




Nachos with Cheese and Scallions

with sweet chilli-sour cream sauce | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

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

Ingredients

Grated Gouda* (g)	100
Scallions* (bunch)	1
Organic sour cream* (g)	50
Mexican-style spices (sachet(s))	1
Sweet chili sauce* (sachet(s))	1
Tortilla chips (g)	300

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1340 /320
Total fat (g)	17
of which saturated (g)	5
Carbohydrates (g)	33
of which sugars (g)	2,4
Fibre (g)	3
Protein (g)	7
Salt (g)	1

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Thinly slice the scallions.

Make the sauce

- In a bowl, mix the sour cream with the sweet chilli sauce.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Scatter half of the scallions over the chips, followed by the cheese and Mexican-style spices*.
- Dollop the sauce on top.

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

Serve

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Take the nachos out of the oven.
- Serve on the baking sheet or on a platter.
- Garnish with the rest of the scallions.

Enjoy!




Vietnamese Spring Rolls with Chicken

with teriyaki sauce and fresh vegetables | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

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

Deep plate, grater, pot or saucepan, plate, small bowl, frying pan

Ingredients

Rice paper (unit(s))	½
Carrot* (unit(s))	1
Persian cucumber* (unit(s))	1
Fresh coriander & mint* (g)	10
Chicken breast* (unit(s))	1
Teriyaki sauce (g)	25
Radicchio & iceberg lettuce* (g)	50
Peanut sauce* (g)	80
Sesame oil (ml)	10
Basmati rice (g)	75
From your pantry	
[Reduced salt] soy sauce (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	647 / 155
Total fat (g)	5
of which saturated (g)	0,9
Carbohydrates (g)	21
of which sugars (g)	5,7
Fibre (g)	1
Protein (g)	6
Salt (g)	0,8

Allergens

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

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Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside in the same pan.
- Drizzle the rice with sunflower oil. Mix well to combine, then set aside until further use.
- Grate the carrot. Finely chop the herbs. Cut the cucumber into small strips.
- Cut the chicken into small cubes.

Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the chicken and fry for 3 - 4 minutes.
- Add the teriyaki sauce and fry for another 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl. Mix with the soy sauce, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the rice sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

Serve

- Place the chicken in the middle of the rice sheet, then top with some lettuce, carrot, cucumber, rice and fresh herbs.
- Fold the bottom of the rice sheet over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the peanut-soy sauce on the side.

Enjoy!



Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

Red onion (unit(s))	2
Bell Pepper* (unit(s))	1
Chicken mince with Mexican seasoning* (g)	200
Mexican-style spices (sachet(s))	1
Tomato (unit(s))	2
Organic sour cream* (g)	50
Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2824 / 675	580 / 139
Total fat (g)	32	7
of which saturated (g)	20	4,1
Carbohydrates (g)	56	12
of which sugars (g)	10,5	2,2
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	3	0,6

Allergens

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

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Make the filling

- Preheat the oven to 200°C.
- Slice the onion into half rings. Chop the bell pepper into strips.
- Heat the butter in a frying pan over medium-high heat, then fry the onion and bell pepper for 2 - 3 minutes.
- Add the mince and half of the Mexican-style spices*, and fry for another 3 - 4 minutes, or until done. Season with salt and pepper.

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

Make the quesadillas

- In the meantime, thinly slice the tomato.
- Place the tortillas on a parchment-lined baking sheet and spread the veggie-mince filling over one half of each tortilla.
- Top with the grated cheese and 2 - 3 slices of tomato per tortilla, then fold the other side over the filling and press down so it doesn't open up again.
- Rub a little bit of olive oil over the top of each quesadilla.

Serve

- Put the quesadillas on the top shelf of the oven to bake for 5 - 7 minutes, until golden brown.
- In a small bowl, mix the sour cream with the rest of the Mexican-style spices.
- In the meantime, finely chop the rest of the slices of tomato, then mix these with the sour cream and season with salt and pepper to taste.
- Serve the quesadillas with the sour cream dip.

Enjoy!



Chicken Saté with Krupuk

with fresh coriander and crispy onions | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, saucepan, frying pan

Ingredients

Fresh coriander* (g)	10
Hoisin sauce (g)	50
Peanut sauce* (g)	120
Crispy fried onions (g)	30
Krupuk (g)	60
Chicken thigh strips* (g)	400
From your pantry	
[Reduced salt] soy sauce (tbsp)	2½
[Reduced salt] ketjap manis (tbsp)	1
Sambal	to taste
[Plant-based] butter (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	904 /216
Total fat (g)	13
of which saturated (g)	4,2
Carbohydrates (g)	12
of which sugars (g)	5,7
Fibre (g)	1
Protein (g)	11
Salt (g)	1,4

Allergens

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



Marinate the chicken

- Slice the chicken lengthways into smaller strips.
- In a bowl, combine the hoisin sauce with the soy sauce. Season to taste with salt and pepper.
- Add the chicken to this marinade and set aside until further use.
- Finely chop the coriander.

Make the peanut sauce

- Transfer the peanut sauce and ketjap manis to a saucepan and combine well over low heat. Add some sambal to taste.
- Meanwhile, melt the butter in a frying pan and fry the chicken for 6 - 8 minutes over medium heat. Season with salt and pepper to taste.

Serve

- Place the chicken on a serving platter.
- Serve the peanut sauce to the side and garnish with the crispy onions.
- Scatter the coriander over the chicken.
- Serve with the krupuk.

Enjoy!



Spicy Garlic Shrimp

with aioli, baguette & lemon | to share

Appetizer

Total time: 15 - 20 min.



Tear me out!

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

Ingredients

Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	2
Red chili pepper* (unit(s))	1
Lemon* (unit(s))	1
Aioli* (g)	50
Shrimp* (g)	360
White demi-baguette (unit(s))	2

From your pantry

[Plant-based] butter (tbsp)	¾
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	688 / 164
Total fat (g)	6
of which saturated (g)	1,2
Carbohydrates (g)	18
of which sugars (g)	0,8
Fibre (g)	1
Protein (g)	9
Salt (g)	0,8

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Finely chop the parsley stems, then roughly chop the leaves.
- Deseed and finely chop the red chili pepper*.
- Crush or mince the garlic.

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

Cook the shrimp

- Transfer the shrimp to an oven dish along with the butter, parsley stems, chili pepper and garlic.
- Mix well to combine and season with salt and pepper.
- Bake the shrimp, with the baguettes alongside on the same oven rack, for 6 - 8 minutes or until the shrimp are done.

Serve

- Cut the lemon into wedges in the meantime.
- Transfer the shrimp to a serving dish and garnish with the parsley leaves.
- Serve immediately, with the baguettes, aioli and lemon wedges alongside.

Enjoy!



Mozzarella Garlic Bread

with homemade parsley-garlic butter | to share

Appetizer

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Bowl

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Unsalted butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1505 /360
Total fat (g)	25
of which saturated (g)	16,1
Carbohydrates (g)	23
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	10
Salt (g)	0,9

Allergens

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

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Prepare

- Preheat the oven to 200°C.
- Take the butter out of the fridge and allow it to reach room temperature.
- Press or mince the garlic and finely chop the parsley.

2



Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the garlic and two-thirds of the parsley.
- Season with salt and pepper.
- Roughly chop the mozzarella.

3



Serve

- Partially slice the demi-baguettes on a diagonal, ensuring the base remains intact.
- Spread the garlic butter on the inside of the bread and add some of both cheeses, then scatter the rest of the cheese over the top.
- Pop the baguettes in the oven for 10 minutes, or until the cheese is golden-brown.
- Transfer the garlic bread to a serving dish. Scatter the rest of the parsley over the bread to finish.

Enjoy!



Serrano Ham Flammekueche

with dried figs & crema di balsamico | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

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, small bowl

Ingredients

Flammekueche* (unit(s))	2
Serrano ham* (g)	60
Shallot (unit(s))	1
Organic sour cream* (g)	100
Chopped dried figs (g)	40
Crema di balsamico (ml)	16
Red cherry tomatoes (g)	125
Arugula* (g)	40

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1900 /454	605 /145
Total fat (g)	10	3
of which saturated (g)	4,2	1,3
Carbohydrates (g)	66	21
of which sugars (g)	19	6,1
Fibre (g)	4	1
Protein (g)	21	7
Salt (g)	2,6	0,8

Allergens

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Prepare

- Preheat the oven to 220°C.
- Transfer the flammekueche to a parchment-lined baking sheet.
- In a small bowl, soak the figs in some water and set aside.
- Slice the shallot into half rings. Halve the cherry tomatoes.



Bake

- Spread the sour cream over the flammekueche and top with the shallot.
- Bake the flammekueche in the oven for 8 - 10 minutes until golden brown.
- Drain the figs, then add to the flammekueche during the final 2 minutes of cooking time.



Serve

- Slice the flammekueche and top with the Serrano ham.
- Garnish with the arugula and cherry tomatoes.
- Drizzle over the crema di balsamico and serve.

Enjoy!




Baked Camembert

with baguette, onion chutney & walnuts | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

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

Ingredients

Garlic (unit(s))	1
Fresh rosemary* (sprig)	1
Chopped walnuts (g)	20
Onion chutney* (g)	40
White demi-baguette (unit(s))	2
Camembert* (g)	240
From your pantry	
Extra virgin olive oil (tbsp)	½
Honey [or plant-based alternative] (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1128 /270
Total fat (g)	13
of which saturated (g)	6,6
Carbohydrates (g)	27
of which sugars (g)	1,6
Fibre (g)	2
Protein (g)	12
Salt (g)	1,2

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Take the Camembert out of its packaging and transfer to an oven dish.
- Use the tip of a knife to score a criss-cross diamond pattern over the surface of the Camembert, taking care to not cut all the way through (see Tip).
- Thinly slice the garlic and tear the rosemary leaves from the stalks.

Tip: make sure not to cut too far, otherwise the camembert will melt through the skin.

Garnish the Camembert

- Stuff the Camembert with the rosemary leaves and the slices of garlic.
- Top with the walnuts and drizzle with the extra virgin olive oil and the honey.
- Bake the baguettes for 8 - 10 minutes
- Bake the Camembert for the last 7 minutes.

Serve

- Slice the baguettes and serve alongside the camembert.
- Season the Camembert to taste with salt and pepper.
- Serve with the onion chutney.

Enjoy!



Banana Bread

with apple and raisins | 10 slices

Baking

Total time: 70 - 80 min.



Tear me out! 

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

25cm loaf tin, deep plate, large bowl, immersion blender

Ingredients

Banana (unit(s))	3
Apple* (unit(s))	1
Raisins (g)	40
Banana bread mix (g)	400
Ground cinnamon (tsp)	3
From your pantry	
Water (ml)	60
Sunflower oil (tbsp)	3

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	994 /238
Total fat (g)	5
of which saturated (g)	1,3
Carbohydrates (g)	41
of which sugars (g)	24
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

Allergens

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



Prepare

- Preheat the oven to 180°C. Mash 2 bananas with a fork in a deep plate (see Tip).
- Wash the apple and then roughly chop it (peel it first if the skin is very tough).
- Roughly chop the raisins.

Tip: the riper the bananas are, the sweeter the cake will be. You can speed things up by storing the bananas next to an avocado or by wrapping them in newspaper.

Make the batter

- Grease or line a loaf tin.
- In a large bowl, mix the bananas with the banana bread mix, apple, cinnamon, 3 tbsp sunflower oil and 60ml water.
- Mix everything together using an immersion blender, then add the raisins and mix them into the batter.
- Pour the batter into the loaf tin. Cut the third banana in half lengthways and place each half face-up on top of the batter.

Serve

- Bake the banana bread for 45 - 55 minutes.
- Check if the banana bread is done by sticking a skewer into the middle; if it comes out dry then the cake is done.
- Leave the banana bread in the tin to cool down for 15 minutes after you take it out of the oven (see Tip).

Tip: if you're having a slice of banana bread the next day, try warming it up in the oven or toaster for a few minutes for that freshly baked feeling.

Enjoy!



Double Chocolate Brownies

with walnuts | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

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

Large bowl, handheld mixer, oven dish, parchment paper

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Chopped walnuts (g)	40
Chocolate chips (g)	100
White chocolate chips (g)	100
From your pantry	
Water (ml)	80
[Plant-based] butter (g)	40

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1742 /416
Total fat (g)	19
of which saturated (g)	9,4
Carbohydrates (g)	52
of which sugars (g)	36,5
Fibre (g)	3
Protein (g)	7
Salt (g)	1,2

Allergens

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



Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).
- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter.

Tip: if you don't have a baking tin at home, a rectangular oven dish will work just fine!

Bake the brownie

- Stir in two-thirds each of the walnuts, milk chocolate chips and white chocolate chips.
- Pour the batter into the baking tin. Scatter over the rest of the walnuts and the chocolate chips.
- Bake the brownie in the oven for 22 - 25 minutes (see Tip).
- The brownie is ready when cracks have formed on the surface.

Tip: if you like soft, gooey brownies, use the shorter cooking time.

Serve

- Take the brownie out of the oven and allow to cool for 5 minutes (see Tip).
- Cut the brownie into around 9 squares and remove from the cake tin one by one.

Tip: check if the brownie is done by piercing it with a skewer. It's fine if the skewer comes out a little bit sticky, but pop it back in the oven for a few minutes if it's very runny.

Enjoy!




Carrot Cake with Cream Cheese Frosting

8 - 10 servings

Baking

Total time: 80 - 90 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, 25cm loaf tin, grater, large bowl, handheld mixer, parchment paper

Ingredients

Unsalted butter* (g)	160
Carrot* (unit(s))	4
Granulated sugar (g)	200
Egg* (unit(s))	4
Flour (g)	200
Baking powder (g)	10
Ground cinnamon (tsp)	1½
Powdered sugar (g)	100
Cream cheese* (g)	50
From your pantry	

Salt to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1129 /270
Total fat (g)	12
of which saturated (g)	7,1
Carbohydrates (g)	35
of which sugars (g)	24,3
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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



Prepare

- Take the butter out of the fridge and weigh out 160g. Cut the butter into cubes and then leave to come up to room temperature.
- Preheat the oven to 200°C. Grate the carrot.
- Line a 25cm long loaf tin with parchment paper.
- In a large bowl, mix together the butter, sugar and a pinch of salt with a spatula or electric mixer until it has a light and creamy texture.

Make the batter

- Add the eggs one by one and mix them into the batter.
- Add the flour, baking powder and cinnamon, then carefully fold into the batter using a spatula.
- Set aside 1 tbsp of the grated carrot to decorate the cake, then fold the rest through the batter.
- Transfer the batter to the loaf tin, then put the cake in the oven for 50 – 60 minutes.

Serve

- Put the powdered sugar in a bowl. Add the cream cheese spoonful by spoonful and mix together with a fork until evenly combined.
- Check if the cake is done by piercing it with a skewer – if it comes out clean then the cake is done.
- Take the cake out of the oven and leave to cool down fully.
- Spread the cream cheese frosting over the cake and scatter over the reserved grated carrot.

Enjoy!



Nectarine Crumble with Chopped Pistachios

with lime and sour cream | to share

Baking

Total time: 50 - 60 min.



Tear me out! 

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

Large bowl, microplane, oven dish, small bowl

Ingredients

Flour (g)	200
Cane sugar (g)	100
Cornstarch (sachet(s))	½
Nectarine* (unit(s))	3
Pistachio nuts (g)	60
Lime* (unit(s))	1
Organic sour cream* (g)	100
From your pantry	
[Plant-based] butter (g)	100
Brown sugar (tbsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	976 /233
Total fat (g)	11
of which saturated (g)	5,7
Carbohydrates (g)	29
of which sugars (g)	13,4
Fibre (g)	2
Protein (g)	5
Salt (g)	0

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Cut the butter into small cubes and keep it in the fridge until use.
- Zest the lime and juice it in a small bowl. Halve and pit the nectarine, then dice the flesh. Roughly chop the pistachios.
- In an oven dish, mix the chopped nectarine with the cornflour, lime juice, zest and brown sugar.

Knead the topping

- In a large bowl, combine the flour with the cane sugar.
- Add the diced butter and use your hands to combine it with the flour mixture.
- Keep kneading the dough until it reaches a sandy, crumbly texture and sticks together when squeezed.
- Pour the crumble topping evenly over the nectarine mixture.

Bake and serve

- Bake the crumble for 20 - 25 minutes until golden brown.
- Top the crumble with the pistachios and bake for another 5 minutes.
- Let it cool down slightly for 5 - 10 minutes before serving.
- Serve the crumble with the sour cream on the side.

Enjoy!



Lemon & Pistachio Pound Cake

with icing & lemon zest | 12 slices

Baking

Total time: 60 - 70 min.



Tear me out!

Before you begin

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

Utensils

Bowl, 25cm loaf tin, large bowl, microplane, handheld mixer, parchment paper, small saucepan

Ingredients

Unsalted butter* (g)	200
Egg* (unit(s))	4
Granulated sugar (g)	200
Flour (g)	200
Baking powder (g)	6
Pistachio nuts (g)	40
Lemon* (unit(s))	1
Powdered sugar (g)	100
Vanilla sugar (g)	5
From your pantry	
Salt (tsp)	1
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1577 /377
Total fat (g)	20
of which saturated (g)	10,8
Carbohydrates (g)	44
of which sugars (g)	29,4
Fibre (g)	1
Protein (g)	6
Salt (g)	0,8

Allergens

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

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Prepare

- Preheat the oven to 175°C. Weigh the butter, sugar, flour and baking powder.
- Melt the butter on low heat in a small saucepan or in the microwave. As soon as it is fully melted, turn off the heat and let it cool.
- Roughly chop the pistachios.
- Grease a rectangular loaf tin, or line it with parchment paper.

Make the batter

- Add the eggs and granulated sugar to a large bowl, then whisk together with a handheld mixer to form a fluffy, light yellow batter. Mix in the butter next.
- Add the flour, vanilla sugar, baking powder, salt and three-quarters of the pistachios, then gently mix with a spatula.
- Pour the batter into the cake tin, then bake for 40 - 50 minutes (see Tip).

Tip: after 40 minutes, check if the cake is done by piercing it with a skewer; if it comes out dry, then it is ready.

Serve

- Take the cake out of the oven and let it cool down fully before taking it out of the tin. When the cake has cooled down, continue with this step.
- Zest the lemon and juice half of it.
- In a bowl, mix the powdered sugar with the lemon juice to make the icing.
- Spread the icing over the cake, then decorate it with the lemon zest and the rest of the pistachios. Serve the cake.

Enjoy!




Lemon Possets

with fresh mint | 4 servings

Dessert

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, microplane, saucepan, sieve

Ingredients

Lemon* (unit(s))	4
Heavy cream* (ml)	400
Granulated sugar (g)	110
Fresh mint* (g)	10

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1035 /247
Total fat (g)	19
of which saturated (g)	12,9
Carbohydrates (g)	17
of which sugars (g)	14,3
Fibre (g)	1
Protein (g)	1
Salt (g)	0

Allergens

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



Prepare the lemons

- Zest one lemon.
- Halve the lemons lengthways and scoop out the flesh.
- Place a sieve above a bowl. Finely chop the flesh, and transfer to the sieve, making sure the bowl is underneath. Press down with the back of a spoon to release the lemon juice.
- Set the lemon juice and zest aside.

Heat the heavy cream

- Heat the heavy cream and sugar in a saucepan on middle-high heat.
- Stir for 5 - 6 minutes, until the sugar has melted and the cream bubbles.
- Turn the heat to low and simmer for 10 - 12 minutes.
- Remove the saucepan from the stove and add the lemon juice and zest. Mix well.

Serve

- Transfer the mixture to the lemons.
- Let it cool down to room temperature, then cover and chill for at least 3 hours in the refrigerator (see Tip).
- Garnish the lemon possets with the mint leaves.

Tip: you can make the lemon possets for up to 24 hours beforehand. Just let them chill in the refrigerator.

Enjoy!

Breakfast box

Kick-start your day!

1 American-Style Pancakes with Mango and Coconut

2 Ham & Herbed Cream Cheese Open-Faced Sandwiches

3 Greek Yogurt Bowl with Mango

American-Style Pancakes with Mango and Coconut

topped with honey mascarpone | 2 servings

20 min.



Utensils

Large frying pan, small bowl, two bowls, aluminum foil

Ingredients for 2 servings

Flour (g)	200
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
Desiccated coconut (g)	20
Mango* (unit(s))	1
Mascarpone* (g)	50

From your pantry

Salt (tsp)	½
Sunflower oil (tbsp)	1
Sugar (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3330 / 796	776 / 185
Total fat (g)	30	7
of which saturated (g)	15,7	3,7
Carbohydrates (g)	105	24
of which sugars (g)	34,1	7,9
Fiber (g)	8	2
Protein (g)	26	6
Salt (g)	3,2	0,8

1. Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy (see Tip).
- In another bowl, add the flour, salt, sugar and 0.5 sachet baking powder.
- Using a spatula, fold the egg and buttermilk mixture into the flour.

Tip: you should keep whisking until you can see lots of air bubbles.

2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

3. Prepare the toppings

- Peel and dice the mango.
- Mix the mascarpone with the honey in a small bowl.

4. Serve

- Serve the pancakes on plates.
- Top with a dollop of mascarpone and the diced mango.
- Scatter the desiccated coconut over the pancakes and drizzle with extra honey if preferred.

Allergens

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

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



Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 4 servings

Ham* (slice(s))	8
Herbed cream cheese* (g)	100
Lamb's lettuce* (g)	40
Wholegrain ciabatta (unit(s))	4
From your pantry	
Black pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	882 / 211
Total fat (g)	8
of which saturated (g)	3,9
Carbohydrates (g)	20
of which sugars (g)	1,5
Fiber (g)	4
Protein (g)	12
Salt (g)	1,1

Allergens

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

1. Bake half of the bread in a preheated oven at 180°C for 8 - 10 minutes.
2. Slice the baked bread lengthways, then spread half of the cream cheese on it.
3. Divide half of the ham over the slices, garnish with half of the lamb's lettuce and season with black pepper to taste.
4. Repeat the recipe for a second breakfast the next day.

Greek Yogurt Bowl with Mango

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 4 serving

Greek yogurt* (g)	500
Mango* (unit(s))	1
Pumpkin seeds (g)	40

From your pantry

Honey [or plant-based alternative] to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	562 / 134
Total fat (g)	9
of which saturated (g)	4,5
Carbohydrates (g)	7
of which sugars (g)	6,7
Fiber (g)	1
Protein (g)	5
Salt (g)	0,1

1. Peel and dice the mango.
2. Serve 125g Greek yogurt per person in bowls.
3. Top each bowl with a quarter of the mango and pumpkin seeds. Drizzle with honey to taste.
4. Repeat the recipe for a second breakfast the next day.

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

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

Blender or an immersion blender with a tall container

Ingredients

Passion fruit* (unit(s))	6
Mango* (unit(s))	3
Blueberries* (g)	125
Easy peel orange* (unit(s))	4
Organic semi-skimmed milk* (ml)	400
Organic full-fat yogurt* (g)	200
Desiccated coconut (g)	10
From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	268 /64
Total fat (g)	1
of which saturated (g)	0,7
Carbohydrates (g)	11
of which sugars (g)	8,6
Fibre (g)	1
Protein (g)	2
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

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



Mango & Coconut Smoothie

- Peel and dice 2 mangos. Add the mango to a blender (or tall container, if you're using an immersion blender).
- Add 100g of yogurt and 200ml milk, then blend into a thick smoothie.
- Add some honey to taste if preferred, then pour the smoothie into glasses and garnish with the desiccated coconut.

Passion Fruit Smoothie

- Peel and dice 1 mango. Halve 3 passion fruits and scoop out the flesh.
- Add the mango and passion fruit to a blender (or tall container, if you're using an immersion blender). Add 100g yogurt and 200ml milk, then blend into a thick smoothie.
- Add some honey to taste if preferred, then pour the smoothie into glasses. Halve 1 passion fruit and scoop out the flesh, then add on top of the smoothie.

Blueberry-Passion Fruit Smoothie

- Halve and juice 4 oranges. Halve 2 passion fruits and scoop out the flesh into a blender (or tall container, if you're using an immersion blender).
- Add the orange juice and two-thirds of the blueberries, then blend into a thick smoothie.
- Add some honey to taste, if preferred, then pour the smoothie into glasses. Garnish with the rest of the blueberries.

Enjoy!



Piña Colada Smoothie with Pineapple and Banana

with coconut milk and lime | 2 servings

Breakfast

Total time: 5 - 10 min.



Tear me out! 

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

Blender or an immersion blender with a tall container, small bowl

Ingredients

Coconut milk (ml)	250
Banana (unit(s))	1
Pineapple* (g)	200
Lime* (unit(s))	1
Desiccated coconut (g)	10
From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1569 /375	472 /113
Total fat (g)	26	8
of which saturated (g)	21,7	6,5
Carbohydrates (g)	32	10
of which sugars (g)	25,1	7,5
Fibre (g)	4	1
Protein (g)	3	1
Salt (g)	0	0

Allergens

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



Prepare

- Peel and slice 1 banana.
- Squeeze the lime into a small bowl.

Blend

- Put the banana in a blender (or tall container, if you’re using an immersion blender).
- Add the pineapple, lime juice, and 250ml coconut milk, then blend until smooth (see Tip).

Tip: if the smoothie is too thick, feel free to add a splash of milk or water.

Serve

- Mix some honey through the smoothie to taste.
- Pour the smoothie into two glasses and garnish with the grated desiccated coconut.

Enjoy!




Chia Seed Pudding: 3 Variations

sticky mango, white chocolate & cranberry, apple & lime | 3 breakfasts for 2 people

Breakfast

Total time: 15 - 20 min.



Tear me out! 

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

Microplane, plastic wrap, 2x small bowl, two bowls

Ingredients

Apple* (unit(s))	1
Lime* (unit(s))	½
Mango* (unit(s))	1
Lemon* (unit(s))	½
White chocolate chips (g)	100
Dried cranberries (g)	20
Mango chutney* (g)	80
Chia seeds (g)	100
Desiccated coconut (g)	10
Organic semi-skimmed milk* (ml)	500
Organic Greek yogurt* (g)	150
Chopped pecans (g)	20
From your pantry	
Water (ml)	100
Honey [or plant-based alternative] (tsp)	2
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	653 /156
Total fat (g)	8
of which saturated (g)	3,2
Carbohydrates (g)	16
of which sugars (g)	9,9
Fibre (g)	4
Protein (g)	4
Salt (g)	0,4

*The nutritional values are based on the average of the three variations.

Allergens

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



Variation 1: Sticky mango (2 servings)

- In a bowl, mix the chia seeds with the milk, water, Greek yogurt, honey and salt. Cover the bowl with plastic wrap and transfer to the fridge. Allow to soak for at least 4 hours or overnight.
- Peel the mango and cut the flesh into strips.
- In a bowl, mix a third of the chia pudding with half of the desiccated coconut.
- Divide the mango chutney between two glasses, then top with the coconut-chia pudding mixture. Garnish with the mango and the rest of the desiccated coconut.

Variation 2: Cranberry & white chocolate (2 servings)

- Zest the lemon, then juice it into a small bowl.
- Roughly chop the cranberry and the white chocolate.
- Divide a third of the chia pudding between two glasses. Mix the lemon juice, zest, half each of the white chocolate and cranberries into the chia pudding.
- Garnish with the rest of the cranberries and white chocolate on top.

Variation 3: Apple & lime (2 servings)

- Finely dice the apple. Zest the lime. Juice the lime into a small bowl and mix half of it with the diced apple.
- Divide a third of the chia pudding between two glasses. Mix the rest of the lime juice into the chia pudding.
- Garnish with the apple, the lime zest, and pecans.
- Drizzle some honey to taste on top.

Enjoy!



Greek Yogurt Parfaits with Fresh Blueberries

with strawberry jam | 2 servings

Dessert

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Bowl

Ingredients

Organic Greek yogurt* (g)	225
Strawberry jam (g)	15
Blueberries* (g)	125
Cranberry & walnut mix (g)	60

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1515 /362	713 /170
Total fat (g)	22	10
of which saturated (g)	7,9	3,7
Carbohydrates (g)	30	14
of which sugars (g)	26,1	12,3
Fibre (g)	3	1
Protein (g)	8	4
Salt (g)	0,2	0,1

Allergens

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



Mix

- Combine the Greek yogurt and strawberry jam in a bowl.

Make the parfaits

- Set out two glasses and split half of the yogurt-jam mix between them as the first layer.
- Top with half of the cranberry and walnut mix, followed by half of the blueberries.

Serve

- Repeat with the rest of the yogurt, cranberry and walnut mix for a second layer.
- Finish with the blueberries and serve.

Enjoy!




Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

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

Saucepan, small bowl

Ingredients

Crackers (unit(s))	12
Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Persian cucumber* (unit(s))	1
Avocado (unit(s))	3
Fresh goat's cheese* (g)	100
Egg* (unit(s))	2

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	787 / 188
Total fat (g)	15
of which saturated (g)	4,5
Carbohydrates (g)	2
of which sugars (g)	1
Fibre (g)	3
Protein (g)	5
Salt (g)	0,5

*The nutritional values are based on the average of the three variations.

Allergens

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

1



Option 1: Ham, cucumber and cream cheese

- Slice the cucumber.
- Divide four crackers over two plates.
- Spread the cream cheese over the crackers.
- Divide the ham over the crackers and top with the cucumber.

2



Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes.
- Rinse the egg under cold water, then remove the shell and cut the egg in half.
- Halve and pit 1 avocado, then scoop out the flesh, transfer to a small bowl and mash well.
- Divide four crackers over two plates, spread the mashed avocado over them, top with the eggs and season to taste with salt and pepper.

3



Option 3: Fresh goat's cheese and avocado

- Divide four crackers over two plates.
- Halve, pit and slice 2 avocados.
- Spread the goat's cheese over the crackers.
- Top with the sliced avocado and season to taste with black pepper.

Enjoy!



Pancake Stacks with Lemon Mascarpone

with blueberries and lemon zest | 2 servings

Breakfast

Total time: 20 - 25 min.



Before you begin

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

Utensils

Aluminum foil, bowl, large frying pan, microplane, small bowl, two bowls, whisk

Ingredients

Flour (g)	150
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Baking powder (g)	8
Mascarpone* (g)	50
Blueberries* (g)	125
Powdered sugar (g)	20
Lemon* (unit(s))	1
From your pantry	
Sunflower oil (tbsp)	1
Honey [or plant-based alternative]	to taste
Sugar (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2611 / 624	682 / 163
Total fat (g)	24	6
of which saturated (g)	9,9	2,6
Carbohydrates (g)	82	21
of which sugars (g)	22	5,7
Fibre (g)	6	1
Protein (g)	22	6
Salt (g)	2	0,5

Allergens

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

1



2



3



Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy (see Tip).
- Weigh out 150g of flour and add it to another bowl, along with 0.5 sachet of baking powder and 1 tsp of granulated sugar.
- Using a spatula, fold the egg and buttermilk mixture into the flour.

Tip: you should keep whisking until you can see lots of air bubbles.

Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan (see Tip). Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding some more sunflower oil in between as needed.

Tip: the pancakes in this recipe are meant to be small, as it is easier to stack them up.

Serve

- In the meantime, zest the lemon and then juice it into a small bowl.
- In a bowl, mix together the mascarpone with the powdered sugar and add in the lemon juice and lemon zest as preferred.
- Stack the pancakes, adding dollops of mascarpone cream and blueberries in between each layer.
- Finish the stacks with a final dollop of mascarpone on top and sprinkle any remaining lemon zest on top, as well as a drizzle of honey if preferred.

Enjoy!



Apple Pie French Toast

with lemon whipped cream | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Utensils

Bowl, deep plate, lidded frying pan, large bowl, large frying pan, microplane, handheld mixer, whisk

Ingredients

Heavy cream* (ml)	100
Lemon* (unit(s))	1
Apple* (unit(s))	2
Ground cinnamon (tsp)	3
Brioche bun (unit(s))	2
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	125
From your pantry	
Sugar (tbsp)	1
[Plant-based] butter (tbsp)	1
Water for the sauce (ml)	100
Salt	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 /679	632 /151
Total fat (g)	36	8
of which saturated (g)	20,8	4,6
Carbohydrates (g)	68	15
of which sugars (g)	26,8	6
Fibre (g)	8	2
Protein (g)	18	4
Salt (g)	1	0,2

Allergens

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



Prepare

- In a bowl, use an electric mixer to whisk the cream with half of the sugar for 2 - 3 minutes.
- Zest the lemon into the whipped cream, stir and set aside in the fridge until step 4.
- Dice the apples into 1cm cubes and transfer to a large bowl. Juice the lemon into the bowl, then add the rest of the sugar and mix well.

Make the apple sauce

- Melt a knob of butter in a frying pan over medium heat.
- Add the water and apple mixture and turn the heat to low, then simmer for 6 minutes, covered.
- Remove the lid, stir in half of the cinnamon and simmer for another 6 minutes, or until the apple softens and the sugar has dissolved.
- Cut the brioche buns in half. In a large deep plate, whisk the eggs with the milk, a pinch of salt and the rest of the cinnamon.

Serve

- Heat a knob of butter in a large frying pan over medium-high heat.
- Soak the brioche slices in the egg mixture two by two, until they are completely saturated.
- Fry directly for 4 minutes on each side, or until golden brown. Repeat until all slices are done.
- Serve the French toast on plates. Top with the apple sauce and the lemon whipped cream.

Enjoy!



Smashed Avocado Toast with Egg and Cherry Tomatoes

with fresh herbs, lime and Greek-style cheese | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, large pot or saucepan, kitchen paper, plate, small bowl, whisk

Ingredients

Avocado (unit(s))	2
White demi-baguette (unit(s))	2
Egg* (unit(s))	4
Lime* (unit(s))	1
Red cherry tomatoes (g)	125
Garlic (unit(s))	1
Fresh flat leaf parsley & coriander* (g)	10
Greek-style cheese* (g)	50
From your pantry	
Olive oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3862 / 923	699 / 167
Total fat (g)	54	10
of which saturated (g)	11,6	2,1
Carbohydrates (g)	76	14
of which sugars (g)	7,7	1,4
Fibre (g)	12	2
Protein (g)	33	6
Salt (g)	2,5	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Halve the baguette lengthways and place on a parchment-lined baking sheet. Drizzle the olive oil on top, then bake in the oven for 5 - 7 minutes.
- Halve and pit the avocado, then remove the skin. Transfer the flesh to a small bowl and mash well. Squeeze in the juice of half the lime, season with salt and pepper, and mix well.
- Cut the other half of the lime into wedges.

Poach the eggs

- Boil plenty of water in a large pot. Once boiling, add the vinegar.
- Use a whisk to swirl the water and create a small whirlpool. Carefully crack the eggs into the whirlpool one at a time, then turn the heat to low and cook until the white part has fully set; this should take 2 - 3 minutes for runny egg yolks.
- Remove with a slotted spoon and add to a plate lined with kitchen paper to absorb excess water.

Tip: instead of poaching the eggs, you can also boil them for 6 minutes if you prefer soft-boiled, or 10 minutes for hard-boiled.

Serve

- Serve the toast on plates.
- Peel the garlic, cut it in half and rub it on the toast.
- Cut the cherry tomatoes in half. Spread the avocado mixture over the toast, then top with the cherry tomatoes.
- Finely chop the parsley and coriander. Crumble the Greek-style cheese over the toast and garnish with the fresh herbs.

Enjoy!



Pokebowl with Tuna and Avocado

with sriracha mayo dressing and furikake | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Utensils

Bowl, lidded pot or saucepan, peeler, frying pan

Ingredients

Sushi rice (g)	150
Persian cucumber* (unit(s))	1
Avocado (unit(s))	1
Edamame* (g)	50
Sriracha mayo* (g)	50
Furikake (sachet(s))	1
Skipjack tuna in sunflower oil (can)	1
Red onion (unit(s))	1
Carrot* (unit(s))	1
From your pantry	
Water (ml)	350
White wine vinegar (tbsp)	2
Sugar (tsp)	2
Olive oil (tbsp)	1
Salt & pepper	to taste
[Plant-based] mayonnaise (tbsp)	½
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3209 /767	748 /179
Total fat (g)	40	9
of which saturated (g)	5	1,2
Carbohydrates (g)	75	18
of which sugars (g)	14,6	3,4
Fibre (g)	6	1
Protein (g)	23	5
Salt (g)	1	0,2

Allergens

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



Prepare the sushi rice

- Boil the water (see pantry for amount) with a pinch of salt in a lidded pot or saucepan, then cook the sushi rice, covered, for 12 – 15 minutes over low heat.
- Turn the heat off when finished and leave the rice in the pan with the lid on until serving.

Chop the vegetables

- Slice the cucumber. Chop the onion into half rings.
- Use a peeler to slice the carrot into thin ribbons. Halve and pit the avocado, then remove the skin and slice the flesh.
- In a bowl, combine half each of the white wine vinegar and the sugar.
- Transfer the cucumber to the bowl and season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.

Serve

- Mix the tuna with the mayonnaise and season with salt and pepper.
- Fluff up the rice with a fork and stir through the rest of the white wine vinegar and sugar.
- Serve the rice in bowls with the tuna, cucumber, onion, carrot, avocado and edamame as toppings.
- Drizzle the sriracha mayo on top and garnish with the furikake.

Enjoy!



Classic Falafel Wrap

with aioli, Greek-style cheese and za'atar | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

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

Small bowl, frying pan

Ingredients

Falafel* (unit(s))	8
Lebanese flatbread (unit(s))	2
Persian cucumber* (unit(s))	1
Aioli* (g)	50
Za'atar (sachet(s))	1
Greek-style cheese* (g)	50
Tomato (unit(s))	1
Red onion (unit(s))	1
Lamb's lettuce* (g)	40
From your pantry	
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Olive oil (tbsp)	1
Sambal	to taste
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2707 /647	738 /176
Total fat (g)	36	10
of which saturated (g)	7,1	1,9
Carbohydrates (g)	60	16
of which sugars (g)	7,3	2
Fibre (g)	5	1
Protein (g)	18	5
Salt (g)	1,9	0,5

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Chop the onion into half rings.
- In a small bowl, combine the white wine vinegar with the sugar.
- Transfer the onion to the bowl and season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.

Fry the falafel

- Dice the tomato. Slice the cucumber into crescents. Crumble the Greek-style cheese.
- Heat a drizzle of olive oil in a frying pan and fry the falafel for 2 - 4 minutes over high heat.
- Drizzle some water on the flatbread and sprinkle some za'atar on top.
- Bake the flatbread in the oven for 2 - 3 minutes or until crunchy.

Serve

- Cut the flatbread lengthways and spread the aioli on the inside (see Tip).
- Fill with the lettuce, tomato and cucumber.
- Add the falafel on top of the vegetables.
- Garnish with the pickled onion, the Greek-style cheese and the rest of the za'atar.

Tip: if you like spicy food, feel free to add some sambal to taste to your wrap.

Enjoy!



Chicken Gyros on Turkish Bread

with garlic-yogurt sauce, Greek-style cheese & tomato | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out!

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

2x small bowl, frying pan

Ingredients

Mini Turkish bread (unit(s))	2
Roma tomato (unit(s))	2
Red onion (unit(s))	1
Radicchio & iceberg lettuce* (g)	50
Organic Greek yogurt* (g)	150
Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	1
Chicken thigh strips with kebab spices* (g)	200
Greek-style cheese* (g)	50
From your pantry	
Red wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2515 /601	558 /133
Total fat (g)	24	5
of which saturated (g)	11,9	2,6
Carbohydrates (g)	58	13
of which sugars (g)	11,1	2,5
Fibre (g)	5	1
Protein (g)	37	8
Salt (g)	3	0,7

Allergens

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

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Prepare

- Preheat the oven to 180°C. Slice the onion into half rings and crush or mince the garlic.
- Crumble up the Greek-style cheese and dice the tomato.
- Finely chop the parsley.

Fry the chicken

- Heat the olive oil in a frying pan over medium-high heat. Fry the chicken with half of the onion for 6 - 8 minutes (see Tip).
- Meanwhile, in a small bowl combine the rest of the onion with the red wine vinegar.
- Season to taste with salt and pepper.

Tip: the rest of the onion is served raw, but you can also fry it all here if preferred.

Serve

- In another small bowl, combine the yogurt with the garlic and the parsley.
- Season to taste with salt and pepper.
- Bake the Turkish bread for 5 - 8 minutes in the oven.
- Cut open the Turkish bread and fill with the chicken, yogurt sauce and Greek-style cheese, along with the tomato, lettuce, and quick-pickled onion.

Enjoy!




Burrata Sandwich

with oven-roasted cherry tomatoes | 2 servings

Lunch

Total time: 25 - 30 min.



Tear me out! 

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, oven dish, saucepan

Ingredients

Burrata* (ball(s))	2
Red cherry tomatoes (g)	125
Fresh basil* (g)	5
White ciabatta (unit(s))	2
Garlic (unit(s))	2
From your pantry	
Olive oil (tbsp)	2
Balsamic vinegar (tbsp)	4
Sugar (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2552 /610	874 /209
Total fat (g)	32	11
of which saturated (g)	14,3	4,9
Carbohydrates (g)	55	19
of which sugars (g)	16,7	5,7
Fibre (g)	3	1
Protein (g)	22	7
Salt (g)	1,2	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C. Transfer the cherry tomatoes to an oven dish and drizzle with 1.5 tbsp of olive oil. Season to taste with salt and pepper.
- Peel the garlic. Add the garlic cloves to the oven dish and bake for 15 - 20 minutes.
- Heat the balsamic vinegar and sugar in a saucepan over medium-high heat. Bring to a boil, then reduce the heat to low.
- Simmer the balsamic glaze for 12 - 15 minutes, or until it has the desired thickness.

Bake the bread

- Finely chop the basil. Drain the burrata.
- Slice the ciabatta in half.
- Drizzle the ciabatta halves with the rest of the olive oil and season with salt and pepper.
- Transfer to a parchment-lined baking sheet and bake alongside the tomatoes in the oven during the last 6 - 8 minutes.

Serve

- Spread half a garlic clove over each of the ciabatta halves.
- Top the ciabatta with the burrata.
- Gently squash the oven-roasted tomatoes, then spread over the burrata. Drizzle to taste with the juices left in the oven dish.
- Garnish with the basil and drizzle over the balsamic glaze.

Enjoy!



Shrimp Bao Buns with Coleslaw

with sriracha mayo and gomashio | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Bowl, frying pan

Ingredients

Fresh coriander* (g)	10
Rainbow slaw mix* (g)	100
Sriracha mayo* (g)	50
Bao buns (unit(s))	4
Shrimp* (g)	160
Gomashio (sachet(s))	1
Persian cucumber* (unit(s))	1
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	1

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2343 /560	661 /158
Total fat (g)	27	8
of which saturated (g)	3,4	1
Carbohydrates (g)	59	17
of which sugars (g)	12,5	3,5
Fibre (g)	4	1
Protein (g)	19	5
Salt (g)	1,9	0,5

Allergens

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



Make the coleslaw

- Preheat the oven to 180°C.
- Finely chop the coriander.
- In a bowl, combine the rainbow slaw mix with the mayonnaise, white wine vinegar, sugar, half of the coriander and half of the sriracha mayo. Season with salt and pepper to taste, toss well and set aside until serving.
- Bake the bao buns in the oven for 4 - 5 minutes.

Fry the shrimp

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the shrimp for 3 minutes until done. Season to taste with salt and pepper.
- In the meantime, dice the cucumber.

Serve

- Carefully open the bao buns.
- Fill the bao buns with the coleslaw and shrimp.
- Garnish with the rest of the coriander, cucumber, sriracha mayo and gomashio.

Enjoy!



Ravioli in Creamy Mascarpone-Tomato Sauce

with fresh basil & Parmigiano Reggiano | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

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

Microplane, pot or saucepan, saucepan

Ingredients

Fresh ravioli with spinach & ricotta* (g)	280
Tomato & mascarpone sauce* (g)	250
Fresh basil* (g)	10
Parmigiano Reggiano DOP* (g)	40
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2138 / 511	737 / 176
Total fat (g)	23	8
of which saturated (g)	14	4,8
Carbohydrates (g)	52	18
of which sugars (g)	5,6	1,9
Fibre (g)	3	1
Protein (g)	21	7
Salt (g)	1,9	0,6

Allergens

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

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Prepare

- In a large pot or saucepan, boil plenty of water with a pinch of salt and cook the ravioli for 4 - 6 minutes.
- Drain and set aside.
- Grate the Parmigiano Reggiano.

Heat the sauce

- In a saucepan, heat the tomato & mascarpone sauce for 4 - 6 minutes over medium-low heat. Season with salt and pepper to taste.
- Transfer the ravioli to the sauce and mix carefully to combine.
- Roughly chop or tear the fresh basil.

Serve

- Serve the ravioli and sauce on plates.
- Scatter the Parmigiano Reggiano and basil over the pasta.

Enjoy!