



# Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheese | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

### 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, large bowl, frying pan

### Ingredients

Organic sour cream* (g)	100
Jalapeno* (unit(s))	2
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Mexican-style spices (sachet(s))	½
Grated Gouda* (g)	150
Sweet chilli tortilla chips (g)	300
Beef mince with Italian seasoning* (g)	100
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6150 / 1470	962 / 230
Total fat (g)	92	14
of which saturated (g)	27,5	4,3
Carbohydrates (g)	108	17
of which sugars (g)	15,3	2,4
Fibre (g)	16	3
Protein (g)	45	7
Salt (g)	4,8	0,7

### Allergens

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

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### Prepare

- Preheat the oven to 180°C. Finely slice the scallions.
- Heat the olive oil in a frying pan on medium-high heat. Add the minced meat and Mexican-style spices\* and fry for 3 - 4 minutes.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Scatter the minced meat, jalapeños\* and two-thirds of the scallions over the tortilla chips, followed by the cheese.

*\*Take care, these ingredients are spicy! Use as preferred.*

### Chop

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Meanwhile, halve and pit the avocado, then dice the flesh and transfer to a large bowl.
- Finely dice the tomato. Cut the lime in half.
- Finely chop the shallot and press or mince the garlic.

### Serve

- Mash the avocado with a fork until smooth. Add the tomato, shallot and garlic.
- Juice the lime into the bowl. Mix everything together and season with salt and pepper to taste.
- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions. Put the sour cream in a bowl, then serve the sour cream and guacamole to the side.

### Enjoy!






# Vietnamese Spring Rolls with Shrimp

with fresh vegetables and peanut-soy sauce | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

## 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 plate, pot or saucepan, plate, small bowl, frying pan

## Ingredients

Rice paper (unit(s))	1
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Shredded red cabbage* (g)	100
Bell pepper* (unit(s))	1
Peanut sauce* (g)	80
Sesame oil (ml)	10
Rice noodles (g)	100
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
[Reduced salt] soy sauce (tsp)	1
*store in the fridge	

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2761 / 660	608 / 145
Total fat (g)	19	4
of which saturated (g)	3,4	0,7
Carbohydrates (g)	95	21
of which sugars (g)	16	3,5
Fibre (g)	7	1
Protein (g)	23	5
Salt (g)	2,7	0,6

## Allergens

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

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## Prepare

- Boil plenty of water in a pot or saucepan. Cook the rice noodles for 6 - 7 minutes, then drain and rinse under cold water.
- Transfer the rice noodles back to the same saucepan and drizzle with sunflower oil. Mix well to combine, then set aside until further use.
- Cut the cucumber and bell pepper into small strips.

## Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp and fry for 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl, then mix in the soy sauce, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the rice sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

## Serve

- Place the shrimp in the middle of the rice sheet, then top with some cabbage, bell pepper, cucumber and noodles.
- Fold the bottom of the rice sheet over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the peanut-soy sauce on the side.

## Enjoy!






# Mexican-Style Shrimp Tostadas

with homemade guacamole | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

## 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, frying pan

## Ingredients

Lime* (unit(s))	1
Avocado (unit(s))	2
Shrimp* (g)	160
Mexican-style spices (sachet(s))	1
Sriracha mayo* (g)	50
Flour tortillas (unit(s))	4
Tomato (unit(s))	1
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2820 / 674	766 / 183
Total fat (g)	42	12
of which saturated (g)	5,1	1,4
Carbohydrates (g)	50	14
of which sugars (g)	5,7	1,5
Fibre (g)	7	2
Protein (g)	20	6
Salt (g)	2,3	0,6

## Allergens

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

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## Prepare

- Preheat the oven to 200°C.
- Place the tortillas on a parchment-lined baking sheet. Drizzle some olive oil on each tortilla.
- Bake for 4 - 5 minutes until golden, then remove from the oven and set aside to cool.
- Halve and pit the avocado, then scoop out the flesh and add to a bowl.

## Fry the shrimp

- Cut the lime into wedges. Dice the tomato.
- Mash the avocado with a fork.
- Mix the avocado with the tomato and the juice of one lime wedge, then season with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp with the Mexican-style spices\* for 3 - 4 minutes.

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

## Serve

- Transfer the crispy tortillas to a plate and spread the guacamole evenly on top of each one.
- Top with the shrimp and finish with a drizzle of the Sriracha mayo.
- Garnish with the rest of the lime wedges.

## Enjoy!





# Meatballs in Tomato Sauce

with fresh flat-leaf parsley | to share

Appetizer

Total time: 15 - 20 min.



Tear me out!

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

Frying pan

Ingredients

Garlic (unit(s))	1
Fresh flat leaf parsley* (g)	10
Passata (g)	200
Ground paprika (tsp)	1½
Beef-pork meatballs with Thai seasoning* (unit(s))	16

From your pantry

Olive oil (tbsp)	½
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2385 /570	748 /179
Total fat (g)	43	13
of which saturated (g)	17,2	5,4
Carbohydrates (g)	9	3
of which sugars (g)	5	1,6
Fibre (g)	2	1
Protein (g)	37	11
Salt (g)	2,5	0,8

Allergens

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

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Prepare

- Press or mince the garlic.
- Finely chop the parsley.

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Fry the meatballs

- Heat a generous knob of butter in a frying pan over medium-high heat and fry the meatballs for 4 - 5 minutes.
- Remove the meatballs from the pan and set aside.
- In the same pan, heat a drizzle of olive oil over medium-high heat and fry the garlic for 1 minute.

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Make the tomato sauce

- Lower the heat and add the passata. Add the ground paprika and season with salt and pepper to taste.
- Simmer for 5 minutes so the sauce can thicken, then add the meatballs and simmer for another 5 minutes.
- Serve the meatballs and tomato sauce in a serving dish and garnish with the fresh parsley.

Enjoy!






# Tandoori-Style Marinated Shrimp

with mango chutney and lime | to share

Appetizer

Total time: 20 - 25 min.



Tear me out! 

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, deep plate, frying pan or grill pan, kitchen paper

Ingredients

Shrimp* (g)	360
Curry powder (sachet(s))	1
Garam Masala (sachet(s))	½
Lime* (unit(s))	1
Mango chutney* (g)	80
Organic full-fat yogurt* (g)	50
From your pantry	
Sunflower oil (tbsp)	1
Flour (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1092 /261	369 /88
Total fat (g)	6	2
of which saturated (g)	1,3	0,4
Carbohydrates (g)	24	8
of which sugars (g)	1,9	0,6
Fibre (g)	2	1
Protein (g)	27	9
Salt (g)	1,7	0,6

Allergens

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



Make the marinade

- Cut the lime into 6 wedges.
- In a bowl, combine the yogurt, curry powder, garam masala\*, and the juice of 2 lime wedges to make a marinade.
- Season to taste with salt and pepper.

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

Marinate the shrimp

- Transfer the flour to a deep plate. Pat the shrimp dry with kitchen paper and then coat it with flour.
- Transfer the shrimp to the marinade.
- Mix well, being sure to fully cover the shrimp.
- Set aside and marinate the shrimp for at least 10 minutes (see Tip).

*Tip: the shrimp will absorb more flavour the longer you marinate them. If you have time, prepare the marinade in the morning and keep in the fridge so as to allow the shrimp to marinate all day.*

Serve

- Heat the sunflower oil in a grill pan or frying pan over high heat.
- Add the shrimp to the pan and fry for 2 - 3 minutes, until the shrimp are done.
- Serve the shrimp with the mango chutney on the side and garnish with the rest of the lime wedges.

Enjoy!





# Tomato-Mozzarella Baguettes

with Italian herbs & fresh basil | to share

**Appetizer**

Total time: 20 - 25 min.



Tear me out! 

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, small bowl

Ingredients

Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mozzarella* (ball(s))	1
Tomato (unit(s))	2
White demi-baguette (unit(s))	4
From your pantry	
Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3766 /900	737 /176
Total fat (g)	22	4
of which saturated (g)	8,9	1,7
Carbohydrates (g)	141	28
of which sugars (g)	10,9	2,1
Fibre (g)	12	2
Protein (g)	34	7
Salt (g)	3,6	0,7

Allergens

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

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Prepare

- Preheat the oven to 220°C.
- Cut the demi-baguettes in half lengthways.
- Finely chop the basil.
- In a small bowl, combine the passata with the Italian herbs, the extra virgin olive oil, half of the basil and some salt and pepper.

Add the toppings

- Dice the tomatoes.
- Tear the mozzarella into small pieces.
- Transfer the baguettes to a parchment-lined baking sheet and evenly spread the tomato sauce, then top with the mozzarella and tomatoes.

Serve

- Bake the baguettes in the oven for 8 - 10 minutes or until the cheese has melted.
- Garnish the baguettes with the rest of the basil and season to taste with salt and pepper.
- Slice up the baguettes and serve.

Enjoy!






# Smoked Salmon Flammekueche

with lemon, capers and sour cream | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

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

Ingredients

Flammekueche* (unit(s))	2
Smoked salmon* (g)	120
Organic sour cream* (g)	100
Capers (g)	30
Red onion (unit(s))	1
Lemon* (unit(s))	1
Lamb's lettuce* (g)	80

From your pantry

Salt & pepper to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1841 / 440	566 / 135
Total fat (g)	14	4
of which saturated (g)	5	1,5
Carbohydrates (g)	51	16
of which sugars (g)	4,4	1,4
Fibre (g)	3	1
Protein (g)	24	7
Salt (g)	2,9	0,9

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Place the flammekueche on a parchment-lined baking sheet.
- Chop the onion into half rings.

Add the toppings

- Reserve 1 tbsp of sour cream to use later, then spread the rest over the flammekueche.
- Top with the onion and capers, then season with salt and pepper.
- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the lemon into wedges in the meantime.

Serve

- Slice the flammekueche, then top with the smoked salmon and the reserved sour cream.
- Top with the lamb's lettuce.
- Serve with the lemon wedges alongside.

Enjoy!






# Tear 'n Share Camembert Ciabatta

with rosemary and garlic | to share

Appetizer

Total time: 25 - 30 min.



Tear me out! 

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, small saucepan

Ingredients

Fresh rosemary* (sprig)	2
Garlic (unit(s))	3
Camembert* (g)	240
White ciabatta (unit(s))	3
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Olive oil (tbsp)	2
[Plant-based] butter (g)	30
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3732 /892	1300 /311
Total fat (g)	54	19
of which saturated (g)	28,4	9,9
Carbohydrates (g)	66	23
of which sugars (g)	7,7	2,7
Fibre (g)	2	1
Protein (g)	35	12
Salt (g)	3,1	1,1

Allergens

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



Prepare the ciabatta

- Preheat the oven to 200°C.
- Slice the ciabatta diagonally at 2cm intervals, moving widthways and making sure not to cut the whole way through. Repeat this step in the opposite direction to create a criss-cross pattern.
- Mince or crush the garlic. Pick the rosemary leaves from their stalks and roughly chop them.
- Slice the camembert into 1cm thick slices, then cut these to be approximately 2 - 3cm long.

Make the rosemary-garlic oil

- Heat a small saucepan on medium-high heat and add the olive oil and butter.
- Allow the butter to melt, then add the garlic and rosemary and cook for 1 minute. Remove from the heat, then season with salt and pepper.
- Transfer the ciabatta to a parchment-lined baking sheet and use a teaspoon to drizzle the rosemary-garlic oil into each cut.
- Push a camembert slice into each cut.

Bake the bread and serve

- Drizzle over the ciabatta with honey and a little more olive oil if preferred, then sprinkle over some salt and pepper.
- Bake the bread for 10 - 12 minutes, or until the cheese is melted.
- Remove the bread from the oven and transfer to a serving platter to share.

Enjoy!






# Banana Bread

with walnuts & coconut | 10 slices

Baking

Total time: 60 - 70 min.



Tear me out! 

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

Baking paper, 25cm loaf tin, handheld mixer, large bowl, skewers, whisk

Ingredients

Banana (unit(s))	3
Banana bread mix (g)	400
Desiccated coconut (g)	30
Chopped walnuts (g)	40
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6791 /1623	1415 /338
Total fat (g)	82	17
of which saturated (g)	19,7	4,1
Carbohydrates (g)	187	39
of which sugars (g)	101,1	21,1
Fibre (g)	9	2
Protein (g)	27	6
Salt (g)	3,1	0,6

Allergens

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

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Prepare

- Preheat the oven to 160°C.
- Mash up two of the bananas with a fork (see Tip). Cut the other banana in half lengthways and set aside.
- Grease a loaf tin or line it with parchment paper.

*Tip: the bananas will ripen faster if you store them next to an avocado or wrap them in newspaper. If the bananas are still a bit too hard to mash by hand, you can always use a blender instead.*

Make the batter

- In a large bowl, mix the mashed banana with the banana bread mix, 100ml sunflower oil and 90ml water.
- Use an electric mixer or whisk to mix everything together until well combined.
- Add the chopped walnuts and two-thirds of the grated coconut and mix well.
- Pour the batter into the cake tin. Put the two halves of the other banana on top and gently press them into the batter a little bit, making sure they're still visible.

Serve

- Put the banana bread in the oven and bake for 45 - 55 minutes.
- Check if the banana bread is done by piercing it with a skewer - if it comes out dry, then the banana bread is ready. Remove from the oven and leave it in the tin to cool down for 15 minutes.
- Garnish with the rest of the grated coconut and then cut into slices (see Tip).

*Tip: if you're having a slice of banana bread the next day, quickly pop it in the oven or toaster to warm it up!*

Enjoy!





# Double Chocolate Brownies

with walnuts | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

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

Large bowl, handheld mixer, oven dish, parchment paper

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Chopped walnuts (g)	40
Chocolate chips (g)	100
White chocolate chips (g)	100
From your pantry	
Water (ml)	80
[Plant-based] butter (g)	40

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6933 /1657	1583 /378
Total fat (g)	76	17
of which saturated (g)	37,6	8,6
Carbohydrates (g)	207	47
of which sugars (g)	145,4	33,2
Fibre (g)	12	3
Protein (g)	28	6
Salt (g)	4,9	1,1

Allergens

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



Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).
- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter.

Tip: if you don't have a baking tin at home, a rectangular oven dish will work just fine!

Bake the brownie

- Stir in two-thirds each of the walnuts, milk chocolate chips and white chocolate chips.
- Pour the batter into the baking tin. Scatter over the rest of the walnuts and the chocolate chips.
- Bake the brownie in the oven for 22 - 25 minutes (see Tip).
- The brownie is ready when cracks have formed on the surface.

Tip: if you like soft, gooey brownies, use the shorter cooking time.

Serve

- Take the brownie out of the oven and allow to cool for 5 minutes (see Tip).
- Cut the brownie into around 9 squares and remove from the cake tin one by one.

Tip: check if the brownie is done by piercing it with a skewer. It's fine if the skewer comes out a little bit sticky, but pop it back in the oven for a few minutes if it's very runny.

Enjoy!





# Carrot Cake Energy Bites

with dates, pecan nuts & pistachios | 16 pieces

Baking

Total time: 25 - 30 min.



Tear me out!

## 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, large bowl, microplane, saucepan, small saucepan, heatproof bowl

## Ingredients

Chopped dates (g)	80
Carrot* (unit(s))	1
Chopped pecans (g)	100
Ground cinnamon (tsp)	1½
White chocolate chips (g)	100
Raisins (g)	40
Oats (g)	150
Pistachio nuts (g)	20

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4979 / 1190	1683 / 402
Total fat (g)	64	22
of which saturated (g)	15,4	5,2
Carbohydrates (g)	128	43
of which sugars (g)	77,2	26,1
Fibre (g)	14	5
Protein (g)	22	7
Salt (g)	0,2	0,1

## Allergens

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

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## Prepare

- Boil plenty of water in a kettle or saucepan. Place the chopped dates and raisins in a bowl and pour the hot water over them.
- Allow to soak for 10 minutes and then drain. In the meantime, finely grate the carrot.
- Finely chop the raisins, dates and pecans, then put them in a large bowl (see Tip).

**Tip:** if you have an electric mixer, use that to mix all the ingredients together.

## Mix

- Add the carrot, oats and cinnamon to the large bowl.
- Mix everything together, then roll the mixture into small balls (see Tip).
- Bring plenty of water to a boil in a small saucepan.
- Put the chocolate chips in a heat-resistant glass bowl that is larger than the saucepan.

**Tip:** if the mixture is a bit too sticky, put it in the fridge to chill for a little bit. This will help the mixture to set and will make it easier to handle.

## Serve

- Place the bowl on top of the saucepan and allow the chocolate to melt, stirring continuously. Finely chop the pistachios.
- Dip the energy bites in the chocolate before sprinkling over the chopped pistachios (see Tip).
- Serve the energy balls on a serving platter.

**Tip:** the energy bites are quite sweet thanks to the dates and raisins, so feel free to leave out the chocolate if you're trying to cut down on sugar!

## Enjoy!





# Salted Caramel Apple Crumble

with homemade whipped cream | to share

Baking

Total time: 30 - 40 min.



Tear me out! 

## 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, handheld mixer, mixing bowl, oven dish, parchment paper

## Ingredients

Apple* (unit(s))	4
Ground cinnamon (tsp)	3
Cane sugar (g)	100
Chopped walnuts (g)	80
Heavy cream* (ml)	200
Cookie dough salted caramel* (pack)	1
From your pantry	
Flour (tbsp)	1
Sugar (tbsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	7159 / 1711	1099 / 263
Total fat (g)	76	12
of which saturated (g)	33,9	5,2
Carbohydrates (g)	190	29
of which sugars (g)	146	22,4
Fibre (g)	12	2
Protein (g)	19	3
Salt (g)	0,9	0,1

## Allergens

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

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## Prepare

- Preheat the oven to 180°C.
- In a mixing bowl, whisk the cream with 1 tbsp of sugar using a handheld mixer until firm and thick.
- Fold in half of the cinnamon.

## Make the filling

- Grease an oven dish or line it with parchment paper.
- Core and dice the apple, then add to a bowl. Mix with the walnuts, cane sugar, rest of the cinnamon and 1 tbsp of flour.
- Transfer the apple mixture to the oven dish.

## Bake the crumble

- Crumble the cookie dough on top of the filling. Make sure the crumbs are evenly distributed and the apples are completely covered.
- Bake the crumble in the oven for 30 - 35 minutes, or until golden brown.
- Allow to cool down for 5 minutes before serving.

## Enjoy!





# Chai Latte Cake

with cream cheese frosting | 12 slices

Baking

Total time: 85 - 95 min.



Tear me out!

### 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, 25cm loaf tin, fork, large bowl, microplane, 2x small bowl

### Ingredients

Cake mix (g)	400
Egg* (unit(s))	4
Unsalted butter* (g)	250
Speculaas spices (sachet(s))	2
Fresh ginger* (tsp)	5
Cream cheese* (g)	100
From your pantry	
Sugar (tbsp)	6
Sunflower oil (tbsp)	2
Black pepper	to taste

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	9109 / 2177	1647 / 394
Total fat (g)	137	25
of which saturated (g)	78,1	14,1
Carbohydrates (g)	200	36
of which sugars (g)	102	18,4
Fibre (g)	4	1
Protein (g)	29	5
Salt (g)	3,6	0,6

### Allergens

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

1



2



3



### Prepare

- Preheat the oven to 180°C.
- Take the butter out of the fridge and cut it into cubes.
- Peel and grate the ginger.
- In a small bowl, mix the sunflower oil with three-quarters of the speculaas spices and ginger. Add black pepper to taste (see Tip).

**Tip:** if you have black tea at home, make yourself a cup of strong black tea and add 1 tbsp to the cake batter.

### Make the cake

- Beat the eggs in a small bowl.
- In a large bowl, combine the cake mix, butter, 5 tbsp sugar and eggs into a smooth batter, then stir through three-quarters of the homemade chai mixture.
- Grease or line a rectangular loaf tin with baking paper and pour in the batter.
- Bake for 45 - 50 minutes on the middle rack and check if the cake is done by sticking a skewer into it. If it comes out clean, the cake is done.

### Make the frosting

- In a bowl, mix the cream cheese with 1 tbsp sugar and the rest of the chai mixture, and beat with a fork until fluffy. Store in the refrigerator until the cake is done.
- Allow the cake to cool down fully when finished.
- Spread the cream cheese-chai frosting on top of the cake and sprinkle the rest of the speculaas spices as preferred.
- Cut the cake into slices and serve.

### Enjoy!






# Homemade Oat Bars

with dried fruits, pecans, seeds and chocolate | 12 pieces

Baking

Total time: 45 - 55 min.



Tear me out! 

## 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, tall container, immersion blender, large bowl, handheld mixer, oven dish, parchment paper, saucepan, heatproof bowl

## Ingredients

Oats (g)	150
Chocolate chips (g)	100
Chopped dates (g)	80
Dried cranberries (g)	40
Dried apricot pieces (g)	40
Chopped pecans (g)	50
Pumpkin seeds (g)	40
Chia seeds (g)	20
Tahini (g)	50
Egg* (unit(s))	2

### From your pantry

Honey [or plant-based alternative] (tbsp)	2
Olive oil (tbsp)	2

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6552 / 1566	1771 / 423
Total fat (g)	86	23
of which saturated (g)	21,5	5,8
Carbohydrates (g)	150	41
of which sugars (g)	75,3	20,4
Fibre (g)	23	6
Protein (g)	38	10
Salt (g)	0,2	0,1

## Allergens

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

1



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## Prepare

- Preheat the oven to 175°C.
- Add the dates along with 4 tbsp of water to a tall container and process until smooth using an immersion blender.
- In a large bowl, mix together the dried fruit with the pecans, oats, pumpkin seeds, chia seeds and blended dates.
- Separate the egg whites from the yolks. Transfer the egg whites to a clean bowl, and beat them with a handheld mixer until firm.

## Bake the oat bars

- Add the tahini, honey and olive oil and mix well to combine. Add this mixture to the bowl with the oats and gently mix everything together.
- Line a rectangular or square oven dish of about 15 x 20cm with baking paper.
- Spread the mixture over the baking dish and press down firmly with a spoon. Bake for about 25 - 30 minutes in the oven.
- Once cooled, carefully remove the mixture from the dish and use a sharp knife to cut it into thick slices.

## Finish the bars

- Boil a shallow layer of water in a saucepan and place a heat-resistant bowl on top, ensuring it does not touch the water. Add the chocolate chips to the bowl and allow them to melt, stirring regularly.
- Dip the bottom of each oat bar in the melted chocolate.
- Transfer the oat bars to the refrigerator and chill for at least one hour or until the chocolate has set.

## Enjoy!



# Toadstool Cupcakes from the Fairytale Forest

with mascarpone frosting | to share

## Baking

Total time: 30 - 40 min.



### Cook magical recipes & win

Serve this fairytale-inspired recipe to win an unforgettable stay at the Efteling Wonder Hotel.  
Experience the real Fairytale Forest with the whole family!

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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

Handheld mixer, 2x mixing bowl, muffin tin, parchment paper

Ingredients

	To share
Red velvet cake mix (pack)	1
Egg* (unit(s))	2
Mascarpone* (g)	200
Powdered sugar (g)	200
From your pantry	
Water (ml)	150
Sunflower oil (ml)	80
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1484 /355
Total fat (g)	14
of which saturated (g)	6
Carbohydrates (g)	50
of which sugars (g)	34,3
Fibre (g)	1
Protein (g)	4
Salt (g)	0,6

Allergens

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



1. Prepare the batter

- Preheat the oven to 180°C.
- Line a muffin tin with parchment paper by cutting squares large enough to fit in each muffin tin cup (see Tip).
- Add the red velvet cake mix, eggs, sunflower oil and water to a large mixing bowl.
- Mix well until it becomes a smooth batter.

Tip: if you have paper cupcake or muffin liners, use these instead.



2. Bake the cupcakes

- Divide the batter over the muffin tin, filling each cup until it almost reaches the top.
- Bake in the oven for 15 - 20 minutes, until cooked through.
- Meanwhile, add the mascarpone and powdered sugar to a mixing bowl.
- Mix with a handheld mixer until you have firm peaks.

3. Decorate and serve

- Remove the cupcakes from the oven and allow to cool down completely, for about 30 minutes.
- Once the cupcakes have cooled, remove them from the tin.
- Add small dollops of the frosting to decorate the toadstools.
- Serve the cupcakes.

And they ate happily ever after...

Enjoy!






# French Onion-Style Soup

topped with cheesy toast | 4 servings

Lunch

Total time: 50 - 60 min.



Tear me out! 

## 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, microplane, soup pot

## Ingredients

Onion (unit(s))	6
Garlic (unit(s))	2
White wine (ml)	187
Bay leaf (unit(s))	1
Fresh thyme* (g)	5
White demi-baguettes (unit(s))	2
Parmigiano Reggiano DOP* (g)	40
Onion chutney* (g)	40
From your pantry	
Low sodium beef stock (ml)	1000
Olive oil (tbsp)	1
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3322 / 794	298 / 71
Total fat (g)	23	2
of which saturated (g)	10,5	0,9
Carbohydrates (g)	108	10
of which sugars (g)	29,1	2,6
Fibre (g)	13	1
Protein (g)	22	2
Salt (g)	3,5	0,3

## Allergens

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

1



2



3



## Prepare

- Finely slice the onion and garlic. Prepare the stock.
- Melt the butter and olive oil in a large pot on medium heat. Add the onions and fry for 15 - 20 minutes, while continuing to stir.
- Add the garlic and thyme and fry for 1 - 2 minutes. Add the wine, onion chutney and bay leaf and simmer for 1 minute.
- Add the stock and let the soup simmer for 30 minutes on low heat. Season with salt and pepper.

## Make the toast

- Preheat the oven to 180°C.
- Slice the bread and transfer to a baking sheet lined with parchment paper.
- Grate the Parmigiano Reggiano on top of the bread slices.
- Bake in the oven for 5 - 6 minutes or until the cheese is completely melted.

## Serve

- Remove the thyme sprigs and bay leaf from the pot.
- Serve the soup in bowls and season with extra pepper to taste.
- Add 1 slice of the cheesy toast on top of each soup bowl and serve any remaining slices on the side.

## Enjoy!



## Breakfast box

Kick-start your day!

**1** Brioche Grilled Cheese with Brie & Bacon  
with onion chutney

**2** Crackers Topped with Ham & Cucumber

**3** Greek Yogurt Bowl with Pear & Walnuts

# Brioche Grilled Cheese with Brie & Bacon

with onion chutney | 2 servings

20 min.



## Utensils

Panini grill or frying pan

## Ingredients for 2 servings

Brioche bun (unit(s))	2
Onion chutney* (g)	40
Bacon* (slice(s))	4
Creamy French brie* (g)	100

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1623 / 388	1101 / 263
Total fat (g)	17	11
of which saturated (g)	9,3	6,3
Carbohydrates (g)	44	30
of which sugars (g)	4,8	3,3
Fiber (g)	3	2
Protein (g)	15	10
Salt (g)	1,9	1,3

## Allergens

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

## 1. Prepare

- Heat a clean frying pan over medium-high heat and fry the bacon for 3 - 4 minutes. Remove from the pan and set aside.
- Slice the brie.

## 2. Assemble

- Slice open the brioche bun.
- Spread the onion chutney on the bread.
- Add the cheese and bacon, then close the bun.

## 3. Toast

- Heat the sandwich maker and add the grilled cheese (see Tip).
- Grill for 5 - 6 minutes or until the cheese has melted.

**Tip:** if you do not have a sandwich maker at home, you could also make the grilled cheese in a lidded frying pan. Heat a knob of butter in the pan over medium heat and toast the grilled cheese for 2 - 3 minutes on each side.

## 4. Serve

- Slice the grilled cheese brioche in half and serve.

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



# Crackers Topped with Ham & Cucumber

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

## Ingredients for 2 persons

Crackers (unit(s))	12
Herbed cream cheese* (g)	100
Ham* (slice(s))	12
[Persian] cucumber* (unit(s))	1

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	561 /134
Total fat (g)	8
of which saturated (g)	3
Carbohydrates (g)	3
of which sugars (g)	1,2
Fiber (g)	3
Protein (g)	5
Salt (g)	0,8

## Allergens

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

- Slice half of the cucumber.
- Serve half of the crackers on plates and spread with half of the herbed cream cheese.
- Top the crackers with half of the ham and the sliced cucumber.
- Repeat the recipe for a second breakfast the next day.

# Greek Yogurt Bowl with Pear & Walnuts

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

## Ingredients for 2 persons

Organic Greek yogurt* (g)	500
Pear* (unit(s))	2
Chopped walnuts (g)	40

### From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	550 /131
Total fat (g)	9
of which saturated (g)	4,1
Carbohydrates (g)	7
of which sugars (g)	4
Fiber (g)	1
Protein (g)	4
Salt (g)	0,1

- Core and slice one pear.
- Serve 125g Greek yogurt per person in bowls.
- Top each bowl with half of the sliced pear and a quarter of the walnuts. Drizzle with honey to taste.
- Repeat this recipe for a second breakfast the next day.

## Enjoy!






## Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

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

Blender or an immersion blender with a tall container

Ingredients

Passion fruit* (unit(s))	6
Mango* (unit(s))	3
Blueberries* (g)	125
Orange* (unit(s))	4
Organic semi-skimmed milk* (ml)	400
Organic full-fat yogurt* (g)	200
Desiccated coconut (g)	10

From your pantry

Honey [or plant-based alternative] to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2795 /668	268 /64
Total fat (g)	12	1
of which saturated (g)	7,3	0,7
Carbohydrates (g)	120	11
of which sugars (g)	89,6	8,6
Fibre (g)	13	1
Protein (g)	19	2
Salt (g)	0,4	0

Allergens

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

1



Mango & Coconut Smoothie

- Peel and dice 2 mangos. Add the mango to a blender (or tall container, if you're using an immersion blender).
- Add 100g of yogurt and 200ml milk, then blend into a thick smoothie.
- Add some honey to taste if preferred, then pour the smoothie into glasses and garnish with the desiccated coconut.

2



Passion Fruit Smoothie

- Peel and dice 1 mango. Halve 3 passion fruits and scoop out the flesh.
- Add the mango and passion fruit to a blender (or tall container, if you're using an immersion blender). Add 100g yogurt and 200ml milk, then blend into a thick smoothie.
- Add some honey to taste if preferred, then pour the smoothie into glasses. Halve 1 passion fruit and scoop out the flesh, then add on top of the smoothie.

3



Blueberry-Passion Fruit Smoothie

- Halve and juice 4 oranges. Halve 2 passion fruits and scoop out the flesh into a blender (or tall container, if you're using an immersion blender).
- Add the orange juice and two-thirds of the blueberries, then blend into a thick smoothie.
- Add some honey to taste, if preferred, then pour the smoothie into glasses. Garnish with the rest of the blueberries.

Enjoy!



# Smoothie Bowl from the 'Droomvlucht'

with mango & blueberries | 2 servings

## Breakfast

Total time: 10 - 15 min.



### Cook magical recipes & win

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Scan the QR code for more information regarding terms and conditions.



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

Blender or an immersion blender with a tall container

Ingredients

	2 servings
Blueberries* (g)	125
Passion fruit* (unit(s))	1
Coconut milk (ml)	125
Desiccated coconut (g)	10
Chia seeds (g)	10
Mango* (unit(s))	2
Organic low-fat yogurt* (g)	150
From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per portion	Per 100g
Energy (kJ/kcal)	1686 /403	369 /88
Total fat (g)	17	4
of which saturated (g)	13,2	2,9
Carbohydrates (g)	52	11
of which sugars (g)	41,1	9
Fibre (g)	9	2
Protein (g)	7	1
Salt (g)	0,1	0

Allergens

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



1. Prepare

- Peel the mango and cut it into small pieces.
- Cut the passion fruit in half.

2. Blend

- Process the mango, coconut milk and yogurt into a thick smoothie using a blender or a tall container and an immersion blender.
- If you would prefer the smoothie to be sweeter, blend in some honey as preferred.

3. Serve

- Serve the smoothie in bowls.
- Top with the passion fruit and blueberries.
- Garnish with the desiccated coconut and chia seeds.

And they ate happily ever after...

Enjoy!





# Overnight Oats 3 Ways

apple & cranberry | mango & pistachio | apple & blueberry

Breakfast

Total time: 10 - 15 min.



Tear me out!

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, plastic wrap

Ingredients

Oats (g)	400
Organic semi-skimmed milk* (ml)	700
Apple* (unit(s))	2
Mango* (unit(s))	1
Pistachio nuts (g)	20
Pumpkin seeds (g)	10
Blueberry jam (g)	30
Blueberries* (g)	125
Dried cranberries (g)	20
From your pantry	
Honey [or plant-based alternative]	to taste
Salt (tsp)	½

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5351 /1279	584 /140
Total fat (g)	27	3
of which saturated (g)	7	0,8
Carbohydrates (g)	204	22
of which sugars (g)	56,1	6,1
Fibre (g)	22	2
Protein (g)	44	5
Salt (g)	1,6	0,2

Allergens

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



Option 1: Apple & Cranberry (2 servings)

- In a bowl, mix the oats with the milk and a pinch of salt. Cover the bowl with plastic wrap, place it in the fridge and leave to soak for at least 6 hours, or overnight.
- Serve a third of the overnight oats in two bowls.
- Core and dice 1 apple. Mix the dried cranberries with two-thirds of the apple and honey to taste into the oats.
- Garnish with the rest of the apple.

Option 2: Mango & Pistachio (2 servings)

- Serve a third of the overnight oats in two bowls.
- Peel and dice the mango.
- Mix half of the mango into the oats.
- Top with the rest of the mango and the pistachios. Drizzle with honey to taste.

Option 3: Apple & Blueberry

- Squash half of the blueberries in two bowls and serve a third of the overnight oats on top.
- Core and dice 1 apple.
- Mix the blueberry jam and half of the apple into the oats, then top with the rest of the blueberries and apple.
- Garnish with the pumpkin seeds.

Enjoy!





# Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

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

Ingredients

Organic Greek yogurt* (g)	1000
Mango* (unit(s))	2
Blueberries* (g)	125
Chopped pecans (g)	30
Pumpkin seeds (g)	20
Apple* (unit(s))	1
Chia seeds (g)	100

From your pantry

Honey [or plant-based alternative] to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5565 /1330	594 /142
Total fat (g)	81	9
of which saturated (g)	34,6	3,7
Carbohydrates (g)	92	10
of which sugars (g)	46,1	4,9
Fibre (g)	28	3
Protein (g)	37	4
Salt (g)	1,1	0,1

Allergens

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

1



Greek yogurt with mango, pumpkin and chia seeds

- Peel and dice 1 mango.
- Divide a third of the yogurt over two bowls.
- Garnish with the mango, the pumpkin seeds and a third of the chia seeds.
- Add honey to taste.

2



Greek yogurt with blueberries, pecan nuts and chia seeds

- Divide a third of the yogurt over two bowls.
- Garnish with the blueberries, pecan nuts and a third of the chia seeds.
- Add honey to taste.

3



Greek yogurt with apple, mango and chia seeds

- Core and slice the apple. Peel and dice 1 mango.
- Divide a third of the yogurt over two bowls.
- Garnish with the apple, mango and a third of the chia seeds.
- Add honey to taste.

Enjoy!






# Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

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

Saucepan, small bowl

Ingredients

Crackers (unit(s))	12
Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Persian cucumber* (unit(s))	1
Avocado (unit(s))	3
Fresh goat's cheese* (g)	100
Egg* (unit(s))	2
Sliced Gouda* (unit(s))	4
From your pantry	
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4682 /1119	846 /202
Total fat (g)	88	16
of which saturated (g)	33,3	6
Carbohydrates (g)	13	2
of which sugars (g)	6,2	1,1
Fibre (g)	17	3
Protein (g)	58	11
Salt (g)	3,4	0,6

Allergens

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

1



Option 1: Ham, cucumber and cream cheese

- Slice the cucumber.
- Divide four crackers over two plates.
- Spread the cream cheese over the crackers.
- Divide the ham over the crackers and top with the cucumber.

2



Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes.
- Rinse the egg under cold water, then remove the shell and cut the egg in half.
- Halve and pit 1 avocado, then scoop out the flesh, transfer to a small bowl and mash well.
- Divide four crackers over two plates, spread the mashed avocado over them, top with the eggs and cheese slices and season to taste with salt and pepper.

3



Option 3: Fresh goat's cheese and avocado

- Divide four crackers over two plates.
- Halve, pit and slice 2 avocados.
- Spread the goat's cheese over the crackers.
- Top with the sliced avocado and season to taste with black pepper.

Enjoy!



# Elven Benches from the 'Droomvlucht'

with mango yogurt & passion fruit | 2 servings

## Breakfast

Total time: 20 - 25 min.



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Experience the real 'Droomvlucht' with the whole family!

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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, bowl, tall container, immersion blender, large bowl, large frying pan, microplane, small bowl, whisk

Ingredients

	2 servings
Mango* (unit(s))	1
Passion fruit* (unit(s))	1
Organic Greek yogurt* (g)	150
Lime* (unit(s))	1
Flour (g)	150
Baking powder (g)	4
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
From your pantry	
Sugar (tsp)	½
Sunflower oil (tbsp)	1

\*store in the fridge

Nutritional values

	Per portion	Per 100g
Energy (kJ/kcal)	2678 /640	547 /131
Total fat (g)	22	5
of which saturated (g)	7.4	1.5
Carbohydrates (g)	87	18
of which sugars (g)	21	4.3
Fibre (g)	7	1
Protein (g)	25	5
Salt (g)	1.3	0.3

Allergens

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



1. Prepare the toppings

- Peel and dice the mango, then set aside a handful of cubes to use later. Add the rest of the mango to a bowl or tall container and purée with an immersion blender until smooth.
- Gently fold the mango purée and sugar into the Greek yogurt. Cover and refrigerate until serving.
- In a large bowl, combine 150g of flour and the baking powder.



2. Make the batter

- Zest the lime and juice into a small bowl. Halve the passion fruit.
- In another bowl, beat the eggs. Add the buttermilk and whisk everything together until lots of bubbles start to form.
- Gently fold the egg mixture through the dry flour mixture and combine until a smooth batter forms. Stir in 1 tbsp of lime juice and two-thirds of the zest.
- In a large frying pan, heat a generous drizzle of sunflower oil over medium-high heat.

3. Serve

- Pour a ladle full of batter into the pan, then pour six small spoonfuls around the edge of the pancake for the petals. Fry 3 or 4 pancakes at a time, for 1 - 2 minutes on each side.
- Repeat with the rest of the batter, keeping the pancakes warm under aluminium foil along the way. Add sunflower oil to the pan in between if needed.
- Serve the pancakes in small stacks on a plate. Spoon over the mango topping and passion fruit pulp. Garnish with the reserved mango cubes and lime zest.

And they ate happily ever after...

Enjoy!






# Classic French Toast

with blueberries | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out! 

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 plate, frying pan, whisk

Ingredients

Brioche bun (unit(s))	2
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	100
Ground cinnamon (tsp)	1½
Blueberries* (g)	125
From your pantry	
[Plant-based] butter (tbsp)	1½
Cane sugar (tbsp)	2

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1916 /458	716 /171
Total fat (g)	18	7
of which saturated (g)	9,2	3,4
Carbohydrates (g)	56	21
of which sugars (g)	21,2	7,9
Fibre (g)	5	2
Protein (g)	16	6
Salt (g)	0,9	0,4

Allergens

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

1



2



3



Prepare

- Halve the brioche buns.
- In a deep plate, add the eggs, milk, 1.5 tbsp of sugar and the cinnamon. Whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the brioche slices in the egg mixture two by two, until they are completely saturated.

Make the French toast

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown.
- Repeat until all of the slices are done.

Serve

- Serve the French toast on plates.
- Sprinkle with the rest of the sugar.
- Garnish with the blueberries.

Enjoy!






# Eggs Benedict with Spinach and Bacon

on brioche bread with Hollandaise sauce | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

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

Large pot or saucepan, kitchen paper, plate, small saucepan, frying pan, whisk

Ingredients

Egg* (unit(s))	4
Hollandaise sauce* (g)	50
Brioche bun (unit(s))	2
Spinach* (g)	100
Bacon* (slice(s))	4
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2494 /596	777 /186
Total fat (g)	37	12
of which saturated (g)	9,8	3,1
Carbohydrates (g)	38	12
of which sugars (g)	5,5	1,7
Fibre (g)	4	1
Protein (g)	27	8
Salt (g)	2	0,6

Allergens

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

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Poach the eggs

- Boil plenty of water in a large pot. Once boiling, add the vinegar (see Tip).
- Use a whisk to swirl the water and create a small whirlpool. Carefully crack the eggs into the whirlpool one at a time, then turn the heat to low and cook until the white part has fully set; this should take 2 - 3 minutes for runny egg yolks.
- Remove with a slotted spoon and add to a plate lined with kitchen paper to absorb excess water.

Tip: instead of poaching the eggs, you can also boil them for 6 minutes if you prefer soft-boiled, or 10 minutes for hard-boiled.

Prepare the spinach

- Preheat the oven to 180°C.
- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat. Add the spinach to the pan with a pinch of salt and pepper. Fry for 1 minute until it starts to wilt, then remove from the pan.
- Add the bacon to the pan and fry for 4 - 5 minutes, or until it's crispy.
- Heat the Hollandaise sauce in a small saucepan for 1 - 2 minutes. Put the brioche rolls in the oven to bake for 3 - 4 minutes.

Serve

- Cut open the brioche rolls and top with the spinach and bacon.
- Carefully place the eggs on top and drizzle the Hollandaise sauce over the eggs.

Enjoy!





# Baked Oats with Apple

with raisins and shaved almonds | 6 servings

Lunch

Total time: 55 - 65 min.



Tear me out!

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

Grater, large bowl, oven dish, parchment paper

Ingredients

Oats (g)	200
Organic semi-skimmed milk* (ml)	200
Baking powder (g)	16
Apple* (unit(s))	3
Raisins (g)	80
Speculaas spices (sachet(s))	⅓
Shaved almonds (g)	40
Egg* (unit(s))	2
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Salt (tsp)	¼

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3950 /944	704 /168
Total fat (g)	27	5
of which saturated (g)	4,7	0,8
Carbohydrates (g)	137	24
of which sugars (g)	63,1	11,3
Fibre (g)	15	3
Protein (g)	30	5
Salt (g)	4,1	0,7

Allergens

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



Prepare

- Preheat the oven to 190°C.
- Line a square oven dish with parchment paper. Leave enough paper hanging over the edges to grab later as you lift the baked oats out of the oven dish.
- Coarsely grate half of the apples. Slice the other half.
- Roughly chop the raisins.

Make the batter

- In a large bowl, mix the oats, baking powder, salt and two-thirds of the speculaas spices. Stir in the raisins and grated apple, then mix in the milk, eggs and honey (see Tip).
- Spread the mixture into an even layer in the oven dish. Top with the apple slices and scatter over the shaved almonds.
- Bake in the oven for 30 - 35 minutes, then leave to cool completely.

Tip: you can add more honey if you prefer it to be sweeter.

Serve

- Slice the baked oats into 6 pieces.
- You can store the baked oats in the refrigerator.
- If you prefer them hot, you can reheat them in the oven or microwave before eating.

Enjoy!






# Italian-Style Pesto Chicken & Mozzarella Salad

with shaved almonds and crema di balsamico | 2 servings

Lunch

Total time: 30 - 40 min.



Tear me out! 

## 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

## Ingredients

Chicken thigh* (unit(s))	2
Mozzarella* (ball(s))	1
Arugula* (g)	80
Shaved almonds (g)	20
Tomato (unit(s))	2
Green pesto* (g)	40
Crema di balsamico (ml)	8

### From your pantry

Olive oil (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2251 /538	716 /171
Total fat (g)	40	13
of which saturated (g)	12,3	3,9
Carbohydrates (g)	8	2
of which sugars (g)	3,2	1
Fibre (g)	3	1
Protein (g)	37	12
Salt (g)	0,8	0,3

## Allergens

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

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## Roast the chicken

- Preheat the oven to 200°C.
- Lay the chicken flat on a parchment-lined baking sheet, drizzle with the olive oil and season with salt and pepper.
- Roast the chicken until cooked all the way through, for about 16 - 18 minutes.

2



## Shred the chicken

- Dice the tomato.
- Drain the mozzarella and tear it into small pieces.
- Transfer the chicken to a bowl. Use two forks to shred the chicken.
- Stir the pesto through the chicken.

3



## Serve

- Divide the arugula between two bowls.
- Top with the tomatoes, mozzarella and pesto chicken.
- Drizzle with the crema di balsamico.
- Garnish with the shaved almonds.

## Enjoy!






# Classic Falafel Wrap

with aioli, Greek-style cheese and za'atar | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

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

Small bowl, frying pan

Ingredients

Falafel* (unit(s))	8
Lebanese flatbread (unit(s))	2
Persian cucumber* (unit(s))	1
Aioli* (g)	50
Za'atar (sachet(s))	1
Greek-style cheese* (g)	50
Tomato (unit(s))	1
Red onion (unit(s))	1
Lamb's lettuce* (g)	40
From your pantry	
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Olive oil (tbsp)	1
Sambal	to taste
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2707 /647	738 /176
Total fat (g)	36	10
of which saturated (g)	7,1	1,9
Carbohydrates (g)	60	16
of which sugars (g)	6,8	1,9
Fibre (g)	5	1
Protein (g)	18	5
Salt (g)	1,9	0,5

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Chop the onion into half rings.
- In a small bowl, combine the white wine vinegar with the sugar.
- Transfer the onion to the bowl and season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.

Fry the falafel

- Dice the tomato. Slice the cucumber into crescents. Crumble the Greek-style cheese.
- Heat a drizzle of olive oil in a frying pan and fry the falafel for 2 - 4 minutes over high heat.
- Drizzle some water on the flatbread and sprinkle some za'atar on top.
- Bake the flatbread in the oven for 2 - 3 minutes or until crunchy.

Serve

- Cut the flatbread lengthways and spread the aioli on the inside (see Tip).
- Fill with the lettuce, tomato and cucumber.
- Add the falafel on top of the vegetables.
- Garnish with the pickled onion, the Greek-style cheese and the rest of the za'atar.

Tip: if you like spicy food, feel free to add some sambal to taste to your wrap.

Enjoy!





# Mediterranean-Style Chicken on Turkish Bread

with bruschetta spread and garlic-yogurt sauce | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

### 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, small bowl, frying pan

### Ingredients

Mini Turkish bread (unit(s))	2
Garlic (unit(s))	½
Tomato (unit(s))	2
Chicken thigh strips with Mediterranean herbs* (g)	200
Fresh flat leaf parsley* (g)	10
Arugula & lamb's lettuce* (g)	40
Organic full-fat yogurt* (g)	50
Bruschetta spread* (g)	80
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2067 /494	555 /133
Total fat (g)	17	5
of which saturated (g)	4,2	1,1
Carbohydrates (g)	55	15
of which sugars (g)	8,3	2,2
Fibre (g)	5	1
Protein (g)	30	8
Salt (g)	2,4	0,6

### Allergens

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



### Fry the chicken

- Preheat the oven to 180°C.
- Bake the Turkish bread for 5 – 8 minutes in the oven.
- Heat the olive oil in a frying pan and cook the chicken for 6 – 8 minutes on medium-high heat.

### Prepare the toppings

- In the meantime, dice the tomato. In a bowl, mix the bruschetta dip with the tomato.
- Mince the garlic and finely chop the parsley.
- In another small bowl, mix the yogurt with the garlic and half of the parsley.
- Season both the bruschetta-tomato mix and the yogurt sauce to taste with salt and pepper.

### Serve

- Cut open the Turkish bread and fill it with the arugula & lamb's lettuce, bruschetta-tomato mix and chicken.
- Drizzle over the yogurt sauce.
- Top with the rest of the parsley.

### Enjoy!





# Cheddar and Gouda Grilled Cheese on Sourdough Bread with bacon and onion chutney | 2 servings

Lunch

Total time: 15 - 20 min.



We've replaced the sliced sourdough in this recipe with sourdough buns.

Enjoy!



Tear me out!



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

Frying pan

Ingredients

Onion chutney* (g)	80
Bacon* (slice(s))	6
Red onion (unit(s))	½
BBQ Sauce (g)	50
Grated cheddar* (g)	50
Stonebaked sourdough buns (unit(s))	2
Sliced Gouda* (unit(s))	4

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2716 / 649	1006 / 240
Total fat (g)	30,8	11,4
of which saturated (g)	17,5	6,5
Carbohydrates (g)	61	22,6
of which sugars (g)	20,3	7,5
Fibre (g)	3,9	1,4
Protein (g)	29,4	11
Salt (g)	3,4	1,3

Allergens

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

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3



Prepare

- Heat a clean frying pan over medium-high heat and fry the bacon for 3 - 4 minutes. Remove from the pan and set aside.
- Chop the onion into half rings.

Assemble

- Slice the bread.
- Spread the onion chutney on the bread.
- Top with the cheese, onion and bacon, then close each sandwich.

Serve

- Heat the sandwich maker and grill the sandwich for 5 - 6 minutes or until the cheese has melted (see Tip).
- Slice the grilled cheese in half and serve with the BBQ sauce on the side.

**Tip:** if you do not have a sandwich maker at home, you could also make the grilled cheese in a lidded frying pan. Heat a knob of butter in the pan over medium heat and toast the grilled cheese for 2 - 3 minutes on each side.

Enjoy!





# Bao Buns with BBQ Chicken

with sweet & sour cucumber, cabbage & carrot | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

## 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, large pot or saucepan, lid, kitchen paper, sieve, frying pan

## Ingredients

Bao buns (unit(s))	4
Persian cucumber* (unit(s))	1
BBQ Sauce (g)	50
Soy sauce (ml)	5
Slaw mix* (g)	50
Chicken thigh strips* (g)	100

### From your pantry

Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	2
Sugar (tsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2151 / 514	716 / 171
Total fat (g)	21	7
of which saturated (g)	3,8	1,3
Carbohydrates (g)	62	21
of which sugars (g)	16,2	5,4
Fibre (g)	4	1
Protein (g)	18	6
Salt (g)	1,5	0,5

## Allergens

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

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3



## Prepare the cucumber

- Slice the cucumber into thin sticks about 5cm long.
- In a bowl, mix 1 tsp sugar with 2 tbsp white wine vinegar. Add the cucumber and season with salt. Mix well and set aside until serving, stirring occasionally to combine the flavours.
- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat. Add the chicken thigh strips and fry for 5 - 6 minutes until golden brown.
- Add the barbecue sauce and 1 tsp soy sauce and mix everything together.

## Steam the bao buns

- Boil a shallow layer of water in a large pot or saucepan with a lid.
- Line a sieve or colander with some kitchen paper and place this over the pan, making sure it doesn't touch the water.
- Put the bao buns in the sieve/colander, then put the lid on and let them steam for 3 - 4 minutes (see Tip).

**Tip:** take care that the buns don't get wet when you take the lid off the pan!

## Serve

- Spread the mayo onto the inside of both buns.
- Stuff the buns with the chicken, slaw mix and quick-pickled cucumber.

## Enjoy!