



Cinderella's Pumpkin Soup

with meatballs, carrot & coconut milk



Total time: 35 - 45 min.

Calorie Smart



Onion



Potatoes



Beef-pork meatballs
with Thai seasoning



Garlic



Carrot



Diced pumpkin



Coconut milk



Yellow curry spices



Romano pepper



Cook magical recipes & win

Serve this fairytale-inspired recipe to win an unforgettable stay at the Efteling Wonder Hotel.

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Before you start

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

Equipment

Lidded frying pan, lidded soup pot or large pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Potatoes (g)	50	100	150	200	250	300
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Diced pumpkin* (g)	150	300	450	600	750	900
Coconut milk (ml)	75	150	225	300	375	450
Yellow curry spices (sachet(s))	½	¾	1	1½	1½	2
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (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)	2485 /594	332 /79
Total fat (g)	43	6
of which saturated(g)	20	2,7
Carbonhydrates (g)	27	4
of which sugars (g)	13,2	1,8
Fiber (g)	7	1
Protein (g)	22	3
Salt (g)	2,1	0,3

Allergens

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



Prepare

- Prepare the stock.
- Slice the onion into half rings and crush or mince the garlic.
- Peel the potatoes and cut them into small pieces.
- Dice the carrot and the Romano pepper.



Prepare the meatballs

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the meatballs for 2 - 3 minutes until evenly browned.
- Lower the heat and cover with the lid.
- Fry for a further 5 - 6 minutes or until the meatballs are done.



Fry the vegetables

- Heat a drizzle of olive oil in a large pot over medium-high heat and fry the onion and garlic for 2 - 3 minutes.
- Add the pumpkin, Romano pepper, potatoes and carrot, then season to taste with salt and pepper.
- Mix well and fry for 3 - 4 minutes.



Blend the soup

- Take the soup off the heat, then use an immersion blender to process until smooth.
- Add an extra splash of water if the soup is too thick for your liking.



Boil the vegetables

- Add the stock and the yellow curry spices, along with two thirds of the coconut milk.
- Cover with the lid and bring to the boil.
- Reduce the heat and cook gently for 20 - 25 minutes.



Serve

- Serve the soup in bowls or deep plates and top with the meatballs.
- Drizzle with the rest of the coconut milk.

And they ate happily ever after...

Enjoy!



Brandt & Levie Sausage with 'Stampptot' & Greek-Style Cheese

with hidden veggies for kids: leek, carrot & onion

Family

Total time: 30 - 40 min.



Potatoes



Sweet potato



Leek



Carrot



Red onion



Sicilian-style herb mix



Greek-style cheese



Pork sausage with
marjoram & garlic



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

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



Tear me out!

Before you start

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

Equipment

Aluminum foil, lidded frying pan, tall container, lidded pot or saucepan, potato masher, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	75	150	225	300	375	450
Leek* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	40	80	120	160	200	240
Balsamic vinegar (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)	3590 /858	532 /127
Total fat (g)	51	8
of which saturated(g)	27,2	4
Carbonhydrates (g)	70	10
of which sugars (g)	17,2	2,6
Fiber (g)	14	2
Protein (g)	27	4
Salt (g)	2,7	0,4

Allergens

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



Prepare

- Wash or peel the carrot and all of the potatoes, then cut everything into rough chunks.
- Transfer to a pot or saucepan and submerge with water.
- Boil for 12 - 15 minutes, covered.
- Reserve some of the cooking liquid, then drain and set aside.



Make the sauce

- Deglaze the pan with the balsamic vinegar and the water for the sauce, then transfer to a tall container.
- Use an immersion blender to process into a smooth sauce.
- Return to the pan and bring to a boil.
- Lower the heat and allow to reduce (see Tip).

Tip: add a splash of water if it seems too thick, or some flour if it's too watery.



Chop the vegetables

- Slice the onion into half rings. Quarter the leek lengthways and then finely chop it.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the onion, the leek and the sausage for 3 minutes.
- Cover with the lid and fry for 8 minutes or until done, turning regularly.
- Remove the sausage from the pan and set aside under aluminum foil.



Serve

- Mash the carrot and potatoes with a generous knob of butter and a splash of the reserved cooking liquid.
- Stir in the Sicilian-style herbs and season to taste with salt and pepper.
- Serve the ‘stamppot’ on plates and crumble over the Greek-style cheese. Top with the sausage and pour over the sauce.

Enjoy!



Hamburger with Bacon Lardons & Broccoli

one simple recipe with extra flavours for parents!

Family Quick

Total time: 25 - 30 min.



Cooking cream



Potatoes



Fresh chives



Grated Gouda



Curry powder



Broccoli



Onion



Beef-pork burger



Bacon lardons



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

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



Tear me out!

Before you start

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

Equipment

Lidded deep frying pan, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cooking cream (g)	75	150	225	300	375	450
Potatoes (g)	200	400	600	800	1000	1200
Fresh chives* (g)	2½	5	7½	10	12½	15
Grated Gouda* (g)	25	50	75	100	125	150
Curry powder (sachet(s))	½	1	1½	2	2½	3
Broccoli* (g)	180	360	500	720	860	1080
Onion (unit(s))	½	1	2	2	3	3
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	25	50	80	100	130	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[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)	3745 /895	552 /132
Total fat (g)	57	8
of which saturated(g)	26,7	3,9
Carbonhydrates (g)	48	7
of which sugars (g)	10	1,5
Fiber (g)	14	2
Protein (g)	40	6
Salt (g)	2,4	0,3

Allergens

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



Make the wedges

- Wash the potatoes and cut them into wedges, then transfer to a deep frying pan and submerge with water.
- Cover with the lid and boil for 12 - 14 minutes over medium-low heat.
- Drain if necessary, then add the olive oil and fry for 3 - 4 minutes over medium-high heat.



Make the sauce

- Remove the burger and bacon lardons from the pan and set aside. Fry the onion in the same pan for 2 - 3 minutes over medium-high heat.
- Add the cream and half of the curry powder, then bring to a boil.
- Reduce the heat to medium and stir in the cheese. Allow to melt, then turn off the heat.
- Gradually add water until the sauce reaches the desired consistency, then season to taste with salt and pepper.



Boil the broccoli

- Melt the butter in a frying pan over medium-high heat. Fry the burger for 4 minutes. Flip the burger and add the bacon lardons, then fry for another 4 minutes. Season with salt and pepper.
- Meanwhile, boil plenty of salted water in a pot or saucepan. Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli for 5 - 7 minutes, then drain and season with salt and pepper. Set aside until serving.
- Chop the onion.



Serve

- Finely chop the chives or use scissors if preferred.
- Serve the broccoli, bacon lardons and burgers on plates.
- For kids: serve some of the potato wedges alongside, with some mayonnaise as preferred.
- For parents: toss the the rest of the potato wedges with some of the remaining curry powder as preferred. Top the broccoli with the cheesy curry sauce and garnish with the chives.

Enjoy!



Homemade Cheeseburger with Balsamic Potatoes & Cucumber Salad

one simple recipe with extra flavours for parents!

Family Quick

Total time: 25 - 30 min.



Tomato



Basil crème



Garlic



Red onion



Grated Gouda



Beef mince with Italian seasoning



Potatoes



Cucumber



Stonebaked sourdough bun



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

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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

2x bowl, lidded frying pan, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	2	2	3	3
Grated Gouda* (g)	15	25	40	50	65	75
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	½	1	1	2	2	3
Stonebaked sourdough bun (unit(s))	1	2	3	4	5	6
Basil crème (ml)	10	15	25	30	40	45
Not included						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic 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)	4151 /992	566 /135
Total fat (g)	54	7
of which saturated(g)	16,7	2,3
Carbonhydrates (g)	92	12
of which sugars (g)	12,1	1,6
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	2,8	0,4

Allergens

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



Boil the potatoes

- Preheat the oven to 200°C.
- Peel or thoroughly wash the potatoes and then slice them into rounds of 0.5cm thickness.
- Transfer to a pot or saucepan and submerge with water. Boil the potatoes for 6 - 7 minutes, covered, then drain.
- Chop the onion. Peel the garlic and set aside half for later use, then crush or mince the rest.



Make the burger

- Cut the cucumber into thin matchsticks and transfer to a salad bowl.
- Add the mustard and white balsamic vinegar, along with half of the mayonnaise.
- Mix well, seasoning to taste with salt and pepper, then set aside.
- In a bowl, combine the mince with the rest of the onion. Shape this mixture into a burger patty.



Fry the potatoes

- Melt a knob of butter in a frying pan over medium-high heat and fry the potatoes for 7 minutes until golden-brown.
- Add the minced garlic, along with half each of the onion and and balsamic vinegar.
- Fry for 3 more minutes, seasoning to taste with salt and pepper.



Fry the burger

- Cut open the bread roll and toast in the oven for 4 - 5 minutes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the burger for 2 - 3 minutes per side, then top with the cheese.
- Reduce the heat and cover with the lid so as to allow the cheese to melt.



Make the topping

- Dice the tomato, then transfer to a bowl.
- Add the basil crème, extra virgin olive oil and the rest of the balsamic vinegar, then toss well to combine.
- Season to taste with salt and pepper, then set aside.



Serve

- Serve the cucumber salad and balsamic potatoes on plates.
- For parents: rub the insides of the bread roll with the reserved garlic.
- Spread all of the bread rolls with the rest of the mayonnaise and top with the burger patties.
- For parents: add the topping.

Enjoy!



Creamy Chicken & Mushroom Orecchiette

with spinach & Gouda

Family Quick

Total time: 25 - 30 min.



Orecchiette



Onion



Garlic



Chicken mince with
Mediterranean herbs



Cooking cream



Spinach



Grated Gouda



Mushrooms



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

Orecchiette is a typical pasta from Puglia, a region in southern Italy. It
gets its name from its shape, which resembles small ears.



Tear me out!

Before you start

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Equipment

Deep frying pan, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orecchiette (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
Spinach* (g)	50	100	200	200	300	300
Grated Gouda* (g)	15	25	40	50	65	75
Mushrooms* (g)	125	250	400	400	650	650
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock (ml)	75	150	225	300	375	450
Mustard (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)	3393 /811	561 /134
Total fat (g)	36	6
of which saturated(g)	21,3	3,5
Carbonhydrates (g)	76	13
of which sugars (g)	8,5	1,4
Fiber (g)	9	1
Protein (g)	42	7
Salt (g)	1,9	0,3

Allergens

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Prepare

- Boil plenty of water in a pot or saucepan for the pasta.
- Prepare the stock.
- Quarter the mushrooms. Chop the onion and crush or mince the garlic.
- Boil the pasta for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.

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



Finish

- Deglaze the vegetables with the stock, then add the cream and the mustard. Mix well, then season to taste with salt and pepper.
- Add the mince and cook the sauce for 4 - 5 minutes over low heat.
- Tear the spinach into smaller pieces directly into the pan, adding it gradually if necessary. Mix well to combine.



Fry the mince

- Meanwhile, melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the mince for 4 - 5 minutes. Season with salt and pepper, then remove from the pan and set aside.
- Melt another knob of butter in the same pan and fry the garlic with the onion for 1 - 2 minutes.
- Add the mushrooms and fry for 4 - 6 more minutes.



Serve

- Transfer the pasta to the sauce and mix well to combine, adding a splash of pasta water if necessary.
- Serve the pasta on plates and garnish with the cheese to finish.

Enjoy!



Sticky Harissa Eggplant Pizza with Kale & Mozzarella

with caramelised onion & ras el hanout

Veggie

Total time: 30 - 40 min.



Pizza dough



Shredded kale



Shredded mozzarella



Hello Harissa



Passata



Eggplant



Red onion



Garlic



Ras el hanout



There is a special ingredient in your box! This season's vegetable, kale, is robust and tastes even sweeter after a frost, making it a true winter staple!
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Equipment

Parchment-lined baking sheet, 2x deep frying pan, large bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Shredded kale* (g)	50	100	150	200	250	300
Shredded mozzarella* (g)	25	50	75	100	125	150
Hello Harissa (sachet(s))	¼	½	¾	1	1¼	1½
Passata (g)	50	100	150	200	250	300
Eggplant* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	2	4	6	8	10	12
Honey [or plant-based alternative] (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)	4092 /978	740 /177
Total fat (g)	37	7
of which saturated(g)	11	2
Carbonhydrates (g)	124	22
of which sugars (g)	31,3	5,7
Fiber (g)	10	2
Protein (g)	27	5
Salt (g)	4,6	0,8

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Slice the eggplant into thin crescents and season with salt and pepper.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the eggplant for 3 minutes per side.
- Meanwhile, crush or mince the garlic.



Massage the kale

- In a large bowl, combine the ras el hanout with the rest of the extra virgin olive oil and another third of the balsamic vinegar.
- Season to taste with salt and pepper.
- Weigh the kale and transfer to the bowl.
- Massage the dressing into the kale, until it has softened and is thoroughly coated.



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic for 1 minute or until fragrant, then deglaze with a third of the balsamic vinegar.
- Stir in the passata and half of the sugar, then season to taste with salt and pepper.
- Allow to simmer gently for 2 - 3 minutes over low heat.



Finish the pizza

- Scatter the kale and the cheese over the pizza (see Tip).
- Return to the oven for 5 - 8 more minutes.
- Meanwhile, slice the onion into half rings.

Health Tip 🌱 if you're watching your calorie intake, use just half of the cheese and keep the rest to use another time.



Make the pizza

- Combine the eggplant with the honey, the **Hello Harissa*** and half of the extra virgin olive oil.
- Transfer the pizza dough to a parchment-lined baking sheet.
- Top with the tomato sauce and the eggplant, then bake in the oven for 8 - 10 minutes.

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



Serve

- Melt a small knob of butter in a frying pan over high heat and fry the onion for 2 - 3 minutes.
- Stir in the rest of the sugar and balsamic vinegar, then lower the heat and cook for another 2 - 3 minutes.
- Serve the pizza topped with the caramelised onion.

Enjoy!



Brie Portobello with Balsamic Strawberry Sauce

over mashed potatoes with apple, leek & pecans

Veggie Quick

Total time: 25 - 30 min.



Creamy French brie



Potatoes



Leek



Chopped pecans



Dried thyme



Portobello mushroom



Apple



Red onion



Strawberry jam



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

The origins of brie go back as far as the 8th century; it's said that Emperor Charlemagne loved the creamy cheese so much, he would have it regularly delivered to his castle in Aachen!



Tear me out!

Before you start

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

Equipment

Lidded frying pan, pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Creamy French brie* (g)	50	100	150	200	250	300
Potatoes (g)	250	500	750	1000	1250	1500
Leek* (unit(s))	½	1	2	2	3	3
Chopped pecans (g)	10	20	30	40	50	60
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Strawberry jam (g)	15	30	45	60	75	90
Not included						
Honey [or plant-based alternative] (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	50	100	150	200	250	300
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	2	4	6	8	10	12
[Plant-based] milk (splash)	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)	3506 /838	473 /113
Total fat (g)	38	5
of which saturated(g)	19,7	2,7
Carbonhydrates (g)	106	14
of which sugars (g)	53,4	7,2
Fiber (g)	13	2
Protein (g)	17	2
Salt (g)	1,6	0,2

Allergens

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



Boil the potatoes

- Peel or thoroughly wash the potatoes and cut into rough pieces.
- Transfer to a pot or saucepan and cover with water, then crumble in half of the stock cube (see pantry for amount).
- Boil for 12 - 15 minutes, then reserve a small amount of cooking liquid before draining and setting aside.
- Meanwhile, slice the leek into thin half-rings.



Make the sauce

- Add the strawberry jam, the thyme and the water for the sauce.
- Crumble in the rest of the stock cube and mix well to combine.
- Allow the sauce to simmer for 1 - 2 minutes.



Fry the leek

- Melt a knob of butter in a frying pan over medium-high heat. Fry the leek for 10 - 12 minutes until soft.
- Meanwhile, chop the onion.
- Melt a small knob of butter in another frying pan over medium-high heat. Fry the onion with the portobello (face-down) for 3 - 4 minutes.
- Flip the portobello and fry for 3 - 4 minutes, covered.



Mash the potatoes

- Dice the apple in the meantime.
- Mash the potatoes with a small knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the apple and the mustard, then season to taste with salt and pepper.



Slice the brie

- Slice the brie.
- Top the portobello with the brie and allow to melt, then remove from the pan and set aside.
- Melt another knob of butter in the same pan, then deglaze with the balsamic vinegar.



Serve

- Top the mash with the leek and the portobello.
- Drizzle the portobello with the honey and then garnish with the pecans.
- Serve with the balsamic strawberry sauce.

Enjoy!



Creamy Fennel & Leek Lasagna

with fresh basil, Italian cheese & oregano

Veggie Health Conscious Choice

Total time: 55 - 65 min.



Fresh lasagne sheets



Cooking cream



Garlic



Onion



Fennel



Leek



Italian seasoning



Grated Italian cheese



Fresh basil & oregano



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

Oregano is indispensable in any Italian herb mix! Did you know that it's flavour intensifies when it's dried?



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 pot or saucepan, oven dish, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (unit(s))	2	4	6	8	10	12
Cooking cream (g)	50	100	150	200	250	300
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Fennel* (unit(s))	½	1	2	2	3	3
Leek* (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Grated Italian cheese* (g)	20	40	60	80	100	120
Fresh basil & oregano* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (g)	15	30	45	60	75	90
Flour (g)	10	20	30	40	50	60
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	405 /97
Total fat (g)	36	5
of which saturated(g)	19,5	2,7
Carbonhydrates (g)	69	10
of which sugars (g)	13,3	1,9
Fiber (g)	10	1
Protein (g)	21	3
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Chop the onion and crush or mince the garlic.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips. Set aside any fennel fronds to use later as garnish.
- Slice the leek into thin half-rings. Finely chop the oregano.



Combine

- Stir in the vegetables, the oregano, the Italian seasoning, the cream and a third of the cheese.
- Cook gently for 2 - 3 minutes, seasoning to taste with salt and pepper.
- In the meantime, chop the basil.
- Grease an oven dish with butter or olive oil. Cut the lasagne sheets as necessary according to the size of the oven dish.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fennel, leek and onion for 6 - 8 minutes.
- Add the garlic and fry for 1 more minute.
- Take the pan off the heat and set aside.



Assemble

- Transfer a shallow layer of sauce to the oven dish.
- Top with some of the lasagne sheets and press down, then top with another layer of sauce.
- Repeat until you have used up all of the sauce, being sure to finish with a layer of sauce on top.
- Scatter over the rest of the cheese.

Tip: if you have extra lasagne sheets, keep them in the fridge to use another time.



Make the sauce

- Melt the butter in a large saucepan over medium-high heat.
- Stir in the flour, then pour in a third of the stock and whisk continuously to incorporate.
- Repeat twice more with the rest of the stock so as to make a smooth sauce.
- Bring to a boil and allow to thicken and reduce for 1 - 2 minutes.



Serve

- Bake the lasagne in the oven for 30 - 35 minutes.
- Allow to stand for 3 minutes before serving.
- Garnish the lasagne with the basil and any reserved fennel fronds.

Enjoy!



Veggie Quesadillas

with pico de gallo & chili mayo

Veggie Quick Calorie Smart

Total time: 25 - 30 min.



Flour tortillas



Red onion



Courgette



Bell pepper



Green Romano pepper



Tomato



Fresh coriander



Lime



Mexican-style spices



Sweet chili sauce



Herbed cheese cubes



Ground paprika



Grated aged Gouda



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

Pico de gallo in Spanish means "rooster's beak"; it's named so because it was originally eaten by pinching the small pieces between the thumb and finger - a shape that somewhat resembles a rooster's beak!



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, large bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Green Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	¼	½	¾	1	1¼	1½
Herbed cheese cubes* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1½	3	4½	6	7½	9
Grated aged Gouda* (g)	25	50	75	100	125	150
Flour tortillas (unit(s))	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
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)	2946 /704	532 /127
Total fat (g)	40	7
of which saturated(g)	14,5	2,6
Carbonhydrates (g)	61	11
of which sugars (g)	16	2,9
Fiber (g)	10	2
Protein (g)	23	4
Salt (g)	2,5	0,5

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Finely chop the onion and slice the courgette into crescents. Cut the bell pepper and Romano pepper into strips.
- Transfer the bell pepper, Romano pepper and courgette to a large bowl and drizzle lightly with olive oil.
- Add the **Mexican-style spices*** and the paprika. Season with salt and pepper, then toss well to coat.

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



Make the quesadillas

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes.
- Transfer the tortillas to a parchment-lined baking sheet. Top with the fried vegetables, leaving half of each tortilla empty.
- Add both cheeses, then fold the tortillas over and press down so as to seal the quesadillas.
- Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.



Make the pico de gallo

- Quarter the lime.
- Dice the tomato and finely chop the coriander.
- In a bowl, combine the tomato with the coriander and the onion (see Tip).
- Add the juice of 1 lime wedge per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

Tip: if preferred, you can also fry the onion in the next step instead.



Serve

- In a small bowl, combine the mayonnaise with the sweet chili sauce.
- Serve the quesadillas with any remaining lime wedges.
- Serve the pico de gallo and the chili mayo alongside.

Enjoy!



Bulgogi Noodle Stir-Fry with Turkey Breast

with scallions & black sesame seeds

Quick Health Conscious Choice

Total time: 20 - 25 min.



Turkey breast



Wholewheat noodles



Bulgogi sauce



Garlic



Scallions



Carrot



Chopped sweetheart cabbage



Korean-style spice mix



Black sesame seeds



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

Though they come from the same plant, black sesame seeds differ from white sesame seeds in flavour and texture; black sesame seeds have a more intense, slightly bitter and nutty flavour, and their texture is more chewy.



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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Turkey breast* (unit(s))	1	2	3	4	5	6
Wholewheat noodles (g)	50	100	150	200	250	300
Bulgogi sauce (g)	20	35	50	70	85	105
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
Sambal (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2510 /600	538 /128
Total fat (g)	23	5
of which saturated(g)	6,4	1,4
Carbonhydrates (g)	57	12
of which sugars (g)	17,7	3,8
Fiber (g)	10	2
Protein (g)	38	8
Salt (g)	3,5	0,7

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the noodles for 3 - 4 minutes or until al dente.
- Reserve 50ml cooking liquid per person, then drain and set aside.



Make the sauce

- In a bowl, combine the bulgogi sauce with the soy sauce and some sambal as preferred.
- Remove the lid from the wok and stir-fry for 4 - 5 more minutes.
- Shortly before serving, transfer the noodles, the sauce and the reserved cooking liquid to the vegetables.
- Toss well to combine and season to taste with salt and pepper.



Chop the vegetables

- Finely chop the scallions and set aside some of the greens to use later as garnish.
- Thinly slice the carrot and crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Stir-fry the carrot with the garlic, the cabbage and the scallions for 5 minutes, covered.



Serve

- Meanwhile, halve the turkey breast. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the turkey for 6 - 8 minutes, or until done.
- Stir in a knob of butter and the Korean-style spices, then fry for 1 more minute.
- Top the noodles with the turkey. Garnish with the reserved scallion greens and the black sesame seeds.

Enjoy!



Filet Mignon with Hollandaise Sauce

with herbed baby potatoes, salad & honey-mustard dressing

Quick Premium

Total time: 25 - 30 min.



Baby potatoes



Radish



Cucumber



Radicchio & romaine



Honey-mustard dressing



Fresh flat leaf parsley & chives



Hollandaise sauce



Fresh tarragon & chervil



Filet mignon



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

Hollandaise sauce is a rich, buttery sauce believed to have originated in France. Its name references the Dutch, as it was first popularized in French cuisine after a diplomatic alliance with the Netherlands!



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, lidded deep frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Radish* (bunch)	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	2	2	3	3
Radicchio & romaine* (g)	25	50	75	100	125	150
Honey-mustard dressing* (g)	20	40	60	80	100	120
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Hollandaise sauce* (g)	50	100	150	200	250	300
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Filet mignon* (unit(s))	1	2	3	4	5	6
Not included						
Water for the sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3121 /746	459 /110
Total fat (g)	46	7
of which saturated(g)	20,7	3
Carbonhydrates (g)	44	6
of which sugars (g)	9,3	1,4
Fiber (g)	9	1
Protein (g)	35	5
Salt (g)	1	0,1

Allergens

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



Fry the potatoes

- Take the steak out of the fridge and allow it to reach room temperature (see Tip).
- Wash the baby potatoes and cut them in half.
- Melt a knob of butter in a deep frying pan over medium heat. Fry the baby potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid and then fry for 8 more minutes.

Tip: for the best result, do this 30 - 60 minutes before you start cooking.



Heat the sauce

- Transfer the Hollandaise sauce and the water for the sauce to the same pan and place over medium heat.
- Heat the sauce for 2 - 3 minutes, then take the pan off the heat.
- Finely chop the chervil and the tarragon, then transfer to the sauce and mix well to combine.



Chop the vegetables

- Meanwhile, slice the cucumber into crescents.
- Quarter the radishes, then transfer both to a salad bowl.
- Add the honey mustard dressing and toss well to combine.
- Finely chop the parsley and the chives.



Finish

- Shortly before serving, stir the chives and the parsley into the baby potatoes and season to taste with salt and pepper.
- Add the lettuce to the salad bowl and toss well to combine.



Fry the filet mignon

- When the baby potatoes have 10 minutes left, melt a generous knob of butter in a frying pan over high heat.
- When the pan is nice and hot, fry the steak for 1 - 3 minutes per side (see Tip).
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.

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



Serve

- Serve the baby potatoes on plates.
- Slice the steak against the grain and serve alongside. Top the steak with the Hollandaise sauce.
- Serve the salad alongside.

Enjoy!



Jumbo Shrimp with Fresh Tagliatelle

in spicy tomato sauce with Brandt & Levie sausage

Premium

Total time: 50 - 60 min.



Garlic



Onion



Red chili pepper



Bell pepper



Dried thyme



Lemon



Jumbo shrimp



Fresh curly parsley



Chopped tomatoes



Panko breadcrumbs



Pork sausage with marjoram & garlic



Fresh tagliatelle



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

Shrimp sizes are often categorized by the number of shrimp per pound; the fewer the shrimp per pound, the bigger they are! For example, jumbo shrimp typically range from 20-30 per pound, or 40-60 per kilo.



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, microplane, pot or saucepan, frying pan

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
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	2	2	3	3
Dried thyme (sachet(s))	⅓	⅔	1	1½	1½	2
Lemon* (unit(s))	½	1	1½	2	2½	3
Jumbo shrimp* (g)	65	130	195	260	325	390
Fresh curly parsley* (g)	5	10	15	20	25	30
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Fresh tagliatelle* (g)	125	250	375	500	625	750
Not included						
Sugar (tsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4326 /1034	584 /140
Total fat (g)	49	7
of which saturated(g)	15,4	2,1
Carbonhydrates (g)	105	14
of which sugars (g)	18,4	2,5
Fiber (g)	12	2
Protein (g)	44	6
Salt (g)	2,6	0,3

Allergens

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



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the **red chili pepper**.* Dice the bell pepper.
- Cut open the sausage and squeeze the meat out of its skin.

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



Fry the panko

- Meanwhile, heat a drizzle of olive oil in a frying pan over high heat and fry the panko for 3 - 4 minutes or until golden-brown.
- Transfer to a bowl, then add half of the parsley and ½ tsp lemon zest per person.
- Mix well to combine and set aside.



Make the sauce

- Heat a drizzle of olive oil in a deep non-stick frying pan over medium heat. Fry the onion and **chili pepper** with half of the garlic for 3 - 4 minutes.
- Add the sausage meat and fry for another 3 - 4 minutes, separating it as you do so.
- Add the bell pepper, the chopped tomatoes, the sugar, the stock and the thyme.
- Bring to the boil and allow to cook gently for 30 minutes.



Fry the shrimp

- Heat another drizzle of olive oil in the same pan over medium-high heat.
- Fry the shrimp with the rest of the garlic for 3 minutes, or until the shrimp are done.
- Squeeze one lemon wedge per person directly into the pan, then season to taste with salt and pepper.



Boil the tagliatelle

- Zest the lemon and then cut it into wedges.
- Finely chop the parsley.
- When the sauce has 10 minutes left, boil plenty of water in a pot or saucepan.
- Cook the fresh tagliatelle for 4 minutes until done, then drain.



Serve

- Stir the rest of the parsley into the tomato sauce, along with the juice of one lemon wedge per person. Season to taste with a generous amount of salt and pepper.
- Stir the tagliatelle into the sauce, then serve on plates.
- Top with the shrimp and garnish with the panko breadcrumbs.

Enjoy!



Wild Boar Ragù Bolognese with Gnocchi & Grana Padano

with bacon, red wine & arugula side salad

Quick **Premium**
+Total time: 25 - 30 min.



Mix of carrot,
onion and celery



Wild boar burger



Bacon



Red wine



Bay leaf



Passata



Garlic



Gnocchi



Arugula



Crema di balsamico



Grana Padano
flakes DOP



Persian cucumber



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

Ragù is a hearty Italian sauce made by braising meat in a flavourful
tomato- or wine-based sauce. The rule of thumb is that the longer you let
the sauce simmer, the richer and more complex the flavours will be!



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, pot or saucepan, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Wild boar burger* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	1	2	3	4	5	6
Red wine (ml)	50	100	150	187	250	287
Bay leaf (unit(s))	1	1	2	2	3	3
Passata (g)	100	200	300	400	500	600
Garlic (unit(s))	1	1	2	2	3	3
Gnocchi (g)	200	400	600	800	1000	1200
Arugula* (g)	30	60	90	120	150	180
Crema di balsamico (ml)	4	8	12	16	20	24
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
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)	3787 /905	509 /122
Total fat (g)	42	6
of which saturated(g)	13,7	1,8
Carbonhydrates (g)	84	11
of which sugars (g)	11,6	1,6
Fiber (g)	7	1
Protein (g)	33	4
Salt (g)	3	0,4

Allergens

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



Fry the vegetables

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the vegetable mix with the garlic for 3 - 4 minutes.



Cook the gnocchi

- Boil plenty of salted water in a pot or saucepan and cook the gnocchi for 4 - 6 minutes.
- Reserve 50ml cooking liquid per person, then drain and set aside.



Prepare the stock

- Meanwhile, slice the bacon into thin strips.
- Add the burger and the bacon to the pan and fry for 3 - 4 minutes, separating the burger as you do so.
- Prepare the stock.



Make the salad

- Meawhile, slice the cucumber into crescents.
- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil and season to taste with salt and pepper.
- Transfer the cucumber and the arugula to the salad bowl.
- Toss well to combine with the dressing.



Make the sauce

- Deglaze the pan with the red wine and simmer for 1 - 2 minutes.
- Add the passata, the bay leaf and the stock.
- Simmer for at least 10 minutes (see Tip).

Tip: if preferred, you can simmer the ragu up to 30 minutes longer to deepen the flavour. Add a splash of water as necessary if it seems too thick.



Serve

- Remove the bay leaf from the sauce, then add the gnocchi and the reserved cooking liquid and mix well to combine.
- Serve the gnocchi on deep plates and garnish with the Grana Padano.
- Serve the salad alongside and drizzle over the crema di balsamico.

Enjoy!



Surinamese-Style Chicken Curry with Roti

with boiled egg, green beans & quick-pickled cucumber

Premium

Total time: 45 - 55 min.



Chicken thigh



Potatoes



Tomato



Red onion



Garlic



Egg



Surinamese-style spices



Persian cucumber



Roti



Green beans



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.

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
Chicken thigh* (unit(s))	1	2	3	4	5	6
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	2	2	3
Roti* (unit(s))	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
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
Water (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)	3268 /781	351 /84
Total fat (g)	27	3
of which saturated(g)	6	0,6
Carbonhydrates (g)	88	9
of which sugars (g)	15,9	1,7
Fiber (g)	14	2
Protein (g)	44	5
Salt (g)	2,8	0,3

Allergens

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



Prepare

- 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.



Boil the egg

- Boil plenty of water 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.



Fry the chicken thigh

- Season the chicken thigh with salt and pepper.
- Heat a drizzle of 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 chopped onion with the garlic and tomatoes for 1 minute.



Prepare the cucumber

- Meanwhile, halve the cucumber and scoop out the seeds, then slice into crescents.
- In a bowl, combine the white wine vinegar with the water (see pantry for amount).
- Add the sugar, cucumber and onion rings, then toss well to combine. Season to taste with salt and pepper, then set aside, stirring occasionally.
- Bake the roti in the oven for 3 minutes.



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 thigh 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.



Serve

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

Enjoy!



Salami & Chicken Pizza

with onion chutney, Romano pepper & arugula

Quick Premium

Total time: 25 - 30 min.



Pizza dough



Chicken breast with Mediterranean herbs



Salami



Red onion



Romano pepper



Passata



Sicilian-style herb mix



Shredded mozzarella



Arugula & lamb's lettuce



Onion chutney



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

Salami is originally from Italy. Something that's incorporated into almost all types of salami is garlic, which accounts for its strong smell.



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, large frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Salami* (slice(s))	3	6	9	12	15	18
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180
Onion chutney* (g)	20	40	60	80	100	120
Not included						
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
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)	4590 /1097	731 /175
Total fat (g)	40	6
of which saturated(g)	15,5	2,5
Carbonhydrates (g)	115	18
of which sugars (g)	22,9	3,6
Fiber (g)	7	1
Protein (g)	60	10
Salt (g)	7,2	1,2

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C (see Tip).
- Dice the chicken into 1cm cubes.
- Slice the onion into half rings and cut the Romano pepper into thin strips.

Tip: keep the pizza dough in the fridge until step 3, so as to ensure the best result.



Make the pizza

- Roll out the pizza dough and transfer the necessary amount to a parchment-lined baking sheet.
- Spread with the tomato sauce, then top with the salami, the chicken and the vegetables.
- Scatter over the mozzarella.
- Bake in the oven for 12 - 14 minutes or until golden-brown.



Fry the chicken

- Heat a drizzle of olive oil in a large frying pan over medium-high heat and fry the chicken for 2 -3 minutes.
- Add the onion and Romano pepper, then fry for another 2 - 3 minutes. Season to taste with salt and pepper.
- In a bowl, combine the passata with the Sicilian-style herbs, the balsamic vinegar and the sugar. Season to taste with salt and pepper.



Serve

- Top the pizza with the onion chutney.
- Garnish with the arugula and lamb's lettuce.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



Pork Tenderloin with Grana Padano & Celeriac Mash

with green beans, shaved almonds & honey-mustard jus

Premium

Total time: 35 - 45 min.



Celeriac



Green beans



Pork tenderloin



Shaved almonds



Grana Padano
flakes DOP



Potatoes



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

Top this dish with shaved almonds for the perfect finishing touch. Did you know that almonds are actually stone fruits, just like peaches and apricots?



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, lidded deep frying pan, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Celeriac* (unit(s))	¼	½	¾	1	1¼	1½
Green beans* (g)	150	300	450	600	750	900
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Shaved almonds (g)	10	20	30	40	50	60
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Potatoes (g)	150	300	450	600	750	900
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	60	120	180	240	300	360
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2699 /645	404 /97
Total fat (g)	29	4
of which saturated(g)	13,7	2,1
Carbonhydrates (g)	43	6
of which sugars (g)	6,2	0,9
Fiber (g)	15	2
Protein (g)	45	7
Salt (g)	1,7	0,3

Allergens

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



Prepare

- Prepare the stock. Boil plenty of water in a pot or saucepan.
- Peel and dice the celeriac and the potatoes. Boil for 12 - 14 minutes, then drain and set aside, covered.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the pork tenderloin for 6 - 10 minutes, or until cooked as preferred.
- Remove from the pan and set aside under aluminum foil.



Fry the green beans

- Heat a light drizzle of olive oil in the same pan over high heat and fry the green beans for 1 - 2 minutes, covered.
- Deglaze with a splash of water and fry for 2 more minutes over medium-high heat.
- Remove the lid and fry for 5 - 7 more minutes until the liquid has evaporated.



Toast the almonds

- Melt a knob of butter in the same pan over medium-high heat. Add the mustard and the stock, then bring to a boil. Allow to reduce over medium heat until serving.
- In the meantime, discard the tips of the green beans and then cut in half.
- Heat a clean deep frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.



Serve

- Mash the potatoes and celeriac with some mustard and butter as preferred until smooth. Season to taste with salt and pepper.
- Stir the honey into the jus, then taste and add more if preferred.
- Serve the mash and the green beans on plates. Pour the jus over the beans. Top with the pork, then garnish with the Grana Padano and the almonds.

Enjoy!



Salmon in Creamy Garlic Sauce

over celeriac purée with a crisp endive salad

Premium

Total time: 25 - 30 min.



Salmon fillet



Garlic



Celeriac



Endive



Arugula & lamb's lettuce



Cream cheese




Dried cranberries



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

Arugula's peppery, slightly bitter taste complements the more mild flavour and delicate texture of lamb's lettuce. The perfect combination for a balanced and flavourful salad!

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Celeriac* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Endive* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	80	100	120
Cream cheese* (g)	25	50	75	100	125	150
Dried cranberries (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	⅓	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	⅓	1	1½	2	2½	3
Water for the sauce (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)	3197 /764	625 /149
Total fat (g)	58	11
of which saturated(g)	20	3,9
Carbonhydrates (g)	23	5
of which sugars (g)	4,1	0,8
Fiber (g)	8	2
Protein (g)	30	6
Salt (g)	1,8	0,4

Allergens

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



Boil the celeriac

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Peel the celeriac and cut into small chunks, then boil for 12 – 15 minutes, covered.
- Drain the celeriac and set aside, still covered.
- Meanwhile, crush or mince the garlic. Season the fish with salt and pepper.



Fry the fish

- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes.
- Remove from the pan and set aside under aluminum foil.
- Lower the heat, then add the garlic, a knob of butter and the cream cheese.
- Allow to melt, then stir in the water for the sauce. Season to taste with salt and pepper.



Make the salad

- Cut off the base of the endive and discard. Halve the endive lengthways and remove the tough core.
- Chop the endive into thin strips.
- In a salad bowl, combine the mayonnaise with the white wine vinegar. Season to taste with salt and pepper.
- Add the mixed leaves, the dried cranberries and the endive, then toss well to combine with the dressing.



Serve

- Transfer to the celeriac to a tall container. Add the mustard and a knob of butter, then season to taste with salt and pepper.
- Use an immersion blender to process until smooth.
- Serve the celeriac purée on plates with the endive salad alongside.
- Top with the fish and the creamy garlic sauce.

Enjoy!