



# Rosemary Shrimp with Roasted Vegetables

over bulgur with oregano yogurt sauce

Total time: 45 - 55 min.



Fresh rosemary



Eggplant



Red onion



Garlic



Dried oregano



Shrimp



Bulgur



Red cherry tomatoes



Organic full-fat yogurt



Bell pepper



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

Did you know that rosemary originates from around the Mediterranean Sea? The plant naturally grows close to the coast, hence its name means "sea dew"!

Tear me out!



## Before you start

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.

## Equipment

2x (parchment-lined) baking sheet(s), bowl(s), lid, lidded pot or saucepan, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	1	2	3	4	5	6
Eggplant* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Bulgur (g)	75	150	225	300	375	450
Red cherry tomatoes (g)	65	125	190	250	315	375
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Balsamic vinegar (tsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	2½	5	7½	10	12½	15
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3259 /779	444 /106
Total fat (g)	42	6
of which saturated(g)	10,2	1,4
Carbonhydrates (g)	76	10
of which sugars (g)	16	2,2
Fiber (g)	16	2
Protein (g)	24	3
Salt (g)	1,3	0,2

## Allergens

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



## Prepare

- Preheat the oven to 200°C and prepare the stock.
- Discard the rosemary stalks and finely chop the leaves. Crush or mince the garlic.
- Transfer the shrimp to a bowl and drizzle with olive oil, then add the garlic and half of the oregano.
- Season with salt and pepper, then mix well to combine. Cover the bowl and set aside.

## Prepare the vegetables

- Cut the eggplant into 0.5cm thick rounds and slice the onion into half-rings.
- Halve the bell pepper lengthways and remove the seeds.
- Transfer the eggplant to a parchment-lined baking sheet and drizzle generously with olive oil.
- Transfer the bell pepper and onion to another parchment-lined baking sheet and drizzle with olive oil.



## Cook the bulgur

- Meanwhile, melt a knob of butter in a pot or saucepan over medium-high heat.
- Fry half of the remaining rosemary for 1 minute, then add the bulgur and mix well so as to coat it with the butter.
- Add the stock and then boil the bulgur for 10 - 12 minutes, covered.
- Stir regularly and then set aside when finished.

## Fry the shrimp

- Halve the cherry tomatoes in the meantime.
- In a small bowl, combine the yogurt with the extra virgin olive oil and the rest of the oregano. Season to taste with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the shrimp with the cherry tomatoes and the rest of the rosemary for 3 - 4 minutes.
- Remove the shrimp from the pan and set aside.

## Serve

- Deglaze the cherry tomatoes with the rest of the balsamic vinegar and fry for 2 - 3 minutes, then stir the tomatoes into the bulgur.
- Serve the bulgur with the roasted vegetables.
- Top with the shrimp and drizzle with the yogurt sauce.

## Enjoy!



# Flemish-Style Sausage Rolls

with homemade applesauce & crunchy slaw

Family

Total time: 45 - 55 min.



Beef-pork mince  
with Italian herbs



Puff pastry



Panko breadcrumbs



Onion



Fresh curly parsley



Apple



Purple carrot



Carrot



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

Make your homemade sausage rolls shine - brush the top of the pastry with beaten egg or milk  
before they go into the oven!

Tear me out!



## Before you start

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.

## Equipment

(parchment-lined) baking sheet(s), grater, large bowl, (lidded) saucepan(s), salad bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Panko breadcrumbs (g)	10	15	20	25	35	40
Onion (unit(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Apple* (unit(s))	1	2	3	4	5	6
Purple carrot* (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Not included						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3803 / 909	623 / 149
Total fat (g)	56	9
of which saturated(g)	18,7	3,1
Carbonhydrates (g)	73	12
of which sugars (g)	31,8	5,2
Fiber (g)	12	2
Protein (g)	26	4
Salt (g)	2,1	0,3

## Allergens

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



### Prepare

- Preheat the oven to 210°C.
- Cut the pastry sheet in half (see ingredients for amount). Chop the onion and finely chop the parsley.
- In a large bowl, combine the mince with the onion, panko, mustard and half of the parsley. Season with salt and pepper and knead well to combine.
- Shape the mince into logs and transfer to the pastry so as to have one per person.



### Make the sausage rolls

- Brush the edge of the pastry with water so as to better seal the rolls.
- Fold the pastry around the mince and seal the ends, then transfer to a parchment-lined baking sheet with the seam facing downwards.
- Score the surface of the pastry in a criss-cross pattern and season with salt and pepper.
- Bake in the oven for 25 - 30 minutes or until golden-brown.



### Make the applesauce

- Peel the apple, then core and dice it.
- Transfer to a saucepan, along with the honey and the water (see pantry for amounts).
- Bring to a boil and allow to cook gently over low heat for 12 - 14 minutes, covered.
- Remove from the heat and use a fork to mash the apple, then set aside until serving, covered.



### Serve

- Grate the carrots.
- In a salad bowl, combine the mayonnaise with the extra virgin olive oil and white wine vinegar. Season with salt and pepper, then add the grated carrots and the rest of the parsley. Toss well to combine with the dressing.
- Serve the sausage rolls with the slaw and the applesauce.

Enjoy!



# Crispy Chickpeas with Sweet & Creamy Curry Sauce

with hidden veggies for kids: carrot, cauliflower & tomato

Family | Veggie | Quick

Total time: 25 - 30 min.



Chickpeas



Cauliflower Rice



White long grain rice



Onion



Garlic



Tomato



Carrot



Fresco spalmabile - cream cheese



Curry powder



Roasted cashew nuts



Fresh flat leaf parsley



Lime



Onion chutney



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

With our hidden veggies recipes, you can serve delicious meals that are fresh, easy to make and sneakily packed with the veggies that kids usually push to the side of the plate. Family dinner made stress-free!

Tear me out!



## Before you start

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.

## Equipment

(parchment-lined) baking sheet(s), lidded deep frying pan, immersion blender, (lidded) pot or saucepan(s), sieve

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack)	½	1	1½	2	2½	3
Cauliflower Rice* (g)	100	200	300	400	500	600
White long grain rice (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Curry powder (sachet(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Onion chutney* (g)	20	40	60	80	100	120
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2745 /656	433 /103
Total fat (g)	29	5
of which saturated(g)	7,7	1,2
Carbonhydrates (g)	75	12
of which sugars (g)	21,5	3,4
Fiber (g)	16	2
Protein (g)	20	3
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

- Preheat the oven to 200°C. Prepare the stock. Dice the tomato and slice the carrot.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the carrot and tomato for 2 - 3 minutes.
- Chop the onion and crush or mince the garlic, then transfer both to the pan and fry for 1 - 2 minutes.
- Add the curry powder and fry for 1 minute.

2



## Boil the rice

- Stir in the stock and the onion chutney, then bring to a rapid boil.
- Allow to simmer over medium heat for 8 - 10 minutes, covered.
- Boil plenty of water in a pot or saucepan and cook the rice for 8 - 10 minutes.
- Add the cauliflower rice and boil for 1 more minute, then drain. Season with salt and pepper, then set aside.

3



## Roast the chickpeas

- Drain and rinse the chickpeas, then transfer to a parchment-lined baking sheet.
- Drizzle with sunflower oil and season with salt and pepper, then toss well to coat. Roast in the oven for 11 minutes.
- Meanwhile, add the cream cheese to the curry.
- Use an immersion blender to process into a smooth sauce. Season to taste with salt and pepper.

4



## Serve

- Chop the parsley and quarter the lime.
- Top the rice with the curry and the chickpeas.
- Garnish with the cashews and the parsley.
- Serve the lime wedges alongside.

## Enjoy!



# Mediterranean-Style Family Night: Chicken Bowls with Golden Rice

build your own & enjoy together!

Family Quick

Total time: 25 - 30 min.



Chicken breast with Mediterranean herbs



White long grain rice



Ground turmeric



Garlic



Lemon



Organic full-fat yogurt



Persian cucumber



Tomato



Fresh flat leaf parsley



Courgette



Dried oregano



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

Everyone at the dinner table, including the youngest chefs in the family, can tailor this meal exactly as they like it! This recipe provides pick 'n' mix toppings so that you can choose how you build your own dish.

Tear me out!



## Before you start

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.

## Equipment

(lidded) pot or saucepan(s), small bowl, two frying pans

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Ground turmeric (tsp)	1½	3	4½	6	7½	9
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Persian cucumber* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Courgette* (unit(s))	½	1	2	2	3	3
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	200	400	600	800	1000	1200
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)						to taste

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3381 /808	449 /107
Total fat (g)	40	5
of which saturated(g)	13	1,7
Carbonhydrates (g)	78	10
of which sugars (g)	9,9	1,3
Fiber (g)	5	1
Protein (g)	33	4
Salt (g)	2,1	0,3

## Allergens

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

1



2



## Prepare

- Prepare the stock.
- Melt a knob of butter in a pot or saucepan over medium-high heat. Bloom the turmeric for 1 minute until fragrant, then add the rice and the stock. Cook for 8 - 11 minutes until done.
- Meanwhile, crush or mince the garlic.
- Slice the courgette into crescents.

3



## Make the toppings

- In the meantime, dice the cucumber and the tomato. Cut the lemon into wedges.
- In a small bowl, combine the yogurt with the mayonnaise and the rest of the garlic.
- Squeeze one lemon wedge per person directly into the bowl and mix well. Season to taste with salt and pepper.
- Roughly chop the parsley.

## Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken breast for 2 minutes per side.
- Reduce the heat and fry for another 4 minutes per side, or until done.
- Cut the chicken into thin strips.
- Heat a drizzle of olive oil in another frying pan over medium-high heat. Fry the courgette with the oregano and half of the garlic for 3 - 4 minutes. Season to taste with salt and pepper.

4



## Serve

- Serve all the elements separately at the table and allow everyone to build their own bowl (or if preferred, just plate it directly).

## Enjoy!

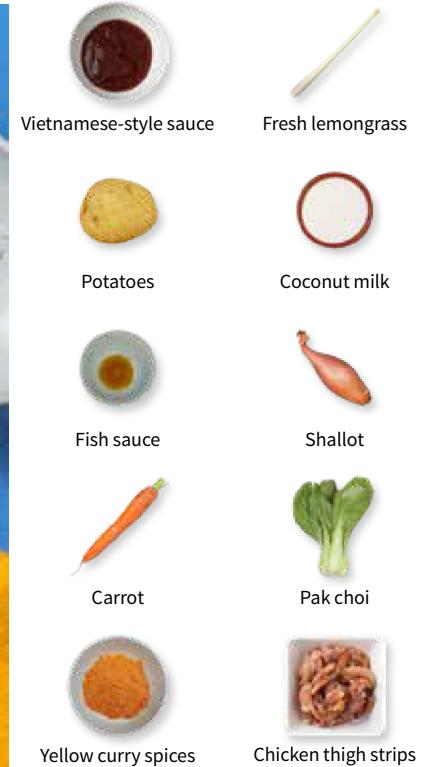


# Fragrant Coconut Chicken Soup

with pak choi, carrot & potatoes

Family Quick

Total time: 25 - 30 min.



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

Fish sauce is a salty condiment common in South-East Asian cuisine. It won't make your food taste noticeably fishy - instead, it provides a subtle savoury, umami taste.

Tear me out!



## Before you start

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.

## Equipment

(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
Fresh lemongrass* (unit(s))	¼	½	¾	1	1¼	1½
Potatoes (g)	150	300	450	600	750	900
Coconut milk (ml)	90	180	270	360	450	540
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
Chicken thigh strips* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock (ml)	200	400	600	800	1000	1200
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2469 /590	304 /73
Total fat (g)	34	4
of which saturated(g)	18,7	2,3
Carbonhydrates (g)	48	6
of which sugars (g)	13,9	1,7
Fiber (g)	9	1
Protein (g)	26	3
Salt (g)	4,1	0,5

## Allergens

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



### 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.



### Make the soup

- Heat a drizzle of sunflower oil in a soup pot or large pot 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 coconut milk and the stock.
- Bruise or pierce the lemongrass in three places and add it to the soup.
- Lower the heat, then cover with the lid and allow to simmer gently for 9 - 12 minutes.



### 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.



### Serve

- Take the lemongrass out of the soup and discard.
- Serve the soup in bowls or deep plates.

### Enjoy!



# Creamy Goat's Cheese Rigatoni with Fried Sage

in cherry tomato sauce with toasted walnuts

Veggie | Quick

Total time: 20 - 25 min.



Goat's cheese



Rigatoni



Red cherry tomatoes



Onion



Garlic



Tomato paste



Chopped walnuts



Fresh sage



Romano pepper



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

Sage is part of the mint family, so it naturally has a slightly minty flavour, with hints of eucalyptus and citrus. It's strong, earthy, and adds the perfect finishing touch to any dish!

Tear me out!



## Before you start

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.

## Equipment

Large frying pan, (lidded) pot or saucepan(s), frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Goat's Cheese* (g)	60	125	185	250	310	375
Rigatoni (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Chopped walnuts (g)	10	20	30	40	50	60
Fresh sage* (g)	2½	5	7½	10	12½	15
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (totaste)			to taste			
Salt and pepper (totaste)			to taste			

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3293 /787	730 /175
Total fat (g)	36	8
of which saturated(g)	16,9	3,7
Carbohydrates (g)	85	19
of which sugars (g)	18,4	4,1
Fiber (g)	9	2
Protein (g)	29	6
Salt (g)	0,9	0,2

## 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 and cook the pasta for 13 - 15 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Chop the onion and crush or mince the garlic. Halve the tomatoes and dice the Romano pepper.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.



### Make the sauce

- Add the tomato paste, the Romano pepper and the tomatoes, then fry for 4 - 5 minutes.
- Add the reserved pasta water and crumble in the stock cube (see pantry for amount).
- Reduce the heat and allow to simmer for 5 minutes.
- Meanwhile, heat a clean frying pan over high heat. Toast the walnuts until golden-brown, then remove from the pan and set aside.



### Fry the sage

- Tear the sage leaves off of the stems.
- Melt a knob of butter in the same frying pan over medium-high heat.
- Fry the sage for 1 - 2 minutes or until lightly browned (see Tip).
- Stir the pasta and three quarters of the cheese into the sauce. Season to taste with salt and pepper.

**Tip:** take care, as the sage may burn quickly.



### Serve

- Serve the pasta on plates and crumble over the rest of the cheese.
- Top with the fried sage, or serve separately alongside if preferred.
- Garnish with the walnuts.
- Drizzle with the honey and the residual sage butter from the frying pan.

### Enjoy!



# Creamy Chicken Blanquette with Fragrant Rice

classic French stew, with leek & carrot

Total time: 35 - 45 min.



Garlic



Leek



Carrot



Shallot



Basmati rice



Bay leaf



Chicken breast



Cooking cream



Fresh flat leaf parsley



Lime



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

A French classic, blanquette is a creamy white stew traditionally made with veal or chicken. Delicate flavours, velvety sauce and comfort – all in one dish!

Tear me out!



## Before you start

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.

## Equipment

Large deep frying pan with lid, saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Leek* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Shallot (unit(s))	1	2	3	4	5	6
Basmati rice (g)	75	150	225	300	375	450
Bay leaf (unit(s))	1	1	2	2	3	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	40	75	110	150	185	225
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium beef or vegetable stock (ml)	100	200	300	400	500	600
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	180	360	540	720	900	1080
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2715 / 649	347 / 83
Total fat (g)	22	3
of which saturated(g)	9,7	1,2
Carbonhydrates (g)	83	11
of which sugars (g)	12,6	1,6
Fiber (g)	8	1
Protein (g)	37	5
Salt (g)	0,6	0,1

## Allergens

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



### Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Slice the carrot into thin crescents and the leek into thin half-rings.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the garlic with the carrot and the leek for 3 - 4 minutes, stirring regularly.



### Allow to simmer

- Add the stock, then reduce the heat and cover with the lid. Allow to simmer for 10 minutes.
- Meanwhile, finely chop the shallot.
- Melt a knob of butter in a saucepan over medium-high heat and fry the shallot for 2 - 3 minutes.
- Add the rice and toast the grains for 1 minute, then pour in the water for the rice.



### Boil the rice

- Add the bay leaf and a pinch of salt.
- Boil gently for 10 - 12 minutes, adding more water as necessary if it seems too dry.
- Meanwhile, quarter the lime and finely chop the parsley.
- Dice the chicken, then transfer to the vegetables. Cover with the lid and cook for 5 - 7 minutes, or until the chicken is done.



### Serve

- Add the cream, half of the parsley and the juice of 1 lime wedge per person.
- Bring to a simmer, then allow to thicken and reduce. Season to taste with salt and pepper.
- Serve the rice on plates and top with the blanquette.
- Garnish with the rest of the parsley and serve any remaining lime wedges alongside.

### Enjoy!



# Pollock Penne in Mascarpone Cherry Tomato Sauce

with parsley & Italian seasoning

Quick

Total time: 25 - 30 min.



Penne



Pollock



Onion



Mascarpone



Tinned cherry tomatoes



Fresh flat leaf parsley



Italian seasoning



Garlic



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

Pollock is a white fish related to cod, praised for its soft texture and full flavour.

Tear me out!



## Before you start

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.

## Equipment

Bowl(s), large deep frying pan with lid, (lidded) pot or saucepan(s), frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Pollock* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Mascarpone* (g)	25	50	75	100	125	150
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	¼	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2879 /688	586 /140
Total fat (g)	23	5
of which saturated(g)	10	2
Carbonhydrates (g)	81	17
of which sugars (g)	15,1	3,1
Fiber (g)	8	2
Protein (g)	36	7
Salt (g)	0,9	0,2

## Allergens

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



### Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Boil the pasta for 9 - 11 minutes.
- Reserve some of the pasta water, then drain and set aside.



### Marinate the fish

- In a bowl, combine half of the Italian seasoning with a light drizzle of olive oil and then season with salt and pepper.
- Add the fish and toss well to coat, then set aside until further use.
- Slice the onion into half rings and crush or mince the garlic.



### Make the sauce

- Heat a light drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the garlic and onion for 1 - 2 minutes, then stir in the tomatoes and the rest of the Italian seasoning.
- Crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to simmer for 3 - 4 minutes.



### Fry the fish

- Heat another light drizzle of olive oil in a frying pan over medium-high heat and fry the fish for 3 minutes per side.
- Use a spatula to break the fish into smaller pieces.
- In the meantime, stir the mascarpone into the sauce and allow to reduce for 2 - 3 minutes.



### Chop the parsley

- Finely chop the parsley in the meantime.
- Transfer the pasta to the sauce, along with 1 - 2 tbsp pasta water per person (see Tip).
- Mix well to combine and season to taste with plenty of salt and pepper.



### Serve

- Stir the fish into the pasta, then serve on plates.
- Garnish with the parsley to finish.

### Enjoy!

*Tip: add more pasta water if necessary.*



# Creamy Blue Cheese Rigatoni

with mixed mushrooms, endive & parsley

Veggie | Quick

Total time: 20 - 25 min.



Rigatoni



Onion



Garlic



Endive



Pre-cut mushroom mix



Blue cheese cubes



Cooking cream



Fresh curly parsley



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

The pre-cut mushroom mix in this recipe makes preparation extra quick and easy! It includes chestnut, button and beech mushrooms – so you can have both flavour and variety without compromising on time.

Tear me out!



## Before you start

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.

## Equipment

(lidded) deep frying pan(s), (lidded) pot or saucepan(s)

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Endive* (unit(s))	1	2	3	4	5	6
Pre-cut mushroom mix* (g)	100	175	350	350	525	525
Blue cheese cubes* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Fresh curly parsley* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3092 /739	590 /141
Total fat (g)	34	6
of which saturated(g)	14,9	2,8
Carbonhydrates (g)	81	15
of which sugars (g)	15,5	3
Fiber (g)	8	2
Protein (g)	25	5
Salt (g)	1,6	0,3

## 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 and cook the rigatoni for 13 - 15 minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Remove the tough base of the endive and discard.
- Halve the endive lengthways and then cut into thin strips.



### Fry the vegetables

- Heat a generous drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic and onion for 2 - 3 minutes.
- Stir in the mushrooms and the majority of the endive, then fry for 4 - 6 minutes over medium-high heat (see Tip).
- Deglaze with the white balsamic vinegar.



### Make the sauce

- Add the cream and half of the blue cheese, then crumble in the stock cube (see pantry for amount).
- Stir in the honey and mustard, then allow to cook for 3 minutes over medium-low heat.
- Taste and then season with salt and pepper as needed (see Tip).

**Tip:** if the sauce is not thick enough, allow to reduce for a further 3 - 5 minutes. If the sauce is too thick, add some of the reserved pasta water.



### Serve

- Finely chop the parsley.
- Transfer the rigatoni to the sauce and mix well to combine. Season to taste with salt and pepper, then serve on deep plates.
- Top with the rest of the endive and blue cheese. Garnish with the parsley to finish.

### Enjoy!



# Quinoa with Chorizo & Greek-Style Cheese

with chickpeas, parsley & stewed vegetables

Quick

Total time: 20 - 25 min.



Quinoa



Diced chorizo



Chickpeas



Garlic



Onion



Carrot



Broccoli



Tomato paste



Sicilian-style herb mix



Fresh flat leaf parsley



Greek-style cheese



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

Quinoa is technically a seed, not a grain; due to its similar nutritional profile and culinary uses, it's often referred to and used as a whole grain. It's even nicknamed "pseudo-cereal"!

Tear me out!



## Before you start

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.

## Equipment

(lidded) deep frying pan(s), kitchen paper, sieve, frying pan, two pots or saucepans

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Quinoa (g)	50	100	150	200	250	300
Diced chorizo* (g)	20	40	60	80	100	120
Chickpeas (pack)	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	1	2	2	3
Broccoli* (g)	125	250	360	500	610	750
Tomato paste (can)	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2255 /539	447 /107
Total fat (g)	20	4
of which saturated(g)	7,3	1,4
Carbonhydrates (g)	60	12
of which sugars (g)	18,2	3,6
Fiber (g)	16	3
Protein (g)	27	5
Salt (g)	2,2	0,4

## Allergens

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



### Cook the quinoa

- Boil plenty of water in two pots or saucepans and crumble the stock cube into one of them (see pantry for amount).
- Cook the quinoa in the stock for 10 - 13 minutes, then drain and set aside.
- Slice the carrot into crescents.
- Cut the head of the broccoli into florets and dice the stem.



### Fry the vegetables

- Parboil the broccoli and the carrot in the other pot for 5 minutes, then drain.
- Slice the onion into half-rings and crush or mince the garlic.
- Heat a light drizzle of olive oil in a deep frying pan over high heat.
- Fry the onion with the garlic, the carrot, the broccoli, the tomato paste, the sugar and the Sicilian-style herbs for 2 - 3 minutes.



### Prepare the garnishes

- Reduce the heat to medium and stir in the water for the sauce.
- Season to taste with salt and pepper, then cover with the lid and allow to simmer until serving.
- Meanwhile, crumble the cheese and finely chop the parsley.
- Drain and rinse the chickpeas, then pat them dry with kitchen paper.



### Serve

- Heat a clean frying pan over medium-high heat and fry the chorizo with the chickpeas for 4 - 5 minutes.
- Serve the quinoa on deep plates, topped with the vegetables, the chorizo and the chickpeas.
- Garnish with the cheese and the parsley to finish.

### Enjoy!



# Antipasto Tortelloni with Serrano Ham & Burrata

in roasted bell pepper sauce with pistachios & arugula

Quick Premium

Total time: 20 - 25 min.



There is a new ingredient in your box! Fresh figs add a natural sweetness and make every meal just that little bit more special.  
Scan the QR code to let us know what you thought of the ingredient!



Serrano ham



Arugula



Pistachio nuts



Tinned cherry tomatoes



Red onion



Burrata



Roasted bell pepper sauce



Tortelloni with ricotta & spinach



Figs

## Before you start

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.

## Equipment

Lidded pot or saucepan, (lidded) wok or deep frying pan(s)

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Serrano ham* (g)	40	80	120	160	200	240
Arugula* (g)	20	40	60	80	100	120
Pistachio nuts (g)	10	20	30	40	50	60
Tinned cherry tomatoes (can)	½	¾	1	1½	1¾	2
Red onion (unit(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
Figs* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (totaste)				to taste		
Salt and pepper (totaste)				to taste		

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3573 /854	653 /156
Total fat (g)	39	7
of which saturated(g)	12,6	2,3
Carbonhydrates (g)	84	15
of which sugars (g)	19,8	3,6
Fiber (g)	9	2
Protein (g)	40	7
Salt (g)	4,2	0,8

## Allergens

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



### Prepare

- Slice the onion into half-rings.
- Roughly chop the pistachios.



### Make the sauce

- Heat a drizzle of olive oil in a wok or deep frying pan over low heat. Fry the onion for 2 minutes.
- Add the cherry tomatoes and the roasted bell pepper sauce. Allow to simmer for 5 minutes over medium-high heat.
- Season to taste with salt and pepper.



### Boil the tortelloni

- Boil plenty of water in a pot or saucepan for the tortelloni and crumble in the stock cube (see pantry for amount).
- Carefully separate the tortelloni and boil for 3 - 5 minutes, covered, then drain.
- Transfer the tortelloni to the sauce and mix well to combine.
- Cut the figs into wedges and carefully halve the burrata.



### Serve

- Serve the arugula on plates and top with the tortelloni.
- Carefully separate the Serrano ham slices and arrange over the tortelloni. Top with the burrata and the figs.
- Garnish with the pistachios and drizzle with extra virgin olive oil as preferred. Finish with some freshly ground black pepper to taste.

### Enjoy!



# Chicken Breast with Hollandaise Sauce

with green beans & rosemary baby potatoes

Veggie | Quick | Premium

Total time: 20 - 25 min.



Chicken breast



Hollandaise sauce



Pre-cooked halved  
baby potatoes [skin-on]



Dried thyme



Sicilian-style herb mix



Mini Roma tomatoes



Green beans



Fresh rosemary



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

Hollandaise sauce is a rich, buttery sauce believed to have originated in France. Its name references the Dutch, as it was first popularized in French cuisine after a diplomatic alliance with the Netherlands!

Tear me out!



## Before you start

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.

## Equipment

(lidded) frying pan(s), 2x oven dish, lidded pot or saucepan, saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Hollandaise sauce* (g)	50	100	150	200	250	300
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Dried thyme (sachet(s))	½	¾	¾	¾	1	1½
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Mini Roma tomatoes (g)	100	200	300	400	500	600
Green beans* (g)	150	300	450	600	750	900
Fresh rosemary* (sprig)	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2879 /688	450 /107
Total fat (g)	38	6
of which saturated(g)	11,5	1,8
Carbonhydrates (g)	43	7
of which sugars (g)	6,7	1
Fiber (g)	12	2
Protein (g)	39	6
Salt (g)	1,2	0,2

## Allergens

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



### Prepare

- Preheat the oven to 220°C.
- Fill a pot or saucepan with a shallow layer of water.
- Discard the tips of the green beans and transfer to the pot, then add a pinch of salt and cover with the lid.
- Bring to a boil and allow to cook gently for 3 minutes, then drain and rinse under cold water.



### Roast the chicken and vegetables

- Transfer the green beans, the tomatoes and the thyme to an oven dish.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 15 minutes.
- Transfer the chicken to another oven dish. Coat with the Sicilian spices and a light drizzle of olive oil. Season with salt and pepper.



### Fry the baby potatoes

- Roast the chicken for 8 - 10 minutes or until done.
- Melt a knob of butter in a frying pan over medium-high heat and fry the baby potatoes for 5 - 6 minutes, covered.
- Discard the rosemary stalks and finely chop the leaves.
- Remove the lid and add the rosemary, then fry for a further 5 minutes.



### Serve

- Heat the Hollandaise sauce in a saucepan over low heat. Season to taste with salt and pepper, then add the juices from the chicken and mix well.
- Slice the chicken. Serve the rosemary baby potatoes and chicken on plates with the roasted vegetables.
- Serve with the Hollandaise sauce.

### Enjoy!



# Teriyaki Bacon Burger on Brioche

with mangetout, gomashio & potato wedges

Quick Premium

Total time: 20 - 25 min.



Potato wedges



Gomashio



Brioche bun



Teriyaki sauce



Bacon



Kumato tomato



Persian cucumber



Ginger paste



Hamburger from Meatier



Mangetout



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

Mangetout, or snow peas, are a type of pea eaten whole, pod and all. They're sweet and crisp, adding a fresh crunch to stir-fries, salads, and sides.

Tear me out!



## Before you start

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.

## Equipment

(parchment-lined) baking sheet(s), bowl(s), lidded deep frying pan, small bowl, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Gomashio (sachet(s))	½	1	1½	2	2½	3
Brioche bun (unit(s))	1	2	3	4	5	6
Teriyaki sauce (g)	25	50	75	100	125	150
Bacon* (slice(s))	2	4	6	8	10	12
Kumato tomato* (unit(s))	½	1	2	2	3	3
Persian cucumber* (unit(s))	½	1	1	2	2	3
Ginger paste* (g)	5	10	15	20	25	30
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4749 /1135	664 /159
Total fat (g)	65	9
of which saturated(g)	22,7	3,2
Carbonhydrates (g)	94	13
of which sugars (g)	24,6	3,4
Fiber (g)	12	2
Protein (g)	38	5
Salt (g)	5,6	0,8

## Allergens

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



### Fry the wedges

- Preheat the oven to 180°C.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the potato wedges for 15 minutes until done (see Tip).
- Transfer the bacon to a parchment-lined baking sheet and bake in the oven for 8 - 10 minutes or until crispy.



### Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes per side.
- Deglaze with the teriyaki sauce and fry for 1 more minute.



### Fry the mangetout

- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the mangetout for 2 minutes with a generous pinch of salt (see Tip).
- Reduce the heat and cover with the lid, then allow to cook gently for 5 - 7 minutes, tossing occasionally.



### Prepare the cucumber

- Bake the brioche bun in the oven for 4 - 6 minutes.
- Slice the cucumber and transfer to a bowl.
- Add the sugar and the white wine vinegar, then toss well to combine.
- Set aside until serving, stirring occasionally.



### Make the sauce

- In a small bowl, combine the ginger paste with two thirds of the mayonnaise.
- Slice the tomato.



### Serve

- Cut open the brioche bun and spread both sides with the ginger mayonnaise.
- Top with the burger, the bacon, the tomato and the cucumber.
- Serve the potato wedges with the rest of the mayonnaise.
- Serve the mangetout alongside, garnished with the gomashio.

### Enjoy!



# Thai-Inspired Yellow Fish Curry

over rice with vegetables in fragrant coconut sauce

Premium

Total time: 30 - 40 min.



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

Coconut milk adds a creamy and rich texture to curries, along with a little bit of natural sweetness. It balances spices, enhances flavours and gives the dish a smooth, luxurious consistency.

Tear me out!



Scallions



Fresh ginger



Garlic



Vegetable mix with mushrooms



Yellow curry spices



Coconut milk



Red chili pepper



Lime



Fish sauce



Basmati rice



Salmon fillet



Cod fillet

## Before you start

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.

## Equipment

Lidded deep frying pan, microplane, (lidded) pot or saucepan(s), kitchen paper, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fish sauce (ml)	10	20	30	40	50	60
Basmati rice (g)	75	150	225	300	375	450
Salmon fillet* (unit(s))	½	1	1½	2	2½	3
Cod fillet* (unit(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium fish or vegetable stock (ml)	75	150	225	300	375	450
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3393/811	480/115
Total fat (g)	40	6
of which saturated(g)	21,7	3,1
Carbonhydrates (g)	78	11
of which sugars (g)	9,3	1,3
Fiber (g)	8	1
Protein (g)	36	5
Salt (g)	3,5	0,5

## Allergens

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



### Prepare

- Prepare the stock. Boil plenty of salted water in a pot or saucepan for the rice.
- Mince or finely grate the ginger.
- Crush or mince the garlic. Finely chop the scallions and separate the white part from the greens.
- Pat the fish dry and cut into 2cm chunks.

### Boil the rice

- Boil the rice with half of the ginger for 10 minutes until done, then drain and set aside.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the white part of the scallions with the garlic, the curry spices and the rest of the ginger for 1 - 2 minutes.

### Fry the vegetables

- Stir in the vegetable mix and fry for 6 - 8 minutes over medium-high heat, or until done.
- Meanwhile, slice the **red chili pepper\*** into rings.
- Cut the lime into wedges.

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



### Make the curry

- Add the coconut milk and the stock, then bring to the boil.
- Reduce the heat to medium-low, then cover with the lid and allow to reduce gently for 6 - 7 minutes.
- Remove the lid and reduce further until the curry reaches your desired consistency.
- Shortly before serving, stir in the fish and poach for 1 - 2 minutes.

### Season the curry

- Season the curry with (per person) 1 tsp fish sauce\* and the juice of one lime wedge, then cook for 1 more minute.
- Taste and add the **chili pepper** as preferred, along with more fish sauce and/or lime juice if necessary.
- Season to taste with salt and pepper.

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

### Serve

- Transfer a portion of rice to a small bowl and pack it tightly, then turn it out onto a plate. Repeat with the rest of the rice.
- Serve the curry alongside the rice.
- Garnish with the scallion greens, the rest of the lime wedges and some **chili pepper** as preferred.

### Enjoy!



# Chicken & Chorizo Flatbreads with Feta & Zhoug

with sour cream, mesclun & Romano pepper

Quick Premium

Total time: 25 - 30 min.



There is a special ingredient in your box! Zhoug is a spicy, herby sauce from the Middle East, made from coriander, garlic, chili peppers, spices and olive oil.

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



Lebanese flatbread with beetroot



Diced chorizo



Romano pepper



Zhoug



Feta



BBQ spice rub



Mesclun



Red cherry tomatoes



Chicken thigh strips with Mediterranean herbs



Red onion



Organic sour cream

## Before you start

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.

## Equipment

Bowl(s), small bowl, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread with beetroot (unit(s))	2	4	6	8	10	12
Diced chorizo* (g)	30	60	90	120	150	180
Romano pepper* (unit(s))	1	2	3	4	5	6
Zhoug (g)	25	45	70	90	115	135
Feta* (g)	25	50	75	100	125	150
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Mesclun* (g)	30	60	90	120	150	180
Red cherry tomatoes (g)	65	125	190	250	315	375
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Red onion (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (totaste)	to taste					
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4347 /1039	740 /177
Total fat (g)	64	11
of which saturated(g)	16,3	2,8
Carbohydrates (g)	68	12
of which sugars (g)	16,3	2,8
Fiber (g)	13	2
Protein (g)	43	7
Salt (g)	3,4	0,6

## Allergens

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



### Prepare

- Slice the Romano pepper into strips and finely chop the onion.
- Halve the cherry tomatoes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chorizo for 3 - 4 minutes, then remove from the pan and set aside.



### Fry the chicken

- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the chicken with the onion, the tomatoes, the Romano pepper and the **BBQ rub**\* for 7 minutes.
- In the meantime, transfer the mesclun to a bowl and drizzle with the extra virgin olive oil. Season to taste with salt and pepper, then toss well to combine.

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



### Heat the flatbread

- In small bowl, combine the sour cream with the mayonnaise.
- Season to taste with salt and pepper.
- Heat the flatbread for 30 seconds per side in a clean frying pan over medium-high heat.



### Serve

- Fill the flatbread with the mesclun, the chicken and the vegetables.
- Top with the sour cream mayonnaise and the chorizo.
- Crumble over the feta.
- Drizzle with the **zhoug** and some honey as preferred.

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

### Enjoy!



# Salmon in Dill & Chive Butter with Toasted Almonds

over kohlrabi mashed potatoes with fried broccoli

Premium

Total time: 30 - 40 min.



Salmon fillet



Kohlrabi



Potatoes



Garlic



Red onion



Broccoli



Shaved almonds



Fresh dill & chives



Fresco spalmabile -  
cream cheese



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

The word "kohlrabi" comes from the German "kohl" (cabbage) and "rabi" (turnip). This versatile vegetable, with its mild, slightly sweet flavour, can be used in all kinds of dishes – even the leaves are edible!

Tear me out!



## Before you start

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.

## Equipment

Large deep frying pan with lid, (lidded) pot or saucepan(s), kitchen paper, potato masher

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Kohlrabi* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	150	300	450	600	750	900
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	125	250	360	500	610	750
Shaved almonds (g)	5	10	15	20	25	30
Fresh dill & chives* (g)	5	10	15	20	25	30
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3130 /748	490 /117
Total fat (g)	47	7
of which saturated(g)	15,3	2,4
Carbonhydrates (g)	44	7
of which sugars (g)	12,8	2
Fiber (g)	12	2
Protein (g)	35	5
Salt (g)	1	0,2

## 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 and crumble in the stock cube (see pantry for amount).
- Peel the kohlrabi and the potatoes, then cut them into smaller pieces.
- Boil both for 15 - 18 minutes, then drain and set aside.
- Cut the head of the broccoli into florets and dice the stem.



### Toast the almonds

- Heat a large clean deep frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over high heat. Fry the broccoli for 4 - 6 minutes, or until evenly browned.
- Deglaze with a splash of water and fry for 4 - 5 minutes over medium-low heat, covered.



### Fry the broccoli

- Slice the onion into half-rings and crush or mince the garlic.
- Add the onion to the broccoli and fry for 2 minutes, seasoning to taste with salt and pepper.
- Add the garlic and fry for 30 seconds, then remove everything from the pan and set aside.



### Fry the fish

- Pat the fish dry with kitchen paper and season with salt and pepper.
- Melt a knob of butter in the same pan over medium-high heat. Fry the fish on its skin for 2 - 3 minutes, then flip and fry for more 2 minutes.
- Finely chop the fresh herbs and transfer half to the frying pan.
- Baste the fish with the herb butter until it is evenly coated.



### Finish

- Mash the kohlrabi and the potatoes with the mustard, the cream cheese and a knob of butter.
- Stir in the rest of the fresh herbs, then season to taste with salt and pepper.



### Serve

- Serve the mash on plates with the fish and the vegetables alongside.
- Drizzle the fish with the herb butter.
- Garnish with the almonds to finish.

### Enjoy!



# Steak in Creamy Tarragon Sauce with Leek Batons

over parsnip mashed potatoes with fried onion

Premium

Total time: 30 - 40 min.



Potatoes



Parsnip



Red onion



Leek



Fresh tarragon



Cooking cream



Steak



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

Tarragon is a fragrant herb with a unique, slightly sweet flavour. It adds a fresh touch to salads, pairing well with citrus dressings, seafood or chicken, and creamy ingredients.

Tear me out!



## Before you start

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.

## Equipment

Aluminum foil, lidded pot or saucepan, potato masher, saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Parsnip* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	½	1	1	2	2	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Cooking cream (g)	100	200	300	400	500	600
Steak* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1½	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3201 /765	455 /109
Total fat (g)	38	5
of which saturated(g)	21,7	3,1
Carbonhydrates (g)	65	9
of which sugars (g)	18,2	2,6
Fiber (g)	13	2
Protein (g)	39	6
Salt (g)	0,8	0,1

## Allergens

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



### Prepare

- Take the steak out of the fridge and allow it to room temperature.
- Boil plenty of water in a pot or saucepan.
- Peel or thoroughly wash the parsnip and the potatoes, then cut into rough chunks.
- Boil both for 12 - 15 minutes, covered, then drain and set aside.



### Fry the steak

- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion for 1 minute.
- Add a small knob of butter and allow to melt.
- When the butter is nice and hot, fry the steak for 3 minutes per side (see Tip).



### Fry the leek

- Remove the steak and the onion from the pan, then allow to rest under aluminum foil.
- Halve the leek lengthways, then cut into 10cm cylindrical chunks.
- Melt a small knob of butter in the same pan over medium heat and fry the leek for 3 - 4 minutes per side.



### Make the sauce

- In the meantime, transfer the cream to a saucepan and crumble in the stock cube (see pantry for amount).
- Cook for 2 - 3 minutes over medium heat.
- In the meantime, finely chop the tarragon.



### Mash the potatoes

- Stir the tarragon into the sauce, then season to taste with salt and pepper.
- Meanwhile, mash the potatoes and the parsnip with a knob of butter.
- Stir in the mustard, then season to taste with salt and pepper.



### Serve

- Slice the steak against the grain.
- Serve the mash on plates, topped with the steak and the onion.
- Top the steak with the sauce and serve the leek alongside.

### Enjoy!