



# Homemade Bruschetta Cheeseburger

with balsamic potatoes & cucumber salad

Family Nice & Fast

Total time: 25 - 30 min.



Tomato



Fresh basil



Garlic



Onion



Grated Gouda



Beef mince with Italian seasoning



Potatoes



[Persian] cucumber



Hamburger bun with sesame seeds



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Recipe Developer Chiara: "This burger was inspired by bruschetta, a traditional Italian snack. You rub the hamburger buns with garlic and top the homemade Italian-style burger with tomato, basil and olive oil."

## Utensils

2x bowl, lidded frying pan, lidded pot or saucepan, salad bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	2	2	3	3
Grated Gouda* (g)	15	25	40	50	65	75
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
[Persian] cucumber* (unit(s))	½	1	1	2	2	3
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6

From your pantry						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	2	4	6	8	10	12
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4000 /956	565 /135
Total fat (g)	54	8
of which saturated (g)	17,1	2,4
Carbohydrates (g)	81	11
of which sugars (g)	13,5	1,9
Fibre (g)	13	2
Protein (g)	36	5
Salt (g)	2,8	0,4

## Allergens

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



### 1. Cut the potatoes

Preheat the oven to 200°C. Chop the **onion**. Peel the **garlic** and set aside half for later use, then crush or mince the rest. Peel or thoroughly wash the **potatoes** and then slice them into rounds of 0.5cm thickness. Transfer to a pot or saucepan and submerge with water. Boil the **potatoes** for 6-7 minutes, covered, then drain.



### 4. Make the burger

Cut the **cucumber** into thin matchsticks and transfer to a salad bowl. Add the mustard and white balsamic vinegar, along with half of the mayonnaise. Mix well, seasoning to taste with salt and pepper, then set aside. In a bowl, combine the **mince** with the rest of the **onion**. Shape this mixture into a **burger** patty.



### 2. Fry the potatoes

Melt the butter in a frying pan over medium-high heat and fry the **potatoes** for 7 minutes until golden-brown. Add the minced **garlic**, along with half each of the **onion** and balsamic vinegar. Fry for 3 more minutes, seasoning to taste with salt and pepper.



### 5. Fry the burger

Cut open the **burger bun** and toast in the oven for 4 - 5 minutes. Heat the olive oil in a frying pan over medium-high heat. Fry the **burger** for 2 minutes per side, then top with the **grated cheese**. Reduce the heat and cover with the lid so as to allow the **cheese** to melt.



### 3. Make the bruschetta topping

Dice the **tomato** and chop the **basil** into ribbons, then transfer both to a bowl. Add the extra virgin olive oil and the rest of the balsamic vinegar, then toss well to combine. Season to taste with salt and pepper, then set aside.



### 6. Serve

Rub the insides of the **burger bun** with the reserved **garlic**. Spread with the rest of the mayonnaise, then add the **burger** patty and the bruschetta topping. Serve the **burger** with the **cucumber** salad and **potato rounds** alongside.

**Did you know...** 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene.



# Sticky Teriyaki Chicken Wings

over bulgogi rice with vegetables & gomashio

Total time: 45 - 55 min.



Chicken wings



Teriyaki sauce



Bulgogi sauce



Korean-style spice mix



Carrot



Scallions



Bell pepper



Gomashio



White long grain rice



Ginger paste



Lime



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Teriyaki sauce comes from the Japanese cooking technique in which meat or fish is coated with a shiny (teri) glaze and grilled (yaki) on a hot plate.

## 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, large pot or saucepan, pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken wings* (unit(s))	3	6	9	12	15	18
Teriyaki sauce (g)	25	50	75	100	125	150
Bulgogi sauce (g)	20	35	50	70	85	105
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Scallions* (bunch)	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½

### From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (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)	4151 / 992	597 / 143
Total fat (g)	38	6
of which saturated (g)	12,3	1,8
Carbohydrates (g)	93	13
of which sugars (g)	27,4	3,9
Fibre (g)	8	1
Protein (g)	65	9
Salt (g)	4,7	0,7

## Allergens

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

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## 1. Prepare

Preheat the oven to 220°C. In a bowl, combine the flour half of the **Korean-style spices** and season with salt and pepper. Coat the **chicken wings** in the flour, then transfer to one side of a parchment-lined baking sheet (see Tip). Bake in the oven for 35-40 minutes.

**Tip:** if you're cooking for more than two people, use another baking sheet for the vegetables.



## 2. Chop the vegetables

Cut the **carrot** into thin crescents and chop the **bell pepper** into thin strips. Finely chop the green part of one **scallion** per person and set aside to use later as garnish. Cut the rest of the **scallions** into 3cm chunks.

**Did you know...** 🌱 scallions are very high in calcium compared to other vegetables, as are kale and pak choi.



## 3. Roast the vegetables

Transfer the vegetables to a bowl and drizzle with the sunflower oil. Add the rest of the **Korean-style spices** and season with salt and pepper, then toss well to coat. When the **chicken wings** have 20 minutes left, transfer the vegetables to the other side of the baking sheet to roast alongside.



## 4. Cook the rice

Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes, then drain and set aside.

**Health Tip** 🌱 *this recipe is high in calories. If you're watching your calorie intake, prepare all of the rice but then just serve two thirds. You can keep the rest of it in the fridge to use tomorrow.*



## 5. Make the sauce

Quarter the **lime**. Place a large pot or saucepan over medium heat. Add the **teriyaki sauce**, honey, **soy sauce** and **ginger paste**, along with the juice of a quarter **lime** per person (see Tip). Mix well and allow to simmer for 2 - 3 minutes, then turn off the heat. When the **chicken** is done, transfer it to the pan and toss well to coat with the sauce.

**Tip:** if you'd like the sauce to be spicier, add some sambal from your pantry as preferred.



## 6. Serve

Stir the **bulgogi sauce** into the **rice** and then serve on plates. Top the **rice** with the sticky **chicken wings** and the roasted vegetables. Garnish with the **gomashio** and the reserved **scallion** greens. Serve the rest of the **lime wedges** alongside.

Enjoy!



# Panko Chicken Bowl with Sweet Soy Mayo

over rice with broccoli, carrot & gomashio

Family

Total time: 40 - 50 min.



Broccoli



Carrot



Jasmine rice



Chicken thigh fillet



Mayonnaise



Panko breadcrumbs



Middle Eastern  
spice mix



Soy sauce



Gomashio



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Jasmine rice is similar to basmati rice in texture, appearance and nutritional value. However, jasmine rice has a slightly stronger 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, plate, small bowl, frying pan, two pots or saucepans

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	200	360	560	720	920	1080
Carrot* (unit(s))	½	1	1	1	2	2
Jasmine rice (g)	75	150	225	300	375	450
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Mayonnaise* (g)	35	75	100	150	175	225
Panko breadcrumbs (g)	20	40	60	75	100	115
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3

### From your pantry

Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4096 /979	841 /201
Total fat (g)	55	11
of which saturated (g)	7,3	1,5
Carbohydrates (g)	82	17
of which sugars (g)	6,7	1,4
Fibre (g)	9	2
Protein (g)	34	7
Salt (g)	2	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 210°C. Boil plenty of water in two pots or saucepans for the **rice** and vegetables. Cut the head of the **broccoli** into florets and then dice the stem. Thinly slice the **carrot**, then parboil both for 4 - 5 minutes. Drain and set aside (they will finish cooking later).



## 4. Cook the chicken

Heat the sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the **chicken** for 1 - 2 minutes per side, then transfer to a parchment-lined baking sheet. Bake in the oven for 10-12 minutes until done.



## 2. Boil the rice

Boil the **rice** for 12 - 15 minutes, then drain and set aside.



## 5. Stir-fry the vegetables

Reheat the same pan over medium-high heat and stir-fry the **broccoli** and **carrot** for 4 - 5 minutes until done. Season to taste with salt and pepper. In a small bowl, combine the rest of the **mayonnaise** with the **soy sauce** and the honey (see Tip).



## 3. Prepare the chicken

Meanwhile, cut the **chicken** into 2 - 3cm strips. Use ½ tsp mayonnaise to coat the **chicken** and set the rest of the **mayonnaise** aside to use later. Transfer the **panko** and **Middle Eastern spices** to a plate and mix well, then coat the **chicken** with the **panko**.



## 6. Serve

Serve the **rice** on deep plates and top with the **chicken** and vegetables. Drizzle with the soy mayonnaise and garnish with the **gomashio**.

Enjoy!

**Health Tip** 🌱 *this recipe is high in calories. If you're watching your calorie intake, substitute part of the mayonnaise for yogurt so as to make a lighter sauce.*



# Stir-Fried Steak Strips over Wholewheat Noodles

with ginger sauce, vegetables & crispy onions

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Steak strips



Ginger stir fry sauce



Onion



Carrot



Scallions



Red chili pepper



Crispy fried onions



Wholewheat noodles



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The green tips of scallions have a more mild flavour compared to the white part. This makes the white parts better for cooking and the green parts better for garnishing.

## Before you begin

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

## Utensils

Bowl, pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Ginger stir fry sauce (g)	35	70	105	140	175	210
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Scallions* (bunch)	½	1	1	2	2	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	50	100	150	200	250	300
From your pantry						
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Sunflower 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)	2682 /641	613 /147
Total fat (g)	23	5
of which saturated (g)	5,7	1,3
Carbohydrates (g)	74	17
of which sugars (g)	26,2	6
Fibre (g)	10	2
Protein (g)	34	8
Salt (g)	2,6	0,6

## Allergens

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



### 1. Boil the noodles

- Boil plenty of water for the **noodles** in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the **noodles** for 4 - 5 minutes until al dente, then reserve some of the cooking liquid before draining and setting aside.
- Transfer the **steak strips**, ketjap and flour to a bowl and toss well to coat.
- Season to taste with salt and pepper.



### 2. Chop the vegetables

- Slice the **onion** into half rings.
- Cut the **scallion** into thirds, keeping the white part separate from the greens.
- Cut the **carrot** into thin crescents.
- Deseed and finely chop the **red chili pepper**\*

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



### 3. Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a frying pan over high heat and fry the **red chili pepper** for 1 minute.
- Add the **carrot**, **onion** and the white part of the **scallions** and stir-fry for 5 - 6 more minutes.
- Season to taste with salt and pepper, then remove from the pan and set aside.



### 4. Serve

- Heat another drizzle of sunflower oil in the same pan over high heat.
- Fry the **steak strips** for 1 minute, then add the **ginger** sauce and the **scallion** greens, along with 1 tbsp per person of the reserved cooking liquid.
- Add the **noodles** and vegetables and stir-fry for 1-2 minutes, adding more cooking liquid as necessary.
- Serve the **noodles** in bowls and garnish with the fried **onion**.

Enjoy!





# Butternut Squash over Pearl Barley Risotto

with crispy sage, pecorino & mushrooms

Veggie

Total time: 50 - 60 min.



Mushrooms



Onion



Garlic



Butternut squash



Fresh sage



Pearl barley



Mascarpone



Grated Pecorino DOP



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Make this dish extra tasty with crispy sage! You'll prepare this garnish yourself by briefly frying fresh sage leaves in olive oil.

## Before you begin

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

## Utensils

Parchment-lined baking sheet, large bowl, lidded pot or saucepan, kitchen paper, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	250	250	375	375
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Butternut squash* (unit(s))	¼	½	¾	1	1¼	1½
Fresh sage* (g)	5	10	15	20	25	30
Pearl barley (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Pecorino DOP* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3456 /826	478 /114
Total fat (g)	45	6
of which saturated (g)	19,7	2,7
Carbohydrates (g)	82	11
of which sugars (g)	9,7	1,3
Fibre (g)	18	3
Protein (g)	18	3
Salt (g)	2,8	0,4

## Allergens

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



## 1. Chop the vegetables

Preheat the oven to 200°C and prepare the stock. Halve the **mushrooms** and quarter the **onion**. Halve the **butternut squash** lengthways. Scoop out the seeds and the stringy part of the flesh, then cut into wedges (see Tip).

*Tip: butternut squash can be difficult to cut. If you have time, transfer it to the oven for 5 minutes so as to soften it.*



## 2. Roast the pumpkin

Transfer the **onion** and **butternut squash** to a large bowl and drizzle generously with olive oil. Season to taste with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 20 - 30 minutes or until the edges are lightly browned. Toss occasionally.



## 3. Frying

Set aside half of the **sage** leaves and then cut the rest into thin ribbons. Crush or mince the **garlic**. Melt the butter in a pot or saucepan over medium-high heat. Fry the chopped **sage** and **pearl barley** with half of the **garlic** for 1 minute, then pour in the stock.



## 4. Make the risotto

Bring to the boil, then cover with the lid and cook the **pearl barley** for around 25 - 30 minutes until done. Stir regularly so as to prevent it from sticking, adding extra water as necessary if it seems too dry.

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



## 5. Fry the mushrooms

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **sage** leaves for 3 - 4 minutes until crispy. Transfer to a sheet of kitchen paper and set aside. In the same pan, fry the **mushrooms** with the rest of the **garlic** for 5-7 minutes or until nicely browned (see Tip). Season to taste with salt and pepper.

*Tip: add a splash of water as necessary if the pan seems too dry.*



## 6. Serve

When the **pearl barley** is done, stir in the **mascarpone** and half of the **pecorino**. Serve the **pearl barley** risotto on plates and top with the **butternut squash**, **mushrooms** and **onion**. Garnish with the crispy **sage** and the rest of the **pecorino**.

Enjoy!



# Chicken Breast with Pesto Potatoes

with courgette & bell pepper

Calorie Smart Family Nice & Fast

Total time: 15 - 20 min.



Pre-cooked halved baby potatoes (skin-on)



Green pesto



Onion



Bell pepper



Courgette



Chicken breast with Mediterranean herbs



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

Did you know that 'pesto' literally means 'mashed'? That's because it's traditionally prepared in a mortar.

## 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, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Green pesto* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	⅓	⅔	1	1½	1½	2
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[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)	2782 / 665	487 / 116
Total fat (g)	40	7
of which saturated (g)	8,7	1,5
Carbohydrates (g)	44	8
of which sugars (g)	8,2	1,4
Fibre (g)	9	2
Protein (g)	30	5
Salt (g)	1,3	0,2

## Allergens

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



### 1. Fry the baby potatoes

- Halve or quarter any larger **baby potatoes** as necessary.
- Melt a knob of butter in a frying pan over medium-high heat and fry the **baby potatoes** for 8 - 10 minutes, covered.
- Remove the lid and season to taste with salt and pepper, then fry for another 2 - 4 minutes, tossing regularly.



### 2. Chop the vegetables

- Slice the **onion** into thin half rings.
- Cut the **courgette** into crescents and chop the **bell pepper** into strips.

**Did you know...** 🌱 as well as vitamin C, bell peppers are also high in vitamin E. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



### 3. Fry the vegetables

- Heat a drizzle of olive oil in a frying pan and fry the **onion** for 1-2 minutes, then add the **bell pepper, courgette** and **chicken**.
- Fry for 6 - 8 minutes until the **chicken** is done.
- Meanwhile, stir the **pesto** into the **baby potatoes** when they are done.



### 4. Serve

- Serve the **baby potatoes** with the **chicken** and vegetables.
- Serve the mayonnaise alongside.

Enjoy!



# Hake in Creamy Curry Sauce

over rice with green beans & coriander

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Jasmine rice



Skin-on hake fillet



Garlic



Chopped onion



Ginger paste



Pre-cut green beans



Fresh coriander



Chopped tomatoes



Coconut milk



Peruvian-style spice mix



Curry powder



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

You'll give the hake extra flavour by poaching it. This is a cooking technique where you cook the fish in liquid, which keeps it tender.

## 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
Jasmine rice (g)	75	150	225	300	375	450
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1	2	2	3
Chopped onion* (g)	25	50	50	100	100	150
Ginger paste* (g)	5	10	20	20	30	30
Pre-cut green beans* (g)	50	100	200	200	300	300
Fresh coriander* (g)	5	10	15	20	25	30
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2594 /620	496 /119
Total fat (g)	19	4
of which saturated (g)	9,2	1,8
Carbohydrates (g)	80	15
of which sugars (g)	12,1	2,3
Fibre (g)	8	2
Protein (g)	30	6
Salt (g)	2,2	0,4

## Allergens

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



### 1. Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the **rice** for 6 minutes, then add the **green beans** and boil for 4-6 more minutes.
- Drain and set aside.



### 2. Make the curry

- In the meantime, heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the chopped **onion** with the **curry powder** and **ginger** paste for 2 - 3 minutes.
- Crush or mince the **garlic**, then add it to the pan and fry for 1 minute.
- Add the **chopped tomatoes**, **coconut milk** and sugar, then bring to a boil and allow to simmer for 5 minutes. Season to taste with salt and pepper.



### 3. Poach the fish

- Season the fish with the **Peruvian-style spices**.
- Add the fish to the pan, ensuring it's completely submerged in the sauce.
- Cover with the lid and allow the fish to poach for 2 - 3 minutes.
- In the meantime, roughly chop the **coriander** leaves.



### 4. Serve

- Fluff through the **rice** with a fork and season to taste with salt and pepper.
- Serve the **rice** in bowls and top with the **tomato** curry and the fish.
- Garnish with the **coriander**.

Enjoy!



# Baked Goat's Cheese Salad with Crostini

with caramelised onion sauce, walnuts & apple

Nice & Fast Veggie

Total time: 15 - 20 min.



Arugula & lamb's lettuce



Cranberry chutney



Apple



Onion



Chopped walnuts



Crema di balsamico



White demi-baguette



Fresh goat's cheese



[Persian] cucumber



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

Did you know that arugula contains 5 times more calcium, vitamin A and iron than lots of other vegetables?

## Before you begin

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

## Utensils

2x parchment-lined baking sheet, salad bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Arugula & lamb's lettuce* (g)	60	120	180	240	300	360
Cranberry chutney* (g)	20	40	60	80	100	120
Apple* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	30	40	50	60
Crema di balsamico (ml)	4	8	12	16	20	24
White demi-baguette (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	50	100	150	200	250	300
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2

### From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3540 /846	702 /168
Total fat (g)	38	8
of which saturated (g)	15,2	3
Carbohydrates (g)	100	20
of which sugars (g)	29,4	5,8
Fibre (g)	10	2
Protein (g)	23	5
Salt (g)	2,2	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 220°C. Slice the **onion** into half rings.
- Melt a knob of butter in a frying pan over medium-low heat and fry the **onion** for 6 - 8 minutes.
- Deglaze with the white balsamic vinegar, then add the **cranberry chutney** and the water (see pantry for amount).
- Mix well and allow to simmer for 1 minute, then remove from the heat and set aside.



## 2. Bake the goat's cheese

- Thinly slice the **demi-baguette** and transfer to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Bake in the oven for 5 - 7 minutes.
- Transfer the **goat's cheese** to another parchment-lined baking sheet. Drizzle with the honey and scatter over the **walnuts**.
- Bake the **goat's cheese** for 3 - 4 minutes.



## 3. Make the salad

- Core and dice the **apple**. Dice the **cucumber**.
- In a salad bowl, combine the extra virgin olive oil with the **crema di balsamico**.
- Add the **apple, cucumber** and **lettuce**, then season to taste with salt and pepper.
- Toss well to combine.



## 4. Serve

- Serve the salad on plates and top with the baked **goat's cheese**.
- Garnish with the caramelised **onion** sauce.
- Serve the crostini alongside.

Enjoy!

**Did you know...** 🍏 apples contain flavonoids, which protect us from the effects of free radicals. These are harmful substances caused by UV radiation or air pollution.





# Smoky Chorizo Mafaldine

in creamy tomato sauce with pecorino & spinach

Nice & Fast

Total time: 10 - 15 min.



Mafaldine



Diced chorizo



Garlic



Chopped onion



Spinach



Sicilian-style herb mix



Cream cheese



Tinned cherry tomatoes



Grated Pecorino DOP



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

Did you know that 200 grams of spinach contains more calcium than a whole glass of milk?

## 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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Diced chorizo* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Chopped onion* (g)	25	50	75	100	125	150
Spinach* (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Cream cheese* (g)	50	100	150	200	250	300
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Grated Pecorino DOP* (g)	10	20	30	40	50	60

### From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2941 / 703	562 / 134
Total fat (g)	27	5
of which saturated (g)	11,5	2,2
Carbohydrates (g)	82	16
of which sugars (g)	14,9	2,8
Fibre (g)	10	2
Protein (g)	30	6
Salt (g)	2,7	0,5

## Allergens

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



### 1. Boil the mafaldine

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the mafaldine for 7 minutes, then add the **spinach** and cook for 2 more minutes.
- Reserve some of the pasta water, then drain and set aside.



### 2. Fry the aromatics

- Crush or mince the **garlic**.
- Heat the olive oil in a frying pan over medium-high heat.
- Fry the **chorizo** with the **garlic** and the **onion** for 2 - 3 minutes.



### 3. Make the sauce

- Deglaze the pan with the balsamic vinegar.
- Add the **tinned cherry tomatoes**, the **cream cheese**, the **Sicilian-style herbs** and the sugar, along with 25ml pasta water per person.
- Mix well to combine, then season to taste with salt and pepper. Allow to simmer until the mafaldine is done.

**Did you know...** 🍅 *tinned tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 300g of vegetables!*



### 4. Serve

- Transfer the mafaldine and the **spinach** to the sauce and toss well to combine.
- Add some more pasta water as necessary if the sauce is too thick.
- Serve the **mafaldine** on plates and garnish with the **Pecorino** to finish.

**Enjoy!**



# Pulled Chicken Bowl with Avocado Sauce

with salad, sweet potato & Mexican-style spices

Calorie Smart Nice & Fast

Total time: 10 - 15 min.



Sweet potato



Pulled chicken



Little gem



Avocado



Corn



Lime



Mexican-style spices



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

Little Gem is the younger brother of romaine. Its sweeter flavour and small size make for fresh bites that don't even require a knife and fork.

## Before you begin

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

## Utensils

Blender or an immersion blender with a tall container, heatproof bowl, plastic wrap, sieve, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Pulled chicken* (g)	100	200	300	400	500	600
Little gem* (unit(s))	1	2	4	4	6	6
Avocado (unit(s))	½	1	1½	2	2½	3
Corn (g)	70	140	140	285	280	425
Lime* (unit(s))	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2669 /638	504 /120
Total fat (g)	37	7
of which saturated (g)	9,5	1,8
Carbohydrates (g)	48	9
of which sugars (g)	15,4	2,9
Fibre (g)	11	2
Protein (g)	26	5
Salt (g)	2,2	0,4

## Allergens

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



### 1. Prepare

- Dice the **sweet potato** and transfer to a large microwave-safe bowl.
- Add the butter and 1 tbsp water per person, then cover with plastic wrap and pierce several holes on top.
- Microwave on high for 4 - 5 minutes or until soft.
- Carefully remove the plastic wrap, then add the **Mexican-style spices\*** and season with salt and pepper. Toss well to combine and set aside.

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



### 2. Fry the pulled chicken

- Heat the sunflower oil in a frying pan over medium-high heat and fry the **pulled chicken** for around 4 minutes.
- In the meantime, roughly chop the **lettuce**.
- Drain the **corn** and quarter the **lime**.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.



### 3. Make the sauce

- Transfer the **avocado** to a tall container, then add the mayonnaise and the water (see pantry for amounts).
- Squeeze a quarter **lime** per person directly into the container.
- Use an immersion blender to process into a smooth sauce. Season to taste with salt and pepper.



### 4. Serve

- Serve the **lettuce** on deep plates.
- Top with the **sweet potato**, the **pulled chicken** and the **corn**.
- Drizzle with the **avocado** sauce and serve the rest of the **lime wedges** alongside.

Enjoy!



# Basa with Creamy Coconut Curry

over fresh udon noodles with vegetables

Calorie Smart Nice & Fast

Total time: 10 - 15 min.



Pollock



Fresh udon noodles



Garlic-ginger-chili mix



Vegetable mix with cabbage



Lime



Coconut milk



Green curry spices



Peruvian-style spice mix



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

Kitchen paper, frying pan, wok

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pollock* (unit(s))	1	2	3	4	5	6
Fresh udon noodles (g)	100	200	300	400	500	600
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Lime* (unit(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	270	360	450	540
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2602 / 622	441 / 105
Total fat (g)	32	5
of which saturated (g)	19,3	3,3
Carbohydrates (g)	53	9
of which sugars (g)	16,4	2,8
Fibre (g)	8	1
Protein (g)	30	5
Salt (g)	3,2	0,5

## Allergens

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



### 1. Fry the vegetables

- Heat the sunflower oil in a wok over medium-high heat.
- Fry the **garlic-ginger-chili mix\*** with the **vegetable mix** for 5 minutes.
- Stir in the **soy sauce** and the ketjap.

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



### 2. Fry the fish

- Meanwhile, pat the fish dry with kitchen paper.
- Coat it with the **Peruvian spices** and then season with salt and pepper.
- Melt the butter in a frying pan over medium-high heat and fry the fish for 2 - 3 minutes per side.



### 3. Make the curry

- Meanwhile, cut the **lime** into six wedges.
- To the vegetables, add the **udon noodles**, **coconut milk** and **green curry spices**. Mix well and fry for 2 minutes, separating the **noodles** as you do so.
- Squeeze one **lime wedge** per person directly into the pan, then season to taste with salt and pepper.



### 4. Serve

- Serve the curry and **noodles** in bowls, then top with the fish.
- Serve the rest of the **lime wedges** alongside.

Enjoy!



# Sweet & Sticky Squeaky Cheese Salad

with avocado, creamy orange dressing & potatoes

Nice & Fast Veggie

Total time: 10 - 15 min.



Little gem



Cypriot-style cheese



Avocado



[Persian] cucumber



Easy peel orange



Diced potato



Middle Eastern  
spice mix



Chopped cashews



Lemon mayonnaise  
with black pepper



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

The secret to perfectly grilled Cypriot-style cheese is timing - fry the cheese just before serving. Better too short than too long!

## 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

Kitchen paper, salad bowl, 2x frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Little gem* (unit(s))	1	2	4	4	6	6
Cypriot-style cheese* (g)	100	200	300	400	500	600
Avocado (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Diced potato* (g)	150	300	450	600	750	900
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped cashews (g)	10	20	30	40	50	60
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (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)	3996 / 955	682 / 163
Total fat (g)	70	12
of which saturated (g)	26,6	4,5
Carbohydrates (g)	45	8
of which sugars (g)	16,1	2,7
Fibre (g)	10	2
Protein (g)	32	5
Salt (g)	3,9	0,7

## Allergens

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



### 1. Fry the potatoes

- Heat half of the sunflower oil in a frying pan over medium-high heat. Fry the **potatoes** for 8 - 9 minutes until golden-brown.
- Add the **Middle Eastern-style spices** and season to taste with salt and pepper.
- Meanwhile, pat the **Cypriot-style cheese** dry with kitchen paper and cut into slabs of no more than 0.5cm thickness.



### 2. Fry the cheese

- Heat the rest of the sunflower oil in another frying pan over high heat. Fry the **cheese** for 2 - 3 minutes per side until evenly golden-brown (see Tip).
- Add the honey and some sambal as preferred, then fry for 1 more minute.
- Season to taste with pepper.

**Health Tip** 🍌 this recipe is high in calories. If you're watching your calorie intake, just use half of the cheese and keep the rest to use tomorrow.



### 3. Make the salad

- Juice the **orange**.
- In a salad bowl, combine the **orange** juice with both types of mayonnaise (see Tip).
- Cut the **lettuce** into smaller pieces and slice the **cucumber** into crescents.
- Transfer both to the salad bowl and toss well to combine with the dressing.

**Tip:** add just half of the orange juice at first, then taste the dressing and add more as preferred.



### 4. Serve

- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Serve the salad on plates. Top with the **potatoes**, the **avocado** and the **Cypriot-style cheese**.
- Garnish with the **cashews** to finish.

Enjoy!





# Risotto with Brandt & Levie Sausage

with fennel & mascarpone

Family

Total time: 45 - 55 min.



Onion



Fennel



Pork sausage with marjoram & garlic



Risotto rice



Mascarpone



Grated Gouda



Ground fennel seed



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

At Brandt & Levie, they prepare their sausages from Dutch pigs and they use their own recipes. This sausage is seasoned with marjoram and garlic.

## Before you begin

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

## Utensils

Bowl, saucepan, lidded wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	1	2	3	4	5	6
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Gouda* (g)	15	25	40	50	65	75
Ground fennel seed (sachet(s))	⅙	⅓	½	⅔	¾	1

### From your pantry

Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (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)	3602 /861	447 /107
Total fat (g)	48	6
of which saturated (g)	25,5	3,2
Carbohydrates (g)	77	10
of which sugars (g)	13,2	1,6
Fibre (g)	14	2
Protein (g)	26	3
Salt (g)	2,5	0,3

## Allergens

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



## 1. Chop the vegetables

Chop the **onion** and quarter the **fennel**. Discard the tough core and then slice into very thin strips. Set aside any **fennel** fronds to use later as garnish.

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



## 4. Make the fennel salad

Meanwhile in a bowl, combine the rest of the **fennel** with the sugar, white wine vinegar and a pinch of salt. Set aside until serving, stirring occasionally. Stir the **risotto rice** into the **meat** and toast the grains for 2 minutes over low heat. Add a third of the stock and allow the **rice** to slowly incorporate, stirring regularly (see Tip).

**Tip:** a classic risotto is made with white wine. If you have it, deglaze the pan with a splash of white wine before adding the stock.



## 2. Make the stock

Prepare the stock in a saucepan. Cut open the **sausage** and squeeze the **meat** out of the skin.



## 5. Make the risotto

Repeat with the rest of the stock, adding it in two more batches. Cook the **risotto** over a low heat for around 15 - 20 minutes or until done (see Tip). Add extra water or stock and cook longer if you'd prefer the **risotto** to be softer.

**Tip:** the risotto is done when the rice is soft but still al dente.



## 3. Fry the sausage

Melt the butter in a wok or deep frying pan over medium-high heat and fry the **onion** with the ground **fennel** and the **sausage meat**, along with two thirds of the fresh **fennel**. Fry for 3 minutes over high heat, separating the **meat** as you do so, then cover with the lid and fry for 4 - 5 minutes over medium-low heat.



## 6. Serve

Stir in the **mascarpone** and most of the **grated cheese**, then season to taste with salt and pepper. Serve the **risotto** on deep plates and garnish over the rest of the **cheese**. Top with the **fennel** salad and garnish with any reserved **fennel** leaves.

**Enjoy!**



# Blue Cheese & Brussels Sprouts Quiche

with onion chutney & walnuts

Veggie

Total time: 40 - 50 min.



Onion



Brussels sprouts



Garlic



Onion chutney



Puff pastry



Egg



Chopped walnuts



Blue cheese cubes



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

Brussels sprouts are named after the Belgian city of Brussels. While they're not originally from Brussels, they owe their name to the fact that they used to be regularly cultivated in the areas surrounding the city.

## Before you begin

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

## Utensils

Bowl, fork, lidded frying pan, oven dish, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Brussels sprouts* (g)	150	300	450	600	750	900
Garlic (unit(s))	½	1	1½	2	2½	3
Onion chutney* (g)	20	40	60	80	100	120
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Egg* (unit(s))	1½	3	4½	6	7½	9
Chopped walnuts (g)	10	20	30	40	50	60
Blue cheese cubes* (g)	40	75	115	150	190	225
From your pantry						
[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)	3393 / 811	679 / 162
Total fat (g)	52	10
of which saturated (g)	24,1	4,8
Carbohydrates (g)	53	11
of which sugars (g)	16,9	3,4
Fibre (g)	12	2
Protein (g)	29	6
Salt (g)	2,1	0,4

## Allergens

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



### 1. Chop the vegetables

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan for the **Brussels sprouts**.
- Slice the **onion** into half rings and crush or mince the **garlic**.
- Halve the **Brussels sprouts** or leave any smaller ones whole.



### 2. Fry the onions

- Melt the butter in a frying pan over medium-high heat. Fry the **onion** for 8 - 10 minutes, covered, stirring regularly.
- Stir in the **garlic** and the **onion chutney**, then fry for another 2-3 minutes (see Tip).
- Meanwhile, boil the **Brussels sprouts** for 4 - 6 minutes, then drain and set aside.

*Tip: remove from the pan and set aside to cool before adding it to the egg.*



### 3. Prepare the quiche

- Meanwhile, grease an oven dish or quiche tin with butter or oil.
- Transfer the **puff pastry** to the dish and use a fork to pierce holes across the surface.
- Par-bake the **puff pastry** in the oven for 4 - 5 minutes.
- Beat the **eggs** in a bowl and then stir in the fried **onion**. Season with salt and pepper.



### 4. Serve

- Transfer the **sprouts** to the **puff pastry** and then pour over the **egg** mixture.
- Top with the **blue cheese** and the **walnuts**, then bake the quiche in the oven for 15 - 20 minutes.
- Slice the quiche and serve.

Enjoy!



# Broccoli-Cabbage Stamppot with Onion Gravy

with Greek-style cheese, sundried tomatoes & sunflower seeds

Nice & Fast Veggie

Total time: 25 - 30 min.



Potatoes



Sweetheart cabbage & broccoli



Onion



Ketjap manis



Herbed cream cheese



Greek-style cheese



Sunflower seeds



Sundried tomatoes



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

Nothing is as tasty, quick and easy as a winter stampot! Finish this version with broccoli and sweetheart cabbage, and top it with Greek-style cheese and sunflower seeds.

## 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, potato masher, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweetheart cabbage & broccoli* (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	2	2	3	3
Ketjap manis (ml)	20	40	60	80	100	120
Herbed cream cheese* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Sunflower seeds (g)	10	20	30	40	50	60
Sundried tomatoes (g)	30	50	70	100	120	150
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	60	120	180	240	300	360
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)	3305 / 790	548 / 131
Total fat (g)	48	8
of which saturated (g)	23,5	3,9
Carbohydrates (g)	62	10
of which sugars (g)	23,3	3,9
Fibre (g)	18	3
Protein (g)	22	4
Salt (g)	3,4	0,6

## Allergens

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



### 1. Cook the vegetables

- Boil plenty of water in a pot or saucepan.
- Peel the **potatoes** and cut into rough pieces, then boil for 12-15 minutes.
- Add the **broccoli** florets and **sweetheart cabbage** during the final 3-5 minutes, then drain and set aside.

**Did you know...** 🥦 *broccoli and sweetheart cabbage are rich in calcium, iron and vitamin C. Thanks to the calcium, they therefore provide numerous benefits such as healthier muscles and stronger bones and teeth.*



### 3. Finish

- Mash the **potatoes** with the **broccoli** and **cabbage**, then add the **cream cheese**, **sundried tomatoes** and the rest of the mustard.
- Season to taste with salt and pepper, then mix well to combine (see Tip).

**Tip:** to make the mash more creamy, you can add butter and a splash of milk as preferred.



### 2. Make the jus

- Finely chop the **sundried tomatoes** and slice the **onion** into half rings.
- Heat the olive oil in a frying pan over medium-high heat.
- Fry the **onion** for 2 - 3 minutes, then add the **ketjap**, butter and half of the mustard (see Tip).
- Crumble in the stock cube, then deglaze with the water (see pantry for amounts). Turn the heat to low and allow to reduce.

**Tip:** we recommend using wholegrain mustard if you have it!



### 4. Serve

- Serve the stampot on plates and pour over the jus.
- Crumble over the **Greek-style cheese** and garnish with the **sunflower seeds** (see Tip).

**Health Tip** 🥑 *are you watching your salt intake? Serve half of the cheese and then keep the rest to use another time.*

Enjoy!



# 'Waterzooi': Creamy Belgian Fish Stew

with pollock, vegetables & potatoes

Calorie Smart

Total time: 45 - 55 min.



Bay leaf



Onion



Garlic



Potatoes



Leek



Carrot



Fresh curly parsley



Pollock



Cooking cream



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

A Ghent classic today! Did you know that waterzooi was originally prepared with freshwater fish from Ghent's rivers and canals?

## 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
Bay leaf (unit(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
Potatoes (g)	200	400	600	800	1000	1200
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Pollock* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	50	100	150	200	250	300

### From your pantry

Low sodium fish stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2247 /537	248 /59
Total fat (g)	23	3
of which saturated (g)	14,5	1,6
Carbohydrates (g)	52	6
of which sugars (g)	12,3	1,4
Fibre (g)	20	2
Protein (g)	28	3
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 and add the **bay leaf**.
- Chop the **onion** and crush or mince the **garlic**.
- Thoroughly wash or peel the **potatoes**, then cut into rough pieces.
- Cut the **leek** into rings and then wash thoroughly. Wash the **carrot** and slice into thin crescents.



## 2. Make the waterzooi

- Melt the butter in a soup pot over medium-high heat.
- Fry the **garlic** and **onion** for 1 - 2 minutes, then add the **leek**, **carrot** and **potatoes**. Mix well and fry for 3 - 4 more minutes.
- Deglaze with the white wine vinegar and the stock.
- Bring to the boil, then cover with the lid and allow to cook for 15-20 minutes or until the **potatoes** are done.



## 3. Chop the parsley

- In the meantime, finely chop the **parsley**.
- Cut the **fish** into 2cm chunks.
- When the **potatoes** are done, reduce the heat so that the stew is no longer boiling.



## 4. Poach the fish and serve

- Stir in the **cream** and half of the **parsley**.
- Add the fish and cover with the lid again, then allow to poach for 3-5 minutes over low heat.
- Serve the waterzooi in bowls or deep plates.
- Garnish with the rest of the **parsley**.

Enjoy!





# Hearty Stew with Farmer's Sausage

classic 'hutsepot' with Brussels sprouts, leek & carrot

Calorie Smart

Total time: 35 - 45 min.



Onion



Carrot



Leek



Potatoes



Brussels sprouts



Fresh thyme



Bay leaf



Farmer's sausage



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

The white end of the leek is the tastiest part. Cut off the root and slice the rest. Make sure to remove the outer leaves and cut away the top section, which is tougher and not as tasty.

## 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 lidded soup pot

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Leek* (unit(s))	½	1	1	2	2	3
Potatoes (g)	200	400	600	800	1000	1200
Brussels sprouts* (g)	50	100	150	200	250	300
Fresh thyme* (g)	5	10	15	20	25	30
Bay leaf (unit(s))	1	1	2	2	3	3
Farmer's sausage* (unit(s))	1	2	3	4	5	6
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Low sodium beef stock (ml)	375	750	1125	1500	1875	2250
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2653 /634	266 /64
Total fat (g)	33	3
of which saturated (g)	15,3	1,5
Carbohydrates (g)	54	5
of which sugars (g)	13,4	1,3
Fibre (g)	24	2
Protein (g)	27	3
Salt (g)	2,7	0,3

## Allergens

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



### 1. Prepare

- Prepare the stock.
- Roughly chop the **onion**. Peel the **carrot** and cut into crescents of around 1cm thickness. Wash the **leek** and slice into rings of around 1cm thickness.
- Wash or peel the **potatoes** and cut into quarters, or any larger **potatoes** into eighths.
- Clean the **sprouts** and use the tip of the knife to make an 'X' shape in the base of each **sprout**, so as to ensure they cook more quickly.



### 3. Add the sausage

- Stir in the **sprouts** and the mustard, then place the **sausage** on top of the vegetables.
- Cover with the lid and allow to cook gently for 8 - 12 minutes over low heat, or until the **potatoes** and the **sausage** are done.
- Season to taste with salt and pepper.



### 2. Make the 'hutsepot'

- Melt the butter in a large soup pot over medium-high heat. Fry the **onion** with the **thyme** stalks and the **bay leaf** for 1 - 2 minutes.
- Add the **carrot** and the **leek** and fry for 2 - 3 more minutes.
- Add the **potatoes** and the stock, then cover with the lid and bring to the boil.
- Allow to cook for 5 more minutes.



### 4. Serve

- Remove the **sausage** from the pan and set aside.
- Remove and discard the **thyme** and the **bay leaf**.
- Serve the 'hutsepot' on deep plates and top with the **sausage**.

Enjoy!



# Cheesy Lentil Rigatoni Al Forno

with basil & Parmigiano Reggiano

Family Veggie

Total time: 35 - 45 min.



Lentils



Carrot



Onion



Rigatoni



Tomato paste



Passata



Mozzarella



Parmigiano Reggiano DOP



Garlic



Sicilian-style herb mix



Fresh basil



Dried oregano



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

The name rigatoni comes from the Italian word rigato, which means striped. In this recipe, you prepare it 'al forno', which is Italian for 'to the oven', referring to the fact that it is baked!

## 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, sieve or colander, grater, oven dish, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Rigatoni (g)	90	180	270	360	450	540
Tomato paste (can)	½	1	1½	2	2½	3
Passata (g)	200	390	590	780	980	1170
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Garlic (unit(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Dried oregano (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3163 /756	480 /115
Total fat (g)	20	3
of which saturated (g)	10,6	1,6
Carbohydrates (g)	103	16
of which sugars (g)	25,2	3,8
Fibre (g)	15	2
Protein (g)	35	5
Salt (g)	2,5	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 prepare the stock. Boil plenty of water in a pot or saucepan.
- Chop the **onion** and crush or mince the **garlic**. Dice the **carrot** into 1cm chunks.
- Drain the **lentils**.
- Chop the **basil** into ribbons.

**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.*



### 2. Boil the pasta

- Boil the pasta for 10 - 13 minutes (see Tip).
- Drain the pasta and transfer to an oven dish, then set aside.
- Meanwhile, heat the olive oil in a deep frying pan over medium-high heat.
- Fry the **garlic**, **carrot** and **onion** for 3 minutes, then add the **tomato paste** and fry for 1 more minute.

**Tip:** *the pasta shouldn't be completely done yet, as it will finish cooking in the oven.*



### 3. Make the sauce

- Stir in the **passata**, the **Sicilian-style herbs**, the **oregano** and the stock.
- Lower the heat and allow to cook for 12 minutes (see Tip).
- Stir in the **lentils** and half of the **basil**, then cook for 2 more minutes. Season to taste with salt and pepper.

**Tip:** *cook the sauce longer if you have time, so as to deepen the flavour. Add extra water as necessary if the sauce becomes too thick.*



### 4. Serve

- Grate the **Parmigiano Reggiano** and the **mozzarella**.
- Pour the sauce over the pasta in the oven dish and then top with the **cheeses**.
- Bake for 10 minutes in the oven until golden-brown.
- Serve the **rigatoni** al forno on plates. Garnish with the rest of the **basil**.

Enjoy!



# Bacon-Wrapped Chicken over Pumpkin Risotto

with lemon, Parmigiano Reggiano & pumpkin seeds

Total time: 40 - 50 min.



Risotto rice



Chicken breast



Bacon



Cream cheese



Garlic



Onion



Diced pumpkin



Fresh oregano



Parmigiano Reggiano DOP



Lemon



Pumpkin seeds



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

The pumpkin seed is the champion among seeds and nuts due to its high magnesium content. Among other benefits, this mineral is essential for healthy blood pressure.

## 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, grater, microplane, lidded pot or saucepan, small bowl, two frying pans

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Chicken breast* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	2	4	6	8	10	12
Cream cheese* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	150	300	450	600	750	900
Fresh oregano* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Lemon* (unit(s))	⅓	⅔	1	1½	1¾	2
Pumpkin seeds (g)	10	20	30	40	50	60

### From your pantry

Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	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)	3527 /843	457 /109
Total fat (g)	40	5
of which saturated (g)	14,7	1,9
Carbohydrates (g)	71	9
of which sugars (g)	7,9	1
Fibre (g)	10	1
Protein (g)	48	6
Salt (g)	1,9	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. Chop the **onion** and crush or mince the **garlic**. Zest and juice the **lemon** into a small bowl. Tear the **oregano** leaves off the stems.



## 4. Roast the pumpkin

Cut open the **chicken breast** and spread the inside with the **cream cheese**. Top with the **oregano** leaves and season with salt and pepper. Fold the **chicken breast** closed and then wrap the **chicken breast** with the **bacon**. Transfer the **diced pumpkin** to a parchment-lined baking sheet and drizzle with olive oil, season with salt and pepper, then toss well to coat. Roast the **pumpkin** in the oven for 15-20 minutes.



## 2. Make the risotto

Heat a drizzle of olive oil in a lidded pot or saucepan and fry the **garlic** and **onion** for 1 minute over medium-high heat, then stir in the **risotto rice** and toast the grains for 1 minute. Pour in a third of the stock and allow it to slowly incorporate, stirring regularly.



## 5. Fry the chicken

Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the **chicken breast** for 2 - 3 minutes per side. Reduce the heat and continue frying for 5 - 6 more minutes or until the **chicken** is done. Heat a clean frying pan over medium-high heat and toast the **pumpkin seeds** for 2 minutes or until they start to pop.



## 3. Finish the risotto

Repeat with the rest of the stock, adding it in two more batches. The **risotto** is done when the grains are soft on the outside but still al dente. This should take around 20 - 25 minutes. Add a splash of extra water if you would prefer the **risotto** to be less al dente (see Tip).

*Tip: if the risotto finishes cooking before the rest of the meal, stir in some extra water and cover with the lid. Keep over low heat until serving.*



## 6. Serve

Grate the **Parmigiano Reggiano** and transfer half to the **risotto**, along with half of the roasted **pumpkin**. Mix well to combine, then add 1 tsp **lemon juice** per person and season to taste with salt and pepper. Serve the **risotto** topped with the **bacon-wrapped chicken** and the rest of the roasted **pumpkin**. Garnish with the **pumpkin seeds** and **lemon zest** as preferred. Finish with the rest of the **Parmigiano Reggiano**.

Enjoy!



# Panko Salmon with Chive Mash

with roasted cherry tomatoes, olives & salad

Premium Family Nice & Fast

Total time: 25 - 30 min.



Potatoes



Fresh flat leaf  
parsley & chives



Garlic



Panko breadcrumbs



Red cherry tomatoes



[Persian] cucumber



Mixed leaves  
of radicchio,  
arugula & lettuce



Salmon fillet



Kalamata olives



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

Cherry tomatoes may be small, but they contain a higher concentration of vitamins than regular tomatoes! For example, they contain more of the antioxidant beta carotene, protecting the body from tissue damage and ageing.

## Before you begin

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

## Utensils

Oven dish, lidded pot or saucepan, potato masher, salad bowl, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	5	10	15	20	25	30
Red cherry tomatoes (g)	125	250	375	500	625	750
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
Salmon fillet* (unit(s))	1	2	3	4	5	6
Kalamata olives (g)	15	30	50	70	80	100

### From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] milk						splash
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3368 / 805	513 / 123
Total fat (g)	47	7
of which saturated (g)	8,9	1,4
Carbohydrates (g)	55	8
of which sugars (g)	7,1	1,1
Fibre (g)	12	2
Protein (g)	31	5
Salt (g)	1,5	0,2

## Allergens

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



### 1. Boil the potatoes

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan for the **potatoes**.
- Peel or wash the **potatoes** and cut them into rough pieces.
- Boil the **potatoes** for 15 minutes, then drain and set aside, covered.



### 2. Prepare the salmon

- Finely chop the **parsley** and **chives**. Crush or mince the **garlic**.
- In a small bowl, combine the **parsley**, **panko** and **garlic** with half of the **chives** and a drizzle of olive oil. Season with salt and pepper.
- Grease an oven dish with a light drizzle of olive oil and place the **salmon** skin-side down. Spread the **panko**-herb mixture over the **salmon**.



### 3. Bake the salmon

- Transfer the **cherry tomatoes** to the same oven dish and lightly drizzle with olive oil.
- Season with salt and pepper, then bake in the oven for 10-12 minutes.
- Mash the **potatoes** with the butter, a splash of milk and half of the mustard.
- Stir in the rest of the **chives**, then season to taste with salt and pepper.



### 4. Serve

- In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and the rest of the mustard. Season to taste with salt and pepper.
- Dice the **cucumber** and transfer to the salad bowl. Add the **lettuce** mix and toss well to combine. Garnish the salad with the **olives**.
- Serve the **salmon** and **cherry tomatoes** with the **chive** mash and the salad.

Enjoy!






# Steak with Truffled Veal Jus

over cheesy mash with mangetout & green beans

Nice & Fast

Total time: 25 - 30 min.



 Please note: the truffle-style mayonnaise contains EGG and MUSTARD allergens.



Veal jus



Marinated steak



Potatoes



Garlic



Onion



Mangetout



Green beans



Fresh curly parsley



Grated aged Gouda



Truffle-style mayonnaise



Truffle-style olive oil



Shaved almonds



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

Green beans contain many important minerals. For instance, potassium helps maintain healthy blood pressure, and iron and folic acid help you feel more energetic.

## Before you begin

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

## Utensils

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veal jus* (g)	60	120	180	240	300	360
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Mangetout* (g)	50	100	150	200	250	300
Green beans* (g)	100	200	300	400	500	600
Fresh curly parsley* (g)	5	10	15	20	25	30
Grated aged Gouda* (g)	15	25	40	50	65	75
Truffle-style mayonnaise* (g)	25	50	75	100	125	150
Truffle-style olive oil (ml)	4	8	12	16	20	24
Shaved almonds (g)	5	10	15	20	25	30
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3833 /916	536 /128
Total fat (g)	53	7
of which saturated (g)	16,6	2,3
Carbohydrates (g)	56	8
of which sugars (g)	7,3	1
Fibre (g)	16	2
Protein (g)	48	7
Salt (g)	1,8	0,3

## Allergens

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

2024-W47



### 1. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature. Peel or thoroughly wash the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan and submerge with water. Crumble in the stock cube, then boil for 12-15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside.



### 4. Fry the steak

Melt half of the butter in the same pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side. Remove from the pan and season with pepper, then allow to rest under aluminum foil. Fry the rest of the **onion** in the same pan for 2 - 3 minutes, then add the **veal jus** and cook for another 2 - 3 minutes.



### 2. Prepare the vegetables

Meanwhile, discard the tips of the **green beans** and, if preferred, carefully discard the tough ends of the **mangetout**. Transfer the **green beans** and **mangetout** to a deep frying pan and cover with a shallow layer of water. Add a pinch of salt and allow to cook for 4 - 6 minutes, covered, then drain and return to the pan.



### 5. Mash the potatoes

Turn off the heat and stir in the **truffle mayonnaise**. Season to taste with salt and pepper. Meanwhile, finely chop the **parsley**. Mash the **potatoes** with the rest of the butter and a splash of cooking liquid as preferred. Stir in the **Gouda**, the mustard and two thirds of the **parsley**. Season to taste with salt and pepper.



### 3. Toast the almonds

Meanwhile, chop the **onion** and crush or mince the **garlic**. Drizzle the vegetables with the olive oil, then add the **garlic** and half of the **onion**. Fry for 3-5 minutes over medium-high heat and season to taste with salt and pepper. Meanwhile, heat a clean frying pan over high heat and toast the **shaved almonds** until golden-brown. Remove from the pan and set aside.



### 6. Serve

Slice the **steak** against the grain. Serve the mashed **potatoes**, vegetables and **steak** on plates. Top the **steak** with the **veal jus** and drizzle with the **truffle oil**. Garnish the vegetables with the **shaved almonds** and the rest of the **parsley**.

Enjoy!



# Cheesy Chicken Birria Tacos

with roasted bell pepper, sour cream & tomato salsa

Total time: 45 - 55 min.



Bell pepper



Smoked paprika



Mini tortillas



Ground cumin



Tomato paste



Tomato



Onion



Fresh coriander



Lime



Organic sour cream



Sliced jalapeños



Chicken breast



Grated cheddar



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

Birria is a Mexican dish traditionally made with slow-cooked meat in a rich, spicy broth. Typically served as a stew, birria has become famous as taco filling, where the tortillas are dipped in the broth and then fried for an extra crispy, juicy

## Before you begin

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

## Utensils

2x parchment-lined baking sheet, deep plate, pot or saucepan, salad bowl, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	¾	1½	2¼	3	3¾	4½
Mini tortillas (unit(s))	4	8	12	16	20	24
Ground cumin (sachet(s))	⅓	⅔	1	1⅓	1¾	2
Tomato paste (can)	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	50	100	150	200	250	300
Sliced jalapeños* (g)	15	30	45	60	75	90
Chicken breast* (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	50	100	150	200	250	300
From your pantry						
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
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)	4238 /1013	470 /112
Total fat (g)	53	6
of which saturated (g)	19,2	2,1
Carbohydrates (g)	75	8
of which sugars (g)	17,8	2
Fibre (g)	16	2
Protein (g)	56	6
Salt (g)	3,3	0,4

## Allergens

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



### 1. Prepare the bell pepper

Preheat the oven to 210°C. Halve the **bell pepper** and remove the seeds, then transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then roast in the oven for 13 - 15 minutes.



### 4. Fry the chicken

Shred the **chicken** into smaller pieces, either by hand or using two forks, then transfer to the **onion**. Add a third of the birria sauce and fry for 1 - 2 minutes. Prepare a parchment-lined baking sheet in the meantime. Heat a clean frying pan over medium-high heat. One at a time, dip each **tortilla** into the rest of the birria sauce and then fry for 30 seconds per side. Transfer directly to the baking sheet.



### 2. Poach the chicken

Boil the stock in a pot or saucepan. Poach the **chicken** for 8 - 10 minutes until done, then remove from the pan and set aside to cool. Reserve the stock to use later. In the meantime, slice half of the **onion** into crescents and finely chop the rest. Dice the **tomato** and roughly chop the **coriander**. Transfer the **tomato** and **coriander** to a salad bowl, along with the finely chopped **onion**. Set aside until step 5.



### 5. Assemble the tacos

Top the **tortillas** with the **chicken** and the **cheese**, then fold them in half. Bake in the oven for 5 minutes or until the **cheese** has melted. Meanwhile, cut the **lime** into six wedges and juice one wedge per person directly into the salad bowl. Add the **jalapenos\*** as preferred and season to taste with salt and pepper, then toss well to combine.

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



### 3. Make the birria sauce

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **cumin** with **tomato paste** and the **smoked paprika** for 1 - 2 minutes until fragrant, then add 100ml per person of the reserved stock. Bring to a boil, then transfer to a deep plate. Heat another drizzle of olive oil in the same pan over medium-high heat and fry the rest of the **onion** for 3 - 4 minutes.



### 6. Serve

Serve the **tacos** on plates and top with the salsa and **sour cream**. Serve the **roasted bell pepper** and the rest of the **lime wedges** alongside.

Enjoy!



# Scampi Diabolique with Fresh Tagliatelle

in creamy ketchup-curry sauce with courgette & chives

Premium

Total time: 35 - 45 min.



Fresh tagliatelle



Shrimp



White wine



Onion



Garlic



Tomato ketchup



Ground paprika



Curry powder



Fresh chives



Tomato



Courgette



Cooking cream



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

Our shrimp have the ASC quality mark. Did you know that this quality mark not only stands for responsible fishing but also for better working conditions?

## Before you begin

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

## Utensils

Bowl, pot or saucepan, kitchen paper, slotted spoon, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh tagliatelle* (g)	125	250	375	500	625	750
Shrimp* (g)	120	240	360	480	600	720
White wine (ml)	25	45	70	90	115	135
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato ketchup* (g)	30	60	90	120	150	180
Ground paprika (tsp)	1½	3	4½	6	7½	9
Curry powder (sachet(s))	½	1	1½	2	2½	3
Fresh chives* (g)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Cooking cream (g)	75	150	225	300	375	450

### From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	25	50	75	100	125	150
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3356 / 802	537 / 128
Total fat (g)	33	5
of which saturated (g)	11,5	1,8
Carbohydrates (g)	88	14
of which sugars (g)	14,4	2,3
Fibre (g)	10	2
Protein (g)	37	6
Salt (g)	1,9	0,3

## 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 **tomato** and **tagliatelle**. Chop the **onion** and crush or mince the **garlic**. Finely chop the **chives**. Quarter the **courgette** lengthways and then thinly slice it.



## 4. Boil the tagliatelle

Boil the **tagliatelle** for 4 - 6 minutes, then drain and set aside (see Tip). When the **courgette** is done, stir it into the creamy sauce.

**Tip:** drizzle the tagliatelle with extra virgin olive oil so as to prevent it from sticking together.



## 2. Make the sauce

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **garlic** and **onion** for 2 - 3 minutes. Stir in the **curry powder** and **paprika** and fry for 1 minute, then stir in the ketchup. Fry for 1 - 2 more minutes, then deglaze with the white wine and let the alcohol evaporate. Pour in the **cream**, then add the water and crumble in the stock cube (see pantry for amounts). Mix well and allow to reduce for 4 - 6 minutes, then turn down the heat and allow to simmer gently.



## 5. Fry the shrimp

Heat a drizzle of olive oil in the same frying pan over medium-high heat. Pat the **shrimp** dry with kitchen paper. Fry the **shrimp** for 3 - 4 minutes and season to taste with salt and pepper, then remove from the pan and set aside. Shortly before serving, stir the **shrimp** and the **tomatoes** into the sauce.



## 3. Blanche the tomatoes

In the meantime, heat a drizzle of olive oil in another frying pan and fry the **courgette** for 6-8 minutes over medium-high heat. Season to taste with salt and pepper. Meanwhile, cut a shallow cross into the base of each **tomato**. Transfer to the pan of boiling water for 20 seconds, then remove the **tomatoes** with a slotted spoon. Leave the pan over the heat to use in the next step. Peel and finely chop the **tomatoes**, then transfer to a bowl along with half of the **chives**. Season to taste with salt and pepper, mix well and then set aside.



## 6. Serve

Serve the **tagliatelle** on plates and top with the sauce. Garnish with the rest of the **chives**.

**Did you know...** 🍤 shrimp may be low in calories, but they are rich in protein and calcium.

Enjoy!



# Swedish-Style Venison Meatballs in Creamy Sauce

with thick-cut fries, cranberry chutney & broccoli

Total time: 35 - 45 min.



Provençal venison meatballs



Broccoli



Cooking cream



Soy sauce



Cranberry chutney



Gomashio-herb mix



Onion



Skin-on fries



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

There is a new ingredient in your box! These tender venison meatballs with Provençal herbs give a surprising twist to this recipe with their rich 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, large lidded frying pan, pot or saucepan, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Provençal venison meatballs* (unit(s))	6	12	18	24	30	36
Broccoli* (g)	200	360	560	720	920	1080
Cooking cream (g)	75	150	225	300	375	450
Soy sauce (ml)	10	20	30	40	50	60
Cranberry chutney* (g)	40	80	120	160	200	240
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Skin-on fries* (g)	250	500	750	1000	1250	1500
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Flour (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Water for the sauce (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4184 /1000	531 /127
Total fat (g)	55	7
of which saturated (g)	19,3	2,5
Carbohydrates (g)	83	11
of which sugars (g)	22,9	2,9
Fibre (g)	15	2
Protein (g)	35	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. Prepare

- Preheat the oven to 200°C.
- Prepare the stock. Boil plenty of water in a pot or saucepan for the **broccoli**.
- Transfer the fries to a parchment-lined baking sheet. Bake in the oven for 20 - 25 minutes or until golden-brown, tossing halfway.
- Meanwhile, chop the **onion**. Cut the head of **broccoli** into florets and dice the stem.



## 2. Boil the broccoli

- Boil the **broccoli** for 4 - 6 minutes until done, then drain and set aside.
- In a small bowl, combine the mayonnaise with half of the **gomashio-herb mix** and then set aside.

Did you know... 🌱 broccoli is not only high in vitamins B, C and E, but also calcium, potassium and iron.



## 3. Make the sauce

- Melt the butter in a large frying pan over medium heat. Fry the **onion** and flour for 1 minute or until lightly browned.
- Whisk in the **cream**, stock, mustard, **soy sauce** and water (see pantry for amounts).
- Allow to reduce for 4 - 6 minutes, adding some extra flour as necessary if it is too watery.
- Add the **meatballs** and cover with the lid, then allow to cook for 5-6 minutes.



## 4. Serve

- Serve the fries and **broccoli** with the **meatballs** in their creamy sauce.
- Garnish the **broccoli** with the rest of the **gomashio-herb mix**.
- Serve the **gomashio** mayonnaise and the **cranberry chutney** alongside.

Enjoy!





# Cypriot-Style Cheese with Butter Cauliflower

in honey glaze with roti, zesty cucumber salad & fresh herbs

Nice & Fast Veggie

Total time: 25 - 30 min.



Roti



Onion



African-inspired  
spice mix



Garlic-ginger-chili mix



Tomato paste



Fresh coriander & mint



Lime



Curry powder



Cypriot-style cheese



Cauliflower



Cooking cream



[Persian] cucumber



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

Recipe Developer Iris: "The very first time I tasted Cypriot-style cheese, I was sold! That first time I ate an Indian dahl, with this delicious cheese as a topping. For this roti wrap, I combined it with a spicy sauce, cauliflower and fresh

## 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, deep frying pan, kitchen paper, small bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Roti* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Cypriot-style cheese* (g)	100	200	300	400	500	600
Cauliflower* (g)	150	300	450	600	750	900
Cooking cream (g)	75	150	225	300	375	450
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4205/1005	631/151
Total fat (g)	60	9
of which saturated (g)	35,3	5,3
Carbohydrates (g)	73	11
of which sugars (g)	21,3	3,2
Fibre (g)	11	2
Protein (g)	40	6
Salt (g)	4,2	0,6

## Allergens

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



### 1. Roast the cauliflower

- Preheat the oven to 180°C.
- Cut the head of the **cauliflower** into florets, then dice the stem and cut the leaves into strips. Transfer the **cauliflower** to a parchment-lined baking sheet, drizzle with sunflower oil and season with salt and pepper. Roast in the oven for 20 - 25 minutes or until done.
- Finely dice the **cucumber** and finely chop the **onion**.
- Finely chop the fresh herbs, being sure to keep them separate. Quarter the **lime**.



### 3. Fry the cheese

- Pat the **Cypriot-style cheese** dry with kitchen paper and dice into 1 - 2cm cubes.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **Cypriot-style cheese** for 4 minutes until lightly golden-brown, seasoning to taste with pepper.
- Stir in the honey, then remove the **cheese** from the pan and set aside.
- Heat the **roti** in the oven for 3 minutes.



### 2. Make the sauce

- In a small bowl, combine the **cucumber** with the **fresh mint**, half of the **onion** and the juice of a quarter **lime** per person. Season to taste with salt and pepper, then set aside.
- Melt a knob of butter in a deep frying pan over medium heat. Fry the rest of the **onion** with the **African-inspired spices**, **curry powder** and the **garlic-ginger-chili mix\*** for 2 minutes.
- Lower the heat, then add the **tomato paste** and fry for 5 minutes.

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



### 4. Serve

- To the **tomato paste**, add the **cream** and the water (see pantry for amount). Turn up the heat and cook for 1-2 minutes, then take the pan off the heat and stir in the **cauliflower**.
- Garnish the butter **cauliflower** with the **coriander** and any remaining **lime wedges**.
- Serve the **Cypriot-style cheese**, butter **cauliflower**, **roti** and **cucumber** salad separately.
- Allow everyone to assemble their own **roti**.

Enjoy!