



Basa à la Meunière with Carrot & Lentil Purée

with spinach & toasted almonds

Total time: 35 - 45 min.



Carrot



Onion



Garlic



Lemon



Red split lentils



Shaved almonds



Smoked paprika



Spinach



Basa fillet



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

You'll make a variation on the classic fish à la meunière - fish prepared "in the manner of the miller's wife". You'll dust the fish with flour, fry it and finish it with a touch of fresh lemon.

Tear me out!



Before you begin

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

Utensils

Aluminum foil, lidded deep frying pan, kitchen paper, plate, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	¾	1½	2	3	3¾	4½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Red split lentils (g)	30	60	90	120	150	180
Shaved almonds (g)	10	20	30	40	50	60
Smoked paprika (tsp)	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Basa fillet* (unit(s))	1	2	3	4	5	6

From your pantry

Flour (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	125	250	375	500	625	750
[Plant-based] butter (tbsp)	1	2	3	4	5	6

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2297 /549	377 /90
Total fat (g)	28	5
of which saturated (g)	10,7	1,8
Carbohydrates (g)	33	5
of which sugars (g)	11,2	1,8
Fibre (g)	16	3
Protein (g)	35	6
Salt (g)	0,8	0,1

Allergens

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



1. Prepare

Prepare the stock. Cut the **carrot** into crescents. Slice the **onion** into half rings and crush or mince the **garlic**. Cut the **lemon** into wedges.



4. Make the purée

When the **carrot** and **lentils** are done, take the pan off the heat and process until smooth with an immersion blender. Add the **smoked paprika** and half of the butter, then season to taste with salt and pepper. Keep the purée warm over a low heat, covered.

Did you know... 🌱 *lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.*



2. Fry the vegetables

Heat the olive oil in a deep frying pan over medium heat. Fry the **carrots** with the **onion** and **garlic** for 3 - 4 minutes, seasoning to taste with salt and pepper. Add the **lentils** and the stock, then cover with the lid and bring to a boil. Allow to stew for 15 - 20 minutes, or until the lentils are done.



5. Fry the fish

Melt the rest of the butter in the same pan you used for the **almonds** over medium-high heat. Fry the fish for 2 - 3 minutes per side, then remove from the pan and set aside under aluminium foil. Fry the **spinach** in the same frying pan, allowing it to wilt and reduce.



3. Toast the almonds

Heat a clean frying pan over high heat and toast the **almonds** until they start to turn golden-brown. Remove from the pan and set aside. Transfer the flour to a plate. Pat the **fish** dry with kitchen paper and season with salt and pepper. Coat it with the flour and tap off any excess, then set aside until later use.



6. Serve

Serve the **lentil** purée on plates and top with the **spinach** and the fish. Squeeze a **lemon wedge** over each portion and garnish with the toasted **almond flakes**. Serve the rest of the **lemon wedges** alongside.

Enjoy!



Linguine with Homemade Spinach Pesto

with roasted cherry tomatoes & pecorino

Total time: 25 - 30 min.



Linguine



Red cherry tomatoes



Garlic



Fresh basil



Lemon



Spinach



Chopped cashews



Arugula



Grated Pecorino DOP



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

Today, you'll prepare a variation of pesto by mixing spinach, basil, pecorino and cashew nuts to make a homemade spinach pesto.

Tear me out!



Before you begin

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

Utensils

Tall container, oven dish, pot or saucepan, immersion blender, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	150	200	250	300
Chopped cashews (g)	10	20	30	40	50	60
Arugula* (g)	20	40	60	80	100	120
Grated Pecorino DOP* (g)	20	40	60	80	100	120

From your pantry

Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3464 / 828	899 / 215
Total fat (g)	47	12
of which saturated (g)	11	2,9
Carbohydrates (g)	76	20
of which sugars (g)	10	2,6
Fibre (g)	8	2
Protein (g)	24	6
Salt (g)	1	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.
- Boil plenty of salted water in a pot or saucepan.
- Halve the **cherry tomatoes** and crush or mince the **garlic**. Pull the **basil** leaves off the stems and juice the **lemon**.
- Boil the **linguine** for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.



3. Make the spinach pesto

- Transfer the **spinach**, **garlic**, **basil** and **cashews** to a tall container, along with half of the **cheese**.
- Add the extra virgin olive oil, then (per person) 1 tbsp **lemon juice** and ½ tbsp pasta water. Use an immersion blender to process into a smooth **pesto**. Taste and season with salt and pepper as needed.
- Stir as much of the **spinach pesto** as you'd like into the pasta and mix well to combine (see Tip).

Tip: the rest of the pesto can be used as a salad dressing or on a sandwich the next day.



2. Roast the cherry tomatoes

- Transfer the **cherry tomatoes** to an oven dish and drizzle with the olive oil and balsamic vinegar.
- Season generously with salt and pepper and roast in the oven for 12 - 15 minutes.
- Heat a clean frying pan over medium-high heat and toast the **cashews** until lightly golden-brown, then remove from the pan and set aside.
- In the same pan, fry the **spinach** for 3 - 4 minutes or until wilted.



4. Serve

- Serve the **arugula** on plates and top with the **linguine** and the **cherry tomatoes**.
- Drizzle with the cooking juices from the oven dish.
- Garnish with the rest of the **cheese**.

Enjoy!



Salmon Fillet with Stir-Fried Broccoli

with sambal potato salad & sesame seeds

Total time: 30 - 40 min.



Potatoes



Broccoli



Garlic



Ground coriander



Onion



Soy sauce



Sesame seeds



Salmon fillet



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

Add an Asian twist to this potato salad with a dressing made using coriander and sambal.

Tear me out!



Before you begin

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

Utensils

Bowl, 2x lidded pot or saucepan, kitchen paper, frying pan, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Broccoli* (g)	180	360	560	720	920	1080
Garlic (unit(s))	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2
Salmon fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
[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)	3046 / 728	540 / 129
Total fat (g)	48	8
of which saturated (g)	7,1	1,3
Carbohydrates (g)	40	7
of which sugars (g)	4	0,7
Fibre (g)	14	2
Protein (g)	30	5
Salt (g)	1,7	0,3

Allergens

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



1. Boil the potatoes

Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and then cut into rough pieces. Boil the **potatoes** for 12 - 15 minutes, covered, then drain and set aside.



2. Parboil the broccoli

In the meantime, cut the head of the **broccoli** into small florets and then finely dice the stem. Transfer the **broccoli** to a lidded pot or saucepan and submerge with water. Cover with the lid, then bring to a boil and allow to simmer gently for 2 - 3 minutes (see Tip). Drain and rinse under cold water to stop it from cooking any further.



3. Make the dressing

In the meantime, chop the **onion** and crush or mince the **garlic**, then transfer both to a bowl (see Tip). Add the **ground coriander**, sambal, white wine vinegar and **soy sauce**. Mix well to combine and season to taste with salt and pepper.

Tip: if you don't like raw onion, fry it with the broccoli in step 4 rather than adding it here.

Tip: boil the broccoli for another 3 minutes if preferred.



4. Stir-fry the broccoli

In the meantime, heat half of the olive oil in a wok or deep frying pan over medium-high heat. Stir-fry the **broccoli** with half of the dressing for 3 - 5 minutes, or until the **broccoli** is al dente. Add half of the **sesame seeds** and mix well to combine.

Did you know... 🌱 *broccoli is considered a superfood, and for good reason; it's not only high in vitamins B, C and E but also calcium, potassium and iron.*



5. Fry the salmon

In the meantime, pat the **salmon** dry with kitchen paper. Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **salmon** for 2 - 3 minutes on its skin, then flip and fry for 2 more minutes on the other side. Season to taste with salt and pepper.



6. Serve

Combine the rest of the dressing with the mayonnaise and then stir this into the **potatoes**. Season to taste with salt and pepper. Serve the **potato** salad and **broccoli** with the **salmon**. Garnish with the rest of the **sesame seeds**.

Did you know... 🐟 *many of us don't get enough vitamin D, which helps strengthen the immune system and aids with calcium absorption. Good sources of vitamin D include such fish as salmon, mackerel, herring and sardines.*

Enjoy!



Bulgogi Pork Noodle Stir-Fry

with sweetheart cabbage, sesame seeds & scallions

Total time: 25 - 30 min.



-  Fresh ginger
-  Garlic
-  Onion
-  Scallions
-  Farmer's sausage
-  Wholewheat noodles
-  Chopped sweetheart cabbage
-  Bulgogi sauce
-  Soy sauce
-  Sesame seeds
-  Bell pepper



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

We've already sliced the sweetheart cabbage in your box, so it's even easier to put a quick and tasty meal on the table!

Tear me out!



Before you begin

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

Utensils

Deep frying pan, microplane, pot or saucepan

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
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Wholewheat noodles (g)	75	150	225	300	375	450
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Bulgogi sauce (g)	20	35	55	70	90	105
Soy sauce (ml)	10	15	25	30	40	45
Sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	2	2	3	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2900 / 693	577 / 138
Total fat (g)	27	5
of which saturated (g)	7,3	1,5
Carbohydrates (g)	75	15
of which sugars (g)	15,4	3,1
Fibre (g)	12	2
Protein (g)	32	6
Salt (g)	3,2	0,6

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **noodles**.
- Crush or mince the **garlic** and grate the **ginger** with a microplane.
- Chop the **onion** and cut the **bell pepper** into strips.
- Finely chop the **scallions** and set aside a small amount of the greens to use later as garnish.

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



2. Stir-fry the meat

- Heat the sunflower oil in a deep frying pan over medium-high heat.
- Fry the **onion** with the **garlic** and **ginger** for 1 - 2 minutes (see Tip).
- Cut open the **sausage** and squeeze the **meat** out of the skin directly into the pan.
- Stir-fry for 2 - 3 minutes, separating the **meat** as you do so.

Tip: if you'd like to make it spicy, add some sambal from your pantry as preferred.



3. Cook the vegetables

- Add the **bulgogi sauce**, **scallions** and **bell pepper**, then stir-fry for 4 - 5 minutes over medium-high heat.
- In the meantime, boil the **noodles** for 1 - 2 minutes, then add the **cabbage** and cook for 1 more minute. Drain and transfer to the frying pan.
- Deglaze with the **soy sauce**, the white wine vinegar and the water (see pantry for amount).
- Mix well and cook for 1 more minute over high heat.



4. Serve

- Serve the stir-fry on plates.
- Garnish with the **sesame seeds** and the reserved **scallion** greens.

Enjoy!



'Kapsalon' with Veggie Döner

with homemade fries, salad & garlic mayo

Total time: 40 - 50 min.



Potatoes



Onion



Tomato



Little gem



Garlic



Mayonnaise



Veggie döner kebab



Grated Gouda



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

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

Tear me out!



Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3142 / 751	489 / 117
Total fat (g)	47	7
of which saturated (g)	13,3	2,1
Carbohydrates (g)	54	8
of which sugars (g)	6,3	1
Fibre (g)	15	2
Protein (g)	26	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. Prepare

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



2. Chop the vegetables

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



3. Make the dressing

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

Tip: you can also use yogurt or regular milk instead of buttermilk.



4. Fry the veggie döner

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



5. Make the salad

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



6. Serve

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

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

Tip: you can also serve with sambal as preferred.

Enjoy!



Sweet Potato Soup with Coconut Milk

with garam masala & kidney beans with a twist of lime

Total time: 40 - 50 min.



Sweet potato



Dried thyme



Scallions



Garlic



Carrot



Lime



Red kidney beans



Garam Masala



Coconut milk



Diced tomatoes with garlic & onion



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.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, microplane, lidded soup pot, sieve, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	150	300	450	600	750	900
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	2	2	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	1⅓	1⅔	2
Coconut milk (ml)	200	400	600	800	1000	1200
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
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)	3406 / 814	435 / 104
Total fat (g)	50	6
of which saturated (g)	32,9	4,2
Carbohydrates (g)	65	8
of which sugars (g)	28,3	3,6
Fibre (g)	23	3
Protein (g)	18	2
Salt (g)	3,1	0,4

Allergens

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



1. Roast the vegetables

- Preheat the oven to 220°C.
- Thoroughly wash the **sweet potato**, then dice it into 1cm chunks. Do the same with the **carrot**.
- Transfer both to a parchment-lined baking sheet along with half of the **thyme**. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- 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*** and sugar. Add the rest of the **thyme** and fry for thirty seconds.

*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, then 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!



Pork Escalope with Mangetout

with carrot mash & shallot jus

Total time: 35 - 45 min.



Shallot



Garlic



Potatoes



Carrot



Pork escalope



Mangetout



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

Mangetout, or snow peas, are a type of pea eaten whole, pod and all. They're sweet and crisp, adding a fresh crunch to stir-fries, salads, and sides.

Tear me out!



Before you begin

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

Utensils

Oven dish, lidded pot or saucepan, potato masher, saucepan, frying pan, whisk, sauce pan

Ingredients for 1 - 6 servings

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

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2619 / 626	346 / 83
Total fat (g)	28	4
of which saturated (g)	17,5	2,3
Carbohydrates (g)	56	7
of which sugars (g)	14,5	1,9
Fibre (g)	17	2
Protein (g)	32	4
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

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

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



4. Make the jus

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



2. Cook the vegetables

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

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



5. Boil the mangetout

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



3. Fry the pork

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



6. Serve

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

Enjoy!



Forest Mushroom Orzotto

with herbed cheese & basil

Total time: 25 - 30 min.



Onion



Garlic



Fresh basil



Orzo



Pre-cut mushroom mix



Herbed cheese cubes



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

You'll use orzo to make this risotto. Orzo takes less time than classic risotto to cook, but the result is just as creamy! The herby cheese cubes make the dish extra luxurious.

Tear me out!



Before you begin

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

Utensils

Lidded pot or saucepan, frying 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
Fresh basil* (g)	2½	5	7½	10	12½	15
Orzo (g)	75	150	225	300	375	450
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Herbed cheese cubes* (g)	50	75	100	150	175	225
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
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)	2435 /582	441 /105
Total fat (g)	26	5
of which saturated (g)	16,5	3
Carbohydrates (g)	63	11
of which sugars (g)	7,2	1,3
Fibre (g)	12	2
Protein (g)	24	4
Salt (g)	1,4	0,2

Allergens

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



1. Prepare

- Prepare the stock.
- Chop the **onion** and crush or mince the **garlic**.

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



2. Boil the orzo

- Melt half of the butter in a pot or saucepan and fry the **onion** with the **garlic** for 2 minutes over medium-low heat.
- Add the **orzo** and fry for 1 more minute, then pour in the stock and cover with the lid.
- Boil for 10 - 12 minutes, stirring regularly. Add a splash of water if the **orzo** seems too dry.



3. Fry the mushrooms

- Melt the rest of the butter in a frying pan over medium-high heat and fry the **mushrooms** for 5 - 6 minutes.
- Meanwhile, tear the **basil** leaves into small pieces.
- Transfer the **mushrooms** to the **orzo**, along with half of the **herbed cheese cubes**.
- Mix well and allow the **cheese** to melt, then season to taste with salt and pepper.



4. Serve

- Serve the **orzo** on plates.
- Garnish with the **basil** and the rest of the **cheese**.

Enjoy!



Creamy Beef Penne

with Parmigiano Reggiano, tomato salsa & spinach

Total time: 25 - 30 min.



Onion



Garlic



Penne



Beef mince with Italian seasoning



Dried oregano



Spinach



Herbed cream cheese



Tomato



Parmigiano Reggiano DOP



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

Oregano is indispensable in any Italian herb mix. Did you know that the flavour of oregano intensifies when it is dried?

Tear me out!



Before you begin

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

Utensils

Bowl, deep frying pan, microplane, lidded pot or saucepan

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
Penne (g)	90	180	270	360	450	540
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	200	200	300	300
Herbed cream cheese* (g)	25	50	75	100	125	150
Tomato (unit(s))	1	2	3	4	5	6
Parmigiano Reggiano DOP* (unit(s))	1	1	2	1	3	2

From your pantry

Low sodium chicken stock cube (unit(s))	¼	¼	½	½	¾	¾
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
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)	3531 /844	812 /194
Total fat (g)	40	9
of which saturated (g)	17,2	4
Carbohydrates (g)	76	17
of which sugars (g)	10,3	2,4
Fibre (g)	8	2
Protein (g)	41	9
Salt (g)	1,8	0,4

Allergens

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



1. Prepare

- Boil plenty of salted water in a pot or saucepan for the **penne**.
- Chop the **onion** and crush or mince the **garlic**.
- Cook the **penne** for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.



2. Fry the mince

- Heat the olive oil in a deep frying pan.
- Fry the **onion** and **garlic** for 2 minutes, then add the **mince** and the **oregano**.
- Fry for 3 - 4 more minutes, then tear the **spinach** directly into the pan and allow to wilt and reduce.
- Add the herbed **cream cheese**, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.



3. Make the sauce

- Meanwhile, dice the **tomato** and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.
- Grate the **Parmigiano Reggiano**.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!



4. Serve

- Stir the **penne** into the creamy **spinach** sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the **penne** on plates.
- Garnish with the **tomato** salsa and the **grated Parmigiano Reggiano**.

Enjoy!



Falafel Pitas with Yogurt Sauce

with fresh herbs, bell pepper & quick-pickled onion

Total time: 25 - 30 min.



Falafel



Onion



[Persian] cucumber



Radicchio & romaine



Za'atar



Organic full-fat yogurt



Fresh flat leaf parsley & mint



Pita bread



Bell pepper



There is an improved ingredient in your box! These falafel balls are now even more delicious, both in taste and texture. Enjoy!

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

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Falafel* (g)	80	160	240	320	400	480
Onion (unit(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Radicchio & romaine* (g)	25	50	75	100	125	150
Za'atar (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Pita bread (unit(s))	2	4	6	8	10	12
Bell pepper* (unit(s))	½	1	2	2	3	3

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3180 /760	598 /143
Total fat (g)	36	7
of which saturated (g)	5,4	1
Carbohydrates (g)	86	16
of which sugars (g)	22,7	4,3
Fibre (g)	9	2
Protein (g)	19	4
Salt (g)	2,4	0,4

Allergens

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



1. Prepare

- Preheat the oven to 200°C (see Tip).
- Slice the **onion** into half rings.
- Chop the **bell pepper** into strips.
- Cut the **cucumber** into 5cm batons.

Tip: you'll use the oven later to heat the pita bread, but you can also use a toaster.



3. Fry the falafel

- Stir in the **za'atar** and season to taste with salt and pepper. Cover with the lid and then set aside to keep warm.
- Transfer the **pita bread** to a parchment-lined baking sheet and bake in the oven for 6 - 8 minutes.
- Heat the rest of the olive oil in a frying pan over high heat and fry the **falafel** for 3 - 5 minutes until evenly browned.



2. Fry the vegetables

- In a small bowl, combine the white wine vinegar with the sugar, then add half of the **onion** (see Tip).
- Heat half of the olive oil in a frying pan over medium-high heat and fry the **bell pepper** for 4 minutes.
- Add the rest of the **onion** and fry for 2 more minutes, then add the honey and fry for another minute. Take the pan off the heat.

Tip: if you don't like raw onion, fry it with the bell pepper instead.



4. Serve

- Finely chop the fresh herbs and transfer to a bowl.
- Add the **yogurt**, the pickling liquid and the mayonnaise, then mix well to combine. Season to taste with salt and pepper.
- Fill the **pitás** with the **lettuce**, **cucumber**, fried vegetables, pickled **onions** and **falafel**.
- Finish with the **yogurt** sauce and serve.

Enjoy!



Veggie Picadillo with Lentils & Greek-Style Cheese

with olives, parsley & raisins

Total time: 25 - 30 min.



Garlic



Bell pepper



Mexican-style spices



Lentils



Worcestershire sauce



Raisins



Fresh flat leaf parsley



Greek-style cheese



Onion



White long grain rice



Chopped tomatoes



Green olives



Capers



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

Picadillo is a Latin American dish, traditionally prepared with minced meat, tomatoes, sultanas and olives. Today, you'll make a vegetarian version of this dish!

Tear me out!



Before you begin

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

Utensils

Pot or saucepan, sieve or colander, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	⅓	⅔	1	1⅓	1⅔	2
Worcestershire sauce (ml)	10	15	25	30	40	45
Raisins (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Chopped tomatoes (pack)	⅓	⅔	1	1⅓	1⅔	2
Green olives (g)	15	30	50	70	80	100
Capers (g)	15	30	45	60	75	90
From your pantry						
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)	2435 /582	478 /114
Total fat (g)	13	3
of which saturated (g)	5,4	1,1
Carbohydrates (g)	94	18
of which sugars (g)	20,4	4
Fibre (g)	12	2
Protein (g)	19	4
Salt (g)	3,7	0,7

Allergens

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



1. Boil the rice

- Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes or until done.
- Meanwhile, chop the **onion** and crush or mince the **garlic**.
- Dice the **bell pepper**.



2. Chop the parsley

- Drain and rinse the lentils.
- Roughly chop the **parsley** (both the leaves and stems).

Did you know... 🌱 lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.



3. Fry the vegetables

- Heat the olive oil in a wok or deep frying pan over low heat and fry the **onion** with the **garlic** for 2 minutes.
- Stir in the **bell pepper**, **raisins**, **Mexican spices*** and diced **tomatoes**, then fry for 5 minutes over medium-high heat.
- Add the **olives**, **capers** and **Worcestershire sauce** and cook for 10 more minutes, stirring regularly.
- Finally, stir in the lentils and season to taste with salt and pepper.

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



4. Serve

- Serve the **rice** and picadillo on plates.
- Crumble over the **Greek-style cheese**.
- Garnish with the **parsley**.

Enjoy!



Coconut Curry Noodles with Mangetout

with bell pepper & chestnut mushrooms

Total time: 25 - 30 min.



Garlic



Scallions



Mushrooms



Mangetout



Yellow curry spices



Lime



Coconut milk



Fresh udon noodles



Ginger paste



Bell pepper



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

Coconut milk adds a creamy and rich texture to curries with a little bit of natural sweetness. It balances spices, enhances flavours and gives the dish a smooth, luxurious consistency.

Tear me out!



Before you begin

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

Utensils

Lidded deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	½	1	1	2	2	3
Mushrooms* (g)	125	250	400	400	650	650
Mangetout* (g)	50	100	150	200	250	300
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Coconut milk (ml)	75	150	225	300	375	450
Fresh udon noodles (g)	110	220	330	440	550	660
Ginger paste* (g)	5	10	15	20	25	30
Bell pepper* (unit(s))	½	1	1½	2	2½	3

From your pantry

Low sodium vegetable stock (ml)	50	100	150	200	250	300
Sunflower oil (tbsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1745 /417	292 /70
Total fat (g)	21	4
of which saturated (g)	12,3	2,1
Carbohydrates (g)	43	7
of which sugars (g)	9	1,5
Fibre (g)	12	2
Protein (g)	14	2
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

- Prepare the vegetable stock (see Tip).
- Roughly chop the **bell pepper** and crush or mince the **garlic**.
- Chop the **scallion** into rings and set aside some of the greens to use later as garnish.

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.



2. Fry the vegetables

- Slice the **mushrooms** and trim the ends off the **mangetout** (see Tip).
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat and fry the **scallions** and **garlic** for 1 minute.
- Add the **bell pepper**, **mushrooms** and **ginger** paste and fry for 4 minutes, then add the **mangetout** and **yellow curry spices** and fry for 2 more minutes.

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



3. Finish

- Meanwhile, cut the **lime** into wedges.
- Stir in the **coconut milk** and the stock and bring to a boil, then cover with the lid and simmer gently for 4 minutes.
- Add the **udon noodles** and continue to simmer for 2 - 3 more minutes, still covered.



4. Serve

- Serve the **noodles** on deep plates.
- Garnish with the reserved **scallion** greens and serve the **lime wedges** alongside.

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.

Enjoy!



Veggie No-Chicken Bulgur Bowl

with cranberries, yogurt sauce & courgette

Total time: 15 - 20 min.



Bulgur



Vegan chicken pieces



Pre-cut onion & garlic



Courgette



Tomato



Fresh flat leaf parsley & mint



Dried cranberries



Organic full-fat yogurt



Middle Eastern spice mix



Salted almonds



Lemon



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

While almonds are often confused with nuts, they're actually seeds of the almond tree (*prunus dulcis*). This makes almonds part of the stone fruit family, just like peaches and apricots!

Tear me out!



Before you begin

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

Utensils

Lidded pot or saucepan, salad bowl, small bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Vegan chicken pieces* (g)	80	160	240	320	400	480
Pre-cut onion & garlic* (g)	20	40	40	80	80	120
Courgette* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Dried cranberries (g)	20	40	60	80	100	120
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Salted almonds (g)	10	20	30	40	50	60
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Water (ml)	150	300	450	600	750	900
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3356/802	675/161
Total fat (g)	30	6
of which saturated (g)	4,9	1
Carbohydrates (g)	96	19
of which sugars (g)	35	7
Fibre (g)	20	4
Protein (g)	28	6
Salt (g)	1,8	0,4

Allergens

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



1. Prepare

- Boil the water in a pot or saucepan and crumble in the stock cube (see pantry for amounts).
- Cook the **bulgur** for 10 - 12 minutes over medium heat, covered.
- Fluff through the **bulgur** with a fork and then set aside.
- Meanwhile, slice the **courgette** into thin crescents. Dice the **tomato** and cut the **lemon** into eight wedges.



3. Fry the vegan chicken pieces

- Heat a drizzle of olive oil in another frying pan over high heat and fry the **veggie chicken** for 4 minutes until evenly browned.
- Reduce the heat to medium-high and add the honey and **Middle Eastern spices**, then fry for 1 - 2 more minutes.
- Transfer the **bulgur** and **courgette** to the salad bowl and mix well to combine.



2. Make the sauce

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **courgette** with the **garlic** and **onion** for 8 - 10 minutes. Season to taste with salt and pepper.
- Finely chop the fresh herbs and transfer half to a small bowl. Add the **yogurt** and mix well to combine, seasoning to taste with salt and pepper.
- In a salad bowl, combine the **tomato** with the dried **cranberries** and the rest of the fresh herbs.



4. Serve

- To the salad bowl, add the juice of 1 **lemon wedge** per person and extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the **bulgur** in bowls and top with the **veggie chicken**.
- Drizzle with the **yogurt** sauce and garnish with the **almonds**. Serve with the rest of the **lemon** wedges alongside.

Enjoy!



Bacon-Wrapped Camembert with Apple Salad

with ciabatta croutons, courgette & dill

Total time: 15 - 20 min.



Camembert



Bacon



Little gem



Apple



Courgette



Fresh dill



Wholegrain ciabatta



Chopped pecans



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

Apples produce a substance that makes other fruits ripen faster. If you store apples with the rest of your fruit, then you should be aware that the other fruit nearby will ripen a bit faster.

Tear me out!



Before you begin

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

Utensils

Salad bowl, 2x frying pan, whisk

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Camembert* (g)	80	160	240	320	400	480
Bacon* (slice(s))	2	4	6	8	10	12
Little gem* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Fresh dill* (g)	5	10	15	20	25	30
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Chopped pecans (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4075 /974	767 /183
Total fat (g)	69	13
of which saturated (g)	19,8	3,7
Carbohydrates (g)	48	9
of which sugars (g)	16,7	3,1
Fibre (g)	11	2
Protein (g)	33	6
Salt (g)	2,8	0,5

Allergens

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



1. Prepare

- Tear or cut the **ciabatta** into small pieces.
- Heat half of the olive oil in a frying pan over medium-high heat and fry the **ciabatta** for 3 - 5 minutes. Season with salt and pepper, then remove from the pan and set aside.
- In the meantime, slice the **courgette** into crescents.
- In a salad bowl, combine the extra virgin olive oil with the mustard and the honey. Whisk to combine and season to taste with salt and pepper.



2. Fry the courgette

- Heat the rest of the olive oil in the same frying pan over medium-high heat and fry the **courgette** for 4 - 6 minutes. Season to taste with salt and pepper.
- Core and slice the **apple**. Finely chop the **lettuce**.
- Finely chop the **dill** or use scissors if preferred.



3. Fry the camembert

- Wrap the **camembert** in the **bacon**.
- Heat a second frying pan over high heat and fry the **camembert** for 1 - 2 minutes per side, or until the **bacon** is done.
- To the salad bowl, add the **apple**, the **lettuce** and half of the **dill**. Toss well to combine with the dressing.



4. Serve

- Serve the salad on plates.
- Top with the **courgette**, the **bacon-wrapped camembert** and the croutons.
- Garnish with the **pecans** and the rest of the **dill**.

Did you know... 🍏 apples contain flavonoids, an antioxidant that protects us against the effects of free radicals - harmful substances caused by UV radiation or air pollution.

Enjoy!



Mushroom Noodle Soup with a Jammy Egg

with kimchi sauce, furikake & scallions

Total time: 10 - 15 min.



Egg



Pre-cut mushroom mix



Corn



Scallions



Kimchi sauce



Sesame oil



Ginger paste



Garlic



Furikake



Wholewheat noodles



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

Kimchi sauce is a spicy, tangy sauce inspired by Korean kimchi, made with fermented chili, garlic, and ginger. It adds bold and zesty flavour to stir-fries, marinades, and dips.

Tear me out!



Before you begin

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

Utensils

Pot or saucepan, saucepan, sieve or colander

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	1	2	3	4	5	6
Pre-cut mushroom mix* (g)	90	175	350	350	525	525
Corn (g)	70	140	140	285	280	425
Scallions* (bunch)	½	1	1½	2	2½	3
Kimchi sauce (g)	20	40	60	80	100	120
Sesame oil (ml)	5	10	15	20	25	30
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Furikake (sachet(s))	½	1	1½	2	2½	3
Wholewheat noodles (g)	75	150	225	300	375	450
From your pantry						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2569 /614	384 /92
Total fat (g)	21	3
of which saturated (g)	4,1	0,6
Carbohydrates (g)	80	12
of which sugars (g)	16,8	2,5
Fibre (g)	15	2
Protein (g)	23	3
Salt (g)	4,2	0,6

Allergens

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



1. Boil the noodles

- Boil plenty of water in a saucepan for the **egg** and **noodles**.
- Boil the **egg** for 2 minutes, then add the **noodles** and cook for 4 - 5 more minutes. Drain, then return the **noodles** to the pan and set aside.
- Rinse the **egg** under cold water, then peel and halve it.
- Meanwhile, prepare the stock.



2. Fry the vegetables

- Heat the sunflower oil in a pot or saucepan over medium-high heat and fry the **mushroom mix** for 2 - 3 minutes.
- In the meantime, crush or mince the **garlic** and finely chop the **scallions**. Set aside half of the **scallion** greens to use later as garnish.
- To the **mushrooms**, add the **garlic**, the **ginger** paste and the ketjap, along with the rest of the **scallions**. Mix well and fry for 4 more minutes.



3. Finish the soup

- Meanwhile, drain the **corn**.
- When the **mushrooms** are done, add the **sesame oil**, white wine vinegar, **soy sauce**, the stock and the **kimchi sauce***.
- Mix well to combine, then bring to the boil and remove from the heat.

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



4. Serve

- Serve the **noodles** in bowls.
- Pour over the **mushroom** broth, then top with the **corn** and the **egg**.
- Garnish with the **furikake** and the reserved **scallion** greens.

Enjoy!



Creamy Mafaldine with Bacon-Panko Topping

with Parmigiano Reggiano, lemon & Italian herbs

Total time: 10 - 15 min.



Mafaldine



Bacon lardons



Garlic



Vegetable mix with mushrooms



Lemon



Cooking cream



Parmigiano Reggiano DOP



Panko breadcrumbs



Italian seasoning



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

Lemons not only add a fresh touch and some bright colour to your dish - they also help support your digestion!

Tear me out!



Before you begin

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

Utensils

Deep frying pan, microplane, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Bacon lardons* (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Lemon* (unit(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Panko breadcrumbs (g)	15	25	40	50	65	75
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
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
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)	3682 / 880	733 / 175
Total fat (g)	42	8
of which saturated (g)	17,3	3,4
Carbohydrates (g)	90	18
of which sugars (g)	10,8	2,2
Fibre (g)	11	2
Protein (g)	30	6
Salt (g)	1,8	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 water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the **mafaldine** for 7 - 9 minutes.
- Reserve some of the pasta water, then drain and set aside.



2. Fry the vegetables

- Meanwhile, crush or mince the **garlic**.
- Heat half of the olive oil in a deep frying pan over medium-high heat. Fry the **garlic** with the **vegetable mix** and the Italian seasoning for 4 - 6 minutes. Season with salt and pepper.
- Heat the rest of the olive oil in a frying pan over high heat. Fry the **bacon** with the **panko** until the **bacon** is done and the **panko** is golden-brown.



3. Make the sauce

- Cut the **lemon** into six wedges and grate the **Parmigiano Reggiano**.
- Deglaze the vegetables with the juice of one **lemon wedge** per person.
- Stir in the **cream**, the mustard and half of the **Parmigiano Reggiano**, then allow to simmer until the mafaldine is done.



4. Serve

- Transfer the **mafaldine** to the sauce and mix well, adding some of the reserved pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the **mafaldine** on deep plates. Garnish with the **bacon-panko** topping and the rest of the **Parmigiano Reggiano**.
- Serve the rest of the **lemon wedges** alongside.

Enjoy!



Chicken Meatballs in Creamy Mushroom Sauce

with garlic-basil green beans & roasted potatoes

Total time: 45 - 55 min.



Potatoes



Onion



Garlic



Mushrooms



Cooking cream



Chicken meatballs with Italian seasoning



Green beans



Basil crème



Fresh flat leaf parsley



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

Humans have been eating garlic for almost 4000 years! No wonder it's a staple in so many dishes and cuisines from around the world.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded deep frying pan, lidded frying pan

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
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Chicken meatballs with Italian seasoning* (unit(s))	3	6	9	12	15	18
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15

From your pantry

Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3184 / 761	452 / 108
Total fat (g)	48	7
of which saturated (g)	21,1	3
Carbohydrates (g)	49	7
of which sugars (g)	8,2	1,2
Fibre (g)	15	2
Protein (g)	31	4
Salt (g)	1,5	0,2

Allergens

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



1. Roast the potatoes

Preheat the oven to 210°C. Wash the **potatoes** and cut them into quarters, then transfer to a bowl and drizzle with half of the olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 25 – 30 minutes, tossing halfway.



2. Slice the mushrooms

Prepare the stock. Chop the **onion** and crush or mince the **garlic**. Slice the **mushrooms**.

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



3. Fry the mushrooms

Melt half of the butter in a deep frying pan over medium-high heat. Halve the **meatballs** and fry for 2 - 3 minutes, then remove from the pan and set aside. Melt the rest of the butter in the same pan, then fry half each of the **garlic** and **onion** for 1 – 2 minutes. Add the **mushrooms** and fry for 4 – 6 minutes, then deglaze with the red wine vinegar and the stock.



4. Make the sauce

Stir in the mustard and the **cream**, then season to taste with salt and pepper. Allow to reduce for 8 - 9 minutes, then return the **meatballs** to the pan and cover with the lid. Cook for 4 – 5 minutes until the sauce has thickened and the **meatballs** are done.



5. Prepare the green beans

In the meantime, discard the tips of the **green beans**. Heat the rest of the olive oil in a frying pan over high heat. Fry the **green beans** with the rest of the **garlic** and **onion** for 2 - 3 minutes. Deglaze with a splash of water, then cover with the lid and allow to cook for 2 - 3 minutes over medium-low heat. Stir in the **basil crème**, then season to taste with salt and pepper.



6. Serve

Finely chop the **parsley** or use scissors if preferred. Serve the **meatballs** in their sauce with the **potatoes** and **green beans** alongside. Garnish with the **chives**.

Enjoy!



Orzo with Baked Greek-Style Cheese

with roasted vegetables & bell pepper sauce

Total time: 25 - 30 min.



Bell pepper



Courgette



Orzo



Roasted bell pepper sauce



Onion



Italian seasoning



Greek-style cheese



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

In this recipe, you'll put the whole block of Greek-style cheese in the oven. The cheese will melt, and form a delicious creamy sauce to accompany the orzo.

Tear me out!



Before you begin

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

Utensils

Lidded deep frying pan, oven dish

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1	2	2	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	50	100	150	200	250	300
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	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)	2540 /607	499 /119
Total fat (g)	25	5
of which saturated (g)	10,8	2,1
Carbohydrates (g)	69	14
of which sugars (g)	14,2	2,8
Fibre (g)	12	2
Protein (g)	22	4
Salt (g)	1,9	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 210°C.
- Chop the **bell pepper** into thin strips and then cut these in half.
- Cut the **courgette** into crescents and slice the **onion** into half rings.
- Leave the slab of **cheese** whole and spread with ½ tbsp per person of the **roasted bell pepper sauce**.

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



2. Assemble

- Transfer all the vegetables to an oven dish, along with the **Italian herbs**.
- Add the balsamic vinegar and drizzle with olive oil, then toss well to coat, seasoning with salt and pepper.
- Place the slab of **cheese** in the middle of the oven dish, on top of the vegetables. Bake in the oven for 18 minutes (see Tip).

Tip: bake until the cheese is soft and the vegetables are done.



3. Boil the orzo

- Heat a clean deep frying pan over medium-high heat.
- Toast the **orzo** for 1 minute, then pour in plenty of water and bring to a boil.
- Crumble in the stock cube (see pantry for amount).
- Reduce the heat to low and then boil the **orzo** for 10 - 12 minutes, covered.



4. Serve

- Drain the **orzo** and then transfer to the oven dish.
- Mix well to combine with the **cheese** and vegetables, then stir in the rest of the **roasted bell pepper sauce** before serving.

Enjoy!



Panko Basa with Sticky Soy Vegetables

over garlic-ginger rice with furikake

Total time: 30 - 40 min.



Basa fillet



Basmati rice



Ginger paste



Garlic



Onion



Bell pepper



Carrot



Panko breadcrumbs



Soy sauce



Furikake



Ground paprika



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

Basa is a fish native to South-East Asia. Similar in taste and texture to both cod and haddock, it's a great source of omega-3 and protein.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded pot or saucepan, kitchen paper, plate, small bowl, frying pan, three deep plates

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Basa fillet* (unit(s))	1	2	3	4	5	6
Basmati rice (g)	70	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Panko breadcrumbs (g)	10	20	30	40	50	60
Soy sauce (ml)	10	20	30	40	50	60
Furikake (sachet(s))	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9

From your pantry

Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2941 /703	433 /104
Total fat (g)	20	3
of which saturated (g)	3,9	0,6
Carbohydrates (g)	98	14
of which sugars (g)	15,2	2,2
Fibre (g)	12	2
Protein (g)	34	5
Salt (g)	3,4	0,5

Allergens

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



1. Cook the rice

- Preheat the oven to 200°C and prepare the stock.
- Crush or mince the **garlic**. Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the **garlic** with the **ginger** paste for 1 - 2 minutes, then add the **rice** and pour in the stock.
- Bring to a boil, then lower the heat and cook the **rice** for 10 minutes.
- Remove from the heat and set aside for another 10 minutes, covered.



3. Prepare the fish

- Pat the fish dry with kitchen paper.
- Transfer the **paprika** and half of the flour to a deep plate. On another deep plate, combine the rest of the flour with the water so as to make a batter (see pantry for amount).
- Transfer the **panko** to a third deep plate and season with salt and pepper.
- Coat the fish with the flour and then with the batter, before finally coating it in the **panko**. Transfer to a plate and set aside.



2. Prepare the vegetables

- Cut the **onion** into wedges and chop the **bell pepper** into strips. Thinly slice the **carrot**.
- Transfer the vegetables to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.
- Meanwhile, in a small bowl combine the **soy sauce** with the honey and the sambal. Set aside until later use.



4. Serve

- Drizzle the vegetables with the reserved sauce and toss well to coat, then return to the oven until done.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the fish for 2 - 3 minutes per side or until golden-brown.
- Serve the **rice** and vegetables on plates.
- Top with the fish and garnish with the **furikake**.

Enjoy!



Chicken Yakitori in Sweet Sesame Sauce

over rice with scallions & vegetables

Total time: 25 - 30 min.



Garlic



Carrot



Broccoli



Jasmine rice



Scallions



Diced chicken



Skewers



East Asian-style sauce



Sesame seeds



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

Yakitori means grilled chicken in Japanese: yaki (grilled) and tori (chicken). Today, make a sweet sauce to give this dish extra flavour!

Tear me out!



Before you begin

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

Utensils

Lidded frying pan, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Broccoli* (g)	100	200	360	360	560	560
Jasmine rice (g)	75	150	225	300	375	450
Scallions* (bunch)	½	1	1	2	2	3
Diced chicken* (g)	100	200	300	400	500	600
Skewers (unit(s))	2	4	6	8	10	12
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Sesame seeds (sachet(s))	½	1	¾	1	1¾	2

From your pantry

Low sodium chicken stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Water (ml)	45	90	120	150	210	240
[Reduced salt] soy sauce				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2749 / 657	567 / 136
Total fat (g)	18	4
of which saturated (g)	3,3	0,7
Carbohydrates (g)	84	17
of which sugars (g)	18,6	3,8
Fibre (g)	12	2
Protein (g)	34	7
Salt (g)	2,7	0,6

Allergens

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



1. Prepare

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

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



2. Boil the rice

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



3. Fry the chicken

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

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



4. Serve

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

Enjoy!






Kofta Meatball Naanwich with Spicy Green Sauce

with curried potatoes & tomato-cucumber salsa

Total time: 25 - 30 min.



-  Naan bread with herbs
-  Pre-cooked halved baby potatoes [skin-on]
-  Curry powder
-  Tomato
-  [Persian] cucumber
-  Fresh coriander & mint
-  Onion
-  Onion chutney
-  Green chili pepper
-  Beef meatballs with kofta seasoning



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

Do you enjoy giving meals an Indian twist? Then you'll love this naanwich! A naanwich is a fusion sandwich that uses naan bread instead of traditional bread, filled with ingredients like spiced meats, veggies, or sauces.

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, tall container, immersion blender, frying pan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Naan bread with herbs (unit(s))	1	2	3	4	5	6
Pre-cooked halved baby potatoes [skin-on]* (g)	100	200	300	400	500	600
Curry powder (sachet(s))	¼	½	¾	1	1½	2
Tomato (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	¾	1	1¼	2
Fresh coriander & mint* (g)	5	10	15	20	25	30
Onion (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	20	40	60	80	100	120
Green chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Beef meatballs with kofta seasoning* (unit(s))	4	8	12	16	20	24
From your pantry						
White wine vinegar (tsp)	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
[Plant-based] mayonnaise (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)	3862 / 923	655 / 157
Total fat (g)	48	8
of which saturated (g)	13,7	2,3
Carbohydrates (g)	89	15
of which sugars (g)	18,2	3,1
Fibre (g)	10	2
Protein (g)	32	5
Salt (g)	2,5	0,4

Allergens

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



1. Prepare the potatoes

- Preheat the oven to 220°C.
- Transfer the **baby potatoes** and the **curry powder** to a bowl, then drizzle with the olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 16 - 20 minutes.
- Meanwhile, slice the **onion** into half rings. Halve the **meatballs**.



3. Make the sauce

- Deseed and roughly chop the **green chili pepper*** and transfer to a tall container.
- Add the white wine vinegar, the **coriander** and the mayonnaise (see Tip).
- Season with salt and pepper, then use an immersion blender to process into a smooth sauce.

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

Health Tip 🍌 this recipe is high in calories. If you're watching your calorie intake, substitute the mayonnaise for yogurt.



2. Fry the meatballs

- Melt the butter in a frying pan over medium high-heat and fry the **onion** with the **meatballs** for 4 - 6 minutes. Add the **onion chutney** and fry for another minute.
- Finely chop the **mint**. Dice the **cucumber** and half of the **tomato**, then transfer all three to a salad bowl.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Slice the rest of the **tomato** and set aside.



4. Serve

- Meanwhile, bake the **naan** in the oven for 3 - 4 minutes.
- Spread the naan with the mayonnaise sauce, then top with the sliced **tomato**, **meatballs** and **onion**.
- Fold the top of the **naan** over so as to make the naanwich.
- Serve the **potatoes** and salsa alongside.

Enjoy!



Tomato Risotto with Shrimp

with arugula salad, basil & lemon

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!

Shrimp are tender, flavourful shellfish high in protein and low in fat. They cook quickly and add a delicate, slightly sweet taste to dishes.

Tear me out!



Before you begin

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

Utensils

Bowl, large pot or saucepan, microplane, oven dish, kitchen paper, salad bowl, 2x small bowl, sieve

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	1½	1¾	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)	2368 / 566	324 / 78
Total fat (g)	18	2
of which saturated (g)	6,2	0,8
Carbohydrates (g)	77	11
of which sugars (g)	12,3	1,7
Fibre (g)	12	2
Protein (g)	22	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. 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 half of the olive oil, then add half each of the **garlic** and **lemon zest**. Toss well to combine.



4. Make the salad

Drain the **cherry tomatoes** and transfer them to an oven dish. Drizzle with the rest of the olive oil and the balsamic vinegar and season with salt and pepper, then mix well to combine. Roast for 10 minutes, then add 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!



Goat's Cheese Naan Pizza with Vegetables

with tomato salad & basil crème

Total time: 25 - 30 min.



Onion



Courgette



Sweet potato



Dried oregano



Passata



Naan bread



Fresh goat's cheese



Basil crème



Tomato



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

This naan pizza proves that homemade pizza doesn't have to take a long time. All you have to do is decorate it with the toppings, and the oven will do the rest!

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, peeler or cheese slicer, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	⅓	⅔	1	1½	1½	2
Sweet potato (g)	25	50	75	100	125	150
Dried oregano (sachet(s))	⅓	⅔	1	1½	1½	2
Passata (g)	50	100	150	200	250	300
Naan bread (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	50	75	100	125	175	200
Basil crème (ml)	10	15	24	30	39	45
Tomato (unit(s))	1	2	4	4	6	6

From your pantry

White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (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)	2866 /685	616 /147
Total fat (g)	29	6
of which saturated (g)	8,7	1,9
Carbohydrates (g)	82	18
of which sugars (g)	15,2	3,3
Fibre (g)	8	2
Protein (g)	21	5
Salt (g)	2	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.
- Slice half of the **onion** into thin half rings and finely chop the rest.
- Peel or thoroughly wash the **sweet potato**.
- Use a peeler or **cheese** slicer to shave the **sweet potato** and **courgette** into thin round slices.

Did you know... 🌱 the three different vegetables in this recipe provide variation, which is important for getting all necessary vitamins and minerals. The more variety, the better!



2. Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **onion** half rings with the **sweet potato** and half of the **oregano** for 4 - 6 minutes.
- Add the **courgette** during the final minute of cooking and season to taste with salt and pepper.



3. Bake the naan pizza

- Transfer the naan to a parchment-lined baking sheet.
- Spread 2 tbsp **passata** onto each naan, then scatter over the rest of the **oregano**. Season with salt and pepper.
- Bake the naan in the oven for 2 minutes, then top with the fried **onion**, **sweet potato** and **courgette** (see Tip).
- Crumble over the **goat's cheese** and drizzle over some of the **basil crème**, then return to the oven for another 4 - 6 minutes.

Tip: if you have leftover toppings, cut them into smaller pieces and add to the salad, or keep them in the fridge to enjoy tomorrow.



4. Serve

- In the meantime, dice the **tomato** and transfer to a salad bowl, along with the rest of the **onion**.
- Add the white balsamic vinegar and the rest of the **basil crème**, along with extra virgin olive oil if preferred.
- Season to taste with salt and pepper, then toss well to combine.
- Slice the naan pizza and serve with the salad.

Enjoy!



BBQ Pork Escalope with Roasted Vegetables

with baby potatoes & walnut-parsley dressing

Total time: 45 - 55 min.



Baby potatoes



Pork escalope



Garlic



Onion



Courgette



Bell pepper



Lemon



Fresh flat leaf parsley



BBQ spice rub



Chopped walnuts



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

Pork escalope is a cut from the pig's buttock. The meat is quite lean and deliciously tender - great for a balanced meal!

Tear me out!



Before you begin

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

Utensils

Parchment-lined baking sheet, large bowl, microplane, oven dish, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Pork escalope* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Chopped walnuts (g)	10	20	30	40	50	60
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2435 /582	385 /92
Total fat (g)	28	4
of which saturated (g)	4	0,6
Carbohydrates (g)	49	8
of which sugars (g)	10	1,6
Fibre (g)	13	2
Protein (g)	32	5
Salt (g)	0,8	0,1

Allergens

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



1. Roast the potatoes

Preheat the oven to 200°C. Wash the **baby potatoes** and cut any larger ones in half, then transfer to a large bowl. Drizzle with sunflower oil and season with salt and pepper, then toss well to coat. Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes or until golden-brown, tossing halfway.



2. Chop the vegetables

Cut the **onion** into wedges and chop the **bell pepper** into strips. Slice the **courgette** into crescents. Transfer the vegetables to the large bowl and drizzle with sunflower oil. Season with salt and pepper, then toss well to coat.



3. Roast the vegetables

Transfer the vegetables to the other side of the parchment-lined baking sheet during the remaining 20 - 25 minutes of cooking time. Meanwhile, crush or mince the **garlic** and finely chop the **parsley**. Zest the **lemon** and then cut it into 6 wedges.



4. Fry the pork escalope

During the remaining 10 minutes of cooking time, heat a drizzle of olive oil in a frying pan over high heat. Fry the **pork escalope** for 1 - 2 minutes per side until evenly browned, then transfer to an oven dish and set the pan aside for step 5. Coat the **pork** with the **BBQ rub*** and then roast in the oven during the final 3 - 5 minutes of cooking time.

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



5. Make the dressing

Reheat the frying pan over medium-high heat and fry the **garlic** with the **walnuts** for 1 minute. Take the pan off the heat and stir in the **parsley**, along with (per person) 1 tsp **lemon zest** and the juice of 1 **lemon wedge**. Season to taste with salt and pepper.



6. Serve

Serve the **potatoes** and vegetables on plates with the **pork** alongside. Top with the **walnut-parsley** dressing.

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.

Enjoy!