



Chicken Drumstick Traybake

with Surinamese-style spices & quick-pickled onion

Family

Total time: 45 - 55 min.



Chicken drumsticks in Baharat marinade



Potatoes



Cauliflower florets



Carrot



Surinamese-style spices



Onion



Curry powder



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

This Suriname-style spice mix is packed with delicious spices such as turmeric, cumin, fenugreek, cinnamon and chilli. As such, the mix ensures an supreme taste experience!

Before you begin

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

Utensils

Parchment-lined baking sheet, 3x bowl, large bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken drumsticks in Baharat marinade* (unit(s))	2	4	6	8	10	12
Potatoes (g)	250	500	750	1000	1250	1500
Cauliflower florets* (g)	100	200	300	400	500	600
Carrot* (unit(s))	1	1	2	2	3	3
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Curry powder (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Sugar (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3067 /733	433 /104
Total fat (g)	30	4
of which saturated (g)	7	1
Carbohydrates (g)	66	9
of which sugars (g)	11,8	1,7
Fibre (g)	15	2
Protein (g)	45	6
Salt (g)	2,7	0,4

Allergens

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



1. Prepare

Preheat the oven to 200°C. In a bowl, combine the **curry powder** with a drizzle of olive oil, then season with salt and pepper. Coat the **chicken drumsticks** in the oil and set aside. Cut the **carrot** into 5cm long batons. Dice the **potatoes** into 2cm chunks. Transfer the the **potatoes** and **carrot** to a large bowl. Add the Surinamese-style **spices** and a drizzle of olive oil, then toss well to coat.



2. Prepare the traybake

Transfer the vegetables and the **chicken drumsticks** to a parchment-lined baking sheet. Bake in the oven for 30 minutes. Transfer the **cauliflower** florets to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Toss the vegetables on the baking sheet and add the **cauliflower**, then return to the oven for 12 - 15 minutes or until done.



3. Pickle the onion

Slice the **onion** into half-rings. In a bowl, combine the red wine vinegar with the sugar. Add the **onion** and season with salt, then mix well to combine. Set aside until serving, stirring occasionally.



4. Serve

Serve the **chicken drumsticks** and vegetables on plates. Garnish with the pickled **onion** and serve with mayonnaise as preferred.

Enjoy!



Sweet Potato Soup with Coconut Milk

with garam masala, kidney beans & a twist of lime

Total time: 40 - 50 min.



Sweet potato



Carrot



Dried thyme



Scallions



Garlic



Lime



Red kidney beans



Garam Masala



Diced tomatoes with garlic & onion



Coconut milk



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

This recipe is inspired by loco de papa - you'll give this South American soup an original twist with garam masala and coconut milk.

Before you begin

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

Utensils

Parchment-lined baking sheet, sieve or colander, grater, small bowl, lidded soup pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Carrot* (unit(s))	½	1	1	2	2	3
Dried thyme (sachet(s))	⅓	⅔	1	1½	1¾	2
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Red kidney beans (pack)	½	1	1½	2	2½	3
Garam Masala (sachet(s))	⅓	⅔	1	1½	1¾	2
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	200	400	600	800	1000	1200
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	50	100	150	200	250	300
Sugar (tsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3548 /848	426 /102
Total fat (g)	52	6
of which saturated (g)	34,5	4,1
Carbohydrates (g)	68	8
of which sugars (g)	29,4	3,5
Fibre (g)	24	3
Protein (g)	19	2
Salt (g)	3,3	0,4

Allergens

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



1. Roast the sweet potato

Preheat the oven to 220°C. Thoroughly wash the **sweet potatoes**, then dice into 1cm chunks. Do the same with the **carrot**. Transfer both to a parchment-lined baking sheet along with half of the time, drizzle with olive oil and then season with salt and pepper. Roast in the oven for 15–25 minutes, tossing halfway.



2. Chop the vegetables

Chop the **scallions** into thin rings. Crush or **mince** the **garlic**. Zest the **lime** and cut it into wedges. Drain the **kidney beans**. Heat a drizzle of olive oil in soup pot over medium-high heat and fry half of the **scallions** for 1 – 2 minutes. Add the **garlic**, **garam masala***, sugar and the rest of the **thyme** and fry for half a minute.

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

Did you know... 🌱 kidney beans contain more fibre than any other type of bean - just 100g of kidney beans provides a third of the RDA.



3. Make the soup

Add the **chopped tomatoes** and the **coconut milk**. Pour in the water and crumble in the stock cube (see pantry for amounts). Mix well to combine. Season to taste with salt and pepper and bring to a boil. Allow the soup to simmer gently for 7 – 10 minutes over low heat, covered. Stir in the **kidney beans** and then cook for a further 5 minutes.



4. Serve

Juice 1 **lime** wedge per person into a small bowl. Take the soup off the heat and stir in the roasted **sweet potato** and **carrot**, along with the **lime** juice. Garnish the soup with the **lime** zest and the rest of the **scallions**. Add some more **lime** juice as preferred.

Enjoy!



Moroccan-Inspired Stew with Greek-Style Cheese

with lemon, dates & parsley

Veggie

Total time: 40 - 50 min.



Greek-style cheese



Potatoes



Garlic



Onion



Carrot



Romano pepper



Courgette



African-inspired
spice mix



Lemon



Fresh ginger



Chopped dates



Fresh flat leaf parsley



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

You'll season this vegetable stew with an African spice mix, which includes fennel seeds, turmeric, cumin and cinnamon.

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

Grater, large deep frying pan with lid, lidded pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Greek-style cheese* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Chopped dates (g)	20	40	60	80	100	120
Fresh flat leaf parsley* (g)	5	10	15	20	25	30

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	75	150	225	300	375	450
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)	3339 / 798	455 / 109
Total fat (g)	43	6
of which saturated (g)	20,1	2,7
Carbohydrates (g)	73	10
of which sugars (g)	27,2	3,7
Fibre (g)	17	2
Protein (g)	28	4
Salt (g)	3,6	0,5

Allergens

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



1. Prepare

Boil plenty of generously salted water in a lidded pot or saucepan. Thoroughly wash the **potatoes** and roughly chop. Slice the **onion** into half rings and crush or **mince** the **garlic**. Finely grate the **ginger**. Halve and deseed the **Romano pepper**, then cut into thin strips. Slice the **courgette** and **carrot** into crescents.



4. Boil the potatoes

In the meantime, boil the **potatoes** for 12-15 minutes or until done, then drain and set aside.

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.*



2. Fry the vegetables

Heat the olive oil in a large deep frying pan over medium-high heat. Fry the **courgette**, **carrot**, pepper, **onion**, **garlic** and **ginger** for 3 - 4 minutes. Stir in the chopped **dates** and fry for a further 1-2 minutes.



5. Finish

Finely chop the **parsley** and quarter the **lemon**. Squeeze some **lemon** juice directly into the vegetables as preferred, then allow to cook for 5-6 more minutes over medium-high heat, uncovered. Season to taste with salt and pepper.



3. Simmer

Stir in the African-style herbs and crumble in the stock cube, then pour in the water (see pantry for amounts). Cover with the lid and allow to simmer for 10 - 12 minutes over medium heat. Make some space among the vegetables at the bottom of the pan and then place the **cheese** here (see Tip). Season with salt and pepper and cook for 1-2 more minutes.



6. Serve

Stir the extra virgin olive oil and two thirds of the **parsley** into the **potatoes**, then season to taste with salt and pepper. Serve the **potatoes** and vegetable stew on deep plates. Garnish with the rest of the **parsley** and any remaining **lemon** wedges.

Enjoy!



Pork Tenderloin with Panko-Truffle Coating

with green beans & potatoes

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Pork tenderloin



Potatoes



Garlic



Onion



Green beans



Truffle-style mayonnaise



Panko breadcrumbs



Dried rosemary



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

Did you know that truffles grow underground and, like mushrooms, are fungi? They used to be foraged down by pigs, but now they are mainly foraged by trained dogs, as they're less likely to eat the truffles they find!

Before you begin

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

Utensils

Lidded deep frying pan, deep plate, lidded frying pan, lidded pot or saucepan, kitchen paper

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Green beans* (g)	150	300	400	600	700	900
Truffle-style mayonnaise* (g)	25	50	75	100	125	150
Panko breadcrumbs (g)	15	25	40	50	65	75
Dried rosemary (sachet(s))	¼	½	¾	1	1¼	1½
From your pantry						
[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)	2870 /686	513 /123
Total fat (g)	34	6
of which saturated (g)	8,5	1,5
Carbohydrates (g)	56	10
of which sugars (g)	4,9	0,9
Fibre (g)	14	2
Protein (g)	32	6
Salt (g)	1,1	0,2

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan. Thoroughly wash the potatoes and cut them into rough pieces, then cook for 12 - 15 minutes, covered. Drain and season to taste with salt and pepper, then set aside. Meanwhile, crush or mince the garlic and finely chop the onion. Pat the pork tenderloin dry with kitchen paper. Transfer the panko to a deep plate and season with salt and pepper.



2. Fry the pork tenderloin

Use half of the truffle-style mayonnaise to coat the pork tenderloin and then coat with the panko. Melt a knob of butter in a frying pan over medium-high heat and fry the pork tenderloin fry for 2 - 3 minutes per side until evenly browned. Reduce the heat to medium and cover with the lid, then fry for 5 - 6 minutes. Take the pan off the heat and set aside until serving, covered.



3. Fry the vegetables

Meanwhile, discard the tips of the green beans and transfer to a deep frying pan. Submerge with a shallow layer of water and add a pinch of salt, then cover with the lid. Bring to a boil and allow to cook gently for 4 - 6 minutes, then drain and transfer back to the pan. Drizzle the green beans with olive oil, then add the garlic, onion and rosemary. Fry for 3-4 minutes over medium-high heat and season to taste with salt and pepper.



4. Serve

Serve the potatoes and vegetables on plates with the pork tenderloin alongside. Combine the rest of the truffle-style mayonnaise with a teaspoon of water per person. Drizzle this over the potatoes.

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

Enjoy!



Middle Eastern-Style Loaded Sweet Potatoes

with labneh, chickpeas, bell pepper & almonds

Calorie Smart Veggie

Total time: 40 - 50 min.



Sweet potato



Onion



Garlic



Apple



Bell pepper



Spinach



Chickpeas



Ras el hanout



Fresh coriander



Salted almonds



Labneh



Lemon



Middle Eastern spice mix



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

Ras el hanout is a classic Moroccan spice blend. The name literally means 'head of the shop' - a mix of the market merchant's best spices!

Before you begin

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

Utensils

Parchment-lined baking sheet, deep frying pan, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	2	2	3	3
Spinach* (g)	100	200	300	400	500	600
Chickpeas (pack)	⅓	⅔	1	1⅓	1⅔	2
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Salted almonds (g)	10	20	30	40	50	60
Labneh* (g)	40	80	120	160	200	240
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3

From your pantry

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)	2552 /610	425 /102
Total fat (g)	30	5
of which saturated (g)	3,7	0,6
Carbohydrates (g)	59	10
of which sugars (g)	17,8	3
Fibre (g)	17	3
Protein (g)	17	3
Salt (g)	1,3	0,2

Allergens

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



1. Roast the sweet potato

Preheat the oven to 220°C. Weigh the **sweet potato** and thoroughly wash or peel it. Cut the **sweet potato** into 1cm thick crescents and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then roast for 20–30 minutes or until done.



2. Chop the vegetables

Chop the **onion** and crush or **mince** the **garlic**. Core and dice the **apple**. Chop the **bell pepper** into thin strips and tear the **spinach** into small pieces. Drain and rinse the **chickpeas**.

Did you know... 🌱 this recipe is very nutrient-dense. The spinach and labneh are rich in calcium, the chickpeas and sweet potato are high in iron and the bell pepper provides plenty of vitamins E and C.



3. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion** and **garlic** with the **ras el hanout** and Middle Eastern-style **spices** for 2 - 3 minutes. Add some more olive oil as necessary if the **spices** start sticking to the pan. Stir in the **apple** and the **bell pepper** and fry for a further 6 - 8 minutes, seasoning to taste with salt and pepper.



4. Add the spinach

Stir in the **chickpeas** and fry for 4 - 6 more minutes. Take the pan off the heat and stir in the **spinach**, then season to taste with salt and pepper.



5. Prepare the toppings

Cut the **lemon** into wedges and finely chop the **coriander**.



6. Serve

Serve the **sweet potatoes** on plates and top with the **chickpeas** and vegetables. Garnish with the **almonds** and **coriander**. Serve with the **labneh** and **lemon** wedges.

Enjoy!



Brandt & Levie Cheddar Sausage

with pesto potatoes & a crisp salad

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Pork sausage with Cheddar and red onion



Pre-cooked halved baby potatoes (skin-on)



Tomato



Butter lettuce



Green pesto



Bell pepper



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

All Brandt & Levie's recipes are created in-house and the pigs are reared in the Netherlands. This sausage contains cheddar and stewed onion.

Before you begin

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

Utensils

Lidded frying pan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork sausage with Cheddar and red onion* (unit(s))	1	2	3	4	5	6
Pre-cooked halved baby potatoes (skin-on)* (g)	200	400	600	800	1000	1200
Tomato (unit(s))	1	2	3	4	5	6
Butter lettuce* (head)	¼	½	¾	1	1¼	1½
Green pesto* (g)	15	25	40	60	65	85
Bell pepper* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2828 /676	524 /125
Total fat (g)	45	8
of which saturated (g)	12,4	2,3
Carbohydrates (g)	40	7
of which sugars (g)	5,1	0,9
Fibre (g)	8	2
Protein (g)	23	4
Salt (g)	1,5	0,3

Allergens

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



1. Fry the sausage

Heat the olive oil in a large frying pan over medium-high heat and fry the baby potatoes with the sausage for 2 - 3 minutes until evenly browned. Cover with the lid and fry for 8 - 10 more minutes, turning regularly.



2. Make the salad

In a salad bowl, combine the mustard with the white wine vinegar and the extra virgin olive oil. Dice the tomato and bell pepper. Roughly tear the butter lettuce, then transfer all three to the salad bowl and toss well to combine with the dressing. Season to taste with salt and pepper.



3. Finish

Remove the sausage from the pan. Add the pesto to the baby potatoes and mix well to coat, seasoning to taste with salt and pepper.



4. Serve

Serve the sausage and pesto potatoes on plates with the salad alongside.

Did you know... 🥔 potatoes are very healthy; besides being a good source of fibre, they're also rich in potassium and high in vitamins C, B6 and B11. This helps you feel energised and boosts your immune system.

Enjoy!



Spaghetti with Panko-Parm Topping

in rich cherry tomato sauce with mushrooms & spinach

Veggie Nice & Fast

Total time: 15 - 20 min.



Chestnut mushrooms



Aglio e olio



Parmigiano Reggiano DOP



Panko breadcrumbs



Spaghetti



Spinach



Tinned cherry tomatoes



Italian seasoning



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

Due to its coarse grain, panko breadcrumbs become extra crunchy after frying.

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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chestnut mushrooms* (g)	125	250	375	500	625	750
Aglie olio* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Panko breadcrumbs (g)	15	25	40	50	65	75
Spaghetti (g)	90	180	270	360	450	540
Spinach* (g)	50	100	150	200	250	300
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3176 / 759	595 / 142
Total fat (g)	33	6
of which saturated (g)	9,4	1,8
Carbohydrates (g)	84	16
of which sugars (g)	10,7	2
Fibre (g)	12	2
Protein (g)	25	5
Salt (g)	1,1	0,2

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount). Cook the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside. Meanwhile, grate the Parmigiano Reggiano and slice the mushrooms.



2. Fry the vegetables

Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the mushrooms for 4 - 5 minutes. Add the spinach and canned cherry tomatoes and fry for 2 - 3 more minutes.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.



3. Make the topping

Melt a knob of butter in a frying pan over high heat. Fry the panko for 3 - 4 minutes until golden-brown, then transfer to a small bowl. Add the Parmigiano Reggiano and Italian herbs, then season to taste with salt and pepper and mix well.



4. Serve

Add the aglio e olio* and spaghetti to the sauce, along with 30ml pasta water per person. Mix well to combine and cook for 1 more minute over medium-high heat. Season to taste with salt and pepper. Serve the spaghetti on plates and garnish with the panko-parm topping.

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

Enjoy!



Ketjap Steak Strips

over rice with pak choi & green beans

Nice & Fast

Total time: 15 - 20 min.



Jasmine rice



Garlic



Steak strips



Pre-cut green beans



Pak choi



Soy sauce



Thai basil



Onion



Korean-style spice mix



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

Basil comes in different varieties: red, lemon and Thai. Thai basil has an aniseed-like aroma and gives your dish an authentic Asian 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, lidded deep frying pan, pot or saucepan, kitchen paper, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Steak strips* (g)	100	200	300	400	500	600
Pre-cut green beans* (g)	75	150	200	300	350	450
Pak choi* (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	20	40	60	80	100	120
Thai basil* (g)	2½	5	7½	10	12½	15
Onion (unit(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
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)	2661 /636	546 /131
Total fat (g)	15	3
of which saturated (g)	2,4	0,5
Carbohydrates (g)	86	18
of which sugars (g)	19,3	4
Fibre (g)	9	2
Protein (g)	35	7
Salt (g)	4,3	0,9

Allergens

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



1. Prepare

Take the steak strips out of the fridge and pat dry with kitchen paper. Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside. Chop the onion and crush or mince the garlic. In a bowl, combine the steak strips with the ketjap, Korean-style spices, a drizzle of sunflower oil and half of the garlic, then season with salt and pepper. Cut the pak choi into strips and set aside the greens.



2. Fry the vegetables

Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the onion with the green beans and the rest of the garlic for 1 minute. Add the white part of the pak choi and fry for another minute, then add the honey and the water (see pantry for amounts). Add the soy sauce and crumble in the stock cube (see Tip). Cover with the lid and allow to stew gently for 4 - 6 minutes.

Tip: if you're watching your salt intake, use half the indicated amount of the stock cube (see pantry) and half of the soy sauce. You can add more soy sauce later when serving as preferred.



3. Fry the steak strips

Cut the Thai basil into ribbons. Heat a frying pan over medium-high heat. When the pan is nice and hot, fry the steak strips for 1 - 2 minutes until evenly browned, leaving them slightly rare inside if preferred. Shortly before serving, stir in the pak choi greens and half of the Thai basil.



4. Serve

Serve the rice on plates and top with the vegetables and the steak strips. Garnish with the rest of the Thai basil.

Did you know... 🌱 pak choi is rich in folic acid, which is part of the vitamin B complex. It plays an essential role in the production of red blood cells, which helps maintain energy levels.

Enjoy!



Creamy Hot Smoked Salmon Penne

in spinach-leek sauce with lemon & dill

Nice & Fast

Total time: 20 - 30 min.



Leek



Onion



Garlic



Penne



Cooking cream



Spinach



Hot smoked salmon flakes



Grated Gouda



Lemon



Fresh dill



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

Do your teeth feel gritty after eating spinach? To avoid this, be sure to include a calcium-rich component in the meal, such as the cream and cheese in 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

Lidded deep frying pan, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Leek* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Penne (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Spinach* (g)	50	100	150	200	250	300
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Grated Gouda* (g)	15	25	40	50	65	75
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
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)	3243 / 775	654 / 156
Total fat (g)	32	6
of which saturated (g)	13,4	2,7
Carbohydrates (g)	82	16
of which sugars (g)	12,5	2,5
Fibre (g)	9	2
Protein (g)	38	8
Salt (g)	1,5	0,3

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the penne. Slice the leek into thin crescents. Chop the onion and crush or mince the garlic.



2. Fry the leek

Heat a drizzle of olive oil in a deep frying pan over high heat. Fry the garlic, onion and leek for 4 - 5 minutes, stirring regularly. In the meantime, boil the penne for 10 - 13 minutes, then drain and set aside.



3. Finish the sauce

Stir the cream into the vegetables and crumble in the stock cube (see pantry for amount). Cover with the lid and allow to reduce for 8 - 10 minutes. During the last few minutes of cooking, gradually stir in the spinach and allow it to wilt and reduce, then stir in the salmon and half of the cheese. Cut the lemon into wedges and squeeze a quarter per person into the sauce. Mix well and season to taste with salt and pepper.



4. Serve

Finely chop the dill. Serve the penne on plates and top with the sauce. Garnish with the dill and the rest of the cheese. Serve with the rest of the lemon wedges.

Enjoy!



Trottole Tricolore Tuna Salad

with courgette & mini Roma tomatoes

Family Nice & Fast

Total time: 25 - 35 min.



Trottole tricolore



Courgette



Arugula & lamb's lettuce



Sicilian-style herb mix



Mini Roma tomatoes



Tuna packed in olive oil



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

Have some pasta salad left over? This dish is also great as a nutritious lunch.

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

Sieve or colander, large bowl, lidded pot or saucepan, small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Trottole tricolore (g)	90	180	270	360	450	540
Courgette* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	20	40	60	80	100	120
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Mini Roma tomatoes (g)	100	200	300	400	500	600
Tuna packed in olive oil (can)	1	1	2	2	3	3
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3121 / 746	774 / 185
Total fat (g)	37	9
of which saturated (g)	5,3	1,3
Carbohydrates (g)	72	18
of which sugars (g)	10,8	2,7
Fibre (g)	7	2
Protein (g)	25	6
Salt (g)	1,4	0,4

Allergens

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



1. Boil the pasta

Boil plenty of salted water in a pot or saucepan and cook the pasta for 10 - 12 minutes. Drain and rinse under cold water, then set aside. Slice the courgette into crescents in the meantime.



2. Fry the vegetables

Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat. Fry the courgette for 4 - 6 minutes, then add the Sicilian herbs and mini Roma tomatoes. Fry for 3 - 5 more minutes, seasoning to taste with salt and pepper.



3. Prepare the tuna

Drain the tuna. In a small bowl, combine the tuna with the mayonnaise and season to taste with salt and pepper. Transfer the pasta to a large salad bowl and drizzle with olive oil, then toss well to coat. Add the tomatoes and courgette and toss well to combine, then set aside to cool slightly before serving.



4. Serve

Add the lettuce and three quarters of the tuna to the pasta. Mix well, seasoning to taste with salt and pepper. Serve the pasta salad on plates and top with the rest of the tuna.

Enjoy!



Hake over Bacon Orzotto

with courgette, fennel & lemon

Family Calorie Smart

Total time: 35 - 45 min.



Onion



Garlic



Fennel



Courgette



Lemon



Bacon lardons



Orzo



Skin-on hake fillet



Dried thyme



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

Lidded deep frying pan, kitchen paper, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fennel* (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Bacon lardons* (g)	25	50	75	100	125	150
Orzo (g)	75	150	225	300	375	450
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	⅓	⅔	1	1½	1¾	2
From your pantry						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2690 /643	392 /94
Total fat (g)	24	3
of which saturated (g)	5,9	0,9
Carbohydrates (g)	66	10
of which sugars (g)	10,2	1,5
Fibre (g)	12	2
Protein (g)	36	5
Salt (g)	1,8	0,3

Allergens

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



1. Prepare

Prepare the stock. Chop the onion and crush or mince the garlic. Quarter the fennel and discard the core, then cut it into thin strips. Cut the courgette into thin crescents (see Tip). Slice the lemon.

Tip: if you have time, you can also shave the courgette into ribbons and fry with the hake in step 4.



2. Fry the bacon lardons

Heat a clean frying pan over medium-high heat and fry the bacon lardons for 3 - 5 minutes until done, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the onion with the garlic, fennel and courgette for 3 - 4 minutes.

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



3. Make the orzotto

Stir in the orzo and fry for 1 minute, then pour in the stock and cover with the lid. Boil for 7 minutes over low heat, covered, stirring regularly. Add the bacon lardons and cook for another 5 minutes, then season to taste with salt and pepper. Meanwhile, pat the fish dry with kitchen paper and season with the thyme, as well as salt and pepper.

Did you know... 🐟 fish is rich in iodine, which is important for the thyroid, metabolism and children's growth. If you don't eat very much bread or if you eat unsalted bread, then be sure to eat fish and dairy on a regular basis.



4. Serve

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the fish for 2 - 3 minutes on its skin. Reduce the heat and fry for 1 - 2 minutes on the other side. Serve the orzotto on plates and drizzle with extra virgin olive oil as preferred. Squeeze a lemon slice directly over each portion, then top with the fish. Garnish with the rest of the lemon slices.

Enjoy!



Tomato Risotto with Shrimp

with arugula salad, basil & lemon

Family Calorie Smart

Total time: 40 - 50 min.



Garlic



Onion



Lemon



Tomato paste



Tinned cherry tomatoes



Shrimp



Fresh basil



Arugula



Risotto rice



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

Did you know that basil was once called a royal herb? It gets its name from the Ancient Greek word for king: basileus.

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

Sieve or colander, grater, large pot or saucepan, oven dish, kitchen paper, salad bowl, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	¼	½	¾	1	1¼	1½
Tinned cherry tomatoes (can)	⅓	⅔	1	1⅓	1⅔	2
Shrimp* (g)	80	160	240	320	400	480
Fresh basil* (g)	2½	5	7½	10	12½	15
Arugula* (g)	20	40	60	80	100	120
Risotto rice (g)	75	150	225	300	375	450

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2314 /553	317 /76
Total fat (g)	17	2
of which saturated (g)	6	0,8
Carbohydrates (g)	75	10
of which sugars (g)	11,4	1,6
Fibre (g)	12	2
Protein (g)	21	3
Salt (g)	1,9	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C and prepare the stock (see Tip). Chop the **onion** and crush or **mince** the **garlic**. Zest the **lemon** and cut it into 6 wedges, then juice 1 wedge per person into a small bowl. Pat the **shrimp** dry with kitchen paper and transfer to a bowl. Drizzle with olive oil, then add half each of the **garlic** and **lemon** zest. Toss well to combine.

Tip: if you're watching your salt intake, substitute a third of the stock with boiling water, or use low-sodium stock instead.



4. Make the salad

Drain the **cherry tomatoes** and transfer them to an oven dish. Drizzle with olive oil and the balsamic vinegar and season with salt and pepper, then mix well to combine. Roast for 10 minutes, then the **shrimp** and return to the oven for 5 more minutes (see Tip). Meanwhile, in a salad bowl combine the **arugula** with the **lemon** juice and extra virgin olive oil. Season to taste with salt and pepper.

Tip: if the shrimp are not yet evenly pink or done, return them to the oven for 2 more minutes.



2. Prepare the risotto

Melt a knob of butter in a large pot over medium-high heat. Fry the rest of the **garlic** and the **onion** for 1 - 2 minutes. Add the **risotto rice** and toast the grains for 1 - 2 minutes, then stir in the **tomato paste**.



5. Finish the risotto

Finely chop the **basil** and transfer to a small bowl, along with the rest of the **lemon** zest. Add half of this to the risotto, along with the **tomatoes** and **shrimp** in their cooking juices. Mix well to combine.



3. Cook the risotto

Pour in a third of the stock and allow to slowly incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 20 - 25 minutes (see Tip).

Tip: prepare the risotto according to your preference; add extra stock and cook longer if you'd prefer it to be less al dente.



6. Serve

Serve the risotto on plates with the **arugula** salad alongside. Garnish with the rest of the **lemon-basil** mixture. Serve with the **lemon** wedges.

Enjoy!



Steak with Onion Sauce

with potatoes & cucumber salad

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Marinated steak



Potatoes



Onion



Little gem



Cucumber



Dill, mint & flat leaf parsley



Italian seasoning



Yellow Mustard Seed



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

Little Gem is the younger brother of romaine. Its sweeter flavour and small size make for fresh bites that don't even require a knife and fork.

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, pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1	1	2	2
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Yellow Mustard Seed (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2724 /651	470 /112
Total fat (g)	35	6
of which saturated (g)	15,3	2,6
Carbohydrates (g)	51	9
of which sugars (g)	6,2	1,1
Fibre (g)	11	2
Protein (g)	32	5
Salt (g)	0,9	0,2

Allergens

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



1. Boil the potatoes

Take the **steak** out of the fridge and allow it to reach room temperature. Boil plenty of water in a pot or saucepan. Thoroughly wash or peel the **potatoes** and cut them into rough chunks. Boil the **potatoes** for 12 - 15 minutes, covered. Reserve 40ml per person of the cooking liquid, then drain and return to the pot. Set aside until step 5.



4. Make the sauce

To the **onion**, add the ketjap and the reserved cooking liquid. Mix well and boil for 1 minute (see Tip). Turn off the heat and then stir in the **mustard seeds**.

Tip: if you don't have ketjap, you can combine soy sauce with some sugar or honey as preferred.



2. Prepare the salad

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and mustard, then season to taste with salt and pepper. Thinly slice the **cucumber** and cut the **lettuce** into smaller pieces. Finely chop the fresh herbs, then set everything aside until step 5.



5. Finish

Add a knob of butter and the **Italian herbs** to the **potatoes** and fry for 1 - 2 minutes over medium-high heat. Season to taste with salt and pepper. Shortly before serving, transfer the **cucumber**, **lettuce** and herbs to the salad bowl and toss well to combine with the dressing.



3. Fry the steak

Slice the **onion** into half rings. Melt a generous knob of butter in a frying pan over medium-high heat. When the butter is nice and hot, fry the **steak** with the **onion** for 1 - 3 minutes per side. Remove the **steak** from the pan and season with salt and pepper, then allow to rest for at least 3 minutes under aluminium foil.



6. Serve

Serve the **potatoes** and salad on plates. Thinly slice the **steak** and serve alongside. Top the **steak** with the **onion** sauce.

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

Enjoy!



Falafel with Roasted Vegetables

with parsley yogurt sauce, fresh dill & quick-pickled onion

Calorie Smart Veggie

Total time: 35 - 45 min.



Sweet potato



Cauliflower



Middle Eastern
spice mix



Spinach



Falafel



Fresh chives, dill
& flat leaf parsley



Onion



Lemon mayonnaise
with black pepper



Organic full-fat yogurt



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

These falafel are made from chickpeas and they're seasoned with cumin, garlic and coriander. They also contain iron, zinc and vitamin B12!

Before you begin

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

Utensils

Parchment-lined baking sheet, 2x bowl, sieve or colander, kitchen paper, plate, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	300	450	450	600
Cauliflower* (g)	125	250	375	500	625	750
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	200	200	300	300
Falafel* (g)	75	150	225	300	375	450
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Onion (unit(s))	½	1	1	2	2	3
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
Organic full-fat yogurt* (g)	50	100	150	200	250	300
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Water (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2510 /600	517 /124
Total fat (g)	34	7
of which saturated (g)	4,5	0,9
Carbohydrates (g)	56	11
of which sugars (g)	12,7	2,6
Fibre (g)	10	2
Protein (g)	14	3
Salt (g)	1,6	0,3

Allergens

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



1. Prepare

Preheat the oven to 220°C. Peel and dice the **sweet potato** into 2cm chunks. Cut the head of the **cauliflower** into florets and then dice the stem into 2cm chunks as well. Transfer to a parchment-lined baking sheet and add the **Middle Eastern spices**. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast for 25-30 minutes, then remove from the oven and set aside to cool.



4. Fry the falafel

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **falafel** for 4-5 minutes until evenly browned. Season with salt and pepper, then transfer to a plate lined with kitchen paper.

Did you know... 🌱 *falafel is more than 70% chickpeas, so it's not only delicious but also full of protein, fibre and iron.*



2. Pickle the onion

Slice the **onion** into thin half rings (see Tip). In a bowl, combine the **onion** with the white wine vinegar, sugar and water (see pantry for amounts). Add a generous pinch of salt and set aside until serving, stirring occasionally.

Tip: if you don't like raw onion, skip the rest of this step and fry it with the falafel instead.



5. Finish

In a large salad bowl, carefully toss the roasted vegetables with the **spinach** and a drizzle of extra virgin olive oil.



3. Make the yogurt sauce

Roughly chop the fresh herbs and transfer to a bowl. Add the **lemon mayo** and **yogurt**, then mix well to combine, seasoning to taste with salt.



6. Serve

Drain the **onion**. Serve the roasted vegetables on deep plates and top with the yoghurt and the **falafel**. Garnish with the quick-pickled **onion**.

Enjoy!



Hamburger with Creamy Portobello Sauce

with garlic mash & carrot fries

Total time: 35 - 45 min.



Potatoes



Yellow carrot



Carrot



Portobello mushroom



Onion



Garlic



Hamburger from Meatier



Yellow Mustard Seed



Cooking cream



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

Portobello is a true superfood, not only in nutritional value but also in size: they are loaded with vitamin B and can be 15 cm wide!

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, parchment-lined baking sheet, bowl, lidded pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Yellow carrot* (unit(s))	½	1	1	1	2	2
Carrot* (unit(s))	½	1	1	1	2	2
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Yellow Mustard Seed (sachet(s))	¼	½	¾	1	1¼	1½
Cooking cream (g)	50	100	150	200	250	300

From your pantry

Red wine vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tsp)	½	1	1½	2	2½	3
[Plant-based] milk						splash
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3469 / 829	531 / 127
Total fat (g)	55	8
of which saturated (g)	26,7	4,1
Carbohydrates (g)	51	8
of which sugars (g)	12,5	1,9
Fibre (g)	12	2
Protein (g)	29	4
Salt (g)	1,9	0,3

Allergens

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



1. Roast the carrots

Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and cut into rough pieces. Cut the **carrots** into fries of around 1 - 2cm thickness and transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake for 25 - 35 minutes.



2. Chop the vegetables

Finely dice the **portobello**. Chop the **onion** and peel the **garlic clove**. Boil the **potatoes** for 10 minutes, then add the **garlic clove** and cook for 5 more minutes until done. Reserve some of the cooking liquid, then drain.



3. Mash the potatoes

Mash the **potatoes** with the **garlic clove**, a knob of butter and a splash of milk or the cooking liquid. Season to taste with salt and pepper and set aside to keep warm over a low heat.



4. Fry the burger

Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **burger** for 2 - 3 minutes per side or until done, then remove from the pan and set aside under aluminium foil.



5. Make the sauce

Melt a generous knob of butter in the same pan over medium-high heat. Fry the **onion** with the **portobello** and **mustard seeds** for 3 - 4 minutes, then deglaze with the red wine vinegar. Stir in the flour and cook for 1 minute or until the vinegar has evaporated, then add the **cream** and season with salt and pepper. Mix well and allow to thicken and reduce for 1 - 2 minutes.



6. Serve

Serve the **burgers** with the **garlic** mash. Top with the creamy **portobello** sauce and serve the **carrot** fries alongside.

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.



Stamppot with Meatballs

with Romano beans & onion jus

Calorie Smart

Total time: 30 - 40 min.



Potatoes



Carrot



Pre-cut Romano beans



Onion



Beef-pork meatballs with Spanish-style seasoning



Onion chutney



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

Before you begin

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

Utensils

Sieve or colander, lidded frying pan, 2x pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	2	4	4	6
Pre-cut Romano beans* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	2	2	3	3
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Onion chutney* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium beef stock (ml)	150	300	450	600	750	900
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2481 / 593	324 / 77
Total fat (g)	28	4
of which saturated (g)	13,3	1,7
Carbohydrates (g)	54	7
of which sugars (g)	13,6	1,8
Fibre (g)	19	2
Protein (g)	26	3
Salt (g)	2,1	0,3

Allergens

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



1. Boil the potatoes

Boil plenty of salted water in a pot or saucepan for the vegetables. Peel the **potatoes** and cut into rough pieces, then chop the **carrot** into 0.5cm thick rounds. Boil both for 12 - 15 minutes until done, covered, then drain and set aside.



2. Boil the Romano beans

Boil plenty of water in a pot or saucepan and boil the **Romano beans** for 6 - 8 minutes. Drain and rinse under cold water, then set aside. Meanwhile, slice the **onion** into half rings.

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



3. Fry the meatballs

Melt a knob of butter in a frying pan over medium-high heat and fry the **meatballs** for 3 - 4 minutes until evenly browned. Add the **onion** and reduce the heat, then cover with the lid and allow to cook for 4-5 minutes or until the **onion** is soft.



4. Make the jus

Add the **onion chutney** and the stock, then mix well and allow to reduce for 3 - 5 minutes, uncovered (see Tip).

Tip: try increasing the heat if it's taking too long to reduce, but in this case, be sure not to leave the pan unattended as it may burn.



5. Finish

Meanwhile, mash the **potatoes** and **carrots** with the mustard and a small knob of butter. Add a splash of milk if necessary, then stir in the **Romano beans** and season to taste with salt and pepper.



6. Serve

Serve the stampot on plates and top with the **meatballs** and **onion jus**.

Did you know... 🌱 this recipe provides 250g of vegetables per portion, which is almost half of the RDA of fibre. Fibre supports gut health, which boosts immunity and helps us feel energised.

Enjoy!



Basa Noodle Soup

with Vietnamese-style sauce & fresh udon

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Carrot



Mushrooms



Sweetheart
cabbage & broccoli



Fresh udon noodles



Vietnamese-style sauce



Onion



Ginger paste



Basa fillet



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

The sweetheart cabbage and broccoli have already been cut for you. That'll save you some time in the kitchen!

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

Kitchen paper, soup pot, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	65	125	190	250	315	375
Sweetheart cabbage & broccoli* (g)	100	200	300	400	500	600
Fresh udon noodles (g)	100	200	300	400	500	600
Vietnamese-style sauce* (sachet(s))	¼	½	¾	1	1½	1½
Onion (unit(s))	½	1	1	2	2	3
Ginger paste* (g)	5	10	15	20	25	30
Basa fillet* (g)	100	200	300	400	500	600
From your pantry						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Boiled water (ml)	100	200	300	400	500	600
Sunflower 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)	1904 /455	212 /51
Total fat (g)	17	2
of which saturated (g)	6,4	0,7
Carbohydrates (g)	45	5
of which sugars (g)	11,5	1,3
Fibre (g)	13	1
Protein (g)	28	3
Salt (g)	2,7	0,3

Allergens

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



1. Prepare

Prepare the stock and then top it up with the boiling water (see pantry for amounts). Chop the onion and quarter the mushrooms. Cut the carrot into crescents.



2. Make the soup

Heat a drizzle of sunflower oil in a wok or soup pot over medium-high heat. Fry the onion with the ginger paste for 2 - 3 minutes, then add the carrot and the vegetable mix. Stir-fry for 2 minutes, then add the stock and boil for 3 - 4 minutes. Add the noodles and the mushrooms and then boil for another 3 - 4 minutes.



3. Fry the basa

Pat the fish dry with kitchen paper. Melt a knob of butter in a frying pan over medium-high heat and fry the fish for 4 minutes per side, seasoning to taste with salt and pepper.



4. Serve

Stir the Vietnamese sauce into the soup, then taste and season with salt and pepper if necessary. Serve the soup in bowls and top with the basa.

Did you know... 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.

Enjoy!



Bacon-Wrapped Chicken with Cream Cheese

over creamy risotto with roasted courgette

Premium Family

Total time: 40 - 50 min.



Onion



Garlic



Courgette



Fresh oregano



Chicken breast



Cream cheese



Bacon



Risotto rice



Parmigiano Reggiano DOP



Hazelnuts



Lemon-infused olive oil



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

Hazelnuts contain many vitamins, including vitamin B and lots of vitamin E. Hazelnuts, therefore, are very healthy nuts!

Before you begin

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

Utensils

Parchment-lined baking sheet, grater, lidded pot or saucepan, 2x frying 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
Courgette* (unit(s))	1	2	3	4	5	6
Fresh oregano* (g)	2½	5	7½	10	12½	15
Chicken breast* (unit(s))	1	2	3	4	5	6
Cream cheese* (g)	25	50	75	100	125	150
Bacon* (slice(s))	2	4	6	8	10	12
Risotto rice (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Hazelnuts (g)	10	20	30	40	50	60
Lemon-infused olive oil (ml)	4	8	12	16	20	24
From your pantry						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3820 /913	477 /114
Total fat (g)	44	6
of which saturated (g)	14,8	1,8
Carbohydrates (g)	72	9
of which sugars (g)	6,6	0,8
Fibre (g)	10	1
Protein (g)	51	6
Salt (g)	2	0,2

Allergens

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



1. Prepare

Preheat the oven to 200°C and prepare the stock. Chop the **onion** and crush or **mince** the **garlic**. Quarter the **courgette** lengthways so as to make chunky batons, then halve these lengthways. Transfer to a parchment-lined baking sheet along with half of the **garlic** and then drizzle with olive oil. Season with salt and pepper, then toss well to coat. Set aside until step 4.



4. Roast the courgette

Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 20-25 minutes. Add extra water and cook longer if you'd prefer the risotto to be less al dente (see Tip). Meanwhile, roast the **courgette** for 16 - 18 minutes.

Tip: if the risotto finishes cooking before you're ready to serve, stir in a splash of water and set aside over a low heat, covered.



2. Prepare the chicken

Tear the leaves from the **oregano** stalks. Cut open the **chicken breast** and fill with the **cream cheese** and **oregano** leaves. Season with salt and pepper, then close the **chicken breast** and wrap with the **bacon**. Set aside.



5. Fry the chicken

Melt a knob of butter in a frying pan over medium-high heat and fry the **chicken** for 2 - 3 minutes per side. Reduce the heat and continue frying for 8 minutes or until done. Roughly chop the **hazelnuts**. Heat a clean frying pan over medium-high heat and toast the **hazelnuts** for 2 minutes or until golden-brown.



3. Make the risotto

Heat a drizzle of olive oil in a pot or saucepan and fry the **onion** with the rest of the **garlic** for 1 minute over medium-low heat. Stir in the **risotto rice** and toast the grains for 1 minute, then pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



6. Serve

Grate the **Parmigiano Reggiano** and stir half of it into the risotto. Season to taste with pepper. Serve the risotto with the **chicken breast** and roasted **courgette**. Drizzle the risotto with the **lemon-infused olive oil** and garnish with the **hazelnuts** and the rest of the **Parmigiano Reggiano**.

Enjoy!



Creamy Linguine with White Asparagus

with bacon, Parmigiano Reggiano & fresh herbs

Premium Family

Total time: 25 - 35 min.



White asparagus



Bacon lardons



Herbed cream cheese



Parmigiano Reggiano DOP



Fresh chives, dill & flat leaf parsley



Linguine



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

Before you begin

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

Utensils

Frying pan, grater, large pot or saucepan, peeler, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White asparagus* (g)	250	500	750	1000	1250	1500
Bacon lardons* (g)	100	200	300	400	500	600
Herbed cream cheese* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Linguine (g)	90	180	270	360	450	540
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3791 /906	754 /180
Total fat (g)	48	10
of which saturated (g)	23,2	4,6
Carbohydrates (g)	77	15
of which sugars (g)	6,3	1,3
Fibre (g)	8	2
Protein (g)	38	8
Salt (g)	2,7	0,5

Allergens

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



1. Prepare

Boil plenty of water in a large pot or saucepan for the **asparagus** and the **linguine**. Cut off around 2cm from the base of the **asparagus**, then peel the **asparagus** but leave the tips intact. Cut the **asparagus spears** into fifths. Boil the **asparagus** for 7 - 10 minutes, or until done (see Tip).

Tip: the cooking time depends on how thick the asparagus is. Check it and boil for more or less time as needed.



2. Prepare the garnishes

Finely chop the fresh herbs and grate the **Parmigiano Reggiano** in the meantime. Take the **asparagus** out of the pan when finished and set aside. Reserve 100ml per person of the cooking liquid and set aside, then add a pinch of salt to the pan and bring it back up to the boil for the **linguine**.



3. Make the roux

Melt the butter in a deep frying pan over medium-high heat (see Tip). Whisk in the flour, then add a third of the reserved cooking liquid and whisk to combine.

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



4. Make the sauce

Repeat twice more with the rest of the cooking liquid so as to make a smooth sauce. Bring to the boil and allow to reduce for 1 - 2 minutes. Turn off the heat, then stir in the **cream cheese**, the **asparagus** and half of the **Parmigiano Reggiano**. Taste and season with salt and pepper as needed.



5. Fry the bacon lardons

In the meantime, boil the **linguine** for 10-12 minutes. Reserve some of the pasta water, then drain and transfer to the sauce. Mix well to combine, adding some of the pasta water as necessary if the sauce is too thick. Meanwhile, heat a clean frying pan over medium-high heat and fry the **bacon lardons** for 3 - 4 minutes until done.



6. Serve

Serve the creamy **linguine** on plates and top with the **bacon lardons**. Garnish with the fresh herbs and the rest of the **Parmigiano Reggiano**.

Did you know... 🌱 white asparagus is grown underground, which is how it gets its colour; the lack of sunlight stops it from producing chlorophyll. Both white and green asparagus contain folic acid, which plays an essential role in the production of red blood cells and in boosting energy levels.

Enjoy!



Venison Steak with Potato Gratin

with cranberry chutney & a cherry tomato salad

Premium Nice & Fast

Total time: 25 - 35 min.



Venison steak



Potato gratin



Cranberry chutney



Shallot



Radicchio & romaine



Red cherry tomatoes



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

Cherry tomatoes may be smaller than regular tomatoes, but they contain many more vitamins and minerals (specifically, potassium, vitamins A, C and folic acid)!

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, kitchen paper, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Venison steak* (g)	120	240	360	480	600	720
Potato gratin (g)	200	375	500	750	875	1125
Cranberry chutney* (g)	20	40	60	80	100	120
Shallot (unit(s))	½	1	1½	2	2½	3
Radicchio & romaine* (g)	25	50	75	100	125	150
Red cherry tomatoes (g)	65	125	190	250	315	375

From your pantry

Balsamic vinegar (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tbsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	2	4	6	8	10	12
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3272 / 782	662 / 158
Total fat (g)	54	11
of which saturated (g)	23,9	4,8
Carbohydrates (g)	40	8
of which sugars (g)	16,9	3,4
Fibre (g)	5	1
Protein (g)	32	7
Salt (g)	3	0,6

Allergens

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



1. Prepare

Preheat the oven to 220°C. Take the venison **steak** out of the fridge and allow it to reach room temperature (see Tip). Discard the plastic from the **potato** gratin and bake in the oven for 20 minutes or until golden-brown.

Tip: for the best result, take the venison steak out of the fridge 30 - 60 minutes before you start cooking. Be sure to remove it from the packaging.



4. Make the sauce

In the same pan, fry the **shallot** over medium-high heat for 2 - 3 minutes or until soft. Stir in the **cranberry chutney**, balsamic vinegar and water (see pantry for amount). Allow to reduce gently for 2 minutes, then turn off the heat and stir in a knob of butter. Season to taste with salt and pepper.



2. Chop the vegetables

Pat the venison **steak** dry with kitchen paper. Chop the **shallot** into crescents and halve the **cherry tomatoes**.

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



5. Make the salad

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



3. 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 (see Tip). Remove from the pan and season to taste with salt and pepper, then allow to rest under aluminium foil.

Tip: fry the venison steak for more or less time as preferred, depending on how rare you'd like it.



6. Serve

Slice the venison **steak** against the grain and top with the balsamic **cranberry** jus. Serve the **potato** gratin and salad alongside.

Enjoy!



Surf & Surf Tostadas: Tuna & Shrimp

with mango salsa, avocado dip & tortilla chips

Nice & Fast

Total time: 25 - 35 min.



Mini tortillas



Avocado dip



Mango



Lime



Sweet chili sauce



Mexican-style spices



Diced tuna steak



Fresh coriander



Organic sour cream



Cucumber



Tomato



Shrimp



Sweet chili tortilla chips



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

Our shrimp is ASC certified, which means they are sustainably farmed. This hallmark also guarantees improved working conditions.

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	4	8	12	16	20	24
Avocado dip* (g)	80	160	240	320	400	480
Mango* (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Diced tuna steak* (g)	120	240	360	480	600	720
Fresh coriander* (g)	5	10	15	20	25	30
Organic sour cream* (g)	25	50	75	100	125	150
Cucumber* (unit(s))	½	1	1	1	2	2
Tomato (unit(s))	½	1	2	2	3	3
Shrimp* (g)	40	80	120	160	200	240
Sweet chilli tortilla chips (g)	40	75	115	150	190	225

From your pantry

Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4841 /1157	687 /164
Total fat (g)	59	8
of which saturated (g)	8,4	1,2
Carbohydrates (g)	103	15
of which sugars (g)	26,5	3,8
Fibre (g)	9	1
Protein (g)	49	7
Salt (g)	4,4	0,6

Allergens

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



1. Prepare

Preheat the oven to 200°C. Transfer the shrimp to a bowl. Add half of the Mexican-style spices*, drizzle with olive oil and season with a pinch of salt. Mix well to combine, then cover with aluminium foil and transfer to the fridge to marinate. Peel and finely dice the mango. Finely dice the tomato and the cucumber. Finely chop the coriander and cut the lime into wedges.

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



2. Make the salsa

Transfer the mango, tomato and cucumber to a bowl, along with half each of the sweet chili sauce and coriander. Squeeze 1 lime wedge per person into the salsa, then mix well to combine, seasoning to taste with salt and pepper. In a small bowl, combine the sour cream with the rest of the lime juice, then season to taste with salt and pepper. Set both bowls aside.



3. Fry the tuna

Coat the mini tortillas with a generous drizzle of sunflower oil and the rest of the Mexican-style spices. Transfer to a parchment-lined baking sheet and bake in the oven for 4 - 6 minutes until crunchy. In the meantime, heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the shrimp in its marinade for 2 minutes. Add the tuna and fry for 1 more minute. Season to taste with salt and pepper.



4. Serve

Top the tostadas with the avocado dip, mango salsa, shrimp and tuna. Drizzle over the rest of the sweet chili sauce. Garnish with the sour cream and the rest of the coriander. Serve the tortilla chips on the side.

Enjoy!



White Asparagus with Ham & Hollandaise

with baby potatoes, parsley & a jammy egg

Premium Family

Total time: 40 - 50 min.



White asparagus



Baby potatoes



Egg



Fresh curly parsley



Ham



Hollandaise sauce



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

Asparagus is prone to drying out. To avoid this, white asparagus is best stored in the fridge and wrapped in a damp tea towel. Stored like this, it will keep for up to 3 days.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large pot or asparagus pan, peeler, saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
White asparagus* (g)	250	500	750	1000	1250	1500
Baby potatoes (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	5	10	15	20	25	30
Ham* (slice(s))	4	8	12	16	20	24
Hollandaise sauce* (ml)	85	170	250	335	420	505

From your pantry

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)	2874 /687	399 /95
Total fat (g)	36	5
of which saturated (g)	7	1
Carbohydrates (g)	60	8
of which sugars (g)	7,2	1
Fibre (g)	12	2
Protein (g)	27	4
Salt (g)	2,8	0,4

Allergens

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



1. Prepare

Preheat the oven to 180°C. Wash the baby potatoes and cut into quarters, then transfer to a bowl. Drizzle generously with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast for 30 - 35 minutes until golden-brown, tossing halfway.



2. Boil the asparagus

Boil plenty of water in an asparagus pan or large pot. Cut off 2cm from the base of the asparagus, then peel the asparagus but leave the tips intact. Boil the asparagus with the egg for 7 minutes, then remove the egg and continue boiling the asparagus for 5 more minutes. Rinse the egg under cold water.



3. Prepare the toppings

Heat the Hollandaise sauce in a saucepan for 2 - 3 minutes. Peel and halve the egg. Finely chop the parsley.



4. Serve

Serve the asparagus and potatoes on plates. Top with the ham, egg and Hollandaise sauce. Garnish with the parsley to finish.

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!



Eggplant Naan Pizza with Burrata

with bell pepper & basil crème

Family Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Eggplant



Bell pepper



Garlic



Burrata



Passata



Italian seasoning



Naan bread



Arugula



Basil crème



Tomato



Grated Italian cheese



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

Making pizza doesn't have to take long. Top your naan bread with burrata, aubergine and bell peppers. In the oven, the flavours will melt together wonderfully.

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Passata (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Naan bread (unit(s))	1	2	3	4	5	6
Arugula* (g)	20	40	60	80	100	120
Basil crème* (ml)	10	15	24	30	39	45
Tomato (unit(s))	1	2	3	4	5	6
Grated Italian cheese* (g)	25	50	75	100	125	150
From your pantry						
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic 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)	2920 /698	524 /125
Total fat (g)	34	6
of which saturated (g)	13,4	2,4
Carbohydrates (g)	65	12
of which sugars (g)	14,4	2,6
Fibre (g)	10	2
Protein (g)	28	5
Salt (g)	1,9	0,3

Allergens

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



1. Chop the vegetables

Preheat the oven to 200°C. Thinly slice the eggplant and cut the bell pepper into thin strips. Crush or mince the garlic.



2. Fry the eggplant

Heat a drizzle of olive oil in a frying pan over medium-high heat. Season the eggplant with salt and then fry for 3 - 4 minutes per side.



3. Bake the naan pizza

In a bowl, combine the passata with the Italian herbs and the garlic. Transfer the naan to a parchment-lined baking sheet and spread each one with 2 tbsp of the passata mixture. Top with the eggplant, the bell pepper and the grated Italian cheese (see Tip). Season to taste with salt and pepper, then bake the naan pizza in the oven for 8 - 10 minutes.

Tip: add any leftover vegetables to the salad in the next step.



4. Serve

Cut the tomato into wedges. In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil. Add the tomato and arugula and toss well to combine. Season to taste with salt and pepper. Top the naan pizza with the burrata and then drizzle over the basil crème. Serve with the salad alongside.

Did you know... 🌱 just 20g of arugula provides more iron, calcium and vitamin A than most other vegetables.



Teriyaki Bacon Burger on Brioche

with haricots verts, gomashio & potato wedges

Nice & Fast

Total time: 20 - 30 min.



Potato wedges



Gomashio



Brioche bun



Haricots verts



Teriyaki sauce



Bacon



Kumato tomato



Cucumber



Seasoned hamburger



Ginger paste



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

Gomashio comes from Japanese cuisine and is used to season dishes. It is made from 90% goma (sesame seeds) and 10% sio (sea salt).

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges (g)	200	400	600	800	1000	1200
Gomashio (sachet(s))	½	1	1½	2	2½	3
Brioche bun (unit(s))	1	2	3	4	5	6
Haricots verts* (g)	100	200	300	400	500	600
Teriyaki sauce (g)	25	50	75	100	125	150
Bacon* (slice(s))	2	4	6	8	10	12
Kumato tomato* (unit(s))	½	1	2	2	3	3
Cucumber* (unit(s))	½	1	1	2	2	3
Seasoned hamburger* (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30

From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
[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)	4401 /1052	622 /149
Total fat (g)	59,3	8,4
of which saturated (g)	17,7	2,5
Carbohydrates (g)	87,7	14,4
of which sugars (g)	21,6	3,1
Fibre (g)	13,1	1,8
Protein (g)	36,7	5,2
Salt (g)	5	0,7

Allergens

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1. Fry the wedges

Preheat the oven to 180°C. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the potato wedges for 15 minutes until done (see Tip). Transfer the bacon to a parchment-lined baking sheet and bake in the oven for 8 - 10 minutes or until crispy.

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



2. Fry the burger

Melt a knob of butter in a frying pan over medium-high heat and fry the burger for 2 minutes per side. Deglaze with the teriyaki sauce and fry for 1 more minute. Discard the tips of the haricots verts and transfer to a pot or saucepan and cover with a shallow layer of water. Add a pinch of salt and cover with a lid, then bring to a boil and allow to cook gently for 4 - 6 minutes.



3. Prepare the cucumber

Bake the brioche bun in the oven for 4 - 6 minutes. Slice the tomato and the cucumber. Transfer the cucumber to a bowl with the sugar and white wine vinegar. Toss well to combine, then set aside until later, stirring occasionally. In a small bowl, combine the ginger paste with two thirds of the mayonnaise.



4. Serve

Cut open the brioche bun and spread the ginger mayo over both sides. Top with the burger, bacon, tomato and cucumber. Serve the burger with the potato wedges and the rest of the mayonnaise. Serve the haricots verts alongside and garnish with the gomashio.

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!