



Sticky Teriyaki Chicken Wings

over bulgogi rice with vegetables & sesame seeds

Total time: 45 - 55 min.



Chicken wings



Teriyaki sauce



Bulgogi sauce



Korean-style spice mix



Carrot



Scallions



Bell pepper



White long grain rice



Ginger paste



Lime



Sesame seeds



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

Chicken wings were once considered a less desirable part of the chicken before being popularized in the 1960s. Today, chicken wings are loved across the globe for their versatility, texture and strong flavour profile.

Tear me out!



Before you start

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

Equipment

Parchment-lined baking sheet, 2x bowl, large pot or saucepan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken wings* (unit(s))	3	6	9	12	15	18
Teriyaki sauce (g)	25	50	75	100	125	150
Bulgogi sauce (g)	20	35	50	70	85	105
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Scallions* (bunch)	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
White long grain rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Flour (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4134 /988	598 /143
Total fat (g)	36	5
of which saturated(g)	11,9	1,7
Carbonhydrates (g)	101	15
of which sugars (g)	30,1	4,4
Fiber (g)	9	1
Protein (g)	64	9
Salt (g)	4,3	0,6

Allergens

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



Prepare

- Preheat the oven to 220°C.
- In a bowl, combine the flour with half of the Korean-style spices and season with salt and pepper.
- Coat the chicken with the flour, the transfer to one side of a parchment-lined baking sheet (see Tip).
- Roast in the oven for 10 - 15 minutes.

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



Cook the rice

- Boil plenty of water in a pot or saucepan.
- Cook the rice for 12 - 15 minutes, then drain and set aside (see Tip).

Health Tip 🌱 this recipe is high in calories. If you're watching your calorie intake, prepare just two thirds of the rice. You can keep the rest of it to use another time.



Chop the vegetables

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

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



Make the sauce

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



Roast the vegetables

- Transfer the vegetables to a bowl and lightly drizzle with the sunflower oil.
- Add the rest of the Korean-style spices and season with salt and pepper, then toss well to coat.
- Transfer the vegetables to the other side of the same baking sheet, alongside the chicken.
- Return the baking sheet to the oven and roast everything for 20 minutes.



Serve

- Stir the bulgogi sauce into the rice and then serve on plates. Top with the chicken and vegetables.
- Garnish with the sesame seeds and the reserved scallion greens.
- Serve the rest of the lime wedges alongside.

Enjoy!



Chicken Fiocchi Tricolore Alla Ragù Bianco with Parmigiano Reggiano

hidden courgette & broccoli! | with basil crème & Italian seasoning

Family Quick

Total time: 25 - 30 min.



Courgette



Onion



Garlic



Italian seasoning



Cooking cream



Parmigiano
Reggiano DOP



Basil crème



Broccoli rice



Fiocchi tricolore



Chicken mince with
Mediterranean herbs



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

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



Tear me out!

Before you start

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

Equipment

Deep frying pan, immersion blender, lidded saucepan, microplane, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	50	100	150	200	250	300
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Basil crème (ml)	10	15	24	30	39	45
Broccoli rice* (g)	100	200	300	400	500	600
Fiocchi tricolore (g)	90	180	270	360	450	540
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3205 /766	527 /126
Total fat (g)	30	5
of which saturated(g)	11,7	1,9
Carbonhydrates (g)	78	13
of which sugars (g)	11,5	1,9
Fiber (g)	12	2
Protein (g)	41	7
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the pasta for 7 - 8 minutes.
- Add the broccoli rice and cook for 3 more minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, prepare the stock. Crush or mince the garlic.
- Roughly chop the courgette and the onion.



Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mince for 3 - 5 minutes with the rest of the Italian seasoning, separating it as you do so.
- Transfer the mince and the green sauce to the pasta and broccoli rice.
- Mix well to combine, adding a splash of pasta water as necessary if it seems too thick.



Make the sauce

- Heat a light drizzle of olive oil in a saucepan over medium-high heat. Fry the garlic, courgette and onion for 3 - 4 minutes.
- Stir in the cream, the stock and half of the Italian seasoning.
- Simmer over low heat for 8 - 10 minutes, covered.
- Use an immersion blender to process into a smooth sauce, then season to taste with salt and pepper.



Serve

- Grate the Parmigiano Reggiano.
- Serve the pasta on plates and drizzle with the basil crème.
- Garnish with the Parmigiano Reggiano to finish.

Enjoy!



Tuna Pitas with Cucumber, Tomato & Roasted Carrots

& for parents: spicy coconut-lime tuna salad & toasted hazelnuts

Family

Total time: 35 - 45 min.



Pita bread



Skipjack tuna
in sunflower oil



Red onion



Red chili pepper



Lime



Desiccated coconut



Tomato



Persian cucumber



Carrot



Roasted hazelnuts



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

Easily adapt this recipe to suit younger palates without compromising
on flavour on your own plate. Keep it simple for the kids and enjoy the
special ingredients that we've added just for you!



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pita bread (unit(s))	2	4	6	8	10	12
Skipjack tuna in sunflower oil (can)	1	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Desiccated coconut (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	1	2	3	4	5	6
Roasted hazelnuts (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
White wine vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3577 /855	658 /157
Total fat (g)	51	9
of which saturated(g)	8,7	1,6
Carbonhydrates (g)	71	13
of which sugars (g)	20,3	3,7
Fiber (g)	13	2
Protein (g)	26	5
Salt (g)	2,3	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C and boil plenty of water in a pot or saucepan.
- Halve the carrots lengthways, or cut any larger ones into quarters. Boil the carrots for 5 minutes, covered, then drain and set aside.
- In the meantime, chop the onion. Deseed and finely chop the **red chili pepper**.*
- Zest and juice the lime. Drain the tuna.

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



Heat the pitas

- For parents: transfer half of the tuna to another bowl. Add the **chili pepper**, the desiccated coconut and the rest of the onion, along with a pinch of lime zest and a splash of lime juice as preferred. Mix well to combine.
- Heat the pitas in the oven for 4 - 6 minutes (or use a toaster).
- Heat a clean frying pan over high heat. Toast the hazelnuts until evenly browned, then remove from the pan and set aside.



Roast the carrots

- Transfer the carrots and half of the onion to a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper, then roast in the oven for 15 - 20 minutes.
- Dice the cucumber and the tomato. Roughly chop the hazelnuts.
- In a bowl, combine the tuna with the mayonnaise and the white wine vinegar. Season to taste with salt and pepper.



Serve

- For kids: fill the pitas with the plain tuna salad and half of the cucumber and tomato. Serve half of the carrots alongside.
- For parents: fill the pita with the other tuna salad and the rest of the cucumber and tomato. Top the rest of the carrots with the hazelnuts and some lime zest as preferred. Serve alongside.

Enjoy!



DIY Calzone with Balsamic Tomato Salsa

pick 'n' mix toppings: ham, cheese, mushrooms & more!

Family

Total time: 45 - 55 min.



Red onion



Garlic



Mushrooms



Ham



Passata



Italian seasoning



Pizza dough



Grated Gouda



Tomato



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

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



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	250	250	375	375
Ham* (slice(s))	2	4	6	8	10	12
Passata (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (tsp)	2	4	6	8	10	12
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4071 /973	681 /163
Total fat (g)	42	7
of which saturated(g)	11,4	1,9
Carbonhydrates (g)	109	18
of which sugars (g)	14,9	2,5
Fiber (g)	8	1
Protein (g)	32	5
Salt (g)	5,3	0,9

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Crush or mince the garlic and slice the mushrooms. Cut the ham into ribbons (see Tip).
- In a bowl, combine (per person) 1 tbsp passata with ½ tbsp olive oil. Season to taste with salt and pepper, then set aside for later use.

Health Tip 🌱 if you're watching your salt intake, use just half of the ham. You can eat the rest another time.



Build your own calzone!

- Spread the tomato sauce over half of the pizza dough, being sure to keep the edges free.
- Allow everyone to build their own calzone as preferred, with mushrooms, ham and/or cheese.
- Fold over the top half of the dough and press the edges together tightly. Brush with the reserved passata oil.
- Bake in the oven for 15 - 20 minutes (see Tip).

Tip: if the calzone is browning too quickly, cover with aluminium foil and continue baking.



Make the sauce

- Heat a drizzle of olive oil in a saucepan over medium heat and fry the garlic for 1 - 2 minutes.
- Add the rest of the passata, along with half each of the Italian herbs and balsamic vinegar.
- Pour in the water and mix well (see pantry for amount).
- Season to taste with salt and pepper, then allow to thicken and reduce for 5 - 7 minutes. Stir regularly.



Make the salsa

- Dice the tomato.
- In a salad bowl, combine the extra virgin olive oil with the rest of the balsamic vinegar.
- Season to taste with salt and pepper, then add the tomato, along with the Italian herbs.
- Toss well to combine with the dressing.



Prepare the dough

- Meanwhile, heat a drizzle of olive oil in a frying pan over medium heat.
- Fry the mushrooms with the onion for 4 - 5 minutes, stirring regularly. Season to taste with salt and pepper.
- Roll out the pizza dough onto a parchment-lined baking sheet, then cut it in half.
- Press down with your hands so as to stretch out the dough slightly.



Serve

- Serve the calzone with the tomato salsa alongside.

Enjoy!



Pork Sausage with Dill Mayonnaise

with potatoes & green beans

Quick

Total time: 25 - 30 min.



Diced potato



Pork sausage



Red onion



Green beans



Fresh dill



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

Dill is not only flavourful, but it also contains antioxidants and vitamin C, making it a healthy and tasty addition to many dishes.



Tear me out!

Before you start

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

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced potato* (g)	300	600	900	1200	1500	1800
Pork sausage* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	¼	½	¾	1	1¼	1½
Green beans* (g)	200	400	600	800	1000	1200
Fresh dill* (g)	2½	5	7½	10	12½	15
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3561 /851	520 /124
Total fat (g)	52	8
of which saturated(g)	17	2,5
Carbonhydrates (g)	59	9
of which sugars (g)	10,1	1,5
Fiber (g)	15	2
Protein (g)	29	4
Salt (g)	2	0,3

Allergens

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Fry the potatoes

- Melt a knob of butter in a frying pan over medium-high heat (see Tip).
- Fry the potatoes for 15 minutes until done.
- Season to taste with salt and pepper.

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



Boil the green beans

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



Fry the sausage

- Chop the onion.
- Melt a knob of butter in a frying pan over medium-high heat and fry the sausage for 2 - 3 minutes until evenly browned.
- Cover with the lid and continue frying for 8 minutes over medium heat, turning regularly.
- Add the onion and fry for 2 more minutes, then remove the sausage from the pan and serve on plates. Set aside until serving.



Chop the dill

- Add the green beans to the onion and fry for 1 minute over high heat.
- Season to taste with salt and pepper.
- Meanwhile, finely chop the dill.



Make the dill mayonnaise

- In a small bowl, combine the dill with the mayonnaise, the honey and the mustard.
- Season to taste with salt and pepper.



Serve

- Transfer the green beans and the potatoes to the plates.
- Serve the dill mayonnaise alongside.

Enjoy!



Flatbread Pizzas with Mushrooms & Bell Pepper

with mozzarella & Middle Eastern-style spices

Veggie Quick

Total time: 25 - 30 min.



Lebanese flatbread



Garlic



Bell pepper



Mushrooms



Passata



Middle Eastern
spice mix



Grated Gouda



Shredded mozzarella



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

A tasty fusion on your plate today - an Italian dish, made with Lebanese flatbread! The short cooking time means you can get these flatbread pizzas on the table in no time.



Tear me out!

Before you start

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

Equipment

Parchment-lined baking sheet, bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	400	500	650	750
Passata (g)	100	200	300	400	500	600
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Shredded mozzarella* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3134 /749	596 /142
Total fat (g)	26	5
of which saturated(g)	13,9	2,6
Carbonhydrates (g)	89	17
of which sugars (g)	13,1	2,5
Fiber (g)	8	2
Protein (g)	34	6
Salt (g)	2,1	0,4

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- Slice the mushrooms and cut the bell pepper into strips.

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.



Bake the pizzas

- Spread the tomato sauce over the flatbreads and top with the mushrooms, bell pepper and both cheeses.
- 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.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over high heat and fry the mushrooms with the bell pepper for 3 – 4 minutes.
- In a bowl, combine the passata with the garlic, Middle Eastern-style spices, balsamic vinegar and sugar. Season to taste with salt and pepper.



Serve

- Serve the pizzas on plates.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



Peachy Grain Bowl with Greek-Style Cheese Sauce

with courgette, arugula, lentils & shaved almonds

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Courgette



Giant couscous



Shaved almonds



Lentils



Arugula



Crema di balsamico



Apple



Organic full-fat yogurt



Greek-style spice mix



Peach



Red onion



Greek-style cheese



There is a special ingredient in your box! The peach, a juicy summer fruit, is at its best from June to August. Perfectly ripe and full of flavour. Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Bowl, frying pan or grill pan, lidded pot or saucepan, salad bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Giant couscous (g)	40	75	115	150	190	225
Shaved almonds (g)	10	20	30	40	50	60
Lentils (pack)	¼	½	¾	1	1¼	1½
Arugula* (g)	40	60	80	100	140	160
Crema di balsamico (ml)	4	8	12	16	20	24
Apple* (unit(s))	½	1	1	2	2	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
Peach* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2540 /607	428 /102
Total fat (g)	29	5
of which saturated(g)	11,1	1,9
Carbonhydrates (g)	61	10
of which sugars (g)	21,3	3,6
Fiber (g)	12	2
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.



Fry the courgette

- Prepare the stock in a pot or saucepan for the giant couscous.
- Slice the courgette.
- Heat a clean grill pan or frying pan over medium-high heat and toast the shaved almonds until golden-brown. Remove from the pan and set aside.
- Heat a light drizzle of olive oil in the same pan over high heat. Fry or grill the courgette for 2 minutes per side, then remove from the pan and set aside.



Make the sauce

- Melt a knob of butter in the same frying pan over medium-high heat.
- Fry the apple, the peach and the onion for 4 - 5 minutes until golden-brown.
- Drain the lentils.
- In a bowl, combine the cheese with the yogurt and the rest of the Greek-style spices. Season to taste with salt and pepper.



Boil the giant couscous

- Boil the giant couscous with half of the Greek-style spices for 8 - 10 minutes, covered.
- Fluff through the couscous with a fork and then set aside.
- In the meantime, core and slice the apple.
- Cut the peach into wedges. Slice the onion into half rings.



Serve

- In a salad bowl, combine the arugula with the giant couscous, the lentils, the courgette and the extra virgin olive oil. Season to taste with salt and pepper.
- Serve the salad on plates, topped with the apple, the peach, the onion and the yogurt sauce.
- Garnish with the almond flakes and drizzle with the crema di balsamico to finish.

Enjoy!



Veggie Picadillo with Lentils & Greek-Style Cheese

with olives, parsley & raisins

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Garlic



Bell pepper



Mexican-style spices



Lentils



Worcestershire sauce



Raisins



Fresh flat leaf parsley



Greek-style cheese



Red onion



White long grain rice



Chopped tomatoes



Kalamata olives



Tomato



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

Picadillo is a Latin American dish, traditionally prepared with minced meat, tomatoes, sultanas and olives. Today, you'll make a vegetarian version of this dish!



Tear me out!

Before you start

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

Equipment

Pot or saucepan, sieve or colander, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	½	½	1	1½	1½	2
Worcestershire sauce (g)	10	15	25	30	40	45
Raisins (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	25	50	75	100	125	150
Red onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Chopped tomatoes (pack)	½	¾	1	1½	1½	2
Kalamata olives (g)	15	30	55	70	85	100
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2636 /630	463 /111
Total fat (g)	15	3
of which saturated(g)	5,5	1
Carbonhydrates (g)	103	18
of which sugars (g)	23,7	4,2
Fiber (g)	12	2
Protein (g)	19	3
Salt (g)	3,3	0,6

Allergens

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



Boil the rice

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes or until done.
- Meanwhile, chop the onion and crush or mince the garlic.
- Dice the bell pepper and the tomato.



Fry the vegetables

- Heat a light drizzle of olive oil in a wok or deep frying pan over low heat and fry the onion with the garlic for 2 minutes.
- Stir in the bell pepper, fresh tomato, raisins, **Mexican-style spices*** and chopped tomatoes, then fry for 5 minutes over medium-high heat.
- Add the olives and Worcestershire sauce and cook for 10 more minutes, stirring regularly.

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



Chop the parsley

- Drain and rinse the lentils.
- Roughly chop the parsley (both the leaves and stems).

Did you know... 🌱 *lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and pottasium. Potassium helps to maintain a healthy blood pressure.*



Serve

- Finally, stir in the lentils and season to taste with salt and pepper.
- Serve the rice and picadillo on plates.
- Crumble over the Greek-style cheese.
- Garnish with the parsley.

Enjoy!



Pumpkin-Peanut Butter Soup

with flatbread & a jammy egg

Veggie Calorie Smart

Total time: 30 - 40 min.



Garlic



Carrot



Onion



Diced pumpkin



Curry powder



Egg



Wholewheat
Lebanese flatbread



Peanut butter



Soy sauce



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

Peanut butter is a good source of protein and healthy fats, plus it offers fiber, vitamins, and minerals like vitamin E, magnesium, and potassium - fuel and flavour all in one!



Tear me out!

Before you start

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

Equipment

Lidded saucepan, 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
Carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	1	2	3	4	5	6
Diced pumpkin* (g)	150	300	450	600	750	900
Curry powder (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Wholewheat Lebanese flatbread (unit(s))	1	2	3	4	5	6
Peanut butter (tub)	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2130 /509	279 /67
Total fat (g)	24	3
of which saturated(g)	5,2	0,7
Carbonhydrates (g)	50	7
of which sugars (g)	14,5	1,9
Fiber (g)	15	2
Protein (g)	21	3
Salt (g)	3	0,4

Allergens

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



Make the soup

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Slice the carrot.
- Heat a drizzle of olive oil in a soup pot over high heat. Fry the garlic with the onion, carrot, pumpkin and curry powder for 2 minutes.
- Add the stock, then cover with the lid and bring to a boil. Allow to simmer gently for 14 - 16 minutes.



Blend the soup

- In the meantime, heat the flatbread for 30 seconds per side in a clean frying pan over medium-high heat.
- Remove the soup pot from the heat and add the peanut butter.
- Use an immersion blender to process into a smooth soup. Add some more water if you would prefer the soup to be thinner.
- Add the soy sauce and season to taste with pepper.



Boil the egg

- In the meantime, boil plenty of water in a saucepan.
- Boil the egg for 6 - 8 minutes, covered.
- Rinse under cold water, then peel off the shell and cut in half.

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



Serve

- Shortly before serving, drizzle the flatbread with extra virgin olive oil as preferred and season to taste with salt and pepper.
- Serve the soup in bowls and top with the egg.
- Serve the flatbread alongside.

Enjoy!



Savoury Chicken-Turkey & Vegetable Strudel

with side salad & Greek-style cheese

Calorie Smart

Total time: 35 - 45 min.



Puff pastry



Chicken-turkey mince



Onion



Carrot



Tomato



Sicilian-style herb mix



Cream cheese



Greek-style cheese



Lamb's lettuce



There is a new ingredient in your box! This chicken-turkey mince is a leaner and higher-protein alternative to traditional mince.
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Parchment-lined baking sheet, grater, salad bowl, sieve or colander, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Chicken-turkey mince* (g)	100	200	300	400	500	600
Onion (unit(s))	1	1	2	2	3	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Cream cheese* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Lamb's lettuce* (g)	40	80	120	160	200	240
Not included						
Olive oil (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	578 /138
Total fat (g)	40	8
of which saturated(g)	18,8	3,7
Carbonhydrates (g)	47	9
of which sugars (g)	16,8	3,3
Fiber (g)	10	2
Protein (g)	36	7
Salt (g)	2,8	0,6

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Grate the carrot.
- Finely chop the onion.

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.



Bake the strudel

- Roll out the puff pastry and transfer to a parchment-lined baking sheet.
- Transfer the filling to the middle of the pastry, then cut strips along both sides of the pastry and fold the strips over the filling (see Tip).
- Bake in the oven for 19 - 22 minutes.

Tip: if preferred, you can brush the top of the pastry with some milk to create a shiny crust.



Fry the mince

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the mince for 2 minutes.
- Add the carrot and onion to the mince and fry for another 2 minutes (see Tip).

Tip: the mince doesn't need to be completely done yet, as it will finish cooking in the oven.



Make the salad

- Cut the tomato into wedges.
- In a salad bowl, combine a drizzle of extra virgin olive oil with the white wine vinegar. Season to taste with salt and pepper (see Tip).
- Add the lamb's lettuce and tomato, then toss well to combine with the dressing.

Tip: if preferred, you can also add honey as preferred.



Make the filling

- Drain and return to the pan (see Tip).
- Add the Sicilian-style herbs, cream cheese, mustard and honey to the pan. Mix well to combine.

Tip: be sure to drain thoroughly, so as to prevent the pastry from getting soggy later.



Serve

- Serve the strudel on plates with the salad alongside.
- Crumble the Greek-style cheese over the salad.

Enjoy!



Miso Salmon with Sesame-Dressed Salad

with salted peanuts, pickled onion & yellow carrot

Quick Premium -30% Carbs

Total time: 20 - 25 min.



Red onion



Persian cucumber



Yellow carrot



Butter lettuce



Garlic



Salmon fillet



White miso paste



Sesame oil



Salted peanuts



Sesame seeds



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

Yellow carrots are an ancient variety of carrot, rich in lutein and beta-carotene, giving them their sunny colour. Unlike orange carrots, which were cultivated later, yellow carrots offer a more mild sweetness.



Tear me out!

Before you start

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

Equipment

Bowl, grater, microplane, kitchen paper, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Yellow carrot* (unit(s))	1	1	2	2	3	3
Butter lettuce* (head)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
White miso paste (g)	15	25	40	50	65	75
Sesame oil (ml)	10	20	30	40	50	60
Salted peanuts (g)	10	20	30	40	50	60
Sesame seeds (sachet(s))	½	1	¾	1	1¼	2
Not included						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3310 /791	692 /165
Total fat (g)	65	14
of which saturated(g)	9,4	2
Carbonhydrates (g)	16	3
of which sugars (g)	5,1	1,1
Fiber (g)	7	1
Protein (g)	29	6
Salt (g)	2,6	0,5

Allergens

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



Prepare

- Slice the onion into half rings.
- In a small bowl, combine the onion with the white wine vinegar and a splash of hot water (see Tip).
- Mince or finely grate the garlic.
- Add half of it to a salad bowl and set aside.

Tip: if you don't like raw onion, you can fry it with the salmon in the next step instead.



Fry the salmon

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Pat the salmon dry with kitchen paper and spread with the rest of the miso paste.
- Fry the salmon on its skin for 2 - 3 minutes, then flip and add the rest of the garlic.
- Fry for 2 more minutes. Season to taste with salt and pepper.



Make the salad

- Halve the cucumber lengthways and remove the seeds, then slice into crescents.
- Grate the carrot and shred the lettuce. Transfer all three to the salad bowl.
- In a bowl, combine the mayonnaise with the sesame oil, the soy sauce and half of the miso paste.*
- Transfer to the salad bowl and toss well to combine.

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



Serve

- Roughly chop the peanuts.
- Serve the salad on deep plates.
- Top with the pickled onion and the salmon.
- Garnish with the sesame seeds and the peanuts.

Enjoy!



Pizza with Serrano Ham, Burrata & Blueberry Sauce

with cherry tomatoes, basil & arugula

Quick Premium

Total time: 25 - 30 min.



Pizza dough



Serrano ham



Burrata



Shredded mozzarella



Passata



Onion



Red cherry tomatoes



Arugula



Fresh basil



Chopped dates



Blueberry jam



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La cucina tastes even better with a touch of SMEG: Italian design, premium quality, and cooking pleasure.

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Before you start

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

Equipment

Parchment-lined baking sheet, salad bowl, small saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Serrano ham* (g)	40	80	120	160	200	240
Burrata* (ball(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	40	75	110	150	185	225
Passata (g)	100	200	300	390	500	590
Onion (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	70	125	200	250	325	375
Arugula* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Blueberry jam (g)	15	30	45	60	75	90
Chopped dates (g)	20	40	60	80	100	120
Not included						
Water (ml)	30	60	90	120	150	180
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4615 /1103	726 /173
Total fat (g)	36	6
of which saturated(g)	16,1	2,5
Carbonhydrates (g)	136	21
of which sugars (g)	42,8	6,7
Fiber (g)	8	1
Protein (g)	49	8
Salt (g)	6,8	1,1

Allergens

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



Prepare

- Preheat the oven to 200°C.
- In a small saucepan off the heat, soak the dried dates in warm water (see pantry for amount). Set aside until further use.
- Slice the onion into half rings.
- Quarter the cherry tomatoes.



Make the sauce

- Place the saucepan with the dates over medium-high heat. Add the sugar, the jam and half of the balsamic vinegar.
- Mix well to combine, then lower the heat and allow to simmer for 4 - 5 minutes. Season to taste with salt and pepper.
- In a salad bowl, combine the arugula with the basil, the extra virgin olive oil and the rest of the balsamic vinegar. Season to taste with salt and pepper.



Bake the pizza

- Transfer the pizza dough to a parchment-lined baking sheet and spread with the passata.
- Top with the onion and cherry tomatoes, then scatter over the mozzarella. Season with salt and pepper.
- Bake the pizza in the oven for 13 - 15 minutes.
- Meanwhile, chop the basil into ribbons.



Serve

- Top the pizza with the arugula salad.
- Tear the burrata and Serrano ham into smaller pieces and arrange on top of the pizza.
- Drizzle with the blueberry sauce as preferred.

Enjoy!



Chicken & Bacon in Parmesan Sauce

with green beans, sundried tomatoes & potatoes

Quick Premium

Total time: 25 - 30 min.



Potato rounds



Chicken fillets



Bacon



Garlic



Cooking cream



Fresh basil



Red onion



Green beans



Parmigiano Reggiano DOP



Sundried tomatoes



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

Parmigiano Reggiano gets its name from where it is produced - namely the Italian provinces of Parma and Reggio Emilia.



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, microplane, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato rounds* (g)	200	400	600	800	1000	1200
Chicken fillets* (g)	100	200	300	400	500	600
Bacon* (slice(s))	2	4	6	8	10	12
Garlic (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Fresh basil* (g)	5	10	15	20	25	30
Red onion (unit(s))	½	1	2	2	3	3
Green beans* (g)	150	300	500	600	800	900
Parmigiano Reggiano DOP* (g)	40	80	120	160	200	240
Sundried tomatoes (g)	30	50	70	100	120	150
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3648 /872	501 /120
Total fat (g)	50	7
of which saturated(g)	27,6	3,8
Carbonhydrates (g)	49	7
of which sugars (g)	12	1,6
Fiber (g)	12	2
Protein (g)	52	7
Salt (g)	2	0,3

Allergens

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



Fry the potatoes

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the potato rounds for 15 minutes, seasoning to taste with salt and pepper (see Tip).
- Slice the onion into thin half rings. Discard the tips of the green beans.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the onion for 1 - 2 minutes.

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



Make the sauce

- Remove the bacon from the pan and set aside, then add the garlic and fry for 1 minute.
- Add the cream, the cheese and 1 - 2 tbsp of water per person, then lower the heat and allow to reduce for 2 - 3 minutes.
- Taste and season with salt and pepper as necessary.
- Finely chop the sundried tomatoes and stir them into the green beans. Season to taste with salt and pepper.



Fry the chicken

- Add the green beans and the water (see pantry for amount). Cover with the lid and stew for 6 - 8 minutes, stirring occasionally.
- Remove the lid and cook for another 4 minutes.
- In another frying pan, melt a knob of butter over medium-high heat.
- Fry the chicken with the bacon for 3 - 4 minutes. In the meantime, crush or mince the garlic and grate the Parmigiano Reggiano.



Serve

- Finely chop the basil.
- Serve the potato rounds on plates with the green beans and chicken alongside.
- Top the chicken with the creamy sauce, then crumble over the bacon and garnish with the basil.

Enjoy!



Sticky-Sweet Pork Bao Buns

with sugarsnaps & quick-pickled crunchy vegetables

Premium

Total time: 35 - 45 min.



Persian cucumber



Chopped sweetheart cabbage



Sugar snap peas



East Asian-style sauce



Bao buns



Fresh ginger



Garlic



Pork tenderloin



Black sesame seeds



Red onion



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

Do you have a steam basket or steaming pot? Heat the bao buns in this instead! Use small pieces of baking paper to make sure the baos don't stick to each other.



Tear me out!

Before you start

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

Equipment

Bowl, large bowl, large frying pan, microplane, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Chopped sweetheart cabbage* (g)	50	100	100	200	200	300
Sugar snap peas* (g)	50	100	200	200	300	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Bao buns (unit(s))	3	6	9	12	15	18
Fresh ginger* (tsp)	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Black sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1½	2	2½	3
Not included						
Brown sugar (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1¼	3¼	5¼	7	8¼	10¼
Flour (g)	10	20	30	40	50	60
Sugar (tsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3757 /898	622 /149
Total fat (g)	27	5
of which saturated(g)	3,8	0,6
Carbonhydrates (g)	117	19
of which sugars (g)	34,6	5,7
Fiber (g)	8	1
Protein (g)	44	7
Salt (g)	2,9	0,5

Allergens

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



Make the salad

- Take the pork tenderloin out of the fridge and allow it to reach room temperature. Preheat the oven to 180°C.
- Cut the cucumber into matchsticks (small enough to easily fit inside the bao buns).
- In a large bowl, combine the sugar with the white wine vinegar and a pinch of salt.
- Add the cabbage and cucumber, mix well and set aside until serving (see Tip).

Tip: cut the cabbage into smaller pieces if preferred.



Fry the pork

- Meanwhile, heat a generous drizzle of sunflower oil in another large frying pan over medium-high heat.
- When the pan is nice and hot, sear the pork for 1 minute per side, ensuring the slices do not overlap (see Tip).
- Remove the pork from the pan and set aside (it doesn't need to be completely cooked yet).

Tip: if your pan is too small, fry the pork in batches.



Prepare

- Finely grate the ginger and crush or mince the garlic. Slice the onion into half rings.
- In a small bowl, combine the brown sugar with the soy sauce and a drizzle of sunflower oil (see Tip).
- Transfer the flour to a bowl.
- Thinly slice the pork tenderloin and season with salt and pepper, then coat it with a thin layer of flour.

Tip: you can also add some sambal from your pantry if preferred.



Glaze the pork

- In the same pan, fry the ginger with the onion and the rest of the garlic for 2 - 3 minutes over medium-low heat.
- Stir in the sweet soy sauce from step 2, along with the water (see pantry for amount).
- Bring to a boil and then add the pork back to the pan as soon as the sauce is bubbling.
- Stir regularly until the sauce has reduced and become sticky.



Fry the sugar snaps

- Bake the bao buns for 4 - 5 minutes.
- Meanwhile, heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry half of the garlic for 1 minute.
- Stir in the sugar snaps and fry for 3 - 4 minutes.
- Deglaze with half of the East Asian-style sauce and season to taste with salt and pepper.



Serve

- Fill the bao buns with some of the quick-pickled vegetables and the sticky pork.
- Drizzle over the rest of the East Asian-style sauce.
- Serve with the sugar snaps and the rest of the quick-pickled vegetables, garnished with the black sesame seeds.

Enjoy!



Cod with Fresh Tagliatelle & Caponata-Style Stew

with basil, eggplant & toasted almonds

Calorie Smart Premium High Protein

Total time: 30 - 40 min.



Onion



Garlic



Tomato



Eggplant



Shaved almonds



Capers



Middle Eastern
spice mix



BBQ spice rub



Passata



Fresh basil



Cod fillet



Fresh tagliatelle



Cook along and win a SMEG fridge

La cucina tastes even better with a touch of SMEG: Italian design, premium quality, and cooking pleasure.

Scan the QR code for a chance to win a SMEG fridge.



Before you start

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

Equipment

Deep frying pan, pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Shaved almonds (g)	5	10	15	20	25	30
Capers (g)	10	20	30	40	50	60
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	5	10	15	20	25	30
Cod fillet* (unit(s))	1	2	3	4	5	6
Fresh tagliatelle* (g)	125	250	375	500	625	750
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2920 /698	493 /118
Total fat (g)	20	3
of which saturated(g)	3,5	0,6
Carbonhydrates (g)	91	15
of which sugars (g)	16,9	2,9
Fiber (g)	10	2
Protein (g)	41	7
Salt (g)	1,5	0,3

Allergens

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



Prepare

- Chop the onion and crush or mince the garlic.
- Dice the tomato and the eggplant into 1cm chunks.
- Heat a clean deep frying pan over high heat. Toast the shaved almonds until golden-brown, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic, onion and capers for 2 - 3 minutes.



Fry the fish

- Boil plenty of water in a pot or saucepan. Carefully separate the tagliatelle and boil for 3 - 4 minutes, then drain and set aside.
- Pat the fish dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish for 1 - 2 minutes per side.
- Add the rest of the BBQ rub during the final minute of cooking time.



Make the sauce

- Add the eggplant and fry for 8 - 10 minutes.
- Season to taste with salt and pepper, then add the Middle Eastern spices and half of the BBQ rub.*
- Add the tomato, the passata and the honey, along with some balsamic vinegar as preferred.
- Allow to simmer for 7 - 8 minutes over medium-low heat.

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



Serve

- Roughly chop the basil.
- Serve the tagliatelle on plates. Top with the stew and the fish.
- Garnish with the almonds and the basil to finish.

Enjoy!



Steak with Béarnaise-Style Butter

with mushrooms, spinach & baby potatoes

Quick Premium

Total time: 25 - 30 min.



Steak



Garlic



Shallot



Fresh flat leaf parsley



Fresh tarragon



Pre-cooked halved baby potatoes [skin-on]



Pre-cut mushroom mix



Dried oregano



Spinach



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

In this recipe, you'll make your own Béarnaise-style butter! Béarnaise sauce is a classic French sauce, characterised by the use of shallots, butter and tarragon. It's fresh and tangy, and pairs perfectly with steak!



Tear me out!

Before you start

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

Equipment

Aluminum foil, deep frying pan, lidded deep frying pan, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Shallot (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	10	20	20	30
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Pre-cut mushroom mix* (g)	90	175	260	350	435	525
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	100	200	300	400	500	600
Not included						
[Plant-based] butter (g)	40	80	120	160	200	240
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt and pepper (totaste)	0	0	0	0	0	0
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3276 /783	534 /128
Total fat (g)	51	8
of which saturated(g)	24,8	4
Carbonhydrates (g)	41	7
of which sugars (g)	3,1	0,5
Fiber (g)	10	2
Protein (g)	39	6
Salt (g)	0,3	0

Allergens

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



Prepare

- Take the steak and butter out of the fridge and allow to reach room temperature (see Tip).
- Chop the shallot and crush or mince the garlic.
- Halve any larger mushrooms.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.



Make the Béarnaise-style butter

- Meanwhile, finely chop the fresh herbs.
- To the shallot, add the rest of the garlic and fry for 1 minute, then lower the heat and add three quarters of the butter.
- Allow to melt gently and then remove from the heat.
- Stir in the fresh herbs and season to taste with salt and pepper.



Fry the baby potatoes

- Heat a drizzle of olive oil in a deep frying pan over medium heat.
- Fry the baby potatoes with the oregano for 7 - 9 minutes, covered, tossing regularly.
- Remove the lid and fry for 5 more minutes or until done. Season to taste with salt and pepper.



Fry the steak

- Meanwhile, melt the rest of the butter in a frying pan over high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side (see Tip).
- Remove from the pan and season with pepper, then set aside under aluminum foil.

Tip: fry the steak for more or less time as preferred, depending on how rare you'd like it.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mushrooms with half of the garlic for 5 - 6 minutes.
- Add the spinach and fry for 1 more minute. Season with salt and pepper.
- Heat a light drizzle of olive oil in a small saucepan over medium-high heat and fry the shallot for 3 - 4 minutes.



Serve

- Thinly slice the steak against the grain.
- Serve with the steak with the baby potatoes and vegetables alongside.
- Top the steak with the Béarnaise-style butter.

Enjoy!



Chicken Pho-Inspired Noodle Soup

with pak choi, beansprouts, lime & fresh herbs

Premium

Total time: 30 - 40 min.



Rice noodles



Fish sauce



Hoisin sauce



Vietnamese-style sauce



Chicken breast



Garlic-ginger-chili mix



Pak choi



Carrot



Beansprouts



Mint, coriander
& Thai basil



Lime



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

Authentic Vietnamese pho is made with a complex broth that takes hours to prepare. Fortunately, with this recipe, you can enjoy this flavourful soup in under an hour!



Tear me out!

Before you start

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

Equipment

Lidded frying pan, grater, pot or saucepan, soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rice noodles (g)	75	150	225	300	375	450
Fish sauce (ml)	10	20	30	40	50	60
Hoisin sauce (g)	25	50	75	100	125	150
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Pak choi* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Beansprouts* (g)	50	100	150	200	250	300
Mint, coriander & Thai basil* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium chicken stock (ml)	300	600	900	1200	1500	1800
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	¼	½	¾	1	1¼	1½
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2912 /696	348 /83
Total fat (g)	18	2
of which saturated(g)	6,4	0,8
Carbonhydrates (g)	95	11
of which sugars (g)	26,5	3,2
Fiber (g)	14	2
Protein (g)	41	5
Salt (g)	6,6	0,8

Allergens

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



Boil the noodles

- Boil plenty of water in a pot or saucepan.
- Cook the rice noodles for 6 - 7 minutes until al dente, then drain and rinse under cold water.
- Set aside until further use.



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side.
- Reduce the heat and cover with the lid, then fry for 4 - 5 minutes or until done.
- In the meantime, grate the carrot. Finely chop the fresh herbs. Cut the lime into six wedges.
- Season the chicken with salt and pepper, then remove from the pan and set aside.



Fry the pak choi

- Prepare the stock.
- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.
- Heat a drizzle of sunflower oil in a soup pot and fry the garlic-ginger-chili mix* for 1 minute.
- Add the pak choi stems and fry for 1 more minute.

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



Prepare the garnishes

- Deglaze the pan with the water (see pantry for amount).
- Stir in the rest of the sugar and Vietnamese-style sauce.
- Add some sambal as preferred and cook for 1 - 2 minutes.
- To the soup, add the beansprouts and the pak choi leaves and cook for 1 minute.



Make the soup

- Add the stock, soy sauce, ketjap, hoisin sauce, fish sauce* and half each of the sugar and Vietnamese-style sauce.
- Bring to a rapid boil, then lower the heat and allow to simmer until further use.

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



Serve

- Slice the chicken.
- Serve the noodles in bowls and squeeze over one lime wedge per person, then pour over the soup.
- Top with the carrot and the chicken, then drizzle over the sauce.
- Garnish with the fresh herbs and serve with the rest of the lime wedges.

Enjoy!