



Swedish-Style Meatballs in Cream Sauce

with baby potatoes, broccoli and cranberry chutney

Family

Total time: 30 - 40 min.



Broccoli



Baby potatoes



Cooking cream



Beef & pork meatballs



Soy sauce



Cranberry chutney



Gomashio-herb mix



Onion



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

You season the broccoli with gomashio herb mix - a seasoning that uses sesame seeds and traditional garden herbs.

Before you begin

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

Utensils

Lidded pot or saucepan, frying pan, whisk

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	200	360	560	720	920	1080
Baby potatoes (g)	250	500	750	1000	1250	1500
Cooking cream (g)	75	150	225	300	375	450
Beef & pork meatballs* (unit(s))	4	8	12	16	20	24
Soy sauce (ml)	10	20	30	40	50	60
Cranberry chutney* (g)	40	80	120	160	200	240
Gomashio-herb mix (sachet(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Flour (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Water for the sauce (ml)	25	50	75	100	125	150

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3201 / 765	422 / 101
Total fat (g)	38	5
of which saturated (g)	18,8	2,5
Carbohydrates (g)	70	9
of which sugars (g)	18,9	2,5
Fibre (g)	16	2
Protein (g)	34	5
Salt (g)	2,6	0,3

Allergens

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



1. Prepare

- Prepare the stock. Boil plenty of water in a pot or saucepan for the **baby potatoes** and **broccoli** (see Tip).
- Chop the **onion**. Cut the head of **broccoli** into florets and dice the stem.
- Wash the **baby potatoes** and cut them in half or any larger ones into quarters.
- Halve the **meatballs**.

Tip: if you're cooking for more than four people, use two pans and cook the broccoli and potatoes separately.



3. Prepare the meatballs

- Fry the **onion** in the same pan for 1 - 2 minutes.
- Whisk in the **cream, stock, mustard, flour, soy sauce** and water (see pantry for amount).
- Allow to reduce for 5 - 6 minutes, adding some extra **flour** if it is too watery.
- Transfer the **meatballs** back to the pan and cook for 6 - 8 minutes.



2. Boil the vegetables

- Melt a knob of **butter** in a frying pan over medium-high heat.
- Fry the **meatballs** for 2 - 3 minutes until evenly browned, then remove from the pan and set aside (they will finish cooking later).
- Boil the **baby potatoes** for 9 minutes, covered, then add the **broccoli** and boil for 4 - 6 minutes until done.
- Drain and then set aside.

Did you know... 🌱 broccoli is not only high in vitamins B, C and E, but also calcium, potassium and iron.



4. Serve

- Serve the **baby potatoes** and **broccoli** on plates with the **meatballs** and creamy **sauce**.
- Garnish the **vegetables** with the **gomashio-herb mix** and **serve** with the **cranberry chutney**.

Enjoy!



Shakshuka with Fresh Goat's Cheese

with curly parsley & malted grain bread

Veggie

Total time: 30 - 40 min.



Onion



Garlic



Red chili pepper



Carrot



Fresh curly parsley



Egg



Fresh goat's cheese



Malted grain bread roll



Chopped tomatoes



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Cooking eggs in any kind of liquid is called poaching. This is a lot easier in a sauce than in water. It also gives the egg extra flavour.

Before you begin

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

Utensils

Lidded deep 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))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	1	2	2
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Egg* (unit(s))	2	4	6	8	10	12
Fresh goat's cheese* (g)	50	75	100	125	175	200
Malted grain bread roll* (unit(s))	1	2	3	4	5	6
Chopped tomatoes (pack)	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2946 / 704	518 / 124
Total fat (g)	35	6
of which saturated (g)	12	2,1
Carbohydrates (g)	58	10
of which sugars (g)	15,1	2,7
Fibre (g)	14	2
Protein (g)	34	6
Salt (g)	3,3	0,6

Allergens

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



1. Prepare

- Preheat the oven to 210°C. Chop the **onion** and crush or mince the **garlic**.
- Deseed and finely chop the **red chili pepper**.* Dice the **carrot** and finely chop the **parsley**.
- Heat the **olive oil** in a deep frying pan over medium-high heat.
- Fry the **carrot** for 3 - 4 minutes, then add the **onion, garlic and chili pepper*** and fry for 2 more minutes.

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



2. Cook the vegetables

- Stir in the **chopped tomatoes** and half of the **parsley**, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and allow to simmer gently for 5 - 7 minutes, uncovered (see Tip).
- Season to taste with **salt and pepper**.

Tip: allow the sauce to reduce as much as possible; the eggs will poach more easily in a thicker sauce.



3. Poach the eggs

- Make small, deep wells in the sauce for the **eggs** and then crack in the **eggs** directly.
- Season the **eggs** with **salt and pepper**, then crumble over the **goat's cheese**. Cover with the lid and allow the **eggs** to poach for 6 - 10 minutes (see Tip).
- Take the lid off the pan for the final 4 minutes, turn up the heat slightly and allow to reduce as needed.

Tip: the cooking time depends on your pan. Check the eggs regularly and cook for more or less time as preferred.



4. Serve

- In the meantime, bake the **bread roll** in the oven for 6 - 8 minutes.
- Serve the **shakshuka** on plates and garnish with the rest of the **parsley**.
- Serve the **malted grain roll** alongside.

Did you know... 🌱 you don't have to eat meat or fish to get enough protein. This recipe for instance provides 30g protein per portion, thanks to the eggs, cheese and bread. This is as much protein as 150g of meat!

Enjoy!



Vietnamese-Inspired Rice Bowl

with pork, mango & nc chm dressing

Nice & Fast

Total time: 25 - 30 min.



White long grain rice



Farmer's mincemeat



Garlic



Mint, coriander & Thai basil



Lime



[Persian] cucumber



Onion



Red chili pepper



Ginger paste



Lamb's lettuce



Mango



Plant-based 'fish' sauce



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

Before you begin

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

Utensils

Deep frying pan, microplane, lidded pot or saucepan, salad bowl, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Farmer's mincemeat* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Mint, coriander & Thai basil* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
[Persian] cucumber* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1	2	2	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Ginger paste* (g)	5	10	15	20	25	30
Lamb's lettuce* (g)	20	40	60	80	100	120
Mango* (unit(s))	½	1	2	2	3	3
Plant-based 'fish' sauce (ml)	10	15	20	30	35	45

From your pantry

Sugar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Boiled water (ml)	180	360	540	720	900	1080
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3276 / 783	435 / 104
Total fat (g)	33	4
of which saturated (g)	8	1,1
Carbohydrates (g)	94	12
of which sugars (g)	28,5	3,8
Fibre (g)	8	1
Protein (g)	26	4
Salt (g)	2,6	0,3

Allergens

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



1. Prepare

- Boil the **water** in a kettle (see pantry for amount). Crush or mince the **garlic**.
- Heat a drizzle of **sunflower oil** in a pot or saucepan over medium high heat. Fry the **ginger paste** with half of the **garlic** for 1 - 2 minutes, then add the **rice** and pour in the **boiling water**.
- Crumble in the **stock cube** and bring to a boil, then lower the heat and cover with the lid.
- Cook the rice for 12 - 15 minutes, then take the pan off the heat and allow to stand until serving, covered.



3. Fry the mince

- Heat a drizzle of **sunflower oil** in a deep frying pan over high heat. Fry the mince for 3 minutes, separating it as you do so.
- Deseed and finely chop the **red chili pepper***. Roughly chop the **fresh herbs** and **zest the lime**.
- Take the frying pan off the heat, then stir in the **fresh herbs** and the **red chili pepper**.
- Cut the **lime** into wedges and squeeze 1 wedge per person into the pan. Add some **lime zest** as preferred, then season to taste with **salt** and **pepper**.

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



2. Make the salad

- Chop the **onion** into thin half rings and slice the **cucumber** into thin crescents. Peel the **mango** and finely dice the flesh.
- Transfer everything to a salad bowl, add the **lamb's lettuce** and then toss well to combine (see Tip).
- In a small bowl, combine the **garlic** with the **sugar**, **fish sauce***, **white wine vinegar** and the **water** for the sauce (see pantry for amount). Mix well to combine.

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

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



4. Serve

- Serve the **mince**, **rice** and **salad** on plates with the **dressing**.
- Garnish with the rest of the **lime wedges** as preferred.

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

Enjoy!



Kofta-Spiced Beef Orzo

with mascarpone, pepper & leek

Family Nice & Fast

Total time: 25 - 30 min.



Red chili pepper



Onion



Garlic



Bell pepper



Leek



Orzo



Middle Eastern
spice mix



Tomato paste



Beef mince with
kofta seasoning



Grated Italian cheese



Mascarpone



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

Before you begin

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

Utensils

Large deep frying pan with lid, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Leek* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	½	1	1½	2	2½	3
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Grated Italian cheese* (g)	15	25	40	50	65	75
Mascarpone* (g)	25	50	75	100	125	150
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3376 / 807	503 / 120
Total fat (g)	38	6
of which saturated (g)	21,3	3,2
Carbohydrates (g)	74	11
of which sugars (g)	17,9	2,7
Fibre (g)	14	2
Protein (g)	37	5
Salt (g)	2,1	0,3

Allergens

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



1. Prepare

- Prepare the stock in a pot or saucepan.
- Chop the **onion** and crush or mince the **garlic**.
- Deseed and finely chop the **red chili pepper***. Dice the **bell pepper**.
- Boil the **orzo** in the stock for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

Tip: add a splash of water as necessary if the orzo seems too dry.

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



2. Fry the mince

- Melt the **butter** in a large deep frying pan over medium heat. Fry the **onion** with the **garlic**, **red chili pepper*** and **Middle Eastern spices** for 2 minutes.
- Add the **tomato paste** and the **mince** and fry for 3 minutes, separating the **mince** as you do so.
- Meanwhile, cut the **leek** into half rings.



3. Finish

- Stir in the **leek** and the **bell pepper**, then fry for 5 minutes over medium heat, covered.
- Add the **balsamic vinegar** and the **orzo** and fry for 1 minute, then stir in half of the **mascarpone**. Season to taste with **salt** and **pepper**.



4. Serve

- Serve the **orzo** on plates and top with the rest of the **mascarpone**.
- Garnish with the **Italian cheese**.

Enjoy!



No-Fish Fingers with Roasted Broccoli

with sweet potato wedges & chili mayo

Plant-Based

Total time: 35 - 45 min.



Sweet potato



Broccoli



Scallions



Vegan fish fingers



Sweet chili sauce



Fresh flat leaf
parsley & chives



Korean-style spice mix



Chopped cashews



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

Did you know that the sweet potato contains more beta-carotene, also known as pro-vitamin A, than the common potato? This substance accounts for the sweet potato's orange colour.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	200	400	600	800	1000	1200
Broccoli* (g)	200	360	620	720	980	1080
Scallions* (bunch)	½	1	1	2	2	3
Vegan fish fingers* (unit(s))	3	6	9	12	15	18
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped cashews (g)	10	20	30	40	50	60
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3113 / 744	519 / 124
Total fat (g)	38	6
of which saturated (g)	4,9	0,8
Carbohydrates (g)	75	13
of which sugars (g)	20,2	3,4
Fibre (g)	18	3
Protein (g)	18	3
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

- Preheat the oven to 220°C.
- Peel or wash the **sweet potato** and cut into wedges.
- Cut the head of the **broccoli** into florets and dice the stem.
- Finely chop the greens of one **scallion** per person and set aside until step 4. Cut the rest of the **scallions** into 3cm chunks.

Did you know... 🌱 *broccoli is considered a superfood, and for good reason – not only is it high in vitamins B, C and E, it's also a great source of calcium, potassium and iron.*



2. Roast the vegetables

- Transfer the **sweet potato wedges**, **broccoli** and **scallions** to a large bowl. Drizzle with **olive oil** and season with **salt** and **pepper**, then toss well to coat.
- Transfer to a parchment-lined baking sheet. Set aside the bowl until step 4.
- Bake in the oven for 20 - 25 minutes, tossing halfway.



3. Prepare the toppings

- When the **vegetables** have 5 minutes left, heat a drizzle of **olive oil** in a frying pan over medium heat. Fry the **vegan fish fingers** for 4 - 6 minutes until evenly browned.
- Meanwhile, in a small bowl combine the **mayonnaise** with the **sweet chili sauce**.
- Finely chop the **fresh herbs**.



4. Serve

- Transfer the **roasted vegetables** back to the same bowl. Add the **Korean-style spices** and toss well to coat.
- Serve the **vegetables** on plates with the **no-fish fingers** alongside.
- Garnish with the **cashews**, the **fresh herbs** and the reserved **scallion greens**.
- Drizzle with the **chili mayo** to finish.

Enjoy!



Vegetable Lasagne with Fresh Basil

with mascarpone sauce, courgette & carrot

Calorie Smart Family Veggie

Total time: 50 - 60 min.



Fresh lasagne sheets



Onion



Courgette



Carrot



Italian seasoning



Passata



Garlic



Fresh basil



Grated Gouda



Mascarpone



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

For even tastier lasagne, you can make this recipe the day before you intend to eat it. This way, the sauce will be less runny, and the flavours will be even more intense.

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, deep frying pan, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Passata (g)	200	390	590	780	980	1170
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	15	25	40	50	65	75
Mascarpone* (g)	25	50	75	100	125	150

From your pantry

Water for the sauce (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2816 /673	492 /118
Total fat (g)	28	5
of which saturated (g)	12,1	2,1
Carbohydrates (g)	82	14
of which sugars (g)	19,2	3,4
Fibre (g)	9	2
Protein (g)	19	3
Salt (g)	1	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C. Chop the **onion** and crush or **mince** the **garlic**. Thinly slice the **courgette**.



2. Roast the courgette

Transfer the **courgette** to a parchment-lined baking sheet and drizzle with **olive oil**. Season with **salt** and **pepper**, then roast in the oven for 8 - 10 minutes. Keep the oven on for the **lasagne**. Finely dice the **carrot** in the meantime.



3. Make the sauce

Heat a drizzle of **olive oil** in a deep frying pan over medium-high heat. Fry the **onion**, **garlic** and **carrot** for 6 - 7 minutes, seasoning with **salt** and **pepper**. Stir in the **passata**, the **Italian herbs** and the **water** for the sauce (see Tip). Allow to simmer for 3-4 minutes, then stir in the **mascarpone**.

Tip: after adding the passata, fill the empty pack with the water (see pantry for amount). Shake well before pouring the water into the pan, so as to easily clean the pack and get all of the passata.



4. Make the lasagne

Pour a shallow layer of **sauce** into an oven dish, then cover this with some of the **lasagne sheets**. Spread some sauce over the **lasagne sheets**, then place some **courgette** slices on top of that. Repeat so as to use all the ingredients, then finish with a layer of sauce and scatter over the **grated cheese**.



5. Chop the basil

Bake the **lasagne** in the oven for 25 - 35 minutes. Finely chop the **basil** in the meantime.



6. Serve

Let the **lasagne** rest for 3 minutes before serving. Garnish the **lasagne** with the **basil**.

Enjoy!



Goat's Cheese Omelette with Patatas Bravas

with roasted peppers & aioli

Family Veggie

Total time: 45 - 55 min.



Potatoes



Ground paprika



Banana pepper



Romano pepper



Garlic



Red chili pepper



Passata



Egg



Grated mature goat's cheese



Aioli



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

In Spain, they eat patatas bravas as tapas alongside lots of other dishes. Today, you'll combine them with a spicy tomato sauce, a goat's cheese omelette and Romano peppers.

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, 2x bowl, lidded deep frying pan, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Ground paprika (tsp)	1	2	3	4	5	6
Banana pepper* (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Passata (g)	50	100	150	200	250	300
Egg* (unit(s))	2	4	6	8	10	12
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Aioli* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] milk	splash					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3791 /906	564 /135
Total fat (g)	62	9
of which saturated (g)	14,3	2,1
Carbohydrates (g)	55	8
of which sugars (g)	9,1	1,4
Fibre (g)	12	2
Protein (g)	29	4
Salt (g)	1,4	0,2

Allergens

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



1. Prepare the potatoes

Preheat the oven to 220°C. Wash or peel the **potatoes** and dice into 1 - 2cm chunks, then transfer to a bowl. Add the **paprika** and drizzle with 0.75 tbsp **olive oil** per person. Season with salt and pepper, then toss well to coat. Fry the **potatoes** in a deep frying pan over medium-high heat for 20 minutes, covered. Remove the lid from the pan and continue frying for 15 minutes.



4. Make the sauce

Heat a light drizzle of olive oil in a saucepan over medium-high heat. Fry the **garlic** and **chili pepper** for 1 - 2 minutes. Reduce the heat, then add the **passata** and allow to thicken and reduce for 5 minutes. Add more water if the sauce is too thick and season to taste with **salt** and **pepper**.



2. Roast the peppers

Transfer the **peppers** to a parchment-lined baking sheet and drizzle with **olive oil**. Season generously with **salt** (see Tip). Roast in the oven for 10 - 15 minutes or until they begin to darken, turning halfway.

Tip: if you have flaky sea salt, use this to season the peppers. This type of salt will retain its shape and the peppers will not absorb it so much.



5. Make the omelette

In a bowl, whisk the **eggs** with a splash of milk and the **goat's cheese**, then season with **salt** and **pepper**. Heat a drizzle of **olive oil** in a frying pan over medium-high heat and pour in the **eggs**. Fry the omelette for 5 - 8 minutes, then carefully fold in half.

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



3. Prepare the aromatics

In the meantime, crush or **mince** the **garlic**. Deseed and finely chop the **red chili pepper***

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



6. Serve

Serve the **roasted peppers** with the **omelette** and the **patatas bravas**. Serve with the **spicy tomato sauce** and a dollop of **aioli** (see Tip).

Tip: this recipe is high in calories. If you're watching your calorie intake, serve just half of the aioli and potatoes. You can keep the rest in the fridge to use the next day.

Enjoy!



Mafaldine with Whipped Feta

with lemon, roasted vegetables & hazelnuts

Nice & Fast Veggie

Total time: 25 - 30 min.



Mafaldine



Kumato tomato



Courgette



Garlic



Lemon



Hazelnuts



Fresh flat leaf parsley



Za'atar



Cooking cream



Feta



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

Za'atar is the name of a fresh herb, but it's also a spice mixture. This mix consists of oregano, thyme and savoury spices. These are roasted and then mixed with sesame seeds and sumac.

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, tall container, immersion blender, microplane, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Beef tomato* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Hazelnuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Za'atar (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Feta* (g)	25	50	75	100	125	150

From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3719 /889	731 /175
Total fat (g)	51,3	10,1
of which saturated (g)	16,8	3,3
Carbohydrates (g)	82	16,1
of which sugars (g)	12,1	2,4
Fibre (g)	9,4	1,8
Protein (g)	22	4,3
Salt (g)	1,1	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Slice the **courgette** into crescents and halve the **beef tomato**.



2. Roast the vegetables

Transfer the **courgette** and **beef tomato** to a parchment-lined baking sheet. Drizzle generously with **olive oil** and season with **salt** and **pepper**, then roast in the oven for 18 - 22 minutes.



3. Boil the mafaldine

Boil the **mafaldine** for 7 - 9 minutes, then reserve some of the pasta water before draining and setting aside. Finely chop the **parsley** and crush or **mince** the **garlic**. Zest the **lemon** and then cut it into quarters. Roughly chop the **hazelnuts**.



4. Make the sauce

Transfer the **feta**, **cream**, **extra virgin olive oil** and **garlic** to a tall container, along with half of the **parsley** and (per person) half a teaspoon of **lemon zest**, the juice of a **lemon wedge** and half a tablespoon of water. Use an immersion blender to process into a smooth sauce and season to taste with **salt** and **pepper**.



5. Finish

Transfer the whipped **feta** to the **mafaldine** and mix well to combine, adding a splash of pasta water as necessary if the sauce is too thick. Season to taste with **salt** and **pepper**.



6. Serve

Serve the **mafaldine** on plates and top with the **roasted vegetables**. Garnish with the **hazelnuts** and the **za'atar**, along with the rest of the **parsley** and **lemon zest**. Serve any remaining **lemon wedges** alongside.

Did you know... 🌿 *parsley is very high in iron; per gram it contains three times as much as steak, which means even the relatively small amount of parsley in this recipe contributes to a healthy iron intake.*



Sauerkraut Stampot with Bacon

in spicy mango sauce with toasted pecans

Nice & Fast

Total time: 25 - 30 min.



Sauerkraut



Potatoes



Mango ketchup



Onion



Carrot



Red chili pepper



Chopped pecans



Bacon lardons



Vadouvan



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

Before you begin

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

Utensils

Pot or saucepan, potato masher, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sauerkraut* (g)	125	250	375	500	625	750
Potatoes (g)	200	400	600	800	1000	1200
Mango ketchup* (g)	30	60	90	120	150	180
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Chopped pecans (g)	15	30	40	60	70	90
Bacon lardons* (g)	50	100	150	200	250	300
Vadouvan (sachet(s))	⅓	⅔	1	1½	1¾	2
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
[Reduced salt] ketjap manis (tsp)	½	1	1½	2	2½	3
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2661 /636	410 /98
Total fat (g)	37	6
of which saturated (g)	14,6	2,2
Carbohydrates (g)	51	8
of which sugars (g)	10,1	1,6
Fibre (g)	16	2
Protein (g)	18	3
Salt (g)	3,7	0,6

Allergens

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



1. Boil the vegetables

- Thoroughly wash the **carrot** and **potatoes**, then cut them into rough chunks.
- Transfer to a pot or saucepan and submerge with water, then boil for 5 minutes.
- Meanwhile, slice the **onion** into half rings.
- Deseed and chop the **red chili pepper*** into thin rings.
- Weigh the **sauerkraut**, then drain and rinse under cold water.

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



2. Toast the pecans

- Add the **sauerkraut** to the **potatoes** and boil for 8 - 10 minutes (see Tip). Drain and set aside when finished.
- Heat a clean frying pan over high heat and toast the **pecans** until golden-brown. Remove from the pan and set aside.

Tip: boiling the sauerkraut will make the flavour less intense. If you'd prefer to keep its signature acidic bite, boil for less time or just add the raw sauerkraut directly to the mash in step 5.



3. Fry the bacon lardons

- Reheat the same pan over medium-high heat and fry the bacon lardons for 2 - 3 minutes.
- Add the **onion**, **chili pepper** and **vadouvan**, then fry for 4 - 6 more minutes.
- Prepare the stock and add it to the pan, along with the **mango ketchup** and the **ketjap**.
- Mix well to combine, then bring to a boil. Season to taste with **salt** and **pepper**.



4. Serve

- Mash the **vegetables** and **sauerkraut** with the **butter** and a splash of **milk**. Stir in the **mustard**, then season to taste with **salt** and **pepper**.
- Serve the **sauerkraut mash** on deep plates.
- Top with the **bacon** in its **spicy** mango sauce.
- Garnish with the **toasted pecans** to finish.

Enjoy!



Veggie Nuggets with Beetroot Salad

with baby potatoes & onion chutney

Family Plant-Based Nice & Fast

Total time: 25 - 30 min.



Onion



Vegan nuggets



Pre-cooked beetroot



Apple



Onion chutney



Pre-cooked halved baby potatoes (skin-on)



Arugula & lamb's lettuce



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

You prepare this dish with veggie nuggets. They have as much flavour and the same texture as the meat version, but they are 100% plant-based!

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Vegan nuggets* (unit(s))	5	10	15	20	25	30
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	20	40	60	80	100	120
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
From your pantry						
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3515 / 840	537 / 128
Total fat (g)	44	7
of which saturated (g)	11,9	1,8
Carbohydrates (g)	87	13
of which sugars (g)	27,6	4,2
Fibre (g)	17	3
Protein (g)	16	2
Salt (g)	2,1	0,3

Allergens

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



1. Prepare the baby potatoes

- Preheat the oven to 200°C.
- Transfer the **baby potatoes** to a bowl and drizzle with **sunflower oil**.
- Season with **salt** and **pepper**, then toss well to coat and transfer to a parchment-lined baking sheet. Roast for 16 - 20 minutes or until golden-brown, tossing halfway.
- Slice the **onion** into half rings.



2. Fry the onions

- Melt a third of the **butter** in a frying pan and fry the onion for 2 - 3 minutes over medium-high heat.
- Cover with the lid and fry for another 2 - 3 minutes over medium heat, or until the **onion** is soft.
- Stir in the **chutney** and allow to reduce for 1 minute.



3. Fry the nuggets and apple

- Melt another third of the **butter** in a frying pan over medium-high heat. Fry the **vegan nuggets** for 2 - 3 minutes per side, then remove from the pan.
- Dice the **beetroot** into 2cm chunks.
- Core the **apple** and cut it into wedges.
- Melt the rest of the **butter** in the same pan and fry the **apple wedges** for 1 - 2 minutes per side (see Tip).

Tip: don't fry the apple too long and be sure to use plenty of butter so as to prevent it from sticking.



4. Serve

- In a salad bowl, combine the **mustard** with the **sugar**, **white wine vinegar** and **extra virgin olive oil**.
- Season to taste with **salt** and **pepper**, then add the **lettuce** and the **beetroot** and toss well to combine. Season with more **salt** and **pepper** as needed.
- Serve the **salad** and **potatoes** on plates. Serve the **nuggets** with the **onions** and top the **salad** with the **apple**. Serve with the **mayonnaise** alongside.

Enjoy!



Chicken Bulgur Bowl with Yogurt Sauce

with Middle Eastern spices, fresh parsley & Romano beans

Calorie Smart Family Nice & Fast

Total time: 20 - 25 min.



Tomato



Garlic



Romano beans



Fresh flat leaf parsley



Lime



Middle Eastern
spice mix



Bulgur



Chicken thigh strips



Bell pepper



Organic full-fat yogurt



Sicilian-style herb mix



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

Did you know that bulgur is made of wheat grains? First, they are steamed, then dried and finally cracked. This results in a whole grain product that's full of fibre, iron and B-vitamins.

Before you begin

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

Utensils

Lidded deep frying pan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	4	4	6	6
Garlic (unit(s))	1	1	2	2	3	3
Romano beans* (g)	50	100	150	200	250	300
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Chicken thigh strips* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	1	2	2	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Sicilian-style herb mix (sachet(s))	¼	½	¾	1	1¼	1½
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2883 / 689	456 / 109
Total fat (g)	33	5
of which saturated (g)	7,8	1,2
Carbohydrates (g)	59	9
of which sugars (g)	8,2	1,3
Fibre (g)	19	3
Protein (g)	32	5
Salt (g)	1,4	0,2

Allergens

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



1. Prepare

- Prepare the stock.
- Dice the **tomato** and the **bell pepper**. Crush or mince the **garlic**.
- Cut the **Romano beans** into 1cm diagonal chunks.
- Roughly chop the **parsley** and cut the **lime** into wedges.



2. Cook the bulgur

- Heat a drizzle of **sunflower oil** in a deep frying pan over medium-high heat.
- Fry the **garlic** with the **Romano beans**, **bell pepper** and half of the **Middle Eastern spices** for 3 - 4 minutes. Add the **bulgur** and fry for another minute, then pour in the stock and bring to a boil.
- Cover with the lid and allow to cook for 8 - 10 minutes.



3. Fry the chicken

- Heat a drizzle of **sunflower oil** in a frying pan over medium-high heat and fry the **chicken** for 4 - 6 minutes.
- Add the **Sicilian-style spices** and fry for 2 - 3 more minutes.
- When the **bulgur** is done, add the **tomato** and half of the **parsley**. Season to taste with **salt** and **pepper**.



4. Serve

- Season the **yogurt** with the **extra virgin olive oil** and the rest of the **Middle Eastern spices**, along with **salt** and **pepper** to taste.
- Serve the **bulgur** on plates and top with the **chicken** and the **yogurt sauce**.
- Garnish with rest of the **parsley** and serve with any remaining **lime wedges**.

Enjoy!



Sticky Mushrooms with Fried Egg

over mashed potatoes with pak choi & scallions

Calorie Smart Veggie

Total time: 30 - 40 min.



Potatoes



Pak choi



Chestnut mushrooms



Korean-style spice mix



Scallions



East Asian-style sauce



Ketjap manis



Egg



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

Pak choi, with its crisp stems and tender leaves, is a versatile and nutritious vegetable. Originally from China, it's often used in Asian cuisine for its mild, succulent flavour.

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

Lidded pot or saucepan, potato masher, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Pak choi* (unit(s))	½	1	1½	2	2½	3
Chestnut mushrooms* (g)	125	250	375	500	625	750
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	1	2	3	4	5	6
Ketjap manis (ml)	20	40	60	80	100	120
Egg* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	1¾	3½	5¼	7	8¾	10½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2711 / 648	402 / 96
Total fat (g)	29	4
of which saturated (g)	5,2	0,8
Carbohydrates (g)	71	11
of which sugars (g)	26,2	3,9
Fibre (g)	14	2
Protein (g)	20	3
Salt (g)	3,2	0,5

Allergens

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



1. Boil the potatoes

Wash or peel the **potatoes**, then cut them into rough pieces and transfer to a pot or saucepan. Submerge with water and boil for 12 - 15 minutes, covered. Reserve some of the cooking liquid before draining and setting aside.

Did you know... 🍌 *potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.*



2. Chop the vegetables

Cut the **scallion** into thin rings, keeping the white part separate from the greens. Slice the **mushrooms**. Discard the base of the **pak choi** and finely chop the rest, keeping the leaves and the stem separate. Heat a drizzle of **olive oil** in a frying pan over medium-high heat. Fry the stem of the **pak choi** for 4 minutes, then add the leaves and fry for 1 more minute. Season with **salt** and **pepper**, then remove from the pan and set aside.



3. Make the sticky mushrooms

Heat a drizzle of **olive oil** in the same pan over medium-high heat. Fry the **mushrooms** with the white part of the **scallions** for 5 - 7 minutes, then add the **ketjap** and the **East Asian-style sauce**. Mix well and fry for 2 - 3 minutes.



4. Mash the potatoes

Mash the **potatoes** with the **Korean-style spices** and a drizzle of **olive oil** (see Tip). Add a splash of the reserved cooking liquid as needed and season to taste with **salt** and **pepper**, then stir in the **pak choi**.

Tip: you can also use butter instead of olive oil if preferred.



5. Fry the egg

Heat a light drizzle of **olive oil** in a frying pan and fry the **egg**.



6. Serve

Serve the **mash** on deep plates. Top with the **mushrooms** and the fried **egg**, then garnish with the **scallion** greens.

Enjoy!



Garlic Steak Strips over Giant Couscous

with Greek-style cheese, roasted almonds & spinach

Nice & Fast

Total time: 15 - 20 min.



Giant couscous



Onion



Middle Eastern
spice mix



Sliced carrots



Spinach



Steak strips



Garlic



Salted almonds



Lemon



Greek-style cheese



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

Before you begin

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

Utensils

Lidded frying pan, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Sliced carrots* (g)	75	150	300	300	450	450
Spinach* (g)	100	200	300	400	500	600
Steak strips* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Salted almonds (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Greek-style cheese* (g)	25	50	75	100	125	150
From your pantry						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3251 / 777	421 / 101
Total fat (g)	35	5
of which saturated (g)	12,1	1,6
Carbohydrates (g)	67	9
of which sugars (g)	4,9	0,6
Fibre (g)	13	2
Protein (g)	44	6
Salt (g)	2,3	0,3

Allergens

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



1. Boil the giant couscous

- Prepare the **stock** in a pot or saucepan.
- Boil the giant **couscous** for 12 - 14 minutes, covered, then drain and set aside.
- Chop the **onion** and crush or mince the **garlic**.

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



2. Cook the vegetables

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



3. Fry the steak strips

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



4. Serve

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

Enjoy!



Spaghetti with Panko-Parm Topping

in rich cherry tomato sauce with mushrooms & spinach

Nice & Fast Veggie

Total time: 15 - 20 min.



Chestnut mushrooms



Aglio e olio



Parmigiano Reggiano DOP



Panko breadcrumbs



Spaghetti



Spinach



Tinned cherry tomatoes



Italian seasoning



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

Due to its coarse grain, panko breadcrumbs become extra crunchy after frying.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chestnut mushrooms* (g)	125	250	375	500	625	750
Aglie e olio* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Panko breadcrumbs (g)	15	25	40	50	65	75
Spaghetti (g)	90	180	270	360	450	540
Spinach* (g)	50	100	150	200	250	300
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3167 / 757	594 / 142
Total fat (g)	33	6
of which saturated (g)	9,5	1,8
Carbohydrates (g)	84	16
of which sugars (g)	10,7	2
Fibre (g)	13	2
Protein (g)	26	5
Salt (g)	1,1	0,2

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **spaghetti** for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, grate the **Parmigiano Reggiano** and slice the **mushrooms**.



2. Fry the vegetables

- Heat a drizzle of **olive oil** in a deep frying pan over medium-high heat and fry the **mushrooms** for 4 - 5 minutes.
- Add the spinach and canned **cherry tomatoes** and fry for 2 - 3 more minutes.

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



3. Make the topping

- Melt a knob of **butter** in a frying pan over high heat.
- Fry the **panko** for 3 - 4 minutes until golden-brown, then transfer to a small bowl.
- Add the **Parmigiano Reggiano** and **Italian herbs**, then season to taste with **salt** and **pepper** and mix well.



4. Serve

- Add the **aglio e olio*** and **spaghetti** to the sauce, along with 30ml pasta water per person.
- Mix well to combine and cook for 1 more minute over medium-high heat. Season to taste with **salt** and **pepper**.
- Serve the **spaghetti** on plates and garnish with the **panko-parm topping**.

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

Enjoy!



Veggie Döner Wraps with Za'atar

with cream cheese, orange & cucumber

Calorie Smart Nice & Fast Veggie

Total time: 15 - 20 min.



Chopped red onion



Veggie döner kebab



Easy peel orange



Mini tortillas



Za'atar



[Persian] cucumber



Tomato



Fresh flat leaf parsley



Cream cheese



Middle Eastern spice mix



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

Za'atar is a green spice blend that's very popular in the Middle East. This fresh herby blend owes its flavour to ingredients such as sumac and thyme.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chopped red onion* (g)	40	75	115	150	190	225
Veggie döner kebab* (g)	80	160	240	320	400	480
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Za'atar (sachet(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	1	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cream cheese* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2816 / 673	514 / 123
Total fat (g)	35	6
of which saturated (g)	12,4	2,3
Carbohydrates (g)	63	12
of which sugars (g)	18	3,3
Fibre (g)	11	2
Protein (g)	24	4
Salt (g)	2,5	0,5

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Heat half of the **olive oil** in a frying pan over medium-high heat. Fry the **veggie döner** with half of the **onion** for 5 - 7 minutes (see Tip).
- Juice the **orange**.
- Increase the heat and deglaze with the **orange juice**, then stir in the **honey** and allow to reduce for 1 - 2 minutes. Set aside, covered.

Tip: if you don't like raw onion, fry all of it with the veggie döner.



2. Bake the tortillas

- In a small bowl, combine the rest of the **olive oil** with 1 tbsp water per person. Spread this over one side of each **tortilla**, then scatter over the **za'atar**.
- Transfer the **tortillas** to a parchment-lined baking sheet with the **za'atar** facing down, then bake in the oven for 3 - 5 minutes.



3. Make the salad

- In the meantime, slice the **cucumber** into crescents and cut the **tomato** into wedges.
- Finely chop the **parsley**.
- Transfer all three to a bowl along with the rest of the onion and drizzle with **extra virgin olive oil** as preferred. Season to taste with **salt** and **pepper**, then toss well to combine.
- In a small bowl, mix the **cream cheese** with the **Middle Eastern spices**.



4. Serve

- Spread the **cream cheese** over the **tortillas**, then top with the **veggie döner** and some of the **vegetables**.
- Serve the rest of the **vegetables** on the side.

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

Enjoy!



Giant Couscous with Shrimp & Basil Crème

with cherry tomatoes, arugula & scallions

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Scallions



Green curry spices



Giant couscous



Red cherry tomatoes



Lemon



Pre-cut onion & garlic



Shrimp



Arugula



Basil crème



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

Before you begin

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

Utensils

Lidded pot or saucepan, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1	2	2	3
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Giant couscous (g)	75	150	225	300	375	450
Red cherry tomatoes (g)	125	250	375	500	625	750
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Pre-cut onion & garlic* (g)	20	40	60	80	100	120
Shrimp* (g)	80	160	240	320	400	480
Arugula* (g)	40	80	120	140	200	220
Basil crème (ml)	10	15	20	24	35	39
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2611 /624	346 /83
Total fat (g)	27	4
of which saturated (g)	7,4	1
Carbohydrates (g)	66	9
of which sugars (g)	11,6	1,5
Fibre (g)	11	1
Protein (g)	25	3
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

- Boil the water in a pot or saucepan and crumble in the stock cube (see pantry for amounts).
- Gently boil the **giant couscous** for 12 - 14 minutes, covered, adding extra water if needed.
- Drain if necessary and set aside. Finely chop a small amount of the **scallion greens** and set aside to use later as garnish, then roughly chop the rest.
- Halve the **cherry tomatoes** and cut the **lemon** into wedges.



3. Finish

- Melt the **butter** with the rest of the **olive oil** in another frying pan over medium heat.
- Fry the **scallions** for 1 - 2 minutes, then add the **green curry spices** and fry for 1 more minutes.
- Add the **giant couscous** and mix well to combine.



2. Fry the shrimp

- Heat half of the **olive oil** in a frying pan over medium-high heat.
- Fry the **garlic** and onion for 1 - 2 minutes, then add the **cherry tomatoes** and fry for 2 - 3 more minutes.
- Season to taste with **salt** and **pepper**, then add the shrimp and fry for 1 - 2 minutes or until lightly pink.

Did you know... 🍤 shrimp may be low in calories, but they are rich in protein and calcium.



4. Serve

- Serve the **giant couscous** on plates.
- Top first with the **arugula**, then with the **shrimp** and **cherry tomatoes**.
- Drizzle with the **basil crème** and squeeze a **lemon** wedge over each portion as preferred.
- Garnish with the reserved **scallion greens** to finish.

Enjoy!



Middle-Eastern Spiced Eggplant with Bulgur

with homemade muhammara & naan bread

Veggie

Total time: 45 - 55 min.



Eggplant



Romano pepper



Middle Eastern
spice mix



Garlic



Naan bread



Bulgur



Red chili pepper



Lemon



Fresh flat leaf parsley



Chopped walnuts



Ground cumin



Yazzara



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

This dish is full of vegetables. Obviously, there is the eggplant on your plate, but the spicy muhammara is also full of veggies and contributes significantly to your daily vegetable intake.

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, tall container, microplane, lidded pot or saucepan, small bowl, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Naan bread (unit(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	⅓	¼	⅓	½	⅔	¾
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chopped walnuts (g)	10	20	30	40	50	60
Ground cumin (sachet(s))	⅓	⅔	1	1½	1¾	2
Yazzara* (g)	40	80	120	160	200	240
From your pantry						
Brown sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock cube (unit(s))	175	350	525	700	875	1050
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3720 /889	581 /139
Total fat (g)	42	7
of which saturated (g)	6	0,9
Carbohydrates (g)	99	15
of which sugars (g)	18,1	2,8
Fibre (g)	22	3
Protein (g)	20	3
Salt (g)	1,9	0,3

Allergens

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

2024-W39



1. Prepare

Preheat the oven to 200°C. Halve the **eggplant** lengthways and score the flesh in a criss-cross pattern, but don't go deep enough to pierce through the skin. Heat a drizzle of olive oil in a frying pan over high heat. Lay the **eggplant** skin-side down in the pan and fry for 2 minutes. Reduce the heat, turn the **eggplant** over and fry for another 5 minutes. Halve the **Romano pepper** lengthways, deseed and cut into strips.

Did you know... 🍆 eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.



4. Prepare the aromatics

Deseed the **red chili pepper*** and finely chop an eighth of it for each person. Wash the **lemon**, then zest it and cut into wedges. Roughly chop the **parsley**. When the **eggplant** is done, take the **Romano pepper** and **garlic** off the baking sheet. Turn off the oven but leave the **eggplant** and **naan bread** inside to keep warm. Squeeze the **garlic** out of its skin.

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



2. Roast the vegetables

In a small bowl, combine a drizzle of olive oil with 1 tsp **Middle Eastern-style spices** per person. Transfer the **eggplant** to a parchment-lined baking sheet, skin-side down, then top with the oil. Place the **Romano pepper** and **garlic** on the same baking sheet, drizzle with **olive oil** and season with **salt** and **pepper**. Roast the **vegetables** for 12 - 15 minutes, adding the **naan bread** during the last 2 - 3 minutes of cooking time.



5. Make the muhammara

Transfer half of the **Romano pepper** to a tall container, along with the **walnuts**, **garlic**, **red chili pepper**, **cumin** and **brown sugar**. Add the rest of the **Middle Eastern-style spices** and drizzle with olive oil. Process into a uniformly thick paste using an immersion blender. Squeeze in 1 **lemon** wedge per person and season to taste with **salt** and **pepper**, then process again.



3. Cook the bulgur

Prepare the stock in a pot or saucepan and crumble in the stock cube (see pantry for amounts). Cook the **bulgur** for 10 - 12 minutes, covered, until done. Stir regularly, then drain when finished and set aside.



6. Serve

Stir the **parsley** and the rest of the **Romano pepper** into the **bulgur**, along with 1 tsp **lemon zest** per person. Serve the **bulgur** in deep plates or bowls and top with the **eggplant**. Serve the **muhammara** and **yazzara** on the side. Garnish with the rest of **lemon wedges** and serve with the **naan bread**.

Enjoy!



Steak Strips in Black Bean Sauce

over rice with bell pepper & quick-pickled cucumber

Calorie Smart Nice & Fast

Total time: 25 - 30 min.



Steak strips



Jasmine rice



Onion



Garlic



Fresh ginger



Black bean paste



Soy sauce



[Persian] cucumber



Bell pepper



Gomashio



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

Gomashio is a Japanese seasoning made from ground sesame seeds with a little bit of added salt. It's perfect for giving your dish more flavour without adding too much salt.

Before you begin

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

Utensils

Bowl, grater, lidded pot or saucepan, kitchen paper, small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	1	2	3	4	5	6
Black bean paste (g)	15	25	40	50	65	75
Soy sauce (ml)	10	20	30	40	50	60
[Persian] cucumber* (unit(s))	½	¾	1	1½	1¾	2
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (ml)	30	60	90	120	150	180
Sugar (tsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	100	200	300	400	500	600
Sambal	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2674 /639	457 /109
Total fat (g)	17	3
of which saturated (g)	2,5	0,4
Carbohydrates (g)	86	15
of which sugars (g)	16,6	2,8
Fibre (g)	8	1
Protein (g)	34	6
Salt (g)	3,4	0,6

Allergens

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



1. Prepare

- Pat the **steak strips** dry with kitchen paper.
- In a bowl, combine the **ketjap** and flour with a drizzle of **sunflower oil** and some **pepper**. Add the **steak strips** and mix well to combine, then set aside.
- Boil plenty of water in a pot or saucepan and cook the **rice** for 10-12 minutes, covered, then drain and set aside.
- Slice the **cucumber** and transfer to a bowl, along with the **sugar** and **white wine vinegar** (see pantry for amounts). Season with salt and **pepper** as needed, then toss well to combine. Set aside until serving, stirring occasionally.



3. Stir-fry

- Heat a drizzle of **sunflower oil** in the same pan and fry the **garlic** with the **ginger**, onion for 1 - 2 minutes.
- Add the **black bean paste** and **bell pepper** and fry for 4 - 5 minutes over medium-high heat.
- Deglaze with the **soy sauce**, a splash of **white wine vinegar** and the **stock**, then add **sambal** as preferred.
- Bring to the boil and allow to reduce for 2 - 3 minutes over medium-high heat, then add the **steak strips** and fry for 1 more minute.



2. Fry the steak strips

- Chop the **onion** and crush or mince the **garlic**. Cut the **bell pepper** into strips and finely grate the **ginger**.
- Heat a clean wok or deep frying pan over high heat. When the pan is nice and hot, fry the **steak strips** for 1 - 2 minutes, then remove from the pan and set aside.
- Prepare the **stock**.



4. Serve

- Serve the **rice** on plates and top with the **steak strips** and **vegetables**.
- Garnish with the **gomashio** and serve the **cucumber** alongside.

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

Enjoy!



Chicken Sausages with Carrot Mash

with broccoli, ketjap jus & gomashio

Calorie Smart Family

Total time: 35 - 45 min.



Potatoes



Carrot



Onion



Chicken sausage



Broccoli



Ketjap manis



Gomashio-herb mix



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

Broccoli really is a super vegetable! It contains a high yield of vitamins, it's very high in fibre, and is packed with iron.

Before you begin

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

Utensils

Frying pan, 2x pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Broccoli (g)	100	200	360	500	560	700
Ketjap manis (ml)	10	20	30	40	50	60
Gomashio-herb mix (sachet(s))	¼	½	¾	1	1¼	1½

From your pantry

Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	¾	1½	2¼	3	3¾	4½
Water (ml)	60	120	180	240	300	360
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2489 / 595	369 / 88
Total fat (g)	27	4
of which saturated (g)	11,9	1,8
Carbohydrates (g)	53	8
of which sugars (g)	11,3	1,7
Fibre (g)	18	3
Protein (g)	28	4
Salt (g)	2,9	0,4

Allergens

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



1. Boil the vegetables

Wash or peel the **potatoes** and **carrots**, then cut into rough pieces. Transfer to a pot or saucepan and cover with water, then boil for 12 - 15 minutes. Reserve some of the cooking liquid when finished, then drain and set aside.



2. Fry the sausages

Slice the onion into half rings. Heat a drizzle of **olive oil** in a frying pan over medium-high heat and fry the **sausages** for 2 - 3 minutes until evenly browned. Add the **onion** and fry for 4 - 6 more minutes or until the **sausages** are done, turning regularly.



3. Boil the broccoli

Boil plenty of **salted water** in a pot or saucepan. Cut the head of the **broccoli** into florets and dice the stem, then boil for 5 - 7 minutes. Drain and season with **salt** and **pepper**, then set aside.

Did you know... 🌱 broccoli is considered a superfood, and for good reason; it's not only high in vitamins B, C and E but also calcium, potassium and iron.



4. Make the jus

Add the **ketjap** and **butter** to the **sausages** along with 0.5 tbsp **mustard** per person. Crumble in the **stock cube** and mix well, then deglaze with the water (see pantry for amounts). Set the heat to low and allow to reduce until serving.



5. Mash the vegetables

Mash the **potatoes** and **carrots** with the rest of the **mustard** and a splash of **milk** or the reserved cooking liquid. Season to taste with **salt** and **pepper**.



6. Serve

Serve the **carrot mash** and the **broccoli** on plates. Garnish with the **gomashio-herb mix** and serve the **sausages** alongside. Pour over the **ketjap jus** to finish.

Enjoy!



Asian-Inspired Fusion Salad with Veggie No-Beef

with udon noodles, peanuts & chili pepper

Calorie Smart Nice & Fast Veggie

Total time: 20 - 25 min.



Garlic



Ginger paste



Lime



East Asian-style sauce



Soy sauce



Onion



Fresh udon noodles



Unsalted peanuts



Red chili pepper



[Persian] cucumber



Vegetarian beef-style pieces



Carrot



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

Before you begin

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

Utensils

Bowl, grater, salad bowl, small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Soy sauce (ml)	5	10	15	20	25	30
Onion (unit(s))	¼	½	1	1	1½	1½
Fresh udon noodles (g)	100	200	300	400	500	600
Unsalted peanuts (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Carrot* (unit(s))	½	1	2	2	3	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2243 / 536	453 / 108
Total fat (g)	18	4
of which saturated (g)	2,1	0,4
Carbohydrates (g)	63	13
of which sugars (g)	21,7	4,4
Fibre (g)	5	1
Protein (g)	28	6
Salt (g)	3,4	0,7

Allergens

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



1. Prepare

- Crush or mince the **garlic** and quarter the **lime**.
- In a small bowl, combine the **East Asian-style sauce** with the **soy sauce**, **ginger paste** and **garlic**.
- Add the **sugar** and the juice of a quarter **lime** per person, then mix well to combine.
- Transfer the **veggie beef** to another bowl and add two thirds of the marinade, then mix well and set aside.



2. Make the salad

- Slice the **cucumber** into crescents and grate the **carrot**.
- Slice the **onion** into thin half rings, then transfer the **vegetables** to a salad bowl and toss well.



3. Fry the noodles

- Heat the **sunflower oil** in a wok or deep frying pan over medium-high heat.
- Stir-fry the **veggie beef** for 2 - 3 minutes, then add the **udon noodles** and continue stir-frying for another 2 - 3 minutes.
- In the meantime, roughly chop the **peanuts** and cut the **red chili pepper*** into thin rings.

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



4. Serve

- Transfer the **udon noodles** and **veggie beef** to the salad bowl.
- Toss well to combine, then serve on plates.
- Garnish with the **peanuts** and the **chili pepper**.
- Drizzle with the rest of the marinade as preferred and serve with any remaining **lime wedges**.

Enjoy!

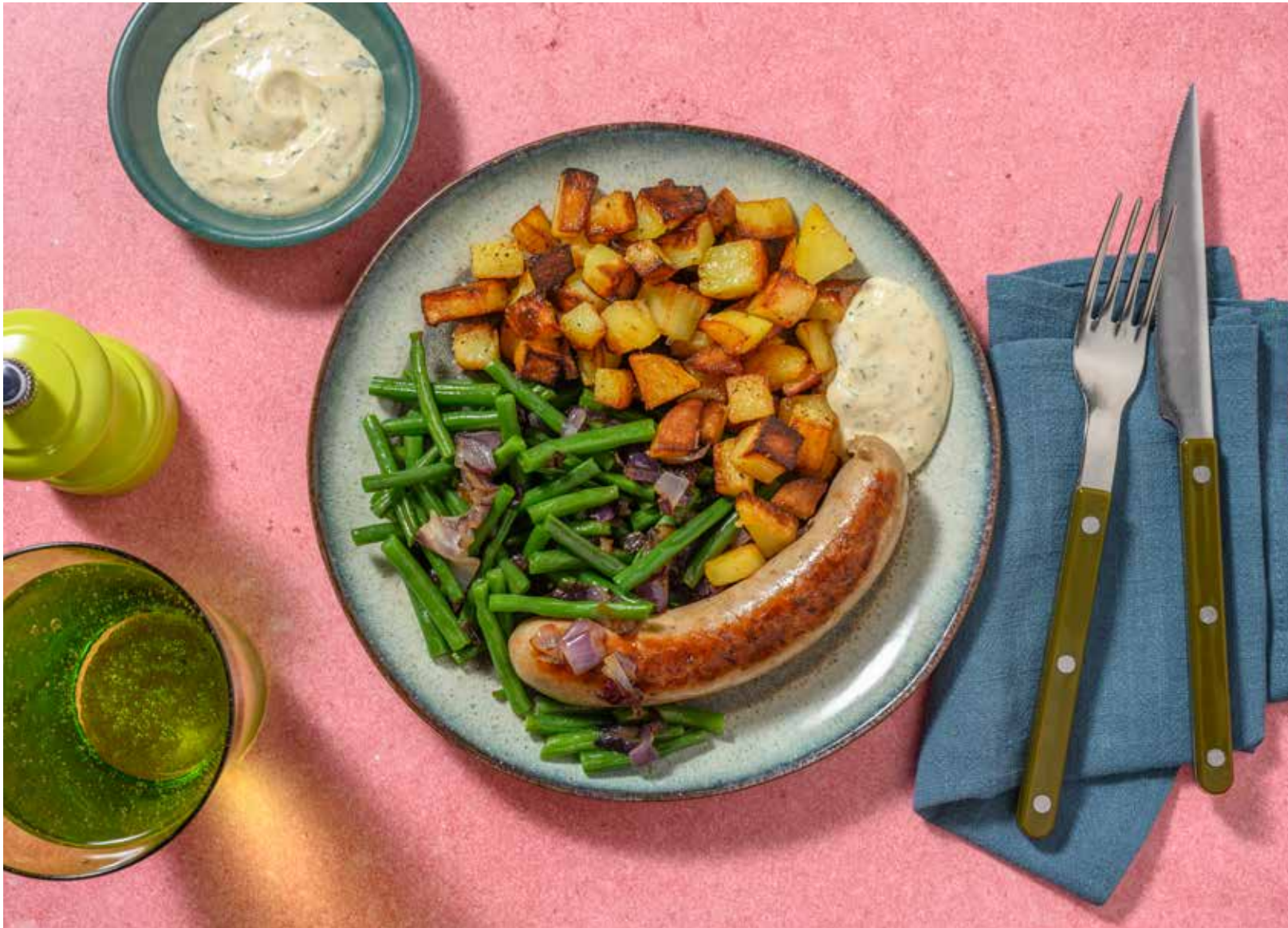


Farmer's Sausage with Potatoes

with dill mayo & green beans

Nice & Fast

Total time: 25 - 30 min.



Diced potato



Farmer's sausage



Onion



Green beans



Fresh dill



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

Dill is not only flavourful, but it also contains antioxidants and vitamin C, making it a healthy and tasty addition to many dishes.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced potato* (g)	300	600	900	1200	1500	1800
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	¾	1	1¼	1½
Green beans* (g)	200	400	600	800	1000	1200
Fresh dill* (g)	2½	5	7½	10	12½	15

From your pantry

Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3561 /851	520 /124
Total fat (g)	52	8
of which saturated (g)	16,7	2,4
Carbohydrates (g)	59	9
of which sugars (g)	8,4	1,2
Fibre (g)	15	2
Protein (g)	29	4
Salt (g)	2	0,3

Allergens

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



1. Fry the potatoes

- Melt a knob of **butter** in a frying pan over medium-high heat (see Tip).
- Fry the **potatoes** for 15 minutes until done, then season to taste with **salt** and **pepper**.
- Discard the tips of the **green beans** and cut them in half. Transfer the **green beans** to a pot or saucepan and cover with a shallow layer of water.
- Add a pinch of **salt** and cover with the lid, then bring to the boil and allow to cook gently for 6 - 8 minutes. Drain and set aside.

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



2. Fry the sausage

- Chop the onion.
- Melt a knob of **butter** in a frying pan over medium-high heat and fry the **sausage** for 2 - 3 minutes until evenly browned.
- Cover with the lid and continue frying for 8 minutes over medium heat, turning regularly.
- Add the **onion** and fry for 2 more minutes, then remove the **sausage** from the pan and set aside.



3. Make the dill mayo

- Add the **green beans** to the **onion** and fry for 1 minute over high heat.
- Season to taste with **salt** and **pepper**.
- Finely chop the **dill** and transfer to a small bowl.
- Add the **mayonnaise**, **honey** and **mustard** and mix well to combine, seasoning to taste with **salt** and **pepper**.



4. Serve

- Serve the **sausage** with the **green beans** and **potatoes**.
- Serve the **dill mayo** alongside.

Enjoy!



Hoisin Chicken Burger with Cucumber Slaw

on a carrot bun with potato wedges & beansprouts

Family

Total time: 40 - 50 min.



Carrot bun



Hoisin sauce



[Persian] cucumber



Onion



Chicken burger from Oranjehoen



Beansprouts



Potatoes



Fresh coriander



Nasi-bami spice mix



Carrot



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

Hoisin sauce is a thick, sweet sauce commonly found in Cantonese cuisine. Today, you'll use it to glaze a chicken burger, and you'll also make a tangy hoisin mayo. Enjoy your meal!

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, 2x bowl, grater, frying pan or grill pan, peeler or cheese slicer, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot bun (unit(s))	1	2	3	4	5	6
Hoisin sauce (g)	25	50	75	100	125	150
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Beansprouts* (g)	25	50	75	100	125	150
Potatoes (g)	200	400	600	800	1000	1200
Fresh coriander* (g)	5	10	15	20	25	30
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	2	4	6	8	10	12
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4028 /963	599 /143
Total fat (g)	51,3	7,6
of which saturated (g)	10,4	1,6
Carbohydrates (g)	91,4	13,6
of which sugars (g)	21,1	3,2
Fibre (g)	14,8	2,1
Protein (g)	29,8	4,4
Salt (g)	3,21	0,48

Allergens

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

2024-W39



1. Make the wedges

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and then cut them into wedges. Transfer to a parchment-lined baking sheet and lightly 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 (see Tip).

Tip 🌱 this recipe is high in calories. Are you watching your calorie intake? Prepare all of the potatoes, but then just serve two thirds. You can keep the rest in the fridge to use the next day.



4. Fry the burger

Bake the **carrot bun** for 4 - 6 minutes in the oven. Slice the **onion** into thin half rings. Melt a knob of butter in a frying pan or grill pan over medium heat. Fry the **chicken burger** for 7 - 8 minutes, pressing with a spatula. Flip it over and add the **onion**, then fry for 6 - 7 minutes.



2. Prepare the cucumber

Use a peeler or cheese slicer to shave the **cucumber** into thin ribbons. In a bowl, combine the **red wine vinegar** with half of the **sugar**. Add the **cucumber** and toss well to combine, seasoning to taste with **salt** and **pepper**. Set aside until serving, stirring occasionally.



5. Finish

Add the **beansprouts**, two thirds of the **hoisin sauce** and the rest of the **sugar**. Mix well and fry for 1 more minute, flipping the **burger** a few times so as to coat it. Transfer the slaw to the **cucumber** ribbons and toss well to combine. In a small bowl, combine the rest of the **mayonnaise** with the rest of the **hoisin sauce**.



3. Make the slaw

Grate the **carrot** and finely chop the **coriander**, then transfer to a bowl. Add half of the **mayonnaise** and season to taste with **salt** and **pepper**, then mix well to combine.

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



6. Serve

Cut open the **carrot bun** and spread with the **hoisin mayo**. Top with the **onion**, **beansprouts** and **chicken burger**, as well as some of the **cucumber slaw**. Scatter the **nasi-bami spice mix** over the **potato wedges** and serve alongside the **burger**. Serve with extra **mayo** as preferred and serve with the rest of the **cucumber** slaw alongside.

Enjoy!



Potato-Leek Soup with Fresh Chervil

with camembert on wholegrain ciabatta

Calorie Smart Family Veggie

Total time: 40 - 50 min.



Garlic



Onion



Leek



Potatoes



Fresh chervil



Camembert



Wholegrain ciabatta



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

Before you begin

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

Utensils

Parchment-lined baking sheet, soup pot, immersion blender

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	¾	1½	2	3	3½	4½
Potatoes (g)	100	150	200	250	350	400
Fresh chervil* (g)	30	60	90	120	150	180
Camembert* (g)	40	80	120	160	200	240
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
From your pantry						
Low sodium vegetable stock (ml)	450	900	1350	1800	2250	2700
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2443 /584	264 /63
Total fat (g)	26	3
of which saturated (g)	8,7	0,9
Carbohydrates (g)	58	6
of which sugars (g)	12,2	1,3
Fibre (g)	24	3
Protein (g)	23	2
Salt (g)	3	0,3

Allergens

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



1. Prepare

- Preheat the oven to 200°C and prepare the stock.
- Roughly chop the **onion** and crush or mince the **garlic**.
- Cut the **leek** into thin rings (see Tip).
- Thoroughly wash or peel the **potatoes**, then cut into quarters.

Tip: the darker part of the leek is more fibrous and can therefore result in the soup being less smooth. Be sure to finely chop this part, or omit it altogether.



2. Make the soup

- Heat the **olive oil** in a soup pot over medium-high heat. Fry the **garlic** and **onion** for 1 - 2 minutes.
- Add the **leek** and **potatoes**, then fry for 5 - 6 more minutes.
- Add the stock and bring to the boil, then allow the soup to cook gently for 14 - 16 minutes.
- Thinly slice the **camembert**. Halve the **bread roll**, then top with the **camembert**.

Did you know... 🥔 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



3. Bake the rolls

- Transfer the **bread** to a parchment-lined baking sheet.
- When the soup is almost done, bake the **bread** for 5 - 7 minutes or until the **cheese** has melted (see Tip).
- Discard any tough **chervil stems**, then finely chop the **chervil**.
- Set aside a few **leaves** to use later as garnish.

Tip: if your oven has a broiling function, use this for the last few minutes so as to make the cheese bubble and turn golden-brown.



4. Serve

- Stir the **chervil** into the **vegetables** and use an immersion blender to process into a smooth soup.
- Season to taste with **salt** and **pepper**. Add some extra water as necessary if the soup is too thick for your liking.
- Heat the soup for 2 - 3 more minutes, then serve in bowls.
- Garnish with the reserved **chervil leaves** and serve the **bread** alongside.

Enjoy!



Oyster Mushroom Wraps with Garlic Yogurt Sauce

with potato wedges, quick-pickled onion & cucumber

Nice & Fast Veggie

Total time: 25 - 30 min.



Oyster mushrooms



Onion



African-inspired
spice mix



BBQ spice rub



Flour tortillas



Potatoes



Organic full-fat yogurt



Garlic



[Persian] cucumber



Dill, mint & flat leaf
parsley



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

Oyster mushrooms are a great meat substitute. Tearing them, rather than chopping them, preserves their delicate, unique texture.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Oyster mushrooms* (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Flour tortillas (unit(s))	2	4	6	8	10	12
Potatoes (g)	100	200	300	400	500	600
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
Water (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3280 / 784	512 / 122
Total fat (g)	40	6
of which saturated (g)	7	1,1
Carbohydrates (g)	78	12
of which sugars (g)	10,3	1,6
Fibre (g)	18	3
Protein (g)	18	3
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Tear the oyster **mushrooms** into strips.
- In a bowl, combine the **oyster mushrooms** with the **BBQ rub*** and half of the **olive oil**. Season with **salt** and **pepper**.
- Transfer the **mushrooms** to a parchment-lined baking sheet and bake in the oven for 20 minutes.

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



2. Fry the wedges

- Cut the **potatoes** into wedges and transfer to a deep frying pan, then pour in the water (see pantry for amount).
- Cover with the lid, then cook for 12 - 15 minutes over medium-high heat.
- Remove the lid and drain if necessary, then add the rest of the **olive oil** and half of the **African-inspired spices**.
- Toss well to coat, then fry for 5 - 7 minutes until done. Season to taste with **salt** and **pepper**.



3. Pickle the onion

- Meanwhile, slice the **onion** into half rings.
- In a bowl, combine the **red wine vinegar** with the **sugar**. Add the **onion** and season with **salt**, then toss well to combine. Set aside until serving, stirring occasionally.
- Lightly dab the **tortillas** with some water and top with the rest of the **African-inspired spices**. Heat in the oven alongside the **mushrooms** for 2 - 3 minutes.
- Slice the **cucumber** into crescents.



4. Serve

- Crush or mince the **garlic** and finely chop the **fresh herbs**, then transfer both to a small bowl.
- Add the **yogurt** and the **mayonnaise**, then mix well to combine. Season to taste with **salt** and **pepper**.
- Fill the **tortillas** with the **oyster mushrooms**, **potato wedges**, **cucumber** and **quick-pickled onion**.
- Drizzle with the **garlic yogurt sauce**.

Enjoy!