




# Loaded Nachos with Homemade Guacamole

with jalapeños and sour cream | 4 servings

Appetizer

Total time: 30 - 40 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 bowl

Ingredients

Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Roma tomato (unit(s))	1
Garlic (unit(s))	1
Organic sour cream* (g)	100
Grated Gouda* (g)	150
Tortilla chips (g)	300
From your pantry	
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	964 /230
Total fat (g)	15
of which saturated (g)	4,2
Carbohydrates (g)	18
of which sugars (g)	1,8
Fibre (g)	3
Protein (g)	5
Salt (g)	0,6

Allergens

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



Make the nachos

- Preheat the oven to 180°C. Slice the scallions into fine rings.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Top the chips evenly with the jalapeños\* and two-thirds of the scallions, then scatter over the cheese.
- Bake for 10 - 15 minutes or until cheese has melted.

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

Prepare the guacamole

- Halve and pit the avocado, then dice the flesh and add it to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- Mash the avocado with a fork. Add the tomato, shallot and garlic.
- Squeeze the lime into the bowl. Mix everything together and season with salt and pepper.

Serve

- Take the nachos out of the oven and serve directly on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions.
- Transfer the sour cream to a bowl.
- Serve the nachos with the sour cream and guacamole.

Enjoy!






# Vietnamese Spring Rolls with Shrimp

with fresh vegetables and peanut-soy sauce | 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, pot or saucepan, plate, small bowl, frying pan

Ingredients

Rice paper (unit(s))	1
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Shredded red cabbage* (g)	100
Bell pepper* (unit(s))	1
Peanut sauce* (g)	80
Sesame oil (ml)	10
Rice noodles (g)	100
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
[Reduced salt] soy sauce (tsp)	1
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	597 /143
Total fat (g)	4
of which saturated (g)	0,7
Carbohydrates (g)	21
of which sugars (g)	3,8
Fibre (g)	1
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

- Boil plenty of water in a pot or saucepan. Cook the rice noodles for 6 - 7 minutes, then drain and rinse under cold water.
- Transfer the rice noodles back to the same saucepan and drizzle with sunflower oil. Mix well to combine, then set aside until further use.
- Cut the cucumber and bell pepper into small strips.

Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp and fry for 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl, then mix in 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 shrimp in the middle of the rice sheet, then top with some cabbage, bell pepper, cucumber and noodles.
- 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!






# Mexican-Style Shrimp Tostadas

with homemade guacamole | 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, bowl, frying pan

## Ingredients

Lime* (unit(s))	1
Avocado (unit(s))	2
Shrimp* (g)	160
Mexican-style spices (sachet(s))	1
Sriracha mayo* (g)	50
Flour tortillas (unit(s))	4
Tomato (unit(s))	1
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2820 / 674	766 / 183
Total fat (g)	42	12
of which saturated (g)	5,1	1,4
Carbohydrates (g)	50	14
of which sugars (g)	5,7	1,5
Fibre (g)	7	2
Protein (g)	20	6
Salt (g)	2,3	0,6

## Allergens

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

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3



## Prepare

- Preheat the oven to 200°C.
- Place the tortillas on a parchment-lined baking sheet. Drizzle some olive oil on each tortilla.
- Bake for 4 - 5 minutes until golden, then remove from the oven and set aside to cool.
- Halve and pit the avocado, then scoop out the flesh and add to a bowl.

## Fry the shrimp

- Cut the lime into wedges. Dice the tomato.
- Mash the avocado with a fork.
- Mix the avocado with the tomato and the juice of one lime wedge, then season with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp with the Mexican-style spices\* for 3 - 4 minutes.

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

## Serve

- Transfer the crispy tortillas to a plate and spread the guacamole evenly on top of each one.
- Top with the shrimp and finish with a drizzle of the Sriracha mayo.
- Garnish with the rest of the lime wedges.

## Enjoy!





# Chicken Saté

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, skewers

Ingredients

Fresh coriander* (g)	10
Hoisin sauce (g)	50
Peanut sauce* (g)	120
Crispy fried onions (g)	30
Chicken thigh strips* (g)	400

From your pantry

[Reduced salt] soy sauce (tbsp)	2½
[Reduced salt] ketjap manis (tbsp)	1
Sambal	to taste
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	764 /183
Total fat (g)	11
of which saturated (g)	3,9
Carbohydrates (g)	8
of which sugars (g)	5,7
Fibre (g)	1
Protein (g)	13
Salt (g)	1,4

Allergens

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



Prepare

- 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.

Grill the chicken

- Preheat the barbecue (see Tip).
- Thread the chicken onto skewers.
- Grill the skewers on the barbecue for 8 - 10 minutes, or until the chicken is done.
- Finely chop the coriander.

*Tip: you can also roast the skewers in a preheated oven for 8 - 10 minutes or fry it on the stove.*

Serve

- Transfer the peanut sauce and ketjap manis to a saucepan and combine well over low heat for 3 - 5 minutes. Add some sambal to taste.
- 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.

Enjoy!






# Crispy Shrimp

with sriracha mayo & mango dip | 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, small bowl, two bowls

Ingredients

Shrimp* (g)	320
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
Olive oil (tbsp)	2
Sambal (tsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	795 /190
Total fat (g)	12
of which saturated (g)	2
Carbohydrates (g)	11
of which sugars (g)	2,9
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

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 regular mayonnaise to a bowl.
- In a separate bowl, combine the panko, piri piri seasoning\* and 2 tbsp of olive oil.

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

Bake the shrimp

- Add the shrimp to the mayonnaise, season with salt and pepper and toss well to coat.
- Coat the shrimp in the breadcrumbs, making sure they are completely covered, then transfer to a parchment-lined baking sheet.
- Bake the shrimp on the top shelf of the oven for 10 - 15 minutes, until lightly golden and done.

Serve

- Mix the mango chutney and sour cream in a small bowl.
- Add the sambal and season with salt and pepper to taste.
- Place the crispy shrimp on a serving plate.
- Serve the mango dip and sriracha mayo on the side for dipping.

Enjoy!





# Super Cheesy Pesto Garlic Baguettes

with Gouda | to share

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

Parchment-lined baking sheet, medium bowl

Ingredients

Garlic (unit(s))	2
Green pesto* (g)	40
White demi-baguette (unit(s))	4
Grated Gouda* (g)	150
From your pantry	
Olive oil (tbsp)	4

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1348 /322
Total fat (g)	16
of which saturated (g)	5,3
Carbohydrates (g)	35
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	10
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.
- Crush or mince the garlic.
- Slice the demi-baguettes into pieces, taking care not to cut the whole way through, and transfer them to a parchment-lined baking sheet.

Prepare the baguettes

- In a medium bowl, mix together the garlic, cheese, pesto and olive oil.
- Use a spoon to scoop two-thirds of the pesto mixture equally into each cut in the baguettes (see Tip).

*Tip: don't worry if the bread breaks when doing this. The cheese will melt and stick it back together in the oven.*

Serve

- Spread the rest of the pesto mixture over the top of the baguettes.
- Bake for 10 - 12 minutes, or until the cheese is melted and slightly golden.
- Transfer the baguettes to a serving platter.
- Allow to cool for a couple of minutes, then tear and share.

Enjoy!





# Smoked Salmon Flammekueche

with lemon, capers and sour cream | 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

Ingredients

Flammekueche* (unit(s))	2
Smoked salmon* (g)	120
Organic sour cream* (g)	100
Capers (g)	30
Red onion (unit(s))	1
Lemon* (unit(s))	1
Lamb's lettuce* (g)	80

From your pantry

Salt & pepper to taste  
*\*store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1812 /433	557 /133
Total fat (g)	14	4
of which saturated (g)	4,9	1,5
Carbohydrates (g)	50	15
of which sugars (g)	4,4	1,4
Fibre (g)	3	1
Protein (g)	24	7
Salt (g)	2,2	0,7

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Place the flammekueche on a parchment-lined baking sheet.
- Chop the onion into half rings.

Add the toppings

- Reserve 1 tbsp of sour cream to use later, then spread the rest over the flammekueche.
- Top with the onion and capers, then season with salt and pepper.
- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the lemon into wedges in the meantime.

Serve

- Slice the flammekueche, then top with the smoked salmon and the reserved sour cream.
- Top with the lamb's lettuce.
- Serve with the lemon wedges alongside.

Enjoy!





# Baked Camembert in Puff Pastry

with onions, bacon and thyme twists | to share

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, frying pan

Ingredients

Camembert* (g)	240
Puff pastry* (roll(s))	1
Onion (unit(s))	2
Garlic (unit(s))	1
Fresh thyme* (g)	10
Bacon* (slice(s))	4
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1048 /250
Total fat (g)	16
of which saturated (g)	9,5
Carbohydrates (g)	17,3
of which sugars (g)	3,7
Fibre (g)	2
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 190°C.
- Chop the onion into half rings.
- Crush or mince the garlic.
- Pull the thyme leaves off the sprigs and discard the stalks.

Fry the onions and bacon

- Heat a frying pan over medium-high heat and fry the bacon and onions for 3 - 4 minutes.
- Add three-quarters of the thyme leaves and garlic during the last minute of cooking time. Season to taste with salt and pepper.
- In the meantime, make a few shallow cuts on top of the camembert and stuff the rest of the thyme leaves in the openings.
- Roll out the puff pastry onto a parchment-lined baking sheet.

Bake and serve

- Place the camembert in the middle of the dough, then cut 12 strips from the centre to the edges of the dough.
- Add a little of the onion-bacon mixture to each strip. Twist each strip twice, and alternate left and right between the strips.
- Bake for 14 - 16 minutes.
- Transfer to a platter and drizzle the honey on top, then serve.

Enjoy!






# Marbled Banana Bread

with milk chocolate and hazelnuts | 10 servings

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

25cm loaf tin, large bowl, handheld mixer, parchment paper, saucepan, skewers, heatproof bowl

## Ingredients

Banana (unit(s))	3
Chocolate chips (g)	200
Roasted hazelnuts (g)	20
Banana bread mix (g)	400
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1508 /360
Total fat (g)	18
of which saturated (g)	5,8
Carbohydrates (g)	42
of which sugars (g)	25,9
Fibre (g)	3
Protein (g)	5
Salt (g)	0,6

## Allergens

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

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3



## Prepare

- Preheat the oven to 160°C. Grease a cake tin or line it with baking paper.
- Mash up 2 bananas with a fork. Cut the third banana in half lengthways and set aside.
- Boil a shallow layer of water in a saucepan. Place a heat-resistant bowl over the pan and make sure it doesn't touch the water. Put 50g of chocolate in the bowl. Once the chocolate has melted fully, let it cool down a little.
- Roughly chop the hazelnuts.

## Make the batter

- In a large bowl, mix the mashed banana with the banana bread mix, water and 100ml sunflower oil. Whisk everything together until the batter is smooth (you can use an electric whisk or mixer if preferred).
- Mix the hazelnuts and the rest of the chocolate chips into the batter.
- Add half of the batter to the melted chocolate and mix it together.
- Pour the chocolate batter into the cake tin first, then pour in the plain batter. Use a skewer or knife to stir through the batter to create a marble effect.

## Serve

- Place the two banana halves on top of the batter and push them in a little bit.
- Put the banana bread in the oven for 45 - 55 minutes.
- Check if the banana bread is done by piercing it with a skewer – if it comes out dry then the cake is done.
- Take the banana bread out of the oven and leave it in the tin to cool down for 15 minutes before serving.

## Enjoy!





# Blueberry-Chocolate Brownies

with pecan nuts and coconut | 9 servings

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, parchment paper

### Ingredients

Chopped pecans (g)	50
Egg* (unit(s))	2
Desiccated coconut (g)	20
Chocolate cake mix (g)	400
Blueberries* (g)	125
From your pantry	
[Plant-based] butter (g)	40
Water (ml)	80

\*store in the fridge

### Nutritional values

	Per 100g
Energy (kJ/kcal)	1374 /328
Total fat (g)	13
of which saturated (g)	5,8
Carbohydrates (g)	44
of which sugars (g)	27,9
Fibre (g)	3
Protein (g)	6
Salt (g)	1,3

### 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, weigh it out and cut it into cubes. Let the butter come up to room temperature.
- Preheat the oven to 180°C. Line a 20 x 20 cm cake tin or baking dish with parchment paper.
- In a large bowl, combine the cake mix with the water, the butter and the eggs. Mix into a smooth batter (see Tip).

**Tip:** if you have an electric whisk or mixer, use this on a low speed for 4 minutes.

### Bake the brownies

- Add 15g grated coconut, the pecan nuts and two-thirds of the blueberries, and carefully stir through the batter.
- Pour the chocolate batter into the cake tin or baking dish.
- Bake in the oven for 25 - 30 minutes.
- The brownie is done as soon as cracks start appearing on top.

### Serve

- Take the brownie out of the oven (see Tip) and let it cool down for a few minutes.
- Scatter over the rest of the blueberries and grated coconut.
- Cut the brownie into about 9 pieces and take them out of the baking tin one by one.

**Tip:** use a skewer to check if the brownie is cooked. It's fine if it's still a little bit sticky, but if the dough is very wet then put it back in the oven for a few more minutes.

### Enjoy!





# Carrot Cake with Lemon Cream Cheese Frosting

with grated coconut and pistachios | 10 pieces

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, 24cm cake tin, grater, handheld mixer, large bowl, microplane, parchment paper, skewers, spatula

Ingredients

Unsalted butter* (g)	160
Carrot* (unit(s))	3
Granulated sugar (g)	200
Egg* (unit(s))	4
Flour (g)	200
Baking powder (g)	12
Ground cinnamon (tsp)	1½
Powdered sugar (g)	100
Cream cheese* (g)	100
Lemon* (unit(s))	1
Nutmeg (pinch)	2
Desiccated coconut (g)	40
Pistachio nuts (g)	20
From your pantry	
Salt (tsp)	½
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1190 /284
Total fat (g)	14
of which saturated (g)	8,6
Carbohydrates (g)	33
of which sugars (g)	22,9
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

- Take the butter out of the fridge. Weigh out 160g of butter, cut it into cubes and let it come up to room temperature.
- Preheat the oven to 180°C. Grate the carrots.
- Line a round cake tin (24cm) with parchment paper.
- Put the butter, sugar and salt in a large bowl, then use a spatula or electric whisk to mix them together until light and creamy. Mix the eggs in one by one.

Mix the batter

- Using a spatula, gently fold in the flour, baking powder, cinnamon and 2 pinches of nutmeg. Fold the grated carrot and coconut through the batter.
- Pour the batter into the cake tin, then put it in the oven for 50 – 60 minutes.
- Roughly chop the pistachios.
- Put the powdered sugar in a bowl. Gradually add the cream cheese, then use a fork to mix until smooth.

Serve

- Zest and juice the lemon. Add the lemon zest to the cream cheese frosting, along with some lemon juice to taste.
- Check if the cake is done by piercing it with a skewer – if it comes out clean then the cake is ready.
- Take the cake out of the oven and allow it to cool down fully.
- Spread the lemon cream cheese over the top of the cake, then garnish with the pistachios.

Enjoy!





# Strawberry & Apple Crumble

with whipped cream | to share

Baking

Total time: 45 - 55 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

Baking paper, bowl, large bowl, handheld mixer, mixing bowl, oven dish

## Ingredients

Strawberries* (g)	250
Flour (g)	200
Granulated sugar (g)	155
Unsalted butter* (g)	125
Apple* (unit(s))	2
Heavy cream* (ml)	200
Ground cinnamon (tsp)	3
From your pantry	
Brown sugar (tbsp)	1
*store in the fridge	

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1107 /265
Total fat (g)	15
of which saturated (g)	9,7
Carbohydrates (g)	29
of which sugars (g)	17,1
Fibre (g)	1
Protein (g)	3
Salt (g)	0

## Allergens

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

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2



3



## Prepare the dough

- Preheat the oven to 180°C.
- Weigh out the butter, then dice it and leave to come up to room temperature.
- Set aside 1 tbsp of flour, then add the rest of the flour to a large bowl. Add half of the cinnamon, 150g granulated sugar and the butter and knead the dough to combine.
- Rub the dough between your hands so that you get rough crumbs or chunks. Let the dough chill in the fridge while you prepare the filling.

## Prepare the filling

- Peel and core the apples, then give them a 2cm dice. Cut the strawberries into smaller pieces.
- In a bowl, mix the apple and strawberries with the rest of the cinnamon, the reserved 1 tbsp of flour and the brown sugar.
- Grease or line a 20 x 20cm oven dish.
- Transfer the fruit filling to the oven dish, then spread the crumble topping over it. Make sure the crumbs are evenly distributed and the apples and strawberries are completely covered.

## Serve

- Put the crumble in the oven for 30 – 35 minutes, or until golden brown.
- Meanwhile, transfer the cream and 5g granulated sugar to a mixing bowl and whip the cream into stiff peaks with a handheld mixer (see Tip). Keep the whipped cream in the fridge until the crumble is done.
- Let the strawberry apple crumble cool down for 5 minutes before serving.
- Serve with the whipped cream alongside.

*Tip: taste and add more sugar as preferred.*

## Enjoy!



Kick-start your day!

- 1 Omelette with Cherry Tomatoes on Ciabatta with fresh chives
- 2 Avocado & Goat's Cheese Crackers
- 3 Pineapple & Banana Smoothie

# Omelette with Cherry Tomatoes on Ciabatta

with fresh chives | 2 servings

20 min.



## Utensils

Parchment-lined baking sheet, lidded frying pan

## Ingredients for 2 servings

Egg* (unit(s))	4
White ciabatta (unit(s))	2
Red cherry tomatoes (g)	125
Fresh chives* (g)	5
From your pantry	
[Plant-based] butter (tbsp)	½
[Plant-based] milk	splash
Salt and pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1803 / 431	650 / 155
Total fat (g)	19	7
of which saturated (g)	5,8	2,1
Carbohydrates (g)	42	15
of which sugars (g)	4,3	1,6
Fiber (g)	3	1
Protein (g)	22	8
Salt (g)	1,2	0,4

## 1. Prepare

- Preheat the oven to 200°C.
- Quarter the cherry tomatoes.
- Finely chop the chives.

## 2. Bake the bread

- Add the ciabatta to a parchment-lined baking sheet.
- Bake in the oven for 5 - 7 minutes.

## 3. Make the omelette

- Crack the eggs into a bowl and mix thoroughly with the milk.
- Add two-thirds of the cherry tomatoes and season with salt and pepper.
- Melt the butter in a frying pan and pour in the eggs so as to fry 1 omelette for 2 persons.
- Cover up the pan and fry for 6 - 8 minutes, or until the eggs are set.

## 4. Serve

- Cut the ciabatta in half.
- Divide the omelette over the ciabatta.
- Scatter the rest of the cherry tomatoes on top.
- Garnish with the chives.

## 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!



# Avocado & Goat's Cheese Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



## Ingredients for 4 servings

Crackers (unit(s))	12
Avocado (unit(s))	2
Cress* (g)	20
Fresh goat's cheese* (g)	100
From your pantry	
Salt and pepper	to taste
*store in the fridge	

## Nutritional values

	Per 100g
Energy (kJ/kcal)	896 / 214
Total fat (g)	16
of which saturated (g)	4,4
Carbohydrates (g)	3
of which sugars (g)	0,7
Fiber (g)	6
Protein (g)	4
Salt (g)	0,6

## Allergens

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

1. Serve 3 crackers per person on plates.
2. Halve and pit 1 avocado, then remove the skin and slice the flesh.
3. Spread half of the goat's cheese on each cracker. Top with the avocado slices, then garnish with half of the cress and season with salt and pepper to taste.
4. Repeat the recipe for a second breakfast the next day.

# Pineapple & Banana Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

Blender or an immersion blender with a tall container

## Ingredients for 4 servings

Coconut milk (ml)	500
Banana (unit(s))	4
Pineapple* (g)	200
Lime* (unit(s))	1
From your pantry	

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	469 / 112
Total fat (g)	7
of which saturated (g)	5,8
Carbohydrates (g)	11
of which sugars (g)	8,7
Fiber (g)	1
Protein (g)	1
Salt (g)	0

1. Peel 2 bananas and cut them into smaller pieces.
2. Add the banana to a blender, along with 250 ml of coconut milk and half of the pineapple.
3. Juice half of the lime into the blender.
4. Blend until smooth.
5. 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 immersion blender, tall container

Ingredients

Coconut milk (ml)	500
Spinach* (g)	100
Avocado (unit(s))	1
Banana (unit(s))	4
Kiwi* (unit(s))	1
Pineapple* (g)	200
Easy peel orange* (unit(s))	2
Blueberries* (g)	250
Mango* (unit(s))	2
Desiccated coconut (g)	10
Organic semi-skimmed milk* (ml)	250
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	374 /90
Total fat (g)	4
of which saturated (g)	3,2
Carbohydrates (g)	10
of which sugars (g)	8,5
Fibre (g)	1
Protein (g)	1
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.



Blueberry & Mango Smoothie

- Peel 1 banana and 1 mango, then slice them into smaller pieces and add to the blender or a tall container (if you're using an immersion blender).
- Add 250ml coconut milk and 125g blueberries, then blend into a thick smoothie.
- Pour the smoothie into two glasses and serve.



Tutti-Frutti Smoothie

- Peel and slice 1 banana. Juice the oranges into a blender or tall container (if you're using an immersion blender).
- Add the banana, pineapple, 250ml of milk and 125g blueberries, setting aside a few blueberries to use as garnish. Blend into a thick smoothie.
- Pour the smoothie into two glasses to serve.



Green Vegan Smoothie Bowl

- Halve and pit the avocado, then remove the skin and dice the flesh. Peel and dice 1 kiwi and 1 mango. Peel and slice 2 bananas.
- Set all of the kiwi and a third each of the mango and banana aside for the garnish.
- Add the avocado, spinach, 250ml coconut milk and rest of the banana and mango to a blender (or tall container if you're using an immersion blender), then blend into a thick smoothie. Pour the smoothie into two bowls. Garnish with the coconut and the reserved fruit.

Enjoy!






# Nectarine & Orange Smoothie

with chia seeds and yogurt | 2 servings

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, small bowl

Ingredients

Nectarine* (unit(s))	4
Easy peel orange* (unit(s))	2
Organic full-fat yogurt* (g)	200
Chia seeds (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)	1033 /247	204 /49
Total fat (g)	6	1
of which saturated (g)	2,5	0,5
Carbohydrates (g)	35	7
of which sugars (g)	32,3	6,4
Fibre (g)	6	1
Protein (g)	8	2
Salt (g)	0,1	0

Allergens

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



Prepare

- Cut the oranges in half and juice into a small bowl, then set aside the flesh to blend into the smoothie later.
- Add the chia seeds to the orange juice and mix well. Set aside, stirring occasionally.
- Remove the pits from the nectarines and discard. Cut the nectarines into wedges and set 2 slices aside to use later as garnish.

Blend

- Transfer the nectarines, yogurt and orange juice to a blender (or a tall container if you’re using an immersion blender). Add the flesh of the oranges to the container, then blend everything into a thick and creamy smoothie.
- Add some honey to taste.

Blend

- Serve the smoothie in two glasses.
- Make a small cut in the middle of the reserved nectarine slices and place them on the edge of the glass.

Enjoy!





# Overnight Oats 3 Ways

apple & cranberry | mango & pistachio | apple & blueberry

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

Bowl, plastic wrap

Ingredients

Oats (g)	400
Organic semi-skimmed milk* (ml)	700
Apple* (unit(s))	2
Mango* (unit(s))	1
Pistachio nuts (g)	20
Pumpkin seeds (g)	10
Blueberry jam (g)	30
Blueberries* (g)	125
Dried cranberries (g)	20
From your pantry	
Honey [or plant-based alternative]	to taste
Salt (tsp)	½

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	586 /140
Total fat (g)	3
of which saturated (g)	0,8
Carbohydrates (g)	22
of which sugars (g)	6,9
Fibre (g)	2
Protein (g)	5
Salt (g)	0,2

\*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.



Option 1: Apple & Cranberry (2 servings)

- In a bowl, mix the oats with the milk and a pinch of salt. Cover the bowl with plastic wrap, place it in the fridge and leave to soak for at least 6 hours, or overnight.
- Serve a third of the overnight oats in two bowls.
- Core and dice 1 apple. Mix the dried cranberries with two-thirds of the apple and honey to taste into the oats.
- Garnish with the rest of the apple.

Option 2: Mango & Pistachio (2 servings)

- Serve a third of the overnight oats in two bowls.
- Peel and dice the mango.
- Mix half of the mango into the oats.
- Top with the rest of the mango and the pistachios. Drizzle with honey to taste.

Option 3: Apple & Blueberry

- Squash half of the blueberries in two bowls and serve a third of the overnight oats on top.
- Core and dice 1 apple.
- Mix the blueberry jam and half of the apple into the oats, then top with the rest of the blueberries and apple.
- Garnish with the pumpkin seeds.

Enjoy!





# Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

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

Frying pan

Ingredients

Organic Greek yogurt* (g)	1000
Blueberries* (g)	125
Passion fruit* (unit(s))	2
Mango* (unit(s))	2
Roasted cashew nuts (g)	30
Desiccated coconut (g)	20
Shaved almonds (g)	30
From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	543 /130
Total fat (g)	8
of which saturated (g)	4,4
Carbohydrates (g)	9
of which sugars (g)	5,1
Fibre (g)	1
Protein (g)	4
Salt (g)	0,1

\*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.



Greek yogurt with mango and toasted almonds

- Heat a clean frying pan over medium-high heat and toast the shaved almonds for 4 - 5 minutes, or until golden.
- Peel and dice 1 mango.
- Serve a third of the yogurt into two bowls. Garnish with the mango and the toasted almonds.
- Drizzle honey on top as preferred.



Greek yogurt with blueberries and cashews

- Serve a third of the yogurt into two bowls.
- Garnish with the blueberries and cashews.
- Drizzle honey on top as preferred.



Greek yogurt with passion fruit, mango and desiccated coconut

- Halve the passion fruits.
- Peel and dice 1 mango.
- Serve a third of the yogurt into two bowls. Scoop out the passion fruit pulp and add on top, along with the mango and desiccated coconut.
- Drizzle some honey over as preferred.

Enjoy!






# Savoury Breakfast Crackers

with three variations of toppings | 2 servings per day

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

Herbed cream cheese* (g)	100
Cress* (g)	20
Avocado (unit(s))	1
Egg* (unit(s))	4
Ham* (slice(s))	8
Cream cheese* (g)	100
Radish* (bunch)	1
Crackers (unit(s))	12
From your pantry	
Salt & pepper	to taste

\*store in the fridge

### Nutritional values

	Per 100g
Energy (kJ/kcal)	683 / 163
Total fat (g)	11
of which saturated (g)	4
Carbohydrates (g)	3
of which sugars (g)	1,3
Fibre (g)	3
Protein (g)	7
Salt (g)	0,6

\*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.

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### Option 1: Ham and herbed cream cheese

- Divide four crackers over two plates.
- Spread the herbed cream cheese onto the crackers.
- Divide half of the ham over the crackers and garnish with the cress.

### 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 (see Tip).
- Rinse the eggs under cold water, then remove the shells. Cut the eggs in half.
- Halve and pit the avocado, then transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Divide four crackers over two plates. Spread the avocado on the crackers. Garnish with the eggs and cress.

*Tip: you can also boil the eggs in advance and keep them in the fridge. Peel them in the morning to add to your crackers.*

### Option 3: Cream cheese, ham and radishes

- Divide four crackers over two plates.
- Finely slice a handful of radishes.
- Spread the crackers with the cream cheese.
- Divide half of the ham over the crackers and garnish with the radishes. Season with salt and pepper.

Enjoy!





# American-Style Pancakes with Strawberries

with Greek yogurt | 2 servings

Breakfast

Total time: 25 - 30 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, mixing bowl, frying pan, whisk

## Ingredients

Flour (g)	150
Baking powder (g)	4
Organic buttermilk* (ml)	200
Egg* (unit(s))	2
Strawberries* (g)	250
Organic Greek yogurt* (g)	150
From your pantry	
Sunflower oil (tbsp)	¼
Honey [or plant-based alternative]	to taste
*store in the fridge	

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2171 /519	497 /119
Total fat (g)	16	4
of which saturated (g)	6,9	1,6
Carbohydrates (g)	68	15
of which sugars (g)	10,3	2,4
Fibre (g)	4	1
Protein (g)	24	6
Salt (g)	1,4	0,3

## Allergens

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

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## Make the batter

- Combine the eggs and buttermilk in a large mixing bowl.
- Add the flour and baking powder, then use a whisk to mix until just combined.

## Fry the pancakes

- Add a light drizzle of sunflower oil to a 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 golden brown, then remove from the pan and cover with aluminium foil to keep warm.

## Serve

- Slice the strawberries.
- Serve the pancakes on plates.
- Top with the Greek yogurt and strawberries.
- Drizzle with honey to taste.

## Enjoy!





# French Toast with Fresh Strawberries

with 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, handheld mixer, frying pan, whisk

Ingredients

Strawberries* (g)	250
Brioche bun (unit(s))	2
Egg* (unit(s))	2
Heavy cream* (ml)	100
From your pantry	
[Plant-based] milk (ml)	100
[Plant-based] butter (tbsp)	1
Sugar (tsp)	1

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2473 /591	672 /161
Total fat (g)	35	10
of which saturated (g)	20,6	5,6
Carbohydrates (g)	49	13
of which sugars (g)	16,1	4,4
Fibre (g)	4	1
Protein (g)	17	5
Salt (g)	1	0,3

Allergens

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



Prepare

- In a bowl, use a handheld mixer to whip the cream with half of the sugar for 2 - 3 minutes or until you have firm peaks.
- Set aside in the fridge until serving.
- Halve the strawberries.

Whisk

- Halve the brioche buns.
- Add the eggs, milk and rest of the sugar to a deep plate and whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the brioche slices in the egg mixture two by two, until they are completely saturated.

Serve

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown. Repeat until all of the slices are done.
- Serve the French toast on plates.
- Garnish with the strawberries and a dollop of whipped cream.

Enjoy!






# Smoked Salmon and Scrambled Eggs Deluxe

with fresh avocado, chives and ciabatta | 2 servings

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

Parchment-lined baking sheet, bowl, frying pan

Ingredients

Egg* (unit(s))	4
Smoked salmon* (g)	120
Avocado (unit(s))	1
Fresh chives* (g)	5
Wholegrain ciabatta (unit(s))	2
From your pantry	
[Plant-based] butter (tbsp)	½
[Plant-based] milk	a splash
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2494 /596	768 /183
Total fat (g)	34	10
of which saturated (g)	8,3	2,6
Carbohydrates (g)	30	9
of which sugars (g)	2,8	0,9
Fibre (g)	7	2
Protein (g)	39	12
Salt (g)	2	0,6

Allergens

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



Make the scrambled eggs

- Preheat the oven to 200°C.
- In a bowl, beat the eggs with a splash of milk, then season with salt and pepper.
- Melt the butter in another frying pan over medium-high heat and then scramble the eggs for 2 - 3 minutes, or until the eggs are softly set.

Bake the ciabatta

- Cut the ciabatta open, then place it face-up on a parchment-lined baking sheet.
- Bake in the oven for 4 - 5 minutes.
- Halve and pit the avocado, then remove the skin and slice the flesh.

Serve

- Finely chop the chives.
- Top the ciabatta with the smoked salmon, scrambled eggs and avocado.
- Garnish the toast with the chives and season with black pepper as preferred.

Enjoy!






# Salad with Shrimp, Avocado & Mango Chutney

with tomato and sunflower seeds

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

Frying pan or grill pan, salad bowl

## Ingredients

Shrimp* (g)	160
Mango chutney* (g)	80
Avocado (unit(s))	1
Roma tomato (unit(s))	2
Arugula & lamb's lettuce* (g)	120
Sunflower seeds (g)	20
From your pantry	
White wine vinegar (tsp)	2
Olive oil (tbsp)	1½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1573 / 376	478 / 114
Total fat (g)	24	7
of which saturated (g)	3,1	0,9
Carbohydrates (g)	19	6
of which sugars (g)	15,7	4,8
Fibre (g)	5	2
Protein (g)	17	5
Salt (g)	0,9	0,3

## Allergens

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

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## Chop the veggies

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Dice the tomato.
- Heat two-thirds of the olive oil in a grill or frying pan over medium-high heat.
- Fry the shrimp for 1 – 2 minutes on each side. Season with plenty of salt and pepper to taste.

## Prepare the salad

- In a salad bowl, toss the salad leaves and tomato with the rest of the olive oil and the white wine vinegar.
- Season with salt and pepper to taste.

## Serve

- Serve the salad on plates and top with the shrimp and avocado.
- Garnish with the mango chutney and sunflower seeds.

## Enjoy!






## Pulled Chicken Wraps

with crunchy slaw & cherry tomatoes | 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

Aluminum foil, salad bowl, frying pan

Ingredients

Rainbow slaw mix* (g)	200
Red cherry tomatoes (g)	125
Smoky tomato ketchup* (g)	60
Flour tortillas (unit(s))	4
BBQ spice rub (sachet(s))	½
Pulled chicken* (g)	200
From your pantry	
Mustard (tsp)	2
Brown sugar (tsp)	2
Sunflower oil (tbsp)	1
White wine vinegar (tsp)	2
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2920 /698	704 /168
Total fat (g)	36	9
of which saturated (g)	6,5	1,6
Carbohydrates (g)	61	15
of which sugars (g)	17,4	4,2
Fibre (g)	8	2
Protein (g)	28	7
Salt (g)	2,9	0,7

Allergens

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

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Warm up the pulled chicken

- Preheat the oven to 180°C.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the pulled chicken with 0.5 sachet BBQ spice rub\* for 1 - 2 minutes, then stir in the smoky tomato ketchup, mustard and brown sugar.
- Fry for another 1 - 2 minutes while stirring.

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

Make the salad

- Wrap the flour tortillas in aluminium foil and heat in the oven for 3 - 4 minutes.
- In a salad bowl, combine the mayonnaise with the white wine vinegar and add some salt and pepper to taste.
- Add the slaw mix and toss well to combine.

Serve

- Cut the cherry tomatoes in half.
- Fill the tortillas with the slaw, pulled chicken and cherry tomatoes.

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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3



## 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!






# Smoked Salmon & Avocado Ciabatta

with herbed cream cheese | 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

Ingredients

Avocado (unit(s))	1
Red onion (unit(s))	½
Herbed cream cheese* (g)	75
Smoked salmon* (g)	120
Wholegrain ciabatta (unit(s))	2

From your pantry

Black pepper to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2205 /527	900 /215
Total fat (g)	31	13
of which saturated (g)	10,2	4,2
Carbohydrates (g)	32	13
of which sugars (g)	3,8	1,6
Fibre (g)	8	3
Protein (g)	27	11
Salt (g)	1,9	0,8

Allergens

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



Bake the ciabatta

- Preheat the oven to 220°C.
- Bake the ciabatta for 4 - 6 minutes.



Prepare the toppings

- Cut the avocado in half, remove the pit and skin and then slice the flesh.
- Slice half of the onion into thin rings.



Serve

- Cut open the ciabatta and spread with the herbed cream cheese, then add the avocado and season with pepper.
- Finish with the onion and smoked salmon.

Enjoy!






# Bao Buns with BBQ Chicken

with sweet & sour cucumber, cabbage & carrot | 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, large pot or saucepan, kitchen paper, sieve, frying pan

Ingredients

Bao buns (unit(s))	4
Persian cucumber* (unit(s))	1
BBQ Sauce (g)	50
Soy sauce (ml)	5
Slaw mix* (g)	50
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	2
Sugar (tsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2088 /499	695 /166
Total fat (g)	21	7
of which saturated (g)	4,3	1,4
Carbohydrates (g)	63	21
of which sugars (g)	15,9	5,3
Fibre (g)	3	1
Protein (g)	16	5
Salt (g)	1,5	0,5

Allergens

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



Prepare the cucumber

- Slice the cucumber into thin sticks about 5cm long.
- In a bowl, mix 1 tsp sugar with 2 tbsp white wine vinegar. Add the cucumber and season with salt. Mix well and set aside until serving, stirring now and again so the flavours can combine.
- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat. Add the chicken thigh strips and fry for 5 - 6 minutes until golden brown.
- Add the barbecue sauce and 1 tsp soy sauce and mix everything together.

Steam the bao buns

- Boil a shallow layer of water in a large pot or saucepan with a lid.
- Line a sieve or colander with some kitchen paper and place this over the pan, making sure it doesn't touch the water.
- Put the bao buns in the sieve/colander, then put the lid on and let them steam for 3 - 4 minutes (see Tip).

Tip: take care that the buns don't get wet when you take the lid off the pan!

Serve

- Spread the mayo onto the inside of both buns.
- Stuff the buns with the chicken, slaw mix and quick-pickled cucumber.

Enjoy!