



Sicilian-Style Chicken Orzo with Pecorino

with walnuts, basil, broccoli & raisins

Quick Calorie Smart

Total time: 25 - 30 min.



Red onion



Garlic



Broccoli



Orzo



Raisins



Chopped walnuts



Chicken mince with Italian seasoning



Sicilian-style herb mix



Grated Pecorino DOP



Fresh basil



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

Pecorino is made from sheep's milk. The name pecorino is derived from the Italian word for sheep: 'pecora'.



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, lidded pot or saucepan

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
Broccoli* (g)	200	400	600	800	1000	1200
Orzo (g)	75	150	225	300	375	450
Raisins (g)	10	20	30	40	50	60
Chopped walnuts (g)	10	20	30	40	50	60
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Fresh basil* (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	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)	2904 /694	624 /149
Total fat (g)	25	5
of which saturated(g)	8,7	1,9
Carbonhydrates (g)	70	15
of which sugars (g)	13,3	2,9
Fiber (g)	14	3
Protein (g)	41	9
Salt (g)	2,1	0,5

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Slice the **onion** into half rings and crush or mince the **garlic**.
- Cut the head of the **broccoli** into florets and dice the stem.
- Boil the **orzo** for 4 minutes, covered.



2. Add the broccoli

- Add the **broccoli** and boil for another 4 minutes, then add the **raisins**.
- Continue cooking for 2 - 4 more minutes or until done, then drain and set aside.
- In the meantime, finely chop the **basil**.



3. Fry the mince

- Heat the olive oil in a deep frying pan over low heat. Fry the **onion** with the **garlic** and **walnuts** for 2 minutes.
- Add the **chicken mince** and fry for 4 - 5 minutes, separating it as you do so.
- Stir in the **broccoli, orzo, raisins** and Sicilian herbs, along with the majority of the **pecorino**.
- Fry for 2 - 3 minutes over high heat, seasoning to taste with salt and pepper.



4. Serve

- Serve the **chicken orzo** on plates.
- Garnish with the **basil** and the rest of the **pecorino**.

Enjoy!



Fusion Chicken Meatloaf with Curry Udon

in fragrant coconut sauce with lime & gomashio

Total time: 40 - 50 min.



Scallions



Garlic



Panko breadcrumbs



Gomashio



Soy sauce



East Asian-style sauce



Yellow curry spices



Carrot



Lime



Coconut milk



Fresh udon noodles



Red chili pepper



Ginger paste



Bell pepper



Seasoned Oranjehoen chicken mince



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

You might know meatloaf mostly as an American food, but this isn't really the case! It originates from what we now call Western Europe, namely around Germany and Scandinavia.



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

Large bowl, oven dish, small bowl, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Panko breadcrumbs (g)	15	25	40	50	65	75
Gomashio (sachet(s))	½	¾	1	1½	1½	2
Soy sauce (ml)	5	10	15	20	25	30
East Asian-style sauce* (g)	20	35	55	70	90	105
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Coconut milk (ml)	80	160	250	330	410	490
Fresh udon noodles (g)	100	200	300	400	500	600
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	2	2	3	3
Seasoned Oranjehoen chicken mince* (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Water for the sauce (ml)	50	100	150	200	250	300
White wine vinegar (tsp)	2	4	6	8	10	12
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2929 / 700	455 / 109
Total fat (g)	34	5
of which saturated(g)	15,5	2,4
Carbonhydrates (g)	68	11
of which sugars (g)	20,5	3,2
Fiber (g)	10	2
Protein (g)	28	4
Salt (g)	3,9	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. Finely chop the **scallions** and separate the white part from the greens. Crush or mince the **garlic**. Deseed and finely chop the **red chili pepper***. In a large bowl, combine the **chicken mince** with the **panko** and the **soy sauce**, along with half each of the **gomashio**, **ginger paste**, **chili pepper**, **garlic** and the white part of the **scallions**. Knead well to combine and then shape into a **meatloaf**.

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



4. Fry the vegetables

Heat the rest of the sunflower oil in a wok or deep frying pan. Fry the rest of the **ginger paste**, **chili pepper**, **garlic** and the white part of the **scallions** for 1 - 2 minutes. Add the **yellow curry spices** and fry for 2 - 3 minutes, then add the **bell pepper** and the **carrot** and fry for another 2 - 3 minutes.



2. Bake the meatloaf

In a small bowl, combine the **East Asian-style sauce** with a third of the sunflower oil and half of the white wine vinegar. Transfer the **meatloaf** to an oven dish and coat with half of the sauce. Bake in the oven for 20 - 25 minutes, then increase the heat to 220°C. Coat the meatloaf with the rest of the sauce and return to the oven for a further 8 - 10 minutes, or until done.



5. Make the sauce

Deglaze with the water and the rest of the white wine vinegar (see pantry for amounts). Add the **coconut milk** and mix well, then cover with the lid and bring to the boil. Allow to reduce for 5 minutes, then remove the lid and add the **udon noodles**. Cook for another 5 minutes, then juice one **lime** wedge per person directly into the sauce and season to taste with salt and pepper.



3. Chop the vegetables

Meanwhile, slice the **carrot** into crescents and chop the **bell pepper** into strips. Cut the **lime** into wedges.

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.



6. Serve

Slice the meatloaf. Serve the **noodles** and curry sauce on plates and top with the meatloaf. Garnish with the **scallion** greens and the rest of the **gomashio**. Serve the rest of the **lime wedges** alongside.

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!

Traditionally, Lebanese flatbreads are baked in a convex pan called a 'saj', but they can also be baked in the oven or in a frying pan.



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

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))	½	1	1½	2	2½	3
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)	2100 /502	281 /67
Total fat (g)	24	3
of which saturated(g)	5,1	0,7
Carbonhydrates (g)	47	6
of which sugars (g)	12	1,6
Fiber (g)	15	2
Protein (g)	20	3
Salt (g)	3	0,4

Allergens

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



1. Make the soup

- Prepare the stock.
- Chop the **onion** and crush or mince the **garlic**. Slice the **carrot**.
- Heat the olive oil in a soup pot over high heat and fry the **garlic** with the **onion, carrot, diced 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.



3. 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.



2. 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 the **egg** 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.



4. 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!



Hamburger in Creamy Sundried Tomato Sauce

with roasted vegetables & fresh herbs

Family

Total time: 45 - 55 min.



Cooking cream



Bell pepper



Onion



Tomato tapenade



Potatoes



Garlic



Italian seasoning



Carrot



Fresh flat leaf parsley & basil



Beef-pork burger



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

Tomato tapenade is a zesty blend of ripe and sundried tomatoes, olives and capers, with garlic and herbs. This savoury spread is perfect for topping bread or adding to 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

Parchment-lined baking sheet, large bowl, large frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cooking cream (g)	75	150	225	300	375	450
Bell pepper* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Tomato tapenade* (g)	20	40	60	80	100	120
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] mayonnaise (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)	3318 /793	469 /112
Total fat (g)	48	7
of which saturated(g)	16,9	2,4
Carbonhydrates (g)	60	9
of which sugars (g)	14,6	2,1
Fiber (g)	15	2
Protein (g)	27	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. Roast the vegetables

- Preheat the oven to 200°C.
- Cut the **carrot** into 5cm batons. Wash the **potatoes**, then cut them into chunks.
- Transfer both to a large bowl and drizzle with half of the olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet, leaving enough space to add the **bell pepper** later. Roast for 20 - 25 minutes.



2. Fry the burger

- In the meantime, chop the **onion** and crush or mince the **garlic**.
- Cut the **bell pepper** into strips.
- Add the **bell pepper** to the **carrots** and **potatoes** and roast for 15 minutes.
- Meanwhile, heat the rest of the olive oil in a large frying pan over medium-high heat. Fry the **burger** with the **onion**, **garlic** and **tomato tapenade** for 3 - 4 minutes.



3. Make the sauce

- Meanwhile, prepare the stock. Finely chop the fresh herbs.
- Flip the **burger** and add the **Italian herbs**, then fry for 2 more minutes or until done.
- Deglaze with the balsamic vinegar and the **cream**, then add the stock.
- Allow the sauce to cook gently for 5 - 7 minutes over low heat.



4. Serve

- Serve the roasted vegetables with the **burger** and creamy sauce.
- Garnish with the fresh herbs and serve with mayonnaise alongside.

Enjoy!



Orzotto-Stuffed Bell Pepper

with basil crème, courgette & tomato salad

Veggie Calorie Smart

Total time: 30 - 40 min.



Garlic



Red onion



Courgette



Bell pepper



Orzo



Italian seasoning



Tomato



Grated Gouda



Basil crème



Herbed cream cheese



Arugula & lamb's lettuce



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

Did you know that courgette is a very low-calorie vegetable? It contains only 14 calories per 100 grams. Perfect for this calorie-conscious recipe!



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, lidded deep frying pan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	1	2	3	4	5	6
Orzo (g)	75	150	225	300	375	450
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Grated Gouda* (g)	25	50	75	100	125	150
Basil crème (ml)	10	15	20	24	35	39
Herbed cream cheese* (g)	25	50	75	100	125	150
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130

Not included

Low sodium vegetable stock (ml)	150	300	450	600	750	900
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin 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)	2887 /690	412 /98
Total fat (g)	32	5
of which saturated(g)	12,6	1,8
Carbohydrates (g)	74	11
of which sugars (g)	15,4	2,2
Fiber (g)	14	2
Protein (g)	22	3
Salt (g)	1,5	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C and prepare the stock. Chop the **onion** and crush or mince the **garlic**. Dice the **courgette**.



2. Roast the bell pepper

Halve and deseed the **bell pepper**. Transfer face up to a parchment-lined baking sheet and roast for 10 - 15 minutes.



3. Make the orzotto

Meanwhile, heat the olive oil in a deep frying pan over low heat. Fry the **onion, garlic** and **courgette** for 2 - 4 minutes, then add the **orzo** and the **Italian herbs**. Mix well and fry for 1 minute over medium-high heat, then pour in the stock and cover with the lid. Cook for 10 - 12 minutes over low heat until done, stirring regularly. Add a splash of water as necessary if the **orzo** seems too dry.



4. Make the salad

Dice the **tomato**. In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar. Season to taste with salt and pepper, then add the **tomato** and the **lettuce**. Toss well to combine with the dressing.



5. Finish

Stir the **cream cheese** into the **orzotto** and season to taste with salt and pepper. Transfer the **orzo** to the **bell pepper** and top with the **cheese**, then bake in the oven for 3 - 5 minutes.



6. Serve

Drizzle the stuffed **bell pepper** with the **basil crème** and serve the salad alongside.

Enjoy!



Creamy Mushroom Vol Au Vent

with mashed potato, tomato salad & fresh herbs

Veggie

Total time: 35 - 45 min.



Potatoes



Mushrooms



Carrot



Onion



Garlic



Bay leaf



Cooking cream



Puff pastry cup



Lamb's lettuce



Fresh curly parsley



Tomato



Sunflower seeds



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

Did you know that just one handful of sunflower seeds already gives you a large portion of the recommended daily amount of vitamins, proteins and minerals?



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, deep frying pan, lidded pot or saucepan, potato masher, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Mushrooms* (g)	125	250	400	500	650	750
Carrot* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	1	1	2	2
Cooking cream (g)	50	100	150	200	250	300
Puff pastry cup (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Tomato (unit(s))	½	1	2	2	3	3
Sunflower seeds (g)	10	20	30	40	50	60

Not included

[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Flour (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	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)	3862 /923	495 /118
Total fat (g)	56	7
of which saturated(g)	29,3	3,8
Carbonhydrates (g)	79	10
of which sugars (g)	11,7	1,5
Fiber (g)	18	2
Protein (g)	18	2
Salt (g)	1	0,1

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 prepare the stock. Boil plenty of water in a pot or saucepan. Peel or thoroughly wash the **potatoes** and cut them into rough pieces. Finely dice the **carrot**. Slice the **mushrooms**. Chop the **onion** and crush or mince the **garlic**.



4. Bake the pastry cup

Transfer the **puff pastry** cup to a parchment-lined baking sheet and bake in the oven for 5 - 8 minutes. In the meantime, roughly chop the **parsley**. Mash the **potatoes** with a knob of butter and a splash of milk until smooth. Season to taste with salt and pepper.



2. Boil the potatoes

Boil the **potatoes** for 12 - 15 minutes, covered, 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.



5. Make the salad

Cut the **tomato** into wedges and transfer to a salad bowl, along with the **lamb's lettuce**. Add the extra virgin olive oil and the **sunflower seeds**, then toss well to combine. Season to taste with salt and pepper.



3. Make the sauce

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **garlic** with the **onion**, **carrot** and **mushrooms** for 4 - 6 minutes. Stir in the flour and a generous knob of butter and fry for 1 - 2 more minutes. Add the **bay leaf**, the stock and the **cream** and mix well into a uniformly smooth sauce. Allow to reduce over low heat for 6 - 8 minutes (see Tip).

Tip: turn up the heat if the sauce is too watery.



6. Serve

Stuff the **pastry** cup with the creamy **mushroom** sauce. Serve with the mashed **potato** and the salad alongside. Garnish with the **parsley**.

Enjoy!



Bacon Cheeseburger on Brioche

with baby potatoes & a crunchy apple salad

Quick Comfort Food Deluxe

Total time: 20 - 25 min.



Hamburger from Meatier



Apple



Red cherry tomatoes



Bacon



Pre-cooked halved baby potatoes [skin-on]



BBQ spice rub



Grated aged Gouda



Brioche bun



Onion chutney



Mixed leaves of radicchio, arugula & lettuce



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

Brioche is originally from France. It's a bit fluffier than other breads, so it doesn't weigh as heavily on the stomach. It's even a bit similar to cake!



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 lidded frying pan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	100	200	300	375	500	575
Bacon* (slice(s))	2	4	6	8	10	12
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Grated aged Gouda* (g)	25	50	75	100	125	150
Brioche bun (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	120	160	200	240
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
Not included						
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	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)	4502/1076	635/152
Total fat (g)	52	7
of which saturated(g)	25,6	3,6
Carbonhydrates (g)	106	15
of which sugars (g)	35,7	5
Fiber (g)	12	2
Protein (g)	41	6
Salt (g)	4,2	0,6

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Thinly slice the **apple** and halve the **cherry tomatoes**.
- Separate the **bacon** slices and transfer to a parchment-lined baking sheet, then bake for 5 - 8 minutes.
- Leave the oven on to use again later for the **brioche**.



3. Fry the burger

- Melt a knob of butter in another frying pan over medium-high heat and fry the **burger** for 3 - 5 minutes per side, covered.
- Halfway through cooking, top the **burger** with the **grated cheese**.
- In the meantime, bake the **brioche bun** in the oven for 2 - 3 minutes.



2. Fry the baby potatoes

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the **baby potatoes** with the **BBQ spice rub*** for 9 minutes, covered, then remove the lid and fry for 5 more minutes.
- Season to taste with salt and pepper.

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

Did you know... 🌱 baby potatoes are always eaten with the skin on, which means they provide more fibre and vitamins; in particular vitamin B6, which is important for metabolic health.



4. Serve

- In a salad bowl, combine the mustard with the honey, extra virgin olive oil and white balsamic vinegar. Season to taste with salt and pepper, then add the **apple**, **cherry tomatoes** and **lettuce**.
- Toss well to combine with the dressing. Serve the **baby potatoes** on plates with mayonnaise as preferred.
- Cut open the **brioche** and top the base of the **bun** with the **burger** and the **bacon**.
- Spread the **onion chutney** over the top of the **bun** and then close the **burger**. Serve the salad on the side.



Orzo Salad with Shrimp & Avocado

with goat's cheese, curried Hollandaise dressing & cherry tomatoes

Quick Premium

Total time: 20 - 25 min.



Shrimp



Orzo



Red cherry tomatoes



Fresh goat's cheese



Apple



Avocado



Hollandaise sauce



Curry powder



Lemon



Fresh flat leaf parsley & chives



Sunflower seeds



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

Apples are not only delicious, but also healthy! They're especially rich in fibre, vitamins and antioxidants, giving your body a powerful boost.



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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Orzo (g)	75	150	225	300	375	450
Red cherry tomatoes (g)	125	250	375	500	625	750
Fresh goat's cheese* (g)	40	75	125	150	200	225
Apple* (unit(s))	½	1	1	2	2	3
Avocado (unit(s))	½	1	2	2	3	3
Hollandaise sauce* (g)	25	50	75	100	125	150
Curry powder (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Sunflower seeds (g)	10	20	30	40	50	60
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (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)	3607 /862	649 /155
Total fat (g)	42	7
of which saturated(g)	12	2,2
Carbonhydrates (g)	79	14
of which sugars (g)	21	3,8
Fiber (g)	10	2
Protein (g)	37	7
Salt (g)	1,9	0,3

Allergens

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



1. Cook the orzo

- Boil plenty of water in a lidded pot or saucepan.
- Cook the **orzo** for 10 - 12 minutes, covered, then drain and set aside.



2. Prepare the vegetables

- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Halve the **cherry tomatoes**.
- Core the **apple** and cut it into thin matchsticks.
- Finely chop the **chives** and the **parsley**.



3. Make the curry dressing

- Juice a quarter **lemon** per person into a bowl. Add the Hollandaise sauce, the honey and the **curry powder**. Mix well to combine, then season to taste with salt and pepper.
- In the meantime, heat a clean wok or deep frying pan over high heat and toast the **sunflower seeds** for 1 - 2 minutes.
- Remove from the pan and set aside. Heat a drizzle of olive oil in the same pan and fry the **shrimp** for 3 minutes over medium-high heat.
- Season to taste with salt and pepper.



4. Serve

- Transfer the **orzo**, **avocado**, **apple**, **cherry tomatoes** and half of the fresh herbs to a salad bowl.
- Add 1 tbsp per person of the curry dressing, toss well to combine and season to taste with salt and pepper.
- Serve the **orzo** salad on plates and top with the **shrimp**. Crumble over the **goat's cheese** and garnish with the **sunflower seeds** and the rest of the fresh herbs.
- Serve with the rest of the dressing as preferred.



Panko Salmon with Chive Mash

with roasted cherry tomatoes, olives & salad

Quick Premium

Total time: 25 - 30 min.



Potatoes



Fresh flat leaf parsley & chives



Garlic



Panko breadcrumbs



Red cherry tomatoes



[Persian] cucumber



Mixed leaves of radicchio, arugula & lettuce



Salmon fillet



Kalamata olives



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

The Kalamata olive is a typical Greek olive. It gets its name from the city of Kalamata, which is located in southern Greece.



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

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	5	10	15	20	25	30
Red cherry tomatoes (g)	125	250	375	500	625	750
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Mixed leaves of radicchio, arugula & lettuce* (g)	30	60	90	120	150	180
Salmon fillet* (unit(s))	1	2	3	4	5	6
Kalamata olives (g)	15	30	50	70	80	100
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	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)	3368 /805	513 /123
Total fat (g)	47	7
of which saturated(g)	8,9	1,4
Carbonhydrates (g)	55	8
of which sugars (g)	7,1	1,1
Fiber (g)	12	2
Protein (g)	31	5
Salt (g)	1,5	0,2

Allergens

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



1. Cook the potatoes

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



2. Prepare the salmon

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



3. Bake the salmon

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



4. Make the salad and serve

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

Enjoy!



Surinamese-Style Chicken Curry with Roti

with boiled egg, green beans & quick-pickled cucumber

Global Cuisine

Total time: 45 - 55 min.



Potatoes



Tomato



Red onion



Garlic



Egg



Surinamese-style spices



[Persian] cucumber



Roti



Green beans



Chicken breast



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

This Surinamese-style spice mix is packed with delicious spices such as turmeric, cumin, fenugreek, cinnamon and chili. As such, the mix ensures an supreme taste experience!



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, lidded deep frying pan, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	150	300	450	600	750	900
Tomato (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Egg* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Roti* (unit(s))	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	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)	3184 /761	340 /81
Total fat (g)	22	2
of which saturated(g)	4,4	0,5
Carbonhydrates (g)	84	9
of which sugars (g)	14,2	1,5
Fiber (g)	18	2
Protein (g)	52	6
Salt (g)	2,5	0,3

Allergens

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



1. Slicing

Preheat the oven to 160°C. Finely chop half of the **onion** and slice the rest into half-rings. Crush or mince the **garlic** and dice the **tomato**. Wash or peel the **potatoes** and cut into rough pieces. Discard the tips of the **green beans** and then cut in half.



4. Boil the egg

Bring plenty of water to the boil in a saucepan (or use a kettle if preferred). Boil the **egg** for 8 - 10 minutes, then rinse under cold water and peel off the shell.



2. Fry the chicken breast

Season the **chicken** with salt and pepper. Heat the sunflower oil in a deep frying pan over medium-high heat. Fry the **chicken** for 2 - 3 minutes per side, then remove from the pan and set aside. In the same pan, fry the **onion, garlic and tomatoes** for 1 minute.



5. Prepare the cucumbers

Meanwhile, halve the **cucumber** and scoop out the seeds, then slice into crescents. In a bowl, combine the white wine vinegar with the same amount of water, then add the sugar, **cucumber** and **onion** rings. Toss well to combine, seasoning to taste with salt and pepper. Set aside, stirring occasionally. Bake the **roti** in the oven for 3 minutes.



3. Boil the potatoes

Prepare the stock. Add the **potatoes**, stock and **Surinamese-style spices** to the vegetables and cook for 5 minutes, covered. Add the **green beans** and the **chicken** and cook for another 10 minutes, still covered (see Tip).

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



6. Serve

Serve the **potatoes** and **green beans** on deep plates, then pour over the sauce and top with the **chicken**. Serve with the boiled **egg, roti** and quick-pickled **cucumber**.

Enjoy!



Steak with Creamy Truffle Linguine

with Grana Padano, arugula & fresh herbs

Quick Premium

Total time: 20 - 25 min.



Vegetable mix with mushrooms



Fresh curly parsley & thyme



Cooking cream



Truffle-style olive oil



Garlic



Grana Padano flakes DOP



Arugula



Steak



Linguine



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

According to Italians, each variety of pasta goes with a certain kind of sauce. For instance, linguine, the thicker brother of spaghetti, goes perfectly with a light, oil-based sauce.



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, large frying pan, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Arugula* (g)	20	40	60	80	100	120
Steak* (unit(s))	1	2	3	4	5	6
Linguine (g)	90	180	270	360	450	540
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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)	3653 /873	652 /156
Total fat (g)	38	7
of which saturated(g)	18,6	3,3
Carbonhydrates (g)	76	14
of which sugars (g)	10,2	1,8
Fiber (g)	12	2
Protein (g)	54	10
Salt (g)	1	0,2

Allergens

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



1. Prepare

- Take the **steak** out of the fridge and allow it to reach room temperature. Pat it dry with kitchen paper and season with salt.
- Crush or mince the **garlic**. Tear the **thyme** leaves off of the stems. Finely chop the **parsley**.
- Boil plenty of water in a pot or saucepan and cook the **linguine** for 10 - 12 minutes, covered. Reserve 25ml cooking liquid per person, then drain and set aside.



2. Fry the vegetables

- Heat a large clean frying pan over medium-high heat. Fry the **vegetable mix** for 6 minutes.
- Meanwhile, melt the butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminium foil.



3. Make the sauce

- Stir the olive oil into the vegetables, then add the **garlic** and half of the fresh herbs.
- Fry for 2 more minutes, then deglaze with the white wine vinegar.
- Add the cooking juices from the **steak**, the **cream** and the reserved cooking liquid, then crumble in the stock cube (see pantry for amount). Mix well to combine.
- Transfer the **linguine** to the sauce, then bring to the boil and simmer for 1 minute or longer as needed.



4. Serve

- Take the pan off the heat and stir in half of the **cheese**. Season to taste with a generous amount of salt and pepper.
- Slice the **steak** against the grain.
- Serve half of the **arugula** on plates and top with the **linguine**. Drizzle with the truffle oil and garnish with the rest of the **cheese**.
- Top with the sliced **steak** and the rest of the **arugula**. Garnish with the rest of the fresh herbs to finish.



Eggplant Naan Pizza with Burrata

with Romano pepper & basil crème

Family Veggie Quick Premium

Total time: 25 - 30 min.



Eggplant



Garlic



Burrata



Passata



Italian seasoning



Naan bread



Arugula



Basil crème



Tomato



Romano pepper



Grated aged Gouda



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

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



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, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Passata (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Naan bread (unit(s))	1	2	3	4	5	6
Arugula* (g)	20	40	60	80	100	120
Basil crème (ml)	10	15	24	30	39	45
Tomato (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Grated aged Gouda* (g)	25	50	75	100	125	150
Not included						
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic 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)	3351 /801	623 /149
Total fat (g)	40	7
of which saturated(g)	14,4	2,7
Carbonhydrates (g)	77	14
of which sugars (g)	14,9	2,8
Fiber (g)	9	2
Protein (g)	28	5
Salt (g)	2,2	0,4

Allergens

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



1. Cut the vegetables

- Preheat the oven to 200°C.
- Thinly slice the **eggplant** and cut the **Romano pepper** into thin strips.
- Crush or mince the **garlic**.



2. Fry the eggplant

- Heat the olive oil in a frying pan over medium-high heat.
- Season the **eggplant** with salt and then fry for 3 - 4 minutes per side.



3. Make the naan pizza

- In a bowl, combine the **passata** with the **Italian herbs** and the **garlic**.
- Transfer the **naan** to a parchment-lined baking sheet and spread each one with 2 tbsp of the **passata** mixture.
- Top with the **eggplant**, the **Romano pepper** and the Gouda (see Tip).
- Season to taste with salt and pepper, then bake the **naan** pizza in the oven for 8 - 10 minutes.

Tip: add any leftover vegetables to the salad in the next step.



4. Serve

- Cut the **tomato** into wedges.
- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil.
- Add the **tomato** and **arugula**, then toss well to combine. Season to taste with salt and pepper.
- Top the **naan** pizza with the **burrata** and then drizzle with the **basil crème**. Serve the salad alongside.

Enjoy!



Sticky Hoisin Pork & Peanut Bao Buns

with ponzu-dressed little gem, ginger mayo & fried onions

Street food

Total time: 40 - 50 min.



Bao buns



Black garlic marinade



Hoisin sauce



[Persian] cucumber



Onion



Unsalted peanuts



Ponzu



Ginger paste



Little gem



Sticky pork belly



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.



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, deep frying pan, frying pan or grill pan, 2x small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns (unit(s))	3	6	9	12	15	18
Black garlic marinade* (g)	15	30	45	60	75	90
Hoisin sauce (g)	25	50	75	100	125	150
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Onion (unit(s))	½	1	1½	2	2½	3
Unsalted peanuts (g)	10	20	30	40	50	60
Ponzu (g)	12	24	36	48	60	72
Ginger paste* (g)	5	10	15	20	25	30
Little gem* (unit(s))	1	2	3	4	5	6
Sticky pork belly* (g)	120	240	360	480	600	720
Not included						
White wine vinegar (tsp)	2	4	6	8	10	12
Olive oil (tbsp)	1	2	3	4	5	6
Sunflower oil (ml)	45	90	135	180	225	270
Flour (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	6494 /1552	949 /227
Total fat (g)	105	15
of which saturated(g)	22	3,2
Carbonhydrates (g)	115	17
of which sugars (g)	37,3	5,5
Fiber (g)	8	1
Protein (g)	35	5
Salt (g)	4,7	0,7

Allergens

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



1. Fry the pork

Preheat the oven to 180°C. Cut three slices of **pork belly** per person. Heat half of the olive oil in a frying pan over medium heat and fry the **pork belly** for 10 - 12 minutes. Add the sugar, the black **garlic** marinade and the **hoisin sauce**, along with half of the white wine vinegar. Season with a pinch of salt. Mix well to coat and fry for 1 more minute.



4. Make the dressing

Meanwhile, crush or mince the **garlic**. In a small bowl, combine the honey with the **garlic**, the **ponzu** sauce and the rest of the white wine vinegar. Season to taste with salt and pepper.



2. Prepare the little gem

In the meantime, heat the rest of the olive oil in a frying pan over high heat (see Tip). Halve the **little gem** and fry it face-down for 2 - 3 minutes.

Tip: use a grill pan if preferred.



5. Make the toppings

In a small bowl, combine the mayonnaise with the **ginger** paste. Season to taste with salt and pepper. Cut the **cucumber** into batons, small enough to easily fit inside the **bao buns**. Finely chop the **peanuts**.



3. Fry the onions

Bake the **bao buns** in the oven for 4 - 5 minutes. Slice the **onion** into half rings and transfer to a bowl. Add the flour and toss well to coat. Heat the sunflower oil in a deep frying pan over medium-high heat and fry the **onion** for 4 - 5 minutes or until crispy, stirring regularly.



6. Serve

Gently open the **bao buns** and spread with the **ginger** mayo. Fill the **bao buns** with the **pork belly** and the **cucumber**. Garnish with the **peanuts**. Drizzle the **little gem** with the dressing and garnish with the fried **onions**.

Enjoy!