




# 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
Jalapeño* (unit(s))	2
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Pork mince* (g)	100
Mexican-style spices (sachet(s))	½
Grated Gouda* (g)	150
Sweet chilli tortilla chips (g)	300
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	958 /229
Total fat (g)	14
of which saturated (g)	4,2
Carbohydrates (g)	17
of which sugars (g)	2,4
Fibre (g)	3
Protein (g)	7
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. Finely slice the scallions.
- Heat the olive oil in a frying pan on medium-high heat. Add the minced meat and 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 Shrimp

with fresh vegetables and peanut-soy sauce | 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

Deep plate, pot or saucepan, plate, small bowl, frying pan

### Ingredients

Rice paper (unit(s))	1
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Shredded red cabbage* (g)	100
Bell pepper* (unit(s))	1
Peanut sauce* (g)	80
Sesame oil (ml)	10
Rice noodles (g)	100
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
[Reduced salt] soy sauce (tsp)	1
*store in the fridge	

### Nutritional values

	Per 100g
Energy (kJ/kcal)	608 / 145
Total fat (g)	4
of which saturated (g)	0,7
Carbohydrates (g)	21
of which sugars (g)	3,5
Fibre (g)	1
Protein (g)	5
Salt (g)	0,6

### 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. Cook the rice noodles for 6 - 7 minutes, then drain and rinse under cold water.
- Transfer the rice noodles back to the same saucepan and drizzle with sunflower oil. Mix well to combine, then set aside until further use.
- Cut the cucumber and bell pepper into small strips.

### Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp and fry for 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl, then mix in the soy sauce, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the rice sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

### Serve

- Place the shrimp in the middle of the rice sheet, then top with some cabbage, bell pepper, cucumber and noodles.
- Fold the bottom of the rice sheet over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the peanut-soy sauce on the side.

### 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.



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)	1000 /239
Total fat (g)	15
of which saturated (g)	2,4
Carbohydrates (g)	11
of which sugars (g)	0,9
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!





# Tandoori-Style Marinated Shrimp

with mango chutney and lime | 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

Bowl, deep plate, frying pan or grill pan, kitchen paper

Ingredients

Shrimp* (g)	360
Curry powder (sachet(s))	1
Garam Masala (sachet(s))	½
Lime* (unit(s))	1
Mango chutney* (g)	80
Organic full-fat yogurt* (g)	50
From your pantry	
Sunflower oil (tbsp)	1
Flour (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	369 /88
Total fat (g)	2
of which saturated (g)	0,4
Carbohydrates (g)	8
of which sugars (g)	0,6
Fibre (g)	1
Protein (g)	9
Salt (g)	0,6

Allergens

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



Make the marinade

- Cut the lime into 6 wedges.
- In a bowl, combine the yogurt, curry powder, garam masala\*, and the juice of 2 lime wedges to make a marinade.
- Season to taste with salt and pepper.

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

Marinate the shrimp

- Transfer the flour to a deep plate. Pat the shrimp dry with kitchen paper and then coat it with flour.
- Transfer the shrimp to the marinade.
- Mix well, being sure to fully cover the shrimp.
- Set aside and marinate the shrimp for at least 10 minutes (see Tip).

*Tip: the shrimp will absorb more flavour the longer you marinate them. If you have time, prepare the marinade in the morning and keep in the fridge so as to allow the shrimp to marinate all day.*

Serve

- Heat the sunflower oil in a grill pan or frying pan over high heat.
- Add the shrimp to the pan and fry for 2 - 3 minutes, until the shrimp are done.
- Serve the shrimp with the mango chutney on the side and garnish with the rest of the lime wedges.

Enjoy!






# Cheesy Garlic Bread

with homemade sour cream and scallion dip | 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, microplane, two bowls

### Ingredients

White demi-baguette (unit(s))	2
Grated Gouda* (g)	100
Scallions* (bunch)	1/3
Garlic (unit(s))	2
Organic sour cream* (g)	200
Parmigiano Reggiano DOP* (g)	40
From your pantry	
[Plant-based] butter (g)	40
Salt & pepper	to taste
*store in the fridge	

### Nutritional values

	Per 100g
Energy (kJ/kcal)	1059 /253
Total fat (g)	14
of which saturated (g)	9
Carbohydrates (g)	21
of which sugars (g)	0,8
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

### Allergens

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



### Prepare

- Preheat the oven to 220°C.
- Take the butter out of the fridge.
- Finely slice the scallions and press or mince the garlic.
- Grate the Parmigiano Reggiano.

### Make the garlic butter

- Mix the garlic, butter, cheeses and the white part of the scallions together in a bowl. Season with salt and pepper to taste.
- In another bowl, mix the sour cream with the scallion greens. Season with salt and pepper to taste.

### Bake and serve

- Cut the baguettes in half.
- Spread the garlic butter over the bread.
- Place the bread on a parchment-lined baking sheet. Bake for 12 - 15 minutes, or until the bread is crunchy and the cheese has melted.
- Serve the baguettes with the sour cream and scallion dip.

### Enjoy!





# Smoked Salmon Flammekueche

with lemon, capers and sour cream | 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
Smoked salmon* (g)	120
Organic sour cream* (g)	100
Capers (g)	30
Red onion (unit(s))	1
Lemon* (unit(s))	1
Lamb's lettuce* (g)	80

From your pantry

Salt & pepper to taste

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1837 /439	565 /135
Total fat (g)	14	4
of which saturated (g)	4,7	1,4
Carbohydrates (g)	51	16
of which sugars (g)	4,3	1,3
Fibre (g)	3	1
Protein (g)	24	7
Salt (g)	2,9	0,9

Allergens

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

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2



3



Prepare

- Preheat the oven to 220°C.
- Place the flammekueche on a parchment-lined baking sheet.
- Chop the onion into half rings.

Add the toppings

- Reserve 1 tbsp of sour cream to use later, then spread the rest over the flammekueche.
- Top with the onion and capers, then season with salt and pepper.
- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the lemon into wedges in the meantime.

Serve

- Slice the flammekueche, then top with the smoked salmon and the reserved sour cream.
- Top with the lamb's lettuce.
- Serve with the lemon wedges alongside.

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)	1305 /312
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!






# Puff Pastry Christmas Tree with Smoked Salmon

with fresh herbs and crème fraîche | to share

Appetizer

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

Parchment-lined baking sheet, small bowl

Ingredients

Puff pastry* (roll(s))	1
Smoked salmon* (g)	120
Sesame seeds (sachet(s))	1
Crème fraîche* (g)	50
Fresh dill & chives* (g)	10
From your pantry	
[Plant-based] milk (splash)	1
Mustard (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1344 /321
Total fat (g)	21
of which saturated (g)	10
Carbohydrates (g)	23
of which sugars (g)	1,7
Fibre (g)	3
Protein (g)	10
Salt (g)	0,9

Allergens

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

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Chop the fresh herbs

- Preheat the oven to 210°C.
- Chop the fresh herbs.
- In a small bowl, mix the crème fraîche with the chopped herbs and mustard. Season with salt and pepper.
- Roll out the puff pastry. From the long edge of the pastry, cut a strip that is about 2cm wide and set it aside.

2



Prepare the dough

- Cut one large triangle from the remaining dough, which will become the Christmas tree, and transfer it to a parchment-lined baking sheet. Add the long strip on top, down the middle, making sure it sticks out at the bottom so that it resembles the stem of a tree.
- Add the herby spread onto the triangle and top with the salmon.
- Lay the smaller triangles of dough left over from the previous step on top of the tree and press down lightly.

3



Bake and serve

- To create the branches, cut 3cm thick strips from both sides of the triangle towards the centre, making sure not to cut all the way through the stem.
- Twist the branches 1 or 2 times.
- Brush the tree with a splash of milk and sprinkle with the sesame seeds.
- Bake the Christmas tree for 15 - 20 minutes, or until golden brown.

Enjoy!






# Marbled Banana Bread

with milk chocolate and hazelnuts | 10 servings

Baking

Total time: 60 - 70 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, handheld mixer, parchment paper, saucepan, skewers, heatproof bowl

## Ingredients

Banana (unit(s))	3
Chocolate chips (g)	200
Roasted hazelnuts (g)	20
Banana bread mix (g)	400
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90

*\*store in the fridge*

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1395 /333
Total fat (g)	17
of which saturated (g)	5,4
Carbohydrates (g)	39
of which sugars (g)	23,9
Fibre (g)	2
Protein (g)	5
Salt (g)	0,5

## Allergens

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

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3



## Prepare

- Preheat the oven to 160°C. Grease a cake tin or line it with baking paper.
- Mash up 2 bananas with a fork. Cut the third banana in half lengthways and set aside.
- Boil a shallow layer of water in a saucepan. Place a heat-resistant bowl over the pan and make sure it doesn't touch the water. Put 50g of chocolate in the bowl. Once the chocolate has melted fully, let it cool down a little.
- Roughly chop the hazelnuts.

## Make the batter

- In a large bowl, mix the mashed banana with the banana bread mix, water and 100ml sunflower oil. Whisk everything together until the batter is smooth (you can use an electric whisk or mixer if preferred).
- Mix the hazelnuts and the rest of the chocolate chips into the batter.
- Add half of the batter to the melted chocolate and mix it together.
- Pour the chocolate batter into the cake tin first, then pour in the plain batter. Use a skewer or knife to stir through the batter to create a marble effect.

## Serve

- Place the two banana halves on top of the batter and push them in a little bit.
- Put the banana bread in the oven for 45 - 55 minutes.
- Check if the banana bread is done by piercing it with a skewer – if it comes out dry then the cake is done.
- Take the banana bread out of the oven and leave it in the tin to cool down for 15 minutes before serving.

## Enjoy!





# Festive Brownies with White Chocolate Frosting

with 'kruidnoten' and strawberry jam | 9 pieces

Baking

Total time: 40 - 50 min.



We've replaced the speculaas pieces in this recipe with kruidnoten. The preparation remains the same. Enjoy!



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, small saucepan

Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
White chocolate chips (g)	100
Kruidnoten (g)	60
Powdered sugar (g)	50
Strawberry jam (g)	45
From your pantry	
[Plant-based] milk (tbsp)	3
Water (ml)	80
[Plant-based] butter (g)	40

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1398 /334
Total fat (g)	10,3
of which saturated (g)	5,9
Carbohydrates (g)	53,4
of which sugars (g)	37,6
Fibre (g)	1,6
Protein (g)	5,4
Salt (g)	1,1

Allergens

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



Make the batter

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

Bake the brownies

- In a large bowl, beat the eggs, butter, water and cake mix until you have a smooth batter.
- Pour the batter into the baking tin.
- Bake the brownies in the oven for 20 - 25 minutes. The brownies are done when you see cracks start to form on the surface.
- Remove from the oven and allow to cool down.

Finish and serve

- Add the chocolate and milk to a small saucepan on low heat. Heat for 4 - 5 minutes or until the white chocolate melts completely.
- Remove from the heat and stir in the powdered sugar. Mix until smooth. Spread the white chocolate frosting over the brownie.
- Spoon a few dollops of strawberry jam over the frosting and gently swirl it through.
- Scatter the the kruidnoten on top. Cut the brownie into 9 smaller pieces and serve.

Enjoy!





# Carrot Cake with Lemon Cream Cheese Frosting

with grated coconut and pistachios | 10 pieces

Baking

Total time: 80 - 90 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, 24cm cake tin, grater, large bowl, microplane, handheld mixer, parchment paper, spatula

## Ingredients

Unsalted butter* (g)	160
Carrot* (unit(s))	3
Granulated sugar (g)	200
Egg* (unit(s))	4
Flour (g)	200
Baking powder (g)	12
Ground cinnamon (tsp)	1½
Powdered sugar (g)	100
Fresco spalmabile - cream cheese* (g)	100
Lemon* (unit(s))	1
Nutmeg (pinch)	2
Desiccated coconut (g)	40
Pistachio nuts (g)	20
From your pantry	
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1190 /284
Total fat (g)	14
of which saturated (g)	8,6
Carbohydrates (g)	33
of which sugars (g)	22,9
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

## Allergens

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

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## Prepare

- Take the butter out of the fridge. Weigh out 160g of butter, cut it into cubes and let it come up to room temperature.
- Preheat the oven to 180°C. Grate the carrots.
- Line a round cake tin (24cm) with parchment paper.
- Put the butter, sugar and salt in a large bowl, then use a spatula or electric whisk to mix them together until light and creamy. Mix the eggs in one by one.

## Mix the batter

- Using a spatula, gently fold in the flour, baking powder, cinnamon and 2 pinches of nutmeg. Fold the grated carrot and coconut through the batter.
- Pour the batter into the cake tin, then put it in the oven for 50 – 60 minutes.
- Roughly chop the pistachios.
- Put the powdered sugar in a bowl. Gradually add the cream cheese, then use a fork to mix until smooth.

## Serve

- Zest and juice the lemon. Add the lemon zest to the cream cheese frosting, along with some lemon juice to taste.
- Check if the cake is done by piercing it with a skewer – if it comes out clean then the cake is ready.
- Take the cake out of the oven and allow it to cool down fully.
- Spread the lemon cream cheese over the top of the cake, then garnish with the pistachios.

## Enjoy!





# Apple Crumble Cake

with walnuts and orange zest | to share

Baking

Total time: 75 - 85 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, large bowl, microplane, handheld mixer, parchment paper

Ingredients

Orange* (unit(s))	1
Unsalted butter* (g)	250
Apple* (unit(s))	2
Cane sugar (g)	200
Egg* (unit(s))	5
Flour (g)	380
Baking powder (g)	16
Ground cinnamon (tsp)	2
Chopped walnuts (g)	40
Heavy cream* (ml)	200

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1328 /317
Total fat (g)	17
of which saturated (g)	9,6
Carbohydrates (g)	30
of which sugars (g)	14,2
Fibre (g)	1
Protein (g)	6
Salt (g)	0,4

Allergens

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



Prepare

- Preheat the oven to 160°C. Zest the orange.
- Dice the butter and allow it to reach room temperature.
- Peel and core the apples, then cut them into wedges.
- Grease a deep 20cm round cake tin or line it with parchment paper.

Mix the filling

- Set aside 2 tbsp sugar for later, then mix the rest with the butter in a large bowl with an electric mixer until light and fluffy. Beat in the eggs, 250g flour, baking powder and half of the orange zest.
- To a bowl, add 3 tbsp of this mixture, along with the cinnamon, 1 tbsp sugar and 130g flour. Crumble the mixture with your hands.
- Fold the apples and walnuts into the large bowl. Transfer the batter to the cake tin and top with the crumble mix.

Serve

- Bake for 50 - 60 minutes, then set aside and allow to cool for 10 - 15 minutes.
- Meanwhile, whip the cream with 1 tbsp sugar and the rest of the orange zest in a tall bowl with an electric mixer until firm.
- Remove the cake from the tin and add it to a serving plate.
- Serve with the orange whipped cream.

Enjoy!






# White Chocolate Cheesecake

with a blueberry jam swirl | 12 slices

Baking

Total time: 260 - 270 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, 24cm cake tin, handheld mixer, immersion blender, microplane, mixing bowl, saucepan, small saucepan, spoon, heatproof bowl

### Ingredients

Kruidnoten (g)	200
Fresco spalmabile - cream cheese* (g)	300
White chocolate chips (g)	100
Heavy cream* (ml)	200
Blueberry jam (g)	30
Lime* (unit(s))	1
From your pantry	
[Plant-based] butter (g)	75
Sugar (g)	50

\*store in the fridge

### Nutritional values

	Per 100g
Energy (kJ/kcal)	1424 /340
Total fat (g)	19,4
of which saturated (g)	12,6
Carbohydrates (g)	29
of which sugars (g)	19,8
Fibre (g)	0,5
Protein (g)	4,3
Salt (g)	0,5

### Allergens

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

1



2



3



### Prepare the base

- Crush the kruidnoten with an immersion blender in a mixing bowl until you get an almost powdery consistency.
- Melt the butter in a pot and mix in the crushed kruidnoten.
- Add the mixture to a 24cm cake tin and press it down firmly with the back of a spoon to form the base layer.
- Cool the speculaas base in the fridge until the filling is ready.

### Melt the chocolate

- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the white chocolate and melt while stirring. Set aside to cool when done.
- When the chocolate is cooled but still molten, mix in the cream cheese.
- In another bowl, use a handheld mixer to whip the heavy cream along with the sugar.

### Finish and serve

- Zest the lime.
- Add the whipped cream to the white chocolate and cream cheese filling and mix together. Add in 1 teaspoon of lime zest.
- Spread the cheesecake filling over the base. Divide a few dollops of the blueberry jam over the filling, and with a fork, carefully swirl it through.
- Put the cheesecake in the fridge and let it set for at least 4 hours. Scatter 1 tsp of lime zest on top to garnish.

Enjoy!





# Homemade Pecan Scones

with honey-mascarpone cream | 10 servings

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

Parchment-lined baking sheet, large bowl, small bowl

Ingredients

Flour (g)	260
Baking powder (g)	8
Organic buttermilk* (ml)	150
Mascarpone* (g)	100
Chopped pecans (g)	40
From your pantry	
[Plant-based] butter (g)	70
Sugar (g)	40
Honey [or plant-based alternative] (tbsp)	1
Salt (tsp)	1

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1423 /340
Total fat (g)	19
of which saturated (g)	10,1
Carbohydrates (g)	37
of which sugars (g)	9
Fibre (g)	2
Protein (g)	7
Salt (g)	1,2

Allergens

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



Make the batter

- Preheat the oven to 180°C. Take the butter out of the refrigerator.
- In a large bowl, mix the flour, baking powder, sugar and salt.
- Knead the butter and dry ingredients together until you have a texture similar to bread crumbs.
- Add the buttermilk and pecans and knead together until well combined. The dough should have a smooth, consistent texture now.

Make the scones

- Shape the dough into little balls, using roughly 2 tbsp of dough for each one.
- Transfer to a parchment-lined baking sheet.
- Bake the scones for 10 - 15 minutes.

Serve

- Add the mascarpone and honey to a small bowl.
- Mix well, until the honey is fully incorporated into the mascarpone.
- Let the scones cool down thoroughly once you take them out of the oven.
- Serve the scones on a plate with the mascarpone cream.

Enjoy!



1

Poached Eggs and Bacon on Baked Baguettes  
with avocado

2

Avocado & Goat's Cheese Open-Faced Sandwiches

3

Mango & Spinach Smoothie

# Poached Eggs and Bacon on Baked Baguettes

20 min. with avocado | 2 servings



## Utensils

Parchment-lined baking sheet, pot or saucepan, kitchen paper, plate, slotted spoon

## Ingredients for 2 servings

Bacon* (slice(s))	4
Egg* (unit(s))	4
White demi-baguette (unit(s))	2
Avocado (unit(s))	1

From your pantry	
Salt and pepper	to taste
White wine vinegar (tsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2724 / 651	842 / 201
Total fat (g)	29	9
of which saturated (g)	6,6	2
Carbohydrates (g)	67	21
of which sugars (g)	1,9	0,6
Fiber (g)	6	2
Protein (g)	29	9
Salt (g)	2,4	0,7

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

## 1. Prepare

- Preheat the oven to 200°C.
- Cut the **avocado** in half, then remove the pit and the skin. Thinly slice the **avocado**.

## 2. Bake the bread

- Add the **baguettes** and **bacon** to a parchment-lined baking sheet.
- Bake in the oven for 5 - 7 minutes.

## 3. Poach the eggs

- Boil plenty of water in a pot or saucepan. Add the white wine vinegar once the water is boiling.
- Crack the **eggs** into individual glasses. Stir the water so that you have a whirlpool.
- Carefully drop one **egg** at a time into the water and lower the heat to medium-low.
- Boil for 2 - 3 minutes or until the egg whites are set. Use a slotted spoon to carefully remove the **eggs** from the pan and let them rest on a plate lined with a paper towel.

## 4. Serve

- Slice the **baguettes** lengthways and spread the avocado over each half.
- Top with the bacon and poached eggs. Season with salt and pepper to taste.

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



# Avocado & Goat's Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

### Ingredients for 4 servings

Fresh goat's cheese* (g)	100
Avocado (unit(s))	2
Cress* (g)	20
Wholegrain ciabatta (unit(s))	4
From your pantry	
Salt and pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	913 /218
Total fat (g)	11
of which saturated (g)	3,5
Carbohydrates (g)	19
of which sugars (g)	0,8
Fiber (g)	5
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. Bake half of the **bread** in a preheated oven at 180°C for 8 - 10 minutes.
2. Halve and pit one **avocado**, then remove the skin and slice the flesh.
3. Slice the baked **bread** lengthways, then spread the **goat's cheese** on each half.
4. Top with the **avocado** slices, then garnish with the **cress** and season with salt and pepper to taste.
5. Repeat the recipe for a second breakfast the next day.

# Mango & Spinach Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

Blender or an immersion blender with a tall container

### Ingredients for 4 servings

Mango* (unit(s))	2
Organic semi-skimmed milk* (ml)	500
Organic Greek yogurt* (g)	150
Spinach* (g)	200
From your pantry	
Honey [or plant-based alternative]	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	251 /60
Total fat (g)	2
of which saturated (g)	1,1
Carbohydrates (g)	7
of which sugars (g)	7,1
Fiber (g)	1
Protein (g)	3
Salt (g)	0,1

1. Peel and dice 1 **mango**.
2. Add the **mango** to a blender, along with 250 ml of **milk**, 75g of **Greek yogurt**, and half of the **spinach**.
3. Blend until smooth (see Tip).
4. Repeat the recipe for a second breakfast the next day.

**Tip:** Mix some honey through the smoothie to taste.

## 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!






# Green Vegan Smoothie Bowl

with avocado, mango, kiwi and spinach | 2 servings

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

Blender or immersion blender, tall container

Ingredients

Coconut milk (ml)	250
Mango* (unit(s))	1
Avocado (unit(s))	1
Banana (unit(s))	2
Spinach* (g)	100
Kiwi* (unit(s))	1
Desiccated coconut (g)	10

\*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2351 /562	461 /110
Total fat (g)	35	7
of which saturated (g)	22,9	4,5
Carbohydrates (g)	50	10
of which sugars (g)	42,3	8,3
Fibre (g)	8	2
Protein (g)	7	1
Salt (g)	0	0

Allergens

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



Prepare

- Cut the avocado in half, remove the pit and skin and dice the flesh.
- Peel and dice the mango and kiwi.
- Slice 2 bananas.
- For the garnish, set aside all of the kiwi and some of the mango and banana.



Make the smoothie

- Put the avocado, spinach, 250ml coconut milk and most of the banana and mango in a blender or a tall container (if you're using an immersion blender).
- Blend everything together into a thick smoothie.
- If the smoothie is too thick, add a splash of milk or water.



Serve

- Pour the smoothie into two bowls.
- Garnish with the grated coconut, kiwi and the rest of the banana and mango.

Enjoy!





## Chia Seed Pudding 3 Ways

summer fruits, cinnamon & apple, mango & passion fruit | 3 breakfasts for 2 people

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

Large bowl

## Ingredients

Coconut milk (ml)	500
Desiccated coconut (g)	10
Mango* (unit(s))	1
Apple* (unit(s))	1
Chopped pecans (g)	10
Ground cinnamon (tsp)	1
Pistachio nuts (g)	20
Passion fruit* (unit(s))	1
Strawberry sauce (ml)	50
Blueberries* (g)	125
Chia seeds (g)	100
From your pantry	
Water (ml)	100
Honey [or plant-based alternative] (tbsp)	2

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	666 / 159
Total fat (g)	10
of which saturated (g)	6,3
Carbohydrates (g)	13
of which sugars (g)	8,2
Fibre (g)	4
Protein (g)	2
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.

1



2



3



## Variation 1: Summer fruit & pistachio

- Add the chia seeds to a large bowl, along with the coconut milk, 100 ml water and honey. Mix well, allow to rest for 10 minutes, then stir once more.
- Divide the chia pudding between 6 glasses, leaving room for the toppings.
- Cover the glasses, then put them in the fridge and leave to set for at least 4 hours, or overnight.
- Roughly chop the pistachios.
- Grab two glasses of chia pudding and top with the strawberry sauce.
- Garnish with the blueberries and pistachios.

## Variation 2: Apple pie

- Finely dice the apple, then put it in a bowl and mix with 1 tsp cinnamon (see Tip).
- Grab two glasses of chia pudding and serve the apple over the top.
- Garnish with the chopped pecans.

**Tip:** this recipe also works with caramelised apple! Fry the apple in a frying pan with 1 tbsp butter for 4 - 5 minutes until lightly browned. Turn up the heat, add 0.5 tsp honey, 1 tsp cinnamon and the chopped pecans, and let the apple caramelise for 1 - 2 minutes.

## Variation 3: Tropical

- Peel the mango and dice the flesh.
- Grab two glasses of chia pudding and serve a quarter of the mango into each glass (see Tip).
- Cut the passion fruit in half and scoop the flesh onto the mango.
- Scatter over the grated coconut to finish.

**Tip:** if there's enough room in the glasses, go ahead and use the whole mango, and otherwise you can serve the rest separately.

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
Chopped 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

Small bowl

Ingredients

Avocado (unit(s))	2
Tomato (unit(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Fresco spalmabile - cream cheese* (g)	100
Roast chicken slices* (g)	120
Greek-style cheese* (g)	50
Fresh goat's cheese* (g)	200
From your pantry	
Salt & pepper	to taste

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	784 /187
Total fat (g)	13
of which saturated (g)	6
Carbohydrates (g)	3
of which sugars (g)	1,2
Fibre (g)	3
Protein (g)	12
Salt (g)	0,8

\*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



2



3



Option 1: Avocado, Greek-style cheese and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin. Transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Spread the avocado over the crackers. Top with half of the roast chicken slices.
- Crumble the Greek-style cheese on top.

Option 2: Goat's cheese, tomato and cress

- Divide four crackers over two plates.
- Slice the tomato.
- Spread the goat's cheese on the crackers.
- Add the tomato to the crackers and season with salt and pepper. Garnish with half of the cress.

Option 3: Cream cheese, avocado and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin and slice the flesh.
- Spread the cream cheese on the crackers, then add half of the roast chicken slices.
- Place the avocado on top, then season with salt and pepper. Garnish with half of the cress.

Enjoy!





# Christmas Pancakes with Cranberry-Orange Sauce

topped with mascarpone | 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

Aluminum foil, large bowl, microplane, saucepan, frying pan, whisk

## Ingredients

Flour (g)	150
Baking powder (g)	8
Organic buttermilk* (ml)	200
Egg* (unit(s))	2
Ground cinnamon (tsp)	1
Orange* (unit(s))	1
Cranberry chutney* (g)	60
Mascarpone* (g)	50
From your pantry	
[Plant-based] butter (tbsp)	3

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2975 /711	813 /194
Total fat (g)	36	10
of which saturated (g)	21,4	5,8
Carbohydrates (g)	76	21
of which sugars (g)	17,4	4,7
Fibre (g)	3,9	1
Protein (g)	22	6
Salt (g)	2	0,5

## Allergens

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

1



## Mix the batter

- Whisk together the eggs and buttermilk in a large mixing bowl.
- Add the flour, baking powder and cinnamon and mix until just combined.

2



## Make the pancakes

- Melt a knob of butter in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan and fry the pancake for about 2 minutes on each side until golden brown. Remove from the pan and cover with aluminium foil to keep warm.
- Repeat until the rest of the batter is used up and melt a small knob of butter each time before frying the next pancake.

3



## Finish and serve

- In the meantime, zest the orange. Cut one orange slice per person to use as a garnish, then juice the rest.
- Melt a knob of butter in a saucepan. Add 2 tbsp of orange juice, the cranberry chutney, and orange zest as preferred. Allow to simmer on a low heat for 2 - 3 minutes.
- Serve the pancakes on plates.
- Top with a dollop of mascarpone and the cranberry-orange sauce.

Enjoy!






# Brioche French Toast with Chocolate & Banana

with mascarpone & peanut butter | 2 servings

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

Deep plate, frying pan, whisk

Ingredients

Banana (unit(s))	1
Brioche bun (unit(s))	2
Mascarpone* (g)	25
Egg* (unit(s))	2
Peanut butter (tub)	2
Organic semi-skimmed milk* (ml)	150
Chocolate chips (g)	30

From your pantry	
Honey [or plant-based alternative]	to taste
Sugar (tsp)	2
Sunflower oil (tbsp)	¼
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2682 /641	833 /199
Total fat (g)	31	10
of which saturated (g)	12,2	3,8
Carbohydrates (g)	67	21
of which sugars (g)	27,8	8,6
Fibre (g)	6	2
Protein (g)	22	7
Salt (g)	1,1	0,3

Allergens

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



Mix

- Peel and slice the banana.
- Crack the egg into a deep plate and whisk in the milk and sugar.
- Cut open the brioche bun.

Fry the French toast

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Dip the brioche briefly in the egg mixture, taking care not to leave it too long.
- Fry the brioche for 4 minutes on each side or until golden brown.
- Roughly chop the chocolate chips in the meantime.

Serve

- Serve the French toast on plates and top with the banana and mascarpone.
- Garnish with the peanut butter and chocolate chips.
- Drizzle over honey as preferred to finish.

Enjoy!





# Eggs Royale with Smoked Salmon

on brioche bread with Hollandaise sauce | 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

Large pot or saucepan, kitchen paper, saucepan, slotted spoon, frying pan, whisk

## Ingredients

Egg* (unit(s))	4
Hollandaise sauce* (g)	100
Spinach* (g)	100
Smoked salmon* (g)	120
Brioche bun (unit(s))	2

### 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)	3096 / 740	813 / 194
Total fat (g)	48	13
of which saturated (g)	11,5	3
Carbohydrates (g)	40	10
of which sugars (g)	5,6	1,5
Fibre (g)	4	1
Protein (g)	36	9
Salt (g)	3,1	0,8

## 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. Reduce the heat and then tear the spinach into the pan, in batches if needed. Add a pinch of salt and pepper.
- Fry the spinach while stirring for 1 minute until it starts to wilt, then remove the pan from the heat.
- 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 smoked salmon.
- Carefully place the eggs on top and drizzle the Hollandaise sauce over the eggs.

## Enjoy!






# Smoked Salmon Croissants

with avocado and herbed cream cheese | 4 pieces

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

Parchment-lined baking sheet

Ingredients

Bake-off croissants (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	50
Avocado (unit(s))	1
From your pantry	
Black pepper	to taste

\*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1235 /295
Total fat (g)	18
of which saturated (g)	8,4
Carbohydrates (g)	22
of which sugars (g)	4
Fibre (g)	2
Protein (g)	10
Salt (g)	1,2

Allergens

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



Bake the croissants

- Preheat the oven to 200°C.
- Transfer the croissants to a parchment-lined baking sheet.
- Bake in the oven for 6 - 8 minutes.



Prepare the toppings

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Cut open the croissants.



Make the croissants

- Spread the herbed cream cheese onto each croissant.
- Add the smoked salmon to the croissants.
- Top with the avocado and season with black pepper.

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)	3,4	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.



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.*

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.

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)	7,5	1,7
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!





# Shrimp Bao Buns with Coleslaw

with sriracha mayo and gomashio | 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, frying pan

Ingredients

Fresh coriander* (g)	10
Rainbow slaw mix* (g)	100
Sriracha mayo* (g)	50
Bao buns (unit(s))	4
Shrimp* (g)	160
Gomashio (sachet(s))	1
Persian cucumber* (unit(s))	1

From your pantry	
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste
<i>*store in the fridge</i>	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2406 / 575	679 / 162
Total fat (g)	27	8
of which saturated (g)	2,9	0,8
Carbohydrates (g)	59	17
of which sugars (g)	12,8	3,6
Fibre (g)	5	1
Protein (g)	21	6
Salt (g)	1,9	0,5

Allergens

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



Make the coleslaw

- Preheat the oven to 180°C.
- Finely chop the coriander.
- In a bowl, combine the rainbow slaw mix with the mayonnaise, white wine vinegar, sugar, half of the coriander and half of the sriracha mayo. Season with salt and pepper to taste, toss well and set aside until serving.
- Bake the bao buns in the oven for 4 - 5 minutes.

Fry the shrimp

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the shrimp for 3 minutes until done. Season to taste with salt and pepper.
- In the meantime, dice the cucumber.

Serve

- Carefully open the bao buns.
- Fill the bao buns with the coleslaw and shrimp.
- Garnish with the rest of the coriander, cucumber, sriracha mayo and gomashio.

Enjoy!





Gourmet

[illegible]

- Tear me out!



Utensils

2x bowl, oven dish, saucepan, small bowl, 2x two bowls

Ingredients for 4 servings

Bacon* (slice(s))	6
Chicken breast* (unit(s))	2
Shrimp* (g)	240
Salmon fillet* (unit(s))	2
Teriyaki sauce (g)	50
White demi-baguette (unit(s))	4
Unsalted butter* (g)	150
Fresh flat leaf parsley & chives* (g)	40
Garlic (unit(s))	3
Courgette* (unit(s))	1
Bell pepper* (unit(s))	2
Middle Eastern spice mix (sachet(s))	1
Potato wedges* (g)	600
Peanut sauce* (g)	120
Cocktail sauce* (g)	120
Apple* (unit(s))	2
Chocolate cookie dough* (pack)	½
Mini tomatoes* (g)	500
Lemon mayonnaise with black pepper* (g)	100
Ground cinnamon (tsp)	1½
Beef mince with Italian seasoning* (g)	200
Steak* (unit(s))	2
Pork sausage with marjoram & garlic* (unit(s))	2
From your pantry	
Olive oil (tbsp)	4
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	728 / 174
Total fat (g)	11
of which saturated (g)	3,6
Carbohydrates (g)	11
of which sugars (g)	3
Fibre (g)	2
Protein (g)	7
Salt (g)	0,5

Allergens

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

2025-W50



- Prepare the garlic butter & bread
- Preheat the oven to 200°C and let the butter come to room temperature.
  - Finely chop the chives and parsley. Mince the garlic.
  - In a small bowl, mix 125g of the butter with two-thirds of the herbs and two-thirds of the garlic. Season with salt and pepper, then set aside to serve with the bread at the table.
  - Bake the bread in the oven for 6 - 8 minutes.



- Prepare the meat
- Add the mince to a bowl and season with salt and pepper, then shape into small meatballs and add to a plate.
  - Cut the sausages into smaller pieces and halve the bacon, then wrap each sausage in bacon and add to a plate.
  - Slice the chicken into 4 cm pieces and mix with the other half of the teriyaki sauce in a bowl.
  - Slice the beef steaks into 4 cm pieces and add to a plate.
  - Heat the peanut sauce in a saucepan over medium-high heat.
- At the table:
- Fry the meat on the gourmet and serve with the peanut sauce, lemon mayonnaise and cocktail sauce.



- Roast the potatoes
- Add the potatoes and 2 tbsp of olive oil to an oven dish. Add salt and pepper to taste and mix well.
  - Roast in the oven for 6 - 8 minutes.
- At the table:
- Add the potatoes and 1 tbsp of the garlic butter to a gourmet pan. Bake for a couple of minutes.



- Prepare the vegetables
- Cut the bell peppers into strips.
  - Slice the courgette.
  - Add to a bowl and mix with 2 tbsp of olive oil and the Middle Eastern spice mix. Add salt and pepper to taste.
  - Add the tomatoes to a bowl and serve during the gourmet.
- At the table:
- Fry the courgette and bell pepper on the gourmet.



- Prepare the seafood
- Add the shrimp to a bowl and mix with 25g of butter and the rest of the fresh herbs and garlic. Season with salt and pepper.
  - Cut the salmon into 4cm cubes and add to a bowl. Mix with half of the teriyaki sauce.
- At the table:
- Fry the shrimp and salmon on the gourmet.



- Prepare the dessert
- Core and dice the apples.
  - Add to a bowl and mix with 1 tsp of cinnamon.
  - Crumble half of the cookie dough and add to a plate (see Tip).
- Tip:** you only use half of the cookie dough. Follow the instructions on the package to make cookies from the leftover dough! At the table: Add the apple to a gourmet pan and fry for a couple of minutes, until the apple becomes soft. Add a layer of the crumbled cookie dough and bake for a few minutes, or until the dough becomes crispy.

Enjoy!

Tear me out!





# Fondue Box | Homemade Cheese Fondue with Three Cheeses

with demi-baguettes, fresh veggies & charcuterie | 4 servings

Gourmet

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

Large pot or saucepan, microplane, 2x lidded pot or saucepan, frying pan, two bowls, whisk

Ingredients for 4 servings

Grated emmentaler* (g)	400
Grated Gruyère DOP* (g)	300
Grated Gouda* (g)	100
White wine (ml)	374
Nutmeg (pinch)	2
Garlic (unit(s))	1
Chestnut mushrooms* (g)	250
Broccoli* (g)	360
Romano pepper* (unit(s))	1
Serrano ham* (g)	80
Baby potatoes (g)	400
Ham* (slice(s))	8
Lemon* (unit(s))	¼
Italian seasoning (sachet(s))	½
Red cherry tomatoes (g)	250
White demi-baguette (unit(s))	4
From your pantry	
Olive oil (tbsp)	1
Low sodium vegetable stock cube (unit(s))	½
Flour (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	722 /173
Total fat (g)	8
of which saturated (g)	5,2
Carbohydrates (g)	12
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	10
Salt (g)	0,7

Allergens

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

2025-W50



Boil the baby potatoes

- Preheat the oven to 200°C. Boil plenty of water in a lidded pot or saucepan for the baby potatoes and crumble in the stock cube.
- In the meantime, wash the baby potatoes and cut any larger ones in half.
- Transfer to the pot and cook for 12 - 15 minutes, covered. Drain when finished and set aside without the lid.



Chop the Romano pepper

- Crush or mince the garlic.
- Deseed the Romano pepper and cut it into 2 - 3cm chunks (they need to be big enough for your fondue fork). Cut the lemon into 4 wedges and juice 1 wedge into a bowl.
- In another bowl, mix the flour with 0.5 tbsp water. Stir well, making sure there are no clumps left.
- Grate about 2 pinches of nutmeg.



Cook the broccoli

- Boil plenty of salted water in another lidded pot or saucepan.
- Cut the broccoli into florets, then boil for 4 - 6 minutes, covered.
- Drain and set aside without the lid when finished.



Make the fondue

- Heat a drizzle of olive oil in a fondue pan or large saucepan over medium-high heat, then fry the garlic for 1 - 2 minutes.
- Deglaze with the white wine and lemon juice, then bring to a boil. Add the nutmeg.
- Gradually add the cheeses and allow to melt. Stir well using a whisk (see Tip).
- Add the flour mixture and keep stirring. Gently bring to a boil, but turn the heat to low once it starts bubbling. Simmer for 1 - 2 minutes over low heat.

Tip: keep the heat on medium-high while adding the cheese, so that it melts properly.



Fry the mushrooms

- Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the mushrooms for 4 - 6 minutes.
- Add the Italian herbs halfway through and season with salt and pepper.
- Put the baguettes in the preheated oven and bake for 5 - 6 minutes, until golden brown and crunchy.



Serve

- Serve the cheese fondue in the pan on the table. Use a tea light or food warmer to keep it warm (see Tip).
- Serve the broccoli, mushrooms, Romano pepper, cherry tomatoes and baby potatoes in separate bowls.
- Roll up the ham and Serrano ham and arrange on a plate, then slice up the baguettes. Serve with the rest of the lemon wedges.

Tip: if the cheese starts to set and you don't have a tea light or food warmer, place the pan back on the heat and briefly warm up the fondue while stirring.

Enjoy!

Tear me out!