



Chicken Breast with Baby Potato Salad

with cherry tomatoes, cucumber & corn

Calorie Smart, Classic, Family, Quick

Total time: 20 - 25 min.



Baby potatoes



Chicken breast with Mediterranean herbs



Onion



Red cherry tomatoes



[Persian] cucumber



Italian seasoning



Corn



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

Cherry tomatoes not only offer a sweet and juicy flavour, but are also rich in antioxidants such as lycopene. They also add a beautiful colour and flavour to a range of dishes!

Before you begin

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

Utensils

Large salad bowl, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	1	1	1½	1½
Red cherry tomatoes (g)	65	125	250	250	375	375
[Persian] cucumber* (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Corn (g)	40	80	140	155	220	235
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2577 /616	421 /101
Total fat (g)	33	5
of which saturated (g)	4,8	0,8
Carbohydrates (g)	48	8
of which sugars (g)	9,3	1,5
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	2,1	0,3

Allergens

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



1. Boil the potatoes

- Boil plenty of salted water in a pot or saucepan for the **baby potatoes**.
- Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.
- Cook the **baby potatoes** for 12 - 14 minutes until done, then drain and rinse under cold water.
- Set aside and allow to cool (see Tip).

Tip: allow the baby potatoes to cool completely, otherwise they will absorb all the dressing later.



3. Make the salad

- Drain the **corn** and halve the **cherry tomatoes**. Finely dice the **cucumber**.
- In a large salad bowl, combine the **mayonnaise** with the **white balsamic vinegar** and the **Italian herbs**.
- Transfer the **potatoes**, **cucumber**, **tomatoes**, **onion** and **corn** to the bowl, then toss well to combine with the dressing. Season to taste with **salt and pepper**.



2. Fry the chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **chicken breast** for 2 - 3 minutes per side.
- Meanwhile, finely chop the **onion** (see Tip).
- Reduce the heat and fry the **chicken** for 4 - 5 more minutes, or until done.

Tip: the onion will be served raw, but you can also fry it with the chicken instead if preferred.



4. Serve

- Slice the **chicken** into strips.
- Serve the **baby potato** salad on plates and top with the **chicken**.

Did you know... 🌱 this recipe is not only delicious but it's also a very balanced meal; low in calories, salt and saturated fat, but packed with vegetables.

Enjoy!



Bang Bang Cauliflower with Chili Mayo

over garlic rice with crunchy vegetables

Veggie

Total time: 35 - 45 min.



Sweet chili sauce



Panko breadcrumbs



Cauliflower florets



Garlic



Jasmine rice



Spinach



Carrot



Onion



[Persian] cucumber



Soy sauce



Sesame seeds



Mayonnaise



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

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

Before you begin

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

Utensils

Parchment-lined baking sheet, 2x large bowl, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (sachet(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	50	75	100	125
Cauliflower florets* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Spinach* (g)	75	150	200	300	350	450
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	¼	½	¾	1	1¼	1½
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (sachet(s))	1	1	1	1	2	2
Mayonnaise* (g)	25	50	75	100	125	150

From your pantry

Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Water (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3527 /843	463 /111
Total fat (g)	42	5
of which saturated (g)	5	0,7
Carbohydrates (g)	94	12
of which sugars (g)	12,1	1,6
Fibre (g)	9	1
Protein (g)	18	2
Salt (g)	2,3	0,3

Allergens

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



1. Prepare

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



2. Roast the cauliflower

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

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



3. Cook the rice

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



4. Chop the vegetables

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

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



5. Fry the vegetables

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



6. Serve

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

Enjoy!



Veggie Nuggets in Sticky Orange Sauce

over garlic-ginger rice with gomashio broccoli

Plant-Based Nice & Fast

Total time: 20 - 25 min.



Vegan nuggets



Easy peel orange



Sweet chili sauce



Scallions



Garlic



Basmati rice



Ginger paste



Broccoli



Fresh basil



Gomashio-herb mix



Chopped cashews



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

Gomashio is a Japanese seasoning made from ground sesame seeds with a little bit of added salt. It's perfect for giving your dish more flavour without adding too much sodium.

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 lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Vegan nuggets* (unit(s))	5	10	15	20	25	30
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Basmati rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Broccoli* (g)	200	360	500	720	860	1080
Fresh basil* (g)	5	10	15	20	25	30
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Chopped cashews (g)	10	20	30	40	50	60

From your pantry

Water (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower 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)	3046 /728	468 /112
Total fat (g)	26	4
of which saturated (g)	6,9	1,1
Carbohydrates (g)	95	15
of which sugars (g)	9,7	1,5
Fibre (g)	17	3
Protein (g)	23	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. Boil the rice

- Crush or **mince** the **garlic**.
- Melt the **butter** in a pot or saucepan over medium-high heat. Fry the **garlic** with the **ginger** paste for 1 minute.
- Add the **rice**, then pour in the water and crumble in the stock cube (see pantry for amounts).
- Boil the **rice** for 10 - 12 minutes, then set aside until serving, covered.



2. Cook the broccoli

- Boil plenty of salted water in a pot or saucepan.
- Cut the head of the **broccoli** into florets and dice the stem. Boil the **broccoli** for 5 - 7 minutes, covered, then drain and set aside.
- Chop the **scallions** into 2cm chunks.
- Finely chop the **basil**.



3. Fry the nuggets

- Heat the **sunflower oil** in a frying pan over medium-high heat. Fry the **veggie nuggets** with the **scallions** for 6 - 8 minutes, or until golden-brown.
- In the meantime, juice the **orange**.
- When the nuggets are done, remove them from the pan and set aside.
- To the **scallions**, add the **orange** juice and the **sweet chili sauce**. Mix well and heat for 1 minute, then season to taste with **salt and pepper**.



4. Serve

- Serve the **rice** on deep plates, then top with the **broccoli** and the **vegan nuggets**.
- Drizzle with the **orange** sauce.
- Garnish the **broccoli** with the **gomashio**.
- Garnish the rest of the dish with the **basil** and the **cashews**.

Enjoy!



Fast Pasta with a Mexican-Inspired Twist

with pork, cheese & sour cream

Family Nice & Fast

Total time: 20 - 25 min.



Farmer's mincemeat



Mexican-style spices



Onion



Garlic



Courgette



Penne



Passata



Grated Gouda



Organic sour cream



Bell pepper



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

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

Before you begin

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

Utensils

Lidded deep frying pan, pot or saucepan

Ingredients for 1-6 servings

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

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3473 / 830	574 / 137
Total fat (g)	36	6
of which saturated (g)	14,3	2,4
Carbohydrates (g)	82	14
of which sugars (g)	13,2	2,2
Fibre (g)	9	1
Protein (g)	40	7
Salt (g)	2,4	0,4

Allergens

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



1. Fry the mince

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

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



2. Boil the pasta

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

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



3. Finish

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



4. Serve

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

Enjoy!



Boekeloekoe Burger on a Carrot Bun

with potato wedges, fried egg & cucumber salad

Family Veggie

Total time: 45 - 55 min.



Potatoes



Onion



Egg



Boekeloekoe burger mix



Grated Gouda



[Persian] cucumber



Arugula & lamb's lettuce



Carrot bun



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

Did you know that the boekeloekoe mix contains more than 15 different spices and 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

Parchment-lined baking sheet, 2x bowl, large bowl, salad bowl, small bowl, two frying pans

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1½	3	4½	6	7½	9
Boekoeloekoe burger mix (g)	20	40	60	80	100	120
Grated Gouda* (g)	15	25	40	50	65	75
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Carrot bun (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
[Plant-based] milk (ml)	15	30	45	60	75	90
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
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)	3962 / 947	591 / 141
Total fat (g)	57	9
of which saturated (g)	11,6	1,7
Carbohydrates (g)	76	11
of which sugars (g)	10,5	1,6
Fibre (g)	12	2
Protein (g)	28	4
Salt (g)	1,8	0,3

Allergens

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

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1. Make the potato wedges

Preheat the oven to 220°C. Peel or thoroughly wash the **potatoes** and cut them into wedges, then transfer to a bowl. Drizzle with olive oil and season with **salt and pepper**, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 30-35 minutes.



4. Fry the burger

Shape the **boekoeloekoe mix** into **burger** patties. Heat a drizzle of **olive oil** in a frying pan over medium-high heat. When the pan is nice and hot, fry the **burger** for 4 - 5 minutes per side. Meanwhile, heat a light drizzle of **olive oil** in another frying pan and fry the **egg**. Season to taste with **salt and pepper**.



2. Make the burger

Chop the **onion** very finely. In a bowl, beat half an **egg** per person. Weigh the **boekoeloekoe mix** and then transfer to a large bowl along with the grated cheese, milk, beaten **egg** and half of the **onion** (see Tip). Mix well, adding an extra splash of milk if the mixture is too dry, then chill in the fridge for 15 minutes.

Tip: eating alone or with an odd number? For convenience, prepare the entire boekoeloekoe mix. You can enjoy the leftover burger the next day!



5. Make the sauce

In the meantime, bake the **carrot bun** for 4-6 minutes. In a small bowl, combine the rest of the **mayonnaise** with the **honey** and the **mustard**.



3. Prepare the salad

In a salad bowl, combine the **extra virgin olive oil** with the **white balsamic vinegar** and 1 tsp **mayonnaise** per person, along with the rest of the chopped **onion** (see Tip). Dice the **cucumber** and transfer to the salad bowl. Reserve some of the **lettuce** for the **burger**, then add the rest to the dressing and toss well to combine.

Tip: if you don't like raw onion, fry it with the burger instead.



6. Serve

Cut open the **carrot bun** and top with the reserved **lettuce** and boekoeloekoe **burger**. Spread 1 tbsp of the honey mustard sauce over the **burger**, then top with the fried **egg**. Serve the **burger** with the salad and **potato** wedges, along with the rest of the honey mustard sauce.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us, however, don't get enough vitamin D, particularly during the darker winter months.

Eniou!



Orzo Salad with Cypriot-Style Cheese

with bell pepper, lemon & thyme

Nice & Fast Veggie

Total time: 20 - 25 min.



Orzo



Onion



Garlic



[Persian] cucumber



Sicilian-style herb mix



Fresh flat leaf parsley



Cypriot-style cheese



Dried thyme



Lemon



Bell pepper



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

Did you know that red bell pepper contains 3 times as much vitamin C as an orange?

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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cypriot-style cheese* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	½	¾	1	1½	1¾	2
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3238 /774	730 /175
Total fat (g)	37	8
of which saturated (g)	23,6	5,3
Carbohydrates (g)	71	16
of which sugars (g)	14,6	3,3
Fibre (g)	9	2
Protein (g)	35	8
Salt (g)	3,6	0,8

Allergens

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



1. Prepare

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

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



2. Roast the vegetables

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



3. Fry the cheese

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



4. Serve

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

Enjoy!



Creamy Broccoli Conchiglie

with pecorino, pesto & almonds

Veggie

Total time: 30 - 40 min.



Conchiglie



Garlic



Shallot



Broccoli



Lemon



Green pesto



Cooking cream



Grated Pecorino DOP



Salted almonds



Fresh basil



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

Deep frying pan, tall container, microplane, lidded pot or saucepan, small bowl, immersion blender, slotted spoon

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Conchiglie (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	180	360	540	720	900	1080
Lemon* (unit(s))	½	1	1½	2	2½	3
Green pesto* (g)	20	40	60	80	100	120
Cooking cream (g)	75	150	225	300	375	450
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Salted almonds (g)	10	20	30	40	50	60
Fresh basil* (g)	5	10	15	20	25	30
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3523 /842	721 /172
Total fat (g)	44	9
of which saturated (g)	15,9	3,3
Carbohydrates (g)	78	16
of which sugars (g)	7,6	1,6
Fibre (g)	14	3
Protein (g)	28	6
Salt (g)	1,7	0,3

Allergens

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



1. Boil the pasta

- Boil plenty of salted water in a pot or saucepan. Cut the head of the **broccoli** into florets and dice the stem.
- Cook the **broccoli** for 5 - 7 minutes until done, covered, then remove from the pot with a slotted spoon and set aside.
- In the same pot, boil the pasta for 11 - 13 minutes, covered. Reserve some of the pasta water before draining and setting aside.
- Chop the **shallot** and crush or mince the **garlic**.



2. Make the sauce

- Heat the olive oil in a deep frying pan over medium-high heat.
- Fry the **shallot** with the **garlic** for 1 - 2 minutes, then add half of the **broccoli** and fry for 3 - 4 minutes.
- Transfer the contents of the pan to a tall container and season to taste with **salt and pepper**.
- Add the **cream** and 50ml pasta water per person, then use an immersion blender to process into a smooth sauce.



3. Prepare the toppings

- Transfer the sauce to the same pan and add the **pesto**. Add half of the **pecorino** and the rest of the **broccoli**, then crumble in the stock cube (see pantry for amount).
- Mix well, then allow to reduce for 2 - 3 minutes over a low heat.
- Zest the **lemon** into a small bowl and then cut it into six wedges.
- Roughly chop the **almonds** and cut the **basil** into ribbons.



4. Serve

- Squeeze one **lemon** wedge per person directly into the sauce, then add the pasta and mix well.
- Add an extra splash of pasta water as necessary if the sauce seems too thick.
- Remove from the heat and add half each of the **lemon** zest and **basil**. Season with salt and pepper, then mix well to combine.
- Serve the pasta on plates and garnish with the **almonds**, along with the rest of the **pecorino**, **basil** and **lemon** zest.

Enjoy!



Veggie Shawarma Stir-Fry

with wholewheat noodles & gomashio

Calorie Smart Nice & Fast Veggie

Total time: 20 - 25 min.



Veggie shawarma



Mie noodles



Garlic



Soy sauce



East Asian-style sauce



Gomashio



Lime



Vegetable mix with cabbage



Sesame oil



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

Not only does this vegetarian shawarma have the same texture as meat, but it also contains the same essential nutrients such as protein, iron and vitamin B12!

Before you begin

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

Utensils

Lidded pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Veggie shawarma* (g)	80	160	240	360	400	520
Mie noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Sesame oil (ml)	5	10	15	20	25	30
From your pantry						
Sambal (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
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)	2879 / 688	672 / 161
Total fat (g)	28	7
of which saturated (g)	2,8	0,7
Carbohydrates (g)	80	19
of which sugars (g)	34,3	8
Fibre (g)	9	2
Protein (g)	26	6
Salt (g)	3,4	0,8

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **noodles**.
- Heat a drizzle of **sunflower oil** in a wok or deep frying pan over medium-high heat.
- Fry the **veggie** shawarma for 5 minutes, then stir in the honey and fry for 1 more minute. Remove from the pan and set aside.
- Meanwhile, crush or mince the **garlic** and cut the **lime** into 8 wedges.



2. Fry the vegetables

- Heat another drizzle of sunflower oil in the same pan over high heat.
- Fry the **garlic** with the **vegetable mix** and fry for 6 - 8 minutes.
- In the meantime, boil the **noodles** for 4 - 5 minutes until al dente.
- Reserve some of the cooking liquid, then drain and rinse under cold water so as to stop them from sticking together.



3. Finish

- Add the **noodles**, shawarma, **sesame oil**, **East Asian-style sauce**, sambal and **soy sauce** to the vegetables.
- Mix well and fry for 1 more minute, adding a splash of the reserved cooking liquid if needed.
- Squeeze 1 **lime wedge** per person into the pan, then taste and season with **salt** and pepper as necessary.



4. Serve

- Serve the **noodles** in bowls.
- Garnish with the **gomashio** and serve with a **lime wedge**.

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

Enjoy!



Chicken Schnitzel over Garlic-Ginger Rice

with East Asian-style sauce, scallions & crunchy slaw

Nice & Fast

Total time: 25 - 30 min.



Jasmine rice



Garlic



Chopped
sweetheart cabbage



Carrot



East Asian-style sauce



Scallions



Fresh ginger



Oranjehoen crispy
chicken schnitzel



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

Ginger is a root. So if you put it in some soil, it will grow just like a potato.

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, grater, microplane, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	1	1	2	2
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Scallions* (bunch)	½	1	1	2	2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Oranjehoen crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
From your pantry						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sugar (tbsp)	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
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)	3841 / 918	586 / 140
Total fat (g)	42	6
of which saturated (g)	5,2	0,8
Carbohydrates (g)	104	16
of which sugars (g)	22,7	3,5
Fibre (g)	11	2
Protein (g)	27	4
Salt (g)	2,4	0,4

Allergens

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



1. Prepare

- Prepare the stock. Finely grate the **ginger** and crush or **mince** the **garlic**.
- Chop the **scallions** into thin rings, keeping the white part separate from the greens. Grate the **carrot**.
- In a bowl, combine the sugar with the **white wine vinegar**. Season with **salt and pepper**, then add the grated **carrot** and chopped **cabbage** and toss well to combine (see Tip). Set aside in the fridge until ready to serve.

Tip: you can chop the cabbage more finely if preferred.



2. Boil the rice

- Heat half of the **sunflower oil** in a pot or saucepan over medium-high heat.
- Fry the **garlic** with the **ginger** and the white part of the **scallion** for 1 - 2 minutes.
- Add the **rice** and the stock. Bring to a boil, then lower the heat and cook for 10 - 12 minutes, adding more water if necessary.
- Remove from the heat and allow to rest until serving, covered (see Tip).

Health tip 🌱 this recipe is high in calories. Are you 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 the next day.



3. Fry the schnitzel

- Heat the rest of the sunflower oil in a frying pan over medium-high heat.
- When the pan is nice and hot, fry the **schnitzel** for 6 minutes until golden-brown, turning regularly.
- Take the **schnitzel** out of the pan and slice into thin strips.
- Meanwhile, in a small bowl combine the **mayonnaise** with the **East Asian-style sauce** and 1 tsp water per person.



4. Serve

- Serve the **garlic-ginger rice** on deep plates with the slaw alongside.
- Top with the **schnitzel** strips.
- Garnish with the **scallion** greens and drizzle with the sauce.

Enjoy!



Creamy Courgette Spaghetti

with mini Roma tomatoes & walnut-basil topping

Nice & Fast Veggie

Total time: 25 - 30 min.



Onion



Garlic



Courgette



Mini Roma tomatoes



Grated Gouda



Herbed cream cheese



Fresh basil



Chopped walnuts



Spaghetti



Basil crème



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

Did you know that basil was once called a royal herb? It gets its name from the Ancient Greek word for king: basileus.

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, grater, pot or saucepan, two small bowls

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Herbed cream cheese* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Chopped walnuts (g)	10	20	30	40	50	60
Spaghetti (g)	90	180	270	360	450	540
Basil crème* (ml)	10	15	24	30	39	45
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
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)	3138 /750	712 /170
Total fat (g)	36	8
of which saturated (g)	12,7	2,9
Carbohydrates (g)	78	18
of which sugars (g)	10,6	2,4
Fibre (g)	8	2
Protein (g)	25	6
Salt (g)	0,9	0,2

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the **spaghetti**.
- Chop the **onion** and crush or **mince** the **garlic**.
- Grate the **courgette** and halve the **tomatoes**.



2. Fry the vegetables

- Boil the **spaghetti** for 10 - 12 minutes, then drain and set aside.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **garlic** and **onion** for 2 - 3 minutes, then add the **tomatoes** and fry for 3 - 4 minutes.
- Add the **courgette** and fry for another 3 - 4 minutes.



3. Prepare the topping

- In a small bowl, combine the **cream cheese** and the **basil crème** with half of the **cheese**.
- Finely chop the **basil** and transfer to another small bowl.
- Add the **walnuts** and the rest of the **cheese**, then mix well to combine.
- Set aside to use later as garnish.



4. Serve

- Transfer the **spaghetti** to the vegetables, along with the **cream cheese** mixture and the **balsamic vinegar**.
- Mix well to combine and season to taste with **salt and pepper**.
- Serve on deep plates and garnish with the **walnut-basil** topping.

Did you know... 🌱 walnuts are the only nuts which provide ALA, a plant-based omega 3 fatty acid which benefits cardiovascular health. Other sources of ALA are flax seeds and soy oil.

Enjoy!



Creamy Chicken Curry Soup

with pak choi, carrot & potatoes

Family Nice & Fast

Total time: 25 - 30 min.



Vietnamese-style sauce



Chicken thigh strips



Fresh lemongrass



Potatoes



Fish sauce



Shallot



Carrot



Pak choi



Yellow curry spices



Heavy cream



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

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

Before you begin

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

Utensils

Lidded soup pot or large pot

Ingredients for 1-6 servings

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3096 /740	363 /87
Total fat (g)	48	6
of which saturated (g)	22,8	2,7
Carbohydrates (g)	45	5
of which sugars (g)	14	1,6
Fibre (g)	14	2
Protein (g)	27	3
Salt (g)	4	0,5

Allergens

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



1. Prepare

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

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



2. Make the soup

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

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



3. Finish the soup

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

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



4. Serve

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

Enjoy!



Loaded BBQ Black Bean Enchiladas

with tomato salsa, cheese, sour cream & lime

Veggie

Total time: 40 - 50 min.



Garlic



Bell pepper



Scallions



Black beans



Tomato



Flour tortillas



Tomato paste



Mexican-style spices



BBQ spice rub



Lime



Organic sour cream



Grated aged Gouda



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

Microplane, oven dish, large deep frying pan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Scallions* (bunch)	½	1	1½	2	2½	3
Black beans (pack)	½	1	1½	2	2½	3
Tomato (unit(s))	2	3	4	5	7	8
Flour tortillas (unit(s))	2	4	6	8	10	12
Tomato paste (can)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	50	100	150	200	250	300
Grated aged Gouda* (g)	25	50	75	100	125	150
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	60	120	180	240	300	360
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)	2971 / 710	475 / 114
Total fat (g)	28	5
of which saturated (g)	10,9	1,7
Carbohydrates (g)	77	12
of which sugars (g)	21	3,4
Fibre (g)	20	3
Protein (g)	28	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. Crush or **mince** the **garlic** and dice the **bell pepper**. Chop the **scallions** and set aside 2 tbsp per person of the **scallion** greens to use later in the salsa.

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.



4. Make the tomato salsa

Thoroughly wash the **lime** and zest it into a small bowl. Juice half of the **lime** into the same bowl, then cut the rest into wedges and set aside. Transfer the reserved **scallion** greens and the rest of the diced **tomato** to the bowl. Add the **sugar**, then mix well and set aside.



2. Fry the vegetables

Heat the sunflower oil in a large deep frying pan over medium-high heat. Fry the garlic with the **bell pepper** and the rest of the **scallions** for 4-6 minutes. In the meantime, drain and rinse the **black beans**. Dice the **tomato**.



5. Make the enchiladas

Spread a thin layer of **sour cream** onto the **tortillas**, then set aside the rest to use later as garnish. Fill the **tortillas** with the **beans**, being sure to reserve some of the sauce to pour over the enchiladas. Roll up the **tortillas** and transfer them to the oven dish. Top with the rest of the sauce and then scatter over the **cheese**. Bake the enchiladas in the oven for 10-14 minutes.



3. Make the filling

Add the **tomato paste**, **Mexican-style spices*** and **BBQ rub***, along with a third of the diced **tomato**. Fry for 1 minute, then add the **black beans** and the water for the sauce (see pantry for amount). Reduce the heat and allow to simmer for 5 minutes (see Tip). Season to taste with **salt and pepper**.

Tip: increase the heat if the sauce is too thin.

**Take care, these ingredients are spicy! Use as preferred.*



6. Serve

Serve the enchiladas on plates with the **tomato** salsa and the **lime wedges** alongside. Finish with a dollop of **sour cream** and garnish with the **lime zest**.

Enjoy!



Quick Spaghetti with Garlic-Lemon Shrimp

in creamy tomato sauce with arugula

Calorie Smart Family Nice & Fast

Total time: 15 - 20 min.



Shrimp



Spaghetti



Red cherry tomatoes



Cooking cream



Arugula



Onion



Lemon



Garlic



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

Deep frying pan, lidded pot or saucepan, small bowl

Ingredients for 1-6 servings

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

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2703 / 646	542 / 130
Total fat (g)	21	4
of which saturated (g)	9,6	1,9
Carbohydrates (g)	81	16
of which sugars (g)	12,3	2,5
Fibre (g)	11	2
Protein (g)	29	6
Salt (g)	1,2	0,3

Allergens

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



1. Prepare

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



2. Fry the shrimp

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

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



3. Make the sauce

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

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



4. Serve

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

Enjoy!



Chicken Bulgur Bowl with Mexican Spices

with avocado, tomato & beetroot tortilla chips

Family Nice & Fast

Total time: 15 - 20 min.



Chicken mince with Mexican seasoning



Tomato



Bulgur



Mexican-style spices



Lime



Avocado



Chopped red onion



Beetroot tortilla chips



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

If your avocado isn't ripe yet, try storing it with a banana in a paper bag to speed up the process.

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, small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Avocado (unit(s))	½	1	2	2	3	3
Chopped red onion* (g)	40	75	75	150	150	225
Beetroot tortilla chips (g)	25	50	75	100	125	150
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	5	10	15	20	25	30
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3694 / 883	612 / 146
Total fat (g)	48	8
of which saturated (g)	11,1	1,8
Carbohydrates (g)	72	12
of which sugars (g)	5	0,8
Fibre (g)	21	3
Protein (g)	32	5
Salt (g)	2,1	0,4

Allergens

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



1. Prepare

- Prepare the stock in a pot or saucepan and boil the **bulgur** for 10-12 minutes until done, stirring regularly.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Dice the **tomato**.



2. Fry the mince

- Heat the **olive oil** in a wok or deep frying pan over medium-high heat and fry the **onion** for 1 minute.
- Add the **chicken mince** and fry for 3 minutes, separating it as you do so.



3. Make the sauce

- Cut the **lime** into wedges.
- In a small bowl, combine the **mayonnaise** with the **Mexican-style spices***, the water and the juice of 1 **lime** wedge per person. Season to taste with **salt and pepper**.

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



4. Serve

- Serve the **bulgur** in bowls or deep plates.
- Top with the **chicken mince**, **tomato**, **avocado** and **tortilla** chips.
- Garnish with the rest of the **lime wedges**.
- Drizzle over the dressing and season to taste with **salt and pepper**.

Did you know... 🌱 bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).

Enjoy!



Goat's Cheese Salad with Balsamic Strawberry Dressing

with apple, beetroot & toasted walnuts

Nice & Fast Veggie

Total time: 15 - 20 min.



Fresh goat's cheese



Pre-cooked beetroot



Chopped walnuts



Apple



[Persian] cucumber



Onion



Radicchio & iceberg lettuce



Wholegrain ciabatta



Strawberry sauce



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

Did you know that walnuts are the only nut that contains ALA? ALA is a plant-based omega-3 fatty acid that is good for your heart, blood vessels, and brain.

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

Salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh goat's cheese* (g)	60	125	200	250	325	375
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Chopped walnuts (g)	10	20	30	40	50	60
Apple* (unit(s))	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2
Onion (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Strawberry sauce (ml)	15	30	45	60	75	90
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive 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)	3264 /780	591 /141
Total fat (g)	48	9
of which saturated (g)	21,5	3,9
Carbohydrates (g)	56	10
of which sugars (g)	21,6	3,9
Fibre (g)	13	2
Protein (g)	25	4
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

- Preheat the oven to 200°C.
- Weigh the **beetroot** and then dice it (see Tip).
- Slice the **onion** into thin half rings. Dice the **cucumber**.
- Core and dice the **apple**.

Tip: beetroot can stain, so wear gloves or use a sandwich bag to hold it.



2. Toast the walnuts

- Bake the **bread roll** in the oven for 6 - 8 minutes.
- Heat a clean frying pan over medium-high heat and toast the **walnuts** for 1 - 2 minutes or until golden-brown. Remove from the pan and set aside.

Did you know... 🌱 if you enjoy seasonal vegetables, then you can't go wrong with beetroot. Grown locally throughout the year, it's an excellent source of potassium and folic acid, making it a healthy choice as well as a sustainable one.



3. Fry the apple

- In a large salad bowl, combine the **strawberry sauce** with the **balsamic vinegar** and **extra virgin olive oil**. Season to taste with salt and pepper.
- Melt the **butter** in the same pan and fry the **onion** with the **apple** for 3 - 4 minutes over medium-high heat (see Tip).

Tip: keep an eye on the pan and add extra butter if necessary to prevent the apple from sticking to the pan.



4. Serve

- Shortly before serving, add the **lettuce** and **cucumber** to the salad bowl and toss well to combine with the dressing.
- Serve the salad on plates and top with the **beetroot**, **apple** and **onion**.
- Crumble over the **goat's cheese** and garnish with the **walnuts**. Serve the **bread** alongside.

Enjoy!



Shrimp Noodle Soup with Pak Choi

in sesame broth with corn & crispy onions

Nice & Fast

Total time: 10 - 15 min.



Shrimp



Mie noodles



Garlic-ginger-chili mix



Pak choy



Corn



Radish



Tahini



Crispy fried onions



Gomashio



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

Pak choy, with its crisp stems and tender leaves, is a versatile and nutritious vegetable. Originally from China, it is often used in Asian cuisine for its mild flavour and succulent texture.

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, small bowl, sieve, wok

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Mie noodles (g)	50	100	150	200	250	300
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Pak choi* (unit(s))	½	1	2	2	3	3
Corn (g)	45	100	140	180	240	280
Radish* (bunch)	½	1	1	2	2	3
Tahini (g)	20	35	50	70	85	105
Crispy fried onions (g)	15	30	45	60	75	90
Gomashio (sachet(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2364 /565	310 /74
Total fat (g)	22	3
of which saturated (g)	6,7	0,9
Carbohydrates (g)	62	8
of which sugars (g)	9,1	1,2
Fibre (g)	14	2
Protein (g)	27	4
Salt (g)	3,9	0,5

Allergens

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



1. Boil the noodles

- Prepare the stock in a pot or saucepan and boil the **noodles** for 4-6 minutes, then turn off the heat and set aside without draining.
- Meanwhile, discard the base of the **pak choi** and finely chop both the leaves and the stems, being sure to keep them separate.



2. Fry the shrimp

- Heat the **sunflower oil** in a wok over medium-high heat. Fry the **shrimp** with the stems of the **pak choi** and the **garlic-ginger-chili mix*** for 3 - 4 minutes.
- Add the leaves of the **pak choi** and fry for 1 more minute. Season to taste with **salt and pepper**.

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



3. Finish

- Drain the **corn** and quarter the **radishes** (see Tip).
- In a small bowl, combine the tahini with the **soy sauce** and the **white wine vinegar** (see Health Tip).
- Shortly before serving, stir this sauce into the **noodles**.

Tip: if you don't like raw radishes, add them to the pot of noodles.

Health Tip 🍌 if you're watching your salt intake, omit the soy sauce and add some when serving as preferred.



4. Serve

- Serve the ramen in bowls.
- Top with the **corn**, **radishes**, **shrimp** and **pak choi**.
- Garnish with the **crispy onions** and the **gomashio**.

Enjoy!



Chicken Burger with Courgette Caprese

with potato wedges & balsamic onion sauce

Family Nice & Fast

Total time: 25 - 30 min.



Onion



Tomato



Courgette



Italian seasoning



Mozzarella



Potatoes



Sicilian-style herb mix



Fresh basil



Chicken burger from Oranjehoen



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

There is a special ingredient in your box! This burger is made with Oranjehoen chicken. These chickens eat locally sourced, sustainable feed, and their CO2 emissions are 22% lower than 1-star 'Beter Leven' chickens.

Before you begin

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

Utensils

Parchment-lined baking sheet, lidded deep frying pan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1½	3	5	6	8	9
Courgette* (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6

From your pantry

Water (ml)	25	50	75	100	125	150
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	2	4	6	8	10	12
Extra virgin olive oil (totaste)				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3188 /762	454 /109
Total fat (g)	45	6
of which saturated (g)	19,2	2,7
Carbohydrates (g)	51	7
of which sugars (g)	10	1,4
Fibre (g)	11	2
Protein (g)	36	5
Salt (g)	2	0,3

Allergens

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



1. Prepare

- Preheat the oven to 200°C. Slice the **courgette** into rounds and transfer to a parchment-lined baking sheet.
- Add the Sicilian-style herbs and drizzle with half of the olive oil, then season with **salt and pepper**. Roast in the oven for 20-22 minutes.
- Wash the **potatoes** and cut them into wedges. Transfer to a deep frying pan and add the water (see pantry for amount).
- Allow to steam for 8 - 10 minutes over medium-low heat, covered.



2. Fry the potatoes

- Drain if necessary, then add the rest of the **olive oil** and fry for 5-7 minutes until done. Add the Italian seasoning, then season to taste with **salt and pepper**.
- Meanwhile, slice the **onion** into half rings.
- Melt half of the butter in a frying pan over medium-high heat. Fry the **burger** for 4 minutes, turning regularly, then add the **onion** and fry for 4 - 6 more minutes.
- When the **burger** is done, remove from the pan and set aside.



3. Make the caprese

- Deglaze the **onion** with half of the **balsamic vinegar**. Lower the heat, then stir in the rest of the butter and allow to reduce until serving.
- Slice the **mozzarella** and the **tomato**. Chop the **basil**.
- On a plate, arrange the **tomato**, **courgette** and **mozzarella** slices in alternating order.
- Season to taste with **salt and pepper**, then drizzle with the **extra virgin olive oil** and the rest of the **balsamic vinegar**. Garnish with the **basil**.



4. Serve

- Serve the **burger** with the **potato** wedges.
- Drizzle with the balsamic **onion** sauce.
- Serve with the **courgette** caprese.

Enjoy!



Chicken Bowl with Eggplant & Labneh

over giant couscous with cherry tomatoes

Calorie Smart Nice & Fast

Total time: 25 - 30 min.



Giant couscous



Labneh



Onion



Red cherry tomatoes



African-inspired
spice mix



Eggplant



Garlic



Carrot



Chicken thigh strips
with Mediterranean
herbs



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

With Labneh, a fresh cheese made from drained yoghurt, you'll add a fresh twist to this flavourful bowl.

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, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Labneh* (g)	40	60	80	100	140	160
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	250	250	375	375
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2

Chicken thigh strips with Mediterranean herbs* (g)

100	200	300	400	500	600
-----	-----	-----	-----	-----	-----

From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
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)	2749 /657	548 /131
Total fat (g)	25	5
of which saturated (g)	5	1
Carbohydrates (g)	69	14
of which sugars (g)	12,1	2,4
Fibre (g)	12	2
Protein (g)	32	6
Salt (g)	1,9	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. Wash or peel the **carrot**, then cut both this and the **eggplant** into thin crescents. Slice the **onion** into half rings.



2. Roast the vegetables

In a large bowl, combine the **eggplant** and **carrot** with half of the **African-style spices** and a light drizzle of **olive oil**. Transfer to a parchment-lined baking sheet and roast in the oven for 10-12 minutes.



3. Boil the giant couscous

Transfer the **giant couscous** to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount). Boil for 12-14 minutes, covered, then drain if necessary. Fluff through the **couscous** with a fork, then season to taste with **salt and pepper** before setting aside.



4. Finish the vegetables

Meanwhile, halve the **cherry tomatoes**. In the same bowl, combine the **onion** and **cherry tomatoes** with the rest of the **African-style spices** and another light drizzle of olive oil. Transfer the **onion** and **tomatoes** to the same baking sheet and return to the oven for 5 - 6 more minutes.



5. Fry the chicken

Crush or **mince** the **garlic**. Heat a light drizzle of **olive oil** in a frying pan over medium-high heat. Fry the **garlic** for 2 minutes, then add the **chicken** and fry for 5 - 7 minutes or until the **chicken** is done.



6. Serve

Serve the **giant couscous** on deep plates and top with the vegetables and **chicken**. Garnish with the **labneh**.

Did you know... 🌱 eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.

Enjoy!



Creamy Chickpea Wraps with Yogurt Sauce

with cucumber salad & gomashio

Calorie Smart Veggie

Total time: 35 - 45 min.



Garlic



Onion



Chickpeas



Korean-style spice mix



Tomato paste



Coconut milk



[Persian] cucumber



Arugula & lamb's lettuce



Wholewheat mini tortilla



Organic full-fat yogurt



Fresh mint



Gomashio



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

There is a special ingredient in your box! These wholewheat mini tortillas are not only tasty but also very nutritious, and their high fibre content helps keep you regular.

Utensils

Large bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Chickpeas (pack)	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	45	90	135	180	225	270
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	45	90	135	180	225	270
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh mint* (g)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	25	50	75	100	125	150
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper						to taste
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2799 / 669	479 / 114
Total fat (g)	32	6
of which saturated (g)	14,3	2,4
Carbohydrates (g)	64	11
of which sugars (g)	16,6	2,8
Fibre (g)	22	4
Protein (g)	22	4
Salt (g)	2,1	0,4

Allergens

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



1. Prepare

Chop the **onion** and crush or **mince** the **garlic**. Drain and rinse the **chickpeas**. Pull the **mint leaves** off the stems and then chop them into thin ribbons. Prepare the stock (see tip).

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



4. Finish the chickpeas

Add the **coconut milk** and the stock. Allow the sauce to thicken and reduce for 4 - 6 minutes over medium heat, stirring occasionally. Squash the **chickpeas** gently with the back of a spoon if preferred. Season to taste with **salt and pepper**.



2. Make the yogurt sauce

In a small bowl, combine the yogurt with half of the chopped **mint** and some **extra virgin olive oil** as preferred. Season to taste with **salt and pepper**.



5. Make the salad

Slice the **cucumber** into thin crescents. In a large bowl, combine the **white wine vinegar** with the **honey** and **extra virgin olive oil**. Season to taste with **salt and pepper**, then add the **lettuce** and **cucumber**. Toss well to combine with the dressing. Meanwhile, heat the **mini tortillas** in the oven for 2-3 minutes (see Tip).

Tip: if you would prefer softer tortillas, wrap them in foil and heat for the same amount of time.



3. Fry the chickpeas

Preheat the oven to 200°C (see Tip). Melt the **butter** in a frying pan over medium heat and fry the **onion** with the **garlic** for 3 - 5 minutes. Add the **Korean-style spices**, **tomato paste** and **chickpeas** and fry for 1 - 2 minutes, or until fragrant.

Tip: you will heat the tortillas in the oven later on, however you can alternatively use a frying pan if preferred.



6. Serve

Fill the **tortillas** with some of the **cucumber** salad and the **chickpeas**. Top with the **yogurt** sauce and serve the rest of the **cucumber** salad alongside.. Garnish with the **gomashio** and the rest of the **mint**.

Enjoy!



Naked Cheeseburger Bowl

with croutons, salad & smoky mayo

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Tomato



Onion



Iceberg lettuce



Smoky tomato ketchup



White ciabatta



Mini beef-pork burger



Grated Red Leicester



Smoked paprika



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

Contrary to what you might think, the tomato is not a vegetable but a fruit, or more precisely, it's a variety of fruit.

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, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Iceberg lettuce* (head)	¼	½	¾	1	1¼	1½
Smoky tomato ketchup* (g)	30	60	90	120	150	180
White ciabatta (unit(s))	½	1	1½	2	2½	3
Mini beef-pork burger* (unit(s))	2	4	6	8	10	12
Grated Red Leicester* (g)	15	25	40	50	65	75
Smoked paprika (tsp)	1	2	3	4	5	6
From your pantry						
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
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)	2845 /680	646 /154
Total fat (g)	45	10
of which saturated (g)	11,9	2,7
Carbohydrates (g)	41	9
of which sugars (g)	14,2	3,2
Fibre (g)	5	1
Protein (g)	26	6
Salt (g)	2,5	0,6

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Dice half of the **onion** and chop the rest into half rings.
- In a bowl, combine the **red wine vinegar** with the **sugar**.
- Add the diced **onion** and season to taste with **salt and pepper**. Mix well and set aside, stirring occasionally.

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



2. Make the croutons

- Cut the **ciabatta** into 1cm cubes. In a bowl, combine the croutons with a light drizzle of olive oil and the **smoked paprika**. Season with **salt and pepper**.
- Transfer the croutons to a parchment-lined baking sheet and bake in the oven for 4 - 6 minutes or until golden-brown.
- Dice the **tomato** and roughly shred the **lettuce**.



3. Fry the burgers

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **onion** rings and mini **burgers** for 4 - 6 minutes, turning halfway.
- In the meantime, combine the **smoky ketchup**, **mayonnaise**, **mustard** and **honey** with the pickled **onion**.
- Mix well to combine, then season to taste with salt and pepper.



4. Serve

- Serve the shredded **lettuce** on plates.
- Top with the diced **tomato**, croutons, mini **burgers** and fried **onion**.
- Drizzle over the sauce and garnish with the **cheese**.

Enjoy!



Mediterranean-Style Scrambled Eggs

with Greek-style cheese & potato wedges

Family Veggie

Total time: 40 - 50 min.



Potatoes



[Persian] cucumber



Tomato



Scallions



Mesclun



Egg



Greek-style cheese



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

Scrambled eggs for dinner? Why not? This vitamin-rich dish can be used as a tasty base for any meal.

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, salad bowl, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
[Persian] cucumber* (unit(s))	½	1	1¾	2	2¾	3
Tomato (unit(s))	1½	3	4	6	7	9
Scallions* (bunch)	¼	¼	½	½	¾	¾
Mesclun* (g)	20	40	60	80	100	120
Egg* (unit(s))	2	4	6	8	10	12
Greek-style cheese* (g)	50	100	150	200	250	300

From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2987 / 714	406 / 97
Total fat (g)	43	6
of which saturated (g)	17,5	2,4
Carbohydrates (g)	51	7
of which sugars (g)	7,5	1
Fibre (g)	11	1
Protein (g)	32	4
Salt (g)	1,9	0,3

Allergens

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



1. Fry the potatoes

Peel or thoroughly wash the **potatoes** and then cut into wedges. Heat the **sunflower oil** in a wok or deep frying pan over medium-high heat and fry the **potatoes** for 20 minutes, covered. Remove the lid and fry for a further 5 - 10 minutes. Toss regularly, seasoning to taste with **salt and pepper**.



4. Fry the vegetables

Melt the **butter** in a frying pan over medium-high heat and fry the **scallions** with the rest of the **tomato** for 3 - 4 minutes.



2. Chop the vegetables

In the meantime, slice the **cucumber** into crescents and finely chop the **scallions**. Dice the **tomato** and crumble the **Greek-style cheese**.

Did you know... 🌱 this recipe provides over 300g of vegetables!



5. Scramble the eggs

In a bowl, beat the **eggs** and season with **salt and pepper**. Transfer to the frying pan along with the rest of the **Greek-style cheese**, then scramble the **eggs** until done.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.



3. Make the salad

In a salad bowl, combine the **extra virgin olive oil** with the **white wine vinegar**. Season to taste with **salt and pepper**, then add the **cucumber** and the **mesclun**, along with half each of the **Greek-style cheese** and **tomato**.



6. Serve

Serve the scrambled **eggs** on plates with the **potato** wedges, salad and **mayonnaise**.

Enjoy!



Dahl with Crispy Chickpeas & Naan

with coconut milk, spinach & lime

Plant-Based

Total time: 35 - 45 min.



Onion



Fresh ginger



Carrot



Curry powder



Tomato paste



Coconut milk



Red split lentils



Spinach



Naan bread with herbs



Lime



Yellow carrot



Chickpeas



African-inspired
spice mix



Fresh coriander



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

You'll serve this dish with herby naan bread. Try using it to scoop up the flavourful dahl for the perfect bite!

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large deep frying pan with lid, microplane, sieve, kitchen paper

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Carrot* (unit(s))	1	1	2	2	3	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Red split lentils (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Naan bread with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Yellow carrot* (unit(s))	1	1	1	2	2	3
Chickpeas (pack)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	3201 /765	394 /94
Total fat (g)	36	4
of which saturated (g)	16,2	2
Carbohydrates (g)	76	9
of which sugars (g)	16,2	2
Fibre (g)	26	3
Protein (g)	24	3
Salt (g)	1,9	0,2

Allergens

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

2024-W41



1. Prepare

Preheat the oven to 180°C and prepare the stock. Chop the **onion** and finely grate the **ginger**. Dice the **carrots** into 1cm chunks (see Tip).

Tip: be sure to finely dice the carrots, otherwise they will take longer to cook.



4. Roast the chickpeas

Drain and rinse the **chickpeas**, then pat them dry with kitchen paper. Transfer to a bowl along and add the rest of the African-inspired **spices**. Drizzle with the **olive oil** and season with **salt and pepper**, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 15-20 minutes.



2. Make the dahl

Heat the **sunflower oil** in a large deep frying pan over medium-high heat. Fry the **onion** with the **carrot** and ginger for 2 - 3 minutes, then stir in the **curry powder**, the **tomato paste** and half of the **African-inspired spices**. Fry for 2 more minutes, then add the **coconut milk** and the stock and bring to a boil.



5. Finish

Bake the naan for 3 - 4 minutes, then cut into triangles. Finely chop the **coriander** and cut the **lime** into six wedges. When the dahl is done, squeeze in one **lime** wedge per person. Mix well and season to taste with salt and pepper.



3. Add the lentils

Add the **lentils** and season with **salt and pepper**, then cover with the lid. Allow the dahl to cook for 10 minutes, covered, then add the **spinach**. Mix well and cook for another 10 minutes, or until the **lentils** are done. Add a splash of water if the dahl seems too dry.

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.



6. Serve

Serve the dahl in bowls and top with the crispy **chickpeas**. Garnish with the **coriander**. Serve with the naan and the rest of the **lime wedges**.

Enjoy!



Mozzarella Meatloaf with Homemade Fries

with tomato sauce, green beans & Sicilian-style herbs

Family

Total time: 40 - 50 min.



Potatoes



Garlic



Panko breadcrumbs



Onion



Green beans



Mozzarella



Sicilian-style herb mix



Tomato paste



Beef-pork mince with Italian herbs



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You'll give this meatloaf an extra crunch with panko, a Japanese breadcrumb with a large grain and a coarse texture.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large bowl, oven dish, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Green beans* (g)	150	300	600	600	900	900
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	⅓	⅔	1	1⅓	1⅔	2
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600

From your pantry

Sugar (tsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Low sodium beef 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)	3636 /869	500 /119
Total fat (g)	42	6
of which saturated (g)	16,5	2,3
Carbohydrates (g)	73	10
of which sugars (g)	13,1	1,8
Fibre (g)	16	2
Protein (g)	43	6
Salt (g)	2,4	0,3

Allergens

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1. Make the fries

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness. Transfer to a bowl and drizzle with olive oil. Add half of the **Sicilian herbs** and season with **salt and pepper**, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 35 minutes or until golden-brown, tossing halfway.



2. Make the meatloaf

Crush or mince the **garlic** and transfer to a large bowl. Add the **mince, panko**, the rest of the **Sicilian herbs** and the water (see pantry for amount). Season generously with **salt and pepper**, then knead well to combine. Shape into a meatloaf and transfer to an oven dish. Bake in the oven for 25 minutes, then set aside until step 5.



3. Make the sauce

Meanwhile, prepare the stock and chop the **onion** into thin half rings. Heat a drizzle of **olive oil** in a frying pan over medium-high heat and fry the **onion** for 6 - 8 minutes. Deglaze with the **balsamic vinegar**, then add the **sugar**, the **tomato paste** and the stock. Allow to reduce for 5 - 8 minutes over low heat, seasoning to taste with **salt and pepper**.



4. Boil the green beans

Discard the tips of the **green beans** and then cut in half. Transfer to a pot or saucepan and cover with a shallow layer of water. Add a pinch of **salt** and cover with the lid, then bring to the boil and allow to cook gently for 6 - 8 minutes. Drain and set aside.

Did you know... 🌱 green beans are high in potassium, which helps maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which help us feel more energised.



5. Finish the meatloaf

Tear the **mozzarella** into small pieces. Spread the **tomato sauce** over the **meatloaf**, then top with the **mozzarella**. Return to the oven for 2 - 3 minutes, or until the **mozzarella** has melted (see Tip).

Tip: bake the meatloaf for another 5 - 10 minutes as needed if it's not done yet.



6. Serve

Slice the meatloaf and serve on plates with the fries and **green beans** alongside. Drizzle with the **tomato sauce** from the oven dish to finish.

Enjoy!



Crispy Fish Tacos

with crunchy vegetables & smoky mayonnaise

Family Nice & Fast

Total time: 25 - 30 min.



[Persian] cucumber



Carrot



Panko breadcrumbs



Mexican-style spices



Mini tortillas



Radicchio & iceberg lettuce



Smoked paprika



Mayonnaise



Basa fillet



Onion



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Panko breadcrumbs are larger than regular breadcrumbs. This gives them an extra crunchy texture after frying.

Before you begin

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Utensils

Aluminum foil, bowl, deep plate, kitchen paper, peeler or cheese slicer, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Smoked paprika (tsp)	½	1	1½	2	2½	3
Mayonnaise* (g)	50	75	100	150	175	225
Basa fillet* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
Sugar (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[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)	3611 /863	594 /142
Total fat (g)	49	8
of which saturated (g)	12,4	2
Carbohydrates (g)	69	11
of which sugars (g)	16,1	2,6
Fibre (g)	8	1
Protein (g)	32	5
Salt (g)	2	0,3

Allergens

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



1. Prepare

- Preheat the oven to 180°C.
- Slice the **onion** into half rings. Use a peeler or **cheese slicer** to shave the **carrot** and **cucumber** into thin ribbons.
- In a bowl, combine the sugar with the white **wine vinegar** and a pinch of **salt**.
- Add the **onion** and vegetable ribbons, then mix well to combine. Set aside until serving, stirring occasionally.

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



3. Make the sauce

- Meanwhile, wrap the **tortillas** in aluminium foil and warm in the oven for 3 - 4 minutes.
- In a small bowl, combine the rest of the **mayonnaise** with the **smoked paprika** and season to taste with **salt and pepper**.



2. Fry the fish

- On a deep plate, combine the **panko** with the **Mexican-style spices*** and season with **salt and pepper**.
- Pat the fish dry with kitchen paper and then cut into thirds.
- Coat the fish with a third of the mayonnaise and then coat it with the **panko**.
- Melt the butter in a frying pan over medium-high heat and fry the fish for 3 - 5 minutes until evenly golden-brown.

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



4. Serve

- Spread the **tortillas** with the **paprika** mayonnaise and then fill with the **lettuce**, some of the quick-pickled vegetables and the crispy fish.
- Serve the rest of the vegetables alongside.

Enjoy!