



Mini Teriyaki Chicken Burgers

with potato wedges & crunchy salad

Family

Total time: 35 - 45 min.



Potatoes



Mini hamburger bun



Onion



Chicken burger



Teriyaki sauce



Butter lettuce



Yellow carrot



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

Teriyaki sauce comes from the Japanese cooking technique in which meat or fish is coated with a shiny (teri) glaze and grilled (yaki) on a hot plate.

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

Baking sheet with baking paper, bowl, grater, salad bowl, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---------------------------------|----------|-----|-----|-----|-----|------|
| Potatoes (g) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Mini hamburger bun (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chicken burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Teriyaki sauce (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Butter lettuce* (head) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Yellow carrot* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| From your pantry | | | | | | |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 4033 /964 | 609 /146 |
| Total fat (g) | 44 | 7 |
| of which saturated (g) | 9,6 | 1,4 |
| Carbohydrates (g) | 106 | 16 |
| of which sugars (g) | 22,6 | 3,4 |
| Fibre (g) | 15 | 2 |
| Protein (g) | 33 | 5 |
| Salt (g) | 4,1 | 0,6 |

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Cut the **potatoes** into wedges, then transfer to a bowl and drizzle with olive oil (see Tip). 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 or until golden brown.
- Halve each **chicken burger** and shape it into two smaller burgers.

Tip: 🍌 this recipe is high in calories. Are you watching your calorie intake? Serve the burgers without the potato wedges and then save the potatoes to use another time.



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and half of the mayonnaise. Season to taste with salt and pepper.
- Finely chop the **lettuce** and grate the **carrot**.
- Transfer both to the bowl and toss well to combine with the dressing.



Fry the burgers

- Slice the **onion** into thin half rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the **onion** for 1 minute.
- Add the **chicken burgers** and fry for 2 - 3 minutes per side until done.
- Add the **teriyaki sauce** and the honey during the final minute of cooking.



Serve

- Cut open the **burger buns** and top with some salad, the **chicken burgers** and some of the fried **onion**.
- Serve the mini **burgers** with the salad alongside.
- Serve with the **potato** wedges and the rest of the mayonnaise.

Enjoy!



Pork Belly with Spinach Mash

with peanuts, Korean-style spices & sweetheart cabbage

Family

Total time: 30 - 40 min.



Potatoes



Pork belly



Spinach



Sweetheart cabbage



Onion



East Asian-style sauce



Korean-style spice mix



Salted peanuts



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

A nutritious cabbage, sweetheart cabbage is rich in vitamin C, K and fibre. With its mild flavour, sweetheart cabbage is a versatile ingredient and ideal for a balanced diet!

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

Casserole with lid, pot or saucepan with lid, plate, potato masher, tall-sided pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------------|----------|-----|-----|-----|------|------|
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Pork belly* (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Spinach* (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Sweetheart cabbage* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| East Asian-style sauce* (sachet(s)) | ½ | 1 | ¾ | 1 | 1¾ | 2 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salted peanuts (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| From your pantry | | | | | | |
| [Reduced salt] soy sauce (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (ml) | 25 | 50 | 75 | 100 | 125 | 150 |
| [Plant-based] butter (tbsp) | ½ | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] milk | splash | | | | | |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Perserving | Per 100g |
|------------------------|------------|----------|
| Energy (kJ/kcal) | 3619 /865 | 567 /135 |
| Total fat (g) | 57 | 9 |
| of which saturated (g) | 22,4 | 3,5 |
| Carbohydrates (g) | 52 | 8 |
| of which sugars (g) | 14,5 | 2,3 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 34 | 5 |
| Salt (g) | 3,6 | 0,6 |

Allergens

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



Prepare

Wash or peel the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan. Cover with **water** and boil for 12 - 15 minutes or until done. Add the **spinach** during the final minute of cooking, then reserve some of the cooking liquid before draining. Set aside, covered.

Did you know... 🌱 *spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.*



Finish the sweetheart cabbage

Add the **East Asian-style sauce** and the **soy sauce** to the **cabbage** (see Tip). Allow to reduce for 1 - 2 minutes over medium-high heat, uncovered.

Tip: 🍷 *if you're watching your salt intake, omit the soy sauce here and add some later as necessary when serving.*



Fry the sweetheart cabbage

Quarter the **sweetheart cabbage** and slice the **onion** into half rings. Heat a drizzle of sunflower oil in a deep frying pan over high heat. Fry the **onion** with the **cabbage** for 2 - 3 minutes per side. Reduce the heat and then pour in the water (see pantry for amount). Cover with the lid and allow to steam for 4 - 6 minutes.



Make the puree

Mash the **potatoes** and **spinach** with the butter and mustard, along with a splash of milk or reserved cooking liquid as preferred. Season to taste with salt and pepper.



Fry the pork belly

Empty the Korean-style **spices** onto a plate and then coat the **pork belly** in the **spices**. Heat a clean frying pan over high heat and fry the **pork belly** for 2 - 3 minutes per side until done.



Serve

Serve the mash on plates and top with the **onion**, **cabbage** and **pork belly**. Drizzle with the cooking juices from the pan and garnish with the **peanuts**.

Enjoy!



Fried Rice with Omelette & Sesame-Soy Dressing

with sweetheart cabbage, sweet chili cucumber & beansprouts

Family Veggie

Total time: 30 - 40 min.



Egg



Jasmine rice



Crispy fried onions



Cucumber



Sweet chili sauce



Chopped sweetheart cabbage



Sesame seeds



Soy sauce



Beansprouts



Garlic



Korean-style spice mix



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

You're preparing a tasty vegetarian meal today. Thanks to the omelette, you don't have to worry about the amount of protein you take in!

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 bowl, pan with lid, tall-sided pan, wok

Ingredients for 1 – 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|------------------------------------|----------|-----|-----|-----|-----|-----|
| Egg* (unit(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Crispy fried onions (g) | 15 | 30 | 45 | 60 | 75 | 90 |
| Cucumber* (unit(s)) | ½ | ¾ | 1 | 1½ | 1¾ | 2 |
| Sweet chili sauce* (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped sweetheart cabbage* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Sesame seeds (sachet(s)) | ½ | 1 | ¾ | 1 | 1¾ | 2 |
| Soy sauce (ml) | 5 | 10 | 15 | 20 | 25 | 30 |
| Beansprouts* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3703 /885 | 747 /179 |
| Total fat (g) | 50 | 10 |
| of which saturated (g) | 10,4 | 2,1 |
| Carbohydrates (g) | 78 | 16 |
| of which sugars (g) | 11 | 2,2 |
| Fibre (g) | 6 | 1 |
| Protein (g) | 28 | 6 |
| Salt (g) | 2,2 | 0,4 |

Allergens

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



Prepare

Crush or mince the **garlic**. Boil 250ml water per person and cook the **rice** for 12 - 15 minutes, then drain if necessary. Spread the **rice** over a plate or cutting board and allow to cool.



Prepare the cucumber

Finely dice the **cucumber** and transfer to a bowl. Add the **sweet chili sauce** and mix well to combine.



Fry the cabbage and omelette

Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **sweetheart cabbage** for 6 - 8 minutes. Beat the **eggs** and season with salt and pepper. Heat a drizzle of olive oil in another frying pan over medium-high heat. Transfer the **eggs** to the pan so as to make an omelette. Remove from the pan and then cut the omelette into ribbons.



Fry the rice

Stir the **garlic**, Korean-style **spices** and **rice** into the **cabbage**. Fry for 2 - 3 minutes, leaving it mostly undisturbed. Season to taste with salt and pepper.



Make the dressing

In a bowl, combine the mayonnaise with the **soy sauce** and the **sesame seeds**.



Serve

Serve the fried **rice** in bowls or deep plates. Top with the omelette ribbons, **crispy onions**, **cucumber** and **beansprouts**. Drizzle with the sesame mayo dressing or serve separately alongside.

Did you know... 🥬 *sweetheart cabbage is packed with nutrients; it is a great source not only of calcium, but also of iron and vitamin C.*

Enjoy!



Salmon with Baby Potato Salad

with apple, fennel & dill

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Fennel



Apple



Onion



Arugula & lamb's lettuce



Baby potatoes



Salmon fillet



Fresh dill



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

Did you know that the ancient Greeks and Romans saw fennel as a symbol of victory and success? They not only appreciated the flavour, but also believed that fennel brought strength and wisdom!

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

Pan with lid, salad bowl, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---------------------------------|----------|-----|-----|-----|------|------|
| Fennel* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Apple* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Arugula & lamb's lettuce* (g) | 20 | 40 | 60 | 90 | 100 | 130 |
| Baby potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh dill* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| From your pantry | | | | | | |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Salt & pepper | to taste | | | | | |
| *store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2598 /621 | 446 /107 |
| Total fat (g) | 31 | 5 |
| of which saturated (g) | 7,8 | 1,3 |
| Carbohydrates (g) | 55 | 9 |
| of which sugars (g) | 13,3 | 2,3 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 26 | 4 |
| Salt (g) | 0,8 | 0,1 |

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.
- Boil the **potatoes** for 12 - 15 minutes, covered, then drain and rinse under cold water.



Fry the fish

- Melt a knob of butter in a frying pan over medium-high heat and fry the **onion** with the **salmon** for 2 - 3 minutes on its skin.
- Reduce the heat, then fry for a further 2 minutes on the other side.
- Season to taste with salt and pepper.



Chop the vegetables

- Quarter the **fennel** and remove the tough core, then chop the **fennel** into strips.
- Core and dice the **apple**. Slice the **onion** into half rings and finely chop the **dill**.
- In a salad bowl, combine the mayonnaise with the mustard, white wine vinegar and the **dill**. Season to taste with salt and pepper.



Serve

- Transfer the **baby potatoes**, **apple**, **fennel**, fried **onion** and **lettuce** to the salad bowl and toss well to combine with the dressing.
- Season to taste with salt and pepper as necessary.
- Serve the salad on plates and with the **salmon** alongside, skin-side up.

Did you know... 🍏 apples contain flavonoids, which protect us from the effects of free radicals. These are harmful substances caused by UV radiation or air pollution.

Enjoy!



Beef & Leek Gratin

with aged Gouda & Italian herbs

Family

Total time: 40 - 50 min.



Potatoes



Onion



Garlic



Leek



Beef mince with
Italian seasoning



Grated aged Gouda



Italian seasoning



Diced tomatoes with
garlic & onion



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

Did you know that the green parts of leeks contain the most vitamins and minerals? Slice them slightly finer, wash well and sauté for an extra nutritious gratin!

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, pan with lid, wok

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|-----|------|------|
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Leek* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Beef mince with Italian seasoning* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Grated aged Gouda* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Italian seasoning (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Diced tomatoes with garlic & onion (pack) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| From your pantry | | | | | | |
| [Low sodium] vegetable stock cube (unit(s)) | ⅓ | ¼ | ⅓ | ½ | ⅔ | ¾ |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Salt & pepper | to taste | | | | | |
| *store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3180 / 760 | 508 / 121 |
| Total fat (g) | 39 | 6 |
| of which saturated (g) | 22,2 | 3,5 |
| Carbohydrates (g) | 58 | 9 |
| of which sugars (g) | 14,1 | 2,3 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 39 | 6 |
| Salt (g) | 3,8 | 0,6 |

Allergens

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



Boil the potatoes

- Preheat the oven to 180°C and boil plenty of water in a pot or saucepan for the potatoes.
- Thoroughly wash the **potatoes** and cut into 0.5cm thick slices.
- Boil the **potatoes** for 8 - 10 minutes, covered, then drain and set aside.



Fry the mince

- In the meantime, chop the **onion** and crush or **mince** the **garlic**. Halve the **leek** lengthways and chop into thin half rings.
- Melt a knob of butter in a wok or deep frying pan over medium-high heat.
- Fry the **onion** and **garlic** for 2 minutes, then add the **mince** and crumble in the stock cube (see pantry for amount).
- Fry for 3 - 4 minutes, separating the **mince** as you do so, then add the **leek** and fry for 2 more minutes (see Tip).

Tip: the meat and vegetables don't need to be done yet because they will finish cooking in the oven.



Finish the filling

- Add the **chopped tomatoes** and half of the **Italian herbs**, bring to a boil and allow to cook for 2 minutes over medium-low heat.
- Add the balsamic vinegar and season to taste with salt and pepper.

Did you know... 🥦 eating vegetables reduces the risk of chronic illness. Less than 4 in 10 of us get 200g vegetables per day. Luckily, this recipe provides 250g vegetables, which is already 80% of the RDA.



Serve

- Transfer to an oven dish and top with the **potato** slices, making sure they overlap.
- Scatter over the **cheese** and the rest of the **Italian herbs**, then bake in the oven for 8 - 10 minutes or until the **cheese** has melted.
- Remove from the oven and allow to rest for 2 - 3 minutes before serving.

Enjoy!



Chicken Noodles with Courgette

with cashews & East Asian-style sauce

Family Nice & Fast

Total time: 15 - 20 min.



Courgette



Red chili pepper



East Asian-style sauce



Soy sauce



Chopped cashews



Mie noodles



Chicken mince with Indonesian spices



Garlic



Vegetable mix with mushrooms



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 does not grow inside a fruit. Rather, they grow on the outside of the 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 and weigh your fresh fruits and vegetables.

Utensils

Large wok or sautépan, pan with lid

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|-----|------|------|
| Courgette* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| East Asian-style sauce* (sachet(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Chopped cashews (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Mie noodles (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Chicken mince with Indonesian spices* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Vegetable mix with mushrooms* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Ginger paste* (g) | 10 | 20 | 20 | 30 | 40 | 50 |
| 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) | 2481 /593 | 460 /110 |
| Total fat (g) | 18 | 3 |
| of which saturated (g) | 4,7 | 0,9 |
| Carbohydrates (g) | 67 | 12 |
| of which sugars (g) | 19,8 | 3,7 |
| Fibre (g) | 9 | 2 |
| Protein (g) | 34 | 6 |
| Salt (g) | 4,3 | 0,8 |

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Meanwhile, crush or mince the **garlic**. Cut the **courgette** into thin crescents. Deseed and finely chop the **red chili pepper**.*
- Heat the sunflower oil in a wok or deep frying pan over medium-high heat and fry the **chicken mince** for 2 minutes.

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



Fry the vegetables

- Stir in the **courgette, vegetable mix** and a quarter of the **red chili pepper** per person and fry for 6 - 8 minutes.
- Season to taste with salt and pepper, then stir in the East-Asian style sauce, **ginger** paste, **garlic** and **soy sauce** (see Tip).

Tip: 🌱 if you're watching your salt intake, use just half of the soy sauce or skip it altogether. You can add some soy sauce if necessary when serving.



Mix in the noodles

- Boil the **noodles** for 3 - 4 minutes, covered, stirring occasionally.
- Drain the **noodles** and then transfer to the frying pan. Mix well to combine and cook for 1 more minute over high heat.



Serve

- Serve the **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!



Veggie Döner Wraps with Za'atar

with cream cheese, orange & cucumber

Veggie Nice & Fast

Total time: 15 - 20 min.



Chopped red onion



Veggie döner kebab



Easy peel orange



Mini tortillas



Za'atar



Cucumber



Tomato



Fresh flat leaf parsley



Cream cheese



Middle Eastern spice mix



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

Za'atar is a green spice blend that is very popular in the Middle East. This herby, fresh blend owes its flavour to ingredients such as sumac and thyme.

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

Baking sheet with baking paper, bowl, 2x small bowl, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|----------|-----|-----|-----|-----|-----|
| Chopped red onion* (g) | 40 | 75 | 115 | 150 | 190 | 225 |
| Veggie döner kebab* (g) | 80 | 160 | 240 | 320 | 400 | 480 |
| Easy peel orange* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Mini tortillas (unit(s)) | 3 | 6 | 9 | 12 | 15 | 18 |
| Za’atar (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Cucumber* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Cream cheese* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Middle Eastern spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Honey (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Extra virgin olive oil | to taste | | | | | |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2966 /709 | 519 /124 |
| Total fat (g) | 36 | 6 |
| of which saturated (g) | 12,6 | 2,2 |
| Carbohydrates (g) | 67 | 12 |
| of which sugars (g) | 23,1 | 4 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 24 | 4 |
| Salt (g) | 2,5 | 0,4 |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Heat half of the olive oil in a frying pan over medium-high heat. Fry the **veggie döner** with half of the **onion** for 5 - 7 minutes (see Tip).
- Juice the **orange**.
- Increase the heat and deglaze with the orange juice, then stir in the honey and allow to reduce for 1 - 2 minutes. Set aside, covered.

Tip: if you don't like raw onion, fry all of it with the veggie döner.



Bake the tortillas

- In a small bowl, combine the rest of the olive oil with 1 tbsp water per person. Spread this over one side of each **tortilla**, then scatter over the **za’atar**.
- Transfer the **tortillas** to a parchment-lined baking sheet with the **za’atar** facing down, then bake in the oven for 3 - 5 minutes.



Make the salad

- In the meantime, slice the **cucumber** into crescents and cut the **tomato** into wedges.
- Finely chop the **parsley**.
- Transfer all three to a bowl along with the rest of the **onion** and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.
- In a small bowl, mix the **cream cheese** with the **Middle Eastern spices**.



Serve

- Spread the **cream cheese** over the **tortillas**, then top with the **veggie döner** and some of the vegetables.
- Serve the rest of the vegetables on the side.

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

Enjoy!



Creamy Meatball Curry

over rice with courgette & bell pepper

Nice & Fast

Total time: 15 - 20 min.



Jasmine rice



Beef meatballs with kofta seasoning



Courgette



Garlic



Chopped onion



Bell pepper strips



Curry sauce



Coconut milk



Curry powder



Lime



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

Limes are packed with vitamin C, which boosts immunity and keeps skin healthy. An easy way to get your daily vitamin C!

Before you begin

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

Utensils

Fryingpan with lid, pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|----------|-----|-----|-----|-----|-----|
| Jasmine rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Beef meatballs with kofta seasoning* (unit(s)) | 4 | 8 | 12 | 16 | 20 | 24 |
| Courgette* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped onion* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Bell pepper strips* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Curry sauce* (ml) | 40 | 80 | 120 | 160 | 200 | 240 |
| Coconut milk (ml) | 90 | 180 | 250 | 360 | 430 | 540 |
| Curry powder (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lime* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| From your pantry | | | | | | |
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Low sodium] vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3544 /847 | 646 /154 |
| Total fat (g) | 39 | 7 |
| of which saturated (g) | 25 | 4,6 |
| Carbohydrates (g) | 89 | 16 |
| of which sugars (g) | 21,6 | 3,9 |
| Fibre (g) | 6 | 1 |
| Protein (g) | 29 | 5 |
| Salt (g) | 1,9 | 0,3 |

Allergens

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



Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **rice** for 12 - 15 minutes, then drain and set aside.



Fry the meatballs

- Melt the butter in a frying pan over medium-high heat and fry the **meatballs** for 3 - 4 minutes until evenly browned.
- Slice the **courgette** into crescents and crush or mince the **garlic**.
- Add the chopped **onion**, **garlic**, **bell pepper** strips and **courgette** to the **meatballs** and fry for 3 more minutes.



Make the sauce

- Add the curry sauce, the **coconut milk** and the **curry powder** to the **meatballs**. Lower the heat and cover with the lid, then fry for a further 4 - 5 minutes or until the **meatballs** are done.
- Season to taste with salt and pepper.
- Cut the **lime** into wedges in the meantime.



Serve

- Serve the **rice** in bowls and top with the **meatball** curry.
- Serve with the **lime wedges**.

Enjoy!



Multigrain Fish Burger with Ravigote Sauce

with baby potatoes & courgette salad

Total time: 35 - 45 min.



Baby potatoes



Courgette



Tomato



Ravigote sauce



Multigrain fish burger



Arugula & lamb's lettuce



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

Casserole with lid, salad bowl, tall-sided pan

Ingredients for 1 – 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-----------------------------------|----------|-----|-----|------|------|------|
| Baby potatoes (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Courgette* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Ravigote sauce* (g) | 40 | 60 | 80 | 100 | 140 | 160 |
| Multigrain fish burger* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Arugula & lamb's lettuce* (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| From your pantry | | | | | | |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| 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) | 3339 / 798 | 511 / 122 |
| Total fat (g) | 40 | 6 |
| of which saturated (g) | 12 | 1,8 |
| Carbohydrates (g) | 78 | 12 |
| of which sugars (g) | 10,7 | 1,6 |
| Fibre (g) | 10 | 2 |
| Protein (g) | 26 | 4 |
| Salt (g) | 1,8 | 0,3 |

Allergens

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



Fry the baby potatoes

Wash the **baby potatoes** and cut them in half. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **baby potatoes** for 20 minutes, covered, tossing regularly. Remove the lid and season with salt and pepper, then fry for a further 5 - 10 minutes.



Fry the courgette

Slice the **courgette** into crescents. Heat a drizzle of olive oil in another frying pan over medium-high heat and fry the **courgette** for 3 - 4 minutes or until done (see Tip). Remove the **courgette** from the pan and set aside to cool down.

Tip: you can also grill the courgette if preferred.



Dice the tomato

Dice the **tomato** in the meantime. In a salad bowl, combine the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper.



Fry the fish burger

Melt the butter in the same pan you used for the **courgette**. Fry the fish **burger** over medium-high heat for 3 minutes per side. The fish **burger** is done when the breading turns golden-brown.



Make the salad

Transfer the **tomato**, **lettuce** mix and **courgette** to the salad bowl, then toss well to combine with the dressing (see Tip).

Tip: make sure the courgette has cooled down before adding it to the salad.



Serve

Serve the **baby potatoes** and fish **burger** on plates. Serve with the salad and the **ravigote sauce**.

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.

Enjoy!



Hake in Parsley Sauce

over giant couscous with tomatoes & raisins

Family Calorie Smart

Total time: 45 - 55 min.



Carrot



Onion



Fresh flat leaf parsley



Giant couscous



Raisins



Tomato



Mini Roma tomatoes



Skin-on hake fillet



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

Hake fillet lends itself well to frying, preferably on the skin side first so it can get nice and crispy.

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, oven dish, pan with lid, tall-sided pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-----------------------------------|----------|-----|-----|-----|-----|------|
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Fresh flat leaf parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Giant couscous (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Raisins (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mini Roma tomatoes (g) | 50 | 100 | 200 | 200 | 300 | 300 |
| Skin-on hake fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] butter (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| [Low sodium] vegetable stock (ml) | 175 | 350 | 525 | 700 | 875 | 1050 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2623 /627 | 404 /96 |
| Total fat (g) | 20 | 3 |
| of which saturated (g) | 8,2 | 1,3 |
| Carbohydrates (g) | 75 | 11 |
| of which sugars (g) | 20,6 | 3,2 |
| Fibre (g) | 8 | 1 |
| Protein (g) | 31 | 5 |
| Salt (g) | 2 | 0,3 |

Allergens

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



Prepare

Preheat the oven to 200°C and prepare the stock. Cut the **carrot** into very thin crescents. Cut the **tomato** into wedges.

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.



Roast the vegetables

Transfer the **carrot** to an oven dish and drizzle with half of the olive oil. Toss well to coat and season with salt and pepper. Roast in the oven for 15 minutes, then stir in both types of **tomato** and return to the oven for another 15 minutes. Meanwhile, chop the **onion** and finely chop the **parsley**.



Cook the giant couscous

Heat the rest of the olive oil in a pot or saucepan. Fry the **onion** for 2 minutes over medium-high heat, then stir in the **giant couscous** and fry for 1 minute. Add the **raisins** and pour in the stock, then reduce the heat to low and boil the **giant couscous** 12 - 14 minutes, covered. Fluff through the **giant couscous** so as to separate the grains, then stir in a third of the **parsley**. Season to taste with salt and pepper, then set aside.



Fry the hake

Pat the **hake** dry with kitchen paper and season with salt and pepper. Melt a knob of butter in a frying pan over medium-high heat and fry the **hake** for 2 - 3 minutes on its skin. Reduce the heat and then fry for a further 1 - 2 minutes on the other side. Remove from the pan and set aside under aluminum foil. Leave the cooking juices in the pan.



Make the sauce

Melt a small knob of butter in the same frying pan and add half of the remaining **parsley**. Season to taste with salt and pepper and mix well.



Serve

Stir the **tomatoes** and **carrot** into the **giant couscous** and then serve on plates. Garnishing with the rest of the **parsley**. Top with the **hake** and drizzle with the sauce.

Enjoy!



Miso Salmon Bowl

over ginger rice with broccoli

Calorie Smart

Total time: 45 - 55 min.



Garlic



White miso paste



Salmon fillet



Broccoli



Onion



White long grain rice



Ginger paste



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

In this dish, you top the salmon with a miso sauce. Miso is a Japanese seasoning with a typical umami 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

Bowl, 2x pan with lid, paper towel, tall-sided pan

Ingredients for 1 – 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|------|------|------|
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| White miso paste (g) | 13 | 25 | 38 | 50 | 63 | 75 |
| Salmon fillet* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Broccoli* (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| White long grain rice (g) | 60 | 120 | 180 | 240 | 300 | 360 |
| Ginger paste* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| From your pantry | | | | | | |
| Honey (tsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| Sunflower oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| [Low sodium] vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Reduced salt] soy sauce (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (ml) | 100 | 200 | 300 | 400 | 500 | 600 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2845 /680 | 552 /132 |
| Total fat (g) | 28 | 6 |
| of which saturated (g) | 3,9 | 0,8 |
| Carbohydrates (g) | 66 | 13 |
| of which sugars (g) | 13 | 2,5 |
| Fibre (g) | 10 | 2 |
| Protein (g) | 33 | 6 |
| Salt (g) | 3,2 | 0,6 |

Allergens

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



Make the sauce

Crush or mince the **garlic**. In a bowl, combine half of the **garlic** with the **soy sauce, miso paste*** and honey. Mix well and set aside until further use.

**Take care, these ingredients are salty! Add gradually as preferred.*



Cook the broccoli

Boil plenty of salted water in a pot or saucepan. Weigh the **broccoli**. Cut the head of the **broccoli** into florets and dice the stem. Boil the **broccoli** for 5 – 7 minutes, covered, then drain. Season with salt and pepper, then set aside.

Did you know... 🥦 broccoli is not only high in vitamins B, C and E but also rich in calcium, potassium and iron.



Fry the onion

Chop the **onion** and weigh the **rice**. Heat a light drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the rest of the **garlic** with the **ginger** paste and the **onion** for 1 minute.



Boil the rice

Lower the heat and transfer the **rice** to the pan. Pour in the water and crumble in the stock cube (see pantry for amounts). Boil the **rice** for 12 - 15 minutes, covered (see Tip). Keep covered until serving.

Tip: add extra boiling water if necessary.



Fry the salmon

Pat the **salmon** dry with kitchen paper and season with pepper. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **salmon** for 2 - 3 minutes on its skin. Lower the heat and then fry for 2 more minutes on the other side. Top the **salmon** with the **miso** sauce, using a spoon to ensure it is evenly coated. Fry for 1 - 2 more minutes.



Serve

Serve the **rice** on deep plates and top with the **salmon**. Serve with the **broccoli**. Drizzle over the rest of the **miso** sauce from the pan.

Enjoy!



Pollock with Sweet Potato-Bacon Mash

with leek, gomashio & a twist of lemon

Family Calorie Smart

Total time: 35 - 45 min.



Sweet potato



Potatoes



Leek



Onion



Gomashio-herb mix



Lemon



Pollock



Bacon lardons



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

You give the pollock an original twist with gomashio spice mix - a seasoning based on sesame seeds and garden herbs.

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

Casserole with lid, pan with lid, paper towel, potato masher, tall-sided pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|-----|-----|-----|
| Sweet potato (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Potatoes (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Leek* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Gomashio-herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Pollock* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Bacon lardons* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| From your pantry | | | | | | |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Low sodium] vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| 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) | 2569 /614 | 382 /91 |
| Total fat (g) | 25 | 4 |
| of which saturated (g) | 11,6 | 1,7 |
| Carbohydrates (g) | 63 | 9 |
| of which sugars (g) | 19,3 | 2,9 |
| Fibre (g) | 15 | 2 |
| Protein (g) | 31 | 5 |
| Salt (g) | 1,6 | 0,2 |

Allergens

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



Prepare

Boil plenty of water in a pot or saucepan for the **potatoes** and crumble in the stock cube (see pantry for amount). Weigh the **sweet potato**. Peel or thoroughly wash both types of **potato**, then cut into rough pieces. Boil all the **potatoes** for 12 - 15 minutes, then reserve some of the cooking liquid before draining and setting aside.



Stew the leek

Slice the **leek** into thin rings and the **onion** into half rings. Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **leek** for 2 minutes and season with salt and pepper. Add 2 tbsp water per person, then turn the heat to medium-low and cover with the lid. Stew the **leek** for 12 - 15 minutes, stirring occasionally.



Fry the bacon

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



Fry the fish

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



Mash the potatoes

Mash the **potatoes** with a splash of the reserved cooking liquid. Stir in the **leek** along with half of the **bacon** and **onion**, then squeeze in one **lemon** wedge per person. Mix well and season to taste with salt and pepper.



Serve

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

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

Enjoy!



Chicken Gyros with Kohlrabi

over fragrant bulgur with labneh, vadouvan & spinach

Total time: 35 - 45 min.



Kohlrabi



Spinach



Onion



Ground cumin



Vadouvan



Bulgur



Chicken gyros



Labneh



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

Kohlrabi adds a fresh and crunchy twist to this dish. This relatively unknown vegetable grows above ground and contains calcium and vitamin C, among others.

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

Fryingpan with lid, pan with lid, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-----------------------------------|----------|-----|-----|-----|-----|------|
| Kohlrabi* (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Onion (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Ground cumin (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Vadouvan (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Bulgur (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Chicken gyros* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Labneh* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| From your pantry | | | | | | |
| [Low sodium] vegetable stock (ml) | 175 | 350 | 500 | 675 | 850 | 1025 |
| Olive oil (tbsp) | ¾ | 1½ | 2¼ | 3 | 3¾ | 4½ |
| Honey (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| White balsamic vinegar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3042 / 727 | 441 / 105 |
| Total fat (g) | 31 | 4 |
| of which saturated (g) | 5,8 | 0,8 |
| Carbohydrates (g) | 65 | 9 |
| of which sugars (g) | 9,2 | 1,3 |
| Fibre (g) | 17 | 2 |
| Protein (g) | 36 | 5 |
| Salt (g) | 2,6 | 0,4 |

Allergens

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



Cook the bulgur

- Prepare the stock.
- Finely chop the **onion**.
- Heat a light drizzle of olive oil in a pot or saucepan and fry the **onion** for 2 minutes over medium-high heat. Stir in the **cumin, vadouvan** and the **bulgur** and fry for 1 minute, stirring continuously.
- Pour in the stock and then boil over low heat for 10 - 12 minutes, covered. Stir regularly and then set aside when finished.



Fry the gyros

- Heat a light drizzle of olive oil in another frying pan over medium-high heat. Fry the gyros for 8 - 10 minutes, then take the pan off the heat.
- Transfer the **kohlrabi** and **spinach** to the **bulgur**, along with the white balsamic vinegar and half of the gyros.
- Add the rest of the **spinach**, then mix well to combine.



Fry the kohlrabi

- Peel the **kohlrabi** and dice into 1cm cubes. Roughly chop the **spinach**.
- Heat 1 tbsp water per person in a frying pan. Allow the **kohlrabi** to stew for 3 - 5 minutes over medium-high heat, covered.
- Remove the lid, lightly drizzle with olive oil and fry for 3 - 4 minutes.
- Season to taste with salt and pepper, then stir in the honey and half of the **spinach**. Fry for 1 - 2 more minutes, allowing the **spinach** to wilt and reduce.



Serve

- Serve the **bulgur** on plates and top with the rest of the gyros.
- Drizzle with extra virgin olive oil as preferred and garnish with the **labneh**.

Enjoy!



Broccoli-Cabbage Stamppot with Onion Jus

with Greek-style cheese, sundried tomatoes & sunflower seeds

Veggie Nice & Fast

Total time: 25 - 35 min.



Potatoes



Sweetheart
cabbage & broccoli



Onion



Ketjap manis



Herbed cream cheese



Greek-style cheese



Sunflower seeds



Sundried tomatoes



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

Nothing as tasty, quick and easy as a stampot! Finish this version with broccoli and sweetheart cabbage with Greek-style cheese and sunflower seeds as a topping.

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

Pan, potato masher, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|-----|------|------|
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Sweetheart cabbage & broccoli* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Ketjap manis (ml) | 20 | 40 | 60 | 80 | 100 | 120 |
| Herbed cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Greek-style cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Sunflower seeds (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Sundried tomatoes (g) | 30 | 50 | 70 | 100 | 120 | 150 |
| From your pantry | | | | | | |
| [Low sodium] vegetable stock cube (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| [Plant-based] butter (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Mustard (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Water for the sauce (ml) | 60 | 120 | 180 | 240 | 300 | 360 |
| 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) | 3209 /767 | 532 /127 |
| Total fat (g) | 47 | 8 |
| of which saturated (g) | 23,5 | 3,9 |
| Carbohydrates (g) | 60 | 10 |
| of which sugars (g) | 23,3 | 3,9 |
| Fibre (g) | 15 | 2 |
| Protein (g) | 23 | 4 |
| Salt (g) | 3,9 | 0,7 |

Allergens

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



Cook the vegetables

- Boil plenty of water in a pot or saucepan. Peel the **potatoes** and cut into rough pieces, then boil for 12 - 15 minutes. Add the **broccoli** florets and **sweetheart cabbage** during the final 3 - 5 minutes, then drain and set aside.

Did you know... 🥦 broccoli and sweetheart cabbage are rich in calcium, iron and vitamin C. Thanks to the calcium, they therefore provide numerous benefits such as healthier muscles and stronger bones and teeth.



Finish the stew

- Mash the **potatoes** with the **broccoli** and **cabbage**, then add the **cream cheese**, sundried **tomatoes** and the rest of the mustard. Season to taste with salt and pepper, then mix well to combine (see Tip).

Tip: to make the mash more creamy, you can add butter and a splash of milk as preferred.



Make the jus

- Finely chop the sundried **tomatoes** and slice the **onion** into half rings. Heat the olive oil in a frying pan over medium-high heat. Fry the **onion** for 2 - 3 minutes, then add the ketjap, butter and half of the mustard (see Tip). Crumble in the stock cube, then deglaze with the water (see pantry for amounts). Turn the heat to low and allow to reduce.

Tip: we recommend using wholegrain mustard if you have it!



Serve

- Serve the stampot on plates and pour over the jus. Crumble over the **Greek-style cheese** and garnish with the **sunflower seeds** (see Tip).

Tip: 🥑 are you watching your salt intake? Serve half of the cheese and then keep the rest to use another time.

Enjoy!



Steak Strips in a Sweet Soy Marinade

over rice with mushrooms & cabbage

Family Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Fresh ginger



Garlic



Soy sauce



Red chili pepper



Chopped
sweetheart cabbage



East Asian-style sauce



Scallions



Steak strips



White long grain rice



Mushrooms



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

You can marinate the steak strips a day beforehand. This will make the marinade absorb even more for an intense flavor sensation!

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, pan with lid, tall-sided pan, wok or sautépan with lid

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------------|----------|-----|-----|-----|-----|-----|
| Fresh ginger* (tsp) | 1¼ | 2½ | 3¾ | 5 | 6¼ | 7½ |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Soy sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Red chili pepper* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Chopped sweetheart cabbage* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| East Asian-style sauce* (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Scallions* (bunch) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Steak strips* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| White long grain rice (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Mushrooms* (g) | 125 | 250 | 375 | 500 | 625 | 750 |
| From your pantry | | | | | | |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sunflower 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) | 2812 /672 | 557 /133 |
| Total fat (g) | 22 | 4 |
| of which saturated (g) | 3,4 | 0,7 |
| Carbohydrates (g) | 77 | 15 |
| of which sugars (g) | 14,7 | 2,9 |
| Fibre (g) | 6 | 1 |
| Protein (g) | 37 | 7 |
| Salt (g) | 2,4 | 0,5 |

Allergens

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



Marinate the steak strips

- Boil plenty of water in a pot or saucepan for the rice.
- Grate the **ginger** and crush or mince the **garlic**.
- In a bowl, combine the olive oil with the sugar, **soy sauce** and **ginger**, along with half of the **garlic**.
- Add the **steak strips** to the bowl and mix well to combine, then set aside and allow to marinate.



Boil the rice

- Boil the **rice** for 12 - 15 minutes, then drain and set aside.
- Deseed and finely chop the **red chili pepper**.*
- Quarter the **mushrooms** and chop the **scallions**, keeping the white part separate from the greens.

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



Fry the mushrooms

- Heat half of the sunflower oil in a frying pan over medium-high heat.
- Fry the **mushrooms** with the **chili pepper** and the white part of the **scallions** for 4 - 6 minutes, seasoning to taste with salt and pepper.
- Heat the rest of the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **cabbage** with the rest of the **garlic** for 5 - 8 minutes, covered.
- Remove the lid and stir in the **East Asian-style sauce**.



Serve

- Add the **steak strips** in their marinade to the **mushrooms** and stir-fry for 1 - 2 minutes until cooked to your liking.
- Serve the **rice** on bowls or deep plates and top with the **steak strips** and **mushrooms**.
- Serve with the **cabbage** and garnish with the **scallion** greens.

Did you know... 🍌 sweetheart cabbage is rich in calcium, iron and vitamin C. Thanks to the calcium, it therefore provide numerous benefits such as healthier muscles and stronger bones and teeth.

Enjoy!



Cheesy Pork Ciabatta

with Italian herbs & tomato salad

Family Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Garlic



Italian vegetable mix



Passata



Italian seasoning



Grated mature cheese



Tomato



Wholegrain ciabatta



Farmer's mincemeat



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

Passata di pomodoro is made from fresh, ripe tomatoes that are cooked and then strained. It makes the perfect base for pasta sauces.

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

Baking sheet with baking paper, casserole with lid

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|----------|-----|-----|-----|------|------|
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Italian vegetable mix* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Passata (g) | 30 | 60 | 90 | 120 | 150 | 180 |
| Italian seasoning (sachet(s)) | ⅓ | ⅔ | 1 | 1⅓ | 1⅔ | 2 |
| Grated mature cheese* (g) | 15 | 25 | 35 | 50 | 60 | 75 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Wholegrain ciabatta (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Farmer's mincemeat* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| From your pantry | | | | | | |
| [Low sodium] beef stock cube (unit(s)) | ⅓ | ⅓ | ⅓ | ½ | ⅔ | ¾ |
| Extra virgin olive oil (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tsp) | 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) | 2665 /637 | 519 /124 |
| Total fat (g) | 34 | 7 |
| of which saturated (g) | 10,6 | 2,1 |
| Carbohydrates (g) | 44 | 9 |
| of which sugars (g) | 12,6 | 2,5 |
| Fibre (g) | 12 | 2 |
| Protein (g) | 33 | 6 |
| Salt (g) | 2,7 | 0,5 |

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Dice the **tomato**.
- In a salad bowl, combine the extra virgin olive oil with the balsamic vinegar, then add the **tomato** and toss well to combine.
- Season to taste with salt and pepper, then set aside until serving.



Assemble

- Remove the lid from the frying pan.
- Stir in the **passata** and **Italian herbs**, then crumble in the stock cube (see pantry for amount).
- Mix well and allow to cook gently for 3 – 4 minutes, then taste and season as necessary with salt and pepper.
- Top the **ciabatta** with the sauce and then scatter over the **cheese**.
- Place the baking tray on the top shelf of the oven for 2 – 3 minutes.



Fry the mince

- Crush or **mince** the **garlic**.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **mince** with the **garlic** for 1 - 2 minutes, separating the **mince** as you do so.
- Stir in the **vegetable mix** and fry for 4 - 5 minutes, covered.
- Cut open the **ciabatta** and transfer to a parchment-lined baking sheet. Bake in the oven for 3 - 4 minutes.



Serve

- Serve the **ciabatta** on plates with the **tomato** salad alongside.
- Did you know...** 🍅 tomatoes are high in vitamin A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene!

Enjoy!



Pasta Pesto with Courgette & Mozzarella

with fresh parsley & basil

Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Conchiglie



Fresh flat leaf
parsley & basil



Green pesto



Courgette



Mozzarella



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

Conchiglie is praised for its shape - the pasta shells perfectly envelop the sauce, delivering flavour with every bite!

Before you begin

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

Utensils

Bowl, pan with lid, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|-----|-----|-----|
| Onion (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Conchiglie (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Fresh flat leaf parsley & basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Green pesto* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| Courgette* (unit(s)) | ⅔ | 1⅓ | 2 | 2⅔ | 3⅓ | 4 |
| Mozzarella* (ball(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| From your pantry | | | | | | |
| Extra virgin olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red wine vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [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) | 3866 / 924 | 898 / 215 |
| Total fat (g) | 54 | 13 |
| of which saturated (g) | 13,7 | 3,2 |
| Carbohydrates (g) | 75 | 17 |
| of which sugars (g) | 7,4 | 1,7 |
| Fibre (g) | 6 | 1 |
| Protein (g) | 28 | 7 |
| Salt (g) | 1,7 | 0,4 |

Allergens

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



Cook the conchiglie

- Boil plenty of water in a pot or saucepan for the conchiglie. Chop the **onion** and crush or mince the **garlic**. Boil the **conchiglie** for 11 - 13 minutes, covered, then drain and set aside (see Tip). Finely chop the **fresh herbs**.

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



Finish the pasta

- Heat the olive oil in a frying pan over medium-high heat. Fry the **onion** and **garlic** for 2 - 3 minutes, then add the **courgette** and fry for 3 - 4 minutes. Crumble in the stock cube (see pantry for amount), then add the **conchiglie** and the **pesto**. Mix well to combine, seasoning to taste with salt and pepper. Tear the **mozzarella** into chunks in the meantime.



Make the sauce

- In a bowl, combine the **pesto** with the red wine vinegar, extra virgin olive oil and half of the fresh herbs. Season to taste with plenty of salt and pepper. Thinly slice the **courgette**.

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.



Serve

- Serve the **conchiglie** on plates and top with the **mozzarella**. Garnish with the rest of the fresh herbs.

Enjoy!



Pork Tenderloin with Blue Cheese Salad

with ciabatta & caramelised apple

Calorie Smart

Total time: 35 - 45 min.



Radish



Cucumber



Apple



Garlic



Pork tenderloin



Wholegrain ciabatta



Blue cheese cubes



Butter lettuce



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

Butter lettuce contains as many as 2 to 4 times more leaves than other common varieties of lettuce. In addition, the leaves are about the same size and are tender and subtle in 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

Aluminum foil, baking sheet with baking paper, salad bowl, small bowl, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------|----------|----|----|-----|-----|-----|
| Radish* (bunch) | ½ | 1 | 2 | 2 | 3 | 3 |
| Cucumber* (unit(s)) | ½ | 1 | ¾ | 1 | 1¼ | 2 |
| Apple* (unit(s)) | ½ | 1 | 1 | 2 | 2 | 3 |
| Garlic (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Pork tenderloin* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Wholegrain ciabatta (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Blue cheese cubes* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Butter lettuce* (head) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| From your pantry | | | | | | |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Salt & pepper | to taste | | | | | |
| Extra virgin olive oil | to taste | | | | | |
| *store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 2330 /557 | 502 /120 |
| Total fat (g) | 29 | 6 |
| of which saturated (g) | 14,6 | 3,1 |
| Carbohydrates (g) | 37 | 8 |
| of which sugars (g) | 18 | 3,9 |
| Fibre (g) | 6 | 1 |
| Protein (g) | 34 | 7 |
| Salt (g) | 1,9 | 0,4 |

Allergens

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



Prepare

- Preheat the oven to 200°C.
 - Remove the radish leaves and thinly slice the **radishes**. Slice the **cucumber**, then transfer both to a salad bowl.
 - Core the **apple** and cut into wedges. Crush or mince the **garlic**.
- Did you know... 🌱 radish leaves are not only edible, but they're also full of calcium, iron, vitamin A and vitamin C. This actually makes them healthier than the radishes themselves! Simply wash the leaves and mix them into your salad.*



Caramelise the apple

- Drizzle the **garlic** oil over the **ciabatta**, then bake in the oven for 2 - 3 minutes or until golden-brown.
- In the meantime, melt the rest of the butter in the same frying pan over medium-high heat. Fry the **apple** for 6 - 8 minutes or until golden-brown.
- Stir in the sugar and fry for 1 - 2 more minutes so as to caramelize.
- Deglaze with half of the balsamic vinegar and allow to reduce for 1 - 2 minutes, then turn off the heat and allow to stand until further use.



Fry the pork tenderloin

- Melt half of the butter in a frying pan over high heat. Season the **pork tenderloin** with salt and pepper, then reduce the heat under the pan and fry the **pork** for 10 - 13 minutes until evenly browned.
- Remove from the pan and allow to rest under aluminium foil until serving.
- Thinly slice the **ciabatta** and transfer to a parchment-lined baking sheet.
- In a small bowl, combine the olive oil with the **garlic** and then season with salt and pepper.



Serve

- Roughly shred the **butter lettuce** and add it to the the salad bowl, along with the rest of the balsamic vinegar. Add a splash of extra-virgin olive oil as preferred and season to taste with salt and pepper.
- Slice the **pork tenderloin** and serve with the salad.
- Top with the caramelised **apple** and garnish with the **blue cheese**.
- Serve the **ciabatta** on the side.

Enjoy!



Bacon-Wrapped Pork Tenderloin with Cream Cheese Filling

with walnut topping, green beans & baby potatoes

Premium Nice & Fast

Total time: 25 - 35 min.



Pork tenderloin



Herbed cream cheese



Bacon



Green beans



Onion



Lemon



Chopped walnuts



Pre-cooked halved baby potatoes (skin-on)



Garlic



Fresh flat leaf parsley



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

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

Before you begin

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

Utensils

Baking sheet with baking paper, grater, large bowl, oven dish, pan with lid, 2x small bowl, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|----------|-----|-----|-----|------|------|
| Pork tenderloin* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Herbed cream cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Bacon* (slice(s)) | 2 | 4 | 6 | 8 | 10 | 12 |
| Green beans* (g) | 150 | 300 | 400 | 600 | 700 | 900 |
| Onion (unit(s)) | ½ | 1 | 2 | 2 | 3 | 3 |
| Lemon* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped walnuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Pre-cooked halved baby potatoes (skin-on)* (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| From your pantry | | | | | | |
| [Plant-based] mayonnaise (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| 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) | 3381 /808 | 525 /126 |
| Total fat (g) | 50 | 8 |
| of which saturated (g) | 15,1 | 2,3 |
| Carbohydrates (g) | 48 | 8 |
| of which sugars (g) | 7,3 | 1,1 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 38 | 6 |
| Salt (g) | 1,9 | 0,3 |

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Crush or mince the **garlic** and transfer to a large bowl, along with the **baby potatoes**. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer the **baby potatoes** to a parchment-lined baking sheet, being sure to leave enough space for the pork. Roast the baby potatoes for 20 - 23 minutes or until golden-brown, tossing halfway.
- Meanwhile, boil plenty of salted water in a pot or saucepan.



Make the sauce

- Chop the **onion** and finely chop the **parsley**.
- Melt a knob of butter in the same pan you used for the **pork** and fry the **onion** with the **green beans** for 5 - 6 minutes.
- Zest the **lemon** and then cut into quarters.
- In a small bowl, combine the mayonnaise with half of the **parsley** and the juice of a quarter **lemon** per person. Season to taste with salt and pepper.



Roast the pork tenderloin

- Discard the tips of the **green beans** and boil gently for 4 - 6 minutes, then drain and set aside.
- Partially cut open the **pork tenderloin** lengthways so that you can open it like a book. Stuff it with the **cream cheese** and then wrap it in **bacon**.
- Heat a clean frying pan and fry the **pork tenderloin** for 3 - 4 minutes until evenly browned.
- Transfer the **pork** to an oven dish and roast for 10 - 12 minutes.



Serve

- In another small bowl, combine the **walnuts** with the **lemon** zest and the rest of the parsley.
- Serve the **baby potatoes** with the **pork tenderloin** and the **green beans**.
- Garnish with the **walnut** topping and serve with the mayonnaise sauce.

Did you know... 🥔 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.

Enjoy!



Creamy Chicken Rigatoni

with sundried tomatoes & Parmigiano Reggiano

Premium Family

Total time: 20 - 30 min.



Garlic



Onion



Bell pepper



Sundried tomatoes



Chicken breast



Pumpkin seeds



Cooking cream



Sicilian-style herb mix



Parmigiano Reggiano



Spinach



Rigatoni



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

Did you know that Parmigiano Reggiano 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 and weigh your fresh fruits and vegetables.

Utensils

Casserole, deep plate, fryingpan with lid, grater, pan with lid

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 |
| Cooking cream (g) | 75 | 150 | 225 | 300 | 375 | 450 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Parmigiano Reggiano* (unit(s)) | 1 | 1 | 2 | 1 | 3 | 2 |
| Spinach* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Rigatoni (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| 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) | 3929 / 939 | 663 / 158 |
| Total fat (g) | 38 | 6 |
| of which saturated (g) | 18,3 | 3,1 |
| Carbohydrates (g) | 85 | 14 |
| of which sugars (g) | 13,7 | 2,3 |
| Fibre (g) | 10 | 2 |
| Protein (g) | 59 | 10 |
| Salt (g) | 1,4 | 0,2 |

Allergens

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



Prepare

Boil plenty of salted water in a pot or saucepan and boil the **rigatoni** for 13 - 15 minutes. Reserve 50ml pasta water per person, then drain and set aside, covered. Chop the **onion** and crush or mince the **garlic**. Dice the **bell pepper** and chop the sundried **tomatoes**.



Fry the vegetables

Heat a drizzle of 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.



Toast the pumpkin seeds

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.



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. Reduce the heat, then transfer the **rigatoni** to the sauce along with two thirds of the **Parmigiano Reggiano** and mix well to combine. Season to taste with salt and pepper.



Fry the chicken

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.



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**.

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.

Enjoy!



Venison Steak with Rosemary Potatoes

with shallot jus, Brussels sprouts & cranberries

Premium Family

Total time: 30 - 40 min.



Venison steak



Potato rounds



Shallot



Garlic



Carrot



Brussels sprouts



Dried cranberries



Fresh rosemary



Chopped cashews



Onion chutney



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

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

Before you begin

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

Utensils

Aluminum foil, baking sheet with baking paper, casserole with lid, small bowl, small sauce pan, tall-sided pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|----------|-----|-----|-----|------|------|
| Venison steak* (g) | 120 | 240 | 360 | 480 | 600 | 720 |
| Potato rounds (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Shallot (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Brussels sprouts* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Dried cranberries (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Fresh rosemary* (sprig) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped cashews (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Onion chutney* (g) | 40 | 80 | 120 | 160 | 200 | 240 |
| From your pantry | | | | | | |
| [Low sodium] beef stock cube (unit(s)) | ⅛ | ¼ | ⅓ | ½ | ¾ | ¾ |
| Olive oil (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| [Plant-based] butter (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Water (ml) | 50 | 100 | 150 | 200 | 250 | 300 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3690 /882 | 502 /120 |
| Total fat (g) | 46 | 6 |
| of which saturated (g) | 17,4 | 2,4 |
| Carbohydrates (g) | 77 | 10 |
| of which sugars (g) | 30,6 | 4,2 |
| Fibre (g) | 14 | 2 |
| Protein (g) | 33 | 5 |
| Salt (g) | 2,1 | 0,3 |

Allergens

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



Prepare

Take the venison **steak** out of the fridge and allow to reach room temperature. Preheat the oven to 200°C. Boil plenty of salted water in a deep frying pan for the vegetables. Meanwhile, chop the **shallot** into half rings and slice the **carrot** into rounds of no more than 0.5cm thickness. Wash the **Brussels sprouts**, then remove the stems and halve the **sprouts**. Finely chop the **rosemary**. Crush or mince the **garlic**.



Fry the vegetables

Heat a drizzle of olive oil in the same deep frying pan over medium-high heat and fry the **carrots** and **Brussels sprouts** for 4 - 6 minutes. Stir in the **cranberries** and **cashews** and fry for 1 - 2 more minutes. Season to taste with salt and pepper.



Roast the potatoes

Boil the **carrots** for 5 - 6 minutes, then add the **Brussels sprouts** and boil for a further 6 - 8 minutes or until done. Drain and set aside. Meanwhile, transfer the **potatoes** to a parchment-lined baking sheet. In a small bowl, combine the **garlic** and **rosemary** with a drizzle of olive oil, then transfer to the **potatoes** and toss well to coat. Season with salt and pepper, then roast in the oven for 15 - 17 minutes until golden-brown.



Fry the steak

Melt a generous knob of butter in a frying pan over high heat. When the butter is nice and hot, fry the venison **steak** for 2 minutes per side, then remove from the pan. Season to taste with pepper and allow to rest under aluminium foil. Transfer any cooking juices from the pan to the **shallot** jus and mix well to combine.



Make the jus

Melt a knob of butter in a small saucepan over medium-high heat and fry the **shallot** for 2 - 3 minutes. Stir in the **onion chutney** and the water (see pantry for amount). Crumble in the stock cube and bring to the boil, then allow to reduce gently until serving.



Serve

Slice the venison **steak** against the grain and serve with the **potatoes**. Top the **steak** with the **shallot** jus. Serve the vegetables alongside.

Enjoy!



Luxe Ramen-Style Bowl with Panko Shrimp

with mushrooms, scallions & a jammy egg

Family

Total time: 35 - 45 min.



Scallions



Carrot



Garlic



Egg



Fresh spaghetti



Shrimp



Panko breadcrumbs



Fish sauce



Ginger stir fry sauce



Pre-cut mushroom mix



Korean-style spice mix



Gomashio



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

Did you know you could check the freshness of an egg by placing it in a cup of water? If it sinks to the bottom, it's fresh! If the egg floats, it's no longer good to consume. Add salt to the water for the test to work even faster.

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

3x bowl, lidded saucepan, pan with lid, paper towel, 2x sautépan or large frying pan

Ingredients for 1 – 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|---|----------|-----|-----|------|------|------|
| Scallions* (bunch) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Carrot* (unit(s)) | 1 | 1 | 2 | 2 | 3 | 3 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Egg* (unit(s)) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Fresh spaghetti* (g) | 65 | 125 | 190 | 250 | 315 | 375 |
| Shrimp* (g) | 120 | 240 | 360 | 480 | 600 | 720 |
| Panko breadcrumbs (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Fish sauce (ml) | 10 | 20 | 30 | 40 | 50 | 60 |
| Ginger stir fry sauce (g) | 20 | 35 | 55 | 70 | 90 | 105 |
| Pre-cut mushroom mix* (g) | 90 | 175 | 265 | 350 | 440 | 525 |
| Korean-style spice mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Gomashio (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| From your pantry | | | | | | |
| Sunflower oil (ml) | 30 | 60 | 90 | 120 | 150 | 180 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Flour (tbsp) | 2 | 4 | 6 | 8 | 10 | 12 |
| [Low sodium] vegetable stock cube (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Water (ml) | 300 | 600 | 900 | 1200 | 1500 | 1800 |
| Salt & pepper | to taste | | | | | |
| *store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 3506 / 838 | 556 / 133 |
| Total fat (g) | 34 | 5 |
| of which saturated (g) | 5,9 | 0,9 |
| Carbohydrates (g) | 84 | 13 |
| of which sugars (g) | 13,6 | 2,2 |
| Fibre (g) | 9 | 1 |
| Protein (g) | 44 | 7 |
| Salt (g) | 7,2 | 1,1 |

Allergens

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



Prepare

Boil plenty of salted water for the **spaghetti** and **eggs**. Cut one **scallion** per person into diagonal rings and set aside to use later as garnish. Chop the rest of the **scallions** into fine rings. Cut the **carrot** into thin crescents and peel the **garlic**.



Fry the mushrooms

Heat a drizzle of olive oil in a large frying pan over high heat. Fry the **mushrooms** for 4 - 6 minutes, then add the rest of the **stir fry sauce** and season with black pepper. Allow to reduce for 1 minute, then remove from the pan and set aside.



Boil the eggs and the spaghetti

Boil 1 **egg** per person for 6 minutes, then rinse under cold water and set aside until serving (see Tip). In the same pan, boil the fresh **spaghetti** for 4 - 5 minutes, then drain and set aside, covered.

Tip: if you'd prefer a hard-boiled egg, boil it for 8 minutes.



Fry the shrimp

Heat the sunflower oil in a large frying pan over high heat. Transfer the flour to a bowl and the **panko** to another bowl. Add the **Korean-style spices** to the **panko** and season with salt and pepper. Beat the rest of the **egg** in a third bowl. Pat the **shrimp** dry with kitchen paper. Coat the **shrimp** with flour, then dip into the **egg** and finally coat with the **panko**. Fry the **shrimp** for 3 - 4 minutes until golden-brown and done.



Make the stock

Boil the water in a saucepan and crumble in the stock cube (see pantry for amounts). Add the **fish sauce***, **carrot**, **garlic** and **scallions**. Add half of the **ginger stir-fry sauce** and then crumble in the stock cube (see pantry for amount). Cover with the lid and allow to cook gently over a low heat until serving.

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



Serve

Peel the boiled **egg** and cut in half. Serve the **spaghetti** in deep bowls and pour over the stock. Top with the **shrimp**, **mushrooms** and boiled **egg**. Garnish with the **gomashio** and the reserved **scallions**.

Enjoy!



Bream with Lemon & Samphire

over creamy mash with olives & tomato

Premium Family

Total time: 30 - 40 min.



Celeriac



Potatoes



Cooking cream



Tomato



Leccino olives



Lemon



Garlic



Fresh flat leaf parsley



Bream fillet with skin



Samphire



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

Samphire is a very special vegetable. It is salt-resistant and even grows on the beach or dunes. Because the samphire is quite salty already, you don't have to add too much salt to 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

Aluminum foil, fryingpan with lid, pan with lid, potato masher, tall-sided pan

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--------------------------------------|----------|-----|-----|-----|------|------|
| Celeriac* (g) | 150 | 300 | 450 | 600 | 750 | 900 |
| Potatoes (g) | 200 | 400 | 600 | 800 | 1000 | 1200 |
| Cooking cream (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Tomato (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Leccino olives* (g) | 15 | 30 | 40 | 60 | 70 | 90 |
| Lemon* (unit(s)) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Fresh flat leaf parsley* (g) | 2½ | 5 | 7½ | 10 | 12½ | 15 |
| Bream fillet with skin* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Samphire* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| From your pantry | | | | | | |
| [Plant-based] butter (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Mustard (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Red wine vinegar (tsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Sugar (tsp) | ¼ | ½ | ¾ | 1 | 1¼ | 1½ |
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Salt & pepper | to taste | | | | | |
| *store in the fridge | | | | | | |

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3314 /792 | 485 /116 |
| Total fat (g) | 48 | 7 |
| of which saturated (g) | 17,7 | 2,6 |
| Carbohydrates (g) | 53 | 8 |
| of which sugars (g) | 6,5 | 1 |
| Fibre (g) | 13 | 2 |
| Protein (g) | 32 | 5 |
| Salt (g) | 1,7 | 0,2 |

Allergens

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



Cook the potatoes and celeriac

Boil plenty of salted water in a pot or saucepan for the vegetables. Peel the **celeriac** and **potatoes** and cut into 2cm chunks. Weigh the **celeriac** and then boil for 3 minutes, along with the **cooking cream**. Add the **potatoes** and continue cooking for 12-15 minutes, covered. Reserve some of the cooking liquid, then drain and set aside, uncovered.



Slice the vegetables

Dice the **tomato** and halve the **olives**. Cut the **lemon** into wedges. Crush or **mince** the **garlic** and roughly chop the **flat leaf parsley**.



Make the sauce

Heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the **tomato** with the sugar and red wine vinegar for 4 - 5 minutes, then reduce the heat and stir the **olives**, along with two-thirds of the **flat leaf parsley**. Season to taste with salt and pepper, then allow to simmer gently until serving, covered.



Fry the fish

Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish for 2 - 3 minutes on its skin. Season with salt and pepper, then reduce the heat and fry for 1 - 2 minutes on the other side. Remove from the pan and allow to rest under aluminium foil until serving. Melt a knob of butter in in the same frying pan and fry the **garlic** for 1 minute, then stir in the **samphire** and fry for another 1 - 2 minutes.



Mash the potatoes

In the meantime, mash the **celeriac** and **potatoes** with the mustard and a knob of butter, along with a splash of cooking liquid to make it smooth. Mix well and season to taste with salt and pepper.



Serve

Serve the mash on plates. Top with the **samphire** and the fish. Serve the **tomato**-olive sauce alongside. Garnish with the rest of the **parsley** and the **lemon** wedges.

Enjoy!



Creamy Eggplant Penne with Burrata

with sundried tomatoes, walnuts & fresh basil

Veggie Nice & Fast

Total time: 20 - 30 min.



Onion



Garlic



Eggplant



Penne



Cooking cream



Fresh basil



Arugula



Burrata



Sicilian-style herb mix



Chopped walnuts



Basil crème



Sundried tomatoes



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

A night out without breaking your piggy bank? We transformed our classics into a special edition with luxurious twist and full of surprising flavours.

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

Casserole, pan, tall-sided pan

Ingredients for 1-6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|-------------------------------------|----------|-----|-----|-----|-----|-----|
| Onion (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Garlic (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Eggplant* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Penne (g) | 90 | 180 | 270 | 360 | 450 | 540 |
| Cooking cream (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Fresh basil* (g) | 5 | 10 | 15 | 20 | 25 | 30 |
| Arugula* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Burrata* (ball(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sicilian-style herb mix (sachet(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Chopped walnuts (g) | 10 | 20 | 30 | 40 | 50 | 60 |
| Basil crème* (ml) | 10 | 15 | 20 | 25 | 35 | 40 |
| Sundried tomatoes* (g) | 30 | 50 | 70 | 100 | 120 | 150 |
| From your pantry | | | | | | |
| Flour (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Balsamic vinegar (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Low sodium] vegetable stock (ml) | 60 | 120 | 180 | 240 | 300 | 360 |
| Olive oil (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal) | 3833 /916 | 669 /160 |
| Total fat (g) | 48 | 8 |
| of which saturated (g) | 15,4 | 2,7 |
| Carbohydrates (g) | 88 | 15 |
| of which sugars (g) | 18,8 | 3,3 |
| Fibre (g) | 7 | 1 |
| Protein (g) | 27 | 5 |
| Salt (g) | 1,7 | 0,3 |

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta. Prepare the stock (see Tip). Chop the **onion** and crush or mince the **garlic**. Dice the **eggplant** into 1 - 2 cm cubes and roughly chop the **sundried tomatoes**.

Tip: if it's inconvenient to prepare a small amount of stock, you can prepare 500ml instead (using 1 stock cube) and then measure out the amount you need for the recipe. You can freeze the rest of the stock to use another time.



Make the sauce

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion**, **garlic** and **sundried tomatoes** for 3 - 4 minutes. Add the **Sicilian herbs** and fry for 1 more minute, then deglaze with the balsamic vinegar and the stock. Stir in the **cream** and allow to simmer for 4 - 5 minutes over a low heat.



Fry the eggplant

- Boil the pasta for 10 - 12 minutes, then drain and set aside. Mix the **eggplant** with the flour. Heat two-thirds of the olive oil in a frying pan over medium-high heat. Fry the **eggplant** for 8 - 10 minutes until evenly browned.



Serve

- Cut the **basil** into ribbons. Stir the pasta, **eggplant** and **basil crème** into the creamy sauce, then season to taste with salt and pepper. Serve the **eggplant penne** on deep plates and top with the burrata and the **arugula**. Garnish with the **walnuts** and the **fresh basil**.

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

Enjoy!



Loaded Chili Cheese Dogs

with potato wedges, onion chutney & rainbow slaw

Family

Total time: 30 - 40 min.



Hotdog bun



Beef mince with Mexican seasoning



Grated mature cheese



Pork sausage with Cheddar and red onion



Passata



Onion chutney



Rainbow slaw mix



Oven-ready potato wedges



Mayonnaise



Green chili pepper



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

Every country has its own street food: a quick bite you can get on every street corner. Easy to make and packed with authentic flavours - enjoy the local dishes of your favourite destinations with our Streetfood recipes.

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 baking sheet with baking paper, casserole, fryingpan with lid, salad bowl

Ingredients for 1 - 6 servings

| | 1p | 2p | 3p | 4p | 5p | 6p |
|--|-----|-----|-----|------|------|------|
| Hotdog bun (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Beef mince with Mexican seasoning* (g) | 50 | 100 | 150 | 200 | 250 | 300 |
| Grated mature cheese* (g) | 25 | 50 | 75 | 100 | 125 | 150 |
| Pork sausage with Cheddar and red onion* (unit(s)) | 1 | 2 | 3 | 4 | 5 | 6 |
| Passata (g) | 100 | 200 | 300 | 390 | 500 | 590 |
| Onion chutney* (g) | 20 | 40 | 60 | 80 | 100 | 120 |
| Rainbow slaw mix* (g) | 100 | 200 | 300 | 400 | 500 | 600 |
| Oven-ready potato wedges (g) | 250 | 500 | 750 | 1000 | 1250 | 1500 |
| Green chili pepper* (unit(s)) | ½ | 1 | 1½ | 2 | 2½ | 3 |

| From your pantry | | | | | | |
|---------------------------------|----------|---|----|---|----|---|
| [Plant-based] butter (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Red wine vinegar (tbsp) | 1 | 2 | 3 | 4 | 5 | 6 |
| Olive oil (tbsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| Sugar (tsp) | ½ | 1 | 1½ | 2 | 2½ | 3 |
| [Plant-based] mayonnaise (tbsp) | 1½ | 3 | 4½ | 6 | 7½ | 9 |
| Salt & pepper | to taste | | | | | |

*store in the fridge

Nutritional values

| | Per serving | Per 100g |
|------------------------|-------------|-----------|
| Energy (kJ/kcal) | 6305 / 1507 | 794 / 190 |
| Total fat (g) | 104 | 13 |
| of which saturated (g) | 28,7 | 3,6 |
| Carbohydrates (g) | 93 | 12 |
| of which sugars (g) | 22,2 | 2,8 |
| Fibre (g) | 12 | 1 |
| Protein (g) | 44 | 6 |
| Salt (g) | 3,6 | 0,5 |

Allergens

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



Prepare

Preheat the oven to 180°C. Slice the **green chili pepper*** into thin rings. Transfer the **potato** wedges to a parchment-lined baking sheet and bake in the oven for 20 minutes or until golden-brown.

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



Make the coleslaw

In a salad bowl, combine the mayonnaise with the red wine vinegar. Season with salt and pepper, then add the **slaw mix** and toss well to combine.

Did you know... 🌱 Compared to other vegetables, red cabbage is very high in calcium, fibre and vitamin C.



Fry the sausage

Melt the butter in a frying pan with a lid over medium-high heat and fry the **sausage** for 2-3 minutes until evenly browned. Cover with the lid and fry for another 10 - 12 minutes over medium heat, turning regularly.



Top the hot dog

When the **sausage** and the **chili** are done, place the **hotdog buns** on a parchment-lined baking sheet. Transfer the **sausages** to the **buns** and then spread the **chili** over the top. Top with the **cheese** and then bake in the oven for 3 - 4 minutes or until the **cheese** has melted.



Make the chili

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **mince** for 3 minutes, separating it as you do so. When the **meat** is evenly browned, add the **passata**, half of the **green chili pepper** and the sugar. Season with salt and pepper and allow to simmer for 4 - 5 minutes.



Serve

Serve the **potato** wedges and coleslaw with the loaded **chili cheese** dogs. Garnish with the **onion chutney** and the rest of the **green chili pepper**.

Enjoy!