



Sweet Soy Chicken with Hot Honey Peanuts

over sticky garlic rice with pak choi & carrot

Family Calorie Smart

Total time: 30 - 40 min.



Garlic



Sesame oil



Risotto rice



Pak choi



Carrot



Chicken fillets



Hot honey peanuts



Sweet chili sauce



Soy sauce



Yellow carrot



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

Cooking the rice in garlic and sesame oil adds extra flavour to this dish!

Before you begin

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

Utensils

Lidded frying pan, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Sesame oil (ml)	5	10	15	20	25	30
Risotto rice (g)	65	130	200	260	330	390
Pak choi* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	¾	1	1	2	2	3
Chicken fillets* (g)	100	200	300	400	500	600
Hot honey peanuts (g)	10	20	30	40	50	60
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Yellow carrot* (unit(s))	1	1	1	2	2	3
From your pantry						
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water (ml)	100	200	300	400	500	600
Low sodium chicken stock cube (unit(s))	⅓	¼	⅓	½	⅔	¾
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2690 /643	443 /106
Total fat (g)	20	3
of which saturated (g)	2,9	0,5
Carbohydrates (g)	75	12
of which sugars (g)	13,1	2,2
Fibre (g)	10	2
Protein (g)	36	6
Salt (g)	2,6	0,4

Allergens

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



1. Boil the rice

Weigh the **rice** and crush or mince the **garlic**. Heat the **sesame oil** in a pot or saucepan over medium-high heat and fry the **garlic** for 2 - 3 minutes until golden-brown. Reduce the heat, then add the **rice** and the water (see pantry for amount). Season with a pinch of salt (see Tip). Boil the **rice** for 12 - 15 minutes, covered, then set aside until serving.

Tip: add an extra splash of water as necessary if it gets too dry.



2. Fry the vegetables

Slice the **carrots** into thin crescents. Heat a light drizzle of sunflower oil in a frying pan over medium-high heat and stir-fry the **carrots** for 3-5 minutes. Discard the base of the **pak choi** and then cut into strips (see Tip). Cut the **chicken** into 1 - 2cm chunks.

Tip: if preferred, cut the pak choi into larger pieces so as to keep some of its structure while stir-frying.



3. Fry the chicken

Add the **pak choi** and crumble in the stock cube (see pantry for amount). Cover with the lid and allow to stew for 2 - 4 minutes, then season to taste with salt and pepper as needed. Heat a drizzle of sunflower oil in a frying pan over medium-low heat and fry the **chicken** for 5 minutes. Stir in the **sweet chili sauce**, **soy sauce** and ketjap, then fry for 2 more minutes.



4. Serve

Roughly chop the hot honey **peanuts**. Serve the sticky **rice** on plates and top with the vegetables and the **chicken**. Garnish with the hot honey **peanuts**.

Enjoy!



Smoky Conchiglie Al Forno

with mozzarella, basil & Romano pepper

Family Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Romano pepper



Middle Eastern
spice mix



Conchiglie



Mozzarella



Tomato



Passata



Smoky tomato ketchup



Fresh basil



Grated Gouda



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

Conchiglie is prized for its shape - these pasta shells perfectly envelop sauces, delivering flavour with every bite!

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, oven dish, lidded 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))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	2	2	3	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	2	3	4	5
Passata (g)	100	200	300	400	500	600
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	25	40	60	80	100	120
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2904 /694	582 /139
Total fat (g)	23	5
of which saturated (g)	12,8	2,6
Carbohydrates (g)	87	17
of which sugars (g)	17	3,4
Fibre (g)	9	2
Protein (g)	32	6
Salt (g)	1,9	0,4

Allergens

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



1. Prepare

Preheat the oven to 220°C. Boil plenty of water in a pot or saucepan for the **conchiglie** and crumble in the stock cube (see pantry for amount). Boil the **conchiglie** for 14 - 16 minutes, covered, then drain and set aside.

Did you know... 🌱 eating less meat is beneficial for your health; in particular, it reduces the risk of cardiovascular diseases.



2. Fry the vegetables

Chop the **onion** and crush or mince the **garlic**. Dice the **Romano pepper**. Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** and **garlic** for 2 minutes, then add the **Romano pepper** and **Middle Eastern spices** and fry for 4 more minutes. Meanwhile, tear the **mozzarella** into small pieces and dice the **tomato**.



3. Assemble

Stir the **passata** and the diced **tomatoes** into the vegetables and cook for 2 more minutes, then stir in the **conchiglie**. Season to taste with salt and pepper, then transfer to an oven dish. Top with the **mozzarella** and **smoky tomato ketchup**, along with half of the **grated cheese**. Bake in the oven for 5 minutes or until the **mozzarella** has melted.



4. Serve

Roughly chop the **basil** leaves. Serve the conchiglie al forno on plates and garnish with the **basil** and the rest of the **cheese**.

Enjoy!



Risotto with Roasted Cherry Tomatoes

with fennel, Greek-style cheese & almonds

Veggie

Total time: 45 - 55 min.



Risotto rice



Fennel



African-inspired
spice mix



Onion



Greek-style cheese



Garlic



Red cherry tomatoes



Salted almonds



Tomato paste



Fresh flat leaf parsley



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

A perfect risotto takes time and patience. Here's a tip to make sure it goes smoothly: make sure to keep the stock hot on low heat!

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, oven dish, large deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Fennel* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Greek-style cheese* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Salted almonds (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Boiled water (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	1	2	3	4	5	6
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)	3180 / 760	396 / 95
Total fat (g)	38	5
of which saturated (g)	15,4	1,9
Carbohydrates (g)	80	10
of which sugars (g)	16	2
Fibre (g)	14	2
Protein (g)	22	3
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

Preheat the oven to 200°C. Chop the **onion** and crush or mince the **garlic**. Quarter the **fennel**, then remove the core and cut the **fennel** into strips. Boil the water and crumble in the stock cube (see pantry for amounts).



2. Roast the fennel

Transfer the **fennel** to a large bowl and add the **tomato paste**. Add 1 tsp per person of the African-style herbs and drizzle with olive oil, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 20 - 25 minutes. Be sure to leave enough space to add an oven dish later.



3. Prepare the risotto

Melt a knob of butter in a large deep frying pan over medium-high heat and fry the **onion** and **garlic** for 1 minute. Stir in the **risotto rice** and toast the grains for 1 minute, 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 if you'd prefer the risotto to be less al dente.



4. Roast the tomatoes

Transfer the **cherry tomatoes** to an oven dish and drizzle with olive oil and balsamic vinegar. Season with salt and pepper, then toss well to coat. Roast in the oven for 12 - 15 minutes.



5. Finish the risotto

Roughly chop the **almonds** and finely chop the **parsley**. Crumble the **Greek-style cheese**. Take the risotto off the heat and stir in the rest of the African-style herbs, along with half each of the **cheese** and the **parsley**. Stir in two-thirds of the **cherry tomatoes**, then season to taste with plenty of salt and pepper.



6. Serve

Serve the risotto on deep plates and top with the roast **fennel** and the rest of the **cherry tomatoes**. Garnish with the **almonds**, as well as the rest of the **cheese** and the **parsley**.

Did you know... 🌱 200g fennel provides almost a quarter of the RDA of potassium. Potassium is important for regulating our nervous system and for maintaining fluid levels in our cells.

Enjoy!



Pork Schnitzel over Garlic-Ginger Rice

with East Asian-style sauce, scallions & crunchy slaw

Family Nice & Fast

Total time: 25 - 35 min.



Pork Wiener schnitzel



Jasmine rice



Garlic



Chopped
sweetheart cabbage



Carrot



East Asian-style sauce



Scallions



Fresh ginger



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

Ginger is a root. So if you put it in some soil, it will grow just like a potato.

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, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork Wiener schnitzel* (unit(s))	1	2	3	4	5	6
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Carrot* (unit(s))	1	2	4	4	6	6
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Scallions* (bunch)	½	1	1	2	2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
From your pantry						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	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)	4054 /969	576 /138
Total fat (g)	47	7
of which saturated (g)	13,6	1,9
Carbohydrates (g)	98	14
of which sugars (g)	22,7	3,2
Fibre (g)	11	2
Protein (g)	35	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. Prepare

Prepare the stock. Finely grate the **ginger** and press or mince the **garlic**. Chop the **scallions** into thin rings, keeping the white part separate from the greens. Grate the **carrot**. In a bowl, combine the sugar with the white wine vinegar. Season with salt and pepper, then add the grated **carrot** and chopped **cabbage** and toss well to combine (see Tip). Set aside in the fridge until ready to serve.

Tip: you can chop the cabbage more finely if preferred.



3. Fry the schnitzel

Melt the butter in a frying pan over medium-high heat (see Tip). When the butter is nice and hot, fry the **schnitzel** for 2 - 3 minutes on each side. Toss the pan while frying so as to ensure the **schnitzel** doesn't stick to the pan. Take the **schnitzel** out of the pan and slice into thin strips. In the meantime, combine the mayonnaise with the **East Asian-style sauce** and 1 tsp water per person.

Tip: use a generous amount of butter so as to ensure the breading stays intact.



2. Boil the rice

Heat the olive oil in a pot or saucepan over medium-high heat. Fry the **garlic**, **ginger** and the white part of the **scallion** for 1 - 2 minutes. Add the **jasmine rice** and the stock. Bring to a boil, then lower the heat and cook the **rice** for 10 - 12 minutes (see Tips). Take the pan off the heat and allow to rest with the lid on until serving.

Tip 1: add more water to the rice if it becomes too dry.

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



4. Serve

Serve the **garlic-ginger rice** on deep plates with the slaw on the side. Top with the **schnitzel** strips. Garnish with the **scallion** greens and drizzle over the sauce.

Did you know...🌱 sweetheart cabbage is an excellent source of calcium, iron and vitamin C, which help keep your bones, teeth and muscles healthy.

Enjoy!



Giant Couscous with Carrots & Roasted Pepper

with yogurt, almonds & Greek-style cheese

Veggie

Total time: 40 - 50 min.



Bell pepper



Garlic



Fresh curly parsley



Greek-style cheese



Salted almonds



Giant couscous



Ground cumin



Organic full-fat yogurt



Sliced carrots



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

This giant couscous has it all: from soft Greek-style cheese to fresh yoghurt and crunchy almonds.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded deep frying pan, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Salted almonds (g)	15	30	45	60	75	90
Giant couscous (g)	75	150	225	300	375	450
Ground cumin (sachet(s))	⅓	⅔	1	1½	1¾	2
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Sliced carrots* (g)	75	150	225	300	375	450
From your pantry						
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Honey (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3397 /812	542 /129
Total fat (g)	45	7
of which saturated (g)	13,5	2,2
Carbohydrates (g)	72	11
of which sugars (g)	12,9	2,1
Fibre (g)	11	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. Roast the bell pepper

Preheat the oven to 220°C and prepare the stock. Deseed the **bell pepper** and chop into strips, then transfer to a parchment-lined baking sheet. Drizzle with the sunflower oil and then roast for 20 - 25 minutes or until soft, tossing halfway.

Did you know...🍌 thanks to the bell pepper, this recipe surpasses the RDA of vitamin C; one bell pepper provides more than double.



3. Fry the carrot

Heat the rest of the olive oil in a wok or deep frying pan over medium-low heat. Fry the **garlic** for 1 minute, then stir in the **carrot** and **cumin** and turn the heat to medium-high. Fry for 7 - 10 minutes or until the **carrot** is done, then season to taste with salt and pepper.



2. Prepare the toppings

Crush or mince the **garlic**. Finely chop the **parsley** and crumble the **Greek-style cheese**. Roughly chop the **almonds**. Heat half of the olive oil in a pot or saucepan over medium-high heat and toast the **giant couscous** for 1 minute. Pour in the stock (take care that it doesn't splash), then set the heat to low and boil the **giant couscous** for 13 - 15 minutes until done (see Tip).

Tip: add an extra splash of water as necessary if it gets too dry.



4. Serve

Meanwhile, in a bowl combine the **yogurt** with the extra virgin olive oil and the honey, then season to taste with salt and pepper. Transfer the **carrot** to the **giant couscous**, along with half each of the **cheese**, **bell pepper**, **parsley** and **almonds**. Mix well to combine, then serve on plates and drizzle with the **yogurt** sauce. Top with the rest of the **bell pepper**, then garnish with the rest of the **cheese**, **parsley** and **almonds**.

Enjoy!



No-Fish Fingers with Sweet Potato Wedges

with salad, ravigote sauce & pumpkin seeds

Family Veggie

Total time: 30 - 40 min.



Sweet potato



Tomato



Cucumber



Carrot



Fresh dill & chives



Vegan fish fingers



Ravigote sauce



Mixed leaves
of radicchio,
arugula & lettuce



Pumpkin seeds



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 regular potatoes? 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

Bowl, grater, salad bowl, small bowl, frying pan, parchment-lined baking sheet

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	225	450	675	900	1125	1350
Tomato (unit(s))	1	2	4	4	6	6
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Carrot* (unit(s))	½	1	1	1	2	2
Fresh dill & chives* (g)	5	10	15	20	25	30
Vegan fish fingers* (unit(s))	3	6	9	12	15	18
Ravigote sauce* (g)	40	80	120	160	200	240
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Pumpkin seeds (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3811 /911	605 /145
Total fat (g)	56,6	9
of which saturated (g)	7,1	1
Carbohydrates (g)	80,5	12,8
of which sugars (g)	23,8	3,8
Fibre (g)	14	2,2
Protein (g)	13	2
Salt (g)	2	0,3

Allergens

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



1. Make the wedges

Preheat the oven to 200°C. Weigh the **sweet potato** and cut into 1cm thick wedges. Transfer to a bowl and drizzle with olive oil (see Tip). Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes or until done, tossing halfway.

Tip: to save time washing up, you can also transfer the wedges directly to the parchment-lined baking sheet.



2. Chop the vegetables

Cut the **tomato** into wedges and slice the **cucumber** into crescents. Grate the **carrot** and finely chop the fresh herbs.

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*



3. Make the sauce

In a small bowl, combine the **ravigote sauce** with the fresh herbs and the mayonnaise, then transfer 1 tbsp per person of this sauce to a large salad bowl. Add the white wine vinegar, mustard and extra virgin olive oil, then mix well to combine. Season the dressing to taste with salt and pepper.



4. Toast the pumpkin seeds

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



5. Fry the no-fish fingers

In the same pan, heat a drizzle of olive oil over medium-high heat. Fry the **no-fish fingers** for 4-6 minutes until evenly golden-brown.



6. Serve

Transfer the vegetables and the **lettuce** to the salad bowl and toss well to combine with the dressing. Serve the sweet potato wedges with the no-fish fingers and the salad. Garnish the salad with the **pumpkin seeds** and serve the rest of the **ravigote sauce** on the side.

Enjoy!



Panko Chicken Bowl with Sweet Soy Mayo

over rice with broccoli, carrot & gomashio

Total time: 40 - 50 min.



Broccoli



Carrot



Jasmine rice



Chicken thigh fillet



Mayonnaise



Panko breadcrumbs



Middle Eastern
spice mix



Soy sauce



Gomashio



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

Gomashio comes from Japanese cuisine and is used to season dishes. It is made from 90% goma (sesame seeds) and 10% sio (sea 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

Parchment-lined baking sheet, deep plate, lidded saucepan, pot or saucepan, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	200	360	560	720	920	1080
Carrot* (unit(s))	½	1	1	1	2	2
Jasmine rice (g)	75	150	225	300	375	450
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Mayonnaise* (g)	35	75	100	135	175	210
Panko breadcrumbs (g)	20	40	60	75	100	115
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3

From your pantry						
Honey (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
<i>*store in the fridge</i>						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3954 /945	812 /194
Total fat (g)	51	11
of which saturated (g)	6,3	1,3
Carbohydrates (g)	82	17
of which sugars (g)	6,7	1,4
Fibre (g)	9	2
Protein (g)	35	7
Salt (g)	2,1	0,4

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. Boil plenty of water in two pots or saucepans for the **rice** and vegetables. Cut the head of the **broccoli** into florets and then dice the stem. Thinly slice the **carrot**, then parboil both for 4 - 5 minutes. Drain and set aside (they will finish cooking later).



2. Boil the rice

Boil the **rice** for 12 - 15 minutes, then drain and set aside.



3. Prepare the chicken

Meanwhile, cut the **chicken** into 2 - 3cm strips. Use 0.5 tbsp mayonnaise to coat the **chicken** and set the rest of the mayonnaise aside to use later. Transfer the **panko** and **Middle Eastern spices** to a plate and mix well, then coat the **chicken** with the **panko**.



4. Cook the chicken

Heat the sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the **chicken** for 1-2 minutes per side, then transfer to a parchment-lined baking sheet. Bake in the oven for 10-12 minutes until done.



5. Stir-fry the vegetables

Reheat the same pan over medium-high heat and stir-fry the **broccoli** and **carrot** for 4 - 5 minutes until done. Season to taste with salt and pepper. In a small bowl, combine the rest of the mayonnaise with the **soy sauce** and the honey (see Tip).

Health Tip: 🥬 this recipe is high in calories. If you're watching your calorie intake, substitute part of the mayonnaise for yogurt so as to make a lighter sauce.



6. Serve

Serve the **rice** on deep plates and top with the **chicken** and vegetables. Drizzle with the soy mayonnaise and garnish with the **gomashio**.

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.

Enjoy!



Coconut Curry Noodle Soup

with fresh udon, coriander & peanuts

Nice & Fast Plant-based

Total time: 20 - 30 min.



Red chili pepper



Garlic



Onion



Yellow curry spices



Vegetable mix
with mushrooms



Coconut milk



Fresh coriander



Salted peanuts



Fresh udon noodles



Soy sauce



Crispy fried onions



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

The advantage of using fresh udon noodles is that they are quick to prepare and therefore easy to cook in the soup!

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

Soup pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Coconut milk (ml)	125	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Salted peanuts (g)	20	40	60	80	100	120
Fresh udon noodles (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Crispy fried onions (g)	10	15	25	30	40	45
From your pantry						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
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)	2824 /675	524 /125
Total fat (g)	41	8
of which saturated (g)	24,1	4,5
Carbohydrates (g)	54	10
of which sugars (g)	13,1	2,4
Fibre (g)	15	3
Protein (g)	18	3
Salt (g)	3,8	0,7

Allergens

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



1. Prepare

Boil 200ml water per person and crumble in the stock cube (see Tip). Deseed and finely chop the **red chili pepper**.* Chop the **onion** and crush or mince the **garlic**.

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

Health Tip: 🌱 if you’re watching your salt intake, use half the indicated amount of the stock cube (see pantry).



2. Fry the vegetables

Heat the sunflower oil in a soup pot over high heat. Fry the **onion** with the **garlic**, **chili pepper** and **yellow curry spices** for 1 minute. Stir in the **vegetable mix** and fry for 4 minutes.



3. Make the soup

Add the **coconut milk** and the stock, then allow to simmer gently for 4 minutes over medium heat. Meanwhile, finely chop the **coriander** and roughly chop the **peanuts**. Add the **udon noodles** and the **soy sauce** and cook for 3 more minutes.



4. Serve

Season the soup to taste with salt and pepper, then serve in bowls. Garnish with the **coriander**, **peanuts** and **crispy onions**.

Did you know...🌱 peanuts are a great source of vitamins and minerals, in particular vitamin E and magnesium. Vitamin E supports the immune system, while magnesium keeps bones and muscles healthy. Just one handful of peanuts provides a fifth of the RDA of both these nutrients.

Enjoy!



Creamy Beef Rigatoni with Eggplant

with tomato tapenade & arugula

Nice & Fast

Total time: 25 - 35 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 and weigh your fresh fruits and vegetables.

Utensils

Bowl, deep frying pan, lidded 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)	14,2	2,6
Carbohydrates (g)	84	15
of which sugars (g)	13,7	2,5
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 (see Tip). 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!



Nasi Goreng with Chicken Saté

with peanut sauce & quick-pickled cucumber

Family Nice & Fast

Total time: 25 - 35 min.



Chicken breast



Nasi-bami spice mix



Peanut sauce



Basmati rice



Skewers



Carrot



Garlic



Cucumber



Onion



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

Basmati rice originates from northern India, where its unique flavour has been treasured for centuries. It adds a perfect touch to this 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, large bowl, large wok or deep frying pan, lidded pot or saucepan, saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Peanut sauce* (g)	60	120	180	240	300	360
Basmati rice (g)	75	150	225	300	375	450
Skewers (unit(s))	2	4	6	8	10	12
Carrot* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (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)	3071 /734	616 /147
Total fat (g)	23	5
of which saturated (g)	4,4	0,9
Carbohydrates (g)	91	18
of which sugars (g)	28,4	5,7
Fibre (g)	9	2
Protein (g)	38	8
Salt (g)	2,1	0,4

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). In a large bowl, combine half of the **nasi-bami spices** with a drizzle of olive oil. Cut the **chicken breast** lengthways into two strips, then transfer to the bowl and coat with the **spices**. Set aside to marinate until step 3. Boil the **rice** for 10 - 12 minutes, then drain and set aside.



3. Fry the chicken

Meanwhile, heat a frying pan over medium-high heat. Thread the **chicken** onto the **skewers** and fry for 6 - 8 minutes until evenly browned. Add the **rice** and fry for 4 - 5 minutes, then stir in the ketjap and fry for 2 - 3 minutes. Season to taste with salt and pepper.



2. Fry the vegetables

Cut the **carrot** into thin crescents. Chop the **onion** and crush or mince the **garlic**. Heat a drizzle of olive oil in a large wok or deep frying pan over medium-high heat. Fry the **onion** with the **garlic**, **carrot** and the rest of the **nasi-bami spices** for 5 - 7 minutes. Slice the **cucumber** into crescents. In a bowl, combine the white wine vinegar with the sugar and add the **cucumber**. Season to taste with salt and mix well to combine, then set aside until serving, stirring occasionally.



4. Serve

Heat the **saté sauce** in a saucepan over medium-high heat. Serve the nasi goreng on plates and top with the **chicken skewers**. Serve with the **saté sauce** and the quick-pickled **cucumber**.

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

Enjoy!



Miso Mushroom Gigli

with Grana Padano, spinach & gomashio

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Gigli



White miso paste



Mushrooms



Spinach



Garlic



Grana Padano
flakes DOP



Cooking cream



Red chili pepper



Gomashio-herb mix



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

Did you know that gigli has its origins in Tuscany? The shape of this pasta resembles a lily - traditionally, the symbol of Florence.

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, lidded pot or saucepan, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Gigli (g)	90	180	270	360	450	540
White miso paste (g)	20	40	60	75	100	115
Mushrooms* (g)	125	250	375	500	625	750
Spinach* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	10	20	40	40	60	60
Cooking cream (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2674 /639	613 /146
Total fat (g)	24	5
of which saturated (g)	10,4	2,4
Carbohydrates (g)	77	18
of which sugars (g)	7,3	1,7
Fibre (g)	7	2
Protein (g)	25	6
Salt (g)	3	0,7

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the **gigli**. Deseed and finely chop the **red chili pepper**.* Crush or mince the **garlic** and quarter the **mushrooms**. Boil the **gigli** for 8 - 10 minutes, covered, then reserve 50ml pasta water per person. Drain and set aside.

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



2. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **mushrooms** for 3 - 4 minutes, then stir in the **garlic** and **chili pepper** and fry for 1 - 2 minutes. Add the **miso*** and the **cream**, then fry for another 1 - 2 minutes.

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



3. Make the sauce

Stir in the **spinach** and fry for 2 - 3 minutes, or until the **spinach** has wilted and reduced. Transfer the **gigli** to the sauce and mix well to combine, adding a splash of pasta water as needed. Taste and season with salt and pepper if necessary. Meanwhile, in a small bowl combine the **Grana Padano** with the the **gomashio-herb mix**.



4. Serve

Serve the **gigli** on plates and garnish with the **Grana Padano** and **gomashio** topping.

Enjoy!



Creamy Sweet Potato Dahl with Coriander Naan

with pumpkin seed salsa, lime & spinach

Family Plant-based

Total time: 45 - 55 min.



Onion



Fresh ginger



Sweet potato



Yellow curry spices



African-inspired
spice mix



Tomato paste



Coconut milk



Red split lentils



Pumpkin seeds



Fresh coriander



Lime



Naan bread



Spinach



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

Dahl is an excellent source of vegetable protein and essential
nutrients, making it a nutritious and tasty meal!

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 grater, large deep frying pan with lid, 2x small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1½	3	4½	6	7½	9
Sweet potato (g)	75	150	225	300	375	450
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	360	500	610	750
Red split lentils (g)	35	75	100	150	175	225
Pumpkin seeds (g)	10	20	30	40	50	60
Fresh coriander* (g)	2½	5	7½	10	12½	15
Lime* (unit(s))	½	1	1½	2	2½	3
Naan bread (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	150	300	450	600	750	900
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
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)	3787 /905	466 /111
Total fat (g)	50	6
of which saturated (g)	24	3
Carbohydrates (g)	79	10
of which sugars (g)	17,6	2,2
Fibre (g)	22	3
Protein (g)	26	3
Salt (g)	1,9	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 and prepare the stock. Chop the **onion** and finely grate the **ginger**. Peel the **sweet potato** and dice into 1.5cm chunks.



4. Make the salsa

Meanwhile, heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop. Finely chop the **coriander** in the meantime. Wash the **lime**, before zesting and juicing it. In a small bowl, combine the **pumpkin seeds** with the **lime** zest and extra virgin olive oil, along with half of the **coriander** and 2 tsp **lime juice** per person (see Tip). Mix well and season to taste with salt and pepper.

Tip: you can also serve the coriander separately so as to allow everyone to garnish as preferred.



2. Fry the aromatics

Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat. Fry the **onion** for 3-4 minutes, then add the **ginger**, **yellow curry spices**, **African-style spices** and **tomato paste**. Mix well and fry for 2 minutes, then add the **coconut milk** and the stock (see Tip). Bring to the boil.

Health Tip: 🍌 this recipe is high in calories. If you're watching your calorie intake, substitute half of the coconut milk for stock and then use just half of the pumpkin seeds. You can use the rest for another recipe the next day.



5. Bake the naan

In a small bowl, combine the olive oil with the rest of the **coriander** and season to taste with salt and pepper. Transfer the naan to a parchment-lined baking sheet and spread with the **coriander** oil. Bake in the oven for 5 - 7 minutes, then allow to cool and cut in half.



3. Prepare the dahl

Add the **sweet potato** and lentils, mix well and season to taste with salt and pepper. Cover with the lid and allow to cook for 10 minutes, then remove the lid and allow to reduce for another 10 minutes until the lentils and **sweet potato** are soft. Continue cooking longer if the dahl still needs to reduce further, or add a splash of water as necessary if it becomes too dry.

Did you know... 🍌 this recipe is rich in fibre, thanks in large part to the lentils and sweet potato.



6. Serve

When the lentils are done, stir in the **spinach** and allow to wilt and reduce. Taste and season with salt and pepper, along with the rest of the lime juice as preferred. Serve the dahl in bowls and garnish with the **pumpkin** seed salsa. Serve the **coriander naan** alongside.

Enjoy!



Chicken Caprese Burger with Cucumber-Corn Salad

on a malted grain bread roll with sweet chili mayo

Family Nice & Fast

Total time: 15 - 20 min.



Caprese chicken burger



Onion



Red chili pepper



Tomato



Corn



Radicchio & iceberg lettuce



Sweet chili sauce



Cucumber



Malted grain bread roll



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

With this recipe, you get a rose roll. This crispy organic roll gets its name from its shape - it looks a bit like a rose.

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, salad bowl, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Caprese chicken burger* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	⅓	⅓	⅓	⅓	⅓	⅓
Tomato (unit(s))	1	2	3	4	5	6
Corn (g)	50	100	140	200	240	300
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Malted grain bread roll* (unit(s))	1	2	3	4	5	6
From your pantry						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[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)	3449 /824	571 /136
Total fat (g)	44,9	7,4
of which saturated (g)	8,4	1,4
Carbohydrates (g)	64	10,5
of which sugars (g)	20,2	3,3
Fibre (g)	12,7	2
Protein (g)	34,5	5,7
Salt (g)	3,2	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 180°C. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **chicken burger** for 5 minutes. Meanwhile, slice the **onion** into half rings. Deseed and finely chop the **red chili pepper**.*

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



2. Fry the burger

Add the **onion** and **chili pepper** to the pan and fry with the **burger** for 4-5 minutes. Meanwhile, bake the **bread roll** for 6 - 8 minutes.



3. Make the salad

Finely dice the **tomato** and the **cucumber**. Drain the **corn**. In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar. Season to taste with salt and pepper, then add the **tomato**, **corn**, **cucumber** and **lettuce**. Toss well to combine. In a small bowl, combine the mayonnaise with the **sweet chili sauce**.



4. Serve

Cut open the **bread roll** and fill with the **chicken burger** and fried **onion**. Top with some of the **sweet chili** mayo and then mix the rest into the salad. Season the salad with salt and pepper before serving alongside the **burger**.

Did you know... 🌽 corn is rich in magnesium, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.

Enjoy!



Goat's Cheese Salad with Garlic Bread

with balsamic strawberry dressing, beetroot & toasted walnuts

Veggie Nice & Fast

Total time: 15 - 20 min.



Fresh goat's cheese



Pre-cooked beetroot



Chopped walnuts



Apple



Cucumber



Onion



Radicchio & iceberg lettuce



Wholegrain ciabatta



Strawberry sauce



Garlic



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

Goat's cheese has been popular for centuries. The ancient Greeks even called it 'the gift of the gods'. It's versatile, from mild to strong, and fits perfectly into a range of both savoury and sweet 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

Salad bowl, small bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh goat's cheese* (g)	75	125	200	250	325	375
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Chopped walnuts (g)	10	20	30	40	50	60
Apple* (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Onion (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Strawberry sauce (ml)	15	30	45	60	75	90
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (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)	3749 /896	662 /158
Total fat (g)	60	11
of which saturated (g)	23,3	4,1
Carbohydrates (g)	57	10
of which sugars (g)	21,9	3,9
Fibre (g)	13	2
Protein (g)	25	4
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

Preheat the oven to 200°C. Weigh the **beetroot** and then dice it (see Tip). Slice the **onion** into thin half rings and crush or mince the **garlic**. Dice the **cucumber**. Core and dice the **apple**. Heat a clean frying pan over medium-high heat and toast the **walnuts** for 1 - 2 minutes or until golden-brown. Remove from the pan and set aside.

Tip: beetroot can stain, so wear gloves or use a sandwich bag to hold it.



2. Make the garlic bread

In a small bowl, combine the **garlic** with the olive oil. Cut open the **bread roll** and spread with the garlic oil. Season to taste with salt and pepper, then bake in the oven for 6 - 8 minutes.

Did you know...🌱 wholegrains contain more fibre than white grains, as well as 3 - 5 times more vitamins and minerals; such as calcium, magnesium and iron, along with vitamins B1, B2 and E.



3. Fry the apple

In a large salad bowl, combine the **strawberry sauce** with the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper. Melt the butter in the same pan and fry the **onion** with the **apple** for 3-4 minutes over medium-high heat (see Tip).

Tip: keep an eye on the pan and add extra butter if necessary to prevent the apple from sticking to the pan.



4. Serve

Shortly before serving, add the **lettuce** and **cucumber** to the salad bowl and toss well to combine with the dressing. Serve the salad on plates and top with the **beetroot**, **apple** and **onion**. Crumble over the **goat's cheese** and garnish with the **walnuts**. Serve the **garlic bread** alongside.

Enjoy!



Chicken-Beetroot Bulgur Bowl

with goat's cheese, almonds & fresh herbs

Calorie Smart

Total time: 45 - 55 min.



Beetroot



Garlic



Bulgur



Onion



Dried oregano



Fresh flat leaf
parsley & mint



Cucumber



Fresh goat's cheese



Salted almonds



Chicken breast with
Mediterranean herbs



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

If you like to eat seasonal vegetables, then beetroot is always the right choice for you. They're grown locally all year round, and they're full of potassium and folic acid.

Utensils

Parchment-lined baking sheet, bowl, grater, oven dish, pot or saucepan, salad bowl, small bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Bulgur (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1½	2	2½	3
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1¾	2
Fresh goat's cheese* (g)	25	50	75	100	125	150
Salted almonds (g)	5	10	15	20	25	30
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
White wine 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)	2565 /613	553 /132
Total fat (g)	30	7
of which saturated (g)	8,3	1,8
Carbohydrates (g)	43	9
of which sugars (g)	14,7	3,2
Fibre (g)	14	3
Protein (g)	37	8
Salt (g)	1,8	0,4

Allergens

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



1. Roast the beetroot

Preheat the oven to 200°C. Peel the **beetroot** and cut it into 1 - 2cm thick wedges, then transfer to a bowl (see Tip). Crush or mince the **garlic** and add half of it to the **beetroot**. Drizzle with olive oil an season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes, tossing halfway.

Tip: beetroot can stain, so wear gloves or use a sandwich bag to hold it.



4. Make the salad

Finely chop the **parsley** and the **mint** leaves (discarding the stalks). Dice the **cucumber**. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and the honey, then season with salt and pepper. Add the fresh herbs and the **cucumber**, then toss well to combine with the dressing.



2. Cook the bulgur

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Cook the **bulgur** for 10 - 12 minutes until done, then drain and set aside.

Did you know... 🌱 *bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).*



5. Prepare the toppings

Crumble the **goat's cheese** and roughly chop the **almonds**.



3. Prepare the chicken

Slice the **onion** into half rings. In a small bowl, combine the **oregano** with the rest of the **garlic** and a drizzle of olive oil. Season with salt and pepper. Transfer the **chicken** and **onion** to an oven dish and drizzle with the garlic oil. Roast for 12 - 15 minutes, or until the **chicken** is done.



6. Serve

Serve the **bulgur**, **beetroot** and **cucumber** on deep plates. Slice the **chicken breast** and serve it on top of the **bulgur**, along with the **onion**. Garnish with the **almonds** and the **goat's cheese**. Drizzle with extra virgin olive oil as preferred.

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 and weigh your fresh fruits and vegetables.

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)	1¼	3½	5¼	7	8¾	10½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2607 /623	394 /94
Total fat (g)	28	4
of which saturated (g)	5,1	0,8
Carbohydrates (g)	69	10
of which sugars (g)	24,8	3,7
Fibre (g)	12	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**.



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!

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



Cheese Schnitzel with Baby Potatoes

with a creamy cucumber-apple salad

Family Veggie

Total time: 30 - 40 min.



Veggie cheese schnitzel



Cucumber



Apple



Fresh dill & chives



Baby potatoes



Lamb's lettuce



Onion



Yellow Mustard Seed



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

The vegetarian cheese schnitzel is soft on the inside and crispy on the outside - the perfect meat substitute to accompany this tasty dish.

Before you begin

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

Utensils

Lidded deep frying pan, salad bowl, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veggie cheese schnitzel* (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Fresh dill & chives* (g)	5	10	15	20	25	30
Baby potatoes (g)	250	500	750	1000	1250	1500
Lamb's lettuce* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	1½	2	2½
Yellow Mustard Seed (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
White wine vinegar (ml)	30	60	90	120	150	180
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (ml)	25	50	75	100	125	150
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3343 /799	503 /120
Total fat (g)	38	6
of which saturated (g)	10,6	1,6
Carbohydrates (g)	92	14
of which sugars (g)	21,5	3,2
Fibre (g)	13	2
Protein (g)	19	3
Salt (g)	1,7	0,2

Allergens

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



1. Prepare

Wash the **baby potatoes** and cut them in half. Finely chop the fresh herbs (see Tip). Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **baby potatoes** for 20 minutes, covered, tossing regularly. Remove the lid and season to taste with salt and pepper, then fry for 5-10 more minutes.

Tip: if preferred, omit the dill or serve separately.



4. Fry the schnitzel

Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **cheese schnitzel** for 3-4 minutes per side until golden-brown.



2. Make the sauce

Chop the **onion**. In a small saucepan over low heat, heat the white wine vinegar with the sugar and water (see pantry for amounts). Allow the sugar to melt, then stir in the **onion** and the **mustard seeds**. Allow to simmer gently for 10 - 15 minutes.



5. Finish the salad

In a salad bowl, combine the fresh herbs with the mayonnaise and a splash of white wine vinegar as preferred. Add the **apple**, **cucumber** and **lamb's lettuce**, then toss well to combine. Season to taste with salt and pepper.



3. Prepare the salad

Halve the **cucumber** lengthways and scoop out the seeds, then dice it. Wash or peel the **apple**, then core and dice it.

Did you know... 🍏 apples contain flavonoids, which protect us from the effects of free radicals. These are harmful substances caused by UV radiation or air pollution.



6. Serve

Serve the **cheese schnitzel** with the **baby potatoes** and the salad. Serve with mayonnaise as preferred. Top the salad with the onion sauce.

Enjoy!



Tomato Orzotto with Grana Padano

with sundried tomatoes, spinach & toasted almonds

Calorie Smart Veggie

Total time: 30 - 40 min.



Onion



Garlic



Mini Roma tomatoes



Orzo



Shaved almonds



Ground paprika



Spinach



Grana Padano flakes DOP



Sundried tomatoes



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

Spot the Italian flavours and colours in this dish! Together, the mini Roma tomatoes, green spinach and white orzo form the colours of the Italian flag.

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, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Mini Roma tomatoes (g)	100	200	300	400	500	600
Orzo (g)	75	150	225	300	375	450
Shaved almonds (g)	15	30	40	60	70	90
Ground paprika (tsp)	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Sundried tomatoes* (g)	30	50	70	100	120	150
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2820 /674	479 /114
Total fat (g)	30	5
of which saturated (g)	12,9	2,2
Carbohydrates (g)	70	12
of which sugars (g)	13,6	2,3
Fibre (g)	14	2
Protein (g)	25	4
Salt (g)	1,3	0,2

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**. Halve the **mini Roma tomatoes** and finely chop the sundried **tomatoes**.



2. Make the orzotto

Melt half of the butter in a frying pan over low heat. Fry the **onion** with the **garlic** for 2 minutes, then add the **orzo** and toast for 1 minute, stirring continuously. Pour in the stock and cover with the lid, then allow to boil for 10 - 12 minutes over low heat. Stir regularly and add a splash of water as necessary if the **orzo** gets too dry.



3. Fry the tomatoes

Meanwhile, heat a clean frying pan over high heat and toast the **almonds** until golden-brown, then remove from the pan and set aside. Melt the rest of the butter in the same pan over medium-high heat. Fry the **mini Roma tomatoes** with the **paprika** for 3 minutes.



4. Fry the spinach

Tear the **spinach** directly into the pan, adding it in batches. Allow to wilt and reduce, then stir in the **sundried tomatoes** and the white balsamic vinegar. Fry for 3 minutes over medium-high heat, seasoning to taste with salt and pepper.



5. Finish

Transfer the **orzo** to the vegetables and cook for 1 more minute.

Did you know... thanks to the spinach, Grana Padano and almonds, this recipe provides half the RDA of calcium, which helps strengthen bones and teeth. The spinach is also rich in iron, which helps keep us energised.



6. Serve

Serve the orzotto on plates. Garnish with the **almonds** and **Grana Padano**.

Enjoy!



Courgette Flammekueche

with mozzarella & a crisp salad

Calorie Smart Veggie

Total time: 35 - 45 min.



Garlic



Passata



Italian seasoning



Courgette



Onion



Bell pepper



Flammekueche



Mozzarella



Tomato



Arugula & lamb's lettuce



Sicilian-style herb mix



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

You'll season this dish with Sicilian herbs. This mix includes tomato, onion, pepper, basil and oregano.

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, peeler, salad bowl, saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Italian seasoning (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Courgette* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	¾	1	1¾	2
Bell pepper* (unit(s))	½	1	2	2	3	3
Flammekueche* (unit(s))	1	2	3	4	5	6
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Sicilian-style herb mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
From your pantry						
Honey (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
White balsamic vinegar (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	487 /116
Total fat (g)	33	6
of which saturated (g)	10,9	1,9
Carbohydrates (g)	63	11
of which sugars (g)	15,6	2,7
Fibre (g)	7	1
Protein (g)	24	4
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C. Crush or mince the **garlic**. Heat a light drizzle of olive oil in a saucepan over medium-high heat. Fry the **garlic** for 1–2 minutes, then add the **passata**, **Italian herbs**, honey and half of the white balsamic vinegar. Allow the sauce to reduce for 8 – 10 minutes, seasoning to taste with salt and pepper (see Tip).

Tip: be sure to taste the sauce and add more honey or vinegar as necessary.



4. Bake the flammekueche

Spread the sauce over the flammekueche, leaving at least 2cm free around the edges. Top with the **courgette** slices, **bell pepper**, **onion** and **mozzarella**. Season with salt and pepper, then bake in the oven for 8 – 10 minutes or until the **mozzarella** has melted.



2. Chop the vegetables

Dice the **bell pepper** and slice the **onion** into half rings (see Tip). Transfer the flammekueche to a parchment-lined baking sheet and bake for 7–8 minutes.

Tip: if you have extra onion, add it to the salad in step 5.



5. Make the salad

In the meantime, use a peeler to shave the rest of the **courgette** into thin ribbons. Halve the **tomato** and scoop out the seeds and the juice, then dice it. In a salad bowl, combine a drizzle of extra virgin olive oil with the rest of the white balsamic vinegar. Toss the **courgette** ribbons, **tomato** and **lettuce** with the dressing, then season to taste with salt and pepper. In a small bowl, combine the Sicilian herbs with a light drizzle of extra virgin olive oil.



3. Fry the courgette

In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat. Cut a third of the **courgette** into thin slices and fry for 5 minutes. Cut or tear the **mozzarella** into small pieces.

Did you know... 🥒 this recipe provides more than 350g vegetables per serving. This is thanks in part to the passata, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.



6. Serve

Serve the flammekueche on plates and drizzle with the herb oil. Serve with the salad alongside.

Enjoy!



Harissa Turkey with Roasted Cauliflower

with potatoes & green beans

Calorie Smart

Total time: 35 - 45 min.



Potatoes



Harissa



Cauliflower florets



Green beans



Onion



Peruvian-style spice mix



Turkey breast pieces
with tandoori-style
spices



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

Harissa is a chilli paste from the Maghreb made using a variety of chillies, spices, and herbs. Its name comes from the Arabic root word harasa, which means to crush or mash.

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
Potatoes (g)	200	400	600	800	1000	1200
Harissa* (g)	15	30	45	60	75	90
Cauliflower florets* (g)	100	200	300	400	500	600
Green beans* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Turkey breast pieces with tandoori-style spices* (g)	100	200	300	400	500	600
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2837 /678	465 /111
Total fat (g)	37	6
of which saturated (g)	4,3	0,7
Carbohydrates (g)	49	8
of which sugars (g)	7,9	1,3
Fibre (g)	14	2
Protein (g)	31	5
Salt (g)	2,3	0,4

Allergens

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



1. Chop the vegetables

Preheat the oven to 220°C. Dice the **potato** into 1cm chunks and cut any larger **cauliflower** florets into small pieces. Transfer both to a bowl along with the Peruvian **spices**. Drizzle generously with olive oil and season with salt and pepper, then toss well to coat.



2. Prepare the turkey

Transfer to a parchment-lined baking sheet and roast for 10 minutes. Meanwhile, in a bowl combine the **turkey** with the **harissa** and a light drizzle of olive oil. Season with salt and pepper, then add the **turkey** to the same baking sheet and return to the oven for another 10 minutes.



3. Cook the green beans

Discard the tips of the **green beans** and then cut in half. Slice the **onion** into half rings. Pour a shallow layer of water into a deep frying pan, then add the **green beans** and a pinch of salt. Cover with the lid and bring to a boil, then lower the heat and allow to cook gently for 4 - 6 minutes. Drain if necessary, then add the **onion** and fry for 2 - 3 minutes over medium-high heat, uncovered. Season to taste with salt and pepper.



4. Serve

In a small bowl, combine the mayonnaise with the white wine vinegar. Season to taste with pepper. Serve the **turkey** with the vegetables on deep plates and drizzle with the mayo sauce.

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

Enjoy!



Veggie Shawarma Stir-Fry

with noodles & gomashio

Calorie Smart Veggie Nice & Fast

Total time: 20 - 30 min.



Veggie shawarma



Garlic



Soy sauce



East Asian-style sauce



Gomashio



Lime



Vegetable mix:
pepper, leek,
cabbage and carrot



Sesame oil



Mie noodles



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

This vegetarian shawarma doesn't only have the same texture as meat, but it also contains the same essential nutrients such as protein, iron and vitamin B12!

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, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Veggie shawarma* (g)	80	160	240	360	400	520
Garlic (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Sesame oil (ml)	5	10	15	20	25	30
Mie noodles (g)	50	100	150	200	250	300
From your pantry						
Sambal (tsp)	½	1	1½	2	2½	3
Honey (tbsp)	1	2	3	4	5	6
Sunflower 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)	2891 /691	675 /161
Total fat (g)	28	7
of which saturated (g)	3,6	0,8
Carbohydrates (g)	79	18
of which sugars (g)	31,9	7,4
Fibre (g)	8	2
Protein (g)	26	6
Salt (g)	3,6	0,9

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the **noodles**. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **veggie** shawarma for 5 minutes, then stir in the honey and fry for 1 more minute. Remove from the pan and set aside. Meanwhile, crush or mince the **garlic** and cut the **lime** into 8 wedges.



2. Fry the vegetables

Heat another drizzle of sunflower oil in the same pan over high heat. Fry the **garlic** with the **vegetable mix** and fry for 6 - 8 minutes. In the meantime, boil the **noodles** for 4 - 5 minutes until al dente. Reserve some of the cooking liquid, then drain and rinse under cold water so as to stop them from sticking together.



3. Finish

Add the **noodles**, shawarma, **sesame oil**, **East Asian-style sauce**, sambal and **soy sauce** to the vegetables. Mix well and fry for 1 more minute, adding a splash of the reserved cooking liquid if needed. Squeeze 1 **lime** wedge per person into the pan, then taste and season with salt and pepper as necessary.



4. Serve

Serve the **noodles** in bowls. Garnish with the **gomashio** and serve with a **lime** wedge.

Did you know...🌱 garlic contains bioactive substances called dithiolthiones; these are a type of antioxidant which have a positive effect on cholesterol levels.

Enjoy!



Spicy Eggplant Curry with Fragrant Yogurt Sauce

over golden rice with coriander & cashews

Veggie

Total time: 40 - 50 min.



Quick-cook brown rice



Garlic



Ginger paste



Red chili pepper



Eggplant



Scallions



Passata



Coconut milk



Greek yogurt



Sesame oil



Yellow curry spices



African-inspired
spice mix



Fresh coriander



Lime



Chopped cashews



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

Technically, cashews are not nuts as they do not grow inside a fruit. Rather, they grow on the outside of a fruit: the cashew apple.

Utensils

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

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Eggplant* (unit(s))	½	1	2	2	3	3
Scallions* (bunch)	½	1	1	2	2	3
Passata (g)	100	200	300	390	500	590
Coconut milk (ml)	90	180	250	360	430	540
Greek yogurt* (g)	75	150	225	300	375	450
Sesame oil (ml)	10	20	30	40	50	60
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Chopped cashews (g)	10	20	30	40	50	60
From your pantry						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3657 /874	428 /102
Total fat (g)	48	6
of which saturated (g)	26,4	3,1
Carbohydrates (g)	88	10
of which sugars (g)	19,9	2,3
Fibre (g)	15	2
Protein (g)	18	2
Salt (g)	2,4	0,3

Allergens

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



1. Prepare

Prepare the stock. Crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**.* Finely chop the **scallions** and separate the white part from the greens. Slice the **eggplant** into crescents of around 0.5cm thickness.

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



2. Boil the rice

Melt a knob of butter in a pot or saucepan over medium-high heat. Fry half each of the **garlic** and **ginger** paste for 1 minute, then add the **rice**, half of the **yellow curry spices** and 180ml stock per person. Bring to a boil, then reduce the heat and cook the **rice** for 10 minutes, stirring occasionally. Remove from the heat and set aside until serving, covered.



3. Fry the vegetables

In the meantime, heat the **sesame oil** in a deep frying pan over medium-high heat. Fry the **red chili pepper** and the white part of the **scallions** the rest of the **ginger** paste for 1 minute. Stir in the **African-style spices** and the rest of the **yellow curry spices** and fry for 1 more minute. Add the **eggplant** and the rest of the **garlic** and fry for 3-4 minutes, covered. Remove the lid and then fry for another 3-4 minutes or until the **eggplant** turns golden-brown.



4. Make the yogurt sauce

Finely chop the **coriander** and cut the **lime** into 6 wedges. In a small bowl, combine the yoghurt with half of the **coriander**. Squeeze in 1 **lime** wedge per person and mix well to combine. Season to taste with salt and pepper.



5. Finish the curry

Add the **coconut milk**, **passata**, sugar and the rest of the stock. Bring to a boil, then reduce the heat to medium and allow to simmer for 8 - 10 minutes. Season to taste with salt and pepper.



6. Serve

Serve the golden **rice** and **eggplant** curry on deep plates. Top with the **yogurt** sauce and garnish with the **cashews**, the **scallion** greens and the rest of the **coriander**. Squeeze the rest of the **lime** over the curry as preferred.

Did you know...🌱 brown rice provides more than twice the amount of fibre as its white counterpart. Fibre is important for gut health and helps keep you satiated.

Enjoy!



Hot Smoked Salmon Penne

in creamy pesto sauce with broccoli

Nice & Fast

Total time: 20 - 30 min.



Hot smoked salmon flakes



Pesto cheese cubes



Cooking cream



Onion



Penne



Broccoli



Italian seasoning



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This dish contains 200g of broccoli per serving. This one plate provides you with more than the daily recommended amount of vitamin C!

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, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Pesto cheese cubes* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Penne (g)	90	180	270	360	450	540
Broccoli* (g)	200	360	500	720	860	1080
Italian seasoning (sachet(s))	½	1	1½	2	2½	3

From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[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)	3410 /815	662 /158
Total fat (g)	36	7
of which saturated (g)	19,3	3,7
Carbohydrates (g)	75	15
of which sugars (g)	10,1	2
Fibre (g)	10	2
Protein (g)	42	8
Salt (g)	1,6	0,3

Allergens

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1. Prepare

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Cook the pasta for 5 minutes. Meanwhile, cut the head of the **broccoli** into florets and dice the stem. Add the **broccoli** to the pasta and boil for 5 - 7 more minutes. Reserve some of the pasta water, then drain and set aside.



2. Make the sauce

Slice the **onion** into half rings. Melt a knob of butter in a deep frying pan over medium-high heat and fry the **onion** with the **Italian herbs** for 3 - 5 minutes. Add the **cream** and 25ml pasta water per person, then bring to a gentle boil. Stir in the **pesto cheese** and allow to melt.



3. Finish

Transfer the pasta and **broccoli** to the sauce and mix well to combine. Season to taste with salt and pepper.



4. Serve

Serve the pasta on plates. Top with the **salmon flakes**.

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.

Enjoy!



Pork Tenderloin with Sauerkraut Stamppot

with spicy mango sauce & toasted pecans

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Sauerkraut



Pork tenderloin



Potatoes



Mango ketchup



Onion



Carrot



Red chili pepper



Chopped pecans



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

Did you know that sauerkraut is actually a superfood? It's packed with probiotics and vitamin C and helps boost your immune system.

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

Aluminum foil, sieve or colander, 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
Pork tenderloin* (unit(s))	1	2	3	4	5	6
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)	10	20	30	40	50	60
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
[Plant-based] milk	splash					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2222 /531	322 /77
Total fat (g)	22	3
of which saturated (g)	10,1	1,5
Carbohydrates (g)	49	7
of which sugars (g)	11,1	1,6
Fibre (g)	16	2
Protein (g)	32	5
Salt (g)	3,1	0,4

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.



2. Prepare the sauerkraut

Weigh the **sauerkraut**, then drain and rinse under cold water Add the **sauerkraut** to the **potatoes** and boil for 8 - 10 minutes (see Tip). Drain and set aside when finished.

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. Toast the pecans

Heat a clean frying pan over high heat and toast the **pecans** until golden-brown. Remove from the pan and set aside. Melt a knob of butter in the same pan over medium-high heat and fry the **pork tenderloin** for 7 minutes until evenly browned.



4. Fry the pork

Meanwhile, slice the **onion** into half rings. Deseed and chop the **red chili pepper*** into thin rings. Add the **onion** and **red chili pepper** to the **pork tenderloin** and fry for 4 - 6 minutes until the **pork** is done. Remove the **pork** from the pan and allow to rest under aluminium foil until serving.

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



5. Make the sauce

Prepare the stock. Add the **mango ketchup** and the stock to the frying pan. Mix well to combine with the **onion** and **chili**, then bring to a boil. Season the sauce to taste with salt and pepper. Mash the vegetables and **sauerkraut** with a knob of butter and a splash of milk. Stir in the mustard and season to taste with salt and pepper.



6. Serve

Slice the **pork tenderloin**. Serve the **sauerkraut** mash on deep plates. Top the mash with the **pork tenderloin** and drizzle with the spicy **mango** sauce. Garnish with the toasted **pecans**.

Did you know... 🍌 potatoes are incredibly good for you - besides being a good source of fibre and complex carbohydrates, they're also high in potassium, vitamin C, vitamin B6, and vitamin B11.

Enjoy!