



Loaded Nachos with Homemade Guacamole

with jalapeños and sour cream | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, large bowl

Ingredients

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

From your pantry

Salt & pepper	to taste
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*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	973 /233
Total fat (g)	15
of which saturated (g)	4,2
Carbohydrates (g)	19
of which sugars (g)	1,8
Fibre (g)	3
Protein (g)	6
Salt (g)	0,5

Allergens

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

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Make the nachos

- Preheat the oven to 180°C. Slice the scallions. Deseed and finely chop the jalapeño.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Top the chips evenly with the jalapeños and two-thirds of the scallions, then scatter over the cheese.
- Bake for 10 - 15 minutes or until cheese has melted.

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

Prepare the guacamole

- Halve and pit the avocado, then dice the flesh and add it to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- Mash the avocado with a fork. Add the tomato, shallot and garlic.
- Squeeze the lime into the bowl. Mix everything together and season with salt and pepper.

Serve

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

Enjoy!




Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, grater, large bowl, lidded saucepan, microplane, plate, frying pan

Ingredients

Jasmine rice (g)	150
Red onion (unit(s))	1
Shrimp* (g)	240
Fresh coriander & mint* (g)	10
Persian cucumber* (unit(s))	1
East Asian-style sauce* (g)	25
Carrot* (unit(s))	1
Rice paper (unit(s))	1
Fresh ginger* (tsp)	2
Hoisin sauce (g)	25
From your pantry	
Water (ml)	360
White wine vinegar (tbsp)	1
Sugar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	411 /98
Total fat (g)	1
of which saturated (g)	0,2
Carbohydrates (g)	19
of which sugars (g)	2,5
Fibre (g)	1
Protein (g)	5
Salt (g)	0,5

Allergens

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

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Prepare

- Boil the water (see pantry for amount) in a lidded saucepan. Cook the rice for 10 - 12 minutes, covered, then set aside to cool down.
- Grate the carrot and finely chop the onion.
- In a bowl, mix the white wine vinegar with the sugar and a pinch of salt. Mix in the onion and carrot and set aside. Stir regularly so that the flavours can sink in properly.

Chop the aromatics

- Finely grate 2 tsp of ginger.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the ginger and shrimp. Fry for 2 - 3 minutes and season with salt and pepper.
- Finely chop the fresh herbs. Cut the cucumber into thin sticks.
- Fill a large bowl or deep plate with lukewarm water. Soak one of the rice paper sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

Serve

- Place the shrimp in the middle of the rice paper, then top with some of the carrot, onion, cucumber, rice, sweet East Asian-style sauce and fresh herbs.
- Fold the bottom of the rice paper over the filling, then fold the sides and roll it up.
- Repeat these steps for the rest of the rice paper sheets.
- Serve on a large platter or plate, with the hoisin sauce.

Enjoy!



Mexican-Style Shrimp Tostadas

with homemade guacamole | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, frying pan

Ingredients

Lime* (unit(s))	1
Avocado (unit(s))	2
Shrimp* (g)	160
Mexican-style spices (sachet(s))	1
Sriracha mayo* (g)	50
Flour tortillas (unit(s))	4
Tomato (unit(s))	1

From your pantry

Olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2824 / 675	757 / 181
Total fat (g)	42	11
of which saturated (g)	5,1	1,4
Carbohydrates (g)	51	14
of which sugars (g)	5,8	1,6
Fibre (g)	7	2
Protein (g)	20	5
Salt (g)	2,3	0,6

Allergens

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

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Prepare

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

Fry the shrimp

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

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

Serve

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

Enjoy!



Crispy Korean-Style Chicken Bites

with sweet chili sauce | 4 servings

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl, two bowls

Ingredients

Sweet chili sauce* (sachet(s))	1
Korean-style spice mix (sachet(s))	1
Sesame seeds (sachet(s))	1
Scallions* (bunch)	½
Panko breadcrumbs (g)	50
Chicken tenderloin* (g)	400
From your pantry	
Buttermilk (tbsp)	5
Sunflower oil (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	675 /161
Total fat (g)	7
of which saturated (g)	1,1
Carbohydrates (g)	8
of which sugars (g)	1,7
Fibre (g)	1
Protein (g)	16
Salt (g)	0,3

Allergens

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



Prepare

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

Bake the chicken

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

Serve

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

Enjoy!




Spicy Garlic Shrimp

with aioli, baguette & lemon | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Oven dish

Ingredients

Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	2
Red chili pepper* (unit(s))	1
Lemon* (unit(s))	1
Aioli* (g)	50
Shrimp* (g)	360
White demi-baguette (unit(s))	2

From your pantry	
[Plant-based] butter (tbsp)	¾
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	688 /164
Total fat (g)	6
of which saturated (g)	1,2
Carbohydrates (g)	18
of which sugars (g)	0,8
Fibre (g)	1
Protein (g)	9
Salt (g)	0,8

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Finely chop the parsley stems, then roughly chop the leaves.
- Deseed and finely chop the red chili pepper*.
- Crush or mince the garlic.

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

Cook the shrimp

- Transfer the shrimp to an oven dish along with the butter, parsley stems, chili pepper and garlic.
- Mix well to combine and season with salt and pepper.
- Bake the shrimp, with the baguettes alongside on the same oven rack, for 6 - 8 minutes or until the shrimp are done.

Serve

- Cut the lemon into wedges in the meantime.
- Transfer the shrimp to a serving dish and garnish with the parsley leaves.
- Serve immediately, with the baguettes, aioli and lemon wedges alongside.

Enjoy!



Mozzarella Garlic Bread

with homemade parsley-garlic butter | to share

Appetizer

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Bowl

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Unsalted butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1505 /360
Total fat (g)	25
of which saturated (g)	16,1
Carbohydrates (g)	23
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	10
Salt (g)	0,9

Allergens

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

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Prepare

- Preheat the oven to 200°C.
- Take the butter out of the fridge and allow it to reach room temperature.
- Press or mince the garlic and finely chop the parsley.

Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the garlic and two-thirds of the parsley.
- Season with salt and pepper.
- Roughly chop the mozzarella.

Serve

- Partially slice the demi-baguettes on a diagonal, ensuring the base remains intact.
- Spread the garlic butter on the inside of the bread and add some of both cheeses, then scatter the rest of the cheese over the top.
- Pop the baguettes in the oven for 10 minutes, or until the cheese is golden-brown.
- Transfer the garlic bread to a serving dish. Scatter the rest of the parsley over the bread to finish.

Enjoy!



Serrano Ham Flammekueche

with dried dates & crema di balsamico | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl

Ingredients

Flammekueche* (unit(s))	2
Serrano ham* (g)	60
Shallot (unit(s))	1
Organic sour cream* (g)	100
Crema di balsamico (ml)	16
Red cherry tomatoes (g)	125
Arugula* (g)	40
Chopped dates (g)	20

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1803 /431	595 /142
Total fat (g)	10	3
of which saturated (g)	4,2	1,4
Carbohydrates (g)	62	20
of which sugars (g)	15,9	5,2
Fibre (g)	3	1
Protein (g)	21	7
Salt (g)	2,6	0,8

Allergens

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

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Prepare

- Preheat the oven to 220°C.
- Transfer the flammekueche to a parchment-lined baking sheet.
- In a small bowl, soak the dates in some water and set aside.
- Slice the shallot into half rings. Halve the cherry tomatoes.

Bake

- Spread the sour cream over the flammekueche and top with the shallot.
- Bake the flammekueche in the oven for 8 - 10 minutes until golden brown.
- Drain the dates, then add to the flammekueche during the final 2 minutes of cooking time.

Serve

- Slice the flammekueche and top with the Serrano ham.
- Garnish with the arugula and cherry tomatoes.
- Drizzle over the crema di balsamico and serve.

Enjoy!



Camembert & Caramelised Onion Baguettes

with fresh rosemary | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, 2x frying pan

Ingredients

Onion (unit(s))	1
Onion chutney* (g)	40
Camembert* (g)	240
Fresh rosemary* (sprig)	1
Garlic (unit(s))	3
White demi-baguette (unit(s))	2
From your pantry	
Sugar (tsp)	½
Olive oil (tbsp)	1
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3176 /759	985 /235
Total fat (g)	33	10
of which saturated (g)	19,1	5,9
Carbohydrates (g)	80	25
of which sugars (g)	11,7	3,6
Fibre (g)	6	2
Protein (g)	35	11
Salt (g)	3,4	1,1

Allergens

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

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Prepare

- Preheat your oven to 200°C.
- Slice the onion into thin half rings. Pick the rosemary leaves from their stalks and roughly chop them.
- Heat a generous drizzle of olive oil in a frying pan on medium heat.
- Add the onion and the rosemary and fry for 6 - 8 minutes. Season with salt and pepper.

Caramelize the onions

- Meanwhile, dice the camembert.
- Peel and finely chop the garlic.
- Add the sugar, garlic and chutney to the pan and fry for a further 1 - 2 minutes.

Bake and serve

- Halve the baguettes and transfer to a parchment-lined baking sheet.
- Spread the caramelised onions on the bread, then top with the camembert cubes.
- Bake in the oven for 6 - 8 minutes, or until the cheese has melted, and serve.

Enjoy!



Homemade Blinis with Smoked Salmon

with crème fraîche and fresh herbs | to share

Appetizer

Total time: 40 - 50 min.



Tear me out! 

Before you begin

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

Utensils

Large frying pan, mixing bowl, small bowl

Ingredients

Flour (g)	200
Baking powder (g)	8
Egg* (unit(s))	2
Smoked salmon* (g)	120
Crème fraîche* (g)	100
Fresh dill & chives* (g)	10
Capers (g)	30
Lemon* (unit(s))	1
Organic semi-skimmed milk* (ml)	200
From your pantry	
Salt (tsp)	1
[Plant-based] butter (tbsp)	1
Black pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	773 /185
Total fat (g)	8
of which saturated (g)	4
Carbohydrates (g)	19
of which sugars (g)	1,2
Fibre (g)	1
Protein (g)	9
Salt (g)	1,4

Allergens

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



Fry the blinis

- Add the flour, eggs, baking powder, milk and salt to a mixing bowl. Mix together until you have a smooth batter.
- Heat a knob of butter in a large frying pan on medium-high heat. Add small dollops (about 1 tbsp) of batter to the pan, making sure not to overcrowd the pan.
- Fry the blinis for 1 - 2 minutes per side, then transfer to a large plate.
- Repeat until you have used all the batter.

Prepare the toppings

- Finely chop the fresh herbs.
- Cut the lemon into wedges.
- Add the crème fraîche to a small bowl and mix with the herbs.
- Juice one lemon wedge into the bowl and season with black pepper.

Serve

- Spread a small amount of crème fraîche onto each blini.
- Place a slice of smoked salmon on top.
- Garnish with the capers.
- Arrange the blinis on a serving platter with the lemon wedges on the side.

Enjoy!



Crostini with Burrata and Serrano ham

with camembert & cranberry chutney | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet

Ingredients

Serrano ham* (g)	40
Camembert* (g)	80
Fresh basil* (g)	10
Burrata* (ball(s))	1
Crema di balsamico (ml)	8
Cranberry chutney* (g)	40
White demi-baguette (unit(s))	2
From your pantry	
Olive oil (tbsp)	3
Black pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1136 /271
Total fat (g)	13
of which saturated (g)	5,2
Carbohydrates (g)	27
of which sugars (g)	3,9
Fibre (g)	2
Protein (g)	11
Salt (g)	1,1

Allergens

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Bake the crostinis

- Preheat the oven to 200°C.
- Cut the baguettes into 16 diagonal slices and drizzle with the olive oil.
- Place the bread on a parchment-lined baking sheet and bake in the oven for 6 - 8 minutes.
- Tear the serrano ham into small pieces and put them in the oven for the last 5 minutes. Use another baking sheet if needed.

Prepare the toppings

- Cut the camembert into slices.
- Finely chop the basil.
- Divide the burrata over half of the slices of bread. Season with black pepper.
- Scatter over the serrano ham and drizzle over the crema di balsamico.

Serve

- Top the rest of the bread with the camembert, then spread the cranberry chutney over it.
- Garnish the crostinis with the basil.

Enjoy!




Savoury Puff Pastry Christmas Tree

with red pesto and fresh basil | to share

Appetizer

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet

Ingredients

Puff pastry* (roll(s))	1
Pesto rosso* (g)	80
Grated Gouda* (g)	75
Sesame seeds (sachet(s))	1
Fresh basil* (g)	5

From your pantry

[Plant-based] milk	1
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*store in the fridge

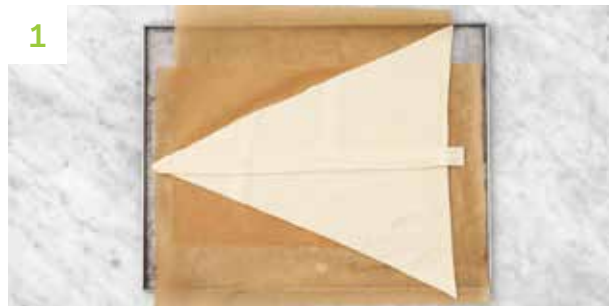
Nutritional values

	Per 100g
Energy (kJ/kcal)	1687 /403
Total fat (g)	30
of which saturated (g)	11,9
Carbohydrates (g)	25
of which sugars (g)	1,7
Fibre (g)	3
Protein (g)	9
Salt (g)	0,8

Allergens

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

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Prepare

- Preheat the oven to 180°C.
- Roll out the puff pastry. From the long edge of the pastry, cut a strip that is about 2cm wide and set it aside.
- Cut one large triangle from the remaining dough, which will become the Christmas tree.
- Transfer the large triangle to a parchment-lined baking sheet and lay the long strip on top, down the middle, making sure that it sticks out at the bottom so as to resemble the stem of a tree.

Add the toppings

- Spread two-thirds of the pesto and the cheese onto the triangle.
- Lay the smaller triangles of dough left from the previous step onto the top of the tree and press down lightly.
- To create the branches, cut 3cm thick strips from both sides of the triangle towards the centre, making sure not to cut all the way through the stem.
- Twist the branches 1 or 2 times.

Bake the pastry

- Brush the tree with a splash of milk and sprinkle with sesame seeds.
- Bake the Christmas tree for 15 - 20 minutes, or until golden brown.
- Transfer the puff pastry Christmas tree to a serving plate.
- Garnish with small dollops of pesto and fresh basil leaves so as to resemble Christmas ornaments.

Enjoy!



Banana Bread with Ginger

with orange and chopped pecans | 12 slices

Baking

Total time: 85 - 95 min.



Tear me out!

Before you begin

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

Utensils

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

Ingredients

Banana bread mix (g)	400
Banana (unit(s))	4
Fresh ginger* (tsp)	5
Orange* (unit(s))	1
Chopped pecans (g)	50
Ground cinnamon (tsp)	2
Nutmeg (pinch)	2

From your pantry

Honey [or plant-based alternative] (tbsp)	3
Water (ml)	50
Sunflower oil (ml)	50

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1007 /241
Total fat (g)	8
of which saturated (g)	1,4
Carbohydrates (g)	36
of which sugars (g)	21,4
Fibre (g)	1,5
Protein (g)	4
Salt (g)	0,5

Allergens

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



Prepare

- Preheat the oven to 160°C.
- Grate the ginger.
- Zest and juice the orange into a large bowl.
- Add three bananas to the bowl and mash them with a fork, then mix in the honey, ginger and cinnamon. Grate in 0.5 tsp of nutmeg (see Tip).

Tip: the riper the bananas, the sweeter the banana bread will be. You can help the bananas ripen up by wrapping them in newspaper or storing them next to an avocado. If they're still too hard, you can always use a blender to purée them.

Make the batter

- In the same bowl, use a handheld mixer to combine the mashed banana with the banana bread mix, sunflower oil and water. Stir in the chopped pecans.
- Grease a loaf tin or line it with parchment paper. Pour the batter into the loaf tin.
- Cut the fourth banana in half lengthways and place each half face-up on top of the batter.
- Put the banana bread in the oven for 45 - 55 minutes.

Serve

- After 55 minutes, check if the cake is done by poking it with a skewer.
- If the skewer comes out clean, the cake is ready. Remove it from the oven and let the cake cool completely.
- Cut the cake into slices and serve.

Enjoy!



Double Chocolate Brownies

with walnuts | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

Utensils

Large bowl, handheld mixer, oven dish, parchment paper

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Chopped walnuts (g)	40
Chocolate chips (g)	100
White chocolate chips (g)	100
From your pantry	
Water (ml)	80
[Plant-based] butter (g)	40

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1583 /378
Total fat (g)	17
of which saturated (g)	8,6
Carbohydrates (g)	47
of which sugars (g)	33,2
Fibre (g)	3
Protein (g)	6
Salt (g)	1,1

Allergens

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



Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).
- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter.

Tip: if you don't have a baking tin at home, a rectangular oven dish will work just fine!

Bake the brownie

- Stir in two-thirds each of the walnuts, milk chocolate chips and white chocolate chips.
- Pour the batter into the baking tin. Scatter over the rest of the walnuts and the chocolate chips.
- Bake the brownie in the oven for 22 - 25 minutes (see Tip).
- The brownie is ready when cracks have formed on the surface.

Tip: if you like soft, gooey brownies, use the shorter cooking time.

Serve

- Take the brownie out of the oven and allow to cool for 5 minutes (see Tip).
- Cut the brownie into around 9 squares and remove from the cake tin one by one.

Tip: check if the brownie is done by piercing it with a skewer. It's fine if the skewer comes out a little bit sticky, but pop it back in the oven for a few minutes if it's very runny.

Enjoy!



Carrot Cake Swiss Roll

with cream cheese, walnuts & orange zest | to share

Baking

Total time: 50 - 60 min.



Tear me out!

Before you begin

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

Utensils

Baking paper, parchment-lined baking sheet, bowl, grater, handheld mixer, tall container, large bowl, microplane, spatula, frying pan, tea towel

Ingredients

Flour (g)	100
Egg* (unit(s))	3
Carrot* (unit(s))	1
Ground cinnamon (tsp)	2
Granulated sugar (g)	150
Baking powder (g)	8
Fresco spalmabile - cream cheese* (g)	100
Heavy cream* (ml)	200
Orange* (unit(s))	1
Chopped walnuts (g)	40
Nutmeg (pinch)	1
From your pantry	
Sunflower oil (ml)	45
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1179 /282
Total fat (g)	14
of which saturated (g)	4,9
Carbohydrates (g)	25
of which sugars (g)	17,2
Fibre (g)	1
Protein (g)	5
Salt (g)	0,7

Allergens

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



Prepare

- Preheat the oven to 180°C. Zest the orange and grate the carrots.
- In a bowl, combine the flour with the cinnamon, baking powder and salt. Grate a pinch of nutmeg directly into the bowl.
- In a large bowl, beat the eggs with 130g sugar. Add the carrot, sunflower oil and two-thirds of the orange zest, then mix briefly.
- Use a spatula to carefully fold in the dry ingredients.

Bake the cake

- Transfer the batter to a parchment-lined baking sheet and shape it into a rectangle of around 30cm x 35cm. Bake in the oven for 10 - 13 minutes.
- Transfer the cake on its parchment paper to a cold, lightly damp tea towel.
- Place another sheet of parchment paper on top of the cake, then gently roll it up. Transfer to the fridge and allow to cool.
- Heat a clean frying pan over high heat and toast the walnuts until lightly browned.

Serve

- In a bowl, gradually beat the cream cheese with the rest of the sugar until stiff peaks form, keeping the mixer on its lowest setting. Gradually mix in the cream.
- Unroll the cake and spread three-quarters of the frosting on top, keeping the edges free.
- Carefully roll up the cake (without the parchment paper).
- Top the cake with the rest of the frosting. Garnish with the walnuts and the rest of the orange zest.

Enjoy!




Apple Ginger Crisp

with whipped crème fraîche | to share

Baking

Total time: 45 - 55 min.



Tear me out! 

Before you begin

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

Utensils

Medium bowl, microplane, mixing bowl, oven dish, whisk

Ingredients

Apple* (unit(s))	4
Fresh ginger* (tsp)	5
Flour (g)	200
Cane sugar (g)	200
Unsalted butter* (g)	250
Ground cinnamon (tsp)	2
Crème fraîche* (g)	50
From your pantry	
Sugar (tbsp)	1
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1221 /292
Total fat (g)	17
of which saturated (g)	10,6
Carbohydrates (g)	33
of which sugars (g)	20,7
Fibre (g)	1,6
Protein (g)	2,4
Salt (g)	0

Allergens

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

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Prepare the filling

- Preheat the oven to 180 ° C.
- Peel, core and dice the apples into 2cm pieces. Grate the ginger.
- Add the apple and ginger to a mixing bowl and combine together with half of the cane sugar and 2 tbsp of flour. Transfer the apple mixture to an oven dish.
- Add the rest of the flour, rest of the cane sugar, cinnamon and a pinch of salt to the mixing bowl. Dice the butter and add to the bowl.

Make the crumble

- Using your hands, fold the butter into the flour mixture until it reaches a sandy, crumbly texture and sticks together when squeezed.
- Sprinkle the flour topping over the apple mixture.
- Bake in the oven until the topping is golden brown, for about 40 - 45 minutes.

Serve

- Meanwhile, in a medium bowl, combine the crème fraîche with 1 tbsp of granulated sugar.
- Whisk together until thick, for 1 - 2 minutes.
- Serve the crumble in bowls with a dollop of the whipped crème fraîche.

Enjoy!



Chocolate and Hazelnut Yule Log

with homemade ganache | to share

Baking

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

2x parchment-lined baking sheet, handheld mixer, saucepan, spatula, two bowls, whisk

Ingredients for 4 servings

Roasted hazelnuts (g)	80
Cane sugar (g)	80
Flour (g)	75
Baking powder (g)	4
Heavy cream* (ml)	200
Chocolate chips (g)	200
Powdered sugar (g)	50
Egg* (unit(s))	3
From your pantry	
Water (tbsp)	2

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1605 /384
Total fat (g)	20
of which saturated (g)	9
Carbohydrates (g)	32
of which sugars (g)	25,5
Fibre (g)	3
Protein (g)	7
Salt (g)	0,3

Allergens

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



Prepare

- Preheat the oven to 160°C.
- Transfer the hazelnuts to a parchment-lined baking sheet and roast for 5 - 8 minutes.
- Separate the egg whites and yolks into two bowls.
- Beat the egg whites with a handheld mixer for 2 - 3 minutes until stiff peaks form.



Make the batter

- Whisk the yolks with 80g of cane sugar and 2 tbsp of water for 2 - 3 minutes until pale and fluffy.
- With a spatula, gently fold in 75g of flour and the baking powder.
- Fold in the egg whites in two batches.



Bake the cake

- On a parchment-lined baking sheet, spread the batter evenly into a rectangular shape that is about 1cm thick.
- Bake for 10 - 12 minutes until lightly golden, then allow the cake to cool.



Make the ganache

- In a saucepan, heat the cream over medium-high heat until simmering.
- Turn off the heat, add the chocolate chips and powdered sugar and stir together.
- Allow to cool for 10 - 15 minutes.



Finish

- Crush or roughly chop the hazelnuts.
- Spread two-thirds of the ganache over the cooled cake, leaving a 1cm border. Scatter over two thirds of the hazelnuts.
- Roll the cake tightly (but carefully to avoid cracking) and place it sealed-side down.
- Pour the rest of the ganache on top, then transfer to the fridge for 10 - 15 minutes.



Serve

- Create a wood grain effect on the log using a fork and garnish with the rest of the hazelnuts.
- Refrigerate for at least 2 hours before serving.

Enjoy!



Cranberry and Orange Scones

with cinnamon | 10 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large bowl, microplane, small bowl, whisk

Ingredients

Flour (g)	260
Baking powder (g)	8
Organic buttermilk* (ml)	150
Cranberry chutney* (g)	80
Dried cranberries (g)	40
Orange* (unit(s))	1
Ground cinnamon (tsp)	3
Mascarpone* (g)	100
From your pantry	
[Plant-based] butter (g)	70
Sugar (g)	55
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1141 /273
Total fat (g)	12
of which saturated (g)	7,7
Carbohydrates (g)	37
of which sugars (g)	14,5
Fibre (g)	2
Protein (g)	5
Salt (g)	1

Allergens

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

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Make the batter

- Preheat the oven to 180°C. Take the butter out of the refrigerator. Zest the orange and squeeze out 1 tbsp of orange juice.
- In a large bowl, mix the flour, salt, baking powder, 0.5 sachet of cinnamon, orange zest and 40 grams of sugar.
- Knead the butter and dry ingredients together until you have bread crumbs.
- Add the buttermilk and dried cranberries and knead together until well combined. The dough should have a smooth, consistent texture.

Make the scones

- Shape the dough into little balls, using roughly 2 tbsp of the dough for each one.
- Transfer to a parchment-lined baking sheet.
- Bake the scones in the oven for 10 - 15 minutes.

Serve

- Add the cranberry chutney to a small bowl and mix with 1 tbsp of orange juice.
- In a bowl, add the mascarpone, rest of the cinnamon and 15g of sugar and whisk until fluffy.
- Let the scones cool down thoroughly once you take them out of the oven.
- Serve the scones on a plate with the cinnamon mascarpone and cranberry chutney on the side.

Enjoy!



Chocolate Bark

with pistachios, cranberries and almond flakes | to share

Dessert

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, saucepan, heatproof bowl

Ingredients

Dried cranberries (g)	20
Pistachio nuts (g)	40
Chocolate chips (g)	200
Shaved almonds (g)	20
From your pantry	
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	2307 /551
Total fat (g)	37
of which saturated (g)	16,7
Carbohydrates (g)	43
of which sugars (g)	36,9
Fibre (g)	8
Protein (g)	9
Salt (g)	0

Allergens

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



Melt the chocolate

- Roughly chop the pistachios and the cranberries.
- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the chocolate drops and allow to melt while stirring.
- Transfer the chocolate to a parchment-lined baking sheet and spread it out to create an even layer.



Add the toppings

- Scatter the pistachios, cranberries and almond flakes on top of the chocolate. Add a pinch of salt to taste.
- Transfer the chocolate bark to the refrigerator.
- Chill for at least one hour or overnight.



Serve

- Remove the chocolate bark from the refrigerator 5 minutes before serving.
- Roughly cut into smaller pieces.

Enjoy!




Chocolate Mousse

with almond shavings | 4 servings

Baking

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, handheld mixer, pot or saucepan, plastic wrap, frying pan, heatproof bowl

Ingredients

Chocolate chips (g)	300
Heavy cream* (ml)	400
Shaved almonds (g)	20
From your pantry	
Sugar (tbsp)	3
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1897 /453
Total fat (g)	27
of which saturated (g)	16,3
Carbohydrates (g)	25
of which sugars (g)	23,3
Fibre (g)	4
Protein (g)	4
Salt (g)	0,4

Allergens

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

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Prepare

- Boil a shallow layer of water in a saucepan.
- Lower the heat and place a heat-resistant bowl over the pan, making sure it doesn't touch the water.
- Add the chocolate and allow it to melt slowly, stirring continuously. Add the salt and continue stirring occasionally.
- In the meantime, add the cream and sugar to a bowl and use a handheld mixer to whip together until soft peaks form.

Mix

- Carefully take the melted chocolate off the pan.
- Using a spatula, gently fold a third of the cream into the chocolate until well combined. Repeat for the rest of the cream.
- Transfer the chocolate mousse to small glasses, cover with plastic wrap and place in the fridge to chill for at least 5 hours.

Serve

- Remove the chocolate mousse from the fridge about 1 hour before serving so it can come up to room temperature.
- In the meantime, heat a frying pan over high heat without any oil and toast the almond flakes until golden brown.
- Scatter the almond flakes over the chocolate mousse before serving.

Enjoy!

Breakfast box

Kick-start your day!

1 American Pancakes with Blueberries
topped with honey mascarpone

2 Boiled Eggs & Cress Crackers

3 Greek Yogurt Bowl with Apple & Strawberry Jam

American Pancakes with Blueberries

20 min. topped with honey mascarpone | 2 servings



Utensils

Large frying pan, small bowl, two bowls, whisk

Ingredients for 2 servings

Flour (g)	200
Mascarpone* (g)	50
Blueberries* (g)	125
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
From your pantry	
Salt (tsp)	½
Sunflower oil (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
Sugar (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2874 / 687	778 / 186
Total fat (g)	24	6
of which saturated (g)	10	2,7
Carbohydrates (g)	95	26
of which sugars (g)	24,1	6,5
Fiber (g)	6	2
Protein (g)	25	7
Salt (g)	3,2	0,9

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

1. Make the batter

- Beat the **eggs** in a bowl, then add the **buttermilk** and whisk together until fluffy (see Tip).
- In another bowl, add the **flour**, salt, sugar and 0.5 sachet **baking powder**.
- Using a spatula, fold the **egg** and **buttermilk** mixture into the flour.

Tip: you should keep whisking until you can see lots of air bubbles.

2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

3. Make the topping

- Mix the **mascarpone** with the honey in a small bowl.

4. Serve

- Serve the pancakes on plates.
- Top with a dollop of **mascarpone** and scatter the **blueberries** over the pancakes.
- Drizzle with extra honey if preferred.

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



Boiled Eggs & Cress Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Saucepan

Ingredients for 2 servings

Cream cheese* (g)	100
Curry powder (sachet(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Egg* (unit(s))	6

From your pantry

Salt and pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	719 / 172
Total fat (g)	11
of which saturated (g)	3,1
Carbohydrates (g)	2
of which sugars (g)	0,6
Fiber (g)	4
Protein (g)	8
Salt (g)	0,5

Allergens

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

1. Boil plenty of water in a saucepan. Carefully transfer **3 eggs** to the water and boil for 8 - 10 minutes (see Tip).
2. Rinse the **eggs** under cold water, then remove the shell and cut the **eggs** in half.
3. Serve **3 crackers** per person on plates. Spread half of the **cream cheese** on the **crackers**, then top with the **egg** halves.
4. Sprinkle with half of the **curry spices** and garnish with half of the **cress**. Season to taste with salt and pepper.

Tip: you can also boil 6 eggs to prepare tomorrow's breakfast in advance!

Greek Yogurt Bowl with Apple & Strawberry Jam

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 2 serving

Greek yogurt* (g)	500
Apple* (unit(s))	2
Chia seeds (g)	20
Strawberry jam (g)	30

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	504 / 120
Total fat (g)	7
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	6
Fiber (g)	2
Protein (g)	3
Salt (g)	0,1

1. Core one **apple**. Slice half of an **apple** per person.
2. Serve 125g **Greek yogurt** per person in bowls.
3. Top each bowl with the sliced **apple** and a quarter each of the **chia seeds** and **strawberry jam**.
4. Repeat the recipe for a second breakfast the next day.

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Utensils

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

Ingredients

Blueberries* (g)	125
Coconut milk (ml)	250
Desiccated coconut (g)	10
Chia seeds (g)	20
Mango* (unit(s))	4
Spinach* (g)	50
Organic Greek yogurt* (g)	150
Avocado (unit(s))	1
Banana (unit(s))	2
Orange* (unit(s))	6
Fresh mint* (g)	10
Passion fruit* (unit(s))	2
Organic semi-skimmed milk* (ml)	200

From your pantry

Honey [or plant-based alternative] to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	331 /79
Total fat (g)	3
of which saturated (g)	1,9
Carbohydrates (g)	10
of which sugars (g)	8,6
Fibre (g)	1
Protein (g)	1
Salt (g)	0

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

Allergens

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

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Mango & Blueberry Smoothie Bowl

- Peel 2 mangos and finely chop the flesh. Halve 1 passion fruit.
- Using a blender or a tall container and immersion blender, process the mango with 250ml coconut milk and 150g yogurt into a thick smoothie.
- Feel free to add some honey if you have a sweet tooth, then serve the smoothie in bowls. Garnish with the passion fruit, desiccated coconut, blueberries and half of the chia seeds.

Orange Dream Smoothie

- Cut 1 orange in half and juice it into a small bowl. Peel 2 mangos and chop them up finely. Cut 1 passion fruit in half and scoop out the flesh.
- Using a blender or a tall container and immersion blender, blend the fruit with the milk and the orange juice into a thick smoothie.
- Add some honey to taste, then serve the smoothie in glasses and garnish with half of the chia seeds.

Green Smoothie

- Juice 5 oranges into a bowl. Peel and slice 2 bananas. Halve and pit the avocado, then remove the skin and dice the flesh. Pull the mint leaves off the stems, reserving a few for garnish.
- Add the orange juice, mint leaves, avocado, banana, 50g spinach and honey to taste to a blender (or tall container, if you're using an immersion blender). Blend into a thick smoothie, adding a splash of water or milk as preferred.
- Serve the smoothie in glasses.

Enjoy!




Passion Fruit Smoothie

with mango and yogurt | 2 servings

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Blender or an immersion blender with a tall container

Ingredients

Passion fruit* (unit(s))	4
Mango* (unit(s))	1
Organic full-fat yogurt* (g)	100
Organic semi-skimmed milk* (ml)	200
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1008 /241	286 /68
Total fat (g)	4	1
of which saturated (g)	2,2	0,6
Carbohydrates (g)	44	13
of which sugars (g)	27,7	7,9
Fibre (g)	5	1
Protein (g)	8	2
Salt (g)	0,2	0,1

Allergens

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

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Prepare

- Peel and dice 1 mango.
- Halve 3 passion fruits and scoop out the flesh.

Blend

- Add the mango and passion fruits to a blender (or tall container, if you're using an immersion blender).
- Add the yogurt and milk, then blend until smooth.

Serve

- Add honey to taste.
- Pour the smoothie into two glasses.
- Halve 1 passion fruit and scoop out the flesh to add on top of the smoothies.

Enjoy!



Baked Oats with Pear

with cranberries and shaved almonds | to share

Breakfast

Total time: 55 - 65 min.



Tear me out!

Before you begin

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

Utensils

Grater, large bowl, microplane, oven dish, parchment paper

Ingredients

Pear* (unit(s))	2
Oats (g)	200
Organic semi-skimmed milk* (ml)	200
Egg* (unit(s))	2
Fresh ginger* (tsp)	2½
Ground cinnamon (tsp)	1
Shaved almonds (g)	40
Dried cranberries (g)	80
Baking powder (g)	16
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	763 /182
Total fat (g)	5,5
of which saturated (g)	1
Carbohydrates (g)	26
of which sugars (g)	10,4
Fibre (g)	3
Protein (g)	6
Salt (g)	0,7

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Line a square oven dish with parchment paper. Leave enough paper hanging over the edges to grab later as you lift the baked oats out.

Make the batter

- Coarsely grate half of the pears. Slice the other half.
- Roughly chop the dried cranberries and grate the ginger.
- In a large bowl, mix the oats, baking powder, cinnamon and a pinch of salt. Stir in the cranberries, grated pear and ginger, then mix in the milk, eggs and 1 tbsp honey (see Tip).

Tip: you can add more honey to taste if preferred.

Bake and serve

- Transfer the mixture to the oven dish. Garnish with the pear slices and scatter over the shaved almonds.
- Bake in the oven for 30 - 35 minutes, then let it cool completely.
- Slice the baked oats into 6 pieces and serve (see Tip).

Tip: you can store the baked oats in the refrigerator. If you prefer them hot, you can reheat them in the oven or microwave before eating.

Enjoy!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with 3 variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

Before you begin

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

Utensils

Ingredients

Organic Greek yogurt* (g)	1000
Pear* (unit(s))	2
Apple* (unit(s))	2
Chia seeds (g)	30
Oats (g)	150
Blueberries* (g)	125
Strawberry jam (g)	15

From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

*store in the fridge

Nutritional values

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

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

Allergens

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



Greek yogurt with blueberries and chia seeds

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



Greek yogurt with pear, oatmeal and chia seeds

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



Greek yogurt with apple, strawberry jam and chia seeds

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

Enjoy!




Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Saucepan, small bowl

Ingredients

Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Lamb's lettuce* (g)	40
Avocado (unit(s))	2
Tomato (unit(s))	1
Egg* (unit(s))	4
Curry powder (sachet(s))	½
Cress* (g)	20
Fresco spalmabile - cream cheese* (g)	100
Crackers (unit(s))	12
Sliced Gouda* (unit(s))	4

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	783 / 187
Total fat (g)	14
of which saturated (g)	5,3
Carbohydrates (g)	2
of which sugars (g)	1,3
Fibre (g)	3
Protein (g)	11
Salt (g)	0,6

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

Allergens

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

1



Option 1: Herbed cream cheese, ham and lamb's lettuce

- Divide four crackers over two plates.
- Spread the herbed cream cheese on the crackers.
- Divide the ham over the crackers and garnish with the lamb's lettuce.

2



Option 2: Smashed avocado, cheese and tomato

- Divide four crackers over two plates.
- Halve and pit the avocado, then scoop out the flesh, transfer to a small bowl and mash well. Slice the tomato.
- Spread the smashed avocado on the crackers. Top with the tomato and cheese slices.
- Season with salt and pepper.

3



Option 3: Boiled eggs, cress and curry spices

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes.
- Rinse the egg under cold water, then remove the shell and cut the egg in half.
- Divide four crackers over two plates. Spread the cream cheese on the crackers.
- Add the eggs on top, sprinkle the curry spices and season with salt and pepper to taste. Garnish with the cress.

Enjoy!




Christmas Pancakes with Cranberry-Orange Sauce

topped with mascarpone | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Aluminum foil, large bowl, microplane, saucepan, frying pan, whisk

Ingredients

Flour (g)	150
Baking powder (g)	8
Organic buttermilk* (ml)	200
Egg* (unit(s))	2
Ground cinnamon (tsp)	1
Orange* (unit(s))	1
Cranberry chutney* (g)	60
Mascarpone* (g)	50
From your pantry	
[Plant-based] butter (tbsp)	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3000 / 717	813 / 194
Total fat (g)	36	9,8
of which saturated (g)	21,4	5,8
Carbohydrates (g)	77	20,8
of which sugars (g)	17,4	4,7
Fibre (g)	5	1
Protein (g)	22	6
Salt (g)	2	0,5

Allergens

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

1



Mix the batter

- Whisk together the eggs and buttermilk in a large mixing bowl.
- Add the flour, baking powder and cinnamon and mix until just combined.

2



Make the pancakes

- Melt a knob of butter in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan and fry the pancake for about 2 minutes on each side until golden brown. Remove from the pan and cover with aluminium foil to keep warm.
- Repeat until the rest of the batter is used up and melt a small knob of butter each time before frying the next pancake.

3



Finish and serve

- In the meantime, zest the orange. Cut one orange slice per person to use as a garnish, then juice the rest.
- Melt a knob of butter in a saucepan. Add 2 tbsp of orange juice, the cranberry chutney, and orange zest as preferred. Allow to simmer on a low heat for 2 - 3 minutes.
- Serve the pancakes on plates.
- Top with a dollop of mascarpone and the cranberry-orange sauce.

Enjoy!




French Toast with Crispy Bacon and Fresh Blueberries

with crème fraîche | 2 servings

Breakfast

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Deep plate, small frying pan, frying pan, whisk

Ingredients

Blueberries* (g)	125
Bacon* (slice(s))	4
Crème fraîche* (g)	50
Brioche bun (unit(s))	2
Ground cinnamon (tsp)	1½
Egg* (unit(s))	2
From your pantry	
[Plant-based] milk (ml)	100
Brown sugar (tbsp)	½
[Plant-based] butter (tbsp)	½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2159 /516	714 /171
Total fat (g)	26	8
of which saturated (g)	12,1	4
Carbohydrates (g)	50	16
of which sugars (g)	17	5,6
Fibre (g)	5	2
Protein (g)	20	7
Salt (g)	1,6	0,5

Allergens

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

1



2



3



Prepare

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

Make the French toast

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown.
- Repeat until all of the slices are done.
- Meanwhile, heat a small frying pan on medium-high heat and fry the bacon for 4 - 5 minutes.

Serve

- Serve the French toast on plates.
- Top with a dollop of crème fraîche.
- Garnish with the blueberries and bacon.

Enjoy!




Eggs Benedict with Spinach and Bacon

on brioche bread with Hollandaise sauce | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Kitchen paper, plate, small saucepan, frying pan, whisk

Ingredients

Egg* (unit(s))	4
Hollandaise sauce* (g)	50
Brioche bun (unit(s))	2
Spinach* (g)	100
Bacon* (slice(s))	4
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2494 /596	777 /186
Total fat (g)	37	12
of which saturated (g)	9,8	3,1
Carbohydrates (g)	38	12
of which sugars (g)	5,5	1,7
Fibre (g)	4	1
Protein (g)	27	8
Salt (g)	2	0,6

Allergens

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



Poach the eggs

- Boil plenty of water in a large pot. Once boiling, add the vinegar (see Tip).
- Use a whisk to swirl the water and create a small whirlpool. Carefully crack the eggs into the whirlpool one at a time, then turn the heat to low and cook until the white part has fully set; this should take 2 - 3 minutes for runny egg yolks.
- Remove with a slotted spoon and add to a plate lined with kitchen paper to absorb excess water.

Tip: instead of poaching the eggs, you can also boil them for 6 minutes if you prefer soft-boiled, or 10 minutes for hard-boiled.

Prepare the spinach

- Preheat the oven to 180°C.
- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat. Add the spinach to the pan with a pinch of salt and pepper. Fry for 1 minute until it starts to wilt, then remove from the pan.
- Add the bacon to the pan and fry for 4 - 5 minutes, or until it's crispy.
- Heat the Hollandaise sauce in a small saucepan for 1 - 2 minutes. Put the brioche rolls in the oven to bake for 3 - 4 minutes.

Serve

- Cut open the brioche rolls and top with the spinach and bacon.
- Carefully place the eggs on top and drizzle the Hollandaise sauce over the eggs.

Enjoy!




Smoked Salmon Croissants

with avocado and herbed cream cheese | 4 pieces

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet

Ingredients

Bake-off croissants (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	50
Avocado (unit(s))	1
From your pantry	
Black pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1235 /295
Total fat (g)	18
of which saturated (g)	8,4
Carbohydrates (g)	22
of which sugars (g)	4
Fibre (g)	2
Protein (g)	10
Salt (g)	1,2

Allergens

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



Bake the croissants

- Preheat the oven to 200°C.
- Transfer the croissants to a parchment-lined baking sheet.
- Bake in the oven for 6 - 8 minutes.

Prepare the toppings

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Cut open the croissants.

Make the croissants

- Spread the herbed cream cheese onto each croissant.
- Add the smoked salmon to the croissants.
- Top with the avocado and season with black pepper.

Enjoy!



Christmas Brunch with American-Style Pancakes

with scrambled eggs & avocado, stollen and croissants | 4 servings

Breakfast

Total time: 60 - 70 min.



Tear me out!

Before you begin

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

Utensils

Aluminum foil, parchment-lined baking sheet, 2x bowl, large bowl, microplane, saucepan, 2x frying pan

Ingredients for 4 servings

Flour (g)	400
Baking powder (g)	16
Egg* (unit(s))	8
Bake-off croissants (unit(s))	4
Avocado (unit(s))	2
Viennoiseries (g)	240
Orange* (unit(s))	7
Organic Greek yogurt* (g)	500
Mango* (unit(s))	1
Stollen* (g)	750
Organic buttermilk* (ml)	500
Ground cinnamon (tsp)	2
Cranberry chutney* (g)	80
Mascarpone* (g)	100
From your pantry	
[Plant-based] milk	a splash
[Plant-based] butter (tbsp)	1½
Sugar (tbsp)	3
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	785 /188
Total fat (g)	7
of which saturated (g)	3,5
Carbohydrates (g)	24,7
of which sugars (g)	9,6
Fibre (g)	1,7
Protein (g)	5,5
Salt (g)	0,4

Allergens

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



Mix the batter

- In a large bowl, combine the flour, baking powder and cinnamon.
- In a second bowl, combine 4 eggs and the buttermilk.
- Gently fold the egg mixture through the dry flour mixture and mix until a smooth batter forms.
- Zest and juice 1 orange. Cut one orange slice per person for garnish from another orange.



Prepare the yogurt bowls

- Divide the yogurt into four bowls. Top the bowls with the mango and drizzle with honey to taste.
- Juice the rest of the oranges and serve the juice in four glasses.



Make the pancakes

- Melt a knob of butter in a frying pan over medium-high heat. Pour a ladle full of batter into the pan.
- Fry the pancakes for about 2 minutes on each side until golden brown, then remove from the pan and cover with aluminium foil to keep warm.
- In a saucepan, melt a knob of butter. Add 2 tbsp orange juice, the cranberry chutney, sugar and orange zest to taste and let simmer on a low heat.



Make the scrambled eggs

- Add the rest of the eggs to a bowl and beat with a splash of milk.
- Season with salt and pepper.
- Melt a knob of butter in a frying pan over medium-high heat and scramble the eggs.
- Halve and pit the avocado, then remove the skin and slice the flesh. Transfer to a serving plate, along with the scrambled eggs.



Bake the bread rolls

- Preheat the oven to 190°C.
- Transfer the croissants and Viennoiserie to a parchment-lined baking sheet and bake in the oven for 6 - 8 minutes.
- In the meantime, peel and dice the mango.



Lay the table

- Transfer the pancakes to plates and top with the mascarpone and cranberry-orange sauce. Garnish with the orange slices.
- Slice the stollen and arrange the croissants and Viennoiserie on a serving platter.
- Lay the table with the scrambled eggs, avocado, yogurt bowls, orange juice and serve the pancakes.

Enjoy!




Eggs Benedict Christmas Brunch

with smoked salmon & avocado sandwiches, stollen and croissants | 4 servings

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, large pot or saucepan, saucepan, slotted spoon, frying pan, whisk

Ingredients for 4 servings

Egg* (unit(s))	4
Brioche bun (unit(s))	4
Bacon* (slice(s))	6
Spinach* (g)	200
Hollandaise sauce* (g)	100
Orange* (unit(s))	6
Novelty bread roll* (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	100
Avocado (unit(s))	2
Organic Greek yogurt* (g)	500
Mango* (unit(s))	1
Bake-off croissants (unit(s))	4
Blueberry jam (g)	30
Stollen* (g)	750
From your pantry	
Honey [or plant-based alternative]	to taste
White wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	781/187
Total fat (g)	8
of which saturated (g)	3
Carbohydrates (g)	23
of which sugars (g)	9,3
Fibre (g)	2
Protein (g)	6
Salt (g)	0,5

Allergens

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

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Poach the eggs

- Boil plenty of water in a large saucepan and add the white wine vinegar (see Tip).
- Crack each egg into a small glass. Swirl the water in the pan to create a vortex.
- Carefully drop the eggs one by one into the center of the whirlpool and reduce the heat to low.
- Poach the eggs like this for 4 - 5 minutes, until the egg whites are fully cooked. Remove the eggs from the pan with a slotted spoon.

Tip: you can also cook the eggs by boiling them for 8 - 10 minutes instead of poaching them.



Prepare the yogurt bowls

- In the meantime, peel and dice the mango. Halve and pit the avocado, then remove the skin and slice the flesh.
- Divide the yogurt into four bowls. Top the bowls with the mango and drizzle with honey to taste.
- Add the smoked salmon to a serving plate with the avocado.
- Juice the oranges and serve the juice in four glasses.



Prepare

- Preheat the oven to 190°C.
- Transfer the bacon to a parchment-lined baking sheet and bake in the oven for 8 - 10 minutes.
- Transfer the brioche buns, bread rolls and croissants to a parchment-lined baking sheet and bake for 5 - 6 minutes.



Make the eggs benedict

- Cut open the brioche buns and place them on plates.
- Add the spinach and the bacon to the buns.
- Place the poached eggs on top and pour the Hollandaise sauce over the eggs.



Fry the spinach

- Heat a drizzle of olive oil in a frying pan over medium-high heat and gradually add the spinach, tearing it directly into the pan.
- Add salt and pepper to taste and cook for 4 - 6 minutes.
- Heat the Hollandaise sauce in a saucepan for 1 - 2 minutes.



Set the table

- Slice the stollen and arrange the croissants on a serving platter.
- Lay the table with the smoked salmon, avocado, cream cheese, bread rolls, jam, yogurt bowls and orange juice.
- Serve the eggs benedict.

Enjoy!

Tear me out!



Poké Bowl with Salmon

with sriracha mayo, edamame and furikake | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Utensils

Bowl, grater, lidded pot or saucepan, frying pan

Ingredients

Sushi rice (g)	150
Salmon fillet* (unit(s))	2
Ponzu (g)	24
Sesame oil (ml)	10
Carrot* (unit(s))	1
Persian cucumber* (unit(s))	1
Edamame* (g)	50
Furikake (sachet(s))	1
Sriracha mayo* (g)	25
From your pantry	
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	½
Water (ml)	350
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2950 /705	551 /132
Total fat (g)	35	6
of which saturated (g)	4,8	0,9
Carbohydrates (g)	68	13
of which sugars (g)	8,9	1,7
Fibre (g)	3	1
Protein (g)	27	5
Salt (g)	1,2	0,2

Allergens

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



Boil the rice

- Boil the water in a lidded pot or saucepan (see pantry for amount).
- Boil the sushi rice for 12 – 15 minutes.
- Turn the heat off when finished, add the white wine vinegar and sugar and mix well.
- Leave the rice in the pan with the lid on until ready to serve.

Marinate

- Cut the salmon into small cubes.
- In a bowl, mix the salmon with the ponzu sauce, the sesame oil and some salt and pepper.
- Set aside and let the salmon marinate for 5 minutes.
- Grate the carrot. Finely dice the cucumber.

Serve

- Heat the sunflower oil in a frying pan over medium-high heat and fry the salmon for 2 - 3 minutes.
- Serve the sushi rice in bowls.
- Serve the carrot, cucumber, edamame and salmon on top of the rice.
- Drizzle the marinade on the top and garnish with the sriracha mayo and furikake.

Enjoy!



Smoked Salmon Wraps

with mango & avocado salsa and mint | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Bowl

Ingredients

Flour tortillas (unit(s))	4
Mango chutney* (g)	40
Avocado (unit(s))	1
Hot smoked salmon flakes* (g)	150
Fresh mint* (g)	10
Little gem* (unit(s))	1
Lemon mayonnaise with black pepper* (g)	50

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2699 /645	885 /211
Total fat (g)	36	12
of which saturated (g)	4,7	1,5
Carbohydrates (g)	52	17
of which sugars (g)	9	3
Fibre (g)	5	2
Protein (g)	25	8
Salt (g)	1,9	0,6

Allergens

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

1



2



3



Prepare

- Halve and pit the avocado, then remove the skin and dice the flesh.
- Discard the mint stalks and finely chop the leaves.

Make the salsa

- Mix the diced avocado with the chopped mint and the mango chutney in a bowl.
- Season to taste with salt and pepper.

Serve

- Mix the salmon flakes with the lemon mayonnaise.
- Divide the lettuce leaves over the tortillas.
- Spread the salmon on top.
- Garnish with the avocado salsa, and then roll up the tortillas (see Tip).

Tip: you can also wrap the tortillas in aluminium foil for lunch on-the-go!

Enjoy!



Mediterranean-Style Chicken on Turkish Bread

with tomato tapenade and garlic-yogurt sauce | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, small bowl, frying pan

Ingredients

Mini Turkish bread (unit(s))	2
Garlic (unit(s))	½
Tomato (unit(s))	2
Fresh flat leaf parsley* (g)	10
Arugula & lamb's lettuce* (g)	40
Organic full-fat yogurt* (g)	50
Tomato tapenade* (g)	80
Chicken thigh strips with Mediterranean herbs* (g)	200
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2615 /625	684 /163
Total fat (g)	30	8
of which saturated (g)	5,9	1,5
Carbohydrates (g)	59	15
of which sugars (g)	7,7	2
Fibre (g)	6	2
Protein (g)	30	8
Salt (g)	3	0,8

Allergens

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



Fry the chicken

- Preheat the oven to 180°C.
- Bake the Turkish bread for 5 – 8 minutes in the oven.
- Heat the olive oil in a frying pan and cook the chicken for 6 – 8 minutes on medium-high heat.

Prepare the toppings

- In the meantime, dice the tomato. In a bowl, mix the tomato tapenade with the fresh tomato.
- Mince the garlic and finely chop the parsley.
- In another small bowl, mix the yogurt with the garlic and half of the parsley.
- Season both the tapenade mix and the yogurt sauce to taste with salt and pepper.

Serve

- Cut open the Turkish bread and fill it with the arugula & lamb's lettuce, tapenade mix and chicken.
- Drizzle over the yogurt sauce.
- Top with the rest of the parsley.

Enjoy!




Sticky Hoisin Chicken Bun

with cucumber and scallions | 2 servings

Lunch

Total time: 35 - 45 min.



Tear me out! 

Before you begin

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

Utensils

Frying pan

Ingredients

Hamburger bun with sesame seeds (unit(s))	2
Hoisin sauce (g)	25
Persian cucumber* (unit(s))	1
Scallions* (bunch)	1
Sriracha mayo* (g)	50
Chicken thigh strips* (g)	200

From your pantry

Olive oil (tbsp)	¼
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2293 / 548	667 / 159
Total fat (g)	30	9
of which saturated (g)	6,4	1,9
Carbohydrates (g)	42	12
of which sugars (g)	11,5	3,3
Fibre (g)	5	2
Protein (g)	26	8
Salt (g)	1,6	0,5

Allergens

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

1



2



3



Prepare

- Halve the cucumber lengthways, then slice it into long, thin strips.
- Finely chop the scallions.

Fry the chicken

- Heat the olive oil in a frying pan on medium-high heat.
- Add the chicken to the pan and season with salt and pepper. Fry the chicken for 8 - 10 minutes.
- Add the hoisin sauce and fry for another 1 - 2 minutes.

Serve

- Halve the buns and spread the sriracha mayo on them.
- Add the chicken to the buns.
- Top with the cucumber and scallions.
- Transfer the buns to plates and serve.

Enjoy!



Gourmet

[illegible]

- Tear me out!

Utensils

2x bowl, oven dish, saucepan, small bowl, 2x two bowls

Ingredients for 4 servings

Bacon* (slice(s))	6
Chicken breast* (unit(s))	2
Shrimp* (g)	240
Salmon fillet* (unit(s))	2
Teriyaki sauce (g)	50
White demi-baguette (unit(s))	4
Unsalted butter* (g)	150
Fresh flat leaf parsley & chives* (g)	40
Garlic (unit(s))	3
Courgette* (unit(s))	1
Bell pepper* (unit(s))	2
Middle Eastern spice mix (sachet(s))	1
Potato wedges* (g)	600
Peanut sauce* (g)	120
Cocktail sauce* (g)	120
Apple* (unit(s))	2
Chocolate cookie dough* (pack)	½
Mini tomatoes* (g)	500
Lemon mayonnaise with black pepper* (g)	100
Ground cinnamon (tsp)	1½
Steak* (unit(s))	2
Pork sausage with marjoram & garlic* (unit(s))	2
Beef mince with East Asian Spices* (g)	200
From your pantry	
Olive oil (tbsp)	4
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	729 /174
Total fat (g)	11
of which saturated (g)	3,6
Carbohydrates (g)	11
of which sugars (g)	3,1
Fibre (g)	2
Protein (g)	7
Salt (g)	0,5

Allergens

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

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Prepare the garlic butter & bread

- Preheat the oven to 200°C and let the butter come to room temperature.
- Finely chop the chives and parsley. Mince the garlic.
- In a small bowl, mix 125g of the butter with two-thirds of the herbs and two-thirds of the garlic. Season with salt and pepper, then set aside to serve with the bread at the table.
- Bake the bread in the oven for 6 - 8 minutes.



Prepare the meat

- Add the mince to a bowl and season with salt and pepper, then shape into small meatballs and add to a plate.
 - Cut the sausages into smaller pieces and halve the bacon, then wrap each sausage in bacon and add to a plate.
 - Slice the chicken into 4 cm pieces and mix with the other half of the teriyaki sauce in a bowl.
 - Slice the beef steaks into 4 cm pieces and add to a plate.
 - Heat the peanut sauce in a saucepan over medium-high heat.
- At the table:
- Fry the meat on the gourmet and serve with the peanut sauce, lemon mayonnaise and cocktail sauce.



Roast the potatoes

- Add the potatoes and 2 tbsp of olive oil to an oven dish. Add salt and pepper to taste and mix well.
- Roast in the oven for 6 - 8 minutes.

At the table:

- Add the potatoes and 1 tbsp of the garlic butter to a gourmet pan. Bake for a couple of minutes.



Prepare the vegetables

- Cut the bell peppers into strips.
- Slice the courgette.
- Add to a bowl and mix with 2 tbsp of olive oil and the Middle Eastern spice mix. Add salt and pepper to taste.
- Add the tomatoes to a bowl and serve during the gourmet.

At the table:

- Fry the courgette and bell pepper on the gourmet.

Tear me out!



Prepare the seafood

- Add the shrimp to a bowl and mix with 25g of butter and the rest of the fresh herbs and garlic. Season with salt and pepper.
- Cut the salmon into 4cm cubes and add to a bowl. Mix with half of the teriyaki sauce.

At the table:

- Fry the shrimp and salmon on the gourmet.



Prepare the dessert

- Core and dice the apples.
- Add to a bowl and mix with 1 tsp of cinnamon.
- Crumble half of the cookie dough and add to a plate (see Tip).

Tip: you only use half of the cookie dough. Follow the instructions on the package to make cookies from the leftover dough! At the table: Add the apple to a gourmet pan and fry for a couple of minutes, until the apple becomes soft. Add a layer of the crumbled cookie dough and bake for a few minutes, or until the dough becomes crispy.

Enjoy!



Fondue Box | Homemade Cheese Fondue with Three Cheeses

with demi-baguettes, fresh veggies & charcuterie | 4 servings

Gourmet

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Utensils

Large pot or saucepan, microplane, 2x lidded pot or saucepan, frying pan, two bowls, whisk

Ingredients for 4 servings

Grated emmentaler* (g)	400
Grated Gruyère DOP* (g)	300
Grated Gouda* (g)	100
White wine (ml)	374
Nutmeg (pinch)	2
Garlic (unit(s))	1
Chestnut mushrooms* (g)	250
Broccoli* (g)	360
Romano pepper* (unit(s))	1
Serrano ham* (g)	80
Baby potatoes (g)	400
Ham* (slice(s))	8
Lemon* (unit(s))	¼
Italian seasoning (sachet(s))	½
Red cherry tomatoes (g)	250
White demi-baguette (unit(s))	4
From your pantry	
Olive oil (tbsp)	1
Low sodium vegetable stock cube (unit(s))	½
Flour (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	722 / 173
Total fat (g)	8
of which saturated (g)	5,2
Carbohydrates (g)	12
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	10
Salt (g)	0,7

Allergens

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

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Boil the baby potatoes

- Preheat the oven to 200°C. Boil plenty of water in a lidded pot or saucepan for the baby potatoes and crumble in the stock cube.
- In the meantime, wash the baby potatoes and cut any larger ones in half.
- Transfer to the pot and cook for 12 - 15 minutes, covered. Drain when finished and set aside without the lid.



Chop the Romano pepper

- Crush or mince the garlic.
- Deseed the Romano pepper and cut it into 2 - 3cm chunks (they need to be big enough for your fondue fork). Cut the lemon into 4 wedges and juice 1 wedge into a bowl.
- In another bowl, mix the flour with 0.5 tbsp water. Stir well, making sure there are no clumps left.
- Grate about 2 pinches of nutmeg.



Cook the broccoli

- Boil plenty of salted water in another lidded pot or saucepan.
- Cut the broccoli into florets, then boil for 4 - 6 minutes, covered.
- Drain and set aside without the lid when finished.



Make the fondue

- Heat a drizzle of olive oil in a fondue pan or large saucepan over medium-high heat, then fry the garlic for 1 - 2 minutes.
- Deglaze with the white wine and lemon juice, then bring to a boil. Add the nutmeg.
- Gradually add the cheeses and allow to melt. Stir well using a whisk (see Tip).
- Add the flour mixture and keep stirring. Gently bring to a boil, but turn the heat to low once it starts bubbling. Simmer for 1 - 2 minutes over low heat.

Tip: keep the heat on medium-high while adding the cheese, so that it melts properly.



Fry the mushrooms

- Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the mushrooms for 4 - 6 minutes.
- Add the Italian herbs halfway through and season with salt and pepper.
- Put the baguettes in the preheated oven and bake for 5 - 6 minutes, until golden brown and crunchy.



Serve

- Serve the cheese fondue in the pan on the table. Use a tea light or food warmer to keep it warm (see Tip).
- Serve the broccoli, mushrooms, Romano pepper, cherry tomatoes and baby potatoes in separate bowls.
- Roll up the ham and Serrano ham and arrange on a plate, then slice up the baguettes. Serve with the rest of the lemon wedges.

Tip: if the cheese starts to set and you don't have a tea light or food warmer, place the pan back on the heat and briefly warm up the fondue while stirring.

Enjoy!

Tear me out!