



Mini Burgers in Creamy Sundried Tomato Sauce

with roasted vegetables & fresh herbs

Family

Total time: 45 - 55 min.



Mini beef-pork burger



Cooking cream



Bell pepper



Onion



Tomato tapenade



Potatoes



Garlic



Italian seasoning



Carrot



Fresh flat leaf parsley
& basil



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

This burger is made from beef and pork. Because the pork is naturally a bit fatter, the burger stays nice and juicy on the inside!

Utensils

Parchment-lined baking sheet, large bowl, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Mini beef-pork burger* (unit(s))	2	4	6	8	10	12
Cooking cream (g)	75	150	225	300	375	450
Bell pepper* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Tomato tapenade* (g)	20	40	60	80	100	120
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Low sodium] vegetable stock cube (unit(s))	⅓	¼	⅓	½	⅔	¾

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3908 /934	576 /138
Total fat (g)	61	9
of which saturated (g)	17,9	2,6
Carbohydrates (g)	63	9
of which sugars (g)	14,8	2,2
Fibre (g)	14	2
Protein (g)	28	4
Salt (g)	2,8	0,4

Allergens

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



Prepare

Preheat the oven to 200°C. Quarter the **carrot** lengthways, then cut into 5cm batons. Wash the **potatoes**, then cut them into 1cm chunks.

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.



Roast the potatoes

Transfer the **potatoes** and **carrots** to a large bowl 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 **bell pepper** later. Roast for 25 - 35 minutes or until golden-brown, tossing halfway.



Prepare the vegetables

In the meantime, chop the **onion** and crush or mince the **garlic**. Finely chop the fresh herbs and set aside. Cut the **bell pepper** into strips. Roast the **bell pepper** with the **carrots** and **potatoes** for the final 15 minutes of cooking time.



Fry the mini burgers

Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the mini **burgers** with the **onion**, **garlic** and **tomato tapenade** for 3 - 4 minutes.



Make the sauce

Flip the **burgers** and add the **Italian herbs**, then fry for 2 more minutes or until done. Deglaze with the balsamic vinegar and the **cream**, then add the water and crumble in the stock cube (see pantry for amounts). Allow the sauce to cook gently for 5 - 7 minutes over low heat (see Tip).

Tip: this recipe is high in calories. If you're watching your calorie intake, use just a third of the cream and then substitute the rest with milk or stock. You can use the rest of the cream in another recipe.



Serve

Serve the roasted vegetables with the **burgers** and creamy sauce. Garnish with the fresh herbs and serve the mayonnaise alongside.

Enjoy!



Stampopot with Pork & Mushrooms

with hazelnuts, garlicky spinach & fresh basil

Family

Total time: 40 - 50 min.



Potatoes



Mushrooms



Onion



Garlic



Hazelnuts



Spinach



Fresh basil



Farmer's mincemeat



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

Hazelnuts contain many vitamins, including vitamin B and lots of vitamin E. Hazelnuts are very healthy nuts!

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, potato masher, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Mushrooms* (g)	125	250	375	500	625	750
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Hazelnuts (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Fresh basil* (g)	5	10	15	20	25	30
Farmer's mincemeat* (g)	100	200	300	400	500	600
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	¾	1½	2¼	3	3¾	4½
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
[Low sodium] beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	60	120	180	240	300	360
[Plant-based] milk	splash					
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3485 /833	483 /116
Total fat (g)	51	7
of which saturated (g)	17,1	2,4
Carbohydrates (g)	58	8
of which sugars (g)	9,9	1,4
Fibre (g)	14	2
Protein (g)	33	5
Salt (g)	3,1	0,4

Allergens

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



Boil the potatoes

Wash or peel the **potatoes** and cut into rough pieces. Transfer to a pan and cover with water, then boil the **potatoes** for 12 - 15 minutes or until done. Drain and set aside.



Fry the meat

Meanwhile, thinly slice the **mushrooms** and crush or mince the **garlic**. Slice the **onion** into half rings. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **onion** with the **pork mince** for 2 - 3 minutes, separating it as you do so.



Make the jus

Stir in the **mushrooms** and fry for another 3 - 4 minutes, then stir in the ketjap and the same amount of mustard, along with the butter. Crumble in the stock cube and then deglaze with the water (see pantry for amounts). Turn down the heat and allow the jus to reduce over a low heat until serving.



Toast the hazelnuts

Roughly chop the **hazelnuts**. Heat a clean frying pan over medium-high heat and toast the **hazelnuts** for 2 minutes or until golden-brown. Remove from the pan and set aside, then heat a drizzle of olive oil in the same pan and fry the **garlic** for 1 minute. Tear the **spinach** directly into the pan and fry for 1 minute until wilted and reduced, then turn off the heat.



Mash the potatoes

Mash the **potatoes** with a splash of milk and the rest of the mustard, along with butter as preferred. Stir in the **spinach** and season generously to taste with salt and pepper. Set aside to keep warm until serving. Meanwhile, chop the **basil** into ribbons.

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.



Serve

Serve the stampptot on plates and top with the **pork** and **mushrooms**. Garnish with the toasted **hazelnuts** and **fresh basil**.

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



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!

Did you know that bulgur is made of whole wheat grains? This makes it a whole grain product, full of fibre, iron and B-vitamins.

Before you begin

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

Utensils

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
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* (g)	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						
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Water (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)	2506 / 599	381 / 91
Total fat (g)	23	3
of which saturated (g)	6,1	0,9
Carbohydrates (g)	70	11
of which sugars (g)	13,9	2,1
Fibre (g)	18	3
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.



Prepare

In a pot or saucepan, boil the water and crumble in the stock cube (see pantry for amounts). 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.*



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.



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.



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.



Toast the almonds

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 caramelise for 6 - 8 minutes.



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!



Garlic Shrimp Linguine

in tomato-fennel sauce with fresh basil

Family Calorie Smart

Total time: 30 - 40 min.



Marinated shrimp



Passata



Linguine



Garlic



Fennel



Sicilian-style herb mix



Fresh basil



Onion



Romano pepper



Lemon



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Lemons not only add a fresh touch and colour to your dish, but 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

Deep frying pan, grater, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Marinated shrimp* (g)	80	160	240	320	400	480
Passata (g)	100	200	300	390	500	590
Linguine (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2377 /568	470 /112
Total fat (g)	13	3
of which saturated (g)	5	1
Carbohydrates (g)	84	17
of which sugars (g)	16,2	3,2
Fibre (g)	10	2
Protein (g)	26	5
Salt (g)	1,7	0,3

Allergens

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



Prepare

- Quarter the **fennel** and discard the core, then cut the **fennel** into thin strips. Slice the **onion** and **Romano pepper** into half rings. Finely chop the **basil** and crush or mince the **garlic**. Boil plenty of water in a pot or saucepan and cook the **linguine** for 10 - 12 minutes, covered. Reserve some of the pasta water, then drain and set aside.

Did you know... 🍋 200g fennel contains almost a quarter of the RDA of potassium. Potassium has an important role in our nervous system as well as in maintaining normal levels of fluid inside our cells.



Make the sauce

- Place the pan back over medium-high heat and fry the **fennel** with the **onion** and **Romano pepper** for 5 - 7 minutes until done. Stir in the **garlic** and the **Sicilian-style herbs** and fry for 2 - 3 more minutes. Deglaze with the balsamic vinegar and 1 tbsp per person of the reserved pasta water. Stir in the **passata** and allow to simmer gently for 4 - 5 minutes, seasoning to taste with salt and pepper.



Fry the shrimp

- Melt the butter in a deep frying pan over medium-high heat and fry the **shrimp** for 1 - 2 minutes per side. Season to taste with salt and pepper, then remove from the pan and set aside.



Serve

- Stir the **linguine** and the **shrimp** into the sauce (see Tip). Serve the **shrimp linguine** on plates. Zest a quarter of the **lemon** per person directly over the plate and then cut the **lemon** into wedges. Garnish with the **fresh basil** and serve with the **lemon** wedges.

Tip: add some more pasta water as necessary if the sauce is too dry.

Enjoy!



Bulgur with Roasted Carrots & Feta

with harissa, spinach & almonds

Calorie Smart Veggie

Total time: 35 - 45 min.



Carrot



Middle Eastern
spice mix



Bulgur



Garlic



Onion



Harissa



Baby spinach



Salted almonds



Feta



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

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

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	¾	2	2½	3	4½	5
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Harissa* (g)	15	30	45	60	75	90
Baby spinach* (g)	65	125	250	250	375	375
Salted almonds (g)	15	30	40	60	70	90
Feta* (g)	50	100	150	200	250	300
From your pantry						
[Low sodium] vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	1	2	3	4	5	6

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2900 /693	478 /114
Total fat (g)	31	5
of which saturated (g)	10,7	1,8
Carbohydrates (g)	69	11
of which sugars (g)	16,3	2,7
Fibre (g)	18	3
Protein (g)	25	4
Salt (g)	3,3	0,6

Allergens

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



Prepare

Preheat the oven to 220°C. Halve the **carrot** lengthways and cut into batons of 0.5cm thickness. Transfer to a bowl along with the Middle Eastern-style **spices**. Drizzle with olive oil and then toss well to coat.



Roast the carrot

Transfer the **carrot** to a parchment-lined baking sheet and roast for 20 - 25 minutes. Toss halfway and drizzle with some more olive oil if necessary. The **carrot** is done when the tips are lightly browned and the inside is soft.



Cook the bulgur

Prepare the stock in a pot or saucepan (see Tip). Boil the **bulgur** for 10 minutes until done, stirring regularly.

Tip: 🍏 if you're watching your salt intake, prepare just 100ml stock per person and then substitute the other 75ml with boiling water.



Make the sauce

Chop the **onion** and crush or mince the **garlic**. Heat a light drizzle of olive oil in a frying pan over medium-high heat, then fry the **onion** and **garlic** for 2 - 3 minutes. Stir in the honey and **harissa**, then cook for 30 seconds or until fragrant. Transfer the sauce directly to the **bulgur** and mix well to combine.



Add the spinach

Gradually add the **spinach** to the **bulgur** and mix well to combine. Roughly chop the **salted almonds** and set aside.

Did you know... 🍏 this recipe is rich in fibre thanks to the vegetables and bulgur, as well as calcium thanks to the feta and almonds. Overall, the recipe provides almost half the RDA of both nutrients.



Serve

Serve the **bulgur** on plates and top with the roasted **carrots**. Crumble over the **feta** and garnish with the chopped **almonds**.

Enjoy!



Creamy Pork Farfalle

with tomato tapenade, eggplant & cheese

Family Nice & Fast

Total time: 15 - 20 min.



Tomato tapenade



Eggplant



Farfalle



Pork tenderloin tips



Cooking cream



Dried thyme



Grated mature cheese



Bell pepper strips



Chopped onion



Garlic



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

Today you will serve a deliciously creamy pasta in just 15 minutes. This dish will please young and old alike!

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, 2x lidded deep frying pan, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato tapenade* (g)	40	80	120	160	200	240
Eggplant* (unit(s))	½	1	1	2	2	3
Farfalle (g)	90	180	270	360	450	540
Pork tenderloin tips* (g)	100	200	300	400	500	600
Cooking cream (g)	50	100	150	200	250	300
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Grated mature cheese* (g)	25	50	75	100	125	150
Bell pepper strips* (g)	50	100	200	200	300	300
Chopped onion* (g)	50	100	150	200	250	300
Garlic (unit(s))	1	2	3	4	5	6
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
[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)	4046 /967	731 /175
Total fat (g)	46	8
of which saturated (g)	15,1	2,7
Carbohydrates (g)	90	16
of which sugars (g)	15,3	2,8
Fibre (g)	9	2
Protein (g)	44	8
Salt (g)	3	0,5

Allergens

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



Fry the eggplant

- Boil plenty of generously salted water in a pot or saucepan for the pasta. Dice the **eggplant** into 1 - 2cm cubes and transfer to a bowl, then add the flour and toss well to coat. Heat a generous drizzle of olive oil in a frying pan over medium-high heat and fry the **eggplant** for 10 - 12 minutes until evenly browned.

Did you know... 🌱 eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.



Boil the pasta

- Boil the pasta for 10 - 12 minutes, covered (see Tip). Drain and set aside. Crush or mince the **garlic**. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** with the **garlic** and **bell pepper** for 1 minute, then add the **pork** and fry for 2 - 3 more minutes.

Tip: 🌱 if you're watching your calorie intake, use 60g pasta per person; then in step 3, use just half of the cream.



Make the sauce

- Deglaze the pan with the balsamic vinegar and the **cream**. Stir in the **thyme**, **tomato tapenade** and pasta, then crumble in the stock cube (see pantry for amount). Cover with the lid and allow to cook gently for 3 - 4 minutes over low heat.



Serve

- Stir the **eggplant** and half of the **cheese** into the pasta, then season to taste with salt and pepper. Serve the pasta on plates and garnish with the rest of the **cheese**.

Enjoy!



Crispy Tempeh over Creamy Noodles

in peanut sauce with mushrooms & spinach

Calorie Smart

Nice & Fast

Plant-Based

Total time: 15 - 20 min.



Diced tempeh



Coconut milk



Vegetable mix
with mushrooms



Spinach



Peanut butter



Garlic



Wholewheat noodles



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

Did you know that coconut milk does not come directly from the nut? The white flesh of the coconut is first mixed with water and then the coconut milk is squeezed out.

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, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Coconut milk (ml)	90	180	250	360	430	540
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Spinach* (g)	50	100	150	200	250	300
Peanut butter (tub)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Wholewheat noodles (g)	50	100	150	200	250	300
From your pantry						
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
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)	2845 /680	577 /138
Total fat (g)	36	7
of which saturated (g)	17,1	3,5
Carbohydrates (g)	57	12
of which sugars (g)	13,2	2,7
Fibre (g)	8	2
Protein (g)	31	6
Salt (g)	1,7	0,3

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Boil the **noodles** for 4 - 5 minutes until al dente.
- Reserve a small amount of the cooking liquid, then drain and rinse the **noodles** under cold water.



Make the sauce

- To the vegetables, add the **coconut milk**, **peanut butter** and **soy sauce**. Add sambal as preferred, then mix well and allow to reduce over medium-high heat for 1 - 2 minutes
- Gradually add the **spinach**, tearing it directly into the pan.
- Add the **noodles** and mix well to combine. Add some of the reserved cooking liquid as necessary if the sauce becomes too dry.
- Season to taste with salt and pepper.



Fry the tempeh

- Crush or mince the **garlic**.
- Heat a light drizzle of sunflower oil in a wok or deep frying pan over high heat and fry the **garlic** with the **vegetable mix** for 4 - 6 minutes.
- Meanwhile, in another frying pan heat a light drizzle of sunflower oil over medium-high heat.
- When the oil is nice and hot, fry the **tempeh** for 4 - 5 minutes. Add 0.5 tbsp of water per person during the final minute, so as to glaze the **tempeh**. Season to taste with salt and pepper.



Serve

- Serve the **noodles** on deep plates.
- Top with the crispy **tempeh**.

Did you know... 🌱 tempeh is a great source of calcium and iron; just 100g of tempeh contains as much calcium as one glass of milk, plus as much iron as 100g steak!

Enjoy!



Jalfrezi-Style Chicken Curry

over golden rice with cucumber-tomato salsa

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Diced chicken breast



Onion



Tomato



Tomato paste



Basmati rice



Mint, coriander
& Thai basil



Pre-cut fresh ginger,
garlic & red chili pepper



Cucumber



Yellow curry spices



Curry powder



Organic full-fat yogurt



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

Jalfrezi is a dry curry, meaning that it's cooked in less liquid than other curries, resulting in a thick, tasty sauce that coats the vegetables and protein. Today, you'll make a Jalfrezi-style curry with golden rice.

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 frying pan, grater, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced chicken breast* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Basmati rice (g)	75	150	225	300	375	450
Mint, coriander & Thai basil* (g)	5	10	15	20	25	30
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
Cucumber* (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
From your pantry						
Water for the sauce (ml)	30	60	90	120	150	180
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (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)	2795 /668	502 /120
Total fat (g)	23	4
of which saturated (g)	3,6	0,6
Carbohydrates (g)	79	14
of which sugars (g)	16	2,9
Fibre (g)	6	1
Protein (g)	35	6
Salt (g)	0,6	0,1

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan. Add 1 tsp **curry powder** per person, then boil the rice for 10 - 12 minutes until done.
- Dice the **onion**. Grate half of the **tomato** and set the rest aside.
- Heat the sunflower oil in a large frying pan over high heat.
- Fry the **onion** with the **yellow curry spices**, the **garlic-ginger-chili mix*** and the rest of the **curry powder** for 1 - 2 minutes.

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



Make the curry

- Add the **chicken** and the **tomato paste**. Mix well so as to coat the **chicken** and fry for 2 minutes.
- Stir in the grated **tomato**, sugar and water (see pantry for amount). Season generously with salt and pepper.
- Lower the heat and cover with the lid, then allow to simmer gently for 5 minutes, stirring occasionally.



Make the salsa

- Dice the **cucumber** and the rest of the **tomato**, then transfer both to a bowl.
- Finely chop the **fresh herbs** and add half of them to the bowl.
- Add the white wine vinegar and extra virgin olive oil, season to taste with salt and pepper, then toss well to combine.



Serve

- Serve the golden **rice** on deep plates and top with the chicken curry.
- Dollop over the **yogurt** and garnish with the rest of the herbs.
- Serve the salsa alongside.

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

Enjoy!



Fillet of Hake in Mustard Soy Sauce

with spinach mash & roasted cherry tomatoes

Calorie Smart

Total time: 30 - 40 min.



Potatoes



Onion



Garlic



Soy sauce



Spinach



Skin-on hake fillet



Fresh curly parsley



Red cherry tomatoes



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

Adding milk and butter means that these mashed potatoes are full of flavour. The finer you mash the potatoes, the creamier your 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

Oven dish, lidded pot or saucepan, kitchen paper, parchment paper, potato masher, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Red cherry tomatoes (g)	125	250	375	500	625	750
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	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)	2435 /582	385 /92
Total fat (g)	30	5
of which saturated (g)	11,3	1,8
Carbohydrates (g)	45	7
of which sugars (g)	8,3	1,3
Fibre (g)	11	2
Protein (g)	31	5
Salt (g)	2,6	0,4

Allergens

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



Prepare

Preheat the oven to 210°C and boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and cut into rough pieces. Chop the **onion** and crush or mince the **garlic**. Halve the **cherry tomatoes**.



Boil the potatoes

Boil the **potatoes** for 12 - 15 minutes, covered, then reserve a small amount of the cooking liquid before draining and setting aside. Meanwhile, in a small bowl combine the **onion** with the **soy sauce**, mustard and olive oil. Season to taste with pepper.



Bake the hake

Transfer the **cherry tomatoes** to a parchment-lined oven dish along with a third of the sauce. Mix well to combine. Pat the **hake** dry with kitchen paper and place it on top of the **cherry tomatoes**. Top the **hake** with the rest of the sauce, then bake in the oven for 15 - 18 minutes.



Fry the spinach

Melt a knob of butter in a frying pan and fry the **garlic** for 1 minute. In the meantime, finely chop three quarters of the **spinach**, then stir this into the **garlic**. Cover with the lid and allow to wilt for 4 - 6 minutes, then season to taste with salt and pepper. Roughly chop the **parsley** in the meantime.

Did you know... 🍌 it's no secret that spinach is rich in iron, but it's also very high in calcium. 200g of spinach provides the same amount of calcium as a glass of milk.



Mash the potatoes

Mash the **potatoes** with a knob of butter and a splash of milk (or the reserved cooking liquid). Stir in the fried **spinach** and season to taste with salt and pepper.



Serve

Serve the rest of the **spinach** on plates and top with the mash. Serve with the hake and the **cherry tomatoes**. Garnish with the **parsley** and drizzle with some of the juices from the oven dish as preferred.

Enjoy!



Salmon Fillet with Stir-Fried Broccoli

with sambal potato salad & sesame seeds

Family

Total time: 30 - 40 min.



Potatoes



Broccoli



Garlic



Ground coriander



Onion



Soy sauce



Sesame seeds



Salmon fillet



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

This potato salad has an Asian twist. That's because you prepare it with a dressing of coriander, sesame seeds, mayonnaise and sambal.

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, 2x lidded pot or saucepan, kitchen paper, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Broccoli* (g)	180	360	560	720	920	1080
Garlic (unit(s))	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Salmon fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3146 / 752	558 / 133
Total fat (g)	48	8
of which saturated (g)	6,9	1,2
Carbohydrates (g)	44	8
of which sugars (g)	3,6	0,6
Fibre (g)	14	2
Protein (g)	30	5
Salt (g)	1,7	0,3

Allergens

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



Boil the potatoes

Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and then cut into rough pieces. Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



Parboil the broccoli

In the meantime, cut the head of the **broccoli** into small florets and then finely dice the stem. Transfer the **broccoli** to a pot or saucepan and submerge with water. Cover with the lid, then bring to a boil and allow to simmer gently for 2 - 3 minutes (see Tip). Drain and rinse under cold water to stop it from cooking any further.

Tip: boil the broccoli for another 3 minutes if preferred.



Make the dressing

In the meantime, chop the **onion** and crush or mince the **garlic**, then transfer both to a bowl (see Tip). Add the **ground coriander**, sambal, white wine vinegar and **soy sauce**. Mix well to combine and season to taste with salt and pepper.

Tip: if you don't like raw onion, fry it with the broccoli in step 4 rather than adding it here.



Stir-fry the broccoli

In the meantime, heat half of the olive oil in a wok or deep frying pan over medium-high heat. Stir-fry the **broccoli** with half of the dressing for 3 - 5 minutes, or until the **broccoli** is al dente. Add half of the **sesame seeds** and mix well to combine.

Did you know... 🥦 broccoli is considered a superfood, and for good reason; it's not only high in vitamins B, C and E but also calcium, potassium and iron.



Fry the salmon

In the meantime, pat the **salmon** dry with kitchen paper. Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **salmon** for 2 - 3 minutes on its skin, then flip and fry for 2 more minutes on the other side. Season to taste with salt and pepper.



Serve

Combine the rest of the dressing with the mayonnaise and then stir this into the **potatoes**. Season to taste with salt and pepper. Serve the **potato salad** and **broccoli** with the **salmon**. Garnish with the rest of the **sesame seeds**.

Did you know... 🐟 many of us don't get enough vitamin D, which helps strengthen the immune system and aids with calcium absorption. Good sources of vitamin D include such fish as salmon, mackerel, hering and sardines.

Enjoy!



Pasta Niçoise

with tuna, green beans & boiled egg

Family Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Green beans



Egg



Tomato



Fresh flat leaf parsley



Garlic



Onion



Leccino olives



Penne



Tuna packed in water



Lemon



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

This pasta is inspired by salad niçoise, a dish that will take you to the Mediterranean coastal area where this salad got its name from: Nice!

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, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	75	150	300	300	450	450
Egg* (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	2	4	6	8	10	12
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Leccino olives* (g)	10	20	30	40	50	60
Penne (g)	90	180	270	360	450	540
Tuna packed in water (can)	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2799 /669	544 /130
Total fat (g)	23	5
of which saturated (g)	4,2	0,8
Carbohydrates (g)	76	15
of which sugars (g)	9	1,7
Fibre (g)	6	1
Protein (g)	35	7
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Boil plenty of salted water in a large pot or saucepan.
- Discard the tips of the **green beans** and then cut in half.
- Boil the **penne** with the **eggs** for 4 - 6 minutes, covered. Add the **green beans** and boil for another 6 minutes.
- Drain and rinse under cold water, then set aside.



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the mustard and 0.5 tbsp **lemon** juice per person.
- Add the **tuna**, **parsley**, **onion**, **garlic**, **tomatoes** and **olives**, then toss well to combine, seasoning to taste with salt and pepper.
- Peel the **eggs** and cut them into wedges.
- Transfer the **penne** and **green beans** to the salad bowl and mix well.



Chop the vegetables

- Cut the **tomatoes** into small wedges and finely chop the **parsley**.
- Chop the **onion** and crush or **mince** the **garlic**.
- Cut the **olives** in half.
- Juice half of the **lemon** and cut the rest into wedges.



Serve

- Serve the pasta Niçoise on plates and top with the **egg**.
- Serve with the **lemon** wedges.
- Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.

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.

Enjoy!



Fish Burger with Cucumber Slaw

with garlic mayo & potatoes

Family Nice & Fast

Total time: 25 - 35 min.



Multigrain fish burger



Shredded red cabbage



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 the red cabbage retains its nice color better if you add some vinegar or lemon juice?

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 burger* (unit(s))	1	2	3	4	5	6
Shredded red cabbage* (g)	100	200	300	400	500	600
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)	4105 /981	621 /148
Total fat (g)	46	7
of which saturated (g)	12,8	1,9
Carbohydrates (g)	106	16
of which sugars (g)	15	2,3
Fibre (g)	14	2
Protein (g)	33	5
Salt (g)	2,6	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C. 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.

Tip: this recipe is high in calories. If you’re watching your calorie intake, serve the burger without the potatoes and use them in another recipe instead.



Fry the burger

- Melt the butter in a frying pan over medium-high heat and fry the **fish burger** 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.



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.



Serve

- Cut open the **bread roll** and spread with some of the **garlic** mayo. Top with the fish **burger** 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!



Rice Bowl with Pork Tenderloin & Fried Egg

inspired by Korean bibimbap

Nice & Fast

Total time: 25 - 35 min.



Basmati rice



Cucumber



Garlic



Gomashio



Mushrooms



Pork tenderloin tips



Soy sauce



Onion



Egg



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

Today you will prepare a dish inspired by Korean bibimbap. Bibimbap is an amalgamation of two sounds: bibim (mixed) and bap (rice).

Before you begin

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

Utensils

Bowl, pot or saucepan, peeler or cheese slicer, small bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mushrooms* (g)	65	125	250	250	375	375
Pork tenderloin tips* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Onion (unit(s))	½	1	1	2	2	3
Egg* (unit(s))	1	2	3	4	5	6
From your pantry						
White wine vinegar (tsp)	2	4	6	8	10	12
Sambal (tsp)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Brown sugar (tsp)	1	2	3	4	5	6
Water (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2937 /702	535 /128
Total fat (g)	28	5
of which saturated (g)	4,5	0,8
Carbohydrates (g)	72	13
of which sugars (g)	10,3	1,9
Fibre (g)	4	1
Protein (g)	40	7
Salt (g)	2,6	0,5

Allergens

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



Prepare

- Boil 250ml water per person in a pot or saucepan and cook the **rice** for 10 - 12 minutes. Allow to rest for 5 minutes. Meanwhile, use a cheese slicer or peeler to shave the **cucumber** into ribbons and then transfer to a bowl. Add half of the white wine vinegar and season with salt and pepper, then toss well to combine. Crush or mince the **garlic** and transfer half to a small bowl, along with the rest of the white wine vinegar. Add the sambal, sugar and 1 tbsp water per person, along with half of the **gomashio**. Mix well to combine and then set aside until serving.



Fry the egg

- Heat another drizzle of sunflower oil in the same pan over high heat and fry the **pork** with the rest of the **garlic** for 2 - 4 minutes. Season to taste with salt and pepper. Heat another drizzle of sunflower oil in another frying pan and fry the **egg**. Season to taste with salt and pepper.

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



Fry the mushrooms

- Slice the **onion** into half rings and quarter the **mushrooms**. Heat a drizzle of sunflower oil in a frying pan and fry the **onion** and **mushrooms** for 5 - 7 minutes. Season to taste with salt and pepper, then remove from the pan and set aside until serving.



Serve

- Serve the **rice** in bowls and top with the **pork**, **cucumber**, **mushrooms** and fried **egg**. Garnish with the rest of the **gomashio** and drizzle with the sambal sauce and the **soy sauce**, or serve the sauces separately.

Enjoy!



Homemade Meatloaf with Italian Herbs

with courgette & a creamy basil potato salad

Family Calorie Smart

Total time: 45 - 55 min.



Courgette



Onion



Beef mince with Italian seasoning



Panko breadcrumbs



Basil crème



Baby potatoes



Tomato



Lamb's lettuce



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

You might know meatloaf mostly as an American food, but this is so not the case. It originates from what we now call Western Europe, namely around Germany and Scandinavia!

Before you begin

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

Utensils

Bowl, grater, oven dish, lidded pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Onion (unit(s))	½	1	1½	2	2½	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Basil crème* (ml)	15	24	39	48	63	72
Baby potatoes (g)	150	300	450	600	750	900
Tomato* (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	40	60	100	120	160	180
From your pantry						
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2711 /648	511 /122
Total fat (g)	32	6
of which saturated (g)	8,8	1,7
Carbohydrates (g)	56	11
of which sugars (g)	9,5	1,8
Fibre (g)	9	2
Protein (g)	28	5
Salt (g)	2	0,4

Allergens

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



Prepare

Preheat the oven to 220°C. For each person, weigh 70g of **courgette** and cut 2 or 3 slices of around 0.5cm thickness (see Tip). Set the sliced **courgette** aside and then grate the rest. Grate or mince the **onion**.

Tip: weigh the courgette carefully; if there is too much in the meatloaf, it may get soggy.



Make the meatloaf

Transfer the grated **courgette** to a bowl, along with the **mince**, **panko** and **onion**. Add half of the **basil crème** and season generously with salt and pepper. Knead well to combine.

Did you know... 🍌 beef is rich in iron and courgette in vitamin C; vitamin C aids with iron absorption, therefore making this recipe an ideal combination.



Bake the meatloaf

Transfer the **mince** to an oven dish and shape into a meatloaf. Top with the sliced **courgette** and then bake for 20 - 25 minutes, or until the meatloaf is done.



Boil the potatoes

Boil plenty of salted water in a pot or saucepan. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Boil the **baby potatoes** for 12 - 15 minutes until done, covered, then drain and rinse under cold water.



Make the potato salad

Dice the **tomato**. In a salad bowl, combine the mayonnaise with the rest of the **basil crème** (see Tip). Add the **potatoes** and mix well, then add the **lamb's lettuce** and diced **tomato**. Toss well to combine, seasoning to taste with salt and pepper.

Tip: if you don't have any mayonnaise at home, use the same amount of olive oil instead.



Serve

Slice the meatloaf and serve on plates with the salad alongside.

Enjoy!



Rice Bowl with Pork Belly & Korean-Style Spices

with quick-pickled carrot & beansprouts

Total time: 35 - 45 min.



Garlic



Pork belly



Soy sauce



Carrot



White long grain rice



Onion



Korean-style spice mix



Beansprouts



East Asian-style sauce



Radicchio & romaine



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

Asian cuisine often calls for a delicious balance of sweet, salty and sour. In this dish, you combine salty bacon with sweet soy sauce and sweet and sour carrot.

Before you begin

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

Utensils

Grater, lidded pot or saucepan, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Pork belly* (unit(s))	2	4	6	8	10	12
Soy sauce (ml)	10	20	30	40	50	60
Carrot* (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Beansprouts* (g)	50	100	150	200	250	300
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Radicchio & romaine* (g)	25	50	75	100	125	150

From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
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)	3535 /845	776 /186
Total fat (g)	41	9
of which saturated (g)	13,8	3
Carbohydrates (g)	85	19
of which sugars (g)	22,1	4,9
Fibre (g)	5	1
Protein (g)	30	7
Salt (g)	2,7	0,6

Allergens

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



Prepare

Boil plenty of water in a pot or saucepan for the **rice**. Crush or **mince** the **garlic**. Cut the **pork belly** into 1cm chunks and transfer to a bowl along with half each of the **garlic** and **soy sauce**. Season with salt and pepper, then mix well to combine and set aside to marinate for at least 10 minutes.



Fry the pork

Heat a drizzle of sunflower oil in a frying pan over high heat and fry the **pork** for 7 - 10 minutes. Add the Korean-style **spices**, then reduce the heat and stir in the honey and 1 tbsp water per person so as to make the sauce (see Tip).

Tip: reduce the heat further if necessary so as to prevent it from burning.



Prepare the carrot

Grate the **carrot**. In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the **carrot** and toss well to combine, then 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.



Fry the beansprouts

Stir in the **beansprouts** and the **soy sauce** along with the rest of the **garlic**, then fry for 2 - 3 minutes over medium-high heat, stirring regularly. Meanwhile, cut any larger pieces of **lettuce** into smaller pieces as necessary.



Boil the rice

Boil the **rice** for 12 - 15 minutes, covered, then drain and set aside. Meanwhile, slice the **onion** into half rings.



Serve

Serve the **rice** in bowls and top with the **lettuce**, **carrot**, **pork belly** and **beansprouts**. Drizzle with the **East Asian-style sauce** to finish.

Enjoy!



Openface Shrimp Lasagne in Creamy Sauce

with leek, tomato & fresh dill

Calorie Smart

Total time: 30 - 40 min.



Onion



Garlic



Fresh lasagne sheets



Tomato



Leek



Fresh dill



Shrimp



Cooking cream



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

Dill is not only flavourful, but it also contains antioxidants and vitamin C, making it a healthy and tasty addition to various dishes.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Tomato (unit(s))	1½	3	4½	6	7½	9
Leek* (unit(s))	½	1	2	2	3	3
Fresh dill* (g)	5	10	15	20	25	30
Shrimp* (g)	80	160	240	320	400	480
Cooking cream (g)	75	150	225	300	375	450
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock (ml)	25	50	75	100	125	150
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2665 /637	476 /114
Total fat (g)	26	5
of which saturated (g)	9,6	1,7
Carbohydrates (g)	73	13
of which sugars (g)	13	2,3
Fibre (g)	7	1
Protein (g)	25	5
Salt (g)	1,1	0,2

Allergens

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



Prepare

Boil plenty of water in a pot or saucepan to blanch the **lasagne sheets** (see Tip). Chop the **onion** and crush or mince the **garlic**. Dice the **tomato** and slice the **leek** into half rings. Pull the **dill** leaves off the stems.

Tip: keep the lasagne sheets in the fridge until step 4 so as to prevent them from sticking together.



Prepare the lasagne sheets

Carefully separate the **lasagne sheets**. Cut the **lasagne sheets** in half so as to have four sheets per person.



Fry the shrimp

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 1 minute, then stir in the **shrimp** and fry for 2 - 3 minutes. Deglaze with the white wine vinegar (see Tip).

Tip: if you have white wine at home, use this instead of vinegar so as to add more flavour.



Boil the lasagne sheets

Boil the **lasagne sheets** with a pinch of salt for 4 - 6 minutes, then drain and rinse briefly under cold water. Go directly to step 6 (see Tip).

Tip: don't wait too long, as the lasagne sheets will start sticking together.



Make the sauce

Prepare the stock and add it to the **shrimp**, along with the **tomatoes**, **leek**, **cream** and half of the **dill**. Allow to simmer until the **lasagne sheets** are done (in step 5). Season to taste with salt and pepper.



Serve

Place one **lasagne** sheet on a plate and top with some of the creamy **shrimp** sauce. Repeat with the rest of the **lasagne sheets** and the sauce, finishing with the last **lasagne** sheet. Drizzle with olive oil and garnish with the rest of the **dill**.

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

Enjoy!



Hearty Sweet Potato Soup

with sour cream, pumpkin seeds & a malted grain roll

Family Veggie

Total time: 35 - 45 min.



Onion



Garlic



Potatoes



Sweet potato



Malted grain bread roll



Pumpkin seeds



Organic sour cream



Bell pepper



Yellow carrot



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

Did you know that spent grain is a byproduct of the beer brewing industry? It consists of the dried skin of the barley that is used. It adds a nice touch to the protein-rich roll.

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
Malted grain bread roll* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	10	20	30	40	50	60
Organic sour cream* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	1	2	3	4	5	6
Yellow carrot* (unit(s))	½	1	1	1	2	2
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)	2669 /638	261 /62
Total fat (g)	16	2
of which saturated (g)	7,3	0,7
Carbohydrates (g)	94	9
of which sugars (g)	20,6	2
Fibre (g)	18	2
Protein (g)	19	2
Salt (g)	4,3	0,4

Allergens

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



Prepare

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

Tip: if you're watching your salt intake, substitute half of the stock with boiling water, or use a reduced salt stock cube.



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.

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.



Bake the bread

In the meantime, bake the **bread roll** in the oven for 6 – 8 minutes.



Toast the pumpkin seeds

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



Blend the soup

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

Serve the soup in bowls and garnish with the **pumpkin seeds** and the **sour cream**. Serve the **bread** alongside.

Enjoy!



Brandt & Levie Sausage with Sweet Potato Mash

with leek, Sicilian herbs & Greek-style cheese

Family

Total time: 30 - 40 min.



Potatoes



Sweet potato



Leek



Sicilian-style herb mix



Onion



Greek-style cheese



Pork sausage with marjoram & garlic



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

Do you have leftover Greek-style cheese? Fill a glass jar with olive oil, herbs and the remaining white cheese cubes - since white cheese lasts longer in olive oil!

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, lidded pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	150	300	450	600	750	900
Leek* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	2	4	4	6
Greek-style cheese* (g)	25	50	75	100	125	150
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Water for the sauce (ml)	30	60	90	120	150	180
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)	4017 /960	568 /136
Total fat (g)	57	8
of which saturated (g)	31,4	4,4
Carbohydrates (g)	80	11
of which sugars (g)	19	2,7
Fibre (g)	15	2
Protein (g)	28	4
Salt (g)	2,5	0,4

Allergens

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



Boil the potatoes

Wash or peel all the **potatoes** and cut them into rough pieces, then transfer to a pot or saucepan. Submerge with water and boil for 12 - 15 minutes, covered. Reserve some of the cooking liquid, then drain and set aside. Slice the **onion** into half rings in the meantime.



Fry the leek

Melt a knob of butter in a deep frying pan over medium-high heat. Toast the Sicilian **spices** for 1 minute or until fragrant, then add the **leek** and fry for 4 - 5 minutes.



Fry the sausage

Melt a knob of butter in a frying pan over medium-high heat and fry the **onion** and the **sausage** for 2 - 3 minutes until the **sausages** are evenly browned. Cover with the lid and fry for 8 - 10 minutes over medium-low heat, or until the **sausage** is done. Turn the **sausage** regularly. Deglaze with the balsamic vinegar and stir in the water (see pantry for amount). Lower the heat and allow to reduce (see Tip).

Tip: stir in an extra splash of water if the jus is too thick, or some flour if it's too watery.



Mash the potatoes

Mash the **potatoes** with a generous knob of butter and a splash of the reserved cooking liquid. Stir in the **leek** and then season to taste with salt and pepper.



Chop the leek

Quarter the **leek** lengthways and then finely chop it.

Did you know... 🥬 just 100g of leek provides more than a third of the RDA of folic acid, which plays an essential role in our bodies' growth and function.



Serve

Serve the stampot on plates and crumble over the **Greek-style cheese**. Top with the **sausage** and pour over the **onion** jus.

Enjoy!



Battered Sea Bass with Avocado

with pico de gallo & sweet potato wedges

Premium Nice & Fast

Total time: 25 - 35 min.



Sea bass



Panko breadcrumbs



Sweet potato



Tomato



Avocado



Lime



Red chili pepper



Fresh flat leaf
parsley & coriander



Mexican-style spices



Lemon mayonnaise
with black pepper



Shallot



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

Compared with other fruits, avocado is high in protein. For instance, while a pear contains 1 gram of protein, a whole avocado contains as much as 6 grams.

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, large bowl, kitchen paper, plate, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sea bass* (g)	120	240	360	480	600	720
Panko breadcrumbs (g)	15	25	40	50	65	75
Sweet potato (g)	150	300	450	600	750	900
Tomato* (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & coriander* (g)	5	10	15	20	25	30
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
Shallot (unit(s))	½	1	1	2	2	3
From your pantry						
Flour (g)	25	50	75	100	125	150
Sunflower oil (tbsp)	3	6	9	12	15	18
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4017 /960	633 /151
Total fat (g)	58	9
of which saturated (g)	7,8	1,2
Carbohydrates (g)	70	11
of which sugars (g)	15,2	2,4
Fibre (g)	10	2
Protein (g)	34	5
Salt (g)	1	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C. Cut the **sweet potato** into thin wedges and transfer to a bowl along with the **Mexican-style spices**.*
- Drizzle with olive oil and toss well to combine, then transfer to a parchment-lined baking sheet.
- Bake in the oven for 20 minutes or until done. Finely chop the **fresh herbs** and quarter the **lime**.

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



Fry the sea bass

- Heat the sunflower oil in a frying pan over medium-high heat. Check the temperature of the oil by adding a small amount of the batter to the pan. If it immediately starts bubbling, then it is hot enough.
- Dip the **sea bass** into the batter and then coat it with the panko mixture. Carefully transfer to the frying pan. Fry for 2 - 3 minutes per side until golden-brown, turning carefully halfway.
- Transfer to a plate lined with kitchen paper when done. Meanwhile, halve and pit the **avocado**, then remove the skin and slice the flesh.



Make the batter

- Dice the **tomato** and chop the **shallot** (see Tip). Deseed and finely chop the **red chili pepper**.*
- In a bowl, combine the **shallot**, **tomato**, **chili pepper** and half of the fresh herbs, along with the juice of **1 lime** wedge per person. Season to taste with a pinch of salt.
- In a large bowl, combine the flour with the water so as to make a batter (see pantry for amounts). Season with salt and pepper.
- In another bowl, combine the **panko** with the rest of the **fresh herbs**.

Tip: if you don't like raw onion, fry it with the fish during the final 2 - 3 minutes of cooking.

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



Serve

- Serve the **sea bass** on plates and top with the **pico de gallo**.
 - Serve the **avocado** fanned out alongside.
 - Serve the **sweet potato** wedges with the lemon-pepper mayonnaise.
 - Garnish with any remaining **lime wedges**.
- Did you know... 🥑 avocado is rich in unsaturated fats, which are good for your cholesterol levels and overall cardiovascular health.

Enjoy!



Spanish-Inspired Seafood Linguine

with shrimp, lemon & aioli

Premium Family

Total time: 35 - 45 min.



Linguine



Shrimp



Smoked paprika



Lemon



Garlic



Onion



Diced tomatoes
with garlic & onion



Aioli



Bell pepper



Fish medley: salmon,
cod & pollock



Fresh flat leaf parsley



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 causes 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

Bowl, large wok or deep frying pan with lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Shrimp* (g)	60	120	180	240	300	360
Smoked paprika (tsp)	1	2	3	4	5	6
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Aioli* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3
Fish medley: salmon, cod & pollock* (g)	130	260	390	520	650	780
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
From your pantry						

[Low sodium] fish stock (ml)	75	150	225	300	375	450
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)	3874 /926	498 /119
Total fat (g)	40	5
of which saturated (g)	5,2	0,7
Carbohydrates (g)	89	11
of which sugars (g)	20,4	2,6
Fibre (g)	12	2
Protein (g)	48	6
Salt (g)	3,5	0,4

Allergens

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



Prepare

Prepare the stock. Chop the **onion** and crush or **mince** the **garlic**. Cut the **bell pepper** into strips. Transfer the **shrimp** and the **garlic** to a bowl along with half of the **smoked paprika** (see Tip). Drizzle generously with olive oil and season with salt and pepper, then toss well to combine.

Tip: smoked paprika is quite strong, therefore use less if preferred or skip it altogether.



Fry the shrimp

Heat a large wok or deep frying pan over medium-high heat. Fry the **shrimp** in its marinade for 3 - 4 minutes, then remove from the pan and set aside.



Fry the vegetables

In the same pan, fry the **onion** for 1 - 2 minutes, then add the **bell pepper** and the rest of the **smoked paprika** and fry for 2 more minutes. Stir in the diced **tomatoes** and the stock and bring to a boil. Break the **linguine** in half and add it to the sauce. Cover with the lid and allow to simmer for 7 - 9 minutes, stirring regularly. Lower the heat if the sauce reduces too quickly.



Prepare the garnishes

Cut the **lemon** into wedges and finely chop the **parsley**.



Finish

Squeeze 1 **lemon** wedge per person into the sauce and stir in half of the **parsley**. Season to taste with salt and pepper, then allow to cook for another 4 - 5 minutes or until the **linguine** is done (see Tip). Stir in the **fish medley** and poach it for 1 - 2 minutes in the sauce, then add the **shrimp** and mix well to combine.

Tip: if it seems very watery, remove the lid after 2 minutes. If it seems too dry on the other hand, add a splash of stock.



Serve

Serve the seafood **linguine** with the rest of the **lemon** wedges and the **aioli**. Garnish with the rest of the **parsley**.

¡Buen provecho!



Beef Tenderloin with Garlic-Parsley Potatoes

with little gem salad & mini Roma tomatoes

Premium Family

Total time: 40 - 50 min.



Garlic



Red potatoes



Fresh curly parsley



Beef tenderloin



Onion



Little gem



Mini Roma tomatoes



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

The Roseval potato is quite a young type of potato from Brittany in France. By keeping the peel attached, the potato maintains its loved flavour and nice color. Restaurant worthy!

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, kitchen paper, salad bowl, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red potatoes (g)	250	500	750	1000	1250	1500
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Beef tenderloin* (unit(s))	1	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	4	4	6	6
Mini Roma tomatoes (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	25	50	75	100	125	150
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)	3887 /929	540 /129
Total fat (g)	58	8
of which saturated (g)	19,8	2,8
Carbohydrates (g)	60	8
of which sugars (g)	9	1,2
Fibre (g)	13	2
Protein (g)	40	6
Salt (g)	1,3	0,2

Allergens

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



Prepare

Preheat the oven to 210°C. Take the **beef** out of the fridge and allow it to reach room temperature. Crush or **mince** the **garlic**. Wash the **potatoes** and cut them into wedges.



Bake the wedges

Transfer the wedges and **garlic** to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes, tossing halfway. Chop the **parsley** in the meantime.



Prepare the beef tenderloin

Pat the **beef** dry with kitchen paper and season with salt and pepper. When the wedges have 15 minutes left, melt the butter in a frying pan over high heat. When the butter is nice and hot, sear the **beef** for 2 - 3 minutes per side. Transfer to an oven dish and roast for 5 - 10 minutes (see Tip).

Tip: the cooking time depends on your oven and preference. If you're not a fan of rare beef, roast for at least 6 minutes or sear longer in the frying pan.



Make the sauce

Add a third of the mustard to the same frying pan and pour in the water (see pantry for amount). Mix well and season to taste with salt and pepper, then allow to reduce as preferred.



Make the salad

Finely chop the **onion** and halve the mini Roma **tomatoes**. Separate the **lettuce** leaves, leaving them whole. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and the **onion**, along with the rest of the mustard. Season to taste with salt and pepper, then add the **lettuce** and **tomatoes** and toss well to combine.



Serve

Toss the **parsley** with the wedges and then serve with the mayonnaise alongside. Slice the **beef tenderloin** and serve alongside (see Tip). Top the **beef** with the mustard sauce. Serve with the salad.

Tip: slice the beef against the grain. To do this, look closely and you should see lines running across the surface of the meat. Position the beef tenderloin so that the lines are horizontal and then slice through the lines vertically. This ensures a more tender bite.

Enjoy!



Steak Ramen in Miso Broth with a Jammy Egg

with am choi, corn & scallions

Nice & Fast

Total time: 25 - 35 min.



Marinated steak



Egg



Scallions



Am choi



Pre-cut fresh ginger,
garlic & red chili pepper



White miso paste



Corn



Mie noodles



East Asian-style sauce



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

Miso! A Japanese seasoning with a sweet and savoury taste. Use it for broths, sauces or dressings, or make a special miso mayonnaise, for example.

Before you begin

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

Utensils

Aluminum foil, sieve or colander, large wok or deep frying pan, saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Egg* (unit(s))	1	2	3	4	5	6
Scallions* (bunch)	½	1	1	2	2	3
Am choi* (g)	100	200	400	400	600	600
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
White miso paste (g)	10	25	35	50	60	75
Corn (g)	70	140	210	285	350	425
Mie noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	400	800	1200	1600	2000	2400
[Low sodium] beef stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3004 /718	323 /77
Total fat (g)	26	3
of which saturated (g)	8,8	0,9
Carbohydrates (g)	70	8
of which sugars (g)	20,2	2,2
Fibre (g)	6	1
Protein (g)	48	5
Salt (g)	5,6	0,6

Allergens

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



Prepare

- Take the **steak** out of the fridge and allow it to reach room temperature (see Tip).
- Boil plenty of water in a saucepan for the **eggs**.
- Discard the tough base of the **am choi** and then finely chop the rest.
- Finely chop the **scallions** and separate the white part from the greens.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. This way, the steak will be at room temperature when you eventually fry it.



Cook the noodles

- Meanwhile, melt a knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the **steak** for 1 - 3 minutes per side until done. Season with pepper and then allow to rest for 3 minutes under aluminium foil.
- Transfer the **noodles** and **am choi** to the wok and stir-fry for 2 - 4 minutes or until the **noodles** are done.
- Drain the **corn** in the meantime.



Boil the egg

- Heat a drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat.
- Stir-fry the white part of the **scallions** with the **garlic-ginger-chili** mix for 1 - 2 minutes.
- Add the **East Asian-style sauce** and the **miso paste*** and fry for 2 more minutes. Crumble in the stock cube, then add the white wine vinegar, ketjap and water (see pantry for amounts). Taste and then add sambal as preferred.
- Boil the **egg** for 5 - 7 minutes, then rinse under cold water and peel off the shell.

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



Serve

- Slice the **steak** into strips.
- Serve the ramen in deep plates or bowls and top with the **corn**, **steak** and **egg**.
- Garnish with the **scallion** greens.

Did you know... 🌱 scallions are very high in calcium compared to other vegetables, as are kale and pak choi.

Enjoy!



Steak with Creamy Mushroom Sauce

with bacon green beans, carrot purée, & roast potatoes

Family

Total time: 60 - 70 min.



Steak



Potatoes



Italian seasoning



Garlic



Fresh rosemary



Mushrooms



Green beans



Carrot



Heavy cream



Bacon lardons



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

Mushrooms are a great addition to your meal - they contain vitamin B2, are high in protein, and provide a nice bite in a 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

Aluminum foil, tall container, oven dish, 2x lidded pot or saucepan, kitchen paper, small bowl, immersion blender, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	300	600	900	1200	1500	1800
Italian seasoning (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Garlic (unit(s))	1	2	3	4	5	6
Fresh rosemary* (sprig)	1	2	3	4	5	6
Mushrooms* (g)	125	250	375	500	625	750
Green beans* (g)	100	200	300	400	500	600
Carrot* (unit(s))	1	1	2	2	3	3
Heavy cream* (ml)	100	200	300	400	500	600
Bacon lardons* (g)	25	50	75	100	125	150
From your pantry						
[Low sodium] beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	2	4	6	8	10	12
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)	4945 /1182	540 /129
Total fat (g)	77	8
of which saturated (g)	43,2	4,7
Carbohydrates (g)	72	8
of which sugars (g)	9	1
Fibre (g)	18	2
Protein (g)	44	5
Salt (g)	2,5	0,3

Allergens

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



Prepare

Take the **steak** and the butter out of the fridge and allow to reach room temperature (see Tip). Preheat the oven to 180°C and boil plenty of salted water in a pot or saucepan. Peel the **potatoes** and cut them into rough pieces, then boil for 6 - 8 minutes, covered. Drain and then set aside.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking.



Roast the potatoes

Meanwhile, pat the **steak** dry with kitchen paper and season with the **Italian herbs**, along with salt and pepper. Crush or mince the **garlic**. Discard the **rosemary** stem and finely chop the leaves. In a small bowl, combine half of the butter with the **rosemary** and a third of the **garlic**. Season to taste with salt and pepper, then stir it into the **potatoes**. Transfer the **potatoes** to an oven dish and roast for 20 - 25 minutes.



Fry the steak

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

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



Fry the mushrooms

Boil two pots or saucepans of water. Discard the tips of the **green beans** and then cut them in half. Boil the **green beans** for 6 - 8 minutes, then drain and set aside. Finely dice the **carrot** and boil for 10 - 12 minutes in the other pan. Reserve some of the cooking liquid, then drain and set aside. Meanwhile, slice the **mushrooms** and fry with the rest of the **garlic** in the same pan you used for the **steak**. Deglaze with the white wine vinegar, then add three quarters of the **cream** and crumble in the stock cube (see pantry for amount). Mix well and allow to reduce over low heat.



Finish the vegetables

Heat a clean frying pan over medium-high heat and fry the **bacon lardons** for 6 - 8 minutes. Add the **green beans** and fry for 2 - 3 minutes. Meanwhile, transfer the **carrot** to a tall container along with the mustard and the rest of the **cream**. Use an immersion blender to process into a smooth purée, adding a splash of the reserved cooking liquid if necessary. Season to taste with salt and pepper.



Serve

Slice the **steak** against the grain into thin strips and serve with the **carrot** purée alongside. Serve the **potatoes** and **green beans** in nice serving dishes. Serve the **mushroom** sauce in a small bowl so as to allow everyone to serve it as preferred.

Enjoy!



Bacon-Wrapped Pork Escalope

with zesty lemon dressing & baby potatoes

Total time: 40 - 50 min.



Fresh thyme



Baby potatoes



Green beans



Onion



Lemon



Bacon



Fresh chives, dill
& flat leaf parsley



Romano beans



Pork escalope



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

It is not the type of potato that determines whether a potato is a baby potato, but the moment it is harvested. By harvesting potatoes young, they maintain their soft flavour and structure.

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, parchment-lined baking sheet, bowl, sieve or colander, grater, lidded pot or saucepan, 2x small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh thyme* (g)	2½	5	7½	10	12½	15
Baby potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Bacon* (slice(s))	2	4	6	8	10	12
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Romano beans* (g)	50	100	200	200	300	300
Pork escalope* (unit(s))	1	2	3	4	5	6

From your pantry						
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3699 /884	542 /130
Total fat (g)	52	8
of which saturated (g)	12,2	1,8
Carbohydrates (g)	65	9
of which sugars (g)	13,2	1,9
Fibre (g)	15	2
Protein (g)	37	5
Salt (g)	2	0,3

Allergens

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



Roast the baby potatoes

Take the **pork escalope** out of the fridge and allow it to reach room temperature. Preheat the oven to 220°C. Strip the **thyme** leaves from their stems. Wash the **baby potatoes** and cut them in half, then transfer to a parchment-lined baking sheet along with the **thyme**. Drizzle lightly with olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.

Did you know... 🍌 the skins of baby potatoes provide not just fibre but also vitamins; in particular, vitamin B6, which is important for the metabolism.



Fry the pork escalope

Season the **pork escalope** with salt and pepper, then wrap it in **bacon**. Melt a knob of butter in a frying pan over medium-high heat. Fry the **pork escalope** for 3 - 4 minutes per side or until done, then remove from the pan and set aside under aluminium foil.



Prepare

Discard the tough ends of both the **green beans** and the **Romano beans**. Halve the **green beans** and cut the **Romano beans** into 2cm chunks. Boil plenty of salted water for the **beans** in a pot or saucepan. Slice the **onion** into half rings in the meantime. Zest the **lemon** and then juice it into a small bowl. Boil the **green beans** with the **Romano beans** for 6 - 8 minutes, covered, then drain and rinse under cold water. Set aside to finish cooking later.



Fry the green beans

In the same pan, fry the **onion** with the **green beans** and **Romano beans** for 4 - 6 minutes or until done (see Tip). Remove the pan from the heat and stir in 1 tbsp per person of the dressing.

Tip: add a small knob of butter if necessary.



Make the dressing

In a small bowl, combine the mustard with the honey and extra virgin olive oil, along with (per person) 0.5 tsp **lemon** zest and 0.5 tbsp **lemon** juice. Season to taste with salt and pepper, then set aside. Finely chop the **chives**, **dill** and **parsley**, then transfer to a small bowl along with the mayonnaise. Mix well to combine, seasoning to taste with salt and pepper.



Serve

Serve the **pork escalope** with the **baby potatoes** and the **beans**. Drizzle the rest of the **lemon** dressing over the **pork escalope** (see Tip). Serve the herbed mayonnaise with the **baby potatoes**.

Tip: garnish with any remaining lemon zest as preferred.

Enjoy!



Fusion Chicken Tacos with Kimchi Wedges

with avocado, rainbow sesame slaw & cheddar

Family

Total time: 45 - 55 min.



Pulled chicken



Smoky tomato ketchup



Sesame oil



Fresh coriander



Avocado



Mini tortillas



Lime



Potatoes



Scallions



Kimchi sauce



Rainbow slaw mix



Garlic



Grated cheddar



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

This recipe is comprised of slow-cooked chicken on a soft tortilla with creamy sauce and fresh coleslaw. You are guaranteed to impress with these Korean-style tacos!

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, parchment-lined baking sheet, grater, salad bowl, 2x small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pulled chicken* (g)	100	200	300	400	500	600
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Sesame oil (ml)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Avocado (unit(s))	½	1	2	2	3	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Lime* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Scallions* (bunch)	½	1	1	2	2	3
Kimchi sauce (g)	20	40	60	80	100	120
Rainbow slaw mix* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5305 /1268	670 /160
Total fat (g)	74,5	9,4
of which saturated (g)	15,7	2
Carbohydrates (g)	102,2	12,9
of which sugars (g)	19,1	2,4
Fibre (g)	16,8	2,1
Protein (g)	41	5,2
Salt (g)	3,8	0,5

Allergens

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



Make the wedges

Preheat the oven to 200°C. Wash or peel the **potatoes** and cut into wedges, then transfer to a parchment-lined baking sheet. Drizzle with sunflower oil and season with salt and pepper, then toss well to coat. Bake in the oven for 30 - 35 minutes.



Make the slaw

In a salad bowl, combine the **slaw mix** with the **sesame oil**, white wine vinegar and sugar. Finely chop the **coriander** and add half to the slaw. Season to taste with salt and pepper, then toss well to combine and set aside.

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



Prepare the toppings

Halve and pit the **avocado**, then remove the skin and slice the flesh. Zest and juice half of the **lime**. In a small bowl, combine the mayonnaise with (per person) 1 tsp **lime** juice and 0.5 tsp **lime** zest. Cut the rest of the **lime** into wedges.



Fry the pulled chicken

Crush or **mince** the **garlic** and chop the **scallions**. Set aside the **scallion** greens to use later as garnish. Take the **pulled chicken** out of the packaging and separate into smaller pieces. Heat a drizzle of sunflower oil in a frying pan and fry the white part of the **scallions** for 1 - 2 minutes. Add the **pulled chicken**, the **garlic** and 30ml water per person, then fry for 4 - 6 minutes over medium-high heat. Meanwhile, combine the smoky **tomato** ketchup with 1 tbsp water per person.



Finish

Wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes. Take the wedges out of the oven and transfer to a serving dish. In a small bowl, combine the **kimchi sauce** with half of the **lime** mayo and season to taste with salt and pepper. Drizzle the wedges with the kimchi mayo and garnish with the reserved **scallion** greens.



Serve

Serve the **tortillas** on the table. Serve the **coriander**, the rest of the **lime** mayo, the smoky ketchup sauce, the **pulled chicken**, the **avocado**, the **cheddar**, the slaw and the **lime wedges** all in separate dishes. Allow everyone to assemble their own **tacos**. Serve the kimchi **potato** wedges alongside.

Enjoy!