



Homemade Meatloaf with Mashed Potato

with braised leeks & cranberry chutney

Total time: 40 - 50 min.



Onion



Fresh curly parsley



Nutmeg



Potatoes



Leek



Seasoned minced meat blend



Panko breadcrumbs



Cranberry chutney



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

Did you know that the word cranberry is derived from the German kraanbere? This is because the plant's flowers are reminiscent of a crane!

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Nutmeg (pinch)	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Leek* (unit(s))	1	2	3	4	5	6
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Cranberry chutney* (g)	40	80	120	160	200	240

From your pantry

[Plant-based] milk (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3452/825	431/103
Total fat (g)	36	4
of which saturated (g)	17,7	2,2
Carbohydrates (g)	87	11
of which sugars (g)	22,9	2,9
Fibre (g)	18	2
Protein (g)	31	4
Salt (g)	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 200°C. Chop the **onion** very finely and grate a pinch of **nutmeg**. Finely chop the **parsley**.



2. Chop the vegetables

Prepare the stock. Thoroughly wash or peel the **potatoes** and cut them into rough chunks. Halve the **leek** lengthways, then cut into 10cm long pieces.



3. Prepare the meatloaf

Transfer the **mince** to a bowl. Add the milk, **panko**, **onion**, **nutmeg** and half of the **parsley**, then season with salt and pepper. Knead into a firm ball.



4. Bake the meatloaf

Grease an oven dish with a small knob of butter. Transfer the **mince** to the oven dish and shape it into a **meatloaf**. Bake in the oven for 20–30 minutes (see Tip).

Tip: if you're cooking for more than two people, the **meatloaf** may need more time. Keep an eye on it and bake longer as needed, topping with some small cubes of butter as preferred.



5. Stew the leeks

In the meantime, melt a knob of butter in a deep frying pan over medium-high heat and fry the **leek** for 3 – 4 minutes. Deglaze with the stock and cover with the lid, then allow to simmer gently for 15 minutes. In the meantime, boil plenty of water in a pot or saucepan and cook the **potatoes** for 12–15 minutes, covered. Drain and then mash the **potatoes** with the mustard, a knob of butter and a splash of milk. Season to taste with salt and pepper.



6. Serve

Slice the **meatloaf** and serve on plates. Pour over the cooking juices from the oven dish. Serve with the mash, braised **leek** and **cranberry chutney**. Garnish the mash with the rest of the **parsley**.

Enjoy!



Penne in Pesto Rosso Sauce

with roasted vegetables & Grana Padano

Family Nice & Fast Veggie

Total time: 25 - 30 min.



Wholegrain penne



Onion



Courgette



Carrot



Sicilian-style herb mix



Garlic



Fresh basil



Tomato paste



Chopped tomatoes with basil



Pesto rosso



Grana Padano flakes DOP



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

Frying your tomato paste in some oil for a few minutes until fragrant, then adding your other sauce ingredients will intensify the tomato flavour and cook out some of the bitterness.

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, pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholegrain penne (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Tomato paste (can)	½	1	1½	2	2½	3
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Pesto rosso* (g)	40	80	120	160	200	240
Grana Padano flakes DOP* (g)	20	40	60	80	100	120

From your pantry

Low sodium vegetable stock (ml)	100	200	300	400	500	600
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)	3770 /901	526 /126
Total fat (g)	43	6
of which saturated (g)	8,4	1,2
Carbohydrates (g)	93	13
of which sugars (g)	26,1	3,6
Fibre (g)	18	3
Protein (g)	27	4
Salt (g)	3,4	0,5

Allergens

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



1. Prepare

Preheat the oven to 220°C. Boil plenty of salted water in a pot or saucepan for the pasta. Slice the **onion** into half rings. Cut the **carrot** and **courgette** into crescents. Transfer all three to a bowl along with the **Sicilian herbs**. Drizzle with olive oil and season with salt and pepper, then toss well to coat.



2. Cook the pasta

Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 12 - 15 minutes. Boil the **penne** for 10 - 12 minutes (see Tip). Reserve some of the pasta water, then drain and set aside.

Health Tip 🌱 *this recipe is high in calories. Are you watching your calorie intake? Prepare all of the penne but then just serve two thirds. You can keep the rest of it in the fridge to use the next day.*



3. Prepare the aromatics

Crush or mince the **garlic** and chop the **basil** into ribbons.

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



4. Make the sauce

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **garlic** with the **tomato paste** for 1 minute, then add the **chopped tomatoes** and 30ml pasta water per person.



5. Finish

Prepare the stock and then add it to the sauce. Mix well to combine, then lower the heat and allow to reduce for 5 - 6 minutes. Stir in the **pesto rosso**, roasted vegetables and **penne**.



6. Serve

Serve the **penne** on plates. Garnish with the **Grana Padano** and the **basil**.

Enjoy!



Cheeseburger with Potato Wedges

with butter lettuce & tomato

Family

Total time: 45 - 55 min.



Roseval potatoes



Hamburger bun with sesame seeds



Onion



Tomato



Butter lettuce



Beef-pork burger



Grated cheddar



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

Both sweet potatoes and regular potatoes are packed with vitamins and minerals, including vitamin A, which contributes to healthy eyes and a strong immune system.

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, lidded frying pan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Roseval potatoes (g)	250	500	750	1000	1250	1500
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Butter lettuce* (head)	½	1	2	2	3	3
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	15	25	40	50	65	75
From your pantry						
Olive oil (tbsp)	1	1½	2	2½	3½	4
[Plant-based] butter (tbsp)	½	½	1	1	1½	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise				to taste		
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3648 / 872	553 / 132
Total fat (g)	42	6
of which saturated (g)	13,9	2,1
Carbohydrates (g)	86	13
of which sugars (g)	6,9	1
Fibre (g)	14	2
Protein (g)	36	5
Salt (g)	2,2	0,3

Allergens

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



1. Prepare the potatoes

- Preheat the oven to 220°C. Peel or thoroughly wash the **potatoes**, then cut them into wedges and transfer to a bowl.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer the **potato wedges** to a parchment-lined baking sheet and bake for 30 - 40 minutes, tossing halfway (see Tip).
- Bake the **burger bun** during the final 4 - 5 minutes of cooking time.



2. Chop the vegetables

- Slice the **onion** into half rings. Slice the **tomato** and set aside two slices for each **burger**. Separate the **lettuce** leaves.
- Transfer the **tomato** and **lettuce** to a salad bowl along with the balsamic vinegar and extra virgin olive oil.
- Toss well to combine, then season to taste with salt and pepper.



3. Fry the onions

- Melt the butter in a frying pan over medium-low heat and fry the **onion** for 4 - 6 minutes.
- Turn the heat up to medium-high and then fry the **burger** alongside the **onion** for 1 - 2 minutes.
- Flip the **burger** and top with the **cheddar**, then cover with the lid.
- Turn the heat to low and allow the **cheese** to melt for 2 - 3 minutes.



4. Serve

- Cut open the **burger bun** and top with some of the **lettuce** and the reserved sliced **tomato**.
- Top with some of the fried **onion** and then with the **cheeseburger**. Drizzle the cooking juices from the frying pan over the **burger**.
- Serve with the **potato wedges**, the salad and mayonnaise as preferred.

Enjoy!



Quick Spaghetti & Meatballs

in creamy tomato-mushroom sauce

Family Nice & Fast

Total time: 20 - 25 min.



Garlic



Leek



Mushrooms



Wholewheat spaghetti



Beef-pork meatballs with Spanish-style seasoning



Mexican-style spices



Diced tomatoes with garlic & onion



Herbed cream cheese



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

There is a special ingredient in your box! This wholewheat spaghetti is not just tasty but nutritious too, with a high fibre content that helps keep you regular.

Before you begin

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

Utensils

Deep frying pan, lidded pot or saucepan, kitchen paper

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Leek* (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	65	125	250	250	375	375
Wholewheat spaghetti (g)	90	180	270	360	450	540
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Herbed cream cheese* (g)	20	40	60	75	100	115
From your pantry						
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3305 /790	585 /140
Total fat (g)	33	6
of which saturated (g)	12,4	2,2
Carbohydrates (g)	78	14
of which sugars (g)	18,4	3,3
Fibre (g)	17	3
Protein (g)	37	7
Salt (g)	3,8	0,7

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the **spaghetti**.
- Crush or **mince** the **garlic** and finely chop the **leek**. Clean the **mushrooms** with kitchen paper and then slice them.
- Boil the **spaghetti** for 10 - 12 minutes, covered, until al dente. Reserve 50ml pasta water per person, then drain and set aside.



2. Fry the meatballs

- Heat the olive oil in a deep frying pan over medium-high heat.
- Fry the **meatballs** with the **Mexican-style spices*** for 3 - 5 minutes until evenly browned.
- Stir in the **garlic**, **mushrooms** and **leek** and fry for 5-6 more minutes.

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



3. Make the sauce

- Crumble in the stock cube (see pantry for amount). Add the **chopped tomatoes** and the reserved pasta water, then bring to a boil.
- Stir in the **spaghetti** and **cream cheese**, then cook for 1 - 2 more minutes over medium-high heat.
- Season to taste with salt and pepper.



4. Serve

- Serve the **spaghetti** and **meatballs** on deep plates.

Did you know... 🌱 *tinned tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 350g of vegetables!*

Enjoy!



Sweet Potato & Lentil Curry with Naan Bread

with spinach salad & fragrant labneh sauce

Calorie Smart Veggie

Total time: 35 - 45 min.



Sweet potato



Garlic



Onion



Fresh ginger



Spinach



Tomato



Fresh flat leaf parsley & coriander



Lentils



Labneh



Yellow curry spices



Coconut milk



Naan bread with herbs



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

In Indian cuisine, naan is used to scoop up other dishes. You can try this tonight, while eating this lentil curry.

Utensils

Lidded deep frying pan, microplane, salad bowl, small bowl, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Spinach* (g)	75	150	200	300	350	450
Tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & coriander*	5	10	10	10	20	20
Lentils (pack)	½	1	1½	2	2½	3
Labneh* (g)	20	40	60	80	100	120
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	200	250	300
Naan bread with herbs (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	½	1	1½	2	2½	3
[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)	2598 /621	384 /92
Total fat (g)	26	4
of which saturated (g)	13,2	2
Carbohydrates (g)	70	10
of which sugars (g)	10,2	1,5
Fibre (g)	16	2
Protein (g)	18	3
Salt (g)	2,8	0,4

Allergens

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



1. Prepare

Preheat the oven to 200°C and prepare the stock. Peel the **sweet potato** and dice it into 1 – 2cm chunks. Chop the **onion** and crush or mince the **garlic**. Grate or finely chop the **ginger**.



4. Make the salad

Meanwhile, tear or cut the **spinach** into small pieces. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and then season to taste with salt and pepper. Quarter the **tomatoes** and transfer to the bowl, along with half of the **spinach**. Toss well to combine with the dressing. Roughly chop the **parsley** and **coriander**. Drain the lentils.



2. Fry the aromatics

Heat a clean deep frying pan over medium-high heat. Toast the curry spices for 1 – 2 minutes or until fragrant, then stir in the butter and allow to melt. Add the onion, ginger and three quarters of the **garlic**, then fry for 2 – 3 minutes.



5. Finish

Add the lentils and the rest of the **spinach** to the curry. Mix well and allow the **spinach** to wilt and reduce. Simmer for 3 – 5 minutes over low heat, or longer if the curry needs to reduce further. Meanwhile, bake the naan in the oven for 2–3 minutes. In a small bowl, combine the **labneh** with the rest of the **garlic** and a third of the fresh herbs. Add extra virgin olive oil as preferred and season to taste with salt and pepper.



3. Make the curry

Add the **sweet potato** and cover with the lid, then fry for 1 - 2 minutes over medium-high heat. Add the stock and the **coconut milk**, then allow to cook gently over low heat for 10 minutes. Remove the lid and cook for 5 more minutes, or longer if the curry needs to reduce further.



6. Serve

Serve the curry with the **naan** and the salad alongside. Garnish with the rest of the fresh herbs and serve the **labneh** sauce on the side.

Did you know... 🌱 *lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.*

Enjoy!



Potato Hash with Fried Egg & Mushrooms

with green beans, cheese & fresh herbs

Calorie Smart Family Veggie

Total time: 35 - 45 min.



-  Potatoes
-  Pre-cut green beans
-  Garlic
-  Onion
-  Mushrooms
-  Grated Gouda
-  Egg
-  Fresh flat leaf parsley & chives
-  Carrot
-  Sicilian-style herb mix



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

Did you know that green beans, or princess beans, are officially legumes? They're considered vegetables due to their similar health benefits.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Pre-cut green beans* (g)	50	100	100	200	200	300
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Grated Gouda* (g)	50	100	150	200	250	300
Egg* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & chives* (g)	2½	5	7½	10	12½	15
Carrot* (unit(s))	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2766 /661	466 /111
Total fat (g)	38	6
of which saturated (g)	22,6	3,8
Carbohydrates (g)	48	8
of which sugars (g)	7,7	1,3
Fibre (g)	16	3
Protein (g)	28	5
Salt (g)	2,2	0,4

Allergens

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



1. Prepare

- Wash or peel the **potatoes** and dice into 2cm chunks, then transfer to a pot or saucepan.
- Submerge with water and crumble in the stock cube (see pantry for amount). Cover with the lid and bring to the boil.
- Cook the **potatoes** for 4 minutes, then add the **green beans** and boil for 6 more minutes. Drain and set aside.



2. Fry the vegetables

- In the meantime, slice the **onion** into half rings and crush or **mince** the **garlic**.
- Slice the **mushrooms** and cut the **carrot** into thin crescents.
- Melt a knob of butter in a frying pan and fry the **onion** with the **garlic**, **carrot** and **mushrooms** for 5 minutes over medium-high heat. Season to taste with salt and pepper.



3. Melt the cheese

- Melt another knob of butter in a large deep frying pan over medium-high heat. Fry the **potatoes** and **green beans** with the **Sicilian herbs** for 5 minutes, tossing regularly.
- Transfer the vegetables to the **potatoes** and **green beans**, mix well and then reduce the heat. Top with the **grated cheese** and allow to melt (see Tip).
- Meanwhile, finely chop the **parsley** and **chives**.



4. Serve

- Melt a small knob of butter in the same pan you used for the **mushrooms**. Fry the **egg** and season to taste with salt and pepper.
- Serve the **potato** hash on plates and top with the fried **egg**.
- Garnish with the **parsley** and **chives**.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.

Tip: cover with the lid so as to melt the cheese more quickly.



Veggie Cheeseburger on Ciabatta

with caramelised onion, red Leicester & potatoes

Nice & Fast Veggie

Total time: 20 - 25 min.



Butter lettuce



Grated Red Leicester



White ciabatta



Carrot



Onion



Potatoes



Lemon



Veggie burger from The Vegetarian Butcher



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

While it looks rustic, ciabatta is more modern than you might think. It was first developed in 1982 by Arnaldo Cavallari. Its name means slipper in Italian as it's shaped just like a slipper!

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Butter lettuce* (head)	½	1	2	2	3	3
Grated Red Leicester* (g)	15	25	40	50	65	75
White ciabatta (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Veggie burger from The Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3657 / 874	649 / 155
Total fat (g)	47	8
of which saturated (g)	12,4	2,2
Carbohydrates (g)	79	14
of which sugars (g)	13,6	2,4
Fibre (g)	13	2
Protein (g)	28	5
Salt (g)	2,8	0,5

Allergens

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



1. Prepare

- Preheat the oven to 180°C and bake the **ciabatta** for 8 - 10 minutes.
- Meanwhile, wash or peel the **potatoes** and dice into 2cm cubes, then transfer to a pot or saucepan.
- Submerge with water and boil for 12 - 15 minutes, covered, then drain and set aside.

Did you know... 🍌 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



2. Make the dressing

- Slice the **onion** into half rings and then grate the **carrot**.
- Set aside two **lettuce** leaves per person to use later, then roughly shred the rest of the **lettuce** and transfer to a salad bowl.
- Cut the **lemon** into six wedges.
- In a bowl, combine the extra virgin olive oil with two thirds of the mayonnaise and the juice of one **lemon wedge** per person. Season to taste with salt and pepper.



3. Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the **onion** for 2 - 3 minutes, then add the honey and season to taste with salt and pepper.
- Move the **onion** to one side of the pan so as to make space, then fry the **veggie burger** for 2 - 3 minutes per side or until evenly browned.



4. Serve

- Cut open the **ciabatta** and spread with the rest of the mayonnaise, then top with the reserved **lettuce** leaves and the **burger**.
- Add the caramelised **onion** and half of the **cheese**.
- Toss the **lettuce** with the dressing, **carrot**, **potatoes** and the rest of the **cheese**, then serve alongside the **burger**.

Enjoy!



Triple Tomato Soup with Poppysseed Croutons

with sour cream, Gouda & paprika

Family Nice & Fast Veggie

Total time: 20 - 25 min.



Garlic



Tomato



Ground paprika



Red cherry tomatoes



Poppysseed roll



Dried oregano



Grated Gouda



Organic sour cream



Sundried tomatoes



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

Are you a fan of tomatoes? This soup contains no less than 3 varieties! The mix of regular tomatoes, cherry tomatoes and sundried tomatoes gives this classic an extra intense flavour.

Before you begin

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

Utensils

Lidded soup pot, immersion blender, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	2	4	6	8	10	12
Tomato (unit(s))	2	4	6	8	10	12
Ground paprika (tsp)	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750
Poppyseed roll* (unit(s))	1	2	3	4	5	6
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Grated Gouda* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Sundried tomatoes* (g)	30	50	70	100	120	150

From your pantry

Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Sunflower 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)	2992 / 715	382 / 91
Total fat (g)	43	5
of which saturated (g)	11,4	1,5
Carbohydrates (g)	59	8
of which sugars (g)	21,3	2,7
Fibre (g)	19	2
Protein (g)	20	3
Salt (g)	2,8	0,4

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**.
- Dice the **tomato** and roughly chop the **sundried tomatoes**.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!



2. Make the soup

- Heat the olive oil in a soup pot over medium-high heat. Fry the **garlic** with the **paprika** for 1 minute.
- Add the **tomato**, **cherry tomatoes** and **sundried tomatoes**, then fry for 2 - 3 minutes.
- Add the stock and bring to the boil, then lower the heat and cook for 10 - 12 minutes, covered.



3. Make the croutons

- Meanwhile, dice the **bread** into 1cm cubes.
- Heat the sunflower oil in a frying pan over high heat (see Tip).
- Fry the **bread** for 6 minutes until evenly browned, then remove from the heat.
- Scatter over the **oregano** and the **cheese**, then toss well to combine.

Tip: make sure the pan is nice and hot before frying, so as to ensure crispier croutons.



4. Serve

- Add the honey to the soup, then process with an immersion blender until smooth. Season to taste with salt and pepper.
- Serve the soup in bowls and garnish with the **sour cream**.
- Top with the croutons and season generously with black pepper to finish.

Enjoy!



Panko Chicken Wraps with Mango Chutney

with crunchy apple slaw & tomato

Family Nice & Fast

Total time: 25 - 30 min.



Chicken breast with Mediterranean herbs



Ground paprika



Mango chutney



Tomato



Onion



Apple



Panko breadcrumbs



Slaw mix



Mini tortillas



Organic full-fat yogurt



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

In this recipe, you'll give the chicken an extra crispy crust with panko, a Japanese breadcrumb with an extra coarse grain.

Before you begin

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

Utensils

Aluminum foil, 2x bowl, deep plate, kitchen paper, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Ground paprika (tsp)	1	2	3	4	5	6
Mango chutney* (g)	20	40	60	80	100	120
Tomato (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Slaw mix* (g)	100	200	300	400	500	600
Mini tortillas (unit(s))	3	6	9	12	15	18
Organic full-fat yogurt* (g)	50	100	150	200	250	300

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (ml)	60	120	180	240	300	360
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3648 / 872	640 / 153
Total fat (g)	45	8
of which saturated (g)	7	1,2
Carbohydrates (g)	77	13
of which sugars (g)	23,2	4,1
Fibre (g)	9	2
Protein (g)	35	6
Salt (g)	2,1	0,4

Allergens

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



1. Marinate the chicken

Preheat the oven to 200°C (see Tip). Cut the **chicken** into uniform pieces of around 3cm, then transfer to a bowl. Add the **paprika** and a third of the **yogurt**, then season with salt and pepper. Mix well to combine and then set aside to marinate until step 3.

Tip: you will use the oven later to warm the tortillas, but if preferred you can use a frying pan instead. Heat them in the pan for 1 - 2 minutes during step 5.



4. Make the slaw

Meanwhile, in a bowl combine the **slaw mix** with the **apple**, **onion**, extra virgin olive oil and white balsamic vinegar, along with the rest of the **yogurt**. Season to taste with salt and pepper.



2. Prepare the toppings

In a small bowl, combine the **mango chutney** with another third of the **yogurt** and season to taste with salt and pepper. Dice the **tomato** and finely chop the onion (see Tip). Peel and finely dice the **apple**.

Tip: the onion will be served raw, but if preferred you can fry it with a drizzle of oil for 2 - 3 minutes.



5. Heat the tortillas

Wrap the **tortillas** in aluminium foil and warm in the oven for 3 - 4 minutes.



3. Fry the chicken

Transfer the **panko** to a deep plate and use it to coat the **chicken**. Heat the sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the **chicken** for 2 - 3 minutes per side, or until golden-brown (see Tip). Transfer the **chicken** to a plate lined with kitchen paper.

Tip: frying chicken requires a larger amount of oil so as to ensure the panko gets as crispy as possible.



6. Serve

Fill the **tortillas** with the slaw, **tomato** and **chicken**. Garnish with the **mango chutney**.

Enjoy!



Greek-Style Cheese in Rosemary-Panko Coating

with onion chutney, baby potatoes & courgette salad

Nice & Fast Veggie

Total time: 25 - 30 min.



Greek-style cheese



Panko breadcrumbs



Baby potatoes



Dried rosemary



Garlic



Tomato



Onion chutney



Onion



Arugula & lamb's lettuce



Courgette



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

Panko has a coarser texture than regular breadcrumbs, giving this Greek-style cheese an extra crispy crust.

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 deep plate, lidded pot or saucepan, kitchen paper, peeler, salad bowl, saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Greek-style cheese* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Baby potatoes (g)	200	400	600	800	1000	1200
Dried rosemary (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1	2	2	3
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Courgette* (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Water (ml)	30	60	90	120	150	180
Flour (g)	25	50	75	100	125	150
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4096 / 979	594 / 142
Total fat (g)	55	8
of which saturated (g)	25	3,6
Carbohydrates (g)	92	13
of which sugars (g)	28,4	4,1
Fibre (g)	12	2
Protein (g)	31	4
Salt (g)	3,2	0,5

Allergens

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



1. Boil the potatoes

- Wash and cut the **baby potatoes** in half, or any larger ones into quarters.
- Transfer to a pot or saucepan and submerge with water, then cover with the lid and bring to a boil. Cook the **baby potatoes** for 15-17 minutes until done, then drain and set aside.
- Slice the **onion** into half rings and crush or **mince** the **garlic**.
- Dice the **tomato**. Use a peeler to shave the **courgette** into thin ribbons.



2. Make the salad

- Melt the butter in a saucepan over medium-high heat and fry the **onion** for 6 - 8 minutes (see Tip).
- Stir in the **onion chutney** and cook for 2 - 3 more minutes.
- In a salad bowl, combine the white wine vinegar with the honey and extra virgin olive oil.
- Add the **courgette**, **tomato** and **lettuce**, then toss well to combine. Season to taste with salt and pepper.

Health Tip 🥑 if you're watching your calorie intake, use just half of the butter.



3. Prepare the cheese

- On a deep plate, combine the flour with the water (see pantry for amounts).
- On another deep plate, combine the **panko** with ½ tsp **rosemary** per person. Pat the **Greek-style cheese** dry with kitchen paper, then coat it first with the batter and then with the **panko**.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **cheese** for 2 - 3 minutes per side or until golden-brown, then remove from the pan and set aside.



4. Serve

- Heat a drizzle of olive oil in the same pan and fry the **garlic** for 1 minute.
- Add the **baby potatoes** and 1 tsp **rosemary** per person and fry for 3 minutes.
- Serve the salad and the **baby potatoes** on plates.
- Top with the **Greek-style cheese** and the **onion chutney**.

Enjoy!



Veggie Nuggets with Curry Sauce

over rice with mushrooms & butter lettuce

Plant-Based Nice & Fast

Total time: 15 - 20 min.



Vegan nuggets



Butter lettuce



White long grain rice



Curry sauce



Pre-cut mushroom mix



Onion



Korean-style spice mix



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

These vegan nuggets have the same flavour and texture as the meat version, but they're 100% plant-based!

Before you begin

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

Utensils

Pot or saucepan, small bowl, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Vegan nuggets* (unit(s))	5	10	15	20	25	30
Butter lettuce* (head)	½	1	2	2	3	3
White long grain rice (g)	75	150	225	300	375	450
Curry sauce* (ml)	20	40	60	80	100	120
Pre-cut mushroom mix* (g)	90	175	270	350	445	525
Onion (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
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)	3272 / 782	724 / 173
Total fat (g)	35	8
of which saturated (g)	4,7	1
Carbohydrates (g)	94	21
of which sugars (g)	8,2	1,8
Fibre (g)	13	3
Protein (g)	19	4
Salt (g)	2,4	0,5

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **rice** for 12 - 15 minutes, then drain and rinse under cold water.
- Slice the **onion** into half rings.



2. Fry the nuggets

- Heat half of the olive oil in a frying pan over medium-high heat. Fry the nuggets for 6 - 8 minutes or until golden-brown.
- Heat the rest of the olive oil in a wok or deep frying pan over medium-high heat. Fry the **mushroom mix** with the **onion** and **Korean-style spices**.



3. Make the sauce

- In a small bowl, combine the curry sauce with the mayonnaise and 1 tsp water per person.
- Roughly chop the **lettuce** and then stir it into the **rice**. Season to taste with salt and pepper.



4. Serve

- Serve the **rice** and **lettuce** in bowls, then top with the **mushrooms** and the **nuggets**.
- Drizzle with the curry mayo to finish.

Enjoy!



Kapsalon with a Mexican-Inspired Twist

with tomato salsa & guacamole

Veggie

Total time: 50 - 60 min.



Sweet potato



Mexican-style spices



Red kidney beans



Corn



Onion



Red chili pepper



Garlic



Fresh coriander



Lime



Tomato



Grated cheddar



Organic sour cream



Avocado dip



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

Limes are packed with vitamin C, which boosts immunity and keeps your skin healthy. An easy way to get your daily vitamin C!

Utensils

Parchment-lined baking sheet, 2x bowl, small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	225	450	675	900	1125	1350
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Red kidney beans (pack)	½	1	1½	2	2½	3
Corn (g)	70	140	210	285	350	425
Onion (unit(s))	¼	½	¾	1	1¼	1½
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	15	25	40	50	65	75
Organic sour cream* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240

From your pantry

White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3234 / 773	493 / 118
Total fat (g)	41	6
of which saturated (g)	12,1	1,8
Carbohydrates (g)	76	12
of which sugars (g)	23,6	3,6
Fibre (g)	18	3
Protein (g)	21	3
Salt (g)	2	0,3

Allergens

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



1. Make the sweet potato wedges

Preheat the oven to 220°C. Wash the **sweet potato** and cut into wedges, then transfer to a bowl along with 1 tsp **Mexican-style spices*** per person. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake for 30 – 35 minutes or until golden-brown, tossing halfway (see Tip).

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

Tip: the wedges can burn easily, therefore be sure to keep a close eye on them and lower the oven temperature if necessary.



4. Make the guacamole

Dice the **tomato**. In a small bowl, mix the **avocado dip** with the **chili pepper**, **onion** and **garlic** (see Tip). Add a third of the **coriander** and (per person) ½ tbsp **lime juice** and ½ tsp extra virgin olive oil. Season to taste with salt and pepper. In another bowl, combine the **tomato**, white balsamic vinegar, another third of the **coriander** and the rest of the extra virgin olive oil. Season with salt and pepper.

Tip: if you don't like raw onion or raw garlic, add them both to the baking sheet in the following step while adding the corn.



2. Add the beans

Drain the **kidney beans** and transfer to a bowl along with the rest of the **Mexican spices**. Lightly drizzle with olive oil and season with salt and pepper, then mix well to combine. Spread the kidney beans over the **sweet potato wedges** during the final 5 minutes of cooking time.



5. Melt the cheddar

Add the **corn** to the baking sheet and mix well to combine with the **kidney beans** and **sweet potato wedges**. Scatter over the **cheddar**, then return to the oven for another 3 – 5 minutes or until the **cheddar** has melted.



3. Prepare the toppings

Drain the **corn**. Melt a knob of butter in a frying pan over medium-high heat and fry the **corn** for 2-3 minutes with a pinch of salt. Meanwhile, finely dice the **onion**. Deseed and finely chop the **red chili pepper***. Crush or mince the **garlic** and roughly chop the **coriander**. Juice half of the **lime** and cut the other half into wedges.

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



6. Serve

Serve the loaded **sweet potato wedges** on plates along with the guacamole, salsa and **sour cream**. Garnish with the rest of the **coriander** and **lime wedges**.

Did you know... 🌱 this recipe not only provides almost 75% of the RDA of fibre, but is also high in protein thanks to the kidney beans, sweet potato, avocado and corn.

Enjoy!



Pasta Caprese with Serrano Ham

with pesto rosso & pumpkin seeds

Family Nice & Fast

Total time: 15 - 20 min.



Trottole tricolore



Pesto rosso



Mozzarella



Pumpkin seeds



Fresh basil



Onion



Tomato



Serrano ham



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

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

Before you begin

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

Utensils

Pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Trottole tricolore (g)	90	180	270	360	450	540
Pesto rosso* (g)	40	80	120	160	200	240
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Pumpkin seeds (g)	5	10	15	20	25	30
Fresh basil* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	2	4	6	8	10	12
Serrano ham* (g)	20	40	60	80	100	120

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3648 / 872	842 / 201
Total fat (g)	46	10
of which saturated (g)	11,9	2,7
Carbohydrates (g)	77	18
of which sugars (g)	9,4	2,2
Fibre (g)	9	2
Protein (g)	34	8
Salt (g)	1,9	0,4

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta (see Tip).
- Boil the pasta for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Dice the **tomato** and slice the **onion** into half rings.
- Roughly tear the **ham** and **mozzarella** into smaller pieces.

Tip: use a kettle to save time.



2. Prepare the toppings

- Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside.
- Meanwhile, finely chop the **fresh basil**.



3. Finish the pasta

- Heat a drizzle of olive oil in the same frying pan over medium-high heat.
- Fry the **onion** with the **tomato** and **red pesto** for 3 - 5 minutes.
- Add the pasta and 1 tbsp pasta water per person, then mix well to combine.
- Season to taste with salt and pepper.



4. Serve

- Serve the pasta on plates and top with the **ham** and **mozzarella**.
- Garnish with the **basil** and the toasted **pumpkin seeds**.

Did you know... 🌱 pumpkin seeds contain more magnesium and phosphorus than any other type of nut or seed. Magnesium boosts muscle health while phosphorus helps strengthen bones and teeth.

Enjoy!



Hoisin Veggie No-Beef Noodles

with hot honey peanuts & stir-fried vegetables

Nice & Fast Veggie

Total time: 15 - 20 min.



Mie noodles



Hoisin sauce



Sesame oil



Hot honey peanuts



Ginger paste



Garlic



Vegetarian beef-style pieces



Vegetable mix with cabbage



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

Hoisin sauce is a characteristic thick, brown, sweet Asian sauce. You can use it to marinate, glaze or as a dipping sauce!

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, kitchen paper, frying pan, wok

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mie noodles (g)	50	100	150	200	250	300
Hoisin sauce (g)	25	50	75	100	125	150
Sesame oil (ml)	5	10	15	20	25	30
Hot honey peanuts (g)	10	20	30	40	50	60
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
From your pantry						
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
Sambal						to taste
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2828 /676	691 /165
Total fat (g)	28	7
of which saturated (g)	4,1	1
Carbohydrates (g)	71	17
of which sugars (g)	22,6	5,5
Fibre (g)	8	2
Protein (g)	30	7
Salt (g)	3,4	0,8

Allergens

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



1. Prepare

- Boil the **noodles** for 4 - 5 minutes until al dente, then drain and rinse under cold water.
- Transfer the flour to a deep plate.
- Pat the **veggie beef** dry with kitchen paper. Season with salt and pepper, then coat it with the flour (see Tip).

Tip: do this directly before frying so as to ensure the veggie beef stays crispy.



2. Fry the veggie beef

- Heat half of the sunflower oil in a frying pan over medium-high heat. Fry the **veggie beef** for 3 - 4 minutes.
- Add half of the **hoisin sauce**, then lower the heat. Stir-fry for 1 minute so as to coat the **veggie beef** in the sauce.
- Crush or **mince** the **garlic** in the meantime.



3. Stir-fry the noodles

- In the meantime, heat the rest of the sunflower oil in a wok over medium-high heat. Stir-fry the **vegetable mix** with the **ginger** paste and the **garlic** for 4 - 6 minutes.
- Transfer the **noodles** to the wok, then add the rest of the **hoisin sauce**.
- Add some sambal as preferred and stir-fry for 1 more minute, then add the **soy sauce** and the honey. Mix well and season to taste with salt and pepper.



4. Serve

- Roughly chop the hot honey **peanuts**.
- Serve the stir-fry on plates and garnish with the **peanuts**.
- Drizzle with the **sesame oil** to finish.

Enjoy!



Brandt & Levie Sausage with Potatoes

with bacon & a crisp salad

Nice & Fast

Total time: 15 - 20 min.



Bacon lardons



Diced potato



Slaw mix



Arugula & lamb's lettuce



Chopped onion



Tomato



Pork sausage with marjoram & garlic



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

At Brandt & Levie, they prepare their 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

Lidded deep frying pan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bacon lardons* (g)	25	50	75	100	125	150
Diced potato* (g)	150	300	450	600	750	900
Slaw mix* (g)	75	150	200	300	350	450
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Chopped onion* (g)	50	100	150	200	250	300
Tomato (unit(s))	1	2	3	4	5	6
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6

From your pantry

White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3167 /757	601 /144
Total fat (g)	55	10
of which saturated (g)	21,2	4
Carbohydrates (g)	37	7
of which sugars (g)	9	1,7
Fibre (g)	8	2
Protein (g)	24	5
Salt (g)	1,9	0,4

Allergens

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



1. Fry the potatoes

- Melt a small knob of butter in a frying pan over medium-high heat and fry the **bacon lardons** with the chopped **onion** for 2-3 minutes.
- Add the **potatoes** and fry for 10 - 12 minutes, tossing regularly and seasoning to taste with salt and pepper.

Did you know... 🥔 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



2. Fry the sausage

- In the meantime, melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the **sausage** for 2 - 3 minutes until evenly browned, then cover with the lid and fry for 6 - 7 more minutes or until done.



3. Make the salad

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



4. Serve

- Serve the **potatoes** with the **sausage** and drizzle with any residual cooking juices.
- Serve with the salad, along with extra mayonnaise as preferred.

Enjoy!



Sweet Chili Chicken Wraps with Avocado

with tortilla chips, rainbow corn slaw & coriander

Nice & Fast

Total time: 10 - 15 min.



Flour tortillas



Chicken mince with Mexican seasoning



Sweet chilli tortilla chips



Rainbow slaw mix



Corn



Avocado



Lime



Sweet chili sauce



Fresh coriander



Tomato



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

Avocados are rich in unsaturated vegetable fats. Eating avocado promotes good cholesterol levels and helps keep your heart and arteries healthy.

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

Salad bowl, frying pan, sieve, plate

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Sweet chilli tortilla chips (g)	40	75	115	150	190	225
Rainbow slaw mix* (g)	50	100	200	200	300	300
Corn (g)	70	140	140	285	280	425
Avocado (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4042 /966	790 /189
Total fat (g)	52	10
of which saturated (g)	11,4	2,2
Carbohydrates (g)	88	17
of which sugars (g)	16,9	3,3
Fibre (g)	11	2
Protein (g)	32	6
Salt (g)	3,4	0,7

Allergens

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



1. Prepare

- Drain the **corn**.
- Cut the **lime** into six wedges and juice one per person into a salad bowl.
- Add the **corn**, **slaw mix**, mayonnaise and sugar. Season to taste with salt and pepper, then toss well to combine.



3. Heat the tortillas

- Transfer the **tortillas** to a plate and microwave on high for 1 minute (see Tip).
- Finely chop the **coriander**.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Transfer the **avocado** to a plate and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.

Tip: no microwave? No problem! Transfer the tortillas to a parchment-lined baking sheet and heat in the oven for 2 - 3 minutes.



2. Fry the chicken

- Heat the sunflower oil in a frying pan over medium-high heat and fry the **chicken mince** for 2 minutes.
- Meanwhile, dice the **tomato**.
- Add the **tomato** and fry for 2 - 3 minutes, then stir in the **sweet chili sauce**. Season to taste with salt and pepper.



4. Serve

- Serve everything separately on the table so as to allow everyone to assemble their own wraps (see Tip).

Health Tip 🍌 *this recipe is high in calories. If you're watching your calorie intake, save the tortilla chips to enjoy another time instead.*

Enjoy!



Smoky Orzo with Roasted Vegetables

with garlic bread, Greek-style cheese & basil

Calorie Smart Veggie

Total time: 35 - 45 min.



Fresh basil & oregano



Romano pepper



Courgette



Eggplant



Orzo



Onion



Garlic



Passata



Smoked paprika



Italian seasoning



Wholegrain ciabatta



Greek-style cheese



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

You serve this dish with garlic bread made from ciabatta and a homemade garlic herb oil. The bread is perfect for dipping in the tomato sauce!

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, pot or saucepan, saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh basil & oregano* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	1	2	2	3
Orzo (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Smoked paprika (tsp)	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Wholegrain ciabatta (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
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)	2707 /647	488 /117
Total fat (g)	32	6
of which saturated (g)	8,3	1,5
Carbohydrates (g)	64	12
of which sugars (g)	20,5	3,7
Fibre (g)	11	2
Protein (g)	19	3
Salt (g)	1,4	0,3

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan. Preheat the oven to 200°C. Roughly chop the **oregano** leaves and cut the **Romano pepper** into strips. Dice the **eggplant** and **courgette** into 2cm chunks. Transfer the vegetables and **oregano** to a large bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Boil the **orzo** for 10-12 minutes over low heat until al dente, then drain and set aside.



4. Make the garlic bread

In a small bowl, combine the rest of the **garlic** with the **Italian herbs** and a generous drizzle of olive oil. Cut open the **ciabatta** and spread with the **garlic** oil, then season to taste with salt and pepper. Bake the **ciabatta** alongside the vegetables for 8 minutes.



2. Roast the vegetables

Transfer the vegetables to a parchment-lined baking sheet, leaving some space to add the **ciabatta** later (see Tip). Roast the vegetables for 15 - 20 minutes or until done.

Tip: use two baking sheets if you're cooking for three or more people.



5. Prepare the topping

Roughly chop the **basil** and transfer to the same bowl you used previously. Crumble in the **Greek-style cheese** and season with pepper, then mix well to combine.



3. Make the sauce

Chop the **onion** and crush or mince the **garlic**. Heat a drizzle of olive oil in a saucepan over medium-high heat. Fry the **onion** with half of the **garlic** for 3 minutes, then deglaze with the balsamic vinegar and **passata**. Add the **smoked paprika** and the sugar and allow to simmer for 5 - 7 minutes. Season to taste with salt and pepper.



6. Serve

Stir the roasted vegetables into the **orzo**. Serve the smoky **tomato** sauce on plates and top with the **orzo**. Garnish with the **basil** and **Greek-style cheese**. Cut the **ciabatta** into strips and serve alongside.

Enjoy!



Mexican-Inspired Shrimp

with fragrant coriander-lime rice & tortilla chips

Nice & Fast

Total time: 25 - 30 min.



Shrimp



White long grain rice



Garlic



Onion



Tomato



Fresh coriander



Mexican-style spices



Chopped tomatoes



Lime



Sweet chilli tortilla chips



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

Bowl, microplane, lidded pot or saucepan, kitchen paper, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Sweet chilli tortilla chips (g)	40	75	115	150	190	225
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
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)	3138 /750	660 /158
Total fat (g)	28	6
of which saturated (g)	7	1,5
Carbohydrates (g)	98	21
of which sugars (g)	14,1	3
Fibre (g)	5	1
Protein (g)	23	5
Salt (g)	2,1	0,5

Allergens

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



1. Make the rice

- Melt a knob of butter in a lidded pot or saucepan over medium-low heat. Add the **rice** and half of the sugar, then toast for 1 minute, stirring well so as to coat the grains.
- Add 200ml water per person and boil the **rice** for 12 - 15 minutes over low heat, covered. Allow to stand until serving, still covered.
- Meanwhile, crush or **mince** the **garlic**. Pat the **shrimp** dry with kitchen paper, then transfer to a bowl along with the **garlic** and **Mexican-style spices***. Season with salt and pepper, then toss well to combine.

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



3. Finish the sauce

- Stir in the fresh **tomato** and fry for 2 more minutes, then deglaze with the balsamic vinegar.
- Add the **chopped tomatoes** and the rest of the sugar, then simmer gently for 5 minutes over low heat.
- Meanwhile, zest the **lime** and then cut into quarters. Roughly chop the **coriander**.
- Shortly before serving, juice a quarter of the **lime** per person into the **rice**. Add **lime zest** and **coriander** as preferred, then fluff through the **rice** with a fork. Taste and season with salt as needed.



2. Fry the shrimp

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat.
- When the pan is nice and hot, fry the **shrimp** for 2 minutes per side, then remove from the pan and set aside.
- Chop the **onion** and dice the **tomato** in the meantime.
- Heat another drizzle of olive oil in the same pan over medium-high heat and fry the **onion** for 2 minutes.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene!



4. Serve

- Stir the **shrimp** into the **tomato** sauce and season to taste with salt and pepper.
- Serve the **rice** on plates and top with the **shrimp**.
- Garnish with any remaining **lime wedges**.
- Serve the **tortilla chips** on the side.

Enjoy!



Hake in Parsley Sauce

over giant couscous with tomatoes & raisins

Calorie Smart Family

Total time: 45 - 55 min.



Carrot



Red cherry tomatoes



Onion



Fresh flat leaf parsley



Giant couscous



Raisins



Tomato



Skin-on hake fillet



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

Cherry tomatoes may be small, but they contain a higher concentration of vitamins than regular tomatoes! For example, they contain more of the antioxidant beta carotene, protecting the body from tissue damage and ageing.

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, oven dish, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	1	2	2	3	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Onion (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Giant couscous (g)	75	150	225	300	375	450
Raisins (g)	10	20	30	40	50	60
Tomato (unit(s))	1	2	3	4	5	6
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	175	350	525	700	875	1050

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2519 /602	386 /92
Total fat (g)	21	3
of which saturated (g)	8,5	1,3
Carbohydrates (g)	68	10
of which sugars (g)	14	2,1
Fibre (g)	12	2
Protein (g)	31	5
Salt (g)	1,3	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 200°C and prepare the stock.
- Cut the **carrot** into very thin crescents. Cut the **tomato** into wedges. Transfer the **carrot** to an oven dish and drizzle with half of the olive oil, then toss well to coat.
- Roast in the oven for 15 minutes, then stir in both types of **tomato** and return to the oven for another 15 minutes.
- Meanwhile, chop the **onion** and finely chop the **parsley**.



3. Fry the hake

- In the meantime, melt a knob of butter in a frying pan over medium-high heat and fry the hake for 1 - 2 minutes per side.
- Season to taste with pepper.
- Remove from the pan and set aside under aluminium foil. Leave the cooking juices in the pan.



2. Cook the giant couscous

- Heat the rest of the olive oil in a pot or saucepan. Fry the **onion** for 2 minutes over medium-high heat, then stir in the **giant couscous** and fry for 1 minute.
- Add the **raisins** and pour in the stock, then reduce the heat to low and boil the **giant couscous** 12 - 14 minutes, covered.
- Fluff through the **giant couscous** so as to separate the grains, then stir in a third of the **parsley** and set aside.



4. Serve

- Melt a small knob of butter in the same frying pan and add half of the remaining **parsley**. Season to taste with pepper and mix well.
- Stir the **tomatoes** and **carrot** into the **giant couscous** and then serve on plates, garnishing with the rest of the **parsley**.
- Top with the hake and drizzle with the sauce.

Enjoy!



Veggie Meatballs with Roasted Vegetables

over mash with fresh herbs & Grana Padano

Calorie Smart Family Veggie

Total time: 30 - 40 min.



Potatoes



Courgette



Onion



Garlic



Red cherry tomatoes



Sicilian-style herb mix



Fresh basil & oregano



Grana Padano flakes DOP



Bell pepper



Unbelievaballs from the Vegetarian Butcher



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

Bell peppers bring a vibrant crunch to this dish, adding both colour and a subtle sweetness. Roasting them in the oven deepens their flavour, pairing perfectly with fresh herbs and savoury spices.

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Courgette* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh basil & oregano* (g)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Bell pepper* (unit(s))	½	1	2	2	3	3
Unbelievaballs from the Vegetarian Butcher* (unit(s))	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2791 /667	362 /86
Total fat (g)	28	4
of which saturated (g)	8,6	1,1
Carbohydrates (g)	69	9
of which sugars (g)	20,3	2,6
Fibre (g)	20	3
Protein (g)	25	3
Salt (g)	1,8	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C. Wash or peel the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan and submerge with water. Boil the **potatoes** for 12 - 15 minutes until done, covered. Reserve some of the cooking liquid, then drain and set aside.



4. Fry the veggie meatballs

Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **veggie meatballs** for 5 - 6 minutes or until done, then set aside to keep warm until serving, covered.



2. Chop the vegetables

Slice the onion into thin rings and crush or mince the **garlic**. Cut the **bell pepper** into thin strips and thinly slice the courgette.



5. Mash the potatoes

Finely chop the **basil** and **oregano** leaves. Mash the **potatoes** with the butter, a splash of the reserved cooking liquid and two thirds of the **fresh herbs**. Add the **Sicilian-style herbs** and season to taste with salt and pepper, then stir in the **bell pepper** and the **courgette**.



3. Roast the vegetables

In a bowl, combine the **bell pepper** and **courgette** with half of the olive oil. Season with salt and pepper, then transfer to a parchment-lined baking sheet. Transfer the **garlic**, **onion**, **cherry tomatoes**, balsamic vinegar and honey to an oven dish. Mix well to combine. Roast everything in the oven for 10 - 12 minutes.



6. Serve

Serve the mash on deep plates. Top with the roasted **cherry tomatoes** and the **veggie meatballs**. Garnish with the **Grana Padano** and the rest of the **fresh herbs**.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!



Chicken & Beetroot Bulgur Bowl

with goat's cheese, almonds & fresh herbs

Calorie Smart

Total time: 45 - 55 min.



Beetroot



Garlic



Bulgur



Onion



Dried oregano



Chicken breast with Mediterranean herbs



Fresh flat leaf parsley & mint



[Persian] cucumber



Fresh goat's cheese



Salted almonds



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

If you like to eat seasonal vegetables, then beetroot is always the right choice for you. They're grown locally all year round, and they're full of potassium and folic acid.

Utensils

Parchment-lined baking sheet, bowl, oven dish, pot or saucepan, salad bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beetroot* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Bulgur (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1½	2	2½	3
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
[Persian] cucumber* (unit(s))	¾	¾	1	2	1¾	2¾
Fresh goat's cheese* (g)	25	50	75	100	125	150
Salted almonds (g)	10	20	30	40	50	60
From your pantry						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2686 /642	574 /137
Total fat (g)	33	7
of which saturated (g)	8,3	1,8
Carbohydrates (g)	44	9
of which sugars (g)	12	2,6
Fibre (g)	12	3
Protein (g)	38	8
Salt (g)	1,6	0,3

Allergens

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



1. Roast the beetroot

Preheat the oven to 200°C. Peel the **beetroot** and cut it into 1 - 2cm thick wedges, then transfer to a bowl (see Tip). Crush or mince the **garlic** and add half of it to the **beetroot**. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes, tossing halfway.

Tip: beetroot can stain, so wear gloves or use a sandwich bag to hold it.



4. Make the salad

Finely chop the **parsley** and the **mint** leaves (discarding the stalks). Dice the **cucumber**. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and the honey, then season with salt and pepper. Add the **fresh herbs** and the **cucumber**, then toss well to combine with the dressing.



2. Cook the bulgur

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Cook the bulgur for 10 - 12 minutes until done, then drain and set aside.

Did you know... 🌱 *bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).*



5. Prepare the toppings

Crumble the **goat's cheese** and roughly chop the **almonds**.



3. Roast the chicken

Slice the **onion** into half rings. In a small bowl, combine the **oregano** with the rest of the **garlic** and a drizzle of olive oil. Season with salt and pepper. Transfer the **chicken** and **onion** to an oven dish and drizzle with the **garlic** oil. Roast for 12 - 15 minutes, or until the **chicken** is done.



6. Serve

Serve the **bulgur**, **beetroot** and **cucumber** on deep plates. Slice the **chicken breast** and serve it on top of the **bulgur**, along with the **red onion**. Garnish with the **almonds** and the **goat's cheese**. Drizzle with extra virgin olive oil as preferred.

Enjoy!



Risotto with Roasted Cherry Tomatoes

with fennel, Greek-style cheese & almonds

Veggie

Total time: 45 - 55 min.



Risotto rice



Fennel



African-inspired
spice mix



Onion



Greek-style cheese



Garlic



Red cherry tomatoes



Salted almonds



Tomato paste



Fresh flat leaf parsley



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

Did you know that you can use leftover fennel stems to make a tasty and refreshing fennel tea? A healthy and tasty way to enjoy every part of this vegetable!

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, oven dish, large deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Fennel* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Greek-style cheese* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Salted almonds (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Boiled water (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3180 /760	396 /95
Total fat (g)	38	5
of which saturated (g)	15,4	1,9
Carbohydrates (g)	80	10
of which sugars (g)	16	2
Fibre (g)	14	2
Protein (g)	22	3
Salt (g)	2,6	0,3

Allergens

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

2024-W42



1. Prepare

Preheat the oven to 200°C. Chop the **onion** and crush or mince the **garlic**. Quarter the **fennel**, then remove the core and cut the **fennel** into strips. Boil the water and crumble in the stock cube (see pantry for amounts).



4. Roast the tomatoes

Transfer the **cherry tomatoes** to an oven dish and drizzle with olive oil and balsamic vinegar. Season with salt and pepper, then toss well to coat. Roast in the oven for 12 - 15 minutes.



2. Roast the fennel

Transfer the fennel to a large bowl and add the tomato paste. Add 1 tsp per person of the **African-style herbs** and drizzle with olive oil, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 20 - 25 minutes. Be sure to leave enough space to add an oven dish later.



5. Finish the risotto

Roughly chop the **almonds** and finely chop the **parsley**. Crumble the **Greek-style cheese**. Take the risotto off the heat and stir in the rest of the **African-style herbs**, along with half each of the **cheese** and the **parsley**. Stir in two thirds of the **cherry tomatoes**, then season to taste with plenty of salt and pepper.



3. Prepare the risotto

Melt a knob of butter in a large deep frying pan over medium-high heat and fry the **onion** and **garlic** for 1 minute. Stir in the **risotto rice** and toast the grains for 1 minute, then pour in a third of the stock. Allow the stock to be slowly absorbed, 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 25-30 minutes. Add extra water if you'd prefer the **risotto** to be less al dente.



6. Serve

Serve the **risotto** on deep plates and top with the roasted **fennel** and the rest of the **cherry tomatoes**. Garnish with the **almonds**, as well as the rest of the **cheese** and the **parsley**.

Did you know... 🌱 200g fennel provides almost a quarter of the RDA of potassium. Potassium is important for regulating our nervous system and for maintaining fluid levels in our cells.

Enjoy!



Sausage & Pumpkin Risotto

with spinach & Gouda

Total time: 45 - 55 min.



Garlic



Diced pumpkin



Risotto rice



Spinach



Grated Gouda



Onion



Pork sausage with marjoram & garlic



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

At Brandt & Levie, they go for quality. The pigs are reared by friendly farmers on Dutch soil.

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	75	150	225	300	375	450
Risotto rice (g)	75	150	225	300	375	450
Spinach* (g)	100	200	300	400	500	600
Grated Gouda* (g)	15	25	40	50	65	75
Onion (unit(s))	½	1	1½	2	2½	3
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6

From your pantry

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3326 /795	459 /110
Total fat (g)	45	6
of which saturated (g)	17,7	2,4
Carbohydrates (g)	69	9
of which sugars (g)	2	0,3
Fibre (g)	12	2
Protein (g)	27	4
Salt (g)	2,3	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 210°C and prepare the stock. Transfer half of the **pumpkin** to a parchment-lined baking sheet and drizzle with olive oil (see Tip). Season with salt and pepper, then toss well to coat. Roast the **pumpkin** in the oven for 20 - 25 minutes.

Tip: the rest of the pumpkin will be puréed and added to the risotto, but if preferred you can just roast all of it here instead. In this case, skip step 4.



4. Boil the pumpkin

In the meantime, boil plenty of water in a pot or saucepan. Cook the rest of the **pumpkin** for 6-8 minutes, covered. Reserve a small amount of the cooking liquid, then drain and transfer to a tall container. Process with an immersion blender until smooth, adding a splash of cooking liquid if necessary. Season to taste with salt and pepper.



2. Prepare the risotto

Chop the **onion** and crush or mince the **garlic**. Cut open the sausage and squeeze the meat out of the skin. Melt the butter with a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion, garlic** and **sausage meat** for 1 - 2 minutes, then add the **risotto rice** and toast the grains for 1 minute. Deglaze with the white wine vinegar and add a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



5. Finish

When the **risotto** is nearly done, gradually incorporate the **spinach**, allowing it to wilt and reduce. Stir in the **pumpkin** purée and two thirds of the **cheese**. Season to taste with salt and pepper.

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



3. Cook the risotto

When the stock has been incorporated, repeat with the rest of the stock, adding it in two more batches. The **risotto** is done when the grains are soft on the outside but still al dente. This should take around 25 - 30 minutes. Add extra water and cook the **risotto** longer if necessary.



6. Serve

Serve the **risotto** on deep plates and top with the roasted **pumpkin**. Garnish with the rest of the **cheese**.

Enjoy!



Leek & Mozzarella Flammekueche

with fresh apple salad & roast potatoes

Veggie

Total time: 30 - 40 min.



Potatoes



Leek



Mozzarella



Flammekueche



Organic sour cream



Apple



Fresh flat leaf parsley



Onion



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

Did you know that mozzarella takes its name from the Italian word mozzare, which describes the way that the cheese is torn to form spheres?

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Leek* (unit(s))	½	1	2	2	3	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	50	100	150	200	250	300
Apple* (unit(s))	½	1	1	2	2	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Arugula & lamb's lettuce* (g)	40	60	90	120	150	180
Onion (unit(s))	½	1	1½	2	2½	3

From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3611 / 863	632 / 151
Total fat (g)	44	8
of which saturated (g)	14,8	2,6
Carbohydrates (g)	86	15
of which sugars (g)	19,8	3,5
Fibre (g)	9	2
Protein (g)	26	5
Salt (g)	1,7	0,3

Allergens

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



1. Roast the potatoes

Preheat the oven to 220°C. Wash or peel the **potatoes** and dice into 1cm cubes. Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Roast in the oven for 15 - 20 minutes, tossing halfway.



4. Make the dressing

Core and thinly slice the **apple**. Finely chop the **parsley**. In a salad bowl, combine the rest of the **onion** with the extra virgin olive oil, the mustard, red wine vinegar and honey. Season to taste with salt and pepper.



2. Fry the leek and onion

In the meantime, slice the **leek** and **onion** into thin half rings. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **leek** and half of the onion for 5 - 8 minutes. Meanwhile, tear the **mozzarella** into small pieces.



5. Make the salad

Shortly before serving, transfer the **potatoes** to the salad bowl along with the **apple**, **arugula** and **lamb's lettuce**, and half of the **parsley**.



3. Bake the flammekueche

Transfer the **flammekueche** to a parchment-lined baking sheet and spread with the **sour cream**, leaving 1cm free around the edges. Top with the fried **onion**, **leek** and the **mozzarella**, then season with salt and pepper and bake in the oven for 8-10 minutes.



6. Serve

Slice the flammekueche and serve with the salad. Garnish with the rest of the **parsley**.

Did you know... 🌿 parsley is very high in iron; per gram it contains three times as much as steak, which means even the relatively small amount of parsley in this recipe contributes to a healthy iron intake.

Enjoy!