



Sausage Linguine with Harissa

with Parmigiano Reggiano, Romano pepper & fresh basil

Family

Total time: 35 - 45 min.



Romano pepper



Garlic



Onion



Tomato



Fresh basil



Parmigiano
Reggiano DOP



Farmer's sausage



Linguine



Passata



Dried oregano



Harissa



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know what you thought of the
recipe!

Before you begin

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

Utensils

Lidded frying pan, microplane, lidded pot or saucepan, spatula

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Harissa* (g)	10	15	25	30	40	45

From your pantry						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (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)	3310 / 791	693 / 166
Total fat (g)	35	7
of which saturated (g)	10,3	2,2
Carbohydrates (g)	81	17
of which sugars (g)	12,3	2,6
Fibre (g)	8	2
Protein (g)	36	7
Salt (g)	1,7	0,4

Allergens

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



1. Prepare

Cut the **Romano pepper** into rings. Chop the **onion** and crush or mince the **garlic**. Finely dice the **tomato**. Cut the **basil** leaves into thin ribbons.

Did you know... 🍌 as well as vitamin C, Romano peppers are also high in vitamin E, which protects our cells and organs. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



4. Make the sauce

Cut open the **sausages** and squeeze the **meat** out of the skin directly into the pan. Fry for 2 minutes, using a spatula to break up the **sausage meat** as you do so. Lower the heat and add the **passata**, fresh **tomato**, **oregano**, **harissa**, red wine vinegar and sugar. Cover with the lid and allow to simmer for 6 - 8 minutes. Grate the **Parmigiano Reggiano** in the meantime.



2. Fry the Romano pepper

Heat half of the olive oil in a frying pan over medium-high heat and fry the **Romano pepper** for 6 - 7 minutes. Season to taste with salt and pepper, then remove from the pan and set aside.



5. Finish

Transfer the **linguine** and half of the **Romano pepper** to the sauce and mix well to combine. Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



3. Boil the linguine

In the meantime, boil plenty of water in a pot or saucepan. Cook the **linguine** for 11 - 13 minutes, covered, then drain and set aside. Meanwhile, heat the rest of the olive oil in the same frying pan, then fry the **garlic** and **onion** for 2 minutes.



6. Serve

Serve the **linguine** on plates and top with the rest of the **Romano pepper**. Garnish with the **basil** and the **Parmigiano Reggiano**.

Enjoy!



Flammekueche with Apple & Brie

with potatoes & a crunchy cucumber salad

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



[Persian] cucumber



Apple



Brie



Flammekueche



Organic sour cream



Potatoes



Radicchio & romaine



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Vive la France! The fact that brie is a French cheese is no secret, but did you know that flammekueche is also French? It originated in the region of Alsace, which lies on France's border with Germany.

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 pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Brie* (g)	50	100	150	200	250	300
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Potatoes (g)	75	150	225	300	375	450
Radicchio & romaine* (g)	25	50	75	100	125	150
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
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)	2916 /697	496 /118
Total fat (g)	33	6
of which saturated (g)	13,7	2,3
Carbohydrates (g)	74	13
of which sugars (g)	15,6	2,7
Fibre (g)	7	1
Protein (g)	20	3
Salt (g)	1,7	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 220°C.
- Wash or peel the **potatoes** and dice into 1cm chunks.
- Transfer to a pot or saucepan and cover with water, then boil for 10-15 minutes until done.
- Slice the **onion** into thin half rings. Core and then thinly slice the **apple**.

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



2. Fry the onion and apple

- Heat a drizzle of olive oil in a frying pan over medium-high heat (see Tip).
- Fry the **onion** with the **apple** and a generous pinch of salt for 10 - 12 minutes, or until the **apple** is golden-brown and soft.
- Thinly slice the **brie** in the meantime.



3. Prepare the flammekueche

- Transfer the flammekueche to a parchment-lined baking sheet and spread with the **sour cream**.
- Top with the **onion**, **apple** and **brie** (see Tip). Season with salt and pepper, then bake in the oven for 8 - 10 minutes.
- In the same pan, fry the **potatoes** for 5 - 7 minutes over medium-high heat. Season to taste with salt and pepper.

Tip: if you'd like to add some sweetness, you can drizzle the flammkuchen with honey as preferred.



4. Serve

- Meanwhile, in a salad bowl combine the extra virgin olive oil with the white balsamic vinegar. Season the dressing to taste with salt and pepper.
- Dice the **cucumber** and transfer to the bowl along with the **lettuce**, then toss well to combine.
- Slice the flammekueche and serve with the **potatoes** and salad.

Enjoy!



Veggie Meatball Traybake

with orange mayo & Surinamese-style spices

Family Veggie

Total time: 35 - 45 min.



Unbelievaballs from the Vegetarian Butcher



Apple



Baby potatoes



Carrot



Surinamese-style spices



Mayonnaise



Onion



Easy peel orange



Fresh flat leaf parsley



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

Carrots are rich in vitamin A, so 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Parchment-lined baking sheet, large bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Unbelievaballs from the Vegetarian Butcher* (unit(s))	5	10	15	20	25	30
Apple* (unit(s))	½	1	2	2	3	3
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Mayonnaise* (g)	25	50	75	100	125	150
Onion (unit(s))	1	2	2	4	4	6
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
From your pantry						
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)	3038 /726	445 /106
Total fat (g)	37	5
of which saturated (g)	4	0,6
Carbohydrates (g)	71	10
of which sugars (g)	20,9	3,1
Fibre (g)	21	3
Protein (g)	20	3
Salt (g)	2	0,3

Allergens

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



1. Chop the vegetables

Preheat the oven to 200°C. Slice the **onion** into half rings. Wash or peel the **apple**, then remove the core and cut into wedges. Cut the **carrot** into 5cm batons of around 1cm thickness.



2. Prepare the potatoes

Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Transfer the **carrot**, **onion** and apple to a large bowl and drizzle with olive oil (see Tip). Season with salt and pepper, then toss well to coat and transfer to one side of a parchment-lined baking sheet.

Tip: to save time washing up, you can also do this directly on the baking sheet.



3. Prepare the vegetables

In the same bowl, drizzle the **baby potatoes** with olive oil and add 1 tsp Surinamese-style **spices** per person, then toss well to coat. Transfer to the other side of the baking sheet (see Tip).

Tip: if you're cooking for more than two people, use the whole baking sheet and then use another one for the potatoes.



4. Roast the vegetables

Roast in the oven for 30 - 40 minutes or until golden-brown, tossing halfway. Add the **veggie meatballs** during the final 10 minutes of cooking time.



5. Make the sauce

Juice the **orange**. In a small bowl, combine the mayonnaise with (per person) 0.5 tsp Surinamese-style **spices** and 1.5 tbsp **orange** juice. Season to taste with salt and pepper. Roughly chop the **parsley**.



6. Serve

Serve the **potatoes**, vegetables and **meatballs** on plates and drizzle with the **orange** mayo. Garnish with the **parsley**.

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.



Chicken Sausages over Giant Couscous

with labneh, eggplant & sumac

Calorie Smart Nice & Fast

Total time: 25 - 30 min.



Eggplant



Onion



Bell pepper



Garlic



Fresh coriander



Giant couscous



Middle Eastern
spice mix



Chicken sausage



Labneh



Sumac



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

Labneh is a fresh cheese made from drained laban - a type of fermented milk (like buttermilk). Laban is also served on it's own as a cold drink.

Before you begin

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

Utensils

Bowl, lidded deep frying pan, lidded frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Giant couscous (g)	60	120	180	240	300	360
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Labneh* (g)	40	80	120	160	200	240
Sumac (tsp)	⅓	½	¾	1	1¼	1½
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
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)	2485 /594	366 /87
Total fat (g)	24	4
of which saturated (g)	5,1	0,8
Carbohydrates (g)	56	8
of which sugars (g)	9,4	1,4
Fibre (g)	13	2
Protein (g)	30	4
Salt (g)	2,4	0,4

Allergens

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



1. Prepare

Dice the **eggplant** into 1 - 2cm chunks. Slice the **onion** into half rings and chop the **bell pepper** into thin strips. Crush or **mince** the **garlic** and roughly chop the **coriander**.



2. Boil the giant couscous

Boil the water in a pot or saucepan and crumble in the stock cube (see pantry for amounts). Cook the **giant couscous** for 12 - 14 minutes, then drain if necessary and set aside.



3. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan and fry the **onion** with the **garlic** and **Middle Eastern spices** for 1 - 2 minutes. Add the **eggplant** and fry for 3 - 4 minutes, covered, then add the **bell pepper**. Cover with the lid again and fry for another 4 minutes, then finally remove the lid and fry for 1 minute.



4. Fry the sausages

Heat a light drizzle of olive oil in a frying pan and fry the **sausages** for 3 - 4 minutes until evenly browned. Cover with the lid and fry for another 3 - 4 minutes or until done.



5. Finish

In a bowl, combine the **labneh** with the **sumac**. Transfer the vegetables in their oil to the **giant couscous** and mix well to combine, then season to taste with salt and pepper.



6. Serve

Serve the **giant couscous** and vegetables on plates and top with the **sausages**. Garnish with the **labneh** and **coriander** as preferred (see Tip).

Tip: serve the coriander separately so as to allow everyone to garnish as preferred (or not at all).

Enjoy!



Hearty Sweet Potato Soup

with crème fraîche, pumpkin seeds & a poppyseed roll

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Garlic



Potatoes



Sweet potato



Pumpkin seeds



Bell pepper



Yellow carrot



Poppyseed roll



Organic crème fraîche



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Did you know that the sweet potato contains more beta-carotene, also known as pro-vitamin A, than regular potatoes? This substance accounts for the sweet potato's orange colour.

Before you begin

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

Utensils

Lidded soup pot, immersion blender, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	50	100	150	200	250	300
Sweet potato (g)	150	300	450	600	750	900
Pumpkin seeds (g)	10	20	30	40	50	60
Bell pepper* (unit(s))	1	2	3	4	5	6
Yellow carrot* (unit(s))	⅓	⅔	1	1	1⅓	1⅔
Poppyseed roll* (unit(s))	1	2	3	4	5	6
Organic crème fraîche* (g)	25	50	75	100	125	150
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	400	800	1200	1600	2000	2400
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2912 /696	285 /68
Total fat (g)	26	3
of which saturated (g)	11,3	1,1
Carbohydrates (g)	89	9
of which sugars (g)	18,8	1,8
Fibre (g)	28	3
Protein (g)	20	2
Salt (g)	2,5	0,2

Allergens

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



1. Prepare

- Prepare the stock and preheat the oven to 200°C.
- Chop the **onion** and crush or mince the **garlic**.
- Slice the **carrot** into 1cm thick pieces and dice the **bell pepper**.
- Peel and finely dice all the **potatoes**.

Did you know... 🥕 potatoes are rich in vitamins and minerals such as zinc, iron and potassium, along with vitamins B and C. Sweet potatoes also contain a lot of vitamin A, which is good for eye health and the immune system.



3. Toast the pumpkin seeds

- In the meantime, bake the **bread roll** in the oven for 6 – 8 minutes.
- Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside.



2. Make the soup

- Melt the butter in a soup pot over medium-high heat and fry the **onion** with the **garlic** for 2 minutes.
- Add the **carrot**, **bell pepper** and all the **potatoes**, then fry for 3 more minutes.
- Pour in the stock and cover with the lid, then allow to simmer for 15 minutes.



4. Serve

- Remove the soup pot from the heat and process with an immersion blender.
- Add some extra water if the soup is too thick and then season to taste with salt and pepper.
- Serve the soup in bowls and garnish with the **pumpkin seeds** and the **crème fraîche**.
- Serve the **bread** alongside.

Enjoy!



Fennel & Spinach Orzotto

with feta, lemon & pistachios

Nice & Fast Veggie

Total time: 25 - 30 min.



Fennel



Garlic



Orzo



Spinach



Pistachio nuts



Lemon



Herbed cream cheese



Feta



Italian seasoning



Onion



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Did you know that you can use leftover fennel stems to make a tasty and refreshing fennel tea? A healthy and tasty way to enjoy every part of this vegetable!

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, microplane, saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Orzo (g)	75	150	225	300	375	450
Spinach* (g)	100	200	300	400	500	600
Pistachio nuts (g)	20	40	60	80	100	120
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Herbed cream cheese* (g)	25	50	75	100	125	150
Feta* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3088 /738	524 /125
Total fat (g)	38	6
of which saturated (g)	15,9	2,7
Carbohydrates (g)	70	12
of which sugars (g)	9,5	1,6
Fibre (g)	14	2
Protein (g)	25	4
Salt (g)	1,4	0,2

Allergens

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



1. Prepare

- Boil the water in a saucepan and crumble in the stock cube (see pantry for amounts).
- Quarter the **fennel** and remove the tough core, then slice into very thin strips. Set aside any **fennel** fronds to use later as garnish.
- Chop the **onion** and crush or mince the **garlic**.



2. Fry the vegetables

- Melt the butter in a deep frying pan over medium-low heat.
- Add the olive oil, then fry the **fennel, onion, garlic, and Italian herbs** for 4 minutes. Stir in the **orzo** and then deglaze with the white wine vinegar.
- Pour in the stock and bring to a boil, then cook the **orzo** over a low heat for 10 - 12 minutes, covered.
- Stir regularly and add a splash of water if the **orzo** seems too dry.



3. Prepare the garnishes

- Roughly chop the **pistachios**. Heat a clean frying pan over medium-high heat and toast the **pistachios** until golden-brown, then remove from the pan and set aside.
- Zest the **lemon** and cut it into wedges, then set aside until serving.
- When the **orzo** is almost done, tear the **spinach** directly into the pan and then add the herbed **cream cheese**.
- Mix well and allow the **spinach** to wilt and reduce. Season to taste with salt and pepper.



4. Serve

- Serve the **orzo** on plates and crumble over the **feta**.
- Garnish with the **lemon** zest and the toasted **pistachios**.
- Serve with the **lemon** wedges.

Enjoy!



Steak with Lemon Mayo & Basil

over spicy giant couscous with courgette & Sicilian-style herbs

Nice & Fast

Total time: 20 - 25 min.



Marinated steak



Onion



Carrot



Courgette



Giant couscous



Lemon mayonnaise
with black pepper



Red chili pepper



Sicilian-style herb mix



Fresh basil



Dried thyme



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

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

Before you begin

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

Utensils

Aluminum foil, lidded pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Courgette* (unit(s))	½	1	2	2	3	3
Giant couscous (g)	75	150	225	300	375	450
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Sicilian-style herb mix (sachet(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3188 / 762	508 / 122
Total fat (g)	36	6
of which saturated (g)	8,5	1,4
Carbohydrates (g)	66	11
of which sugars (g)	9,7	1,5
Fibre (g)	11	2
Protein (g)	36	6
Salt (g)	1,9	0,3

Allergens

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

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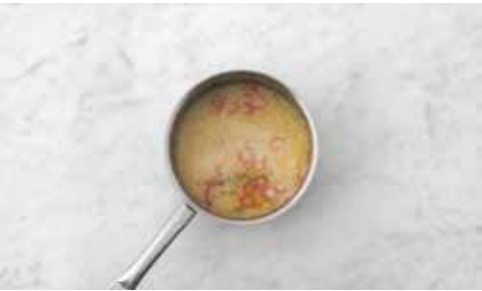
1. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature. Prepare the stock. Cut off the top of the **red chili pepper**, then roll the **chili pepper** in your hands so as to release the seeds. Allow the seeds to fall out as preferred, then chop the **chili pepper** into thin rings. Separate the **basil** leaves from the stems.



4. Fry the steak

In another frying pan, melt a knob of butter over medium-high heat. When the butter is nice and hot, fry the **steak** for 1 - 3 minutes per side. Remove from the pan and season with salt and pepper, then allow to rest for at least 3 minutes under aluminium foil.



2. Boil the giant couscous

Heat a drizzle of olive oil in a pot or saucepan over medium heat. Fry the **red chili pepper*** with the **giant couscous** and **basil stems** for 1 minute, then pour in the stock and cover with the lid. Reduce the heat to low and boil the **giant couscous** for 12 - 14 minutes. Remove the **basil stems**, then fluff through the grains with a fork and then set aside.

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



5. Finish

Finely chop the **basil** leaves. To the vegetables, add the **giant couscous**, the **Sicilian-style herbs** and half of the **basil**. Mix well to combine and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.



3. Fry the vegetables

Slice the **carrot** and **courgette** into crescents. Chop the **onion** into half rings. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **carrot** for 2 minutes. Add the **onion**, **courgette** and **thyme**, mix well and fry for 3 - 4 minutes. Deglaze the pan with the white wine vinegar.



6. Serve

Slice the **steak** against the grain. Serve the **giant couscous** and vegetables on plates and top with the **steak**. Drizzle with the **lemon** mayo and garnish with the rest of the **basil** to finish.

Enjoy!



Pesto Linguine with Greek-Style Cheese

with roasted cherry tomatoes & parsley

Family Nice & Fast Veggie

Total time: 20 - 25 min.



Red cherry tomatoes



Green pesto



Linguine



Onion



Tomato



Fresh flat leaf parsley



Greek-style cheese



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

Before you begin

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

Utensils

Oven dish, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red cherry tomatoes (g)	65	125	125	250	250	375
Green pesto* (g)	40	80	120	160	200	240
Linguine (g)	90	180	270	360	450	540
Onion (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	4	4	6	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	50	100	150	200	250	300
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium fish or 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)	3360 /803	828 /198
Total fat (g)	43	11
of which saturated (g)	12,8	3,2
Carbohydrates (g)	76	19
of which sugars (g)	9,5	2,3
Fibre (g)	10	3
Protein (g)	26	6
Salt (g)	2,1	0,5

Allergens

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



1. Prepare

- Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cut the **onion** and **tomato** into wedges, then transfer to an oven dish. Add the **cherry tomatoes**, olive oil and balsamic vinegar. Season to taste with salt and pepper, then toss well to coat.



2. Bake the cheese

- Place the **Greek-style cheese** on top of the vegetables, then bake in the oven for 12 - 15 minutes.
- Finely chop the **parsley** in the meantime.



3. Boil the linguine

- Boil the **linguine** for 12 - 14 minutes, then drain and transfer to the vegetables in the oven dish. Add the **pesto** and mix well to combine.



4. Serve

- Serve the **linguine** on deep plates and garnish with the **parsley**.

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

Enjoy!



Crispy Fish Sandwich with Cucumber Slaw

with garlic mayo & potatoes

Family Nice & Fast

Total time: 25 - 30 min.



Multigrain fish schnitzel



Shredded red cabbage



[Persian] cucumber



Potatoes



Garlic



Hamburger bun with
sesame seeds



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

Did you know that cucumbers can lower blood and body temperature? That's where the saying 'cool as a cucumber' comes from!

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, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Multigrain fish schnitzel* (unit(s))	1	2	3	4	5	6
Shredded red cabbage* (g)	100	200	300	400	500	600
[Persian] cucumber* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3941 /942	600 /143
Total fat (g)	45	7
of which saturated (g)	12,8	1,9
Carbohydrates (g)	100	15
of which sugars (g)	14,8	2,3
Fibre (g)	14	2
Protein (g)	32	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

- Preheat the oven to 220°C. Wash or peel the **potatoes** and cut into 1cm cubes (see Tip).
- Transfer the **potatoes** to a parchment-lined baking sheet along with the unpeeled **garlic clove**, then drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 10 minutes, then remove the **garlic clove**.
- Toss the **potatoes** and then return to the oven for another 5 - 10 minutes or until done.

Health tip 🌱 this recipe is high in calories. If you're watching your calorie intake, serve the sandwich without the potatoes. You can keep them aside to use at another time.



3. Fry the schnitzel

- Melt the butter in a frying pan over medium-high heat and fry the fish **schnitzel** for 3 minutes per side.
- Squeeze the roasted **garlic clove** out of its skin into a small bowl and mash with a fork.
- Add the mayonnaise and mix well to combine, seasoning to taste with salt and pepper.



2. Make the slaw

- Slice the **cucumber** into thin crescents and transfer to a bowl.
- Add the **red cabbage**, white wine vinegar and sugar, then toss well to combine.
- Season to taste with salt and pepper.

Did you know... 🌱 compared to other vegetables, red cabbage is very high in calcium, fibre and vitamin C.



4. Serve

- Cut open the **bread roll** and spread with some of the **garlic** mayo.
- Top with the fish **schnitzel** and some of the **cucumber** slaw.
- Serve the rest of the **cucumber** slaw alongside.
- Serve the **potatoes** with the rest of the **garlic** mayo.

Enjoy!



Teriyaki Veggie No-Beef Salad

with mango, beansprouts & salted peanuts

Nice & Fast Veggie

Total time: 25 - 30 min.



Butter lettuce



Vegetarian beef-style pieces



Mango



Onion



Garlic



Beansprouts



Jasmine rice



Teriyaki sauce



Lime



Salted peanuts



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

Before you begin

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

Utensils

Bowl, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Butter lettuce* (head(s))	⅓	⅔	1	1⅓	1⅔	2
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Mango* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Beansprouts* (g)	25	50	100	100	150	150
Jasmine rice (g)	75	150	225	300	375	450
Teriyaki sauce (g)	25	50	75	100	125	150
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Salted peanuts (g)	10	20	30	40	50	60
From your pantry						
Low sodium vegetable stock cube (unit(s))	⅓	⅓	⅓	⅓	⅔	⅔
Water (ml)	250	500	750	1000	1250	1500
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2966 /709	415 /99
Total fat (g)	20	3
of which saturated (g)	2,4	0,3
Carbohydrates (g)	98	14
of which sugars (g)	28,5	4
Fibre (g)	7	1
Protein (g)	29	4
Salt (g)	2,9	0,4

Allergens

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



1. Boil the rice

- Chop the **onion** and crush or mince the **garlic**.
- Heat a light drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the **onion** with half of the **garlic** for 2 - 3 minutes.
- Add the rice, then pour in the water and crumble in the stock cube (see pantry for amounts). Bring to the boil, then cover with the lid and allow to cook for 12 - 15 minutes.
- Drain if necessary and set aside.



3. Fry the veggie beef

- Heat a drizzle of sunflower oil in a frying pan and fry the **veggie beef** with the rest of the **garlic** for 2 - 3 minutes.
- Add the **teriyaki sauce** and the **beansprouts** and fry for 1 more minute.
- Roughly chop the **peanuts** in the meantime.

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



2. Make the salad

- Roughly chop the **butter lettuce** and cut the **lime** into wedges.
- Peel and finely dice the **mango**.
- In a bowl, combine the juice of 1 lime wedge per person with some extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Add the **lettuce** and toss well to combine with the dressing.



4. Serve

- Serve the **butter lettuce** on one side of a deep plate, then serve the rice on the other side.
- Top with the **veggie beef** in its sauce. Top the salad with the **mango**.
- Garnish with the **peanuts**.

Enjoy!



Chicken Noodles in East Asian-Style Sauce

with courgette, bell pepper & cashews

Calorie Smart Family Nice & Fast

Total time: 20 - 25 min.



Courgette



Bell pepper



Red chili pepper



Chicken mince with Indonesian spices



East Asian-style sauce



Soy sauce



Chopped cashews



Shallot



Wholewheat noodles



Garlic



Ginger paste



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

Technically, the cashew is not a nut as it doesn't grow inside a fruit. Rather, cashews grow on the outside of a fruit: the cashew apple.

Before you begin

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

Utensils

Lidded pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Chicken mince with Indonesian spices* (g)	100	200	300	400	500	600
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Soy sauce (ml)	5	10	15	20	25	30
Chopped cashews (g)	10	20	30	40	50	60
Shallot (unit(s))	1	2	3	4	5	6
Wholewheat noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
From your pantry						
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)	2397 /573	485 /116
Total fat (g)	18	4
of which saturated (g)	3,8	0,8
Carbohydrates (g)	68	14
of which sugars (g)	23,9	4,8
Fibre (g)	10	2
Protein (g)	32	6
Salt (g)	3,5	0,7

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **noodles**.
- Chop the **shallot** and crush or **mince** the **garlic**.
- Slice the **courgette** into thin crescents and cut the **bell pepper** into strips.
- Deseed and finely chop the **red chili pepper***.

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



3. Boil the noodles

- Add the **East Asian-style sauce**, **ginger** paste and **soy sauce** (see Tip). Mix well to combine.
- Meanwhile, boil the **noodles** for 3 - 4 minutes, covered, stirring occasionally.
- Drain and transfer to the vegetables, then stir-fry for 1 minute.

Health tip 🌱 if you’re watching your salt intake, use just half of the soy sauce, or skip it here and add some as preferred when serving.



2. Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **shallot** with the **garlic** and **chicken** for 2 minutes, then add the **courgette**, **bell pepper** and **chili pepper** and fry for 6 - 8 minutes.
- Season to taste with salt and pepper.



4. Serve

- Serve the **chicken noodles** on plates and garnish with the **cashews**.

Did you know... 🌱 cashews are high in zinc and iron. These two minerals are very important for the body; zinc supports the immune system, while iron helps us feel energised.

Enjoy!



Orzotto-Stuffed Bell Pepper

with basil crème, courgette & tomato salad

Calorie Smart Veggie

Total time: 30 - 40 min.



Garlic



Onion



Courgette



Bell pepper



Orzo



Italian seasoning



Tomato



Grated Gouda



Basil crème



Herbed cream cheese



Arugula & lamb's lettuce



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

Before you begin

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

Utensils

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

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	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	1	2	3	4	5	6
Orzo (g)	75	150	225	300	375	450
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Grated Gouda* (g)	25	50	75	100	125	150
Basil crème* (ml)	10	15	20	24	35	39
Herbed cream cheese* (g)	25	50	75	100	125	150
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130

From your pantry						
Low sodium vegetable stock (ml)	150	300	450	600	750	900
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2908 /695	412 /98
Total fat (g)	33	5
of which saturated (g)	12,7	1,8
Carbohydrates (g)	70	10
of which sugars (g)	12,1	1,7
Fibre (g)	14	2
Protein (g)	23	3
Salt (g)	1,4	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C and prepare the stock. Chop the **onion** and crush or mince the **garlic**. Dice the **courgette**.



2. Roast the bell pepper

Halve and deseed the **bell pepper**. Transfer face up to a parchment-lined baking sheet and roast for 10-15 minutes.



3. Make the orzotto

Meanwhile, heat the olive oil in a deep frying pan over low heat. Fry the **onion**, **garlic** and **courgette** for 2 - 4 minutes, then add the **orzo** and the **Italian herbs**. Mix well and fry for 1 minute over medium-high heat, then pour in the stock and cover with the lid. Cook for 10 - 12 minutes over low heat until done, stirring regularly. Add a splash of water as necessary if the **orzo** seems too dry.



4. Make the salad

Dice the **tomato**. In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar. Season to taste with salt and pepper, then add the **tomato** and the **lettuce**. Toss well to combine with the dressing.



5. Finish

Stir the **cream cheese** into the **orzotto** and season to taste with salt and pepper. Transfer the **orzo** to the **bell pepper** and top with the **cheese**, then bake in the oven for 3 - 5 minutes.



6. Serve

Drizzle the stuffed **bell pepper** with the **basil crème** and serve the salad alongside.

Enjoy!



Baked Goat's Cheese Salad with Crostini

with caramelised onion sauce, walnuts & apple

Nice & Fast Veggie

Total time: 15 - 20 min.



Arugula & lamb's lettuce



Cranberry chutney



Apple



Onion



Chopped walnuts



Crema di balsamico



White demi-baguette



Fresh goat's cheese



[Persian] cucumber



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

Did you know that arugula contains 5 times more calcium, vitamin A and iron than lots of other vegetables?

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, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Arugula & lamb's lettuce* (g)	60	120	180	240	300	360
Cranberry chutney* (g)	20	40	60	80	100	120
Apple* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	30	40	50	60
Crema di balsamico (ml)	4	8	12	16	20	24
White demi-baguette (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	50	100	150	200	250	300
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (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
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3552 /849	704 /168
Total fat (g)	39	8
of which saturated (g)	15,2	3
Carbohydrates (g)	99	20
of which sugars (g)	26,2	5,2
Fibre (g)	10	2
Protein (g)	23	5
Salt (g)	2,1	0,4

Allergens

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



1. Prepare

- Preheat the oven to 220°C. Slice the **onion** into half rings.
- Melt a knob of butter in a frying pan over medium-low heat and fry the **onion** for 6 - 8 minutes.
- Deglaze with the white balsamic vinegar, then add the **cranberry chutney** and the water (see pantry for amount).
- Mix well and allow to simmer for 1 minute, then remove from the heat and set aside.



3. Make the salad

- Core and dice the **apple**. Dice the **cucumber**.
- In a salad bowl, combine the extra virgin olive oil with the **crema di balsamico**.
- Add the **apple**, **cucumber** and **lettuce**, then season to taste with salt and pepper.
- Toss well to combine.

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.



2. Bake the goat's cheese

- Thinly slice the demi-**baguette** and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Bake in the oven for 5 - 7 minutes.
- Transfer the **goat's cheese** to another parchment-lined baking sheet. Drizzle with the honey and scatter over the **walnuts**.
- Bake the **goat's cheese** for 3 - 4 minutes.



4. Serve

- Serve the salad on plates and top with the baked **goat's cheese**.
- Garnish with the caramelised **onion** sauce.
- Serve the crostini alongside.

Enjoy!



Teriyaki Chicken Stir-Fry with Noodles

with mixed vegetables, cucumber & peanuts

Nice & Fast

Total time: 15 - 20 min.



Chicken thigh strips
with kebab spices



Garlic



Mie noodles



Teriyaki sauce



Unsalted peanuts



[Persian] cucumber



Sesame oil



Ginger paste



Vegetable mix



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

You can put this dish on the table super fast because we've
not only pre-cut the chicken thigh, but also the vegetable mix
for you!

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, sieve, wok

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Mie noodles (g)	50	100	150	200	250	300
Teriyaki sauce (g)	25	50	75	100	125	150
Unsalted peanuts (g)	5	10	15	20	25	30
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Ginger paste* (g)	5	10	15	20	25	30
Vegetable mix* (g)	150	300	450	600	750	900
From your pantry						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Sambal (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2682 /641	516 /123
Total fat (g)	28	5
of which saturated (g)	5,7	1,1
Carbohydrates (g)	62	12
of which sugars (g)	18,5	3,6
Fibre (g)	7	1
Protein (g)	32	6
Salt (g)	3,7	0,7

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube.
- Crush or mince the **garlic** and roughly chop the **peanuts**.
- Slice the **cucumber** and transfer to a bowl along with the white wine vinegar (or use **rice** vinegar if preferred).
- Season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.



3. Stir-fry the vegetables

- Add the **vegetable mix** and stir-fry for 4 - 6 minutes.
- Add the **noodles, teriyaki sauce, sesame oil, ketjap, sambal** and water (see pantry for amounts).
- Stir-fry for 1 more minute, then add some **soy sauce** as preferred and season to taste with salt and pepper.



2. Stir-fry the chicken

- Heat the sunflower oil in a wok over medium-high heat.
- Stir-fry the **chicken** with the **ginger** paste and the **garlic** for 3 - 5 minutes.
- Meanwhile, boil the **noodles** for 3 - 4 minutes, covered, then drain and rinse under cold water.



4. Serve

- Serve the stir-fry on plates and garnish with the **peanuts**.
- Serve with the quick-pickled **cucumber**.

Did you know... 🌱 peanuts are a great source of vitamins and minerals, such as vitamin E and magnesium. Vitamin E supports the immune system, while magnesium helps keeps bones and muscles strong and healthy. Just one handful contains 20% of the RDA of both!

Enjoy!



Crispy Panko Shrimp Wraps

with apple slaw & tomato

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Shrimp



Panko breadcrumbs



Mayonnaise



Tomato



Mini tortillas



Rainbow slaw mix



Apple



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

You'll give the shrimp an extra crunch with panko, a Japanese breadcrumb which has a large grain and a coarse texture.

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, bowl, kitchen paper, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Panko breadcrumbs (g)	15	25	40	50	65	75
Mayonnaise* (g)	25	50	75	100	125	150
Tomato (unit(s))	1½	3	4	6	7	9
Mini tortillas (unit(s))	3	6	9	12	15	18
Rainbow slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	2	2	3	3
From your pantry						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White 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)	2799 /669	548 /131
Total fat (g)	32	6
of which saturated (g)	6,7	1,3
Carbohydrates (g)	70	14
of which sugars (g)	19	3,7
Fibre (g)	9	2
Protein (g)	22	4
Salt (g)	2	0,4

Allergens

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



1. Prepare the shrimp

- Preheat the oven to 200°C.
- Pat the **shrimp** dry with kitchen paper, then transfer to a bowl and season with salt and pepper.
- Coat first with a third of the mayonnaise and then coat with the **panko**.
- Melt a knob of butter in a frying pan over medium-high heat and fry the **shrimp** for 4 - 6 minutes or until golden-brown (see Tip).

Tip: fry the rest of the panko as well to use later as garnish.



3. Dice the tomato

- Wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes.
- Dice the **tomato** in the meantime.



2. Make the slaw

- Core and dice the **apple**, then transfer to a salad bowl along with the **slaw mix** and the rest of the mayonnaise.
- Add the honey and white balsamic vinegar, then toss well to combine.
- Season to taste with salt and pepper.



4. Serve

- Top the **tortillas** with the slaw, the **panko shrimp** and the **tomato**.

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

Enjoy!



Smoky One-Pot Bream

over fragrant tomato rice with lemon & parsley

Nice & Fast

Total time: 15 - 20 min.



Tinned cherry tomatoes



Jasmine rice



Lemon



Bream fillet with skin



Fresh flat leaf parsley



Onion



Smoked paprika



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

Parsley contains a wide variety of nutrients, including magnesium, calcium, potassium, and vitamins A, K, and C!

Before you begin

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

Utensils

Bowl, microplane, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Bream fillet with skin* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
From your pantry						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2849 /681	422 /101
Total fat (g)	26	4
of which saturated (g)	10,8	1,6
Carbohydrates (g)	79	12
of which sugars (g)	16,6	2,5
Fibre (g)	9	1
Protein (g)	30	5
Salt (g)	0,9	0,1

Allergens

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



1. Prepare

- Slice the **onion** into half rings.
- Melt a knob of butter in a pot or saucepan over medium-high heat. Fry the **onion** for 2 minutes, then add the **rice** and fry for 1 more minute.
- Deglaze with the white wine vinegar.



2. Cook the rice

- Add the **cherry tomatoes**, then pour in the water and crumble in the stock cube (see pantry for amounts).
- Bring to a boil, then cover with the lid and lower the heat.
- Allow the **rice** to cook for 8 minutes (it shouldn't be completely done yet, as it will finish cooking later). Stir the **rice**.



3. Prepare the bream

- Meanwhile, zest the **lemon** and then cut it into wedges.
- Finely chop the **parsley**.
- In a bowl, combine the **lemon** zest with the **smoked paprika**, honey, mustard and extra virgin olive oil.
- Halve the **bream**, then transfer to the bowl and coat with the oil.



4. Serve

- Season the **rice** with salt and pepper, then add the **bream** and cover it with the **rice**. Steam for 4 minutes or until the **bream** is done.
- Serve the **rice** in bowls and top with the **bream**.
- Garnish with the **parsley** and serve the **lemon** wedges alongside.

Enjoy!



Sesame-Crusted Chicken with Avocado

with sweet chili sour cream, sweet potato & spinach

Total time: 40 - 50 min.



Sweet potato



Organic sour cream



Sweet chili sauce



Avocado



Spinach



Sesame seeds



Chicken burger
from Oranjehoe



Carrot



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

Did you know that avocados ripen faster if you keep them next to a banana in your fruit bowl? To speed things up, store them together in a closed paper bag.

Before you begin

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

Utensils

Parchment-lined baking sheet, 2x bowl, deep plate, peeler or cheese slicer, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Organic sour cream* (g)	50	100	150	200	250	300
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	100	200	200	300
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	2	2	3	3
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	2	4	6	8	10	12
Sugar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2987 /714	555 /133
Total fat (g)	42	8
of which saturated (g)	8,2	1,5
Carbohydrates (g)	54	10
of which sugars (g)	26,4	4,9
Fibre (g)	9	2
Protein (g)	24	5
Salt (g)	1,4	0,3

Allergens

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



1. Roast the sweet potato

Preheat the oven to 200°C. Peel the **sweet potato** and dice into 1cm cubes, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Roast the **sweet potato** in the oven for 25 - 30 minutes.



2. Prepare the carrot

Use a peeler or **cheese** slicer to shave the **carrot** into thin ribbons and transfer to a bowl. Add the sugar and white wine vinegar, then toss well to combine and set aside, stirring occasionally.

Did you know... 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.



3. Make the sauce

In a small bowl, combine the **sour cream** with the **sweet chili sauce**. Season to taste with salt and pepper, then set aside. Halve and pit the **avocado**, then remove the skin and dice the flesh.



4. Make the salad

Add the extra virgin olive oil to a salad bowl, then tear the **spinach** into smaller pieces directly into the bowl. Toss well to combine with the olive oil.

Did you know... 🥬 spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.



5. Prepare the burger

On a deep plate, combine the **sesame seeds** with a pinch of salt. Coat the **chicken burger** with the **sesame seeds**, pressing down as needed so as to ensure they stick to the **burger**. Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **chicken burger** for 4 - 6 minutes per side or until golden-brown and done, then remove from the pan and cut into strips.



6. Serve

Serve the **spinach** on deep plates and arrange the **sweet potato**, **carrot** ribbons and **avocado** on top. Serve the sesame-crusted **chicken burger** in the middle and garnish with the **sweet chili sour cream**.

Enjoy!



Pork Sausages with Honey Mustard Dressing

with rosemary baby potatoes & carrots

Calorie Smart

Total time: 40 - 50 min.



Baby potatoes



Fresh rosemary



Onion



Pork sausage with
tomato & rosemary



Honey-mustard
dressing



Carrot



Yellow carrot



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

You can't eat the stems of all fresh herbs. There are some herbs, like thyme and rosemary, with hard, inedible stems.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Fresh rosemary* (sprig)	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Honey-mustard dressing* (g)	40	80	120	160	200	240
Carrot* (unit(s))	½	1	1	2	2	3
Yellow carrot* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2833 /677	400 /95
Total fat (g)	37	5
of which saturated (g)	12,9	1,8
Carbohydrates (g)	56	8
of which sugars (g)	6,3	0,9
Fibre (g)	18	2
Protein (g)	25	4
Salt (g)	1,7	0,2

Allergens

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



1. Prepare

- Preheat the oven to 220°C and prepare the stock.
- Cut the **baby potatoes** in half and any larger ones into quarters. Cut the **onion** into 8 wedges. Strip the **rosemary** leaves from the stems and roughly chop the leaves.
- Transfer the **potatoes** to a bowl along with half of the **rosemary** and then lightly 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 25 minutes, tossing halfway.
- Lightly drizzle the **onion** with olive oil and toss well to coat, then add to the baking sheet alongside the **potatoes** and return to the oven for another 10 - 15 minutes until done.



3. Stew the carrots

- Cut the **carrots** into crescents of around 2cm thickness and transfer to a deep frying pan.
- Pour in the stock and bring to the boil, then cover with the lid and allow to stew for 12 - 15 minutes until soft.
- Remove the lid and continue cooking for 3 - 5 more minutes (see Tip 1).
- Stir in the rest of the **rosemary** and extra virgin olive oil as preferred (see Tip 2). Season to taste with salt and pepper.

Tip 1: if there is still too much liquid, drain and then return the carrots to the pan.

Tip 2: you can also use butter instead.



2. Prepare the sausages

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **sausages** for 2 - 3 minutes until evenly browned, then lower the heat and cover with the lid. Fry for 5 more minutes, turning regularly.
- Transfer the **sausages** to an oven dish and top with half of the honey mustard dressing, then bake alongside the **potatoes** during the final 5 minutes of cooking time.



4. Serve

- Serve the **potatoes**, **onion** and **carrots** on deep plates.
- Top with the **sausages** and drizzle with the rest of the honey mustard dressing.

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.

Enjoy!



Giant Couscous with Greek-Style Cheese

with mushrooms, sweet potato & toasted pumpkin seeds

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Carrot



Mushrooms



Sweet potato



Giant couscous



Pumpkin seeds



Greek-style cheese



Peruvian-style spice mix



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

Did you know that the sweet potato contains more beta-carotene, also known as pro-vitamin A, than regular potatoes? This substance accounts for the sweet potato's orange colour.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	⅓	⅔	1	¾	1⅓	1⅞
Mushrooms* (g)	125	250	375	500	625	750
Sweet potato (g)	75	150	225	300	375	450
Giant couscous (g)	75	150	225	300	375	450
Pumpkin seeds (g)	10	20	30	40	50	60
Greek-style cheese* (g)	50	100	150	200	250	300
Peruvian-style spice mix (sachet(s))	⅓	⅔	1	1⅓	1⅞	2
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White 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)	2837 /678	426 /102
Total fat (g)	25	4
of which saturated (g)	10,8	1,6
Carbohydrates (g)	82	12
of which sugars (g)	16,6	2,5
Fibre (g)	14	2
Protein (g)	27	4
Salt (g)	2,4	0,4

Allergens

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



1. Prepare

Heat the oven to 200°C and prepare the stock in a pot or saucepan for the **giant couscous**. Meanwhile, chop the **onion** and dice the **carrot**. Wipe the **mushrooms** clean with kitchen paper paper and then slice them. Wash or peel the **sweet potato**, then dice into 1.5cm cubes.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.



4. Prepare the toppings

Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop. Meanwhile, crumble the **Greek-style cheese**.



2. Roast the vegetables

Transfer the **onion**, **mushroom**, **sweet potato** and **carrot** to a parchment-lined baking sheet. Drizzle with the olive oil and season with a generous amount of salt and pepper. Roast in the oven for 15 - 20 minutes, tossing halfway.



5. Finish

Transfer the roasted vegetables and **giant couscous** to a bowl. Add the white balsamic vinegar and the Peruvian **spices**, then mix well to combine. Season to taste with salt and pepper.



3. Boil the giant couscous

Meanwhile, boil the **giant couscous** for 12-14 minutes, covered. Add a splash of water as necessary if the **couscous** becomes too dry. Stir to separate the grains and then set aside.



6. Serve

Garnish the **giant couscous** and vegetables with the **Greek-style cheese** and the toasted **pumpkin seeds**.

Enjoy!



Pork Tenderloin Stuffed with Ham & Cheese

with green beans & potato wedges

Calorie Smart

Total time: 45 - 55 min.



Potatoes



Onion



Pork tenderloin



Ham



Grated aged Gouda



Green beans



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

Utensils

Parchment-lined baking sheet, bowl, lidded frying pan, oven dish, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Ham* (slice(s))	2	4	6	8	10	12
Grated aged Gouda* (g)	15	25	40	50	65	75
Green beans* (g)	150	300	600	600	900	900
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2489 /595	403 /96
Total fat (g)	25	4
of which saturated (g)	10,2	1,7
Carbohydrates (g)	50	8
of which sugars (g)	5,1	0,8
Fibre (g)	14	2
Protein (g)	40	6
Salt (g)	1,7	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 210°C. Wash or peel the **potatoes** and cut into wedges. Pat the wedges dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.



2. Bake the wedges

Transfer the **potato** wedges to a parchment-lined baking sheet. Bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway. Meanwhile, cut open the **pork tenderloin** in the same way you would a **bread roll**. Fold the **ham** into a smaller square, then place this inside the **pork**, along with the **cheese**. Season generously with salt and pepper.



3. Fry the pork tenderloin

Top the **pork** with the butter, then transfer to a small oven dish. Roast in the oven for 14 - 16 minutes when the **potatoes** are nearly done (see Tip). Remove from the oven and allow to rest briefly before serving.

Tip: if the oven dish won't fit next to the wedges, place it on the shelf underneath.



4. Chop the vegetables

Meanwhile, discard the tips of the **green beans** and then cut in half. Chop the **onion**. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes. Add the **green beans** and fry for 2 - 3 minutes, then add the water (see pantry for amount).



5. Cook the green beans

Cover with the lid and allow to stew for 6 minutes, then remove the lid and fry for 4 - 6 minutes or until al dente (see Tip). Season to taste with salt and pepper.

Tip: if you'd prefer the beans to be less al dente, add an extra splash of water and cook longer.



6. Serve

Serve the **potato** wedges and **green beans** on plates, with the stuffed **pork tenderloin** alongside. Drizzle the **pork** with the residual cooking juices from the oven dish.

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.

Enjoy



Beef Pasta Bake with a Greek Twist

with courgette, Romano pepper & sour cream

Family

Total time: 45 - 55 min.



Penne



Onion



Garlic



Courgette



Romano pepper



Tomato



Dried oregano



Beef mince with kofta seasoning



Tomato paste



Greek-style cheese



Organic sour cream



Greek-style spice mix



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

The minced beef in this dish is already seasoned with köfte spices - this spice mix with cumin, cardamom and mint will fill your kitchen with delicious aromas!

Before you begin

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

Utensils

Bowl, oven dish, pot or saucepan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	2	2	3	3
Dried oregano (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Tomato paste (can)	⅓	⅔	1	1⅓	1⅔	2
Greek-style cheese* (g)	25	50	75	100	125	150
Organic sour cream* (g)	50	100	150	200	250	300
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
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)	3740 /894	664 /159
Total fat (g)	41	7
of which saturated (g)	16,6	2,9
Carbohydrates (g)	84	15
of which sugars (g)	15,6	2,8
Fibre (g)	9	2
Protein (g)	42	7
Salt (g)	2,1	0,4

Allergens

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



1. Boil the penne

Preheat the oven to 220°C. Boil plenty of water in a pot or saucepan and cook the **penne** for 8-10 minutes (see Tip). Reserve the pasta water, then drain and set aside.



4. Make the topping

In the meantime, crumble the **Greek-style cheese** into a bowl, stir in the **sour cream** and season to taste with salt and pepper.



2. Chop the vegetables

Meanwhile, chop the **onion** and crush or **mince** the **garlic**. Dice the **courgette** into 1cm chunks, then deseed the **Romano pepper** and cut into thin strips. Dice the **tomato**. Heat the olive oil in a wok or deep frying pan over medium-high heat, then fry the **onion** with the **oregano** and the Greek-style **spices** for 2 minutes.



5. Assemble

Stir a quarter of the **sour cream** mixture into the **penne**, then transfer to an oven dish. Pour over the sauce and top with the rest of the **sour cream** mixture, then bake in the oven for 10 - 15 minutes.

Did you know... 🍅 tomato paste is a good source of fibre, calcium, vitamin C and iron. Just one small can provides almost twice as much iron as 100g of chicken or pork!



3. Make the sauce

Stir in the **courgette** and the **Romano pepper** and fry for 8 - 10 minutes. Add the **garlic** and the **tomato** when there is 1 minute left, then add the **minced beef** and fry for 5 more minutes, separating it as you do so. Add the **tomato paste** when there are 2 minutes left, along with 50ml pasta water per person. Season to taste with salt and pepper.



6. Serve

Serve the pasta bake on plates.

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.

Enjoy!



Avocado Bulgur Bowl with Greek-Style Cheese

with fresh herbs, shaved almonds & dried cranberries

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Tomato



[Persian] cucumber



Bulgur



Ground coriander



Fresh flat leaf
parsley & mint



Shaved almonds



Avocado



Greek-style cheese



Dried cranberries



Red chili pepper



Bell pepper



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

Before you begin

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

Utensils

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Bulgur (g)	75	150	225	300	375	450
Ground coriander (tsp)	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Shaved almonds (g)	10	20	30	40	50	60
Avocado (unit(s))	¼	½	1	1	1½	1½
Greek-style cheese*	25	50	75	100	125	150
Dried cranberries (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	1	2	2	3
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2463 /589	376 /90
Total fat (g)	21,9	3
of which saturated (g)	6,1	0,9
Carbohydrates (g)	70,6	11
of which sugars (g)	13,6	2
Fibre (g)	21	3
Protein (g)	20	3
Salt (g)	1,2	0,2

Allergens

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

2024-W34



1. Prepare

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

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



4. Prepare the toppings

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



2. Cook the bulgur

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



5. Make the salad

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

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



3. Fry the vegetables

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



6. Serve

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

Enjoy!



Sweet & Sticky Steak Strips

over rice with pak choi, radishes & coriander

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Steak strips



White long grain rice



Onion chutney



Carrot



Radish



Pak choi



Nasi-bami spice mix



Fresh coriander



East Asian-style sauce



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

Before you begin

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

Utensils

Bowl, pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
White long grain rice (g)	75	150	225	300	375	450
Onion chutney* (g)	20	40	60	80	100	120
Carrot* (unit(s))	½	1	1	2	2	3
Radish* (bunch)	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	2	2	3	3
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	2	4	6	8	10	12
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2565 /613	547 /131
Total fat (g)	16	3
of which saturated (g)	6	1,3
Carbohydrates (g)	82	17
of which sugars (g)	20,6	4,4
Fibre (g)	7	1
Protein (g)	33	7
Salt (g)	2,9	0,6

Allergens

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

2024-W34



1. Boil the rice

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



2. Prepare the radishes

Discard the **radish leaves** and then thinly slice the **radishes**. Finely chop the **coriander**. In a bowl, combine the white wine vinegar with the sugar, then add the **radishes** and half of the **coriander**. Season to taste with salt, then toss well to combine. Set aside, stirring occasionally.



3. Chop the vegetables

Discard the base of the **pak choi** and finely chop the leaves and the stems, being sure to keep them separate. Slice the **carrot** into thin crescents. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **carrot** with the **pak choi** stems for 6 - 8 minutes.



4. Fry the vegetables

Add the **pak choi** leaves, the **nasi-bami spice mix** and half of the **soy sauce**. Mix well and fry for 1 minute, seasoning to taste with salt and pepper.



5. Fry the steak strips

Melt a knob of butter in a frying pan over high heat and fry the **steak strips** for 1 minute. Add the **East Asian-style sauce**, the **onion chutney** and the water (see pantry for amount). Add the rest of the **soy sauce**, then mix well and fry for another minute (see Tip). Season to taste with pepper.



6. Serve

Serve the **rice** in bowls and top with the fried vegetables and the **radishes**, then with the **steak strips**. Drizzle with the sauce and garnish with the rest of the **coriander**.

Enjoy!

Tip: if you'd like to make it spicier, stir in some sambal as preferred.



Truffled Goat's Cheese Risotto

with pecorino, chives & mushrooms

Calorie Smart Veggie

Total time: 40 - 50 min.



Risotto rice



Vegetable mix
with mushrooms



Fresh goat's cheese



Grated Pecorino DOP



Truffle-style olive oil



Italian seasoning



Fresh chives



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

This truffle oil is made from Coratina and Peranzana olives. These are harvested by hand in the Puglia area.

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, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Fresh goat's cheese* (g)	25	50	75	100	125	150
Grated Pecorino DOP* (g)	10	20	30	40	50	60
Truffle-style olive oil (ml)	4	8	12	16	20	24
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh chives* (g)	2½	5	7½	10	12½	15
From your pantry						
Low sodium mushroom or vegetable stock (ml)	300	600	900	1200	1500	1800
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)	2506 /599	396 /95
Total fat (g)	27	4
of which saturated (g)	13	2,1
Carbohydrates (g)	68	11
of which sugars (g)	4,9	0,8
Fibre (g)	12	2
Protein (g)	17	3
Salt (g)	1,8	0,3

Allergens

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



1. Make the risotto

- Prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat. Add the **risotto rice** and toast the grains for 1 minute, then reduce the heat and pour in a third of the stock.
- Allow the stock to slowly incorporate, stirring regularly.
- Repeat with another third of the stock and then set aside the rest of the stock to use later. Allow the risotto to cook for around 20 minutes.



3. Finish

- Stir the vegetables and the rest of the stock into the risotto and allow to cook for 5 - 10 more minutes.
- The risotto is done when the **rice** is soft but still al dente. Add a splash of water as necessary if the risotto gets too dry.
- Meanwhile, finely chop the **chives** and crumble the **goat's cheese**.
- Stir the **Italian herbs** and half of the **goat's cheese** into the risotto. Taste and season with salt and pepper as needed.



2. Fry the vegetables

- Meanwhile, heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **vegetable mix** for 4 - 6 minutes.

Did you know... 🍄 mushrooms 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.



4. Serve

- Stir half of the **chives** into the risotto and then serve.
- Drizzle with the truffle-style olive oil, then garnish with the **pecorino** and the rest of the **goat's cheese**.
- Finish with the rest of the **chives**.

Enjoy!