



Quick Spaghetti Bolognese

with bacon, courgette & cheese

Family Nice & Fast

Total time: 25 - 35 min.



Spaghetti



Onion



Garlic



Courgette



Carrot



Bacon



Tomato paste



Beef mince with Italian seasoning



Passata



Dried oregano



Grated Gouda



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

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

Before you begin

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

Utensils

Lidded deep frying pan, grater, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Carrot* (unit(s))	½	1	1	1	2	2
Bacon* (slice(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	40	50	65	75
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	75	150	225	300	375	450
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3615 /864	661 /158
Total fat (g)	37	7
of which saturated (g)	12,9	2,4
Carbohydrates (g)	87	16
of which sugars (g)	20,3	3,7
Fibre (g)	12	2
Protein (g)	41	8
Salt (g)	2,4	0,4

Allergens

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



1. Prepare

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

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



2. Boil the spaghetti

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



3. Make the sauce

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

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



4. Serve

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

Tip: this stops the spaghetti from sticking together.

Enjoy!



Sweet Potato Soup with Greek-Style Cheese

with a crispy courgette-cashew topping

Veggie

Total time: 35 - 45 min.



Garlic



Onion



Sweet potato



Courgette



African-style spice mix



Fresh coriander



Greek-style cheese



Chopped cashews



Potatoes



Novelty bread roll



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

This dish is inspired by locro de papa, a thick soup from Ecuador made using potato (papa) and cheese.

Before you begin

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

Utensils

Lidded soup pot, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Sweet potato (g)	100	200	300	400	500	600
Courgette* (unit(s))	¾	1½	2	3	3½	4½
African-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Chopped cashews (g)	10	20	30	40	50	60
Potatoes (g)	100	200	375	500	575	700
Novelty bread roll* (unit(s))	1	2	3	4	5	6
From your pantry						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3033 / 725	334 / 80
Total fat (g)	31	3
of which saturated (g)	12,1	1,3
Carbohydrates (g)	80	9
of which sugars (g)	16,3	1,8
Fibre (g)	17	2
Protein (g)	25	3
Salt (g)	3,6	0,4

Allergens

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



1. Chop the vegetables

Preheat the oven to 200°C and prepare the stock. Chop the **onion** and crush or mince the **garlic**. Weigh and peel both types of **potatoes** and cut them into rough chunks of around 2cm. Finely dice the **courgette** into 0.5cm cubes.



4. Fry the courgette

In the meantime, heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **courgette** for 6 - 8 minutes or until done. Season to taste with salt and pepper.



2. Make the soup

Heat half of the olive oil in a soup pot over medium-high heat. Fry the **onion** with the **garlic** for 30 seconds, then add the **African-style spices** and fry for another 30 seconds. Add the stock and both types of **potatoes**, then bring to the boil. Set the heat to medium-low, cover with the lid and allow to cook gently for 15 minutes.



5. Finish the soup

Use an immersion blender to process into a smooth soup, adding a splash of water as necessary if the soup is too thick. Stir in the balsamic vinegar and season to taste with salt and pepper.



3. Prepare the toppings

Meanwhile, roughly chop the **coriander** and dice the **Greek-style cheese** (see Tip). Bake the **bread** in the oven for 7 minutes.

Tip: serve the **coriander** separately so as to allow everyone to garnish as preferred.



6. Serve

Serve the soup on deep plates. Garnish with the **Greek-style cheese**, **courgette**, **cashews** and **coriander**. Serve with the **bread** alongside.

Did you know... 🌱 both regular and sweet potatoes are rich in minerals such as zinc, iron and potassium, as well as vitamins B and C. Sweet potatoes are particularly good sources of vitamin A, which boosts immunity and eye health.



Leek & Mozzarella Flammekueche

with fresh apple salad & roast potatoes

Veggie

Total time: 30 - 40 min.



Potatoes



Leek



Mozzarella



Flammekueche



Organic sour cream



Apple



Fresh flat leaf parsley



Onion



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

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

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

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

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3611 / 863	632 / 151
Total fat (g)	44	8
of which saturated (g)	14,7	2,6
Carbohydrates (g)	86	15
of which sugars (g)	20,1	3,5
Fibre (g)	9	2
Protein (g)	26	5
Salt (g)	1,7	0,3

Allergens

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



1. Roast the potatoes

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



4. Make the dressing

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



2. Fry the leek and onion

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



5. Make the salad

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



3. Bake the flammekueche

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



6. Serve

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

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



Yellow Fish Curry with Noodles

with carrot, broccoli & gomashio

Calorie Smart Family Nice & Fast

Total time: 25 - 35 min.



Pollock



Garlic



Carrot



Broccoli



Yellow curry spices



Coconut milk



Fish sauce



Onion



Gomashio



Mie noodles



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

Broccoli really is a super vegetable! It contains a high yield of vitamins, it's very high in fibre, and is packed with iron.

Before you begin

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

Utensils

Large deep frying pan with lid, kitchen paper

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pollock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	2	2	3
Broccoli* (g)	100	200	360	400	560	600
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Fish sauce (ml)	5	10	15	20	25	30
Onion (unit(s))	½	1	2	2	3	3
Gomashio (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mie noodles (g)	50	100	150	200	250	300
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water (ml)	225	450	675	900	1125	1350
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2632 / 629	374 / 89
Total fat (g)	32	4
of which saturated (g)	16,4	2,3
Carbohydrates (g)	52	7
of which sugars (g)	10,1	1,4
Fibre (g)	10	1
Protein (g)	31	4
Salt (g)	2,8	0,4

Allergens

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



1. Prepare

Boil the water and crumble in the stock cube (see pantry for amounts). Chop the **onion** and crush or mince the **garlic**. Cut the head of the **broccoli** into very small florets and then finely dice the stem. Slice the **carrot** into thin crescents.



2. Fry the aromatics

Heat a generous drizzle of sunflower oil in a large deep frying pan over medium heat. Fry the **onion** with the **garlic** and **curry spices** for 2 – 3 minutes. In the meantime, pat the **pollock** dry with kitchen paper and cut it into uniform pieces of around 2cm. Season with salt and pepper. Move the aromatics to one side of the pan and then transfer the **pollock** to the other side. Fry the **pollock** for 2 minutes per side, then remove from the pan and set aside.



3. Make the curry

Pour in the stock and the **coconut milk**, then add the sugar, **fish sauce*** and white wine vinegar. Add the **carrot** and **broccoli**, mix well and cover with the lid. Allow to stew for 5 minutes and weigh the **noodles** in the meantime. The **broccoli** doesn't need to be done yet as it will finish cooking later. Remove the lid, add the **noodles** and cook for 3 - 4 more minutes, uncovered.

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



4. Serve

Stir the **noodles** so as to separate them and add a splash of water or stock as necessary if the curry is too dry. Season to taste with salt and pepper. Transfer the **pollock** to the curry and heat briefly, then serve. Garnish with the **gomashio**.

Enjoy!



'Kapsalon' with Veggie Döner

with homemade fries, salad & garlic mayo

Family Veggie

Total time: 40 - 50 min.



Potatoes



Onion



Tomato



Little gem



Garlic



Mayonnaise



Veggie döner kebab



Grated Gouda



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

This vegetarian döner has as much flavour and bite as real meat. However, this product is 100% plant-based!

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Little gem* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Mayonnaise* (g)	25	50	75	100	125	150
Veggie döner kebab* (g)	80	160	240	320	400	480
Grated Gouda* (g)	15	25	35	50	60	75
From your pantry						
Buttermilk (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3079 / 736	489 / 117
Total fat (g)	43	7
of which saturated (g)	11	1,7
Carbohydrates (g)	59	9
of which sugars (g)	4,3	0,7
Fibre (g)	15	2
Protein (g)	24	4
Salt (g)	1,6	0,3

Allergens

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



1. Prepare

Preheat the oven to 220°C. Peel the **potatoes** and cut into fries of no more than 1cm thickness, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes, tossing halfway. Bake longer if you would prefer the fries to be crispier.



2. Chop the vegetables

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



3. Make the dressing

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



4. Fry the veggie döner

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



5. Make the salad

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

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



6. Serve

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

Tip: you can also serve with sambal as preferred.

Enjoy!



Shakshuka with Fresh Goat's Cheese

with curly parsley & demi baguette

Veggie

Total time: 30 - 40 min.



Onion



Garlic



Red chili pepper



Carrot



Fresh curly parsley



Egg



Fresh goat's cheese



Chopped tomatoes



White demi-baguette



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

Cooking eggs in any kind of liquid is called poaching. This is a lot easier in a sauce than in water. It also gives the egg extra flavour.

Before you begin

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

Utensils

Lidded deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	1	2	2
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Egg* (unit(s))	2	4	6	8	10	12
Fresh goat's cheese* (g)	50	75	100	125	175	200
Chopped tomatoes (pack)	½	1	1½	2	2½	3
White demi-baguette (unit(s))	1	2	3	4	5	6

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3385 / 809	556 / 133
Total fat (g)	35	6
of which saturated (g)	11,9	2
Carbohydrates (g)	85	14
of which sugars (g)	14,8	2,4
Fibre (g)	14	2
Protein (g)	35	6
Salt (g)	3,5	0,6

Allergens

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



1. Prepare

Preheat the oven to 210°C. Chop the **onion** and crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**.* Dice the **carrot** and finely chop the **parsley**. Heat the olive oil in a deep frying pan over medium-high heat. Fry the **carrot** for 3 - 4 minutes, then add the **onion**, **garlic** and **chili pepper*** and fry for 2 more minutes.

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



2. Cook the vegetables

Stir in the **chopped tomatoes** and half of the **parsley**, then crumble in the stock cube (see pantry for amount). Bring to a boil and allow to simmer gently for 5 - 7 minutes, uncovered (see Tip). Season to taste with salt and pepper.

Tip: allow the sauce to reduce as much as possible; the eggs will poach more easily in a thicker sauce.



3. Poach the eggs

Make small, deep wells in the sauce for the **eggs** and then crack in the **eggs** directly. Season the **eggs** with salt and pepper, then crumble over the **goat's cheese**. Cover with the lid and allow the **eggs** to poach for 6-10 minutes (see Tip). Take the lid off the pan for the final 4 minutes, turn up the heat slightly and allow to reduce as needed.

Tip: the cooking time depends on your pan. Check the eggs regularly and cook for more or less time as preferred.



4. Serve

In the meantime, bake the **demi baguette** in the oven for 6 - 8 minutes. Serve the shakshuka on plates and garnish with the rest of the **parsley**. Serve the **demi baguette** alongside.

Did you know... 🌱 you don't have to eat meat or fish to get enough protein. This recipe for instance provides 30g protein per portion, thanks to the eggs, cheese and bread. This is as much protein as 150g of meat!

Enjoy!



Vegetable Lasagne with Fresh Basil

with mascarpone sauce, courgette & carrot

Calorie Smart Family Veggie

Total time: 50 - 60 min.



Fresh lasagne sheets



Onion



Courgette



Carrot



Italian seasoning



Passata



Garlic



Fresh basil



Grated Gouda



Mascarpone



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

For even tastier lasagne, you can make this recipe the day before you intend to eat it. This way, the sauce will be less runny, and the flavours will be even more intense.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Passata (g)	200	390	590	780	980	1170
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	15	25	40	50	65	75
Mascarpone* (g)	25	50	75	100	125	150
From your pantry						
Water for the sauce (ml)	50	100	150	200	250	300
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2866 / 685	501 / 120
Total fat (g)	28	5
of which saturated (g)	12,1	2,1
Carbohydrates (g)	82	14
of which sugars (g)	19,2	3,4
Fibre (g)	9	2
Protein (g)	19	3
Salt (g)	1	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C. Chop the **onion** and crush or mince the **garlic**. Thinly slice the **courgette**.



2. Roast the courgette

Transfer the **courgette** to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then roast in the oven for 8 - 10 minutes. Keep the oven on for the **lasagne**. Finely dice the **carrot** in the meantime.



3. Make the sauce

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion, garlic and carrot** for 6 - 7 minutes, seasoning with salt and pepper. Stir in the **passata**, the **Italian herbs** and the water for the sauce (see Tip). Allow to simmer for 3-4 minutes, then stir in the **mascarpone**.

Tip: after adding the passata, fill the empty pack with the water (see pantry for amount). Shake well before pouring the water into the pan, so as to easily clean the pack and get all of the passata.



4. Make the lasagne

Pour a shallow layer of sauce into an oven dish, then cover this with some of the **lasagne sheets**. Spread some sauce over the **lasagne sheets**, then place some **courgette** slices on top of that. Repeat so as to use all the ingredients, then finish with a layer of sauce and scatter over the **grated cheese**.



5. Chop the basil

Bake the **lasagne** in the oven for 25 - 35 minutes. Finely chop the **basil** in the meantime.



6. Serve

Let the **lasagne** rest for 3 minutes before serving. Garnish the **lasagne** with the **basil**.

Enjoy!



Fast Pasta with a Mexican-Inspired Twist

with veggie mince, cheese & sour cream

Family Nice & Fast Veggie

Total time: 20 - 30 min.



Veggie mince



Mexican-style spices



Onion



Garlic



Bell pepper



Penne



Passata



Grated Gouda



Organic sour cream



Corn



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

Did you know that penne's name is derived from penna, the Italian word for both feather and pen? This is because it's shape resembles the steel nib commonly used with a quill!

Before you begin

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

Utensils

Lidded deep frying pan, lidded pot or saucepan, sieve

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Veggie mince* (g)	75	150	225	300	375	450
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Penne (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	25	50	75	100	125	150
Organic sour cream* (g)	25	50	75	100	125	150
Corn (g)	70	140	140	285	280	425
From your pantry						
Water for the sauce (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3201 / 765	617 / 147
Total fat (g)	26	5
of which saturated (g)	9,4	1,8
Carbohydrates (g)	89	17
of which sugars (g)	17,6	3,4
Fibre (g)	16	3
Protein (g)	39	8
Salt (g)	2,5	0,5

Allergens

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



1. Fry the veggie mince

Boil plenty of salted water in a pot or saucepan for the **penne**. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **veggie mince** with the **Mexican-style spices*** for 3 - 4 minutes, then add the water (see pantry for amount). Mix well and fry for 1 minute until the liquid has evaporated, then remove from the pan and set aside. Chop the **onion** and crush or mince the **garlic**. Dice the **bell pepper**.

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



2. Boil the pasta

Boil the **penne** for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside. Heat a drizzle of olive oil in the same frying pan over medium-high heat and fry the **garlic** and **onion** for 1 - 2 minutes. Add the **bell pepper** and **passata** and fry for 6-8 minutes, covered.

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



3. Finish

Drain and then weigh the **corn**. Transfer the **penne** to the sauce, along with a splash of the reserved pasta water, the **veggie mince**, the **corn** and half of the **grated cheese**. Mix well and season to taste with salt and pepper, then cook for 2 - 3 more minutes.



4. Serve

Serve the **penne** on plates and top with the **sour cream**. •Garnish with the rest of the **grated cheese**.

Enjoy!



Chicken Yakitori in Sweet Sesame Sauce

over rice with scallions & vegetables

Calorie Smart Family Nice & Fast

Total time: 25 - 35 min.



Garlic



Carrot



Broccoli



Scallions



Diced chicken



Skewers



East Asian-style sauce



Gomashio



White long grain rice



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

Before you begin

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

Utensils

Lidded frying pan, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Broccoli* (g)	100	200	360	360	560	560
Scallions* (bunch(es))	½	1	1	2	2	3
Diced chicken* (g)	100	200	300	400	500	600
Skewers (unit(s))	2	4	6	8	10	12
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
From your pantry						
Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	45	90	120	150	210	240
[Reduced salt] soy sauce (to taste)	to taste					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2686 /642	510 /122
Total fat (g)	17	3
of which saturated (g)	3,1	0,6
Carbohydrates (g)	84	16
of which sugars (g)	19	3,6
Fibre (g)	11	2
Protein (g)	34	6
Salt (g)	2,9	0,6

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the **rice** and crumble in the stock cube (see pantry for amount). Crush or mince the **garlic** and thinly slice the **carrot**. Cut the head of the **broccoli** into florets and then dice the stem. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **garlic** with the **carrot** for 1 minute.

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



2. Boil the rice

Boil the **rice** for 12 - 15 minutes, then drain and set aside. To the **carrots**, add the **broccoli** and the water (see pantry for amount). Cover with the lid and allow to stew for 8 - 10 minutes or until done.



3. Fry the chicken

Cut the **scallions** into 2cm chunks. Thread the **chicken** and the **scallions** onto the **skewers** (see Tip). Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **skewers** for 3 - 4 minutes per side, or until golden-brown. During the final minute, add the **East Asian-style sauce** and the **gomashio**. Allow the sauce to caramelize.

Tip: *if you're short on time, you can skip making the skewers and just fry the chicken and scallions directly in the pan.*



4. Serve

Serve the **rice** and vegetables on plates and pour over the sauce. Top with the **chicken skewers** and serve with **soy sauce** on the side as preferred.

Enjoy!



Meatballs in Creamy Curry Sauce

over rice with Romano beans

Nice & Fast

Total time: 25 - 35 min.



Jasmine rice



Onion



Garlic



Tomato



Romano beans



Beef meatballs with kofta seasoning



Coconut milk



Tomato paste



African-inspired spice mix



Curry powder



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

These beef meatballs are already seasoned with köfta spices. This Turkish spice mix with cumin, cardamom and mint, will fill your kitchen with delicious aromas!

Before you begin

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

Utensils

Lidded deep frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	2	3	4	5	7	8
Romano beans* (g)	50	100	200	200	300	300
Beef meatballs with kofta seasoning* (unit(s))	4	8	12	16	20	24
Coconut milk (ml)	90	180	250	360	430	540
Tomato paste (can)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3590 /858	662 /158
Total fat (g)	45	8
of which saturated (g)	28,4	5,2
Carbohydrates (g)	81	15
of which sugars (g)	12,5	2,3
Fibre (g)	9	2
Protein (g)	29	5
Salt (g)	1,7	0,3

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Chop the **onion** and crush or mince the **garlic**. Dice the **tomato** and cut the **Romano beans** into chunks.



2. Fry the meatballs

Boil the **rice** for 5 minutes, then add the **Romano beans** and cook for 7 more minutes. Melt a generous knob of butter in a deep frying pan over medium-high heat. Fry the **meatballs** for 3 - 4 minutes until evenly browned, then remove from the pan and set aside. In the same pan, fry the **onion** and **garlic** for 2 - 3 minutes over medium-high heat.



3. Finish the curry

Add the **tomato paste** and fry for 2 minutes, then add the diced **tomato**, **African-inspired spices**, **curry powder** and honey. Mix well and fry for another 2 minutes, then stir in the **coconut milk** and the **meatballs**. Season to taste with salt and pepper, then cover with the lid and allow to simmer for 5 - 7 minutes.



4. Serve

Serve the **rice** and **Romano beans** in bowls or deep plates. Top with the **meatball curry**.

Did you know... 🍅 tomato paste is a good source of fibre, calcium, vitamin C and iron. Just one small can provides almost twice as much iron as 100g of chicken or pork!

Enjoy!



Tandoori Turkey Salad

with mango chutney dressing, potatoes & pickled radish

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Potatoes



Onion



Radish



Mango chutney



Turkey breast pieces with tandoori-style spices



Cucumber



Little gem



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

Did you know that cucumbers can lower blood and body temperature? That's where the saying 'cool as a cucumber' comes from!

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Turkey breast pieces with tandoori-style spices* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	1	1	2	2
Radish* (bunch)	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Mango chutney* (g)	20	40	60	80	100	120
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2301 /550	398 /95
Total fat (g)	28	5
of which saturated (g)	2,6	0,4
Carbohydrates (g)	45	8
of which sugars (g)	20,5	3,5
Fibre (g)	8	1
Protein (g)	27	5
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Peel or thoroughly wash the **potatoes** and cut them into cubes. Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount). Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



2. Prepare the radish

Discard the **radish** leaves and then thinly slice the **radishes**. In a bowl, combine the white wine vinegar with the sugar, then add the **radishes** and set aside. Slice the **onion** into half rings. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **turkey** and **onion** for 5 - 7 minutes, or until done.



3. Fry the potatoes

In the meantime, finely chop the **lettuce** and dice the **cucumber**. In a small bowl, combine the **mango chutney** with the mayonnaise, along with as much pickling liquid from the **radishes** as preferred. Deglaze the frying pan with the water (see pantry for amount). Stir in the **potatoes** and the honey, then fry for 1 more minute. Season to taste with salt and pepper.



4. Serve

Serve the **lettuce** on plates and top with the **cucumber**, **potatoes**, **turkey** and **radish**. Drizzle with the **mango chutney** dressing to finish.

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

Enjoy!



Wholewheat Tempeh Wraps with Mango Chutney

with crunchy cucumber slaw & pear

Calorie Smart Nice & Fast Plant-based

Total time: 20 - 30 min.



Cucumber



Pear



Slaw mix



Soy sauce



East Asian-style sauce



Sesame oil



Wholewheat mini tortilla



Mango chutney



Garlic



Diced tempeh



Onion



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

Tempeh originates from Indonesia and is made from fermented soybeans. This tempeh is full of protein and iron, which makes it very suitable as a meat substitute.

Before you begin

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

Utensils

Aluminum foil, large bowl, small bowl, two frying pans

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cucumber* (unit(s))	½	1	1	2	2	3
Pear* (unit(s))	½	1	2	2	3	3
Slaw mix* (g)	50	100	150	200	250	300
Soy sauce (ml)	10	20	30	40	50	60
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Sesame oil (ml)	5	10	15	20	25	30
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Mango chutney* (g)	20	40	60	80	100	120
Garlic (unit(s))	½	1	1½	2	2½	3
Diced tempeh* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tbsp)	2	4	6	8	10	12
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2682 /641	474 /113
Total fat (g)	25	4
of which saturated (g)	3,7	0,7
Carbohydrates (g)	72	13
of which sugars (g)	30,5	5,4
Fibre (g)	14	2
Protein (g)	28	5
Salt (g)	3,1	0,5

Allergens

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



1. Prepare

Preheat the oven to 180°C (see Tip). Cut the **cucumber** into matchsticks and crush or mince the **garlic**. Core and thinly slice the **pear**. Slice the **onion** into half rings.

Tip: this is to heat the tortillas later, but you can also use a frying pan instead.



2. Make the slaw

In a large bowl, combine the **sesame oil** with the white wine vinegar and a pinch of salt. Add the **slaw mix** and the **cucumber**, then toss well to combine and set aside. In a small bowl, combine the **soy sauce** with the **garlic** and **East Asian-style sauce**. Mix well.



3. Fry the tempeh

Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **tempeh** with the **onion** for 2 - 3 minutes or until golden-brown, then stir in the sauce and fry for 1 - 2 more minutes. In another frying pan, heat a light drizzle of sunflower oil over medium-high heat. Fry the **pear** for 2 - 3 minutes until soft and lightly browned. Meanwhile, wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes.



4. Serve

Spread the **tortillas** with the **mango chutney**. Top with the **cucumber** slaw, **pear**, **onion** and **tempeh**.

Did you know... 🌱 tempeh is a great source of calcium and iron; just 100g of tempeh contains as much calcium as one glass of milk, plus as much iron as 100g steak!

Enjoy!



Creamy Spinach Penne

with cherry tomatoes, basil & pecorino

Nice & Fast Veggie

Total time: 15 - 20 min.



Penne



Herbed cream cheese



Spinach



Smoked paprika



Red cherry tomatoes



Tomato tapenade



Onion



Fresh basil



Grated Pecorino DOP



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

Pecorino is made from sheep's milk. The name pecorino is derived from the Italian word for sheep: pecora.

Before you begin

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

Utensils

Lidded pot or saucepan, large deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Herbed cream cheese* (g)	75	150	225	300	375	450
Spinach* (g)	100	200	300	400	500	600
Smoked paprika (tsp)	1	2	3	4	5	6
Red cherry tomatoes (g)	65	125	250	250	375	375
Tomato tapenade* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	5	10	15	20	25	30
Grated Pecorino DOP* (g)	20	40	60	80	100	120
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3559 / 851	805 / 192
Total fat (g)	45	10
of which saturated (g)	21,3	5
Carbohydrates (g)	78	18
of which sugars (g)	10,8	2,4
Fibre (g)	9	2
Protein (g)	28	6
Salt (g)	2,3	0,5

Allergens

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



1. Boil the pasta

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Boil the pasta for 11 - 13 minutes, then reserve some of the pasta water before draining and setting aside. Meanwhile, chop the **onion** and finely chop the **basil**.



2. Make the sauce

Heat a drizzle of olive oil in a large deep frying pan over high heat. Fry the **onion** and **cherry tomatoes** for 3 - 4 minutes. Lower the heat and deglaze with the balsamic vinegar. Add the **spinach**, **smoked paprika**, **tomato tapenade** and **cream cheese** (see Tip).



3. Mix the pasta

Add 45ml pasta water per person (see Tip). Transfer the pasta to the sauce and mix well to combine, seasoning to taste with salt and pepper.

Tip: add an extra splash of pasta water as necessary if the sauce is too thick.



4. Serve

Serve the pasta on deep plates. Garnish with the **pecorino** and the **basil**.

Did you know... 🍅 cherry tomatoes may be smaller than normal tomatoes, but they are more nutrient-dense; they are richer in potassium and folic acid, as well as vitamins A and C.

Enjoy!



Chicken Salad with Mexican-Style Spices

with zesty sour cream dressing, pickled onion & black beans

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Mexican-style spices



Corn



Romaine lettuce



Tomato



Fresh coriander



Organic sour cream



Lime



Black beans



Chopped red onion



Chicken thigh strips



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

Coriander has 2 distinct components that can be used for cooking. First, there are the leaves, which have a fresh and citrusy flavour, and then there are the seeds, which have a warm and spicy taste.

Before you begin

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

Utensils

Bowl, salad bowl, saucepan, sieve or colander, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Corn (g)	70	140	140	285	280	425
Romaine lettuce* (head)	½	1	2	2	3	3
Tomato (unit(s))	½	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
Organic sour cream* (g)	25	50	75	100	125	150
Lime* (unit(s))	½	1	1½	2	2½	3
Black beans (pack)	¼	½	¾	1	1¼	1½
Chopped red onion* (g)	40	75	115	150	190	225
Chicken thigh strips* (g)	100	200	300	400	500	600
From your pantry						
Sugar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (ml)	30	60	90	120	150	180
Water (ml)	50	100	150	200	250	300
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2540 /607	449 /107
Total fat (g)	40	7
of which saturated (g)	9,6	1,7
Carbohydrates (g)	32	6
of which sugars (g)	14,4	2,5
Fibre (g)	12	2
Protein (g)	28	5
Salt (g)	1,3	0,2

Allergens

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



1. Prepare

In a bowl, combine the olive oil with half of the **Mexican-style spices**.* Add the **chicken thigh strips** and toss well to coat, then set aside to marinate in the fridge. In a saucepan over medium heat, combine the water with the sugar and white wine vinegar (see pantry for amounts). Stir until the sugar has dissolved, then remove from the heat. Add the **onion** and allow to stand until serving.

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



2. Make the salad

Drain the **corn** and dice the **tomato**. Roughly chop the **coriander** and the **lettuce**. In a salad bowl, combine the **corn**, **tomato**, **coriander** and **lettuce** with a third of the extra virgin olive oil. Season to taste with salt and pepper. Drain the **black beans**.



3. Fry the chicken

Heat a clean frying pan over medium-high heat and fry the **chicken thigh strips** for 3 - 4 minutes. Lower the heat and stir in the **black beans** and the rest of the **Mexican-style spices**, then fry for 3 - 4 minutes or until done. Cut the **lime** into wedges and juice one wedge per person into a small bowl. Add the **sour cream**, the rest of the extra virgin olive oil and 1 tsp water per person (see Tip). Mix well to combine and season to taste with salt and pepper.

Tip: if the dressing is too thick, add an extra splash of water as needed.



4. Serve

Drain the **onion**. Serve the salad on plates and top with the **chicken** and **black beans**. Drizzle with the **sour cream** dressing and garnish with the pickled **onion**. Serve with the rest of the **lime wedges**.

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

Enjoy!



Tuna Potato Salad with Honey Mustard Dressing

with boiled egg, beetroot, apple & fresh herbs

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Golden beetroot



Baby potatoes



Apple



Butter lettuce



Egg



Fresh chives, dill
& flat leaf parsley



Honey-mustard
dressing



Tuna packed in olive oil



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

Apples are not only delicious, but also healthy. They're especially rich in fibre, vitamins and antioxidants which give your body a powerful boost.

Before you begin

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

Utensils

Pot or saucepan, salad bowl, saucepan, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Golden beetroot* (unit(s))	1	2	3	4	5	6
Baby potatoes (g)	200	400	600	800	1000	1200
Apple* (unit(s))	½	1	1½	2	2½	3
Butter lettuce* (head)	⅓	⅔	1	1⅓	1⅔	2
Egg* (unit(s))	1	2	3	4	5	6
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Honey-mustard dressing* (g)	20	40	60	80	100	120
Tuna packed in olive oil (can)	1	1	2	2	3	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2840 / 679	464 / 111
Total fat (g)	36	6
of which saturated (g)	8,1	1,4
Carbohydrates (g)	59	10
of which sugars (g)	19,6	3,2
Fibre (g)	15	2
Protein (g)	26	4
Salt (g)	1,7	0,3

Allergens

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



1. Prepare the beetroot

Boil plenty of water in a saucepan. Peel the **beetroot** and give it a 1cm dice, then boil for 15 - 20 minutes until al dente. Drain and set aside. Cut any larger **baby potatoes** in half and leave the rest whole. Transfer to a pot or saucepan and cover with water, then crumble in the stock cube (see pantry for amount). Boil the **potatoes** for 8 minutes, then add the **egg** and boil for 6 - 10 more minutes. Drain and then rinse under cold water.



2. Chop the vegetables

Dice the **apple** into 2cm chunks. Wash the **butter lettuce** and cut into strips. Drain the **tuna** and season with salt and pepper. Finely chop the fresh herbs.



3. Make the salad

In a small bowl, combine the mayonnaise with the honey mustard dressing, white wine vinegar and extra virgin olive oil, along with half of the **fresh herbs**. Season to taste with salt and pepper. Transfer the **beetroot** to a salad bowl, along with the **apple, butter lettuce, potatoes** and **tuna**. Add the majority of the dressing and toss well to combine. Set aside the rest of the dressing to use later.



4. Serve

Peel the **egg** and cut it in half. Serve the salad on plates and top with the **egg**. Drizzle with the reserved dressing and garnish with the rest of the **fresh herbs**.

Did you know... 🍌 baby potatoes are always eaten with the skin on, which means they provide more fibre and vitamins; in particular vitamin B6, which is important for metabolic health.



Homemade 'Boomstammetjes'

with potato wedges, mangetout & carrots

Family

Total time: 45 - 55 min.



Potatoes



Egg



Farmer's mincemeat



Panko breadcrumbs



Grated aged Gouda



Dried rosemary



Carrot



Mangetout



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

Boomstammetjes (meaning tree trunks) are a Dutch recipe in which minced meat and cheese are formed into a sausage shape, like a tree trunk! They're then breaded and baked in the oven, which makes them extra crunchy.

Before you begin

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

Utensils

Lidded deep frying pan, deep plate, large bowl, oven dish, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	½	1	1½	2	2½	3
Farmer's mince* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Grated aged Gouda* (g)	15	25	40	50	65	75
Dried rosemary (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	50	100	150	200	250	300
From your pantry						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3879 / 927	570 / 136
Total fat (g)	49	7
of which saturated (g)	14,9	2,2
Carbohydrates (g)	82	12
of which sugars (g)	11,2	1,6
Fibre (g)	16	2
Protein (g)	36	5
Salt (g)	2,2	0,3

Allergens

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



1. Make the wedges

Preheat the oven to 180°C. Thoroughly wash the **potatoes** and cut them into long thin wedges (see Tip). Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the potato wedges for 20 minutes, covered, then remove the lid and fry for another 10 - 15 minutes. Season to taste with salt and pepper.

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



4. Boil the vegetables

Thinly slice the **carrot**. Boil plenty of water in a pot or saucepan and cook the **carrot** for 4 minutes, then add the **mangetout** and continue boiling for another 4 minutes (see Tip). Drain the vegetables and rinse under cold water.

Tip: *the tips of mangetout can sometimes be tough, so be sure to remove and discard these.*



2. Make the 'boomstammetjes'

Transfer the **mince, cheese, egg** and three quarters of the **panko** to a large bowl. Season with salt and pepper, then knead well to combine. Roll two 'boomstammetjes' per person (see photo for the shape).



5. Fry the vegetables

Heat a drizzle of olive oil in the same frying pan over medium-high heat. Fry the vegetables for 1 minute, then deglaze with the white balsamic vinegar and season to taste with salt and pepper.

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



3. Bake the 'boomstammetjes'

Transfer the rest of the **panko** to a deep plate, along with the **rosemary**. Mix well to combine, then coat the boomstammetjes in this mixture. Melt a small knob of butter in a frying pan over medium-high heat and fry the boomstammetjes for 2 - 3 minutes until evenly browned, then transfer to an oven dish. Set the frying pan aside to use again in step 5. Bake the boomstammetjes in the oven for 12 - 16 minutes (see Tip).

Tip: *thicker boomstammetjes will take longer to cook. Check them carefully and bake for more time if necessary. If preferred, you can cut one of them open before serving to check.*



6. Serve

Serve the boomstammetjes with the potato wedges and vegetables. Serve the mayonnaise alongside.

Enjoy!



Stuffed Portobello with Goat's Cheese & Walnuts

with potato wedges, cherry tomatoes & roasted bell pepper

Calorie Smart Veggie

Total time: 45 - 55 min.



Potatoes



Fresh rosemary



Onion



Red cherry tomatoes



Bell pepper



Portobello mushroom



Fresh goat's cheese



Chopped walnuts



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

Portobello is packed with vitamin B2, making it great as a meat substitute. You'll serve it with goat cheese and honey.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Bell pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	40	75	100	125	175	200
Chopped walnuts (g)	10	20	30	40	50	60

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Honey (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil					to taste	
Salt & pepper					to taste	

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2661 /636	402 /96
Total fat (g)	29	4
of which saturated (g)	9,2	1,4
Carbohydrates (g)	71	11
of which sugars (g)	8,4	1,3
Fibre (g)	16	2
Protein (g)	19	3
Salt (g)	0,8	0,1

Allergens

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



1. Prepare

Preheat the oven to 200°C. Discard the **rosemary** stalk and finely chop the leaves. Slice the **onion** into rings and dice the **bell pepper**. Halve the **cherry tomatoes**. Thoroughly wash the **potatoes** and then cut into wedges.



2. Fry the potatoes

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the potatoes with rosemary for 15 - 20 minutes, covered, seasoning with salt and pepper. Remove the lid and fry for a further 15 minutes.

Tip: increase the heat so as to cook the potatoes more quickly. Toss regularly and take care that they don't burn.



3. Bake the portobello

Transfer the **portobello** to a parchment-lined baking sheet, with the base facing upwards. Fill with the **goat's cheese** and season with salt and pepper. Drizzle with the honey and then bake in the oven for 18 - 20 minutes.

Did you know... 🌱 **goat's cheese** not only adds great flavour, but it's also lower in salt than other cheeses such as Gouda or Parmesan.



4. Roast the vegetables

Transfer the **tomatoes, onion** and **bell pepper** to an oven dish and drizzle with olive oil. Add the balsamic vinegar and season with salt and pepper, then toss well to coat. Bake in the oven alongside the **portobello** during the final 15 minutes of cooking time.



5. Finish the portobello

5 minutes before the end of the cooking time, top the **portobello** with the **walnuts**.



6. Serve

Serve the **potatoes** and **portobello** on plates. Serve the vegetables alongside and drizzle with extra virgin olive oil as preferred.

Did you know... 🌱 **mushrooms and portobellos** are a great source of vitamin B2, which helps keep you energised. Vitamin B2 is most commonly found in animal products, so if you follow a vegetarian or vegan diet it's good to eat mushrooms regularly so as to prevent deficiency.



Veggie Schnitzel in Creamy Parmesan Sauce

with Sicilian-style herbs, broccoli & potatoes

Calorie Smart Nice & Fast Veggie

Total time: 15 - 20 min.



Vegan schnitzel



Potatoes



Garlic



Onion



Broccoli



Cooking cream



Parmigiano Reggiano DOP



Sicilian-style herb mix



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

Before you begin

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

Utensils

Fork, grater, pot or saucepan, plastic wrap, small saucepan, heatproof bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Broccoli* (g)	200	360	560	720	920	1080
Cooking cream (g)	50	100	150	200	250	300
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	75	150	225	300	375	450

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2833 /677	420 /100
Total fat (g)	31	5
of which saturated (g)	15,9	2,4
Carbohydrates (g)	68	10
of which sugars (g)	7,8	1,2
Fibre (g)	21	3
Protein (g)	24	4
Salt (g)	2,1	0,3

Allergens

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



1. Prepare

Prepare the stock. Boil plenty of water in a pot or saucepan for the **broccoli**. Peel or thoroughly wash the **potatoes** and cut them into rough pieces, then transfer to a large microwave-safe bowl. Top with a small knob of butter and then pour in 30ml stock per person. Cover the bowl with plastic wrap and poke a few holes in the top.



2. Fry the schnitzel

Microwave on high for 5 - 6 minutes or until soft when pierced with a fork (see Tip). Keep the bowl covered until later use. Melt a small knob of butter in a frying pan over medium-high heat. Fry the **schnitzel** for 3 - 4 minutes per side or until golden-brown.

Tip: no microwave? No problem! Boil plenty of salted water in a pot or saucepan and cook the potatoes for 12 - 15 minutes. Drain and season with salt and pepper, then set aside.



3. Boil the broccoli

Meanwhile, cut the head of the **broccoli** into florets and dice the stem. Boil the **broccoli** for 5-7 minutes, then drain. Season to taste with salt and pepper, then set aside.



4. Make the sauce

Chop the **onion** and crush or mince the **garlic**. Grate the **cheese**. Melt a knob of butter in a small saucepan over medium-high heat. Fry the **onion** with the **garlic** and the flour for 1 - 2 minutes. Deglaze with the rest of the stock, then add the **cream** and the **Sicilian-style herbs**, along with two thirds of the **grated cheese**.



5. Allow to reduce

Bring the sauce to a boil and allow to reduce for 3 - 5 minutes (see Tip). Season to taste with salt and pepper. Carefully remove the plastic wrap from the **potatoes** (watch out for steam) and season with salt.

Tip: if the sauce is too thin, stir in the same amount of flour again and allow to reduce for 2 - 3 minutes. If it's too thick on the other hand, add an extra splash of water.



6. Serve

Serve the **schnitzel**, **potatoes** and **broccoli** on plates. Garnish the **broccoli** with the rest of the **cheese**. Top the **schnitzel** and **potatoes** with the **cheese** sauce.

Did you know... 🌱 thanks to the broccoli, this recipe provides more than the RDA of vitamin C. Broccoli is also rich in iron, calcium and potassium, which helps with bone health, blood pressure and keeps you energised.



Bacon-Wrapped Basa with Potatoes

with carrots & ravigote sauce

Calorie Smart Family

Total time: 40 - 50 min.



Potatoes



Carrot



Onion



Bacon



Ravigote sauce



Basa fillet



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

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

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Bacon* (slice(s))	3	6	9	12	15	18
Ravigote sauce* (g)	20	40	60	80	100	120
Basa fillet* (g)	100	200	300	400	500	600

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2870 /686	468 /112
Total fat (g)	37	6
of which saturated (g)	7,3	1,2
Carbohydrates (g)	55	9
of which sugars (g)	12,7	2,1
Fibre (g)	12	2
Protein (g)	30	5
Salt (g)	1,8	0,3

Allergens

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



1. Roast the potatoes

Preheat the oven to 220°C. Wash or peel the **potatoes** and slice into thin circles, then transfer to a bowl. Drizzle with sunflower oil and season with salt and pepper, then toss well to coat. Transfer the sliced **potatoes** to a parchment-lined baking sheet and roast in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.



2. Boil the carrots

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

Tip: you can also use butter if preferred.



3. Prepare the fish

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



4. Finish the carrots

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

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



5. Fry the basa

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



6. Serve

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

Enjoy!



Creamy Cauliflower Fusilli

with spinach & grated cheese

Family Veggie

Total time: 30 - 40 min.



Spinach



Onion



Garlic



Grated Gouda



Cauliflower



Cooking cream



Grated Gruyère DOP



Wholewheat fusilli



Sicilian-style herb mix



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

Did you know that 200 grams of spinach contains more calcium than a whole glass of milk?

Before you begin

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

Utensils

Parchment-lined baking sheet, deep frying pan, lidded pot or saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spinach* (g)	50	100	200	200	300	300
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Cauliflower* (g)	125	250	375	500	625	750
Cooking cream (g)	75	150	225	300	375	450
Grated Gruyère DOP* (g)	15	25	40	50	65	75
Wholewheat fusilli (g)	90	180	270	360	450	540
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Flour (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3368 / 805	552 / 132
Total fat (g)	38	6
of which saturated (g)	21	3,4
Carbohydrates (g)	80	13
of which sugars (g)	10,5	1,7
Fibre (g)	15	2
Protein (g)	29	5
Salt (g)	1,5	0,2

Allergens

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



1. Prepare

Preheat the oven to 220°C and prepare the stock. Boil plenty of water in a pot or saucepan for the pasta. Cut the head of the **cauliflower** into florets and dice the stem. Chop the **onion** and crush or mince the **garlic**.



4. Make the roux

Pour in a third of the stock and whisk until fully incorporated. Repeat this twice more with the rest of the stock. Keep whisking until smooth, then bring to a boil and allow to thicken and reduce for 1-2 minutes. Season to taste with some pepper.



2. Roast the cauliflower

Transfer the **cauliflower** to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Roast in the oven for 14 - 16 minutes.

Did you know... 🥦 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C for a healthy immune system, potassium for healthy blood pressure and fibre for gut health.



5. Finish

Stir in the **spinach** and the **Sicilian-style herbs** and then allow the **spinach** to wilt and reduce. Add the **cream**, both **cheeses** and the reserved pasta water. Mix well and allow to reduce for 2 - 3 minutes, then stir in the pasta and half of the **cauliflower**.



3. Cook the pasta

Boil the pasta for 10 - 12 minutes, then reserve 50ml pasta water per person before draining and setting aside. Melt a knob of butter in a deep frying pan over medium-high heat and fry the **garlic** and **onion** for 1 - 2 minutes. Whisk in the flour to incorporate (see Tip).

Tip: this technique is known as making a roux. For this, it's important that the quantities are precise; 1 tbsp butter is 15g and 1 tbsp flour is 20g.



6. Serve

Serve the pasta on plates and top with the rest of the **cauliflower**.

Enjoy!



Pork Escalope with Mangetout

with carrot mash & shallot jus

Calorie Smart Family

Total time: 35 - 45 min.



Shallot



Garlic



Potatoes



Carrot



Pork escalope



Mangetout



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

Carrots are rich in vitamin A, so your immune system and eyes will receive an extra boost from this dish.

Before you begin

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

Utensils

Oven dish, lidded pot or saucepan, saucepan, whisk, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	¾	2	2½	3	4½	5
Pork escalope* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	100	150	200	250	350	400
From your pantry						
Low sodium beef stock (ml)	125	250	375	500	625	750
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2552 /610	337 /81
Total fat (g)	28	4
of which saturated (g)	17,5	2,3
Carbohydrates (g)	56	7
of which sugars (g)	14,5	1,9
Fibre (g)	17	2
Protein (g)	32	4
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Take the **pork escalope** out of the fridge and allow it to reach room temperature (see Tip). Preheat the oven to 160°C and prepare the stock. Boil plenty of water in a pot or saucepan for the vegetables. Chop the **shallot** and crush or mince the **garlic**. Peel or thoroughly wash the **potatoes** then cut them into rough pieces. Dice the **carrot** into 2cm chunks.

Tip: for the best result, take the pork out of the fridge 30 to 60 minutes before you start cooking. This way, the pork will be at room temperature when you eventually fry it.



2. Cook the vegetables

Boil the **carrots** for 5 minutes, covered, then add the **potatoes** and cook for 15 minutes. Ensure the vegetables are fully submerged and season with salt and pepper. Reserve a small amount of the cooking liquid, then drain and set aside.



3. Fry the pork

Melt a generous knob of butter in a frying pan over medium heat and fry the **shallot** and **garlic** for 3–4 minutes. Season the **pork** with salt and pepper. Take half of the **shallot** and **garlic** out of the pan and set aside. Fry the **pork** in the same pan for 3–4 minutes until evenly browned, then transfer to an oven dish and roast for 6–8 minutes. Remove from the oven and then slice the **pork escalope**.



4. Make the jus

Increase the heat under the frying pan and deglaze with the stock and balsamic vinegar. Stir in the mustard and season with pepper, then allow to cook for 4–6 minutes or until it has reduced by half. Shortly before serving, whisk a knob of cold butter into the jus.



5. Boil the mangetout

Boil plenty of water in a saucepan and cook the **mangetout** for 4–6 minutes, then drain and rinse under cold water. Transfer the reserved **shallot** and **garlic** to the **carrot** and **potatoes** and mash until smooth. Add a splash of the reserved cooking liquid if necessary and then season to taste with salt and pepper.



6. Serve

Serve the mash on plates and top with the **pork escalope** and the **mangetout**. Serve with the jus.

Enjoy!



Harissa Turkey with Roasted Cauliflower

with potatoes & green beans

Calorie Smart Family

Total time: 35 - 45 min.



Potatoes



Harissa



Cauliflower florets



Green beans



Onion



Surinamese-style spice mix



Turkey breast pieces with tandoori-style spices



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

Did you know that cauliflower really is a flower? If the leaves don't cover the cauliflower, then the florets turn yellow from the sun.

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Harissa* (g)	15	30	45	60	75	90
Cauliflower florets* (g)	100	200	300	400	500	600
Green beans* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1½	2	2½	3
Surinamese-style spice mix (sachet(s))	½	1	1½	2	2½	3

Turkey breast pieces with tandoori-style spices* (g)	100	200	300	400	500	600
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	From your pantry					
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 /679	466 /111
Total fat (g)	37	6
of which saturated (g)	4,3	0,7
Carbohydrates (g)	49	8
of which sugars (g)	5,1	0,8
Fibre (g)	14	2
Protein (g)	31	5
Salt (g)	2,3	0,4

Allergens

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



1. Prepare

Preheat the oven to 220°C. Dice the **potato** into 1cm chunks and cut any larger **cauliflower** florets into small pieces. Transfer both to a bowl along with the **Surinamese-style spices**. Drizzle generously with olive oil and season with salt and pepper, then toss well to coat.

Did you know... 🥦 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C to boost immunity, potassium for healthy blood pressure and fibre for gut health.



4. Cook the green beans

Pour a shallow layer of water into a deep frying pan, then add the **green beans** and a pinch of salt. Cover with the lid and bring to a boil, then lower the heat and allow to cook gently for 6 - 8 minutes. Drain if necessary, then add the **onion** and fry for 2 - 3 minutes over medium-high heat, uncovered. Season to taste with salt and pepper.



2. Prepare the turkey

Transfer to a parchment-lined baking sheet and roast for 12 - 15 minutes. Meanwhile, in a bowl combine the **turkey** with the **harissa** and a light drizzle of olive oil. Season with salt and pepper, then add the **turkey** to the same baking sheet and return to the oven for another 10 minutes.



5. Make the dressing

In a small bowl, combine the mayonnaise with the white wine vinegar. Season to taste with pepper.



3. Cut the vegetables

Discard the tips of the **green beans** and then cut in half. Slice the **onion** into half rings.



6. Serve

Serve the **turkey** with the **potatoes** and the vegetables on deep plates and drizzle with the mayonnaise.

Enjoy!



Crispy Chicken Wraps with Potato Wedges

with honey mustard dressing & salad

Nice & Fast

Total time: 15 - 20 min.



Potato wedges



Oranjehoen crispy chicken schnitzel



Onion



Little gem



Cucumber



Ground paprika



Tomato



Flour tortillas



Grated Italian cheese



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

Before you begin

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

Utensils

Fork, large plate, plastic wrap, salad bowl, 2x frying pan, heatproof bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Oranjehoen crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	¾	1	1¾	2
Ground paprika (tsp)	1½	3	4½	6	7½	9
Tomato (unit(s))	½	1	2	2	3	3
Flour tortillas (unit(s))	2	4	6	8	10	12
Grated Italian cheese* (g)	15	25	40	50	65	75

From your pantry

[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3929 / 939	584 / 139
Total fat (g)	40	6
of which saturated (g)	12,1	1,8
Carbohydrates (g)	106	16
of which sugars (g)	13,1	1,9
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	2,2	0,3

Allergens

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



1. Prepare

Place the **potato wedges** in a large microwave-safe bowl. Add a small knob of butter and 1 tbsp water per person, then cover with plastic wrap. Microwave on high for 4 - 5 minutes or until soft when pierced with a fork (see Tip).

Tip: no microwave? No problem! Fry the potatoes for 8 - 10 minutes, then add the onion and fry for 5 more minutes. Meanwhile, preheat the oven to 200°C for the tortillas later.



4. Fry the schnitzel

Meanwhile, melt a small knob of butter in another frying pan over medium-high heat. When the pan is nice and hot, fry the **schnitzel** for 3 - 4 minutes per side. Shortly before serving, cut the **schnitzel** into thin strips.



2. Chop the vegetables

Carefully remove the plastic (watch out for steam). Drain any remaining liquid and season with salt and pepper, then mix well to combine. Meanwhile, slice the **onion** into half rings. Slice the **cucumber** into crescents and cut the **tomato** into wedges. Finely chop the **lettuce**.



5. Make the salad

In a salad bowl, combine the mayonnaise, mustard and honey with half of the **cheese**. Add the **lettuce**, **tomato** and **cucumber**, then toss well to combine. Season to taste with salt and pepper. Transfer the **tortillas** to a plate and microwave on high for 1 minute until warm and soft (see Tip).

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



3. Fry the potatoes

Melt a small knob of butter in a frying pan over high heat and fry the **potato wedges** and **onion** for 4 - 5 minutes or until golden-brown (see Tip). Stir in the **paprika**, then season to taste with salt and pepper.

Tip 🍌 this recipe is high in calories. If you're watching your calorie intake, serve just half of the potatoes. You can keep the rest to use another time.



6. Serve

Top the **tortillas** with some of the salad, **potatoes** and **onion**, along with the **schnitzel** strips and the rest of the **cheese**. Serve with the rest of the salad and **potatoes**, along with extra mayonnaise as preferred.

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



Dahl with Naan Bread & Salsa

with ginger, apple, coconut & a twist of lemon

Plant-based

Total time: 40 - 50 min.



Onion



Garlic



Apple



Fresh ginger



Ground turmeric



Green curry spices



Red split lentils



Coconut milk



Naan bread



Cucumber



Kumato tomato



Fresh mint



Desiccated coconut



Lemon



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

Did you know that in India, the word dahl refers both to this dish, as well as to dried, split pulses?

Before you begin

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

Utensils

Bowl, grater, large deep frying pan with lid

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Ground turmeric (tsp)	½	1	1½	2	2½	3
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Red split lentils (g)	50	100	150	200	250	300
Coconut milk (ml)	125	250	430	500	680	750
Naan bread (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Kumato tomato* (unit(s))	½	1	2	2	3	3
Fresh mint* (g)	5	10	15	20	25	30
Desiccated coconut (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	200	400	600	800	1000	1200
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3753/897	458/109
Total fat (g)	42	5
of which saturated (g)	23,9	2,9
Carbohydrates (g)	96	12
of which sugars (g)	16,9	2,1
Fibre (g)	22	3
Protein (g)	24	3
Salt (g)	1,7	0,2

Allergens

Always remember to check the ingredient label for the most



1. Prepare

Preheat the oven to 200°C. Slice the **onion** into half rings. Crush or mince the **garlic**. Grate or finely chop the **apple** and the **ginger**.



4. Prepare the salsa

Bake the naan in the oven for 4 - 6 minutes. Finely dice the **cucumber**. Cut the **tomato** into wedges and remove the seeds, then finely dice. Finely chop the **mint** leaves and cut the **lemon** into wedges.



2. Fry the onion

Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat. Fry the **turmeric** and **green curry spices** for 1 minute until fragrant, then stir in the **garlic**, **onion** and **ginger** and fry for 2-3 more minutes.



5. Make the salsa

In a bowl, combine the **cucumber** and **tomato** with the **mint** and extra virgin olive oil. Season to taste with salt and pepper, then set aside until serving.



3. Make the dahl

Add the **lentils** and the **apple** and mix well to combine. Pour in the **coconut milk** and the water, then crumble in the stock cube (see pantry for amounts). Reduce the heat and cover with the lid, then allow the dahl to cook for 18- 20. Remove the lid and allow to reduce for 5 minutes, or until the **lentils** are done. Season to taste with salt and pepper.



6. Serve

Juice 1 **lemon** wedge per person into the dahl and mix well. Serve the dahl on deep plates and garnish with the **desiccated coconut**. Serve with the naan and salsa, along with any remaining **lemon** wedges.

Enjoy!