



Naanwich with Curried Potatoes

with a beef patty, spicy green sauce & onion chutney

Nice & Fast

Total time: 25 - 35 min.



Beef mince with kofta seasoning



Naan bread with herbs



Diced potato



Curry powder



Tomato



Cucumber



Fresh coriander & mint



Onion



Onion chutney



Green chili pepper



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

Mint not only provides a distinct, fresh flavour, but also contains vitamins and minerals like vitamin A, vitamin C, calcium, phosphorus, potassium. It's the multivitamin of the plant world!

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, tall container, salad bowl, immersion blender, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Naan bread with herbs (unit(s))	1	2	3	4	5	6
Diced potato* (g)	150	300	450	600	750	900
Curry powder (sachet(s))	½	⅓	½	⅔	⅘	1
Tomato (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	¾	1	1¼	2
Fresh coriander & mint* (g)	5	10	15	20	25	30
Onion (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	20	40	60	80	100	120
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (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)	3774 /902	597 /143
Total fat (g)	41	7
of which saturated (g)	10	1,6
Carbohydrates (g)	94	15
of which sugars (g)	17,6	2,8
Fibre (g)	11	2
Protein (g)	33	5
Salt (g)	2,5	0,4

Allergens

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



1. Prepare the potatoes

Preheat the oven to 220°C. Transfer the **diced potatoes** and the **curry powder** to a bowl, then drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Roast in the oven for 17 - 20 minutes. Meanwhile, finely chop the **mint**. Dice the **cucumber** and half of the **tomato**, then transfer all three to a salad bowl. Season with salt and pepper. Drizzle with extra virgin olive oil as preferred. Slice the rest of the **tomato** and set aside.



3. Fry the burger

Meanwhile, slice the **onion** into half rings. Heat a clean frying pan over medium-high heat. Shape the **mince** into an oval **burger** patty (see Tip). Fry for 3 - 4 minutes per side, adding the **onion** and the **chutney** during the final 3 minutes. Meanwhile, bake the **naan** in the oven for 3-4 minutes.

Tip: the oval shape will fit better on the naan. Be sure to press it flat so as to ensure it cooks more evenly.



2. Make the sauce

Deseed and roughly chop the **green chili pepper*** and transfer to a tall container. Add the white wine vinegar, **coriander** and mayonnaise (see Tip). Season with salt and pepper, then use an immersion blender to process into a smooth sauce.

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

Tip: this recipe is high in calories. If you're watching your calorie intake, substitute part of the mayonnaise for yogurt; combine (per person) 1 tsp mayonnaise with 2 tbsp yogurt.



4. Serve

Spread the **naan** with the mayonnaise sauce, then top with the **burger**, **onion chutney** and sliced **tomato**. Fold the top of the naan over so as to make the naanwich. Serve the **potatoes** and salad alongside.

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

Enjoy!



Blue Cheese Cauliflower Steak

with rosemary potato wedges & mushrooms

Calorie Smart Veggie

Total time: 45 - 55 min.



Mushrooms



Garlic



Smoked paprika



Fresh rosemary



Potatoes



Cauliflower



Fresh flat leaf parsley



Cooking cream



Middle Eastern
spice mix



Blue cheese cubes



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

Today, you'll replace meat with cauliflower. The crunchy cauliflower combined with the creamy blue cheese topping makes this recipe both healthy and delicious!

Before you begin

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

Utensils

Parchment-lined baking sheet, 2x bowl, lidded frying pan, tall container, pot or saucepan, small bowl, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	190	250	315	375
Garlic (unit(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	½	1	1½	2	2½	3
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Cauliflower* (g)	375	750	1125	1500	1875	2250
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cooking cream (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	25	50	75	100	125	150

From your pantry

Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2527 /604	340 /81
Total fat (g)	34	5
of which saturated (g)	12,6	1,7
Carbohydrates (g)	50	7
of which sugars (g)	2,8	0,4
Fibre (g)	16	2
Protein (g)	20	3
Salt (g)	1,6	0,2

Allergens

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



1. Prepare the mushrooms

Preheat the oven to 200°C. Quarter the **mushrooms** and crush or mince the **garlic**. Transfer both to a bowl along with the **smoked paprika** (see Tip). Drizzle with olive oil and season with salt and pepper, then toss well to coat and set aside.

Tip: smoked paprika has a strong flavour, so be sure to check the amount and add it carefully.



2. Roast the potatoes

Discard the **rosemary** stems and finely chop the leaves. Wash the **potatoes** and cut them into wedges. Transfer both to a bowl, drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to one side of a parchment-lined baking sheet and roast in the oven for 15 minutes. Toss the wedges and then transfer the **mushrooms** to the other side of the baking sheet, then return to the oven for another 15 - 25 minutes (see Tip).

Tip: the mushrooms may burn easily, so be sure to keep an eye on them and cover with aluminium foil if necessary.



3. Prepare the cauliflower

Boil plenty of salted water in a pot or saucepan. For each person, cut a 2cm thick slice from the middle of the **cauliflower**. Keep the stem attached so as to keep the **cauliflower steak** intact, then set aside. Cut the rest of the **cauliflower** into florets and boil for 10 - 12 minutes, then drain and set aside (see Tip).

Tip: the cauliflower should be well-cooked, so as to make a smoother purée. Boil it longer if necessary.



4. Fry the cauliflower steak

Heat a drizzle of olive oil in a large frying pan over medium-high heat. Season the **cauliflower steak** with salt and pepper and carefully fry it for 1-3 minutes per side until golden-brown. Lower the heat and cover with the lid, then continue cooking for 8 - 10 more minutes. Turn halfway and season with more pepper.

Did you know... 🥦 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C for a healthy immune system, potassium for healthy blood pressure and fibre for gut health.



5. Make the purée

In the meantime, finely chop the **parsley**. Transfer the boiled **cauliflower** to a tall container, along with the **cream**, **Middle Eastern spices** and half of the **parsley**. Use an immersion blender to process into a smooth, thick purée. Transfer back to the same saucepan and keep warm over a low heat. Season to taste with plenty of salt and pepper.



6. Serve

Crumble the **blue cheese cubes** into a small bowl and combine with the rest of the **parsley** and the roasted **mushrooms**. Serve the purée on plates and top with the **cauliflower** steaks and the **mushroom-blue cheese** topping. Serve the **potato** wedges alongside. Garnish with any remaining **Middle Eastern spices**.

Enjoy!



Homemade Meatloaf with Mashed Potato

with braised leeks & cranberry chutney

Total time: 40 - 50 min.



Onion



Fresh curly parsley



Nutmeg



Potatoes



Leek



Seasoned minced meat blend



Panko breadcrumbs



Cranberry chutney



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

Did you know that the word cranberry is derived from the German kraanbere? This is because the plant's flowers are reminiscent of a crane!

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, grater, oven dish, lidded pot or saucepan, potato masher

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Nutmeg (pinch)	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Leek* (unit(s))	1	2	3	4	5	6
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Cranberry chutney* (g)	40	80	120	160	200	240
From your pantry						
[Plant-based] milk (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock (ml)	125	250	375	500	625	750
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)	3356 / 802	423 / 101
Total fat (g)	36	5
of which saturated (g)	17,7	2,2
Carbohydrates (g)	86	11
of which sugars (g)	23,2	2,9
Fibre (g)	18	2
Protein (g)	31	4
Salt (g)	2	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C. Chop the **onion** very finely and grate a pinch of **nutmeg**. Finely chop the **parsley**.



2. Chop the vegetables

Prepare the stock. Thoroughly wash or peel the **potatoes** and cut them into rough chunks. Halve the **leek** lengthways, then cut into 10cm long pieces.



3. Prepare the meatloaf

Transfer the **mince** to a bowl. Add the milk, **panko**, **onion**, **nutmeg** and half of the **parsley**, then season with salt and pepper. Knead into a firm ball.



4. Bake the meatloaf

Grease an oven dish with a small knob of butter. Transfer the **mince** to the oven dish and shape it into a meatloaf. Bake in the oven for 20 – 30 minutes (see Tip).

Tip: if you're cooking for more than two people, the meatloaf may need more time. Keep an eye on it and bake longer as needed, topping with some small cubes of butter as preferred.



5. Stew the leeks

In the meantime, melt a knob of butter in a deep frying pan over medium-high heat and fry the **leek** for 3 – 4 minutes. Deglaze with the stock and cover with the lid, then allow to simmer gently for 15 minutes. In the meantime, boil plenty of water in a pot or saucepan and cook the **potatoes** for 12–15 minutes, covered. Drain and then mash the **potatoes** with the mustard, a knob of butter and a splash of milk. Season to taste with salt and pepper.



6. Serve

Slice the meatloaf and serve on plates. Pour over the cooking juices from the oven dish. Serve with the mash, braised **leek** and **cranberry chutney**. Garnish the mash with the rest of the **parsley**.

Enjoy!



Pork Tenderloin in Butter Pecan Sauce

over spinach orzotto with endive

Nice & Fast

Total time: 20 - 30 min.



Pork tenderloin



Chopped pecans



Orzo



Garlic



Endive



Shallot



Spinach



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

Shallots are slightly more delicate, and have a more refined flavour than regular onions. So you can use them in much the same way as you would onions, and with very little effort, take your dish to the next level.

Before you begin

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

Utensils

Lidded deep frying pan, frying pan, aluminium foil

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Chopped pecans (g)	10	20	30	40	50	60
Orzo (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Endive* (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
From your pantry						
Honey (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3293 / 787	494 / 118
Total fat (g)	36	5
of which saturated (g)	14,9	2,2
Carbohydrates (g)	75	11
of which sugars (g)	19,3	2,9
Fibre (g)	10	2
Protein (g)	37	6
Salt (g)	1,3	0,2

Allergens

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



1. Make the orzotto

Prepare the stock and chop the **shallot**. Heat a drizzle of olive oil in a deep frying pan over low heat and fry the **shallot** for 2 minutes. Stir in the **orzo** and fry over medium heat for 1 minute, then pour in the stock and cover with the lid. Allow to cook for 10 - 12 minutes over low heat, stirring regularly. Add the **spinach** during the final 2 minutes and allow to wilt and reduce.



2. Fry the pork tenderloin

Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the **pork tenderloin** for 10 - 13 minutes until evenly browned. Season to taste with salt and pepper. Remove from the pan and allow to rest under aluminium foil until serving. Crush or mince the **garlic**. Quarter the **endive**.



3. Fry the endive

In the same pan, melt a generous knob of butter over medium-high heat and fry the **garlic** for 2 minutes. Add the **endive**, honey and mustard, then pour in the water (see pantry for amount). Fry for 3 minutes, then add the **pecans** and season to taste with salt and pepper.



4. Serve

Slice the **pork tenderloin**. Serve the **orzotto** on deep plates and top with the **endive** and the **pork**. Drizzle with the butter pecan sauce.

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

Enjoy!



Shakshuka Potatoes with Garlic Bread

with Italian herbs & goat's cheese

Veggie

Total time: 45 - 55 min.



Potatoes



Garlic



Tomato



Italian seasoning



Chopped tomatoes with basil



Spinach



Fresh goat's cheese



Egg



White ciabatta



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

You can very easily experiment with shakshuka. For example, this Italian version is prepared with goat's cheese and garlic bread.

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, lidded pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	½	¾	1	1½	1½	2
Chopped tomatoes with basil (pack)	½	1	2	2	3	3
Spinach* (g)	50	100	150	200	250	300
Fresh goat's cheese* (g)	25	50	75	100	125	150
Egg* (unit(s))	2	4	6	8	10	12
White ciabatta (unit(s))	1	2	3	4	5	6
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3209 / 767	510 / 122
Total fat (g)	34	5
of which saturated (g)	10,2	1,6
Carbohydrates (g)	77	12
of which sugars (g)	13,7	2,2
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	4	0,6

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes**, then dice both these and the **tomatoes** into 1cm chunks. Crush or mince the **garlic**. Parboil the **potatoes** for 5 - 6 minutes, covered, then drain and set aside.



4. Poach the eggs

Make small, deep wells in the sauce for the **eggs** and crack one **egg** into each. Season the **eggs** with salt and pepper, then top with half of the **goat's cheese**. Allow the **eggs** to poach for 4 - 6 minutes, covered, then remove the lid and continue poaching for 2-4 minutes (see Tip).

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



2. Make the sauce

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **Italian herbs** with half of the **garlic** for 30 seconds, then add the fresh **tomato**, the **chopped tomatoes** from the carton and the balsamic vinegar. Crumble in the stock cube (see Tip). Mix well, then cover with the lid and allow to reduce gently for 5 - 7 minutes.

Tip: 🌱 if you're watching your salt intake, use an eighth of a stock cube per person or use a low sodium stock cube.



5. Make the garlic bread

In a small bowl, combine the rest of the **garlic** with a drizzle of olive oil. Cut open the **bread roll** and spread with the **garlic** oil, then transfer to a parchment-lined baking sheet. Bake in the oven for 10 minutes.



3. Finish the sauce

Add the **potatoes** and the **spinach** to the sauce. Mix well and allow the **spinach** to wilt and reduce (see Tip). Season to taste with salt and pepper. Crumble the **goat's cheese** in the meantime.

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



6. Serve

Serve the shakshuka on plates. Garnish with the rest of the **goat's cheese** and serve the **garlic bread** alongside.

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

Enjoy!



Chicken Fillets with Pesto Potatoes

with courgette & bell pepper

Family Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Pre-cooked halved baby potatoes (skin-on)



Green pesto



Chicken fillets with Mediterranean spices



Onion



Bell pepper



Courgette



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

Did you know that red bell pepper contains 3 times as much vitamin C as an orange?

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 frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Green pesto* (g)	20	40	60	80	100	120
Chicken fillets with Mediterranean spices* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2816 /673	493 /118
Total fat (g)	40	7
of which saturated (g)	8,7	1,5
Carbohydrates (g)	43	8
of which sugars (g)	7,7	1,3
Fibre (g)	9	2
Protein (g)	31	5
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

Halve the **baby potatoes** or cut any larger ones into quarters. Melt a knob of butter in a frying pan over medium-high heat and fry the **baby potatoes** for 8 - 10 minutes, covered. Remove the lid and season to taste with salt and pepper, then fry for another 2 - 4 minutes, tossing regularly.



3. Finish

Meanwhile, stir the **pesto** into the **baby potatoes** when they are done.

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.



2. Chop the vegetables

Slice the **onion** into thin half rings. Cut the **courgette** into crescents and chop the **bell pepper** into strips. Heat a drizzle of olive oil in a frying pan and fry the **onion** for 1 - 2 minutes, then add the **bell pepper, courgette** and **chicken**. Fry for 6 - 8 minutes until the **chicken** is done.



4. Serve

Serve the **baby potatoes** with the **chicken** and vegetables. Serve the mayonnaise alongside.

Enjoy!



Gnocchi in Creamy Blue Cheese Sauce

with apple, pecorino & a walnut-spinach salad

Veggie Nice & Fast

Total time: 15 - 20 min.



Gnocchi



Spinach



Grated Pecorino



Blue cheese cubes



Chopped walnuts



Cooking cream



Onion



Apple



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

Unlike most other pasta, gnocchi is actually made from potato, which is then combined with flour!

Before you begin

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

Utensils

Large bowl, large deep frying pan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi* (g)	175	350	525	700	875	1050
Spinach* (g)	100	200	300	400	500	600
Grated Pecorino* (g)	10	20	30	40	50	60
Blue cheese cubes* (g)	25	50	75	100	125	150
Chopped walnuts (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	2	2	3	3
Apple* (unit(s))	½	1	1	2	2	3
From your pantry						
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (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
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3611 / 863	685 / 164
Total fat (g)	43	8
of which saturated (g)	20,2	3,8
Carbohydrates (g)	95	18
of which sugars (g)	14,2	2,7
Fibre (g)	10	2
Protein (g)	21	4
Salt (g)	3,5	0,7

Allergens

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



1. Fry the gnocchi

Chop the **onion** and slice the **apple**. Melt a knob of butter in a large deep frying pan over medium-high heat. Fry the **onion** with the **gnocchi** and **apple** for 5 minutes until everything is golden-brown. Stir in half of the **spinach** and fry for 2 more minutes.



2. Toast the walnuts

Meanwhile, heat a clean small frying pan over high heat and toast the **walnuts** for 1 - 2 minutes until golden-brown. Turn off the heat and set aside until serving. In a large bowl, combine the white wine vinegar with the mustard and extra virgin olive oil. Season to taste with salt and pepper.



3. Finish the gnocchi

Stir the **blue cheese** and the **cream** into the **gnocchi** and allow the **cheese** to melt. Season to taste with salt and pepper. Add the rest of the **spinach** to the dressing and toss well to combine (see Tip).

Tip: tear the spinach into smaller pieces if preferred.



4. Serve

Serve the gnocchi on deep plates and garnish with the **pecorino**. Serve the salad alongside and garnish with the **walnuts**.

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

Enjoy!



Hamburger with Piccalilli

with sour cream salad & baby potatoes

Nice & Fast

Total time: 15 - 20 min.



Pre-cooked halved baby potatoes (skin-on)



Cucumber



Onion



Organic sour cream



Radicchio & romaine



Piccalilli



Seasoned hamburger



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

The name piccalilli comes from “Paco-lilla” or “Indian Pickle” as it was known in the 18th century, referring to the Asian spices used in the sauce.

Before you begin

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

Utensils

Aluminum foil, lidded frying pan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Organic sour cream* (g)	25	50	75	100	125	150
Radicchio & romaine* (g)	25	50	100	100	150	150
Piccalilli* (g)	25	50	75	100	125	150
Seasoned hamburger* (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Honey (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3523 /842	549 /131
Total fat (g)	59	9
of which saturated (g)	16,6	2,6
Carbohydrates (g)	48	8
of which sugars (g)	8,8	1,4
Fibre (g)	8	1
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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



1. Fry the potatoes

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **baby potatoes** for 9 minutes, covered, then remove the lid. Season with salt and pepper and fry for 5 more minutes.



2. Make the salad

Slice the **cucumber** and cut the **onion** into thin half rings. In a salad bowl, combine the extra virgin olive oil with the honey, mustard and white wine vinegar. Season to taste with salt and pepper, then add the **sour cream** and mix well. Add the **lettuce, onion** and **cucumber**, then toss well to combine (see Tip).

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



3. Fry the burger

Melt a knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **burger** for 2 - 3 minutes per side. Remove from the pan, season with black pepper and allow to rest under aluminium foil.



4. Serve

Serve the **burger** with the **potatoes** and the salad. Taste the piccalilli and then serve it on top of the **burger** as preferred. Serve the mayonnaise with the **potatoes**. Season to taste with salt and pepper, then drizzle with extra virgin olive oil as preferred.

Enjoy!



Fish Burger with Ravigote Sauce

with carrot fries, lettuce & tomato

Family

Total time: 40 - 50 min.



Multigrain fish burger



Yellow carrot



Carrot



Middle Eastern
spice mix



Tomato



Ravigote sauce



Radicchio &
iceberg lettuce



Hamburger bun with
sesame seeds



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

Carrots are rich in vitamin A, which means your immune system and eyes will receive an extra boost from 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

Parchment-lined baking sheet, bowl, kitchen paper, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Multigrain fish burger* (unit(s))	1	2	3	4	5	6
Yellow carrot* (unit(s))	1	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1½	2	2½	3
Ravigote sauce* (g)	40	100	140	160	240	260
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3502 /837	656 /157
Total fat (g)	46	9
of which saturated (g)	15,3	2,9
Carbohydrates (g)	76	14
of which sugars (g)	14,5	2,7
Fibre (g)	10	2
Protein (g)	27	5
Salt (g)	3,1	0,6

Allergens

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



1. Prepare

Preheat the oven to 200°C. Wash or peel the **carrots** and cut into batons of no more than 1cm thickness. Pat them dry with kitchen paper and transfer to a bowl, along with the **Middle Eastern spices**. Drizzle with sunflower oil and 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 evenly browned, tossing halfway.



2. Bake the burger bun

Slice the **tomato**. Bake the **burger bun** alongside the **carrot fries** during the final 6 - 8 minutes of cooking time.



3. Fry the fish burger

Melt the butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the fish **burger** for 3 minutes per side until golden-brown.



4. Serve

Cut open the **burger bun** and spread with some of the **ravigote sauce**. Top with the **lettuce**, **tomato** and the **fish burger**. Serve the **burgers** with the **carrot fries** and the rest of the **ravigote sauce** alongside.

Enjoy!



Supergreen Tuna Couscous

with mangetout, pumpkin seeds & fresh herbs

Calorie Smart

Total time: 30 - 40 min.



Wholewheat couscous



Lemon



Cucumber



Tomato



Garlic



Fresh flat leaf
parsley & mint



Mangetout



Pumpkin seeds



Tuna packed in water



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

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

Before you begin

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

Utensils

Lidded frying pan, grater, tall container, lidded pot or saucepan, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	75	150	225	300	375	450
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Cucumber* (unit(s))	½	1	¾	1	1¼	2
Tomato (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Mangetout* (g)	75	150	225	300	375	450
Pumpkin seeds (g)	5	10	15	20	25	30
Tuna packed in water (can)	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Water for the sauce (ml)	45	90	135	180	225	270
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2912 /696	516 /123
Total fat (g)	35	6
of which saturated (g)	5,7	1
Carbohydrates (g)	66	12
of which sugars (g)	9,1	1,6
Fibre (g)	11	2
Protein (g)	28	5
Salt (g)	1,1	0,2

Allergens

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



1. Boil the couscous

Prepare the stock in a pot or saucepan and bring to a boil. Take the pan off the heat, add the **couscous** and allow to stand for 10 minutes, covered. Fluff through the **couscous** with a fork to separate the grains.



4. Fry the mangetout

Heat a drizzle of olive oil in the same frying pan over medium-high heat. Fry the **garlic** with the **mangetout** for 2 - 3 minutes, seasoning with salt and pepper. Add 1 tbsp water per person, then cover with the lid and cook for 4 - 6 minutes or until the **mangetout** are done.

Did you know... 🌱 *mangetout* are very nutrient-dense; they contain vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.



2. Prepare

Meanwhile, halve the **mangetout** (see Tip). Juice the **lemon**. Dice the **cucumber** and the **tomato**. Crush or mince the **garlic**.

Tip: the tips of mangetout can sometimes be tough, so be sure to remove and discard these.



5. Make the sauce

Pull the **mint** leaves off the stems and transfer to a tall container, along with the **parsley**, extra virgin olive oil and the water for the sauce (see pantry for amount). Add (per person) 1 tbsp **couscous**, and 0.5 tbsp **lemon** juice, then use an immersion blender to process into a smooth sauce. Season to taste with salt and pepper.



3. Toast the pumpkin seeds

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



6. Serve

Drain the **tuna**. Stir the **tuna** and half of the green sauce into the **couscous**, along with the **mangetout**, **cucumber** and **tomato**. Serve the **couscous** on deep plates and drizzle with the rest of the sauce. Garnish with the **pumpkin seeds** and finish with some salt and pepper to taste.

Enjoy!



Cod in Garlic Butter Sauce

with braised leek & green beans

Family Calorie Smart

Total time: 45 - 55 min.



Potatoes



Leek



Green beans



Garlic



Fresh flat leaf parsley



Cod fillet



Shallot



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

This cod was caught with a fishing rod and line, which means minimum bycatch. Because of this, it deserves the MSC hallmark for sustainable fishing.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded deep frying pan, kitchen paper, plate, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Leek* (unit(s))	½	1	1	2	2	3
Green beans* (g)	100	200	400	400	600	600
Garlic (unit(s))	1½	3	4½	6	7½	9
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cod fillet* (unit(s))	1	2	3	4	5	6
Shallot (unit(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock (ml)	50	100	150	200	250	300
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2895 /692	420 /100
Total fat (g)	32	5
of which saturated (g)	14,2	2,1
Carbohydrates (g)	65	9
of which sugars (g)	6,7	1
Fibre (g)	16	2
Protein (g)	30	4
Salt (g)	0,8	0,1

Allergens

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



1. Prepare

Preheat the oven to 200°C and prepare the stock. Thoroughly wash the **potatoes** and then cut into rough pieces. Cut the **leek** into thirds. Discard the tips of the **green beans** and then cut in half. Finely chop the **shallot** and crush or mince the **garlic**.

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



4. Fry the fish

Transfer the flour to a plate. Pat the fish dry with kitchen paper and season with salt and pepper, then coat in flour. When the **potatoes** are almost done, melt a knob of butter in a frying pan over high heat and fry the fish for 1 - 2 minutes per side. Serve on plates and garnish with the **parsley**.



2. Fry the vegetables

Transfer the **potatoes** 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 roast for 30 - 40 minutes. Meanwhile, melt a knob of butter in a deep frying pan over medium-high heat. Fry the **leek** with half each of the **garlic** and **shallot** for 3 - 4 minutes. Deglaze with the stock, then add the **green beans** and cover with the lid. Bring to the boil and cook for 10 - 12 minutes or until the **beans** are al dente, then drain and set aside.



5. Make the sauce

Add the **garlic** and another knob of butter to the same pan. Allow the butter to melt over high heat until lightly browned and frothy. Season to taste with salt and pepper, then pour over the fish.



3. Make the vinaigrette

In a small bowl, combine the white wine vinegar with the extra virgin olive oil and the mustard. Add the rest of the **shallot** and season to taste with salt and pepper. Mix well and set aside. Finely chop the **parsley**.



6. Serve

Stir the vinaigrette into the **green beans** and **leek** as preferred. Serve the vegetables with the fish. Serve the roast **potatoes** alongside.

Enjoy!



Mediterranean Shrimp Couscous

with basil crème & sundried tomatoes

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Garlic



Italian vegetable mix



Dried oregano



Wholewheat couscous



Tomato



Basil crème



Shrimp



Sundried tomatoes



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

In this recipe, you'll use wholewheat couscous. This contains plenty of fibre, meaning it's both tasty and healthy!

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, kitchen paper, frying pan, lidded wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Italian vegetable mix* (g)	100	200	300	400	500	600
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Tomato (unit(s))	2	4	6	8	10	12
Basil crème* (ml)	10	15	18	24	33	39
Shrimp* (g)	80	160	240	320	400	480
Sundried tomatoes* (g)	20	30	50	70	80	100
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2577 /616	407 /97
Total fat (g)	26	4
of which saturated (g)	10,2	1,6
Carbohydrates (g)	67	11
of which sugars (g)	12,7	2
Fibre (g)	12	2
Protein (g)	24	4
Salt (g)	1,9	0,3

Allergens

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



1. Fry the vegetables

Prepare the stock and crush or mince the **garlic**. Melt a knob of butter in a wok or frying pan over medium-high heat. Fry the **vegetable mix** with the **oregano** and half of the **garlic** for 5 - 6 minutes. Remove from the heat and add the **couscous** and the stock, then cover with the lid. Set aside for 10 minutes.



2. Prepare the tomatoes

Dice the **tomato** and finely chop the sundried **tomatoes**. In a bowl, combine the **basil crème** with the balsamic vinegar and the extra virgin olive oil. Add the **tomato** and the **sundried tomatoes**, then mix well to combine. Season to taste with salt and pepper.



3. Fry the shrimp

Pat the **shrimp** dry with kitchen paper. Melt a knob of butter in a frying pan over medium-high heat. Fry the **shrimp** with the rest of the **garlic** for 3 - 4 minutes, seasoning to taste with salt and pepper.



4. Serve

Stir the **tomato** salad into the **couscous**, then serve on plates. Top with the **shrimp** and drizzle with the cooking juices from the same pan.

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

Enjoy!



Creamy Coconut-Shrimp Soup

with corn, potato & chives

Family

Total time: 35 - 45 min.



Onion



Potatoes



Ground paprika



Bay leaf



Corn



Tomato



Shrimp



Coconut milk



Fish sauce



Fresh chives



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

This creamy soup is inspired by chowder, a hearty soup from the United States. We're giving this soup its own twist by using shrimp and coconut milk for added creaminess.

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

Kitchen paper, sieve or colander, lidded soup pot, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Potatoes (g)	200	400	600	800	1000	1200
Ground paprika (tsp)	1½	3	4½	6	7½	9
Bay leaf (unit(s))	1	2	3	4	5	6
Corn (g)	70	140	285	285	425	425
Tomato (unit(s))	2	4	6	8	10	12
Shrimp* (g)	80	160	240	320	400	480
Coconut milk (ml)	100	200	300	400	500	600
Fish sauce (ml)	5	10	15	20	25	30
Fresh chives* (g)	2½	5	7½	10	12½	15
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Boiled water (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2728 /652	290 /69
Total fat (g)	34	4
of which saturated (g)	22	2,3
Carbohydrates (g)	62	7
of which sugars (g)	14,2	1,5
Fibre (g)	19	2
Protein (g)	22	2
Salt (g)	3,5	0,4

Allergens

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



1. Prepare

Boil the water (see pantry for amount). Chop the **onion**. Peel the **potatoes** and dice them into 1 - 1.5cm chunks. Melt the butter in a soup pot over medium-high heat and fry the **onion** with a pinch of salt for 3 minutes. Add the **paprika** and the **bay leaf** and fry for 1 more minute.



2. Prepare the vegetables

Add the **potatoes** and pour in the boiling water, then crumble in the stock cube. Boil the **potatoes** for 12 - 15 minutes, covered, until done. Roughly chop the **tomato** and finely chop the **chives**. Drain the **corn**.



3. Fry the shrimp

Pat dry the **shrimp** with kitchen paper. Heat the olive oil in a frying pan over high heat and fry the **shrimp** for 2 minutes until lightly pink. They don't need to be done yet, as they'll finish cooking in the soup later. Season with salt and pepper, then remove from the pan and set aside.

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



4. Serve

Stir the **corn**, **tomato**, **coconut milk** and **fish sauce*** into the **potatoes** and cook for 2 minutes. Add the **shrimp** and their cooking juices, then cook for 1 more minute. Stir in the white wine vinegar and half of the **chives**. Serve the soup on deep plates and garnish with the rest of the **chives**.

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

Enjoy!



Salmon over Zesty Fragrant Couscous

with orange mayo, African-inspired spices & lamb's lettuce

Nice & Fast

Total time: 20 - 30 min.



Salmon fillet



Wholewheat couscous



Onion



Carrot



Lamb's lettuce



African-inspired
spice mix



Easy peel orange



Dill, mint & flat leaf
parsley



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

The salmon skin makes this fillet extra tasty! We've left it on as it adds extra flavour and is a fantastic source of healthy omega-3 fatty acids.

Before you begin

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

Utensils

Lidded frying pan, lidded pot or saucepan, 2x small bowl, frying pan, zester

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Wholewheat couscous (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Easy peel orange* (unit(s))	½	1	2	2	3	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
From your pantry						
Honey (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine 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)	3711 / 887	583 / 139
Total fat (g)	42	7
of which saturated (g)	9,3	1,5
Carbohydrates (g)	88	14
of which sugars (g)	30,4	4,8
Fibre (g)	15	2
Protein (g)	32	5
Salt (g)	1,5	0,2

Allergens

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



1. Prepare the couscous

Prepare the stock in a pot or saucepan. Take the pan off the heat and add the **couscous**, then cover and allow to stand for 10 minutes. Fluff through the **couscous** with a fork (see Tip). Meanwhile, chop the **onion** into half rings and slice the **carrot**.



4. Finish the couscous

Meanwhile, zest the **orange**. Remove the skin and the white pith, then dice the flesh. Finely chop the fresh herbs. Transfer the diced **orange**, fresh herbs and **couscous** to the **carrots**. Drizzle with extra virgin olive oil as preferred, then mix well and season to taste with salt and pepper.



2. Fry the vegetables

Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Add the **carrot**, half of the **onions** and 30ml water per person. Cover with the lid and allow to stew for 5 minutes, then remove the lid and fry for 3 minutes. Season to taste with salt and pepper.



5. Make the orange mayo

In a small bowl, combine the mayonnaise with the white wine vinegar and 0.5 tbsp water per person. Add **orange** zest as preferred and then season to taste with salt and pepper.



3. Fry the salmon

Melt a knob of butter in a frying pan over medium-high heat. Fry the **salmon** on its skin with the rest of the **onion** for 2 - 3 minutes. Meanwhile, in a small bowl combine the African-inspired **spice mix** with the honey. Flip the **salmon**, top with the honey mixture and fry for a further 1 - 2 minutes. Stir 1 tbsp water per person into the sauce and allow to reduce for 1 minute.



6. Serve

Serve the **lamb's lettuce** on deep plates and top with the **couscous** and the **salmon**. Drizzle the rest of the honey sauce from the pan over the **couscous**, then finish with the **orange** mayo.

Did you know... 🍷 Salmon contains essential fatty acids such as omega 3 - our bodies can't produce omega 3, so it's important to get this from food. You can get the required amount of omega 3 from just one serving of fish a week, ideally fatty fish such as herring or salmon.

Enjoy!



Sweet Soy Tempeh

over rice with green beans, crispy onions & cashews

Plant-Based

Total time: 30 - 40 min.



Diced tempeh



Jasmine rice



Green beans



Onion



Garlic



Ginger paste



Sliced carrots



Chopped cashews



Soy sauce



Crispy fried onions



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

Tempeh originates from Indonesia and is made from fermented soybeans. This tempeh is full of protein and iron, which makes it very suitable as a 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, large deep frying pan with lid, lidded pot or saucepan, sieve or colander, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Jasmine rice (g)	75	150	225	300	375	450
Green beans* (g)	75	150	300	300	450	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Sliced carrots* (g)	75	150	225	300	375	450
Chopped cashews (g)	10	20	30	40	50	60
Soy sauce (ml)	10	20	30	40	50	60
Crispy fried onions (g)	10	15	25	30	40	45
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3017 / 721	728 / 174
Total fat (g)	28	7
of which saturated (g)	4,8	1,2
Carbohydrates (g)	87	21
of which sugars (g)	12,7	3,1
Fibre (g)	5	1
Protein (g)	28	7
Salt (g)	2,3	0,6

Allergens

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



1. Boil the rice

Boil plenty of water in a pot or saucepan for the **rice**. In a bowl, combine the ketjap with the **tempeh** and then set aside. Cook the **rice** for 10 - 12 minutes, then drain and set aside until serving, covered.



2. Prepare the vegetables

Discard the tips of the **green beans**. Chop the **onion** and crush or mince the **garlic**.

Did you know... 🌱 green beans are high in potassium, which helps to maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which we feel more energetic.



3. Prepare the green beans

Transfer the **green beans** to a deep frying pan and cover with a shallow layer of water. Add a pinch of salt and cover with the lid, then bring to the boil and allow to cook gently for 6 - 8 minutes, then drain.



4. Fry the vegetables

Heat a drizzle of sunflower oil in the same pan over medium-high heat. Fry the **ginger** paste with the **garlic** and **onion** for 3 - 4 minutes. Add the **carrots** and fry for 7 minutes, then add the **green beans** and fry for 2 more minutes. Mix well and season to taste with salt and pepper.



5. Fry the tempeh

Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the **tempeh** for 4 - 5 minutes. Add the **soy sauce** and 1 tbsp water per person, mix well and fry for 1 more minute.



6. Serve

Serve the **rice** and vegetables on plates. Top with the **tempeh** in its sauce. Garnish with the **cashews** and the **crispy onions**.

Enjoy!



Veal Burger in Creamy Mustard Sauce

with mashed potato, carrots & green beans

Family

Total time: 30 - 40 min.



Green beans



Carrot



Potatoes



Onion



Garlic



Veal burger



Cooking cream



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, including vitamin A, which contributes to healthy eyes and a strong immune system.

Before you begin

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

Utensils

Aluminum foil, 2x pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	150	300	450	600	750	900
Carrot* (unit(s))	½	1	1	1	2	2
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Veal burger* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	50	100	150	200	250	300

From your pantry

[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Mustard (tsp)	2	4	6	8	10	12
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	2	4	6	8	10	12
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3301 / 789	469 / 112
Total fat (g)	48	7
of which saturated (g)	26	3,7
Carbohydrates (g)	57	8
of which sugars (g)	10,1	1,4
Fibre (g)	19	3
Protein (g)	31	4
Salt (g)	2	0,3

Allergens

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



1. Prepare

Boil plenty of water in two pots or saucepans for the **potatoes** and vegetables. Discard the tips of the **green beans** and slice the **carrot**. Wash or peel the **potatoes** and cut into rough pieces.



4. Fry the burger

Melt a knob of butter in a frying pan over medium-high heat. Fry the **burger** for 5 minutes per side or until done, with half each of the **onion** and **garlic** alongside. Remove the **burger** from the pan and set aside to keep warm under aluminium foil. Reduce the heat and add the **cream**, red wine vinegar and the rest of the mustard, then pour in the water (see pantry for amount). Bring to a boil and allow to reduce for 2 - 3 minutes, then season to taste with salt and pepper.



2. Mash the potatoes

Crumble the stock cube into one of the pans (see pantry for amount). Boil the **potatoes** for 12 - 15 minutes until done, then drain. Mash the **potatoes** with a knob of butter and a splash of milk, along with half of the mustard. Season to taste with salt and pepper.



5. Finish the vegetables

Shortly before serving, stir the rest of the **garlic** and **onion** into the vegetables, along with a knob of butter. Cook for 1 - 2 minutes and season to taste with salt and pepper.



3. Boil the vegetables

In the other pan, boil the **carrot** and **green beans** for 8 - 10 minutes until done, then drain and set aside. In the meantime, chop the **onion** and crush or mince the **garlic**.

Did you know... 🥬 green beans are high in potassium, which helps to maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which us feel more energetic.



6. Serve

Serve the mashed **potatoes** and the vegetables on plates. Top with the **burger** and the creamy mustard sauce.

Enjoy!



Mushroom Linguine in Creamy Sage Butter Sauce

on a bed of arugula with sundried tomatoes

Veggie Nice & Fast

Total time: 20 - 30 min.



Onion



Garlic



Fresh sage



Linguine



Chestnut mushrooms



Sunflower seeds



Sundried tomatoes



Mascarpone



Arugula



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

Compared with regular mushrooms, chestnut mushrooms contain less moisture. This means that they won't shrink so much while cooking.

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, saucepan, large deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh sage* (g)	5	10	15	20	25	30
Linguine (g)	90	180	270	360	450	540
Chestnut mushrooms* (g)	125	250	375	500	625	750
Sunflower seeds (g)	5	10	15	20	25	30
Sundried tomatoes* (g)	30	50	70	100	120	150
Mascarpone* (g)	25	50	75	100	125	150
Arugula* (g)	20	40	60	80	100	120
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	2	4	6	8	10	12
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)	3339 / 798	848 / 203
Total fat (g)	46	12
of which saturated (g)	25	6,4
Carbohydrates (g)	73	19
of which sugars (g)	10,4	2,6
Fibre (g)	8	2
Protein (g)	19	5
Salt (g)	0,4	0,1

Allergens

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



1. Prepare

Chop the onion and crush or mince the **garlic**. Chop the **sage** leaves into ribbons. Boil plenty of salted water in a pot or saucepan and cook the **linguine** for 12 - 14 minutes. Reserve some of the pasta water, then drain and set aside. Slice the **mushrooms** in the meantime.

Did you know... 🥬 this recipe is not only quick and tasty, it also provides 200g of vegetables and is low in salt, which is good for blood pressure.



2. Fry the mushrooms

Heat a large clean frying pan over medium-high heat. Toast the **sunflower seeds** until golden-brown, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan over medium-high heat and fry the **onion** for 2 minutes. Stir in the **mushrooms** and **garlic** and fry for 6 minutes, then deglaze with the white wine vinegar. Season to taste with salt and pepper.



3. Make the sauce

Melt the butter in a saucepan over low heat and gently fry the **sage** for 3 minutes. Season to taste with salt and pepper. Cut the **sundried tomatoes** into strips in the meantime. Transfer the **linguine** to the **sage** butter, along with the **mascarpone** and 30ml pasta water per person. Mix well to combine.



4. Serve

Serve the **arugula** on plates and top with the **linguine** and the fried **mushrooms**. Garnish with the sundried **tomatoes** and the toasted **sunflower seeds**.

Enjoy!



Basa Fillet with Creamy Chive Sauce

with potato wedges & roasted carrots

Family Calorie Smart

Total time: 40 - 50 min.



Carrot



Yellow carrot



Potatoes



Dried thyme



Fresh chives



Organic full-fat yogurt



Lemon



Basa fillet



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

Basa is a fish native to South-East Asia. Similar in taste and texture to both cod and haddock, it's a great source of omega-3s and protein.

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, large bowl, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	1	2	2	3	3
Yellow carrot* (unit(s))	¾	1	2	2	3	3
Potatoes (g)	200	400	600	800	1000	1200
Dried thyme (sachet(s))	½	¾	1	1½	1¾	2
Fresh chives* (g)	2½	5	7½	10	12½	15
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Lemon* (unit(s))	½	¾	1	1½	1¾	2
Basa fillet* (g)	100	200	300	400	500	600
From your pantry						
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2464 /589	398 /95
Total fat (g)	28	5
of which saturated (g)	5,2	0,8
Carbohydrates (g)	56	9
of which sugars (g)	6,2	1
Fibre (g)	15	2
Protein (g)	25	4
Salt (g)	0,6	0,1

Allergens

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



1. Prepare

Preheat the oven to 220°C. Cut the **carrots** into long batons of around 1cm thickness. Peel or thoroughly wash the **potatoes** and cut into long, thin wedges.

Did you know... 🍷 thanks to the carrots, this recipe provides plenty of vitamin A, which not only supports growth but is also good for your eyes and immune system. It's also low in salt and high in fibre.



2. Fry the potatoes

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potato** wedges for 20 minutes, covered, tossing regularly. Remove the lid and fry for a further 15 minutes, seasoning to taste with salt and pepper.



3. Roast the carrots

Transfer the **carrots** to a large bowl and drizzle generously with olive oil. Add the **thyme** and toss well to coat, then transfer the **carrots** to a parchment-lined baking sheet. Season with salt and pepper, then roast in the oven for 20 – 25 minutes, tossing halfway (see Tip). Add extra olive oil if necessary. The **carrots** are done when the tips begin to darken and the insides are soft.

Tip: the carrots may need longer if you're using an electric or combination oven. Use a fork to check them; if it slides in easily, then the carrots are done.



4. Make the sauce

In the meantime, finely chop the **fresh chives** and transfer to a small bowl. Add the **yogurt** and the mustard, then mix well to combine. Season to taste with salt and pepper. Cut the **lemon** into six wedges.



5. Fry the basa

Pat the fish dry with kitchen paper. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the fish for 2 – 3 minutes per side, or until done. Remove from the pan and season to taste with salt and pepper. Transfer the **chive** sauce to the pan and mix well with the cooking juices. Squeeze one **lemon** wedge per person directly into the sauce and mix well to combine.



6. Serve

Serve the **carrots** and **potato** wedges on plates with the fish alongside. Serve with the creamy **chive** sauce and the rest of the **lemon** wedges.

Enjoy!



Pork Tenderloin in Red Wine Jus

with roasted pumpkin & chive mash

Premium

Calorie Smart

Nice & Fast

Total time: 25 - 35 min.



Potatoes



Apple



Diced pumpkin



Pork tenderloin



Onion



Garlic



Red wine



Dried thyme



Fresh chives



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

Pork tenderloin is a relatively lean piece of pork, which is full of B vitamins. Perfect for a balanced meal!

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, oven dish, lidded pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Apple* (unit(s))	½	1	2	2	3	3
Diced pumpkin* (g)	150	300	450	600	750	900
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red wine (ml)	40	75	115	150	190	225
Dried thyme (sachet(s))	¼	½	½	¾	¾	1
Fresh chives* (g)	5	10	15	20	25	30

From your pantry

Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Flour (tsp)	1	2	3	4	5	6
[Plant-based] milk						splash
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2619 / 626	335 / 80
Total fat (g)	28	4
of which saturated (g)	14,7	1,9
Carbohydrates (g)	58	7
of which sugars (g)	15,7	2
Fibre (g)	13	2
Protein (g)	35	4
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Preheat the oven to 180°C and prepare the stock. Wash or peel the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan. Cover with water and add a generous pinch of salt, then boil for 12 - 15 minutes until done. Reserve a small amount of the cooking liquid, then drain and set aside, covered.



4. Make the jus

In the same frying pan, melt the rest of the butter over medium heat. Fry the **onion** with the **garlic** for 3 - 4 minutes, then add the red wine and the **thyme**. Bring to a boil and allow to simmer gently for 2-3 minutes, then add the stock and the flour. Bring back up to a boil and allow to gently reduce until serving. Season to taste with pepper.



2. Roast the vegetables

Meanwhile, wash or peel the **apple**, then remove the core and cut into wedges. Transfer the **apple** wedges to a bowl along with the **diced pumpkin** and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet, leaving enough space to add the **pork tenderloin** later. Roast in the oven for 5 - 10 minutes.



5. Mash the potatoes

Mash the **potatoes** with the mustard and a splash of milk, then season generously with salt and pepper. Finely chop the **chives** and stir half of them into the mash.



3. Prepare the pork

Melt a generous knob of butter in a frying pan over high heat. Season the **pork tenderloin** with salt and pepper, then sear for 3 - 4 minutes until evenly browned. Meanwhile, slice the **onion** into half rings and crush or mince the **garlic**. Transfer the **pork** to a small oven dish and roast in the oven for 10 - 15 minutes alongside the **apple** and **pumpkin**.



6. Serve

Serve the mash on plates with the **pork tenderloin** alongside. Top the **pork** with the red wine jus. Serve with the roasted vegetables and garnish with the rest of the **chives**.

Did you know... 🍂 *vitamin A boosts our vision in poorly lit or dark settings and it's also good for skin, hair and nails. Just 200g of pumpkin provides half the RDA of vitamin A.*

Enjoy!



Garlic-Lemon Shrimp with Goat's Cheese

over giant couscous with olives, walnuts & fresh herbs

Premium Nice & Fast

Total time: 25 - 35 min.



Giant couscous



Garlic



Shrimp



Courgette



Fennel



Chopped walnuts



Fresh tarragon & chervil



Fresh goat's cheese



Leccino olives



Lemon-infused olive oil



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

Shrimp marinated in garlic and salty leccino olives makes a great combination. The result is a special dish which is full of 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

Bowl, deep frying pan, lidded pot or saucepan, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	120	240	360	480	600	720
Courgette* (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	20	40	60	80	100	120
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Fresh goat's cheese* (g)	25	50	75	100	125	150
Leccino olives* (g)	10	20	30	40	50	60
Lemon-infused olive oil (ml)	4	8	12	16	20	24
From your pantry						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	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)	3489 / 834	481 / 115
Total fat (g)	46	6
of which saturated (g)	13,1	1,8
Carbohydrates (g)	62	8
of which sugars (g)	7,8	1,1
Fibre (g)	12	2
Protein (g)	37	5
Salt (g)	2,6	0,4

Allergens

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



1. Prepare

Prepare the stock in a pot or saucepan and boil the **giant couscous** for 12 - 14 minutes, covered, then drain and briefly rinse under warm water. Crush or mince the **garlic** and transfer to a bowl along with the **shrimp**. Drizzle with olive oil, then mix well to combine and set aside to marinate until step 3.



2. Fry the vegetables

In the meantime, slice the **courgette** into crescents of no more than 0.5cm thickness. Quarter the **fennel** and discard the tough core. Set aside any **fennel** fronds to use later, then finely dice the **fennel**. Melt a knob of butter in a frying pan over medium-high heat and fry the **fennel** for 5 minutes (see Tip). Add the **courgette** and fry for another 10 - 12 minutes or until they are done.

Tip: use extra pans as necessary if you're cooking for more than two people.



3. Make the topping

Roughly chop the **walnuts**. Heat a clean frying pan over medium-high heat and toast the **walnuts** until golden-brown. Remove from the pan and transfer to a small bowl. Discard the **tarragon** stalks and roughly chop the leaves. Finely chop the **chervil**, then transfer half of both herbs to the **walnuts** and mix well to combine. In the meantime, crumble the **goat's cheese** and slice the **olives**. Heat the same frying pan over medium-high heat and fry the **shrimp** in their marinade for 3 minutes, or until they turn pink.



4. Serve

In a salad bowl, combine the **giant couscous** with the **olives**, **courgette** and **fennel**, along with the rest of the **chervil** and **tarragon**. Season to taste with salt and pepper. Serve the **giant couscous** on plates and top with the **goat's cheese** and **shrimp**. Drizzle with the **lemon-infused olive oil** and garnish with the **walnuts** and any **fennel** fronds.

Enjoy!



Steak with Red Wine Jus

with potato wedges & endive-apple salad

Premium Nice & Fast

Total time: 25 - 35 min.



Steak



Potato wedges



Italian seasoning



Shallot



Garlic



Red wine



Dried thyme



Endive



Apple



Yogurt dressing



Arugula & lamb's lettuce



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

Apples produce a substance that makes other fruits ripen faster. If you store apples with the rest of your fruit, then you should be aware that the other fruit nearby will ripen a bit faster.

Before you begin

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

Utensils

Aluminum foil, salad bowl, small saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Potato wedges (g)	200	400	600	800	1000	1200
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red wine (ml)	40	75	115	150	190	225
Dried thyme (sachet(s))	⅙	⅓	½	⅔	¾	1
Endive* (unit(s))	½	1	2	2	3	3
Apple* (unit(s))	½	1	1	2	2	3
Yogurt dressing* (g)	20	40	60	80	100	120
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef or vegetable stock (ml)	75	150	225	300	375	450
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3155 / 754	442 / 106
Total fat (g)	45	6
of which saturated (g)	20,1	2,8
Carbohydrates (g)	51	7
of which sugars (g)	14,4	2
Fibre (g)	12	2
Protein (g)	32	4
Salt (g)	0,8	0,1

Allergens

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



1. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature (see Tip). Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **potato** wedges with the **Italian herbs** for 20 - 23 minutes until done, tossing regularly. Season to taste with salt and pepper.

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



2. Make the jus

Prepare the stock. Chop the **shallot** and crush or mince the **garlic**. Melt a knob of butter in a saucepan over medium heat and fry the **shallot** with the **garlic** for 3 - 4 minutes. Add the red wine and the **thyme**, then bring to a boil and allow to simmer gently for 2 - 3 minutes. Pour in the stock and bring to a boil again, then allow to reduce for 5 - 10 minutes (see Tip).

Tip: allow the sauce to reduce longer if you'd like it to be thicker, or stir in half a teaspoon of flour per person.



3. Fry the steak

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

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



4. Prepare the vegetables

Discard the base of the **endive** and then halve it lengthways. Discard the tough core, then chop into thin strips. Core and slice the **apple**.



5. Make the salad

Transfer the **apple** and **endive** to a salad bowl and drizzle with extra virgin olive oil as preferred, then combine with the **yogurt dressing**. Season to taste with salt and pepper. Shortly before serving, add the **mixed leaves** and toss well to combine.



6. Serve

Serve the **potato** wedges on plates. Slice the **steak** against the grain and serve alongside. Top with the red wine jus and serve with the salad.

Enjoy!



Teriyaki Salmon Bowl with Edamame

over garlic rice with broccolini & furikake

Nice & Fast

Total time: 25 - 35 min.



Garlic



White long grain rice



Carrot



Broccolini



Salmon fillet



Teriyaki sauce



Furikake



Edamame



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

Broccolini, also known as bimi, is a combination of broccoli and Chinese broccoli. Compared to the slightly bitter, vegetal flavour of regular broccoli, broccolini is milder, with a sweeter, earthier 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

Bowl, lidded pot or saucepan, peeler or cheese slicer, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Carrot* (unit(s))	1	1	2	2	3	3
Broccolini* (g)	100	200	300	400	500	600
Salmon fillet* (g)	120	240	360	480	600	720
Teriyaki sauce (g)	25	50	75	100	125	150
Furikake (sachet(s))	½	1	1½	2	2½	3
Edamame* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	200	400	600	800	1000	1200
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3619/865	525/126
Total fat (g)	41	6
of which saturated (g)	6,6	1
Carbohydrates (g)	82	12
of which sugars (g)	18,8	2,7
Fibre (g)	7	1
Protein (g)	37	5
Salt (g)	2,4	0,3

Allergens

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



1. Boil the rice

Crush or mince the **garlic**. Heat a drizzle of olive oil in a pot or saucepan over low heat and fry the **garlic** for 1 - 2 minutes. Add the **rice**, then pour in the water and crumble in the stock cube (see pantry for amounts). Cover with the lid and boil the **rice** for 12-15 minutes, then remove from the heat and allow to rest for 5 minutes, still covered. Drain if necessary and set aside.



4. Fry the salmon

Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **salmon** for 3-4 minutes on its skin. Brush the **salmon** with the **teriyaki sauce**, then reduce the heat and flip the **salmon**. Fry for 1 - 2 more minutes, seasoning to taste with salt and pepper.



2. Prepare the carrot

Use a peeler or cheese slicer to shave the **carrot** into thin ribbons. In a bowl, combine the white wine vinegar with the sugar, then add the **carrot**. Season to taste with salt, then toss well to combine and set aside until serving.

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.



5. Make the sauce

Take the **salmon** out of the pan. Add 1 tbsp water per person and mix well to combine, so as to make a sauce.



3. Prepare the broccolini

Cut the **broccolini** into 4cm pieces. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **broccolini** for 2 minutes, then add 30ml water per person and cover with the lid. Allow to stew for 3 - 5 minutes, then season to taste with salt and pepper.



6. Serve

Serve the **garlic rice** on plates and top with the **broccolini**, **carrot** ribbons, **edamame** and **salmon**. Drizzle with the **teriyaki sauce** and garnish with the **furikake**.

Enjoy!



Stuffed Chicken Breast with Goat's Cheese & Spinach

with pesto potatoes, green salad & pumpkin seeds

Premium Family

Total time: 35 - 45 min.



Potatoes



Green pesto



Pumpkin seeds



Spinach



Fresh goat's cheese



Chicken breast



Green beans



Courgette



Lemon



Honey-mustard dressing



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

You're serving a restaurant-worthy meal tonight. The chicken breast is stuffed with spinach and goat's cheese and will be sure to please everyone!

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, lidded pot or saucepan, parchment paper, peeler or cheese slicer, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Green pesto* (g)	20	40	60	80	100	120
Pumpkin seeds (g)	5	10	15	20	25	30
Spinach* (g)	50	100	100	200	200	300
Fresh goat's cheese* (g)	25	50	75	100	125	150
Chicken breast* (unit(s))	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Courgette* (unit(s))	¼	½	1	1	1½	1½
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Honey-mustard dressing* (g)	20	40	60	80	100	120
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3159 /755	500 /119
Total fat (g)	44	7
of which saturated (g)	12,2	1,9
Carbohydrates (g)	42	7
of which sugars (g)	4,8	0,8
Fibre (g)	12	2
Protein (g)	47	7
Salt (g)	1,1	0,2

Allergens

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



1. Fry the potatoes

Preheat the oven to 200°C. Wash and dice the **potatoes**. Heat a generous drizzle of olive oil in a deep frying pan and fry the **potatoes** for 15 minutes, covered, tossing regularly. Remove the lid and fry for another 10 - 15 minutes until done. Stir in 0.5 tbsp **pesto** per person and season to taste with salt and pepper.



2. Make the filling

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. Heat a drizzle of olive oil in the same pan and fry half of the **spinach** for 2 - 3 minutes or until wilted and reduced. Add two-thirds of the **goat's cheese** and the rest of the **pesto**, then mix well to combine.



3. Prepare the chicken

Cut open the **chicken breast** so as to be able to stuff it, but don't cut all the way through. Transfer to a parchment-lined oven dish and then stuff the **chicken** with the **spinach** mixture. Fold it shut and season with salt and pepper. Bake in the oven for 15-20 minutes.



4. Prepare the vegetables

Use a peeler or cheese slicer to shave the **courgette** into thin ribbons. Boil plenty of salted water in a pot or saucepan. Discard the tips of the **green beans** and boil for 6 - 8 minutes, then drain and rinse under cold water. Meanwhile, cut the **lemon** into wedges.



5. Make the salad

In a salad bowl, combine the honey mustard dressing with the **courgette** ribbons and **green beans**, along with the rest of the **spinach**. Season to taste with salt and pepper.

Did you know... 🥬 green beans are high in potassium, which helps maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which help us feel more energised.



6. Serve

Serve the **pesto potatoes** on plates. Slice the **chicken breast** and serve alongside. Crumble over the rest of the **goat's cheese**. Serve the salad on the side and garnish with the toasted **pumpkin seeds**. Serve with the **lemon** wedges.

Enjoy!



Smoky Conchiglie with Burrata & Basil

with Romano pepper & pecorino

Family Calorie-Smart

Total time: 25 - 35 min.



Conchiglie



Onion



Garlic



Romano pepper



Middle Eastern
spice mix



Tomato



Diced tomatoes
with garlic & onion



Smoky tomato ketchup



Grated Pecorino



Fresh basil



Burrata



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

Burrata is a ball of mozzarella that is filled with a mixture of cream and finely chopped mozzarella. It used to be the way to use up leftover mozzarella, but now it's becoming popular in its own right.

Before you begin

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

Utensils

Deep frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Conchiglie (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	2	2	3	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Diced tomatoes with garlic & onion (pack)	¼	½	¾	1	1¼	1½
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Grated Pecorino* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Burrata* (ball(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2753 / 658	567 / 136
Total fat (g)	21	4
of which saturated (g)	11,7	2,4
Carbohydrates (g)	86	18
of which sugars (g)	17,9	3,7
Fibre (g)	11	2
Protein (g)	28	6
Salt (g)	3	0,6

Allergens

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



1. Prepare

Boil plenty of water for the **conchiglie** in a pot or saucepan. Crumble in the stock cube and boil the **conchiglie** for 9 - 11 minutes, then drain and set aside.

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



2. Fry the vegetables

Chop the **onion** and crush or mince the **garlic**. Dice the **Romano pepper**. Heat a light drizzle of olive oil in a deep frying pan and fry the **onion** and **garlic** for 2 minutes over medium-high heat. Add the **Romano pepper** and **Middle Eastern spices** and fry for another 4 minutes. Meanwhile, finely chop the **tomato**.



3. Finish the sauce

Stir in the **smoky ketchup**, the fresh **tomato** and the diced **tomatoes**. Fry for 2 more minutes, then stir in the **conchiglie** and the **pecorino**. Season to taste with salt and pepper.



4. Serve

Roughly chop the **basil** leaves and halve the burrata. Serve the **conchiglie** on plates and top with the burrata. Garnish with the **basil**.

Enjoy!



Aussie Burger with 'The Lot'

with bacon, egg, potato wedges & mango chutney

Family

Total time: 40 - 50 min.



Beetroot



Tomato



Onion



Oven-ready potato wedges



Bacon



Egg



Hamburger from Meatier



Grated mature cheese



Brioche bun



Butter lettuce



Mango chutney



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

The burger you'll be serving today comes from Meatier's naturally farmed, happy and healthy animals. It tastes absolutely delicious!

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	¼	½	1	1	1½	1½
Tomato (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Oven-ready potato wedges (g)	250	500	750	1000	1250	1500
Bacon* (slice(s))	2	4	6	8	10	12
Egg* (unit(s))	1	2	3	4	5	6
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Grated mature cheese* (g)	25	50	75	100	125	150
Brioche bun (unit(s))	1	2	3	4	5	6
Butter lettuce* (head)	½	1	1½	2	2½	3
Mango chutney* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt (tsp)	½	1	1½	2	2½	3
[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)	5544 / 1325	682 / 163
Total fat (g)	80	10
of which saturated (g)	26,4	3,2
Carbohydrates (g)	95	12
of which sugars (g)	20,6	2,5
Fibre (g)	12	1
Protein (g)	49	6
Salt (g)	6,7	0,8

Allergens

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



1. Prepare

Preheat the oven to 180°C. Boil plenty of water in a pot or saucepan for the **beetroot**. Peel and thinly slice the **beetroot** (see Tip). Cut the **tomato** into wedges and slice the **onion** into half rings.

Tip: take care, beetroot can stain. Use gloves or coat your fingers with olive oil so as to prevent this.



2. Pickle the beetroot

Boil the **beetroot** for 10 - 12 minutes, then drain, keeping a shallow layer of water in the pan. Add the **onion**, white wine vinegar, sugar and salt to the **beetroot** and allow to simmer over low heat until the sugar and salt have dissolved. Take the pan off the heat and set aside.

Did you know... 🍷 if you enjoy seasonal vegetables, then you can't go wrong with beetroot. Grown locally throughout the year, it's an excellent source of potassium and folic acid, making it a healthy choice as well as a sustainable one.



3. Prepare the wedges

Transfer the **potato** wedges to a parchment-lined baking sheet and bake for 10 minutes. Add the **bacon** to the baking sheet and then return to the oven for another 10 minutes. In a salad bowl, combine the extra virgin olive oil and mustard with 1 tbsp per person of the pickling liquid. Season to taste with salt and pepper.



4. Fry the egg

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **egg**.



5. Fry the burger

Melt a knob of butter in another frying pan and fry the **burger** for 3 - 5 minutes per side (see Tip). During the final minute of cooking, top the **burgers** with the **grated cheese** and cover with the lid so as to allow the **cheese** to melt. In the meantime, cut open the **bread roll** and spread with some of the mayonnaise. Top with a few leaves of **butter lettuce** and some of the pickled **beetroot** and **onion**.

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



6. Serve

Transfer the burger to the bun, then spread with the **mango chutney** and top with a slice of **bacon** and the fried egg. Crumble the rest of the **bacon** into the salad and tear the rest of the **butter lettuce** directly into the bowl. Add the **tomato** and then toss well to combine. Serve the burgers with the salad, potato wedges and the rest of the mayonnaise.

Enjoy!