



Panko Shrimp with Sweet Chili Sauce

over garlic rice with quick-pickled vegetables

Total time: 40 - 50 min.



Basmati rice



[Persian] cucumber



Radish



Desiccated coconut



Panko breadcrumbs



Shrimp



Fresh coriander



Sweet chili sauce



Lemon



Garlic



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

Panko breadcrumbs are larger than regular breadcrumbs. This gives them an extra crunchy texture after frying.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
[Persian] cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
Desiccated coconut (g)	10	20	30	40	50	60
Panko breadcrumb (g)	25	50	75	100	125	150
Shrimp* (g)	80	160	240	320	400	480
Fresh coriander* (g)	2½	5	7½	10	12½	15
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3092 / 739	444 / 106
Total fat (g)	28	4
of which saturated (g)	11,8	1,7
Carbohydrates (g)	96	14
of which sugars (g)	14,6	2,1
Fibre (g)	9	1
Protein (g)	24	3
Salt (g)	1,7	0,2

Allergens

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



1. Boil the rice

- Preheat the oven to 200°C and prepare the stock.
- Crush or **mince** the **garlic**.
- Melt a knob of butter in a pot or saucepan over medium-high heat. Fry the **garlic** for 1 - 2 minutes, then add the **rice** and the stock. Bring to the boil, then reduce the heat and cover with the lid.
- Cook the **rice** for 10 minutes, then take the pan off the heat and allow to stand for 10 minutes, still covered.



2. Make the salad

- Halve the **cucumber** lengthways and scoop out the seeds, then slice into crescents.
- Discard the **radish** leaves and thinly slice the **radishes**.
- Cut the **lemon** into six wedges and juice two per person into a salad bowl. Add the sugar and the white wine vinegar, then mix well to combine and season to taste with salt and pepper.
- Add the **cucumber** and the **radishes** and toss well to combine. Set aside in the fridge until serving, stirring occasionally.



3. Prepare the shrimp

- Transfer the **desiccated coconut** and the **panko** to a bowl and season with salt and pepper, then mix well to combine.
- Pat the **shrimp** dry with kitchen paper, then transfer to a parchment-lined baking sheet and coat with the sunflower oil.
- Scatter over the **coconut-panko** mixture and toss well to coat.
- Bake the **shrimp** in the oven for 12 - 14 minutes.



4. Serve

- In the meantime, roughly chop the **coriander**.
- Serve the **rice** with the **shrimp** and the quick-pickled vegetables.
- Top the **rice** with any remaining **coconut-panko** from the baking sheet, then drizzle with the **sweet chili sauce**.
- Garnish with the **coriander** and serve with the rest of the **lemon wedges**.

Did you know... 🌱 shrimp may be low in calories, but they are rich in protein and calcium.

Enjoy!



Orzo Salad with Salami

with zesty lemon cream cheese & cherry tomatoes

Nice & Fast

Total time: 25 - 30 min.



Orzo



Salami



Garlic



Onion



Courgette



Red cherry tomatoes



Fresh celery leaves



Parmigiano Reggiano DOP



Fresh basil



Lemon



Cream cheese



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

Salami is originally from Italy. Something that is incorporated into almost all types of salami is garlic, which accounts for its strong smell.

Before you begin

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

Utensils

Microplane, pot or saucepan, kitchen paper, plate, salad bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Salami* (slice(s))	3	6	9	12	15	18
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Fresh celery leaves* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Fresh basil* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Cream cheese* (g)	25	50	75	100	125	150

From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin 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)	2983 / 713	685 / 164
Total fat (g)	36	8
of which saturated (g)	11,4	2,6
Carbohydrates (g)	70	16
of which sugars (g)	13,1	3
Fibre (g)	9	2
Protein (g)	22	5
Salt (g)	1,6	0,4

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **orzo** for 10 - 12 minutes, then drain and rinse under cold water.
- Meanwhile, cut the **salami** into ribbons.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **salami** for 3 - 4 minutes until done, then transfer to a plate lined with kitchen paper.



2. Fry the vegetables

- Meanwhile, chop the **onion** and crush or **mince** the **garlic**. Quarter the **courgette** lengthways and then thinly slice it.
- In the same pan, fry the **onion** with the **garlic** and **courgette** for 4-5 minutes.
- Finely chop the **celery** leaves and add to the pan during the final minute of cooking.
- Deglaze with the balsamic vinegar, then season to taste with salt and pepper.



3. Prepare the toppings

- Grate the **Parmigiano Reggiano** with a microplane.
- In a salad bowl, combine the extra virgin olive oil with the honey and white wine vinegar. Season to taste with salt and pepper.
- Finely chop the **basil** and cut the **lemon** into six wedges.
- In a small bowl, combine the **cream cheese** with the **basil** and the juice of one **lemon wedge** per person. Season to taste with salt and pepper.



4. Serve

- Halve the **cherry tomatoes** and transfer to the salad bowl, along with the vegetables and the **orzo**. Toss well to combine, then serve on deep plates.
- Top with the **cream cheese** and scatter over the **salami**.
- Garnish with the **Parmigiano Reggiano** and serve the rest of the **lemon wedges** alongside.

Did you know... 🍅 *cherry tomatoes contain more beta-carotene than regular tomatoes. This is an antioxidant that helps protect the body against tissue damage and ageing.*

Enjoy!



Coconut Curry Noodle Soup

with fresh udon, coriander & peanuts

Plant-Based Nice & Fast

Total time: 20 - 25 min.



Red chili pepper



Garlic



Onion



Yellow curry spices



Vegetable mix with mushrooms



Coconut milk



Fresh coriander



Salted peanuts



Fresh udon noodles



Soy sauce



Crispy fried onions



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

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

Before you begin

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

Utensils

Soup pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Coconut milk (ml)	125	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Salted peanuts (g)	40	60	80	120	140	180
Fresh udon noodles (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Crispy fried onions (g)	10	15	25	30	40	45
From your pantry						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Water (ml)	200	400	600	800	1000	1200
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3000 /717	401 /96
Total fat (g)	45	6
of which saturated (g)	23,8	3,2
Carbohydrates (g)	53	7
of which sugars (g)	10	1,3
Fibre (g)	16	2
Protein (g)	20	3
Salt (g)	3,9	0,5

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

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



2. Fry the vegetables

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



3. Make the soup

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



4. Serve

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

Did you know... 🌱 peanuts are a great source of vitamins and minerals, in particular vitamin E and magnesium. Vitamin E supports the immune system, while magnesium keeps bones and muscles healthy. Just one handful of peanuts provides a fifth of the RDA of both these nutrients.

Enjoy!



Steak Haché with Fries & Aioli

with green bean salad & onion jus

Total time: 40 - 50 min.



Potatoes



Green beans



Onion



BBQ spice rub



Steak haché



Mixed leaves of radicchio, arugula & lettuce



Aioli



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

Did you know that the word aioli is a combination of the Catalan words ai (garlic) and oli (oil)?

Utensils

Parchment-lined baking sheet, bowl, lidded pot or saucepan, kitchen paper, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	150	300	450	600	750	900
Onion (unit(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Steak haché* (unit(s))	1	2	3	4	5	6
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Aioli* (g)	25	50	75	100	125	150

From your pantry

Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

*store in the fridge

Nutritional values

	Perserving	Per 100g
Energy (kJ/kcal)	3753 /897	523 /125
Total fat (g)	57	8
of which saturated (g)	19,3	2,7
Carbohydrates (g)	58	8
of which sugars (g)	8,9	1,2
Fibre (g)	17	2
Protein (g)	32	5
Salt (g)	1,3	0,2

Allergens

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1. Bake the fries

Preheat the oven to 200°C. Peel or wash the **potatoes** and cut into fries of no more than 1cm thickness. Pat the fries dry with kitchen paper, then transfer to a bowl and drizzle with the olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Bake in the oven for 20 - 25 minutes, tossing halfway.



4. Fry the steak haché

Melt a knob of butter in another frying pan over medium-high heat. Fry the **steak haché** for 2 - 4 minutes on one side. Turn the **steak haché** over and season with salt and pepper, then fry for 2 - 4 more minutes.



2. Cook the green beans

In the meantime, discard the tips of the **green beans**. Fill a pot or saucepan with a shallow layer of water and add a pinch of salt, then add the **green beans**. Cover with the lid and bring to a boil, then allow to simmer gently for 6 - 8 minutes until al dente. When finished, drain the **beans** and rinse under cold water so as to stop them cooking further, then set aside to cool.



5. Make the salad

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mustard and the honey. Season to taste with salt and pepper, then transfer the **green beans** and **lettuce** mix to the bowl and toss well to combine with the dressing.

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



3. Make the jus

Prepare the stock and slice the **onion** into half rings. Melt a generous knob of butter in a frying pan over medium-high heat and fry the **onion** for 6-7 minutes. Deglaze with the balsamic vinegar, then add the **BBQ rub*** and the stock. Mix well and then allow to reduce over low heat for 5 - 8 minutes.

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



6. Serve

Serve the **steak haché** with the fries and salad. Top the **steak haché** with the **onion** jus and serve the fries with the aioli.

Enjoy!



Chicken & Broccoli En Croute

with tomato & lamb's lettuce salad

Family

Total time: 45 - 55 min.



Chicken mince with Italian seasoning



Broccoli



Herbed cream cheese



Grated Gouda



Puff pastry



Tomato



Lamb's lettuce



Onion



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

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Broccoli* (g)	100	200	300	360	500	560
Herbed cream cheese* (g)	25	50	75	100	125	150
Grated Gouda* (g)	15	25	40	50	65	75
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Tomato (unit(s))	1½	3	4½	6	7½	9
Lamb's lettuce* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
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)	3134 /749	605 /145
Total fat (g)	49	9
of which saturated (g)	21,4	4,1
Carbohydrates (g)	40	8
of which sugars (g)	9	1,7
Fibre (g)	11	2
Protein (g)	32	6
Salt (g)	1,4	0,3

Allergens

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1. Prepare

- Chop the **onion**. Preheat the oven to 200°C.
- Heat the olive oil in a frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes.
- Add the **chicken mince** and fry for 3 - 4 minutes, separating it as you do so. It doesn't need to be completely done yet, as it will finish later in the oven. Drain the **mince** and set aside (see Tip).

Tip: be sure to drain the mince thoroughly, so as to prevent the pastry from getting soggy.



2. Boil the broccoli

- In the meantime, boil a shallow layer of salted water in a pot or saucepan.
- Cut the head of the **broccoli** into florets and dice the stem.
- Blanche the **broccoli** for 3 minutes, covered, then drain and rinse under cold water.
- Transfer the **broccoli** and the **mince** to a bowl, then add the **herbed cream cheese** and the **grated cheese**. Mix well to combine.



3. Bake the pastry

- Roll out the **puff pastry** and transfer to a parchment-lined baking sheet.
- Transfer the **chicken-broccoli** filling to the middle of the **pastry**, then cut strips along both sides of the **pastry** and fold the strips over the filling (see Tip).
- Bake in the oven for 25 - 35 minutes.

Tip: if preferred, you can brush the top of the pastry with some milk, so as to create a shiny appearance when it's finished baking.



4. Serve

- Cut the **tomato** into thin wedges.
- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil, then season to taste with salt and pepper.
- Transfer the **tomato** and **lamb's lettuce** to the bowl, then toss well to combine with the dressing.
- Serve the **pastry** with the salad alongside.

Enjoy!



Steak Strips with Mafaldine

with Grana Padano, courgette & cherry tomatoes

Nice & Fast

Total time: 15 - 20 min.



Steak strips



Mafaldine



Courgette



Onion



Red cherry tomatoes



Grana Padano flakes DOP



Aglie e olio



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

Mafaldine, also called reginette (meaning “little queens” in Italian), is a pasta shape named after Mafalda of Savoy, an Italian princess from the early twentieth century.

Before you begin

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

Utensils

Deep frying pan, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Mafaldine (g)	90	180	270	360	450	540
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Aglie e olio* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3280 /784	704 /168
Total fat (g)	33	7
of which saturated (g)	9,7	2,1
Carbohydrates (g)	76	16
of which sugars (g)	6,7	1,4
Fibre (g)	6	1
Protein (g)	40	9
Salt (g)	0,6	0,1

Allergens

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



1. Prepare

- Take the **steak strips** out of the fridge and allow to reach room temperature.
- Boil plenty of salted water in a pot or saucepan and cook the **mafaldine** for 7 - 9 minutes. Reserve some of the pasta water, then drain and set aside.



2. Fry the vegetables

- Meanwhile, chop the **onion**. Slice the **courgette** into crescents and halve the **cherry tomatoes**.
- Heat the olive oil in a deep frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes. Season with salt and pepper.

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.



3. Fry the steak strips

- Melt the butter in a frying pan over high heat and fry the **steak strips** for 1 minute, seasoning with salt and pepper.
- Transfer the **steak strips** to the vegetables, along with the aglio e olio* and the **mafaldine**. Mix well to combine and fry for 1 more minute.
- Add some of the reserved pasta water as necessary if the sauce is too dry. Season generously with salt and pepper.

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



4. Serve

- Serve the **mafaldine** on deep plates.
- Top with the **Grana Padano flakes**.

Enjoy!



Bulgogi Meatball Bowl with Peanuts

over rice with pak choi, sweetheart cabbage & lemon

Nice & Fast

Total time: 15 - 20 min.



Pak choi



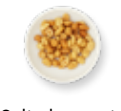
Bulgogi sauce



Garlic-ginger-chili mix



Sesame oil



Salted peanuts



Basmati rice



Chopped sweetheart cabbage



Lemon



Beef-pork meatballs with Thai seasoning



Korean-style spice mix



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

Bulgogi sauce is sweet and savoury, with the flavours of Asian pear, ginger and garlic. It is a key ingredient when preparing Korean BBQ beef.

Before you begin

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

Utensils

Lidded pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pak choi* (unit(s))	½	1	1½	2	2½	3
Bulgogi sauce (g)	35	70	105	140	175	210
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Sesame oil (ml)	5	10	15	20	25	30
Salted peanuts (g)	10	20	30	40	50	60
Basmati rice (g)	75	150	225	300	375	450
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Korean-style spice mix (sachet(s))	¼	½	¾	1	1¼	1½
From your pantry						
Water for the sauce (tbsp)	2	4	6	8	10	12
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
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)	3259 / 779	507 / 121
Total fat (g)	36	6
of which saturated (g)	9,3	1,4
Carbohydrates (g)	79	12
of which sugars (g)	15,4	2,4
Fibre (g)	10	1
Protein (g)	32	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

- Prepare the stock.
- Heat half of the **sesame oil** in a pot or saucepan over medium-high heat and fry half of the **garlic-ginger-chili mix*** for 1 minute.
- Add the **rice** and the stock and boil for 10 - 12 minutes, covered.
- Meanwhile, discard the base of the **pak choi**, then finely chop both the stem and the leaves.

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



2. Fry the meatballs

- Heat a drizzle of sunflower oil in a wok or 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.
- Add the **pak choi**, **Korean-style spices**, **sweetheart cabbage** and the rest of the **garlic-ginger-chili mix**, then stir-fry for 2 - 3 minutes.

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



3. Make the sauce

- Transfer the **meatballs** back to the pan, then add the **bulgogi sauce** and the rest of the **sesame oil**. Add the water and mix well (see pantry for amount).
- Stir-fry for 2 - 3 minutes over high heat.
- Taste the sauce and season with salt and pepper if necessary.
- Cut the **lemon** into wedges.



4. Serve

- Serve the **rice** on deep plates and top with the **meatball stir-fry**.
- Garnish with the **peanuts** and **lemon wedges**.

Enjoy!



Creamy Chicken Spaghetti

with Grana Padano & fresh basil

Family Nice & Fast

Total time: 15 - 20 min.



Chicken mince with Italian seasoning



Mascarpone



Fresh basil



Garlic



Romano pepper



Grana Padano flakes DOP



Onion



Passata



Spaghetti



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

Did you know that mascarpone is considered a fresh cheese, just like cottage cheese, cream cheese and fresh meikaas? If the cheese production lacks maturation, then it is classified as a fresh cheese.

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 deep frying pan with lid, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Spaghetti (g)	90	180	270	360	450	540
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
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)	3280 /784	645 /154
Total fat (g)	30	6
of which saturated (g)	14,7	2,9
Carbohydrates (g)	84	16
of which sugars (g)	15,7	3,1
Fibre (g)	12	2
Protein (g)	42	8
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 salted water in a pot or saucepan for the **spaghetti** (see Tip).
- Cut the **Romano pepper** into thin strips.
- Chop the **onion** and crush or **mince** the **garlic**.
- Cook the **spaghetti** for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.

Tip: you can also use a kettle to save time.



2. Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the **onion** and **garlic** for 1 - 2 minutes, then stir in the **chicken mince** and fry for 3 minutes, separating it as you do so.
- Stir in the **Romano pepper** and the **passata**, then crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to simmer for 5 - 6 minutes.



3. Finish

- Roughly chop the **basil** in the meantime. When the sauce is done, take the pan off the heat and stir in the **mascarpone**.
- Add the **spaghetti** and 1 tbsp of the reserved pasta water per person, then toss well to combine.
- Season generously with salt and pepper.



4. Serve

- Serve the **spaghetti** on plates and garnish with the **basil** and the **Grana Padano**.

Enjoy!



Chicken Noodles in East Asian-Style Sauce

with courgette, bell pepper & cashews

Calorie Smart Family Nice & Fast

Total time: 20 - 25 min.



Courgette



Bell pepper



Red chili pepper



Chicken mince with Indonesian spices



East Asian-style sauce



Soy sauce



Chopped cashews



Shallot



Mie noodles



Garlic



Ginger paste



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

Technically, the cashew is not a nut as it doesn't grow inside a fruit. Rather, cashews grow on the outside of a fruit: the cashew apple.

Before you begin

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

Utensils

Lidded pot or saucepan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Chicken mince with Indonesian spices* (g)	100	200	300	400	500	600
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Soy sauce (ml)	5	10	15	20	25	30
Chopped cashews (g)	10	20	30	40	50	60
Shallot (unit(s))	1	2	3	4	5	6
Mie noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
From your pantry						
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)	2368 /566	479 /115
Total fat (g)	18	4
of which saturated (g)	4,5	0,9
Carbohydrates (g)	68	14
of which sugars (g)	21,8	4,4
Fibre (g)	8	2
Protein (g)	31	6
Salt (g)	3,4	0,7

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **noodles**.
- Chop the **shallot** and crush or **mince** the **garlic**.
- Slice the **courgette** into thin crescents and cut the **bell pepper** into strips.
- Deseed and finely chop the **red chili pepper***.

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



2. Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the **shallot** with the **garlic** and **chicken** for 2 minutes, breaking up the **mince** while doing so, then add the **courgette**, **bell pepper** and **red chili pepper** and fry for 6 - 8 minutes.
- Season to taste with salt and pepper.



3. Boil the noodles

- Add the **East Asian-style sauce**, **ginger paste** and **soy sauce** (see Tip). Mix well to combine.
- Meanwhile, boil the **noodles** for 3 - 4 minutes, covered, stirring occasionally.
- Drain and transfer to the vegetables, then stir-fry for 1 minute.

Health Tip 🌱 if you're watching your salt intake, use just half of the soy sauce, or skip it here and add some as preferred when serving.



4. Serve

- Serve the **chicken noodles** on plates and garnish with the **cashews**.

Did you know... 🌱 *cashews are high in zinc and iron. These two minerals are very important for the body; zinc supports the immune system, while iron helps us feel energised.*

Enjoy!



Tandoori Turkey Salad

with mango chutney dressing, potatoes & pickled radish

Calorie Smart Nice & Fast

Total time: 20 - 25 min.



Potatoes



Onion



Radish



Mango chutney



Turkey breast pieces with tandoori-style spices



[Persian] 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 your fresh fruit and vegetables and refer to the ingredient table below for quantities as you cook.

Utensils

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

Ingredients 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
[Persian] 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 [or plant-based alternative] (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)	44	8
of which sugars (g)	19,1	3,3
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 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!



Black Bean Tostadas with Avocado Salsa

with corn, cheese & crunchy slaw

Nice & Fast Veggie

Total time: 25 - 30 min.



Mini tortillas



Black beans



Avocado



Shredded red cabbage



Corn



Mexican-style spices



Grated Gouda



Scallions



Tomato



Fresh coriander



Garlic



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

Avocados are rich in unsaturated vegetable fats. Eating avocado promotes good cholesterol levels and helps keep your heart and arteries healthy.

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, tall container, immersion blender, large bowl, frying pan, sieve

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	3	6	9	12	15	18
Black beans (pack)	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	2	2	3	3
Shredded red cabbage* (g)	50	100	150	200	250	300
Corn (g)	70	140	140	285	280	425
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3594 / 859	650 / 155
Total fat (g)	50	9
of which saturated (g)	10,9	2
Carbohydrates (g)	69	12
of which sugars (g)	12,7	2,3
Fibre (g)	20	4
Protein (g)	27	5
Salt (g)	2,9	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 200°C. Drain and rinse the **black beans**.
- Finely chop the **scallions** and separate the white part from the greens.
- Heat the olive oil in a frying pan over medium-high heat. Fry the white part of the **scallions** for 2 - 3 minutes, then add the **black beans** and fry for 3 more minutes.
- Add the **Mexican-style spices*** and season to taste with salt and pepper.

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



3. Make the salsa

- Halve and pit the **avocado**, then remove the skin and transfer to a tall container.
- Add the **coriander**, **garlic** and **scallion** greens, along with the white wine vinegar and the water (see pantry for amounts).
- Process with an immersion blender into a smooth sauce (see Tip).

Tip: if you received a large garlic clove or you don't like the taste of raw garlic, use just half of it.



2. Make the tostadas

- Meanwhile, drain the **corn** and dice the **tomato**.
- Transfer the **tortillas** to a parchment-lined baking sheet.
- Top with the **black beans** and scatter over the **cheese**, then bake in the oven for 5 - 8 minutes.

Did you know... 🌽 *tinned vegetables such as corn also contribute to your vegetable intake. Corn is a good source of magnesium, which plays an important role in muscle and bone health.*



4. Serve

- In a large bowl, combine the **red cabbage** with the diced **tomato**, the **corn**, the mayonnaise and 1 tbsp per person of the **avocado** salsa. Season to taste with salt and pepper.
- Top the tostadas with some of the slaw.
- Serve the tostadas on plates and garnish with the rest of the **avocado** salsa.
- Serve the rest of the slaw alongside.

Enjoy!



Farmer's Sausage with Curry Sauce

with potato wedges, cucumber slaw & fried onion

Family

Total time: 35 - 45 min.



Farmer's sausage



Curry sauce



Onion



Potatoes



Slaw mix



[Persian] cucumber



Apple



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

Today you will prepare a dish inspired by the German currywurst. You'll serve the sausage with potato wedges and a fresh salad. Guten Appetit!

Before you begin

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

Utensils

Lidded deep frying pan, lidded frying pan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Curry sauce* (ml)	20	40	60	80	100	120
Onion (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Slaw mix* (g)	50	100	150	200	250	300
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Apple* (unit(s))	½	1	1	2	2	3
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1¼	2½	3¾	5	6¼	7½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3418 /817	509 /122
Total fat (g)	49	7
of which saturated (g)	10,4	1,5
Carbohydrates (g)	67	10
of which sugars (g)	17,2	2,6
Fibre (g)	13	2
Protein (g)	26	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. Fry the potatoes

- Peel the **potatoes** and cut into wedges.
- 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 10 - 15 more minutes.
- Toss regularly, seasoning to taste with salt and pepper.



3. Fry the sausage

- Slice the **onion** into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **sausage** for 2 - 3 minutes until evenly browned.
- Add the **onion** and cover with the lid, then reduce the heat to medium.
- Fry for 8 - 10 minutes, turning the **sausage** regularly.



2. Make the slaw

- Core and dice the **apple**. Slice the **cucumber** into crescents.
- In a salad bowl, combine the mayonnaise with the white wine vinegar, then season to taste with salt and pepper.
- Add the **cucumber**, **apple** and **slaw mix** to the dressing and toss well to combine.



4. Serve

- Cut open the **sausage** and top with the **onion** and the curry sauce.
- Serve the **sausage** with the **potato wedges** and the slaw.

Did you know... 🍌 potatoes are very healthy; they're rich in potassium and high in vitamins C, B6 and B11. This helps you feel energised and boosts your immune system.

Enjoy!



Mushroom Linguine in Creamy Sage Butter Sauce

on a bed of arugula with sundried tomatoes & mascarpone

Nice & Fast Veggie

Total time: 20 - 25 min.



Onion



Garlic



Fresh sage



Chestnut mushrooms



Sunflower seeds



Arugula



Linguine



Mascarpone



Sundried tomatoes



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

You will give this pasta a delicious flavour with homemade sage butter. You make this by melting butter and adding fresh sage, pepper and salt.

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 frying pan, pot or saucepan, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh sage* (g)	5	10	15	20	25	30
Chestnut mushrooms* (g)	125	250	400	500	650	750
Sunflower seeds (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Linguine (g)	90	180	270	360	450	540
Mascarpone* (g)	25	50	75	100	125	150
Sundried tomatoes* (g)	30	50	70	100	120	150
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	2	4	6	8	10	12
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)	3343 / 799	850 / 203
Total fat (g)	46	12
of which saturated (g)	25,1	6,4
Carbohydrates (g)	74	19
of which sugars (g)	7,8	2
Fibre (g)	10	2
Protein (g)	20	5
Salt (g)	0,4	0,1

Allergens

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



1. Prepare

- Chop the **onion** and crush or **mince** the **garlic**.
- Chop the **sage leaves** into ribbons.
- Boil plenty of salted water in a pot or saucepan and cook the **linguine** for 12 - 14 minutes.
- Reserve some of the pasta water, then drain and set aside. Slice the **mushrooms** in the meantime.

Did you know... 🌱 *this recipe is not only quick and tasty, it also provides 200g of vegetables and is low in salt, which is good for blood pressure.*



2. Fry the mushrooms

- Heat a large clean frying pan over medium-high heat.
- Toast the **sunflower seeds** until golden-brown, then remove from the pan and set aside.
- Heat a drizzle of olive oil in the same pan over medium-high heat and fry the **onion** for 2 minutes.
- Stir in the **mushrooms** and **garlic** and fry for 6 minutes, then deglaze with the white wine vinegar. Season to taste with salt and pepper.



3. Make the sauce

- Melt the butter in a saucepan over low heat and gently fry the **sage** for 3 minutes. Season to taste with salt and pepper.
- Cut the **sundried tomatoes** into strips in the meantime.
- Transfer the **linguine** to the **sage** butter, along with the **mascarpone** and 30ml pasta water per person.
- Mix well to combine.



4. Serve

- Serve the **arugula** on plates and top with the **linguine** and the fried **mushrooms**.
- Garnish with the **sundried tomatoes** and the toasted **sunflower seeds**.

Enjoy!



Creamy Mushroom Vol Au Vont

with mashed potato, tomato salad & fresh herbs

Veggie

Total time: 35 - 45 min.



Potatoes



Mushrooms



Carrot



Onion



Garlic



Bay leaf



Cooking cream



Puff pastry cup



Lamb's lettuce



Fresh curly parsley



Tomato



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

Did you know that you can steep bay leaves in water to make a tea that aids digestion?

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, deep frying pan, lidded pot or saucepan, kitchen paper, potato masher, salad bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Mushrooms* (g)	125	250	400	400	650	650
Carrot* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	1	1	2	2
Cooking cream (g)	50	100	150	200	250	300
Puff pastry cup (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Tomato (unit(s))	½	1	2	2	3	3

From your pantry

Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Flour (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	100	200	300	400	500	600
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3414 /816	474 /113
Total fat (g)	51	7
of which saturated (g)	28,8	4
Carbohydrates (g)	68	9
of which sugars (g)	10,8	1,5
Fibre (g)	15	2
Protein (g)	15	2
Salt (g)	0,9	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 180°C and prepare the stock. Boil plenty of water in a pot or saucepan. Peel or thoroughly wash the **potatoes** and cut them into rough pieces. Finely dice the **carrot**. Slice the **mushrooms**. Chop the **onion** and crush or mince the **garlic**.

Did you know... 🍄 mushrooms 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.



4. Bake the pastry cup

Transfer the **puff pastry** cup to a parchment-lined baking sheet and bake in the oven for 5 - 8 minutes. In the meantime, roughly chop the **parsley**. Mash the **potatoes** with a knob of butter and a splash of milk until smooth (see Tip). Season to taste with salt and pepper.

Tip: if you're watching your calorie intake, set aside half of the potatoes before mashing and then skip the butter. You can make a potato salad the next day with the rest of the potatoes.



2. Boil the potatoes

Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



5. Make the salad

Cut the **tomato** into wedges and transfer to a salad bowl along with the **lamb's lettuce**. Add the extra virgin olive oil and toss well to combine. Season to taste with salt and pepper.



3. Make the sauce

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **garlic** with the **onion**, **carrot** and **mushrooms** for 4 - 6 minutes. Stir in the flour and a generous knob of butter and fry for 1-2 more minutes. Add the **bay leaf**, the stock and the **cream** and mix well into a uniformly smooth sauce. Allow to reduce over low heat for 6 - 8 minutes (see Tip).

Tip: turn up the heat if the sauce is too watery.



6. Serve

Stuff the **pastry** cup with the creamy **mushroom** sauce. Serve with the mashed **potato** and the salad alongside. Garnish with the **parsley**.

Enjoy!



Almond-Crusted Cod with Mushrooms

over creamy parsnip & potatoes with lemon & parsley

Total time: 30 - 40 min.



Garlic



Onion



Parsnip



Potatoes



Fresh flat leaf parsley



Panko breadcrumbs



Shaved almonds



Cooking cream



Cod fillet



Chestnut mushrooms



Lemon



Nutmeg



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

Parsnips are actually one of the oldest known vegetables. They were grown as far back as ancient times and were often used as a way of sweetening dishes.

Before you begin

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

Utensils

Bowl, microplane, oven dish, pot or saucepan, kitchen paper, saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Parsnip* (unit(s))	½	1	2	2	3	3
Potatoes (g)	150	300	450	600	750	900
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Panko breadcrumbs (g)	10	15	20	25	35	40
Shaved almonds (g)	5	10	15	20	25	30
Cooking cream (g)	75	150	225	300	375	450
Cod fillet* (unit(s))	1	2	3	4	5	6
Chestnut mushrooms* (g)	125	250	400	400	650	650
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Nutmeg (pinch)	1	2	3	4	5	6

From your pantry

[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
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)	3125 /747	448 /107
Total fat (g)	42	6
of which saturated (g)	18,5	2,7
Carbohydrates (g)	54	8
of which sugars (g)	9,9	1,4
Fibre (g)	18	3
Protein (g)	36	5
Salt (g)	0,9	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. Chop the **onion** and crush or mince the **garlic**. Peel the **parsnip** and dice both into 1cm cubes. Zest and juice the **lemon**. Finely chop the **parsley**. In a bowl, combine the **panko** with the **shaved almonds** and half of the **parsley**, along with (per person) half a teaspoon of **lemon juice** and a pinch of the zest. Season to taste with salt and pepper.



4. Fry the mushrooms

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **garlic** with half of the **onion** for 2 minutes. Quarter the **mushrooms**, then transfer to the pan along with the rest of the **parsley**. Fry for 4 – 6 minutes, seasoning to taste with salt and pepper.



2. Boil the vegetables

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Add a third of the cream, then boil the potato and parsnip for 8 minutes. Drain and set aside.



5. Make the sauce

Melt the butter in a saucepan over medium heat and fry the rest of the **onion** for 2 minutes. In the meantime, grate a pinch of **nutmeg**. Transfer the **potatoes** and **parsnip** to the saucepan, pour in the rest of the **cream** and allow to cook gently for 3 minutes. Add the grated **nutmeg** as preferred and then season generously with salt and pepper.



3. Bake the cod

Pat the **cod** dry with kitchen paper and season with salt and pepper. Grease an oven dish with a light drizzle of olive oil. Transfer the **cod** to the oven dish and top generously with the **panko** mixture, pressing down firmly. Lightly drizzle with olive oil, then bake in the oven for 10 – 15 minutes.



6. Serve

Serve the creamy **potatoes** and **parsnip** on deep plates. Top with the **mushrooms** and the **cod**. Garnish with the rest of the **panko** mixture from the oven dish, along with the remaining **lemon zest** as preferred.

Enjoy!



Chicken & Bacon in Parmesan Sauce

with green beans, sundried tomatoes & potatoes

Premium Nice & Fast

Total time: 25 - 30 min.



Potato rounds



Chicken fillets



Bacon



Garlic



Cooking cream



Fresh basil



Onion



Green beans



Parmigiano Reggiano DOP



Sundried tomatoes



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

Did you know that Parmigiano gets its name from the region where it is produced? Namely the Italian provinces of Parma and Reggio Emilia.

Before you begin

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

Utensils

Lidded deep frying pan, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potato rounds* (g)	200	400	600	800	1000	1200
Chicken fillets* (g)	100	200	300	400	500	600
Bacon* (slice(s))	2	4	6	8	10	12
Garlic (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Fresh basil* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	2	2	3	3
Green beans* (g)	150	300	500	600	800	900
Parmigiano Reggiano DOP* (unit(s))	1	1	2	2	3	3
Sundried tomatoes* (g)	30	50	70	100	120	150
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
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)	3648 /872	501 /120
Total fat (g)	50	7
of which saturated (g)	27,5	3,8
Carbohydrates (g)	48	7
of which sugars (g)	8,6	1,2
Fibre (g)	12	2
Protein (g)	52	7
Salt (g)	2	0,3

Allergens

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



1. Fry the green beans

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **potato rounds** for 15 minutes, seasoning to taste with salt and pepper (see Tip).
- Slice the **onion** into thin half rings. Trim the ends off the **green beans**.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the **onion** for 1 - 2 minutes.
- Add the **green beans** and the water (see pantry for amount). Cover with the lid and stew for 6 - 8 minutes, stirring occasionally.

Tip: use an extra pan if you're cooking for more than two people.



3. Make the sauce

- Remove the **bacon** from the pan and set aside, then add the **garlic** and fry for 1 minute.
- Add the **cream**, the **cheese** and 1 - 2 tbsp of water per person, then lower the heat and allow to reduce for 2 - 3 minutes.
- Taste and season with salt and pepper as necessary.
- Finely chop the sundried **tomatoes** and stir them into the **green beans**. Season to taste with salt and pepper.



2. Fry the chicken

- Remove the lid and cook for another 4 minutes.
- In another frying pan, melt a knob of butter over medium-high heat.
- Fry the **chicken fillets** with the **bacon** for 3 - 4 minutes.
- Crush or **mince** the **garlic** in the meantime and grate the **Parmigiano Reggiano**.



4. Serve

- Finely chop the **basil**.
- Serve the **potato rounds** on plates with the **green beans** and **chicken** alongside.
- Top the **chicken** with the creamy sauce, then crumble over the **bacon** and garnish with the **basil**.

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

Enjoy!



Creamy Chicken Rigatoni

with sundried tomatoes & Parmigiano Reggiano

Family Nice & Fast

Total time: 20 - 25 min.



Garlic



Onion



Bell pepper



Sundried tomatoes



Chicken breast



Pumpkin seeds



Fresh rigatoni



Cooking cream



Sicilian-style herb mix



Parmigiano Reggiano DOP



Spinach



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

Rigatoni, with their distinctive ribbed shape, are like little flavour magnets in pasta-form. Their ridges hold sauces perfectly, making every bite an explosion of flavour.

Before you begin

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

Utensils

Deep frying pan, deep plate, lidded frying pan, grater, lidded pot or saucepan

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	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Sundried tomatoes* (g)	30	50	70	100	120	150
Chicken breast* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	10	20	30	40	50	60
Fresh rigatoni* (g)	125	250	375	500	625	750
Cooking cream (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Spinach* (g)	100	200	300	400	500	600
From your pantry						
Flour (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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)	4058 /970	646 /154
Total fat (g)	39	6
of which saturated (g)	18,9	3
Carbohydrates (g)	92	15
of which sugars (g)	10,5	1,7
Fibre (g)	10	2
Protein (g)	60	9
Salt (g)	1,4	0,2

Allergens

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



1. Prepare

Boil plenty of salted water in a pot or saucepan for the **rigatoni**. Chop the **onion** and crush or mince the **garlic**. Dice the **bell pepper** and chop the sundried **tomatoes**.

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



4. Fry the vegetables

Heat the olive oil in a deep frying pan over medium-high heat. Fry the **garlic**, **onion** and **bell pepper** for 2 - 3 minutes. Stir in the **Sicilian spices** and the **sundried tomatoes** and then fry for 1 more minute.



2. Cook the chicken

Transfer the flour to a deep plate, season with salt and pepper and then coat the **chicken** in the flour. Heat a clean frying pan over high heat and toast the pumpkin seeds for 1 - 2 minutes until they start to pop, then remove from the pan and set aside. Melt the butter in the same pan and fry the **chicken** for 3-4 minutes per side or until done. Turn off the heat and set the **chicken** aside, covered.



5. Finish the sauce

Stir the **cream** into the vegetables, mix well and allow to reduce for 2 minutes. In the meantime, grate the **Parmigiano Reggiano**. Stir the **spinach** into the vegetables and allow to wilt and reduce. Lower the heat, then transfer the **rigatoni** to the sauce along with two thirds of the **Parmigiano Reggiano** and mix well to combine. Add a splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.



3. Boil the pasta

Boil the fresh **rigatoni** for 4 - 6 minutes, then reserve some of the pasta water before draining. Cover the pan so as to keep warm and then set aside.



6. Serve

Slice the **chicken** if preferred. Serve the **rigatoni** on deep plates and top with the **chicken**. Garnish with the **pumpkin seeds** and the rest of the **Parmigiano Reggiano**.

Enjoy!



Homemade Shrimp Burger on Brioche

with avocado, fries & cherry tomato salad

Total time: 40 - 50 min.



Skin-on fries



Onion



Shrimp



Egg



Panko breadcrumbs



Brioche bun



Red cherry tomatoes



Avocado



Mixed leaves of radicchio, arugula & lettuce



Ravigote sauce



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

Brioche is originally from France. It is a bit fluffier than other breads, so it doesn't weigh as heavily on the stomach as other breads. It's even a bit similar than cake!

Utensils

Parchment-lined baking sheet, 3x bowl, tall container, salad bowl, immersion blender, frying pan, three deep plates

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Skin-on fries* (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Shrimp* (g)	120	240	360	480	600	720
Egg* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Brioche bun (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	65	125	190	250	315	375
Avocado (unit(s))	½	1	2	2	3	3
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Ravigote sauce* (g)	20	40	60	80	100	120
From your pantry						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Flour (tbsp)	3	6	9	12	15	18
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Sunflower oil (ml)	45	90	135	180	225	270
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5376 / 1285	686 / 164
Total fat (g)	65	8
of which saturated (g)	8,8	1,1
Carbohydrates (g)	129	16
of which sugars (g)	24,1	3,1
Fibre (g)	14	2
Protein (g)	40	5
Salt (g)	2,3	0,3

Allergens

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



1. Prepare

Preheat the oven to 220°C. In a bowl, combine the fries with the olive oil. Season with salt and pepper, then transfer to a parchment-lined baking sheet. Bake in the oven for 25 - 30 minutes or until done. Meanwhile, slice the **onion** into thin half rings. In a bowl, combine the sugar with two thirds of the red wine vinegar and a pinch of salt. Add the **onion** and toss well to combine, then set aside for at least 10 minutes.



4. Fry the burger

Heat the sunflower oil in a frying pan over medium-high heat. Fry the **shrimp burger** for 3 - 5 minutes per side or until done. Meanwhile, bake the **brioche bun** in the oven for 3 minutes.



2. Prepare the shrimp

Roughly chop half of the **shrimp**. Transfer the rest to a tall container and process briefly with an immersion blender into a coarse paste (see Tip). Transfer to a bowl and add the rest of the **shrimp**, along with a third of the flour. Season with salt and pepper, then mix well to combine.

Tip: don't purée it completely.



5. Make the salad

Halve the **cherry tomatoes**. Halve and pit the **avocado**, then remove the skin. Dice half of the flesh and thinly slice the rest. In a salad bowl, combine the extra virgin olive oil with the honey and the rest of the red wine vinegar. Season with salt and pepper, then add the **cherry tomatoes**, **lettuce**, **onion** and diced **avocado**.



3. Make the burger

Transfer the rest of the flour to a deep plate. Beat the **egg** on another deep plate and transfer the **panko** to a third. Season the **panko** with salt and pepper. Shape the **shrimp** mixture into a **burger** patty (see Tip). Coat the **shrimp burger** first with the flour, then with the **egg** and then finally with the **panko**.

Tip: be sure to wet your hands first so as to ensure the mixture doesn't stick.



6. Serve

Cut open the **brioche bun** and spread the base with the **ravigote sauce**. Top with some of the salad, the **burger** and the sliced **avocado**. Serve the **burger** with the fries and the rest of the salad alongside.

Enjoy!



Pork Tenderloin with Caramelised Pear Salad

with honeyed goat's cheese pearls, baby potatoes & beetroot

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Pre-cooked halved baby potatoes (skin-on)



Pork tenderloin



Pre-cooked beetroot



Pear



Onion



Honey-mustard dressing



Salad mix with asparagus pea sprouts



Honeyed goat's cheese pearls



Chopped walnuts



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

Pears are both delicious and nutritious! They're packed with fibre, vitamin C, and potassium, which are good for your digestion, immune system and blood pressure.

Before you begin

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

Utensils

Aluminum foil, lidded frying pan, salad bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Pear* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Honey-mustard dressing* (g)	20	40	60	80	100	120
Salad mix with asparagus pea sprouts* (g)	20	40	60	80	100	120
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Chopped walnuts (g)	10	20	30	40	50	60
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
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)	2837 /678	427 /102
Total fat (g)	31	5
of which saturated (g)	12,7	1,9
Carbohydrates (g)	58	9
of which sugars (g)	16,6	2,5
Fibre (g)	12	2
Protein (g)	38	6
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

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **baby potatoes** for 12 - 14 minutes or until golden-brown, then season to taste with salt and pepper.
- Meanwhile, slice the **onion** into half rings.
- Season the **pork tenderloin** with salt and pepper.



2. Fry the pork

- Melt half of the butter in a frying pan over medium-high heat. Fry the **pork tenderloin** with the **onion** for 2 - 3 minutes per side, then cover with the lid and cook for 5 - 6 more minutes over medium heat (see Tip).
- Remove the **pork** from the pan and allow to rest under aluminium foil until serving.

Tip: fry the pork longer if you'd prefer it to be less rare.



3. Fry the pear

- Deglaze the pan with the balsamic vinegar, mix well and allow to reduce for 2 - 3 minutes.
- Weigh the **beetroot** and dice into 2cm cubes.
- Wash or peel the **pear**, then core it and cut into wedges.
- Melt the rest of the butter in another frying pan over medium-high heat and fry the **pear** for 1 - 2 minutes per side (see Tip).

Tip: don't fry the pear too long and be sure to use enough butter so as to prevent it from sticking to the pan.



4. Serve

- In a salad bowl, combine the **lettuce** with the **beetroot** and **honey mustard dressing**. Toss well to combine and season with salt and pepper as needed.
- Serve the salad with the **baby potatoes** and **pork tenderloin**. Top the **pork** with the **onion**.
- Top the salad with the **pear**, then garnish with the **goat's cheese** and the **walnuts**.

Enjoy!



Risotto with Serrano Ham & Sausage

with Parmigiano Reggiano, fennel & mascarpone

Family

Total time: 45 - 55 min.



Onion



Fennel



Pork sausage with marjoram & garlic



Serrano ham



Ground fennel seed



Risotto rice



Mascarpone



Parmigiano Reggiano DOP



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

Fennel adds a unique, anise-like flavour to this dish. When fried, fennel softens and sweetens, creating a delightful contrast to other savoury ingredients while enhancing the overall depth of flavour.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded frying pan, grater, saucepan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	1	2	3	4	5	6
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Serrano ham* (g)	20	40	60	80	100	120
Ground fennel seed (sachet(s))	⅙	⅓	½	⅔	¾	1
Risotto rice (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
From your pantry						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4151 /992	493 /118
Total fat (g)	58	7
of which saturated (g)	31,4	3,7
Carbohydrates (g)	77	9
of which sugars (g)	10	1,2
Fibre (g)	14	2
Protein (g)	37	4
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. Chop the **onion**. Quarter the **fennel** and discard the tough core, then chop the **fennel** into very thin strips. Set aside any **fennel** fronds to use later as garnish. Transfer the **Serrano ham** to a parchment-lined baking sheet and bake in the oven for 8 minutes until crisp.

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



4. Cook the risotto

When the stock has incorporated, repeat the process with the rest of it, adding it in two more batches. Cook the **risotto** over a low heat for around 15 - 20 minutes until done (see Tip). Add extra stock or water and cook longer if you'd prefer the **risotto** to be less al dente. In the meantime, grate the **Parmigiano Reggiano**.

Tip: the risotto is done when the rice is soft but still al dente.



2. Fry the vegetables

Prepare the stock in a saucepan. Melt half of the butter in a wok or deep frying pan over medium-high heat. Fry the onion with the **risotto rice**, ground fennel seed and two thirds of the fresh fennel for 2 minutes, mixing well to combine.



5. Fry the sausage

Meanwhile, melt the rest of the butter in a frying pan over medium-high heat. Fry the **sausage** for 2-3 minutes until evenly browned, then cover with the lid. Fry for 8 - 10 more minutes over medium heat, turning regularly. Stir the **mascarpone** and half of the **Parmigiano Reggiano** into the **risotto**, then season to taste with salt and pepper.



3. Prepare the fennel

Pour in a third of the stock and allow to slowly incorporate, stirring regularly (see Tip). In the meantime, transfer the rest of the **fennel** to a bowl. Add the sugar, white wine vinegar and a pinch of salt, then toss well to combine. Set aside until serving, stirring occasionally.

Tip: risotto is traditionally prepared with wine. If you have some white wine, deglaze the pan with a splash before adding the stock.



6. Serve

Slice the **sausage**. Serve the **risotto** on deep plates and top with the **sausage**, the **fennel** salad and the **Serrano ham**. Garnish with the **fennel** fronds and the rest of the **Parmigiano Reggiano**.

Enjoy!



Steak Tacos with Avocado

carne asada-style, with pico de gallo & Greek-style cheese

Nice & Fast

Total time: 25 - 30 min.



Lime



Easy peel orange



Garlic



Onion



Fresh coriander



Taco shells



Avocado



Greek-style cheese



BBQ spice rub



Steak strips



Mexican-style spices



Tomato



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

Bask in the heat of a Mexican summer with these crispy tacos! This dish will delight young and old and will be on the table in no time.

Before you begin

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

Utensils

Parchment-lined baking sheet, 2x bowl, microplane, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lime* (unit(s))	½	1	1½	2	2½	3
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Taco shells (unit(s))	4	8	12	16	20	24
Avocado (unit(s))	½	1	2	2	3	3
Greek-style cheese* (g)	25	50	75	100	125	150
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Steak strips* (g)	150	300	450	600	750	900
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Flour (tsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3749 / 896	642 / 153
Total fat (g)	49	8
of which saturated (g)	14,8	2,5
Carbohydrates (g)	66	11
of which sugars (g)	20,5	3,5
Fibre (g)	9	2
Protein (g)	44	8
Salt (g)	1,4	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 180°C.
- Zest and juice half of the **lime**, then cut the rest into 6 wedges. Juice the **orange**.
- Crush or **mince** the **garlic**. Finely chop the **onion** and the **coriander**.
- In a bowl, combine the **orange juice**, **lime juice**, **BBQ rub*** and honey with two thirds of the **onion**, along with half each of the **coriander**, **Mexican-style spices*** and **garlic**. Add the **steak strips** and set aside to marinate.

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



3. Fry the carne asada

- Transfer the **taco shells** to a parchment-lined baking sheet and warm in the oven for 4 - 5 minutes.
- Heat a drizzle of olive oil in a frying pan over high heat.
- Fry the **steak strips** in their marinade for 1 - 2 minutes, then add the flour and fry for 1 more minute.



2. Make the pico de gallo

- Finely dice the **tomato**.
- In a bowl, combine the **tomato**, extra virgin olive oil and white wine vinegar with the rest of the **onion**, **garlic** and **coriander**. Season to taste with salt and pepper, then set aside.
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Crumble the **Greek-style cheese**.



4. Serve

- Garnish the **Greek-style cheese** with the **lime zest** as preferred.
- Garnish the **avocado** with the rest of the **Mexican-style spices**.
- Serve the **pico de gallo**, **Greek-style cheese**, **avocado**, **lime wedges**, **taco shells** and carne asada in separate bowls.
- Allow everyone to assemble their own **tacos**.

Enjoy!