



# Greek-Style Shrimp Orzo

with feta, eggplant & parsley

Calorie Smart

Total time: 30 - 40 min.



Garlic



Onion



Eggplant



Tomato



Dried oregano



Tomato paste



Orzo



Feta



Fresh flat leaf  
parsley & basil



Marinated shrimp



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

Did you know that oregano is one of the most commonly used herbs worldwide? For example, oregano is a fixture in both Mediterranean and Mexican cuisine.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Casserole with lid, grill or frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	1	2	3	4	5	6
Eggplant* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Dried oregano (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato paste (can)	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Feta* (g)	25	50	75	100	125	150
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Marinated shrimp* (g)	80	160	240	320	400	480
From your pantry						
[Low sodium] vegetable stock (ml)	175	350	525	700	875	1050
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)	2874 / 687	427 / 102
Total fat (g)	30	4
of which saturated (g)	7,9	1,2
Carbohydrates (g)	72	11
of which sugars (g)	17,6	2,6
Fibre (g)	9	1
Protein (g)	28	4
Salt (g)	2,8	0,4

Allergens

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



Prepare

- Prepare the stock.
- Chop the **onion** and crush or mince the **garlic**. Dice the **eggplant** into 1cm cubes.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **orzo** for 1 - 2 minutes, seasoning with salt and pepper, then remove from the pan and set aside.



Cook the orzo

- Stir in the **tomato**, **parsley**, **tomato paste** and the stock, then add the **orzo** and mix well to combine.
- Cover with the lid and allow to cook for 12 - 15 minutes, stirring regularly (see Tip). Season to taste with salt and pepper.
- Meanwhile, dice the **feta** and cut the **basil** into ribbons.

**Tip:** Add more water as necessary if the orzo becomes too dry.



Fry the eggplant

- Add another drizzle of olive oil to the pan, then fry the **garlic** and **onion** for 2 minutes.
- Stir in the **eggplant** and **oregano**, then fry for 6 - 8 minutes.
- Meanwhile, finely chop the **parsley** and dice the **tomato**.



Serve

- Heat a drizzle of olive oil in a frying pan or grill pan over medium high heat. Fry the **shrimp** for 1 - 2 minutes per side.
- Serve the **orzo** on plates and top with the **shrimp** and the **feta**.
- Drizzle with the cooking juices from the pan, then garnish with the **basil**.

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

Enjoy!





# Creamy Courgette Lasagne

with fresh pasta sheets & spinach

Family Veggie

Total time: 55 - 65 min.



Courgette



Onion



Garlic



Fresh oregano



Spinach



Cooking cream



Grana Padano flakes



Fresh lasagne sheets



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

Did you know that eating less meat has health benefits? For example, it contributes to a lower risk of cardiovascular disease.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet with baking paper, bowl, oven dish, whisk, 2x wok or sautépan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh oregano* (g)	2½	5	7½	10	12½	15
Spinach* (g)	100	200	300	400	500	600
Cooking cream (g)	100	200	300	400	500	600
Grana Padano flakes* (g)	20	40	60	80	100	120
Fresh lasagne sheets* (g)	100	200	300	400	500	600
From your pantry						
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
[Low sodium] vegetable stock (ml)	250	500	750	1000	1250	1500
[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)	3427 / 819	444 / 106
Total fat (g)	42	5
of which saturated (g)	19,9	2,6
Carbohydrates (g)	79	10
of which sugars (g)	11,4	1,5
Fibre (g)	6	1
Protein (g)	27	3
Salt (g)	2,3	0,3

Allergens

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



Slice the courgette

Preheat the oven to 220°C and prepare the stock. Slice the **courgette** into rounds of 0.5cm thickness.



Roast the courgette

Transfer the **courgette** to a bowl and drizzle generously with olive oil. Season with salt and pepper, then toss well to coat (see Tip). Transfer the **courgette** to a parchment-lined baking sheet and roast in the oven for 10 minutes. In the meantime, chop the **onion** and crush or **mince** the **garlic**. Pull the **oregano** leaves off the stems and finely chop the leaves.

**Tip:** to save time washing up, you can also do this directly on the baking sheet.



Make the roux

Melt the butter in a wok or deep frying pan over medium-high heat. Fry the **onion** and **garlic** for 2 minutes, then whisk in the flour. Pour in a third of the stock and whisk continuously to incorporate, then repeat twice more with the rest of the stock so as to make a smooth sauce. Bring to a boil, then allow to thicken and reduce for 1 - 2 minutes (see Tip). Season the sauce taste with black pepper.

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



Finish the sauce

Stir the **oregano** and **spinach** into the sauce and allow the **spinach** to wilt and reduce. Add the **cooking cream** and a third of the **cheese**, then season with salt and pepper and cook for 2 - 3 more minutes. Grease an oven dish with butter or olive oil. Cut the **lasagne sheets** as necessary according to the size of the oven dish.

**Did you know...** 🌱 *spinach is a great source of iron, which helps us feel more energised. If you don't eat meat, it's important to be mindful of your iron intake. As well as spinach and other leafy greens, other good sources of iron include nuts, seeds, tofu and pulses.*



Assemble the lasagne

Transfer a shallow layer of sauce to the oven dish. Top with **lasagne sheets** and press down (see Tip). Top the **lasagne sheets** with a layer of sauce, then arrange some of the **courgette** slices on top. Repeat so as to use all the ingredients, reserving some sauce for the top.

**Tip:** this will help the sauce spread evenly and the lasagne will cook more quickly.



Serve

Top with a final layer of sauce and scatter over the rest of the **cheese**. Bake the **lasagne** for 30 - 35 minutes, then allow to stand for 3 minutes before serving.

Enjoy!





# Sausage Linguine with Harissa

with Parmigiano Reggiano, Romano pepper & fresh basil

Family

Total time: 35 - 45 min.



Romano pepper



Garlic



Onion



Fresh basil



Parmigiano Reggiano



Farmer's sausage



Linguine



Dried oregano



Harissa



Chopped tomatoes  
with basil



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 and weigh your fresh fruits and vegetables.

Utensils

Fryingpan with lid, grater, pan with lid

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano* (unit(s))	½	1	¾	1	1¾	2
Farmer’s sausage* (unit(s))	1	2	3	4	5	6
Linguine (g)	90	180	270	360	450	540
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Harissa* (g)	10	15	25	30	40	45
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
From your pantry						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3452 /825	651 /156
Total fat (g)	34	7
of which saturated (g)	10,3	1,9
Carbohydrates (g)	87	16
of which sugars (g)	19,8	3,7
Fibre (g)	9	2
Protein (g)	36	7
Salt (g)	3,3	0,6

Allergens

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



Prepare

- Cut the **Romano pepper** into rings. Chop the **onion** and crush or mince the **garlic**. Cut the **basil** leaves into thin ribbons.
- Heat half of the olive oil in a frying pan over medium-high heat and fry the **Romano pepper** for 6 - 7 minutes.
- Season to taste with salt and pepper, then remove from the pan and set aside.

Did you know... 🌿 as well as vitamin C, Romano peppers are also high in vitamin E, which protects our cells and organs. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



Boil the linguine

- In the meantime, boil plenty of water in a pot or saucepan. Cook the **linguine** for 11 - 13 minutes, covered, then drain and set aside.
- Meanwhile, heat the rest of the olive oil in the same frying pan, then fry the **garlic** and **onion** for 2 minutes.



Make the sauce

- Cut open the **sausages** and squeeze the **meat** out of the skin directly into the pan. Fry for 2 minutes, using a spatula to break up the **sausage meat** as you do so.
- Lower the heat and add the **chopped tomatoes, oregano, harissa, red wine vinegar** and sugar.
- Cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the **Parmigiano Reggiano** in the meantime.



Serve

- Transfer the **linguine** and half of the **Romano pepper** to the sauce and mix well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the **linguine** on plates and top with the rest of the **Romano pepper**.
- Garnish with the **basil** and the **Parmigiano Reggiano**.

Enjoy!





# Marinated Chicken Breast in Creamy Mushroom Sauce

with rice, broccoli & gomashio

Family Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Mushrooms



White long grain rice



Gomashio-herb mix



Chicken breast with Mediterranean herbs



Cooking cream



Onion



Broccoli



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

You will give the chicken breast in this dish an original twist by adding the gomashio-herb mix: a seasoning made using sesame seeds and green herbs.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Casserole with lid, pan, tall-sided pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	125	250	375	500	625	750
White long grain rice (g)	75	150	225	300	375	450
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Broccoli* (g)	100	200	360	400	560	600
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Low sodium] chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water for the sauce (ml)	25	50	75	100	125	150
Mustard (tsp)	1	2	3	4	5	6

Salt & pepper to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2833 / 677	516 / 123
Total fat (g)	26	5
of which saturated (g)	9,8	1,8
Carbohydrates (g)	70	13
of which sugars (g)	7,7	1,4
Fibre (g)	8	1
Protein (g)	37	7
Salt (g)	2,2	0,4

Allergens

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



Prepare

Boil plenty of water for the **rice** and **broccoli**. Quarter the **mushrooms** and chop the **onion**. Cut the head of the **broccoli** into florets and dice the stem.

**Did you know...** 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.



Make the sauce

To the **mushrooms**, add the **cream** and the mustard, then pour in the water and crumble in the stock cube (see pantry for amounts). Allow the sauce to reduce for 5 minutes (see Tip). Transfer the **chicken breast** to the sauce, then cover with the lid and allow to cook for a further 8 - 12 minutes.

**Tip:** stir the sauce regularly and taste as you go. If the sauce is too thin, increase the heat and remove the lid so as to allow the sauce to reduce further. If it is too thick, add an extra splash of water as needed.



Fry the mushrooms

Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** with the **mushrooms** for 4 - 6 minutes or until the **onion** is soft and translucent, stirring regularly (see Tip). Season to taste with salt and pepper.

**Tip:** mushrooms absorb a lot of liquid during cooking, therefore it may seem as if they are burning - but trust the process and refrain from adding extra oil.



Boil the rice and broccoli

Boil the **rice** for 5 - 6 minutes, covered, then add the **broccoli** and cook for a further 5 - 7 minutes. Drain and set aside.



Sear the chicken

Heat a drizzle of olive oil in a frying pan over medium-high heat. Sear the **chicken breast** for 3 - 5 minutes until evenly browned.



Serve

Serve the **rice** and **broccoli** on plates and garnish with the **gomashio-herb mix**. Top with the **chicken** and creamy **mushroom** sauce.

Enjoy!





# Peruvian-Spiced Portobello with Fried Egg

inspired by Saltado, over rice with spicy yogurt sauce

Veggie

Total time: 50 - 60 min.



Sweet potato



Egg



Portobello mushroom



Garlic



White long grain rice



Onion



Peruvian-style spice mix



Tomato



Soy sauce



Worcestershire sauce



Green chili pepper



Yogurt dressing



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

Portobello is a true superfood, not only in nutritional value but also in size: they are loaded with vitamin B and can be 15 cm wide!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet with baking paper, bowl, casserole, high-sided bowl, pan, stick blender, tall-sided pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Egg* (unit(s))	1	2	3	4	5	6
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Worcestershire sauce (ml)	5	10	15	20	25	30
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Yogurt dressing* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tsp)	1	2	3	4	5	6
[Low sodium] vegetable stock (ml)	20	40	60	80	100	120
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3423 /818	585 /140
Total fat (g)	34	6
of which saturated (g)	7	1,2
Carbohydrates (g)	102	17
of which sugars (g)	16,9	2,9
Fibre (g)	8	1
Protein (g)	20	3
Salt (g)	2,1	0,4

Allergens

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



Prepare

Preheat the oven to 200°C and prepare the stock. Wash or peel the **sweet potato** and slice into 1cm thick fries. Transfer to a bowl along with two-thirds of the Peruvian **spices** and then drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Bake in the oven for 30 - 40 minutes or until evenly browned, tossing halfway.



Allow to simmer

Add the vegetable stock and the **Worcestershire sauce** along with some **soy sauce** as preferred, then allow to simmer for 3 - 4 minutes or until most of the liquid has evaporated.



Boil the rice

Bring plenty of water to the boil in a pot or saucepan. Cook the **rice** for 12 - 15 minutes, then drain and set aside. Slice the **onion** into half rings and crush or mince the **garlic**. Slice the **portobello mushroom** and dice the **tomato**.



Make the sauce

Deseed and finely chop the **green chili pepper**.\* Transfer the yoghurt dressing to a tall container along with the **chili pepper**, white wine vinegar and the rest of the **garlic**. Add a drizzle of olive oil and season with salt and pepper, then use an immersion blender to process into a smooth sauce. Melt the butter in a frying pan and then fry the **egg**.

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



Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** with two-thirds of the **garlic** and the rest of the Peruvian **spices** for 1 - 2 minutes. Add the **portobello** and **tomato** and continue cooking for 3 - 4 minutes.



Serve

Shortly before serving, stir the **sweet potato** into the **portobello** stew. Serve with the **rice** and top with the fried **egg**. Serve the **yogurt** sauce alongside.

Enjoy!





# Mushroom-Pepper Flatbread Pizzas

with mozzarella & Middle Eastern-style spices

Family Veggie Nice & Fast

Total time: 25 - 35 min.



Garlic



Mushrooms



Romano pepper



Mozzarella



Passata



Lebanese flatbread



Dried oregano



Grated mature cheese



Middle Eastern spice mix



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

Oregano is essential in every Italian herb mix and is also known as the pizza herb. Did you know that the flavor of oregano intensifies when you dry it?

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet with baking paper, bowl, tall-sided pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Romano pepper* (unit(s))	½	1	2	2	3	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Grated mature cheese* (g)	25	50	75	100	125	150
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3075 /735	622 /149
Total fat (g)	28	6
of which saturated (g)	14,3	2,9
Carbohydrates (g)	85	17
of which sugars (g)	9,9	2
Fibre (g)	8	2
Protein (g)	34	7
Salt (g)	2,1	0,4

Allergens

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



Prepare

Preheat the oven to 200°C. Crush or mince the **garlic**.



Chop the vegetables

Slice the **mushrooms** and cut the **Romano pepper** into thin rings. Tear the **mozzarella** into small pieces.

*Did you know... 🍄 mushrooms are a great source of vitamin B2, which helps keep you energised. Vitamin B2 is most commonly found in animal products, so if you follow a vegetarian or vegan diet it's good to eat mushrooms regularly so as to prevent deficiency.*



Fry the vegetables

Heat the olive oil in a frying pan over high heat and fry the **mushrooms** with the **Romano pepper** for 3 – 4 minutes.



Make the sauce

Meanwhile, in a bowl combine the **passata** with the **garlic** and the Middle Eastern-style **spices**. Season with salt and pepper.



Bake the pizzas

Spread the **tomato** sauce over the flatbreads and top with the **mushrooms**, **Romano pepper**, **grated cheese** and **mozzarella**. Sprinkle with **oregano**, then transfer to a parchment-lined baking sheet and bake in the oven for 5 - 6 minutes (see Tip).

*Tip: if you can't bake all of the pizzas at once, you can do it in batches. Decorate the next batch of pizzas while the others are already in the oven.*



Serve

Serve the pizzas on plates and drizzle with extra virgin olive oil as preferred.

Enjoy!





# Fusion Risotto with Miso Mushrooms & Pak Choi

with gomashio, cream cheese & chili pepper

Calorie Smart Veggie

Total time: 35 - 45 min.



Risotto rice



Onion



Garlic



White miso paste



Cream cheese



Pre-cut mushroom mix



Pak choi



Gomashio



Red chili pepper



Korean-style spice mix



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

Miso is a Japanese seasoning with a typical umami flavour. Umami in Japanese means savoury or deliciousness and is 1 of the 5 basic flavours.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Pan with lid, tall-sided pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (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
White miso paste (g)	15	25	40	50	65	75
Cream cheese* (g)	25	50	75	100	125	150
Pre-cut mushroom mix* (g)	90	175	260	350	435	525
Pak choi* (unit(s))	0.5	1	2	2	3	3
Gomashio (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Low sodium] mushroom or vegetable stock (ml)	100	200	300	400	500	600
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2439 /583	501 /120
Total fat (g)	24	5
of which saturated (g)	14,7	3
Carbohydrates (g)	72	15
of which sugars (g)	6,3	1,3
Fibre (g)	6	1
Protein (g)	13	3
Salt (g)	2,9	0,6

Allergens

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



Prepare

Prepare the stock and then add an extra 200ml water per person. Chop the **onion** and crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**.\* Cut any larger **mushrooms** in half. Remove and discard the base of the **pak choi** and then finely chop, making sure to keep the stem and leaves separate.

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



Fry the pak choi

Melt the rest of the butter in the same frying pan over medium-high heat. Fry the **pak choi** stems for 1 - 2 minutes, then add the leaves and fry for 1 more minute.



Make the risotto

Melt a third of the butter in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 1 minute, then stir in the **risotto rice** and toast the grains for 1 minute. Pour in a third of the stock and allow to slowly incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 25 - 30 minutes. Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Finish the risotto

Take the risotto off the heat and stir in the **pak choi**, **cream cheese** and Korean-style **spices**. Season to taste with pepper.



Fry the mushrooms

Melt another third of the butter in a frying pan over medium-high heat. Fry the **mushrooms** for 3 minutes, then add the **red chili pepper** and fry for 2 - 3 more minutes. Take the pan off the heat, then stir in the **miso paste**\* and transfer to a bowl. Set aside until ready to serve.

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



Serve

Serve the risotto in deep plates, topped with the **miso mushrooms**. Garnish with the **gomashio**.

Enjoy!





# Brie & Caramelised Onion Sandwich

with onion chutney & potato-apple salad

Veggie Nice & Fast

Total time: 20 - 30 min.



Potatoes



White demi-baguette



Brie



Apple



Onion chutney



Onion



Arugula & lamb's lettuce



Cucumber



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

In this dish, you serve brie on a baguette. You'll enjoy French cuisine, but at your kitchen table. Vive la France!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet with baking paper, pan with lid, salad bowl, tall-sided pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
White demi-baguette (unit(s))	1	2	3	4	5	6
Brie* (g)	50	100	150	200	250	300
Apple* (unit(s))	½	1	1	2	2	3
Onion chutney* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Cucumber* (unit(s))	½	1	1	1	2	2
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3904 /933	582 /139
Total fat (g)	31	5
of which saturated (g)	15,4	2,3
Carbohydrates (g)	134	20
of which sugars (g)	24,9	3,7
Fibre (g)	15	2
Protein (g)	26	4
Salt (g)	3,7	0,6

Allergens

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



Prepare

- Preheat the oven to 200°C. Cut the **potatoes** in half or any larger ones into quarters. Transfer to a pot or saucepan, then cover with water and crumble in the stock cube (see pantry for amount). Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside. Slice the **onion** into half rings in the meantime.



Fry the onion

- Melt the butter in a frying pan over medium-high heat and fry the **onion** for 3 - 5 minutes. Deglaze with the balsamic vinegar, then stir in the **onion chutney** and fry for 2 - 3 minutes. Core and slice the **apple**. Cut the **cucumber** into crescents. Cut the **brie** into 0.5cm thick slices.



Make the sandwich

- Cut open the **baguette** and transfer to a parchment-lined baking sheet. Spread the bottom half with the mustard and top with the **brie**. Top the other half with the caramelised **onion**, then bake in the oven for 5 -8 minutes or until the **brie** has melted.



Serve

- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil and then season to taste with salt and pepper. Add the **lettuce**, **apple**, **cucumber** and **potatoes**, then toss well to combine with the dressing.
- Close the **baguettes** and then cut in half. Serve the sandwiches on plates with the **potato** salad alongside.

Did you know... 🍏 apple contains the fibre pectine, which contributes to gut health. This is good for your cholestrol and your immune system.

Enjoy!





# Fast Pasta with a Mexican-Inspired Twist

with pork, cheese & sour cream

Family Nice & Fast

Total time: 20 - 30 min.



Farmer's mincemeat



Mexican-style spices



Onion



Garlic



Courgette



Penne



Passata



Corn



Grated mature cheese



Organic sour cream



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

Courgettes are actually fruits, but are often treated as vegetables. They are low in calories and rich in vitamin C and fibre, making them a healthy choice for a variety of meals!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Casserole with lid, pan

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))	¼	½	¾	1	1¼	1½
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
Corn (g)	70	140	140	210	280	350
Grated mature cheese* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150

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)	3648 / 872	654 / 156
Total fat (g)	37	7
of which saturated (g)	14,7	2,6
Carbohydrates (g)	88	16
of which sugars (g)	17,1	3,1
Fibre (g)	6	1
Protein (g)	42	7
Salt (g)	2,8	0,5

Allergens

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



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-style 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**.

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



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 fry for 4 more minutes, then stir in the **passata**.
- Cover with the lid and allow to cook for 2 - 4 minutes.

Did you know... 🌱 *Onion is a good source of vitamin C, which helps your body to absorb iron.*



Combine the pasta with the sauce

- Add the pasta to the sauce along with the **mince**, **corn** 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.



Serve

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

Enjoy!





# Miso Mushroom Ramen with a Jammy Egg

with pak choi, carrot & scallions

Veggie Nice & Fast

Total time: 25 - 35 min.



Mushrooms



Garlic



Scallions



East Asian-style sauce



Egg



Mie noodles



Pak choi



Carrot



White miso paste



Ginger paste



Sesame oil



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

Pak choy contains a lot of folic acid, also known as vitamin B11. This vitamin is essential for the production of red blood cells, which in its turn produces energy!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Large wok or sautépan with lid, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mushrooms* (g)	65	125	190	250	315	375
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	⅓	⅔	1	1⅓	1¾	2
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Egg* (unit(s))	1	2	3	4	5	6
Mie noodles (g)	50	100	150	200	250	300
Pak choi* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	1	2	2
White miso paste (g)	15	25	40	50	65	75
Ginger paste* (g)	5	10	15	20	25	30
Sesame oil (ml)	5	10	15	20	25	30
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tsp)	1	2	3	4	5	6
[Low sodium] mushroom or vegetable stock (ml)	400	800	1200	1600	2000	2400
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2435 /582	301 /72
Total fat (g)	30	4
of which saturated (g)	7,6	0,9
Carbohydrates (g)	55	7
of which sugars (g)	12,4	1,5
Fibre (g)	6	1
Protein (g)	20	2
Salt (g)	5,6	0,7

Allergens

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



Prepare

- Boil plenty of water in a saucepan for the eggs and prepare the stock.
- Cut the **carrot** into very thin matchsticks of around 2mm.
- Quarter the **mushrooms** and crush or mince the **garlic**.
- Remove the base of the **pak choi** and cut the rest into thick strips.



Cook the noodles

- Boil the **eggs** for 6 - 8 minutes (see Tip). Rinse the **eggs** under cold water, then peel and cut in half.
- Add the stock, **noodles** and **pak choi** to the vegetables and mix well.
- Cover with the lid and allow to simmer for 4 minutes or until the **noodles** are cooked, then remove from the heat.
- Shortly before serving, stir in the **sesame oil**.

*Tip: boil the **egg** for 6 minutes if you'd prefer it to be soft boiled. For a hard boiled **egg**, boil for 10 minutes.*



Fry the aromatics

- Heat the sunflower oil and butter in a large wok or deep frying pan over medium-high heat.
- Fry the **garlic** with the **ginger** paste for 1 - 2 minutes or until fragrant.
- Chop the **scallions** into rings, keeping the white part separate from the greens.
- Add the **carrot** to the wok along with the **mushrooms** and the white part of the **scallion**, then fry for 4 minutes until they begin to soften. Stir in the **East Asian-style sauce** and the **miso paste\*** and fry for 2 more minutes.
- \*Take care, this ingredient is salty! Add gradually as preferred.



Serve

- Serve the ramen in bowls or deep plates and top with the **egg**. Garnish with the **scallion** greens.

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

Enjoy!





# Creamy Pollock Penne

in tomato mascarpone sauce with parsley

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Penne



Pollock



Onion



Mascarpone



Tinned cherry tomatoes



Fresh flat leaf parsley



Italian seasoning



Garlic



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

Pollock is rich in iodine. This is good for your thyroid, your metabolism and for children's growth. So, eating enough fish is key!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, large sautépan with lid, pan, tall-sided pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Pollock* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Mascarpone* (g)	25	50	75	100	125	150
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
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)	2807 /671	571 /137
Total fat (g)	22	5
of which saturated (g)	9,6	2
Carbohydrates (g)	79	16
of which sugars (g)	14,5	3
Fibre (g)	4	1
Protein (g)	36	7
Salt (g)	1,4	0,3

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- In a bowl, combine half of the Italian herbs with a light drizzle of olive oil and then season with salt and pepper. Add the fish and toss well to coat, then set aside until further use.
- Slice the onion into half rings and crush or mince the garlic.
- Boil the pasta for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.



Fry the fish

- Heat another light drizzle of olive oil in a frying pan and fry the marinated fish for 4 - 5 minutes, or until done. In the meantime, stir the **mascarpone** into the sauce and allow to reduce for 2 - 3 minutes. Add the pasta to the sauce along with 1 - 2 tbsp pasta water per person (see Tip). Mix well to combine and season with plenty of salt and pepper. Finely chop the **parsley** in the meantime.

Tip: add more pasta water if necessary.



Make the sauce

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



Serve

- Use a spatula to break the fish into smaller pieces. Stir the fish into the pasta and sauce, then serve on plates. Garnish with the **parsley** to finish.

Did you know... 🍷 *tinned cherry tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 250g of vegetables!*

Enjoy!





# Veggie Schnitzel Strips over Garlic-Ginger Rice

with quick-pickled slaw, East Asian-style sauce & gomashio

Nice & Fast

Total time: 25 - 35 min.



Carrot



Chopped  
sweetheart cabbage



Basmati rice



Scallions



Gomashio



East Asian-style sauce



Vegan schnitzel



Garlic



Ginger paste



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

Basmati rice originates from northern India and its unique flavour has been treasured there for centuries. A perfect touch to this recipe!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, grater, pan with lid, saucepan, tall-sided pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Basmati rice (g)	75	150	225	300	375	450
Scallions* (bunch)	½	1	1½	2	2½	3
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
From your pantry						
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	180	360	540	720	900	1080
Sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[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)	3870 /925	557 /133
Total fat (g)	42	6
of which saturated (g)	5,3	0,8
Carbohydrates (g)	109	16
of which sugars (g)	30,4	4,4
Fibre (g)	13	2
Protein (g)	21	3
Salt (g)	4,1	0,6

Allergens

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



Prepare

- Boil the water in a pot, or use a kettle to save time (see pantry for amount). Crush or mince the **garlic**. Chop the **scallions** into thin rings and keep the white part separate from the greens. Grate the **carrot**.
- In a bowl, combine the sugar and white wine vinegar with some salt and pepper. Add the **carrot** and the **sweetheart cabbage** (see Tip). Toss well to combine and then keep in the fridge until serving.

**Tip:** if necessary, chop the sweetheart cabbage into smaller pieces before adding it to the carrot.



Fry the schnitzel

- Heat the sunflower oil in a frying pan over medium-high heat and fry the **vegan schnitzel** for 3 minutes per side. Take the **schnitzel** out of the pan and cut it into strips. In the meantime, combine the mayo with the **East Asian-style sauce** and 1 tsp water per person.



Cook the rice

- Heat the olive oil in a pot or saucepan over medium-high heat. Fry the **garlic** with the **ginger** paste and the white part of the **scallion** for 1 - 2 minutes. Add the **rice** to the pan along with the boiling water, then crumble in the stock cube (see pantry for amount). Bring to a boil, then lower the heat and cook the **rice** for 10 minutes, covered. Remove from the heat when finished and set aside until ready to serve.



Serve

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

**Did you know...** 🌱 sweetheart cabbage is packed with nutrients; it is a great source not only of calcium, but also of iron and vitamin C.

Enjoy!





# Salad with Giant Couscous & Avocado Dip

with Greek-style cheese, tomato & coriander

Calorie Smart

Veggie

Nice & Fast

Total time: 15 - 20 min.



Onion



Tomato



Giant couscous



Lemon-infused olive oil



Pumpkin seeds



Lamb's lettuce



Greek-style cheese



Avocado dip



Fresh flat leaf parsley  
& chives



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

Did you know that giant couscous originated in the 1950s to replace rice, a scarce product at the time?

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Pan with lid, salad bowl, tall-sided 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
Giant couscous (g)	75	150	225	300	375	450
Lemon-infused olive oil (ml)	4	8	12	16	20	24
Pumpkin seeds (g)	10	20	30	40	50	60
Lamb's lettuce* (g)	40	60	80	100	140	160
Greek-style cheese* (g)	40	75	100	125	175	200
Avocado dip* (g)	40	80	120	160	200	240
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
From your pantry						
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Honey (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2803 /670	762 /182
Total fat (g)	35	10
of which saturated (g)	10,3	2,8
Carbohydrates (g)	64	17
of which sugars (g)	10,1	2,7
Fibre (g)	7	2
Protein (g)	22	6
Salt (g)	2	0,6

Allergens

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



Prepare

- Boil 300ml water per person in a pot or saucepan and crumble in the stock cube (see pantry for amount). Boil the **giant couscous** for 12 - 14 minutes, covered, stirring occasionally so as to prevent it from sticking. Drain when finished and rinse under cold water.



Toast the pumpkin seeds

- Chop the **onion** as finely as possible. Dice the **tomato** and finely chop the fresh herbs. Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop. Remove from the pan and set aside.

Did you know... 🌱 pumpkin seeds contain the most magnesium and phosphorus out of all nuts and seeds. Magnesium helps keep muscles healthy, while phosphorus is good for bones and teeth.



Combine the couscous with the vinaigrette

- Heat the olive oil in the same frying pan and fry the **onion** for 3 - 4 minutes. In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar, the honey and the **lemon-infused olive oil**. Transfer the **giant couscous** and **onion** to the bowl and mix well to combine with the vinaigrette.



Serve

- Transfer the **tomato**, the fresh herbs and the **lamb's lettuce** to the **giant couscous** and mix well to combine. Season to taste with salt and pepper. Serve the **giant couscous** salad on plates and top with the **avocado dip**. Cumble over the **Greek-style cheese** and garnish with the **pumpkin seeds**.

Enjoy!





# Nasi with Chicken & Sweet Chili Sauce

Indonesian-style fried rice with peanut sauce & crispy onions

Nice & Fast

Total time: 15 - 20 min.



Quick-cook brown rice



Nasi-bami spice mix



Chicken thigh strips



Vegetable mix:  
pepper, leek,  
cabbage and carrot



Soy sauce



Sweet chili sauce



Crispy fried onions



Fresh celery leaves



East Asian-style sauce



Peanut sauce



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

Store unopened soy sauce in the pantry. Has your soy sauce has been opened? Then store it in the fridge. This way it will keep for the longest time.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Pan, tall-sided pan, wok or sautépan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Soy sauce (ml)	10	20	30	40	50	60
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Crispy fried onions (g)	15	30	45	60	75	90
Fresh celery leaves* (g)	5	10	15	20	25	30
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Peanut sauce* (g)	40	80	120	160	200	240
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
[Low sodium] chicken 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)	3674 /878	706 /169
Total fat (g)	37	7
of which saturated (g)	10	1,9
Carbohydrates (g)	98	19
of which sugars (g)	33,8	6,5
Fibre (g)	10	2
Protein (g)	32	6
Salt (g)	4,9	1

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the **rice** for 10 minutes over medium-high heat, then drain and set aside.



Make the nasi

- Stir in the **rice**, **celery** leaves, **nasi-bami spices**, **soy sauce**, **East Asian-style sauce** and the rest of the ketjap (see Tip).
- Fry over high heat for 2 - 3 minutes, leaving it mostly undisturbed. Season to taste with salt and pepper.

Tip: if you're watching your salt intake, use just half of the soy sauce.



Fry the vegetables

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **chicken thigh strips** for 6 - 8 minutes until done, seasoning with salt and pepper.
- During the final minute of cooking, transfer the **sweet chilli sauce** and half of the ketjap to the frying pan. Mix well to combine. Remove from the pan and set aside.
- Meanwhile, heat another drizzle of sunflower oil in a wok or deep frying pan over medium heat and fry the **vegetable mix** for 5 - 6 minutes. Finely chop the **celery** leaves in the meantime.



Serve

- In the meantime, heat the **peanut sauce** in the frying pan from the **chicken** over medium-high heat until warm.
- Serve the nasi on deep plates, topped with the **peanut sauce** and the **chicken**.
- Garnish with the crispy fried **onions**.

Did you know... 🍷 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.

Enjoy!





# Chicken Piccata with Roasted Baby Potatoes

with carrot, beetroot & a twist of lemon

Total time: 45 - 55 min.



Beetroot



Carrot



Baby potatoes



Garlic



Dried thyme



Onion



Lemon



Fresh curly parsley



Chicken breast



Capers



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

Piccata is an Italian dish, in which sliced fish or meat is prepared in a sauce of lemon, butter and capers.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, baking sheet with baking paper, deep plate, fryingpan with lid, grater, large bowl, peeler

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Baby potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Chicken breast* (unit(s))	1	2	3	4	5	6
Capers* (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	1	2	3	4	5	6
[Low sodium] vegetable stock cube (unit(s))	⅛	¼	⅓	½	¾	¾
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mayonnaise	to taste					
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3059 / 731	479 / 115
Total fat (g)	33	5
of which saturated (g)	11,7	1,8
Carbohydrates (g)	71	11
of which sugars (g)	14	2,2
Fibre (g)	15	2
Protein (g)	35	6
Salt (g)	1,5	0,2

Allergens

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



Prepare

Preheat the oven to 200°C (see Tip). Peel the **beetroot** and cut it in half, then into long, 1cm thick wedges. Quarter the **carrots** lengthways. Cut the **baby potatoes** in half or any larger ones into quarters. Crush or **mince** the **garlic**.

*Tip: for the best results we recommend using a fan oven, however you can alternatively just preheat the oven to 230°C. The cooking time remains unchanged.*



Roast the vegetables

Transfer the **beetroot**, **carrot**, **potatoes** and half of the **garlic** to a large bowl and drizzle with the olive oil. Add the **thyme** and toss well to coat, then transfer to a parchment-lined baking sheet. Roast in the oven for 30 - 40 minutes or until done, tossing halfway.

*Did you know... 🌱 if you love 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 not just a healthy choice but also a sustainable one.*



Fry the chicken

Transfer the flour to a deep plate. Season the **chicken breast** with salt and pepper and then coat it with the flour. Melt a knob of butter in a frying pan over medium-high heat and fry the **chicken breast** for 3 - 4 minutes per side. Remove from the pan and set aside under aluminium foil.



Fry the onion

In the meantime, finely chop the **onion**. Zest the **lemon** and then juice a quarter per person. Cut the rest of the **lemon** into wedges and roughly chop the **parsley**. Melt another knob of butter in the same pan and fry the **onion** with the rest of the **garlic** for 1 - 2 minutes.



Make the sauce

Add the water and crumble in the stock cube (see pantry for amounts). Stir in the **capers** and 1 tsp each of **lemon** zest and juice, then cook gently for 3 - 4 minutes, covered. Return the **chicken** to the pan and add the **parsley**, then cook for 1 - 2 more minutes.



Serve

Serve the **potatoes** and vegetables on plates with the **chicken** in its sauce. Serve with the mayonnaise as preferred, along with any remaining **lemon** wedges.

Enjoy!





# Kapsalon with a Mexican-Inspired Twist

with tomato salsa & avocado dip

Veggie

Total time: 50 - 60 min.



Sweet potato



Mexican-style spices



Red kidney beans



Corn



Onion



Red chili pepper



Garlic



Fresh coriander



Lime



Tomato



Grated cheddar



Organic sour cream



Avocado dip



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

This dish is a lot more nutritious than you're used to from kapsalon. You get a whopping 75% of the recommended daily amount of fibre!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet with baking paper, 2x bowl, small bowl, tall-sided pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	300	450	600	750	1050	1200
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Red kidney beans (pack)	½	1	1½	2	2½	3
Corn (g)	70	140	210	285	350	425
Onion (unit(s))	¼	½	¾	1	1¼	1½
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (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
Tomato (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	15	25	40	50	65	75
Organic sour cream* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240

From your pantry						
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					
<i>*store in the fridge</i>						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3234 / 773	493 / 118
Total fat (g)	40	6
of which saturated (g)	12,1	1,8
Carbohydrates (g)	75	11
of which sugars (g)	23,5	3,6
Fibre (g)	18	3
Protein (g)	21	3
Salt (g)	2	0,3

Allergens

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



Make the sweet potato wedges

Preheat the oven to 220°C. Wash the **sweet potato** and cut into wedges, then transfer to a bowl along with 1 tsp **Mexican-style spices** per person.\* Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake for 30 – 35 minutes or until golden-brown, tossing halfway (see Tip).

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

**Tip:** the wedges can burn easily, therefore be sure to keep a close eye on them and lower the oven temperature if necessary.



Make the guacamole

Dice the **tomato**. In a small bowl, combine the **avocado dip** with the **red chili pepper**, **onion** and **garlic** (see Tip). Add a third of the **coriander** and 0.5 tbsp each per person of **lime** juice and extra virgin olive oil. Season to taste with salt and pepper and mix well. In another small bowl, combine the **tomato** with the white balsamic vinegar, another third of the **coriander** and the rest of the extra virgin olive oil. Season to taste with salt and pepper and mix well.

**Tip:** if you don't like raw onion or raw garlic, add them both to the baking sheet in the following step while adding the corn.



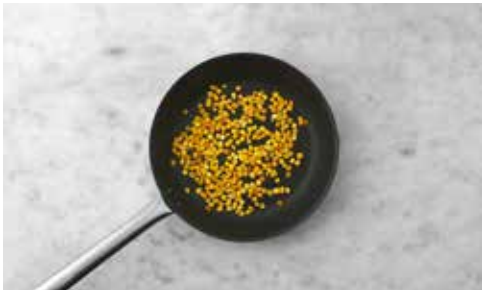
Add the beans

Drain the **kidney beans** and transfer to a bowl along with the rest of the **Mexican spices**. Lightly drizzle with olive oil and season with salt and pepper, then mix well to combine. Spread the **kidney beans** over the **sweet potato** wedges during the final 5 minutes of cooking time.



Melt the cheddar

Add the **corn** to the baking sheet and mix well to combine with the **kidney beans** and **sweet potato** wedges. Scatter over the **cheddar**, then return to the oven for another 3 – 5 minutes or until the **cheddar** has melted.



Prepare the toppings

Drain the **corn**. Melt a knob of butter in a frying pan over medium-high heat and fry the **corn** for 2 - 3 minutes with a pinch of salt. Meanwhile, finely mince the **onion**. Deseed and finely chop the **red chili pepper**\*. Crush or mince the **garlic** and roughly chop the **coriander**. Juice half of the **lime** and cut the other half into wedges.

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



Serve

Serve the loaded **sweet potato** wedges on plates along with the **avocado dip**, salsa and **sour cream**. Garnish with the rest of the **coriander** and **lime** wedges.

**Did you know...** 🌱 this recipe not only provides almost 75% of the RDA of fibre, but is also high in protein thanks to the kidney beans, sweet potato, avocado and corn.

Enjoy!





# Cheesy Pasta Bake

with creamy vegetables & panko topping

Family Veggie

Total time: 35 - 45 min.



Cooking cream



Fresh thyme



Grated Red Leicester



Panko breadcrumbs



Lemon



Vegetable mix  
with mushrooms



Garlic



Orecchiette



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

Orecchiette is a typical pasta from Puglia, a region in southern Italy. They get their name from their shape, which resembles small ears.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, bowl, casserole, oven dish, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cooking cream (g)	75	150	225	300	375	450
Fresh thyme* (g)	5	10	15	20	25	30
Grated Red Leicester* (g)	50	75	100	150	175	225
Panko breadcrumbs (g)	15	25	40	50	65	75
Lemon* (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Orecchiette (g)	90	180	270	360	450	540
From your pantry						
[Low sodium] vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3498 /836	541 /129
Total fat (g)	39	6
of which saturated (g)	18,4	2,8
Carbohydrates (g)	90	14
of which sugars (g)	11,9	1,8
Fibre (g)	10	1
Protein (g)	28	4
Salt (g)	2,1	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Crush or mince the **garlic**.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **garlic** for 1 minute.
- Stir in the **vegetable mix** and fry for 2 - 3 more minutes.



Mix the pasta

- Quarter the **lemon** and juice one quarter per person into a small bowl.
- To the vegetables, add the **cream**, the stock and the pasta, along with half of the **cheese** and 0.5 tbsp **lemon** juice per person. Season to taste with salt and pepper.
- Mix well to combine and then transfer to an oven dish.
- Cover with aluminium foil, then bake in the oven for 15 minutes. Discard the foil and mix well, then return to the oven for 10 more minutes.



Bake the pasta

- Discard the **thyme** stalks and finely chop the leaves.
- In a bowl, combine the **panko** with the rest of the **cheese** and a drizzle of extra virgin olive oil. Season to taste with salt and pepper.
- Stir the pasta again, then top with the **panko** mixture. Return to the oven for 5 - 7 minutes or until the topping is golden-brown and crispy.



Serve

- Allow the pasta bake to rest for at least 5 minutes before serving.
  - Serve the pasta with the rest of the **lemon** wedges.
- Did you know... 🍄 *mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.*

Enjoy!





# Loaded Baked Potato with Cheese & Bacon

with sour cream, Romano pepper & salad

Calorie Smart

Total time: 55 - 65 min.



Potatoes



Romano pepper



Bacon lardons



Little gem



Fresh chives



Grated mature cheese



Organic sour cream



Onion



Cucumber



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

The little brother of romaine is little gem, whose slightly sweeter flavour and firmer bite suit this dish perfectly!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, baking sheet, bowl, salad bowl, saucepan, tall-sided pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Romano pepper* (unit(s))	½	1	2	2	3	3
Bacon lardons* (g)	50	75	100	125	175	200
Little gem* (unit(s))	1	2	3	4	5	6
Fresh chives* (g)	2½	5	7½	10	12½	15
Grated mature cheese* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	¾	1	1¾	2
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	2½	5	7½	10	12½	15
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2828 /676	458 /110
Total fat (g)	38	6
of which saturated (g)	16,5	2,7
Carbohydrates (g)	59	10
of which sugars (g)	17	2,8
Fibre (g)	11	2
Protein (g)	20	3
Salt (g)	1,5	0,2

Allergens

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



Bake the potato

Preheat the oven to 210°C. Wash or peel the **potatoes** and then dice them (see Tip). On a baking sheet, prepare a 30cm square of aluminium foil per person. Transfer the **potatoes** to the foil and add the butter. Season to taste with salt and pepper, then fold the foil around the **potatoes** so as to tightly seal. Bake the **potatoes** in the oven for 30 - 35 minutes.

*Tip: dicing the potatoes will help them bake more quickly.*



Make the salad

In a salad bowl, combine the extra virgin olive oil with the rest of the white balsamic vinegar, then season to taste with salt and pepper. Shortly before serving, add the **lettuce**, **cucumber** and half of the **chives** and toss well to combine with the dressing.



Pickle the Romano peppers

Cut the **Romano peppers** into thin rings. Place a saucepan over medium-high heat and add (per person) 2 tbsp each of water and white balsamic vinegar, along with the sugar and a generous pinch of salt. Bring to a boil, then reduce the heat and add the **Romano peppers**. Allow to cook gently over a low heat for 20 minutes, or until step 6.

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



Finish the potatoes

In a bowl, combine three quarters of the **grated cheese** with the **sour cream** and the rest of the **chives**. Season to taste with salt and pepper. Open the foil parcels and spread this mixture over the **potatoes**, then top with the rest of the **cheese**. Return to the oven for another 4 - 6 minutes or until golden-brown (see Tip).

*Tip: does your oven have a broiling function? Turn this on so as to allow the potatoes to turn golden-brown.*



Chop the vegetables

Slice the **onion** into half rings. Heat a clean frying pan over medium-high heat and fry the **onion** with the **bacon lardons** for 3 - 4 minutes, then remove from the pan and set aside. In the meantime, finely chop the **lettuce**. Slice the **cucumber** into crescents and finely chop the **chives**.



Serve

Serve the **potatoes** on plates and top with the **bacon** and **onion**. Serve with the **Romano pepper** and the salad.

Enjoy!





# Wholewheat Spaghetti in Roasted Pepper Sauce

with goat's cheese, courgette & fresh basil

Family

Calorie Smart

Veggie

Total time: 50 - 60 min.



Bell pepper



Courgette



Sicilian-style herb mix



Garlic



Onion



Fresh basil



Fresh goat's cheese



Wholewheat spaghetti



Passata



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

Passata di pomodoro is made from fresh, ripe tomatoes that are cooked and then strained. It makes the perfect base for pasta sauces.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Aluminum foil, baking sheet with baking paper, casserole, high-sided bowl, pan, stick blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Fresh goat's cheese* (g)	50	100	150	200	250	300
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2853 /682	484 /116
Total fat (g)	26	4
of which saturated (g)	11,1	1,9
Carbohydrates (g)	78	13
of which sugars (g)	18,2	3,1
Fibre (g)	14	2
Protein (g)	26	4
Salt (g)	1,4	0,2

Allergens

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



Roast the vegetables

Preheat the oven to 220°C. Quarter and deseed the **bell pepper** and then dice the **courgette**. Transfer both to a parchment-lined baking sheet and drizzle with olive oil. Scatter over a third of the **Sicilian-style herbs**, then toss well to combine. Cover the vegetables loosely with aluminium foil, then roast in the oven for 15 - 20 minutes. Remove the foil and then return to the oven for a further 10 minutes.



Make the sauce

Transfer the **roasted bell pepper** to a tall container and use an immersion blender to process into a smooth sauce. Transfer this to the frying pan along with the roasted **courgette**. Season to taste with salt and pepper and leave to simmer for another 4 - 6 minutes over medium heat.



Boil the spaghetti

Boil plenty of water in a pot or saucepan for the **spaghetti**. In the meantime, chop the **onion** and crush or mince the **garlic**. Roughly chop the **basil** and crumble the **goat's cheese**. Boil the **spaghetti** for 10 - 12 minutes until done, then drain and set aside.



Finish

Transfer the **spaghetti** to the sauce and mix well to combine.

**Did you know...** 🍆 bell peppers are a good source of vitamin E. This antioxidant protects our cells from free radicals, which are harmful substances produced by UV radiation and air pollution.



Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** with the rest of the **Sicilian herbs** for 2 minutes. Deglaze with the **passata**, balsamic vinegar and water (see pantry for amount). Lower the heat and allow to simmer gently for 6 - 8 minutes.



Serve

Serve the **spaghetti** on plates. Top with the **goat's cheese** and garnish with the **basil**.

Enjoy!





# Bulgur Bowl with Steak Strips

with green beans & fresh herbs

Calorie Smart

Total time: 30 - 40 min.



Bulgur



Onion



Garlic



Fresh basil, chives  
& flat leaf parsley



Green beans



Middle Eastern  
spice mix



Steak strips



Bell pepper



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

Did you know that bulgur is made of wheat grains? First they are steamed, dried and then cracked. The result is a whole grain product full of fibre, iron and B-vitamins.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, casserole with lid, pan with lid, salad bowl, tall-sided pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Green beans* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	⅓	⅔	1	1⅓	1¾	2
Steak strips* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Low sodium] vegetable stock (ml)	175	350	525	700	875	1050
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)	2566 /613	405 /97
Total fat (g)	21,7	3,4
of which saturated (g)	3,8	0,6
Carbohydrates (g)	60,4	9,5
of which sugars (g)	9,6	1,5
Fibre (g)	16,8	2,6
Protein (g)	36,1	5,7
Salt (g)	1,7	0,3

Allergens

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



Prepare the bulgur

Prepare the stock in a pot or saucepan and then boil the **bulgur** for 10 - 12 minutes, covered. Stir regularly and then set aside when done.

*Did you know... 🍌 on average, most of us only get around 60% of the RDA of fibre. Thanks to the bulgur and 250g of vegetables, this recipe alone already provides more than half of the RDA! Fibre is essential for gut health, cholesterol and our immune system.*



Prepare the marinade

In the meantime, finely chop the **chives, basil and flat leaf parsley**, but keep them separate. Set the **chives** aside for the salad. In a bowl, combine a generous drizzle of olive oil with the white wine vinegar, **basil, parsley** and the rest of the **garlic**. Season generously with salt and pepper, then transfer the **steak strips** to the bowl and mix well to combine.



Prepare the vegetables

Cut the **bell pepper** into strips and slice the **onion** into half rings. Crush or mince the **garlic**. Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the **bell pepper, onion** and half of the **garlic** for 12- 15 minutes or until soft. Stir regularly so as to ensure the vegetables don't burn.



Fry the steak strips

In the meantime, heat a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak strips** in their marinade for 1 minute until evenly browned and still a little rare if preferred (see Tip).

*Tip: be sure to not fry the steak strips too long, as this can make the meat tough and chewy.*



Fry the green beans

Remove the tips of the **green beans** if necessary (see Tip). Add the **green beans** and the **Middle Eastern spices** to the pan during the final 10 minutes of cooking time.

*Tip: the tips of green beans can sometimes be tough, so be sure to remove and discard these.*



Serve

Transfer the **bulgur** and vegetables to a salad bowl. Add the **chives**, season to taste with salt and pepper and mix well to combine. Serve on plates and top with the **steak strips**. Drizzle any remaining cooking juices over the salad for extra flavour.

Enjoy!





# Tomato Soup with Italian Vegetables

with homemade cheese straws, crème fraîche & basil crème

Veggie

Total time: 35 - 45 min.



Puff pastry



Grated mature cheese



Dried thyme



Garlic



Sicilian-style herb mix



Basil crème



Organic crème fraîche



Bay leaf



Italian vegetable mix



Passata



Chopped tomatoes  
with basil



Tomato paste



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

Today, you can easily make your own cheese straws by twisting 2 strips of puff pastry around each other. If there is a little cook in the house, you can ask them to help!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet with baking paper, soup pan with lid

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Grated mature cheese* (g)	15	25	40	50	65	75
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Garlic (unit(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Basil crème* (ml)	10	15	24	30	39	45
Organic crème fraîche* (g)	25	50	75	100	125	150
Bay leaf (unit(s))	1	1	2	2	3	3
Italian vegetable mix* (g)	100	200	300	400	500	600
Passata (g)	100	200	300	390	500	590
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Honey (tsp)	1	2	3	4	5	6
Water (ml)	250	500	750	1000	1250	1500
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4163 /995	472 /113
Total fat (g)	62	7
of which saturated (g)	29,6	3,4
Carbohydrates (g)	82	9
of which sugars (g)	32,2	3,7
Fibre (g)	10	1
Protein (g)	20	2
Salt (g)	6,3	0,7

Allergens

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



Prepare

Preheat the oven to 200°C. Crush or mince the **garlic**.

**Tip:** keep the puff pastry in the fridge until you are ready to use it, so as to ensure it doesn't stick together.



Make the cheese straws

Cut the **puff pastry** in half. Spread the **cheese** and **thyme** over one half and season with salt and pepper. Place the other half on top, press together carefully, then cut downwards into long strips of around 2cm width. Hold one of the strips at both ends and carefully twist one end several times so as to make a **cheese** straw. Repeat this for the rest of the strips, then transfer to a parchment-lined baking sheet and bake for 13 - 15 minutes.



Prepare the soup

Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the **garlic** for 1 minute, then add the **vegetable mix** and **tomato paste** and fry for 2 minutes. Add the **passata** and **chopped tomatoes** and fry for another 1 - 2 minutes. Add the honey and the water, then crumble in the stock cube (see pantry for amounts). Finally, add the **bay leaf** and **Sicilian herbs**, mix well and then allow the soup to simmer gently for 15 - 20 minutes over low heat.



Finish the soup

Remove the **bay leaf** from the soup, then taste and season with salt and pepper as needed. Add some more water if the sauce is too thick for your liking.

**Did you know...** 🍏 this recipe contains over 400g vegetables per serving thanks in part to the passata, which contains around the same amount of vitamins, minerals and fibre as fresh vegetables.



Garnish the soup

Take the soup off the heat and serve in bowls or deep plates. Garnish with the **basil crème** and the **crème fraîche**.



Serve

Serve the **tomato** soup with the **cheese** straws alongside (see Tip).

**Tip:** are you watching your calorie intake? Serve half of the cheese straws and keep the rest for tomorrow.

Enjoy!





# Veggie Nuggets with Parsley & Caper Potatoes

with a tomato & cucumber salad

Calorie Smart

Total time: 30 - 40 min.



Baby potatoes



Cucumber



Tomato



Onion



Fresh curly parsley



Garlic



Lemon



Vegan nuggets



Capers



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

The vegan nuggets have as much flavour and bite as the meat version, but they are 100% plant-based!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Large salad bowl, pan, tall-sided pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	¾	1	1¼	1½
Fresh curly parsley* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Vegan nuggets* (unit(s))	5	10	15	20	25	30
Capers* (g)	10	20	30	40	50	60
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Mayonnaise	to taste					
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2858 /683	489 /117
Total fat (g)	33	6
of which saturated (g)	13,9	2,4
Carbohydrates (g)	78	13
of which sugars (g)	14,3	2,4
Fibre (g)	16	3
Protein (g)	15	3
Salt (g)	2	0,3

Allergens

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



Boil the baby potatoes

Boil plenty of water in a pot or saucepan. Wash the **baby potatoes** and cut any larger ones in half. Boil the **potatoes** for 12 - 15 minutes, then drain and set aside.



Chop the vegetables

Slice the **cucumber** into thin crescents. Cut the **tomato** into wedges and slice the **onion** into thin half rings. Finely chop the **parsley** and crush or mince the **garlic**. Cut half of the **lemon** into wedges and juice the rest.



Make the salad

In a large salad bowl, combine the extra virgin olive oil with the sugar and mustard, along with 0.5 tbsp **lemon** juice per person. Season to taste with salt and pepper. Add the **cucumber**, **tomato** and **onion** and toss well to combine.



Fry the nuggets

Melt a third of the butter in a frying pan over medium-high heat. Fry the **veggie nuggets** for 6 - 8 minutes or until done, then remove from the pan and set aside.



Fry the baby potatoes

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



Serve

Serve the **potatoes** on plates with the **veggie nuggets** and the salad. Garnish with the rest of the **parsley** and the **lemon** wedges. Serve with the mayo alongside.

Did you know... 🌿 parsley is very high in iron; per gram it contains three times as much as steak, which means even the relatively small amount of parsley in this recipe contributes to a healthy iron intake.

Enjoy!





# Tex-Mex Style Pizza

with avocado, corn & Greek-style cheese

Family Veggie

Total time: 30 - 40 min.



Pizza dough



Avocado



Passata



Corn



Onion



Grated mature cheese



Mexican-style spices



Greek-style cheese



Garlic



Lime



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

Compared with other fruits, avocado is high in protein. For instance, while a pear contains 1 gram of protein, a whole avocado contains as much as 6 grams.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Baking sheet with baking paper, colander, tall-sided pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	390	500	590
Corn (g)	70	140	285	285	425	425
Onion (unit(s))	¼	½	¾	1	1¼	1½
Grated mature cheese* (g)	15	25	40	50	65	75
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Olive 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)	4151 /992	739 /177
Total fat (g)	42	8
of which saturated (g)	12,2	2,2
Carbohydrates (g)	115	21
of which sugars (g)	16	2,9
Fibre (g)	11	2
Protein (g)	30	5
Salt (g)	4,4	0,8

Allergens

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



Make the sauce

- Preheat the oven to 200°C.
- Crush or mince the **garlic** and slice the **onion** into half rings (see Tip).
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **garlic** with the **Mexican-style spices\*** and the **passata** for 4 - 5 minutes. Season to taste with salt and pepper.

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

**Tip:** if you don't like raw onion, use it as a topping for the pizza in step 2.



Bake the pizza

- Roll out the **pizza dough** onto a parchment-lined baking sheet and spread with the **tomato** sauce.
- Top with the **grated cheese**, then bake in the oven for 13 - 15 minutes.



Prepare the toppings

- Drain the **corn**.
- Halve and pit the **avocado**, then remove the skin and slice the flesh (see Tip).
- Crumble the **Greek-style cheese** and cut the **lime** into wedges.

**Tip:** 🥑 this meal is high in calories. Are you watching your calorie intake? Serve half of the avocado with the pizza and then save the rest for tomorrow.



Serve

- Take the pizza out of the oven and top with the **corn**, **onion**, **avocado** and **Greek-style cheese**.
- Squeeze over the juice of 1 **lime** wedge per person.
- Serve the pizza on plates with the rest of the **lime wedges**.

**Did you know...** 🥑 tinned vegetables such as corn also contribute to your vegetable intake. Corn is a good source of magnesium, which plays an important role in muscle and bone health.

Enjoy!





# Pork Tenderloin in Orange Sauce

with vadouvan Brussels sprouts & mashed potatoes

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Pork tenderloin



Brussels sprouts



Pistachio nuts



Vadouvan



Potatoes



Easy peel orange



Garlic



Onion



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

Brussels sprouts are named after the Belgian city of Brussels. This vegetable is not originally from this area, but it owes its name to the fact that they used to be cultivated around there.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Pan, potato masher, tall-sided pan, wok or sautépan, grater, small bowl, aluminium foil

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Brussels sprouts* (g)	200	400	600	800	1000	1200
Pistachio nuts (g)	10	20	30	40	50	60
Vadouvan (sachet(s))	¼	½	¾	1	1¼	1½
Potatoes (g)	200	400	600	800	1000	1200
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
[Low sodium] beef stock cube (unit(s))	⅛	¼	⅓	½	¾	¾
Honey (tsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt & pepper	to taste					

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2887 /690	415 /99
Total fat (g)	28	4
of which saturated (g)	11,2	1,6
Carbohydrates (g)	68	10
of which sugars (g)	19,9	2,9
Fibre (g)	20	3
Protein (g)	36	5
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Thoroughly wash the **potatoes** and then cut them into rough pieces.
- Transfer to a pot or saucepan and submerge with water, then boil the **potatoes** for 12 - 15 minutes. Drain and set aside.
- Wash the **Brussels sprouts** in the meantime, then remove the stems and halve the sprouts. Slice the **onion** into half rings and crush or mince the **garlic**.
- Melt a knob of butter in a frying pan over medium-high heat and fry the **pork tenderloin** for 5 - 8 minutes until evenly browned.



Make the orange sauce

- Add the **onion** to the **pork tenderloin** and fry for 4 - 5 minutes, then remove the **pork** from the pan. Allow to rest under aluminium foil until serving.
- Zest the **orange** and then juice it into a small bowl.
- Stir the **orange** juice and the honey into the **onions**, along with half a teaspoon of **orange** zest per person
- Pour in the water, then bring to a boil and crumble in the stock cube (see pantry for amounts). Mix well to combine.



Fry the Brussels sprouts

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the **Brussels sprouts** for 6 - 8 minutes, stirring regularly (see Tip).
- Stir the **garlic** into the **sprouts** during the final minute of cooking, along with the **vadouvan**. Season to taste with salt and pepper.

*Tip: the Brussels sprouts will be cooked al dente. If you'd prefer them to be softer, add a splash of water to the pan and cover with the lid. Allow to steam for 3 - 4 minutes.*



Serve

- Mash the **potatoes** with a knob of butter and a splash of milk as preferred. Season generously with salt and pepper.
- Serve the mashed **potatoes** and **vadouvan Brussels sprouts** on plates.
- Serve with the **pork tenderloin** and top with the **orange** sauce.
- Garnish with the **pistachios**.

*Did you know...* 🌱 Brussels sprouts are high in calcium (for strong bones and teeth), iron (for healthy energy levels), vitamin E (for a strong immune system) and fibre (for gut health).

Enjoy!