



Wild Boar Cheeseburger with Onion Chutney

with homemade fries and tomato-arugula salad

Family

Total time: 45 min. • Based on 2 servings



Waxy potatoes



Hamburger bun



Red onion



Tomato



Wild boar burgers



Grated mature cheese



Arugula



Sunflower &
pumpkin seed blend



Onion chutney

A fresh start

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.

Equipment

Baking sheet with baking paper, kitchen paper, bowl, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Waxy potatoes (g)	250	500	750	1000	1250	1500
Hamburger bun (pcs) 3) 7) 12) 13) 15) 61) 67) 70)	1	2	3	4	5	6
Red onion (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	2	3	4	5	7	8
Wild boar burgers* (pcs)	1	2	3	4	5	6
Grated mature cheese* (g) 7)	15	25	40	50	65	75
Arugula* (g)	30	60	90	120	150	180
Sunflower & pumpkin seed blend (g) 60) 61) 62)	10	20	30	40	50	60
Onion chutney* (g) 14)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4169 /996	610 /146
Total fat (g)	54	8
Of which: saturated (g)	17,2	2,5
Carbohydrates (g)	86	13
Of which: sugars (g)	16,6	2,4
Fibre (g)	10	2
Protein (g)	36	5
Salt (g)	1,8	⅓

Allergens

3) Sesame **7)** Milk **12)** Lupin **13)** Gluten **14)** Sulphites **15)** Wheat
May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame **67)** Egg **70)** Soy



Step 1:

Preheat the oven to 220 degrees. Thoroughly wash the potatoes and cut them into ½-1 cm strips. Pat them dry with kitchen paper and mix them with ½ tbsp olive oil per person in a bowl. Season with salt and pepper and divide them over a baking sheet lined with baking paper. Roast the fries in the oven for 25 - 35 minutes.



Step 4:

Heat ½ tbsp butter per person in the same frying pan on medium-high heat. Fry the wild boar burger for 2 - 4 minutes per side. In the last minute, sprinkle the burgers with the grated cheese and allow to melt.



Step 2:

Cut the red onion into half rings. Heat ½ tbsp olive oil per person in a frying pan on medium-high heat. Fry the red onion with a generous pinch of salt for 6 - 8 minutes, until soft. In the meantime, dice the tomatoes. Remove the onion from the pan and set aside.



Step 5:

In a salad bowl, mix the arugula, tomato and half of the fried onion with the dressing.



Step 3:

In a salad bowl, mix a dressing with the extra virgin olive oil, black balsamic vinegar and mustard. Season with salt and pepper.



Step 6:

Transfer the fries to plates. Open the hamburger buns and top each one with a wild boar burger. Spread a spoonful of onion chutney onto the burger and top with the fried onion. Serve with the salad.

Enjoy!



Salad with Giant Couscous & Avocado

with Greek-style cheese and tomato

Nice & Fast Family Veggie

Total time: 20 min. • Based on 2 servings



Baby red onion



Tomato



Giant couscous



Lemon-infused olive oil



Fresh coriander



Pumpkin seeds



Lamb's lettuce



Greek-style cheese



Avocado

A fresh start

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.

Equipment

Grater, salad bowl, pan with lid, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby red onion (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	1	2	3	4	5	6
Giant couscous (g) 13) 15) 67) 68) 70) 71)	85	170	250	335	420	505
Lemon-infused olive oil (ml)	4	8	12	16	20	24
Fresh coriander* (g)	2½	5	7½	10	12½	15
Pumpkin seeds (g) 60) 61) 62)	10	20	30	40	50	60
Lamb's lettuce* (g)	25	50	75	100	125	150
Greek-style cheese* (g) 7)	40	75	100	125	175	200
Avocado (pcs)	½	1	1½	2	2½	3
Not included						
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Honey (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3432 /820	827 /198
Total fat (g)	47	11
Of which: saturated (g)	11	2,7
Carbohydrates (g)	72	17
Of which: sugars (g)	11,6	2,8
Fibre (g)	7	2
Protein (g)	24	9
Salt (g)	3,7	0,8

Allergens

7) Milk **13)** Gluten **15)** Wheat
May contain traces of: **60)** Peanuts **61)** Nuts **62)** Sesame **67)** Egg **68)** Mustard **70)** Soy **71)** Lupin



Step 1:

- Boil 300 ml water per person in a pan with a lid and crumble ½ stock cube per person into the water.
- Add the couscous and cook, covered, for 12 minutes.
- Once done, drain the water.



Step 3:

- In a salad bowl, mix a dressing of the extra-virgin olive oil, white wine vinegar and honey with the lemon-infused olive oil.
- Heat ¼ tbsp olive oil per person in the same frying pan and fry the red onion for 3 - 4 minutes.
- Mix the couscous and red onion with the dressing.



Step 2:

- Chop the small red onion as finely as possible. Dice the tomato and avocado into cubes.
- Finely cut the coriander.
- Heat a frying pan without oil and roast the pumpkin seeds over high heat. Remove from the pan and set aside.



Step 4:

- Mix the tomato, avocado, coriander and lamb's lettuce with the pearl couscous.
- Season to taste with salt and pepper. Transfer the couscous salad to plates, crumble the white cheese over it and garnish with the pumpkin seeds.

Enjoy!



Pepper-Chili Tortillas with Pork Tenderloin Tips

with sweetheart cabbage, quick-pickled cucumber & gomashio

Family Calorie Smart

Total time: 30 min. • Based on 2 servings



Fresh ginger



Garlic



Pork tenderloin tips



Soy sauce



Cucumber



Green chili pepper



Bell pepper



Chopped
sweetheart cabbage



Bell pepper-chili
tortilla by No Fairytales



Gomashio

A fresh start

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.

Equipment

Frying pan, aluminum foil, grater, wok or sauté pan, 2x bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh ginger* (cm)	1	2	3	4	5	6
Garlic (cloves)	¼	½	¾	1	1¼	1½
Pork tenderloin tips* (g)	100	200	300	400	500	600
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
Cucumber* (pcs)	¼	½	¾	1	1¼	1½
Green chili pepper* (pcs)	¼	½	¾	1	1¼	1½
Bell pepper* (pcs)	½	1	1½	2	2½	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Bell pepper-chili tortilla by No Fairytails (pcs) 13) 15)	2	4	6	8	10	12
Gomashio (packet(s)) 3)	⅓	⅔	1	1⅓	1⅔	2
Not included						
Honey (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2228 /533	451 /108
Total fat (g)	17	3
Of which: saturated (g)	3,2	0,6
Carbohydrates (g)	57	12
Of which: sugars (g)	24,1	4,9
Fibre (g)	9	2
Protein (g)	35	7
Salt (g)	3,2	0.7

Allergens

3) Sesame **11)** Soy **13)** Gluten **15)** Wheat
May contain traces of: -



Step 1:

Preheat the oven to 200 degrees. Grate the ginger and crush or finely mince the garlic. In a bowl, combine the pork tenderloin strips with the garlic, ginger, soy sauce, honey and ¼ tbsp olive oil per person. Set aside and allow to marinate for 15 minutes.



Step 2:

In the meantime, slice the cucumber and add it to a bowl with the white wine vinegar and the sugar. Season with a pinch of salt, mix well and set aside. Stir regularly to ensure that the cucumber absorbs the flavours well.



Step 3:

Remove the seeds from both the green chili pepper and the bell pepper, then finely chop the green chili pepper and dice the bell pepper.



Step 4:

Heat ½ tbsp olive oil per person in a wok over medium-high heat and fry half of the green chili pepper(s) with the bell pepper and cabbage for 8 minutes, then season with salt and pepper. Stack the tortillas, wrap them in aluminium foil and warm them in the oven for about 3 minutes.



Step 5:

Heat a frying pan over medium-high heat, and fry the pork in its marinade for 3 - 6 minutes, or until the meat is cooked.



Step 6:

Top the tortillas with the stir-fried vegetables, the pork strips and the sweet-and-sour cucumber. Garnish to taste with the remaining green chili pepper and sprinkle with the gomashio.

Enjoy!



Speedy Linguine with Chicken in Pesto Rosso Sauce

with spinach and cherry tomatoes

Family Nice & Fast

Total time: 20 min. • Based on 2 servings



Linguine



Onion



Red cherry tomatoes



Chicken mince with Italian seasoning



Spinach



Pesto rosso



Fresh basil

A fresh start

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.

Equipment

Pan with lid, frying pan, sauté pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g) 13) 15) 67) 68) 70) 71)	90	180	270	360	450	540
Onion (pcs)	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Spinach* (g) 69)	50	100	150	200	250	300
Pesto rosso* (g) 7) 25) 61)	40	80	120	160	200	240
Fresh basil* (g)	2½	5	7½	10	12½	15
Not included						
Butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3732 /892	792 /189
Total fat (g)	47	10
Of which: saturated (g)	10,6	2,3
Carbohydrates (g)	78	17
Of which: sugars (g)	12,9	2,7
Fibre (g)	8	2
Protein (g)	34	7
Salt (g)	1,8	0,4

Allergens

7) Milk **13)** Gluten **15)** Wheat **25)** Cashews
May contain traces of: 61) Nuts **67)** Egg **68)** Mustard **69)** Celery **70)** Soy **71)** Lupin



Step 1:

- Boil ample water in a pan with a lid.
- Cook the linguine for 12 – 14 minutes, covered with the lid. Then drain, save a little bit of the cooking liquid and allow to steam dry without the lid.
- In the meantime, chop the onion and basil finely and halve the cherry tomatoes.



Step 3:

- In the meantime, heat ½ tbsp butter per person in a frying pan on medium-high heat.
- Add the minced chicken and stir fry for 3 minutes.
- Add the spinach, linguine, red pesto, a splash of cooking liquid and the minced chicken with cooking grease to the pan with the vegetables.
- Mix for 1 minute, until the spinach has wilted.



Step 2:

- Heat ½ tbsp olive oil per person in a sauté pan with a lid on high heat.
- Add the onion, salt and pepper and fry for 2 minutes.
- Add the cherry tomatoes, cover the pan with the lid, turn the heat to medium and fry for another 3 minutes.



Step 4:

- Transfer the linguine to plates and garnish with the basil.

Enjoy!



Mushroom & Pesto Flatbread Pizza

with mozzarella & arugula

Veggie Nice & Fast

Total time: 20 min. • Based on 2 servings



Red onion



Mushrooms



Lebanese flatbread



Green pesto



Mozzarella



Arugula

A fresh start

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.

Equipment

Frying pan, bowl, baking sheet with baking paper

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red onion (pcs)	1	2	3	4	5	6
Mushrooms* (g)	170	340	500	670	840	1010
Lebanese flatbread* (pcs) 13) 15)	2	4	6	8	10	12
Green pesto* (g) 7) 25) 61)	50	100	150	200	250	300
Mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Arugula* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3915 /936	738 /177
Total fat (g)	51	10
Of which: saturated (g)	13,6	2,6
Carbohydrates (g)	81	16
Of which: sugars (g)	8,1	1,5
Fibre (g)	8	2
Protein (g)	31	6
Salt (g)	1,3	0,2

Allergens

7) Milk **13)** Gluten **15)** Wheat **25)** Cashews
May contain traces of: 61) Nuts



Step 1:

- Preheat the oven to 220 degrees.
- Cut the red onion into half rings.
- Cut the mushrooms in half; cut any larger ones into quarters.



Step 2:

- Heat the olive oil in a frying pan on high heat and fry the mushrooms and red onion for 3 – 5 minutes.
- Season with salt and pepper. Transfer the flatbread to a baking sheet lined with baking paper and spread them with the green pesto.
- Divide the mushrooms and red onion over the flatbread and tear the mozzarella over them.



Step 3:

- Season the pizzas with salt and pepper and heat them in the oven for 6 – 9 minutes.
- In a bowl, mix the arugula with the extra virgin olive oil, salt and pepper.



Step 4:

- Divide the flatbread pizzas among plates and garnish with the arugula salad.

Enjoy!



Sweet Potato & Coconut Milk Soup

with lime, kidney beans and garam masala

Veggie Vegan

Total time: 40 min. • Based on 2 servings



Sweet potato



Dried thyme



Scallion



Garlic



Bell pepper



Lime



Kidney beans



Garam Masala



Diced tomatoes



Coconut milk

A fresh start

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.

Equipment

Colander, stock pot with lid, baking sheet with baking paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Dried thyme (packet(s))	⅓	⅔	1	1½	1¾	2
Scallion* (pcs)	1	2	3	4	5	6
Garlic (cloves)	½	1	1½	2	2½	3
Bell pepper* (pcs)	½	1	1½	2	2½	3
Lime (pcs)	¼	½	¾	1	1¼	1½
Kidney beans (can(s))	½	1	1½	2	2½	3
Garam Masala (packet(s))	⅓	⅔	1	1½	1¾	2
Diced tomatoes (can(s))	½	1	1½	2	2½	3
Coconut milk (ml)	200	400	600	800	1000	1200
Not included						
Vegetable stock cube (pcs)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3739 /894	429 /103
Total fat (g)	51	6
Of which: saturated (g)	33,9	3,9
Carbohydrates (g)	78	9
Of which: sugars (g)	24,3	2,8
Fibre (g)	21	2
Protein (g)	21	2
Salt (g)	4,4	½

Allergens

May contain traces of: -



Step 1:

Preheat the oven to 220 degrees. Thoroughly wash the sweet potatoes and cut them into 1 cm dices. Divide the dices over a baking sheet lined with baking paper, sprinkle with ½ tbsp olive oil per person and season with salt, pepper and half of the thyme. Roast the potato in the oven for 15 – 25 minutes. Turn when halfway done.



Step 4:

Season the soup with salt and pepper and bring to a boil. Allow the soup to simmer for 12 – 15 minutes on low heat, covered with the lid. Add the kidney beans for the last 5 minutes.



Step 2:

Cut the scallion into fine rings. Press or mince the garlic. Remove the seeds from the yellow bell pepper and cut the pepper into 1 cm dices. Cut the lime into wedges. Drain the kidney beans in a colander.



Step 5:

Take the soup from the heat and stir in the roasted sweet potato and the juice of 1 lime per person.



Step 3:

Heat ½ tbsp olive oil per person in a stock pot with a lid on medium-high heat and fry half of the scallion for 1 – 2 minutes. Add the bell pepper and fry for 5 more minutes. Add the garlic, garam masala and the leftover thyme. Fry for half a minute and add the diced tomato, 50 ml water per person and the coconut milk. Crumble the right amount stock cube per person into the pan and stir well.



Step 6:

Garnish the soup with the leftover scallion and lime juice to taste.

Enjoy!



Cheese-Topped Chili Sin Carne

with sweet potato, yogurt sauce & wholewheat bread

Family Veggie

Total time: 40 min. • Based on 2 servings



Garlic



Red onion



Sweet potato



Heinz Creations
Caramelized Onion



Mexican-style spices



Ground cinnamon



Mixed beans



Canned corn



Grated cheddar



Grated mature cheese



Wholewheat bread roll



Roma tomato



Fresh flat leaf parsley



Organic full-fat yogurt

A fresh start

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.

Equipment

Colander, small bowl, sauté pan with lid, baking dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	2	3	4	5	7	8
Red onion (pcs)	½	1	1½	2	2½	3
Sweet potato (g)	100	200	300	400	500	600
Heinz Creations Caramelized Onion (pack(s))	⅓	⅔	1	1⅓	1⅔	2
Mexican-style spices (packet(s))	½	1	1½	2	2½	3
Ground cinnamon (pinch(es))	1	2	3	4	5	6
Mixed beans (can(s))	⅓	⅔	1	1⅓	1⅔	2
Canned corn (g)	70	140	200	285	340	425
Grated cheddar* (g 7)	25	50	75	100	125	150
Grated mature cheese* (g 7)	25	50	75	100	125	150
Wholewheat bread roll (pcs 7) 11) 13) 15) 16) 18) 61) 62) 67) 71) 72)	1	2	3	4	5	6
Roma tomato (pcs)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g 69)	2½	5	7½	10	12½	15
Organic full-fat yogurt* (g 7)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3798/908	529/126
Total fat (g)	36	5
Of which: saturated (g)	14,1	2,0
Carbohydrates (g)	98	14
Of which: sugars (g)	32,6	4,5
Fibre (g)	22	3
Protein (g)	38	5
Salt (g)	4,3	0,6

Allergens

7) Milk 11) Soy 13) Gluten 15) Wheat 16) Barley 18) Rye
May contain traces of: 61) Nuts 62) Sesame 67) Egg
69) Celery 71) Lupin 72) Gluten
Week 21 | 2022



Step 1:

Preheat the oven to 200 degrees. Crush or mince the garlic and chop the red onion. Peel the sweet potato and dice into 1cm cubes.



Step 2:

Add ½ tbsp olive oil per person in a frying pan and lightly fry the onion and half of the garlic for 1 - 2 minutes. Add the sweet potato and Heinz Creation Caramelized Onion, along with (per person) a pinch of nutmeg, 50 ml water and ½ a packet of Mexican herbs. Cover with a lid and cook for 12 - 15 minutes until the sweet potato is just cooked.



Step 3:

Drain the mixed beans and corn in a sieve. Weigh the necessary amount and add to the chili for the last 5 minutes of cooking. Taste and season with salt and pepper if so desired.



Step 4:

Transfer the chili sin carne to an oven dish. Sprinkle both cheeses over the top and bake in the oven for 10 - 12 minutes until the cheese is golden brown. Add the bread to the oven for the last 5 minutes and bake alongside the chili.



Step 5:

Finely dice the roma tomato and roughly chop the parsley. In a small bowl, mix the yogurt with the remaining garlic and half of the parsley. Season to taste with salt and pepper.



Step 6:

Remove the dish from the oven and top with the diced tomato. Garnish the chili sin carne with the yogurt sauce and serve it on plates. Sprinkle over the remaining parsley and roughly tear the bread into smaller pieces for dipping into the sauce.

Enjoy!

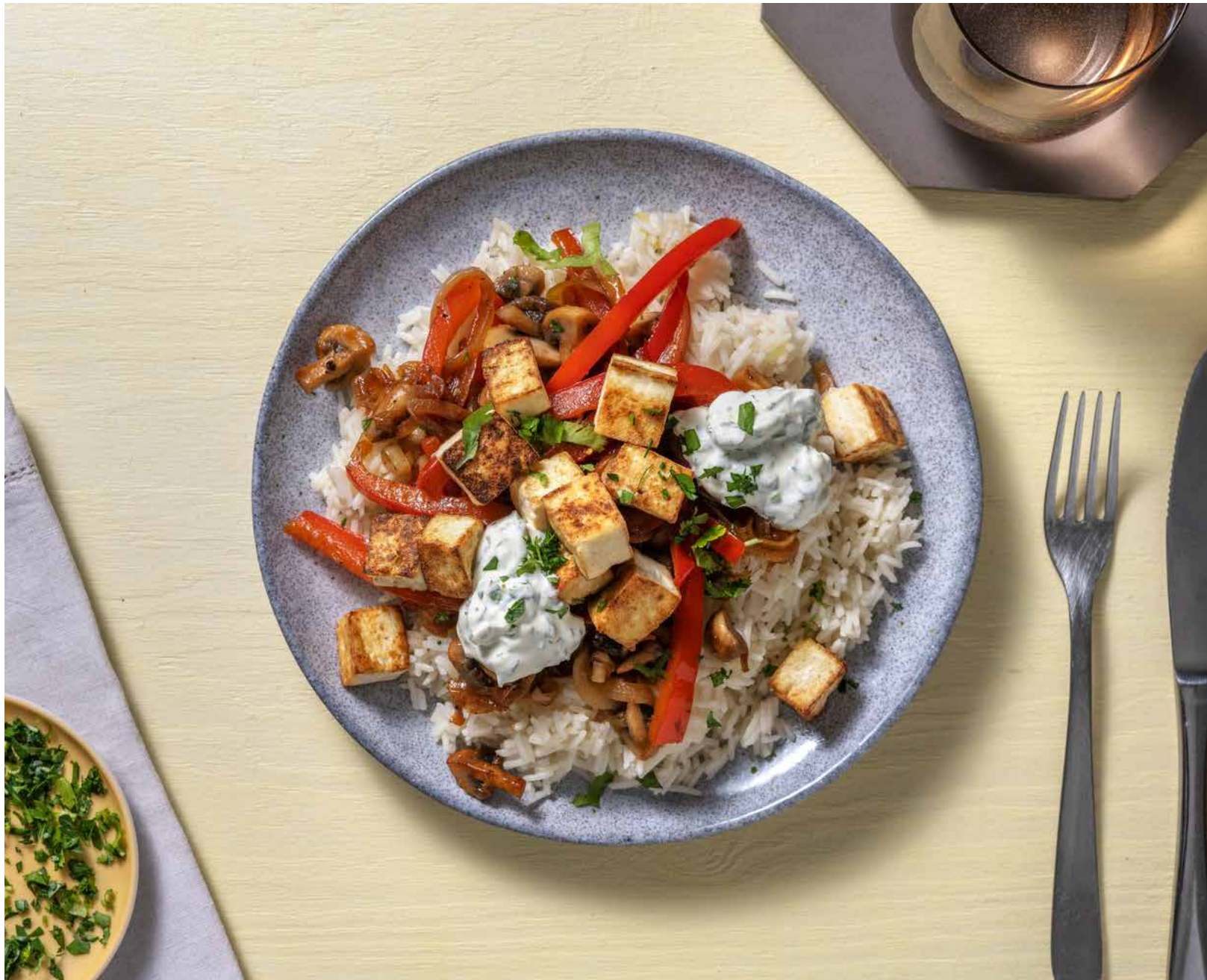


Middle Eastern-spiced Halloumi with Herbed Yogurt Sauce

over rice with mushrooms & bell pepper

Family Nice & Fast Veggie

Total time: 25 min. • Based on 2 servings



Onion



White long grain rice



Garlic



Halloumi



Mushrooms



Lemon



Middle Eastern
spice blend



Romano pepper



Fresh flat leaf parsley
and coriander



Organic full-fat yogurt

A fresh start

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.

Equipment

Frying pan, sauté pan, kitchen paper, bowl, pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (pcs)	½	1	1½	2	2½	3
White long grain rice (g)	85	170	250	335	420	505
Garlic (cloves)	1	2	3	4	5	6
Halloumi* (g 7)	65	125	190	250	315	375
Mushrooms* (g)	62½	125	187½	250	312½	375
Lemon (pcs)	½	1	1½	2	2½	3
Middle Eastern spice blend (packet(s))	½	1	1½	2	2½	3
Romano pepper* (pcs)	1	2	3	4	5	6
Fresh flat leaf parsley and coriander* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g 7)	25	50	75	100	125	150
Not included						
Butter (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3255 / 778	709 / 169
Total fat (g)	38	8
Of which: saturated (g)	19,3	4,2
Carbohydrates (g)	80	17
Of which: sugars (g)	10,6	2,3
Fibre (g)	5	1
Protein (g)	27	6
Salt (g)	3,2	0.7

Allergens

7) Milk
May contain traces of: -



Step 1:

- Halve the onion. Finely chop one half of the onion and cut the other half into rings. Heat ½ tbsp butter per person in a pan with a lid.
- Fry the chopped onion for 2 - 3 minutes. Add the rice and fry for 2 minutes together with the onion.
- Crumble ¼ stock cube per person into the pan and add ample water.
- Cook the rice, covered, for 10 -12 minutes. Then drain and allow to steam off without the lid.



Step 3:

- Finely chop the fresh herbs. Use a bowl to mix half of the fresh herbs with the yogurt and per person: 1 tsp lemon juice and ½ tbsp extra virgin olive oil.
- Season with salt and pepper. Heat a non-stick frying pan, without oil, over medium-high heat and fry the halloumi for 3 to 4 minutes, until crispy all over.



Step 2:

- Press or mince the garlic. Pat the halloumi dry and cut into cubes of around 1 - 2 cm.
- Cut the mushrooms into quarters. Juice the lemon. Remove the seeds from the bell pepper and cut into thin strips. Heat ½ tbsp butter per person in a frying pan to medium-high heat. Fry the garlic and onion for 3 - 4 minutes.
- Add the Middle Eastern spices, bell pepper strips and mushrooms and fry for 6 - 8 minutes.
- Drizzle the vegetables with 1 tsp lemon juice per person and season with salt and pepper.



Step 4:

- Transfer the rice to plates and add the vegetables on top.
- Top the vegetables with the halloumi.
- Garnish with the yogurt sauce and the remaining fresh herbs.

Enjoy!



Steak Haché with Sweet Potato-Chili Mash

with garlic green beans and shallot

Family Nice & Fast

Total time: 25 min. • Based on 2 servings



Sweet potato



Floury potatoes



Garlic



Red chili pepper



Green beans



Pumpkin seeds



Steak haché



Shallot



Nutmeg

A fresh start

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.

Equipment

Grater, potato masher, frying pan with lid, pan with lid, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	225	450	675	900	1125	1350
Floury potatoes (g)	100	200	300	400	500	600
Garlic (cloves)	½	1	1½	2	2½	3
Red chili pepper* (pcs)	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Pumpkin seeds (g) 60) 61) 62)	5	10	15	20	25	30
Steak haché* (pcs) 66) 67) 68) 69) 70) 72)	1	2	3	4	5	6
Shallot (pcs)	1	2	3	4	5	6
Nutmeg (pinch(es))	1	2	3	4	5	6
Not included						
Vegetable stock (ml)	400	800	1200	1600	2000	2400
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	½	1	1½	2	2½	3
Milk	a splash					
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2878 /688	366 /87
Total fat (g)	23	3
Of which: saturated (g)	8,3	1,1
Carbohydrates (g)	83	11
Of which: sugars (g)	20,2	2,6
Fibre (g)	14	2
Protein (g)	31	4
Salt (g)	2,2	⅓

Allergens

May contain traces of: 60) Peanuts 61) Nuts 62) Sesame 66) Milk 67) Egg 68) Mustard 69) Celery 70) Soy 72) Gluten



Step 1:

Prepare the stock in a pan with lid for the potatoes and the sweet potatoes. Weigh the required amount of potatoes, then wash or peel these along with the regular potatoes and cut them all into large pieces. Press or mince the garlic. Remove the seeds from the red chili pepper and mince the flesh. Chop the shallot. Grate about 1 pinch of fresh nutmeg per person.



Step 2:

Boil the regular and sweet potatoes for 10 – 12 minutes, covered, then drain and save a little bit of the stock. Allow the potatoes to steam off without the lid.



Step 3:

In the meantime, remove and discard the stems from the green beans and then halve the beans. Heat ½ tbsp olive oil per person in a frying pan with a lid over medium–high heat. Fry the garlic and shallot for 1 – 2 minutes. Add the beans, season with salt and pepper and fry for 2-3 minutes, then add 1 tbsp water per person and cook for 6 minutes, covered. Remove the lid and then continue cooking for another 4 - 6 minutes until the beans are al dente. Season with salt and pepper and add 1 pinch of freshly grated nutmeg per person.



Step 4:

Heat a frying pan without oil on high heat and toast the pumpkin seeds until they start to pop. Then take from the pan and set aside. Heat the butter in the same frying pan on medium–high heat and fry the steak haché for 2 – 3 minutes per side. Season with salt and pepper and fry for a little bit longer if you prefer it not to be too rare on the inside.



Step 5:

Mash the potatoes and sweet potatoes together, adding a splash of milk and some of the reserved cooking liquid. Stir in the red chili and season with salt and pepper. Optionally, you can add some extra butter to make the mash creamier.



Step 6:

Serve the mash on plates and garnish with the pumpkin seeds. Serve with the beans and steak haché.

Enjoy!



Spicy Chicken Curry over Cauliflower Rice

with naan bread

Nice & Fast

Total time: 20 min. • Based on 2 servings



Garlic



Bell pepper



Onion



White long grain rice



Chicken thigh strips
with kebab spices



Yellow curry spices



Coconut milk



Naan bread



Cauliflower rice

A fresh start

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.

Equipment

Frying pan, pan with lid, sauté pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	½	1	1½	2	2½	3
Bell pepper* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
White long grain rice (g)	40	85	125	170	210	255
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Yellow curry spices (packet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	380	430	560
Naan bread (pcs) 13) 15) 18)	½	1	1½	2	2½	3
Cauliflower rice* (g) 69)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3367 /805	634 /152
Total fat (g)	40	7
Of which: saturated (g)	18,3	3,5
Carbohydrates (g)	77	15
Of which: sugars (g)	10,9	2,1
Fibre (g)	8	2
Protein (g)	31	6
Salt (g)	1,7	½

Allergens

13) Gluten **15)** Wheat **18)** Rye
May contain traces of: 69) Celery



Step 1:

- Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the rice.
- Cut the bell pepper into strips and the onion into half rings.
- Cook the rice, covered, for 12 - 15 minutes. Then drain and leave to steam off without the lid.



Step 3:

- Heat the naan bread in the oven for 4 - 6 minutes.
- Heat ¼ tbsp sunflower oil per person in a frying pan on medium-high heat.
- Stir fry the cauliflower rice for 3 - 4 minutes.
- Season with a generous amount of salt and pepper.



Step 2:

- Heat ½ tbsp sunflower oil per person in a wok or sauté pan with a lid on medium-high heat and fry the bell pepper, onion and chicken thigh strips for 3 - 4 minutes.
- Add the curry spices and fry for another minute.
- Add the coconut milk, stir well, reduce the heat and allow to simmer for 6 - 8 minutes, covered with the lid.
- Season with salt and pepper.



Step 4:

- Mix the cauliflower rice with the regular rice and transfer to deep plates.
- Spoon the curry on top and garnish with the coriander.
- Serve with the naan bread and lime wedges.

Enjoy!



Forest Mushroom Orzotto

with herbed cheese and basil

Calorie Smart Nice & Fast Veggie

Total time: 25 min. • Based on 2 servings



Baby red onion



Garlic



Fresh basil



Scallion



Orzo



Pumpkin seeds



Mixed wild mushrooms



Herbed cheese cubes

A fresh start

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.

Equipment

Pan with lid, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby red onion (pcs)	1	2	3	4	5	6
Garlic (cloves)	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Scallion* (pcs)	2	4	6	8	10	12
Orzo (g) 13) 15) 67) 68) 70) 71)	85	170	250	335	420	505
Pumpkin seeds (g) 60) 61) 62)	5	10	15	20	25	30
Mixed wild mushrooms* (g)	175	350	525	700	875	1050
Herbed cheese cubes* (g) 7)	40	75	100	125	175	200
Not included						
Vegetable stock (ml)	175	350	525	700	875	1050
Butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2483 /594	421 /101
Total fat (g)	22	4
Of which: saturated (g)	13,0	2,2
Carbohydrates (g)	67	11
Of which: sugars (g)	7,8	1,3
Fibre (g)	8	1
Protein (g)	26	4
Salt (g)	2,7	½

Allergens

7) Milk **13)** Gluten **15)** Wheat
May contain traces of: 60) Peanuts **61)** Nuts **62)** Sesame **67)** Egg **68)** Mustard
70) Soy **71)** Lupin



Step 1:

- Prepare the stock. Chop the small red onion and press or mince the garlic.
- Tear the basil leaves into small pieces and cut the scallion into rings.



Step 2:

- Heat half of the butter in a pan with a lid and fry the onion and garlic for 2 minutes on medium-low heat.
- Add the orzo and fry for 1 minute. Pour the stock into the pan and cover with a lid.
- Cook the orzo for 10 - 12 minutes until the stock is absorbed.
- Stir regularly and add more water if the orzo is getting too dry.



Step 3:

- In the meantime, heat a frying pan on high heat, without oil, and roast the pumpkin seeds until they start to pop.
- Then take from the pan and set aside. Heat the remaining butter in the same pan and fry the mushroom and scallions for 5 - 6 minutes over medium-high heat.
- Add these along with half of the herbed cheese cubes to the orzo and allow to melt.
- Season to taste with salt and pepper.



Step 4:

- Transfer the orzo to plates.
- Garnish with the toasted pumpkin seeds and garnish with the remaining herb cheese and basil.

Enjoy!



Mushroom & Spinach Cannelloni with Italian Herbs

made with fresh lasagne sheets & tomato sauce

Family Veggie

Total time: 55 min. • Based on 2 servings



Mushrooms



Garlic



Spinach



Passata



Fresh lasagne sheets



Cream cheese



Grated Italian cheese



Italian seasoning

A fresh start

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.

Equipment

Aluminum foil, baking dish, colander, pan with lid, kitchen paper, sauté pan, bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	125	250	375	500	625	750
Garlic (cloves)	½	1	1½	2	2½	3
Spinach* (g) 69)	100	150	200	249	350	399
Passata (g)	200	390	590	780	980	1180
Fresh lasagne sheets* (g) 8) 13) 15)	100	200	300	400	500	600
Cream cheese* (g) 7)	40	80	120	160	200	240
Grated Italian cheese* (g) 7)	25	50	75	100	125	150
Italian seasoning (packet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Mushroom stock cube (pcs)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3190 /762	546 /130
Total fat (g)	38	6
Of which: saturated (g)	15,7	2,7
Carbohydrates (g)	71	12
Of which: sugars (g)	11,2	1,9
Fibre (g)	6	1
Protein (g)	30	5
Salt (g)	2,8	½

Allergens

7) Milk 8) Egg 13) Gluten 15) Wheat
May contain traces of: 69) Celery



Step 1:

Preheat the oven to 200 degrees. Boil ample water in a pan with a lid for the lasagne sheets. Cut the mushrooms into slices and finely chop them. Press or mince the garlic.



Step 2:

Heat ½ tbsp olive oil per person in a sauté pan on medium-high heat. Fry the garlic for 1 minute and add the cut mushrooms. Fry the mushrooms for 4 - 5 minutes until soft and add ¾ of the spinach in batches (you will be using the remaining spinach in step 4). Fry the spinach with the mushrooms for 2 - 3 minutes, or until wilted. Transfer the mixture to a colander and allow to cool and drain until use.



Step 3:

Heat the same sauté pan on medium-high heat, add the passata and per person: ½ tbsp black balsamic vinegar, ¼ stock cube, ½ packet Italian herbs and 2 tbsp water. Mix well and cook for 4 - 5 minutes. Mix the cream cheese and half of the Italian cheese in a bowl. Mix well and season to taste with salt and pepper.



Step 4:

Cut the lasagne sheets in half so you can make 4 cannelloni per person. Blanch the lasagne sheets in the pan with boiling water for 3 minutes. Drain and rinse with cold water. Sparate the sheets from each other, and lay them on paper or a towel to dry. Coat them lightly in ½ tbsp olive oil per person so that they do not stick together. Lay the sheets on a cutting board and spread them with the cream cheese mixture. Top with the reserved raw spinach, followed by the fried spinach-mushroom mixture. Roll the lasagne sheets into logs, starting from the short side of each piece of lasagne sheet, so as to make cannelloni.



Step 5:

Pour a thin layer of the tomato sauce into the baking dish and place the cannelloni on top. Pour the remaining sauce over the cannelloni, making sure they are all covered. Sprinkle with the remaining cheese. Cover the baking dish with aluminium foil and bake the cannelloni in the oven for 25 - 35 minutes. Remove the aluminium foil after 15 minutes.



Step 6:

Serve the cannelloni on plates.

Enjoy!



Teriyaki Chicken Stir Fry with Noodles

with mixed vegetables, cucumber & peanuts

Family Express

Total time: 15 min. • Based on 2 servings



Chicken thigh strips



Pre-cut onion & garlic



Noodles



Vegetable mix



Teriyaki sauce



Unsalted peanuts



Fresh ginger



Persian cucumber



Sesame oil



Soy sauce

A fresh start

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.

Equipment

Wok, pan with lid, bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips* (g)	100	200	300	400	500	600
Pre-cut onion & garlic* (g)	10	20	30	40	50	60
Noodles (g) 13) 15)	75	150	225	300	375	450
Vegetable mix* (g) 69)	150	300	450	600	750	900
Teriyaki sauce (g) 11) 13) 15)	25	50	75	100	125	150
Unsalted peanuts (g) 1) 61) 62)	5	10	15	20	25	30
Fresh ginger* (cm)	1	2	3	4	5	6
Persian cucumber* (pcs)	½	1	1½	2	2½	3
Sesame oil (ml) 3)	5	10	15	20	25	30
Soy sauce 11) 13) 15)		to taste				
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine/rice vinegar (tsp)	1	2	3	4	5	6
Chicken stock cube (pcs)	¼	½	¾	1	1¼	1½
Ketjap (tbsp)	½	1	1½	2	2½	3
Salt & pepper		to taste				

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3137 /750	663 /159
Total fat (g)	32	7
Of which: saturated (g)	7,9	1,7
Carbohydrates (g)	80	17
Of which: sugars (g)	16,6	3,5
Fibre (g)	6	1
Protein (g)	32	7
Salt (g)	4,8	1

Allergens

1) Peanuts **3)** Sesame **11)** Soy **13)** Gluten **15)** Wheat
May contain traces of: **61)** Nuts **62)** Sesame **69)** Celery



Step 1:

- In a lidded pan, bring plenty of water to a boil with ¼ stock cube per person for the noodles.
- Peel the ginger and then grate or mince the flesh.
- Meanwhile, cut the cucumber into slices and mix in a bowl with 1 tsp white wine vinegar or rice vinegar per person and season with salt and pepper.
- Mix every now and then so the flavours are absorbed well.



Step 3:

- Add the East Asian vegetable mix to the wok and stir-fry for 1 minute.
- Add the noodles, teriyaki sauce, sesame oil and ½ tbsp ketjap per person to the wok and heat for 1 minute.
- Toss well and add some extra soy sauce, salt and pepper to taste.
- Chop the peanuts into coarse chunks.



Step 2:

- Heat 1 tbsp sunflower oil per person in a wok over medium-high heat.
- Stir-fry the ginger, chicken thigh strips and garlic mix for 3 - 5 minutes.
- Meanwhile, cook the noodles for 3 - 4 minutes in the other pan, covered with the lid, then drain and rinse with cold water.



Step 4:

- Transfer the stir-fry to plates and garnish with peanuts.
- Serve with the cucumbers.

Enjoy!



Bulgogi Bowl with Korean-style Steak Strips

over rice with quick-pickled vegetables and a jammy egg

Express

Total time: 15 min. • Based on 2 servings



Bulgogi saus



Steak strips



Egg



Jasmine rice



Cucumber



Black sesame seeds



Soy sauce



Garlic



White cabbage
and carrot



Chili flakes



Sesame oil

A fresh start

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.

Equipment

2x bowl, large wok or sauté pan, pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgogi saus (ml) 3) 11) 13) 15)	35	70	105	140	175	210
Steak strips* (g)	100	200	300	400	500	600
Egg* (pcs) 8)	1	2	3	4	5	6
Jasmine rice (g)	75	150	225	300	375	450
Cucumber* (pcs)	½	1	1½	2	2½	3
Black sesame seeds (g) 3)	2½	5	7½	10	12½	15
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
Garlic (cloves)	½	1	1½	2	2½	3
White cabbage and carrot* (g)	50	100	150	200	250	300
Chili flakes* (tsp)	¼	½	¾	1	1½	2
Sesame oil (ml) 3)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2827 /676	562 /134
Total fat (g)	23	5
Of which: saturated (g)	5,3	1,0
Carbohydrates (g)	79	16
Of which: sugars (g)	17,2	3,4
Fibre (g)	4	1
Protein (g)	35	7
Salt (g)	3,6	0.7

Allergens

3) Sesame **8)** Egg **11)** Soy **13)** Gluten **15)** Wheat

May contain traces of: -



Step 1:

- Take the beef strips from the refrigerator to allow them to reach room temperature.
- Boil ample water for the rice in a lidded pan and cook the rice for 12 - 15 minutes, covered with the lid.
- After 5 - 6 minutes, add the eggs and soft-boil them.
- Drain and run the eggs under cold water. In the meantime, mix the beef strips with the sesame oil and soy sauce.
- Set aside to let it marinate.



Step 3:

- When the rice and eggs still have 5 minutes to go, heat a wok or sauté pan with ½ tbsp sunflower oil per person.
- Sauté the garlic on its own for 1 minute, then add the bulgogi sauce, chili flakes, and marinated beef strips and fry for 2 - 4 minutes while stirring.



Step 2:

- Slice the cucumbers and press or mince the garlic.
- Transfer the white cabbage and carrot to a bowl with a pinch of salt and per person: ½ tbsps sugar and 1 tbsp white wine vinegar.
- Set aside till serving.



Step 4:

- Serve the rice on plates and top with the beef strips and the sauce.
- Peel the eggs, cut in half, and place beside the rice.
- Also serve the coleslaw salad and sliced cucumber alongside.
- Garnish with the black sesame seeds.

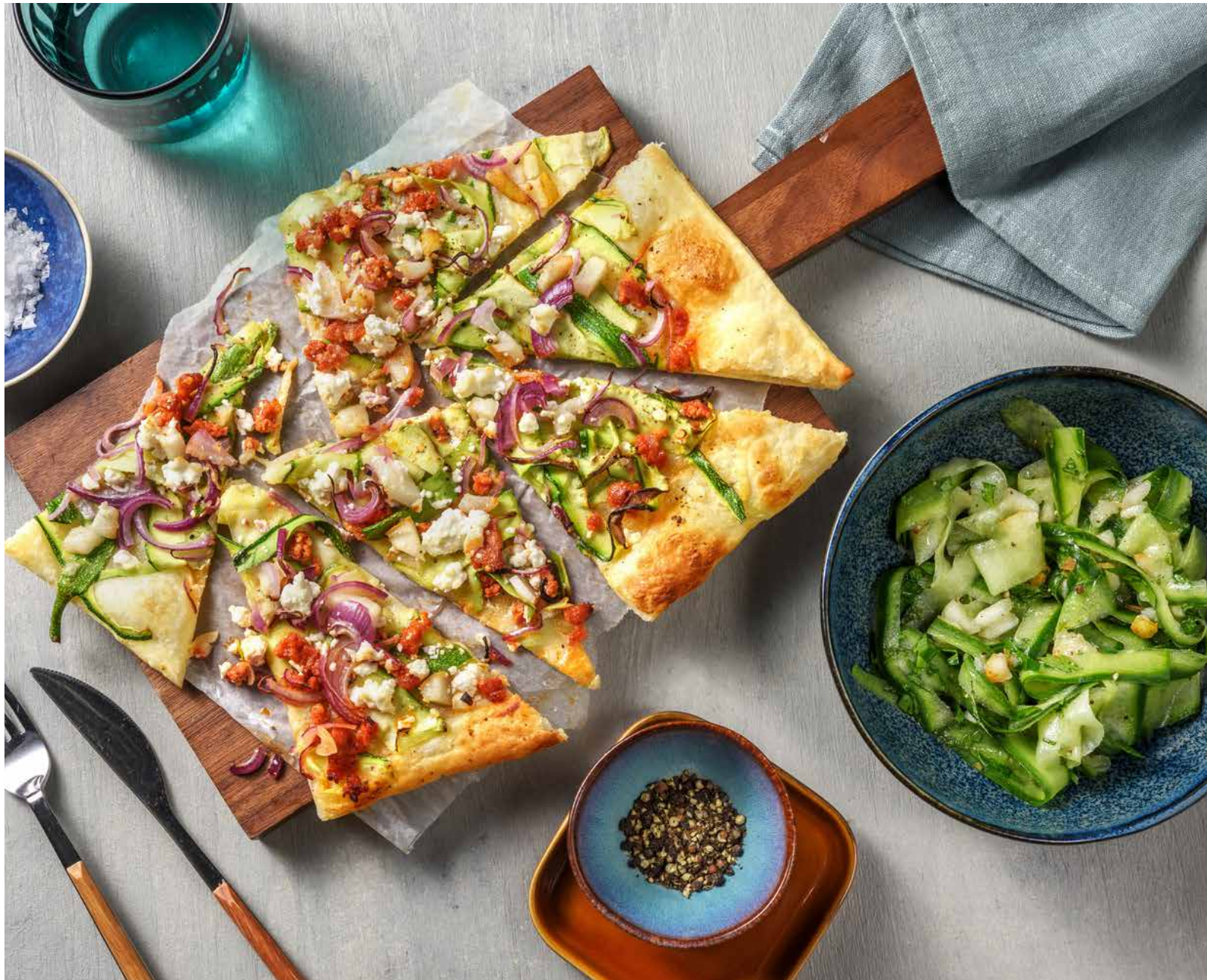
Enjoy!



Courgette & Chorizo Tart

with Greek-style cheese & pear-cucumber salad

Total time: 35 min. • Based on 2 servings



Pear



Red onion



Courgette



Puff pastry



Organic crème fraîche



Diced chorizo



Greek-style cheese



Cucumber



Fresh flat leaf parsley
and mint

A fresh start

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.

Equipment

Salad bowl, baking sheet lined with baking paper, peeler or cheese slicer

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pear (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	½	1	1½	2	2½	3
Courgette* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (pcs) 13) 15)	½	1	1½	2	2½	3
Organic crème fraiche* (g) 7)	25	50	75	100	125	150
Diced chorizo* (g) 7)	25	50	75	100	125	150
Greek-style cheese* (g) 7)	25	50	75	100	125	150
Cucumber* (pcs)	½	1	1½	2	2½	3
Fresh flat leaf parsley and mint* (g)	10	20	30	40	50	60
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3923 /938	673 /161
Total fat (g)	60	10
Of which: saturated (g)	27,1	4,6
Carbohydrates (g)	71	12
Of which: sugars (g)	18,7	3,2
Fibre (g)	5	1
Protein (g)	22	4
Salt (g)	2,6	

Allergens

7) Milk 13) Gluten 15) Wheat
May contain traces of: -



Step 1:

Preheat the oven to 220 degrees. Cut the pear into quarters, remove the core and finely dice the pear. Cut the red onion into half rings. Shave the courgette into thin ribbons using a cheese slicer or potato peeler.



Step 2:

Roll out the puff pastry (including its parchment) on a baking sheet and spread with the crème fraîche. Season generously with salt and pepper. Top with the courgette ribbons and drizzle with olive oil to taste.



Step 3:

Set aside ⅓ of the diced pear. Divide the remaining pear, red onion and diced chorizo over the courgette. Crumble the white cheese over it and bake in the oven for 15 - 20 minutes.



Step 4:

In a salad bowl, make a dressing of per person: ½ tbsp extra-virgin olive oil, ½ tbsp white balsamic vinegar, salt and pepper.



Step 5:

Shave the cucumber into thin ribbons using a cheese slicer or potato peeler. Add the cucumber ribbons and the remaining diced pear to the salad bowl with the dressing. Finely chop the mint and parsley leaves and mix into the cucumber, pear and dressing.



Step 6:

Cut the tart into pieces and serve on plates. Serve the cucumber-pear salad on the side.

Enjoy!



Eggplant Moussaka with Homemade Garlic Bread

with lentils, courgette and oregano

Veggie

Total time: 50 min. • Based on 2 servings



Eggplant



Onion



Courgette



Garlic



Dried oregano



Ground cinnamon



Tomato paste



Red split lentils



Heinz Creations
Roasted Garlic



Brown bread roll



Greek yogurt



Grated aged cheese

A fresh start

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.

Equipment

Baking dish, baking sheet with baking paper, small bowl, sauté pan, bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (pcs)	½	1	1½	2	2½	3
Onion (pcs)	½	1	1½	2	2½	3
Courgette* (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Dried oregano (tsp)	1	2	3	4	5	6
Ground cinnamon (sachet(s))	⅓	⅓	½	⅔	¾	1
Tomato paste (cup(s))	⅓	⅔	1	1⅓	1⅔	2
Red split lentils (g)	25	50	75	100	125	150
Heinz Creations Roasted Galic (pack(s))	⅓	⅔	1	1⅓	1⅔	2
Brown bread roll (pcs) 7) 11) 13) 15) 16) 18) 61) 62) 67) 71) 72)	1	2	3	4	5	6
Greek yogurt* (g) 7)	75	150	225	300	375	450
Grated aged cheese* (g) 7)	25	50	75	100	125	150
Not included						
Vegetable stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Brown sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3941 /942	495 /118
Total fat (g)	51	6
Of which: saturated (g)	15,3	1,9
Carbohydrates (g)	82	10
Of which: sugars (g)	36,9	4,6
Fibre (g)	17	2
Protein (g)	31	4
Salt (g)	3,9	0,5

Allergens

7) Milk 11) Soy 13) Gluten 15) Wheat 16) Barley 18) Rye
May contain traces of: 61) Nuts 62) Sesame 67) Egg



Step 1:

Preheat the oven to 200 degrees and prepare the stock. Cut the eggplant into ½ cm thick half moons and mix them in a bowl with the sunflower oil. Season with salt and pepper. Chop the onion. Cut the courgette into ½ cm dices. Press or mince the garlic.



Step 2:

Heat half of the olive oil in a sauté pan on medium heat. Add the onion and fry for 3 minutes. Add the courgette, season to taste with salt and pepper and fry for 5 minutes. Add the minced garlic, the oregano, tomato paste and ½ tsp cinnamon per person. Stir well and fry for another 2 minutes.



Step 3:

Add the red lentils, black balsamic vinegar, Heinz Creations Roasted Garlic, stock and brown sugar to the pan. Stir well, bring to a boil, reduce the heat to low and allow to simmer for 20 – 25 minutes. Stir regularly to prevent the lentils from burning to the pan.



Step 4:

In the meantime, transfer the eggplant slices to a baking sheet lined with baking paper and roast them in the oven for 10 – 15 minutes. In a small bowl, mix the remaining garlic with the remaining olive oil and season with salt and pepper. Halve the ciabatta and sprinkle the inside of each half with the garlic oil.



Step 5:

Transfer the tomato-lentil mixture to a baking dish and place the slices of eggplant on top. Spread the eggplant with the Greek yoghurt and sprinkle with grated aged cheese. Bake the moussaka in the oven for 5 – 6 minutes and add the garlic bread for the final 2 – 3 minutes.



Step 6:

Serve the moussaka in deep plates, with the garlic bread on the side.

Enjoy!



Veggie Nuggets with Parsley & Caper Potatoes

with a tomato & cucumber salad

Family Veggie

Total time: 30 min. • Based on 2 servings



Baby potatoes



Cucumber



Roma tomato



Tomato



Red onion



Fresh curly parsley



Garlic



Lemon



Vegan nuggets with cornflakes



Capers



Mayonnaise

A fresh start

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.

Equipment

Salad bowl, frying pan, pan with lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Roma tomato (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g 69)	5	10	15	20	25	30
Garlic (cloves)	½	1	1½	2	2½	3
Lemon (pcs)	⅓	⅔	1	1⅓	1⅔	2
Vegan nuggets with cornflakes* (g 11) 13) 15) 16) 68)	100	200	300	400	500	600
Capers* (g)	10	20	30	40	50	60
Mayonnaise* (g 8) 9)	25	50	75	100	125	150
Not included						
Butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3539 /846	574 /137
Total fat (g)	51	8
Of which: saturated (g)	15,1	2,5
Carbohydrates (g)	75	12
Of which: sugars (g)	14,7	2,4
Fibre (g)	12	2
Protein (g)	15	2
Salt (g)	2,0	0,3

Allergens

8) Egg 9) Mustard 11) Soy 13) Gluten 15) Wheat 16) Barley
May contain traces of: 68) Mustard 69) Celery



Step 1:

Bring ample water to a boil in a lidded pan for the potatoes. Wash the baby potatoes and cut any large potatoes in half. Boil the potatoes, covered, for 12 - 15 minutes until done. Then drain and set aside.



Step 2:

Chop the cucumber in half lengthways and then thinly slice into half-moons. Cut the tomatoes into wedges and the red onion into thin half rings. Finely chop the parsley and press or mince the garlic. Cut half of the lemon into wedges and juice the other half.



Step 3:

In a large salad bowl, create a dressing by mixing per person: ½ tbsp lemon juice, ½ tbsp extra virgin olive oil, 1 tsp honey, 1 tsp mustard, salt and pepper. Add the cucumbers, tomatoes and red onions and toss.



Step 4:

Heat ½ tbsp butter in a frying pan over medium-high heat and fry the vegan nuggets for 6 - 8 minutes till crispy. Remove from the pan and set aside.



Step 5:

Use the same pan to fry the potatoes. Heat ½ tbsp butter over medium-high in the pan used for the nuggets and fry the garlic for 1 - 2 minutes. Then add the capers and half of the parsley and deglaze with 1 tsp lemon juice per person. Finally, add the potatoes, stir well and fry for 1 - 2 minutes.



Step 6:

Serve the potatoes on plates with the vegan nuggets alongside. Place the salad on the same plate and garnish with the parsley. Serve with the mayonnaise and one lemon wedge per person.

Enjoy!



Chicken Breast & Goat's Cheese over Bulgur

with roasted beets, almonds & a crunchy cucumber salad

Calorie Smart

Total time: 45 min. • Based on 2 servings



Beetroot



Garlic



Bulgur



Red onion



Dried oregano



Chicken breast



Fresh curly
parsley & mint



Cucumber



Organic lemon



Fresh goat's cheese



Roasted salted almonds

A fresh start

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.

Equipment

Baking sheet with baking paper, grater, small bowl, salad bowl, baking dish, sieve, bowl, pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (pcs)	1	2	3	4	5	6
Garlic (cloves)	1	2	3	4	5	6
Bulgur (g) 13) 15) 70)	45	85	130	170	215	255
Red onion (pcs)	½	1	1½	2	2½	3
Dried oregano (packet(s))	½	1	1½	2	2½	3
Chicken breast* (pcs)	1	2	3	4	5	6
Fresh curly parsley & munt* (g)	5	10	15	20	25	30
Cucumber* (pcs)	⅓	⅔	1	1⅓	1⅔	2
Organic lemon (pcs)	¼	½	¾	1	1¼	1½
Fresh goat's cheese* (g) 7)	25	50	75	100	125	150
Roasted salted almonds (g) 1) 22) 61) 62)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Vegetable stock cube (pcs)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2628 / 628	521 / 124
Total fat (g)	28	6
Of which: saturated (g)	7,7	1,5
Carbohydrates (g)	50	10
Of which: sugars (g)	8,6	1,7
Fibre (g)	12	2
Protein (g)	39	8
Salt (g)	2,3	0,5

Allergens

1) Peanuts **7)** Milk **13)** Gluten **15)** Wheat **22)** Almonds
May contain traces of: 61) Nuts **62)** Sesame **70)** Soy



Step 1:

Preheat the oven to 200 degrees. Peel the beetroot and cut into 1 - 2 cm thick wedges. Press or mince garlic. In a bowl, mix ½ tbsp olive oil per person with half of the garlic, salt and pepper. Add the beetroot wedges, season with salt and pepper and mix well. Transfer the red beetroot to a baking sheet lined with baking paper and roast in the oven for 25 - 30 minutes. Toss halfway.



Step 2:

Boil ample water in a pan with a lid for the bulgur. Crumble ¼ stock cube per person into the pan and add the bulgur. Cook the bulgur for 10- 12 minutes until done, covered with the lid. Drain in a sieve and set aside, uncovered. The bulgur may cool.



Step 3:

Cut the red onion into half rings. In a small bowl, mix the oregano, the remaining garlic, ½ tbsp olive oil per person, salt and pepper. Rub or brush the chicken breast with this herb oil. Transfer the chicken and red onion to a baking dish and roast for 12 - 15 minutes, or until the chicken is cooked. Stir the red beetroot.



Step 4:

Strip the leaves from the mint sprigs. Finely chop the mint leaves and fresh curly parsley. Dice the cucumber. Zest the lemon before juicing. In a salad bowl, make a dressing of per person: 1 tsp extra virgin olive oil, 1 tbsp lemon juice, 1 tsp honey, salt and pepper. Mix the fresh herbs and cucumber into the dressing.



Step 5:

Crumble the goat cheese and coarsely chop the almonds. Mix 1 tsp lemon zest per person into the bulgur.



Step 6:

Transfer the bulgur, red beetroot and cucumber to plates. Cut the chicken breast into strips and place it on top, together with the red onion. Garnish with the almonds and cheese. Add extra virgin olive oil to taste.

Enjoy!



Chicken Fillet in Sweet Soy Sauce with Pak Choi

over garlic rice with honeyed cashews

Calorie Smart Family

Total time: 30 min. • Based on 2 servings



Garlic



Sesame oil



Risotto rice



Pak choi



Carrot



Chicken tenderloin



Chopped cashews



Sweet chili sauce



Soy sauce

A fresh start

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.

Equipment

Frying pan, pan with lid, frying pan with lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (cloves)	1	2	3	4	5	6
Sesame oil (ml) 3)	5	10	15	20	25	30
Risotto rice (g)	65	130	195	260	325	390
Pak choi* (g)	100	200	300	400	500	600
Carrot* (pcs)	1	2	3	4	5	6
Chicken tenderloin* (g)	100	200	300	400	500	600
Chopped cashews (g) 25) 60) 61) 62)	10	20	30	40	50	60
Sweet chili sauce* (packet(s))	½	1	1½	2	2½	3
Soy sauce (ml) 11) 13) 15)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Honey (tsp)	1	2	3	4	5	6
Ketjap (tbsp)	½	1	1½	2	2½	3
Chicken stock cube (pcs)	⅓	⅔	1	1½	2	2½
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2701 /645	546 /130
Total fat (g)	20	4
Of which: saturated (g)	3,1	0,6
Carbohydrates (g)	76	15
Of which: sugars (g)	18,3	3,7
Fibre (g)	7	1
Protein (g)	35	7
Salt (g)	3,2	0.7

Allergens

3) Sesame **11)** Soy **13)** Gluten **15)** Wheat **25)** Cashews
May contain traces of: 60) Peanuts **61)** Nuts **62)** Sesame



Step 1:

Weigh the risotto rice. Press or mince the garlic. Heat the sesame oil in a pan with a lid to medium-high heat. Fry the garlic for 2 - 3 minutes until brown. Turn down the heat and add the risotto rice and 100 ml water per person with a pinch of salt. Cook, covered, for 12 – 15 minutes until done. Set aside until serving, covered with the lid.



Step 2:

Cut both the white and green part of the bok choy into strips widthwise. Cut the carrot into thin half slices. Cut the chicken into pieces of 1– 2 cm.



Step 3:

Heat ¼ tbsp sunflower oil per person in a frying pan with a lid on medium-high heat. Fry the carrot for 3 - 5 minutes while stirring. Add the bok choy and crumble ⅓ stock cube per person over the pan. Fry for 2 - 4 minutes, covered with the lid, and season with salt and pepper if necessary.



Step 4:

Heat a second frying pan on high heat, without any oil, and roast the chopped cashews with 1 tsp honey per person until they start to color. Take from the pan and set aside.



Step 5:

Turn the heat to medium-low and add ½ tbsp sunflower oil per person. Fry the chicken tenderloins for 5 - 7 minutes while stirring. Add the sweet chili sauce to the chicken for the final 2 minutes, as well as the soy sauce and ketjap.



Step 6:

Transfer the rice and vegetables to plates. Add the chicken tenderloins and sauce on top of the rice. Garnish with the chopped honey cashews.

Enjoy!



Hot-smoked Salmon Salad with Courgette Ribbons

with baby potatoes, green beans and fresh dill

Nice & Fast Calorie Smart

Total time: 25 min. • Based on 2 servings



Green beans



Baby potatoes



Courgette



Red onion



Fresh dill



Organic sour cream



Salmon flakes



Arugula and lamb's lettuce

A fresh start

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.

Equipment

Peeler or cheese slicer, bowl, large bowl, pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	100	200	300	400	500	600
Baby potatoes (g)	250	500	750	1000	1250	1500
Courgette* (pcs)	½	1	1½	2	2½	3
Red onion (pcs)	¼	½	¾	1	1¼	1½
Fresh dill* (g) 69	5	10	15	20	25	30
Organic sour cream* (g) 7	25	50	75	100	125	150
Salmon flakes* (g) 4	75	150	225	300	375	450
Arugula and lamb's lettuce* (g)	20	40	60	80	100	120
Not included						
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2697 /645	422 /101
Total fat (g)	29	5
Of which: saturated (g)	6,0	0,9
Carbohydrates (g)	62	10
Of which: sugars (g)	11,1	1,7
Fibre (g)	10	2
Protein (g)	28	4
Salt (g)	0,8	0,1

Allergens

4) Fish 7) Milk
May contain traces of: 69) Celery



Step 1:

Boil ample water with a pinch of salt in a pan with a lid. Trim the ends off the green beans and cut the beans into 3 equally sized pieces. Wash the baby potatoes, cut them in half and cut any large ones into quarters.



Step 2:

Cook the baby potatoes in the pan with boiling water for 12 - 15 minutes, covered with the lid. After 5 minutes, add the green beans. Then drain and rinse with cold water.



Step 3:

In the meantime, turn the courgette into thin ribbons with a peeler or cheese slicer. Chop the red onion and finely chop the dill.



Step 4:

In a bowl, mix per person: 1 tbsp extra virgin olive oil and ½ tbsp white balsamic vinegar with half of the dill, salt and pepper. Add the courgette ribbons to the bowl and set aside.



Step 5:

In a large bowl, mix per person: ½ tbsp extra virgin olive oil and 1 tsp white wine vinegar with the remaining dill, the chopped red onion and the sour cream. Add the baby potatoes, green beans and half of the pulled salmon to this bowl. Mix well and season with salt and pepper.



Step 6:

Transfer the arugula and lamb's lettuce to plates. Top with the courgette salad and the baby potato salad. Finish with the pulled salmon. Drizzle with extra virgin olive oil to taste.

Enjoy!



Cod in Caper-Butter Sauce

with braised leek and green beans

Family

Total time: 45 min. • Based on 2 servings



All-purpose potatoes



Leek



Green beans



Baby red onion



Garlic



Fresh flat leaf parsley



Cod fillet



Capers

A fresh start

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.

Equipment

Baking sheet with baking paper, small bowl, kitchen paper, sauté pan with lid, bowl, plate, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
All-purpose potatoes (g)	250	500	750	1000	1250	1500
Leek* (pcs)	½	1	1½	2	2½	3
Green beans* (g)	75	150	225	300	375	450
Baby red onion (pcs)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g 69)	5	10	15	20	25	30
Cod fillet* (pcs 4)	1	2	3	4	5	6
Capers* (g)	10	20	30	40	50	60
Not included						
Vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	½	1	1½	2	2½	3
Butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2902 /693	429 /102
Total fat (g)	32	5
Of which: saturated (g)	13,8	2,0
Carbohydrates (g)	66	10
Of which: sugars (g)	8,1	1,2
Fibre (g)	12	2
Protein (g)	29	4
Salt (g)	1,5	0,2

Allergens

4) Fish
May contain traces of: 69) Celery



Step 1:

Preheat the oven to 200 degrees. Prepare the stock. Thoroughly wash the potatoes and cut into large pieces. Cut the leek lengthways and then into 10 cm pieces. Trim the ends off the green beans and cut the beans into 2 equally sized pieces. Chop the small red onion and press or mince the garlic.



Step 2:

Mix the potatoes in a bowl with ½ tbsp olive oil per person, salt and pepper. Transfer to a baking sheet lined with baking paper and roast in the oven for 30 - 40 minutes. Heat ½ tbsp butter per person in a sauté pan with a lid on medium-high heat. Fry the leek, garlic and half of the onion for 3 - 4 minutes. Deglaze with the stock and add the green beans. Bring to a boil, covered with the lid, and cook for 10 - 12 minutes. Then drain and set aside, allowing the vegetables to cool down a little.



Step 3:

In a small bowl, mix per person: ½ tbsp extra virgin olive oil, 1 tsp white wine vinegar and 1 tsp mustard into a vinaigrette. Add the remaining red onion and season to taste with salt and pepper. Finely chop the flat leaf parsley.



Step 4:

Divide 1 tbsp flour over a plate. Pat the cod fillet dry and season with salt and pepper. Coat the cod with the flour. When the potatoes are almost done, heat ½ tbsp butter per person in a frying pan on high heat and fry the cod for 1 - 2 minutes per side. Then take from the pan and transfer to plates. Sprinkle the parsley over the cod.



Step 5:

Add ½ tbsp butter per person and the capers to the same pan you used for the cod, on high heat. Season with salt and pepper and fry for another 2 - 3 minutes until the butter is light brown and foamy. Pour the melted butter and capers over the cod.



Step 6:

Mix the vinaigrette with the green beans and leek and transfer the vegetables to the plates with cod. Serve the cod with the roasted potatoes.

Enjoy!



Caesar Salad with Homemade Dressing & Croutons

with fries & crunchy chickpeas

Veggie

Total time: 35 min. • Based on 2 servings



Chickpeas



Lollo biondo



Persian cucumber



Roma tomato



Mayonnaise



White crusty roll



Garlic



Egg



BBQ spice rub



Parmigiano Reggiano



Thick-cut skin-on fries

A fresh start

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.

Equipment

Saucepan with lid, baking sheet with baking paper, grater, colander, kitchen paper, 2x bowl, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack(s))	½	1	1½	2	2½	3
Lollo biondo* (pcs)	½	1	1½	2	2½	3
Persian cucumber*	½	1	1½	2	2½	3
Roma tomato (pcs)	1	2	3	4	5	6
Mayonnaise* (g 8) 9)	25	50	75	100	125	150
White crusty roll (pcs) 7) 11) 13) 15) 16) 18) 61) 62) 67) 71) 72)	½	1	1½	2	2½	3
Garlic (cloves)	½	1	1½	2	2½	3
Egg* (pcs) 8)	1	2	3	4	5	6
BBQ spice rub (packet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano* (g) 7)	15	25	40	50	65	75
Thick-cut skin-on fries* (g)	125	250	375	500	625	750
Not included						
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

* keep in the refrigerator

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4014 /959	602 /144
Total fat (g)	65	10
Of which: saturated (g)	10,6	1,6
Carbohydrates (g)	60	9
Of which: sugars (g)	5,8	0,9
Fibre (g)	15	2
Protein (g)	27	4
Salt (g)	1,7	0,3

Allergens

7) Milk 8) Egg 9) Mustard 11) Soy 13) Gluten 15) Wheat 16) Barley 18) Rye
May contain traces of: 61) Nuts 62) Sesame 67) Egg 71) Lupin 72) Gluten



Step 1:

Preheat the oven 220 degrees. Mix the fries in a bowl with ½ tbsp olive oil per person and some salt and pepper. Place them on one side of a parchment paper-lined baking tray. Roast in the oven for 25 - 30 minutes or until golden brown, tossing halfway through. In the meantime, tear the bread into pieces and place them into the used bowl. Add ½ tbsp olive oil per person and add some salt and pepper and mix well.



Step 4:

Dice the tomato and cucumber and press or mince the garlic. Remove the core of the lettuce and roughly chop the leaves. Add the bread to the baking sheet for the final 10 minutes. Grate or finely chop the parmigiano reggiano.



Step 2:

Drain the chickpeas in a colander and pat them dry with kitchen paper. Place them in a bowl with ¼ tbsp olive oil per person and the BBQ rub. Add salt and pepper to taste. Place them in the oven beside the fries for the last 20 minutes. Bake until golden brown and crispy.



Step 5:

Add the garlic to a salad bowl with ⅔ of the mayonnaise, half of the cheese and per person: 1 tbsp extra virgin olive oil and 1 tsp mustard. Add salt and pepper to taste and toss in the lettuce, tomatoes, and cucumber. Mix everything well.



Step 3:

In the meantime, boil the eggs by placing them in a saucepan with ample water. Bring the water to a boil and cook the eggs for 6 - 8 minutes. Peel the eggs and cut them in half.



Step 6:

Serve the salad on plates and garnish with the roasted chick peas, croutons, and eggs. Top with the remaining cheese and serve the fries on the side with the remaining mayonnaise.

Enjoy!



Caprese Salad with J mon Serrano

with lentils, roasted pepper & pesto vinaigrette

Calorie Smart Nice & Fast

Total time: 25 min. • Based on 2 servings



Bell pepper



Tomato



Mozzarella



Fresh basil



Lentils



Arugula and
lamb's lettuce



Pesto vinaigrette



J mon Serrano

A fresh start

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.

Equipment

Salad bowl, frying pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (pcs)	½	1	1½	2	2½	3
Tomato (pcs)	2	4	6	8	10	12
Mozzarella* (pcs) 7)	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Lentils (can(s))	½	1	1½	2	2½	3
Arugula and lamb's lettuce* (g)	20	40	60	90	100	130
Pesto vinaigrette* (g) 7)	20	40	60	80	100	120
Jámon Serrano * (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt & pepper	to taste					
* keep in the refrigerator						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1870 /447	377 /90
Total fat (g)	24	5
Of which: saturated (g)	9,7	2,0
Carbohydrates (g)	26	5
Of which: sugars (g)	9,3	1,9
Fibre (g)	10	2
Protein (g)	27	5
Salt (g)	2,3	0,5

Allergens

7) Milk
May contain traces of: -



Step 1:

- Preheat the oven to 200 degrees.
- Cut the bell peppers into strips. Heat ½ tbsp olive oil in a lidded frying pan and fry the bell peppers for 3 - 5 minutes over medium-high heat.
- Add salt and pepper to taste. Cover with the lid and allow the bell peppers to cook for 8 - 10 minutes.



Step 3:

- Drain the lentils. Add half a can of lentils per person to a salad bowl along with the arugula, lamb's lettuce, pesto-vinaigrette, diced tomatoes, and half of the basil.
- Season to taste with salt and pepper and mix well.



Step 2:

- In the meantime, dice half of the tomatoes and slice the other half.
- Also slice the mozzarella.
- Take the basil leaves from the sprigs and roughly chop the leaves.



Step 4:

- Serve the lentil salad on plates and top with the bell peppers and ham.
- Garnish with the remaining basil and sprinkle with salt and pepper.
- Also drizzle with ½ tbsp balsamic vinegar per person and extra virgin olive oil to taste.

Enjoy!