




Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheese | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, large bowl, frying pan

Ingredients

Organic sour cream* (g)	100
Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Mexican-style spices (sachet(s))	½
Grated Gouda* (g)	150
Sweet chilli tortilla chips (g)	300
Beef-pork meatballs* (unit(s))	4
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	976 /233
Total fat (g)	15
of which saturated (g)	4,3
Carbohydrates (g)	17
of which sugars (g)	2,3
Fibre (g)	3
Protein (g)	7
Salt (g)	0,8

Allergens

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



Prepare

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

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

Chop

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

Serve

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

Enjoy!




Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, grater, large bowl, lidded saucepan, microplane, plate, frying pan

Ingredients

Jasmine rice (g)	150
Red onion (unit(s))	1
Shrimp* (g)	240
Fresh coriander & mint* (g)	10
Persian cucumber* (unit(s))	1
East Asian-style sauce* (g)	25
Carrot* (unit(s))	1
Rice paper (unit(s))	1
Fresh ginger* (tsp)	2
Hoisin sauce (g)	25
From your pantry	
Water (ml)	360
White wine vinegar (tbsp)	1
Sugar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	570 /136
Total fat (g)	1
of which saturated (g)	0,2
Carbohydrates (g)	26
of which sugars (g)	3,5
Fibre (g)	1
Protein (g)	6
Salt (g)	0,7

Allergens

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

1



2



3



Prepare

- Boil the water (see pantry for amount) in a lidded saucepan. Cook the rice for 10 - 12 minutes, covered, then set aside to cool down.
- Grate the carrot and finely chop the onion.
- In a bowl, mix the white wine vinegar with the sugar and a pinch of salt. Mix in the onion and carrot and set aside. Stir regularly so that the flavours can sink in properly.

Chop the aromatics

- Finely grate 2 tsp of ginger.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the ginger and shrimp. Fry for 2 - 3 minutes and season with salt and pepper.
- Finely chop the fresh herbs. Cut the cucumber into thin sticks.
- Fill a large bowl or deep plate with lukewarm water. Soak one of the rice paper sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

Serve

- Place the shrimp in the middle of the rice paper, then top with some of the carrot, onion, cucumber, rice, sweet East Asian-style sauce and fresh herbs.
- Fold the bottom of the rice paper over the filling, then fold the sides and roll it up.
- Repeat these steps for the rest of the rice paper sheets.
- Serve on a large platter or plate, with the hoisin sauce.

Enjoy!



Quesadillas with Pulled Chicken

with bell pepper and BBQ sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, frying pan

Ingredients

Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
Chicken breast* (unit(s))	2
BBQ Sauce (g)	50
Red onion (unit(s))	1
Bell Pepper* (unit(s))	1
Crème fraîche* (g)	50
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2870 / 686	718 / 172
Total fat (g)	32	8
of which saturated (g)	18	4,5
Carbohydrates (g)	56	14
of which sugars (g)	12,1	3
Fibre (g)	5	1
Protein (g)	42	10
Salt (g)	2,1	0,5

Allergens

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

1



2



3



Prepare

- Preheat the oven to 200°C.
- Chop the bell pepper into strips.
- Slice the onion into half rings.

Fry the chicken

- Season the chicken with salt and pepper.
- Heat the butter in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side. Reduce the heat and fry for a further 4 - 5 minutes or until done.
- Remove the chicken from the pan and shred it using two forks.
- Add the chicken back to the pan, together with the bell pepper, onion and BBQ sauce. Simmer for 4 - 5 minutes on medium-high heat.

Serve

- Place the tortillas on a parchment-lined baking sheet. Add the pulled chicken and veggies to just half of each tortilla.
- Top with the grated cheese, then fold the other side over the filling and press down.
- Put the quesadillas in the oven and bake for 5 - 7 minutes, until golden brown.
- Serve the quesadillas with the crème fraîche on the side.

Enjoy!




Crispy Chicken Bites

with sriracha-mayo and mango dip | 4 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl, two bowls

Ingredients

Chicken breast* (unit(s))	3
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50
From your pantry	
[Plant-based] mayonnaise (tbsp)	2
Olive oil (tbsp)	2
Sambal (tsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	988 /236
Total fat (g)	15
of which saturated (g)	2,4
Carbohydrates (g)	11
of which sugars (g)	3
Fibre (g)	1
Protein (g)	15
Salt (g)	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Put the regular mayonnaise into a bowl.
- In a separate medium bowl, combine the panko breadcrumbs, piri piri seasoning* and 2 tbsp of olive oil. Season with salt and pepper.
- Cut the chicken breast into 3cm chunks.

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

Bake the chicken

- Add the chicken to the mayonnaise, season with salt and pepper and mix well.
- Dip the chicken into the breadcrumbs and make sure they are completely coated. Transfer to a parchment-lined baking tray.
- Bake the chicken on the top shelf of the oven for 15 - 20 minutes, until slightly golden brown and cooked through.

Serve

- Mix the mango chutney and sour cream in a small bowl.
- Add the sambal and season with salt and pepper to taste.
- Place the chicken bites on a serving plate.
- Serve the mango dip and Sriracha-mayo on the side for dipping.

Enjoy!




Pan-Fried Shrimp Tossed with Garlic & Red Chili Pepper

with curry-style yogurt dip | to share

Appetizer

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Microplane, small bowl, frying pan

Ingredients

Organic Greek yogurt* (g)	150
Yellow curry spices (sachet(s))	1
Garlic (unit(s))	2
Jumbo shrimp* (g)	260
Shaved almonds (g)	10
Lime* (unit(s))	1
Red chili pepper* (unit(s))	1

From your pantry

Sunflower oil (tbsp)	¼
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	414 /99
Total fat (g)	5
of which saturated (g)	2
Carbohydrates (g)	3
of which sugars (g)	1,6
Fibre (g)	1
Protein (g)	9
Salt (g)	0,7

Allergens

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

1



Prepare

- Zest the lime, then cut into wedges.
- 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 shrimp

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp, season with salt and pepper and fry for 4 - 5 minutes.
- Add the garlic and red chili pepper, fry for another minute, then remove the pan from the heat.
- Add the lime zest to the shrimp.

3



Finish

- In a small bowl, mix together the Greek yogurt and curry spices. Season with salt and pepper.
- Spoon the curry yogurt into a serving bowl. Top with the shrimp, along with the garlic and red chili pepper.
- Sprinkle over the shaved almonds and serve with the lime wedges.

Enjoy!



Super Cheesy Pesto Garlic Baguettes

with Gouda | to share

Appetizer

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, medium bowl

Ingredients

Garlic (unit(s))	2
Green pesto* (g)	40
White demi-baguette (unit(s))	4
Grated Gouda* (g)	150
From your pantry	
Olive oil (tbsp)	4

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1348 /322
Total fat (g)	16
of which saturated (g)	5,3
Carbohydrates (g)	35
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	10
Salt (g)	1,2

Allergens

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Prepare

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- Slice the demi-baguettes into pieces, taking care not to cut the whole way through, and transfer them to a parchment-lined baking sheet.

Prepare the baguettes

- In a medium bowl, mix together the garlic, cheese, pesto and olive oil.
- Use a spoon to scoop two-thirds of the pesto mixture equally into each cut in the baguettes (see Tip).

Tip: don't worry if the bread breaks when doing this. The cheese will melt and stick it back together in the oven.

Serve

- Spread the rest of the pesto mixture over the top of the baguettes.
- Bake for 10 - 12 minutes, or until the cheese is melted and slightly golden.
- Transfer the baguettes to a serving platter.
- Allow to cool for a couple of minutes, then tear and share.

Enjoy!




Flammekueche with Bacon, Courgette & Red Onion

with crème fraîche & arugula | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet

Ingredients

Flammekueche* (unit(s))	2
Crème fraîche* (g)	100
Chopped red onion* (g)	75
Arugula* (g)	40
Courgette* (unit(s))	½
Bacon* (slice(s))	4

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1933 /462	709 /170
Total fat (g)	23	9
of which saturated (g)	12	4,4
Carbohydrates (g)	47	17
of which sugars (g)	3,8	1,4
Fibre (g)	2	1
Protein (g)	14	5
Salt (g)	1,5	0,6

Allergens

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Prepare

- Preheat the oven to 220°C.
- Transfer the flammekueche dough to a parchment-lined baking sheet.
- Slice the courgette into crescents.

Add the toppings

- Chop the bacon into smaller pieces.
- Spread the crème fraîche over the dough, then scatter over the bacon, courgette and pre-chopped red onion.

Serve

- Bake the flammekueche in the oven for 8 - 10 minutes.
- Slice the flammekueche and garnish with the arugula.

Enjoy!




Tear 'n Share Camembert Ciabatta

with rosemary and garlic | to share

Appetizer

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, small saucepan

Ingredients

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

Nutritional values

	Per 100g
Energy (kJ/kcal)	1300 /311
Total fat (g)	19
of which saturated (g)	9,9
Carbohydrates (g)	23
of which sugars (g)	2,7
Fibre (g)	1
Protein (g)	12
Salt (g)	1,1

Allergens

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



Prepare the ciabatta

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

Make the rosemary-garlic oil

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

Bake the bread and serve

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

Enjoy!




Blueberry & Lemon Banana Bread

with lemon glaze and almond flakes | 10 servings

Baking

Total time: 85 - 95 min.



Tear me out! 

Before you begin

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

Utensils

25cm loaf tin, large bowl, microplane, small bowl, frying pan, whisk

Ingredients

Banana bread mix (g)	400
Blueberries* (g)	125
Lemon* (unit(s))	1
Shaved almonds (g)	10
Powdered sugar (g)	100
Banana (unit(s))	3
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1158 /277
Total fat (g)	10
of which saturated (g)	1,7
Carbohydrates (g)	41
of which sugars (g)	26,2
Fibre (g)	1
Protein (g)	4
Salt (g)	0,5

Allergens

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



Prepare

- Preheat the oven to 160°C.
- Mash the bananas with a fork until smooth. Grease a rectangular loaf tin, or line it with parchment paper.
- In a large bowl, mix the mashed bananas with the banana bread mix, 90ml water and 100ml sunflower oil.
- Zest the lemon into the bowl, then whisk everything together into a smooth batter (you can use an electric whisk or whisk it by hand).

Make the batter

- Add the blueberries and mix them into the batter.
- Juice the lemon and set the juice aside until step 3.
- Pour the batter into the loaf tin, then bake the banana bread for 45 - 55 minutes.
- When you take the banana bread out of the oven, leave it in the tin for 10 minutes, then take it out of the tin and let it cool down for another 5 minutes.

Serve

- While the banana bread is cooling down, heat a frying pan without any oil over high heat. Toast the almond flakes until they're golden brown.
- In a small bowl, combine the icing sugar with 4 tsp lemon juice and mix into a smooth icing.
- Drizzle the icing over the top of the banana bread, then scatter over the almond flakes.

Enjoy!



Chocolate Brownies with Pecans

topped with almond flakes | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

Utensils

Large bowl, oven dish, parchment paper

Ingredients

Chocolate cake mix (g)	400
Egg* (unit(s))	2
Chopped pecans (g)	100
Shaved almonds (g)	20
Not included	
Water (ml)	80
[Plant-based] butter (g)	40
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1702 /407
Total fat (g)	20
of which saturated (g)	5,3
Carbohydrates (g)	47
of which sugars (g)	29,3
Fibre (g)	3
Protein (g)	8
Salt (g)	1,4

Allergens

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



Prepare

- Weigh out the butter and cut it into cubes, then set aside and allow to reach room temperature.
- Preheat the oven to 180°C.
- Line a 20cm x 20cm square baking tin with parchment paper (see Tip).

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

Make the batter

- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter (see Tip).
- Stir in two-thirds of the pecan nuts.
- Pour the batter into the baking tin.
- Scatter the rest of the pecan nuts and the almond flakes over the top, then bake in the oven for 20 - 25 minutes. The brownies are done when you see cracks start to form on the surface.

Tip: if you have an electric whisk or mixer, go ahead and use it here to save time!

Serve

- Take the brownie out of the oven and let it cool down for about 5 minutes (see Tip).
- Cut the brownie into about 9 pieces, then take them out of the baking tin one by one.

Tip: check if the brownie is done by sticking a skewer in it. It's fine if it's still a little bit sticky, but if the batter is very wet then put the brownie back in the oven for a few more minutes.

Enjoy!




Carrot Cake Swiss Roll

with cream cheese, walnuts & orange zest | to share

Baking

Total time: 50 - 60 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, 2x bowl, grater, handheld mixer, tall container, large bowl, microplane, frying pan, tea towel

Ingredients

Flour (g)	100
Egg* (unit(s))	3
Carrot* (unit(s))	1
Ground cinnamon (tsp)	2
Granulated sugar (g)	150
Baking powder (g)	8
Cream cheese* (g)	100
Heavy cream* (ml)	200
Easy peel orange* (unit(s))	1
Chopped walnuts (g)	40
Nutmeg (pinch)	1
From your pantry	
Salt (tsp)	½
Sunflower oil (ml)	45

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1179 /282
Total fat (g)	18
of which saturated (g)	7,4
Carbohydrates (g)	24
of which sugars (g)	16,5
Fibre (g)	1
Protein (g)	5
Salt (g)	0,7

Allergens

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



Prepare

- Preheat the oven to 180°C. Zest the orange and grate the carrots.
- In a bowl, combine the flour with the cinnamon, baking powder and salt. Grate a pinch of nutmeg directly into the bowl.
- In a large bowl, beat the eggs with 130g sugar. Add the carrot, sunflower oil and two-thirds of the orange zest, then mix briefly.
- Use a spatula to carefully fold in the dry ingredients.

Bake the cake

- Transfer the batter to a parchment-lined baking sheet and shape it into a rectangle of around 30cm x 35cm. Bake in the oven for 10 - 13 minutes.
- Transfer the cake on its parchment paper to a cold, lightly damp tea towel.
- Place another sheet of parchment paper on top of the cake, then gently roll it up. Transfer to the fridge and allow to cool.
- Heat a clean frying pan over high heat and toast the walnuts until lightly browned.

Serve

- In a bowl, gradually beat the cream cheese with the rest of the sugar until stiff peaks form, keeping the mixer on its lowest setting.
- Unroll the cake and spread three-quarters of the frosting on top, keeping the edges free.
- Carefully roll up the cake (without the parchment paper).
- Top the cake with the rest of the frosting. Garnish with the walnuts and the rest of the orange zest.

Enjoy!




Classic Apple Crumble

with cinnamon and raisins | 10 servings

Baking

Total time: 45 - 55 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, large bowl, oven dish

Ingredients

Unsalted butter* (g)	150
Apple* (unit(s))	3
Ground cinnamon (tsp)	3
Raisins (g)	40
Flour (g)	200
Baking powder (g)	8
Granulated sugar (g)	100
Egg* (unit(s))	1
From your pantry	
Brown sugar (tbsp)	3

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1135 /271
Total fat (g)	13
of which saturated (g)	7,9
Carbohydrates (g)	35
of which sugars (g)	20,1
Fibre (g)	2
Protein (g)	4
Salt (g)	0,3

Allergens

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



Prepare the crumble topping

- Weigh out the butter and dice, then allow it to come up to room temperature.
- Set aside 1 tbsp of flour for later. In a large bowl, combine the rest of the flour with the baking powder, sugar, butter and 1.5 tsp of cinnamon. Add the egg and use your hands to combine.
- Keep kneading until it reaches a sandy, crumbly texture and sticks together when squeezed. Allow to cool in the fridge while you prepare the filling.

Prepare the filling

- Preheat the oven to 180°C.
- Peel and core the apple, then dice into 2cm cubes.
- In a bowl, mix the apple with the raisins, the rest of the cinnamon, the reserved flour and the brown sugar.
- Grease or line a 20 x 20cm oven dish.

Bake the crumble

- Transfer the filling to the oven dish, then spread the crumble topping over it. Make sure the crumbs are evenly distributed and the apples are completely covered.
- Bake the crumble in the oven for 30 – 35 minutes, or until golden brown.
- Let the apple crumble cool down for 5 minutes before serving.

Enjoy!




Mango Mascarpone Tarts

with almond flakes and lime zest | 8 servings

Baking

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, handheld mixer, tall container, microplane, small bowl

Ingredients

Puff pastry* (roll(s))	1
Mango* (unit(s))	1
Mascarpone* (g)	100
Lime* (unit(s))	1
Cane sugar (g)	100
Shaved almonds (g)	20
Egg* (unit(s))	2
Heavy cream* (ml)	200

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1181 /282
Total fat (g)	19
of which saturated (g)	11,1
Carbohydrates (g)	23
of which sugars (g)	12,5
Fibre (g)	2
Protein (g)	4
Salt (g)	0,2

Allergens

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



Make the mascarpone cream

- Preheat the oven to 190°C. Cut the puff pastry into eight smaller squares and transfer to a parchment-lined baking sheet.
- Peel and slice the mango. Zest the lime.
- Separate two yolks from the egg whites (see Tip).
- Mix the mascarpone, egg yolks and 80 grams of cane sugar in a small bowl. Add half of the lime zest and mix well.

Tip: you can make an omelette with the egg whites.

Bake the tarts

- Divide the mascarpone cream over the puff pastry squares, keeping away from the edges.
- Top with the sliced mango and almond flakes.
- Fold the edges slightly towards the filling.
- Bake the tarts for 12 - 15 minutes, or until the pastry rises and the top is lightly browned.

Serve

- Meanwhile, pour the heavy cream and 20 grams of cane sugar into a tall bowl and beat the cream until firm.
- Place the tarts on a serving plate and top with a dollop of whipped cream.
- Garnish with the rest of the lime zest.

Enjoy!




Lemon Possets

with fresh mint | 4 servings

Dessert

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, microplane, saucepan, sieve

Ingredients

Lemon* (unit(s))	4
Heavy cream* (ml)	400
Granulated sugar (g)	110
Fresh mint* (g)	10

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1035 /247
Total fat (g)	19
of which saturated (g)	12,9
Carbohydrates (g)	17
of which sugars (g)	14,3
Fibre (g)	1
Protein (g)	1
Salt (g)	0

Allergens

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



Prepare the lemons

- Zest one lemon.
- Halve the lemons lengthways and scoop out the flesh.
- Place a sieve above a bowl. Finely chop the flesh, and transfer to the sieve, making sure the bowl is underneath. Press down with the back of a spoon to release the lemon juice.
- Set the lemon juice and zest aside.

Heat the heavy cream

- Heat the heavy cream and sugar in a saucepan on middle-high heat.
- Stir for 5 - 6 minutes, until the sugar has melted and the cream bubbles.
- Turn the heat to low and simmer for 10 - 12 minutes.
- Remove the saucepan from the stove and add the lemon juice and zest. Mix well.

Serve

- Transfer the mixture to the lemons.
- Let it cool down to room temperature, then cover and chill for at least 3 hours in the refrigerator (see Tip).
- Garnish the lemon possets with the mint leaves.

Tip: you can make the lemon possets for up to 24 hours beforehand. Just let them chill in the refrigerator.

Enjoy!

Breakfast box

Kick-start your day!

1

Brioche Grilled Cheese with Brie & Bacon
with onion chutney

2

Crackers Topped with Ham & Cucumber

3

Greek Yogurt Bowl with Pear & Walnuts

Brioche Grilled Cheese with Brie & Bacon

with onion chutney | 2 servings

20 min.



Utensils

Panini grill or frying pan

Ingredients for 2 servings

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

*store in the fridge

Nutritional values

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

Allergens

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

1. Prepare

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

2. Assemble

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

3. Toast

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

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

4. Serve

- Slice the grilled cheese brioche in half and serve.

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



Breakfast box

Crackers Topped with Ham & Cucumber

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Ingredients for 2 persons

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

*store in the fridge

Nutritional values

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

Allergens

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

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

Greek Yogurt Bowl with Pear & Walnuts

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Ingredients for 2 persons

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

From your pantry

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

*store in the fridge

Nutritional values

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

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

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Utensils

Blender or an immersion blender with a tall container, small bowl

Ingredients

Coconut milk (ml)	750
Banana (unit(s))	4
Pineapple* (g)	200
Lime* (unit(s))	1½
Desiccated coconut (g)	10
Blueberries* (g)	125
Cucumber* (unit(s))	½
Spinach* (g)	100
Mango* (unit(s))	1
From your pantry	

Honey [or plant-based alternative] to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	420 /100
Total fat (g)	6
of which saturated (g)	5,4
Carbohydrates (g)	9
of which sugars (g)	7,5
Fibre (g)	1
Protein (g)	1
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

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



Piña Colada Smoothie

- Peel and slice 1 banana. Juice 1 lime into a small bowl.
- Add the banana, pineapple, lime juice and 250ml coconut milk to a blender (or tall container, if you’re using an immersion blender) and blend until smooth.
- Add some honey as preferred, blend it through and then pour the smoothie into two glasses. Garnish with the desiccated coconut.

Green Booster Smoothie

- Chop the cucumber into small pieces. Peel and slice 1 banana. Peel and finely chop the mango. Juice half a lime into a blender (or tall container, if you’re using an immersion blender).
- Add the banana, spinach, cucumber, two-thirds of the mango and 250ml coconut milk, then blend into a thick smoothie. Add some honey to taste, then briefly blend the smoothie again.
- Pour the smoothie into two glasses and garnish with the reserved mango.

Blueberry & Coconut Smoothie

- Peel 2 bananas and cut them into smaller pieces. Add them to a blender or a tall container (if you’re using an immersion blender), along with 250ml coconut milk.
- Set aside a few of the blueberries for the garnish, then add the rest to the container and blend into a thick smoothie. If preferred, add some honey to taste.
- Pour the smoothie into two glasses and garnish with the rest of the blueberries.

Enjoy!



Sunshine Smoothie Bowl

with mango, passion fruit and banana | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

Blender or an immersion blender with a tall container, frying pan

Ingredients

Mango* (unit(s))	2
Passion fruit* (unit(s))	3
Banana (unit(s))	2
Roasted cashew nuts (g)	15
Chia seeds (g)	10
Desiccated coconut (g)	10
Fresh mint* (g)	5

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1854 / 443	419 / 100
Total fat (g)	10	2
of which saturated (g)	3,8	0,9
Carbohydrates (g)	78	18
of which sugars (g)	59,7	13,5
Fibre (g)	11	3
Protein (g)	7	2
Salt (g)	0,1	0

Allergens

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



Prepare

- Peel the mango and dice the flesh. Set aside some of the mango to use later as garnish.
- Cut the passion fruit in half.
- Peel the banana, then roughly chop.
- Set aside a few mint leaves to use as garnish, then finely chop the rest.

Blend the fruit

- Add the mango, banana and chopped mint to a blender (or a tall container if you're using an immersion blender).
- Set aside two passion fruit halves for garnish, then scoop out the flesh from the rest and add to the blender.
- Blend until smooth.

Finish and serve

- Heat a clean frying pan over medium-high heat. Toast the desiccated coconut and chopped cashews for 2 - 4 minutes or until golden brown.
- Serve the smoothie in two bowls. Scoop out the reserved passion fruit halves and add to each bowl, then top with the toasted coconut, cashews, and mango pieces.
- Garnish with the mint leaves and chia seeds.

Enjoy!



Overnight Oats

apple pie, blueberry pie, and carrot cake

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

Grater, large bowl, plastic wrap, saucepan, 2x frying pan

Ingredients

Organic semi-skimmed milk* (ml)	1000
Oats (g)	400
Chia seeds (g)	20
Organic Greek yogurt* (g)	150
Apple* (unit(s))	1
Raisins (g)	80
Ground cinnamon (tsp)	3
Speculaas pieces (g)	30
Blueberries* (g)	125
Carrot* (unit(s))	½
Chopped walnuts (g)	80
From your pantry	
Water (tbsp)	7
Honey [or plant-based alternative] (tsp)	1
Sugar (tbsp)	1
Salt (tsp)	½
[Plant-based] butter (tbsp)	½
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	697 /167
Total fat (g)	6
of which saturated (g)	1,7
Carbohydrates (g)	21
of which sugars (g)	6,3
Fibre (g)	2
Protein (g)	5
Salt (g)	0,2

*The nutritional values are based on the average of the three variations.

Allergens

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



Option 1: Carrot cake (2 servings)

- In a bowl, mix the oatmeal with the milk, yogurt, chia seeds and salt. Cover the bowl with plastic wrap, then refrigerate for at least 6 hours, or overnight.
- Heat a clean frying pan over high heat and toast the walnut pieces until golden brown, then remove from the pan and store in a closed container.
- Divide a third of the overnight oats between two bowls. Grate the carrot and add to the bowls, along with half of the cinnamon and some honey to taste. Mix well.
- Top the oats with half of the walnut pieces and half of the raisins.

Option 2: Blueberry pie (2 servings)

- Divide a third of the overnight oats between two bowls.
- Add two-thirds of the blueberries to a saucepan over medium-high heat. Add 4 tbsp of water and the sugar. Simmer for 4 - 5 minutes over medium-high heat, or until the sauce has a thick, syrupy texture (see Tip).
- Top the oats with the blueberry jam, the rest of the blueberries and the speculaas pieces.

Tip: you can also make the blueberry syrup in advance and store it in an airtight container in the fridge until use.

Option 3: Apple pie (2 servings)

- Divide a third of the overnight oats between two bowls.
- Core and dice the apple.
- Melt a knob of butter in a frying pan over medium-high heat, add the apple, half of the raisins and half the cinnamon along with 3 tbsp of water and 1 tsp honey. Fry for 4 - 5 minutes (see Tip).
- Top the oats with the apples and half of the toasted walnuts.

Tip: you can also make the apple pie base in advance and store it in an airtight container in the fridge until use.

Enjoy!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

Before you begin

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

Utensils

Ingredients

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

From your pantry	
Honey [or plant-based alternative]	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	594 /142
Total fat (g)	9
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	4,9
Fibre (g)	3
Protein (g)	4
Salt (g)	0,1

*The nutritional values are based on the average of the three variations.

Allergens

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

1



Greek yogurt with mango, pumpkin and chia seeds

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

2



Greek yogurt with blueberries, pecan nuts and chia seeds

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

3



Greek yogurt with apple, mango and chia seeds

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

Enjoy!




Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Saucepan, small bowl

Ingredients

Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Lamb's lettuce* (g)	40
Avocado (unit(s))	2
Grana Padano flakes DOP* (g)	20
Tomato (unit(s))	1
Egg* (unit(s))	4
Curry powder (sachet(s))	½
Cress* (g)	20
Cream cheese* (g)	100
Crackers (unit(s))	12

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	743 / 178
Total fat (g)	13
of which saturated (g)	4,4
Carbohydrates (g)	2
of which sugars (g)	1,1
Fibre (g)	3
Protein (g)	6
Salt (g)	0,5

*The nutritional values are based on the average of the three variations.

Allergens

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

1



Option 1: Herbed cream cheese, ham and lamb's lettuce

- Divide four crackers over two plates.
- Spread the herbed cream cheese on the crackers.
- Divide the ham over the crackers and garnish with the lamb's lettuce.

2



Option 2: Smashed avocado, Grana Padano and tomato

- Divide four crackers over two plates.
- Halve and pit the avocado, then scoop out the flesh, transfer to a small bowl and mash well. Slice the tomato.
- Spread the smashed avocado on the crackers. Top with the tomato slices.
- Season with salt and pepper and garnish with the Grana Padano.

3



Option 3: Boiled eggs, cress and curry spices

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes.
- Rinse the egg under cold water, then remove the shell and cut the egg in half.
- Divide four crackers over two plates. Spread the cream cheese on the crackers.
- Add the eggs on top, sprinkle the curry spices and season with salt and pepper to taste. Garnish with the cress.

Enjoy!




American-Style Pancakes

with blueberries and Greek yogurt | 2 servings

Breakfast

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Aluminum foil, frying pan, two bowls, whisk

Ingredients

Flour (g)	150
Organic buttermilk* (ml)	200
Baking powder (g)	8
Blueberries* (g)	125
Organic Greek yogurt* (g)	150
Egg* (unit(s))	2
From your pantry	
Sugar (tbsp)	1
Sunflower oil (tbsp)	½
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2301 / 550	602 / 144
Total fat (g)	18	5
of which saturated (g)	7	1,8
Carbohydrates (g)	73	19
of which sugars (g)	15,2	4
Fibre (g)	5	1
Protein (g)	24	6
Salt (g)	2,1	0,5

Allergens

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



Make the batter

- Beat the eggs in a bowl.
- Add the buttermilk to the eggs, then whisk together until light and fluffy (see Tip).
- Weigh out 150g flour, then transfer to a bowl and add the sugar and half a sachet of baking powder.
- Fold the egg and buttermilk mixture into the flour with a spatula.

Tip: the egg mixture is ready when you can see lots of air bubbles.

Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancake for about 2 minutes on each side.
- Remove from the pan and cover with aluminium foil to keep warm.
- Repeat these steps until you've used all of the batter, adding a little bit of sunflower oil in between each pancake if the pan dries out.

Serve

- Add the blueberries to a bowl.
- Add the Greek yogurt to a bowl.
- Stack the pancakes on plates.
- Garnish with blueberries and a dollop of Greek yogurt. Drizzle with honey to taste.

Enjoy!



French Toast with Fresh Strawberries

with whipped cream | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Bowl, deep plate, handheld mixer, frying pan, whisk

Ingredients

Strawberries* (g)	250
Brioche bun (unit(s))	2
Egg* (unit(s))	2
Heavy cream* (ml)	100
From your pantry	
[Plant-based] milk (ml)	100
[Plant-based] butter (tbsp)	1
Sugar (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2473 /591	672 /161
Total fat (g)	35	10
of which saturated (g)	20,6	5,6
Carbohydrates (g)	49	13
of which sugars (g)	16,1	4,4
Fibre (g)	4	1
Protein (g)	17	5
Salt (g)	1	0,3

Allergens

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



Prepare

- In a bowl, use a handheld mixer to whip the cream with half of the sugar for 2 - 3 minutes or until you have firm peaks.
- Set aside in the fridge until serving.
- Halve the strawberries.

Whisk

- Halve the brioche buns.
- Add the eggs, milk and rest of the sugar to a deep plate and whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the brioche slices in the egg mixture two by two, until they are completely saturated.

Serve

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown. Repeat until all of the slices are done.
- Serve the French toast on plates.
- Garnish with the strawberries and a dollop of whipped cream.

Enjoy!




Eggs Benedict with Spinach and Bacon

on brioche bread with Hollandaise sauce | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

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

Nutritional values

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

Allergens

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

1



2



3



Poach the eggs

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

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

Prepare the spinach

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

Serve

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

Enjoy!



Salad with Chicken and Pesto Dressing

with Greek-style cheese, giant couscous and fresh vegetables | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

Chicken breast* (unit(s))	1
Spinach* (g)	100
Bell pepper* (unit(s))	1
Red cherry tomatoes (g)	125
Greek-style spice mix (sachet(s))	1
Giant couscous (g)	75
Green pesto* (g)	40
Greek-style cheese* (g)	50
From your pantry	
Extra virgin olive oil (tbsp)	2
Red wine vinegar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2339 /559	658 /157
Total fat (g)	34	10
of which saturated (g)	8,3	2,3
Carbohydrates (g)	35	10
of which sugars (g)	8,9	2,5
Fibre (g)	6	2
Protein (g)	25	7
Salt (g)	1,2	0,3

Allergens

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



Fry the chicken

- Boil plenty of water in a pot or saucepan and cook the giant couscous for 12 - 14 minutes, covered, then drain and set aside.
- Cut the chicken breast filet into cubes, then add it to a bowl.
- Mix in half of the Greek-style spice mix and season with salt and pepper.
- Heat the sunflower oil in a frying pan over medium-high heat. Fry the chicken for 5 - 6 minutes until done, then remove from the pan and set aside.

Prepare the vegetables

- Dice the bell pepper.
- Quarter the cherry tomatoes.
- Roughly chop the spinach.
- In a small bowl, add the extra virgin olive oil, pesto, red wine vinegar and the rest of the Greek-style spices. Mix well and season with salt and pepper.

Make the salad jars

- Crumble the Greek-style cheese.
- Pour the dressing into two jars.
- Add the ingredients to the jars in the following order: bell pepper, cherry tomatoes, giant couscous, spinach, chicken and Greek-style cheese (see Tip).

Tip: by following the above order, the ingredients will not get soggy. The salad will stay fresh for you to enjoy during the day or later that week!

Enjoy!



BBQ Chicken Wrap with Avocado & Greek-Style Cheese

with arugula, lamb's lettuce & cucumber | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Aluminum foil, frying pan

Ingredients

Flour tortillas (unit(s))	4
Avocado (unit(s))	1
Persian cucumber* (unit(s))	1
Arugula & lamb's lettuce* (g)	40
BBQ spice rub (sachet(s))	1
Chicken thigh strips* (g)	200
Greek-style cheese* (g)	50

From your pantry

Sunflower oil (tsp)	1
Extra virgin olive oil	to taste
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2615 /625	753 /180
Total fat (g)	34	10
of which saturated (g)	10,7	3,1
Carbohydrates (g)	46	13
of which sugars (g)	3,9	1,1
Fibre (g)	5	2
Protein (g)	31	9
Salt (g)	1,9	0,6

Allergens

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

1



Fry the chicken

- Preheat the oven to 200°C.
- Heat the sunflower oil in a frying pan over medium heat and fry the chicken thigh strips with the BBQ spice rub* for 4 - 6 minutes.
- Season with salt and pepper.

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

2



Warm up the tortillas

- Meanwhile, wrap the tortillas in aluminium foil and heat in the oven for 3 - 4 minutes.
- Halve the cucumber lengthways and then cut into batons.
- Halve and pit the avocado, then slice the flesh. Crumble the Greek-style cheese.

3



Serve

- Fill the wraps with the chicken, avocado, Greek-style cheese and cucumber.
- Finish with the arugula and lamb's lettuce.
- Drizzle with extra virgin olive oil as preferred.

Enjoy!



Chicken Gyros on Turkish Bread

with garlic-yogurt sauce, Greek-style cheese & tomato | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Utensils

2x small bowl, frying pan

Ingredients

Mini Turkish bread (unit(s))	2
Roma tomato (unit(s))	2
Red onion (unit(s))	1
Radicchio & iceberg lettuce* (g)	50
Organic Greek yogurt* (g)	150
Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	1
Chicken thigh strips with kebab spices* (g)	200
Greek-style cheese* (g)	50
From your pantry	
Red wine vinegar (tsp)	2
Olive oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2515 /601	558 /133
Total fat (g)	24	5
of which saturated (g)	11,9	2,6
Carbohydrates (g)	58	13
of which sugars (g)	11,1	2,5
Fibre (g)	5	1
Protein (g)	37	8
Salt (g)	3	0,7

Allergens

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



Prepare

- Preheat the oven to 180°C. Slice the onion into half rings and crush or mince the garlic.
- Crumble up the Greek-style cheese and dice the tomato.
- Finely chop the parsley.

Fry the chicken

- Heat the olive oil in a frying pan over medium-high heat. Fry the chicken with half of the onion for 6 - 8 minutes (see Tip).
- Meanwhile, in a small bowl combine the rest of the onion with the red wine vinegar.
- Season to taste with salt and pepper.

Tip: the rest of the onion is served raw, but you can also fry it all here if preferred.

Serve

- In another small bowl, combine the yogurt with the garlic and the parsley.
- Season to taste with salt and pepper.
- Bake the Turkish bread for 5 - 8 minutes in the oven.
- Cut open the Turkish bread and fill with the chicken, yogurt sauce and Greek-style cheese, along with the tomato, lettuce, and quick-pickled onion.

Enjoy!



Cheesy Triangle Wraps with Salami and Mozzarella

with pesto and tomato | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Frying pan

Ingredients

Flour tortillas (unit(s))	4
Green pesto* (g)	40
Tomato (unit(s))	2
Mozzarella* (ball(s))	1
Salami* (slice(s))	6
From your pantry	
Sunflower oil (tbsp)	½
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2795 /668	1033 /247
Total fat (g)	42	16
of which saturated (g)	14,1	5,2
Carbohydrates (g)	46	17
of which sugars (g)	4	1,5
Fibre (g)	3	1
Protein (g)	25	9
Salt (g)	2,4	0,9

Allergens

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



Prepare

- Lay each tortilla out flat and make only one cut, starting from the centre and moving up towards the edge of the wrap. It should look like a radius line.
- Thinly slice the tomato. Slice the mozzarella.
- Starting to the left of the cut, add the salami to the first quarter of the tortilla.
- Add the mozzarella to the quarter directly below the salami.

Fold the wraps

- In the next quarter (to the right of the cheese), add the tomato slices.
- Finally, spread the pesto on the top-right quarter.
- Carefully fold the quarters one by one, starting left of the cut. First, fold the salami over the quarter below with the cheese.
- Continue folding over the next quarter with the tomatoes. Lastly, fold over the quarter with the pesto. You should have a folded tortilla triangle. Gently flatten it.

Serve

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the tortilla triangles for 2 - 3 minutes per side, until the tortillas are golden brown and the cheese has melted.
- Serve the cheesy triangle wraps on a plate.

Enjoy!



Bao Buns with Pork Tenderloin

with hoisin sauce and peanuts | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Utensils

2x bowl, frying pan

Ingredients

Bao buns (unit(s))	4
Scallions* (bunch)	1
Hoisin sauce (g)	50
Pork tenderloin tips* (g)	100
Persian cucumber* (unit(s))	1
Chopped sweetheart cabbage* (g)	100
Unsalted peanuts (g)	10
From your pantry	
Flour (tbsp)	1
[Reduced salt] soy sauce (tsp)	1
Sunflower oil (tbsp)	2
White wine vinegar (tsp)	2
Sugar (tsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1289 /308	446 /107
Total fat (g)	17	6
of which saturated (g)	2,4	0,8
Carbohydrates (g)	20	7
of which sugars (g)	14,6	5,1
Fibre (g)	4	1
Protein (g)	16	6
Salt (g)	1,4	0,5

Allergens

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



Prepare

- Preheat the oven to 180°C. Bake the bao buns in the oven for 4 - 5 minutes.
- Finely chop the scallions and separate the white part of the scallions from the green.
- In a bowl, mix the flour, hoisin sauce, soy sauce, 2 tbsp of water, and 1 tbsp of sunflower oil.
- Add the white part of the scallions and the pork tenderloin and let it marinate until step 3.

Make the cucumber salad

- Cut the cucumber into batons.
- In a bowl, mix the white wine vinegar and the sugar.
- Add the cucumber batons and half of the cabbage. Season to taste with salt and pepper, toss well and set aside until serving.
- Roughly chop the peanuts.

Serve

- Heat the remaining sunflower oil in a frying pan over high heat. Fry the rest of the cabbage for 1 - 2 minutes.
- Add the pork tenderloin and the marinade. Lower the heat and fry for 3 - 6 minutes until done.
- Carefully open the bao buns and fill them with the cucumber salad, pork tenderloin and fried cabbage.
- Garnish with the green of the scallions and the peanuts.

Enjoy!




Fresh Tortelloni with Green Pesto

with sundried tomatoes, arugula & Parmigiano Reggiano | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Microplane, pot or saucepan

Ingredients

Green pesto* (g)	80
Parmigiano Reggiano DOP* (g)	20
Arugula* (g)	100
Sundried tomatoes (g)	50
Mushroom tortelloni* (g)	300

From your pantry

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2829 /676	1029 /246
Total fat (g)	38,2	13,9
of which saturated (g)	8,1	2,9
Carbohydrates (g)	58,9	21,4
of which sugars (g)	7,4	2,7
Fibre (g)	2,3	0,8
Protein (g)	21,5	7,8
Salt (g)	2,4	0,8

Allergens

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

1



2



3



Prepare

- Boil plenty of water in a pot or saucepan.
- Cut the sundried tomatoes into strips.
- Carefully separate the tortelloni, then put them in the saucepan and boil for 4 - 6 minutes.
- Drain and set aside when finished.

Stir in the pesto

- Carefully stir the green pesto and sundried tomatoes through the tortelloni and season with salt and pepper to taste.
- Grate the Parmigiano Reggiano.

Serve

- Serve the tortelloni on plates.
- Scatter over the cheese and garnish with the arugula.

Enjoy!