



Bolognese-Style Risotto

with Parmigiano Reggiano, basil & mascarpone

Total time: 45 - 55 min.



Risotto rice



Seasoned minced meat blend



Garlic



Onion



Carrot



Chopped tomatoes with basil



Sicilian-style herb mix



Bay leaf



Mascarpone



Parmigiano Reggiano DOP



Fresh basil



Fresh rosemary



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

Did you know that mascarpone is considered a fresh cheese, just like cottage cheese, cream cheese and fresh meikaas? If the cheese production lacks maturation, then it is classified as a fresh cheese.

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 frying pan, microplane

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	1	2	2	3
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Fresh basil* (g)	2½	5	7½	10	12½	15
Fresh rosemary* (sprig)	1	1	2	2	3	3

From your pantry

Low sodium beef stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3807 /910	458 /110
Total fat (g)	45	5
of which saturated (g)	24,7	3
Carbohydrates (g)	88	11
of which sugars (g)	20,4	2,5
Fibre (g)	15	2
Protein (g)	32	4
Salt (g)	4,4	0,5

Allergens

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



1. Prepare

- Prepare the stock.
- Melt half of the butter in a deep frying pan over medium-high heat. Fry the **mince** for 3 minutes, separating it as you do so, then remove from the pan and set aside.
- Meanwhile, chop the **onion** and crush or mince the **garlic**. Dice the **carrot**.
- Melt the rest of the butter in the same pan over medium-high heat. Fry the **garlic**, **onion** and **carrot** for 6 - 8 minutes, then deglaze with the balsamic vinegar.



3. Finish the risotto

- Grate the **Parmigiano Reggiano** and chop the **basil**.
- When the **risotto** is done, remove the **rosemary** and the **bay leaf**.
- Add the **mince** and the **Sicilian-style herbs**, then mix well and cook for 1 more minute.
- Take the pan off the heat, then stir in the **mascarpone** and half of the **Parmigiano Reggiano**. Season to taste with salt and pepper.



2. Make the risotto

- Stir in the **risotto rice** and toast the grains for 1 minute.
- Add the **tomatoes**, **rosemary** and **bay leaf**, then pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches. The **risotto** is done when the **rice** is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.



4. Serve

- Serve the **risotto** on deep plates.
- Garnish with the **basil** and the rest of the **Parmigiano Reggiano**.

Enjoy!



Avocado Bulgur Bowl with Greek-Style Cheese

with fresh herbs, shaved almonds & dried cranberries

Calorie Smart Family Veggie

Total time: 35 - 45 min.



Onion



Tomato



[Persian] cucumber



Bulgur



Ground coriander



Fresh flat leaf parsley & mint



Shaved almonds



Avocado



Greek-style cheese



Dried cranberries



Red chili pepper



Bell pepper



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

Did you know that bulgur is made of wheat grains? This makes it a whole-grain product, 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Bulgur (g)	75	150	225	300	375	450
Ground coriander (tsp)	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Shaved almonds (g)	10	20	30	40	50	60
Avocado (unit(s))	¼	½	1	1	1½	1½
Greek-style cheese* (g)	25	50	75	100	125	150
Dried cranberries (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	1	2	2	3
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (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)	2456 /587	381 /91
Total fat (g)	22	3
of which saturated (g)	6,1	0,9
Carbohydrates (g)	71	11
of which sugars (g)	18	2,8
Fibre (g)	21	3
Protein (g)	20	3
Salt (g)	1,3	0,2

Allergens

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

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1. Prepare

Prepare the stock in a pot or saucepan. In the meantime, slice the **onion** into thin rings. Dice the **cucumber**, **bell pepper** and **tomato**. Deseed and finely chop the **red chili pepper**.*

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



4. Prepare the toppings

In the meantime, tear the **mint** leaves from the stems and chop into thin ribbons. Roughly chop the **parsley** and crumble the **Greek-style cheese**. Halve and pit the **avocado**, then remove the skin and slice the flesh.



2. Cook the bulgur

Boil the **bulgur** for 10 - 12 minutes, covered, until done. Stir regularly, then drain when finished and set aside. Meanwhile, in a salad bowl combine the **tomato** and **cucumber** with the **ground coriander** and white wine vinegar. Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



5. Make the salad

Transfer the **bulgur**, fried vegetables and two thirds of the fresh herbs to the salad bowl and mix well to combine. Season to taste with salt and pepper.

Did you know... 🌱 this recipe is low in saturated fat and rich in unsaturated plant-based fats, thanks to the avocado and olive oil. These ingredients are not only delicious, but they also help lower cholesterol and benefit cardiovascular health overall.



3. Toast the shaved almonds

Heat a clean frying pan over medium-high heat and toast the **shaved almonds** until golden-brown, then remove from the pan and set aside. Fry the **onion** and **bell pepper** in the same pan for 3 - 4 minutes, adding a generous pinch of salt. Stir regularly so as to prevent them from burning. Add the olive oil, then reduce the heat allow to caramelize for 6-8 minutes.



6. Serve

Serve the salad on plates and top with the **avocado**. Garnish with the **shaved almonds**, **Greek-style cheese**, **dried cranberries** and **red chili pepper**. Finish with the rest of the fresh herbs and then drizzle over some extra virgin olive oil as preferred.

Enjoy!



Chicken Cheeseburger with Caramelised Onion

with salad and homemade potato wedges

Family

Total time: 40 - 50 min.



Potatoes



Onion



[Persian] cucumber



Grated cheddar



Tomato



Hamburger bun with sesame seeds



Chicken burger from Oranjehoen



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

Cheddar is the perfect cheese for a cheese burger: it melts well and has a distinctive 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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	⅓	⅔	1	1½	1¾	2
Grated cheddar* (g)	15	25	40	50	65	75
Tomato (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	¾	1	1¼	1¾	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3272 /782	507 /121
Total fat (g)	37	6
of which saturated (g)	10,9	1,7
Carbohydrates (g)	79	12
of which sugars (g)	11,6	1,8
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	2,4	0,4

Allergens

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1. Make the wedges

- Preheat the oven to 200°C.
- Peel the **potatoes** and cut into wedges, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 30 - 35 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice the **onion** into half rings. Slice half of the **tomato** and finely dice the rest.



3. Make the salad

- Cut 4 slices of **cucumber** for each **burger** and set aside, then dice the rest.
- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil.
- Season to taste with salt and pepper, then add the diced **tomato** and **cucumber** and toss well to combine.



2. Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat. Fry the **burger** and the **onion** for 8 - 10 minutes or until done, turning regularly.
- In the meantime, bake the **burger bun** in the oven for 4 - 5 minutes.



4. Serve

- Cut open the **burger bun** and spread the bottom half with mustard (see Tip).
- Top with the sliced **tomato** and **cucumber**. Add the **burger** and some of the **onion**, then finish with the **cheddar**.
- Serve the **burger** with the **potato wedges** and the salad.

Tip: if preferred, serve the mustard separately or not at all.

Enjoy!



Tomato Risotto with Shrimp

with arugula salad, basil & lemon

Calorie Smart Family

Total time: 40 - 50 min.



Garlic



Onion



Lemon



Tomato paste



Tinned cherry tomatoes



Shrimp



Fresh basil



Arugula



Risotto rice



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

Did you know that basil was once called a royal herb? It gets its name from the Ancient Greek word for king: basileus.

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, microplane, oven dish, kitchen paper, salad bowl, 2x small bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	¼	½	¾	1	1¼	1½
Tinned cherry tomatoes (can)	⅓	⅔	1	1⅓	1⅔	2
Shrimp* (g)	80	160	240	320	400	480
Fresh basil* (g)	2½	5	7½	10	12½	15
Arugula* (g)	20	40	60	80	100	120
Risotto rice (g)	75	150	225	300	375	450

From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2326 /556	319 /76
Total fat (g)	17	2
of which saturated (g)	6,1	0,8
Carbohydrates (g)	76	10
of which sugars (g)	12,1	1,7
Fibre (g)	11	2
Protein (g)	22	3
Salt (g)	1,9	0,3

Allergens

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1. Prepare

Preheat the oven to 200°C and prepare the stock. Chop the **onion** and crush or mince the **garlic**. Zest the **lemon** and cut it into 6 wedges, then juice 1 wedge per person into a small bowl. Pat the **shrimp** dry with kitchen paper and transfer to a bowl. Drizzle with half of the olive oil, then add half each of the **garlic** and **lemon zest**. Toss well to combine.



4. Make the salad

Drain the **cherry tomatoes** and transfer them to an oven dish. Drizzle with the rest of the olive oil and the balsamic vinegar and season with salt and pepper, then mix well to combine. Roast for 10 minutes, then add the **shrimp** and return to the oven for 5 more minutes (see Tip). Meanwhile, in a salad bowl combine the **arugula** with the **lemon juice** and extra virgin olive oil. Season to taste with salt and pepper.

Tip: if the shrimp are not yet evenly pink or done, return them to the oven for 2 more minutes.



2. Prepare the risotto

Melt a knob of butter in a large pot over medium-high heat. Fry the rest of the **garlic** and the **onion** for 1 - 2 minutes. Add the **risotto rice** and toast the grains for 1 - 2 minutes, then stir in the **tomato paste**.



5. Finish the risotto

Finely chop the **basil** and transfer to a small bowl, along with the rest of the **lemon zest**. Add half of this to the **risotto**, along with the **tomatoes** and **shrimp** in their cooking juices. Mix well to combine.



3. Cook the risotto

Pour in a third of the stock and allow to slowly incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches. The **risotto** is done when the **rice** is soft but still al dente. This should take around 20 - 25 minutes (see Tip).

Tip: prepare the risotto according to your preference; add extra stock and cook longer if you'd prefer it to be less al dente.



6. Serve

Serve the **risotto** on plates with the **arugula** salad alongside. Garnish with the rest of the **lemon-basil** mixture. Serve with the **lemon wedges**.

Enjoy!



Chicken Stroganoff with Mushrooms

over rice with bell pepper & parsley

Calorie Smart Family

Total time: 35 - 45 min.



Onion



Garlic



Bell pepper



Tomato paste



Mushrooms



White long grain rice



Fresh flat leaf parsley



Organic crème fraiche



Smoked paprika



Chicken breast



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There is a special ingredient in your box! Our crème fraiche comes from Klaas' dairy farm. Here, the cows decide when they want to be milked.

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 frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	¾	1½	2	3	3½	4½
Tomato paste (can)	¼	½	¾	1	1¼	1½
Mushrooms* (g)	65	125	250	250	375	375
White long grain rice (g)	75	150	225	300	375	450
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Organic crème fraîche* (g)	25	50	75	100	125	150
Smoked paprika (tsp)	½	¾	1	1½	1¾	2
Chicken breast* (unit(s))	1	2	3	4	5	6
From your pantry						
Low sodium chicken stock (ml)	75	150	225	300	375	450
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Black pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2778 /664	476 /114
Total fat (g)	23	4
of which saturated (g)	13,9	2,4
Carbohydrates (g)	76	13
of which sugars (g)	11,1	1,9
Fibre (g)	9	2
Protein (g)	37	6
Salt (g)	0,6	0,1

Allergens

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



1. Prepare

Prepare the stock. Chop the **onion** and crush or mince the **garlic**. Cut the **bell pepper** into thin strips and slice the **chicken** into uniform pieces of around 2cm.



4. Boil the rice

Meanwhile, boil the **rice** for 12 - 15 minutes, then drain and set aside. Roughly chop the **parsley**.



2. Fry the chicken

Boil plenty of water in a pot or saucepan for the **rice**. Meanwhile, melt half of the butter in a deep frying pan over medium-high heat. Season the **chicken** with pepper and fry for 2 - 3 minutes until evenly browned, then remove from the pan and set aside. It shouldn't be done yet, as it will finish cooking later. In the same pan, fry the **garlic, onion** and **bell pepper** for 3 - 4 minutes.



5. Finishing

Deglaze the pan with the red wine vinegar and the stock. Reduce the heat, then stir in the **crème fraîche, smoked paprika**, mustard and half of the **parsley**. Return the **chicken** to the pan and bring to a gentle boil. Season to taste with pepper, then allow to simmer for 5 - 6 minutes.



3. Fry the vegetables

Stir in the **tomato paste** and fry for another 2-3 minutes. Quarter the **mushrooms** and add them to the pan, along with the rest of the butter. Fry for 4 - 5 minutes, then stir in the flour and fry for 1 more minute.

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



6. Serve

Serve the **rice** on plates and top with the **chicken** stroganoff. Garnish with the rest of the **parsley**.

Enjoy!



Creamy Meatball Curry

over rice with courgette & bell pepper

Nice & Fast

Total time: 15 - 20 min.



Jasmine rice



Beef meatballs with kofta seasoning



Courgette



Garlic



Chopped onion



Bell pepper strips



Curry sauce



Coconut milk



Curry powder



Lime



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

These beef meatballs are already seasoned with köfta spices. This Turkish spice mix with cumin, cardamom and mint, will fill your kitchen with delicious aromas!

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 frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Beef meatballs with kofta seasoning* (unit(s))	4	8	12	16	20	24
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Chopped onion* (g)	50	100	150	200	250	300
Bell pepper strips* (g)	50	100	150	200	250	300
Curry sauce* (ml)	40	80	120	160	200	240
Coconut milk (ml)	90	180	250	360	430	540
Curry powder (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
[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)	3435 / 821	626 / 150
Total fat (g)	39	7
of which saturated (g)	24,4	4,5
Carbohydrates (g)	88	16
of which sugars (g)	20,9	3,8
Fibre (g)	7	1
Protein (g)	28	5
Salt (g)	1,7	0,3

Allergens

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



1. Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **rice** for 12 - 15 minutes, then drain and set aside.



2. Fry the meatballs

- Melt the butter in a frying pan over medium-high heat and fry the **meatballs** for 3 - 4 minutes until evenly browned.
- Slice the **courgette** into crescents and crush or mince the **garlic**.
- Add the chopped **onion**, **garlic**, **bell pepper** strips and **courgette** to the **meatballs** and fry for 3 more minutes.



3. Make the sauce

- Add the curry sauce, the **coconut milk** and the **curry powder** to the **meatballs**. Lower the heat and cover with the lid, then fry for a further 4 - 5 minutes or until the **meatballs** are done.
- Season to taste with salt and pepper.
- Cut the **lime** into wedges in the meantime.



4. Serve

- Serve the **rice** in bowls and top with the **meatball** curry.
- Serve with the **lime wedges**.

Enjoy!



Chicken Thigh Strips on Turkish Bread

with aioli, baby potatoes & salad

Family Nice & Fast

Total time: 15 - 20 min.



Onion



Butter lettuce



Tomato



[Persian] cucumber



Aioli



Mini Turkish bread



Pre-cooked halved baby potatoes (skin-on)



Middle Eastern spice mix



Chicken thigh strips with kebab spices



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

Did you know that the word aioli is a combination of the Catalan words ai (garlic) and oli (oil)?

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 frying pan, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Butter lettuce* (head)	⅓	⅔	1	1½	1½	2
Tomato (unit(s))	½	1	2	2	3	3
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2
Aioli* (g)	25	50	75	100	125	150
Mini Turkish bread (unit(s))	1	2	3	4	5	6
Pre-cooked halved baby potatoes (skin-on)* (g)	100	200	300	400	500	600
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	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)	4046 /967	691 /165
Total fat (g)	57	10
of which saturated (g)	8,2	1,4
Carbohydrates (g)	78	13
of which sugars (g)	13,5	2,3
Fibre (g)	8	1
Protein (g)	32	5
Salt (g)	3,2	0,5

Allergens

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



1. Fry the potatoes

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **baby potatoes** with half of the **Middle Eastern spices** for 9 minutes, covered, then remove the lid and fry for 5 more minutes.
- Season to taste with salt and pepper (see Tip).

Health Tip 🍷 *this recipe is high in calories. If you're watching your calorie intake, serve the sandwich with half of the potatoes. You can use the rest another day instead.*



2. Fry the chicken

- Preheat the oven to 180°C.
- Slice the **onion** into thin rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the **chicken** with half of the **onion** for 6 - 8 minutes (see Tip).
- Meanwhile, bake the **bread** for 6 - 8 minutes in the oven.

Tip: *the rest of the onion will be served raw, but if preferred you can fry all of it here instead.*



3. Make the salad

- Set aside two **lettuce** leaves per person and finely chop the rest. Slice the **cucumber** and **tomato**.
- In a small bowl, combine the mayonnaise with the rest of the **Middle Eastern spices**.
- Cut open the **bread roll** and spread with the **aioli**.
- Top with the reserved **lettuce** leaves, along with some of the **tomato**, **cucumber** and raw **onion**.



4. Serve

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and the honey.
- Season to taste with salt and pepper, then add the rest of the **lettuce** and vegetables to the bowl.
- Toss well to combine with the dressing.
- Serve the **bread** on plates and top with the **chicken**. Serve the **baby potatoes** alongside. Serve with the salad and mayonnaise.

Enjoy!



Creamy Mafaldine with Bacon-Panko Topping

with Parmigiano Reggiano, leek, mushrooms & lemon

Nice & Fast

Total time: 10 - 15 min.



Mafaldine



Bacon lardons



Garlic



Vegetable mix with mushrooms



Lemon



Cooking cream



Parmigiano Reggiano DOP



Panko breadcrumbs



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

Lemons not only add a fresh touch and some bright colour to your dish, but they also help support your digestion!

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 frying pan, microplane, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Bacon lardons* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Lemon* (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¼	2
Panko breadcrumbs (g)	15	25	40	50	65	75
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
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3632 / 868	731 / 175
Total fat (g)	42	8
of which saturated (g)	17,2	3,5
Carbohydrates (g)	89	18
of which sugars (g)	10,1	2
Fibre (g)	10	2
Protein (g)	30	6
Salt (g)	1,8	0,4

Allergens

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



1. Boil the mafaldine

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **mafaldine** for 7 - 9 minutes.
- Reserve some of the pasta water, then drain and set aside.



2. Fry the vegetables

- Meanwhile, crush or mince the **garlic**.
- Heat half of the olive oil in a deep frying pan over medium-high heat. Fry the **garlic** with the **vegetable mix** for 4 - 6 minutes. Season with salt and pepper.
- Heat the rest of the olive oil in a frying pan over high heat. Fry the **bacon** with the **panko** until the **bacon** is done and the **panko** is golden-brown.



3. Make the sauce

- Cut the **lemon** into six wedges and grate the **Parmigiano Reggiano**.
- Deglaze the vegetables with the juice of one **lemon wedge** per person.
- Stir in the **cream** and half of the **Parmigiano Reggiano**, then allow to simmer until the **mafaldine** is done.



4. Serve

- Transfer the **mafaldine** to the sauce and mix well, adding some of the reserved pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the **mafaldine** on deep plates. Garnish with the **bacon-panko** topping and the rest of the **Parmigiano Reggiano**.
- Serve the rest of the **lemon wedges** alongside.

Enjoy!



Poké Bowl with Fried Chicken

with avocado, orange & cucumber

Family Nice & Fast

Total time: 25 - 30 min.



Soy sauce



[Persian] cucumber



Avocado



Easy peel orange



Korean-style spice mix



Black sesame seeds



Garlic



Quick-cook brown rice



Chicken breast



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

You can store unopened soy sauce in the pantry. Once you open it, you should store it in the fridge and it will stay fresh for as long as possible.

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 frying pan, large bowl, pot or saucepan, 2x kitchen paper, plate, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Soy sauce (ml)	10	20	30	40	50	60
[Persian] cucumber* (unit(s))	1	¾	1	2	1½	2¾
Avocado (unit(s))	½	1	2	2	3	3
Easy peel orange* (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Chicken breast* (unit(s))	1	2	3	4	5	6

From your pantry

Low sodium vegetable stock (ml)	180	360	540	720	900	1080
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Flour (g)	25	50	70	100	120	150
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
[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)	3628 / 867	538 / 129
Total fat (g)	39	6
of which saturated (g)	7,1	1,1
Carbohydrates (g)	89	13
of which sugars (g)	12,5	1,9
Fibre (g)	12	2
Protein (g)	39	6
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 rice

- Prepare the stock. Crush or mince the **garlic**.
- Melt the butter in a pot or saucepan over medium-high heat. Fry the **garlic** for 1 - 2 minutes, then stir in the **rice** and the stock.
- Bring to a boil, then lower the heat and cook the **rice** for 10 minutes until done.
- Meanwhile, use a sharp knife to remove the skin and the white pith from the **orange**, then dice the flesh. Dice the **cucumber**. Halve and pit the **avocado**, then remove the skin and slice the flesh.



3. Fry the chicken

- To **test** the oil, add a small amount of the batter to the pan; if it starts bubbling, then it's hot enough to fry the **chicken**.
- Prepare a plate lined with kitchen paper.
- Coat the **chicken** with the batter, then carefully fry it for 2-3 minutes.
- Turn carefully and fry for another 2 - 3 minutes until golden-brown (see Tip).

Tip: if the oil splatters too much, reduce the heat and carefully cover the pan with the lid.



2. Make the batter

- Pat the **chicken** dry with kitchen paper and cut into 2cm chunks, then season with salt and pepper.
- In a large bowl, combine the **Korean-style spices** with the flour and the water (see pantry for amounts).
- Heat the sunflower oil in a frying pan over medium-high heat (see Tip).

Tip: you can also use a fryer instead.



4. Serve

- In a small bowl, combine the **soy sauce** with the mayonnaise and the honey.
- Stir the white wine vinegar into the **rice**.
- Serve the **rice** in bowls or deep plates. Arrange everything on top, then drizzle with the sauce and garnish with the **sesame seeds**.

Enjoy!



Chili-Lime Tuna Salad Pitas

with roasted carrots & hazelnuts

Family

Total time: 40 - 50 min.



Bunched carrots



Onion



Red chili pepper



Lime



Pita bread



Tuna packed in olive oil



Hazelnuts



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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Parchment-lined baking sheet, bowl, microplane, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bunched carrots* (bunch)	½	¾	1¼	1½	2	2¼
Onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Pita bread (unit(s))	2	4	6	8	10	12
Tuna packed in olive oil (can)	1	2	3	4	5	6
Hazelnuts (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3535 /845	761 /182
Total fat (g)	52	11
of which saturated (g)	6,5	1,4
Carbohydrates (g)	68	15
of which sugars (g)	15,4	3,3
Fibre (g)	11	2
Protein (g)	23	5
Salt (g)	2,6	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 220°C and boil plenty of water in a pot or saucepan.
- Weigh the **carrots**, then remove the leaves, leaving a small amount of the stalk intact.
- Halve the **carrots** lengthways, or cut any larger ones into quarters.
- Boil the **carrots** for 5 minutes, covered, then drain and set aside.



3. Make the tuna salad

- Deseed and finely chop the **chili pepper***. Zest and juice the **lime**.
- Drain the **tuna** and transfer to a bowl.
- Add the **chili pepper**, the mayonnaise and the rest of the **onion**.
- Add (per person) ½ tsp **lime zest** and ½ tbsp **lime juice**. Season to taste with salt and pepper, then mix well to combine.

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



2. Roast the carrots

- In the meantime, chop the **onion**. Roughly chop the **hazelnuts**.
- Transfer the **carrots** and half of the **onion** to a parchment-lined baking sheet. Drizzle with the olive oil and season with salt and pepper.
- Roast the **carrots** in the oven for 10 minutes, then add the **hazelnuts** and roast for 5 - 10 more minutes.



4. Serve

- Lightly dab the **pitás** with water and cut a small opening in each one.
- Fill with the **tuna** salad, then transfer to the baking sheet when the **carrots** have 5 minutes left (see Tip).
- Serve the **tuna pitás** on plates with the roasted **carrots** alongside. Garnish with the rest of the **lime zest**.

Tip: if you can't fit all the pitas in the oven, toast them first and then fill with the tuna salad.



Tofu with Fragrant Spinach Curry

over garlic rice with yellow curry spices & chili pepper

Calorie Smart Plant-Based

Total time: 35 - 45 min.



Spinach



Yellow curry spices



Onion



Garlic



Red chili pepper



Tomato



Basmati rice



Ground turmeric



Seasoned tofu cubes



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

Basmati rice originates from northern India, and its unique flavour has been treasured there for centuries. It makes a perfect accompaniment to this dish!

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 frying pan, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Spinach* (g)	200	400	600	800	1000	1200
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Tomato (unit(s))	½	1	1	2	2	3
Basmati rice (g)	75	150	225	300	375	450
Ground turmeric (tsp)	1	2	3	4	5	6
Seasoned tofu cubes* (g)	90	180	270	360	450	540
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2431 /581	367 /88
Total fat (g)	20	3
of which saturated (g)	6,3	1
Carbohydrates (g)	74	11
of which sugars (g)	8,8	1,3
Fibre (g)	10	2
Protein (g)	24	4
Salt (g)	1,5	0,2

Allergens

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



1. Prepare

- Chop the **onion** and crush or mince the **garlic**. Prepare the stock.
- Melt the butter in a pot or saucepan over medium-high heat. Fry the **garlic** and **onion** for 1 - 2 minutes, then add the **rice** and the stock.
- Bring to a boil, then reduce the heat and cook the **rice** for 10 minutes, covered.
- Remove from the heat and allow to stand for 10 minutes, covered.



3. Fry the tofu

- Heat the rest of the sunflower oil in a frying pan over medium heat.
- Fry the **tofu** for 3 minutes, then add the **yellow curry spices** and fry for 1 more minute.



2. Make the curry

- Deseed and finely chop the **chili pepper***. Dice the **tomato**.
- Heat half of the sunflower oil in a deep frying pan over medium-high heat.
- Fry the **chili pepper**, **tomato** and **turmeric** for 1 - 2 minutes.
- Roughly chop the **spinach**, then gradually stir it into the aromatics.
- Allow to wilt and reduce, then season to taste with salt and pepper.

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



4. Serve

- Serve the **rice** on plates.
- Top with the **spinach** curry and the fried **tofu**.

Enjoy!



Creamy Beef Rigatoni with Eggplant

with tomato tapenade & arugula

Nice & Fast

Total time: 25 - 30 min.



Beef mince with Italian seasoning



Rigatoni



Cooking cream



Eggplant



Tomato tapenade



Garlic



Onion



Arugula



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

Rigatoni is derived from the Italian word rigato, which means striped.

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, deep frying pan, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Rigatoni (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Eggplant* (unit(s))	½	1	2	2	3	3
Tomato tapenade* (g)	20	40	60	80	100	120
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	2	4	4	6
Arugula* (g)	20	40	60	80	100	120
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	60	120	180	240	300	360
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3623 /866	662 /158
Total fat (g)	42	8
of which saturated (g)	14,5	2,7
Carbohydrates (g)	85	16
of which sugars (g)	14,5	2,7
Fibre (g)	10	2
Protein (g)	34	6
Salt (g)	1,9	0,3

Allergens

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



1. Fry the eggplant

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Dice the **eggplant** into 1 - 2cm chunks, then transfer to a bowl and coat with the flour.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **eggplant** for 8 - 10 minutes until evenly browned, then turn off the heat.

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



2. Boil the pasta

- Meanwhile, boil the pasta for 10 - 12 minutes, then drain and set aside. Prepare the stock in the meantime.
- Chop the **onion** and crush or mince the **garlic**.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **onion** and **garlic** for 3 - 4 minutes.
- Add the **mince** and fry for 3 more minutes, separating it as you do so.



3. Make the sauce

- Deglaze the **mince** and the **onion** with the stock and balsamic vinegar.
- Stir in the **cream** and the **tomato tapenade**, then continue cooking for 4 - 5 minutes over low heat.



4. Serve

- Serve three quarters of the **arugula** on deep plates.
- Transfer the pasta and **eggplant** to the sauce and mix well to combine.
- Season generously with salt and pepper, then serve.
- Garnish the pasta with the rest of the **arugula**.

Enjoy!



One-Pot Spaghetti in Tomato Sauce

with Parmigiano Reggiano & homemade herbed cream cheese

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Spaghetti



Onion



Garlic



Cream cheese



Tomato



Sicilian-style herb mix



Parmigiano Reggiano DOP



Passata



Fresh flat leaf parsley & basil



Arugula & lamb's lettuce



Dried oregano



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

You finish this pasta with homemade herby cream cheese. You prepare this with cream cheese and fresh parsley and basil.

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

Grater, small bowl, lidded soup pot or large pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Cream cheese* (g)	25	50	75	100	125	150
Tomato (unit(s))	2	4	6	8	10	12
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Passata (g)	100	200	300	390	500	590
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Dried oregano (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2590 /619	376 /90
Total fat (g)	19	3
of which saturated (g)	8,1	1,2
Carbohydrates (g)	84	12
of which sugars (g)	16,5	2,4
Fibre (g)	13	2
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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



1. Prepare

- Prepare the stock. Chop the **onion** and crush or mince the **garlic**.
- Dice the **tomato**. Heat the olive oil in a soup pot or large pot.
- Fry the **garlic** and **onion** for 1 - 2 minutes.
- Break the **spaghetti** in half and transfer to the pot, then add the **diced tomato**, **passata**, **oregano**, **Sicilian-style spices** and the stock.



2. Make the sauce

- Cover with the lid and boil for 3 minutes, then remove the lid and cook for 7 - 9 more minutes.
- Stir regularly, lowering the heat or adding a splash of water as necessary if the sauce reduces too quickly.
- Season to taste with salt and pepper.



3. Make the herbed cream cheese

- Finely chop the fresh herbs and transfer half to a small bowl.
- Add the **cream cheese** and season to taste with salt and pepper, then mix well to combine.
- Grate the **Parmigiano Reggiano** in the meantime.



4. Serve

- Serve the **arugula** and **lamb's lettuce** on plates, then top with the **spaghetti**.
- Garnish with the herbed **cream cheese** and the **Parmigiano Reggiano**, along with the rest of the fresh herbs.

Enjoy!



Brandt & Levie Sausage with Sweet Potato Mash

with leek, Sicilian herbs & Greek-style cheese

Family

Total time: 30 - 40 min.



Potatoes



Sweet potato



Leek



Sicilian-style herb mix



Onion



Greek-style cheese



Pork sausage with marjoram & garlic



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

Both sweet potatoes and regular potatoes are packed with vitamins and minerals, including vitamin A, which contributes to healthy eyes and a strong immune system.

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 frying pan, lidded frying pan, lidded pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	150	300	450	600	750	900
Leek* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	2	4	4	6
Greek-style cheese* (g)	25	50	75	100	125	150
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	2	4	6	8	10	12
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4088 / 977	578 / 138
Total fat (g)	57	8
of which saturated (g)	31,4	4,4
Carbohydrates (g)	82	12
of which sugars (g)	19,9	2,8
Fibre (g)	15	2
Protein (g)	28	4
Salt (g)	2,5	0,4

Allergens

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



1. Boil the potatoes

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



4. Fry the leek

Melt a knob of butter in a deep frying pan over medium-high heat. Toast the **Sicilian spices** for 1 minute or until fragrant, then add the **leek** and fry for 4 - 5 minutes.



2. Chop the vegetables

Slice the **onion** into half rings. Quarter the **leek** lengthways and then finely chop it.

Did you know... 🌱 just 100g of leek provides more than a third of the RDA of folic acid, which plays an essential role in our bodies' growth and function.



5. Mash the potatoes

Mash the **potatoes** with a generous knob of butter and a splash of the reserved cooking liquid. Stir in the **leek** and then season to taste with salt and pepper.



3. Fry the sausage

Melt a knob of butter in a frying pan over medium-high heat and fry the **onion** and the **sausage** for 2-3 minutes until the **sausages** are evenly browned. Cover with the lid and fry for 8 - 10 minutes over medium-low heat, or until the **sausage** is done. Turn the **sausage** regularly. Deglaze with the balsamic vinegar and stir in the water (see pantry for amount). Lower the heat and allow to reduce (see Tip).

Tip: stir in an extra splash of water if the jus is too thick, or some flour if it's too watery.



6. Serve

Serve the stampot on plates and crumble over the **Greek-style cheese**. Top with the **sausage** and pour over the **onion** jus.

Enjoy!



Paella-Style Rice with Chicken & Shrimp

with chorizo, green beans & tomato salad

Premium Family

Total time: 45 - 55 min.



Bell pepper



Ground turmeric



Tomato paste



Risotto rice



Lemon



Tomato



Shrimp



Diced chorizo



Carrot



Onion



Green beans



Chicken thigh fillet



Piri piri seasoning



Fresh flat leaf parsley



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

Paella comes from the Spanish region of Valencia. Did you know that the name of this Mediterranean dish means frying pan in the Valencian dialect?

Utensils

Bowl, large wok or deep frying pan with lid, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	½	1	2	2	3	3
Ground turmeric (tsp)	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Lemon* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Shrimp* (g)	80	120	180	240	300	360
Diced chorizo* (g)	25	50	75	100	125	150
Carrot* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Green beans* (g)	40	75	115	150	190	225
Chicken thigh fillet* (unit(s))	½	1	1½	2	2½	3
Piri piri seasoning (tsp)	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Salt and pepper	to taste					
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3301 / 789	348 / 83
Total fat (g)	34	4
of which saturated (g)	7,7	0,8
Carbohydrates (g)	82	9
of which sugars (g)	17,2	1,8
Fibre (g)	17	2
Protein (g)	36	4
Salt (g)	2,7	0,3

Allergens

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



1. Prepare

Prepare the stock. Chop the **onion** and cut the **carrot** into thin crescents. Chop the **bell pepper** into strips. Discard the tips of the **green beans** and then cut into thirds. Cut the **tomato** into wedges and transfer to a bowl along with the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper, then toss well to combine.



4. Fry the proteins

Cut the **lemon** into wedges and finely chop the **parsley**. Cut the **chicken** into strips. Pat the **shrimp** dry with kitchen paper. Heat the rest of the olive oil in a frying pan over high heat and fry the **chicken** with the **chorizo** and the **shrimp** for 3 minutes (see Tip).

Tip: the proteins don't need to be done yet as they'll finish cooking later in the paella.



2. Fry the vegetables

Heat half of the olive oil in a large wok or deep frying pan over medium heat. Fry the **onion** and the **carrot** with the **turmeric** and the **piri piri seasoning*** for 3 minutes, then stir in the **bell pepper** and fry for 2 more minutes.

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



5. Combine

Remove the lid and stir in the rest of the stock, then transfer the **shrimp**, **chicken** and **chorizo** to the paella, along with their cooking juices. Mix well and allow to cook gently for 3 more minutes, or until the **chicken** and **shrimp** are done. Season to taste with salt and pepper.



3. Make the paella

Add the **tomato paste** and fry for 1 minute, then add the **risotto rice** and 300ml stock per person (you will use the rest of the stock later). Bring to a boil and allow the **rice** to cook gently for 15 minutes, covered, stirring regularly. Add the **green beans** and cook for 10 more minutes.



6. Serve

Serve the paella on plates and squeeze over 1 **lemon wedge** per person. Garnish with the **parsley**. Serve with the **tomato** salad and the rest of the **lemon wedges** alongside.

Did you know... 🍅 tomatoes are a good source of the antioxidant lycopene. Antioxidants protect our cells and organs against free radicals, which are harmful substances produced by UV radiation and air pollution.

Enjoy!



Fish Gratin with Salmon, Cod & Shrimp

with leek, fennel & mashed potatoes

Premium

Total time: 50 - 60 min.



Leek



Fennel



Onion



Garlic



Tomato



Fresh flat leaf parsley



Potatoes



Cooking cream



Shrimp



Fish medley: salmon, cod & pollock



Grated Gouda



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

There is an improved ingredient in your box! We have lowered the fat content in our cooking cream, but kept the delicious, creamy taste,

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Potatoes (g)	250	500	750	1000	1250	1500
Cooking cream (g)	50	100	150	200	250	300
Shrimp* (g)	40	80	120	160	200	240
Fish medley: salmon, cod & pollock* (g)	130	260	390	520	650	780
Grated Gouda* (g)	25	50	75	100	125	150
From your pantry						
Low sodium fish stock (ml)	75	150	225	300	375	450
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Salt & pepper				to taste		

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3548 /848	399 /95
Total fat (g)	44	5
of which saturated (g)	24,6	2,8
Carbohydrates (g)	62	7
of which sugars (g)	11,3	1,3
Fibre (g)	16	2
Protein (g)	46	5
Salt (g)	1,8	0,2

Allergens

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

2024-W46



1. Prepare

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



4. Bake the fish gratin

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



2. Fry the vegetables

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



5. Mash the potatoes

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



3. Prepare the fish

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



6. Serve

Serve the fish gratin with the mashed **potatoes**. Garnish with the rest of the **parsley**.

Enjoy!



Steak with Béarnaise Sauce

with honey mustard-dressed salad & herbed baby potatoes

Premium Nice & Fast

Total time: 25 - 30 min.



Steak



Béarnaise sauce



Baby potatoes



Radish



[Persian] cucumber



Radicchio & romaine



Honey-mustard dressing



Fresh flat leaf parsley & chives



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

Béarnaise sauce is derived from Hollandaise sauce and is thus prepared in the same way, primarily with clarified butter and egg yolk. The main difference is that for Béarnaise sauce, tarragon is added.

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, lidded deep frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Béarnaise sauce* (g)	50	100	150	200	250	300
Baby potatoes (g)	200	400	600	800	1000	1200
Radish* (bunch)	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	½	1	2	2	3	3
Radicchio & romaine* (g)	25	50	75	100	125	150
Honey-mustard dressing* (g)	20	40	60	80	100	120
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
From your pantry						
Water for the sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3343 /799	501 /120
Total fat (g)	55	8
of which saturated (g)	26,1	3,9
Carbohydrates (g)	43	6
of which sugars (g)	6,9	1
Fibre (g)	9	1
Protein (g)	32	5
Salt (g)	1,2	0,2

Allergens

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



1. Fry the potatoes

Take the **steak** out of the fridge and allow it to reach room temperature (see Tip). Wash the **baby potatoes** and cut them in half. Melt a knob of butter in a deep frying pan over medium heat. Fry the **potatoes** for 15 minutes, covered, tossing regularly. Remove the lid and then fry for 8 more minutes.

Tip: for the best result, take the steak out of the fridge 30-60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.



2. Chop the vegetables

Meanwhile, slice the **cucumber** into crescents. Quarter the **radishes**, then transfer both to a salad bowl. Add the honey mustard dressing and toss well to combine. Finely chop the fresh herbs.



3. Fry the steak

When the **baby potatoes** have 10 minutes left, melt a generous knob of butter in a frying pan over high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side (see Tip). Remove from the pan, season with pepper and allow to rest under aluminium foil.

Tip: fry the steak for more or less time as preferred, depending on how rare you'd like it.



4. Heat the sauce

Transfer the **Béarnaise sauce** to the same pan and add the water (see pantry for amount). Heat the sauce for 2 - 3 minutes over medium heat.



5. Finish

Shortly before serving, stir the fresh herbs into the **baby potatoes** and season to taste with salt and pepper. Add the **lettuce** to the salad bowl and toss well to combine.



6. Serve

Serve the **baby potatoes** on plates. Slice the **steak** against the grain and serve alongside. Top the **steak** with the **Béarnaise sauce**. Serve the salad alongside.

Enjoy!



Cha Ca La Vong-Style Cod with Rice Noodles

Vietnamese classic, with nuoc cham, broccolini & peanuts

Calorie Smart Nice & Fast

Total time: 25 - 30 min.



Cod fillet



Fresh dill



Fresh coriander



Pak choi



Scallions



Yellow curry spices



Lime



Salted peanuts



Garlic-ginger-chili mix



Broccolini



Rice noodles



Fish sauce



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

Cha Ca La Vong is a Vietnamese dish traditionally made with turmeric-marinated fish and vermicelli noodles. This version uses cod with rice noodles, staying close to the original recipe while offering a fresh twist.

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, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Fresh dill* (g)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Pak choi* (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Salted peanuts (g)	10	20	30	40	50	60
Garlic-ginger-chili mix* (g)	20	40	60	80	100	120
Broccolini* (g)	50	100	150	200	250	300
Rice noodles (g)	50	100	150	200	250	300
Fish sauce (ml)	10	20	30	40	50	60

From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	2	4	6	8	10	12
Water for the sauce (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2197 /525	450 /108
Total fat (g)	14	3
of which saturated (g)	1,8	0,4
Carbohydrates (g)	63	13
of which sugars (g)	15,7	3,2
Fibre (g)	6	1
Protein (g)	34	7
Salt (g)	3,5	0,7

Allergens

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



1. Prepare

In a bowl, combine the **yellow curry spices** with half each of the **garlic-ginger-chili mix*** and the sugar. Add 1 tsp **fish sauce**** per person and mix well. Transfer the **cod** to the bowl and coat with the marinade, then allow to rest until further use.

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

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



2. Chop the vegetables

Finely chop the **scallions** and separate the white part from the greens. Halve the **broccolini** lengthways, or cut any thicker stems into quarters. Discard the base of the **pak choi** and finely chop both the leaves and the stems, being sure to keep them separate.



3. Fry the cod

Boil plenty of water in a large pot or saucepan for the **noodles**. Finely chop the **dill**. Heat the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **cod** for 1 - 2 minutes on one side, then flip and fry for 1 minute on the other side. Add the **dill** and fry for 1 more minute, then remove the **cod** from the pan and set aside.



4. Boil the noodles

In the same pan, fry the **broccolini**, the stems of the **pak choi** and the white parts of the **scallions** for 6 - 8 minutes over medium-high heat. Add the **scallion** greens and the leaves of the **pak choi** and fry for 1 more minute. Season with salt and pepper. Meanwhile, boil the **noodles** for 6-7 minutes, then drain and rinse under cold water.



5. Make the nuoc cham sauce

Cut the **lime** into six wedges. In a small bowl, combine the rest of the **garlic-ginger-chili** mix with the rest of the sugar, along with (per person) the juice of one **lime** wedge, 1 tbsp water and 1 tsp **fish sauce**. Return the **noodles** to the pot and add half of the nước chấm sauce. Toss well to combine.



6. Serve

Finely chop the **coriander**. Serve the **noodles** on deep plates. Top with the vegetables and the **cod**, then garnish with the **peanuts** and **coriander**. Serve the rest of the nước chấm sauce and **lime wedges** alongside.

Enjoy!



Chicken Thigh in Cranberry-Orange Sauce

with bacon lardons, endive & potato wedges

Family

Total time: 35 - 45 min.



Oven-ready potato wedges



Chicken thigh fillet



Bacon lardons



Onion



Endive



Easy peel orange



Fresh rosemary



Fresh thyme



Cranberry chutney



Chopped pecans



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

Pecans are known as a brain food. They contain vitamins B and E, which are understood to positively impact brain function!

Utensils

Parchment-lined baking sheet, microplane, oven dish, kitchen paper, plate, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Oven-ready potato wedges* (g)	250	500	750	1000	1250	1500
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	2	2	3	3
Endive* (unit(s))	1	2	3	4	5	6
Easy peel orange* (unit(s))	½	1	1	2	2	3
Fresh rosemary* (sprig)	½	1	2	2	3	3
Fresh thyme* (g)	2½	5	5	10	10	15
Cranberry chutney* (g)	80	160	240	320	400	480
Chopped pecans (g)	10	20	30	40	50	60
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4628 /1106	566 /135
Total fat (g)	63	8
of which saturated (g)	18,9	2,3
Carbohydrates (g)	96	12
of which sugars (g)	52,8	6,5
Fibre (g)	12	2
Protein (g)	38	5
Salt (g)	1,5	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 180°C. Slice the **onion**. Zest and juice the **orange**. Discard the **rosemary** stalks and finely chop the leaves. Melt a knob of butter in a frying pan over high heat and sear the **chicken thigh** for 1 - 2 minutes per side, seasoning with salt and pepper. Combine the **cranberry chutney** with 30ml **orange** juice per person.



4. Fry the bacon lardons

When the **chicken** and **potatoes** have 10 minutes left, re-heat the same pan over medium-high heat and fry the **bacon lardons** for 4 - 5 minutes. Meanwhile, cut the **endive** into quarters.

Did you know... 🍷 *endive is grown in the dark, which is what gives it its colour - the lack of sunlight means that the plant can't produce chlorophyll, which gives leaves their green colour.*



2. Prepare the chicken

Add a drizzle of olive oil to an oven dish and fill with the **onion**. Top with the **chicken thigh** and drizzle over the cooking juices from the pan. Add the **cranberry-orange sauce**, some **thyme** stalks and half of the **rosemary**.



5. Fry the endive

Transfer the **bacon lardons** to a plate with kitchen paper. Melt a knob of butter in the same pan over medium-high heat, then fry the **endive** with the honey, mustard and water (see pantry for amounts). Fry the **endive** for 3 minutes, stirring occasionally. Add the **pecans** and the **bacon lardons** and fry for 1 more minute. Season to taste with salt and pepper.



3. Bake the wedges

Transfer the oven dish to a lined baking sheet with the **potato wedges** alongside. Drizzle the wedges with olive oil and scatter over the rest of the **rosemary**. Season with salt and pepper, then roast in the oven for 18 - 20 minutes.



6. Serve

Serve the **potato wedges** on plates with some mayonnaise alongside. Serve with the **chicken** and top with the **cranberry sauce** and the **onion**. Garnish with **orange zest** as preferred. Serve with the **endive** and **bacon lardons**.

Enjoy!



Eggplant Naan Pizza with Burrata

with bell pepper & basil crème

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Eggplant



Bell pepper



Garlic



Burrata



Passata



Italian seasoning



Naan bread



Arugula



Basil crème



Tomato



Grated Italian cheese



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

Passata di pomodoro is made from fresh, ripe tomatoes that are cooked and then strained. It makes the perfect base for a variety of pasta or pizza sauces.

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, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Passata (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Naan bread (unit(s))	1	2	3	4	5	6
Arugula* (g)	20	40	60	80	100	120
Basil crème (ml)	10	15	24	30	39	45
Tomato (unit(s))	1	2	3	4	5	6
Grated Italian cheese* (g)	25	50	75	100	125	150
From your pantry						
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3368 /805	583 /139
Total fat (g)	40	7
of which saturated (g)	13,8	2,4
Carbohydrates (g)	77	13
of which sugars (g)	15	2,6
Fibre (g)	11	2
Protein (g)	30	5
Salt (g)	2	0,3

Allergens

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



1. Cut the vegetables

- Preheat the oven to 200°C.
- Thinly slice the **eggplant** and cut the **bell pepper** into thin strips.
- Crush or mince the **garlic**.



2. Fry the aubergine

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Season the **eggplant** with salt and then fry for 3 - 4 minutes per side.



3. Make the naan pizza

- In a bowl, combine the **passata** with the **Italian herbs** and the **garlic**.
- Transfer the **naan** to a parchment-lined baking sheet and spread each one with 2 tbsp of the **passata** mixture.
- Top with the **eggplant**, the **bell pepper** and the grated **Italian cheese** (see Tip).
- Season to taste with salt and pepper, then bake the **naan pizza** in the oven for 8 - 10 minutes.

Tip: add any leftover vegetables to the salad in the next step.



4. Serve

- Cut the **tomato** into wedges.
- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil.
- Add the **tomato** and **arugula** and toss well to combine. Season to taste with salt and pepper.
- Top the **naan pizza** with the **burrata** and then drizzle over the **basil crème**. Serve with the salad alongside.

Did you know... 🌱 just 20g of arugula provides more iron, calcium and vitamin A than most other vegetables.



Double Smash Burger on Brioche

with cheese, mushrooms & smoky tomato ketchup

Premium Family

Total time: 30 - 40 min.



Mushrooms



Onion



Tomato



Radicchio & romaine



Grated Gouda



Smoky tomato ketchup



Brioche bun



Potatoes



Beef-pork mince with Italian herbs



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

Brioche is originally from France. It is a bit fluffier than other breads, so it doesn't weigh as heavily on the stomach as other breads. It's even a bit similar to cake!

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 deep frying pan, lidded frying pan, small bowl, spatula

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	250	250	375	375
Onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	½	1	2	2	3	3
Radicchio & romaine* (g)	25	50	75	100	125	150
Grated Gouda* (g)	25	50	75	100	125	150
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Brioche bun (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Beef-pork mince with Italian herbs* (g)	200	400	600	800	1000	1200

From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6138 /1467	709 /169
Total fat (g)	97	11
of which saturated (g)	32,6	3,8
Carbohydrates (g)	92	11
of which sugars (g)	22,2	2,6
Fibre (g)	14	2
Protein (g)	56	6
Salt (g)	4,6	0,5

Allergens

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



1. Fry the potatoes

Wash the **potatoes** and cut into wedges. Transfer to a deep frying pan along with the water (see pantry for amount). Boil the **potato** wedges for 8-10 minutes over medium-low heat, covered, then drain if necessary. Remove the lid and drizzle with olive oil, then fry for 10 - 15 minutes until done. Season to taste with salt and pepper.



4. Fry the burgers

Shape the **mince** into two balls per person and transfer to the same pan. Use a spatula to press down into **burger** patties of 1cm thickness. Fry for 2 minutes per side over medium-high heat (see Tip). Top with the **grated cheese**, then stack the patties so as to make a double **burger**. Reduce the heat and cover with the lid so as to allow the **cheese** to melt.

Tip: if you're cooking for more than two people, use an extra pan or fry the burgers in batches.



2. Pickle the onion

Finely chop a quarter of the **onion** and transfer to a small bowl along with the white wine vinegar and sugar. Mix well to combine and set aside, stirring occasionally.



5. Make the sauce

Slice the **tomato** and set aside. Combine the smoky **tomato ketchup** with the finely chopped **onion** and half of the mayonnaise. Season to taste with salt and pepper.

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. Fry the mushrooms

Slice the **mushrooms** and cut the rest of the **onion** into half-rings. Heat a drizzle of olive oil in a frying pan over high heat and fry the **onion** and **mushrooms** for 4 - 5 minutes. Stir in the butter and season to taste with salt and pepper, then fry for another 4 - 5 minutes. Remove from the pan and set aside.



6. Serve

Cut open the **brioche bun** and spread both sides with the sauce. Top with the **lettuce**, sliced **tomato**, **burger** patties and the fried vegetables. Serve the **burger** with the **potato wedges**, along with the rest of the mayonnaise as preferred.

Enjoy!