



Risotto with Brandt & Levie sausage

with fennel & mascarpone

Family

Total time: 45 - 55 min.



Onion



Fennel



Pork sausage with
marjoram & garlic



Risotto rice



Mascarpone



Grated mature cheese



Ground fennel seed



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

At Brandt & Levie, they prepare the sausages from Dutch pigs and they use their own recipes. This sausage is seasoned with marjoram and garlic.

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, lidded deep frying pan, saucepan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	1	2	3	4	5	6
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated mature cheese* (g)	15	25	40	50	65	75
Ground fennel seed (sachet(s))	⅓	⅓	½	⅔	¾	1

From your pantry						
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3552 /849	770 /184
Total fat (g)	47	10
of which saturated (g)	25	5,4
Carbohydrates (g)	77	17
of which sugars (g)	13,4	2,9
Fibre (g)	6	1
Protein (g)	26	6
Salt (g)	3,1	0,7

Allergens

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



Chop the vegetables

Chop the **onion** and quarter the **fennel**. Discard the tough core and then slice into very thin strips. Set aside any **fennel** fronds to use later as garnish.

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



Make the stock

Boil 350ml water per person and crumble in the stock cube. Cut open the **sausage** and squeeze the **meat** out of the skin.



Fry the sausage

Melt the butter in a wok or deep frying pan over medium-high heat and fry the **onion** with two-thirds of the **fennel**, along with the ground **fennel seed** and the **sausage meat**. Fry for 3 minutes over high heat, separating the **meat** as you do so, then cover with the lid and fry for 4 - 5 minutes over medium-low heat.



Make the fennel salad

Meanwhile in a bowl, combine the rest of the **fennel** with the sugar, vinegar and a pinch of salt. Set aside until serving, stirring occasionally. Stir the **risotto rice** into the **meat** and toast the grains for 2 minutes over low heat. Add a third of the stock and allow the **rice** to slowly incorporate, stirring regularly (see Tip).

Tip: a classic risotto is made with white wine. If you have it, deglaze the pan with a splash of white wine before adding the stock.



Make the risotto

Repeat with the rest of the stock, adding it in two more batches. Cook the risotto over a low heat for around 15 - 20 minutes or until done (see Tip). Add extra water or stock and cook longer if you'd prefer the risotto to be softer.

Tip: the risotto is done when the rice is soft but still al dente.



Serve

Stir in the **mascarpone** and most of the **grated cheese**, then season to taste with salt and pepper. Serve the risotto on deep plates and garnish over the rest of the **cheese**. Top with the **fennel** salad and garnish with any reserved **fennel** leaves.

Enjoy!



Homemade Creamy Vegetable Pie

with mushrooms & a crisp salad

Calorie Smart Veggie

Total time: 50 - 60 min.



Puff pastry



Mushrooms



Carrot



Onion



Garlic



Dried thyme



Bay leaf



Cooking cream



Grated mature cheese



Arugula & lamb's lettuce



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

Before baking, brush the top of the puff pastry with a layer of beaten egg. This will give the pastry an appetising, shiny crust!

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, oven dish, salad bowl

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Mushrooms* (g)	125	250	375	500	625	750
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1¾	2
Bay leaf (unit(s))	1	1	2	2	3	3
Cooking cream (g)	50	100	150	200	250	300
Grated mature cheese* (g)	25	50	75	100	125	150
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180

From your pantry						
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock (ml)	75	150	225	300	375	450
[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)	2858 /683	496 /118
Total fat (g)	46	8
of which saturated (g)	25,1	4,4
Carbohydrates (g)	43	7
of which sugars (g)	12,9	2,2
Fibre (g)	8	1
Protein (g)	18	3
Salt (g)	1,9	0,3

Allergens

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



Prepare

Roll out the **puff pastry**, then put it back in the fridge for 10 minutes. Preheat the oven to 220°C and prepare the stock. Slice the **mushrooms**. Finely dice the **carrot** and chop the **onion**. Crush or mince the **garlic**.



Bake the pie

Remove the **bay leaf**, then transfer the vegetables to an oven dish. Scatter over the **cheese**, then cover with the **puff pastry**. Score the **puff pastry** in a criss-cross pattern and season with salt and pepper. Bake in the oven for 15 - 20 minutes, or until the **pastry** is golden-brown and done.



Fry the vegetables

Melt half of the butter in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 4-5 minutes, then add the **carrot**, **mushrooms** and **thyme**. Cover with the lid and continue cooking for 4 - 5 more minutes.



Make the salad

In a salad bowl, combine the white wine vinegar with the extra virgin olive oil. Season to taste with salt and pepper. Add the **lettuce** and toss well to combine.



Make the filling

Remove the lid, then add the flour and the rest of the butter to the vegetables. Fry for 1 - 2 minutes, then pour in the stock and the **cream**. Add the **bay leaf** and mix well to combine, seasoning to taste with salt and pepper. Allow to reduce gently for 4 - 5 minutes over low heat.



Serve

Serve the pie with the salad alongside.
Did you know... 🌱 with at least four different vegetables, this recipe contributes towards a varied diet. This the best way to make sure you get all the vitamins and minerals you need to stay healthy.

Enjoy!



Minced Beef & Vegetable Pie

with onion chutney & green beans

Family

Total time: 45 - 55 min.



Onion



Carrot



Seasoned minced meat blend



Puff pastry



Green beans



Onion chutney



Curry powder



Ground turmeric



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

Green beans contain important minerals. For instance, potassium helps maintain healthy blood pressure and both iron and folic acid help you feel more energetic.

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Green beans* (g)	150	300	450	600	750	900
Onion chutney* (g)	20	40	60	80	100	120
Curry powder (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Ground turmeric (tsp)	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Low sodium] beef stock (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3226 / 771	615 / 147
Total fat (g)	50	9
of which saturated (g)	24,4	4,7
Carbohydrates (g)	47	9
of which sugars (g)	16,1	3,1
Fibre (g)	10	2
Protein (g)	28	5
Salt (g)	2,4	0,5

Allergens

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



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock. Chop the **onion**. Wash or peel the **carrot** and then thinly slice it.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **carrot** and **onion** for 4 - 5 minutes, then add the **minced meat** and fry for 3 - 4 minutes, separating it as you do so.

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.



Bake the pie

- Add the **onion chutney**, **turmeric**, **curry powder** and stock. Bring to a boil and cook for 2 - 3 minutes until thickened and reduced. Season to taste with salt and pepper. Transfer the filling to an oven dish and top with the **pastry**. Pierce the surface several times with a fork, then bake in the oven for 20 - 25 minutes until the **pastry** is golden brown.



Boil the green beans

- In the meantime, discard the tips of the **green beans**. Transfer to a pot or saucepan and cover with a shallow layer of water, then add a pinch of salt. Bring to a boil, covered, then allow to cook gently for 6 - 8 minutes or until al dente. Drain and then season to taste with salt and pepper.



Serve

- Serve the pie on plates with the **green beans** on the side.

Enjoy!



Pizza Bolognese with Mozzarella & Fresh Basil

on Lebanese flatbread with courgette

Family Nice & Fast

Total time: 25 - 35 min.



Garlic



Onion



Farmer's mincemeat



Italian seasoning



Passata



Courgette



Mozzarella



Lebanese flatbread



Fresh basil



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

Is there a little cook in the house? Decorate pizzas together and amaze everyone at home with this tasty main 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

Parchment-lined baking sheet, lidded deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Farmer’s mincemeat* (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Passata (g)	100	200	300	390	500	590
Courgette* (unit(s))	½	1	1½	2	2½	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Fresh basil* (g)	2½	5	7½	10	12½	15
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3724 /890	659 /157
Total fat (g)	38	7
of which saturated (g)	15,3	2,7
Carbohydrates (g)	89	16
of which sugars (g)	13,2	2,3
Fibre (g)	7	1
Protein (g)	44	8
Salt (g)	2,2	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C. Chop the **onion** and crush or mince the **garlic**.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **mince** for 3 minutes, then remove from the pan and set aside.



Make the sauce

- In the same pan, fry the **onion** and **garlic** with the **Italian herbs** for 2 - 3 minutes. Deglaze with the **passata**, balsamic vinegar and the water (see Tip). Season with salt and pepper, then cover with the lid and allow to simmer for 5 - 6 minutes. In the meantime, slice the **courgette** and tear the **mozzarella** into chunks.

Tip: if you’d prefer more sauce on the pizzas, just double the amount of water.



Chop the basil

- Transfer the flatbreads to a parchment-lined baking sheet. Spread with the **tomato** sauce, then top with the **mince**, **courgette** and **mozzarella**. Bake the pizzas in the oven for 7 - 8 minutes. In the meantime, pull the **basil** leaves off the stems and cut into ribbons.



Serve

- Serve the pizzas on plates and garnish with the **fresh basil**. Drizzle over some extra virgin olive oil as preferred.

Enjoy!



Spicy Coconut Curry with Mangetout

over brown rice with spinach & mixed beans

Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Fresh ginger



Yellow curry spices



Quick-cook brown rice



Coconut milk



East Asian-style sauce



Mixed beans



Mangetout



Spinach



Crispy fried onions



Red chili pepper



Chopped tomatoes



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

Crispy fried onions are not only crunchy and flavourful, but they also add some antioxidants to your meal. This makes them the perfect topping for 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

Deep frying pan, sieve or colander, grater, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1½	3	4½	6	7½	9
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Mixed beans (pack)	½	1	1½	2	2½	3
Mangetout* (g)	50	100	100	200	200	300
Spinach* (g)	50	100	100	200	200	300
Crispy fried onions (g)	15	30	45	60	75	90
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Chopped tomatoes (pack)	¼	½	¾	1	1¼	1½
From your pantry						
[Low sodium] vegetable stock (ml)	50	100	150	200	250	300
Sunflower oil (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)	3335 /797	521 /125
Total fat (g)	32	5
of which saturated (g)	18,7	2,9
Carbohydrates (g)	98	15
of which sugars (g)	21,2	3,3
Fibre (g)	17	3
Protein (g)	23	4
Salt (g)	2,6	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the **rice** for 10 minutes until done, then drain and set aside. Finely chop the **onion** and crush or mince the **garlic**. Finely grate the **ginger**. Deseed and finely chop the **red chili pepper**. * Prepare the stock.

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



Fry the aromatics

- Heat a clean deep frying pan over medium-high heat. Bloom the **yellow curry spices** for around 1 minute or until fragrant. Add a drizzle of sunflower oil and mix well, then add the **garlic, onion, chili pepper** and **ginger** and fry for 2 more minutes (see Tip).

Tip: fresh ginger can be quite strong, so just use half of the ginger if you'd prefer.



Let the curry simmer

- Add the stock, **coconut milk** and **East Asian-style sauce** to the frying pan. Mix well and allow to reduce gently for 4 - 5 minutes. Drain the **mixed beans** in the meantime.

Did you know... 🌱 this recipe provides almost half the RDA of fibre, thanks to the beans as well as 200g of vegetables. Fibre is good for your gut health, immune system and energy levels, and helps you feel more satiated.



Serve

- Add the **mangetout, chopped tomatoes** and sugar to the curry and cook gently for 5 minutes. Stir in the **mixed beans** and **spinach** and cook for 2 more minutes, seasoning to taste with salt and pepper. Serve the rice with the curry and garnish with the crispy fried onions.

Enjoy!



Mediterranean-Style Scrambled Eggs

with Greek-style cheese & potato wedges

Family Veggie

Total time: 40 - 50 min.



Potatoes



Cucumber



Bell pepper



Scallions



Mesclun



Egg



Greek-style cheese



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

Scrambled eggs for dinner? Why not? This vitamin-rich dish can be used as a tasty base for any 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

Bowl, deep frying pan, salad bowl, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Scallions* (bunch)	¼	¼	½	½	¾	¾
Mesclun* (g)	20	40	60	90	100	130
Egg* (unit(s))	2	4	6	8	10	12
Greek-style cheese* (g)	50	100	150	200	250	300

From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3084 /737	432 /103
Total fat (g)	43	6
of which saturated (g)	17,5	2,5
Carbohydrates (g)	54	8
of which sugars (g)	6,5	0,9
Fibre (g)	12	2
Protein (g)	32	4
Salt (g)	1,9	0,3

Allergens

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



Fry the potatoes

Peel or thoroughly wash the **potatoes** and then cut into wedges. Heat the sunflower oil in a wok or deep frying pan over medium-high heat and fry the **potatoes** for 20 minutes, covered. Remove the lid and fry for a further 5 - 10 minutes. Toss regularly, seasoning to taste with salt and pepper.



Chop the vegetables

In the meantime, slice the **cucumber** into crescents and finely chop the **scallions**. Deseed and then dice the **bell pepper**. Crumble the **Greek-style cheese**.

Did you know...🥑 this recipe provides over 250g of vegetables!



Make the salad

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar. Season to taste with salt and pepper, then add the **cucumber** and the **mesclun**, along with half each of the **Greek-style cheese** and **bell pepper** (see Tip).

Tip: if you don't like raw bell pepper, fry all of it in the next step instead.



Fry the vegetables

Melt the butter in a frying pan over medium-high heat and fry the **scallions** with the rest of the **bell pepper** for 3 - 4 minutes.



Scramble the eggs

In a bowl, beat the **eggs** and season with salt and pepper. Transfer to the frying pan along with the rest of the **Greek-style cheese**, then scramble the **eggs** until done.

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



Serve

Serve the scrambled **eggs** on plates with the **potato** wedges, salad and mayonnaise.

Enjoy!



Sweet Potato Stampot with Herbed Cheese

with caramelised onion, arugula & pecans

Calorie Smart

Veggie

Nice & Fast

Total time: 25 - 35 min.



Potatoes



Red cherry tomatoes



Sweet potato



Chopped pecans



Onion



Herbed cheese cubes



Arugula & lamb's lettuce



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

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

Before you begin

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

Utensils

Oven dish, pot or saucepan, potato masher, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Red cherry tomatoes (g)	125	250	375	500	625	750
Sweet potato (g)	200	400	600	800	1000	1200
Chopped pecans (g)	10	20	30	40	50	60
Onion (unit(s))	1	2	3	4	5	6
Herbed cheese cubes* (g)	35	75	100	150	175	225
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
From your pantry						
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2904 /694	438 /105
Total fat (g)	33	5
of which saturated (g)	10,8	1,6
Carbohydrates (g)	75	11
of which sugars (g)	24,6	3,7
Fibre (g)	14	2
Protein (g)	19	3
Salt (g)	1,7	0,3

Allergens

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



Boil the potatoes

Preheat the oven to 220°C. Weigh out the **potatoes** and **sweet potatoes**, then peel and cut into rough pieces. Transfer to a pot or saucepan and cover with water. Crumble in the stock cube and then boil for 12 – 15 minutes until done. Reserve some of the coking liquid, then drain and set aside.

Did you know... 🥬 boiling the potatoes in stock not only boosts the flavour but also helps keep the salt levels in check, since you discard most of the stock after cooking.



Mash the potatoes

Mash the **potatoes** and **sweet potatoes** with a splash of milk or the reserved stock. Stir in the mustard and season to taste with salt and pepper.



Roast the cherry tomatoes

In an oven dish, combine the **cherry tomatoes** with the balsamic vinegar and half of the olive oil. Season with salt and pepper, then roast in the oven for 15 - 17 minutes, tossing halfway. Chop the **pecans** into smaller pieces if preferred. Heat a clean frying pan over high heat and toast the **pecans** until evenly browned, then remove from the pan and set aside.



Finish the stamppot

Stir the **onion** and half of the **herbed cheese cubes** into the mash. If preferred, briefly heat the pan so as to allow the **cheese** to melt. Add the **cherry tomatoes** and **mixed leaves**, then stir well to combine.



Fry the onion

Slice the **onion** into half rings. Heat the rest of the olive oil in the same frying pan and fry the **onion** over medium heat for 6 – 8 minutes. Season with salt and pepper.

Did you know... 🧅 onion provides numerous benefits. Not only is it rich in fibre and B vitamins, onion is also rich in antioxidants and vitamin C.



Serve

Serve the stamppot on plates and garnish with the **pecans** and the rest of the **herbed cheese cubes**.

Enjoy!



Eggplant Cacciatore with Wholewheat Spaghetti

with roasted bell pepper sauce, olives & basil

Calorie Smart

Total time: 30 - 40 min.



Wholewheat spaghetti



Garlic



Onion



Eggplant



Sicilian-style herb mix



Passata



Tomato tapenade



Leccino olives



Roasted bell pepper sauce



Fresh basil



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

Today, you'll make pasta with a sauce inspired by cacciatore, but with a vegan twist. This sauce is so full of different vegetables, you won't miss the cheese!

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, large deep frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat spaghetti (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Tomato tapenade* (g)	30	60	80	120	140	180
Leccino olives* (g)	20	40	60	80	100	120
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Fresh basil* (g)	5	10	15	20	25	30
From your pantry						
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2845 /680	592 /142
Total fat (g)	26	5
of which saturated (g)	3,8	0,8
Carbohydrates (g)	88	18
of which sugars (g)	22,5	4,7
Fibre (g)	13	3
Protein (g)	18	4
Salt (g)	2,9	0,6

Allergens

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



Prepare

Boil plenty of water for the **spaghetti** and crumble in the stock cube (see pantry for amount). Dice the **eggplant** and chop the **onion**. Crush or **mince** the **garlic**.

Did you know...🍆 eggplants are a very versatile vegetable, and they're also a great source of iron and vitamin C.



Chop the basil

Roughly chop the **basil**.



Fry the vegetables

Heat the olive oil in large deep frying pan over medium-high heat. Fry the **onion** and **eggplant** for 6 - 8 minutes or until the **eggplant** is golden-brown. Add the **Sicilian herbs** and the **garlic** and fry for 1 more minute. Meanwhile, boil the **spaghetti** for 10 - 12 minutes, covered. Reserve 100ml pasta water per person, then drain and set aside.



Finish the pasta

Transfer the **spaghetti** to the sauce and add 2 tbsp pasta water per person (see Tip). Mix well to combine and season to taste with salt and pepper.

Tip: if the sauce is already thin enough, then you can refrain from adding any pasta water. If it seems too dry on the other hand, then add extra pasta water as needed.



Make the sauce

Deglaze the vegetables with the balsamic vinegar, then stir in the **passata**, **tomato tapenade**, **olives** and sugar. Add half of the reserved pasta water, then cover with the lid and allow to simmer for 7 - 10 minutes, reducing the heat if necessary.



Serve

Serve the **spaghetti** on deep plates. Drizzle with the **roasted bell pepper sauce** and garnish with the **basil**.

Enjoy!



Fragrant Coconut Fish Stew

inspired by Brazilian moqueca, over rice with coriander

Nice & Fast

Total time: 25 - 35 min.



Onion



Carrot



Mexican-style spices



Coconut milk



Chopped tomatoes



White long grain rice



Fresh coriander



Pollock



Garlic



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

This recipe is inspired by Brazilian moqueca. Typical of this seafood stew is the earthenware pot in which it is prepared: a cassole.

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, kitchen paper, lidded wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Chopped tomatoes (pack)	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Fresh coriander* (g)	2½	5	7½	10	12½	15
Pollock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Low sodium] fish stock cube (unit(s))	⅓	⅔	1	1⅓	1⅔	2
[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)	3100 / 741	502 / 120
Total fat (g)	31	5
of which saturated (g)	24,6	4
Carbohydrates (g)	81	13
of which sugars (g)	15,6	2,5
Fibre (g)	7	1
Protein (g)	31	5
Salt (g)	3,4	0,5

Allergens

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



Prepare

- Chop the **onion** and slice the **carrot** into crescents. Crush or mince the **garlic**. Boil plenty of salted water in a lidded pot or saucepan for the rice.



Make the stew

- Melt the butter in a wok or deep frying pan over medium heat. Fry the **garlic, onion** and **Mexican-style spices*** for 2 minutes. Stir in the **carrot, coconut milk** and **chopped tomatoes**, then crumble in the stock cube (see pantry for amount). Allow to simmer gently over medium-low heat for 10 - 12 minutes, covered.

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



Boil the rice

- Boil the **rice** for 10 - 12 minutes, covered, then drain and set aside. Finely chop the **coriander** (see Tip 1). Pat the fish dry and cut into 3cm chunks. Shortly before serving, transfer the fish to the stew and poach gently for 2 - 3 minutes. Season to taste with salt and pepper (see Tip 2).

Tip 1: coriander stalks are also full of flavour. Don't discard them, but be sure to chop them extra fine. Tip 2: if you'd prefer the stew to be spicier, you can add sambal from your pantry!



Serve

- Serve the **rice** with the fish stew. Garnish with the **fresh coriander**.

Did you know... 🍅 tinned tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 300g of vegetables!

Enjoy!



Veggie No-Chicken Stir-Fry

over rice with green beans & quick-pickled cucumber

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Green beans



Jasmine rice



Veggie chicken pieces



Cucumber



Onion



Soy sauce



Sweet chili sauce



Garlic



East Asian-style sauce



Fresh coriander



Crispy fried onions



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

Did you know that green beans, or princess beans, are officially legumes? Yet, they are considered vegetables due to their similar health benefits.

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

2x bowl, deep frying pan, lidded pot or saucepan, slotted spoon, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Veggie chicken pieces* (g)	80	160	240	320	400	480
Cucumber* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	10	20	30	40	50	60
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Fresh coriander* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
From your pantry						
Sugar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sunflower 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)	2795 /668	600 /144
Total fat (g)	19	4
of which saturated (g)	4,8	1
Carbohydrates (g)	90	19
of which sugars (g)	17,5	3,8
Fibre (g)	8	2
Protein (g)	29	6
Salt (g)	3,4	0,7

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the green beans. Discard the tips of the **green beans** and then cut in half. Finely chop the **coriander** and crush or mince the **garlic**.
- In a bowl, combine the **soy sauce** with the **garlic**, **East Asian-style sauce** and the sunflower oil. Season with salt and pepper. Cut the **veggie chicken** pieces into smaller pieces and transfer to the marinade. Mix well to combine and then transfer the bowl to the fridge.

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



Fry the veggie chicken

- In a bowl, combine the **cucumber** with the white wine vinegar and sugar. Set aside until serving, stirring occasionally. Heat a deep frying pan over medium heat. Fry the **onion** with the **veggie chicken** in its marinade for 4 minutes.



Boil the rice & beans

- Boil the **green beans** with a pinch of salt for 4 - 6 minutes until al dente. In the meantime, finely chop the **onion**. Remove the **green beans** from the pan with a slotted spoon and set aside. Boil the **rice** in the same pan for 12 - 15 minutes, covered, then drain and set aside. Quarter the **cucumber** lengthways and then cut into 3cm batons.



Serve

- Stir in the **green beans** and **sweet chili sauce** and fry for 2 - 3 more minutes. Serve the **rice** on plates and top with the **veggie chicken** and the **green beans** (see Tip). Garnish with the **coriander** and **crispy onions**. Serve the quick-pickled **cucumber** alongside.

Tip: if you'd prefer the stir-fry to be spicier, add some sambal from your pantry!

Enjoy!



Pulled Mushroom Bulgur Bowl

with crispy chickpeas & cucumber-tomato salad

Nice & Fast

Total time: 20 - 30 min.



Lekker Fred's pulled mushroom shawarma



Chickpeas



Bulgur



Middle Eastern spice mix



Cucumber



Tomato



Smoked paprika



Onion



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

Today serve a delicious bulgur bowl with Lekker Fred's Pulled Mushrooms, the perfect meat substitute!

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lekker Fred's pulled mushroom shawarma* (g)	90	180	270	360	450	540
Chickpeas (pack)	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1	1	2	2
Tomato (unit(s))	½	1	2	2	3	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3485 /833	721 /172
Total fat (g)	47	10
of which saturated (g)	5,6	1,2
Carbohydrates (g)	70	15
of which sugars (g)	7,5	1,6
Fibre (g)	22	4
Protein (g)	20	4
Salt (g)	2,4	0,5

Allergens

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



Make the bulgur

- Boil plenty of water in a pot or saucepan and cook the **bulgur** for 10 -12 minutes.
- Drain the **bulgur** and transfer it back to the pot. Add the **Middle Eastern-style spices** and then drizzle with extra virgin olive oil as preferred.
- Mix well to combine, seasoning to taste with salt and pepper.



Make the salad

- Dice the **cucumber** and **tomato**.
- In a medium bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the **tomato** and **cucumber** and toss well to combine, seasoning to taste with salt and pepper.
- In a small bowl, combine the mayo with sambal to taste and the water (see pantry for amount).



Fry the chickpeas

- Rinse the **chickpeas** under cold water and allow to drain, then pat dry with kitchen paper.
- Heat a clean frying pan over medium heat and fry the **chickpeas** for 10 minutes.
- Add a generous drizzle of sunflower oil and the **smoked paprika**, then fry for another 2 - 3 minutes over medium-high heat.
- In the meantime, slice the **onion** into half rings. Heat another clean frying pan over medium heat and fry the pulled **mushrooms** with the **onion** for 5 - 6 minutes.



Serve

- Serve the **bulgur** on deep plates.
 - Top with the pulled **mushrooms**, crispy **chickpeas** and **tomato-cucumber** salad.
 - Drizzle with the sambal mayo to finish.
- Did you know... 🌱 not only are chickpeas high in fibre, protein and complex carbohydrates, they're also packed with vitamins and minerals. In particular, they contain up to five times more vitamin E than any other type of pulse. Vitamin E helps boost and strengthen the immune system.



Pumpkin-Peanut Butter Soup

with flatbread & a jammy egg

Calorie Smart Veggie

Total time: 30 - 40 min.



Garlic



Carrot



Diced pumpkin



Curry powder



Egg



Wholewheat
Lebanese flatbread



Peanut butter



Soy sauce



Onion



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

Traditionally, Lebanese flatbreads are baked in a convex pan called a 'saj', but they can also be baked in the oven or in a pancake pan.

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

Kettle, saucepan, lidded soup pot, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Diced pumpkin* (g)	150	300	450	600	750	900
Curry powder (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Wholewheat Lebanese flatbread (unit(s))	1	2	3	4	5	6
Peanut butter (tub)	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	300	600	900	1200	1500	1800
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)	2063 /493	274 /65
Total fat (g)	23	3
of which saturated (g)	4,8	0,6
Carbohydrates (g)	47	6
of which sugars (g)	12,2	1,6
Fibre (g)	9	1
Protein (g)	20	3
Salt (g)	3,8	0,5

Allergens

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



Prepare

Crush or mince the **garlic** and boil the water (see pantry for amount).

Did you know... 🍏 this recipe provides over 250g of vegetables, thanks mainly to the pumpkin, which is a great source of potassium as well as vitamins C and E. Together, these nutrients help boost immunity and support blood pressure health.



Boil the egg

In the meantime, boil plenty of water in a lidded saucepan and boil the **eggs** for 6 - 8 minutes, covered. Rinse under cold water, then peel off the shell and cut the **eggs** in half.

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



Chop the vegetables

Slice the **carrot** and chop the **onion**.



Blend the soup

In the meantime, heat the **flatbread** for 30 seconds per side in a dry frying pan over medium-high heat (see Tip). Remove the soup pot from the heat, add the **peanut butter** and then process into a smooth soup with an immersion blender. Add some more water if you would prefer the soup to be thinner. Season to taste with pepper, along with **soy sauce** as preferred.

Tip: to make the flatbread crispy, drizzle with olive oil and fry for 3 - 4 minutes, seasoning with salt.



Make the soup

Heat the olive oil in a lidded soup pot over high heat and fry the **garlic** with the **onion**, **carrot**, **diced pumpkin** and the **curry powder** for 2 minutes. Add the hot water and crumble in the stock cube (see Tip). Cover with the lid and bring to a boil, then allow to simmer gently for 14 - 16 minutes.

Tip: 🍏 are you watching your salt intake? Use a quarter of a stock cube per person or use a reduced salt stock cube instead.



Serve

Serve the soup in bowls and top with the **egg**. Serve with the **flatbread**.

Enjoy!



Creamy Bacon Linguine with Parmigiano Reggiano

with tomato-arugula side salad & basil crème

Family Nice & Fast

Total time: 15 - 20 min.



Parmigiano Reggiano



Bacon lardons



Cooking cream



Linguine



Garlic



Tomato



Arugula



Basil crème



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

Did you know that fresh tomatoes are 95% water?

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

Grater, 2x large bowl, lidded pot or saucepan, frying pan, whisk

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Parmigiano Reggiano* (unit(s))	1	1	2	1	3	2
Bacon lardons* (g)	50	100	150	200	250	300
Cooking cream (g)	75	150	225	300	375	450
Linguine (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Arugula* (g)	20	40	60	80	100	120
Basil crème* (ml)	10	15	24	30	39	45
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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)	3352 /801	958 /229
Total fat (g)	43	12,2
of which saturated (g)	21,3	6,1
Carbohydrates (g)	72	20,6
of which sugars (g)	8,6	2,5
Fibre (g)	4,6	1,3
Protein (g)	29,3	8,4
Salt (g)	1,8	0,5

Allergens

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



Boil the spaghetti

- Boil plenty of salted water in a pot or saucepan and cook the **linguine** for 10 - 12 minutes until done.
- Reserve some of the pasta water, then drain and set aside.



Fry the bacon

- Peel the **garlic** and transfer the entire **clove** to a frying pan over medium-high heat.
- Melt the butter alongside the **garlic** and fry the **bacon lardons** for 3 - 4 minutes until done, then take the **garlic** out of the pan.
- Grate the **cheese** in the meantime.

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



Make the sauce

- Cut the **tomato** into wedges.
- In a bowl, whisk together the **cream** and three quarters of the **cheese**, then season with salt and pepper.
- Transfer the **linguine** to the **bacon**, then immediately pour in the **cream** mixture and 2 tbsp pasta water per person. Mix well and cook for no more than 1 minute over low heat.



Serve

- In a bowl, combine the **tomato** with the **basil crème**, **arugula** and balsamic vinegar. Season to taste with salt and pepper.
- Serve the **linguine** on plates and garnish with the rest of the **cheese**.
- Season to taste with black pepper and serve the salad alongside.

Enjoy!



Chicken Stir-Fry with Wholewheat Noodles

with vegetables, Korean-style spices & chili pepper

Family Nice & Fast

Total time: 15 - 20 min.



Red chili pepper



Garlic



Chicken thigh strips



Vegetable mix:
pepper, leek,
cabbage and carrot



Korean-style spice mix



Soy sauce



Ketjap manis



Wholewheat noodles



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

Chicken thigh is a popular cut of chicken. The meat is darker and slightly fattier than the breast, making it tender and flavoursome.

Before you begin

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

Utensils

Pot or saucepan, lidded wok

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	1	1	2	2	3	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Ketjap manis (ml)	20	40	60	80	100	120
Wholewheat noodles (g)	100	200	300	400	500	600

From your pantry						
Sunflower oil (tbsp)	1	1½	2	2½	3½	4
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3050 /729	682 /163
Total fat (g)	22	5
of which saturated (g)	5,2	1,2
Carbohydrates (g)	99	22
of which sugars (g)	22,4	5
Fibre (g)	11	2
Protein (g)	34	8
Salt (g)	3,9	0,9

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the noodles. Deseed and finely chop the **red chili pepper**. * Crush or mince the **garlic**.

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



Make the stir-fry

- Heat the sunflower oil in a wok ver medium-high heat. Fry the **chicken thigh strips** with the **garlic** and **red chili pepper** for 2 - 3 minutes, then add the **vegetable mix** and Korean-style **spices**. Stir in the **soy sauce** and ketjap (see Tip), then cover with the lid and fry for 5 - 7 minutes. Season to taste with salt and pepper.

Tip: if you’re watching your salt intake, use half each of the soy sauce and ketjap. Taste when serving and add more as needed.



Boil the noodles

- In the meantime, break the **noodles** directly into the boiling water and cook for 3 - 4 minutes. Reserve some of the cooking liquid, then drain the **noodles** and transfer them to the wok. Add 1 tbsp cooking liquid per person and stir-fry for 1 minute over high heat.



Serve

- Serve the stir-fry on plates. Add some more ketjap as preferred.

Enjoy!



Rosemary Shrimp Skewers with Roasted Vegetables

over bulgur with oregano yogurt sauce

Total time: 45 - 55 min.



Fresh rosemary



Eggplant



Onion



Garlic



Romano pepper



Dried oregano



Shrimp



Bulgur



Organic full-fat yogurt



Mini Roma tomatoes



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

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

Before you begin

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

Utensils

2x parchment-lined baking sheet, bowl, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	1	2	3	4	5	6
Eggplant* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Bulgur (g)	75	150	225	300	375	450
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Mini Roma tomatoes (g)	50	100	150	200	250	300
From your pantry						
Balsamic vinegar (tsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	2½	5	7½	10	12½	15
[Low sodium] vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3238 /774	516 /123
Total fat (g)	45	7
of which saturated (g)	10,3	1,6
Carbohydrates (g)	62	10
of which sugars (g)	9	1,4
Fibre (g)	15	2
Protein (g)	24	4
Salt (g)	2,1	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 and prepare the stock. Pull the lower leaves off the sprigs of **rosemary** and finely chop. Leave some of the leaves on the sprigs and then set aside. Cut the **eggplant** into 0.5cm thick rounds and slice the **onion** into half rings. Crush or mince the **garlic**. Halve the **Romano pepper** lengthways and remove the seeds. Transfer the **shrimp** to a bowl and drizzle with olive oil, then add the **garlic** and 1 tsp **oregano** per person. Season with salt and pepper, then mix well to combine. Cover the bowl and set aside.



Boil the bulgur

Meanwhile, melt the butter in a pot or saucepan over medium-high heat. Fry the rest of the **rosemary** for 1 minute, then add the **bulgur** and mix well so as to coat with the butter. Add the stock and then boil the **bulgur** for 10 - 12 minutes, covered. Stir regularly and then set aside when finished. Halve the mini Roma **tomatoes** in the meantime. In a small bowl, combine the **yogurt** with the extra virgin olive oil and the rest of the **oregano**. Season to taste with salt and pepper.



Prepare the vegetables

In another bowl, combine 1.5 tbsp olive oil per person with half each of the balsamic vinegar and chopped **rosemary**. Season with salt and pepper. Transfer the **eggplant** to a parchment-lined baking sheet and drizzle over three quarters of the **rosemary** oil. Transfer the **Romano pepper** and **onion** to another parchment-lined baking sheet and drizzle over the rest of the **rosemary** oil.



Make the skewers

Thread the **shrimp** onto the sprigs of **rosemary** (see Tip). Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **shrimp** with the mini Roma **tomatoes** for 3 – 4 minutes. Remove the **shrimp** from the pan and set aside. Deglaze the mini Roma **tomatoes** with the rest of the balsamic vinegar and fry for 2 – 3 minutes, then stir the **tomatoes** into the **bulgur**.

Tip: if you can't do this easily, then just fry the shrimp as normal.



Roast the vegetables

Roast the **eggplant** for 12 minutes, then turn over the slices and return to the oven. Place the other baking sheet in the oven at the same time and roast everything for 6 - 8 minutes.



Serve

Serve the **bulgur** with the roasted vegetables. Top with the **shrimp skewers** and garnish with the **yogurt** sauce.

Enjoy!



Camembert En Croûte with Caramelised Onion

with baby potatoes & a crisp salad

Veggie

Total time: 45 - 55 min.



Camembert



Puff pastry



Onion



Apple



Mixed leaves of radicchio, arugula & lettuce



Romano pepper



Dried thyme



Baby potatoes



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

Camembert originated in the French village of Camembert at the end of the 18th century. Did you know that camembert only gained its white colour at the end of last century?

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, lidded frying pan, lidded pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Camembert* (g)	80	160	240	320	400	480
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	2	2	3	3
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1¾	2
Baby potatoes (g)	100	200	300	400	500	600
From your pantry						
Balsamic vinegar (tsp)	1½	3	4½	6	7½	9
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
[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)	3322 / 794	694 / 166
Total fat (g)	49	10
of which saturated (g)	26,4	5,5
Carbohydrates (g)	62	13
of which sugars (g)	17,9	3,7
Fibre (g)	8	2
Protein (g)	21	4
Salt (g)	2,5	0,5

Allergens

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



Prepare

Preheat the oven to 210°C. Boil plenty of water in a pot or saucepan for the **baby potatoes**. Slice the **onion** into half rings. Core and slice the **apple**. Halve the **baby potatoes** or cut any larger ones into quarters.



Fill the pastry

For each person, use a quarter roll of **pastry**. Spread half of the mustard over the **pastry** and then top with a piece of **camembert**. Top with half of the fried **onion** and **apple** and then scatter over the rest of the **thyme**. Season with black pepper, then fold in the edges of the **pastry** towards the centre, taking care not to stretch it too much. Squeeze the **pastry** together at the top so as to seal it, then bake in the oven for 15 - 20 minutes or until golden-brown.



Boil the potatoes

Crumble the stock cube into the boiling water (see pantry for amount). Boil the **baby potatoes** for 16 - 18 minutes, then drain and rinse under cold water.



Make the salad

Cut the **Romano pepper** into thin strips. Shortly before serving, make the vinaigrette; in a salad bowl, combine the extra virgin olive oil with the rest of the mustard and balsamic vinegar. Season to taste with salt and pepper. Transfer the **lettuce**, **baby potatoes** and **Romano pepper** to the bowl along with the rest of the **apple** and **onion**. Toss well to combine.



Fry the apple

Melt the butter in a frying pan over medium-high heat. Fry the **onion** for 2 - 3 minutes, then add the **apple** and fry for another 2 - 3 minutes. Deglaze with two-thirds of the balsamic vinegar, then stir in the sugar and half of the **thyme**. Cover with the lid and allow to reduce for 4 - 6 minutes over low heat, stirring occasionally.



Serve

Serve the **camembert** en croûte on plates with the salad alongside.

Enjoy!



Veggie Schnitzel with Creamy Mushroom Sauce

with baby potatoes & cucumber salad

Family Veggie Nice & Fast

Total time: 20 - 30 min.



Baby potatoes



Onion



Garlic



Mushrooms



Cooking cream



Vegan schnitzel



Fresh chives



Cucumber



Arugula & lamb's lettuce



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

Mushrooms are the perfect addition to a vegetarian meal. They contain vitamin B2, are rich in protein and add a nice 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, pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	50	100	150	200	250	300
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Fresh chives* (g)	2½	5	7½	10	12½	15
Cucumber* (unit(s))	½	1	1	1	2	2
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
From your pantry						
[Plant-based] butter (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
Mustard (tsp)	1	2	3	4	5	6
[Low sodium] mushroom or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water for the sauce (ml)	30	60	90	120	150	180
White balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3561 /851	527 /126
Total fat (g)	47	7
of which saturated (g)	13,4	2
Carbohydrates (g)	79	12
of which sugars (g)	14,3	2,1
Fibre (g)	18	3
Protein (g)	20	3
Salt (g)	2,9	0,4

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan. Thoroughly wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Slice the **onion** into half rings, crush or mince the **garlic** and slice the **mushrooms**. Boil the **baby potatoes** for 10 - 12 minutes, then drain and set aside.



Make the salad

- In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **schnitzel** for 3 minutes per side. Halve the **cucumber** lengthways and scoop out the seeds, then slice into crescents. Finely chop the **chives**. In a salad bowl, combine the extra virgin olive oil with the mustard and the rest of the white balsamic vinegar. Season to taste with salt and pepper, then add the **cucumber**, **lettuce** and half of the **chives**. Toss well to combine.



Make the sauce

- Melt the butter in a deep frying pan over medium-high heat and fry the **garlic**, **onion** and **mushrooms** for 2 - 4 minutes. Deglaze the pan with the **cream** and two-thirds of the white balsamic vinegar. Add the water and then crumble in the stock cube (see pantry for amounts). Season the sauce to taste with black pepper, then allow to reduce for 8 - 10 minutes.



Serve

- Serve the **baby potatoes** on plates with the **veggie schnitzel** and salad. Garnish with the rest of the **chives** and serve with a dollop of mayonnaise. Serve the **mushroom** sauce in a small bowl alongside.

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

Enjoy!



Orzo with Baked Greek-Style Cheese

with roasted vegetables & bell pepper sauce

Calorie Smart Veggie

Total time: 30 - 40 min.



Bell pepper



Courgette



Orzo



Roasted bell pepper sauce



Onion



Italian seasoning



Greek-style cheese



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

Orzo is actually a perfect canvas for flavours. With its small size, it easily absorbs the delicious aromas of spices and sauces.

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, oven dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	50	100	150	200	250	300
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2582 /617	508 /121
Total fat (g)	25	5
of which saturated (g)	10,7	2,1
Carbohydrates (g)	69	14
of which sugars (g)	14,1	2,8
Fibre (g)	10	2
Protein (g)	23	5
Salt (g)	2,3	0,5

Allergens

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



Prepare

Preheat the oven to 200°C. Chop the **bell pepper** into thin strips and then cut these in half. Cut the **courgette** into crescents and slice the **onion** into half rings. Leave the slab of **cheese** whole and spread with 0.5 tbsp per person of the **roasted bell pepper sauce**.

Did you know... 🍆 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



Assemble

- Transfer all the vegetables to an oven dish, along with the **Italian herbs**. Add the balsamic vinegar and drizzle with olive oil, then toss well to coat, seasoning with salt and pepper. Place the slab of **cheese** in the middle of the oven dish on top of the vegetables, then bake in the oven for 20 minutes (see Tip).

Tip: bake until the cheese is soft and the vegetables are done.



Boil the orzo

- Heat a clean deep frying pan over medium-high heat. Toast the **orzo** for 1 minute, then pour in plenty of water and bring to a boil. Crumble in the stock cube (see pantry for amount). Reduce the heat to low and then boil the **orzo** for 10 - 12 minutes, covered.



Serve

- Drain the **orzo** and then transfer to the oven dish. Mix well to combine with the **cheese** and vegetables, then stir in the rest of the **roasted bell pepper sauce** before serving.

Enjoy!



Stuffed Portobello with Goat's Cheese & Walnuts

with potato wedges, mini Roma tomatoes & roasted bell pepper

Calorie Smart Veggie

Total time: 45 - 55 min.



Potatoes



Fresh rosemary



Onion



Bell pepper



Portobello mushroom



Fresh goat's cheese



Chopped walnuts



Mini Roma tomatoes



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

Roma tomatoes are also called pomodoro tomatoes, literally meaning 'golden apples'. The name, therefore, is an excellent description of their delicious, full 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

Parchment-lined baking sheet, lidded deep frying pan, oven dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	40	75	100	125	175	200
Chopped walnuts (g)	10	20	30	40	50	60
Mini Roma tomatoes (g)	50	100	200	200	300	300
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Honey (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2640 /631	406 /97
Total fat (g)	29	4
of which saturated (g)	9,1	1,4
Carbohydrates (g)	70	11
of which sugars (g)	10,7	1,6
Fibre (g)	16	2
Protein (g)	18	3
Salt (g)	0,8	0,1

Allergens

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



Fry the potatoes

- Preheat the oven to 200°C.
- Discard the **rosemary** stalk and finely chop the leaves. Thoroughly wash the **potatoes** and then cut into wedges.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potatoes** with **rosemary** for 15 - 20 minutes, covered, seasoning with salt and pepper.
- Remove the lid and fry for a further 15 minutes.

Tip: increase the heat so as to cook the potatoes more quickly. Toss regularly and take care that they don't burn.



Bake the portobello

- Slice the **onion** into rings and dice the **bell pepper**. Halve the mini Roma **tomatoes**.
- Transfer the **portobello** to a parchment-lined baking sheet, with the base facing upwards.
- Fill with the **goat's cheese** and season with salt and pepper.
- Drizzle with the honey and then bake in the oven for 18-20 minutes.

Did you know... 🍌 goat's cheese not only adds great flavour, but it's also lower in salt than other cheeses such as Gouda or Parmesan.



Finish

- Transfer the **tomatoes**, **onion** and **bell pepper** to an oven dish and drizzle with olive oil.
- Add the balsamic vinegar and season with salt and pepper, then toss well to coat.
- Bake in the oven alongside the **portobello** during the final 15 minutes of cooking time.
- 5 minutes before the end of the cooking time, top the **portobello** with the **walnuts**.



Serve

- Serve the **potatoes** and **portobello** on plates.
- Serve the vegetables alongside and drizzle with extra virgin olive oil as preferred.

Did you know... 🍌 mushrooms and portobellos are a great source of vitamin B2, which helps keep you energised. Vitamin B2 is most commonly found in animal products, so if you follow a vegetarian or vegan diet it's good to eat mushrooms regularly so as to prevent deficiency.

Enjoy!



Brandt & Levie Sausage Pasta Bake

with tomato-mushroom sauce & fresh basil

Family

Total time: 40 - 50 min.



Onion



Garlic



Mushrooms



Penne



Passata



Italian seasoning



Pork sausage with
marjoram & garlic



Fresh basil



Grated mature cheese



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

At Brandt & Levie, they prepare the sausages from Dutch pigs and they use their own recipes. This sausage is seasoned with marjoram and garlic.

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, pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Penne (g)	90	180	270	360	450	540
Passata (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Grated mature cheese* (g)	25	50	75	100	125	150
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Low sodium] beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3833 /916	757 /181
Total fat (g)	48	10
of which saturated (g)	18,5	3,7
Carbohydrates (g)	80	16
of which sugars (g)	11	2,2
Fibre (g)	5	1
Protein (g)	37	7
Salt (g)	3	0,6

Allergens

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



Prepare

Preheat the oven to 200°C and boil plenty of water for the **penne**. Chop the **onion** and crush or **mince** the **garlic**. Quarter the **mushrooms**.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Pulses and wholegrains are also good sources of phosphorous.



Boil the penne

Boil the **penne** for 8 - 10 minutes, then reserve a cup of pasta water before draining and setting aside (see Tip). The **penne** shouldn't be done yet, as it will finish cooking in the oven.

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



Make the sauce

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** with the **garlic** and **mushrooms** for 3 - 5 minutes, then crumble in the stock cube (see Tip 1). Stir in the **passata**, **Italian herbs** and the reserved pasta water, then allow to simmer gently for 4 - 6 minutes (see Tip 2).

Tip 1: 🍄 are you watching your salt intake? Use half of the indicated amount of stock cube.

Tip 2: increase the heat if the sauce is still too watery.



Fry the sausage

Heat a drizzle of olive oil in a frying pan over medium-high heat. Cut open the skin of the **sausage** and squeeze the **meat** directly into the pan. Fry for 3 - 5 minutes, separating it as you do so. The **meat** doesn't need to be done yet, as it will finish cooking in the oven. Meanwhile, tear the **basil** leaves from the stems and finely chop.



Bake the pasta

Stir the **penne** and the **sausage** into the sauce, along with any remaining cooking juices from the **sausage**. Stir in the balsamic vinegar and half of the **basil**, then season to taste with salt and pepper. Transfer to an oven dish and scatter over the majority of the **cheese**, then bake in the oven for 10 - 15 minutes.



Serve

Serve the pasta bake on plates and garnish with the rest of the **cheese** and **basil**.

Enjoy!



Mango Chutney-Glazed Paneer Sandwich

with bell pepper, onion & garlic mayo

Veggie

Total time: 45 - 55 min.



Potatoes



Poppyseed roll



Paneer



Mango chutney



Onion



Bell pepper



Garlic



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

Today you aren't serving just any sandwich. Because today, you're topping the sandwich with paneer glazed in mango chutney. Enjoy!

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 frying pan, small bowl, bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Poppyseed roll* (unit(s))	1	2	3	4	5	6
Paneer* (g)	100	200	300	400	500	600
Mango chutney* (g)	20	40	60	80	100	120
Onion (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3778 /903	690 /165
Total fat (g)	49	9
of which saturated (g)	19,3	3,5
Carbohydrates (g)	73	13
of which sugars (g)	18,7	3,4
Fibre (g)	13	2
Protein (g)	38	7
Salt (g)	1,7	0,3

Allergens

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



Make the wedges

Preheat the oven to 210°C. Wash or peel the **potatoes**, then cut them into wedges and transfer to a bowl. Lightly drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.



Make the sauce

Bake the **bread roll** for 6 - 8 minutes. In a small bowl, combine the mayonnaise with the rest of the **garlic**, along with (per person) 0.5 tsp each of white wine vinegar and water. Season to taste with salt and pepper.



Prepare

Cut the **bell pepper** into strips and slice the **onion** into half rings. Crush or mince the **garlic**. Cut the **paneer** into slabs of 0.5cm thickness.

Did you know...🌱 onions provide numerous benefits. Not only are they rich in fibre and B vitamins, they are also high in antioxidants and vitamin C.



Glaze the paneer

Melt the butter in a frying pan over medium-high heat. Fry the **paneer** for 1-2 minutes per side, seasoning with salt (see Tip). Reduce the heat, then add the **mango chutney** and the rest of the white wine vinegar. Ensure the **paneer** slices are entirely coated with the **chutney** and fry for another 1 - 2 minutes, turning regularly.

Tip: this recipe is high in calories. Are you watching your calorie intake? Serve just half of the paneer. You can keep the rest of it in the fridge to use the next day.



Fry the vegetables

Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** for 2 - 3 minutes, then add the **bell pepper** and fry for 5 - 6 minutes. Finally, add the **garlic** and fry for 2 more minutes. Season with salt and pepper.



Serve

Cut open the **bread roll** and spread with the **garlic** mayo. Fill with the **paneer** and the vegetables, then serve alongside the **potato** wedges.

Enjoy!



Roasted Vegetables with Fried Egg

over coconut rice with curry sauce

Veggie

Total time: 35 - 45 min.



Jasmine rice



Coconut milk



Courgette



Bell pepper



Chestnut mushrooms



Shallot



Apple



Yellow curry spices



Egg



Crispy fried onions



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

Apples are not only delicious, but also healthy. They are rich in fibre, vitamins and antioxidants, giving your body a powerful boost.

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 pot or saucepan, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Chestnut mushrooms* (g)	65	125	185	250	310	375
Shallot (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Flour (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4046 /967	623 /149
Total fat (g)	55	8
of which saturated (g)	23	3,5
Carbohydrates (g)	91	14
of which sugars (g)	19,6	3
Fibre (g)	9	1
Protein (g)	21	3
Salt (g)	2,6	0,4

Allergens

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



Prepare

Preheat the oven to 220°C. Slice the **courgette** into 1cm thick crescents. Dice the **bell pepper** into 1.5cm chunks and halve the **mushrooms**. Transfer the vegetables to a bowl along with half a teaspoon of **yellow curry spices** per person. Drizzle generously with olive oil and season with salt and pepper, then toss well to coat.



Roast the vegetables

Transfer the vegetables to a parchment-lined baking sheet and bake in the oven for 15 - 18 minutes.



Make the coconut rice

Set aside 25ml **coconut milk** per person for the sauce, then transfer the rest to a pot or saucepan. Add 175ml water and crumble in half of the stock cube (see pantry for amount). Bring to a boil and then reduce the heat to medium-low, before adding the **rice** to the pan. Boil the **rice** for 10 - 12 minutes, covered, then drain if needed and set aside (see Tip).

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.



Make the sauce

In the meantime, chop the **shallot** and finely dice the **apple**. Heat a drizzle of olive oil in a small saucepan over medium-high heat. Fry the **shallot** with the **apple** for 3 - 4 minutes, then add the rest of the **yellow curry spices** and fry for 1 minute. Add the flour and fry for another minute, then add the reserved **coconut milk** and 100ml water per person. Crumble in the rest of the stock cube and mix well, then bring to a boil and allow to reduce for 3-4 minutes. Season to taste with salt and pepper.



Fry the egg

In the meantime, heat a drizzle of olive oil in a small frying pan and fry the **egg**. Season to taste with salt and pepper.



Serve

Serve the **coconut rice** on deep plates with the roasted vegetables and curry sauce. Top with the fried **egg** and garnish with the **crispy onions**.

Did you know... 🥑 as well as vitamin C, bell peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.

Enjoy!



Chicken Cheeseburger with Caramelised Onion

with salad and homemade potato wedges

Family

Total time: 40 - 50 min.



Potatoes



Onion



Cucumber



Grated cheddar



Tomato



Hamburger bun with sesame seeds



Chicken burger



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

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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1¾	2
Grated cheddar* (g)	20	25	40	50	65	75
Tomato (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Chicken burger* (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	¾	1	1¼	1¾	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3435 /821	528 /126
Total fat (g)	37	6
of which saturated (g)	11	1,7
Carbohydrates (g)	85	13
of which sugars (g)	11,3	1,7
Fibre (g)	13	2
Protein (g)	34	5
Salt (g)	2,4	0,4

Allergens

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



Make the wedges

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



Make the salad

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



Fry the burger

- Melt a knob of butter in a frying pan and fry the **chicken burger** and the **onion** over medium-high heat for 8 - 10 minutes or until cooked through. Turn regularly.
- The **onion** is done when it is soft, sweet and caramelised.
- In the meantime, bake the **burger bun** in the oven for 4 - 5 minutes.



Serve

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

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

Enjoy!



Homemade Sausage Rolls with Baby Potatoes

with crunchy apple-Romano bean salad

Family

Total time: 45 - 55 min.



Puff pastry



Farmer's sausage



Grated mature cheese



Romano beans



Onion



Baby potatoes



Apple



Lamb's lettuce



Pumpkin seeds



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

Make your homemade sausage rolls shine - brush the top of the pastry with beaten egg or milk before they go into the oven.

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, lidded deep frying pan, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Grated mature cheese* (g)	15	25	40	50	65	75
Romano beans* (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	1½	2	2½	3
Baby potatoes (g)	125	250	375	500	625	750
Apple* (unit(s))	½	1	1½	2	2½	3
Lamb's lettuce* (g)	30	60	90	120	150	180
Pumpkin seeds (g)	5	10	15	20	25	30
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
[Low sodium] vegetable stock (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3628 /867	592 /142
Total fat (g)	53	9
of which saturated (g)	22,5	3,7
Carbohydrates (g)	61	10
of which sugars (g)	11,3	1,8
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	2,8	0,5

Allergens

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



Prepare

Preheat the oven to 200°C. Halve the necessary amount of **pastry** lengthways. Squeeze the **sausage meat** out of the skin, then spread it over the middle of the **pastry** strips. Scatter over the **cheese** and then dab one edge of the **pastry** with water.



Toast the pumpkin seeds

Core and slice the **apple**. Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop. Remove from the pan and set aside.

Did you know...🍏 *apple contains the fibre pectine, which contributes to gut health. This is good for your cholestrol and your immune system.*



Make the sausage rolls

Roll the dry side of the **pastry** towards the wet side and press well to seal. Transfer the **sausage** rolls to a parchment-lined baking sheet with the seam facing down. Score the top of the **sausage** rolls diagonally and season with salt and pepper. Bake for 25 - 30 minutes or until the **pastry** turns golden brown.



Make the vinaigrette

In a small bowl, combine the rest of the **onion** with the extra virgin olive oil, the mustard and the white wine vinegar. Season to taste with salt and pepper. Shortly before serving, in a salad bowl combine the **Romano beans** with the **baby potatoes**, **lamb's lettuce** and **apple**.



Fry the vegetables

Prepare the stock. Discard the tips of the **Romano beans**, then cut diagonally into 2 cm strips. Chop the **onion** and halve the **baby potatoes**. Melt the butter in a deep frying pan over medium-high heat. Fry the **Romano beans** and half of the **onion** for 2 minutes. Deglaze with the stock, then add the **baby potatoes** and cover with the lid. Allow to cook for 12 - 15 minutes, or until the **potatoes** are done. Drain and then rinse under cold water.



Serve

Serve the **sausage** rolls with the salad and garnish with the **pumpkin seeds**.

Enjoy!