



Loaded Nachos with Pulled Chicken

with homemade guacamole and jalapeños | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, large bowl

Ingredients

Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Roma tomato (unit(s))	1
Garlic (unit(s))	1
Pulled chicken* (g)	100
Organic sour cream* (g)	100
Grated Gouda* (g)	150
Tortilla chips (g)	300

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	939 /225
Total fat (g)	14
of which saturated (g)	4,1
Carbohydrates (g)	17
of which sugars (g)	1,6
Fibre (g)	2
Protein (g)	7
Salt (g)	0,6

Allergens

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

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Prepare

- Preheat the oven to 180°C.
- Finely slice the scallions.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Spread the pulled chicken, jalapeños* and two-thirds of the scallions over the tortilla chips and scatter over the cheese.
- Bake for 10 - 15 minutes, or until the cheese has melted.

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

Chop the vegetables

- Cut the avocados in half, remove the pit and skin and then dice them. Transfer to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- Mash the avocado with a fork until smooth. Add the tomato, shallot and garlic.
- Juice the lime into the bowl. Mix everything together and season with salt and pepper to taste.

Serve

- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions.
- Put the sour cream in a bowl, then serve the sour cream and guacamole to the side.

Enjoy!



Vietnamese Spring Rolls with Shrimp

with fresh vegetables and peanut-soy sauce | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Utensils

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

Ingredients

Rice paper (unit(s))	1
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Shredded red cabbage* (g)	100
Bell pepper* (unit(s))	1
Peanut sauce* (g)	80
Sesame oil (ml)	10
Rice noodles (g)	100
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
[Reduced salt] soy sauce (tsp)	1
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	597 /143
Total fat (g)	4
of which saturated (g)	0,7
Carbohydrates (g)	21
of which sugars (g)	3,8
Fibre (g)	1
Protein (g)	5
Salt (g)	0,6

Allergens

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

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Prepare

- Boil plenty of water in a pot or saucepan. Cook the rice noodles for 6 - 7 minutes, then drain and rinse under cold water.
- Transfer the rice noodles back to the same saucepan and drizzle with sunflower oil. Mix well to combine, then set aside until further use.
- Cut the cucumber and bell pepper into small strips.

Prepare the sauce

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

Serve

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

Enjoy!




Mexican-Style Shrimp Tostadas

with homemade guacamole | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, frying pan

Ingredients

Lime* (unit(s))	1
Avocado (unit(s))	2
Shrimp* (g)	160
Mexican-style spices (sachet(s))	1
Sriracha mayo* (g)	50
Flour tortillas (unit(s))	4
Tomato (unit(s))	1
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2820 / 674	766 / 183
Total fat (g)	42	12
of which saturated (g)	5,1	1,4
Carbohydrates (g)	50	14
of which sugars (g)	5,7	1,5
Fibre (g)	7	2
Protein (g)	20	6
Salt (g)	2,3	0,6

Allergens

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

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Prepare

- Preheat the oven to 200°C.
- Place the tortillas on a parchment-lined baking sheet. Drizzle some olive oil on each tortilla.
- Bake for 4 - 5 minutes until golden, then remove from the oven and set aside to cool.
- Halve and pit the avocado, then scoop out the flesh and add to a bowl.

Fry the shrimp

- Cut the lime into wedges. Dice the tomato.
- Mash the avocado with a fork.
- Mix the avocado with the tomato and the juice of one lime wedge, then season with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp with the Mexican-style spices* for 3 - 4 minutes.

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

Serve

- Transfer the crispy tortillas to a plate and spread the guacamole evenly on top of each one.
- Top with the shrimp and finish with a drizzle of the Sriracha mayo.
- Garnish with the rest of the lime wedges.

Enjoy!



Crispy Korean-Style Chicken Bites

with sweet chili sauce | 4 servings

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, two bowls

Ingredients

Sweet chili sauce* (sachet(s))	1
Korean-style spice mix (sachet(s))	1
Sesame seeds (sachet(s))	1
Scallions* (bunch)	½
Panko breadcrumbs (g)	50
Chicken fillets* (g)	400

From your pantry

Buttermilk (tbsp)	5
Sunflower oil (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	653 / 156
Total fat (g)	6
of which saturated (g)	0,9
Carbohydrates (g)	8
of which sugars (g)	1,6
Fibre (g)	1
Protein (g)	17
Salt (g)	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Add the buttermilk to a bowl.
- In a separate bowl, combine the panko breadcrumbs, sesame seeds, half of the Korean-style spices, and the sunflower oil. Season with salt and pepper.
- Cut the chicken into 3cm chunks.

Bake the chicken

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

Serve

- Finely chop the scallions.
- Add the sweet chilli sauce to a small bowl.
- Place the chicken bites on a serving plate. Sprinkle the rest of the Korean-style spices over the top.
- Scatter over the scallions. Serve with the sweet chili sauce alongside.

Enjoy!



Crispy Shrimp

with sriracha mayo & mango dip | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, two bowls

Ingredients

Shrimp* (g)	320
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50

From your pantry

[Plant-based] mayonnaise (tbsp)	1
Olive oil (tbsp)	2
Sambal (tsp)	1

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	795 /190
Total fat (g)	12
of which saturated (g)	2
Carbohydrates (g)	11
of which sugars (g)	2,9
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Transfer the regular mayonnaise to a bowl.
- In a separate bowl, combine the panko, piri piri seasoning* and 2 tbsp of olive oil.

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

Bake the shrimp

- Add the shrimp to the mayonnaise, season with salt and pepper and toss well to coat.
- Coat the shrimp in the breadcrumbs, making sure they are completely covered, then transfer to a parchment-lined baking sheet.
- Bake the shrimp on the top shelf of the oven for 10 - 15 minutes, until lightly golden and done.

Serve

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

Enjoy!




Tomato-Mozzarella Baguettes

with Italian herbs & fresh basil | to share

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl

Ingredients

Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mozzarella* (ball(s))	1
Tomato (unit(s))	2
White demi-baguette (unit(s))	4
From your pantry	
Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	738 /176
Total fat (g)	4
of which saturated (g)	1,7
Carbohydrates (g)	28
of which sugars (g)	2,1
Fibre (g)	2
Protein (g)	7
Salt (g)	0,7

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Cut the demi-baguettes in half lengthways.
- Finely chop the basil.
- In a small bowl, combine the passata with the Italian herbs, the extra virgin olive oil, half of the basil and some salt and pepper.

Add the toppings

- Dice the tomatoes.
- Tear the mozzarella into small pieces.
- Transfer the baguettes to a parchment-lined baking sheet and evenly spread the tomato sauce, then top with the mozzarella and tomatoes.

Serve

- Bake the baguettes in the oven for 8 - 10 minutes or until the cheese has melted.
- Garnish the baguettes with the rest of the basil and season to taste with salt and pepper.
- Slice up the baguettes and serve.

Enjoy!



Smoked Salmon Flammekueche

with lemon, capers and sour cream | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet

Ingredients

Flammekueche* (unit(s))	2
Smoked salmon* (g)	120
Organic sour cream* (g)	100
Capers (g)	30
Red onion (unit(s))	1
Lemon* (unit(s))	1
Lamb's lettuce* (g)	80

From your pantry

Salt & pepper to taste
**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1841 / 440	566 / 135
Total fat (g)	14	4
of which saturated (g)	4,9	1,5
Carbohydrates (g)	51	16
of which sugars (g)	4,4	1,4
Fibre (g)	3	1
Protein (g)	24	7
Salt (g)	2,9	0,9

Allergens

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

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Prepare

- Preheat the oven to 220°C.
- Place the flammekueche on a parchment-lined baking sheet.
- Chop the onion into half rings.

Add the toppings

- Reserve 1 tbsp of sour cream to use later, then spread the rest over the flammekueche.
- Top with the onion and capers, then season with salt and pepper.
- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the lemon into wedges in the meantime.

Serve

- Slice the flammekueche, then top with the smoked salmon and the reserved sour cream.
- Top with the lamb's lettuce.
- Serve with the lemon wedges alongside.

Enjoy!



Baked Camembert in Puff Pastry

with onions, bacon and thyme twists | to share

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, frying pan

Ingredients

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

Nutritional values

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

Allergens

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



Prepare

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

Fry the onions and bacon

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

Bake and serve

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

Enjoy!




Homemade Banana Bread

with dates and walnuts | to share

Baking

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

25cm loaf tin, handheld mixer, mixing bowl, parchment paper

Ingredients

Banana (unit(s))	4
Egg* (unit(s))	2
Baking powder (g)	8
Ground cinnamon (tsp)	1½
Flour (g)	200
Chopped walnuts (g)	80
Chopped dates (g)	80
From your pantry	
Sunflower oil (ml)	70
[Plant-based] milk (ml)	50
Honey [or plant-based alternative] (tbsp)	5
Salt (tsp)	¼

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1057 /253
Total fat (g)	12
of which saturated (g)	1,4
Carbohydrates (g)	31
of which sugars (g)	16,5
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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



Prepare

- Preheat the oven to 160°C. Grease a loaf tin or line it with parchment paper.
- Add three bananas to a mixing bowl and mash them with a fork.
- Add the sunflower oil, honey, milk and eggs to the banana, then mix with a handheld mixer until combined.
- Add the flour, cinnamon, baking powder and salt to the bowl and mix until combined. Mix in the chopped dates and walnuts.

Finish

- Pour the batter into the loaf tin.
- Cut the fourth banana in half lengthways and place each half face-up on top of the batter.
- Put the banana bread in the oven for 45 - 55 minutes.

Serve

- After 45 minutes, check if the cake is done by poking it with a skewer.
- If the skewer comes out clean, the cake is ready. Remove it from the oven and let the cake cool completely.
- Cut the cake into slices and serve.

Enjoy!



Speculaas Brownies

with almonds and chocolate chips | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

Utensils

Large bowl, oven dish, parchment paper, whisk

Ingredients

Salted almonds (g)	40
Chocolate cake mix (g)	400
Egg* (unit(s))	2
Chocolate chips (g)	100
Speculaas pieces (g)	120
From your pantry	
[Plant-based] butter (g)	80
Water (ml)	80

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1717 /410
Total fat (g)	19
of which saturated (g)	10
Carbohydrates (g)	52
of which sugars (g)	32
Fibre (g)	3
Protein (g)	7
Salt (g)	1,3

Allergens

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



Prepare

- Weigh out the butter, dice it and let it come up to room temperature.
- Preheat the oven to 180°C.
- Line a 20 x 20cm baking tin with parchment paper (see Tip).
- Roughly chop the salted almonds.

Tip: you can also use a square oven dish if you don't have a baking tin.

Mix the batter

- In a large bowl, mix the cake mix, eggs, butter and water together until smooth (see Tip).
- Add the chocolate chips and chopped almonds and stir well.

Tip: if you have a mixer or an electric whisk, mix the batter with this for 4 minutes on a low speed.

Serve

- Pour the batter into the cake tin and scatter over the speculaas pieces.
- Bake the brownie for 20 - 25 minutes. The brownie is done when you start to see cracks in the surface.
- Take the brownie out of the oven and let it cool down for 5 minutes.
- Cut it into roughly 9 pieces and take them out of the tin one by one.

Enjoy!




Homemade Carrot Cake with Pecans

with a Greek yogurt & honey frosting | to share

Baking

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

Flour (g)	400
Egg* (unit(s))	4
Speculaas spices (sachet(s))	1
Baking powder (g)	16
Carrot* (unit(s))	4
Chopped pecans (g)	120
Organic Greek yogurt* (g)	150
Cream cheese* (g)	50
From your pantry	
Sunflower oil (ml)	150
Honey [or plant-based alternative] (tbsp)	5
[Plant-based] milk (ml)	100
Brown sugar (tbsp)	3
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	986 /236
Total fat (g)	14
of which saturated (g)	2,2
Carbohydrates (g)	22
of which sugars (g)	7,6
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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



Prepare

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

Bake the batter

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

Serve

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

Enjoy!



Strawberry & Apple Crumble

with whipped cream | to share

Baking

Total time: 45 - 55 min.



Tear me out!

Before you begin

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

Utensils

Baking paper, bowl, large bowl, handheld mixer, mixing bowl, oven dish

Ingredients

Strawberries* (g)	250
Flour (g)	200
Granulated sugar (g)	155
Unsalted butter* (g)	125
Apple* (unit(s))	2
Heavy cream* (ml)	200
Ground cinnamon (tsp)	3
From your pantry	
Brown sugar (tbsp)	1
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1107 /265
Total fat (g)	15
of which saturated (g)	9,7
Carbohydrates (g)	29
of which sugars (g)	17,1
Fibre (g)	1
Protein (g)	3
Salt (g)	0

Allergens

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

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Prepare the dough

- Preheat the oven to 180°C.
- Weigh out the butter, then dice it and leave to come up to room temperature.
- Set aside 1 tbsp of flour, then add the rest of the flour to a large bowl. Add half of the cinnamon, 150g granulated sugar and the butter and knead the dough to combine.
- Rub the dough between your hands so that you get rough crumbs or chunks. Let the dough chill in the fridge while you prepare the filling.

Prepare the filling

- Peel and core the apples, then give them a 2cm dice. Cut the strawberries into smaller pieces.
- In a bowl, mix the apple and strawberries with the rest of the cinnamon, the reserved 1 tbsp of flour and the brown sugar.
- Grease or line a 20 x 20cm oven dish.
- Transfer the fruit filling to the oven dish, then spread the crumble topping over it. Make sure the crumbs are evenly distributed and the apples and strawberries are completely covered.

Serve

- Put the crumble in the oven for 30 – 35 minutes, or until golden brown.
- Meanwhile, transfer the cream and 5g granulated sugar to a mixing bowl and whip the cream into stiff peaks with a handheld mixer (see Tip). Keep the whipped cream in the fridge until the crumble is done.
- Let the strawberry apple crumble cool down for 5 minutes before serving.
- Serve with the whipped cream alongside.

Tip: taste and add more sugar as preferred.

Enjoy!




Homemade Blueberry Muffins

with cinnamon crumble topping | 12 muffins

Baking

Total time: 40 - 50 min.



Tear me out! 

Before you begin

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

Utensils

Baking paper, large bowl, muffin tin, two bowls

Ingredients

Flour (g)	350
Blueberries* (g)	125
Egg* (unit(s))	2
Granulated sugar (g)	170
Baking powder (g)	16
Organic buttermilk* (ml)	200
Ground cinnamon (tsp)	2
From your pantry	
Sunflower oil (ml)	100
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	11192 / 285
Total fat (g)	10,7
of which saturated (g)	1,4
Carbohydrates (g)	41
of which sugars (g)	17,3
Fibre (g)	1,7
Protein (g)	6,2
Salt (g)	0,9

Allergens

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

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Prepare

- Preheat the oven to 190°C.
- Line a muffin tin with baking paper by cutting squares large enough to fit in each muffin tin cup (see Tip).
- Weigh out 300g of flour and 150g of sugar for the muffins.

Tip: if you have paper cupcake/muffin liners, use these instead.

Make the batter

- In a large bowl, mix the weighed flour and sugar with the salt and baking powder. In a second bowl, mix the eggs, buttermilk and sunflower oil.
- Use a spatula to fold the wet mixture into the bowl with the dry contents until just combined. Add 2 tbsp of this batter to a third bowl.
- Add 20g of sugar, 2 tsp of cinnamon and 50g of flour to the third bowl, then crumble the mixture with your hands.
- Fold the blueberries into the batter in the first large bowl.

Bake the muffins

- Divide the batter over the muffin tin, filling each cup until it almost reaches the top.
- Scatter over the crumble.
- Bake in the oven for 20 - 25 minutes until cooked through and golden brown.
- Take the muffins out of the tin and allow to cool for at least an hour before serving.

Enjoy!




Granola Bars

with nuts, chia seeds and cranberries | 12 pieces

Baking

Total time: 45 - 55 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, handheld mixer, large bowl, oven dish, parchment paper

Ingredients

Salted almonds (g)	30
Chopped walnuts (g)	40
Chocolate chips (g)	100
Dried cranberries (g)	40
Oats (g)	150
Chia seeds (g)	100
Egg* (unit(s))	2
Tahini (g)	100
Peanut butter (tub)	3
From your pantry	
Honey [or plant-based alternative] (tbsp)	2½
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1970 /471
Total fat (g)	29
of which saturated (g)	6,2
Carbohydrates (g)	36
of which sugars (g)	11
Fibre (g)	9
Protein (g)	13
Salt (g)	0,1

Allergens

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



Prepare

- Preheat the oven to 165°C.
- Roughly chop the nuts and chocolate chips.
- Finely chop the dried cranberries.

Mix the granola

- In a large bowl, mix the oats with the nuts, dried cranberries, chocolate chips and chia seeds.
- Separate the egg whites from the yolks. Transfer the egg whites to a clean, grease-free bowl, then beat them with an electric whisk until firm. Add the tahini, peanut butter and honey and mix well to combine.
- Add this mixture to the bowl with the oats and mix everything together.

Serve

- Line a square oven dish with parchment paper.
- Transfer the granola mixture to the oven dish, pressing it down with the back of a spoon – this will help it stick together so the granola bars won't fall apart.
- Bake for 25 – 30 minutes.
- Once the baked granola mixture has cooled down, carefully take it out of the tin, then use a sharp knife to cut it into thick slices. Serve the granola bars.

Enjoy!



Lemon Possets

with fresh mint | 4 servings

Dessert

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Utensils

Bowl, microplane, saucepan, sieve

Ingredients

Lemon* (unit(s))	4
Heavy cream* (ml)	400
Granulated sugar (g)	110
Fresh mint* (g)	10

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1035 /247
Total fat (g)	19
of which saturated (g)	12,9
Carbohydrates (g)	17
of which sugars (g)	14,3
Fibre (g)	1
Protein (g)	1
Salt (g)	0

Allergens

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



Prepare the lemons

- Zest one lemon.
- Halve the lemons lengthways and scoop out the flesh.
- Place a sieve above a bowl. Finely chop the flesh, and transfer to the sieve, making sure the bowl is underneath. Press down with the back of a spoon to release the lemon juice.
- Set the lemon juice and zest aside.

Heat the heavy cream

- Heat the heavy cream and sugar in a saucepan on middle-high heat.
- Stir for 5 - 6 minutes, until the sugar has melted and the cream bubbles.
- Turn the heat to low and simmer for 10 - 12 minutes.
- Remove the saucepan from the stove and add the lemon juice and zest. Mix well.

Serve

- Transfer the mixture to the lemons.
- Let it cool down to room temperature, then cover and chill for at least 3 hours in the refrigerator (see Tip).
- Garnish the lemon possets with the mint leaves.

Tip: you can make the lemon possets for up to 24 hours beforehand. Just let them chill in the refrigerator.

Enjoy!

Smoothie box

Kick-start your day!

1 Cheesy Triangle Wraps with Ham and Tomato
with mustard mayo

2 Mango & Yogurt Smoothie

3 Crackers Topped with Avocado, Ham & Eggs

Cheesy Triangle Wraps with Ham and Tomato

with mustard mayo | 2 servings

15 min.



Utensils

Small bowl, frying pan

Ingredients for 2 servings

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

*store in the fridge

Nutritional values

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

1. Prepare

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

2. Fill the wraps

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

3. Toast the tortillas

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

4. Serve

- Serve the cheesy triangle wraps on plates.

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

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



Mango & Yogurt Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Blender or an immersion blender with a tall container

Ingredients for 4 servings

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

*store in the fridge

Nutritional values

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

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

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

Crackers Topped with Avocado, Ham & Eggs

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Saucepan

Ingredients for 4 servings

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

From your pantry

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

*store in the fridge

Nutritional values

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

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

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Blender or an immersion blender with a tall container, small bowl

Ingredients

Easy peel orange* (unit(s))	1
Mango* (unit(s))	3
Passion fruit* (unit(s))	1
Organic semi-skimmed milk* (ml)	200
Chia seeds (g)	10
Banana (unit(s))	4
Coconut milk (ml)	500
Blueberries* (g)	250
Avocado (unit(s))	1
Kiwi* (unit(s))	1
Spinach* (g)	100
Desiccated coconut (g)	10
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	395 /94
Total fat (g)	5
of which saturated (g)	3,3
Carbohydrates (g)	11
of which sugars (g)	8,8
Fibre (g)	2
Protein (g)	1
Salt (g)	0

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

Allergens

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

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Orange Dream Smoothie

- Cut the orange in half and juice it into a small bowl. Peel 2 mangos and finely chop the flesh. Halve the passion fruit and scoop out the flesh.
- Put the fruit in a blender or tall container (if using an immersion blender). Add the semi-skimmed milk and the orange juice, then blend into a thick smoothie and add some honey to taste.
- Pour the smoothie into two glasses and finish off with the chia seeds.

Blueberry & Coconut Smoothie

- Peel 2 bananas and cut them into smaller pieces. Add them to a blender or a tall container (if you're using an immersion blender), along with 250ml coconut milk.
- Set aside a few of the blueberries for the garnish, then add the rest to the container and blend into a thick smoothie. If preferred, add some honey to taste.
- Pour the smoothie into two glasses and garnish with the rest of the blueberries.

Green Smoothie Bowl

- Halve and pit the avocado, then remove the skin and dice the flesh. Peel 1 mango, 2 bananas and the kiwi, then slice them. Set aside all of the kiwi and some of the mango and banana for garnishing.
- Add the avocado, spinach, mango, banana and 250ml coconut milk to a blender or tall container (if using an immersion blender) and mix into a thick smoothie.
- Serve the smoothie in bowls and garnish with the reserved fruit and the desiccated coconut.

Enjoy!




Orange Dream Smoothie

with mango, orange and passion fruit | 2 servings

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Blender or an immersion blender with a tall container, small bowl

Ingredients

Easy peel orange* (unit(s))	1
Mango* (unit(s))	2
Passion fruit* (unit(s))	1
Organic semi-skimmed milk* (ml)	200
Chia seeds (g)	10

From your pantry

Honey [or plant-based alternative] to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1125 /269	279 /67
Total fat (g)	4	1
of which saturated (g)	1,2	0,3
Carbohydrates (g)	49	12
of which sugars (g)	38	9,4
Fibre (g)	6	2
Protein (g)	7	2
Salt (g)	0,1	0

Allergens

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

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Prepare

- Cut 1 orange in half and juice it into a small bowl.

Cut the fruit

- Peel the mango and finely chop the flesh.
- Cut the passion fruit in half and scoop out the flesh.

Serve

- Put the fruit, orange juice and milk in a blender (or a tall container if you're using an immersion blender), then blend into a thick smoothie.
- Add some honey to taste.
- Serve the smoothie into two glasses and scatter over the chia seeds to finish off.

Enjoy!



Chia Seed Pudding 3 Ways

summer fruits, cinnamon & apple, mango & passion fruit | 3 breakfasts for 2 people

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Large bowl

Ingredients

Coconut milk (ml)	500
Desiccated coconut (g)	10
Mango* (unit(s))	1
Apple* (unit(s))	1
Salted pecans (g)	10
Ground cinnamon (tsp)	1
Pistachio nuts (g)	20
Passion fruit* (unit(s))	1
Strawberry sauce (ml)	50
Blueberries* (g)	125
Chia seeds (g)	100
From your pantry	
Water (ml)	100
Honey [or plant-based alternative] (tbsp)	2

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	718 /172
Total fat (g)	11
of which saturated (g)	6,8
Carbohydrates (g)	14
of which sugars (g)	8,9
Fibre (g)	4
Protein (g)	2
Salt (g)	0

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

Allergens

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



Variation 1: Summer fruit & pistachio

- Add the chia seeds to a large bowl, along with the coconut milk, 100 ml water and honey. Mix well, allow to rest for 10 minutes, then stir once more.
- Divide the chia pudding between 6 glasses, leaving room for the toppings.
- Cover the glasses, then put them in the fridge and leave to set for at least 4 hours, or overnight.
- Roughly chop the pistachios.
- Grab two glasses of chia pudding and top with the strawberry sauce.
- Garnish with the blueberries and pistachios.

Variation 2: Apple pie

- Finely dice the apple, then put it in a bowl and mix with 1 tsp cinnamon (see Tip).
- Grab two glasses of chia pudding and serve the apple over the top.
- Garnish with the chopped pecans.

Tip: this recipe also works with caramelised apple! Fry the apple in a frying pan with 1 tbsp butter for 4 - 5 minutes until lightly browned. Turn up the heat, add 0.5 tsp honey, 1 tsp cinnamon and the chopped pecans, and let the apple caramelise for 1 - 2 minutes.

Variation 3: Tropical

- Peel the mango and dice the flesh.
- Grab two glasses of chia pudding and serve a quarter of the mango into each glass (see Tip).
- Cut the passion fruit in half and scoop the flesh onto the mango.
- Scatter over the grated coconut to finish.

Tip: if there's enough room in the glasses, go ahead and use the whole mango, and otherwise you can serve the rest separately.

Enjoy!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with 3 variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out! 

Before you begin

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

Utensils

Ingredients

Organic Greek yogurt* (g)	1000
Pear* (unit(s))	2
Apple* (unit(s))	2
Chia seeds (g)	30
Blueberry jam (g)	15
Oats (g)	150
Blueberries* (g)	125
From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

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

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

Allergens

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



Greek yogurt with blueberries and chia seeds

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



Greek yogurt with pear, oatmeal and chia seeds

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



Greek yogurt with apple, blueberry jam and chia seeds

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

Enjoy!



Savoury Breakfast Crackers

with three variations of toppings | 2 servings per day

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Saucepan, small bowl

Ingredients

Herbed cream cheese* (g)	100
Cress* (g)	20
Avocado (unit(s))	1
Egg* (unit(s))	4
Ham* (slice(s))	8
Cream cheese* (g)	100
Radish* (bunch)	1
Crackers (unit(s))	12
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	683 / 163
Total fat (g)	11
of which saturated (g)	4
Carbohydrates (g)	3
of which sugars (g)	1,3
Fibre (g)	3
Protein (g)	7
Salt (g)	0,6

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

Allergens

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

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Option 1: Ham and herbed cream cheese

- Divide four crackers over two plates.
- Spread the herbed cream cheese onto the crackers.
- Divide half of the ham over the crackers and garnish with the cress.

Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes (see Tip).
- Rinse the eggs under cold water, then remove the shells. Cut the eggs in half.
- Halve and pit the avocado, then transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Divide four crackers over two plates. Spread the avocado on the crackers. Garnish with the eggs and cress.

Tip: you can also boil the eggs in advance and keep them in the fridge. Peel them in the morning to add to your crackers.

Option 3: Cream cheese, ham and radishes

- Divide four crackers over two plates.
- Finely slice a handful of radishes.
- Spread the crackers with the cream cheese.
- Divide half of the ham over the crackers and garnish with the radishes. Season with salt and pepper.

Enjoy!



Blueberry Cheesecake Pancakes

with cream cheese filling and warm blueberry sauce | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Aluminum foil, microplane, saucepan, small bowl, frying pan, two bowls, whisk

Ingredients

Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Cream cheese* (g)	80
Flour (g)	150
Baking powder (g)	4
Blueberry jam (g)	15
Blueberries* (g)	125
Lemon* (unit(s))	1
From your pantry	
Sugar (tbsp)	2
Sunflower oil (tbsp)	1
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2489 /595	621 /148
Total fat (g)	19	5
of which saturated (g)	6,5	1,6
Carbohydrates (g)	84	21
of which sugars (g)	24,3	6,1
Fibre (g)	6	1
Protein (g)	24	6
Salt (g)	1,5	0,4

Allergens

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

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Prepare

- Zest the lemon and squeeze the juice into a small bowl. Beat the eggs in another bowl.
- Add the buttermilk and 1 tbsp lemon juice to the eggs, then whisk together until light and fluffy.
- Weigh 150g of flour, then transfer to a bowl and add the baking powder and 1 tbsp sugar.
- Fold the egg and buttermilk mixture into the flour with a spatula.

Fry the pancakes

- Weigh 80g of cream cheese, then gradually add small amounts to the batter. Stir gently to keep the cream cheese pieces intact.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Pour in a ladle of batter at a time and fry the pancakes for 2 minutes on each side, adding a bit more oil in between the batches if the pan dries out. Remove from the pan when done and cover with aluminium foil to keep warm.

Serve

- In the meantime, add the jam to a saucepan with half of the blueberries, 4 tbsp water and 1 tbsp sugar.
- Simmer for 4 - 5 minutes over medium-high heat, or until the sauce has a thick, syrupy texture.
- Stack the pancakes on plates and pour the blueberry jam on top.
- Garnish with the rest of the blueberries and lemon zest to taste.

Enjoy!



Classic French Toast

with blueberries | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Deep plate, frying pan, whisk

Ingredients

Brioche bun (unit(s))	2
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	100
Ground cinnamon (tsp)	1½
Blueberries* (g)	125
From your pantry	
[Plant-based] butter (tbsp)	1½
Cane sugar (tbsp)	2

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1916 /458	716 /171
Total fat (g)	18	7
of which saturated (g)	9,2	3,4
Carbohydrates (g)	56	21
of which sugars (g)	21,2	7,9
Fibre (g)	5	2
Protein (g)	16	6
Salt (g)	0,9	0,4

Allergens

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



Prepare

- Halve the brioche buns.
- In a deep plate, add the eggs, milk, 1.5 tbsp of sugar and the cinnamon. Whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the brioche slices in the egg mixture two by two, until they are completely saturated.

Make the French toast

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

Serve

- Serve the French toast on plates.
- Sprinkle with the rest of the sugar.
- Garnish with the blueberries.

Enjoy!




Avocado, Smoked Salmon & Poached Eggs on Toast

with lemon mayonnaise | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, large pot or saucepan, kitchen paper, small bowl

Ingredients

White ciabatta (unit(s))	2
Avocado (unit(s))	1
Egg* (unit(s))	4
Smoked salmon* (g)	120
Lemon mayonnaise with black pepper* (g)	25
Cress* (g)	20
From your pantry	
White wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2849 /681	847 /202
Total fat (g)	40	12
of which saturated (g)	7,2	2,1
Carbohydrates (g)	41	12
of which sugars (g)	2,4	0,7
Fibre (g)	3	1
Protein (g)	36	11
Salt (g)	2,8	0,8

Allergens

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



Prepare the avocado

- Preheat the oven to 200°C.
- Cut the avocado in half, then remove the pit and the skin. Mash the flesh in a small bowl together with the lemon mayonnaise. Season with salt and pepper.
- Cut the ciabatta in half lengthways and drizzle over the olive oil.
- Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.

Poach the eggs

- Boil plenty of water in a large pan. Add the white wine vinegar once the water is boiling.
- Crack the eggs into individual glasses. Stir the water so that you have a whirlpool.
- Carefully drop one egg at a time into the water and lower the heat to medium-low.
- Boil for 2 - 3 minutes or until the egg whites are set. Use a slotted spoon to carefully remove the eggs from the pan and let them rest on a plate lined with kitchen paper.

Serve

- Place the toast onto plates and spread over the avocado.
- Top with the smoked salmon and poached eggs.
- Garnish with the cress.
- Season with extra black pepper as preferred.

Enjoy!



Overnight Oats 3 Ways

mango-coconut, blueberry-pecan, and orange-cinnamon

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Bowl, microplane, plastic wrap

Ingredients

Organic semi-skimmed milk* (ml)	1000
Oats (g)	400
Chia seeds (g)	20
Organic Greek yogurt* (g)	150
Easy peel orange* (unit(s))	1
Chopped pecans (g)	50
Ground cinnamon (tsp)	3
Blueberries* (g)	125
Shaved almonds (g)	30
Mango* (unit(s))	1
Desiccated coconut (g)	30
From your pantry	
Honey [or plant-based alternative] (tsp)	6
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	656 /157
Total fat (g)	6
of which saturated (g)	2,1
Carbohydrates (g)	18
of which sugars (g)	4,5
Fibre (g)	2
Protein (g)	5
Salt (g)	0,2

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

Allergens

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

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Option 1: Mango & coconut (2 servings)

- In a bowl, mix the oatmeal with the milk, yogurt, chia seeds and salt. Cover the bowl with plastic wrap, then refrigerate for at least 6 hours, or overnight.
- Divide a third of the overnight oats between two bowls.
- Peel and dice the mango. Zest the orange and set aside the flesh to use later.
- Mix half each of the mango and desiccated coconut, 1 tsp orange zest and 2 tsp honey per bowl through the oats.
- Top with the rest of the mango and coconut, as well as the shaved almonds.

Option 2: Blueberry & pecan (2 servings)

- Squash half of the blueberries in two bowls.
- Divide a third of the overnight oats between the two bowls and mix with the squashed blueberries as well as half of the cinnamon.
- Top with the rest of the blueberries and half of the pecan pieces.

Option 3: Orange & cinnamon (2 servings)

- Divide the rest of the overnight oats between two bowls.
- Finish peeling the zested orange, then dice it.
- Mix the rest of the cinnamon, the rest of the honey, and half of the orange with the oats.
- Top the bowls with the rest of the orange and the rest of the pecan pieces.

Enjoy!




Italian-Style Pesto Chicken & Mozzarella Salad

with shaved almonds and crema di balsamico | 2 servings

Lunch

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl

Ingredients

Chicken thigh* (unit(s))	2
Mozzarella* (ball(s))	1
Arugula* (g)	80
Shaved almonds (g)	20
Tomato (unit(s))	2
Green pesto* (g)	40
Crema di balsamico (ml)	8

From your pantry

Olive oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2251 / 538	716 / 171
Total fat (g)	40	13
of which saturated (g)	12,3	3,9
Carbohydrates (g)	8	2
of which sugars (g)	3,2	1
Fibre (g)	3	1
Protein (g)	37	12
Salt (g)	0,8	0,3

Allergens

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

1



Roast the chicken

- Preheat the oven to 200°C.
- Lay the chicken flat on a parchment-lined baking sheet, drizzle with the olive oil and season with salt and pepper.
- Roast the chicken until cooked all the way through, for about 16 - 18 minutes.

2



Shred the chicken

- Dice the tomato.
- Drain the mozzarella and tear it into small pieces.
- Transfer the chicken to a bowl. Use two forks to shred the chicken.
- Stir the pesto through the chicken.

3



Serve

- Divide the arugula between two bowls.
- Top with the tomatoes, mozzarella and pesto chicken.
- Drizzle with the crema di balsamico.
- Garnish with the shaved almonds.

Enjoy!



Smoked Salmon & Herb Cream Cheese Wraps

with arugula, lamb's lettuce and cucumber | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Aluminum foil

Ingredients

Flour tortillas (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	75
Arugula & lamb's lettuce* (g)	90
Persian cucumber* (unit(s))	1

From your pantry

Extra virgin olive oil to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2180 / 521	752 / 180
Total fat (g)	26	9
of which saturated (g)	10	3,4
Carbohydrates (g)	46	16
of which sugars (g)	2,9	1
Fibre (g)	4	1
Protein (g)	24	8
Salt (g)	2,7	0,9

Allergens

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



Slice the cucumber

- Preheat the oven to 180°C.
- Cut the cucumber in half lengthways, then into strips.



Heat up the tortillas

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



Serve

- Spread the herbed cream cheese over the wraps. Add the smoked salmon and cucumber followed by the mixed salad leaves, then drizzle with extra virgin olive oil to taste.

Enjoy!



Chicken Gyros on Turkish Bread

with garlic-yogurt sauce, Greek-style cheese & tomato | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

2x small bowl, frying pan

Ingredients

Mini Turkish bread (unit(s))	2
Roma tomato (unit(s))	2
Red onion (unit(s))	1
Radicchio & iceberg lettuce* (g)	50
Organic Greek yogurt* (g)	150
Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	1
Chicken thigh strips with kebab spices* (g)	200
Greek-style cheese* (g)	50
From your pantry	
Red wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2515 /601	558 /133
Total fat (g)	24	5
of which saturated (g)	11,9	2,6
Carbohydrates (g)	58	13
of which sugars (g)	11,1	2,5
Fibre (g)	5	1
Protein (g)	37	8
Salt (g)	3	0,7

Allergens

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

1



2



3



Prepare

- Preheat the oven to 180°C. Slice the onion into half rings and crush or mince the garlic.
- Crumble up the Greek-style cheese and dice the tomato.
- Finely chop the parsley.

Fry the chicken

- Heat the olive oil in a frying pan over medium-high heat. Fry the chicken with half of the onion for 6 - 8 minutes (see Tip).
- Meanwhile, in a small bowl combine the rest of the onion with the red wine vinegar.
- Season to taste with salt and pepper.

Tip: the rest of the onion is served raw, but you can also fry it all here if preferred.

Serve

- In another small bowl, combine the yogurt with the garlic and the parsley.
- Season to taste with salt and pepper.
- Bake the Turkish bread for 5 - 8 minutes in the oven.
- Cut open the Turkish bread and fill with the chicken, yogurt sauce and Greek-style cheese, along with the tomato, lettuce, and quick-pickled onion.

Enjoy!



Ciabatta with Burrata and Serrano Ham

with pesto and tomato salsa | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl

Ingredients

White ciabatta (unit(s))	2
Tomato (unit(s))	1
Green pesto* (g)	80
Arugula* (g)	40
Serrano ham* (g)	20
Burrata* (ball(s))	1
From your pantry	
Extra virgin olive oil (tbsp)	1
White balsamic vinegar (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2577 /616	1046 /250
Total fat (g)	41	17
of which saturated (g)	10,4	4,2
Carbohydrates (g)	40	16
of which sugars (g)	2,9	1,2
Fibre (g)	2	1
Protein (g)	20	8
Salt (g)	2	0,8

Allergens

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



Bake the ciabatta

- Preheat the oven to 180°C.
- Place the ciabatta on a parchment-lined baking sheet and bake for 8 - 10 minutes.

Marinate the tomato

- Dice the tomato and put it in a small bowl.
- Mix it with the extra virgin olive oil, the white balsamic vinegar and salt and pepper to taste.

Serve

- Cut the ciabatta in half and spread the pesto onto it.
- Top each half of the bread with the arugula and Serrano ham, followed by the burrata.
- Garnish with the tomato salsa.
- Season with salt and pepper to taste before serving.

Enjoy!



Bao Buns with BBQ Chicken

with sweet & sour cucumber, cabbage & carrot | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Bowl, large pot or saucepan, kitchen paper, sieve, frying pan

Ingredients

Bao buns (unit(s))	4
Persian cucumber* (unit(s))	1
BBQ Sauce (g)	50
Soy sauce (ml)	5
Slaw mix* (g)	50
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	2
Sugar (tsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2151 /514	716 /171
Total fat (g)	21	7
of which saturated (g)	3,8	1,3
Carbohydrates (g)	62	21
of which sugars (g)	16,2	5,4
Fibre (g)	4	1
Protein (g)	18	6
Salt (g)	1,5	0,5

Allergens

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

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3



Prepare the cucumber

- Slice the cucumber into thin sticks about 5cm long.
- In a bowl, mix 1 tsp sugar with 2 tbsp white wine vinegar. Add the cucumber and season with salt. Mix well and set aside until serving, stirring now and again so the flavours can combine.
- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat. Add the chicken thigh strips and fry for 5 - 6 minutes until golden brown.
- Add the barbecue sauce and 1 tsp soy sauce and mix everything together.

Steam the bao buns

- Boil a shallow layer of water in a large pot or saucepan with a lid.
- Line a sieve or colander with some kitchen paper and place this over the pan, making sure it doesn't touch the water.
- Put the bao buns in the sieve/colander, then put the lid on and let them steam for 3 - 4 minutes (see Tip).

Tip: take care that the buns don't get wet when you take the lid off the pan!

Serve

- Spread the mayo onto the inside of both buns.
- Stuff the buns with the chicken, slaw mix and quick-pickled cucumber.

Enjoy!



Lunch Box with Roast Chicken & Pesto Mayo Wraps

with snack veggies and dip, fresh oranges and almonds | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Ingredients

Flour tortillas (unit(s))	4
Cucumber* (unit(s))	1
Easy peel orange* (unit(s))	2
Red cherry tomatoes (g)	250
Salted almonds (g)	40
Hummus* (g)	160
Green pesto* (g)	40
Mixed leaves of radicchio, arugula & lettuce* (g)	40
Roast chicken slices* (g)	120
From your pantry	
Salt & pepper	to taste
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tsp)	2
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3908 / 934	582 / 139
Total fat (g)	54	8
of which saturated (g)	7	1
Carbohydrates (g)	66	10
of which sugars (g)	18,2	2,7
Fibre (g)	11	2
Protein (g)	30	5
Salt (g)	3,1	0,5

Allergens

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



Assemble the wraps

- Chop half of the cherry tomatoes into quarters.
- Mix the pesto with the mayonnaise and white wine vinegar, then season with salt and pepper.
- Spread the pesto-mayo on the wraps, then fill the wraps with the chicken and chopped tomatoes. Finish with the mixed greens.
- Roll up the tortillas and add two wraps to each lunch box.

Prepare the lunch box

- Halve the cucumber and then cut into batons.
- Peel the orange and pull it apart into smaller segments.

Serve

- Add half of the cucumber, orange segments, almonds and remaining cherry tomatoes to each lunch box.
- Add in the hummus and eat with the veggies as a snack.

Enjoy!




Fresh Tagliatelle with Shrimp

with red pesto and cherry tomatoes | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Pot or saucepan, kitchen paper, wok or deep frying pan

Ingredients

Fresh tagliatelle* (g)	250
Shrimp* (g)	160
Pesto rosso* (g)	80
Arugula* (g)	40
Red cherry tomatoes (g)	125
From your pantry	
Olive oil (tbsp)	1
Extra virgin olive oil	to taste
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2916 / 697	874 / 209
Total fat (g)	32	10
of which saturated (g)	4,5	1,3
Carbohydrates (g)	76	23
of which sugars (g)	4,5	1,3
Fibre (g)	6	2
Protein (g)	28	8
Salt (g)	1,2	0,4

Allergens

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

1



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Prepare

- Halve the cherry tomatoes.
- Boil plenty of salted water in a pot or saucepan. Carefully separate the tagliatelle, then boil for 3 - 4 minutes.
- When finished, save some of the pasta water, then drain the pasta in a colander and set aside to steam out.

Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat.
- Fry the shrimp for 3 minutes, then remove from the heat. Add the tagliatelle, pasta water, pesto and arugula.
- Season with salt and pepper and mix well.

Serve

- Transfer the pasta to two plates.
- Drizzle with the extra virgin olive oil.
- Garnish with the cherry tomatoes.

Enjoy!



Extra Passion Fruit & Mango Cheesecake in a Glass

with lime and speculaas spices | 4 servings

Dessert

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Utensils

Blender or an immersion blender with a tall container, large bowl, microplane, handheld mixer

Ingredients

Lime* (unit(s))	1
Mascarpone* (g)	100
Heavy cream* (ml)	200
Passion fruit* (unit(s))	2
Speculaas pieces (g)	120
Mango* (unit(s))	1
From your pantry	
Sugar (tbsp)	4

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1017 /243
Total fat (g)	16
of which saturated (g)	11,2
Carbohydrates (g)	22
of which sugars (g)	14,4
Fibre (g)	1
Protein (g)	2
Salt (g)	0,2

Allergens

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



Prepare

- Zest and juice the lime.
- Peel and dice the mango.
- Add the mango to a tall container and purée with an immersion blender until smooth.

Mixing

- In a large bowl, combine the mascarpone with the sugar.
- Add 2 tsp lime juice and 1 tsp lime zest.
- Use a whisk or handheld mixer to beat until smooth.
- Gradually incorporate the cream and whisk for 3 - 6 minutes into a firm mousse.

Finishing

- Set out four glasses and use half of the speculaas pieces to add a base layer to them.
- Divide half of the mousse over the speculaas layer.
- Top with half of the mango purée.
- Repeat the steps one more time to create a second layer of toppings.

Enjoy!