



Chicken Piccata with Roasted Baby Potatoes

with carrot, beetroot & a twist of lemon

Total time: 45 - 55 min.



Beetroot



Carrot



Baby potatoes



Garlic



Dried thyme



Onion



Lemon



Fresh curly parsley



Chicken breast



Capers



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

Piccata is an Italian dish, where sliced fish or meat is prepared in a sauce of lemon, butter and capers.

Tear me out!



Utensils

Aluminum foil, parchment-lined baking sheet, deep plate, lidded frying pan, large bowl, microplane

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|------|------|------|
| Beetroot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Baby potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dried thyme (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Fresh curly parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Chicken breast* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Capers (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Flour (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Low sodium vegetable stock cube (unit(s)) | ⅓ | ⅔ | 1 | 1½ | 2 | 2½ |
| [Plant-based] butter (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Water for the sauce (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| [Plant-based] mayonnaise | to taste | | | | | |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2594 /620 | 392 /94 |
| Total fat (g) | 24 | 4 |
| of which saturated (g) | 8,8 | 1,3 |
| Carbohydrates (g) | 65 | 10 |
| of which sugars (g) | 15,3 | 2,3 |
| Fibre (g) | 17 | 3 |
| Protein (g) | 36 | 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

Preheat the oven to 200°C. Peel the **beetroot** and cut it in half, then into long, 1cm thick wedges. Quarter the **carrots** lengthways. Cut the **baby potatoes** in half or any larger ones into quarters. Crush or mince the **garlic**.



2. Roast the vegetables

Transfer the **beetroot**, **carrot**, **potatoes** and half of the **garlic** to a large bowl and drizzle with the olive oil. Add the **thyme** and toss well to coat, then transfer to a parchment-lined baking sheet. Roast in the oven for 30 - 40 minutes or until done, tossing halfway.



3. Fry the chicken

Transfer the flour to a deep plate. Season the **chicken breast** with salt and pepper and then coat it with the flour. Melt a small knob of butter in a frying pan over medium-high heat and fry the **chicken breast** for 3 - 4 minutes per side. Remove from the pan and set aside under aluminium foil.



4. Prepare the aromatics

In the meantime, finely chop the **onion**. Zest the **lemon** and then juice a quarter per person. Cut the rest of the **lemon** into wedges and roughly chop the **parsley**.



5. Make the sauce

Melt a knob of butter in the same pan and fry the **onion** with the rest of the **garlic** for 1 - 2 minutes. Add the water and crumble in the stock cube (see pantry for amounts). Stir in the **capers** and 1 tsp per person each of **lemon** zest and juice, then cook gently for 3 - 4 minutes, covered. Return the **chicken** to the pan and add the **parsley**, then cook for 1 - 2 more minutes.



6. Serve

Serve the **potatoes** and vegetables on plates with the **chicken** in its sauce. Serve with the mayonnaise as preferred, along with any remaining **lemon** wedges.

Did you know... 🌱 if you love seasonal vegetables, then you can't go wrong with beetroot. Grown locally throughout the year, it's an excellent source of potassium and folic acid, making it not just a healthy choice but also a sustainable one.

Enjoy!



Wholewheat Veggie Quesadillas

with pico de gallo & chili mayo

Total time: 25 - 30 min.



Onion



Courgette



Bell pepper



Tomato



Fresh coriander



Lime



Mexican-style spices



Sweet chili sauce



Wholewheat tortilla



Herbed cheese cubes



Ground paprika



Grated aged Gouda



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

Today, you'll make veggie quesadillas. The fresh coriander and sweet-and-spicy chili sauce will give this dish so much flavour, you won't even miss the meat!

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large bowl, small bowl, frying pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|----------------------------------|----|----|----|-----|-----|-----|
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Courgette* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bell pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh coriander* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Mexican-style spices (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Sweet chili sauce* (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Wholewheat tortilla (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Herbed cheese cubes* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Ground paprika (tsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Grated aged Gouda* (g) | 25 | 50 | 75 | 100 | 125 | 150 |

From your pantry

| | | | | | | |
|----------------------------------|---|----|----|----------|----|----|
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Extra virgin olive oil (totaste) | | | | to taste | | |
| Salt & pepper | | | | to taste | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2791 /667 | 562 /134 |
| Total fat (g) | 40 | 8 |
| of which saturated (g) | 14,3 | 2,9 |
| Carbohydrates (g) | 49 | 10 |
| of which sugars (g) | 13,2 | 2,7 |
| Fibre (g) | 14 | 3 |
| Protein (g) | 24 | 5 |
| 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

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

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



2. Make the pico de gallo

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes.
- Quarter the **lime**.
- Dice the **tomato** and finely chop the **coriander**.
- In a bowl, combine the **tomato** with the **coriander** and the **onion** (see Tip). Add the juice of 1 **lime** wedge per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

Tip: the onion is served raw, but you can also fry it with the vegetables instead if preferred.



3. Make the quesadillas

- Transfer the **tortillas** to a parchment-lined baking sheet.
- Top with the fried vegetables, leaving half of each **tortilla** empty.
- Add both **cheeses**, then fold the **tortilla** over and press down so as to seal the quesadillas.
- Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.



4. Serve

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

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!

Enjoy!



Chicken Tagine with Eggplant & Romano Pepper

over parsley potatoes with olives & lemon

Total time: 50 - 60 min.



Potatoes



Onion



Garlic



Fresh ginger



Romano pepper



Eggplant



African-inspired
spice mix



Chicken breast



Fresh flat leaf parsley



Lemon



Carrot



Green olives



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

The tagine is a kind of earthenware pot, which was traditionally placed on hot coals to ensure a slow cooking process of dishes.

Tear me out!



Utensils

Lidded deep frying pan, microplane, lidded pot or saucepan

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 |
| Fresh ginger* (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Eggplant* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| African-inspired spice mix (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Chicken breast* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Green olives (g) | 30 | 50 | 70 | 100 | 120 | 150 |

From your pantry

| | | | | | | |
|--|----|-----|-----|-----|-----|----------|
| Brown sugar (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Salt & pepper | | | | | | to taste |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2435 /582 | 371 /89 |
| Total fat (g) | 24 | 4 |
| of which saturated (g) | 4 | 0,6 |
| Carbohydrates (g) | 58 | 9 |
| of which sugars (g) | 18,9 | 2,9 |
| Fibre (g) | 14 | 2 |
| Protein (g) | 33 | 5 |
| Salt (g) | 1,6 | 0,2 |

Allergens

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



1. Prepare

Boil plenty of generously salted water in a pot or saucepan. Peel or thoroughly wash the **potatoes** and cut them into rough chunks. Slice the **onion** into half rings and crush or mince the **garlic**. Grate the **ginger**. Halve and deseed the **Romano pepper**, then cut into thin strips. Dice the **eggplant** into 1cm - 2cm cubes. Slice the **carrot** into crescents.



4. Simmer

Remove the **chicken** from the pan and set aside briefly. Stir in the **African-inspired spices** and the honey, then return the **chicken** to the pan. Pour in the water so as to cover two thirds of the vegetables (see pantry for amount). Cover with the lid and allow to simmer for 12 - 15 minutes over medium heat.



2. Cook the potatoes

Boil the **potatoes** for 12 - 15 minutes or until done, then drain and set aside, covered. Heat the olive oil in a deep frying pan over medium-high heat. Fry the **eggplant**, **carrot**, **onion**, **garlic** and **ginger** for 3 - 4 minutes, then stir in the sugar and fry for 1 - 2 more minutes.

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



5. Finish

Meanwhile, finely chop the **parsley**. Quarter the **lemon** and halve the **olives**. When the tagine is done, add the **olives** and squeeze **lemon juice** as preferred directly into the pan. Allow to cook for 5 - 6 minutes over medium-high heat, uncovered. Season to taste with salt and pepper.



3. Fry the chicken

Create some space in the centre of the pan and then add the **chicken** and the **Romano pepper** (see Tip). Season the **chicken** with salt and pepper, then fry for 2 minutes per side until evenly browned.

Tip: if you don't have enough space in the pan, you can also fry the chicken separately.



6. Serve

Drizzle the **potatoes** with the extra virgin olive oil and add two thirds of the **parsley**. Season to taste with salt and pepper, then toss well to combine. Serve the **potatoes** on soup plates and top with the tagine. Garnish with the rest of the **parsley** and serve any remaining **lemon** wedges alongside.

Enjoy!



Tuna Potato Salad with Greek-Style Cheese

with capers, green beans and fresh dill

Total time: 20 - 25 min.



Baby potatoes



Green beans



Tuna packed in water



Tomato



Dill, mint & flat leaf parsley



Onion



Capers



Greek-style cheese



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

Tuna is a nutrient-rich fish packed with lean protein, omega-3 fatty acids, and essential vitamins. It's heart-healthy, supports brain function, and is low in calories.

Tear me out!



Before you begin

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

Utensils

Pot or saucepan, salad bowl

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|----------|-----|-----|-----|------|------|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Green beans* (g) | 75 | 150 | 270 | 300 | 420 | 450 |
| Tuna packed in water (can) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Dill, mint, & flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Capers (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| From your pantry | | | | | | |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Extra virgin 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) | 2477 /592 | 457 /109 |
| Total fat (g) | 34 | 6 |
| of which saturated (g) | 8 | 1,5 |
| Carbohydrates (g) | 45 | 8 |
| of which sugars (g) | 8,7 | 1,6 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 26 | 5 |
| Salt (g) | 2,1 | 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 **baby potatoes** and **green beans**.
- Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.
- Discard the tips of the **green beans** and then cut into thirds.

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



2. Boil the vegetables

- Boil the **baby potatoes** for 10 minutes, then add the **green beans** and cook for 5 more minutes.
- Drain when finished and set aside.
- In the meantime, drain the **tuna**.
- Chop the **onion** and cut the **tomato** into wedges. Finely chop the **dill** and the **chives**.



3. Make the salad

- In a salad bowl, combine the **onion** with the **capers**, **tuna**, extra virgin olive oil and white wine vinegar, along with half of the fresh herbs.
- Season to taste with salt and pepper, then add the **baby potatoes**, **green beans**, **tomato**, mayonnaise and **tuna**.
- Mix well to combine.



4. Serve

- Serve the **tuna potato** salad on plates.
- Crumble over the **Greek-style cheese** and garnish with the rest of the fresh herbs.

Enjoy!



Veggie No-Chicken Tikka Masala

over rice with yogurt & Romano pepper

Total time: 45 - 55 min.



Garlic



Fresh ginger



Vegan chicken pieces



Organic full-fat yogurt



Garam Masala



Onion



Ground coriander



Passata



White long grain rice



Coconut milk



Romano pepper



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

Did you know that garam masala literally means 'spicy spice mixture' in Hindi?

Tear me out!



Before you begin

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

Utensils

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

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|------------------------------|----------|-----|-----|-----|-----|-----|
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh ginger* (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Vegan chicken pieces* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Garam Masala (sachet(s)) | ½ | ¾ | 1 | 1½ | 1¾ | 2 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Ground coriander (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| White long grain rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Coconut milk (ml) | 65 | 125 | 180 | 250 | 305 | 375 |
| Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water for the sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3025 /723 | 640 /153 |
| Total fat (g) | 33 | 7 |
| of which saturated (g) | 12,7 | 2,7 |
| Carbohydrates (g) | 81 | 17 |
| of which sugars (g) | 12,4 | 2,6 |
| Fibre (g) | 6 | 1 |
| Protein (g) | 22 | 5 |
| Salt (g) | 1,3 | 0,3 |

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **rice**.
- Crush or mince the **garlic** and grate the **ginger** with a microplane.
- Chop the **onion** and dice the **Romano pepper**.
- Boil the **rice** for 12 - 15 minutes, then drain and set aside.



2. Fry the vegetables

- Heat the olive oil in a deep frying pan over medium-high heat. Fry the **Romano pepper** and **onion** for 3 - 4 minutes, then add the **garlic** and the **ginger**.
- Add (per person) half a teaspoon each of **garam masala*** and **ground coriander**.
- Fry for another minute, then stir in the **passata** and cover with the lid. Allow to cook gently for 10 - 15 minutes.

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



3. Fry the veggie chicken

- Heat the sunflower oil in a deep frying pan over medium-high heat. Fry the **veggie chicken** with (per person) half a teaspoon of **garam masala** for 3 - 4 minutes until lightly browned, then stir in the water (see pantry for amount).
- Fry for 1 more minute until the water has evaporated. Season to taste with salt and pepper.



4. Serve

- Stir the **coconut milk** into the curry.
- Season to taste with salt and pepper, then add the **veggie chicken**.
- Serve the **rice** in deep bowls and top with the curry.
- Garnish with the **yogurt**.

Enjoy!



Eggplant & Courgette Al Forno

with casarecce, tomato & basil

Total time: 45 - 55 min.



Eggplant



Tomato



Garlic



Passata



Grated aged Gouda



Casarecce



Fresh basil



Sicilian-style herb mix



Courgette



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

Casarecce is derived from the Italian word casereccio, which means homemade. Casarecce gets its shape from rolling the fresh pasta around a small stick.

Tear me out!



Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------------|-----|-----|-----|-----|-----|-----|
| Eggplant* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Grated aged Gouda* (g) | 50 | 75 | 100 | 125 | 175 | 200 |
| Casarecce (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Fresh basil* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Sicilian-style herb mix (sachet(s)) | ½ | ¾ | 1 | 1½ | 1¾ | 2 |
| Courgette* (unit(s)) | ¼ | ½ | 1 | 1 | 1½ | 1½ |

From your pantry

| | | | | | | |
|-------------------------|----------|---|----|---|----|---|
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | to taste | | | | | |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2619 /626 | 532 /127 |
| Total fat (g) | 20 | 4 |
| of which saturated (g) | 9,6 | 2 |
| Carbohydrates (g) | 84 | 17 |
| of which sugars (g) | 17,6 | 3,6 |
| Fibre (g) | 8 | 2 |
| Protein (g) | 24 | 5 |
| 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

Preheat the oven to 220°C. Cut the **eggplant** and **courgette** lengthways into slices of 0.5cm thickness. Slice the **tomato** and crush or mince the **garlic**.



4. Bake the vegetables

Pour a layer of the sauce into an oven dish, then top with a layer of **eggplant**, followed by a layer of sliced **tomato** and then a layer of **courgette**. Repeat this process and finish with a layer of sauce. Scatter over the **grated cheese** and then bake in the oven for 20 - 25 minutes.



2. Fry the vegetables

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **eggplant** and **courgette** for 4 - 5 minutes per side (see Tip). Season to taste with salt and pepper.

Tip: if preferred, you can also grill the vegetables instead of frying them.



5. Boil the casarecce

In the meantime, boil plenty of water in a pot or saucepan and cook the **casarecce** for 10 - 12 minutes, covered. Drain, then drizzle with extra virgin olive oil as preferred and mix well. Chop the **basil** into thin ribbons.



3. Make the sauce

In a bowl, combine the **passata** and **garlic** with the balsamic vinegar, sugar and **Sicilian spices**. Season to taste with salt and pepper.



6. Serve

Serve the **casarecce** on plates and top with the vegetables al forno. Garnish with the **basil**.

Did you know... 🍅 tinned tomatoes contain almost as many vitamins and minerals as fresh ones. In total, this recipe contains more than 300g of vegetables per portion.

Enjoy!



Turkish Pide with Kofta-Style Meatballs

with Romano pepper & quick-pickled onion

Total time: 45 - 55 min.



Onion



Garlic



Passata



Middle Eastern
spice mix



Pizza dough



Tomato



Romano pepper



Beef meatballs with
kofta seasoning



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

Turkish pide is a boat-shaped flatbread filled with toppings like cheese, meat, or veggies, baked until deliciously crisp and served hot!

Tear me out!



Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|-----|-----|----------|
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pizza dough* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Romano pepper* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Beef meatballs with kofta seasoning* (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| From your pantry | | | | | | |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Water for the sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sambal | | | | | | to taste |
| Salt & pepper | | | | | | to taste |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 4109 / 982 | 672 / 161 |
| Total fat (g) | 36 | 6 |
| of which saturated (g) | 10,3 | 1,7 |
| Carbohydrates (g) | 118 | 19 |
| of which sugars (g) | 22,4 | 3,7 |
| Fibre (g) | 9 | 1 |
| Protein (g) | 38 | 6 |
| Salt (g) | 4,4 | 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°. Cut the **Romano pepper** into thin strips. Slice half of the **onion** into thin crescents and finely chop the rest. Crush or mince the **garlic**.



4. Assemble

Roll out the **pizza dough** onto a parchment-lined baking sheet (see Tip). Cut the dough in half. Fold the edges inwards and roll the **corners** towards each other so as to make a boat shape. Spread the filling over the dough, then bake in the oven for 15 - 20 minutes.

Tip: use a rolling pin or wine bottle if necessary to roll out the dough.



2. Make the filling

Heat the olive oil in a frying pan over medium-high heat, then fry the **garlic** with the chopped **onion** for 2 minutes. Add the **Romano pepper** and the **meatballs** and fry for 4 minutes, using a spatula to break the **meatballs** in half. Then add the **passata**, the **Middle Eastern spices** and the water (see pantry for amount). Bring to a boil, then cook gently over low heat for 4 - 6 minutes. Season to taste with salt and pepper.



5. Make the toppings

Finely dice the **tomato**. In a small bowl, combine the mayonnaise with sambal as preferred (see Tip).

Health Tip 🍏 this recipe is high in calories. If you're watching your calorie intake, substitute the mayonnaise with yogurt.



3. Prepare the onion

In a bowl, combine the red wine vinegar with the sugar, then add the sliced **onion**. Season to taste with salt and pepper and set aside until serving, stirring occasionally.

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



6. Serve

Top the pide with the pickled **onion** and the **tomato**. Drizzle with the sambal mayonnaise to finish.

Enjoy!



Coconut Curry Noodle Soup

with fresh udon, coriander & peanuts

Total time: 20 - 25 min.



Red chili pepper



Garlic



Onion



Yellow curry spices



Vegetable mix with mushrooms



Coconut milk



Fresh coriander



Salted peanuts



Fresh udon noodles



Soy sauce



Crispy fried onions



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

The advantage of using fresh udon noodles is that they're quick to prepare and therefore easy to cook in the soup!

Tear me out!



Before you begin

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

Utensils

Soup pot

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-----------------------------------|----------|-----|-----|-----|------|------|
| Red chili pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Yellow curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Vegetable mix with mushrooms* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Coconut milk (ml) | 125 | 250 | 375 | 500 | 625 | 750 |
| Fresh coriander* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Salted peanuts (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Fresh udon noodles (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Crispy fried onions (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| From your pantry | | | | | | |
| Sunflower oil (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Low sodium vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2807 / 671 | 380 / 91 |
| Total fat (g) | 41 | 6 |
| of which saturated (g) | 23,4 | 3,2 |
| Carbohydrates (g) | 54 | 7 |
| of which sugars (g) | 13,1 | 1,8 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 18 | 2 |
| Salt (g) | 3,6 | 0,5 |

Allergens

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



1. Prepare

- Prepare the stock.
- Deseed and finely chop the **red chili pepper***
- Chop the **onion** and crush or mince the **garlic**.

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



2. Fry the vegetables

- Heat the sunflower oil in a soup pot over high heat.
- Fry the **onion** with the **garlic**, **chili pepper** and **yellow curry spices** for 1 minute.
- Stir in the **vegetable mix** and fry for 4 minutes.



3. Make the soup

- Add the **coconut milk** and the stock, then allow to simmer gently for 4 minutes over medium heat.
- Meanwhile, finely chop the **coriander** and roughly chop the **peanuts**.
- Add the **udon noodles** and the **soy sauce** and cook for 3 more minutes (see Tip).

Health Tip 🌱 this recipe is high in salt. If you're watching your salt intake, use just half of the soy sauce and then add more later as preferred when serving.



4. Serve

- Season the soup to taste with salt and pepper, then serve in bowls.
- Garnish with the **coriander**, **peanuts** and **crispy onions**.

Enjoy!



Rigatoni with Swedish-Style Meatballs

in creamy sauce with broccoli & gomashio

Total time: 25 - 30 min.



Rigatoni



Beef & pork meatballs



Onion



Broccoli



Soy sauce



Cooking cream



Grated Gouda



Gomashio-herb mix



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

A furniture store made Swedish meatballs famous. Can you pronounce their name in Swedish? There, they're called kötbullar.

Tear me out!



Before you begin

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

Utensils

Lidded frying pan, lidded pot or saucepan, whisk

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|----------------------------------|----------|-----|-----|-----|-----|------|
| Rigatoni (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Beef & pork meatballs* (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Broccoli* (g) | 160 | 360 | 560 | 720 | 920 | 1080 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Cooking cream (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Grated Gouda* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Gomashio-herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| From your pantry | | | | | | |
| Flour (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium beef stock (ml) | 75 | 150 | 225 | 300 | 375 | 450 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [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) | 3774 /902 | 622 /149 |
| Total fat (g) | 44 | 7 |
| of which saturated (g) | 22,3 | 3,7 |
| Carbohydrates (g) | 78 | 13 |
| of which sugars (g) | 10,4 | 1,7 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 45 | 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

- Prepare the stock.
- Boil plenty of water in a pot or saucepan for the pasta and **broccoli** (see Tip).
- Finely chop the **onion**.
- Cut the head of the **broccoli** into florets and dice the stem.

Tip: if you're cooking for more than four people, use two pans and boil the pasta and broccoli separately.



2. Boil the pasta

- Boil the **rigatoni** for 9 minutes, then add the **broccoli** and boil for 4 - 6 more minutes.
- Drain and then set aside, covered.
- Melt the butter in a frying pan over medium-high heat. Sear the **meatballs** for 2 - 3 minutes, then remove from the pan and set aside. They don't have to be done yet, as they will finish cooking later.



3. Fry the meatballs

- In the same pan, fry the **onion** for 1 - 2 minutes.
- Add the **cream**, stock, mustard and flour, along with 1 tsp **soy sauce** per person.
- Whisk to combine, then allow to reduce for 5 - 6 minutes. Taste and add more **soy sauce** if necessary.
- Transfer the **meatballs** back to the pan, then cover with the lid and cook for 6 - 8 minutes.



4. Serve

- Stir the **rigatoni** and **broccoli** into the sauce and cook for 1 more minute. Season to taste with salt and pepper.
- Serve the **rigatoni** on plates.
- Garnish with the **grated cheese** and the **gomashio-herb mix**.

Enjoy!



Creamy Pesto Spaghetti with Courgette

with mini Roma tomatoes & walnut-basil topping

Total time: 25 - 30 min.



Onion



Garlic



Courgette



Mini Roma tomatoes



Grated Gouda



Herbed cream cheese



Fresh basil



Chopped walnuts



Spaghetti



Green pesto



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

Did you know that walnuts are the only nuts that contains ALA? ALA is a plant-based omega-3 fatty acid that is good for your heart, blood vessels, and brain.

Tear me out!



Before you begin

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

Utensils

Deep frying pan, grater, pot or saucepan, two small bowls

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------|----------|-----|-----|-----|-----|-----|
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Courgette* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Mini Roma tomatoes (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Grated Gouda* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Herbed cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Fresh basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chopped walnuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Spaghetti (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Green pesto* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| From your pantry | | | | | | |
| 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) | 3393 / 811 | 748 / 179 |
| Total fat (g) | 43 | 9 |
| of which saturated (g) | 13,5 | 3 |
| Carbohydrates (g) | 79 | 17 |
| of which sugars (g) | 14 | 3,1 |
| Fibre (g) | 8 | 2 |
| Protein (g) | 26 | 6 |
| Salt (g) | 0,9 | 0,2 |

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**.
- Chop the **onion** and crush or mince the **garlic**.
- Grate the **courgette** and halve the **tomatoes**.



2. Fry the vegetables

- Boil the **spaghetti** for 10 - 12 minutes, then drain and set aside.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **garlic** and **onion** for 2 - 3 minutes, then add the **tomatoes** and fry for 3 - 4 minutes.
- Add the **courgette** and fry for another 3 - 4 minutes.



3. Prepare the topping

- In a small bowl, combine the **cream cheese** and the **pesto** with half of the **cheese**.
- Finely chop the **basil** and transfer to another small bowl.
- Add the **walnuts** and the rest of the **cheese**, then mix well to combine.
- Set aside to use later as a garnish.



4. Serve

- Transfer the **spaghetti** to the vegetables, along with the **cream cheese** mixture and the balsamic vinegar.
- Mix well to combine and season to taste with salt and pepper.
- Serve on deep plates and garnish with the **walnut-basil** topping.

Did you know... 🌱 walnuts are the only nuts which provide ALA, a plant-based omega 3 fatty acid which benefits cardiovascular health. Other sources of ALA are flax seeds and soy oil.

Enjoy!



Chicken & Eggplant Pasta Bake

in tomato sauce with mozzarella & Italian seasoning

Total time: 45 - 55 min.



Garlic



Onion



Eggplant



Italian seasoning



Chicken breast



Shredded mozzarella



Chopped tomatoes



Penne



There is a new ingredient in your box! This shredded mozzarella is not only convenient to use but also just as deliciously soft and creamy as our fresh mozzarella.

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

Tear me out!



Before you begin

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

Utensils

Lidded deep frying pan, large plate, oven dish, pot or saucepan, kitchen paper, plate, sieve, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------|----------|-----|-----|-----|-----|-----|
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Eggplant* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken breast* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Shredded mozzarella* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Chopped tomatoes (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Balsamic vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Flour (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3293 / 787 | 540 / 129 |
| Total fat (g) | 24 | 4 |
| of which saturated (g) | 11,6 | 1,9 |
| Carbohydrates (g) | 87 | 14 |
| of which sugars (g) | 17,6 | 2,9 |
| Fibre (g) | 9 | 2 |
| Protein (g) | 54 | 9 |
| Salt (g) | 1,5 | 0,2 |

Allergens

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



1. Prepare

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.



2. Chop the vegetables

Chop the **onion** and crush or mince the **garlic**. Slice the **eggplant** lengthways into slabs of no more than 0.5cm thickness. Season both sides with a generous amount of salt, then transfer to a sieve and set aside.

Did you know... 🍆 eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.



3. Make the sauce

Heat half of the olive oil in a deep frying pan over medium heat. Fry the **garlic**, **onion** and Italian seasoning for 2 - 3 minutes. Deglaze with the balsamic vinegar, then add the **chopped tomatoes**. Mix well and season to taste with salt and pepper. Cover with the lid and allow to simmer until further use.



4. Fry the eggplant

Transfer the flour to a large plate. Pat the **eggplant** dry with kitchen paper, then coat it with the flour. Heat the rest of the olive oil in a frying pan over high heat. Fry the **eggplant** in batches for 2 - 3 minutes per side until golden-brown. Transfer to a plate lined with kitchen paper when finished.



5. Fry the chicken

Season the **chicken** with salt and pepper. Melt the butter in the same pan you used for the **eggplant** over medium-high heat. Fry the **chicken** for 3 - 4 minutes per side. Meanwhile, transfer the pasta to the **tomato** sauce and mix well to combine.



6. Serve

Transfer the pasta to an oven dish. Top first with the **chicken** and then with the **eggplant**. Scatter over the **mozzarella**, then bake in the oven for 5 - 8 minutes. Serve the pasta bake on plates.

Enjoy!



Truffled Goat's Cheese Risotto

with pecorino, parsley & mushrooms

Total time: 40 - 50 min.



Risotto rice



Mushrooms



Leek



Fresh goat's cheese



Grated Pecorino DOP



Truffle-style olive oil



Italian seasoning



Fresh flat leaf parsley



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

This truffle oil is made from Coratina and Peranzana olives. These are harvested by hand in the Puglia area.

Tear me out!



Before you begin

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

Utensils

Deep frying pan, frying pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|------|------|------|
| Risotto rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Mushrooms* (g) | 125 | 250 | 400 | 400 | 650 | 650 |
| Leek* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Fresh goat's cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Grated Pecorino DOP* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Truffle-style olive oil (ml) | 4 | 8 | 12 | 16 | 20 | 24 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| From your pantry | | | | | | |
| Low sodium mushroom or vegetable stock (ml) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Olive oil (tbsp) | 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) | 2657 /635 | 407 /97 |
| Total fat (g) | 31 | 5 |
| of which saturated (g) | 15,3 | 2,3 |
| Carbohydrates (g) | 66 | 10 |
| of which sugars (g) | 4,8 | 0,7 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 20 | 3 |
| Salt (g) | 2,3 | 0,3 |

Allergens

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



1. Make the risotto

- Prepare the stock.
- Finely chop the **leek**.
- Melt the butter in a deep frying pan over medium-high heat and fry the **leek** for 5 minutes.
- Add the **risotto rice** and toast the grains for 1 minute, then reduce the heat and pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



2. Fry the mushrooms

- 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 and cook longer if you'd prefer the **risotto** to be less al dente.
- Meanwhile, slice the **mushrooms**.
- Heat the olive oil in a frying pan over high heat. Fry the **mushrooms** for 5 minutes. Season to taste with salt and pepper.



3. Finish

- Meanwhile, finely chop the **parsley** and crumble the **goat's cheese**.
- Stir the **Italian herbs** into the **risotto**, along with half each of the **goat's cheese** and the **parsley**. Taste and season with salt and pepper as needed.



4. Serve

- Serve the risotto on plates and top with the **mushrooms**.
- Drizzle with the **truffle oil**, then garnish with the **pecorino** and the rest of the **goat's cheese**.
- Finish with the rest of the **parsley**.

Enjoy!



Serrano Ham Salad with Honeyed Goat's Cheese Pearls

with crema di balsamico, fennel, orange & giant couscous

Total time: 15 - 20 min.



Fennel



Giant couscous



Fresh mint



Serrano ham



Crema di balsamico



Easy peel orange



Lamb's lettuce



Honeyed goat's cheese pearls



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

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

Tear me out!



Before you begin

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

Utensils

Large bowl, pot or saucepan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-----------------------------------|----------|-----|-----|-----|------|------|
| Fennel* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Fresh mint* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Serrano ham* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Crema di balsamico (ml) | 8 | 16 | 24 | 32 | 40 | 48 |
| Easy peel orange* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Lamb's lettuce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Honeyed goat's cheese pearls* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| From your pantry | | | | | | |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock (ml) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2343 /560 | 416 /99 |
| Total fat (g) | 15 | 3 |
| of which saturated (g) | 5,8 | 1 |
| Carbohydrates (g) | 82 | 15 |
| of which sugars (g) | 24,7 | 4,4 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 22 | 4 |
| Salt (g) | 1,9 | 0,3 |

Allergens

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



1. Boil the giant couscous

- Prepare the stock in a pot or saucepan for the **giant couscous** (see Tip).
- Boil the **giant couscous** for 12 - 14 minutes until done, then fluff through the grains with a fork and set aside.

Tip: to save time, use a kettle instead.



2. Prepare the fennel

- Quarter the **fennel** and remove the tough core, then dice the **fennel**.
- In a large bowl, combine the **fennel** with the white balsamic vinegar and the sugar (see Tip).
- Season with a pinch of salt and toss well to combine, then set aside, stirring occasionally.

Tip: if you don't like raw fennel, you can also boil it for 10 minutes.



3. Cut the orange

- Peel the **orange** and cut the flesh into segments.
- Discard the **mint** stalks and finely chop the leaves.
- To the **fennel**, add the **lamb's lettuce**, **giant couscous**, **mint**, **orange** and extra virgin olive oil.
- Season to taste with salt and pepper, then toss well to combine.

Did you know... 🌱 *lamb's lettuce is high in iron and calcium, so the 20g in this salad helps contribute to a healthy intake of both minerals.*



4. Serve

- Serve the salad on plates and top with the **Serrano ham** and the **goat's cheese**.
- Drizzle with the **crema di balsamico** and some extra virgin olive oil as preferred.

Enjoy!



No-Fish Burger with Ravigote Dressing

with baby potatoes, dill mayo & apple salad

Total time: 15 - 20 min.



Plant-based fish burger



Pre-cooked halved baby potatoes [skin-on]



Radicchio & romaine



Slaw mix



Apple



Ravigote sauce



Dried thyme



Fresh dill



Pumpkin seeds



There is a new ingredient in your box! This delicious vegan fish burger is rich in flavour and good for both you and the planet.

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

Tear me out!



Before you begin

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

Utensils

Bowl, lidded frying pan, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|-----|------|------|
| Plant-based fish burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Pre-cooked halved baby potatoes [skin-on]* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Radicchio & romaine* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Slaw mix* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Apple* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Ravigote sauce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Dried thyme (sachet(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Fresh dill* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Pumpkin seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |

From your pantry

| | | | | | | |
|--|----------|---|----|---|----|---|
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3527 /843 | 618 /148 |
| Total fat (g) | 52 | 9 |
| of which saturated (g) | 6,6 | 1,2 |
| Carbohydrates (g) | 74 | 13 |
| of which sugars (g) | 19,4 | 3,4 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 18 | 3 |
| Salt (g) | 1,8 | 0,3 |

Allergens

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



1. Prepare

- Heat half of the olive oil in a frying pan over medium-high heat.
- Fry the **baby potatoes** for 9 minutes, covered, then remove the lid.
- Season with salt and pepper, then add the **thyme** and fry for 5 more minutes.

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.



3. Fry the burger

- Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **burger** for 3 minutes per side until golden-brown.
- In a salad bowl, combine the **ravigote sauce** with the extra virgin olive oil, the honey and the mustard. Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the **dill** and the rest of the white wine vinegar. Season to taste with salt and pepper.



2. Make the slaw

- In a bowl, combine the sugar with half of the white wine vinegar.
- Add the **slaw mix** and season to taste with salt. Toss well to combine and then set aside, stirring occasionally.
- Core and slice the **apple**.
- Finely chop the **dill** or use scissors if preferred.



4. Serve

- Shortly before serving, add the **lettuce**, the slaw, the **pumpkin seeds** and the **apple** to the salad bowl.
- Toss well to combine with the dressing.
- Serve the **burger** with the salad and **baby potatoes**. Serve the **dill** mayo alongside.

Enjoy!



Sweet & Sticky Chicken with Gomashio Broccoli

over garlic-ginger rice with crispy onions

Total time: 15 - 20 min.



Chicken thigh strips



Garlic



Broccoli



Onion



Gomashio



Onion chutney



Jasmine rice



Ginger paste



Crispy fried onions



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

Gomashio is a Japanese seasoning made from ground sesame seeds with a little bit of added salt. It's perfect for giving your dish more flavour without adding too much sodium.

Tear me out!



Before you begin

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

Utensils

Pot or saucepan, plastic wrap, frying pan, heatproof bowl

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---------------------------|-----|-----|-----|-----|-----|------|
| Chicken thigh strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Broccoli* (g) | 200 | 360 | 500 | 720 | 860 | 1080 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion chutney* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Crispy fried onions (g) | 10 | 20 | 30 | 40 | 50 | 60 |

From your pantry

| | | | | | | |
|------------------------------------|-----|-----|-----|------|------|----------|
| [Plant-based] butter (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| [Reduced salt] ketjap manis (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Water for the sauce (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Water (ml) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Salt & pepper | | | | | | to taste |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3887 / 929 | 691 / 165 |
| Total fat (g) | 36 | 6 |
| of which saturated (g) | 18,5 | 3,3 |
| Carbohydrates (g) | 116 | 21 |
| of which sugars (g) | 48,3 | 8,6 |
| Fibre (g) | 9 | 2 |
| Protein (g) | 32 | 6 |
| Salt (g) | 2,9 | 0,5 |

Allergens

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



1. Boil the rice

- Crush or mince the **garlic**.
- Melt a third of the butter in a pot or saucepan over low heat.
- Fry the **garlic** with the **ginger** paste for 1 - 2 minutes.
- Add the **rice** and the water (see pantry for amount). Boil for 10 - 12 minutes, then drain (see Tip).

Health Tip 🍌 *this recipe is high in calories. If you're watching your calorie intake, prepare all of the rice but then just serve two thirds. You can keep the rest of it in the fridge to use tomorrow.*



2. Fry the chicken

- Chop the **onion** into half rings.
- Melt another third of the butter in a frying pan over medium-high heat and fry the **onion** with the **chicken** for 7 minutes.
- Add the **onion chutney**, ketjap and water (see pantry for amount).
- Season to taste with pepper, then fry for 1 more minute (see Tip).

Tip: *if you'd like to make it spicier, add some sambal from your pantry as preferred.*



3. Microwave the broccoli

- Meanwhile, cut the **broccoli** into florets and transfer to a large microwave-safe bowl.
- Add the rest of the butter and 1 tbsp water per person, then cover with plastic wrap and pierce several holes across the surface.
- Microwave on high for 4 - 5 minutes or until soft when pierced with a fork.
- Carefully remove the plastic wrap. Stir in the **gomashio** and season to taste with salt and pepper.



4. Serve

- Serve the **rice** in bowls with the **broccoli** alongside.
- Top with the **chicken** and the sauce.
- Garnish with the **crispy onions** to finish.

Enjoy!



Creamy Lentil Masala Soup with Naan

with fragrant yogurt sauce, coconut milk & shaved almonds

Total time: 10 - 15 min.



Passata



Garam Masala



Lentils



Coconut milk



Ginger paste



Naan bread with herbs



Pre-cut carrot & onion



Garlic



Organic full-fat yogurt



Fresh coriander & mint



Shaved almonds



Selma's favorite

Our recipe developer Selma says:

Recipe developer Selma: "Dahl is one of my favourite dishes and inspired me to make this soup. Thanks to the pre-cut vegetables, pre-cooked lentils and lots of flavourings like ginger and garam masala, this recipe makes a super quick, nutritious but tasty dish!"

Tear me out!



Before you begin

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

Utensils

Immersion blender, small bowl, soup pot

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---------------------------------|----------|-----|-----|-----|-----|-----|
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Garam Masala (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lentils (pack) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Coconut milk (ml) | 125 | 250 | 375 | 500 | 625 | 750 |
| Ginger paste* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Naan bread with herbs (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Pre-cut carrot & onion* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Organic full-fat yogurt* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Fresh coriander & mint* (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Shaved almonds (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 125 | 250 | 375 | 500 | 625 | 750 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin 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) | 3611 /863 | 487 /116 |
| Total fat (g) | 44 | 6 |
| of which saturated (g) | 22,3 | 3 |
| Carbohydrates (g) | 88 | 12 |
| of which sugars (g) | 14,5 | 2 |
| Fibre (g) | 17 | 2 |
| Protein (g) | 22 | 3 |
| Salt (g) | 3,1 | 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.
- Bake the naan for 2 - 3 minutes.
- Meanwhile, roughly chop the **garlic**.
- Heat the olive oil in a soup pot over medium-high heat. Fry the **garlic** with the **ginger** paste, the pre-cut vegetables and the **garam masala*** for 1 minute.

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



2. Make the soup

- Open the lentils and add them directly to the soup (no need to drain them).
- Add the **passata**, the stock and the **coconut milk**.
- Bring to a boil and allow to simmer gently for 5 - 7 minutes.



3. Prepare the toppings

- In the meantime, roughly chop both the **coriander** leaves and stems.
- Roughly chop the **mint** leaves.
- In a small bowl, combine the **yogurt** with the **mint** and half of the **coriander**. Season to taste with salt and pepper.



4. Serve

- Add the white wine vinegar to the soup. Process with an immersion blender until it reaches your preferred texture (see Tip). Season to taste with salt and pepper.
- Serve the soup in bowls and top with the **yogurt** sauce. Garnish with the **shaved almonds** and the rest of the **coriander**.
- Drizzle with the extra virgin olive and serve the naan alongside.

Tip: if the soup is still too thick, gradually add more water until the texture is to your liking.

Enjoy!



Crispy No-Chicken Burger with Dill Mayo on a carrot bun with fries & cucumber salad

Total time: 35 - 45 min.



Potatoes



Carrot bun



Happy go Clucky from the Vegetarian Butcher



Butter lettuce



[Persian] cucumber



Fresh dill



Onion



Yellow mustard seeds



There is a new ingredient in your box! With this burger from The Vegetarian Butcher, you can enjoy the texture and taste of traditional chicken, but completely plant-based.

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

Tear me out!



Utensils

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

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|----------|-----|-----|-----|-----|-----|
| Potatoes (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Carrot bun (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Happy go Clucky from the Vegetarian Butcher* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Butter lettuce* (head) | ½ | 1 | 1 | 2 | 2 | 3 |
| [Persian] cucumber* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Fresh dill* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Yellow mustard seeds (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| From your pantry | | | | | | |
| Water for the sauce (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| White wine vinegar (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| [Plant-based] mayonnaise (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Honey [or plant-based alternative] (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 4125 /986 | 765 /183 |
| Total fat (g) | 64 | 12 |
| of which saturated (g) | 7,9 | 1,5 |
| Carbohydrates (g) | 76 | 14 |
| of which sugars (g) | 16,3 | 3 |
| Fibre (g) | 15 | 3 |
| Protein (g) | 20 | 4 |
| Salt (g) | 2,6 | 0,5 |

Allergens

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



1. Prepare

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness. Transfer to a bowl and drizzle with olive oil. Season the fries with salt and pepper, then toss well to coat (see Tip).

Health Tip 🍏 *this recipe is high in calories. If you're watching your calorie intake, serve the burger without the fries. You can keep the potatoes to use another time.*



4. Fry the burger

In a small bowl, combine the mayonnaise with the **dill**, along with half each of the honey and the mustard. Season to taste with salt and pepper. Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the **burger** for 6 - 7 minutes, turning regularly.



2. Bake the fries

Transfer the fries to a parchment-lined baking sheet, being sure to leave enough space to add the **carrot bun** later. Bake in the oven for 22 - 24 minutes or until golden-brown, tossing halfway. Cut open the **carrot bun** and bake alongside the fries for 4 - 6 minutes.



5. Make the salad

Set aside half a tablespoon per person of the **onion** sauce, then transfer the rest to a salad bowl. Add the extra virgin olive oil and the rest of the honey and mustard, then mix well to combine. Season to taste with salt and pepper. Set aside one whole **lettuce** leaf for each **burger**, then roughly chop the rest. Slice the **cucumber** into crescents.



3. Make the onion sauce

Finely chop the **onion**. In a saucepan, heat the water with the white wine vinegar and the sugar (see pantry for amounts). When the sugar has dissolved, add the **onion** and the **mustard seeds** and allow to simmer for 10 - 15 minutes over medium heat. Remove from the heat and set aside. Meanwhile, finely chop the **dill**.



6. Serve

Shortly before serving, add the **lettuce** and **cucumber** to the salad bowl and toss well to combine with the dressing. Spread the **carrot bun** with the **dill** mayo and the reserved **onion** sauce, then top with the reserved **lettuce** and the **burger**. Serve with the fries and salad, along with some extra mayonnaise as preferred.

Enjoy!



Roasted Vegetable Bulgur Salad

with honeyed goat's cheese pearls & pumpkin seeds

Total time: 45 - 55 min.



Sweet potato



Middle Eastern
spice mix



Carrot



Onion



Bulgur



Ground cumin



Pumpkin seeds



Tomato



Fresh mint



Arugula & lamb's lettuce



Romano pepper



Honeyed goat's cheese
pearls



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

The pumpkin seed is the champion among seeds and nuts due to its high magnesium content. Among other benefits, this mineral is essential for healthy blood pressure.

Tear me out!



Utensils

Parchment-lined baking sheet, large bowl, lidded pot or saucepan, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|-----|-----|-----|-----|-----|----------|
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Bulgur (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Ground cumin (sachet(s)) | ¼ | ½ | ¾ | 1 | 1½ | 2 |
| Pumpkin seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Tomato (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh mint* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Arugula & lamb's lettuce* (g) | 20 | 40 | 60 | 90 | 100 | 130 |
| Romano pepper* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honeyed goat's cheese pearls* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| From your pantry | | | | | | |
| Low sodium vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | | | | | | to taste |
| *store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2435 /582 | 391 /93 |
| Total fat (g) | 25 | 4 |
| of which saturated (g) | 7 | 1,1 |
| Carbohydrates (g) | 65 | 10 |
| of which sugars (g) | 17,5 | 2,8 |
| Fibre (g) | 19 | 3 |
| Protein (g) | 18 | 3 |
| Salt (g) | 1,3 | 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 and prepare the stock. Peel the **sweet potato** and dice it into 1cm cubes, then transfer to a large bowl along with half of the **Middle Eastern-style spices**. Drizzle with half of the 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 15 minutes.



4. Toast the pumpkin seeds

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. Dice the **tomato** and finely chop the **mint**, then transfer both to a salad bowl. Add the **lettuce** and toss well to combine.



2. Chop the vegetables

Meanwhile, cut the **Romano pepper** into strips and slice the **carrot** into 0.5cm thick crescents. Slice the **onion** into half rings. Transfer the vegetables to the same bowl and drizzle with the rest of the olive oil. Add the rest of the **Middle Eastern-style spices** and season with salt and pepper, then toss well to coat.



5. Finish the salad

In a small bowl, combine the extra virgin olive oil with the balsamic vinegar and the mustard. Season to taste with salt and pepper. Transfer the roasted vegetables, the dressing and the **bulgur** to the salad bowl and toss well to combine. Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.



3. Prepare the bulgur

Toss the **sweet potato** and then add the vegetables to the baking sheet (see Tip). Return to the oven for a further 20 - 25 minutes, tossing halfway. In a pot or saucepan, combine the **bulgur** with the **cumin** and toast for 1 minute over medium heat, stirring continuously. Pour in the stock and cover with the lid, then boil for 10 minutes over low heat. Drain and then fluff through the **bulgur** with a fork.

Tip: use a second baking sheet if necessary.



6. Serve

Serve the salad on plates and top with the **goat's cheese**. Garnish with the **pumpkin seeds**.

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).*

Enjoy!



Pork Sausages with Honey Mustard Dressing

with rosemary baby potatoes & carrots

Total time: 40 - 50 min.



Baby potatoes



Fresh rosemary



Onion



Pork sausage with tomato & rosemary



Honey-mustard dressing



Carrot



Yellow carrot



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

You can't eat the stems of all fresh herbs. There are some herbs, like thyme and rosemary, with hard, inedible stems.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded deep frying pan, lidded frying pan, oven dish

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|-----|------|------|
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Fresh rosemary* (sprig) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Pork sausage with tomato & rosemary* (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Honey-mustard dressing* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Yellow carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |

From your pantry

| | | | | | | |
|---------------------------------|----|-----|-----|----------|-----|-----|
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Low sodium vegetable stock (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Extra virgin olive oil | | | | to taste | | |
| Salt & pepper | | | | to taste | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2833 /677 | 400 /95 |
| Total fat (g) | 37 | 5 |
| of which saturated (g) | 12,9 | 1,8 |
| Carbohydrates (g) | 57 | 8 |
| of which sugars (g) | 9,7 | 1,4 |
| Fibre (g) | 18 | 2 |
| Protein (g) | 25 | 4 |
| Salt (g) | 1,7 | 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 220°C and prepare the stock.
- Cut the **baby potatoes** in half and any larger ones into quarters. Cut the **onion** into 8 wedges. Strip the **rosemary** leaves from the stems and roughly chop the leaves.
- Transfer the **potatoes** to a bowl along with half of the **rosemary** and then lightly drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Roast in the oven for 25 minutes, tossing halfway.
- Lightly drizzle the **onion** with olive oil and toss well to coat, then add to the baking sheet alongside the **potatoes** and return to the oven for another 10 - 15 minutes until done.



3. Stew the carrots

- Cut the **carrots** into crescents of around 2cm thickness and transfer to a deep frying pan.
- Pour in the stock and bring to the boil, then cover with the lid and allow to stew for 12 - 15 minutes until soft.
- Remove the lid and continue cooking for 3 - 5 more minutes (see Tip 1).
- Stir in the rest of the **rosemary** and extra virgin olive oil as preferred (see Tip 2). Season to taste with salt and pepper.

Tip 1: if there is still too much liquid, drain and then return the carrots to the pan.



2. Prepare the sausages

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **sausages** for 2 - 3 minutes until evenly browned, then lower the heat and cover with the lid. Fry for 5 more minutes, turning regularly.
- Transfer the **sausages** to an oven dish and top with half of the honey mustard dressing, then bake alongside the **potatoes** during the final 5 minutes of cooking time.



4. Serve

- Serve the **potatoes**, **onion** and **carrots** on deep plates.
- Top with the **sausages** and drizzle with the rest of the honey mustard dressing.

Did you know... 🍷 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.

Enjoy!



Sweet & Sticky Beef Meatballs

over herbed mash with green beans & onion

Total time: 25 - 30 min.



Beef mince with Italian seasoning



Panko breadcrumbs



Potatoes



Onion



Green beans



Tomato ketchup



Soy sauce



Fresh flat leaf parsley & basil



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

You can store unopened soy sauce in the pantry, but once you open it, you should store it in the fridge so it can stay fresh for as long as possible.

Tear me out!



Before you begin

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

Utensils

Bowl, lidded deep frying pan, lidded frying pan, pot or saucepan, potato masher, small bowl

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|------|------|------|
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Panko breadcrumbs (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Green beans* (g) | 150 | 300 | 400 | 600 | 700 | 900 |
| Tomato ketchup* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Fresh flat leaf parsley & basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| From your pantry | | | | | | |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1½ | 1½ |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Honey [or plant-based alternative] (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water for the sauce (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2904 /694 | 458 /110 |
| Total fat (g) | 29 | 5 |
| of which saturated (g) | 12,1 | 1,9 |
| Carbohydrates (g) | 71 | 11 |
| of which sugars (g) | 21,4 | 3,4 |
| Fibre (g) | 17 | 3 |
| Protein (g) | 30 | 5 |
| Salt (g) | 2,4 | 0,4 |

Allergens

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



1. Boil the potatoes

- Peel or thoroughly wash the **potatoes** and then cut them into rough pieces.
- Transfer the **potatoes** to a pot or saucepan, then submerge with water and crumble in the stock cube (see pantry for amount).
- Boil the **potatoes** for 12 - 15 minutes, then reserve a small amount of the cooking liquid before draining and setting aside.
- Meanwhile, discard the tips of the **green beans** and then cut in half. Finely chop the **onion**.



3. Fry the vegetables

- Drizzle the **green beans** with olive oil, then add the rest of the **onion** and fry for 3 - 4 minutes over medium heat. Season to taste with salt and pepper.
- Meanwhile, in a small bowl combine the ketchup with the **soy sauce**, honey and water (see pantry for amounts). Add the sauce to the **meatballs** and fry for 2 minutes, stirring regularly, then turn off the heat.
- Chop the fresh herbs in the meantime.



2. Make the meatballs

- Transfer the **green beans** to a deep frying pan and submerge with water. Boil for 4 - 6 minutes, covered, then drain and return to the pan.
- In a bowl, combine the **mince** with the **panko** and then shape it into three **meatballs** per person.
- Melt a small knob of butter in a frying pan over high heat and fry the **meatballs** for 2 - 3 minutes or until evenly browned.
- Reduce the heat to medium, then add half of the **onion** and cover with the lid. Fry for 4 - 6 minutes.



4. Serve

- Mash the **potatoes** with a small knob of butter and some of the cooking liquid as preferred. Stir in the mustard and fresh herbs, then season to taste with salt and pepper.
- Serve the mash on plates with the vegetables and the **meatballs** alongside.
- Drizzle with the sauce from the frying pan to finish.

Enjoy!



Fragrant Green Chicken Curry

over brown rice with carrot & broccoli

Total time: 25 - 30 min.



Onion



Garlic



Coconut milk



Green curry spices



Fish sauce



Broccoli



Quick-cook brown rice



Carrot



Ginger paste



Chicken breast



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

Did you know that coconut milk doesn't come directly from the nut itself? The white flesh of the coconut is first mixed with water and then the coconut milk is squeezed out.

Tear me out!



Before you begin

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

Utensils

Pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|------|------|------|
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Green curry spices (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fish sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Broccoli* (g) | 200 | 360 | 500 | 720 | 860 | 1080 |
| Quick-cook brown rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Carrot* (unit(s)) | ½ | 1 | 1 | 1 | 2 | 2 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Chicken breast* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| From your pantry | | | | | | |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (ml) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Low sodium vegetable stock cube (unit(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 2845 / 680 | 491 / 117 |
| Total fat (g) | 26 | 5 |
| of which saturated (g) | 15,5 | 2,7 |
| Carbohydrates (g) | 68 | 12 |
| of which sugars (g) | 8,8 | 1,5 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 39 | 7 |
| Salt (g) | 3,5 | 0,6 |

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 and crumble in the stock cube (see pantry for amounts). Reserve 50ml stock per person to use in step 3. Boil the **rice** in the remaining stock for 10 minutes, then drain if necessary.
- Chop the **onion** and crush or mince the **garlic**.
- Cut the head of the **broccoli** into florets and dice the stem.
- Cut the **carrot** into crescents.



2. Fry the chicken

- Dice the **chicken breast** into 2cm cubes.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the **chicken** for 4 - 5 minutes until evenly browned.
- Add the **ginger paste, garlic, carrot and onion** and fry for 2 minutes.



3. Make the curry

- Add the **broccoli, coconut milk, green curry spices, fish sauce*** and the reserved stock.
- Allow to simmer gently for 8 - 10 minutes, then season to taste with salt and pepper.

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



4. Serve

- Serve the **green curry** on deep plates with the **rice** alongside.

Enjoy!



Vietnamese-Inspired Rice Bowl

with pork, mango & nước chấm dressing

Total time: 25 - 30 min.



White long grain rice



Farmer's mincemeat



Garlic



Mint, coriander & Thai basil



Lime



Fish sauce



[Persian] cucumber



Onion



Red chili pepper



Ginger paste



Lamb's lettuce



Mango



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

Nước chấm is a common name for Vietnamese dipping sauces. This famous version plays with the flavours sweet, sour, salty and spicy.

Tear me out!



Before you begin

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

Utensils

Deep frying pan, kettle, microplane, lidded pot or saucepan, peeler, salad bowl, small bowl

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-----------------------------------|-----|-----|-----|-----|-----|-----|
| White long grain rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Farmer's mincemeat* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mint, coriander & Thai basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Fish sauce (ml) | 10 | 15 | 20 | 30 | 35 | 45 |
| [Persian] cucumber* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Lamb's lettuce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Mango* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |

From your pantry

| | | | | | | |
|---|-----|-----|-----|-----|-----|------|
| Sugar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Low sodium vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Boiled water (ml) | 180 | 360 | 540 | 720 | 900 | 1080 |
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water for the sauce (ml) | 30 | 60 | 90 | 120 | 150 | 180 |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3276 /783 | 571 /137 |
| Total fat (g) | 33 | 6 |
| of which saturated (g) | 8 | 1,4 |
| Carbohydrates (g) | 94 | 16 |
| of which sugars (g) | 30,7 | 5,4 |
| Fibre (g) | 8 | 1 |
| Protein (g) | 26 | 5 |
| Salt (g) | 3,5 | 0,6 |

Allergens

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



1. Prepare

- Boil the water in a kettle (see pantry for amount). Crush or **mince** the **garlic**.
- Heat a drizzle of sunflower oil in a pot or saucepan over medium high heat. Fry the **ginger** paste with half of the **garlic** for 1 - 2 minutes, then add the **rice** and pour in the boiling water.
- Crumble in the stock cube and bring to a boil, then lower the heat and cover with the lid.
- Cook the **rice** for 12 - 15 minutes, then take the pan off the heat and allow to stand until serving, covered.



2. Make the salad

- Chop the **onion** into thin half rings and slice the **cucumber** into thin crescents. Peel the **mango** and finely dice the flesh.
- Transfer everything to a salad bowl, add the **lamb's lettuce** and then toss well to combine (see Tip).
- In a small bowl, combine the **garlic** with the sugar, **fish sauce***, white wine vinegar and the water for the sauce (see pantry for amount). Mix well to combine.

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

Tip: if you don't like raw onion, fry it with the mince instead.



3. Fry the mince

- Heat a drizzle of sunflower oil in a deep frying pan over high heat. Fry the **mince** for 3 minutes, separating it as you do so.
- Deseed and finely chop the **red chili pepper***. Roughly chop the fresh herbs and zest the **lime**.
- Take the frying pan off the heat, then stir in the fresh herbs and the **red chili pepper**.
- Cut the **lime** into wedges and squeeze 1 wedge per person into the pan. Add some **lime zest** as preferred, then season to taste with salt and pepper.

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



4. Serve

- Serve the **mince, rice** and salad on plates with the dressing.
- Garnish with the rest of the **lime wedges** as preferred.

Did you know... 🍈 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.

Enjoy!



Giant Couscous with Greek-Style Cheese

with mushrooms, sweet potato & toasted pumpkin seeds

Total time: 35 - 45 min.



Onion



Carrot



Mushrooms



Sweet potato



Giant couscous



Pumpkin seeds



Greek-style cheese



Peruvian-style spice mix



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

Did you know that the sweet potato contains more beta-carotene, also known as pro-vitamin A, than regular potatoes? This substance accounts for the sweet potato's orange colour.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded pot or saucepan, kitchen paper, peeler, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|----------|-----|-----|-----|-----|------|
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Carrot* (unit(s)) | ½ | ¾ | 1 | 1 | 1½ | 1¾ |
| Mushrooms* (g) | 125 | 250 | 400 | 400 | 650 | 650 |
| Sweet potato (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Pumpkin seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Greek-style cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Peruvian-style spice mix (sachet(s)) | ½ | ¾ | 1 | 1½ | 1¾ | 2 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Low sodium vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| White 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) | 2837 /678 | 426 /102 |
| Total fat (g) | 25 | 4 |
| of which saturated (g) | 11 | 1,7 |
| Carbohydrates (g) | 83 | 13 |
| of which sugars (g) | 19 | 2,9 |
| Fibre (g) | 14 | 2 |
| Protein (g) | 27 | 4 |
| 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

Heat the oven to 200°C and prepare the stock in a pot or saucepan for the **giant couscous**. Meanwhile, chop the **onion** and dice the **carrot**. Wipe the **mushrooms** clean with kitchen paper and then slice them. Wash or peel the **sweet potato**, then dice into 1.5cm cubes.

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.



4. Prepare the toppings

Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop. Meanwhile, crumble the **Greek-style cheese**.



2. Roast the vegetables

Transfer the **onion, mushroom, sweet potato** and **carrot** to a parchment-lined baking sheet. Drizzle with the olive oil and season with a generous amount of salt and pepper. Roast in the oven for 15 - 20 minutes, tossing halfway.



5. Finish

Transfer the roasted vegetables and **giant couscous** to a bowl. Add the white balsamic vinegar and the Peruvian **spices**, then mix well to combine. Season to taste with salt and pepper.



3. Boil the giant couscous

Meanwhile, boil the **giant couscous** for 12 - 14 minutes, covered. Add a splash of water as necessary if the **couscous** becomes too dry. Stir to separate the grains and then set aside.



6. Serve

Serve the **giant couscous** and vegetables on plates, garnishing with the **Greek-style cheese** and the toasted **pumpkin seeds**.

Enjoy!



Bacon-Wrapped Pollock with Potatoes

with carrots & ravigote sauce

Total time: 40 - 50 min.



Potatoes



Carrot



Onion



Bacon



Ravigote sauce



Pollock



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

Ravigote comes from the French verb ravigoter - to rouse, or invigorate. It's precisely this property that makes this refreshing sauce so suitable for pairing with fish.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---------------------|-----|-----|-----|-----|------|------|
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Bacon* (slice(s)) | 3 | 6 | 9 | 12 | 15 | 18 |
| Ravigote sauce* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Pollock* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |

From your pantry

| | | | | | | |
|-------------------------------|---|---|----|---|----|----|
| Sunflower oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin 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) | 2837 /678 | 448 /107 |
| Total fat (g) | 37 | 6 |
| of which saturated (g) | 7,5 | 1,2 |
| Carbohydrates (g) | 51 | 8 |
| of which sugars (g) | 13,4 | 2,1 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 33 | 5 |
| Salt (g) | 1,8 | 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 slice into thin circles, then transfer to a bowl. Drizzle with sunflower oil and season with salt and pepper, then toss well to coat. Transfer the sliced **potatoes** to a parchment-lined baking sheet and roast in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.



2. Boil the carrot

Thoroughly wash or peel the **carrot** and chop into thin rounds. Transfer the **carrot** to a pot or saucepan, cover with a shallow layer of water and add a pinch of salt. Bring to a boil and allow the **carrot** to cook gently for 8 - 10 minutes, covered, then drain and set aside. Stir the extra virgin olive oil into the **carrots** and then season to taste with pepper (see Tip).

Tip: you can also use butter if preferred.



3. Prepare the pollock

Chop the **onion**. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **onion** for 2 - 3 minutes. In the meantime, pat the fish dry with kitchen paper and then wrap it with the **bacon**.



4. Finish the carrots

Stir the fried **onion** into the **carrots** and set aside to keep warm until serving.



5. Fry the pollock

Heat the olive oil in the same frying pan over medium-high heat. Fry the fish for 3 - 4 minutes per side or until done, then season to taste with pepper.



6. Serve

Serve the **bacon**-wrapped fish with the **potatoes**, **carrots**, and the **ravigote sauce** alongside.

Did you know... 🥕 *carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.*

Enjoy!