



Hamburger with Potato Wedges

with mushrooms & mesclun salad

Calorie Smart

Total time: 35 - 45 min.



Potatoes



Onion



Mushrooms



Mesclun



Fresh rosemary



Hamburger from Meatier



[Persian] cucumber



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

Did you know that rosemary originates from the coasts around the Mediterranean Sea? Naturally, the plant grows close to the coast, hence its name means 'sea dew'.

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, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	125	250	400	400	650	650
Mesclun* (g)	20	40	60	90	100	130
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	1	1	2	2

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (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)	2736 /654	417 /100
Total fat (g)	35	5
of which saturated (g)	13,7	2,1
Carbohydrates (g)	54	8
of which sugars (g)	10,6	1,6
Fibre (g)	12	2
Protein (g)	29	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. Prepare

Take the **burger** out of the fridge and allow it to reach room temperature. Thoroughly wash the **potatoes** and cut them into wedges. Slice the **onion** into half rings. Discard the **rosemary** stalks and roughly chop the leaves.



2. Fry the wedges

Heat the sunflower oil in a deep frying pan over medium-high heat. Fry the **potato wedges** with the **rosemary** for 20 - 25 minutes, covered, tossing regularly. Remove the lid and season to taste with salt and pepper, then continue frying for 10 more minutes until done. Slice the **mushrooms** in the meantime.



3. Make the salad

Slice the **cucumber**. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, honey and mustard, then season to taste with salt and pepper. Transfer the **cucumber** and **mesclun** to the salad bowl and toss well to combine with the dressing.



4. Fry the vegetables

Melt half of the butter in a frying pan over medium-high heat. Fry the **onion** with the **mushrooms** for 7-9 minutes, seasoning to taste with salt and pepper.



5. Fry the burger

Melt the rest of the butter in another frying pan over medium-high heat. Fry the **burger** for 3 - 4 minutes per side, seasoning to taste with salt and pepper.



6. Serve

Serve the **burger** with the **potato wedges**. Serve the fried vegetables and the salad alongside.

Enjoy!

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.



Linguine with Homemade Spinach Pesto

with roasted cherry tomatoes & pecorino

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Linguine



Red cherry tomatoes



Garlic



Fresh basil



Lemon



Spinach



Chopped cashews



Arugula



Grated Pecorino DOP



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

Today, you'll prepare a variation of pesto by mixing spinach, basil, pecorino and cashew nuts to make a homemade spinach pesto.

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

Tall container, oven dish, pot or saucepan, immersion blender, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	150	200	250	300
Chopped cashews (g)	10	20	30	40	50	60
Arugula* (g)	20	40	60	80	100	120
Grated Pecorino DOP* (g)	20	40	60	80	100	120
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3464 / 828	899 / 215
Total fat (g)	47	12
of which saturated (g)	11	2,9
Carbohydrates (g)	76	20
of which sugars (g)	10	2,6
Fibre (g)	8	2
Protein (g)	24	6
Salt (g)	1	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.
- Boil plenty of salted water in a pot or saucepan.
- Halve the **cherry tomatoes** and crush or mince the **garlic**. Pull the **basil** leaves off the stems and juice the **lemon**.
- Boil the **linguine** for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.



3. Make the spinach pesto

- Transfer the **spinach**, **garlic**, **basil** and **cashews** to a tall container, along with half of the **cheese**.
- Add the extra virgin olive oil, then (per person) 1 tbsp **lemon juice** and 0.5 tbsp pasta water. Use an immersion blender to process into a smooth **pesto**. Taste and season with salt and pepper as needed.
- Stir as much of the **spinach pesto** as you'd like into the pasta and mix well to combine (see Tip).

Tip: the rest of the pesto can be used as a salad dressing or on a sandwich the next day.



2. Roast the cherry tomatoes

- Transfer the **cherry tomatoes** to an oven dish and drizzle with the olive oil and balsamic vinegar.
- Season generously with salt and pepper and roast in the oven for 12-15 minutes.
- Heat a clean frying pan over medium-high heat and toast the **cashews** until lightly golden-brown, then remove from the pan and set aside.
- In the same pan, fry the **spinach** for 3 - 4 minutes or until wilted.



4. Serve

- Serve the **arugula** on plates and top with the **linguine** and the **cherry tomatoes**.
- Drizzle with the cooking juices from the oven dish.
- Garnish with the rest of the **cheese**.

Enjoy!



Tartiflette with Camembert & Bacon

French classic with creamy potatoes & side salad

Calorie Smart

Total time: 40 - 50 min.



Potatoes



Onion



Garlic



Bacon lardons



Camembert



Nutmeg



Tomato



Lamb's lettuce



Bell pepper



Organic crème fraîche



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

Tartiflette is from the Savoie. Its name comes from the word tartifle, which means potato in the local dialect of this French Alpine region.

Before you begin

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

Utensils

Deep frying pan, microplane, oven dish, pot or saucepan, salad bowl

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
Garlic (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	75	100	125	150
Camembert* (g)	40	80	120	160	200	240
Nutmeg (pinch)	1	2	3	4	5	6
Tomato (unit(s))	½	1	1½	2	2½	3
Lamb's lettuce* (g)	30	60	90	120	150	180
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Organic crème fraîche* (g)	25	50	75	100	125	150
From your pantry						
White wine vinegar (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
[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)	2879 /688	524 /125
Total fat (g)	47	9
of which saturated (g)	22,9	4,2
Carbohydrates (g)	45	8
of which sugars (g)	8,3	1,5
Fibre (g)	11	2
Protein (g)	20	4
Salt (g)	1,5	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. Boil plenty of salted water in a pot or saucepan for the **potatoes**.
- Peel the **potatoes** and slice them into rounds of 0.5cm thickness.
- Parboil the **potatoes** for 10 - 12 minutes, then drain and set aside.

Did you know... 🥔 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



2. Fry the bacon

- Meanwhile, slice the **onion** into half rings. Crush or mince the **garlic**.
- Melt the butter in a deep frying pan over medium-high heat.
- Fry the **bacon lardons** for 4 - 6 minutes, then lower the heat and add the **onion**.
- Fry for 4 minutes, then add the **garlic** and fry for 1 more minute. Deglaze with half of the white wine vinegar.



3. Make the tartiflette

- Slice the **Camembert**. Grate a pinch of **nutmeg** as preferred directly into the **bacon**, then add the **crème fraîche** and mix well.
- Carefully add the **potatoes**, then season to taste with salt and pepper.
- Transfer to an oven dish and top with the **Camembert**, then bake in the oven for 15 - 20 minutes.
- Meanwhile, cut the **bell pepper** into thin strips and dice the **tomato**.



4. Serve

- In a salad bowl, combine the mustard with the extra virgin olive oil and the rest of the white wine vinegar. Season to taste with salt and pepper.
- Transfer the **bell pepper**, the **tomato** and the **lamb's lettuce** to the salad bowl. Toss well to combine with the dressing.
- Serve the tartiflette with the salad alongside.

Enjoy!



Asian-Inspired Chicken Udon Salad

with peanuts & fresh coriander

Nice & Fast

Total time: 25 - 30 min.



Fresh udon noodles



Garlic



Ginger paste



Onion



[Persian] cucumber



Tomato



Lime



East Asian-style sauce



Soy sauce



Fresh coriander



Salted peanuts



Red chili pepper



Seasoned Oranjehoen chicken mince



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

Did you know that cucumbers can lower blood and body temperature? That's where the saying 'cool as a cucumber' comes from!

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, small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1½	3	5	6	8	9
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Soy sauce (ml)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Seasoned Oranjestad chicken mince* (g)	100	200	300	400	500	600

From your pantry

Sunflower oil (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)	2301 /550	390 /93
Total fat (g)	21	4
of which saturated (g)	7,4	1,3
Carbohydrates (g)	60	10
of which sugars (g)	24,4	4,1
Fibre (g)	6	1
Protein (g)	28	5
Salt (g)	3,9	0,7

Allergens

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



1. Prepare

- Crush or mince the **garlic**.
- Quarter the **lime**.
- In a small bowl, combine the **East Asian-style sauce** with the **soy sauce, garlic, ginger** paste and sugar.
- Add the juice of a quarter **lime** per person, then mix well to combine.



2. Make the salad

- Slice the **cucumber** into crescents.
- Cut the **tomato** into wedges and the **onion** into half rings.
- Finely chop the **coriander**.
- Transfer everything to a salad bowl and toss well to combine (see Tip).

Tip: you can also serve the coriander separately so as to allow everyone to garnish as preferred.



3. Fry the mince

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **chicken mince** for 3 minutes, separating it as you do so.
- Add the udon noodles and two thirds of the sauce, mix well and fry for 2 - 3 minutes.
- Meanwhile, roughly chop the **peanuts** and slice the **red chili pepper*** into thin rings.

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



4. Serve

- Transfer the **noodles** to the salad bowl and toss well to combine.
- Serve on plates and garnish with the **peanuts**.
- Serve any remaining **lime wedges** alongside.
- Drizzle with the rest of the sauce and finish with the **chili pepper** as preferred. Season to taste with salt and pepper.

Enjoy!



Creamy Spaghetti with Veggie Mince & Pecorino

in mascarpone-tomato sauce with Romano pepper & fresh basil

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Spaghetti



Romano pepper



Onion



Garlic



Diced tomatoes with garlic & onion



Fresh basil



Grated Pecorino DOP



Mascarpone



Italian seasoning



Magic Mince from the Vegetarian Butcher



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

You might only be familiar with mascarpone from tiramisu. In this dish, however, it's used to make a deliciously creamy tomato sauce.

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
Spaghetti (g)	90	180	270	360	450	540
Romano pepper* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Mascarpone* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Magic Mince from the Vegetarian Butcher* (g)	75	150	225	300	375	450
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic 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)	3456 / 826	662 / 158
Total fat (g)	31	6
of which saturated (g)	14,5	2,8
Carbohydrates (g)	91	17
of which sugars (g)	23,8	4,6
Fibre (g)	15	3
Protein (g)	39	8
Salt (g)	3,6	0,7

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the **spaghetti**.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **veggie mince** with ½ tsp **Italian herbs** per person for 4-5 minutes, then remove from the pan and set aside.
- Chop the **onion** and crush or mince the **garlic**. Dice the **Romano pepper**.



2. Make the sauce

- Boil the **spaghetti** for 10 - 12 minutes until done, then reserve some of the pasta water before draining and setting aside.
- Heat a drizzle of olive oil in the same frying pan over medium-high heat. Fry the **garlic** and **onion** for 1 - 2 minutes, then add the **Romano pepper** and fry for another 1 - 2 minutes.
- Deglaze with the balsamic vinegar, then add the **diced tomatoes**, the sugar and the rest of the **Italian herbs**.
- Season to taste with salt and pepper, then cover with the lid and allow to simmer for 6 - 8 minutes.



3. Finish

- Finely chop the **basil**.
- Stir in the **mascarpone** and the **veggie mince**, then simmer for 2-3 more minutes.
- Add the **spaghetti** and 1 tbsp pasta water per person and mix well to combine.



4. Serve

- Serve the **spaghetti** on deep plates.
- Garnish with the **pecorino** and the **basil**.

Enjoy!

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.



Sweet Potato Soup with Greek-Style Cheese

with a crispy courgette-cashew topping

Veggie

Total time: 35 - 45 min.



Garlic



Onion



Sweet potato



Courgette



Peruvian-style spice mix



Fresh coriander



Greek-style cheese



Chopped cashews



Potatoes



Wholegrain ciabatta



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

This dish is inspired by locro de papa, a thick soup from Ecuador made using potato (papa) and cheese.

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, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Sweet potato (g)	100	200	300	400	500	600
Courgette* (unit(s))	¾	1½	2	3	3½	4½
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Chopped cashews (g)	10	20	30	40	50	60
Potatoes (g)	100	200	375	500	575	700
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3159 / 755	338 / 81
Total fat (g)	33	4
of which saturated (g)	12,3	1,3
Carbohydrates (g)	82	9
of which sugars (g)	17,1	1,8
Fibre (g)	22	2
Protein (g)	28	3
Salt (g)	3,8	0,4

Allergens

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



1. Chop the vegetables

Preheat the oven to 180°C and prepare the stock (see Tip). Chop the **onion** and crush or mince the **garlic**. Weigh and peel both types of **potatoes** and cut them into rough chunks of around 2cm. Finely dice the **courgette** into 0.5cm cubes.

Health Tip 🌱 if you're watching your salt intake, use (per person) half a stock cube and 350ml water. When serving, use just half of the cheese and keep the rest to use the next day.



4. Fry the courgette

In the meantime, heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **courgette** for 6 - 8 minutes or until done. Season to taste with salt and pepper.



2. Make the soup

Heat half of the olive oil in a soup pot over medium-high heat. Fry the **onion** with the **garlic** for 30 seconds, then add the Peruvian **spices** and fry for another 30 seconds. Add the stock and both types of **potatoes**, then bring to the boil. Set the heat to medium-low, cover with the lid and allow to cook gently for 15 minutes.



5. Finish the soup

Use an immersion blender to process into a smooth soup, adding a splash of water as necessary if the soup is too thick. Stir in the balsamic vinegar and season to taste with salt and pepper.



3. Prepare the toppings

Meanwhile, roughly chop the **coriander** and dice the **Greek-style cheese** (see Tip). Bake the **bread** in the oven for 8 - 10 minutes.

Tip: serve the coriander separately so as to allow everyone to garnish as preferred.



6. Serve

Serve the soup on deep plates. Garnish with the **Greek-style cheese**, **courgette**, **cashews** and **coriander**. Serve with the **bread** alongside.

Did you know... 🌱 both regular and sweet potatoes are rich in minerals such as zinc, iron and potassium, as well as vitamins B and C. Sweet potatoes are particularly good sources of vitamin A, which boosts immunity and eye health.



Chickpea & Sweet Potato Curry

over rice with mango chutney & fresh herbs

Plant-Based

Total time: 40 - 50 min.



Sweet potato



Fresh ginger



Chickpeas



Coconut milk



Basmati rice



Fresh coriander & mint



Spinach



Mango chutney



Yellow curry spices



Diced tomatoes with garlic & onion



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

Did you know that chickpeas are an excellent source of vegetable protein and fibre? This makes them a fantastic addition to a balanced diet.

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, pot or saucepan, lidded soup pot, sieve

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Fresh ginger* (tsp)	1½	3	4½	6	7½	9
Chickpeas (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Basmati rice (g)	75	150	225	300	375	450
Fresh coriander & mint* (g)	5	10	15	20	25	30
Spinach* (g)	50	100	150	200	250	300
Mango chutney* (g)	20	40	60	80	100	120
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3619 /865	454 /108
Total fat (g)	27	3
of which saturated (g)	15,1	1,9
Carbohydrates (g)	127	16
of which sugars (g)	28,2	3,5
Fibre (g)	18	2
Protein (g)	21	3
Salt (g)	3,1	0,4

Allergens

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



1. Prepare

- Prepare the stock.
- Boil plenty of salted water in a pot or saucepan and cook the **rice** for 10 - 12 minutes until done. Drain and set aside.
- Dice the **sweet potatoes** into 1cm chunks.
- Grate the **ginger** and drain the **chickpeas**.

Did you know... 🌱 not only are chickpeas high in fibre, protein and complex carbohydrates, they're also packed with vitamins and minerals. They're particularly rich in vitamin E, which helps boost and strengthen the immune system.



2. Fry the vegetables

- Heat a drizzle of sunflower oil in a soup pot over medium-high heat.
- Fry the **ginger** with the **curry spices** for 1 - 2 minutes, then stir in the **sweet potato** and fry for 2 - 3 more minutes.
- Meanwhile, tear the **mint** leaves from the stems. Finely chop both the **mint** and the **coriander**.



3. Make the curry

- Deglaze with the stock and white wine vinegar, then add the **chopped tomatoes** and the **coconut milk**.
- Bring to the boil, then reduce the heat and cover with the lid.
- Allow to cook over low heat for 15 - 20 minutes or until the **sweet potato** is done.



4. Serve

- During the last 5 minutes of cooking, remove the lid and stir in the **chickpeas** (see Tip).
- Gradually stir in the **spinach** and allow to wilt and reduce. Season to taste with salt and pepper.
- Serve the **rice** and curry on deep plates.
- Garnish with the fresh herbs and serve with the **mango chutney**.

Tip: if the curry is still too watery, allow to reduce further for 5 minutes, uncovered.



Mafaldine with Whipped Feta

with lemon, roasted vegetables & hazelnuts

Nice & Fast **Veggie**

Total time: 25 - 30 min.



Mafaldine



Kumato tomato



Courgette



Garlic



Lemon



Hazelnuts



Fresh flat leaf parsley



Za'atar



Feta



Oatly organic cream alternative



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

Za'atar is the name of a fresh herb, but it's also a spice mixture. This mix consists of oregano, thyme and savoury spices. These are roasted and then mixed with sesame seeds and sumac.

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, tall container, immersion blender, microplane, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Kumato tomato* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Hazelnuts (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Za'atar (sachet(s))	½	1	1½	2	2½	3
Feta* (g)	25	50	75	100	125	150
Oatly organic cream alternative (ml)	75	150	225	300	375	450
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
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)	3628 /867	742 /177
Total fat (g)	49	10
of which saturated (g)	9,9	2
Carbohydrates (g)	82	17
of which sugars (g)	11	2,2
Fibre (g)	10	2
Protein (g)	21	4
Salt (g)	1,1	0,2

Allergens

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



1. Roast the vegetables

- Preheat the oven to 200°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Slice the **courgette** into crescents and halve the **tomato**, then transfer both to a parchment-lined baking sheet.
- Drizzle with the olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.



2. Boil the mafaldine

- Boil the mafaldine for 7 - 9 minutes, then reserve some of the pasta water before draining and setting aside.
- Finely chop the **parsley** and crush or mince the **garlic**.
- Zest the **lemon** and then cut it into quarters.
- Roughly chop the **hazelnuts**.

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.*



3. Make the whipped feta

- Transfer the **feta**, Oatly **cream** alternative, extra virgin olive oil and **garlic** to a tall container.
- Add half of the **parsley** and (per person) ½ tsp **lemon zest**, the juice of a **lemon wedge** and ½ tbsp water.
- Use an immersion blender to process into a smooth sauce and season to taste with salt and pepper.



4. Serve

- Transfer the whipped **feta** to the **mafaldine** and mix well to combine, adding a splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the mafaldine on plates and top with the roasted vegetables.
- Garnish with the **hazelnuts** and the **za'atar**, along with the rest of the **parsley** and **lemon zest**.
- Serve any remaining **lemon wedges** alongside.

Enjoy!



Farmer's Sausage with Potato Wedges

with leek, carrots & dill mayo

Family Nice & Fast

Total time: 25 - 30 min.



Farmer's sausage



Potato wedges



Carrot



Sicilian-style herb mix



Fresh dill



Yellow carrot



Leek



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

You'll serve this dish with homemade dill mayonnaise, made with mayonnaise, dill, honey and mustard. This tastes great with the potatoes!

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Fresh dill* (g)	2½	5	7½	10	12½	15
Potato wedges* (g)	200	400	600	800	1000	1200
Yellow carrot* (unit(s))	1	1	2	2	3	3
Carrot* (unit(s))	½	1	1	1	2	2
Leek* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3347 /800	523 /125
Total fat (g)	52	8
of which saturated (g)	16,5	2,6
Carbohydrates (g)	53	8
of which sugars (g)	11,1	1,7
Fibre (g)	15	2
Protein (g)	24	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. Cook the potatoes

Heat the sunflower oil in a frying pan over medium-high heat (see Tip). Fry the **potato wedges** with the **Sicilian herbs** for 15 minutes until golden-brown and done, tossing regularly. Season to taste with salt and pepper.

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



2. Cook the carrots

Meanwhile, slice the **carrots** and boil plenty of water in a pot or saucepan. Cook the **carrots** for 8 - 10 minutes until done, covered, then drain and set aside.



3. Fry the sausage

Melt half of the butter in another frying pan over medium-high heat and fry the **sausage** for 2-3 minutes until evenly browned. Cover with the lid and fry for 8 - 10 minutes over medium heat, turning regularly.



4. Make the sauce

Meanwhile, finely chop the **dill**. In a small bowl, combine the mayonnaise with the honey and mustard, along with as much **dill** as preferred. Season to taste with salt and pepper.



5. Fry the vegetables

Cut the **leek** into half rings. Remove the **sausage** from the pan and set aside to keep warm until serving. Melt the rest of the butter in the same pan over high heat and fry the **leek** for 3 - 4 minutes, then add the **carrots** and fry for 3 - 4 minutes. Season to taste with salt and pepper.



6. Serve

Serve the **sausage, potatoes** and vegetables on plates with the **dill** mayonnaise alongside.

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!



Wholewheat Tempeh Wraps with Mango Chutney

with crunchy cucumber slaw & pear

Calorie Smart Plant-Based Nice & Fast

Total time: 20 - 25 min.



[Persian] cucumber



Pear



Slaw mix



East Asian-style sauce



Sesame oil



Wholewheat mini tortilla



Mango chutney



Garlic



Diced tempeh



Onion



Lime



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

Tempeh originates from Indonesia and is made from fermented soybeans. This tempeh is full of protein and iron, which makes it very suitable as a meat substitute.

Before you begin

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

Utensils

Aluminum foil, large bowl, small bowl, two frying pans

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
[Persian] cucumber* (unit(s))	½	1	1	2	2	3
Pear* (unit(s))	½	1	2	2	3	3
Slaw mix* (g)	50	100	150	200	250	300
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¼	2
Sesame oil (ml)	5	10	15	20	25	30
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Mango chutney* (g)	20	40	60	80	100	120
Garlic (unit(s))	½	1	1½	2	2½	3
Diced tempeh* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (ml)	30	60	90	120	150	180
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2724 /651	472 /113
Total fat (g)	26	4
of which saturated (g)	3,7	0,6
Carbohydrates (g)	73	13
of which sugars (g)	34,7	6
Fibre (g)	14	2
Protein (g)	28	5
Salt (g)	2,6	0,5

Allergens

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



1. Prepare

- Preheat the oven to 180°C (see Tip).
- Cut the **cucumber** into matchsticks and crush or mince the **garlic**.
- Core and thinly slice the **pear**.
- Slice the **onion** into half rings.

Tip: this is to heat the tortillas later, but you can also use a frying pan instead.



2. Make the slaw

- In a large bowl, combine the **sesame oil** with the white wine vinegar and a pinch of salt.
- Add the **slaw mix** and the **cucumber**, then toss well to combine and set aside.
- In a small bowl, combine the **soy sauce** with the **garlic** and **East Asian-style sauce**. Mix well.
- Cut the **lime** into wedges.



3. Fry the tempeh

- Heat half of the sunflower oil in a frying pan over medium-high heat. Fry the **tempeh** with the **onion** for 2 - 3 minutes or until golden-brown, then stir in the sauce and fry for 1 - 2 more minutes.
- In another frying pan, heat the rest of the sunflower oil over medium-high heat. Fry the **pear** for 2 - 3 minutes until soft and lightly browned.
- Meanwhile, wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes.



4. Serve

- Spread the **tortillas** with the **mango chutney**.
- Top with the **cucumber slaw**, **pear**, **onion** and **tempeh**.
- Serve the **lime wedges** alongside.

Enjoy!



Veggie Nuggets with Beetroot Salad

with baby potatoes, walnuts & onion chutney

Plant-Based Nice & Fast

Total time: 25 - 30 min.



Onion



Vegan nuggets



Pre-cooked beetroot



Apple



Onion chutney



Pre-cooked halved baby potatoes (skin-on)



Arugula & lamb's lettuce



Chopped walnuts



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

You'll prepare this dish with veggie nuggets. They have as much flavour and the same texture 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

Parchment-lined baking sheet, bowl, lidded frying pan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Vegan nuggets* (unit(s))	5	10	15	20	25	30
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Apple* (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	20	40	60	80	100	120
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Chopped walnuts (g)	20	40	60	80	100	120

From your pantry

Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4088 /977	606 /145
Total fat (g)	58	9
of which saturated (g)	13,1	1,9
Carbohydrates (g)	88	13
of which sugars (g)	27,7	4,1
Fibre (g)	18	3
Protein (g)	19	3
Salt (g)	2,1	0,3

Allergens

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



1. Prepare the baby potatoes

- Preheat the oven to 200°C.
- Transfer the **baby potatoes** to a bowl and drizzle with sunflower oil.
- Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Roast for 16 - 20 minutes or until golden-brown, tossing halfway.
- Slice the **onion** into half rings.



2. Fry the onion

- Melt a third of the butter in a frying pan and fry the **onion** for 2-3 minutes over medium-high heat.
- Cover with the lid and fry for another 2 - 3 minutes over medium heat, or until the **onion** is soft.
- Stir in the **chutney** and allow to reduce for 1 minute.



3. Fry the nuggets and apple

- Melt another third of the butter in a frying pan over medium-high heat. Fry the **vegan nuggets** for 2 - 3 minutes per side, then remove from the pan.
- Dice the **beetroot** into 2cm chunks.
- Core the **apple** and cut it into wedges.
- Melt the rest of the butter in the same pan and fry the **apple wedges** for 1 - 2 minutes per side (see Tip).

Tip: don't fry the apple too long and be sure to use plenty of butter so as to prevent it from sticking.



4. Serve

- In a salad bowl, combine the mustard with the honey, white wine vinegar and extra virgin olive oil.
- Season to taste with salt and pepper, then add the **lettuce** and the **beetroot** and toss well to combine. Season with more salt and pepper as needed.
- Serve the nuggets, salad and **potatoes** on plates. Top the salad with the **apple** and garnish with the **walnuts**. Serve the **onions** and the mayonnaise alongside.

Enjoy!



Risotto Caprese

with mozzarella, chili pepper & spinach

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Tomato



Risotto rice



Red chili pepper



Fresh basil



Sicilian-style herb mix



Grana Padano flakes DOP



Mozzarella



Crema di balsamico



Spinach



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

A perfect risotto takes time and patience. To ensure it goes smoothly, make sure to keep the stock hot on low heat!

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

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
Risotto rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅔	1	1½	1¾	2
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	4	8	12	16	20	24
Spinach* (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2728 /652	394 /94
Total fat (g)	26	4
of which saturated (g)	12,8	1,9
Carbohydrates (g)	73	11
of which sugars (g)	10,4	1,5
Fibre (g)	11	2
Protein (g)	29	4
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Prepare the stock. Chop the **onion**. Heat a drizzle of olive oil in a pot or saucepan over medium-low heat and fry the **onion** for 2 minutes.



2. Dice the tomato

In the meantime, dice the **tomato** into 1cm chunks and set aside. Add the **risotto rice** to the **onion** and fry for 1 minute, stirring continuously.



3. Prepare the risotto

Pour in a third of the stock and allow to slowly incorporate, stirring regularly (see Tip). Repeat with another third of the stock. In the meantime, deseed and finely chop the **red chili pepper***

Tip: if preferred, substitute a third of the stock for white wine.

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



4. Finish the risotto

Stir the **tomato** into the **risotto**, then pour in the rest of the stock and allow to incorporate, stirring continuously. The risotto is done when the **rice** is soft but still al dente. This should take around 20-25 minutes (see Tip). When the **risotto** is almost done, tear the **spinach** directly into the pot and mix well, allowing it to wilt and reduce.

Tip: you may need more or less liquid depending on the size of your pan. Taste and then add the stock or water accordingly.



5. Season the risotto

Roughly chop the **basil**. When the **risotto** is finished, take the pan off the heat and stir in the Sicilian herbs, along with half each of the **basil** and **Grana Padano**. Season to taste with salt and pepper, then cover with the lid and allow to stand for 2 minutes.



6. Serve

Tear the **mozzarella** into smaller pieces. Serve the **risotto** on plates and top with the **mozzarella**. Garnish with the rest of the **Grana Padano** and **basil**, along with some **red chili pepper** as preferred. Drizzle with the **crema di balsamico** to finish.

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



Creamy Courgette Penne with Hake

with cherry tomatoes, lemon & mint

Family Nice & Fast

Total time: 15 - 20 min.



Penne



Courgette



Garlic



Lemon



Onion



Red cherry tomatoes



Heavy cream



Italian seasoning



Fresh mint



Sicilian-style herb mix



Skin-on hake fillet



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

You season this pasta with Sicilian herbs. This mix includes tomato, onion, pepper, basil and oregano.

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, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Courgette* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Heavy cream* (ml)	100	200	300	400	500	600
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Fresh mint* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium fish 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)	4079 /975	710 /170
Total fat (g)	54	9
of which saturated (g)	28,4	4,9
Carbohydrates (g)	82	14
of which sugars (g)	15,1	2,6
Fibre (g)	10	2
Protein (g)	37	6
Salt (g)	1,6	0,3

Allergens

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



1. Boil the penne

- Boil plenty of water in a pot or saucepan and cook the **penne** for 9-11 minutes, covered.
- Meanwhile, grate the **courgette** and crush or mince the **garlic**.
- Quarter the **lemon** and halve the **cherry tomatoes**.
- Slice the **onion** into half rings.



2. Make the sauce

- Heat a drizzle of olive oil in a deep frying pan and fry the **onion** with the **garlic** and **cherry tomatoes** for 1 - 2 minutes.
- Stir in the **cream**, white wine vinegar and **Italian herbs**. Simmer for 3 minutes over low heat, then crumble in the stock cube (see pantry for amount).
- Stir in the grated **courgette** and season to taste with salt and pepper.
- In the meantime, finely chop the **mint** leaves.



3. Fry the hake

- Melt the butter in a frying pan over medium-high heat.
- Season the hake on both sides with the **Sicilian-style herbs**, then fry for 2 - 3 minutes per side.
- Deglaze with the juice of 1 **lemon wedge** per person.
- Add half of the **mint**, then season to taste with salt and pepper.



4. Serve

- Stir the **penne** into the creamy **courgette** sauce and then serve on plates.
- Serve the hake and the butter sauce on top and garnish with the rest of the **mint**.

Enjoy!



Shrimp Poké Bowl with Ponzu Mayo

with mango, gomashio, slaw & cucumber

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Ponzu



Sushi rice



Shrimp



[Persian] cucumber



Slaw mix



Sesame oil



Garlic



Mango



Gomashio



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

Ponzu is the Japanese name for a sauce made by simmering mirin (Japanese rice wine) together with rice vinegar and seaweed over low heat.

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, small bowl, frying pan, two bowls

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Ponzu (g)	12	24	36	48	60	72
Sushi rice (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Slaw mix* (g)	50	100	150	200	250	300
Sesame oil (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1	2	2	3
Gomashio (sachet(s))	½	1	1½	2	2½	3

From your pantry

Water (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2900 /693	459 /110
Total fat (g)	30	5
of which saturated (g)	7,2	1,1
Carbohydrates (g)	83	13
of which sugars (g)	22,5	3,6
Fibre (g)	5	1
Protein (g)	20	3
Salt (g)	3	0,5

Allergens

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



1. Prepare the rice

- Boil the water in a pot or saucepan (see pantry for amount). Add a pinch of salt, then cook the **rice** for 12 - 13 minutes over low heat, covered. Add an extra splash of water as necessary if the **rice** seems too dry.
- Turn off the heat, then stir in half each of the white wine vinegar and the sugar.
- Set aside until serving, covered.



2. Prepare the toppings

- In a bowl, combine the **slaw mix** with the **sesame oil**. Season to taste with salt and pepper.
- Dice the **cucumber** and transfer to another bowl. Add the rest of the white wine vinegar and toss well to combine.
- Peel and dice the **mango**.

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



3. Fry the shrimp

- Crush or mince the **garlic**.
- Melt the butter in a frying pan over high heat and fry the **shrimp** with the **garlic** for 1 - 2 minutes (see Tip). Season with salt and pepper.
- In a small bowl, combine the mayonnaise with the **ponzu**.

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



4. Serve

- Serve the **rice** in bowls and arrange the **shrimp, mango, cucumber** and slaw on top.
- Garnish with the **gomashio**, then drizzle with **soy sauce** and the **ponzu** mayo to finish.

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



Romano pepper



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

Did you know that avocados ripen faster if you keep them next to a banana in your fruit bowl? To speed things up, store them together in a closed paper bag.

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
Romano pepper* (unit(s))	½	1	1½	2	2½	3
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)	3590 / 858	567 / 135
Total fat (g)	45	7
of which saturated (g)	10,7	1,7
Carbohydrates (g)	74	12
of which sugars (g)	7,5	1,2
Fibre (g)	21	3
Protein (g)	32	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. Prepare

- Prepare the stock in a pot or saucepan.
- Boil the **bulgur** for 10 - 12 minutes until done, stirring regularly.
- Dice the **Romano pepper** and 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** and **Romano pepper** for 1 minute.
- Add the **chicken mince** and fry for 3 minutes, separating it as you do so.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.



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.

Enjoy!



Creamy Chorizo Casarecce

with avocado dip & cherry tomatoes

Family Nice & Fast

Total time: 15 - 20 min.



Avocado dip



Herbed cream cheese



Red cherry tomatoes



Bell pepper strips



Diced chorizo



Grated Gouda



Casarecce



Onion



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

Chorizo is a type of Spanish sausage that owes its flavour and red colour to the liberal use of paprika.

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, large deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Avocado dip* (g)	40	80	120	160	200	240
Herbed cream cheese* (g)	25	50	75	100	125	150
Red cherry tomatoes (g)	125	250	375	500	625	750
Bell pepper strips* (g)	50	100	150	200	250	300
Diced chorizo* (g)	40	75	115	150	190	225
Grated Gouda* (g)	25	50	75	100	125	150
Casarecce (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	1	2	2

From your pantry

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)	3481 /832	803 /192
Total fat (g)	44	10
of which saturated (g)	16,3	3,8
Carbohydrates (g)	76	18
of which sugars (g)	13,4	3,1
Fibre (g)	8	2
Protein (g)	31	7
Salt (g)	2,3	0,5

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 and cook the pasta for 11 - 13 minutes, then drain and set aside.
- Chop the **onion** in the meantime.



2. Fry the chorizo and vegetables

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the **onion** with the **chorizo** for 2 - 3 minutes.
- Halve the **cherry tomatoes** and add to the frying pan, along with the **bell pepper strips**.
- Fry for 4 - 5 minutes and season to taste with salt and pepper.

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



3. Finish the sauce

- Stir in the herbed **cream cheese** and half of the **grated cheese**.
- Allow to melt, then add the pasta and mix well to combine.
- Cook for 1 more minute over high heat and season to taste with salt and pepper.



4. Serve

- Serve the pasta on plates.
- Garnish with the rest of the **cheese** and top with the **avocado dip**.

Enjoy!



Hoisin Stir-Fry with Peanuts

over rice with mince, mushrooms & coriander

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Jasmine rice



Seasoned minced meat blend



Hoisin sauce



Carrot



Mushrooms



Soy sauce



Ginger paste



Garlic



Unsalted peanuts



Fresh coriander



Onion



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

Did you know that peanuts are rich in vitamin E and magnesium? Vitamin E is good for your immune system and magnesium contributes to the formation of bones and muscles.

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Hoisin sauce (g)	25	50	75	100	125	150
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	125	250	400	400	650	650
Soy sauce (ml)	10	20	30	40	50	60
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Unsalted peanuts (g)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
Water (ml)	180	360	540	720	900	1080
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2883 /689	439 /105
Total fat (g)	25	4
of which saturated (g)	7,8	1,2
Carbohydrates (g)	84	13
of which sugars (g)	20,3	3,1
Fibre (g)	7	1
Protein (g)	30	5
Salt (g)	3,5	0,5

Allergens

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



1. Prepare

- Boil the water in a pot or saucepan (see pantry for amount).
- Add a generous pinch of salt, then boil the **rice** for 10 - 12 minutes over low heat, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- In the meantime, slice the **carrot** into thin crescents and quarter the **mushrooms**.



2. Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **mushrooms** with the **carrot** for 5 - 6 minutes.
- In the meantime, slice the **onion** into half rings and crush or mince the **garlic**.
- Add the **ginger** paste, **garlic**, **onion** and **mince**, then stir-fry over high heat for 3 minutes, separating the **mince** as you do so.



3. Make the sauce

- Add the **soy sauce** and **hoisin sauce**, along with the red wine vinegar, honey and water for the sauce (see pantry for amounts).
- Mix well and fry for 1 - 2 minutes, seasoning to taste with salt and pepper.
- Roughly chop the **coriander** in the meantime.



4. Serve

- Serve the **rice** on deep plates and top with the stir-fry.
- Garnish with the **coriander** and the **peanuts**.

Enjoy!



Tomato Soup with Giant Couscous

with sour cream, tarragon & homemade breadsticks

Calorie Smart Family Veggie

Total time: 30 - 40 min.



Onion



Garlic



Tomato



Bell pepper



Fresh tarragon



Dried apricot pieces



Giant couscous



Wholegrain ciabatta



Organic sour cream



Grated Italian cheese



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

The sweet notes in this soup don't come only from the bell pepper and tomato. The soup also contains dried apricot pieces! These add a nice flavour and contain just as many vitamins as fresh apricots.

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, pot or saucepan, lidded soup pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	2	4	6	8	10	12
Bell pepper* (unit(s))	½	1	2	2	3	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Dried apricot pieces (g)	20	40	60	80	100	120
Giant couscous (g)	40	75	115	150	190	225
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Grated Italian cheese* (g)	15	25	40	50	65	75
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	300	600	900	1200	1500	1800
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2749 /657	346 /83
Total fat (g)	23	3
of which saturated (g)	6,9	0,9
Carbohydrates (g)	83	10
of which sugars (g)	24,5	3,1
Fibre (g)	20	3
Protein (g)	23	3
Salt (g)	1,9	0,2

Allergens

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



1. Prepare

Preheat the oven to 180°C and boil the water (see pantry for amount). Chop the **onion** and crush or mince the **garlic**. Dice the **tomato** and **bell pepper**. Discard the **tarragon** stalks and finely chop the leaves.



4. Bake the bread

In the meantime, halve the **bread roll** and cut each half into three sticks and transfer to a parchment-lined baking sheet. Drizzle with olive oil and top with the rest of the **garlic**. Season with salt and pepper, then bake in the oven for 8 - 10 minutes.



2. Make the soup

Heat a drizzle of olive oil in a soup pot over medium heat. Fry the **onion** with the **tomato**, **bell pepper**, **apricots** and half of the **garlic** for 2 minutes. Add two thirds of the boiling water and then crumble in the stock cube (see pantry for amount). Cover with the lid and allow to cook for 15 minutes.



5. Finish the soup

In the meantime, take the soup pot off the heat. Add half of the **sour cream** and then use an immersion blender to process into a smooth soup. Season to taste with salt and pepper, then add the rest of the boiling water if you would prefer the soup to be less thick. Finally, stir the **giant couscous** into the soup.



3. Boil the giant couscous

Boil plenty of water in a pot or saucepan and cook the **giant couscous** for 12 - 14 minutes, then drain and set aside (see Tip).

Tip: be sure to weigh the giant couscous first, as there may be more in the package than you need. However, you can also prepare all of it if preferred.



6. Serve

Serve the soup in bowls and garnish with the **Italian cheese**, the **tarragon** and the rest of the **sour cream**. Serve the breadsticks alongside (see Tip).

Tip: tarragon is an acquired taste, so be sure to taste before adding it as preferred.

Enjoy!



Chicken Breast with Mediterranean Herbs

with mushroom sauce, butternut squash mash & vadouvan

Calorie Smart

Total time: 40 - 50 min.



Potatoes



Onion



Mushrooms



Butternut squash



Vadouvan



Chicken breast with Mediterranean herbs



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

Chicken breast is low in fat and high in protein. Today, you'll prepare a special mashed potato to go with it. The inclusion of the butternut squash makes for a smooth and sweet combination.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	125	250	400	400	650	650
Butternut squash* (unit(s))	½	¾	¾	¾	1	1½
Vadouvan (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2448 /585	367 /88
Total fat (g)	22	3
of which saturated (g)	10,3	1,5
Carbohydrates (g)	58	9
of which sugars (g)	8,2	1,2
Fibre (g)	13	2
Protein (g)	33	5
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

- Wash or peel the **potatoes** and cut into rough pieces.
- Chop the **onion** and slice the **mushrooms**.
- Halve the **butternut squash** lengthways, then scoop out the seeds and the stringy part of the flesh.
- Finely dice into 1cm cubes so as to ensure it cooks more quickly (see Tip).

Tip: you can set aside any extra butternut squash to use another time, or even freeze it.



2. Boil the vegetables

- Boil plenty of salted water in a pot or saucepan.
- Add the **vadouvan**, **potatoes** and **butternut squash**, then cover with the lid and cook for 12 - 15 minutes until done.
- Reserve some of the cooking liquid, then drain and set aside.



3. Fry the chicken

- Meanwhile, heat the olive oil in a deep frying pan over medium-high heat and fry the **chicken** with the **onion** and **mushrooms** for 8-12 minutes.
- Remove the **chicken** from the pan and allow to rest under aluminium foil.
- Mash the **butternut squash** and the **potatoes** with a splash of milk. Season to taste with salt and pepper.



4. Serve

- Add the butter and 45ml cooking liquid per person to the **mushrooms**, so as to make a sauce.
- Cook for 3 minutes over low heat, seasoning to taste with salt and pepper.
- Serve the mash and the **chicken** with the **mushroom** sauce alongside.

Enjoy!



Tortillas with Garlic & Lemon Shrimp

with avocado, bell pepper and mango chutney

Nice & Fast

Total time: 20 - 25 min.



Avocado



Mexican-style spices



Mango chutney



Romano pepper



Onion



Fresh coriander



Carrot



Wholewheat mini tortilla



Shrimp



Garlic



Lemon-infused olive oil



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

Recipe Developer Sylvie: "My love for the combination of sweet and savory shows in this recipe. I chose to combine the fresh shrimp, sweet mango chutney and slightly spicy Mexican herbs with creamy avocado. These ingredients

Before you begin

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

Utensils

Aluminum foil, 2x bowl, grater, large frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Avocado (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Mango chutney* (g)	20	40	60	80	100	120
Romano pepper* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	10	10	20	20	30	30
Carrot* (unit(s))	½	1	1	1	2	2
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Shrimp* (g)	80	160	240	320	400	480
Garlic (unit(s))	1	2	3	4	5	6
Lemon-infused olive oil (ml)	4	8	12	16	20	24
From your pantry						
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
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)	3381 /808	761 /182
Total fat (g)	54	12
of which saturated (g)	6,8	1,5
Carbohydrates (g)	53	12
of which sugars (g)	18,6	4,2
Fibre (g)	14	3
Protein (g)	22	5
Salt (g)	2,6	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.
- Crush or mince the **garlic**. In a bowl, combine the **shrimp** with the **garlic** and the **lemon-infused olive oil**.
- Slice the **onion** in half rings and cut the **Romano pepper** into strips.
- Grate the **carrot**.



3. Fry the shrimp

- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the **onion** and **Romano pepper** for 3 - 5 minutes, then add the **Mexican-style spices*** and the **shrimp** and fry for 1 - 3 minutes.

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



2. Prepare the vegetables

- Finely chop the **coriander**.
- In a bowl, combine the mayonnaise with the white balsamic vinegar.
- Add the **carrot** and half of the **coriander**, then toss well and season to taste with salt and pepper. Set aside until serving.
- Wrap the **tortillas** in aluminum foil and heat for 2 - 4 minutes in the oven.



4. Serve

- Spread the **tortillas** with the **mango chutney**.
- Top with the fried vegetables and the **carrot** salad, then with the **shrimp** and the **avocado**.
- Garnish with the rest of the **coriander** to finish.

Enjoy!



Orzotto Alla Norma

with fresh basil & Parmigiano Reggiano

Calorie Smart Veggie

Total time: 30 - 40 min.



Eggplant



Garlic



Chopped tomatoes



Orzo



Fresh basil



Parmigiano Reggiano DOP



Ground paprika



Cream cheese



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

Did you know that, due to their flavour and texture, eggplants are often used as a meat substitute? They are also an excellent source of fibre.

Before you begin

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

Utensils

Parchment-lined baking sheet, grater, large deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Fresh basil* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Ground paprika (tsp)	1½	3	4½	6	7½	9
Cream cheese* (g)	25	50	75	100	125	150
From your pantry						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	1½	3	4½	6	7½	9
Balsamic 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)	2853 /682	406 /97
Total fat (g)	29	4
of which saturated (g)	9,6	1,4
Carbohydrates (g)	76	11
of which sugars (g)	20,5	2,9
Fibre (g)	14	2
Protein (g)	23	3
Salt (g)	1,8	0,3

Allergens

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



1. Roast the eggplant

- Preheat the oven to 220°C and prepare the stock.
- Dice the **eggplant** into 1cm chunks and transfer to a parchment-lined baking sheet.
- Drizzle generously with olive oil and season with salt and pepper.
- Roast the **eggplant** for 20 - 25 minutes, tossing halfway.



2. Make the sauce

- Crush or mince the **garlic**. Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **garlic** with the **chopped tomatoes** for 5 - 6 minutes.
- Add the stock, **paprika**, balsamic vinegar, sugar and **orzo**. Cover with the lid and bring to the boil, then reduce the heat.
- Allow to cook for 15- 20 minutes over low heat, stirring regularly.
- Add a splash of water as necessary if the **orzotto** becomes too dry.



3. Finish

- Finely chop the **basil** and grate the **Parmigiano Reggiano**, then stir half of each into the **orzotto**.
- Add the **cream cheese** and three quarters of the roasted **eggplant**, then mix well to combine and season to taste with salt and pepper.



4. Serve

- Serve the **orzotto** on deep plates and top with the rest of the roasted **eggplant**.
- Garnish with the rest of the **basil** and **Parmigiano Reggiano**.

Enjoy!



Middle-Eastern Spiced Eggplant with Bulgur

with homemade muhammara & naan bread

Veggie

Total time: 45 - 55 min.



Eggplant



Romano pepper



Middle Eastern
spice mix



Garlic



Naan bread



Bulgur



Red chili pepper



Lemon



Fresh flat leaf parsley



Chopped walnuts



Ground cumin



Yazzara



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

This dish is full of vegetables. Obviously, there is the eggplant on your plate, but the spicy muhammara is also full of veggies and contributes significantly to your daily vegetable intake.

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Naan bread (unit(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	⅓	⅔	1	1½	2	2½
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chopped walnuts (g)	10	20	30	40	50	60
Ground cumin (sachet(s))	⅓	⅔	1	1½	2	2½
Yazzara* (g)	40	80	120	160	200	240

From your pantry

Brown sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3724 / 890	585 / 140
Total fat (g)	42	7
of which saturated (g)	5,9	0,9
Carbohydrates (g)	99	16
of which sugars (g)	18,1	2,8
Fibre (g)	22	3
Protein (g)	20	3
Salt (g)	1,9	0,3

Allergens

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

2024-W47



1. Prepare

Preheat the oven to 200°C. Halve the **eggplant** lengthways and score the flesh in a criss-cross pattern, but don't go deep enough to pierce through the skin. Heat a drizzle of olive oil in a frying pan over high heat. Lay the **eggplant** skin-side down in the pan and fry for 2 minutes. Reduce the heat, turn the **eggplant** over and fry for another 5 minutes. Halve the **Romano pepper** lengthways, deseed and cut into strips.



4. Prepare the aromatics

Deseed the **red chili pepper*** and finely chop an eighth of it for each person. Wash the **lemon**, then zest it and cut into wedges. Roughly chop the **parsley**. When the **eggplant** is done, take the **Romano pepper** and **garlic** off the baking sheet. Turn off the oven but leave the **eggplant** and **naan bread** inside to keep warm. Squeeze the **garlic** out of its skin.

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



2. Roast the vegetables

In a small bowl, combine a drizzle of olive oil with 1 tsp **Middle Eastern-style spices** per person. Transfer the **eggplant** to a parchment-lined baking sheet, skin-side down, then top with the oil. Place the **Romano pepper** and **garlic** on the same baking sheet, drizzle with olive oil and season with salt and pepper. Roast the vegetables for 12 - 15 minutes, adding the **naan bread** during the last 2 - 3 minutes of cooking time.



5. Make the muhammara

Transfer half of the **Romano pepper** to a tall container, along with the **walnuts**, **garlic**, **red chili pepper**, **cumin** and brown sugar. Add the rest of the **Middle Eastern-style spices** and drizzle with olive oil. Process into a uniformly thick paste using an immersion blender. Squeeze in 1 **lemon wedge** per person and season to taste with salt and pepper, then process again.



3. Cook the bulgur

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



6. Serve

Stir the **parsley** and the rest of the **Romano pepper** into the **bulgur**, along with 1 tsp **lemon zest** per person. Serve the **bulgur** in deep plates or bowls and top with the **eggplant**. Serve the muhammara and **yazzara** on the side. Garnish with the rest of **lemon wedges** and serve with the **naan bread**.

Enjoy!



Crispy No-Chicken Burger Bowl

with Parmigiano Reggiano, potatoes & salad

Veggie

Total time: 30 - 40 min.



Romaine lettuce



White ciabatta



Radish



Parmigiano Reggiano DOP



Potatoes



Lemon



Happy go Clucky from the Vegetarian Butcher



Onion



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

While it looks rustic, ciabatta is more modern than you might think. It was first developed in 1982 by Arnaldo Cavallari. Its name means slipper in Italian as it's shaped just like a slipper!

Utensils

Large salad bowl, microplane, lidded pot or saucepan, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romaine lettuce* (head)	½	1	1½	2	2½	3
White ciabatta (unit(s))	½	1	1½	2	2½	3
Radish* (bunch)	½	1	2	2	3	3
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Potatoes (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Happy go Clucky from the Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Mustard (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin 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)	4100/980	734/175
Total fat (g)	69	12
of which saturated (g)	16,1	2,9
Carbohydrates (g)	66	12
of which sugars (g)	14,1	2,5
Fibre (g)	14	2
Protein (g)	20	4
Salt (g)	2,7	0,5

Allergens

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



1. Prepare

Peel or thoroughly wash the **potatoes** and cut them into wedges. Transfer to a pot or saucepan and submerge with water, then boil for 12 - 15 minutes, covered (see Tip). Drain and set aside.

Health Tip 🌱 *this recipe is high in calories. If you're watching your calorie intake, serve the salad without the potatoes. You can keep them to use another time instead.*



4. Fry the potatoes

Melt half of the butter in the same pan over medium-high heat. Fry the **burger** for 2 - 3 minutes per side or until evenly browned. Melt the rest of the butter in another frying pan over medium-high heat. Fry the **potato wedges** for 2 - 3 minutes, seasoning to taste with salt and pepper.



2. Chop the vegetables

Roughly chop the **lettuce** and thinly slice the **radishes**. Finely chop the **onion** (see Tip). In a small bowl, combine the white wine vinegar with the sugar, then add the **onion** and the **radish**. Toss well to combine and then set aside.

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



5. Make the salad

Cut half of the **lemon** into wedges and juice the rest into a salad bowl. Finely grate the **Parmigiano Reggiano** and transfer half to the large salad bowl. Add the mayonnaise, extra virgin olive oil, mustard and honey (see pantry for amounts). Mix well. Transfer the **lettuce, onion, radishes, potatoes** and croutons to the salad bowl and toss well to combine. Season to taste with salt and pepper.



3. Make the croutons

Dice the **bread** and season with salt and pepper. Heat half of the olive oil in a frying pan over medium-high heat. Fry the **bread** for 2 - 4 minutes or until golden-brown, so as to make croutons. Remove from the pan and set aside.



6. Serve

Serve the salad in bowls and top with the **burger**. Garnish with the rest of the **Parmigiano Reggiano** and serve the **lemon wedges** alongside.

Did you know... 🌱 *radish leaves are not only edible, but they're also full of calcium, iron, vitamin A and vitamin C. This actually makes them healthier than the radishes themselves! Simply wash the leaves and mix them into your salad.*

Enjoy!



Meatballs with Sweet Potato Wedges

with broccoli, goat's cheese & onion chutney

Family

Total time: 40 - 50 min.



Sweet potato



Grated mature goat's cheese



Onion chutney



Onion



Garlic



Broccoli



Beef-pork meatballs with Spanish-style seasoning



Ground paprika



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

Broccoli really is a super vegetable! It contains a high yield of vitamins, it's very high in fibre, and is packed with iron.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	225	450	675	900	1125	1350
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Onion chutney* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Broccoli* (g)	200	360	500	720	860	1080
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Ground paprika (tsp)	1½	3	4½	6	7½	9
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	35	75	115	150	190	225
[Plant-based] mayonnaise	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3142 / 751	491 / 117
Total fat (g)	40	6
of which saturated (g)	17,4	2,7
Carbohydrates (g)	61	10
of which sugars (g)	22,9	3,6
Fibre (g)	14	2
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 200°C and prepare the stock.
- Peel or thoroughly wash the **sweet potato** and then cut it into wedges, then transfer to a bowl.
- Add the **paprika** and the olive oil, then season with salt and pepper. Toss well to coat and then transfer to a parchment-lined baking sheet.
- Bake in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.



2. Boil the broccoli

- Boil plenty of salted water in a pot or saucepan.
- Slice the **onion** into half rings and crush or mince the **garlic**. Cut the head of the **broccoli** into florets and dice the stem.
- Cook the **broccoli** for 3 - 4 minutes, then drain and transfer to an oven dish.
- Scatter over the **goat's cheese**, then roast in the oven for 5-7 minutes or until the **cheese** has melted.



3. Fry the meatballs

- Meanwhile, melt the butter in a frying pan over medium-high heat and fry the **meatballs** for 2 - 3 minutes until evenly browned.
- Lower the heat, then add the **garlic** and the **onion**. Cover with the lid and fry for 5 - 6 more minutes, then add the **onion chutney** and the stock.
- Season to taste with salt and pepper, then mix well and allow to simmer for 3 minutes.



4. Serve

- Serve the **meatballs** with the **sweet potato wedges** and the **broccoli**.
- Top the **meatballs** with the **onion** jus and serve with mayonnaise alongside as preferred.

Enjoy!