



# Chicken Yakitori in Sweet Sesame Sauce

over rice with scallions & vegetables

Calorie Smart Family Nice & Fast

Total time: 25 - 30 min.



Garlic



Carrot



Broccoli



Jasmine rice



Scallions



Diced chicken



Skewers



East Asian-style sauce



Sesame seeds



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

Jasmine rice is similar to basmati rice in texture, appearance and nutritional value. However, jasmine rice has a slightly stronger flavour.

## Before you begin

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

## Utensils

Lidded frying pan, 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
Carrot* (unit(s))	1	1	2	2	3	3
Broccoli* (g)	100	200	360	360	560	560
Jasmine rice (g)	75	150	225	300	375	450
Scallions* (bunch)	½	1	1	2	2	3
Diced chicken* (g)	100	200	300	400	500	600
Skewers (unit(s))	2	4	6	8	10	12
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
From your pantry						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	45	90	120	150	210	240
[Reduced salt] soy sauce	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2749 / 657	519 / 124
Total fat (g)	18	3
of which saturated (g)	3,2	0,6
Carbohydrates (g)	84	16
of which sugars (g)	18,6	3,5
Fibre (g)	12	2
Protein (g)	34	6
Salt (g)	2,7	0,5

## 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 rice and crumble in the stock cube (see pantry for amount).
- Crush or mince the garlic and thinly slice the carrot.
- Cut the head of the broccoli into florets and then dice the stem.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the garlic with the carrot for 1 minute.

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



### 2. Boil the rice

- Boil the rice for 10 - 12 minutes, then drain and set aside.
- To the carrots, add the broccoli and the water (see pantry for amount).
- Cover with the lid and allow to stew for 8 - 10 minutes or until done.



### 3. Fry the chicken

- Cut the scallions into 2cm chunks.
- Thread the chicken and the scallions onto the skewers (see Tip).
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the skewers for 3 - 4 minutes per side, or until golden-brown.
- During the final minute, add the East Asian-style sauce and the sesame seeds. Allow the sauce to caramelize.

**Tip:** if you're short on time, you can skip making the skewers and just fry the chicken and scallions directly in the pan.



### 4. Serve

- Serve the rice and vegetables on plates and pour over the sauce.
- Top with the chicken skewers and serve with soy sauce on the side as preferred.

Enjoy!





# Creamy Courgette Lasagne

with fresh pasta sheets & spinach

Family Veggie

Total time: 55 - 65 min.



Courgette



Onion



Garlic



Fresh oregano



Spinach



Cooking cream



Grana Padano flakes DOP



Fresh lasagne sheets



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, bowl, oven dish, whisk, wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh oregano* (g)	2½	5	7½	10	12½	15
Spinach* (g)	100	200	300	400	500	600
Cooking cream (g)	100	200	300	400	500	600
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Fresh lasagne sheets* (g)	100	200	300	400	500	600
From your pantry						
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
[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)	3397 /812	440 /105
Total fat (g)	43	6
of which saturated (g)	20,7	2,7
Carbohydrates (g)	78	10
of which sugars (g)	10,7	1,4
Fibre (g)	12	2
Protein (g)	26	3
Salt (g)	1,3	0,2

## Allergens

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



### 1. Slice the courgette

Preheat the oven to 220°C and prepare the stock. Slice the **courgette** into rounds of 0.5cm thickness.



### 2. Roast the courgette

Transfer the courgette to a bowl and drizzle generously with olive oil. Season with salt and pepper, then toss well to coat (see Tip). Transfer the courgette to a parchment-lined baking sheet and roast in the oven for 10 minutes. In the meantime, chop the onion and crush or mince the garlic. Pull the oregano leaves off the stems and finely chop the leaves.

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



### 3. Make the roux

Melt the butter in a wok or deep frying pan over medium-high heat. Fry the **onion** and **garlic** for 2 minutes, then whisk in the flour. Pour in a third of the stock and whisk continuously to incorporate, then repeat twice more with the rest of the stock so as to make a smooth sauce. Bring to a boil, then allow to thicken and reduce for 1 - 2 minutes (see Tip). Season the sauce taste with black pepper.

**Tip:** this technique is known as making a roux. For this, it's important that the quantities are precise; 1 tbsp butter is 15g and 1 tbsp flour is 20g. You can use measuring spoons or a scale as preferred.



### 4. Finish the sauce

Stir the **oregano** and **spinach** into the sauce and allow the **spinach** to wilt and reduce. Add the **cooking cream** and a third of the **cheese**, then season with salt and pepper and cook for 2 - 3 more minutes. Grease an oven dish with butter or olive oil. Cut the **lasagne sheets** as necessary according to the size of the oven dish.

**Did you know...** 🌱 spinach is a great source of iron, which helps us feel more energised. If you don't eat meat, it's important to be mindful of your iron intake. As well as spinach and other leafy greens, other good sources of iron include nuts, seeds, tofu and pulses.



### 5. Assemble the lasagne

Transfer a shallow layer of sauce to the oven dish. Top with **lasagne sheets** and press down (see Tip). Top the **lasagne sheets** with a layer of sauce, then arrange some of the **courgette** slices on top. Repeat so as to use all the ingredients, reserving some sauce for the top.

**Tip:** this will help the sauce spread evenly and the lasagne will cook more quickly.



### 6. Serve

Top with a final layer of sauce and scatter over the rest of the **cheese**. Bake the **lasagne** for 30-35 minutes, then allow to stand for 3 minutes before serving.

Enjoy!





# Creamy Chicken Farfalle in Courgette Sauce

with Parmigiano Reggiano, basil crème & cherry tomatoes

Family Nice & Fast

Total time: 25 - 30 min.



Courgette



Red cherry tomatoes



Onion



Garlic



Italian seasoning



Chicken mince with Italian seasoning



Cooking cream



Parmigiano Reggiano DOP



Basil crème



Farfalle



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

Immersion blender, lidded saucepan, microplane, pot or saucepan, deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Cooking cream (g)	50	100	150	200	250	300
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Basil crème* (ml)	10	15	24	30	39	45
Farfalle (g)	90	180	270	360	450	540
From your pantry						
Low sodium vegetable stock cube (unit(s))	⅙	¼	⅓	½	⅔	¾
Water for the sauce (ml)	50	100	150	200	250	300
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)	3155 /754	634 /152
Total fat (g)	30	6
of which saturated (g)	11,6	2,3
Carbohydrates (g)	80	16
of which sugars (g)	13,4	2,7
Fibre (g)	10	2
Protein (g)	37	7
Salt (g)	1,3	0,3

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan and cook the farfalle for 11-13 minutes, then drain and set aside.
- Slice half of the courgette into crescents and roughly chop the rest.
- Finely chop half of the onion and cut the rest into rough chunks.
- Crush or mince the garlic.

**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.



### 2. Make the sauce

- Heat half of the olive oil in a lidded saucepan over medium-high heat. Fry the garlic with the roughly chopped courgette and onion for 3 - 4 minutes.
- Stir in the cream and half of the Italian seasoning, then pour in the water and crumble in the stock cube (see pantry for amounts).
- Cover with the lid and allow to simmer over low heat for 8 - 10 minutes, or until the courgette is soft.



### 3. Fry the vegetables

- Use an immersion blender to process into a smooth sauce, then season to taste with salt and pepper.
- Heat the rest of the olive oil in a deep frying pan over medium-high heat. Fry the mince for 3 minutes, separating it as you do so.
- Add the cherry tomatoes, along with the rest of the courgette, onion and Italian herbs. Mix well and fry for 7 - 9 minutes.



### 4. Serve

- Finely grate the Parmigiano Reggiano.
- Transfer the sauce and the chicken mixture to the farfalle and mix well to combine, adding a splash of water if necessary.
- Serve the farfalle on plates and drizzle with the basil crème.
- Garnish with the Parmigiano Reggiano to finish.

Enjoy!





# Bulgogi Pork Stir-Fry

with wholewheat noodles, sweetheart cabbage & sesame seeds

Calorie Smart Family Nice & Fast

Total time: 25 - 30 min.



Fresh ginger



Garlic



Onion



Scallions



Farmer's sausage



Wholewheat noodles



Chopped sweetheart cabbage



Bulgogi sauce



Soy sauce



Sesame seeds



Red chili pepper



Bell pepper



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

We've already sliced the sweetheart cabbage in your box, so it's even easier to put a quick and tasty meal on the table

## 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, microplane, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Wholewheat noodles (g)	50	100	150	200	250	300
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Bulgogi sauce (g)	20	35	55	70	90	105
Soy sauce (ml)	10	15	25	30	40	45
Sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Red chili pepper* (unit(s))	⅙	¼	⅓	½	⅔	¾
Bell pepper* (unit(s))	½	1	2	2	3	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2552 /610	533 /127
Total fat (g)	28	6
of which saturated (g)	7,3	1,5
Carbohydrates (g)	58	12
of which sugars (g)	14,1	2,9
Fibre (g)	10	2
Protein (g)	30	6
Salt (g)	3,1	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.
- Crush or mince the garlic and grate the ginger with a microplane.
- Chop the onion and cut the bell pepper into strips. Deseed and finely chop the red chili pepper\*.
- Finely chop the scallions and set aside a small amount of the greens to use later as garnish.

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



### 2. Fry the meat

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the ginger with the garlic, chili pepper and onion for 1 - 2 minutes.
- Cut open the sausage and squeeze the meat out of the skin directly into the pan.
- Stir-fry for 2 - 3 minutes, separating the meat as you do so. In the meantime, boil the noodles for 1 - 2 minutes, then add the cabbage and cook for 1 more minute.



### 3. Fry the vegetables

- Add the bulgogi sauce, scallions and bell pepper, then stir-fry for 4 - 5 minutes over medium-high heat.
- Drain the noodles and cabbage and then transfer to the frying pan.
- Deglaze with the soy sauce, white wine vinegar and 1 tbsp water per person.
- Mix well and cook for 1 more minute over high heat.



### 4. Serve

- Serve the stir-fry on plates.
- Garnish with the sesame seeds and the reserved scallion greens.

**Did you know...** 🌱 our wholewheat noodles are made with 100% wholewheat flour. They contain more fibre than regular noodles and up to five times more vitamins and minerals; such as potassium, magnesium and iron, as well as vitamins B1, B2 and E.

Enjoy!





# Roasted Vegetables with Pomegranate & Hummus

over bulgur with fresh herbs & Middle Eastern spices

Calorie Smart Plant-Based

Total time: 40 - 50 min.



Hummus



Bulgur



Middle Eastern  
spice mix



Sweet potato



Cauliflower



Pomegranate



Fresh flat leaf parsley  
& mint



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

Got leftover pomegranate seeds? Sprinkle them over your avocado toast. Pairing them with avocado is both delicious and pleasing to the eye.

## 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, two small bowls

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hummus* (g)	40	80	120	160	200	240
Bulgur (g)	40	75	110	150	185	225
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Cauliflower* (g)	250	500	750	1000	1250	1500
Pomegranate* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	175	350	525	700	875	1050
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
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)	2669 / 638	377 / 90
Total fat (g)	28	4
of which saturated (g)	4,2	0,6
Carbohydrates (g)	70	10
of which sugars (g)	12,6	1,8
Fibre (g)	18	3
Protein (g)	14	2
Salt (g)	1,1	0,2

## Allergens

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



### 1. Roast the vegetables

- Preheat the oven to 200 °C. Wash or peel the sweet potato and slice it into 1cm thick crescents.
- Cut the head of the cauliflower into florets and dice the stem. Transfer both to a bowl and drizzle generously with olive oil.
- Add the Middle Eastern spices and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 18 - 20 minutes.



### 2. Prepare the pomegranate

- Boil the water in a pot or saucepan and crumble in the stock cube (see pantry for amounts). Cook the bulgur for 10 - 12 minutes, then drain and set aside.
- Meanwhile, roll the pomegranate over the countertop so as to release the seeds, then cut it open and scoop them out.



### 3. Make the dressing

- Finely chop the fresh herbs and transfer half to a small bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then season to taste with salt and pepper and mix well to combine.
- Transfer the hummus to another small bowl and add the water for the sauce (see pantry for amount).
- Season to taste with salt and pepper and mix well to combine



### 4. Serve

- Serve the bulgur on plates and top with the roasted vegetables.
- Drizzle with the hummus and herb dressing, then garnish with the pomegranate seeds and the rest of the fresh herbs.

**Did you know...** 🌱 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.

Enjoy!





# Sweet Potato Soup with Greek-Style Cheese

with a crispy courgette-cashew topping

Veggie

Total time: 35 - 45 min.



Garlic



Onion



Sweet potato



Courgette



Peruvian-style spice mix



Fresh coriander



Greek-style cheese



Chopped cashews



Potatoes



Wholegrain ciabatta



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 soup pot, immersion blender, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Sweet potato (g)	100	200	300	400	500	600
Courgette* (unit(s))	¾	1½	2	3	3½	4½
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Chopped cashews (g)	10	20	30	40	50	60
Potatoes (g)	100	200	375	500	575	700
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3159 / 755	338 / 81
Total fat (g)	33	4
of which saturated (g)	12,3	1,3
Carbohydrates (g)	81	9
of which sugars (g)	16,5	1,8
Fibre (g)	22	2
Protein (g)	28	3
Salt (g)	3,8	0,4

## 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 180°C and prepare the stock (see Tip). Chop the **onion** and crush or **mince** the **garlic**. Weigh and peel both types of **potatoes** and cut them into rough chunks of around 2cm. Finely dice the **courgette** into 0.5cm cubes.

*Tip: if you're watching your salt intake, use (per person) half a stock cube and 350ml water. When serving, use just half of the cheese and keep the rest to use the next day.*



### 4. Fry the courgette

In the meantime, heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **courgette** for 6 - 8 minutes or until done. Season to taste with salt and pepper.



### 2. Make the soup

Heat half of the olive oil in a soup pot over medium-high heat. Fry the onion with the garlic for 30 seconds, then add the Peruvian spices and fry for another 30 seconds. Add the stock and both types of potatoes, then bring to the boil. Set the heat to medium-low, cover with the lid and allow to cook gently for 15 minutes.



### 5. Finish the soup

Use an immersion blender to process into a smooth soup, adding a splash of water as necessary if the soup is too thick. Stir in the balsamic vinegar and season to taste with salt and pepper.



### 3. Prepare the toppings

Meanwhile, roughly chop the **coriander** and dice the **Greek-style cheese** (see Tip). Bake the **bread** in the oven for 8 - 10 minutes.

*Tip: serve the coriander separately so as to allow everyone to garnish as preferred.*



### 6. Serve

Serve the soup on deep plates. Garnish with the **Greek-style cheese**, **courgette**, **cashews** and **coriander**. Serve with the **bread** alongside.

*Did you know...* 🌱 both regular and sweet potatoes are rich in minerals such as zinc, iron and potassium, as well as vitamins B and C. Sweet potatoes are particularly good sources of vitamin A, which boosts immunity and eye health.





# Avocado Bulgur Bowl with Feta

with caramelized onion, lemon & almonds

Calorie Smart Veggie

Total time: 35 - 45 min.



Green lentils



Bulgur



Onion



Shaved almonds



Kumato tomato



Little gem



Lemon



Feta



Middle Eastern  
spice mix



Avocado dip



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

Top this dish with flaked almonds for a perfect finishing touch. Did you know that almonds are actually stonefruits, just like peaches and apricots?

## 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

Pot or saucepan, salad bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green lentils (g)	30	60	80	120	140	180
Bulgur (g)	35	75	115	150	190	225
Onion (unit(s))	½	1	1	2	2	3
Shaved almonds (g)	10	20	30	40	50	60
Kumato tomato* (unit(s))	1	2	3	4	5	6
Little gem* (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Feta* (g)	40	75	100	125	175	200
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Avocado dip* (g)	40	80	160	160	240	240

### From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2883 / 689	619 / 148
Total fat (g)	36	8
of which saturated (g)	12,9	2,8
Carbohydrates (g)	60	13
of which sugars (g)	12,1	2,6
Fibre (g)	20	4
Protein (g)	25	5
Salt (g)	2	0,4

## Allergens

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



### 1. Cook the bulgur

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Weigh the lentils and the **bulgur**. Boil the lentils for 20 minutes, then add the **bulgur** and cook for 10 more minutes. Drain if necessary and set aside.



### 2. Toast the almonds

Heat a clean frying pan over medium-high heat and toast the almonds until golden-brown, then remove from the pan and set aside. In the meantime, slice the onion into thin half rings.



### 3. Caramelize the onion

Melt a knob of butter in the same frying pan over medium-high heat and fry the **onion** for 5 minutes. Add the **Middle Eastern spices**, the sugar and half of the balsamic vinegar, mix well and fry for 2-3 more minutes.



### 4. Make the salad

Dice the **tomato** and finely chop the **lettuce**, then add both a salad bowl. Cut the **lemon** into wedges and crumble the **feta**.



### 5. Mix the salad

Add the **bulgur** and lentils to the salad bowl, along with half of the **feta**. Add the extra virgin olive oil and the rest of the balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.



### 6. Serve

Serve the salad on plates. Top with the **onion** and the **avocado dip**, along with the rest of the **feta**. Garnish with the toasted **almonds** and serve with the **lemon** wedges.

Enjoy!





# Wholewheat Veggie Quesadillas

with pico de gallo & chili mayo

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Onion



Courgette



Bell pepper



Tomato



Fresh coriander



Lime



Mexican-style spices



Sweet chili sauce



Wholewheat tortilla



Grated Gouda



Herbed cheese cubes



Ground paprika



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

Parchment-lined baking sheet, bowl, large bowl, small bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	¼	½	¾	1	1¼	1½
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	25	50	75	100	125	150
Herbed cheese cubes* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1½	3	4½	6	7½	9
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (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)	2778 /664	549 /131
Total fat (g)	39	8
of which saturated (g)	13,9	2,7
Carbohydrates (g)	49	10
of which sugars (g)	11,4	2,3
Fibre (g)	15	3
Protein (g)	23	5
Salt (g)	2,3	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.
- Finely chop the onion and slice the courgette into crescents. Cut the bell pepper into strips.
- Transfer the bell pepper and courgette to a large bowl and drizzle lightly with olive oil.
- Add the paprika and Mexican-style spices\* and season with salt and pepper, then toss well to coat.

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



### 2. Make the pico de gallo

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes.
- Quarter the lime.
- Dice the tomato and finely chop the coriander.
- In a bowl, combine the tomato with the coriander and the onion (see Tip). Add the juice of 1 lime wedge per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

**Tip:** the onion is served raw, but you can also fry it with the vegetables instead if preferred.



### 3. Make the quesadillas

- Transfer the tortillas to a parchment-lined baking sheet.
- Top with the fried vegetables, leaving half of each tortilla empty.
- Add both cheeses, then fold the tortilla over and press down so as to seal the quesadillas.
- Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.



### 4. Serve

- In a small bowl, combine the mayonnaise with the sweet chili sauce.
- Serve the quesadillas with any remaining lime wedges.
- Serve the pico de gallo and the chili mayo alongside.

**Did you know...** 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene!

Enjoy!





# Yazzara-Beef Naan Pizza

with spinach & tomato salad

Nice & Fast

Total time: 20 - 25 min.



Naan bread



Onion



Garlic



Beef mince with kofta seasoning



Spinach



Tomato



Yazzara



[Persian] cucumber



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

Yazzara is a refreshing vegetable dip made of pumpkin, carrot, cream and ginger. It will give your naan pizza more color and a nice kick!

## 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

Salad bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Naan bread (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Spinach* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Yazzara* (g)	40	80	120	160	200	240
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3565 /852	607 /145
Total fat (g)	42	7
of which saturated (g)	10,5	1,8
Carbohydrates (g)	77	13
of which sugars (g)	12,8	2,2
Fibre (g)	10	2
Protein (g)	35	6
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 200°C and bake the naan for 4 - 6 minutes (see Tip).
- Chop the onion and crush or mince the garlic.

**Tip:** you can also use a toaster if preferred.



### 2. Fry the mince

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the garlic and onion for 2 - 3 minutes.
- Add the beef mince and fry for 3 minutes, then add half of the spinach and fry for 2 minutes.
- Season to taste with salt and pepper.



### 3. Make the salad

- Cut the tomatoes into wedges and dice the cucumber.
- Finely chop the rest of the spinach or leave it whole as preferred.
- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil and season to taste with salt and pepper.
- Add the tomato, cucumber and spinach, then toss well to combine with the dressing.



### 4. Serve

- Top the naan with the yazzara and then with the beef and the spinach.
- Serve the salad alongside.

Enjoy!

**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.





# Linguine with Homemade Spinach Pesto

with roasted cherry tomatoes & Grana Padano

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Linguine



Red cherry tomatoes



Garlic



Fresh basil



Lemon



Spinach



Chopped cashews



Grana Padano flakes DOP



Arugula



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

Tall container, oven dish, pot or saucepan, immersion blender, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	150	200	250	300
Chopped cashews (g)	10	20	30	40	50	60
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Arugula* (g)	20	40	60	80	100	120
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3448 / 824	894 / 214
Total fat (g)	46	12
of which saturated (g)	9,9	2,6
Carbohydrates (g)	76	20
of which sugars (g)	9,8	2,5
Fibre (g)	8	2
Protein (g)	25	7
Salt (g)	0,3	0,1

## Allergens

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



## 1. Prepare

- Preheat the oven to 200°C.
- Boil plenty of salted water in a pot or saucepan.
- Halve the cherry tomatoes and crush or mince the garlic. Pull the basil leaves off the stems and juice the lemon.
- Boil the linguine for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.



## 3. Make the spinach pesto

- Transfer the spinach, garlic, basil and cashews to a tall container, along with half of the Grana Padano.
- Add the extra virgin olive oil and (per person) 1 tbsp lemon juice and 0.5 tbsp pasta water. Use an immersion blender to process into a smooth pesto. Taste and season with salt and pepper as needed.
- Stir as much of the spinach pesto as you'd like into the pasta and mix well to combine (see Tip).

*Tip: the rest of the pesto can be used as a salad dressing or on a sandwich the next day.*



## 2. Roast the cherry tomatoes

- Transfer the cherry tomatoes to an oven dish and drizzle with the olive oil and balsamic vinegar.
- Season generously with salt and pepper and roast in the oven for 12 - 15 minutes.
- Heat a clean frying pan over medium-high heat and toast the cashews until lightly golden-brown, then remove from the pan and set aside.
- In the same pan, fry the spinach for 3 - 4 minutes or until wilted.



## 4. Serve

- Serve the arugula on plates and top with the linguine and the cherry tomatoes.
- Drizzle with the cooking juices from the oven dish.
- Garnish with the rest of the Grana Padano.

**Did you know...** 🌱 *spinach is a great source of iron, which helps us feel more energised. If you don't eat meat, it's important to be mindful of your iron intake. As well as spinach and other leafy greens, other good sources of iron include nuts, seeds, tofu and pulses.*

**Enjoy!**





# Hamburger with Cheesy Pesto Mash

with oregano courgette, fried onions & spinach

Family Nice & Fast

Total time: 25 - 30 min.



Pesto cheese cubes



Potatoes



Seasoned hamburger



Courgette



Onion



Spinach



Dried oregano



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

Spinach contains many nutrients, including iron. This is essential for carrying oxygen throughout your body, making sure that you feel energised.

## 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, deep frying pan, pot or saucepan, potato masher, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pesto cheese cubes* (g)	50	100	150	200	250	300
Potatoes (g)	250	500	750	1000	1250	1500
Seasoned hamburger* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	50	100	200	200	300	300
Dried oregano (sachet(s))	⅓	⅔	1	1½	1½	2
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
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)	3498 / 836	540 / 129
Total fat (g)	50	8
of which saturated (g)	27	4,2
Carbohydrates (g)	52	8
of which sugars (g)	6,6	1
Fibre (g)	14	2
Protein (g)	39	6
Salt (g)	2,6	0,4

## Allergens

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



### 1. Prepare

- Peel or thoroughly wash the potatoes and cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube and boil for 12 - 15 minutes.
- Reserve a small amount of cooking liquid, then drain and return to the pot.
- Meanwhile, slice the onion into half rings and cut the courgette into 5cm batons.



### 3. Mash the potatoes

- Deglaze the onion with the white balsamic vinegar, then keep warm over medium heat until serving. Season with salt and pepper.
- Meanwhile, mash the potatoes with the rest of the butter and a splash of cooking liquid as preferred.
- Stir in the pesto cheese cubes and then season to taste with salt and pepper.



### 2. Fry the vegetables and burger

- Heat the olive oil in a deep frying pan over medium-high heat. Fry the courgette with the oregano for 5 - 7 minutes.
- When the courgette is done, stir in the spinach and allow to wilt and reduce, then season with salt and pepper.
- Meanwhile, melt half of the butter in a frying pan over medium-high heat. Fry the onion with the burger for 2 - 3 minutes per side.
- Remove the burger from the pan and set aside under aluminium foil.



### 4. Serve

- Serve the mashed potatoes on plates.
- Top with the courgette, spinach, onion and burger.

Enjoy!





# Wholewheat Tempeh Wraps with Mango Chutney

with crunchy cucumber slaw & pear

Calorie Smart Plant-Based Nice & Fast

Total time: 20 - 25 min.



-  [Persian] cucumber
-  Pear
-  Slaw mix
-  Soy sauce
-  East Asian-style sauce
-  Sesame oil
-  Wholewheat mini tortilla
-  Mango chutney
-  Garlic
-  Diced tempeh
-  Onion



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

Tempeh originates from Indonesia and is made from fermented soybeans. This tempeh is full of protein and iron, which makes it very suitable as a meat substitute.

## Before you begin

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

## Utensils

Aluminum foil, large bowl, small bowl, two frying pans

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
[Persian] cucumber* (unit(s))	½	1	1	2	2	3
Pear* (unit(s))	½	1	2	2	3	3
Slaw mix* (g)	50	100	150	200	250	300
Soy sauce (ml)	10	20	30	40	50	60
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Sesame oil (ml)	5	10	15	20	25	30
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Mango chutney* (g)	20	40	60	80	100	120
Garlic (unit(s))	½	1	1½	2	2½	3
Diced tempeh* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (ml)	30	60	90	120	150	180
Salt	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2669 / 638	492 / 118
Total fat (g)	25	5
of which saturated (g)	3,7	0,7
Carbohydrates (g)	70	13
of which sugars (g)	30,4	5,6
Fibre (g)	13	2
Protein (g)	28	5
Salt (g)	3,1	0,6

## Allergens

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



### 1. Prepare

- Preheat the oven to 180°C (see Tip).
- Cut the cucumber into matchsticks and crush or mince the garlic.
- Core and thinly slice the pear.
- Slice the onion into half rings.

**Tip:** this is to heat the tortillas later, but you can also use a frying pan instead.



### 2. Make the slaw

- In a large bowl, combine the sesame oil with the white wine vinegar and a pinch of salt.
- Add the slaw mix and the cucumber, then toss well to combine and set aside.
- In a small bowl, combine the soy sauce with the garlic and East Asian-style sauce. Mix well.



### 3. Fry the tempeh

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the tempeh with the onion for 2 - 3 minutes or until golden-brown, then stir in the sauce and fry for 1 - 2 more minutes.
- In another frying pan, heat a light drizzle of sunflower oil over medium-high heat. Fry the pear for 2 - 3 minutes until soft and lightly browned.
- Meanwhile, wrap the tortillas in aluminium foil and heat in the oven for 3 - 4 minutes.



### 4. Serve

- Spread the tortillas with the mango chutney.
- Top with the cucumber slaw, pear, onion and 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!





# Creamy Courgette Penne with Hake

with cherry tomatoes, lemon & mint

Family Nice & Fast

Total time: 15 - 20 min.



Penne



Courgette



Garlic



Lemon



Onion



Red cherry tomatoes



Heavy cream



Italian seasoning



Fresh mint



Sicilian-style herb mix



Skin-on hake fillet



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

You season this pasta with Sicilian herbs. This mix includes tomato, onion, pepper, basil and oregano.

## 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, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Courgette* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Heavy cream* (ml)	100	200	300	400	500	600
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Fresh mint* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6

### From your pantry

White wine vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium fish 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)	4079 / 975	710 / 170
Total fat (g)	54	9
of which saturated (g)	28,4	4,9
Carbohydrates (g)	81	14
of which sugars (g)	11,7	2
Fibre (g)	10	2
Protein (g)	37	6
Salt (g)	1,6	0,3

## Allergens

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



### 1. Boil the penne

- Boil plenty of water in a pot or saucepan and cook the penne for 9 - 11 minutes, covered.
- Meanwhile, grate the courgette and crush or mince the garlic. Quarter the lemon and halve the cherry tomatoes. Slice the onion into half rings.



### 2. Make the sauce

- Heat a drizzle of olive oil in a deep frying pan and fry the onion with the garlic and cherry tomatoes for 1 - 2 minutes.
- Stir in the cream, white wine vinegar and Italian herbs. Simmer for 3 minutes over low heat, then crumble in the stock cube (see pantry for amount).
- Stir in the grated courgette and season to taste with salt and pepper.
- In the meantime, finely chop the mint leaves.



### 3. Fry the hake

- Melt the butter in a frying pan over medium-high heat.
- Season the hake on both sides with the Sicilian-style herbs, then fry for 2 - 3 minutes per side.
- Deglaze with the juice of 1 lemon wedge per person.
- Add half of the mint, then season to taste with salt and pepper.



### 4. Serve

- Stir the penne into the creamy courgette sauce and then serve on plates.
- Serve the hake and the butter sauce on top and garnish with the rest of the mint.

**Did you know...** 🌱 the hake in this recipe is rich in iodine, which is important for the thyroid, metabolism and growth in children. If you don't eat very much bread or if you eat unsalted bread, then it's important to eat enough fish and dairy to make sure you're getting enough iodine.





# Serrano Ham & Burrata Salad

with crema di balsamico, fennel, orange & giant couscous

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Fennel



Giant couscous



Fresh mint



Burrata



Serrano ham



Crema di balsamico



Easy peel orange



Lamb's lettuce



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

Traditionally, serrano ham is dried at high altitudes. It's even named after the Spanish word for highlands: sierra.

## Before you begin

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

## Utensils

Large bowl, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (unit(s))	½	1	1½	2	2½	3
Giant couscous (g)	75	150	225	300	375	450
Fresh mint* (g)	5	10	15	20	25	30
Burrata* (ball(s))	½	1	1½	2	2½	3
Serrano ham* (g)	20	40	60	80	100	120
Crema di balsamico (ml)	8	16	24	32	40	48
Easy peel orange* (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2498 / 597	425 / 102
Total fat (g)	19	3
of which saturated (g)	8,1	1,4
Carbohydrates (g)	80	14
of which sugars (g)	25	4,3
Fibre (g)	12	2
Protein (g)	26	4
Salt (g)	1,9	0,3

## Allergens

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



### 1. Boil the giant couscous

- Prepare the stock in a pot or saucepan for the giant couscous (see Tip).
- Boil the giant couscous for 12 - 14 minutes until done, then fluff through the grains with a fork and set aside.

**Tip:** to save time, use a kettle instead.



### 2. Prepare the fennel

- Quarter the fennel and remove the tough core, then dice the fennel.
- In a large bowl, combine the fennel with the white balsamic vinegar and the sugar (see Tip).
- Season with a pinch of salt and toss well to combine, then set aside, stirring occasionally.

**Tip:** if you don't like raw fennel, you can also boil it for 10 minutes.



### 3. Cut the orange

- Peel the orange and cut the flesh into segments.
- Discard the mint stalks and finely chop the leaves.
- To the fennel, add the lamb's lettuce, giant couscous, mint, orange and extra virgin olive oil.
- Season to taste with salt and pepper, then toss well to combine.

**Did you know...** 🍋 lamb's lettuce is high in iron and calcium, so the 20g in this salad helps contribute to a healthy intake of both minerals.



### 4. Serve

- Serve the salad on plates and top with the Serrano ham and the burrata.
- Drizzle with the crema di balsamico and some extra virgin olive oil as preferred.

Enjoy!





# Creamy Chicken Casarecce

with courgette & sundried tomatoes

Family Nice & Fast

Total time: 15 - 20 min.



Garlic



Courgette



Casarecce



Onion



Cooking cream



Grated Gouda



Bell pepper strips



Chicken thigh strips with Mediterranean herbs



Sundried tomatoes



Sicilian-style herb mix



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

Chicken thigh is considered the tastiest cut of chicken. In this recipe, it's pre-cut and flavoured with oregano, parsley and paprika.

## Before you begin

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

## Utensils

Deep frying pan, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Casarecce (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Cooking cream (g)	75	150	225	300	375	450
Grated Gouda* (g)	15	25	40	50	65	75
Bell pepper strips* (g)	50	100	150	200	250	300
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Sundried tomatoes (g)	15	30	50	70	80	100
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	3343 /799	642 /154
Total fat (g)	35	7
of which saturated (g)	15	2,9
Carbohydrates (g)	81	16
of which sugars (g)	15,9	3,1
Fibre (g)	10	2
Protein (g)	36	7
Salt (g)	2	0,4

## 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 casarecce.
- Dice the courgette into 1 - 2cm chunks.
- Slice the onion into half rings and crush or mince the garlic.
- Boil the casarecce for 10 - 12 minutes, then drain and set aside.



### 2. Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion for 1 - 2 minutes, then add the garlic and the chicken and fry for 4 minutes.
- In the meantime, cut the sundried tomatoes into smaller pieces.
- Stir in the courgette, bell pepper strips, sundried tomatoes and Sicilian-style herbs and fry for 3 - 4 more minutes.



### 3. Make the sauce

- Pour in the cream and crumble in the stock cube (see pantry for amount).
- Mix well and cook for 2 more minutes (see Tip).
- Stir in the casarecce and cook for 1 more minute, then season to taste with salt and pepper.

**Tip:** if the sauce is very watery, turn up the heat and continue cooking uncovered until sufficiently reduced.



### 4. Serve

- Serve the casarecce on plates and garnish with the grated cheese.

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

**Enjoy!**





# Sticky Tofu Poké Bowl with Avocado & Edamame

over rice with chili mayo & quick-pickled radish

Plant-Based Nice & Fast

Total time: 15 - 20 min.



-  East Asian-style sauce
-  Avocado
-  Radish
-  Edamame
-  Jasmine rice
-  Sweet chili sauce
-  Pre-cut fresh ginger, garlic & red chili pepper
-  Furikake
-  Cornflour
-  Seasoned tofu cubes



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

The radish leaves are also edible, what's more, they're actually very healthy! Rinse them well and add them to your bowl.

## 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 plate, lidded pot or saucepan, small bowl, frying pan, two bowls

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¼	2
Avocado (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
Edamame* (g)	50	100	150	200	250	300
Jasmine rice (g)	75	150	225	300	375	450
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
Furikake (sachet(s))	½	1	1½	2	2½	3
Cornflour (sachet(s))	½	1	1½	2	2½	3
Seasoned tofu cubes* (g)	90	180	270	360	450	540
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3996 /955	851 /203
Total fat (g)	48	10
of which saturated (g)	5,9	1,3
Carbohydrates (g)	104	22
of which sugars (g)	30,1	6,4
Fibre (g)	5	1
Protein (g)	24	5
Salt (g)	2,4	0,5

## Allergens

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



### 1. Boil the rice

- Boil plenty of salted water in a pot or saucepan and cook the rice for 10 - 12 minutes, covered, then drain and set aside (see Tip).
- Discard the radish leaves and then thinly slice the radishes.

**Health tip** 🌱 *this recipe is high in calories. Are you watching your calorie intake? Prepare all of the rice but then just serve two thirds. You can keep the rest of it in the fridge to use the next day.*



### 2. Prepare the radish

- Transfer the radishes to a bowl, then add the white wine vinegar and half of the sugar. Toss well to combine, seasoning with salt and pepper. Set aside until serving.
- In a bowl, combine the garlic-ginger-chili mix\* with the ketjap, the rest of the sugar and the East Asian-style sauce.

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



### 3. Slice the avocado

- Transfer the cornflour to a deep plate. Coat the tofu cubes with the cornflour (see Tip).
- Heat the sunflower oil in a frying pan over medium-high heat. Fry the tofu for 3 - 4 minutes.
- Meanwhile, halve and pit the avocado, then remove the skin and slice the flesh.

**Tip:** *do this immediately before frying. Otherwise, the cornstarch will become sticky and the tofu will no longer be crispy.*



### 4. Serve

- Add the sauce and lower the heat, then fry for 1 minute, ensuring the tofu is evenly coated with the sauce.
- In a small bowl, combine the sweet chili sauce with the mayonnaise.
- Serve the rice on deep plates. Arrange the radish, avocado, edamame and tofu on top.
- Drizzle with the chili mayo as preferred and garnish with the furikake.

Enjoy!





# Chicken Cheeseburger with Caramelised Onion

with salad & homemade potato wedges

Family

Total time: 40 - 50 min.



Potatoes



Onion



[Persian] cucumber



Grated cheddar



Tomato



Hamburger bun with sesame seeds



Chicken burger from Oranjevoen



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

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	¾	1	1½	1¾	2
Grated cheddar* (g)	15	25	40	50	65	75
Tomato (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Chicken burger from Oranjestad* (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	¾	1	1¼	1¾	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3272 / 782	507 / 121
Total fat (g)	37	6
of which saturated (g)	10,9	1,7
Carbohydrates (g)	78	12
of which sugars (g)	8,2	1,3
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	2,4	0,4

## Allergens

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



### 1. Make the wedges

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



### 3. Make the salad

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



### 2. Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat. Fry the burger and the onion for 8 - 10 minutes or until done, turning regularly.
- In the meantime, bake the burger bun in the oven for 4 - 5 minutes.



### 4. Serve

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

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

Enjoy!





# Pork Escalope with Mangetout

with carrot mash & shallot jus

Calorie Smart Family

Total time: 35 - 45 min.



Shallot



Garlic



Potatoes



Carrot



Pork escalope



Mangetout



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

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	¾	2	2½	3	4½	5
Pork escalope* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	100	150	200	250	350	400
From your pantry						
Low sodium beef stock (ml)	125	250	375	500	625	750
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	2	4	6	8	10	12

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2619 /626	346 /83
Total fat (g)	28	4
of which saturated (g)	17,5	2,3
Carbohydrates (g)	56	7
of which sugars (g)	14,5	1,9
Fibre (g)	17	2
Protein (g)	32	4
Salt (g)	1,2	0,2

## Allergens

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



## 1. Prepare

Take the **pork escalope** out of the fridge and allow it to reach room temperature (see Tip). Preheat the oven to 160°C and prepare the stock. Boil plenty of water in a pot or saucepan for the vegetables. Chop the **shallot** and crush or **mince** the **garlic**. Peel or thoroughly wash the **potatoes** then cut them into rough pieces. Dice the **carrot** into 2cm chunks.

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



## 2. Cook the vegetables

Boil the carrots for 5 minutes, covered, then add the potatoes and cook for 15 minutes. Ensure the vegetables are fully submerged. Reserve a small amount of the cooking liquid, then drain and set aside.

**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. Fry the pork

Melt a generous knob of butter in a frying pan over medium heat and fry the **shallot** and **garlic** for 3–4 minutes. Season the **pork** with pepper. Take half of the **shallot** and **garlic** out of the pan and set aside. Fry the **pork** in the same pan for 3 – 4 minutes until evenly browned, then transfer to an oven dish and roast for 6 – 8 minutes. Remove from the oven and then slice the **pork escalope**.



## 4. Make the jus

Increase the heat under the frying pan and deglaze with the stock and balsamic vinegar. Stir in the mustard and season with pepper, then allow to cook for 4 – 6 minutes or until it has reduced by half. Shortly before serving, whisk a knob of cold butter into the jus.



## 5. Boil the mangetout

Boil plenty of water in a saucepan and cook the **mangetout** for 4 – 6 minutes, then drain and rinse under cold water. Transfer the reserved **shallot** and **garlic** to the **carrot** and **potatoes** and mash until smooth. Add a splash of the reserved cooking liquid if necessary and then season to taste with pepper.



## 6. Serve

Serve the mash on plates and top with the **pork escalope** and the **mangetout**. Serve with the jus.

Enjoy!





# Bacon-Wrapped Basa with Potatoes

with carrots & ravigote sauce

Calorie Smart Family

Total time: 40 - 50 min.



Potatoes



Carrot



Onion



Bacon



Ravigote sauce



Basa fillet



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

Ravigote comes from the French verb ravigoter - to rouse, or invigorate. It is precisely this property that makes this refreshing sauce so suitable for pairing with fish.

## 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
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Bacon* (slice(s))	3	6	9	12	15	18
Ravigote sauce* (g)	20	40	60	80	100	120
Basa fillet* (unit(s))	1	2	3	4	5	6

### From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 /679	448 /107
Total fat (g)	37	6
of which saturated (g)	7,5	1,2
Carbohydrates (g)	50	8
of which sugars (g)	12,8	2
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	1,8	0,3

## Allergens

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



### 1. Roast the potatoes

Preheat the oven to 220°C. Wash or peel the **potatoes** and slice into thin circles, then transfer to a bowl. Drizzle with sunflower oil and season with salt and pepper, then toss well to coat. Transfer the sliced **potatoes** to a parchment-lined baking sheet and roast in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.



### 2. Boil the carrots

Thoroughly wash or peel the carrot and chop into thin rounds. Transfer the carrot to a pot or saucepan, cover with a shallow layer of water and add a pinch of salt. Bring to a boil and allow the carrot to cook gently for 8 - 10 minutes, covered, then drain and set aside. Stir a light drizzle of extra virgin olive oil into the carrots and then season to taste with pepper (see Tip).

**Tip:** you can also use butter if preferred.



### 3. Prepare the fish

Chop the **onion**. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **onion** for 2 - 3 minutes. In the meantime, pat the fish dry with kitchen paper and then wrap it in the **bacon**.



### 4. Finish the carrots

Stir the fried **onion** into the **carrots** and set aside to keep warm until serving.

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



### 5. Fry the basa

Heat the olive oil in the same frying pan over medium-high heat. Fry the fish for 3 - 4 minutes per side or until done, then season to taste with pepper.



### 6. Serve

Serve the **bacon**-wrapped fish with the **potatoes** and **carrots**. Serve with the **ravigote sauce** alongside.

Enjoy!





# Tuna Potato Salad with Honey Mustard Dressing

with boiled egg, beetroot, apple & fresh herbs

Calorie Smart Nice & Fast

Total time: 25 - 30 min.



Beetroot



Baby potatoes



Apple



Butter lettuce



Egg



Fresh chives, dill & flat leaf parsley



Honey-mustard dressing



Tuna packed in olive oil



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

The star of this dish is beetroot - this red tuber provides plenty of fibre and is packed with potassium.

## 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, salad bowl, saucepan, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	1	2	3	4	5	6
Baby potatoes (g)	200	400	600	800	1000	1200
Apple* (unit(s))	½	1	1½	2	2½	3
Butter lettuce* (head)	⅓	⅔	1	1½	1¾	2
Egg* (unit(s))	1	2	3	4	5	6
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Honey-mustard dressing* (g)	20	40	60	80	100	120
Tuna packed in olive oil (can)	1	1	2	2	3	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[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)	2816 / 673	477 / 114
Total fat (g)	39	7
of which saturated (g)	8,6	1,5
Carbohydrates (g)	53	9
of which sugars (g)	16,1	2,7
Fibre (g)	14	2
Protein (g)	26	4
Salt (g)	1,7	0,3

## Allergens

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



### 1. Boil the beetroot

- Boil plenty of water in a saucepan. Peel the beetroot and give it a 1cm dice, then boil for 15 - 20 minutes until al dente. Drain and set aside.
- Cut any larger baby potatoes in half and leave the rest whole. Transfer to a pot or saucepan and cover with water, then crumble in the stock cube (see pantry for amount).
- Boil the potatoes for 8 minutes, then add the egg and boil for 6 - 10 more minutes. Drain and then rinse under cold water.



### 3. Make the salad

- In a small bowl, combine the mayonnaise with the honey mustard dressing, white wine vinegar and extra virgin olive oil, along with half of the fresh herbs. Season to taste with salt and pepper.
- Transfer the beetroot to a salad bowl, along with the apple, butter lettuce, potatoes and tuna.
- Add the majority of the dressing and toss well to combine. Set aside the rest of the dressing to use later.



### 2. Prepare the vegetables

- Dice the apple into 2cm chunks.
- Wash the butter lettuce and cut into strips.
- Drain the tuna and season with salt and pepper. Finely chop the fresh herbs.



### 4. Serve

- Peel the egg and cut it in half.
- Serve the salad on plates and top with the egg.
- Drizzle with the reserved dressing and garnish with the rest of the fresh herbs.

**Did you know...** 🌱 baby potatoes are always eaten with the skin on, which means they provide more fibre and vitamins; in particular vitamin B6, which is important for metabolic health.

Enjoy!





# Chicken Drumstick Traybake

with Surinamese-style spices & quick-pickled onion

Total time: 45 - 55 min.



Potatoes



Cauliflower florets



Carrot



Surinamese-style spices



Onion



Chicken drumsticks in Baharat marinade



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

Parchment-lined baking sheet, 2x bowl, large bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cauliflower florets* (g)	100	200	300	400	500	600
Carrot* (unit(s))	1	1	2	2	3	3
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2720 /650	389 /93
Total fat (g)	25	4
of which saturated (g)	5,1	0,7
Carbohydrates (g)	60	9
of which sugars (g)	11,7	1,7
Fibre (g)	14	2
Protein (g)	44	6
Salt (g)	2,6	0,4

## Allergens

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



### 1. Prepare

- Preheat the oven to 200°C.
- Cut the carrot into 5cm long batons. Dice the potatoes into 2cm chunks.
- Transfer the the potatoes and carrot to a large bowl. Add the Surinamese-style spices and half of the olive oil, then toss well to coat.



### 2. Prepare the traybake

- Transfer the vegetables and the chicken drumsticks to a parchment-lined baking sheet. Bake in the oven for 30 minutes.
- Transfer the cauliflower florets to a bowl and drizzle with the rest of the olive oil. Season with salt and pepper, then toss well to coat.
- Toss the vegetables on the baking sheet and add the cauliflower, then return to the oven for 12 - 15 minutes or until done.



### 3. Pickle the onion

- Slice the onion into half-rings.
- In a bowl, combine the red wine vinegar with the sugar.
- Add the onion and season with salt, then mix well to combine.
- Set aside until serving, stirring occasionally.



### 4. Serve

- Serve the chicken drumsticks and vegetables on plates.
- Garnish with the pickled onion and serve with mayonnaise as preferred.

Enjoy!





# Shakshuka with Goat's Cheese

with wholegrain ciabatta & Greek-style spices

Calorie Smart Veggie

Total time: 30 - 40 min.



Onion



Garlic



Bell pepper



Tomato



Egg



Fresh goat's cheese



Wholegrain ciabatta



Greek-style spice mix



Passata



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

Did you know that in the Middle East and Northern Africa, shakshuka is enjoyed as breakfast, lunch or dinner?

## 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 deep frying pan

## 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
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Egg* (unit(s))	2	4	6	8	10	12
Fresh goat's cheese* (g)	50	75	100	125	175	200
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590

### From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2853 /682	487 /116
Total fat (g)	36	6
of which saturated (g)	12,1	2,1
Carbohydrates (g)	48	8
of which sugars (g)	14,1	2,4
Fibre (g)	15	3
Protein (g)	34	6
Salt (g)	2,6	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 210°C. Chop the **onion** and crush or **mince** the **garlic**. Finely dice the **bell pepper**. Dice the **tomato**.



## 2. Fry the aromatics

Heat the olive oil in a deep frying pan over medium-high heat (see Tip). Fry the onion and garlic for 2 minutes, then stir in the bell pepper, tomato, Greek-style spices and passata.

**Tip:** use a deep frying pan with a thick base, as this will heat more evenly and the eggs will poach more easily. If you are cooking for more than three people, use more pans as necessary.



## 3. Make the sauce

Crumble in the stock cube (see pantry for amounts). Mix well and bring to a boil, then allow to simmer gently for 5 - 7 minutes (see Tip). Season to taste with salt and pepper.

**Tip:** allow the sauce to reduce and thicken as much as possible, so as to ensure the eggs poach more easily.



## 4. Add the eggs

Make small wells in the **vegetable mixture** for each **egg**. Crack the **eggs** into the wells so as to mostly submerge them with the sauce, then season the **eggs** with salt and pepper. Crumble over the **goat's cheese**, then cover with the lid and allow to poach for 4 - 6 minutes.



## 5. Bake the ciabatta

In the meantime, bake the **ciabatta** for 6 - 8 minutes. Take the lid off the shakshuka and turn up the heat. Poach the **eggs** for a further 2 - 4 minutes so as to allow any excess liquid to evaporate (see Tip).

**Tip:** the cooking time depends on your pan. Check the eggs and poach for more or less time as needed.



## 6. Serve

Serve the shakshuka on plates. Serve the **ciabatta** alongside.

**Did you know...** 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!

Enjoy!





# Creamy Chicken in Cheesy Leek Sauce

over rice with bell pepper & parsley

Family

Total time: 30 - 40 min.



Leek



Onion



Basmati rice



Garlic



Cooking cream



Nutmeg



Bell pepper



Grated Gouda



Fresh flat leaf parsley



Chicken thigh strips  
with Mediterranean  
herbs



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, 2x frying pan, whisk

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Basmati rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	50	100	150	200	250	300
Nutmeg (pinch)	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	35	50	60	75
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
From your pantry						
Flour (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3155 / 754	618 / 148
Total fat (g)	34	7
of which saturated (g)	15,9	3,1
Carbohydrates (g)	78	15
of which sugars (g)	7,5	1,5
Fibre (g)	13	3
Protein (g)	32	6
Salt (g)	1,8	0,4

## Allergens

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



### 1. Cook the rice

Boil plenty of water in a pot or saucepan and crumble in half of the stock cube (see pantry for amount). Cook the **rice** for 10 - 12 minutes, covered, then drain and set aside.



### 4. Make the sauce

In the meantime, melt the butter in another frying pan over medium heat. Add the flour and fry for 2 minutes, stirring continuously (see Tip). Add the water for the sauce (see pantry for amount). Whisk continuously until fully incorporated, then crumble in the rest of the stock cube and bring to the boil. Allow to reduce for 1 - 2 minutes, seasoning to taste with pepper.

**Tip:** this technique is known as making a roux. For this, it's important that the quantities are precise; 1 tbsp butter is 15g and 1 tbsp flour is 20g.



### 2. Chop the vegetables

Slice the onion into half rings and crush or mince the garlic. Thoroughly wash the leek and slice it into thin crescents. Chop the bell pepper into thin strips.

**Did you know...** 🌱 the majority of the leek's nutrients are in the green part at the top. It is rich in vitamin B6, which is essential for muscles and immunity.



### 5. Finish

Finely chop the **parsley**. To the sauce, add the **cream** and the **grated cheese**, along with a pinch of **nutmeg** as preferred. Mix well and season to taste with salt and pepper, then allow to reduce for another 2 - 4 minutes (see Tip). Transfer the **chicken** and vegetables to the sauce, along with half of the **parsley**. Mix well to combine.

**Tip:** add an extra splash of water as necessary if the sauce is too thick.



### 3. Fry the vegetables and chicken

Heat the olive oil in a frying pan over medium-high heat and fry the **garlic** for 1 - 2 minutes. Add the **chicken** and the vegetables and fry for 8 - 10 minutes, seasoning with salt and pepper.



### 6. Serve

Serve the **rice** on deep plates and top with the sauce. Garnish with the rest of the **parsley** to finish.

**Enjoy!**





# Stuffed Portobello with Goat's Cheese & Walnuts

with potato wedges, cherry tomatoes & roasted bell pepper

Calorie Smart Veggie

Total time: 45 - 55 min.



Potatoes



Fresh rosemary



Onion



Red cherry tomatoes



Bell pepper



Portobello mushroom



Fresh goat's cheese



Chopped walnuts



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

Portobello is packed with vitamin B2, making it great as a meat substitute. You'll serve it with goat cheese and honey.

## 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, oven dish

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Bell pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	40	75	100	125	175	200
Chopped walnuts (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Black pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2556 /611	386 /92
Total fat (g)	28	4
of which saturated (g)	9,1	1,4
Carbohydrates (g)	66	10
of which sugars (g)	8,1	1,2
Fibre (g)	16	2
Protein (g)	19	3
Salt (g)	0,8	0,1

## Allergens

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



### 1. Prepare

Preheat the oven to 200°C. Discard the **rosemary** stalk and finely chop the leaves. Slice the **onion** into rings and dice the **bell pepper**. Halve the **cherry tomatoes**. Thoroughly wash the **potatoes** and then cut into wedges.



### 4. Roast the vegetables

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



### 2. Fry the potatoes

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the potatoes with the rosemary for 15 - 20 minutes, covered. Remove the lid and fry for a further 15 minutes.

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



### 5. Finish the portobello

5 minutes before the end of the cooking time, top the **portobello** with the **walnuts**.



### 3. Bake the portobello

Transfer the **portobello** to a parchment-lined baking sheet, with the base facing upwards. Fill with the **goat's cheese** and season with pepper. Drizzle with the honey and then bake in the oven for 18 - 20 minutes.

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



### 6. Serve

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

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