



Tomato Risotto with Shrimp

with arugula salad, basil & lemon

Calorie Smart Family

Total time: 40 - 50 min.



Garlic



Onion



Lemon



Tomato paste



Tinned cherry tomatoes



Shrimp



Fresh basil



Arugula



Risotto rice



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

Did you know that basil was once called a royal herb? It gets its name from the Ancient Greek word for king: basileus.

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, microplane, oven dish, kitchen paper, salad bowl, 2x small bowl, sieve

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
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	¼	½	¾	1	1¼	1½
Tinned cherry tomatoes (can)	⅓	⅔	1	1½	1½	2
Shrimp* (g)	80	160	240	320	400	480
Fresh basil* (g)	2½	5	7½	10	12½	15
Arugula* (g)	20	40	60	80	100	120
Risotto rice (g)	75	150	225	300	375	450

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2326 / 556	319 / 76
Total fat (g)	17	2
of which saturated (g)	6,1	0,8
Carbohydrates (g)	75	10
of which sugars (g)	11,5	1,6
Fibre (g)	11	2
Protein (g)	22	3
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C and prepare the stock. Chop the **onion** and crush or mince the **garlic**. Zest the **lemon** and cut it into 6 wedges, then juice 1 wedge per person into a small bowl. Pat the **shrimp** dry with kitchen paper and transfer to a bowl. Drizzle with olive oil, then add half each of the **garlic** and **lemon** zest. Toss well to combine.



4. Make the salad

Drain the **cherry tomatoes** and transfer them to an oven dish. Drizzle with olive oil and the balsamic vinegar and season with salt and pepper, then mix well to combine. Roast for 10 minutes, then add the **shrimp** and return to the oven for 5 more minutes (see Tip). Meanwhile, in a salad bowl combine the **arugula** with the **lemon** juice and extra virgin olive oil. Season to taste with salt and pepper.

Tip: if the shrimp are not yet evenly pink or done, return them to the oven for 2 more minutes.



2. Prepare the risotto

Melt a knob of butter in a large pot over medium-high heat. Fry the rest of the garlic and the onion for 1 - 2 minutes. Add the risotto rice and toast the grains for 1 - 2 minutes, then stir in the tomato paste.



5. Finish the risotto

Finely chop the **basil** and transfer to a small bowl, along with the rest of the **lemon** zest. Add half of this to the risotto, along with the **tomatoes** and **shrimp** in their cooking juices. Mix well to combine.



3. Cook the risotto

Pour in a third of the stock and allow to slowly incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 20 - 25 minutes (see Tip).

Tip: prepare the risotto according to your preference; add extra stock and cook longer if you'd prefer it to be less al dente.



6. Serve

Serve the risotto on plates with the **arugula** salad alongside. Garnish with the rest of the **lemon-basil** mixture. Serve with the **lemon** wedges.

Enjoy!



Peruvian-Spiced Portobello with Fried Egg

inspired by Saltado, over rice with spicy yogurt sauce

Veggie

Total time: 50 - 60 min.



Sweet potato



Egg



Portobello mushroom



Garlic



White long grain rice



Onion



Peruvian-style spice mix



Tomato



Soy sauce



Worcestershire sauce



Green chili pepper



Yogurt dressing



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

Portobello is a true superfood, not only in nutritional value but also in size! They're loaded with vitamin B and can be up to 15 cm wide!

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, deep frying pan, tall container, pot or saucepan, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Egg* (unit(s))	1	2	3	4	5	6
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Worcestershire sauce (ml)	5	10	15	20	25	30
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Yogurt dressing* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	20	40	60	80	100	120

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3477 /831	595 /142
Total fat (g)	34	6
of which saturated (g)	7	1,2
Carbohydrates (g)	104	18
of which sugars (g)	13,6	2,3
Fibre (g)	9	1
Protein (g)	20	3
Salt (g)	2,6	0,4

Allergens

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

2024-W37



1. Prepare

Preheat the oven to 200°C. Wash or peel the **sweet potato** and slice into 1cm thick fries. Transfer to a bowl along with two thirds of the Peruvian **spices** and then drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Bake in the oven for 30 - 40 minutes or until evenly browned, tossing halfway.



4. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** with two thirds of the **garlic** and the rest of the Peruvian **spices** for 1 - 2 minutes. Add the **portobello** and **tomato** and continue cooking for 3 - 4 minutes. Add the vegetable stock and the **Worcestershire sauce** along with some **soy sauce** as preferred, then allow to simmer for 3 - 4 minutes or until most of the liquid has evaporated.



2. Chop the vegetables

Slice the onion into half rings and crush or mince the garlic. Slice the portobello mushroom and dice the tomato. Prepare the stock (see Tip).

Tip: if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.



5. Make the sauce

Deseed and finely chop the **green chili pepper***. Transfer the **yogurt dressing** to a tall container along with the **chili pepper**, white wine vinegar and the rest of the **garlic**. Add a drizzle of olive oil and season with salt and pepper, then use an immersion blender to process into a smooth sauce. Melt the butter in a frying pan and then fry the **egg**.

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



3. Boil the rice

Bring plenty of water to the boil in a pot or saucepan. Cook the **rice** for 12 - 15 minutes, then drain and set aside.



6. Serve

Shortly before serving, stir the **sweet potato** into the **portobello** stew. Serve with the **rice** and top with the fried **egg**. Serve the **yogurt** sauce alongside.

Enjoy!



Teriyaki Chicken Burger

with potato wedges & crunchy salad

Family

Total time: 35 - 45 min.



Potatoes



Onion



Teriyaki sauce



Butter lettuce



Yellow carrot



Hamburger bun with sesame seeds



Chicken burger from Oranjehoe



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

Teriyaki sauce comes from the Japanese cooking technique in which meat or fish is coated with a shiny (teri) glaze and grilled (yaki) on a hot plate.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	175	350	525	700	875	1050
Onion (unit(s))	½	1	2	2	3	3
Teriyaki sauce (g)	25	50	75	100	125	150
Butter lettuce* (head)	½	1	1½	2	2½	3
Yellow carrot* (unit(s))	¾	1	1	2	2	3
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Chicken burger from Oranjestad* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3636 / 869	576 / 138
Total fat (g)	42	7
of which saturated (g)	9,2	1,5
Carbohydrates (g)	91	14
of which sugars (g)	21,3	3,4
Fibre (g)	14	2
Protein (g)	30	5
Salt (g)	3,9	0,6

Allergens

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



1. Prepare

- Preheat the oven to 220°C.
- Cut the potatoes into wedges, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes or until golden brown.



3. Make the salad

- In a salad bowl, combine the white wine vinegar and the extra virgin olive oil with half of the mayonnaise. Season to taste with salt and pepper.
- Finely chop the lettuce and grate the carrot.
- Transfer both to the bowl and toss well to combine with the dressing.



2. Fry the burger

- Slice the onion into thin half rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the onion for 1 minute.
- Add the burger and fry for 2 - 3 minutes per side until done.
- Add the teriyaki sauce and the honey during the final minute of cooking.



4. Serve

- Cut open the burger bun and top with some salad, the burger and the fried onion.
- Serve the burger with the rest of the salad alongside.
- Serve with the potato wedges and the rest of the mayonnaise.

Enjoy!



Japanese-Inspired Chicken Meatball Bowl

over rice with edamame, candy cane beetroot & furikake

Calorie Smart

Total time: 30 - 40 min.



Chicken mince with Indonesian spices



Garlic



Sushi rice



Pak choi



Edamame



Sesame oil



Furikake



Onion



Candy cane beetroot



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

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Indonesian spices*	100	200	300	400	500	600
(g)						
Garlic (unit(s))	1	2	3	4	5	6
Sushi rice (g)	75	150	225	300	375	450
Pak choi* (unit(s))	½	1	2	2	3	3
Edamame* (g)	50	100	150	200	250	300
Sesame oil (ml)	5	10	15	20	25	30
Furikake (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Onion (unit(s))	½	1	1	2	2	3
Candy cane beetroot* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Water (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2753/658	422/101
Total fat (g)	20	3
of which saturated (g)	4,3	0,7
Carbohydrates (g)	81	12
of which sugars (g)	16,8	2,6
Fibre (g)	6	1
Protein (g)	33	5
Salt (g)	3,2	0,5

Allergens

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

2024-W37



1. Cook the rice

Boil the water in a pot or saucepan (see pantry for amount). Add the **sushi rice** and turn the heat to low, then boil gently for 12 - 15 minutes (see Tip). Turn off the heat and allow to stand until serving, covered. Meanwhile, chop the **onion** and crush or **mince** the **garlic**.

Tip: add an extra splash of boiling water as necessary if the rice seems too dry.



4. Fry the vegetables

Heat a drizzle of sunflower oil in another frying pan over medium-high heat. Fry the **garlic** with the **edamame** and the white part of the **pak choi** for 4 minutes. Stir in the green part of the **pak choi** and fry for 1 more minute, seasoning to taste with salt and pepper. Turn off the heat and set aside until serving.



2. Chop the vegetables

Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate. Thinly slice the candy cane beetroot and transfer to a bowl, along with the the white wine vinegar and the sugar. Season with salt and pepper, then toss well to combine.



5. Make the sauce

To the **meatballs**, add the **soy sauce**, the honey and the water for the sauce (see pantry for amount). Stir-fry the **meatballs** for 2 - 3 minutes.



3. Make the chicken meatballs

In another bowl, combine the **mince** with the **onion** and season with salt and pepper. Shape 3-4 **meatballs** per person. Heat half of the **sesame oil** in a frying pan over medium-high heat. Fry the **meatballs** for 3 - 4 minutes until evenly brown, then reduce the heat and cover with the lid. Continue cooking for 8 - 10 more minutes or until the **meatballs** are done.



6. Serve

Add the liquid from the **beetroot** to the **sushi rice** and mix well to combine. Serve the **rice** in bowls and top with the **pak choi**, **edamame** and **meatballs**. Drizzle with the sauce from the frying pan and then top with the **beetroot**. Drizzle with the rest of the **sesame oil** and garnish with the **furikake**.

Enjoy!



Shrimp Linguine in Harissa Sauce

with Parmigiano Reggiano & fresh basil

Calorie Smart Family

Total time: 35 - 45 min.



Romano pepper



Garlic



Onion



Tomato



Fresh basil



Parmigiano Reggiano DOP



Linguine



Passata



Dried oregano



Harissa



Shrimp



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

Before you begin

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

Utensils

Aluminum foil, lidded frying pan, microplane, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480

From your pantry

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2569 /614	552 /132
Total fat (g)	17	4
of which saturated (g)	4,3	0,9
Carbohydrates (g)	81	17
of which sugars (g)	12,6	2,7
Fibre (g)	7	2
Protein (g)	30	6
Salt (g)	1,5	0,3

Allergens

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1. Prepare

Cut the **Romano pepper** into rings. Chop the **onion** and crush or **mince** the **garlic**. Finely dice the **tomato**. Cut the **basil** leaves into thin ribbons.

Did you know... 🍆 as well as vitamin C, Romano peppers are also high in vitamin E, which protects our cells and organs. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



2. Fry the Romano pepper

Heat half of the olive oil in a frying pan over medium-high heat and fry the Romano pepper for 6 - 7 minutes. Season to taste with salt and pepper, then remove from the pan and set aside.



3. Boil the linguine

In the meantime, boil plenty of water in a pot or saucepan. Cook the **linguine** for 11 - 13 minutes, covered, then drain and set aside.



4. Make the sauce

Meanwhile, heat the rest of the olive oil in the same pan and fry the **shrimp** with **garlic** and **onion** for 2-3 minutes. Lower the heat, then remove the **shrimp** and set aside under aluminium foil. To the pan, add the **passata**, fresh **tomato**, **oregano**, **harissa**, red wine vinegar and sugar. Mix well, then cover with the lid and allow to simmer for 6-8 minutes. Grate the **Parmigiano Reggiano** in the meantime.



5. Finish

Transfer the **linguine** and half of the **Romano pepper** to the sauce and mix well to combine. Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



6. Serve

Serve the **linguine** on plates and top with the **shrimp** and the rest of the **Romano pepper**. Garnish with the **basil** and the **Parmigiano Reggiano**.

Enjoy!



Chicken Orzo Bowl with Yogurt Sauce

with cherry tomato & cucumber salad

Calorie Smart Family Nice & Fast

Total time: 15 - 20 min.



Orzo



[Persian] cucumber



Fresh mint



Lemon



Chopped red onion



Garlic



Ground paprika



Red cherry tomatoes



Organic full-fat yogurt



Chicken thigh strips with Mediterranean herbs



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

Orzo is actually a perfect canvas for flavours. With its small size, it easily absorbs the delicious aromas of spices and sauces.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, large bowl, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
[Persian] cucumber* (unit(s))	2	4	¾	1	4¾	5
Fresh mint* (g)	5	10	15	20	25	30
Lemon* (unit(s))	½	1	1½	2	2½	3
Chopped red onion* (g)	35	75	115	150	190	225
Garlic (unit(s))	1	1	2	2	3	3
Ground paprika (tsp)	1	2	3	4	5	6
Red cherry tomatoes (g)	100	200	300	375	500	575
Organic full-fat yogurt* (g)	75	150	225	300	375	450
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
From your pantry						
Low sodium vegetable stock (ml)	175	350	425	600	775	950
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2828 /676	404 /97
Total fat (g)	28	4
of which saturated (g)	10	1,4
Carbohydrates (g)	70	10
of which sugars (g)	13	1,9
Fibre (g)	11	2
Protein (g)	33	5
Salt (g)	1,4	0,2

Allergens

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



1. Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Heat the olive oil in a pot or saucepan over medium-high heat. Fry the onion with the garlic and paprika for 2 minutes, then stir in the orzo and fry for 1 more minute.
- Pour in the stock and cover with the lid, then allow to cook for 10 - 12 minutes over low heat until done. Stir regularly and add a splash of water as necessary if the orzo becomes too dry.



2. Make the salad

- Melt the butter in a frying pan over medium-high heat and fry the chicken for 6 - 8 minutes until done.
- Dice the cucumber and halve the cherry tomatoes, or cut any larger ones into quarters.
- In a large bowl, combine the cucumber with the cherry tomatoes, extra virgin olive oil and balsamic vinegar. Season to taste with salt and pepper.

Did you know... 🍅 cherry tomatoes may be smaller than normal tomatoes, but they are more nutrient-dense; they are richer in potassium and folic acid, as well as vitamins A and C.



3. Make the sauce

- Finely chop the mint and cut the lemon into wedges.
- In a bowl, combine the yogurt with half of the mint and the juice of one lemon wedge per person.
- Season to taste with salt and pepper.



4. Serve

- Serve the orzo in deep plates.
- Top with the salad, the chicken and the yogurt sauce.
- Garnish with the rest of the mint and serve with any remaining lemon wedges.

Enjoy!



Chicken Curry in Spicy Coconut Sauce

over rice with bell pepper & fresh coriander

Nice & Fast

Total time: 15 - 20 min.



Jasmine rice



Bell pepper



Coconut milk



Soy sauce



African-inspired
spice mix



Tinned cherry tomatoes



Fresh coriander



Chopped onion



Yellow curry spices



Garlic



Red chili pepper



Ginger paste



Chicken thigh strips
with kebab spices



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

Chicken thigh is considered the tastiest cut of chicken. In this recipe, it's pre-cut, so you can put this curry on the table in just 15 minutes!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, large frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Bell pepper* (unit(s))	½	1	2	2	3	3
Coconut milk (ml)	90	180	250	360	430	540
Soy sauce (ml)	5	10	15	20	25	30
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Tinned cherry tomatoes (can)	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Chopped onion* (g)	25	50	100	100	150	150
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Ginger paste* (g)	5	10	15	20	25	30
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	¾	1½	2¼	3	3¾	4½
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3084 / 737	496 / 119
Total fat (g)	31	5
of which saturated (g)	16,8	2,7
Carbohydrates (g)	79	13
of which sugars (g)	14,4	2,3
Fibre (g)	8	1
Protein (g)	30	5
Salt (g)	3,2	0,5

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan (or use a kettle to save time) and crumble in the stock cube (see pantry for amount). Cook the rice for 12 - 15 minutes, then drain and set aside.
- In a bowl, combine the chicken with the African-inspired spices and a drizzle of sunflower oil.
- Season with salt and pepper, then set aside to marinate. Crush or mince the garlic and cut the bell pepper into strips.
- Deseed and finely chop the red chili pepper*.

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



2. Fry the vegetables and chicken

- Heat a light drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the onion with the yellow curry spices for 1 minute, then add the chicken, bell pepper, ginger paste, chili pepper and garlic.
- Mix well and fry for 4 - 6 minutes, then deglaze with the soy sauce (see Tip).

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



3. Make the curry

- Add the tinned cherry tomatoes, the coconut milk and the sugar.
- Mix well and allow to simmer for 3 - 4 minutes, then season to taste with salt and pepper.
- Meanwhile, finely chop the coriander.

Did you know... 🌱 tinned cherry tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe provides more than 300g of vegetables, plus it only takes 15 minutes to prepare!



4. Serve

- Serve the rice on plates and top with the chicken curry.
- Garnish with the coriander (see Tip).

Tip: you can also serve the coriander separately, so as to allow everyone to garnish as preferred.

Enjoy!



Creamy Spinach Penne

with Parmigiano Reggiano, cherry tomatoes & basil

Nice & Fast Veggie

Total time: 15 - 20 min.



Penne



Herbed cream cheese



Spinach



Smoked paprika



Red cherry tomatoes



Tomato tapenade



Onion



Fresh basil



Parmigiano Reggiano DOP



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

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Microplane, pot or saucepan, large deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Herbed cream cheese* (g)	75	150	225	300	375	450
Spinach* (g)	100	200	300	400	500	600
Smoked paprika (tsp)	1	2	3	4	5	6
Red cherry tomatoes (g)	65	125	250	250	375	375
Tomato tapenade* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3561 / 851	806 / 193
Total fat (g)	45	10
of which saturated (g)	20,7	4,7
Carbohydrates (g)	78	18
of which sugars (g)	10,8	2,4
Fibre (g)	10	2
Protein (g)	30	7
Salt (g)	1,6	0,4

Allergens

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



1. Boil the pasta

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the pasta for 11 - 13 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, chop the onion and finely chop the basil.



2. Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over high heat. Fry the onion and cherry tomatoes for 3 - 4 minutes.
- Lower the heat and deglaze with the balsamic vinegar.
- Add the spinach, smoked paprika, tomato tapenade and cream cheese.

Did you know... 🍅 cherry tomatoes may be smaller than normal tomatoes, but they are more nutrient-dense; they are richer in potassium and folic acid, as well as vitamins A and C.



3. Finish

- Add 45ml pasta water per person (see Tip).
- Transfer the pasta to the sauce and mix well to combine, seasoning to taste with salt and pepper.
- Grate the Parmigiano Reggiano.



4. Serve

- Serve the pasta on deep plates.
- Garnish with the Parmigiano Reggiano and the basil.

Enjoy!

Tip: Tip: add an extra splash of pasta water as necessary if the sauce is too thick.



Risotto with Brandt & Levie sausage

with fennel & mascarpone

Family

Total time: 45 - 55 min.



Onion



Fennel



Pork sausage with marjoram & garlic



Risotto rice



Mascarpone



Grated Gouda



Ground fennel seed



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

At Brandt & Levie, they prepare the sausages from Dutch pigs and they use their own recipes. This sausage is seasoned with marjoram and garlic.

Before you begin

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

Utensils

Bowl, lidded wok or deep frying pan, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	1	2	3	4	5	6
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Gouda* (g)	15	25	40	50	65	75
Ground fennel seed (sachet(s))	¼	½	¾	1	1½	2
From your pantry						
Water (ml)	350	700	1050	1400	1750	2100
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3569 / 853	440 / 105
Total fat (g)	48	6
of which saturated (g)	25,4	3,1
Carbohydrates (g)	76	9
of which sugars (g)	12,6	1,6
Fibre (g)	12	2
Protein (g)	26	3
Salt (g)	2,2	0,3

Allergens

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



1. Chop the vegetables

Chop the **onion** and quarter the **fennel**. Discard the tough core and then slice into very thin strips. Set aside any **fennel** fronds to use later as garnish.

Did you know... 🌱 *onion is a good source of vitamin C, which aids with iron absorption.*



4. Make the fennel salad

Meanwhile in a bowl, combine the rest of the **fennel** with the sugar, white wine vinegar and a pinch of salt. Set aside until serving, stirring occasionally. Stir the **risotto rice** into the **meat** and toast the grains for 2 minutes over low heat. Add a third of the stock and allow the **rice** to slowly incorporate, stirring regularly (see Tip).

Tip: *a classic risotto is made with white wine. If you have it, deglaze the pan with a splash of white wine before adding the stock.*



2. Make the stock

Boil the water in a saucepan and crumble in the stock cube (see pantry for amounts). Cut open the sausage and squeeze the meat out of the skin.



5. Make the risotto

Repeat with the rest of the stock, adding it in two more batches. Cook the risotto over a low heat for around 15 - 20 minutes or until done (see Tip). Add extra water or stock and cook longer if you'd prefer the risotto to be softer.

Tip: *the risotto is done when the rice is soft but still al dente.*



3. Fry the sausage

Melt the butter in a wok or deep frying pan over medium-high heat and fry the **onion** with the ground **fennel** and the **sausage meat**, along with two thirds of the fresh **fennel**. Fry for 3 minutes over high heat, separating the **meat** as you do so, then cover with the lid and fry for 4 - 5 minutes over medium-low heat.



6. Serve

Stir in the **mascarpone** and most of the **grated cheese**, then season to taste with salt and pepper. Serve the risotto on deep plates and garnish over the rest of the **cheese**. Top with the **fennel** salad and garnish with any reserved **fennel** leaves.

Enjoy!



Steak Strips with Mango-Cucumber Salsa

over rice with Mexican-style spices & rainbow slaw

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Steak strips



Jasmine rice



Mexican-style spices



Onion



Rainbow slaw mix



Mango



[Persian] cucumber



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

Mangos have been grown in South Asia since ancient times. In fact, the mango tree is the national tree of Bangladesh.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Large bowl, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	50	100	100	200	200	300
Mango* (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	2	3	¾	1	¾	4
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Water (ml)	180	360	540	720	900	1080
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2853 / 682	435 / 104
Total fat (g)	23	4
of which saturated (g)	3,5	0,5
Carbohydrates (g)	84	13
of which sugars (g)	22,9	3,5
Fibre (g)	6	1
Protein (g)	31	5
Salt (g)	1	0,1

Allergens

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



1. Prepare

- Take the steak out of the fridge.
- Boil the water in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.



2. Fry the vegetables

- Finely chop the onion and dice the cucumber.
- Peel and dice the mango.

Did you know... 🥭 mango is one of the best sources of potassium, which helps maintain a healthy blood pressure. You can also find potassium in bananas, salmon, potatoes, broccoli and peanuts.



3. Make the salsa

- In a large bowl, combine the slaw mix with the mayonnaise and half of the white wine vinegar.
- In a salad bowl, combine the cucumber with the mango, onion and honey (see Tip). Stir in the rest of the white wine vinegar and some sambal as preferred.

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



4. Serve

- Heat the olive oil in a frying pan over high heat. Fry the steak strips with the Mexican-style spices* for 1 – 2 minutes until evenly browned.
- Serve the rice on deep plates and top with the steak strips, salsa and slaw.

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

Enjoy!



Rice Bowl with Pork Strips & Fried Egg

inspired by Korean bibimbap

Nice & Fast

Total time: 25 - 30 min.



Basmati rice



[Persian] cucumber



Garlic



Gomashio



Mushrooms



Soy sauce



Onion



Egg



Seasoned pork strips



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

Today you will prepare a dish inspired by Korean bibimbap. Bibimbap is an amalgamation of two words: bibim (mixed) and bap (rice).

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, pot or saucepan, peeler or cheese slicer, small bowl, two frying pans

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mushrooms* (g)	65	125	250	250	375	375
Soy sauce (ml)	10	20	30	40	50	60
Onion (unit(s))	½	1	1	2	2	3
Egg* (unit(s))	1	2	3	4	5	6
Seasoned pork strips* (g)	100	200	300	400	500	600
From your pantry						
Water (tbsp)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	2	4	6	8	10	12
Sambal (tsp)	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Brown sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3171 / 758	578 / 138
Total fat (g)	33	6
of which saturated (g)	6,5	1,2
Carbohydrates (g)	73	13
of which sugars (g)	9	1,6
Fibre (g)	4	1
Protein (g)	41	7
Salt (g)	3	0,5

Allergens

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



1. Prepare

- Boil the water in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, then allow to rest for 5 minutes.
- Meanwhile, use a peeler or cheese slicer to shave the cucumber into ribbons and then transfer to a bowl.
- Add half of the white wine vinegar and season with salt and pepper, then toss well to combine.



2. Fry the mushrooms

- Slice the onion into half rings and quarter the mushrooms.
- Heat a drizzle of sunflower oil in a frying pan and fry the onion and mushrooms for 5 - 7 minutes.
- Season to taste with salt and pepper, then remove from the pan and set aside until serving.
- Meanwhile, crush or mince the garlic.



3. Fry the egg

- Heat another drizzle of sunflower oil in the same pan over high heat and fry the pork with half of the garlic for 2 - 3 minutes.
- Season to taste with salt and pepper.
- Heat another drizzle of sunflower oil in another frying pan and fry the egg.
- Season to taste with salt and pepper.



4. Serve

- Transfer the rest of the garlic and white wine vinegar to a small bowl. Add the sambal, the sugar and 1 tbsp water per person. Add half of the gomashio, then mix well to combine.
- Serve the rice in bowls and top with the pork, cucumber, mushrooms and fried egg.
- Garnish with the rest of the gomashio and drizzle with the sambal sauce and soy sauce, or serve the sauces separately.

Did you know... 🧄 garlic contains bioactive substances called dithiolthiones; these are a type of antioxidant which have a positive effect on cholesterol levels.

Enjoy!



Beef & Leek Gratin

with aged cheese & Italian herbs

Total time: 40 - 50 min.



Potatoes



Onion



Garlic



Leek



Beef mince with Italian seasoning



Grated aged Gouda



Italian seasoning



Diced tomatoes with garlic & onion



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

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	2	2	3	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Grated aged Gouda* (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	¼	½	¾	1	1¼	1½
From your pantry						
Low sodium vegetable stock cube (unit(s))	⅓	¼	⅓	½	⅔	¾
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3067 / 733	502 / 120
Total fat (g)	39	6
of which saturated (g)	22,3	3,6
Carbohydrates (g)	53	9
of which sugars (g)	10,2	1,7
Fibre (g)	14	2
Protein (g)	39	6
Salt (g)	3,4	0,6

Allergens

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



1. Boil the potatoes

- Preheat the oven to 180°C and boil plenty of water in a pot or saucepan for the potatoes.
- Thoroughly wash the potatoes and cut into 0.5cm thick slices.
- Boil the potatoes for 8 - 10 minutes, covered, then drain and set aside.



2. Fry the vegetables

- In the meantime, chop the onion and crush or mince the garlic.
- Halve the leek lengthways and chop into thin half rings. Melt a knob of butter in a wok or deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the mince and crumble in the stock cube (see pantry for amount).
- Fry for 3 - 4 minutes, separating the mince as you do so, then add the leek and fry for 2 more minutes (see Tip).

Tip: the meat and vegetables don't need to be done yet because they will finish cooking in the oven.



3. Finish the filling

- Add the chopped tomatoes and half of the Italian herbs, bring to a boil and allow to cook for 2 minutes over medium-low heat.
- Add the balsamic vinegar and season to taste with salt and pepper.

Did you know... 🌱 eating vegetables reduces the risk of chronic illness. Less than 4 in 10 of us get 200g vegetables per day. Luckily, this recipe provides 250g vegetables, which is already 80% of the RDA.



4. Serve

- Transfer the filling to an oven dish and top with the potato slices, making sure they overlap.
- Scatter over the cheese and the rest of the Italian herbs, then bake in the oven for 8 - 10 minutes or until the cheese has melted.
- Remove from the oven and allow to rest for 2 - 3 minutes before serving.

Enjoy!



Creamy Leek Gratin with Mashed Potatoes

with ham & a cheesy panko topping

Total time: 45 - 55 min.



Leek



Potatoes



Lemon



Organic semi-skimmed milk



Grated aged Gouda



Ham



Panko breadcrumbs



Nutmeg



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

Before you begin

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

Utensils

Lidded deep frying pan, microplane, oven dish, lidded pot or saucepan, kitchen paper, potato masher, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Organic semi-skimmed milk* (ml)	100	200	300	400	500	600
Grated aged Gouda* (g)	25	50	75	100	125	150
Ham* (slice(s))	3	6	9	12	15	18
Panko breadcrumbs (g)	15	25	40	50	65	75
Nutmeg (pinch)	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Flour (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2958 / 707	367 / 88
Total fat (g)	32	4
of which saturated (g)	19,9	2,5
Carbohydrates (g)	70	9
of which sugars (g)	11,9	1,5
Fibre (g)	17	2
Protein (g)	29	4
Salt (g)	2,6	0,3

Allergens

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



1. Stew the leeks

Preheat the oven to 200°C and prepare the stock. Cut the **leek** into 15cm cylindrical chunks. Melt a knob of butter in a deep frying pan over medium-high heat. Sear the **leek** for 4 - 5 minutes until evenly browned, then deglaze with the stock and cover with the lid. Allow to stew for 15 minutes, then drain and transfer the **leek** to a sheet of kitchen paper (see Tip).

Tip: be sure to dry the leek thoroughly, otherwise the cheese sauce will be too thin.



4. Mash the potatoes

Remove from the heat and add two thirds of the **grated cheese** and 0.5 tbsp **lemon** juice per person. Mash the **potatoes** with a knob of butter and a splash of the reserved cooking liquid as needed. Stir in the mustard and the rest of the **nutmeg** as preferred. Season to taste with salt and pepper.



2. Boil the potatoes

Boil plenty of water in a lidded pot or saucepan for the potatoes. Peel or thoroughly wash the potatoes and cut into chunks. Boil the potatoes for 12 - 15 minutes, covered, then reserve some of the cooking liquid before draining and setting aside. In the meantime, juice the lemon and grate a pinch of nutmeg with a microplane.



5. Assemble

Season the **leek** with salt and pepper, then wrap with the **ham**. Transfer the mashed **potato** to an oven dish and top with the **leek**. Pour over the **cheese** sauce, then scatter over the **panko** and the rest of the **cheese**. Bake in the oven for 15-20 minutes or until golden-brown.



3. Make the cheese sauce

Melt another knob of butter in a saucepan over medium heat, then whisk in the flour and cook until fragrant (see Tip). Add a quarter of the milk and whisk to incorporate. Repeat with the rest of the milk, adding it gradually in three batches. Whisk until smooth and add half of the **nutmeg**, then season to taste with salt and pepper.

Tip: this technique is known as making a roux. For this, it's important that the quantities are precise; 1 tbsp butter is 15g and 1 tbsp flour is 20g.



6. Serve

Serve the **leek** gratin on plates.

Enjoy!



Tuna Steak with Potato Wedges

with dill mayo, courgette & bell pepper

Family

Total time: 40 - 50 min.



Potatoes



Onion



Garlic



Bell pepper



Courgette



Fresh dill



Tuna steak



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

Before you begin

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

Utensils

Parchment-lined baking sheet, lidded pot or saucepan, small bowl, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Tuna steak* (unit(s))	1	2	3	4	5	6

From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2745 /656	470 /112
Total fat (g)	40	7
of which saturated (g)	5,5	0,9
Carbohydrates (g)	42	7
of which sugars (g)	5,5	0,9
Fibre (g)	10	2
Protein (g)	31	5
Salt (g)	0,7	0,1

Allergens

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



1. Prepare

Preheat the oven to 200°C. Thoroughly wash the **potatoes** and cut them into quarters. Transfer to a pot or saucepan and cover with a shallow layer of water, then bring to the boil. Cover with the lid and cook the **potatoes** for 6 - 8 minutes, then drain and set aside.



2. Chop the vegetables

Meanwhile, chop the onion and crush or mince the garlic. Dice the bell pepper and courgette. Finely chop the fresh dill.



3. Roast the potatoes

Transfer the **potatoes** to a parchment-lined baking sheet. Drizzle with half of the olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 15 - 20 minutes, tossing halfway.



4. Fry the vegetables

Heat the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **onion** for 1-2 minutes, then add the **bell pepper, courgette** and **garlic**. Mix well and fry for 10 - 12 minutes, seasoning with salt and pepper.



5. Fry the tuna

Meanwhile, in a small bowl combine the mayonnaise with the **dill**. Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **tuna steak** for 1 - 3 minutes per side, seasoning to taste with salt and pepper.



6. Serve

Serve the **tuna steak** with the **potatoes**, vegetables and **dill** mayo.

Enjoy!

Tip: tuna steak is more flavourful and tender when it's still rare. If you'd prefer your tuna steak to be less rare, fry it for a further 1 - 2 minutes per side.



Garlic-Lemon Shrimp with Goat's Cheese

over giant couscous with olives, walnuts & fresh herbs

Premium Nice & Fast

Total time: 25 - 30 min.



Lemon-infused olive oil



Garlic



Shrimp



Fresh tarragon & chervil



Giant couscous



Courgette



Fennel



Leccino olives



Chopped walnuts



Fresh goat's cheese



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

Shrimp marinated in garlic and salty Leccino olives makes a great combination. The result is a celebratory dish full of flavour!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, salad bowl, deep frying pan, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lemon-infused olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	120	240	360	480	600	720
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Giant couscous (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Leccino olives* (g)	10	20	30	40	50	60
Chopped walnuts (g)	20	40	60	80	100	120
Fresh goat's cheese* (g)	25	50	75	100	125	150
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3460 / 827	477 / 114
Total fat (g)	46	6
of which saturated (g)	13,2	1,8
Carbohydrates (g)	62	8
of which sugars (g)	7,8	1,1
Fibre (g)	12	2
Protein (g)	36	5
Salt (g)	2,5	0,3

Allergens

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



1. Marinate the shrimp

- Prepare the stock in a pot or saucepan and boil the giant couscous for 12 - 14 minutes, covered, then drain and briefly rinse under warm water.
- Crush or mince the garlic and transfer to a bowl along with the shrimp.
- Drizzle with olive oil, then mix well to combine and set aside to marinate until step 3.



2. Fry the vegetables

- In the meantime, slice the courgette into crescents of no more than 0.5cm thickness.
- Quarter the fennel and discard the tough core. Set aside any fennel fronds to use later, then finely dice the fennel.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the fennel for 5 minutes (see Tip).
- Add the courgette and fry for another 10 - 12 minutes or until they are done.

Tip: use extra pans as necessary if you're cooking for more than two people.



3. Make the topping

- Roughly chop the walnuts. Heat a clean frying pan over medium-high heat and toast the walnuts until golden-brown. Remove from the pan and transfer to a small bowl.
- Discard the tarragon stalks and roughly chop the leaves. Finely chop the chervil, then transfer half of both herbs to the walnuts and mix well to combine.
- In the meantime, crumble the goat's cheese and slice the olives.
- Heat the same frying pan over medium-high heat and fry the shrimp in their marinade for 3 minutes, or until they turn pink.



4. Serve

- In a salad bowl, combine the giant couscous with the olives, courgette and fennel, along with the rest of the chervil and tarragon. Season to taste with salt and pepper.
- Serve the giant couscous on plates and top with the goat's cheese and shrimp.
- Drizzle with the lemon-infused olive oil and garnish with the walnuts and any fennel fronds.

Enjoy!



Creamy Cod Gratin with Fresh Herbs

with cheesy panko topping & apple-walnut salad

Total time: 35 - 45 min.



Cooking cream



Onion



Lemon



Apple



[Persian] cucumber



Panko breadcrumbs



Grated Gouda



Chopped walnuts



Cod fillet



Roseval potatoes



Little gem



Tarragon and chives



Italian seasoning



Hollandaise sauce



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

Utensils

Microplane, oven dish, lidded pot or saucepan, kitchen paper, salad bowl, saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cooking cream (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	2	3	1	1	4	4
Panko breadcrumbs (g)	15	25	40	50	65	75
Grated Gouda* (g)	25	50	75	100	125	150
Chopped walnuts (g)	10	20	30	40	50	60
Cod fillet* (unit(s))	1	2	3	4	5	6
Roseval potatoes (g)	250	500	750	1000	1250	1500
Little gem* (unit(s))	½	1	2	2	3	3
Tarragon and chives* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Hollandaise sauce* (g)	50	100	150	200	250	300
From your pantry						
Mustard (tsp)	2	4	6	8	10	12
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	¼	½	¾	1	1¼	1½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4535/1084	546/131
Total fat (g)	68	8
of which saturated (g)	25,1	3
Carbohydrates (g)	75	9
of which sugars (g)	15,9	1,9
Fibre (g)	14	2
Protein (g)	42	5
Salt (g)	2	0,2

Allergens

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



1. Boil the potatoes

Preheat the oven to 200°C. Peel or thoroughly wash the **potatoes** and slice them into rounds of no more than 1cm thickness. Transfer to a pot or saucepan and submerge with water, then boil for 10 - 12 minutes, covered. Drain the **potatoes** and transfer to an oven dish, along with the **Italian herbs** and the olive oil. Season with salt and pepper, then toss well to coat.



4. Make the gratin

Finely chop the **chives** and the **tarragon**. Pat the fish dry with kitchen paper and dice it into 2cm chunks. Season with salt and pepper, then place on top of the **potatoes** in the oven dish. Top with the creamy sauce, then scatter over the **grated cheese** and **panko**, along with half of the fresh herbs. Bake in the oven for 10 - 12 minutes.



2. Prepare the lemon

Finely chop the onion. Zest the lemon. Cut half of the lemon into wedges and juice the rest into a small bowl.



5. Make the salad

Heat a clean frying pan over high heat and toast the **walnuts** until golden-brown. Remove from the pan and set aside. Core and dice the **apple**. Roughly chop the **lettuce** and dice the **cucumber**. In a salad bowl, combine the **lemon** juice, white wine vinegar and extra virgin olive oil with the rest of the mustard. Season with salt and pepper. Add the **lettuce**, **apple** and **cucumber** to the bowl and toss well to combine.



3. Make the sauce

Melt a knob of butter in a saucepan over medium-high heat and fry the **onion** for 1 minute. Add the Hollandaise sauce, **lemon** zest, **cream** and half of the mustard. Cook for 2 - 3 minutes. Season to taste with salt and pepper.



6. Serve

Serve the fish gratin with the salad alongside. Garnish with the **walnuts**, and the rest of the herbs. Serve the **lemon** wedges alongside.

Did you know... 🌱 the cod this recipe is rich in iodine, which is important for the thyroid, metabolism and growth in children.

Enjoy!



Chicken Breast with Hollandaise Sauce

with haricots verts & rosemary baby potatoes

Premium Nice & Fast

Total time: 20 - 25 min.



Chicken breast



Hollandaise sauce



Pre-cooked halved baby potatoes (skin-on)



Dried thyme



Dried rosemary



Sicilian-style herb mix



Haricots verts



Mini Roma tomatoes



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

You marinate the chicken breast in Sicilian herb mix. This makes this easy-to-prepare luxury dish extra flavourful!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep plate, lidded frying pan, 2x oven dish, lidded pot or saucepan, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Hollandaise sauce* (g)	50	100	150	200	250	300
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Dried thyme (sachet(s))	¼	½	¾	1	1½	2
Dried rosemary (sachet(s))	¼	½	¾	1	1½	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Haricots verts* (g)	150	300	400	600	700	900
Mini Roma tomatoes (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2996 / 716	466 / 111
Total fat (g)	42	6
of which saturated (g)	12	1,9
Carbohydrates (g)	43	7
of which sugars (g)	6,7	1
Fibre (g)	12	2
Protein (g)	39	6
Salt (g)	1,2	0,2

Allergens

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



1. Roast the vegetables

- Preheat the oven to 220°C. Fill a pot or saucepan with a shallow layer of water.
- Discard the tips of the haricots verts and transfer to the pot, then add a pinch of salt and cover with the lid. Bring to a boil and allow to cook gently for 3 minutes, then drain and rinse under cold water.
- Transfer to an oven dish along with the mini Roma tomatoes and drizzle with olive oil.
- Add the thyme and season with salt and pepper, then toss well to coat. Roast in the oven for 15 minutes.



2. Fry the baby potatoes

- In a deep plate, combine the chicken with the Sicilian spices and a drizzle of olive oil.
- Season with salt and pepper, then transfer to an oven dish and roast for 8 - 10 minutes or until done.
- Melt a knob of butter in a frying pan over medium-high heat and fry the baby potatoes for 5 - 6 minutes, covered.
- Remove the lid and add the rosemary, then fry for a further 5 minutes.



3. Heat the sauce

- Warm the Hollandaise sauce in a saucepan over low heat.
- Season to taste with salt and pepper, then add the juices from the chicken and mix well.



4. Serve

- Serve the rosemary baby potatoes on plates with the roasted vegetables.
- Slice the chicken and serve with the Hollandaise sauce.

Did you know... 🍌 potatoes are a great source of vitamins, such as vitamin B6 and vitamin B11 which help to keep your energy levels high, as well as vitamin C for a strong immune system.

Enjoy!



Glazed Bream with Krupuk & Scallions

over golden coconut rice with stir-fried vegetables

Nice & Fast

Total time: 25 - 30 min.



Garlic



Krupuk



Coconut milk



Courgette



Ground turmeric



Korean-style spice mix



Jasmine rice



Bream fillet with skin



Scallions



Soy sauce



Mangetout



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

These krupuk come from Zeeland! They're made with only natural ingredients, including the tastiest sweet shrimp caught in the North Sea.

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Deep plate, large wok or deep frying pan, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Krupuk (g)	30	60	90	120	150	180
Coconut milk (ml)	90	180	250	360	430	540
Courgette* (unit(s))	½	1	2	2	3	3
Ground turmeric (tsp)	1½	3	4½	6	7½	9
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Bream fillet with skin* (unit(s))	1	2	3	4	5	6
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Soy sauce (ml)	10	20	30	40	50	60
Mangetout* (g)	75	150	150	300	300	450
From your pantry						
Water (ml)	175	350	525	700	875	1050
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	1½	3	4½	6	7½	9
Sambal (tsp)	1	2	3	4	5	6
Sugar (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	25	50	75	100	125	150
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3920 /937	529 /126
Total fat (g)	38	5
of which saturated (g)	16,8	2,3
Carbohydrates (g)	113	15
of which sugars (g)	20,6	2,8
Fibre (g)	9	1
Protein (g)	35	5
Salt (g)	3,5	0,5

Allergens

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



1. Prepare

- Transfer the coconut milk and the turmeric to a lidded pot or saucepan. Pour in the water and crumble in the stock cube (see pantry for amounts).
- Bring to a boil, then reduce the heat to medium-low and add the rice. Boil for 10 - 12 minutes, covered, then drain if necessary and set aside.
- Slice the courgette into crescents. Crush or mince the garlic. Finely chop the scallions and separate the white part from the greens.



3. Make the sauce

- Heat the rest of the sunflower oil in a frying pan over medium-high heat. Fry the fish on its skin for 2 - 3 minutes, then lower the heat and fry for 1 minute on the other side.
- Remove the fish from the pan and set aside.
- To the pan, add the sugar, soy sauce, sambal and water for the sauce (see pantry for amounts).
- Reduce for 1 - 2 minutes over medium heat until it reaches a syrup-like consistency.



2. Fry the vegetables

- Heat half of the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the courgette with the mangetout and the white part of the scallions for 4 - 6 minutes.
- Add the garlic and Korean-style spices and fry for 2 more minutes.
- Transfer the flour to a deep plate. Pat the fish dry with kitchen paper and season with salt and pepper, then coat it with the flour.



4. Serve

- Return the fish to the pan and mix well so as to coat it with the sauce.
- Serve the rice on deep plates and top with the fish in its sauce.
- Serve the vegetables and krupuk alongside.
- Garnish with the reserved scallion greens to finish.

Enjoy!



Pork Tenderloin in Red Wine Jus

with roasted pumpkin & chive mash

Premium

Calorie Smart

Nice & Fast

Total time: 25 - 30 min.



Potatoes



Apple



Diced pumpkin



Pork tenderloin



Onion



Garlic



Red wine



Dried thyme



Fresh chives



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

Pork tenderloin is a relatively lean piece of pork, which is full of B vitamins. Perfect for a balanced meal!

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, oven dish, lidded pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Apple* (unit(s))	½	1	2	2	3	3
Diced pumpkin* (g)	150	300	450	600	750	900
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red wine (ml)	40	75	115	150	190	225
Dried thyme (sachet(s))	¼	½	¾	1	1½	2
Fresh chives* (g)	5	10	15	20	25	30

From your pantry

Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Flour (tsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2686 /642	344 /82
Total fat (g)	28	4
of which saturated (g)	14,7	1,9
Carbohydrates (g)	58	7
of which sugars (g)	15,7	2
Fibre (g)	13	2
Protein (g)	35	4
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Preheat the oven to 180°C and prepare the stock. Wash or peel the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan. Cover with water and add a generous pinch of salt, then boil for 12 - 15 minutes until done, then drain and set aside, covered.



4. Make the jus

In the same frying pan, melt the rest of the butter over medium heat. Fry the **onion** with the **garlic** for 3 - 4 minutes, then add the red wine and the **thyme**. Bring to the boil and allow to simmer gently for 2-3 minutes, then add the stock and the flour. Bring back up to the boil and allow to gently reduce until serving. Season to taste with pepper.



2. Roast the vegetables

Meanwhile, wash or peel the apple, then remove the core and cut into wedges. Transfer the apple wedges to a bowl along with the diced pumpkin and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet, leaving enough space to add the pork tenderloin later. Roast in the oven for 5 - 10 minutes.



5. Mash the potatoes

Mash the **potatoes** with the mustard and a splash of milk, then season generously with salt and pepper. Finely chop the **chives** and stir half of them into the mash.



3. Prepare the pork

Melt a generous knob of butter in a frying pan over high heat. Season the **pork tenderloin** with salt and pepper, then sear for 3 - 4 minutes until evenly browned. Meanwhile, slice the **onion** into half rings and crush or **mince** the **garlic**. Transfer the **pork** to a small oven dish and roast in the oven for 10-15 minutes alongside the **apple** and **pumpkin**.



6. Serve

Serve the mash on plates with the **pork tenderloin** alongside. Top the **pork** with the red wine jus. Serve with the roasted vegetables and garnish with the rest of the **chives**.

Did you know... 🍷 *vitamin A boosts our vision in poorly lit or dark settings and it's also good for skin, hair and nails. Just 200g of pumpkin provides half the RDA of vitamin A.*



Chicken Enchiladas with Cheesy Nachos

with avocado dip, sour cream & tomato salsa

Premium Family Nice & Fast

Total time: 25 - 30 min.



Corn



Onion



Chicken mince with Mexican seasoning



Mexican-style spices



Passata



Wholewheat tortilla



Grated Gouda



Tomato



Radicchio & iceberg lettuce



Organic sour cream



Avocado dip



Sweet chili tortilla chips



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

We have already seasoned the minced chicken with Mexican spices for you. This way, you can put a real fiesta of flavours on the table tonight!

Before you begin

Decide which recipes to cook first by checking the expiration date of each ingredient. Make sure to wash and weigh your fresh fruits and vegetables.

Utensils

Bowl, 2x oven dish, salad bowl, sieve, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Corn (g)	70	140	210	285	350	425
Onion (unit(s))	½	1	1	2	2	3
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	25	50	75	100	125	150
Tomato (unit(s))	½	1	2	2	3	3
Radicchio & iceberg lettuce* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240
Sweet chilli tortilla chips (g)	40	75	115	150	190	225

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4130 /987	664 /159
Total fat (g)	51	8
of which saturated (g)	17,4	2,8
Carbohydrates (g)	83	13
of which sugars (g)	16,7	2,7
Fibre (g)	16	3
Protein (g)	41	7
Salt (g)	4,2	0,7

Allergens

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



1. Prepare

- Preheat the oven to 200°C. Drain the corn and finely chop the onion.
- Heat the olive oil in a frying pan over medium-high heat and fry half each of the onion and corn for 1 - 2 minutes (see Tip).
- Stir in the chicken mince and Mexican spices* and fry for 2 - 3 more minutes, separating the mince as you do so.
- Stir in the passata and fry for 2 - 4 more minutes.

Tip: the rest of the onion will be served raw, but you can fry all of it here instead if preferred.

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



2. Make the enchiladas

- Top the tortillas with the sauce, then roll them up and transfer to an oven dish.
- Scatter over half of the cheese and bake in the oven for 5 - 10 minutes.
- Transfer the tortilla chips to another oven dish and scatter over the rest of the cheese.
- Bake in the oven for 5 - 7 minutes or until the cheese has melted.



3. Make the salad

- In the meantime, dice the tomato and transfer to a bowl, along with the rest of the onion and a third of the white balsamic vinegar.
- Mix well to combine and season to taste with salt and pepper.
- In a salad bowl, combine the rest of the white balsamic vinegar with the extra virgin olive oil. Season to taste with salt and pepper.
- Shortly before serving, transfer the lettuce and the rest of the corn to the bowl and toss well to combine with the dressing.



4. Serve

- Serve the enchiladas with the salad and sour cream.
- Top the nachos with the diced tomato and the avocado dip.

Did you know... 🌽 corn is rich in magnesium, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.

Enjoy!



Double Smash Burger on Brioche

with cheese, mushrooms & smoky tomato ketchup

Premium Family

Total time: 30 - 40 min.



Seasoned minced meat blend



Mushrooms



Onion



Tomato



Radicchio & romaine



Grated Gouda



Smoky tomato ketchup



Brioche bun



Potatoes



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

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

Before you begin

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

Utensils

Lidded deep frying pan, small bowl, frying pan, spatula

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned minced meat blend* (g)	200	400	600	800	1000	1200
Mushrooms* (g)	65	125	250	250	375	375
Onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	½	1	2	2	3	3
Radicchio & romaine* (g)	25	50	75	100	125	150
Grated Gouda* (g)	25	50	75	100	125	150
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Brioche bun (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6184 /1478	710 /170
Total fat (g)	99	11
of which saturated (g)	33,3	3,8
Carbohydrates (g)	90	10
of which sugars (g)	20,5	2,4
Fibre (g)	14	2
Protein (g)	56	6
Salt (g)	4,5	0,5

Allergens

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



1. Fry the potatoes

Wash the **potatoes** and cut into wedges. Transfer to a deep frying pan along with the water (see pantry for amount). Boil the **potato** wedges for 8-10 minutes over medium-low heat, covered, then drain if necessary. Remove the lid and drizzle with olive oil, then fry for 10 - 15 minutes until done. Season to taste with salt and pepper.



4. Fry the burgers

Shape the **mince** into two balls per person and transfer to the same pan. Use a spatula to press down into **burger** patties of 1cm thickness. Fry for 2 minutes per side over medium-high heat (see Tip). Top with the **grated cheese**, then stack the patties so as to make a double **burger**. Reduce the heat and cover with the lid so as to allow the **cheese** to melt.

Tip: if you're cooking for more than two people, use an extra pan or fry the burgers in batches.



2. Pickle the onion

Finely chop a quarter of the onion and transfer to a small bowl along with the white wine vinegar and sugar. Mix well to combine and set aside, stirring occasionally.



5. Make the sauce

Slice the **tomato** and set aside. Combine the smoky ketchup with the finely chopped **onion** and half of the mayonnaise. Season to taste with salt and pepper.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.



3. Fry the mushrooms

Slice the **mushrooms** and cut the rest of the **onion** into half-rings. Heat a drizzle of olive oil in a frying pan over high heat and fry the **onion** and **mushrooms** for 4 - 5 minutes. Stir in the butter and season to taste with salt and pepper, then fry for another 4 - 5 minutes. Remove from the pan and set aside.



6. Serve

Cut open the **brioche bun** and spread both sides with the sauce. Top with the **lettuce**, sliced **tomato**, **burger** patties and the fried vegetables. Serve the **burger** with the **potato** wedges, along with the rest of the mayonnaise as preferred.

Enjoy!