



# Fast Pasta with a Mexican-Inspired Twist

with pork, cheese & sour cream

Total time: 20 - 25 min.



Farmer's mincemeat



Mexican-style spices



Onion



Garlic



Courgette



Penne



Passata



Grated Gouda



Organic sour cream



Bell pepper



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

The Mexican-style spice mix in this dish includes dried chili, jalapeño and smoked paprika. These spices will definitely give this pasta dish a nice kick!

## Before you begin

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

## Utensils

Lidded deep frying pan, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Farmer's mincemeat* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Penne (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3473 / 830	574 / 137
Total fat (g)	36	6
of which saturated (g)	14,3	2,4
Carbohydrates (g)	83	14
of which sugars (g)	16,6	2,7
Fibre (g)	9	1
Protein (g)	40	7
Salt (g)	2,4	0,4

## Allergens

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



### 1. Fry the mince

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **mince** with the **Mexican spices\*** for 4 - 5 minutes, then remove from the pan and set aside. Keep the cooking juices in the pan to use later.
- Chop the **onion** and crush or mince the **garlic**. Dice the **courgette** and **bell pepper**.

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



### 2. Boil the pasta

- Boil the pasta for 10 - 12 minutes until done, then drain and set aside.
- Reheat the frying pan and fry the **garlic** and **onion** for 1 - 2 minutes over medium-high heat.
- Add the **courgette** and the **bell pepper** and fry for 4 more minutes, then stir in the **passata**.
- Cover with the lid and allow to reduce for 2 - 4 minutes.

Did you know... 🌱 onion is a good source of vitamin C, which aids with iron absorption.



### 3. Finish

- Add the pasta to the sauce, along with the **mince** and half of the **grated cheese**.
- Mix well to combine and season to taste with salt and pepper, then cook for 2 - 3 more minutes.



### 4. Serve

- Serve the pasta on plates and top with a dollop of **sour cream**.
- Garnish with the rest of the **cheese**.

Enjoy!



# Tomato & Basil Risotto with Coconut Milk

with arugula, Parmigiano Reggiano & sunflower seeds

Total time: 40 - 50 min.



Fresh basil



Garlic



Onion



Red cherry tomatoes



Tomato paste



Risotto rice



Coconut milk



Sunflower seeds



Parmigiano Reggiano DOP



Arugula



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

Haven't used all of the coconut milk? Pour the leftovers into an ice cube tray and freeze it for easy portioning the next time you cook.

## 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 frying pan, microplane

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Tomato paste (can)	¼	½	¾	1	1¼	1½
Risotto rice (g)	75	150	225	300	375	450
Coconut milk (ml)	75	150	215	300	365	450
Sunflower seeds (g)	10	20	30	40	50	60
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Arugula* (g)	40	60	80	100	140	160
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	225	450	675	900	1125	1350
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3356/802	505/121
Total fat (g)	45	7
of which saturated (g)	22,1	3,3
Carbohydrates (g)	77	12
of which sugars (g)	13	2
Fibre (g)	11	2
Protein (g)	19	3
Salt (g)	1,1	0,2

## Allergens

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



## 1. Prepare

- Pull the **basil** leaves off the stems.
- Prepare the stock and add the **basil** stems.
- Chop the **onion** and crush or mince the **garlic**. Halve the **cherry tomatoes**.
- Finely grate the **Parmigiano Reggiano** and set aside.

**Did you know...** 🌱 *cherry tomatoes may be smaller than normal tomatoes, but they are more nutrient-dense; they are richer in potassium and folic acid, as well as vitamins A and C.*



## 2. Make the risotto

- Heat a clean deep frying pan over high heat and toast the **sunflower seeds** until they start to turn golden-brown, then remove from the pan and set aside.
- Heat the olive oil in the same pan over high heat, then fry the **onion** with three quarters of the **cherry tomatoes** for 3 - 4 minutes.
- Turn the heat to medium-high and deglaze with the balsamic vinegar.
- Add the **tomato paste**, **risotto rice** and **garlic**, mix well and fry for 1-2 more minutes.



## 3. Finish the risotto

- Turn down the heat and add the **coconut milk** and a third of the stock.
- Allow the stock to slowly incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches.
- The **risotto** is done when the **rice** is soft but still al dente. This should take around 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente. In the meantime, chop the **basil** leaves into strips.



## 4. Serve

- When the **risotto** is done, add the butter and half each of the **basil**, the **Parmigiano Reggiano** and the **sunflower seeds**.
- Mix well and season to taste with salt and pepper.
- Serve the **arugula** on deep plates and top with the risotto and the rest of the **cherry tomatoes**.
- Garnish with the rest of the **basil**, **Parmigiano Reggiano** and **sunflower seeds**.

Enjoy!



# Creamy Leek Gratin with Mashed Potatoes

with ham & a cheesy panko topping

Total time: 45 - 55 min.



Leek



Potatoes



Lemon



Organic semi-skimmed milk



Grated aged Gouda



Ham



Panko breadcrumbs



Nutmeg



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

The French do not only use the word 'gratin' to describe a crunchy crust, it is also a word which refers to the French elite.

## Before you begin

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

## Utensils

Lidded deep frying pan, microplane, oven dish, lidded pot or saucepan, kitchen paper, potato masher, saucepan, whisk

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Organic semi-skimmed milk* (ml)	100	200	300	400	500	600
Grated aged Gouda* (g)	25	50	75	100	125	150
Ham* (slice(s))	3	6	9	12	15	18
Panko breadcrumbs (g)	15	25	40	50	65	75
Nutmeg (pinch)	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	150	300	450	600	750	900
salt and pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2958 / 707	367 / 88
Total fat (g)	32	4
of which saturated (g)	19,9	2,5
Carbohydrates (g)	70	9
of which sugars (g)	11,9	1,5
Fibre (g)	17	2
Protein (g)	29	4
Salt (g)	2,6	0,3

## Allergens

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



## 1. Stew the leek

Preheat the oven to 200°C and prepare the stock. Cut the **leek** into 15cm cylindrical chunks. Melt a knob of butter in a deep frying pan over medium-high heat. Sear the **leek** for 4 - 5 minutes until evenly browned, then deglaze with the stock and cover with the lid. Allow to stew for 15 minutes, then drain and transfer the **leek** to a sheet of kitchen paper (see Tip).

*Tip: be sure to dry the leek thoroughly, otherwise the cheese sauce will be too thin.*



## 4. Mash the potatoes

Remove from the heat and add two thirds of the **grated cheese** and ½ tbsp **lemon juice** per person. Mash the **potatoes** with a knob of butter and a splash of the reserved cooking liquid as needed. Stir in the mustard and the rest of the **nutmeg** as preferred. Season to taste with salt and pepper.



## 2. Boil the potatoes

Boil plenty of water in a lidded pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and cut into chunks. Boil the **potatoes** for 12 - 15 minutes, covered, then reserve some of the cooking liquid before draining and setting aside. In the meantime, juice the **lemon** and grate a pinch of **nutmeg** with a microplane.



## 5. Assemble

Season the **leek** with salt and pepper, then wrap with the **ham**. Transfer the mashed **potato** to an oven dish and top with the **leek**. Pour over the **cheese** sauce, then scatter over the **panko** and the rest of the **cheese**. Bake in the oven for 15-20 minutes or until golden-brown.



## 3. Make the cheese sauce

Melt another knob of butter in a saucepan over medium heat, then whisk in the flour and cook until fragrant (see Tip). Add a quarter of the milk and whisk to incorporate. Repeat with the rest of the milk, adding it gradually in three batches. Whisk until smooth and add half of the **nutmeg**, then season to taste with salt and pepper.

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



## 6. Serve

Serve the **leek** gratin on plates.

Enjoy!



# Creamy Chicken Curry Soup

with pak choi, carrot & potatoes

Total time: 25 - 30 min.



Vietnamese-style sauce



Chicken thigh strips



Fresh lemongrass



Potatoes



Fish sauce



Shallot



Carrot



Pak choi



Yellow curry spices



Heavy cream



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

Pak choi contains a lot of folic acid. This is essential for the production of red blood cells, which help to carry oxygen and energise your body!

## Before you begin

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

## Utensils

Lidded soup pot or large pot

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Fresh lemongrass* (unit(s))	¼	½	¾	1	1¼	1½
Potatoes (g)	150	300	450	600	750	900
Fish sauce (ml)	5	10	15	20	25	30
Shallot (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Pak choi* (unit(s))	½	1	2	2	3	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Heavy cream* (ml)	100	200	300	400	500	600
From your pantry						
Low sodium chicken stock (ml)	200	400	600	800	1000	1200
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3109 / 743	371 / 89
Total fat (g)	48	6
of which saturated (g)	23	2,7
Carbohydrates (g)	45	5
of which sugars (g)	13,9	1,7
Fibre (g)	15	2
Protein (g)	27	3
Salt (g)	4,3	0,5

## Allergens

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



## 1. Prepare

- Prepare the stock.
- Wash or peel the **potatoes** and cut them into wedges, then rinse under cold water.
- Chop the **shallot** and slice the **carrot** into thin crescents.

**Did you know...** 🍌 potatoes are a great source of vitamins, such as vitamin B6 and vitamin B11 which keep you energised. Potatoes also provide vitamin C for a strong immune system.



## 2. Make the soup

- Heat the sunflower oil in a soup pot or large pan over medium-high heat and fry the **shallot** for 1 minute.
- Add the **chicken, yellow curry spices, potato wedges** and **carrot** and fry for 3 minutes, then pour in the **cream** and the stock.
- Bruise the **lemongrass** and add it to the soup (see Tip).
- Lower the heat, cover with the lid and allow to simmer gently for 9-12 minutes.

**Tip:** the lemongrass will provide more flavour if you bruise it several times.



## 3. Finish the soup

- Remove and discard the base of the **pak choi** and finely chop both the stem and the leaves.
- Add the **pak choi** to the soup and cook gently for 3 minutes, then stir in the **fish sauce\*** and the **Vietnamese-style sauce**.
- Check if the **potatoes** and the **carrot** are done, then season to taste with salt and pepper.
- Add another splash of **fish sauce** as preferred.

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



## 4. Serve

- Take the **lemongrass** out of the soup and then serve in bowls or deep plates.

**Enjoy!**





# Chili Sin Carne Tacos with Avocado Dip

on hard-shell tacos with corn salsa & sour cream

Total time: 25 - 30 min.



Lentils



Taco shells



Passata



Corn



Onion



Mexican-style spices



Green bell pepper



Organic sour cream



Avocado dip



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

The avocado dip in your box is made from avocados that, otherwise, would have been thrown away. Now that is responsible enjoyment!

## 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, deep frying pan, sieve

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1½	2	2½	3
Taco shells (unit(s))	4	8	12	16	20	24
Passata (g)	100	200	300	390	500	590
Corn (g)	70	140	215	285	355	425
Onion (unit(s))	½	1	1	2	2	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Green bell pepper* (unit(s))	½	1	2	2	3	3
Organic sour cream* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240

### From your pantry

White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2803 / 670	494 / 118
Total fat (g)	30	5
of which saturated (g)	9,6	1,7
Carbohydrates (g)	77	14
of which sugars (g)	19,5	3,4
Fibre (g)	17	3
Protein (g)	13	2
Salt (g)	3,2	0,6

## Allergens

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



## 1. Prepare

- Preheat the oven to 200°C.
- Dice the **bell pepper** and chop the **onion**.



## 2. Make the chili sin carne

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry two thirds of the **onion** with half of the **bell pepper** for 2-3 minutes (see Tip).
- Drain and rinse the **lentils**, then transfer to the frying pan along with the **Mexican spices**\* and fry for 3 - 4 minutes over high heat.
- Deglaze with the **passata** and crumble in the stock cube (see pantry for amount). Allow to simmer gently for 1 - 2 minutes.

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

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



## 3. Make the salsa

- Drain the **corn** and stir half of it into the **chili sin carne**.
- Allow to simmer gently until serving, adding a splash of water as necessary if the **chili** becomes too thick.
- In a bowl, combine the rest of the **onion**, **corn** and **bell pepper** with the white wine vinegar.
- Add extra virgin olive oil as preferred, then season to taste with salt and pepper.



## 4. Serve

- Transfer the **taco shells** to a parchment-lined baking sheet and heat in the oven for 4 - 5 minutes.
- Serve the chili sin carne, salsa, **avocado dip** and **sour cream** in separate bowls.
- Serve the **taco shells** on plates and allow everyone to assemble their own **tacos**.

Enjoy!

**Did you know...** 🌱 *lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.*



# Orzo Salad with Cypriot-Style Cheese

with cherry tomatoes, lemon & thyme

Total time: 20 - 25 min.



Orzo



Onion



Garlic



[Persian] cucumber



Sicilian-style herb mix



Fresh flat leaf parsley



Cypriot-style cheese



Dried thyme



Lemon



Red cherry tomatoes



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

This Cypriot-style cheese is made from goat's, cow and sheep's milk. Its high melting point makes this cheese very suitable for grilling.

## 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 salad bowl, non-stick frying pan, oven dish, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cypriot-style cheese* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	⅓	⅔	1	1½	1½	2
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Red cherry tomatoes (g)	125	250	375	500	625	750

### From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3326 /795	695 /166
Total fat (g)	38	8
of which saturated (g)	23,7	5
Carbohydrates (g)	75	16
of which sugars (g)	20,8	4,3
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	3,6	0,7

## Allergens

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



### 1. Prepare

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **orzo** for 10 - 12 minutes, then drain and set aside (see Tip).
- Cut the **onion** into half rings and thinly slice the **garlic**. Dice the **cucumber**.

*Tip: if preferred, you can also rinse the orzo under cold water at this stage.*



### 2. Roast the tomatoes

- Transfer the **onion**, **garlic** and **cherry tomatoes** to an oven dish.
- Drizzle with the olive oil and the balsamic vinegar, then add the **Sicilian herbs**. Season with salt and pepper, then toss well to coat.
- Roast the vegetables in the oven for 15 minutes.
- Finely chop the **parsley** in the meantime.



### 3. Fry the cheese

- Cut three slabs of **Cypriot-style cheese** per person.
- In a large salad bowl, combine the honey with the **thyme** and the juice of a quarter **lemon** per person.
- Season to taste with salt and pepper, then add the **cheese** and allow to marinate.
- Heat a clean non-stick frying pan over medium-high heat and fry the **cheese** for 1 minute per side until golden-brown. Be sure to reserve the marinade in the bowl.



### 4. Serve

- To the remaining marinade, add the extra virgin olive oil and two thirds of the **parsley**.
- Add the **orzo**, **cucumber** and roasted vegetables, then mix well to combine.
- Serve the **orzo** on deep plates and top with the **Cypriot-style cheese**.
- Garnish with the rest of the **parsley**.

Enjoy!



# Shakshuka Potatoes with Garlic Bread

with Italian herbs & goat's cheese

Total time: 45 - 55 min.



Potatoes



Garlic



Italian seasoning



Chopped tomatoes with basil



Spinach



Fresh goat's cheese



Egg



Novelty bread roll



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

There is a special ingredient in your box! With this star-shaped bread roll, your meal will shine even more for the festive season. Happy holidays!

## Before you begin

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

## Utensils

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	¾	1	1½	1¾	2
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Fresh goat's cheese* (g)	25	50	75	100	125	150
Egg* (unit(s))	2	4	6	8	10	12
Novelty bread roll* (unit(s))	1	2	3	4	5	6

### From your pantry

Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2891 /691	511 /122
Total fat (g)	32	6
of which saturated (g)	9,9	1,7
Carbohydrates (g)	65	12
of which sugars (g)	13	2,3
Fibre (g)	12	2
Protein (g)	32	6
Salt (g)	3,7	0,7

## Allergens

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



### 1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes**, then dice them into 1cm chunks. Crush or mince the **garlic**. Parboil the **potatoes** for 5 - 6 minutes, covered, then drain and set aside.



### 4. Poach the eggs

Make small, deep wells in the sauce for the **eggs** and crack one **egg** into each. Season the **eggs** with salt and pepper, then top with half of the **goat's cheese**. Allow the **eggs** to poach for 4 - 6 minutes, covered, then remove the lid and continue poaching for 2-4 minutes (see Tip).

**Tip:** the cooking time depends on your pan. Check the eggs regularly and cook for more or less time as preferred.



### 2. Make the sauce

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **Italian herbs** with half of the **garlic** for 30 seconds, then add the **chopped tomatoes** and the balsamic vinegar. Crumble in the stock cube. Mix well, then cover with the lid and allow to reduce gently for 5 - 7 minutes.



### 5. Make the garlic bread

In a small bowl, combine the rest of the **garlic** with a drizzle of olive oil. Cut open the **bread roll** and spread with the **garlic** oil, then transfer to a parchment-lined baking sheet. Bake in the oven for 10 minutes.



### 3. Finish the sauce

Add the **potatoes** and the **spinach** to the sauce. Mix well and allow the **spinach** to wilt and reduce (see Tip). Season to taste with salt and pepper. Crumble the **goat's cheese** in the meantime.

**Tip:** allow the sauce to reduce as much as possible; the eggs will poach more easily in a thicker sauce.



### 6. Serve

Serve the shakshuka on plates. Garnish with the rest of the **goat's cheese** and serve the **garlic bread** alongside.

**Did you know...** 🌱 eating less meat is beneficial for your health; in particular, it reduces the risk of cardiovascular diseases.

Enjoy!



# Creamy Eggplant Penne with Parmigiano Reggiano

with sundried tomatoes, fresh basil & arugula

Total time: 20 - 25 min.



Onion



Garlic



Eggplant



Sundried tomatoes



Penne



Fresh basil



Arugula



Parmigiano Reggiano DOP



Sicilian-style herb mix



Oatly organic cream alternative



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

This pasta is full of flavours, like sundried tomatoes, basil and arugula. You can set this delicious dish on the table in just 20 minutes!

## 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 frying pan, microplane, pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	2	4	4	6
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Sundried tomatoes (g)	30	50	70	100	120	150
Penne (g)	90	180	270	360	450	540
Fresh basil* (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Oatly organic cream alternative (ml)	50	100	150	200	250	300
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	60	120	180	240	300	360
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3012 /720	585 /140
Total fat (g)	30	6
of which saturated (g)	5,9	1,1
Carbohydrates (g)	88	17
of which sugars (g)	18,6	3,6
Fibre (g)	11	2
Protein (g)	20	4
Salt (g)	1,2	0,2

## Allergens

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



## 1. Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Prepare the stock (see Tip).
- Chop the **onion** and crush or mince the **garlic**.
- Dice the **eggplant** into 1 - 2 cm pieces and roughly chop the sundried **tomatoes**.

*Tip: if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.*



## 3. Make the sauce

- In the meantime, heat the rest of the olive oil in a deep frying pan over medium-high heat.
- Fry the **onion** with the **garlic** and **sundried tomatoes** for 3-4 minutes.
- Add the **Sicilian herbs** and fry for 1 minute, then deglaze with the balsamic vinegar and the stock.
- Add the **Oatly cream** alternative and cook for 4 - 5 minutes over low heat.



## 2. Boil the pasta

- Boil the pasta for 10 - 12 minutes, then drain and set aside.
- Coat the **eggplant** with the flour.
- Heat two thirds of the olive oil in a frying pan over medium-high heat.
- Fry the **eggplant** for 8 - 10 minutes until evenly browned.



## 4. Serve

- Cut the **basil** into ribbons and grate the **Parmigiano Reggiano**.
- Stir the pasta and the **eggplant** into the sauce, along with half each of the **Parmigiano Reggiano** and the **basil**. Season to taste with salt and pepper.
- Serve the pasta and the **arugula** on deep plates.
- Garnish with the rest of the **Parmigiano Reggiano** and **basil**.

Enjoy!





# Smoked Sausage with Bacon Brussels Sprouts

with 'hutspot' & onion chutney

Total time: 25 - 30 min.



Potatoes



Brussels sprouts



Pre-cut carrot & onion



Smoked pork sausage



Bacon lardons



Onion chutney



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

The smoked sausage in this recipe is artisanally produced. Made with pork that's been sustainably obtained, it's then smoked over birch wood.

## Before you begin

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

## Utensils

Pot or saucepan, lidded pot or saucepan, potato masher, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Brussels sprouts* (g)	75	150	225	300	375	450
Pre-cut carrot & onion* (g)	150	300	450	600	750	900
Smoked pork sausage* (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	15	25	40	50	65	75
Onion chutney* (g)	40	80	120	160	200	240
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] milk				splash		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3247 / 776	515 / 123
Total fat (g)	44	7
of which saturated (g)	19,7	3,1
Carbohydrates (g)	65	10
of which sugars (g)	22,1	3,5
Fibre (g)	16	2
Protein (g)	24	4
Salt (g)	3,4	0,5

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan for the **potatoes** and crumble in the stock cube (see pantry for amount).
- Boil another pot or saucepan of water for the **Brussels sprouts**.
- Wash or peel the **potatoes** and cut them into rough chunks.
- Cut off the base of the **Brussels sprouts** and discard.



### 2. Boil the vegetables

- In the stock, boil the **potatoes** with the **carrot** and **onion** for 15-18 minutes, covered.
- Reserve some of the cooking liquid, then drain and set aside.
- Meanwhile, take the **smoked sausage** out of its packaging. Boil the **sausage** with the **Brussels sprouts** for 6 - 8 minutes in the other pan, covered.
- Set the **sausage** aside, then drain and rinse the **sprouts**.



### 3. Fry the Brussels sprouts

- Melt half of the butter in a frying pan over medium-high heat and fry the **bacon lardons** for 2 - 3 minutes until done.
- Add the **Brussels sprouts** and fry for 4 - 6 minutes, then deglaze with the white balsamic vinegar and cook for 1 more minute.

**Did you know...** 🌱 Brussels sprouts are high in vitamin C, iron (for healthy energy levels), vitamin E (for a strong immune system) and fibre (to keep your gut healthy).



### 4. Serve

- Mash the **potatoes**, **carrot** and **onion** with the milk, the mustard and the rest of the butter.
- Add a splash of the reserved cooking liquid as necessary.
- Serve the 'hutsot' on plates and top with the **bacon-Brussels sprouts**.
- Halve the **sausage** and serve this and the **onion chutney** alongside.

Enjoy!



# Caesar-Style Salad with Crunchy Chickpeas

with homemade dressing, Parmigiano Reggiano & croutons

Total time: 25 - 30 min.



Chickpeas



[Persian] cucumber



Tomato



White ciabatta



Garlic



Egg



BBQ spice rub



Parmigiano Reggiano DOP



Butter lettuce



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

Butter lettuce contains as many as 2 to 4 times more leaves than other common varieties of lettuce. Furthermore, the leaves are about the same size and are tender and subtle in flavour.

## 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, 2x bowl, lidded saucepan, microplane, kitchen paper, salad bowl, sieve

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack)	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2
Tomato (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Butter lettuce* (head)	½	1	1½	2	2½	3

### From your pantry

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3029 / 724	616 / 147
Total fat (g)	50	10
of which saturated (g)	9,2	1,9
Carbohydrates (g)	38	8
of which sugars (g)	5,7	1,2
Fibre (g)	11	2
Protein (g)	24	5
Salt (g)	1,9	0,4

## Allergens

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



### 1. Make the croutons

Preheat the oven to 220°C. Tear the **bread** into chunks, transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.



### 2. Prepare the chickpeas

Drain the **chickpeas** and pat them dry with kitchen paper, then transfer to a bowl. Add the **BBQ rub**\*, drizzle lightly with olive oil, and season with salt and pepper. Toss well to coat, then transfer the **chickpeas** to a parchment-lined baking sheet and roast for 20 minutes, or until golden-brown and crunchy (see Tip).

**Tip:** use an extra baking sheet if you're cooking for more than two people.

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



### 3. Boil the egg

Meanwhile, transfer the **egg** to a saucepan and submerge with water. Cover with the lid and bring to a boil, then cook for 6 - 8 minutes. Peel the **egg** and then cut it in half.



### 4. Chop the vegetables

Dice the **tomato** and **cucumber**. Crush or mince the **garlic** and set aside. Discard the core of the **lettuce** and then roughly chop the leaves. Add the **bread** to the baking sheet with the **chickpeas** during the final 10 minutes of cooking time. Finely grate or dice the **Parmigiano Reggiano** in the meantime.



### 5. Make the salad

In a salad bowl, combine the **garlic** with the mayonnaise, mustard and extra virgin olive oil, along with half of the **cheese**. Season to taste with salt and pepper, then add the **lettuce, tomato** and **cucumber** and toss well to combine.



### 6. Serve

Serve the salad on plates and top with the **chickpeas**, croutons and boiled **egg**. Garnish with the rest of the **cheese** to finish.

**Did you know...** 🌱 not only are chickpeas high in fibre, protein and complex carbohydrates, they're also packed with vitamins and minerals. In particular, they contain up to five times more vitamin E than any other type of pulse. Vitamin E helps boost and strengthen the immune system.



# Squeaky Cheese Tacos with Mango & Sweet Chili

with piri piri spices, coriander & crunchy salad

Total time: 25 - 30 min.



Mini tortillas



Sweet chili sauce



Mango



Radish



[Persian] cucumber



Curry powder



Cypriot-style cheese



Piri piri seasoning



Fresh coriander



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

Mangos have been grown in South Asia since ancient times. In fact, the mango tree is the national tree of Bangladesh.

## 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, 2x kitchen paper, plate, salad bowl, small bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	3	6	9	12	15	18
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1½	2	2½	3
Radish* (bunch)	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Curry powder (sachet(s))	½	1	1½	2	2½	3
Cypriot-style cheese* (g)	100	200	300	400	500	600
Piri piri seasoning (tsp)	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Flour (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Sambal						to taste
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3782 / 904	737 / 176
Total fat (g)	51	10
of which saturated (g)	25	4,9
Carbohydrates (g)	75	15
of which sugars (g)	29,9	5,8
Fibre (g)	6	1
Protein (g)	33	6
Salt (g)	4,5	0,9

## Allergens

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



### 1. Prepare

- Preheat the oven to 200°C.
- Pat the **Cypriot-style cheese** dry with kitchen paper and dice into 1cm cubes. In a bowl, combine the **cheese** with the flour and the **curry powder** (see Tip). Season to taste with salt and pepper, then set aside to use later.
- Finely chop the **coriander**. Slice the **cucumber** into crescents.
- Quarter the **radishes**. Wash the **radish** leaves, then cut into thin strips.

**Health Tip** 🌱 if you're watching your salt intake, prepare just half of the Cypriot-style cheese and keep the rest to use the next day.



### 3. Fry the cheese

- Transfer the **tortillas** to a parchment-lined baking sheet. Dab the **tortillas** with water, then add the **piri piri seasoning**\*.
- Warm the **tortillas** in the oven for 2 - 4 minutes.
- Heat the sunflower oil in a frying pan over high heat and fry the **Cypriot-style cheese** for 4 minutes until lightly golden-brown.
- Transfer to a plate lined with kitchen paper.

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



### 2. Make the salad

- Peel and slice the **mango**.
- In a salad bowl, combine the **cucumber**, **radish**, **radish** leaves and sugar with half of the **coriander** and ½ tbsp white wine vinegar per person.
- Season to taste with salt and pepper, mix well and set aside.

**Did you know...** 🌱 mango is one of the best sources of potassium, which helps maintain a healthy blood pressure. You can also find potassium in bananas, salmon, potatoes, broccoli and peanuts.



### 4. Serve

- In a small bowl, combine the mayonnaise with the **sweet chili sauce** and the rest of the vinegar, along with sambal as preferred. Add half of the sauce to the **cheese**, then combine the rest of the sauce with the water (see pantry for amount).
- Serve the **tortillas** on plates and top with some of the salad, the **mango** and the **cheese**.
- Garnish with the rest of the **coriander** and the sauce.
- Serve with the rest of the salad and **mango**.

Enjoy!



# Bang Bang Cauliflower with Chili Mayo

over garlic rice with crunchy vegetables

Total time: 35 - 45 min.



Sweet chili sauce



Panko breadcrumbs



Cauliflower florets



Garlic



Jasmine rice



Spinach



Carrot



Onion



[Persian] cucumber



Soy sauce



Sesame seeds



Mayonnaise



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

Bang bang! This recipe is normally made using chicken. The name comes from the utensil that is used to tenderise the chicken meat.

## 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, 2x large bowl, lidded pot or saucepan, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	50	75	100	125
Cauliflower florets* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Spinach* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	¼	½	¾	1	1¼	1½
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (sachet(s))	1	1	1	1	2	2
Mayonnaise* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Water (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6
Salt	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3527 /843	688 /164
Total fat (g)	42	8
of which saturated (g)	5	1
Carbohydrates (g)	95	18
of which sugars (g)	13,2	2,6
Fibre (g)	9	2
Protein (g)	18	3
Salt (g)	2,3	0,5

## Allergens

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



## 1. Prepare

Preheat the oven to 200°C. In a large bowl, combine the mayonnaise with the **sweet chili sauce**. Transfer half of this to a small bowl and set aside. In a second large bowl, combine the **panko** with a pinch of salt and a light drizzle of olive oil.



## 2. Roast the cauliflower

Transfer the **cauliflower florets** to the large bowl and coat with the **chili** mayonnaise, then transfer to the **panko** and toss well to coat. Transfer the **cauliflower** to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes (see Tip).

**Tip:** for the best results, don't crowd the cauliflower; use two baking sheets if necessary.



## 3. Cook the rice

Crush or mince the **garlic**. Heat a drizzle of olive oil in a pot or saucepan over a low heat. Fry the **garlic** for 1 - 2 minutes, then add the **rice** and the water (see pantry for amount). Boil the **rice** for 10-12 minutes, covered, then take the pan off the heat and allow to rest for 5 minutes. Drain if necessary and set aside.



## 4. Chop the vegetables

Roughly chop the **spinach** and remove any thick stems. Cut the **carrot** into thin crescents and chop the **onion**. Thinly slice the **cucumber**.

**Did you know...** 🌱 *spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.*



## 5. Fry the vegetables

Heat a drizzle of olive oil in a frying pan and fry the **carrot** for 4 - 6 minutes, then stir in the **spinach**, **onion** and **soy sauce** and fry for 2 more minutes. Meanwhile, make the 'bang bang' sauce by combining the reserved **chili** mayonnaise with the white wine vinegar.



## 6. Serve

Serve the **garlic rice** on deep plates. Top with the fried vegetables and **panko cauliflower**. Serve with the 'bang bang' sauce and the **cucumber**. Garnish with the **sesame seeds**.

Enjoy!





# Quick Spaghetti with Garlic-Lemon Shrimp

in creamy tomato sauce with arugula

Total time: 15 - 20 min.



Shrimp



Spaghetti



Red cherry tomatoes



Arugula



Onion



Lemon



Garlic



Oatly organic cream alternative



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

Recipe Developer Chiara: "Shrimp and lemon are a golden duo in the kitchen and play the leading role in this dish. I chose to balance these two ingredients with cream. The tomatoes complete the dish with a sweet and savoury note."

## 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 frying pan, lidded pot or saucepan, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Spaghetti (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Arugula* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Oatly organic cream alternative (ml)	75	150	225	300	375	450

### From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2628 / 628	527 / 126
Total fat (g)	19	4
of which saturated (g)	2,7	0,5
Carbohydrates (g)	82	17
of which sugars (g)	14,9	3
Fibre (g)	12	2
Protein (g)	28	6
Salt (g)	1,2	0,2

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan for the **spaghetti**.
- Halve the **cherry tomatoes** and slice the **onion** into half rings.
- Crush or mince the **garlic**. Cut half of the **lemon** into wedges and juice the rest into a small bowl.
- Boil the **spaghetti** for 10 - 12 minutes, covered, then reserve a small amount of the pasta water before draining and setting aside.



### 2. Fry the shrimp

- Heat the olive oil in a deep frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes.
- Add the **cherry tomatoes, shrimp, garlic** and half of the **lemon juice**, then fry for another 1 - 2 minutes.

**Did you know...** 🌱 onions provide numerous benefits. Not only are they rich in fibre and B vitamins, they are also high in antioxidants and vitamin C.



### 3. Make the sauce

- Add the **Oatly cream** alternative and crumble in the stock cube (see pantry for amount).
- Allow the sauce to reduce for 1 minute (see Tip).
- Add the **spaghetti** and cook for 1 more minute.

**Tip:** add a splash of the reserved pasta water as necessary if the sauce is too thick.



### 4. Serve

- Serve the **shrimp spaghetti** on deep plates.
- Top with the **arugula** and drizzle with the rest of the **lemon juice**.
- Garnish with the rest of the **lemon wedges**.

**Enjoy!**



# Chicken Bulgur Bowl with African-Inspired Spices

with buttered almonds, dates & lemon mayonnaise

Total time: 15 - 20 min.



Bulgur



Chicken breast



Chopped red onion



Carrot



Courgette



Lemon



African-inspired  
spice mix



Chopped dates



Shaved almonds



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

Did you know that bulgur is made of wheat grains? First, they are steamed, then dried and finally cracked. This results in a whole grain product that's full of fibre, iron and B-vitamins.

## Before you begin

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

## Utensils

Lidded frying pan, lidded pot or saucepan, small bowl, small frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chicken breast* (unit(s))	1	2	3	4	5	6
Chopped red onion* (g)	40	75	75	150	150	225
Carrot* (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped dates (g)	20	40	60	80	100	120
Shaved almonds (g)	10	20	30	40	50	60
From your pantry						
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4004 / 957	534 / 128
Total fat (g)	51	7
of which saturated (g)	13,3	1,8
Carbohydrates (g)	77	10
of which sugars (g)	22	2,9
Fibre (g)	23	3
Protein (g)	40	5
Salt (g)	2,2	0,3

## Allergens

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



### 1. Boil the bulgur

- Prepare the stock in a pot or saucepan. Dice the **carrot**.
- Add the **bulgur** and bring to a boil, then cover with the lid and cook gently for 2 minutes.
- Add the **carrot** and boil for 6 - 7 minutes, then add the **dates** and cook for 1 more minute.
- Turn off the heat and drizzle with the extra virgin olive oil, then season to taste with salt and pepper.



### 2. Fry the chicken

- Melt half of the butter in a frying pan over medium-high heat. Fry the **chicken breast** for 2 - 3 minutes per side.
- Meanwhile, finely dice the **courgette**.
- Reduce the heat under the frying pan to medium, then add the African-inspired **spices**, the **courgette** and the **onion**.
- Mix well, then cover with the lid and allow to cook for 4 - 5 minutes or until done. Season to taste with salt and pepper.



### 3. Prepare the toppings

- Melt the rest of the butter in a small frying pan over medium-high heat. Fry the **shaved almonds** for 2 - 3 minutes or until golden, then take the pan off the heat.
- Juice the **lemon** into a small bowl. Add the mayonnaise and mix well to combine (see Tip). Season to taste with salt and pepper.



### 4. Serve

- Serve the **bulgur** on deep plates and top with the **chicken** and vegetables.
- Garnish with the buttered **almonds** and drizzle with the **lemon** mayonnaise to finish.

Enjoy!

**Health Tip** 🍌 *this meal is high in calories. If you're watching your calorie intake, just use half of the mayonnaise.*
















# Veggie Döner Grain Bowl

with honey-ginger dressing, almonds & fresh herbs

Total time: 15 - 20 min.



-  Wholewheat couscous
-  Veggie döner kebab
-  Chopped red onion
-  [Persian] cucumber
-  Tomato
-  Easy peel orange
-  Fresh flat leaf parsley & mint
-  Raisins
-  Ground turmeric
-  African-inspired spice mix
-  Honey-ginger dressing
-  Salted almonds
-  Garlic



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

In this recipe, you'll use whole-wheat couscous. This contains plenty of fibre, meaning this recipe is both tasty and healthy!

## 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

Lid, small bowl, frying pan, 4x bowls

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	75	150	225	300	375	450
Veggie döner kebab* (g)	80	160	240	320	400	480
Chopped red onion* (g)	40	75	75	150	150	225
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Tomato (unit(s))	1	2	3	4	5	6
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Raisins (g)	10	20	30	40	50	60
Ground turmeric (tsp)	1	2	3	4	5	6
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Honey-ginger dressing (ml)	15	25	50	50	75	75
Salted almonds (g)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1	2	2	3

### From your pantry

Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3431/820	539/129
Total fat (g)	44	7
of which saturated (g)	9	1,4
Carbohydrates (g)	75	12
of which sugars (g)	13,8	2,2
Fibre (g)	16	3
Protein (g)	26	4
Salt (g)	2,8	0,4

## Allergens

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



### 1. Prepare the couscous

- Prepare the stock.
- In a bowl, combine the **couscous** with the **raisins, turmeric** and stock. Mix well, then cover and allow to stand for 10 minutes.
- Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.
- Meanwhile, slice the **cucumber** into crescents. Transfer to a bowl and add the white wine vinegar, then toss well to combine.



### 3. Prepare the toppings

- Chop the fresh herbs, being sure to keep them separate.
- Dice the **tomatoes** and transfer to a bowl. Stir in the **parsley** and season to taste with salt and pepper.
- Remove the skin from the **orange** and then dice the flesh. Transfer to a bowl and add the **mint**. Drizzle with extra virgin olive oil as preferred, then mix well.



### 2. Fry the veggie döner

- Heat the sunflower oil in a frying pan over medium-high heat. Fry the **veggie döner** with the **onion** and the **African-inspired spices** for 5 - 7 minutes or until done.
- Deglaze with 1 tbsp water per person and season with salt and pepper.
- Crush or mince the **garlic** and transfer to a small bowl. Add the honey-**ginger** dressing, the mayonnaise and ½ tbsp water per person. Mix well to combine.



### 4. Serve

- Roughly chop the **almonds**.
- Serve the **couscous** in bowls. Top with the **veggie döner, cucumber, tomato** and **orange**.
- Garnish with the **almonds** and drizzle with the dressing to finish.

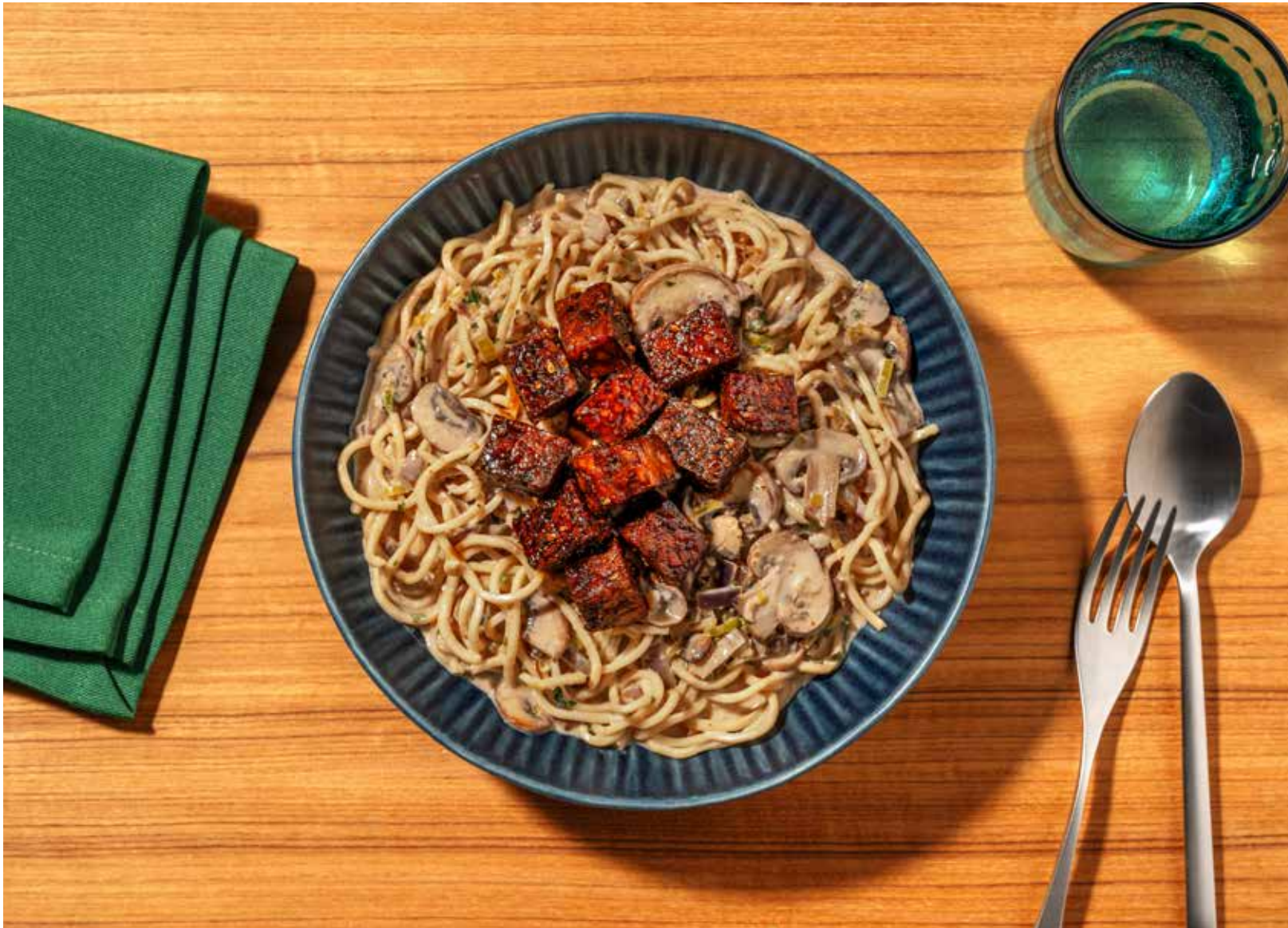
Enjoy!



# Sticky Tempeh over Creamy Noodles

in peanut sauce with mushrooms & gomashio

Total time: 15 - 20 min.



Diced tempeh



Coconut milk



Vegetable mix  
with mushrooms



Peanut butter



Garlic



East Asian-style sauce



Gomashio



Soy sauce



Wholewheat noodles



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

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

## Before you begin

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

## Utensils

Pot or saucepan, frying pan, wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Coconut milk (ml)	90	180	250	360	430	540
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Peanut butter (tub)	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¼	2
Gomashio (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Wholewheat noodles (g)	75	150	225	300	375	450
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3699 / 884	733 / 175
Total fat (g)	45	9
of which saturated (g)	18	3,6
Carbohydrates (g)	79	16
of which sugars (g)	16,9	3,3
Fibre (g)	10	2
Protein (g)	35	7
Salt (g)	3,1	0,6

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan and cook the **noodles** for 4-5 minutes until al dente.
- Reserve a small amount of the cooking liquid, then drain and rinse the **noodles** under cold water.
- Crush or mince the **garlic**.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over high heat. Fry the **garlic** with the **vegetable mix** for 4 - 6 minutes.



### 2. Make the sauce

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



### 3. Fry the tempeh

- Meanwhile, heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the **tempeh** for 2 - 3 minutes or until golden-brown, then stir in the **East Asian-style sauce** and the water (see pantry for amount).
- Fry for another 2 - 3 minutes, then stir in the **gomashio**. Season to taste with salt and pepper.



### 4. Serve

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

Enjoy!





# Creamy Vegetable Curry with Almonds

over rice with roasted cauliflower & Romano pepper

Total time: 25 - 30 min.



Jasmine rice



Garlic



Onion



Romano pepper



African-inspired  
spice mix



Yellow curry spices



Cauliflower florets



Salted almonds



Red chili pepper



Coconut milk



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

You'll season this vegetarian curry with an African-inspired spice mix, which includes fennel seeds, turmeric, cumin and cinnamon.

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	¼	½	¾	1	1¼	1½
Cauliflower florets* (g)	150	300	450	600	750	900
Salted almonds (g)	15	30	40	60	70	90
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Coconut milk (ml)	90	180	250	360	430	540
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 /679	618 /148
Total fat (g)	31	7
of which saturated (g)	15	3,3
Carbohydrates (g)	82	18
of which sugars (g)	17,2	3,7
Fibre (g)	11	2
Protein (g)	14	3
Salt (g)	1,2	0,3

## Allergens

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



### 1. Prepare

- Preheat the oven to 200°C and boil plenty of water in a pot or saucepan for the **rice**.
- Crumble in the stock cube and cook the **rice** for 12 - 15 minutes, covered, then drain and set aside.
- Chop the **onion** and crush or mince the **garlic**. Roughly chop the **almonds** and cut the **Romano pepper** into strips.
- Deseed and finely chop the **red chili pepper**.\*

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



### 2. Roast the vegetables

- Quarter the **cauliflower** florets and transfer to a bowl, along with the **Romano pepper**.
- Drizzle with half of the sunflower oil and add a pinch of salt, then toss well to coat, adding more oil if necessary.
- Transfer to a parchment-lined baking sheet and roast in the oven for 12 - 14 minutes or until golden-brown, tossing halfway.



### 3. Make the curry

- Heat the rest of the sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **onion** with the **garlic**, **chili pepper**, **yellow curry spices**, **African-inspired spices** and honey for 1 - 2 minutes.
- Reduce the heat and stir in the **coconut milk**, then allow to reduce gently for 5 minutes until the curry turns a deep golden colour.
- Stir the roasted vegetables into the curry and then season to taste with salt and pepper.



### 4. Serve

- Serve the **rice** on plates and top with the curry.
- Garnish with the **almonds** to finish.

Enjoy!



# Pollock with Sweet Potato-Bacon Mash

with leek and carrot

Total time: 35 - 45 min.



Pollock



Bacon lardons



Sweet potato



Potatoes



Leek



Carrot



Onion



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

## Before you begin

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

## Utensils

Lidded deep frying pan, pot or saucepan, kitchen paper, potato masher, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pollock* (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	50	100	150	200	250	300
Sweet potato (g)	150	300	450	600	750	900
Potatoes (g)	100	200	300	400	500	600
Leek* (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3

### From your pantry

[Plant-based] butter (tbsp)	¼	2½	3¾	5	6¼	7½
Water (ml)	30	60	90	120	150	180
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 /679	418 /100
Total fat (g)	30	4
of which saturated (g)	15,3	2,3
Carbohydrates (g)	62	9
of which sugars (g)	19	2,8
Fibre (g)	15	2
Protein (g)	34	5
Salt (g)	1,8	0,3

## Allergens

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



### 1. Prepare

Boil plenty of water in a pot or saucepan for the **potatoes** and crumble in the stock cube (see pantry for amount). Weigh the **sweet potato**. Peel or thoroughly wash the **carrot** and both types of **potato**, then cut into rough pieces. Slice the **leek** into thin rings.



### 2. Cook the leek

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **leek** for 2 minutes and season with salt and pepper, then add the water (see pantry for amount). Turn the heat to medium-low and cover with the lid. Stew the **leek** for 12 - 15 minutes, stirring occasionally. Boil all the **potatoes** with the **carrot** for 12 - 15 minutes, then reserve some of the cooking liquid before draining and setting aside. Meanwhile, dice the **onion**.



### 3. Fry the bacon

Heat a knob of butter in a frying pan over medium-high heat and fry the **bacon lardons** and **onion** for 4 - 5 minutes. Remove from the pan and set aside, keeping the cooking juices in the pan.



### 4. Fry the fish

Pat the fish dry with kitchen paper and season with salt and pepper. Melt a knob of butter in the same frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side.



### 5. Make the mash

Mash the **potatoes** with a splash of the reserved cooking liquid. Stir in the **leek** and the mustard, along with half of the **bacon lardons** and **onion**. Mix well and season to taste with salt and pepper.



### 6. Serve

Serve the mash on plates and top with the fish and the rest of the **bacon lardons**.

**Did you know...** 🥕 potatoes and sweet potatoes are full of vitamins and minerals such as zinc, iron, potassium and vitamins B and C. Sweet potato is also rich in vitamin A, which is good for your eyes and helps to support a healthy immune system.

Enjoy!



# Mushroom & Courgette Orzotto

with truffle oil, toasted walnuts & pecorino

Total time: 30 - 40 min.



Onion



Scallions



Garlic



Mushrooms



Courgette



Orzo



Chopped walnuts



Grated Pecorino DOP



Truffle-style olive oil



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

This truffle oil is made from Coratina and Peranzana olives. These are harvested by hand in the Puglia area.

## Before you begin

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

## Utensils

Lidded pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	400	400	650	650
Courgette* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Chopped walnuts (g)	20	40	60	80	100	120
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
From your pantry						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2791 /667	426 /102
Total fat (g)	33	5
of which saturated (g)	9,8	1,5
Carbohydrates (g)	66	10
of which sugars (g)	12,5	1,9
Fibre (g)	13	2
Protein (g)	24	4
Salt (g)	1,6	0,2

## Allergens

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



### 1. Prepare

- Prepare the stock.
- Chop the **onion** and crush or mince the **garlic**.
- Melt the butter in a pot or saucepan over medium-high heat. Fry the **garlic** and **onion** for 2 minutes, then stir in the **orzo** and toast the grains for 1 minute.
- Pour in the stock and cover with the lid, then allow to cook for 10-12 minutes over low heat. Stir regularly, adding extra water as necessary if the **orzo** seems too dry.



### 3. Finish

- Add the **scallions** and fry for 1 minute. Season to taste with salt and pepper.
- Transfer the fried vegetables to the **orzo**, along with half of the **pecorino**.
- Mix well to combine and cook for 2 more minutes.



### 2. Toast the walnuts

- Heat a clean frying pan over high heat and toast the **walnuts** until golden-brown, then remove from the pan and set aside.
- Finely chop the **scallions**.
- Quarter the **mushrooms** and finely dice the **courgette**.
- Heat the olive oil in the same pan over medium-high heat. Fry the **courgette** with the **mushrooms** for 4 - 6 minutes.



### 4. Serve

- Serve the **mushroom orzotto** on plates.
- Garnish with the toasted **walnuts** and the rest of the **pecorino**.
- Drizzle with the **truffle oil** to finish.

Enjoy!



# Chicken Meatball Bulgur Bowl

with roasted bell pepper sauce, mushrooms & courgette

Calorie Smart Nice & Fast

Total time: 25 - 30 min.



Chicken meatballs with Italian seasoning



Bulgur



Onion



Garlic



Sicilian-style herb mix



Mushrooms



Courgette



Tomato



Roasted bell pepper sauce



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

Bring back the sunshine with this Italian dish! The chicken meatballs are already seasoned with Italian herbs and the bulgur is flavoured with a Sicilian spice mix.

## 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 frying pan, lidded frying pan, lidded pot or saucepan, spatula

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken meatballs with Italian seasoning* (unit(s))	3	6	9	12	15	18
Bulgur (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	190	250	315	375
Courgette* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2590 /619	514 /123
Total fat (g)	23	5
of which saturated (g)	6,8	1,3
Carbohydrates (g)	62	12
of which sugars (g)	7,9	1,6
Fibre (g)	19	4
Protein (g)	33	7
Salt (g)	1,8	0,3

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan for the **bulgur** and crumble in the stock cube (see pantry for amount).
- Cook the **bulgur** for 10 - 12 minutes, covered, then drain and set aside.
- Meanwhile, slice the **onion** into half rings and crush or mince the **garlic**.
- Dice the **courgette**, **mushrooms** and **tomato**.



### 2. Fry the vegetables

- Heat the olive oil in a deep frying pan over high heat and fry the **mushrooms** for 2 - 3 minutes.
- Reduce the heat to medium-high, then fry the **courgette**, **tomato**, **onion** and **garlic** for 8 - 9 minutes.



### 3. Fry the meatballs

- Meanwhile, melt the butter in a frying pan over medium-high heat.
- Fry the **meatballs** for 2 - 3 minutes until evenly browned, using a spatula to break them in half. Season to taste with salt and pepper.
- Lower the heat and cover with the lid, then continue cooking for 4-5 more minutes or until done.
- To the vegetables, add the **bulgur** and the **Sicilian-style herbs** and fry for 2 - 3 minutes. Season to taste with salt and pepper.



### 4. Serve

- Finally, stir the **roasted bell pepper sauce** into the **bulgur**, then serve on deep plates.
- Top with the **meatballs**.

Enjoy!





# Creamy Goat's Cheese Tart

with roasted pepper sauce & basil crème

Veggie

Total time: 50 - 60 min.



Bell pepper



Garlic



Onion



Fresh goat's cheese



Puff pastry



Passata



Basil crème



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

Did you know that fresh goat's cheese is not only a great flavour booster, but also a perfect lower-salt alternative to hard cheeses like Gouda or Parmesan?

## Before you begin

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

## Utensils

Parchment-lined baking sheet, lidded deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Fresh goat's cheese* (g)	50	100	150	200	250	300
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Basil crème (ml)	10	15	24	30	39	45
From your pantry						
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3799 / 908	681 / 163
Total fat (g)	55	10
of which saturated (g)	29,1	5,2
Carbohydrates (g)	77	14
of which sugars (g)	17,9	3,2
Fibre (g)	12	2
Protein (g)	21	4
Salt (g)	2,1	0,4

## Allergens

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



## 1. Prepare

Preheat the oven to 200°C and take the **puff pastry** out of the fridge. Dice half of the **bell pepper** and cut the rest into strips. Chop the **onion** and crush or mince the **garlic**.



## 2. Fry the vegetables

Heat the olive oil in a lidded deep frying pan over medium heat. Fry the **onion**, **garlic** and **diced bell pepper** for 8 - 10 minutes until soft.



## 3. Crumble the goat's cheese

Crumble the **goat's cheese** and spread the **pastry** out onto a parchment-lined baking sheet.



## 4. Make the sauce

Deglaze the vegetables with balsamic vinegar. Add the **passata**, the sugar and 1 tbsp water per person. Mix well and simmer for 6 - 8 minutes, covered. Season to taste with salt and pepper.



## 5. Bake the tart

Spread the sauce over the **pastry** and top with the **bell pepper** strips. Bake the tart in the oven for 10 minutes, then top with the **goat's cheese**. Return to the oven for another 10 - 15 minutes, or until the **cheese** is golden-brown and the **pastry** is done.



## 6. Serve

Drizzle the **basil crème** over the tart, then serve.

Enjoy!



# Crispy No-Chicken Burger

with parsley-caper potatoes & salad

Plant-Based

Total time: 30 - 40 min.



Baby potatoes



[Persian] cucumber



Tomato



Onion



Fresh curly parsley



Garlic



Lemon



Capers



Happy go Clucky from the Vegetarian Butcher



Pumpkin seeds



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

It isn't the type of potato that determines whether or not a potato is a baby potato, but the time it's harvested. By harvesting potatoes when they're young, they maintain their delicate flavour and structure.

## 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 salad bowl, pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
[Persian] cucumber* (unit(s))	½	¾	1	1½	1¾	2
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	⅓	½	1	1½	1¾	2
Capers (g)	10	20	30	40	50	60
Happy go Clucky from the Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	10	20	30	40	50	60
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise	to taste					
Salt & pepper	to taste					
<i>*store in the fridge</i>						

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3046 / 728	520 / 124
Total fat (g)	45	8
of which saturated (g)	15,1	2,6
Carbohydrates (g)	59	10
of which sugars (g)	12	2
Fibre (g)	16	3
Protein (g)	19	3
Salt (g)	1,8	0,3

## Allergens

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



### 1. Boil the baby potatoes

- Boil plenty of water in a pot or saucepan. Wash the **baby potatoes** and cut any larger ones in half.
- Boil the **potatoes** for 12 - 15 minutes, then drain and set aside.
- Slice the **cucumber** into thin crescents. Cut the **tomato** into wedges and slice the **onion** into thin half rings.
- Finely chop the **parsley** and crush or mince the **garlic**. Cut half of the **lemon** into wedges and juice the rest.



### 3. Fry the baby potatoes

- Melt the rest of the butter in the same frying pan over medium-high heat. Fry the **garlic** for 1 - 2 minutes, then add the **capers** and half of the **parsley**.
- Deglaze with 1 tsp **lemon juice** per person, then stir in the **potatoes** and fry for another 1 - 2 minutes.



### 2. Fry the burger

- In a large salad bowl, combine the extra virgin olive oil with the honey and mustard, along with ½ tbsp **lemon juice** per person. Season to taste with salt and pepper.
- Add the **cucumber**, **tomato** and **onion** and toss well to combine.
- Melt a third of the butter in a frying pan over medium-high heat. Fry the **burger** for 8 - 10 minutes or until done, then remove from the pan and set aside.



### 4. Serve

- Serve the **potatoes** on plates with the **burger** and the salad.
- Garnish with the **pumpkin seeds** and the rest of the **parsley**.
- Serve the **lemon wedges** and the mayonnaise alongside.

Enjoy!



# Creamy Jerusalem Artichoke Soup

with truffle oil, hazelnuts & toasted ciabatta

Veggie

Total time: 30 - 40 min.



Potatoes



Jerusalem artichoke



Garlic



Onion



Hazelnuts



Truffle-style olive oil



Cress



White ciabatta



Cooking cream



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

Jerusalem artichokes are a classic winter vegetable. In this recipe you'll use them to make a creamy soup with hazelnuts.

## 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, immersion blender, kitchen paper, plate, lidded soup pot, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Jerusalem artichoke* (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Hazelnuts (g)	10	20	30	40	50	60
Truffle-style olive oil (ml)	4	8	12	16	20	24
Cress* (g)	5	10	15	20	25	30
White ciabatta (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450

### From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4117 /984	458 /110
Total fat (g)	47	5
of which saturated (g)	15,8	1,8
Carbohydrates (g)	110	12
of which sugars (g)	10,6	1,2
Fibre (g)	23	3
Protein (g)	20	2
Salt (g)	2	0,2

## Allergens

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



## 1. Prepare

Preheat the oven to 200°C and prepare the stock. Peel or thoroughly wash the **potatoes** and three quarters of the **Jerusalem artichoke**, then dice into 2cm cubes. Set the rest of the **Jerusalem artichoke** aside. Chop the **onion** and crush or mince the **garlic**.

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



## 4. Fry the Jerusalem artichoke

Thoroughly wash the rest of the **Jerusalem artichoke**, then slice it into very thin rounds. Heat the sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the **Jerusalem artichoke** for 4 - 6 minutes. Transfer to a plate lined with kitchen paper and season to taste with salt and pepper. Remove any residual oil from the pan.



## 2. Make the soup

Melt the butter in a soup pot over medium-high heat and fry the **onion** for 1 minute. Add the **Jerusalem artichoke**, the **potato** and the **garlic** and fry for 2 more minutes. Deglaze with the white balsamic vinegar, then add the stock and cover with the lid. Boil the soup for 15 - 20 minutes.



## 5. Finish the soup

Roughly chop the **hazelnuts**. Place the same pan back over medium-high heat. Fry the **hazelnuts** for 2 - 3 minutes, then remove from the pan and set aside. Take the soup off the heat and add the **cream**, then use an immersion blender to process until smooth. Add a splash of water if you'd prefer the soup to be less thick. Season to taste with salt and pepper.



## 3. Bake the ciabatta

Thinly slice the **ciabatta** (see Tip). Transfer to a parchment-lined baking sheet and drizzle with the extra virgin olive oil. Season with salt and pepper, then bake in the oven for 5 - 7 minutes.

**Health Tip** 🍌 *this meal is high in calories. If you're watching your calorie intake, set aside half of the ciabatta to use another time.*



## 6. Serve

Serve the soup in bowls or deep plates. Top the soup with the fried **Jerusalem artichoke** and the **hazelnuts**. Garnish with the **cress** and drizzle with the **truffle oil**. Serve the toasted **ciabatta** alongside.

Enjoy!



# Bacon-Wrapped Burger with Creamy Mash

with carrots, onion sauce & chives

Nice & Fast

Total time: 25 - 30 min.



Potatoes



Cream cheese



Seasoned hamburger



Bacon



Onion



Carrot



Onion chutney



Italian seasoning



Dried thyme



Fresh chives



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

You'll season the mashed potatoes with mustard and Italian herbs. The cream cheese will make them extra luxurious and flavourful.

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cream cheese* (g)	25	50	75	100	125	150
Seasoned hamburger* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	120	160	200	240
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Dried thyme (sachet(s))	¼	½	¾	1	1½	2
Fresh chives* (g)	2½	5	7½	10	12½	15
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3694 / 883	515 / 123
Total fat (g)	44	6
of which saturated (g)	20,4	2,8
Carbohydrates (g)	84	12
of which sugars (g)	32,6	4,5
Fibre (g)	13	2
Protein (g)	31	4
Salt (g)	3,1	0,4

## Allergens

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



### 1. Boil the potatoes

- Peel or thoroughly wash the **potatoes** and cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Boil the **potatoes** for 12 - 15 minutes.
- Reserve a small amount of the cooking liquid, then drain and set aside.



### 2. Prepare the vegetables

- Finely chop the **onion** and slice the **carrot** into thin rounds.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat, then add the **onion**, the **carrot** and the water (see pantry for amount).
- Cover with the lid and allow to stew for 8 - 10 minutes.
- Deglaze with the white wine vinegar, then add the honey and the **thyme** and cook for another minute. Season to taste with salt and pepper.



### 3. Fry the burgers

- Meanwhile, wrap the **burger** with the **bacon**.
- Melt a knob of butter in a second frying pan and fry the **burgers** for 2 - 3 minutes per side.
- Add the **onion chutney** and 1 tbsp of water per person and fry for one more minute. Turn off the heat.
- Mash the **potatoes** with a knob of butter and the cooking liquid as preferred. Stir in the mustard, **cream cheese** and **Italian herbs**, then season to taste with salt and pepper.



### 4. Serve

- Finely chop the **chives**.
- Serve the mashed **potatoes** with the vegetables and the **burger**.
- Serve with the sauce and garnish with the **chives** to finish.

Enjoy!