



Stampopot with Farmer's Sausage & Mushrooms

with hazelnuts, garlicky spinach & fresh basil

Total time: 40 - 50 min.



Potatoes



Mushrooms



Onion



Garlic



Farmer's sausage



Hazelnuts



Spinach



Fresh basil



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

Hazelnuts contain many vitamins, including vitamin B and lots of vitamin E. Hazelnuts, therefore, are very healthy nuts!

Before you begin

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

Utensils

Pot or saucepan, potato masher, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Mushrooms* (g)	125	250	400	400	650	650
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Hazelnuts (g)	10	20	30	40	50	60
Spinach* (g)	100	200	300	400	500	600
Fresh basil* (g)	5	10	15	20	25	30

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	¾	1½	2¼	3	3¾	4½
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	60	120	180	240	300	360
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3577 /855	496 /119
Total fat (g)	52	7
of which saturated (g)	17,5	2,4
Carbohydrates (g)	58	8
of which sugars (g)	8,2	1,1
Fibre (g)	17	2
Protein (g)	34	5
Salt (g)	2,5	0,4

Allergens

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



1. Boil the potatoes

Wash or peel the **potatoes** and cut into rough pieces. Transfer to a pan and cover with water, then boil the **potatoes** for 12 - 15 minutes or until done. Drain and set aside.



2. Chop the vegetables

Meanwhile, thinly slice the **mushrooms**. Slice the **onion** into half rings and crush or mince the **garlic**.



3. Make the jus

Heat a drizzle of olive oil in a frying pan over medium-high heat. Cut open the skin of the **sausage** and squeeze the **meat** directly into the pan. Add the **onion** and fry for 2 - 3 minutes over medium-high heat, separating the **sausage meat** as you do so. Stir in the **mushrooms** and fry for another 3 - 4 minutes, then stir in the **ketjap** and the same amount of **mustard**, along with the **butter**. Crumble in the stock cube and then deglaze with the water (see pantry for amounts). Turn down the heat and allow the jus to reduce over a low heat until serving.



4. Toast the hazelnuts

Roughly chop the **hazelnuts**. Heat a clean frying pan over medium-high heat and toast the **hazelnuts** for 2 minutes or until golden-brown. Remove from the pan and set aside, then heat a drizzle of **olive oil** in the same pan and fry the **garlic** for 1 minute. Tear the **spinach** directly into the pan and fry for 1 minute until wilted and reduced, then turn off the heat.



5. Mash the potatoes

Mash the **potatoes** with a splash of **milk** and the rest of the **mustard**, along with **butter** as preferred. Stir in the **spinach** and season generously to taste with **salt and pepper**. Set aside to keep warm until serving. Meanwhile, chop the **basil** into ribbons.



6. Serve

Serve the stampot on plates and top with the **mushroom-sausage** jus. Garnish with the toasted **hazelnuts** and **fresh basil**.

Enjoy!

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



Beef Noodle Stir-Fry with Crispy Onions

in East Asian-style sauce with cabbage & broccoli

Family Nice & Fast

Total time: 25 - 30 min.



East Asian-style sauce



Garlic



Sweetheart cabbage & broccoli



Rice noodles



Crispy fried onions



Onion



Korean-style spice mix



Seasoned beef mince



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

The sweetheart cabbage and broccoli have already been cut for you. That'll save you some time in the kitchen!

Before you begin

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

Utensils

Lidded frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Garlic (unit(s))	½	1	1½	2	2½	3
Sweetheart cabbage & broccoli* (g)	150	300	500	600	800	900
Rice noodles (g)	50	100	150	200	250	300
Crispy fried onions (g)	15	30	45	60	75	90
Onion (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	¼	½	¾	1	1¼	1½
Seasoned beef mince* (g)	100	200	300	400	500	600
From your pantry						
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2812 / 672	682 / 163
Total fat (g)	30	7
of which saturated (g)	11,3	2,7
Carbohydrates (g)	66	16
of which sugars (g)	16,8	4,1
Fibre (g)	7	2
Protein (g)	29	7
Salt (g)	3,6	0,9

Allergens

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



1. Fry vegetables

- Crush or **mince** the **garlic**.
- Slice the **onion** into half rings.
- Heat half of the **sunflower oil** in a frying pan over medium-high heat.
- Fry the **garlic** and **onion** with the **cabbage** and **broccoli** for 4 - 5 minutes, covered.



3. Make the sauce

- Lower the heat and add the **East Asian-style sauce**, the **soy sauce** and the **ketjap manis** (see Tip).
- Stir-fry for 2 - 3 minutes. Season to taste with **salt and pepper**.

Health Tip 🍷 if you're watching your salt intake, omit the soy sauce out and add some later while serving as preferred.



2. Boil the noodles

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **noodles** for 6 - 7 minutes until al dente, then drain and rinse under cold water.
- Drizzle with the rest of the **sunflower oil** and toss well, then set aside.
- To the vegetables, add the **Korean-style spices** and the **beef mince**. Fry for 3 minutes over medium-high heat, separating the **mince** as you do so.



4. Serve

- Directly before serving, add the **noodles** to the frying pan and toss well to combine.
- Serve the stir-fry on plates and garnish with the **crispy onions**.

Enjoy!



Veggie No-Chicken & Broccoli Gratin

with panko topping & homemade cheese sauce

Veggie

Total time: 40 - 50 min.



Potatoes



Broccoli



Onion



Grated Gouda



Panko breadcrumbs



Garlic



Cooking cream



Middle Eastern
spice mix



Veggie chicken pieces



Nutmeg



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

There is an improved ingredient in your box! We have lowered the fat content in our cooking cream, but kept the delicious, creamy taste,

Before you begin

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

Utensils

Bowl, lidded frying pan, microplane, oven dish, lidded pot or saucepan, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Broccoli* (g)	200	360	600	800	960	1160
Onion (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Panko breadcrumbs (g)	15	25	40	50	65	75
Garlic (unit(s))	1	2	3	4	5	6
Cooking cream (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Veggie chicken pieces* (g)	80	160	240	320	400	480
Nutmeg (pinch)	1	2	3	4	5	6
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Flour (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	70	140	210	280	350	420
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3439 /822	533 /127
Total fat (g)	43	7
of which saturated (g)	23,1	3,6
Carbohydrates (g)	66	10
of which sugars (g)	5,4	0,8
Fibre (g)	18	3
Protein (g)	39	6
Salt (g)	2,5	0,4

Allergens

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



1. Prepare the potatoes

Preheat the oven to 200°C. Peel the **potatoes** and dice into 3cm chunks. Heat the **sunflower oil** in a frying pan over high heat. Fry the **potatoes** for 20 - 25 minutes until golden-brown or until step 5, covered. Toss regularly.



2. Cook the broccoli

Boil plenty of water in a pot or saucepan for the **broccoli**. Cut the head of the **broccoli** into florets and dice the stem. Cook the **broccoli** for 5 minutes, covered, then drain and set aside. Meanwhile, slice the **onion** into thin half rings.



3. Make the topping

In a bowl, combine the **onion** with the **panko breadcrumbs** and half of the **cheese**. Season with **salt and pepper**, then set aside. Crush or **mince** the **garlic** and finely grate the **nutmeg** (see ingredient table for the amount).

Did you know... 🥦 broccoli is considered a superfood, and for good reason – not only is it high in vitamins B, C and E, it's also a great source of calcium, potassium and iron.



4. Make the sauce

Melt the **butter** in a saucepan over medium-high heat. Fry the **garlic** for 2 - 3 minutes, then stir in the flour. When it turns golden brown, crumble in the stock cube, then pour in the **cream** and the water (see pantry for amount). Bring to a boil, stirring continuously so as to prevent clumps from forming.



5. Combine

Reduce the heat and stir in the **nutmeg** and the rest of the **cheese** (see Tip). Season to taste with **salt and pepper**. To the **potatoes**, add the **veggie chicken**, the **broccoli** and the **Middle Eastern-style spices**. Mix well, then turn off the heat and transfer everything to an oven dish.



6. Serve

Pour over the **cheese** sauce and mix well to combine, then press down with the back of a spoon so as to ensure it is even. Scatter over the **panko** mixture, then bake in the oven for 10 minutes or until golden-brown. Serve the gratin on plates.

Enjoy!

Tip: add an extra splash of water if the sauce is too thick; if it's too thin, add some extra flour.



Meatball Rigatoni Al Forno

with bacon, Parmigiano Reggiano & basil

Family

Total time: 45 - 55 min.



Onion



Garlic



Beef-pork mince with Italian herbs



Panko breadcrumbs



Bacon lardons



Rigatoni



Parmigiano Reggiano DOP



Tinned cherry tomatoes



Tomato



Fresh basil



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

Did you know that Parmigiano Reggiano gets its name from the region where it is produced? Namely the Italian provinces of Parma and Reggio Emilia.

Before you begin

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

Utensils

Bowl, lidded deep frying pan, microplane, oven dish, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Bacon lardons* (g)	25	50	75	100	125	150
Rigatoni (g)	90	180	270	360	450	540
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Fresh basil* (g)	2½	5	7½	10	12½	15
From your pantry						
Red wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3473 /830	649 /155
Total fat (g)	34	6
of which saturated (g)	12,1	2,3
Carbohydrates (g)	87	16
of which sugars (g)	13,4	2,5
Fibre (g)	8	1
Protein (g)	40	8
Salt (g)	2	0,4

Allergens

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



1. Prepare

- Preheat the oven to 220°C.
- Chop the **onion** and crush or **mince** the **garlic**. Grate the **Parmigiano Reggiano**.
- In a bowl, combine the **mince** with the **panko**, along with half each of the **cheese** and the **onion**.
- Season with **salt and pepper**, then knead well and shape into three **meatballs** per person.



2. Fry the meatballs

- Boil plenty of water in a pot or saucepan for the **rigatoni**.
- Heat the olive oil in a deep frying pan over medium-high heat. Fry the **bacon** with the **meatballs** for 2 - 3 minutes until evenly browned, then remove the **meatballs** from the pan and set aside.
- Add the **garlic** and the rest of the **onion** to the **bacon** and fry for 2 - 3 minutes.



3. Boil the rigatoni

- Deglaze with the red wine vinegar, then add the **cherry tomatoes** and return the **meatballs** to the pan.
- Mix well and cover with the lid, then allow to cook for 8 - 10 minutes.
- Boil the **rigatoni** for 13 - 15 minutes until al dente, then drain and transfer to an oven dish.
- Dice the **tomato** and cut the **basil** into ribbons.



4. Serve

- Stir the **tomato** and half of the **basil** into the sauce. Season to taste with **salt and pepper**, then transfer to the oven dish.
- Scatter over the rest of the **cheese**, then bake in the oven for 10 minutes.
- Serve the **rigatoni** al forno on plates and garnish with the rest of the **basil**.

Enjoy!



Chicken Thigh Strips in Yellow Curry Sauce

over cauliflower rice with bell pepper

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Garlic



Bell pepper



Onion



White long grain rice



Chicken thigh strips with kebab spices



Yellow curry spices



Coconut milk



Cauliflower Rice



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

Before you begin

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

Utensils

Lidded deep frying pan, lidded pot or saucepan, 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
Onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Cauliflower Rice* (g)	100	200	300	400	500	600

From your pantry

Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2920 /698	558 /133
Total fat (g)	31	6
of which saturated (g)	16,9	3,2
Carbohydrates (g)	71	14
of which sugars (g)	6	1,1
Fibre (g)	7	1
Protein (g)	28	5
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **rice**.
- Crush or **mince** the **garlic** and chop the **onion** into half rings.
- Cut the **bell pepper** into thin strips.
- Cook the **rice** for 12 - 15 minutes, covered, then drain and set aside.



2. Make the curry

- Heat a drizzle of **sunflower oil** in a deep frying pan over medium-high heat and fry the **garlic**, **bell pepper**, **onion** and **chicken thigh strips** for 3 - 4 minutes.
- Add the **curry spices** and fry for 1 more minute, then stir in the **coconut milk** and lower the heat.
- Cover with the lid and allow to simmer for 6 - 8 minutes. Season to taste with **salt and pepper**.



3. Fry the cauliflower rice

- Heat a light drizzle of **sunflower oil** in a frying pan over medium-high heat.
- Fry the **cauliflower rice** for 3 - 4 minutes. Season with a generous amount of salt and pepper.



4. Serve

- Stir the **cauliflower rice** into the white **rice**.
- Serve on deep plates and top with the **chicken** curry.

Did you know... 🌱 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.

Enjoy!



Beef Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

Nice & Fast

Total time: 15 - 20 min.



Onion



Bell pepper strips



Seasoned minced beef



Tomato



Fresh coriander



Greek-style cheese



Avocado



Smoky tomato ketchup



Flour tortillas



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

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

Before you begin

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

Utensils

Aluminum foil, 2x bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Bell pepper strips* (g)	50	100	150	200	250	300
Seasoned minced beef* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Flour tortillas (unit(s))	2	4	6	8	10	12

From your pantry

Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3226 / 771	639 / 153
Total fat (g)	44	9
of which saturated (g)	13,8	2,7
Carbohydrates (g)	59	12
of which sugars (g)	11,2	2,2
Fibre (g)	8	2
Protein (g)	33	6
Salt (g)	3	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 180°C (see Tip 1).
- Finely chop the **onion**.
- In a bowl, combine the **red wine vinegar** with half of the **onion** and a pinch of salt (see Tip 2).
- Set aside until serving, stirring occasionally.

Tip 1: you can also heat the tortillas in the microwave or in a frying pan if preferred. In this case, no need to use the oven or aluminium foil for this recipe.

Tip 2: you can also add a pinch of sugar if preferred.



2. Heat the tortillas

- Heat a light drizzle of **olive oil** in a frying pan over medium-high heat.
- Fry the rest of the **onion** with half of the **bell pepper** for 2-3 minutes (see Tip).
- Add the **mince** and fry for 3 - 5 minutes, separating it as you do so.
- In the meantime, wrap the **tortillas** in aluminium foil and heat in the oven for 2 - 3 minutes.

Tip: if you don't like raw bell pepper, fry all of it.



3. Make the salsa

- Dice the **tomato** and crumble the **Greek-style cheese**, then transfer both to a bowl.
- Finely chop the **coriander** and add half of it to the bowl, then mix well to combine.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.



4. Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own fajitas.
- Use the rest of the **bell pepper** and the rest of the **coriander** as toppings as well, along with the **smoky ketchup**.
- Serve the **tortillas** on plates.

Enjoy!



Creamy Portobello Gigli

with tomato tapenade, walnuts & spinach

Nice & Fast Veggie

Total time: 15 - 20 min.



Garlic



Spinach



BBQ spice rub



Tomato tapenade



Portobello mushroom



Onion



Soy sauce



Organic crème fraiche



Gigli



Chopped walnuts



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

In this recipe, you'll season the portobello with a BBQ spice rub and soy sauce. This gives the mushroom a real flavour boost!

Before you begin

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

Utensils

Deep frying pan, pot or saucepan, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Tomato tapenade* (g)	40	80	120	160	200	240
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	5	10	15	20	25	30
Organic crème fraîche* (g)	50	100	150	200	250	300
Gigli (g)	90	180	270	360	450	540
Chopped walnuts (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))		¼	½	¾		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3372 /806	758 /181
Total fat (g)	40	9
of which saturated (g)	12,6	2,8
Carbohydrates (g)	83	19
of which sugars (g)	9	2
Fibre (g)	11	3
Protein (g)	23	5
Salt (g)	2,3	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 for the pasta (see Tip). Crumble in the stock cube (see pantry for amount).
- Slice the **onion** into half rings and crush or **mince** the **garlic**. Halve the **portobello** and then slice it.
- Boil the pasta for 11 - 13 minutes until done, then reserve at least 100ml pasta water per person before draining and setting aside.

Tip: to save time, use a kettle instead.



2. Fry the portobello

- Heat a clean deep frying pan over high heat and add the **portobello**.
- Fry the **portobello** until it has reduced and all of the liquid has evaporated. Add the **walnuts** and three quarters of a teaspoon per person of the **BBQ rub***, then fry for 3 minutes before deglazing with the **soy sauce**.
- Transfer to a small bowl and set aside until serving.

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



3. Make the sauce

- Heat a drizzle of **olive oil** in the same pan and fry the **garlic** and **onion** for 3 minutes until golden-brown, then add the rest of the **BBQ rub** and fry for 1 more minute.
- Add the **crème fraîche**, **tomato tapenade** and 50ml pasta water per person, then mix well to combine.
- Reduce the heat and tear the **spinach** directly into the pan, in batches if necessary (see Tip).

Tip: if the sauce is too thick, stir in an extra splash of pasta water as necessary to thin it out.



4. Serve

- Transfer the pasta to the sauce and season to taste with **salt and pepper**.
- Mix well to combine.
- Serve on plates and top with the **portobello** and **walnuts**.

Did you know... 🍄 portobello 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.

Enjoy!



Sticky Thai-Style Meatballs

over sesame noodles with peanuts & Thai basil

Nice & Fast

Total time: 15 - 20 min.



Beef-pork meatballs with Thai seasoning



Vegetable mix with cabbage



East Asian-style sauce



Thai basil



Salted peanuts



Garlic



Sesame oil



Lime



Ketjap manis



Mie noodles



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

We've already chopped the vegetables in this recipe for you, so that you can set this delicious Asian-inspired noodle dish on the table in no time at all!

Before you begin

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

Utensils

Lidded frying pan, pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Thai basil* (g)	2½	5	7½	10	12½	15
Salted peanuts (g)	20	40	60	80	100	120
Garlic (unit(s))	1	2	3	4	5	6
Sesame oil (ml)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Ketjap manis (ml)	10	20	30	40	50	60
Mie noodles (g)	50	100	150	200	250	300
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3485 / 833	758 / 181
Total fat (g)	46	10
of which saturated (g)	13,4	2,9
Carbohydrates (g)	71	16
of which sugars (g)	27,8	6
Fibre (g)	10	2
Protein (g)	32	7
Salt (g)	3,5	0,8

Allergens

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



1. Fry the meatballs

- Boil plenty of water in a pot or saucepan for the **noodles**. Melt the **butter** in a frying pan over medium-high heat.
- Fry the **meatballs** for 5 - 7 minutes, covered, until evenly browned and done.
- Turn off the heat and stir in the **East Asian-style sauce** and the water (see pantry for amount).
- Season to taste with **salt and pepper**, then cover the pan and set aside.



2. Prepare the garnishes

- Boil the **noodles** for 4 - 5 minutes until al dente, then drain and set aside.
- Crush or **mince** the **garlic**.
- Chop the Thai **basil** into thin ribbons.
- Roughly chop the **peanuts** and quarter the **lime**.



3. Stir-fry the vegetables

- Heat the **sunflower oil** in a wok or deep frying pan over high heat.
- Fry the **vegetable mix** with the **garlic** for 5 - 7 minutes, then stir in the **noodles** and fry for 1 more minute.
- Reduce the heat and stir in the **sesame oil**, ketjap and the juice of 1 **lime** wedge per person.



4. Serve

- Serve the **noodles** in bowls or deep plates and top with the **meatballs** in their sauce.
- Garnish with the **peanuts** and the Thai **basil**.

Enjoy!



Pork Escalope with Balsamic Strawberry Jus

with green beans & rosemary potatoes

Family

Total time: 45 - 55 min.



Pork escalope



Potatoes



Fresh rosemary



Green beans



Onion



Strawberry sauce



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

The pork escalope is a cut from the buttock of the pig. The meat is quite lean and deliciously tender - great for a balanced meal!

Before you begin

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

Utensils

Aluminum foil, parchment-lined baking sheet, lidded pot or saucepan, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork escalope* (unit(s))	1	2	3	4	5	6
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Onion (unit(s))	½	1	1½	2	2½	3
Strawberry sauce (ml)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3201 / 765	473 / 113
Total fat (g)	39	6
of which saturated (g)	13	1,9
Carbohydrates (g)	67	10
of which sugars (g)	10,1	1,5
Fibre (g)	16	2
Protein (g)	34	5
Salt (g)	0,8	0,1

Allergens

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



1. Prepare

Take the **pork escalope** out of the fridge and allow to reach room temperature. Preheat the oven to 200°C. Thoroughly wash the **potatoes** and then dice them into 1cm chunks. Pull the **rosemary** leaves off the stems and finely chop. Transfer the **potatoes** to a parchment-lined baking sheet along with two thirds of the **rosemary**. Drizzle with olive oil and season with **salt and pepper**, then toss well to coat. Roast the **potatoes** for 30 - 35 minutes.



2. Boil the green beans

In the meantime, discard the tips of the **green beans** and chop the **onion**. Pour a shallow layer of water into a pot or saucepan, then add a pinch of **salt** and the **green beans**. Cover with the lid and bring to a boil, then cook the **green beans** for 6-8 minutes. Drain and set aside.

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



3. Fry the pork escalope

Meanwhile, season the **pork escalope** with **salt and pepper**. Heat a generous drizzle of **olive oil** in a frying pan over medium-high heat and fry the **pork** for 5 - 7 minutes until evenly browned. Remove from the pan and set aside under aluminium foil until serving. Keep the pan to use in the next step.



4. Make the jus

In the same frying pan, fry half of the **onion** with the rest of the **rosemary** for 3 - 5 minutes over medium heat. Add the **strawberry sauce**, **balsamic vinegar** and 2 tbsp water per person. Mix well and allow to reduce gently for 2 minutes, then turn off the heat. Shortly before serving, stir the **butter** into the sauce and season to taste with **salt and pepper**.



5. Fry the green beans

In the meantime, heat a drizzle of olive oil in another frying pan over medium-high heat and fry the rest of the **onion** for 1 minute. Add the **green beans** and fry for 2 minutes over high heat. Season to taste with **salt and pepper**.



6. Serve

Slice the **pork** and serve with the **potatoes** and **green beans** alongside. Top the **pork** with the balsamic **strawberry jus**.

Enjoy!



Chicken Meatball Bulgur Bowl

with roasted bell pepper sauce, mushrooms & courgette

Calorie Smart Nice & Fast

Total time: 25 - 30 min.



Chicken meatballs with Italian seasoning



Bulgur



Onion



Garlic



Sicilian-style herb mix



Mushrooms



Courgette



Tomato



Roasted bell pepper sauce



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

Before you begin

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

Utensils

Deep frying pan, lidded frying pan, lidded pot or saucepan, spatula

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken meatballs with Italian seasoning* (unit(s))	3	6	9	12	15	18
Bulgur (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	190	250	315	375
Courgette* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2590 /619	514 /123
Total fat (g)	23	5
of which saturated (g)	6,8	1,3
Carbohydrates (g)	61	12
of which sugars (g)	7,3	1,4
Fibre (g)	19	4
Protein (g)	33	7
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **bulgur** and crumble in the stock cube (see pantry for amount).
- Cook the **bulgur** for 10 - 12 minutes, covered, then drain and set aside.
- Meanwhile, slice the **onion** into half rings and crush or **mince** the **garlic**.
- Dice the **courgette**, **mushrooms** and **tomato**.



2. Fry the vegetables

- Heat the **olive oil** in a deep frying pan over high heat and fry the **mushrooms** for 2 - 3 minutes.
- Reduce the heat to medium-high, then fry the **courgette**, **tomato**, **onion** and **garlic** for 8 - 9 minutes.



3. Fry the meatballs

- Meanwhile, melt the butter in a frying pan over medium-high heat.
- Fry the **meatballs** for 2 - 3 minutes until evenly browned, using a spatula to break them in half.
- Lower the heat and cover with the lid, then continue cooking for 4 - 5 more minutes or until done.
- To the vegetables, add the **bulgur** and the Sicilian-style herbs and fry for 2 - 3 minutes. Season to taste with salt and pepper.



4. Serve

- Finally, stir the **roasted bell pepper sauce** into the **bulgur**, then serve on deep plates.
- Top with the **meatballs**.

Enjoy!



Stampopot with an Asian-Inspired Twist

with sweetheart cabbage & a jammy egg

Calorie Smart Veggie

Total time: 35 - 45 min.



Potatoes



Green curry spices



Egg



Onion



East Asian-style sauce



Soy sauce



Crispy fried onions



White miso paste



Chopped sweetheart cabbage



Cooking cream



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

Before you begin

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

Utensils

Lidded pot or saucepan, potato masher, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green curry spices (sachet(s))	½	¾	1	1½	1¾	2
Egg* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Soy sauce (ml)	5	10	15	20	25	30
Crispy fried onions (g)	10	20	30	40	50	60
White miso paste (g)	10	20	30	40	50	60
Chopped sweetheart cabbage* (g)	200	400	600	800	1000	1200
Cooking cream (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	30	60	90	120	150	180
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2937 / 702	467 / 112
Total fat (g)	34	5
of which saturated (g)	18,5	2,9
Carbohydrates (g)	67	11
of which sugars (g)	16	2,5
Fibre (g)	14	2
Protein (g)	23	4
Salt (g)	3,4	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. Peel the **potatoes** and cut into rough chunks, then boil for 12 - 15 minutes until done, covered.
- Boil the **eggs** alongside for 4 - 8 minutes (see Tip).
- Meanwhile, roughly chop the **onion** into half rings.

Tip: adjust the cooking time if necessary so as to boil the eggs to your liking.



2. Make the sauce

- Melt a knob of butter in a frying pan over medium-high heat. Fry the **cabbage** with the **green curry spices** for 6 - 7 minutes, then remove from the pan and set aside.
- Melt a generous knob of butter in the same frying pan and fry the **onion** for 4 - 5 minutes over medium-low heat.
- Add the **East Asian-style sauce** and the water (see pantry for amount).
- Allow the sauce to reduce gently for 4 - 5 minutes.



3. Mash the potatoes

- Meanwhile, drain the **eggs** and **potatoes**. Rinse the **eggs** under cold water to stop them from cooking further, then set aside.
- Mash the **potatoes** with the **cream** (see Tip).
- Stir in the **cabbage**, **miso paste*** and **soy sauce**. Season to taste with salt and pepper.

Tip: add the cream gradually so as to prevent the mash from becoming too watery.

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



4. Serve

- Peel the **eggs** and cut them in half.
- Serve the stampot on plates and top with the sauce. Serve the **egg** alongside.
- Garnish with the crispy fried **onions** (see Tip).

Tip: add the fried onions shortly before serving so as to ensure they stay crispy.

Enjoy!



'Waterzooi': Creamy Belgian Fish Stew

with pollock, vegetables & potatoes

Calorie Smart

Total time: 45 - 55 min.



Bay leaf



Onion



Garlic



Potatoes



Leek



Carrot



Fresh curly parsley



Pollock



Cooking cream



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

A Ghent classic today! Did you know that waterzooi was originally prepared with freshwater fish from Ghent's rivers and canals?

Before you begin

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

Utensils

Lidded soup pot or large pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bay leaf (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Leek* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Pollock* (unit(s))	1	2	3	4	5	6
Cooking cream (g)	50	100	150	200	250	300

From your pantry

Low sodium fish stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2247 /537	248 /59
Total fat (g)	23	3
of which saturated (g)	14,5	1,6
Carbohydrates (g)	51	6
of which sugars (g)	11,7	1,3
Fibre (g)	20	2
Protein (g)	28	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

- Prepare the stock and add the **bay leaf**.
- Chop the **onion** and crush or **mince** the **garlic**.
- Thoroughly wash or peel the **potatoes**, then cut into rough pieces.
- Cut the **leek** into rings and then wash thoroughly. Wash the **carrot** and slice into thin crescents.



2. Make the waterzooi

- Melt the butter in a large pot or soup pan over medium-high heat.
- Fry the **garlic** and **onion** for 1 - 2 minutes, then add the **leek**, **carrot** and **potatoes**. Mix well and fry for 3 - 4 more minutes.
- Deglaze with the **white wine vinegar** and the stock. Bring to the boil, then cover with the lid and allow to cook for 15 - 20 minutes or until the **potatoes** are done.



3. Chop the parsley

- In the meantime, finely chop the **parsley**.
- Cut the fish into 2cm chunks.
- When the **potatoes** are done, reduce the heat so that the stew is no longer boiling.



4. Serve

- Stir in the **cream** and half of the **parsley**.
- Add the fish and cover with the lid again, then allow to poach for 3-5 minutes over low heat.
- Serve the waterzooi in bowls or deep plates.
- Garnish with the rest of the **parsley**.

Enjoy!



Honey-Glazed Tempeh with Sriracha Mayo

over rice with furikake, gomashio & vegetables

Nice & Fast Veggie

Total time: 20 - 25 min.



Diced tempeh



Broccoli



Garlic



Sliced carrots



Furikake



Gomashio



Onion



Ginger paste



Jasmine rice



Sriracha mayo



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

Before you begin

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

Utensils

Lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Diced tempeh* (g)	80	160	240	320	400	480
Broccoli* (g)	100	200	360	500	560	700
Garlic (unit(s))	½	1	1½	2	2½	3
Sliced carrots* (g)	75	150	300	300	450	450
Furikake (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ginger paste* (g)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
Sriracha mayo* (g)	25	50	75	100	125	150
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3008 /719	703 /168
Total fat (g)	27	6
of which saturated (g)	3,1	0,7
Carbohydrates (g)	89	21
of which sugars (g)	19,7	4,6
Fibre (g)	6	1
Protein (g)	26	6
Salt (g)	1,4	0,3

Allergens

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



1. Cut the vegetables

- Cut the head of the **broccoli** into florets and dice the stem. Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Add the **rice** and half of the **ginger** paste, then boil for 5 minutes, covered.
- Add the **broccoli** and boil for 5 – 7 more minutes, then drain and rinse under cold water.
- Take out the **broccoli** florets and set aside.



2. Fry the vegetables

- Slice the **onion** into half rings and crush or **mince** the **garlic**.
- Heat a drizzle of **sunflower oil** in a frying pan over medium-high heat and fry the **carrot** and **onion** for 1 – 2 minutes.



3. Stir-fry the tempeh

- Stir in the **garlic**, **tempeh** and the rest of the **ginger** paste and fry for 3 – 4 minutes.
- Add the honey and fry for 1 more minute.
- In the meantime, add the **sugar** and **white wine vinegar** to the **rice** and **broccoli** stems and mix well to combine.



4. Serve

- Serve the **rice** in bowls or deep plates. Top with the **tempeh**, **broccoli**, **carrot** and **onion**.
- Drizzle over the **sriracha mayo**, then garnish with the **furikake** and the **gomashio**.

Did you know... 🌱 broccoli is considered a superfood, and for good reason – not only is it high in vitamins B, C and E, it's also a great source of calcium, potassium and iron.

Enjoy!



Orecchiette Minestrone with Parmigiano Reggiano

with ciabatta, fresh herbs & basil crème

Calorie Smart Family Veggie

Total time: 45 - 55 min.



Garlic



Onion



Celery



Carrot



Tomato paste



Tomato



Bay leaf



Orecchiette



Fresh flat leaf
parsley & basil



Basil crème



Parmigiano
Reggiano DOP



Wholegrain ciabatta



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

Before you begin

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

Utensils

Microplane, lidded soup pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Celery* (sprig)	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Tomato paste (can)	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Bay leaf (unit(s))	1	1	2	2	3	3
Orecchiette (g)	45	90	135	180	225	270
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Basil crème* (ml)	10	15	24	30	39	45
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6

From your pantry

Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	400	800	1200	1600	2000	2400
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2745 /656	331 /79
Total fat (g)	23	3
of which saturated (g)	6,8	0,8
Carbohydrates (g)	80	10
of which sugars (g)	16,8	2
Fibre (g)	21	3
Protein (g)	26	3
Salt (g)	2,8	0,3

Allergens

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



1. Chop the vegetables

- Preheat the oven to 180°C and prepare the stock.
- Chop the **onion** and crush or **mince** the **garlic**. Quarter the **celery** lengthways and finely chop. Slice the **carrot** into rounds of 0.5cm thickness.
- Heat the olive oil in a soup pot over medium heat and fry the **garlic**, **onion**, **celery** and **carrot** for 4 - 5 minutes.
- Dice the **tomato** in the meantime and set aside.



3. Heat the bread

- Add the pasta and cook for 11 - 13 minutes or until done.
- Taste the soup and continue cooking, uncovered, for a more intense flavour if so desired (see Tip).
- In the meantime, heat the **bread** in the oven for 6 - 8 minutes.
- Finely chop the fresh herbs. Grate the **Parmigiano Reggiano**.

Tip: this will also make the pasta less al dente.



2. Make the soup

- Add the **tomato paste** to the vegetables and fry for 2 more minutes, stirring regularly so as to ensure that the vegetables don't stick to the pot.
- Stir in the diced **tomato**, then deglaze with the stock and the **balsamic vinegar**.
- Add the **bay leaf** and cover with the lid, then bring to the boil and allow to simmer gently for 20 minutes.



4. Serve

- Taste the minestrone and season with **salt and pepper** as necessary.
- Serve the minestrone in bowls or deep plates.
- Garnish with the **Parmigiano Reggiano** and the fresh herbs.
- Drizzle with the **basil crème** and serve the **ciabatta** alongside.

Enjoy!



Mozzarella Chicken Burger with Serrano Ham

on brioche with avocado dip, cherry tomatoes & arugula

Nice & Fast

Total time: 20 - 25 min.



Avocado dip



Chicken burger from Oranjevoen



Serrano ham



Pre-cooked halved baby potatoes (skin-on)



Arugula



Onion



Mozzarella



Red cherry tomatoes



Brioche bun



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

Traditionally, serrano ham is dried at high altitudes. It's even named after the Spanish word for highlands: sierra.

Before you begin

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

Utensils

2x parchment-lined baking sheet, lidded frying pan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Avocado dip* (g)	40	80	120	160	200	240
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Serrano ham* (g)	20	40	60	80	100	120
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Arugula* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Brioche bun (unit(s))	1	2	3	4	5	6

From your pantry

Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4151 /992	578 /138
Total fat (g)	50	7
of which saturated (g)	14	1,9
Carbohydrates (g)	84	12
of which sugars (g)	11,5	1,6
Fibre (g)	12	2
Protein (g)	48	7
Salt (g)	3,6	0,5

Allergens

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



1. Prepare

- Preheat the oven to 220°C.
- Transfer the **baby potatoes** to a parchment-lined baking sheet and drizzle with the **olive oil**. Season to taste with **salt and pepper**, then toss well to coat.
- Roast in the oven for 15 minutes, tossing halfway.



2. Bake the Serrano ham

- Meanwhile, halve the **cherry tomatoes** and slice the **mozzarella**.
- Slice the **onion** into half rings.
- Transfer the **Serrano ham** to a parchment-lined baking sheet and bake in the oven for 5 minutes, above the **potatoes**.

Did you know... 🍅 *cherry tomatoes contain more beta-carotene than regular tomatoes. This is an antioxidant that helps protect the body against tissue damage and ageing.*



3. Fry the burger

- Heat the sunflower oil in a frying pan over medium-high heat and fry the **burger** for 5 minutes. Flip it over and add the **onion**, then fry for 3 - 5 more minutes.
- In a salad bowl, combine the **extra virgin olive oil** with the **balsamic vinegar**. Season to taste with salt and pepper.
- Add the **cherry tomatoes** and the **arugula**, then toss well to combine with the dressing.



4. Serve

- Top the **burger** with a quarter of the **mozzarella**, then cover with the lid so as to allow the **cheese** to melt.
- Cut open the **brioche bun** and spread with the **avocado dip**.
- Top with some of the salad, then with the **burger**, **Serrano ham** and fried **onion**.
- Serve the **burger** with the **baby potatoes**. Serve the rest of the salad and **mozzarella** alongside.

Enjoy!



Beef Tenderloin with Truffle Mayonnaise

with zesty mushrooms, Parmigiano Reggiano & spinach mash

Nice & Fast

Total time: 25 - 30 min.



Beef tenderloin



Potatoes



Garlic



Shallot



Spinach



Pre-cut mushroom mix



Lemon



Fresh rosemary



Parmigiano Reggiano DOP



Truffle-style mayonnaise



Yellow mustard seeds



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

There is a special ingredient in your box! This beef tenderloin, or entrecote, has a beautiful fat marbling and comes from Meatier cattle. The cattle are raised under the best conditions, with wide-open pastures.

Before you begin

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

Utensils

Aluminum foil, microplane, pot or saucepan, potato masher, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef tenderloin* (unit(s))	1	1	1	1	2	2
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Pre-cut mushroom mix* (g)	90	175	265	350	440	525
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Truffle-style mayonnaise* (g)	25	50	75	100	125	150
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3305 / 790	497 / 119
Total fat (g)	45	7
of which saturated (g)	18,2	2,7
Carbohydrates (g)	42	6
of which sugars (g)	3,6	0,5
Fibre (g)	13	2
Protein (g)	50	8
Salt (g)	1,1	0,2

Allergens

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

2024-W41



1. Boil the potatoes

Take the **beef** out of the fridge and allow it to reach room temperature. Peel or thoroughly wash the **potatoes** and cut them into rough pieces. Transfer to a pot or saucepan, submerge with water and crumble in the stock cube (see pantry for amount). Boil the **potatoes** for 10 - 13 minutes. Add the **spinach** and cook for another minute. Reserve a small amount of the cooking liquid, then drain and set aside.



4. Finish the mushrooms

Zest the **lemon** and cut into six wedges. When the **mushrooms** are done, take out the **rosemary** sprig and turn off the heat. Stir in half a teaspoon of **lemon** zest per person. Season to taste with **salt and pepper**.



2. Fry the mushrooms

In the meantime, crush or mince the **garlic** and finely chop the **shallot**. Grate the **Parmigiano Reggiano**. Melt a knob of **butter** in a frying pan over medium-high heat. Fry the **shallot** and **mushrooms** with the **rosemary** sprig for 3 - 4 minutes. Add the **garlic** and **mustard seeds** and fry for another 2 minutes.



5. Make the sauce

In a small bowl, combine the truffle-style **mayonnaise** with the juice of one **lemon wedge** per person. Mash the **potatoes** and **spinach** with a knob of **butter** and some of the cooking liquid as preferred. Stir in the **Parmigiano Reggiano** and the **mustard**, then season to taste with **salt and pepper**.



3. Fry the beef tenderloin

Meanwhile, melt a knob of butter in a second frying pan over medium-high heat and fry the **beef tenderloin** for 2 - 4 minutes per side (see Tip). Remove from the pan and season with **salt and pepper**, then allow to rest under aluminium foil. Add the cooking juices to the **mushrooms** and mix well to combine.

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



6. Serve

Slice the **beef tenderloin**. Serve the **potatoes** on plates and top with the **mushrooms** and the **beef tenderloin**. Drizzle over the truffle sauce.

Enjoy!



Shrimp & Chorizo with Fresh Tagliatelle

in tomato sauce with arugula & Grana Padano

Nice & Fast

Total time: 20 - 25 min.



Shrimp



Diced chorizo



Tomato paste



Heavy cream



Sicilian-style herb mix



Garlic



Onion



Red cherry tomatoes



Arugula



Grana Padano flakes DOP



Fresh tagliatelle



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

Before you begin

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

Utensils

Pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	60	120	180	240	300	360
Diced chorizo* (g)	50	100	150	200	250	300
Tomato paste (can)	½	1	1½	2	2½	3
Heavy cream* (ml)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Arugula* (g)	20	40	60	80	100	120
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Fresh tagliatelle* (g)	125	250	375	500	625	750
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4607 /1101	767 /183
Total fat (g)	61	10
of which saturated (g)	28,7	4,8
Carbohydrates (g)	89	15
of which sugars (g)	13,8	2,3
Fibre (g)	8	1
Protein (g)	48	8
Salt (g)	3,2	0,5

Allergens

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



1. Prepare

- Chop the **onion** and crush or **mince** the **garlic**.
- Boil plenty of salted water in a pot or saucepan for the **tagliatelle**.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **chorizo** for 2 - 3 minutes until lightly browned, then remove from the pan and set aside.



2. Make the sauce

- In the same pan, fry the **garlic**, **onion** and **cherry tomatoes** for 2-3 minutes over medium-high heat.
- Stir in the **tomato paste** and fry for 2 - 3 minutes, then add the **cream**, the **shrimp** and the Sicilian herbs.
- Allow to reduce for 2 - 3 minutes and season to taste with **salt and pepper**.



3. Boil the tagliatelle

- Boil the **tagliatelle** for 4 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, transfer the **chorizo** to the sauce.
- Lower the heat and allow to reduce further until the pasta is done.



4. Serve

- Transfer the **tagliatelle** to the sauce, along with 1 - 2 tbsp pasta water per person. Mix well to combine.
- Serve the **arugula** on plates and top with the **tagliatelle**.
- Garnish with the **Grana Padano** to finish.

Enjoy!



Bulgogi Steak Bowl

over rice with kimchi sauce & gomashio

Nice & Fast

Total time: 25 - 30 min.



Marinated steak



Bulgogi sauce



Kimchi sauce



Rainbow slaw mix



Scallions



Fresh coriander



Broccoli



Gomashio



Sesame oil



Jasmine rice



Garlic



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

There is a special ingredient in your box! Kimchi sauce is a spicy and sour Korean sauce made from fermented cabbage and other vegetables.

Before you begin

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

Utensils

Pot or saucepan, lidded pot or saucepan, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Bulgogi sauce (g)	20	35	55	70	90	105
Kimchi sauce (g)	20	40	60	80	100	120
Rainbow slaw mix* (g)	50	100	150	200	250	300
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	5	10	15	20	25	30
Broccoli* (g)	200	360	560	720	920	1080
Gomashio (sachet(s))	½	1	1½	2	2½	3
Sesame oil (ml)	5	10	15	20	25	30
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Water (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
salt and pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3515 /840	436 /104
Total fat (g)	39	5
of which saturated (g)	9,3	1,2
Carbohydrates (g)	78	10
of which sugars (g)	14,9	1,8
Fibre (g)	12	2
Protein (g)	41	5
Salt (g)	2,4	0,3

Allergens

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



1. Boil the rice

- Take the **steak** out of the fridge and allow it to reach room temperature (see Tip). Crush or **mince** the **garlic**.
- Heat a drizzle of olive oil in a pot or saucepan over low heat and fry the **garlic** for 1 - 2 minutes, then stir in the **rice**.
- Pour in the water and crumble in the stock cube (see pantry for amounts).
- Boil the **rice** for 10 - 12 minutes, then take the pan off the heat and allow to rest for 5 minutes. Drain if necessary and set aside.

Tip: for the best result, take the steak out of the fridge 30 - 60 minutes before you start cooking. Be sure to remove it from the packaging.



3. Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes.
- Flip the **steak** and add the white part of the **scallions** to the pan, then fry for 1 - 2 minutes (see Tip).
- Deglaze with the **bulgogi sauce** and fry for 1 more minute.
- Meanwhile, in a small bowl combine the **kimchi sauce*** with the **mayonnaise**.

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

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



2. Prepare the vegetables

- Boil plenty of water in a pot or saucepan for the **broccoli**. Cut the head of the **broccoli** into florets and dice the stem.
- Cook the **broccoli** for 5 - 7 minutes until done, covered, then drain and set aside. Meanwhile, finely chop the **scallions** and separate the white part from the greens.
- Finely chop the **coriander**. In a salad bowl, combine the **sesame oil** with the **white wine vinegar** and the **sugar**. Add the **slaw mix** and half of the **coriander**, then season to taste with **salt and pepper**.
- Toss well to combine and then set aside until serving, stirring occasionally.

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



4. Serve

- Slice the **steak** into strips.
- Serve the **rice** on deep plates and top with the **steak**, then drizzle with the **bulgogi sauce** from the pan (see Tip).
- Serve with **broccoli** and slaw. Drizzle over the kimchi mayo and garnish with the **gomashio**, **scallion** greens and the rest of the **coriander**.

Tip: if preferred, add 1 tbsp water per person to the pan and cook for 1 minute over medium-high heat so as to create more of the sauce.

Enjoy!



Fillet of Salmon with Samphire & Fennel

with baby potatoes & lemon mayo

Total time: 45 - 55 min.



Baby potatoes



Onion



Garlic



Fennel



Lemon



Fresh dill



Samphire



Salmon fillet



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

In this luxurious fish dish, you'll combine tender salmon fillet with crunchy samphire. To keep it fresh, serve with lemon mayonnaise on the side.

Before you begin

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

Utensils

Deep frying pan, oven dish, kitchen paper, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	¾	1½	2	3	3½	4½
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh dill* (g)	2½	5	7½	10	12½	15
Samphire* (g)	25	50	100	100	150	150
Salmon fillet* (unit(s))	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	2½	5	7½	10	12½	15
Water (ml)	45	90	135	180	225	270
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4665 / 1115	646 / 154
Total fat (g)	84	12
of which saturated (g)	18,6	2,6
Carbohydrates (g)	54	7
of which sugars (g)	4,6	0,6
Fibre (g)	13	2
Protein (g)	31	4
Salt (g)	1,6	0,2

Allergens

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



1. Roast the potatoes

Preheat the oven to 200°C. Wash the **baby potatoes** and cut them in half, then transfer to an oven dish and drizzle generously with **olive oil**. Season with **salt and pepper**, then toss well to coat. Roast in the oven for 25 – 35 minutes, tossing halfway.



2. Fry the fennel

In the meantime, chop the **onion** and crush or mince the **garlic**. Quarter the fennel and remove the tough core, then dice the fennel (see Tip). Melt the **butter** in a deep frying pan over medium-high heat and fry the **onion** for 2 - 3 minutes, then add the fennel and fry for 10 - 12 minutes until soft.

Tip: chop the fennel similarly to the onion, so as to ensure it cooks more quickly.



3. Make the sauce

Deglaze with the water (see pantry for amount). Allow to simmer until most of the liquid has evaporated and add extra water if you would prefer the **fennel** to be softer. Meanwhile, juice the **lemon** and roughly chop the **dill**. In a small bowl, combine the **mayonnaise** with half a teaspoon **lemon juice** per person.



4. Fry the fish

Pat the fish dry with kitchen paper and season with **salt and pepper**. Heat a generous drizzle of **olive oil** in a frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side.



5. Fry the samphire

Meanwhile, heat a drizzle of olive oil in another frying pan over medium heat. Fry the **garlic** for 1-2 minutes, then add the **samphire** and fry for another 1 - 2 minutes.



6. Serve

Serve the **baby potatoes** on plates with the **fennel** alongside. Top the **fennel** with the **salmon**. Serve the **samphire** on top of the **salmon** and then garnish with the **dill**. Serve with the **lemon** mayo on the side.

Enjoy!



Eggplant Naan Pizza with Burrata

with bell pepper & basil crème

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Eggplant



Bell pepper



Garlic



Burrata



Passata



Italian seasoning



Naan bread



Arugula



Basil crème



Tomato



Grated Italian cheese



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

Burrata originates from the Italian region of Puglia, where it was developed as a creamy variation of fresh mozzarella.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	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
Grated Italian cheese* (g)	25	50	75	100	125	150
From your pantry						
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 & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3368 / 805	583 / 139
Total fat (g)	40	7
of which saturated (g)	13,8	2,4
Carbohydrates (g)	77	13
of which sugars (g)	15	2,6
Fibre (g)	11	2
Protein (g)	30	5
Salt (g)	2	0,3

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 **bell pepper** into thin strips.
- Crush or **mince** the **garlic**.



2. Fry the eggplant

- Heat a drizzle of 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 **bell pepper** and the grated Italian **cheese** (see Tip).
- Season to taste with **salt and pepper**, then bake the naan pizza in the oven for 8 - 10 minutes.



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** and toss well to combine.
- Season to taste with **salt and pepper**.
- Top the naan pizza with the burrata and then drizzle over the **basil crème**. Serve with the salad alongside.

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

Did you know... 🌿 just 20g of arugula provides more iron, calcium and vitamin A than most other vegetables.



Fusion Chicken Tacos with Kimchi Wedges

with avocado, rainbow sesame slaw & cheddar

Premium

Total time: 45 - 55 min.



Pulled chicken



Smoky tomato ketchup



Sesame oil



Fresh coriander



Avocado



Mini tortillas



Lime



Potatoes



Scallions



Kimchi sauce



Rainbow slaw mix



Garlic



Grated cheddar



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

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

Before you begin

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

Utensils

Aluminum foil, parchment-lined baking sheet, microplane, salad bowl, 2x small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pulled chicken* (g)	100	200	300	400	500	600
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Sesame oil (ml)	5	10	15	20	25	30
Fresh coriander* (g)	5	10	15	20	25	30
Avocado (unit(s))	½	1	2	2	3	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Lime* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Scallions* (bunch)	½	1	1	2	2	3
Kimchi sauce (g)	20	40	60	80	100	120
Rainbow slaw mix* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Grated cheddar* (g)	25	50	75	100	125	150

From your pantry

Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5205 /1244	658 /157
Total fat (g)	75	10
of which saturated (g)	15,7	2
Carbohydrates (g)	98	12
of which sugars (g)	19,1	2,4
Fibre (g)	17	2
Protein (g)	41	5
Salt (g)	3,8	0,5

Allergens

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



1. Make the wedges

Preheat the oven to 200°C. Wash or peel the **potatoes** and cut into wedges, then transfer to a parchment-lined baking sheet. Drizzle with half of the **sunflower oil** and season with **salt and pepper**, then toss well to coat. Bake in the oven for 30-35 minutes.



4. Fry the pulled chicken

Crush or **mince** the **garlic** and chop the **scallions**. Set aside the **scallion** greens to use later as garnish. Take the **pulled chicken** out of the packaging and separate into smaller pieces. Heat the rest of the **sunflower oil** in a frying pan and fry the white part of the **scallions** for 1 - 2 minutes. Add the **pulled chicken**, the **garlic** and 30ml water per person, then fry for 4 - 6 minutes over medium-high heat. Meanwhile, combine the smoky **tomato ketchup** with 1 tbsp water per person.



2. Make the slaw

In a salad bowl, combine the slaw mix with the **sesame oil**, **white wine vinegar** and **sugar**. Finely chop the **coriander** and add half to the slaw. Season to taste with **salt and pepper**, then toss well to combine and set aside.

Did you know... 🥒 compared to other vegetables, red cabbage is very high in calcium, fibre and vitamin C.



5. Finish

Wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes. Take the wedges out of the oven and transfer to a serving dish. In a small bowl, combine the **kimchi sauce*** with half of the **lime** mayo and season to taste with **salt and pepper**. Drizzle the wedges with the kimchi mayo and garnish with the reserved **scallion** greens.

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



3. Prepare the toppings

Halve and pit the **avocado**, then remove the skin and slice the flesh. Zest and juice half of the **lime**. In a small bowl, combine the **mayonnaise** with (per person) 1 tsp **lime juice** and 0.5 tsp **lime zest**. Cut the rest of the **lime** into wedges.



6. Serve

Serve the **tortillas** on the table. Serve the **coriander**, the rest of the **lime** mayo, the smoky ketchup sauce, the **pulled chicken**, the **avocado**, the **cheddar**, the slaw and the **lime wedges** all in separate dishes. Allow everyone to assemble their own **tacos**. Serve the kimchi **potato** wedges alongside.

Enjoy!