wine vinegar, then mix well and allow to simmer gently for 8 - 10 minutes. Season to taste with salt and pepper.



Mash the potatoes

- Mash the potatoes with the mustard, a knob of butter and a splash of milk.
- Season to taste with salt and pepper and mix well to combine.



Prepare the fish

- In the meantime, dice the tomato and finely chop the parsley.
- Boil plenty of salted water in a pot or saucepan for the potatoes.
- Peel or thoroughly wash the potatoes, then cut into rough pieces.
- Pat the fish and the shrimp dry with kitchen paper.



Serve

- Serve the fish gratin with the mashed potatoes alongside.
- Garnish with the rest of the parsley to finish.

Enjoy!



Loaded Hotdog with Kimchi and Bacon

with fries and smashed cucumber salad

Quick Premium

Total time: 35 - 45 min.



The edamame beans have a short use-by date, therefore be sure to cook this recipe within two days of receiving your box.

Enjoy!



Hotdog bun



Pork sausage



Bacon



Kimchi



Sriracha mayo



Cucumber



Edamame



Fresh coriander



Vietnamese-style sauce



Potatoes



Crispy fried onions



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

Edamame grow in bunches on branches; in fact, the term “edamame” comes from the Japanese “eda”, meaning branch, and “mame”, meaning beans - literally translating to “beans on branches”!

Tear me out!



Before you start

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.

Equipment

Parchment-lined baking sheet, bowl, lidded frying pan, rolling pin

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Hotdog bun (unit(s))	1	2	3	4	5	6
Pork sausage* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Kimchi* (g)	25	50	75	100	125	150
Sriracha mayo* (g)	25	50	75	100	125	150
Cucumber* (unit(s))	½	1	1½	2	2½	3
Edamame* (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Crispy fried onions (g)	10	15	25	30	40	45
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4335 /1036	627 /150
Total fat (g)	61	9
of which saturated(g)	17,3	2,5
Carbonhydrates (g)	84	12
of which sugars (g)	12,8	1,9
Fiber (g)	9	1
Protein (g)	37	5
Salt (g)	4,2	0,6

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Peel or thoroughly wash the potatoes and cut them into wedges.
- Transfer to a parchment-lined baking and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.



Make the salad

- Smash the cucumber with a rolling pin or a saucepan, then roughly dice it.
- Chop the coriander.
- In a bowl, combine the cucumber with the edamame beans, the Vietnamese-style sauce and half of the coriander.
- Season to taste with salt and pepper.



Bake the wedges

- Bake in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.
- Add the hotdog bun to the baking sheet during the final 3 - 4 minutes of cooking time.



Assemble

- Cut open the hotdog bun and spread with the mayonnaise.
- Add the sausage, then top with the kimchi* and the crispy onions.
- Garnish with the rest of the coriander.

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



Fry the sausage

- Wrap the bacon around the sausage.
- Melt a knob of butter in a frying pan over medium-high heat and fry the sausage for 2 minutes until evenly browned.
- Cover with the lid and fry for 8 more minutes over medium heat, turning regularly.



Serve

- Serve the hotdog with the potato wedges and cucumber salad alongside.
- Serve the sriracha mayonnaise with the potato wedges.

Enjoy!



Shrimp Cocktail Fusion Poké Bowl

with avocado, edamame & cucumber ribbons

Quick Premium

Total time: 15 - 20 min.



The edamame beans have a short use-by date, therefore be sure to cook this recipe within two days of receiving your box.

Enjoy!



Shrimp



Cocktail sauce



Sushi rice



Avocado



Fresh dill & chives



Orange



Persian cucumber



Edamame



BBQ spice rub



Black sesame seeds



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

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



Tear me out!

Before you start

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.

Equipment

Lidded pot or saucepan, peeler or cheese slicer, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Cocktail sauce* (g)	30	60	90	120	150	180
Sushi rice (g)	75	150	225	300	375	450
Avocado (unit(s))	½	1	1½	2	2½	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Orange* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	¼	½	1	1½	1½	2
Edamame* (g)	50	100	150	200	250	300
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Black sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Flour (tsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3343 /799	532 /127
Total fat (g)	38	6
of which saturated(g)	5,2	0,8
Carbonhydrates (g)	79	13
of which sugars (g)	18,3	2,9
Fiber (g)	4	1
Protein (g)	30	5
Salt (g)	1,7	0,3

Allergens

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



Cook the sushi rice

- Boil the water in a pot or saucepan (see pantry for amount).
- Add the sushi rice and then reduce the heat to low.
- Cover with the lid and allow to cook for 12 - 14 minutes, then turn off the heat and allow to stand until serving, still covered.



Fry the shrimp

- Heat a drizzle of olive oil in a frying pan over high heat and fry the shrimp with the **BBQ rub*** for 2 minutes.
- Deglaze with 1 tbsp orange juice per person, then stir in the honey and the flour.
- Allow to reduce for 1 minute, then season to taste with salt and pepper.
- Stir the white wine vinegar and the sugar into the sushi rice.

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



Prepare the vegetables

- Meanwhile, use a peeler or cheese slicer to shave the cucumber into thin ribbons.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Finely chop the fresh herbs.
- Dice half of the orange and then juice the rest.



Serve

- In a small bowl, combine the cocktail sauce with ½ tbsp water per person.
- Serve the sushi rice in bowls or deep plates. Top with the avocado, edamame, diced orange, cucumber ribbons and shrimp.
- Drizzle with the cooking juices and then with the cocktail sauce. Garnish with the sesame seeds and the fresh herbs.

Enjoy!



Bulgogi Chicken Bao Buns

with sticky eggplant, crispy onions & ginger mayonnaise

Premium

Total time: 35 - 45 min.



Bao buns



Scallions



Carrot



Eggplant



Black garlic marinade



East Asian-style sauce



Ginger paste



Bulgogi sauce



Crispy fried onions



Chicken breast



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

The bao bun is a Chinese invention. A quintessential street food, it makes it easier to eat something sweet and sticky on the go.

Tear me out!



Before you start

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.

Equipment

2x bowl, lidded deep frying pan, grater, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns (unit(s))	3	6	9	12	15	18
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	1	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Black garlic marinade* (g)	15	30	45	60	75	90
East Asian-style sauce* (g)	20	35	55	70	90	105
Ginger paste* (g)	2½	5	7½	10	12½	15
Bulgogi sauce (g)	20	35	55	70	90	105
Crispy fried onions (g)	15	30	45	60	75	90
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	60	120	180	240	300	360
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4979 /1190	698 /167
Total fat (g)	59	8
of which saturated(g)	9,6	1,3
Carbonhydrates (g)	115	16
of which sugars (g)	37,5	5,3
Fiber (g)	11	1
Protein (g)	46	6
Salt (g)	4,7	0,7

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Grate the carrot.
- In a bowl, combine the white wine vinegar with the sugar and the carrot. Set aside until serving, stirring occasionally.
- Finely chop the scallions and separate the white part from the greens. Dice the eggplant into cubes of around 2cm.



Finish the chicken

- Remove the chicken from the pan and finely chop or shred it.
- Transfer the chicken to a bowl and drizzle with sunflower oil.
- Add the bulgogi sauce and the soy sauce, then mix well to combine.
- Season to taste with salt and pepper (see Tip).

Tip: if you'd like to make it spicier, add some sambal from your pantry as preferred.



Fry the eggplant

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Season the eggplant with salt and pepper, then fry for 4 - 6 minutes.
- Add the black garlic marinade, the white part of the scallions and the East Asian-style sauce.
- Toss well to coat, then add the water for the sauce. Fry for 6 - 8 minutes, covered.



Bake the bao buns

- Bake the bao buns in the oven for 4 - 5 minutes.
- In a small bowl, combine the mayonnaise with the ginger paste.



Fry the chicken

- In the meantime, heat another drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the chicken for 2 - 3 minutes per side.
- Reduce the heat and fry for a further 4 - 5 minutes, or until done.



Serve

- Fill the bao buns with the chicken and the carrot.
- Drizzle with the ginger mayonnaise, then garnish with the crispy onions and the scallion greens.
- Serve the eggplant alongside.

Enjoy!



Cod with Fresh Tagliatelle & Caponata-Style Stew

with basil, eggplant & toasted almonds

Calorie Smart Premium High Protein

Total time: 30 - 40 min.



Onion



Garlic



Tomato



Eggplant



Shaved almonds



Capers



Middle Eastern
spice mix



BBQ spice rub



Passata



Fresh basil



Cod fillet



Fresh tagliatelle



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

Part of this dish is inspired by eggplant caponata, a Sicilian dish made from eggplant, tomatoes, onions, capers and vinegar, for a kind of sweet and tangy relish.



Tear me out!

Before you start

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.

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Shaved almonds (g)	5	10	15	20	25	30
Capers (g)	10	20	30	40	50	60
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Fresh basil* (g)	5	10	15	20	25	30
Cod fillet* (unit(s))	1	2	3	4	5	6
Fresh tagliatelle* (g)	125	250	375	500	625	750
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2933 /701	491 /117
Total fat (g)	19	3
of which saturated(g)	3,5	0,6
Carbonhydrates (g)	91	15
of which sugars (g)	17,1	2,9
Fiber (g)	11	2
Protein (g)	42	7
Salt (g)	1,6	0,3

Allergens

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



Prepare

- Chop the onion and crush or mince the garlic.
- Dice the tomato and the eggplant into 1cm chunks.
- Heat a clean deep frying pan over high heat. Toast the shaved almonds until golden-brown, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic, onion and capers for 2 - 3 minutes.



Fry the fish

- Boil plenty of water in a pot or saucepan. Carefully separate the tagliatelle and boil for 3 - 4 minutes, then drain and set aside.
- Pat the fish dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish for 1 - 2 minutes per side.
- Add the rest of the **BBQ rub** during the final minute of cooking time.



Make the sauce

- Add the eggplant and fry for 8 - 10 minutes.
- Season to taste with salt and pepper, then add the Middle Eastern spices and half of the **BBQ rub**.*
- Add the tomato, the passata and the honey, along with some balsamic vinegar as preferred.
- Allow to simmer for 7 - 8 minutes over medium-low heat.

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



Serve

- Roughly chop the basil.
- Serve the tagliatelle on plates. Top with the stew and the fish.
- Garnish with the almonds and the basil to finish.

Enjoy!



Panko-Crusted Chicken with Feta & Black Sesame Seeds

over arugula with crema di balsamico & roasted vegetables

Premium

Total time: 25 - 30 min.



Courgette



Yellow carrot



Romano pepper



Sweet potato



Black sesame seeds



Panko breadcrumbs



Chicken breast



Pumpkin seeds



Arugula



Basil crème



Crema di balsamico



Feta



Middle Eastern spice mix



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

Yellow carrots are an ancient variety of carrot. Unlike orange carrots, which were cultivated later, yellow carrots offer a more mild sweetness.



Tear me out!

Before you start

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.

Equipment

Parchment-lined baking sheet, deep plate, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1½	2	2½	3
Yellow carrot* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Sweet potato (g)	75	150	225	300	375	450
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	10	15	25	30	40	45
Chicken breast* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Basil crème (ml)	10	15	25	30	40	45
Crema di balsamico (ml)	4	8	12	16	20	24
Feta* (g)	25	50	75	100	125	150
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2443 /584	452 /108
Total fat (g)	29	5
of which saturated(g)	8,3	1,5
Carbonhydrates (g)	36	7
of which sugars (g)	12,3	2,3
Fiber (g)	9	2
Protein (g)	42	8
Salt (g)	1,6	0,3

Allergens

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



Roast the vegetables

- Preheat the oven to 200°C.
- Slice the courgette and carrot into crescents. Cut the Romano pepper into strips.
- Slice the sweet potato into rounds of 1cm thickness.
- Transfer all of this to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then roast in the oven for 18 - 20 minutes.



Fry the chicken

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the chicken for 2 - 3 minutes per side, or until golden brown (it shouldn't be completely done yet).
- When the vegetables have 5 minutes left, place the chicken alongside to finish cooking.



Prepare the chicken

- On a deep plate, combine the panko breadcrumbs with the black sesame seeds and the Middle Eastern spices.
- Slice the chicken breast lengthways into 3 strips, then coat it with the panko mixture.
- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop. Remove from the pan and set aside.



Serve

- Serve the arugula on plates. Drizzle with the basil crème and some extra virgin olive oil as preferred.
- Top with the vegetables and drizzle with the crema di balsamico, then top with the chicken and crumble over the feta.
- Garnish with the pumpkin seeds to finish.

Enjoy!