



Hamburger with Potato Wedges

with mushrooms & mesclun salad

Calorie Smart

Total time: 35 - 45 min.



Potatoes



Onion



Mushrooms



Tomato



Mesclun



Fresh rosemary



Hamburger from Meatier



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

Did you know that rosemary originates from the coasts around the Mediterranean Sea? Naturally, the plant grows close to the coast, hence its name means 'sea dew'.

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, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	125	250	375	500	625	750
Tomato (unit(s))	½	1	2	2	3	3
Mesclun* (g)	20	40	60	90	100	130
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6

From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (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)	2741 /655	435 /104
Total fat (g)	35	6
of which saturated (g)	13,7	2,2
Carbohydrates (g)	54	8
of which sugars (g)	6,2	1
Fibre (g)	12	2
Protein (g)	29	5
Salt (g)	2,1	0,3

Allergens

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



1. Prepare

Take the **burger** out of the fridge and allow it to reach room temperature. Thoroughly wash the **potatoes** and cut them into wedges. Slice the **onion** into half rings. Discard the **rosemary** stalks and roughly chop the leaves.



4. Fry the vegetables

Melt half of the butter in a frying pan over medium-high heat. Fry the **onion** with the **mushrooms** for 7-9 minutes, seasoning to taste with salt and pepper.

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



2. Fry the wedges

Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the **potato wedges** with the rosemary for 20 - 25 minutes, covered, tossing regularly. Remove the lid and season to taste with salt and pepper, then continue frying for 10 more minutes until done. Slice the **mushrooms** in the meantime.



5. Fry the burger

Melt the rest of the butter in another frying pan over medium-high heat. Fry the **burger** for 3 - 4 minutes per side, seasoning to taste with salt and pepper.



3. Make the salad

Cut the **tomato** into wedges. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, honey and mustard, then season to taste with salt and pepper. Transfer the **tomato** and **mesclun** to the salad bowl and toss well to combine with the dressing.



6. Serve

Serve the **burger** with the **potato** wedges. Serve the fried vegetables and the salad alongside.

Enjoy!



'Kapsalon' with Veggie Döner

with homemade fries, salad & garlic mayo

Family Veggie

Total time: 40 - 50 min.



Potatoes



Onion



Tomato



Little gem



Garlic



Veggie döner kebab



Grated Gouda



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

This vegetarian döner has as much flavour and bite as real meat. However, this product is 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

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Little gem* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Veggie döner kebab* (g)	80	160	240	320	400	480
Grated Gouda* (g)	15	25	35	50	60	75
From your pantry						
Buttermilk (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2½	5	7½	10	12½	15
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3640 /870	547 /131
Total fat (g)	61	9
of which saturated (g)	13,6	2
Carbohydrates (g)	55	8
of which sugars (g)	4,8	0,7
Fibre (g)	16	2
Protein (g)	24	4
Salt (g)	2,4	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 220°C. Peel the **potatoes** and cut into fries of no more than 1cm thickness, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes, tossing halfway. Bake longer if you would prefer the fries to be crispier.



4. Fry the veggie döner

Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **onion** for 2 minutes, then add the **veggie döner** and fry for 5 - 7 minutes.



2. Chop the vegetables

Slice the **onion** into half rings. Dice the **tomato**. Chop the **lettuce** into thin ribbons. Crush or mince the **garlic**.



5. Make the salad

In the meantime, transfer the **lettuce** and **tomato** to the salad bowl and toss well to combine with the dressing.

Did you know... 🌱 this recipe provides over 200g of vegetables and is low in salt and saturated fat. It's a far cry from the classic kapsalon in the Dutch snackbars!



3. Make the dressing

In a salad bowl, combine the buttermilk with the same amount of mayonnaise and season to taste with salt and pepper (see Tip). In a small bowl, combine the rest of the mayonnaise with the **garlic** (or use less **garlic** if preferred).

Tip: you can also use yoghurt or regular milk instead of buttermilk.



6. Serve

Serve the fries on plates. Top with the salad, the **veggie döner** and the **cheese**. Serve with the **garlic** mayonnaise (see Tip). If you would prefer the fries to stay crispy, serve them on the side.

Tip: you can also serve with sambal as preferred.

Enjoy!

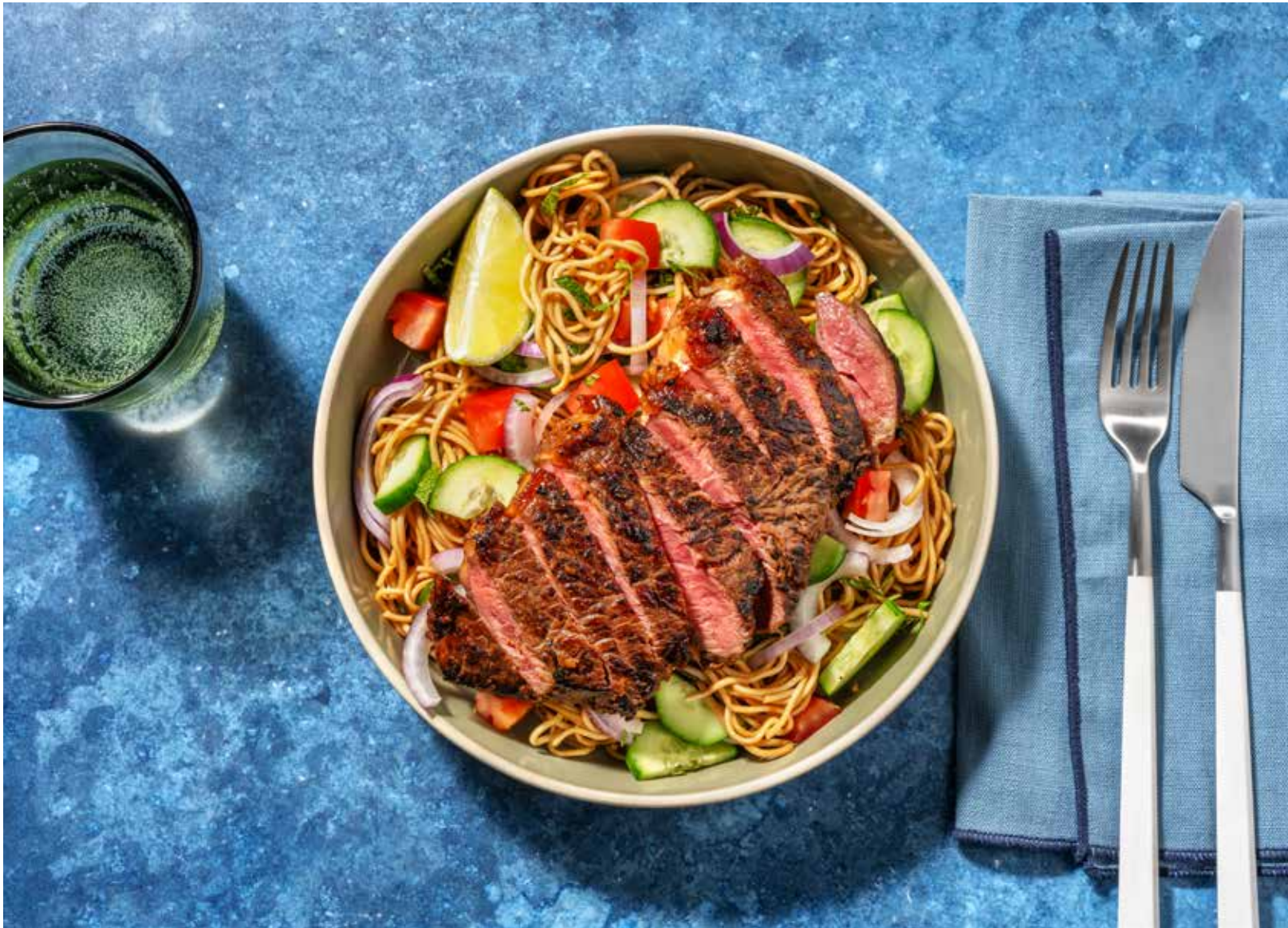


Marinated Steak over Noodle Salad

with East Asian-style sauce, lime & fresh mint

Nice & Fast

Total time: 25 - 30 min.



Garlic



Ginger paste



Lime



East Asian-style sauce



Fish sauce



Wholewheat noodles



[Persian] cucumber



Tomato



Onion



Fresh mint



Marinated steak



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

Before you begin

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

Utensils

Aluminum foil, bowl, pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Fish sauce (ml)	10	20	30	40	50	60
Wholewheat noodles (g)	50	100	150	200	250	300
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	1	2	2
Fresh mint* (g)	5	10	15	20	25	30
Marinated steak* (unit(s))	1	2	3	4	5	6

From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	¾	1½	2¼	3	3¾	4½
Black pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1929 /461	421 /101
Total fat (g)	11	2
of which saturated (g)	1,7	0,4
Carbohydrates (g)	58	13
of which sugars (g)	14,7	3,2
Fibre (g)	6	1
Protein (g)	33	7
Salt (g)	5,5	1,2

Allergens

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



1. Prepare

Take the **steak** out of the fridge and allow it to reach room temperature. Cut the **lime** into wedges and crush or mince the **garlic**. In a bowl, combine the **garlic** with the **East Asian-style sauce**, **ginger paste**, sugar and **soy sauce** (see Tip).

Health tip 🍋 if you're watching your salt intake, omit the soy sauce here and add some later while serving instead.



4. Fry the steak

Boil plenty of water in a pot or saucepan and cook the **noodles** for 4 - 5 minutes, then drain and rinse under cold water. Heat the sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the **steak** for 1 - 3 minutes per side until evenly browned (see Tip).

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



2. Marinate the steak

Squeeze one lime wedge per person directly into the bowl, then add the **fish sauce*** and the **steak**. Mix well to combine, then set aside to marinate until step 3 (see Tip).

Tip: marinating the steak will make it more tender. If you have time, marinate it longer or even overnight.

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



5. Finish

Add the marinade to the pan during the final minute of cooking. Remove the **steak** from the pan and season with pepper, then allow to rest under aluminum foil. Transfer the **noodles** to the pan and mix well to combine with the residual marinade, then transfer to the salad and toss well.



3. Make the salad

Slice the **cucumber** into crescents and dice the **tomato**. Cut the **onion** into thin half rings, then transfer all three to a salad bowl. Discard the **mint** stalks and finely chop the leaves, then add to the salad bowl and toss well to combine. Set aside until later use.



6. Serve

Slice the **steak** against the grain into thin strips. Serve the **noodles** on plates and top with the **steak**. Serve the rest of the **lime wedges** alongside.

Enjoy!



Quick Spaghetti Bolognese

with bacon, courgette & cheese

Family Nice & Fast

Total time: 25 - 30 min.



Spaghetti



Onion



Garlic



Courgette



Carrot



Bacon



Tomato paste



Beef mince with Italian seasoning



Passata



Dried oregano



Grated Gouda



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

This dish will bring the rich flavours of Bologna to your home in only 25 minutes!

Before you begin

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

Utensils

Lidded deep frying pan, grater, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	⅓	⅔	1	1½	1¾	2
Carrot* (unit(s))	½	1	1	1	2	2
Bacon* (slice(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	40	50	65	75
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	75	150	225	300	375	450
Low sodium beef 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)	3582 / 856	655 / 157
Total fat (g)	37	7
of which saturated (g)	12,8	2,3
Carbohydrates (g)	87	16
of which sugars (g)	20,3	3,7
Fibre (g)	12	2
Protein (g)	40	7
Salt (g)	2,4	0,4

Allergens

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1. Prepare

- Boil plenty of salted water in a pot or saucepan for the spaghetti.
- Chop the onion and crush or mince the garlic.
- Dice the courgette and grate the carrot.
- Cut the bacon into strips.

Did you know... 🍆 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



2. Boil the spaghetti

- Heat the olive oil in a deep frying pan with a lid over medium-high heat.
- Fry the onion and garlic for 1 minute, then add the carrot, courgette and tomato paste and fry for another minute.
- Stir in the mince and the bacon and fry for 2 – 3 more minutes.
- Meanwhile, boil the spaghetti for 10 - 12 minutes until al dente, then drain and set aside.



3. Make the sauce

- Add the passata and oregano, then pour in the water (see pantry for amount).
- Turn the heat to low and allow to simmer for 8 - 10 minutes with the lid on (see Tip).
- Crumble in the stock cube and season to taste with salt and pepper.

Tip: if you have time, let the sauce simmer for longer – this helps to deepen the flavours. Add another splash of water if the sauce becomes too thick.



4. Serve

- Mix half a tablespoon per person of the sauce into the spaghetti (see Tip).
- Serve the spaghetti on plates and top with the rest of the sauce.
- Garnish with the cheese.

Tip: this stops the spaghetti from sticking together.

Enjoy!



Roasted Vegetable Bulgur Salad

with pumpkin seeds and goat's cheese

Calorie Smart Veggie

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



Fresh goat's cheese



Romano pepper



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

Before you begin

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

Utensils

Parchment-lined baking sheet, 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)	40	75	115	150	190	225
Ground cumin (sachet(s))	¼	½	¾	1	1½	2
Pumpkin seeds (g)	5	10	15	20	25	30
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
Fresh goat's cheese* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	1	2	3	4	5	6
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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2134 / 510	353 / 84
Total fat (g)	22	4
of which saturated (g)	7	1,2
Carbohydrates (g)	55	9
of which sugars (g)	13,9	2,3
Fibre (g)	17	3
Protein (g)	15	2
Salt (g)	1,5	0,2

Allergens

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

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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, 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. Crumble the **goat's cheese** 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**, 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. 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.



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!



Conchiglie with Burrata & Basil Crème

in tomato-mushroom sauce with Sicilian-style herbs

Family Veggie

Total time: 25 - 30 min.



Conchiglie



Garlic



Onion



Carrot



Mushrooms



Passata



Sicilian-style herb mix



Basil crème



Burrata



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

Conchiglie is pronounced as 'con-keel-yay'. It means shell in Italian!

Before you begin

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

Utensils

Lidded pot or saucepan, large deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Conchiglie (g)	90	180	270	360	450	540
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Mushrooms* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Basil crème (ml)	15	24	39	48	63	72
Burrata* (ball(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3029 / 724	620 / 148
Total fat (g)	31	6
of which saturated (g)	9,3	1,9
Carbohydrates (g)	83	17
of which sugars (g)	12,7	2,6
Fibre (g)	12	2
Protein (g)	23	5
Salt (g)	1,8	0,4

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 pasta and crumble in the stock cube (see pantry for amount).
- Chop the onion and crush or mince the garlic.
- Wash or peel the carrot, then quarter it lengthways and finely chop. Slice the mushrooms.
- Boil the pasta for 11 - 13 minutes, then reserve 50ml pasta water per person. Drain and set aside, covered.



2. Fry the vegetables

- Meanwhile, heat a generous drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the mushrooms with the carrot for 2 - 3 minutes, then stir in the onion and fry for 3 - 4 minutes or until the onion is soft.

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.



3. Make the sauce

- Stir in the garlic and Sicilian-style herbs and fry for 1 more minute, then deglaze with the balsamic vinegar.
- Add the passata and allow to reduce for 2 - 3 minutes, then add the pasta, as well as the reserved pasta water and cook for 2 more minutes.
- Season to taste with salt and pepper.



4. Serve

- Serve the pasta on deep plates.
- Halve the burrata and serve on top of the pasta.
- Drizzle with the basil crème to finish.

Enjoy!



Minced Beef & Vegetable Pie

with onion chutney & green beans

Family

Total time: 45 - 55 min.



Onion



Carrot



Seasoned minced meat blend



Puff pastry



Green beans



Onion chutney



Curry powder



Ground turmeric



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

Green beans contain many important minerals. For instance, potassium helps maintain healthy blood pressure, and iron and folic acid help you feel more energetic.

Before you begin

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

Utensils

Deep frying pan, lidded pot or saucepan, oven dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Green beans* (g)	150	300	450	600	750	900
Onion chutney* (g)	20	40	60	80	100	120
Curry powder (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Ground turmeric (tsp)	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3301 / 789	618 / 148
Total fat (g)	49	9
of which saturated (g)	24,1	4,5
Carbohydrates (g)	55	10
of which sugars (g)	13	2,4
Fibre (g)	14	3
Protein (g)	28	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. Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion. Wash or peel the carrot and then thinly slice it.
- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the carrot and onion for 4 - 5 minutes, then add the minced and fry for 3 - 4 minutes, separating it as you do so.

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.



2. Bake the pie

- Add the onion chutney, turmeric, curry powder and stock. Bring to a boil and cook for 2 - 3 minutes until thickened and reduced.
- Season to taste with salt and pepper.
- Transfer the filling to an oven dish and top with the pastry.
- Pierce the surface several times with a fork, then bake in the oven for 20 - 25 minutes until the pastry is golden-brown.



3. Boil the green beans

- In the meantime, discard the tips of the green beans.
- Transfer to a pot or saucepan and cover with a shallow layer of water, then add a pinch of salt.
- Bring to a boil, covered, then allow to cook gently for 6 - 8 minutes or until al dente.
- Drain and then season to taste with salt and pepper.



4. Serve

- Serve the pie on plates with the green beans on the side.

Enjoy!



Smoky Conchiglie Al Forno

with mozzarella, basil & Romano pepper

Calorie Smart Family Nice & Fast Veggie

Total time: 25 - 30 min.



Onion



Garlic



Romano pepper



Middle Eastern
spice mix



Conchiglie



Mozzarella



Tomato



Passata



Smoky tomato ketchup



Fresh basil



Grated Gouda



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

Conchiglie is prized for its shape - these pasta shells perfectly envelop sauces, delivering flavour with every bite!

Before you begin

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

Utensils

Deep frying pan, oven dish, lidded pot or saucepan

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
Romano pepper* (unit(s))	½	1	2	2	3	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	2	3	4	5
Passata (g)	100	200	300	400	500	600
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	25	40	60	80	100	120

From your pantry

Olive oil (tbsp)	¼	½	¾	1	1¼	1½
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)	2916 /697	571 /137
Total fat (g)	23	4
of which saturated (g)	12,7	2,5
Carbohydrates (g)	88	17
of which sugars (g)	17,3	3,4
Fibre (g)	10	2
Protein (g)	32	6
Salt (g)	2	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 220°C.
- Boil plenty of water in a pot or saucepan for the conchiglie and crumble in the stock cube (see pantry for amount).
- Boil the conchiglie for 14 - 16 minutes, covered, then drain and set aside.

Did you know... 🌱 eating less meat is beneficial for your health; in particular, it reduces the risk of cardiovascular diseases.



2. Fry the vegetables

- Chop the onion and crush or mince the garlic.
- Dice the Romano pepper. Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the Romano pepper and Middle Eastern spices and fry for 4 more minutes.
- Meanwhile, tear the mozzarella into small pieces and dice the tomato.



3. Assemble

- Stir the passata and the diced tomatoes into the vegetables and cook for 2 more minutes, then stir in the conchiglie.
- Season to taste with salt and pepper, then transfer to an oven dish.
- Top with the mozzarella and smoky tomato ketchup, along with half of the grated cheese.
- Bake in the oven for 5 minutes or until the mozzarella has melted.



4. Serve

- Roughly chop the basil leaves.
- Serve the conchiglie al forno on plates and garnish with the basil and the rest of the cheese.

Enjoy!



Giant Couscous with Chorizo & Courgette

with cranberry chutney, semi-dried tomatoes & salad

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Giant couscous



Onion



Courgette



Garlic



Diced chorizo



Cranberry chutney



Radicchio & iceberg lettuce



Greek-style cheese



Sundried tomatoes



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

Did you know that courgette is a very low-calorie vegetable? It contains only 14 grams of calories per 100 grams. Perfect for in this calorie-conscious recipe!

Before you begin

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

Utensils

Lidded pot or saucepan, salad bowl, frying pan, fork

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Onion (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Diced chorizo* (g)	40	75	115	150	190	225
Cranberry chutney* (g)	20	40	60	80	100	120
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	25	50	75	100	125	150
Sundried tomatoes (g)	15	30	50	70	80	100
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	130	260	390	520	650	780
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2648 /633	452 /108
Total fat (g)	23	4
of which saturated (g)	9,7	1,7
Carbohydrates (g)	76	13
of which sugars (g)	14,9	2,5
Fibre (g)	10	2
Protein (g)	27	5
Salt (g)	2,6	0,4

Allergens

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



1. Prepare

- Prepare the stock in a pot or saucepan, then gently boil the giant couscous for 12 - 14 minutes, covered (see Tip).
- Fluff through the grains with a fork and then set aside.
- Slice the onion into thin half rings and crush or mince the garlic.
- Slice the courgette into thin crescents.



2. Fry the vegetables

- In the meantime, heat the olive oil in a frying pan over medium-high heat.
- Fry the chorizo, onion and garlic for 3 minutes, then add the courgette and continue frying for 6 - 8 minutes or until the courgette is done.
- Stir in the cranberry chutney and the giant couscous and cook for another minute.
- Season to taste with salt and pepper.



3. Make the salad

- Transfer the lettuce and the white wine vinegar to a salad bowl.
- Season with salt and pepper, then toss well to combine.
- Cut the sundried tomatoes into thin strips.



4. Serve

- Serve the giant couscous on plates with the salad alongside.
- Garnish with the sundried tomatoes and crumble over the Greek-style cheese.

Did you know... 🌱 most of us eat less than 150g vegetables per day, which is much lower than the RDA. Thankfully however, this recipe contains over 250g per serving.

Enjoy!



Harissa Portobello Bulgur Bowl

with smoky chickpeas & cucumber-tomato salad

Plant-Based **Nice & Fast**

Total time: 25 - 30 min.



Chickpeas



Bulgur



Middle Eastern
spice mix



[Persian] cucumber



Tomato



Smoked paprika



Onion



Portobello mushroom



Harissa



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

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

Before you begin

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

Utensils

Bowl, pot or saucepan, small bowl, sieve, 2x frying pan, kitchen paper

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chickpeas (pack)	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	1	2	1	1	3	3
Tomato (unit(s))	½	1	2	2	3	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Onion (unit(s))	½	1	1	2	2	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Harissa* (g)	15	30	45	60	75	90
From your pantry						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3376 / 807	669 / 160
Total fat (g)	43	8
of which saturated (g)	5,1	1
Carbohydrates (g)	73	15
of which sugars (g)	7	1,4
Fibre (g)	21	4
Protein (g)	21	4
Salt (g)	1,8	0,4

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 cook the bulgur for 10-12 minutes, then drain and return to the pot.
- Add the Middle Eastern-style spices and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.
- Drain and rinse the chickpeas, then pat dry with kitchen paper.
- Heat a clean frying pan over medium-high heat and fry the chickpeas for 12 - 14 minutes.



3. Make the salad

- Dice the cucumber and tomato.
- In a bowl, combine the white wine vinegar with the extra virgin olive oil.
- Add the tomato and cucumber and toss well to combine, seasoning to taste with salt and pepper.
- In a small bowl, combine the mayo with the sambal and the water (see pantry for amounts).



2. Fry the portobello

- Add a generous drizzle of sunflower oil and the smoked paprika, then fry for another 2 - 3 minutes over medium-high heat.
- Meanwhile, chop the onion into half rings and thinly slice the portobello.
- Heat a drizzle of sunflower oil in a frying pan over medium heat and fry the portobello with the onion for 5 minutes.
- Stir in the harissa and the honey, then fry for 1 more minute. Season to taste with salt and pepper.



4. Serve

- Serve the bulgur on deep plates.
- Top with the portobello, chickpeas and tomato-cucumber salad.
- Drizzle with the sambal mayo to finish.

Enjoy!



Tuna Melt-Style Naan Pizza

with Sicilian-style herbs, chives & crunchy salad

Nice & Fast

Total time: 25 - 30 min.



Garlic



Naan bread



Grated Gouda



[Persian] cucumber



Tomato



Passata



Sicilian-style herb mix



Onion



Fresh chives



Tuna packed in olive oil



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

When slicing chives, hold them against your chopping board in a tight bundle with one hand. With the other, chop them using your knife. This ensures even cuts and stops them from flying around the kitchen.

Before you begin

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

Utensils

Parchment-lined baking sheet, large salad bowl, sieve, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Naan bread (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
[Persian] cucumber* (unit(s))	1½	3	¾	1	3¾	4
Tomato (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Fresh chives* (g)	5	10	15	20	25	30
Tuna packed in olive oil (can)	1	1	2	2	3	3
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3280 / 784	635 / 152
Total fat (g)	35	7
of which saturated (g)	8,9	1,7
Carbohydrates (g)	83	16
of which sugars (g)	17	3,3
Fibre (g)	8	2
Protein (g)	30	6
Salt (g)	2,9	0,6

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings and crush or mince the garlic.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Add the garlic, passata, Sicilian herbs and balsamic vinegar, along with half of the sugar. Fry for 4 - 5 minutes, seasoning to taste with salt and pepper.



2. Assemble

- Meanwhile, transfer the naan to a parchment-lined baking sheet and bake in the oven for 4 - 5 minutes.
- Drain the tuna.
- Spread the tomato sauce over the naan, then top with the tuna and half of the onion.
- Scatter over the cheese, then bake in the oven for 5 - 8 minutes.



3. Make the salad

- In the meantime, slice the cucumber into thin crescents.
- Cut the tomato into wedges and finely chop the chives.
- In a large salad bowl, combine the white wine vinegar with the extra virgin olive oil, the mustard and the rest of the sugar. Season to taste with salt and pepper.



4. Serve

- Shortly before serving, transfer the tomato, cucumber and chives to the salad bowl.
- Add the rest of the onion, then toss well to combine with the dressing.
- Serve the naan pizzas with the salad alongside.

Enjoy!



Courgette Soup with Toasted Pumpkin Seeds

with wild mushroom pesto on toasted ciabatta

Family Veggie

Total time: 35 - 45 min.



Onion



Potatoes



Courgette



Pumpkin seeds



Wholegrain ciabatta



Wild mushroom pesto



Grated Gouda



Truffle-style olive oil



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

Before you begin

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

Utensils

Parchment-lined baking sheet, immersion blender, peeler or cheese slicer, lidded soup pot, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Potatoes (g)	100	200	300	400	500	600
Courgette* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	5	10	15	20	25	30
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Wild mushroom pesto* (g)	40	80	120	160	200	240
Grated Gouda* (g)	25	50	75	100	125	150
Truffle-style olive oil (ml)	4	8	12	16	20	24

From your pantry

Low sodium vegetable stock cube (unit(s))	¾	1½	2¼	3	3¾	4½
Boiled water (ml)	300	600	900	1200	1500	1800
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)	3690 / 882	435 / 104
Total fat (g)	57	7
of which saturated (g)	14,1	1,7
Carbohydrates (g)	58	7
of which sugars (g)	7,3	0,9
Fibre (g)	22	3
Protein (g)	27	3
Salt (g)	2,8	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 180°C and boil the water (see pantry for amount). Finely chop the **onion**. Thoroughly wash or peel the **potatoes**, then finely dice them. Use a peeler or **cheese** slicer to shave 3 **courgette** ribbons per person, then dice the rest of the **courgette**.



4. Bake the bread

Cut open the **bread roll**, transfer to a parchment-lined baking sheet and spread with half of the **mushroom pesto**. Top with half of the **grated cheese**, then bake in the oven for 8 minutes.



2. 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. Heat half of the olive oil in a soup pot over low heat and fry the onion for 2 minutes. Stir in the diced courgette, turn the heat to medium-low and fry for 3 minutes.

Did you know... 🍂 pumpkin seeds are rich in zinc, which supports growth and the immune system. Zinc is found primarily in animal products, so if you're vegetarian it's therefore very important to be aware of your zinc intake.



5. Finish

Take the soup off the heat and use an immersion blender to process until smooth, adding some more boiling water if it's too thick. Stir the rest of the **pesto** and **cheese** into the soup, then season to taste with salt and pepper.



3. Make the soup

Add the **potatoes** and the boiling water to the soup pot, then crumble in the stock cube (see pantry for amounts). Cover with the lid and boil for 10 minutes over low heat. In the meantime, heat the rest of the olive oil in the same pan you used for the **pumpkin seeds**. Fry the **courgette** ribbons for 5 minutes over medium-low heat, turning halfway.



6. Serve

Serve the soup in bowls and top with the **courgette** ribbons. Garnish with the **pumpkin seeds**, then drizzle over the **truffle-style oil** as preferred. Serve with the **ciabatta** alongside.

Enjoy!



Creamy Beef Spaghetti with Harissa

with spinach, Romano pepper & fresh parsley

Family Nice & Fast

Total time: 15 - 20 min.



Wholewheat spaghetti



Beef mince with kofta seasoning



Garlic



Romano pepper



Spinach



Cream cheese



Harissa



Red chili pepper



Fresh flat leaf parsley



Diced tomatoes with garlic & onion



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

Romano peppers have a particularly sweet flavour. They also have a slightly thinner skin compared to the regular bell pepper, so you'll barely be able to notice it when eating this dish.

Before you begin

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

Utensils

Deep frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat spaghetti (g)	90	180	270	360	450	540
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Spinach* (g)	50	100	100	200	200	300
Cream cheese* (g)	25	50	75	100	125	150
Harissa* (g)	30	60	90	120	150	180
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
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
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3155 / 754	563 / 135
Total fat (g)	28	5
of which saturated (g)	14,4	2,6
Carbohydrates (g)	80	14
of which sugars (g)	19,5	3,5
Fibre (g)	15	3
Protein (g)	38	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 water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Cook the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, cut the Romano pepper into strips and crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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



2. Fry the mince

- Melt a knob of butter in a deep frying pan over high heat and fry the Romano pepper, garlic and chili pepper for 1 - 2 minutes.
- Add the mince and fry for 2 - 3 minutes.

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



3. Make the sauce

- Add the diced tomatoes and fry for 2 - 3 more minutes.
- Meanwhile, finely chop the parsley.
- Reduce the heat and tear the spinach directly into the pan, in batches if necessary. Mix well so as to allow to wilt and reduce.



4. Serve

- Stir in the cream cheese, then taste and season with salt and pepper as needed.
- Add the spaghetti and mix well to combine, adding a splash of pasta water as necessary if the sauce is too dry.
- Serve the spaghetti on deep plates. Drizzle with the harissa and garnish with the parsley.

Enjoy!



Cheesy Mushroom Quesadillas

with avocado crema & tortilla chips

Family Nice & Fast Veggie

Total time: 15 - 20 min.



Flour tortillas



Grated Gouda



Pre-cut onion & garlic



Pre-cut mushroom mix



Bell pepper



Avocado



Organic sour cream



Sweet chilli tortilla chips



Mexican-style spices



Ground paprika



Lime



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!

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	25	50	75	100	125	150
Pre-cut onion & garlic* (g)	20	40	60	80	100	120
Pre-cut mushroom mix* (g)	90	175	175	350	350	525
Bell pepper* (unit(s))	½	1	2	2	3	3
Avocado (unit(s))	½	1	2	2	3	3
Organic sour cream* (g)	50	100	150	200	250	300
Sweet chilli tortilla chips (g)	40	75	110	150	185	225
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Lime* (unit(s))	⅓	⅔	1	1½	1½	2
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)	3364 / 804	708 / 169
Total fat (g)	43	9
of which saturated (g)	12,1	2,5
Carbohydrates (g)	77	16
of which sugars (g)	8,7	1,8
Fibre (g)	10	2
Protein (g)	22	5
Salt (g)	2,5	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.
- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the onion and garlic with the mushrooms for 3 minutes.
- Cut the bell pepper into strips, then add this and the paprika to the mushrooms. Fry for 5 - 6 minutes, seasoning with plenty of salt and pepper.



2. Make the quesadillas

- Cut the lime into six wedges.
- In a small bowl, combine half of the sour cream with the Mexican-style spices* and then spread this over the tortillas.
- Top with the grated cheese and then transfer the vegetables to half of each tortilla.
- Fold in half so as to make quesadillas, then transfer to a parchment-lined baking sheet and bake on the top shelf of the oven for 4 - 5 minutes.

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



3. Make the avocado crema

- Halve and pit the avocado, then scoop the flesh into a bowl. Discard the skin and then mash the avocado.
- Add the rest of the sour cream and squeeze in 1 lime wedge per person.
- Mix well to combine and season to taste with salt and pepper.



4. Serve

- Halve the quesadillas and serve on plates.
- Serve with the avocado crema and the tortilla chips.
- Serve the rest of the lime wedges alongside.

Enjoy!



Pasta Salad with Chicken & Avocado

in honey mustard dressing with Greek-style cheese

Nice & Fast

Total time: 15 - 20 min.



Penne



Radicchio & iceberg lettuce



Tomato



Greek-style cheese



Avocado



Chicken breast with Mediterranean herbs



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

Tomatoes were brought to Europe by explorers. Initially grown as ornamental plants in South America, they were soon discovered for their delightful flavour and culinary versatility.

Before you begin

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

Utensils

Pot or saucepan, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Radichio & iceberg lettuce* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	2	4	4	6
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	2	2	3	3
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
From your pantry						
Mustard (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3736 / 893	738 / 176
Total fat (g)	45	9
of which saturated (g)	12,8	2,5
Carbohydrates (g)	77	15
of which sugars (g)	14,1	2,8
Fibre (g)	7	1
Protein (g)	43	8
Salt (g)	2,4	0,5

Allergens

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



1. Cook the pasta

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 9 - 11 minutes, then drain and rinse under cold water.
- Meanwhile, melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side.
- Lower the heat and fry for a further 4 - 5 minutes, or until done.



2. Chop the vegetables

- Dice the tomato.
- Halve and pit the avocado, then remove the skin and slice the flesh.
- Slice the chicken breast.

Did you know... 🥑 avocado is rich in unsaturated fat, which is good for cholesterol levels and overall cardiovascular health.



3. Make the dressing

- In a salad bowl, combine the mayonnaise with the honey, mustard and white wine vinegar.
- Season to taste with salt and pepper.
- Transfer the lettuce, tomato and pasta to the salad bowl and toss well to combine with the dressing.



4. Serve

- Serve the pasta salad on plates.
- Top with the chicken and avocado.
- Crumble over the Greek-style cheese to finish.

Enjoy!



Steak Strips with Wholewheat Noodles

with stir-fried vegetables & gomashio

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Steak strips



Pre-cut fresh ginger, garlic & red chili pepper



Vegetable mix: pepper, leek, cabbage and carrot



Wholewheat noodles



East Asian-style sauce



Gomashio



Ginger stir fry sauce



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

We have already cut the ginger, garlic and red chili pepper for you, so this dish will be ready in no time!

Before you begin

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

Utensils

Aluminum foil, bowl, pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Pre-cut fresh ginger, garlic & red chili pepper* (g)	10	20	30	40	50	60
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir fry sauce (g)	20	35	55	70	90	105
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
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)	2301 / 550	550 / 131
Total fat (g)	17	4
of which saturated (g)	5,8	1,4
Carbohydrates (g)	65	16
of which sugars (g)	24	5,7
Fibre (g)	8	2
Protein (g)	33	8
Salt (g)	2,4	0,6

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 noodles.
- Take the steak strips out of the fridge and allow to reach room temperature.
- Transfer the steak strips to a bowl along with the ginger stir-fry sauce and ketjap. Mix well to combine, then cover with aluminium foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic-ginger-chili pepper mix* for 1 minute.

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



2. Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Boil the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.



3. Fry the steak strips

- Melt a knob of butter in a frying pan over high heat.
- Fry the steak strips for 1 minute until evenly browned, seasoning to taste with salt and pepper.



4. Serve

- Serve the noodles and vegetables on deep plates and top with the steak strips.
- Drizzle with any remaining cooking juices from the pan.
- Garnish with the gomashio.

Did you know... 🌱 Chinese cabbage is high in calcium, folic acid and vitamin C. This helps your bones and muscles to stay strong and healthy.

Enjoy!



Homemade Flatbreads with Goat's Cheese

with courgette, basil crème & arugula salad

Total time: 40 - 50 min.



Flour



Organic full-fat yogurt



Baking powder



Onion



Courgette



Tomato



Arugula & lamb's lettuce



Passata



Dried oregano



Fresh goat's cheese



Basil crème



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

In this recipe you'll make your own flatbread from scratch, using just 3 ingredients: flour, yogurt and baking powder. The dough doesn't need to rise because the recipe doesn't use yeast, so you'll have the flatbread on the table in no time.

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, rolling pin, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour (g)	50	100	150	200	250	300
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Baking powder (g)	7	14	21	28	35	42
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Passata (g)	50	100	150	200	250	300
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Fresh goat's cheese* (g)	50	75	100	125	175	200
Basil crème (ml)	10	15	24	30	39	45

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2272 /543	483 /116
Total fat (g)	28	6
of which saturated (g)	9,6	2
Carbohydrates (g)	52	11
of which sugars (g)	10,6	2,3
Fibre (g)	6	1
Protein (g)	18	4
Salt (g)	3,8	0,8

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.
- Weigh the flour and the **yogurt** and transfer to a bowl, along with (per person) 1.5 tsp **baking powder** and half a teaspoon of salt.
- Knead into a smooth, elastic dough. It should still be slightly sticky, but add some extra flour if necessary.
- Divide the dough into two pieces per person. Dust the countertop with flour and then roll out each piece of dough as flat as possible.



4. Fry the vegetables

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the **courgette** with the rest of the **onion** and half of the **oregano** for 4-6 minutes.
- Season to taste with salt and pepper.



2. Fry the flatbread

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry one **flatbread** at a time for 1 - 2 minutes per side.
- Transfer the **flatbread** to a parchment-lined baking sheet.
- Repeat with the rest of the dough, adding extra oil if necessary. Set the baking sheet aside until later use.



5. Bake the flatbread

- Spread 2 tbsp **passata** onto each **flatbread**, then scatter over the rest of the **oregano**.
- Season with salt and pepper, then top with the **onion** and **courgette**.
- Crumble over the **goat's cheese** and drizzle over half of the **basil crème**, then bake in the oven for 4 - 6 minutes.



3. Chop the vegetables

- Slice the **courgette** into thin rounds.
- Cut half the **onion** into thin half rings and finely chop the rest (see Tip).
- Dice the **tomato**, then transfer this and the finely chopped **onion** to a salad bowl. Set aside until later use.

Tip: the chopped onion will be used in the salad. If you don't like raw onion, then slice the whole onion into rings and fry all of it with the courgette instead.



6. Serve

- To the salad bowl, add the **lettuce**, the white balsamic vinegar and the rest of the **basil crème**.
- Drizzle with extra virgin olive oil as preferred.
- Season to taste with salt and pepper, then toss well to combine.
- Slice the flatbreads and serve with the salad alongside.

Enjoy!



Hake with Sweet Potato-Bacon Mash

with leek & carrot

Calorie Smart Family

Total time: 35 - 45 min.



Sweet potato



Potatoes



Leek



Bacon lardons



Carrot



Skin-on hake fillet



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

In this recipe you'll make your own flatbread from scratch, using just 3 ingredients: flour, yogurt and baking powder. The dough doesn't need to rise because the recipe doesn't use yeast, so you'll have the flatbread on the table in no time.

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, lidded pot or saucepan, kitchen paper, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Potatoes (g)	100	200	300	400	500	600
Leek* (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	25	50	75	100	125	150
Carrot* (unit(s))	½	1	1½	2	2½	3
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	30	60	90	120	150	180
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2464 /589	382 /91
Total fat (g)	23	4
of which saturated (g)	11,6	1,8
Carbohydrates (g)	59	9
of which sugars (g)	16,7	2,6
Fibre (g)	14	2
Protein (g)	30	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. Prepare

Boil plenty of water in a pot or saucepan for the **potatoes** and crumble in the stock cube (see pantry for amount). Weigh the **sweet potato**. Peel or thoroughly wash the **carrot** and both types of **potato**, then cut into rough pieces. Slice the **leek** into thin rings.



2. Stew the leek

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the leek for 2 minutes and season with salt and pepper, then add the water (see pantry for amount). Turn the heat to medium-low and cover with the lid. Stew the leek for 12-15 minutes, stirring occasionally. Boil all the potatoes with the carrot for 12 - 15 minutes, then reserve some of the cooking liquid before draining and setting aside.



3. Fry the bacon

Meanwhile, heat a clean frying pan over medium-high heat and fry the **bacon lardons** for 4-5 minutes. Remove from the pan and set aside, keeping the cooking juices in the pan.



4. Fry the fish

Pat the fish dry with kitchen paper and season with salt and pepper. Melt a knob of butter in the same frying pan over medium-high heat and fry the fish for 1 - 2 minutes per side.



5. Mash the vegetables

Mash the **potatoes** with a splash of the reserved cooking liquid. Stir in the **leek** and the mustard, along with half of the **bacon lardons**. Mix well and season to taste with salt and pepper.



6. Serve

Serve the mash on plates and top with the fish and the rest of the **bacon lardons**.

Did you know... 🥔 potatoes and sweet potatoes are full of vitamins and minerals such as zinc, iron, potassium and vitamins B and C. Sweet potato is also rich in vitamin A, which is good for your eyes and helps to support a healthy immune system.

Enjoy!



Orzo with Baked Greek-Style Cheese

with roasted vegetables & bell pepper sauce

Calorie Smart Veggie

Total time: 30 - 40 min.



Bell pepper



Courgette



Orzo



Roasted bell pepper sauce



Onion



Italian seasoning



Greek-style cheese



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

In this recipe, you'll put the whole block of Greek-style cheese in the oven. The cheese will melt, and form a delicious creamy sauce to accompany the orzo.

Before you begin

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

Utensils

Lidded deep frying pan, oven dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	50	100	150	200	250	300
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2540 /607	499 /119
Total fat (g)	25	5
of which saturated (g)	10,8	2,1
Carbohydrates (g)	68	13
of which sugars (g)	12	2,4
Fibre (g)	12	2
Protein (g)	22	4
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

- Preheat the oven to 200°C.
- Chop the bell pepper into thin strips and then cut these in half.
- Cut the courgette into crescents and slice the onion into half rings.
- Leave the slab of cheese whole and spread with 0.5 tbsp per person of the roasted bell pepper sauce.

Did you know... 🍆 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



2. Assemble

- Transfer all the vegetables to an oven dish, along with the Italian herbs.
- Add the balsamic vinegar and drizzle with olive oil, then toss well to coat, seasoning with salt and pepper.
- Place the slab of cheese in the middle of the oven dish on top of the vegetables, then bake in the oven for 20 minutes (see Tip).

Tip: bake until the cheese is soft and the vegetables are done.



3. Boil the orzo

- Heat a clean deep frying pan over medium-high heat.
- Toast the orzo for 1 minute, then pour in plenty of water and bring to a boil.
- Crumble in the stock cube (see pantry for amount). Reduce the heat to low and then boil the orzo for 10 - 12 minutes, covered.



4. Serve

- Drain the orzo and then transfer to the oven dish.
- Mix well to combine with the cheese and vegetables, then stir in the rest of the roasted bell pepper sauce before serving.

Enjoy!



Steak with Sweet Onion Jus

with potatoes & cucumber salad

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Marinated steak



Potatoes



Onion



Little gem



[Persian] cucumber



Dill, mint & flat leaf parsley



Italian seasoning



Yellow mustard seeds



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

Little Gem is the younger brother of romaine. Its sweeter flavour and small size make for fresh bites that don't even require a knife and fork.

Before you begin

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

Utensils

Aluminum foil, lidded deep frying pan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	2	4	1	1	5	5
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2761 /660	473 /113
Total fat (g)	39	7
of which saturated (g)	15,7	2,7
Carbohydrates (g)	45	8
of which sugars (g)	5	0,9
Fibre (g)	11	2
Protein (g)	31	5
Salt (g)	1	0,2

Allergens

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

2024-W37



1. Boil the potatoes

Take the **steak** out of the fridge and allow it to reach room temperature. Peel or thoroughly wash the **potatoes** and then cut into wedges. Transfer to a deep frying pan and submerge with water, then boil for 12 - 15 minutes, covered. Reserve 40ml per person of the cooking liquid, then drain and return to the pan. Set aside until step 5.



4. Make the sauce

To the **onion**, add the ketjap and the reserved cooking liquid. Mix well and boil for 1 minute (see Tip). Turn off the heat and then stir in the **mustard seeds**.

Tip: if you don't have ketjap, you can combine soy sauce with some sugar or honey as preferred.



2. Prepare the salad

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, mayonnaise and mustard, then season to taste with salt and pepper. Thinly slice the cucumber and cut the lettuce into smaller pieces. Finely chop the fresh herbs, then set everything aside until step 5.



5. Finish

Add a knob of butter and the **Italian herbs** to the **potatoes** and fry for 1 - 2 minutes over medium-high heat. Season to taste with salt and pepper. Shortly before serving, transfer the **cucumber**, **lettuce** and herbs to the salad bowl and toss well to combine with the dressing.



3. Fry the steak

Slice the **onion** into half rings. Melt a generous knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **steak** with the **onion** for 1 - 3 minutes per side. Remove the **steak** from the pan and season with salt and pepper, then allow to rest for at least 3 minutes under aluminium foil.



6. Serve

Serve the **potatoes** and salad on plates. Thinly slice the **steak** and serve alongside. Top the **steak** with the **onion** sauce.

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

Enjoy!



Crispy No-Chicken Burger with Dill Mayo

on a carrot bun with fries & cucumber salad

Plant-Based

Total time: 35 - 45 min.



Potatoes



Carrot bun



Happy go Clucky from the Vegetarian Butcher



Lollo bionda



[Persian] cucumber



Fresh dill



Onion



Yellow mustard seeds



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

Before you begin

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

Utensils

Parchment-lined baking sheet, 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
Lollo bionda* (head)	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	2	4	1	1	5	5
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

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4246 /1015	563 /135
Total fat (g)	64,9	8,6
of which saturated (g)	8,2	1,1
Carbohydrates (g)	78,2	10,4
of which sugars (g)	15,5	2,1
Fibre (g)	16,8	2,2
Protein (g)	21,6	2,9
Salt (g)	2,6	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. 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.

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.*



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.



3. Make the onion sauce

Finely chop the **onion**. In a saucepan, heat 25ml water per person 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**.



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.



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.



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!



Meatballs with Carrot-Leek Stamppot

with bacon & ketjap jus

Family

Total time: 40 - 50 min.



Potatoes



Carrot



Leek



Bacon lardons



Beef & pork meatballs



Ketjap manis



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

Did you know that potatoes retain more vitamins when you cook them with the skin on?

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, pot or saucepan, potato masher, slotted spoon, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	75	100	125	150
Beef & pork meatballs* (unit(s))	4	8	12	16	20	24
Ketjap manis (ml)	10	20	30	40	50	60
From your pantry						
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3632 / 868	510 / 122
Total fat (g)	50	7
of which saturated (g)	26	3,6
Carbohydrates (g)	64	9
of which sugars (g)	17,3	2,4
Fibre (g)	18	3
Protein (g)	32	5
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

Boil plenty of salted water in a pot or saucepan (see Tip). Wash or peel the **potatoes** and cut them into rough pieces. Cut the **carrot** into 3cm chunks. Boil both for 12 - 15 minutes until done, then drain and set aside.

Tip: use two pans if you're cooking for more than four people.



2. Fry the bacon

Heat a clean frying pan over medium-high heat and fry the **bacon lardons** for 5 - 7 minutes until done. Remove from the pan using a slotted spoon so as to keep the cooking juices in the pan.



3. Fry the leek

Meanwhile, chop the **leek** into thin rings. Melt a knob of butter in a deep frying pan and fry the **leek** for 5 - 7 minutes. Season to taste with salt and pepper.



4. Fry the meatballs

Melt a knob of butter in the same pan you used for the **bacon lardons** over medium-high heat. Fry the **meatballs** for 4 - 6 minutes until evenly browned, then remove from the pan and set aside (see Tip). Melt another knob of butter in the same pan, then stir in the ketjap and half of the mustard. Crumble in the stock cube and then deglaze with the water (see pantry for amounts). Transfer the **meatballs** back to the pan and allow the jus to gently reduce until serving.

Tip: the meatballs should not be done yet, as they will finish cooking in the jus.



5. Mash the vegetables

Transfer the **leek** to the vegetables and then mash everything with a knob of butter and a splash of milk, along with the rest of the mustard. Stir in the **bacon lardons** and then season to taste with salt and pepper.



6. Serve

Top the stamppot with the **meatballs**, then pour the jus and serve.

Did you know... 🌱 *most of us eat less than 150g vegetables per day, which is much lower than the RDA. Thankfully however, this recipe contains over 250g per serving.*

Enjoy!

Steak Wraps with Potato Wedges

with quick-pickled cucumber & mint mayo

Nice & Fast

Total time: 20 - 25 min.



Steak strips



Flour tortillas



Potatoes



Garlic



Onion



[Persian] cucumber



Bell pepper



Fresh mint



Dried oregano



Greek-style spice mix



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

Did you know that oregano is one of the most commonly used herbs worldwide? For example, oregano is a fixture in both Mediterranean and Mexican cuisine.

Before you begin

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

Utensils

Aluminum foil, bowl, deep frying pan, large frying pan, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Flour tortillas (unit(s))	2	4	6	8	10	12
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Fresh mint* (g)	5	10	15	20	25	30
Dried oregano (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Extra virgin olive oil					to taste	
Salt & pepper					to taste	

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3891 /930	519 /124
Total fat (g)	43	6
of which saturated (g)	6,4	0,9
Carbohydrates (g)	96	13
of which sugars (g)	16,3	2,2
Fibre (g)	14	2
Protein (g)	37	5
Salt (g)	2	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 180°C.
- Cut the cucumber into 5cm batons.
- In a bowl, combine the white wine vinegar with the sugar. Add the cucumber, then toss well to combine and set aside.
- Thoroughly wash the potatoes and cut them into wedges (see Tip).

Health tip 🍏 *this recipe is high in calories. If you're watching your calorie intake, prepare just half of the potatoes. You can use the rest another time.*



3. Fry the vegetables

- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the onion with the bell pepper, garlic and oregano for 4 - 6 minutes.
- Wrap the tortillas in aluminium foil and heat for 3 - 4 minutes in the oven.
- Add the steak strips to the vegetables and fry for 1 - 2 minutes. Add the honey and season to taste with salt and pepper.



2. Make the sauce

- Boil a shallow layer of water in a deep frying pan. Cook the potatoes for 12 - 15 minutes, then drain and transfer back to the pan.
- Finely chop the mint and transfer to a small bowl. Add the mayonnaise and the water (see pantry for amounts).
- Add some extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Slice the onion into half rings and crush or mince the garlic. Cut the bell pepper into strips.



4. Serve

- Drizzle the potato wedges with olive oil, then add the Greek-style spices and toss well to coat.
- Fry the wedges for 1 - 2 minutes over medium-high heat.
- Spread the tortillas with the mint mayo. Fill with the vegetables, steak strips and cucumber, then fold into wraps. Serve the potato wedges alongside.

Enjoy!



Teriyaki Veggie No-Beef Bowl

over rice with beansprouts, orange salad & peanuts

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Scallions



Garlic



Jasmine rice



Red chili pepper



Butter lettuce



Lime



Easy peel orange



Vegetarian beef-style pieces



Teriyaki sauce



Beansprouts



Salted peanuts



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

Before you begin

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

Utensils

Bowl, kettle, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Butter lettuce* (head)	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Easy peel orange* (unit(s))	½	1	2	2	3	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
Teriyaki sauce (g)	25	50	75	100	125	150
Beansprouts* (g)	25	50	75	100	125	150
Salted peanuts (g)	10	20	30	40	50	60
From your pantry						
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower 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)	2883 / 689	652 / 156
Total fat (g)	25	6
of which saturated (g)	2,9	0,7
Carbohydrates (g)	88	20
of which sugars (g)	17,7	4
Fibre (g)	8	2
Protein (g)	30	7
Salt (g)	2,9	0,6

Allergens

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



1. Prepare the rice

- Finely chop the scallions and separate the white part from the greens. Crush or mince the garlic.
- Heat a light drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the white part of the scallions with half of the garlic for 2 - 3 minutes.
- Meanwhile, boil plenty of water for the rice, then pour this into the pot or saucepan and crumble in the stock cube (see pantry for amount).
- Boil the rice for 12 - 15 minutes, then drain and set aside.



3. Fry the veggie beef

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the chili pepper with the rest of the garlic for 1 - 2 minutes, then add the veggie beef and fry for 2 - 3 more minutes.
- Stir in the teriyaki sauce and the beansprouts and fry for 1 more minute.
- In the meantime, roughly chop the peanuts.



2. Chop the vegetables

- Deseed and finely chop the red chili pepper*. Roughly chop the lettuce and cut the lime into wedges.
- Peel the orange and cut the flesh into small pieces. In a bowl, combine the extra virgin olive oil with half of the scallion greens and the juice of one lime wedge per person.
- Season to taste with salt and pepper, then add the lettuce and toss well to combine.

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



4. Serve

- Serve the salad and the rice on opposite sides of the plate.
- Top the rice with the teriyaki veggie beef and then top the salad with the orange.
- Garnish with the peanuts and the rest of the scallion greens.

Enjoy!