



Thai-Style Meatballs in Fragrant Green Curry Sauce

over rice with gomashio, Romano pepper & scallions

Total time: 40 - 50 min.



Onion



Garlic



Fresh ginger



Scallions



Yellow carrot



Romano pepper



Jasmine rice



Green curry spices



Dried galangal



Coconut milk



Beef-pork meatballs with Thai seasoning



Gomashio-herb mix



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

Yellow carrots are an ancient variety of carrot, rich in lutein and beta-carotene, giving them their sunny color. Unlike orange carrots, which were cultivated later, yellow carrots offer a milder sweetness.

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

Large lidded frying pan, 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
Fresh ginger* (tsp)	1	2	3	4	5	6
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Yellow carrot* (unit(s))	½	1	1	1	2	2
Romano pepper* (unit(s))	½	1	2	2	3	3
Jasmine rice (g)	75	150	225	300	375	450
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Dried galangal (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	350	430	530
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium beef stock (ml)	50	100	150	200	250	300
Flour (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3502 / 837	596 / 142
Total fat (g)	40	7
of which saturated (g)	20,8	3,5
Carbohydrates (g)	88	15
of which sugars (g)	12,8	2,2
Fibre (g)	10	2
Protein (g)	28	5
Salt (g)	2,3	0,4

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **rice**.
- Chop the **onion** and crush or mince the **garlic**. Peel the **ginger**.
- Cut the white part of the **scallions** into chunks of no more than 3cm, then finely chop the greens.
- Slice the **carrot** into crescents. Deseed the **Romano pepper** and then chop it into thin strips.



3. Finishing

- Add the **meatballs** and break them in half, then add the **green curry spices**, the ketjap, the **galangal** and the flour.
- Fry for 2 minutes, then pour in the stock. Add the **Romano pepper** and the **coconut milk**, along with the chunk of **ginger**.
- Bring to a boil, then lower the heat and allow to simmer gently for 12 - 17 minutes, covered. Season to taste with salt and pepper.



2. Fry the aromatics

- Boil the **rice** for 12 - 15 minutes, covered, then drain and allow to stand until serving.
- Meanwhile, prepare the stock.
- Heat the sunflower oil in a large frying pan over medium-high heat. Fry the **garlic**, **onion** and **carrot** with the white part of the **scallions** for 2 - 3 minutes.



4. Finish

- Take the **ginger** out of the curry and discard.
- Serve the **rice** on deep plates and top with the curry.
- Garnish with the **scallion** greens and the **gomashio-herb mix**.

Enjoy!



Roasted Vegetables with Pomegranate & Hummus

over bulgur with fresh herbs & Middle Eastern spices

Total time: 40 - 50 min.



Hummus



Bulgur



Middle Eastern
spice mix



Sweet potato



Cauliflower



Pomegranate



Fresh flat leaf
parsley & mint



Pistachio nuts



There is a special ingredient in your box! Pomegranates are delicious fruits with ruby-red seeds that give your dishes a surprising sweet-and-sour flavour.

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, pot or saucepan, two small bowls

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hummus* (g)	40	80	120	160	200	240
Bulgur (g)	40	75	110	150	185	225
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Cauliflower* (g)	250	500	750	1000	1250	1500
Pomegranate* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Pistachio nuts (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2787 /666	386 /92
Total fat (g)	27	4
of which saturated (g)	4,2	0,6
Carbohydrates (g)	75	10
of which sugars (g)	15	2,1
Fibre (g)	22	3
Protein (g)	16	2
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 vegetables

- Preheat the oven to 200°C. Wash or peel the **sweet potato** and slice it into 1cm thick crescents.
- Cut the head of the **cauliflower** into florets and dice the stem. Transfer both to a bowl and drizzle with the olive oil.
- Add the **Middle Eastern spices** and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 18 - 20 minutes.



2. Prepare the pomegranate

- Prepare the stock in a pot or saucepan. Cook the **bulgur** for 10 - 12 minutes, then drain and set aside.
- Meanwhile, roll the **pomegranate** over the countertop so as to release the seeds, then cut it open and scoop the seeds out.
- Roughly chop the **pistachios**.



3. Make the dressing

- Finely chop the fresh herbs and transfer half to a small bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then season to taste with salt and pepper and mix well to combine.
- Transfer the **hummus** to another small bowl and add the water for the sauce (see pantry for amount).
- Season to taste with salt and pepper and mix well to combine



4. Serve

- Serve the **bulgur** on plates and top with the roasted vegetables.
- Drizzle with the **hummus** and herb dressing, then garnish with the **pomegranate seeds, pistachios** and the rest of the fresh herbs.

Enjoy!



Conchiglie in Roasted Vegetable Sauce

with tahini, za'atar, fresh herbs & lemon

Total time: 45 - 55 min.



Onion



Tomato paste



Garlic



Tahini



Lemon



Fresh flat leaf
parsley & mint



Conchiglie



Romano pepper



Tomato



Middle Eastern
spice mix



Za'atar



Courgette



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

Tahini, a creamy paste made from ground sesame seeds, brings a rich, nutty flavour to this dish. It's also packed with nutrients, including healthy fats, protein, and calcium.

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, immersion blender, 2x large pot or saucepan, saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Tomato paste (can)	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Tahini (g)	25	50	75	100	125	150
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Conchiglie (g)	90	180	270	360	450	540
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	2	2	3	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Za'atar (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	1	2	3	4	5	6

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
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Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3054 / 730	566 / 135
Total fat (g)	29	5
of which saturated (g)	4,7	0,9
Carbohydrates (g)	90	17
of which sugars (g)	16,9	3,1
Fibre (g)	11	2
Protein (g)	23	4
Salt (g)	0,5	0,1

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 190°C. Dice the **courgette**. Halve the **tomato** and quarter the **onion**. Cut the **Romano pepper** into strips. Transfer the vegetables to a parchment-lined baking sheet and drizzle with half of the olive oil. Season with salt and pepper, then toss well to coat. Roast the vegetables in the oven for 25 - 30 minutes.



4. Fry the aromatics

Heat the rest of the olive oil in a large pot or saucepan over medium-high heat. Fry the **tomato paste** with the **garlic** and the Middle Eastern-style **spices** for 2 - 3 minutes, then take the pan off the heat.



2. Chop the herbs

Finely chop the fresh herbs. Cut the **lemon** into wedges. Crush or mince the **garlic**.

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



5. Make the sauce

Set aside half each of the **Romano pepper** and the **courgette**, then transfer the rest of the vegetables to the pan, along with the reserved pasta water. Use an immersion blender to process into a smooth sauce. Blend in an extra splash of water if you'd prefer the sauce to be less thick.



3. Boil the conchiglie

When the vegetables have around 15 minutes left, boil plenty of water in a large pot or saucepan and cook the **conchiglie** for 11 - 13 minutes. Reserve 100ml pasta water per person, then drain and set aside.



6. Serve

Transfer the **conchiglie** to the sauce and mix well to combine. Season to taste with salt and pepper, then serve on deep plates. Top with the reserved **courgette** and **Romano pepper**, then garnish with the fresh herbs and the **za'atar**. Drizzle with the **tahini sauce** and serve the **lemon wedges** alongside.

Enjoy!



Pizza Bianco with Courgette & Green Pesto

with mushrooms, mozzarella & Gouda

Total time: 40 - 50 min.



Courgette



Onion



Mushrooms



Green pesto



Organic crème fraîche



Pizza dough



Grated Gouda



Mozzarella



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

Pesto originates from the Italian city of Genoa, the capital of the Liguria region. The version we're now familiar with was first recorded in a cookbook in 1863, but it can be traced back as far as Roman times!

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, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Green pesto* (g)	20	40	60	80	100	120
Organic crème fraîche* (g)	25	50	75	100	125	150
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Mozzarella* (ball(s))	½	1	1½	2	2½	3

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

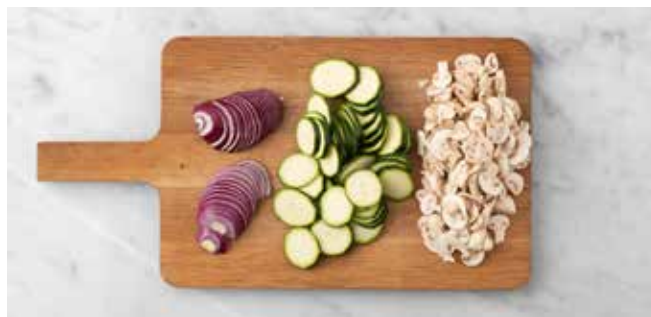
*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4502 /1076	795 /190
Total fat (g)	54	10
of which saturated (g)	22,3	3,9
Carbohydrates (g)	102	18
of which sugars (g)	11,5	2
Fibre (g)	6	1
Protein (g)	39	7
Salt (g)	3,5	0,6

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Thinly slice the **courgette**.
- Slice the **onion** into thin half rings and slice the **mushrooms**.

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. Fry the vegetables

- Heat half of the olive oil in a frying pan over high heat and fry the **mushrooms** for 3 - 5 minutes.
- Season with salt and pepper, then remove from the pan and set aside.
- Heat the rest of the olive oil in the same pan over high heat and fry the **courgette** for 4 - 5 minutes. Season with salt and pepper.



3. Make the pizza

- Meanwhile, in a bowl combine half of the **green pesto** with the **crème fraîche** and three quarters of the **grated cheese**. Season to taste with salt and pepper.
- Tear the **mozzarella** into small pieces.
- Roll out the **pizza dough** onto a parchment-lined baking sheet and spread over the **pesto** mixture.
- Top the pizza with the **courgette**, **onion**, **mushrooms**, **mozzarella** and the rest of the **grated cheese**, then bake in the oven for 13 - 15 minutes.



4. Serve

- Take the pizza out of the oven and drizzle with the rest of the **pesto** (see Tip).
- Slice the pizza and serve on plates.

Health Tip 🍌 *this recipe is high in calories. If you're watching your calorie intake, skip adding the rest of the pesto. You can keep it in the fridge to use in another recipe the next day.*

Enjoy!



Stuffed Portobello with Goat's Cheese & Walnuts

with potato wedges, cherry tomatoes & roasted bell pepper

Total time: 45 - 55 min.



Potatoes



Fresh rosemary



Onion



Red cherry tomatoes



Bell pepper



Portobello mushroom



Fresh goat's cheese



Chopped walnuts



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

Portobello is packed with vitamin B2, making it great as a meat substitute. In this dish, you'll serve it with goat's cheese and honey.

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, lidded deep frying pan, oven dish

Ingredients for 1 - 6 servings

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

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2556 /611	386 /92
Total fat (g)	28	4
of which saturated (g)	9,1	1,4
Carbohydrates (g)	67	10
of which sugars (g)	13,1	2
Fibre (g)	16	2
Protein (g)	19	3
Salt (g)	0,8	0,1

Allergens

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



1. Prepare

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



4. Roast the vegetables

Transfer the **onion** and **bell pepper** to an oven dish and drizzle with the rest of the olive oil (see Tip). Add the balsamic vinegar and season with salt and pepper, then toss well to coat. Roast in the oven for 15 minutes, then add the **tomatoes** and roast for 10 more minutes.

Tip: if necessary, use two oven dishes to help the vegetables cook evenly and more quickly.



2. Fry the potatoes

Heat half of the olive oil in a deep frying pan over medium-high heat. Fry the **potatoes** with **rosemary** for 15 - 20 minutes, covered (see Tip). Season to taste with salt and pepper. Remove the lid and fry for a further 15 minutes.

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



5. Finish the portobello

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



3. Bake the portobello

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

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



6. Serve

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

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

Enjoy!



Chicken Breast over Creamy Lemon Rice

aglio e olio, cherry tomatoes and courgette

Total time: 15 - 20 min.



Jasmine rice



Chicken breast with Mediterranean herbs



Chopped onion



Courgette



Red cherry tomatoes



Lemon



Cooking cream



Aglio e olio



Sicilian-style herb mix

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

Recipe Developer Babette: "For this quick recipe I got my inspiration from the Italian kitchen, namely from risotto. In this recipe you use jasmine rice: this rice is naturally more sticky and needs a shorter cooking time than risotto rice. Because you cook the jasmine rice in cream you get a delicious creamy texture. You'll finish the dish with lemon and serve it with Mediterranean vegetables and chicken."

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

Microplane, pot or saucepan, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Chopped onion* (g)	25	50	50	100	100	150
Courgette* (unit(s))	½	1	2	2	3	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Lemon* (unit(s))	⅓	⅔	1	1½	1½	2
Cooking cream (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Water (ml)	175	350	525	700	875	1050
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3506 / 838	675 / 161
Total fat (g)	42	8
of which saturated (g)	15,7	3
Carbohydrates (g)	75	14
of which sugars (g)	11,1	2,1
Fibre (g)	7	1
Protein (g)	34	7
Salt (g)	2,1	0,4

Allergens

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



1. Boil the rice

- Transfer the **cream** and the water to a pot or saucepan (see pantry for amount).
- Bring to a boil, then crumble in the stock cube and cook the **rice** for 10 - 12 minutes or until done.
- Drain if necessary and set aside.



2. Fry the vegetables

- Meanwhile, cut the **courgette** into 5cm batons and halve the **cherry tomatoes**.
- Heat the olive oil in a frying pan over medium-high heat. Fry the **courgette** and **cherry tomatoes** with the **Sicilian-style herbs** for 5 - 7 minutes (see Tip).
- Season to taste with salt and pepper.

Tip: if you don't like raw garlic, add the aglio e olio to the vegetables during the final 3 minutes of frying.



3. Fry the chicken

- Cut the **chicken breast** into three strips.
- Melt the butter in another frying pan over medium-high heat. Fry the **chicken** and **onion** for 4 - 5 minutes or until done. Season with salt and pepper.
- Meanwhile, zest the **lemon** and cut it into 6 wedges.
- Squeeze 1 **lemon wedge** per person into the **rice**, then add as much **lemon zest** as preferred and mix well. Season to taste with salt and pepper.



4. Serve

- Serve the **rice** on plates and top with the **chicken** and vegetables.
- Drizzle with the **aglio e olio*** and serve the rest of the **lemon** wedges alongside.

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

Enjoy!



Crispy Panko Shrimp Wraps

with apple slaw & tomato

Total time: 15 - 20 min.



Shrimp



Panko breadcrumbs



Mayonnaise



Tomato



Rainbow slaw mix



Apple



Wholewheat mini tortilla



There is a special ingredient in your box! These wholewheat mini tortillas are not only tasty but also very nutritious, and their high fibre content helps keep you regular.

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

Aluminum foil, bowl, kitchen paper, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Panko breadcrumbs (g)	15	25	40	50	65	75
Mayonnaise* (g)	25	50	75	100	125	150
Tomato (unit(s))	1½	3	4	6	7	9
Rainbow slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	2	2	3	3
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
From your pantry						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White 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)	2724 /651	549 /131
Total fat (g)	32	6
of which saturated (g)	6,8	1,4
Carbohydrates (g)	62	12
of which sugars (g)	18,9	3,8
Fibre (g)	14	3
Protein (g)	23	5
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 the shrimp

- Preheat the oven to 200°C.
- Pat the **shrimp** dry with kitchen paper, then transfer to a bowl and season with salt and pepper.
- Coat first with a third of the mayonnaise and then coat with the **panko**.
- Melt a knob of butter in a frying pan over medium-high heat and fry the **shrimp** for 4 - 6 minutes or until golden-brown (see Tip).

Tip: fry the rest of the panko as well to use later as garnish.



2. Make the slaw

- Core and dice the **apple**, then transfer to a salad bowl along with the **slaw mix** and the rest of the mayonnaise.
- Add the honey and white balsamic vinegar, then toss well to combine.
- Season to taste with salt and pepper.



3. Dice the tomato

- Wrap the **tortillas** in aluminium foil and heat in the oven for 3 - 4 minutes.
- Dice the **tomato** in the meantime.



4. Serve

- Top the **tortillas** with the slaw, the **panko shrimp** and the **tomato**.

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

Enjoy!



Brandt & Levie Curried Sausage

with bacon potatoes & crunchy salad

Total time: 15 - 20 min.



Bacon lardons



Diced potato



Slaw mix



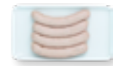
Arugula & lamb's lettuce



Chopped onion



Tomato



Pork sausage with curry spices



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

Did you know that fresh tomatoes are actually 95% water?

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, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Bacon lardons* (g)	25	50	75	100	125	150
Diced potato* (g)	150	300	450	600	750	900
Slaw mix* (g)	75	150	200	300	350	450
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Chopped onion* (g)	50	100	150	200	250	300
Tomato (unit(s))	1	2	3	4	5	6
Pork sausage with curry spices* (unit(s))	1	2	3	4	5	6
From your pantry						
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3130 /748	594 /142
Total fat (g)	55	10
of which saturated (g)	20,5	3,9
Carbohydrates (g)	36	7
of which sugars (g)	9,5	1,8
Fibre (g)	8	2
Protein (g)	24	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. Fry the potatoes

- Melt a small knob of butter in a frying pan over medium-high heat and fry the **bacon lardons** with the chopped **onion** for 2 - 3 minutes.
- Add the **potatoes** and fry for 10 - 12 minutes, tossing regularly and seasoning to taste with salt and pepper.

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 sausage

- In the meantime, melt a knob of butter in a deep frying pan over medium-high heat.
- Fry the **sausage** for 2 - 3 minutes until evenly browned, then cover with the lid and fry for 6 - 7 minutes or until done.



3. Make the salad

- In a salad bowl, combine the extra virgin olive oil with the mayonnaise and the white balsamic vinegar, then season to taste with salt and pepper.
- Dice the **tomato**, then add to the bowl along with the **slaw mix** and the **lettuce**. Toss well to combine with the dressing.



4. Serve

- Serve the **potatoes** with the **sausage** and drizzle with any residual cooking juices.
- Serve with the salad, along with extra mayonnaise as preferred.

Enjoy!



Poké Bowl with Fried Chicken

with avocado, orange & cucumber

Total time: 25 - 30 min.



Chicken fillets



Soy sauce



[Persian] cucumber



Avocado



Easy peel orange



Korean-style spice mix



Black sesame seeds



Garlic



Quick-cook brown rice



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

You can store unopened soy sauce in the pantry, but once you open it, you should store it in the fridge so it can stay fresh for as long as possible.

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, large bowl, pot or saucepan, 2x kitchen paper, plate, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken fillets* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
[Persian] cucumber* (unit(s))	1	¾	1	2	1½	2½
Avocado (unit(s))	½	1	2	2	3	3
Easy peel orange* (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Black sesame seeds (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
From your pantry						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Flour (g)	25	50	70	100	120	150
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
[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)	3619 / 865	562 / 134
Total fat (g)	38	6
of which saturated (g)	6,9	1,1
Carbohydrates (g)	88	14
of which sugars (g)	12	1,9
Fibre (g)	11	2
Protein (g)	39	6
Salt (g)	2,9	0,5

Allergens

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



1. Boil the rice

- Prepare the stock. Crush or **mince** the **garlic**.
- Melt the butter in a pot or saucepan over medium-high heat. Fry the **garlic** for 1 - 2 minutes, then stir in the **rice** and the stock.
- Bring to a boil, then lower the heat and cook the **rice** for 10 minutes until done.
- Meanwhile, use a sharp knife to remove the skin and the white pith from the **orange**, then dice the flesh. Dice the **cucumber** and slice the **avocado**.



3. Fry the chicken

- To **test** the oil, add a small amount of the batter to the pan; if it starts bubbling, then it's hot enough to fry the **chicken**.
- Prepare a plate lined with kitchen paper.
- Coat the **chicken** with the batter, then carefully fry it for 2 - 3 minutes.
- Turn carefully and fry for another 2 - 3 minutes until golden-brown (see Tip).

Tip: if the oil spatters too much, reduce the heat and carefully cover the pan with the lid.



2. Make the batter

- Pat the **chicken** dry with kitchen paper and cut into 2cm chunks, then season with salt and pepper.
- In a large bowl, combine the **Korean-style spices** with the flour and the water (see pantry for amounts).
- Heat the sunflower oil in a frying pan over medium-high heat (see Tip).

Tip: you can also use a fryer instead.



4. Serve

- In a small bowl, combine the **soy sauce** with the mayonnaise and the honey.
- Stir the white wine vinegar into the **rice**.
- Serve the **rice** in bowls or deep plates. Arrange everything on top, then drizzle with the sauce and garnish with the **sesame seeds**.

Enjoy!



Smoked Sausage with Sauerkraut & Bacon

with apple & creamy mashed potatoes

Total time: 30 - 40 min.



Onion



Sauerkraut



Potatoes



Apple



Bacon lardons



Smoked pork sausage



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

Did you know that sauerkraut is actually a superfood? It's packed with probiotics and vitamin C and helps boost your immune system.

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

Large frying pan with lid, lidded pot or saucepan, potato masher, sieve

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Sauerkraut* (g)	125	250	375	500	625	750
Potatoes (g)	250	500	750	1000	1250	1500
Apple* (unit(s))	½	1	2	2	3	3
Bacon lardons* (g)	50	100	150	200	250	300
Smoked pork sausage* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Mustard (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Brown sugar (tbsp)	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)	3916 /936	549 /131
Total fat (g)	58	8
of which saturated (g)	27,1	3,8
Carbohydrates (g)	66	9
of which sugars (g)	18,1	2,5
Fibre (g)	15	2
Protein (g)	30	4
Salt (g)	5,6	0,8

Allergens

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



1. Cook the potatoes

Wash or peel the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan. Submerge with water, then cover with the lid and boil for 8 minutes. Take the **smoked sausage** out of its packaging and transfer to the **potatoes**. Cook for 7 more minutes, then drain and set aside.



4. Cook the sauerkraut

Stir in the **sauerkraut** and the brown sugar, then cover with the lid. Allow to stew gently for 6 - 8 minutes, then stir in another knob of butter. Season to taste with salt and pepper (see Tip).

Tip: if the sauerkraut is still too strong for your liking, add more butter and/or sugar as preferred.



2. Prepare

In the meantime, slice the **onion** into half rings. Drain the **sauerkraut** (see Tip). Core and dice the **apple**.

Tip: you can also rinse the sauerkraut under cold water if you'd prefer it to taste milder.



5. Make the mashed potatoes

Mash the **potatoes** with the mustard, the milk and a knob of butter. Stir in half of the **bacon lardons**, then taste and season with salt and pepper as needed.



3. Fry the bacon

Heat a large clean frying pan over medium-high heat. Fry the **bacon lardons** for 3 - 5 minutes until done, then remove from the pan and set aside. Melt a knob of butter in the same pan and fry the **onion** with the **apple** for 2 minutes.



6. Serve

Cut the **smoked sausage** in half. Serve the mashed **potatoes** on plates and top with the rest of the **bacon lardons**. Serve with the **sausage** and the **sauerkraut**.

Health Tip 🍏 if you're watching your salt intake, serve just half each of the sausage and sauerkraut. You can keep the rest to enjoy tomorrow.

Enjoy!



Chicken-Turkey Roti Wrap with Green Beans

with Surinamese-style spices & quick-pickled cucumber

Total time: 25 - 30 min.



Chicken-turkey mince



[Persian] cucumber



Green beans



Onion



Garlic



Tomato



Roti



Surinamese-style spices



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

Indian rotis are soft flatbreads made from wholewheat flour. They make for excellent wraps, thanks to their soft, pliable texture - perfect for wrapping up grilled meats, veggies, or curries!

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, lidded pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken-turkey mince* (g)	100	200	300	400	500	600
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2
Green beans* (g)	75	150	300	300	450	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	½	1	1	2	2	3
Roti* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
From your pantry						
White wine vinegar (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	50	100	150	200	250	300
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2293 /548	427 /102
Total fat (g)	16	3
of which saturated (g)	2,6	0,5
Carbohydrates (g)	65	12
of which sugars (g)	21,4	4
Fibre (g)	11	2
Protein (g)	33	6
Salt (g)	2,9	0,5

Allergens

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



1. Prepare the cucumber

- Preheat the oven to 160°C and prepare the stock.
- In a bowl, combine the white wine vinegar with the sugar. Season to taste with salt and pepper.
- Slice the **cucumber** into crescents, then transfer to the bowl and toss well to combine with the dressing.
- Set aside until serving, stirring occasionally.



2. Chop the vegetables

- Discard the tips of the **green beans** and then cut in half.
- Transfer the **green beans** to a pot or saucepan and cover with a shallow layer of water.
- Add a pinch of salt and cover with the lid, then bring to the boil and allow to cook gently for 6 - 8 minutes.
- Drain and set aside when finished. Meanwhile, chop the **onion** and crush or mince the **garlic**. Dice the **tomato**.



3. Prepare the filling

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the **garlic** and **onion** for 2 minutes, then add the **mince** and fry for 4 more minutes.
- Stir in the **tomato** and the **Surinamese-style spices**, then fry for 3 more minutes (see Tip).
- Meanwhile, discard the packaging from the **roti** and heat in the oven for 3 minutes.

Tip: if you'd like to make it spicier, add 1 tsp sambal per person.



4. Serve

- To the frying pan, add the **green beans**, the stock and the ketjap.
- Mix well and allow to reduce for 2 - 3 minutes, or longer as necessary if it's still too watery. Season to taste with salt and pepper.
- Fill the **roti** with the **chicken** and **green beans**, along with some of the **cucumber**.
- Serve with the rest of the **cucumber** alongside.

Enjoy!



Creamy Beef Rigatoni with Eggplant

with tomato tapenade & arugula

Total time: 25 - 30 min.



Beef mince with Italian seasoning



Rigatoni



Cooking cream



Eggplant



Tomato tapenade



Garlic



Onion



Arugula



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

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

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, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Rigatoni (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Eggplant* (unit(s))	½	1	2	2	3	3
Tomato tapenade* (g)	20	40	60	80	100	120
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	2	4	4	6
Arugula* (g)	20	40	60	80	100	120
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	60	120	180	240	300	360
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3623 / 866	662 / 158
Total fat (g)	42	8
of which saturated (g)	14,5	2,7
Carbohydrates (g)	85	16
of which sugars (g)	14,5	2,7
Fibre (g)	10	2
Protein (g)	34	6
Salt (g)	1,9	0,3

Allergens

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



1. Fry the eggplant

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Dice the **eggplant** into 1 - 2cm chunks, then transfer to a bowl and coat with the flour.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **eggplant** for 8 - 10 minutes until evenly browned, then turn off the heat.

Did you know... 🌱 *eggplants are not only a very versatile vegetable, they're also a great source of iron and vitamin C.*



2. Boil the pasta

- Meanwhile, boil the pasta for 10 - 12 minutes, then drain and set aside. Prepare the stock in the meantime.
- Chop the **onion** and crush or mince the **garlic**.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the **onion** and **garlic** for 3 - 4 minutes.
- Add the **mince** and fry for 3 more minutes, separating it as you do so.



3. Make the sauce

- Deglaze the **mince** mixture with the stock and balsamic vinegar.
- Stir in the **cream** and the **tomato tapenade**, then continue cooking for 4 - 5 minutes over low heat.



4. Serve

- Serve three quarters of the **arugula** on deep plates.
- Transfer the pasta and **eggplant** to the sauce and mix well to combine.
- Season generously with salt and pepper, then serve.
- Garnish the pasta with the rest of the **arugula**.

Enjoy!



Tomato Soup with Burrata Ciabatta

with fresh basil & Sicilian-style herbs

Total time: 35 - 45 min.



Onion



Garlic



Carrot



Tomato



Fresh basil



Burrata



Sicilian-style herb mix



Wholegrain ciabatta



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

Burrata is a ball of mozzarella that is filled with a mixture of cream and finely chopped mozzarella. It used to be a method of using up leftover mozzarella, but now it's becoming popular in its own right.

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, lidded soup pot, immersion blender

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
Carrot* (unit(s))	1	1	2	2	3	3
Tomato (unit(s))	2	4	6	8	10	12
Fresh basil* (g)	2½	5	7½	10	12½	15
Burrata* (ball(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6

From your pantry

Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2828 /676	352 /84
Total fat (g)	40	5
of which saturated (g)	15,6	1,9
Carbohydrates (g)	47	6
of which sugars (g)	14,4	1,8
Fibre (g)	18	2
Protein (g)	27	3
Salt (g)	2,6	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 200°C and prepare the stock.
- Chop the **onion** and crush or mince the **garlic**.
- Slice the **carrot** into thin crescents and cut the **tomato** into wedges.
- Finely chop the **basil**.

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.



2. Blend the soup

- Heat the olive oil in a soup pot over medium-high heat.
- Fry the **garlic** and **onion** for 2 minutes, then stir in the **carrot** and **tomato** and fry for 3 minutes.
- Add the **Sicilian-style herbs** and fry for 1 minute, then pour in the stock.
- Cover with the lid and boil for 12 - 15 minutes over medium-low heat.



3. Puréeing soup

- Cut open the **bread roll** and transfer to a parchment-lined baking sheet. Heat in the oven for 4 - 6 minutes.
- Take the soup off the heat and use an immersion blender to process until smooth (see Tip).
- Add an extra splash of water as necessary if the soup is too thick.
- Season to taste with salt and pepper.

Tip: if preferred, you can also add the basil here instead of using it later as garnish.



4. Serve

- Top the **bread** with the **burrata** and drizzle with the extra virgin olive oil.
- Season to taste with salt and pepper.
- Serve the soup in bowls and garnish with the **basil**.
- Serve the **bread** alongside.

Enjoy!



Turkey Stir-Fry with Bulgogi Dressing

with baby potatoes & quick-pickled cucumber

Total time: 25 - 30 min.



Baby potatoes



Turkey breast



[Persian] cucumber



Korean-style spice mix



Bulgogi sauce



Gomashio



Vegetable mix with cabbage



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

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

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

Large wok or deep frying pan, lidded pot or saucepan, small bowl, two bowls

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Turkey breast* (unit(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	½	1	¾	1	1¾	2
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Bulgogi sauce (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Sambal				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2623 /627	416 /99
Total fat (g)	31	5
of which saturated (g)	4,3	0,7
Carbohydrates (g)	53	8
of which sugars (g)	16,1	2,6
Fibre (g)	13	2
Protein (g)	31	5
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

- Wash the **baby potatoes** and cut them in half.
- Transfer to a pot or saucepan and cover with a shallow layer of water.
- Cover with a lid and bring to a boil, then cook for 15 - 17 minutes until done.
- Drain if necessary and set aside, covered.

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. Slice the cucumber

- Meanwhile, slice the **cucumber** and transfer to a bowl.
- Add the white wine vinegar and the sugar, then season to taste with salt and pepper. Toss well to combine, then set aside until serving, stirring occasionally.
- Cut the **turkey** into smaller pieces and transfer to a bowl.
- Add the Korean-style **spices** and toss well to coat.



3. Fry the turkey

- Heat the sunflower oil in a large wok or deep frying pan over medium-high heat.
- Fry the **turkey** for 2 - 3 minutes, then add the **vegetable mix** and fry for 4 - 6 minutes.
- In a small bowl, combine the **bulgogi sauce** with the mayonnaise and the water (see pantry for amounts).
- Add some sambal as preferred.



4. Serve

- Serve the **baby potatoes** in bowls or deep plates.
- Top with the **turkey** and the stir-fried vegetables.
- Drizzle with the bulgogi mayo and garnish with the **gomashio**.
- Serve the quick-pickled **cucumber** alongside.

Enjoy!



Double Smash Burger on Brioche

with cheese, mushrooms & smoky tomato ketchup

Total time: 30 - 40 min.



Seasoned minced meat blend



Mushrooms



Onion



Tomato



Radicchio & romaine



Grated Gouda



Smoky tomato ketchup



Brioche bun



Potatoes



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

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

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, small bowl, spatula, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned minced meat blend* (g)	200	400	600	800	1000	1200
Mushrooms* (g)	65	125	250	250	375	375
Onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	½	1	2	2	3	3
Radicchio & romaine* (g)	25	50	75	100	125	150
Grated Gouda* (g)	25	50	75	100	125	150
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Brioche bun (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	6176 / 1476	735 / 176
Total fat (g)	99	12
of which saturated (g)	33,1	3,9
Carbohydrates (g)	92	11
of which sugars (g)	21,7	2,6
Fibre (g)	14	2
Protein (g)	56	7
Salt (g)	4,6	0,5

Allergens

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



1. Fry the potatoes

Wash the **potatoes** and cut into wedges. Transfer to a deep frying pan along with the water (see pantry for amount). Boil the **potato** wedges for 8 - 10 minutes over medium-low heat, covered, then drain if necessary. Remove the lid and drizzle with olive oil, then fry for 10 - 15 minutes until done. Season to taste with salt and pepper.



4. Fry the burgers

Shape the **mince** into two balls per person and transfer to the same pan. Use a spatula to press down into **burger** patties of 1cm thickness. Fry for 2 minutes per side over medium-high heat (see Tip). Top with the **grated cheese**, then stack the patties so as to make a double **burger**. Reduce the heat and cover with the lid so as to allow the **cheese** to melt.

Tip: if you're cooking for more than two people, use an extra pan or fry the burgers in batches.



2. Pickle the onion

Finely chop a quarter of the **onion** and transfer to a small bowl along with the white wine vinegar and sugar. Mix well to combine and set aside, stirring occasionally.



5. Make the sauce

Slice the **tomato** and set aside. Combine the smoky ketchup with the finely chopped **onion** and half of the mayonnaise. Season to taste with salt and pepper.

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. Fry the mushrooms

Slice the **mushrooms** and cut the rest of the **onion** into half-rings. Heat a drizzle of olive oil in a frying pan over high heat and fry the **onion** and **mushrooms** for 4 - 5 minutes. Stir in the butter and season to taste with salt and pepper, then fry for another 4 - 5 minutes. Remove from the pan and set aside.



6. Serve

Cut open the **brioche bun** and spread both sides with the sauce. Top with the **lettuce**, sliced **tomato**, **burger** patties and the fried vegetables. Serve the **burger** with the **potato** wedges, along with the rest of the mayonnaise as preferred.

Enjoy!



Salmon with Samphire & Beurre Blanc

with lemon, fennel & mashed potatoes

Total time: 30 - 40 min.



Salmon fillet



Potatoes



Yellow carrot



Fennel



Garlic



Onion



Samphire



Lemon



Beurre blanc



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

In this luxurious fish dish, you'll combine tender salmon fillet with crunchy samphire. To keep it light and refreshing, serve this dish with lemon wedges on the side!

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

2x aluminum foil, lidded frying pan, oven dish, pot or saucepan, kitchen paper, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Yellow carrot* (unit(s))	½	1	¾	1	1¾	2
Fennel* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Samphire* (g)	25	50	75	100	125	150
Lemon* (unit(s))	½	1	1½	2	2½	3
Beurre blanc* (g)	40	80	120	160	200	240

From your pantry

Water (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	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)	2845 /680	442 /106
Total fat (g)	36	6
of which saturated (g)	12,2	1,9
Carbohydrates (g)	50	8
of which sugars (g)	6,2	1
Fibre (g)	16	2
Protein (g)	32	5
Salt (g)	1,7	0,3

Allergens

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



1. Prepare

Preheat the oven to 200°C. Quarter the **fennel** and remove the tough core. Set aside the **fennel** fronds to use later as garnish. Cut the **fennel** into wedges, then transfer to an oven dish. Pour in the water and crumble in half of the stock cube (see pantry for amounts). Cover with aluminium foil and then bake in the oven for 20 - 25 minutes.



4. Fry the fish

Meanwhile, melt another third of the butter in a frying pan over medium-high heat. Pat the **salmon** dry with kitchen paper. Fry the **salmon** on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes. Season with salt and pepper, then remove from the pan and set aside under aluminium foil.



2. Boil the vegetables

Peel or thoroughly wash the **potatoes** and **carrot**, then cut both into rough pieces. Transfer to a pot or saucepan and submerge with water, then crumble in the rest of the stock cube. Boil for 12 - 15 minutes, then reserve a small amount of the cooking liquid before draining and setting aside.



5. Heat the sauce

Place the same frying pan over low heat and heat the beurre blanc for 2 - 3 minutes. Meanwhile, mash the **potatoes** and **carrots** with the rest of the butter and a splash of the reserved cooking liquid. Stir in the mustard and then season to taste with salt and pepper.



3. Fry the samphire

Cut the **onion** into half rings and thinly slice the **garlic**. Cut the **lemon** into six wedges. Melt a third of the butter in a frying pan over medium-high heat. Fry the **samphire** with the **onion** and **garlic** for 3 - 5 minutes, then deglaze with the juice of one **lemon wedge** per person. Turn off the heat and set aside, covered.



6. Serve

Serve the mash and **fennel** on plates. Top with the **salmon** and the **samphire**. Drizzle with the beurre blanc and garnish with the reserved **fennel** fronds. Serve with the rest of the **lemon** wedges.

Enjoy!



Paella-Style Rice with Chicken & Shrimp

with chorizo, green beans & tomato salad

Total time: 45 - 55 min.



Bell pepper



Ground turmeric



Tomato paste



Risotto rice



Lemon



Shrimp



Diced chorizo



Carrot



Onion



Green beans



Chicken thigh strips



Piri piri seasoning



Fresh flat leaf parsley



Tomato



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

Paella comes from the Spanish region of Valencia. Did you know that the name of this Mediterranean dish means "frying pan" in the Valencian dialect?

Tear me out!



Utensils

Bowl, large wok or deep frying pan with lid, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	½	1	2	2	3	3
Ground turmeric (tsp)	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Lemon* (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	60	120	180	240	300	360
Diced chorizo* (g)	25	50	75	100	125	150
Carrot* (unit(s))	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Green beans* (g)	40	75	115	150	190	225
Chicken thigh strips* (g)	100	200	300	400	500	600
Piri piri seasoning (tsp)	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	400	800	1200	1600	2000	2400
Salt and pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3699 / 884	353 / 84
Total fat (g)	40	4
of which saturated (g)	10,6	1
Carbohydrates (g)	82	8
of which sugars (g)	17,2	1,6
Fibre (g)	18	2
Protein (g)	43	4
Salt (g)	3	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 cut the **carrot** into thin crescents. Chop the **bell pepper** into strips. Discard the tips of the **green beans** and then cut into thirds. Cut the **tomato** into wedges and transfer to a bowl along with the balsamic vinegar and extra virgin olive oil. Season to taste with salt and pepper, then toss well to combine.



4. Fry the proteins

Cut the **lemon** into wedges and finely chop the **parsley**. Pat the **shrimp** dry with kitchen paper. Heat the rest of the olive oil in a frying pan over high heat and fry the **chicken** with the **chorizo** and the **shrimp** for 3 minutes (see Tip).

Tip: the proteins don't need to be done yet as they'll finish cooking later in the paella.



2. Fry the vegetables

Heat half of the olive oil in a large wok or deep frying pan over medium heat. Fry the **onion** and the **carrot** with the **turmeric** and the **piri piri seasoning*** for 3 minutes, then stir in the **bell pepper** and fry for 2 more minutes.

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



5. Combine

Remove the lid and stir in the rest of the stock, then transfer the **shrimp**, **chicken** and **chorizo** to the paella, along with their cooking juices. Mix well and allow to cook gently for 3 more minutes, or until the **chicken** and **shrimp** are done. Season to taste with salt and pepper.



3. Make the paella

Add the **tomato paste** and fry for 1 minute, then add the **risotto rice** and 350ml stock per person (you will use the rest of the stock later). Bring to a boil and allow the **rice** to cook gently for 15 minutes, covered, stirring regularly. Add the **green beans** and cook for 12 more minutes.



6. Serve

Serve the paella on plates and squeeze over 1 **lemon** wedge per person. Garnish with the **parsley**. Serve with the **tomato** salad and the rest of the **lemon** wedges alongside.

Enjoy!



Harissa Pork with Pomegranate & Pumpkin

with Greek-style cheese, tahini & bulgur

Total time: 25 - 30 min.



Pork tenderloin



Lemon



Bulgur



Diced pumpkin



Onion



Tahini sauce



Za'atar



Spinach



Greek-style cheese



Pomegranate



Fresh flat leaf parsley



Hello Harissa



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

Harissa is a chili paste from the Maghreb made using a variety of chilies, spices, and herbs. Its name comes from the Arabic root word harasa, which means to crush or mash.

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, deep plate, microplane, oven dish, pot or saucepan, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	½	1	1	2	2	3
Bulgur (g)	75	150	225	300	375	450
Diced pumpkin* (g)	75	150	300	300	450	450
Onion (unit(s))	½	1	1	2	2	3
Tahini sauce* (g)	20	40	60	80	100	120
Za'atar (sachet(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	25	50	75	100	125	150
Pomegranate* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Hello Harissa (sachet(s))	½	1	1½	2	2½	3

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin 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)	3510 / 839	677 / 162
Total fat (g)	41	8
of which saturated (g)	13,4	2,6
Carbohydrates (g)	66	13
of which sugars (g)	11,5	2,2
Fibre (g)	18	3
Protein (g)	45	9
Salt (g)	2,4	0,5

Allergens

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



1. Prepare

- Preheat the oven to 200°C.
- Cut the **onion** into eighths and transfer to a parchment-lined baking sheet. Add the **pumpkin**, then drizzle with half of the olive oil.
- Season with salt and pepper, then toss well to coat. Roast in the oven for 14 - 16 minutes, tossing halfway.
- Transfer the **bulgur** to a pot or saucepan and cover with water, then crumble in the stock cube (see pantry for amount). Cook the **bulgur** for 10 minutes over low heat, stirring occasionally.



3. Prepare the toppings

- Meanwhile, roll the **pomegranate** over the countertop so as to release the seeds, then cut it open and scoop them out.
- Roughly chop the **parsley**. Combine the **tahini sauce** with the juice of 1 **lemon** wedge per person.
- To the **bulgur**, add the **spinach**, **za'atar** and extra virgin olive oil (see Tip). Mix well to combine, seasoning to taste with salt and pepper.

Tip: make sure the bulgur is still warm, so as to allow the spinach to wilt and reduce.



2. Prepare the pork

- Zest the **lemon**. Cut half of the **lemon** into wedges and juice the rest onto a deep plate.
- Add the **harissa*** and the rest of the olive oil, along with ½ tsp **lemon** zest per person. Mix well to combine.
- Melt the butter in a frying pan over high heat. Sear the **pork tenderloin** for 2 - 3 minutes until evenly browned.
- Transfer to an oven dish and pour over the **harissa** mixture, then roast in the oven for 6 - 8 minutes.

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



4. Serve

- Slice the **pork tenderloin**.
- Serve the **bulgur** on deep plates and top with the **pumpkin** and **onion**, then with the **pork**.
- Crumble over the **Greek-style cheese** and drizzle with the **tahini sauce**.
- Garnish with the **parsley** and the **pomegranate seeds**.

Enjoy!



Luxe Seafood Noodle Salad with Broccolini

with shrimp & fish in sticky orange sauce with peanuts

Total time: 30 - 40 min.



Fish medley: salmon, cod & pollock



Shrimp



Rice noodles



Garlic



Carrot



Scallions



[Persian] cucumber



Broccolini



Lime



Easy peel orange



Sweet chili sauce



Ginger stir-fry sauce



Unsalted peanuts



Korean-style spice mix



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

Did you know that peanuts are rich in vitamin E and magnesium? Vitamin E is good for your immune system and magnesium contributes to the formation of bones and muscles.

Tear me out!



Utensils

Lidded deep frying pan, grater, pot or saucepan, kitchen paper, salad bowl, 2x small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fish medley: salmon, cod & pollock* (g)	65	130	195	260	325	390
Shrimp* (g)	80	160	240	320	400	480
Rice noodles (g)	50	100	150	200	250	300
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	½	1	1	2	2	3
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Broccolini* (g)	50	100	200	200	300	300
Lime* (unit(s))	½	1	1½	2	2½	3
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	50	70	85	105
Unsalted peanuts (g)	5	10	15	20	25	30
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant- based alternative] (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2711 /648	448 /107
Total fat (g)	22	4
of which saturated (g)	2,9	0,5
Carbohydrates (g)	77	13
of which sugars (g)	30,6	5,1
Fibre (g)	8	1
Protein (g)	32	5
Salt (g)	2,9	0,5

Allergens

Always remember to check the ingredient label for the most
2025-W02



1. Prepare

Grate the **carrot** into a salad bowl. Slice the **cucumber** into crescents and finely chop the **scallions**, then transfer both to the bowl. Cut the **lime** into six wedges and squeeze one **lime wedge** per person directly into the bowl. Toss well to combine and set aside.



4. Fry the fish

Pat the fish and **shrimp** dry with kitchen paper. Coat with the rest of the **Korean-style spices** and season with salt and pepper. Heat the rest of the sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the fish and **shrimp** for 2 - 3 minutes, then remove from the pan.



2. Fry the broccolini

Boil plenty of water in a pot or saucepan. Heat half of the sunflower oil in a deep frying pan over medium-high heat. Fry the **broccolini** for 4 - 6 minutes or until evenly browned, then deglaze with a splash of water and cover with the lid. Allow to cook for 4 - 5 minutes over medium heat, then stir in half of the Korean-style **spices**. Season to taste with salt and pepper, then set aside.



5. Make the orange sauce

Juice the **orange** into a small bowl. Crush or mince the **garlic** and transfer it to the **orange** juice. Add the sweet chilli sauce and the rest of the honey and white wine vinegar, then mix well to combine. Transfer the sauce to the frying pan and cook for 1 - 2 minutes over high heat, or until the sauce has thickened slightly. Meanwhile, roughly chop the **peanuts**.



3. Prepare the noodles

Boil the **rice noodles** for 6 - 7 minutes until al dente, then drain and return to the pot. In a small bowl, combine the **ginger** stir-fry sauce with the **soy sauce** and half each of the honey and white wine vinegar. Add some sambal as preferred, then transfer the sauce to the **noodles** and toss well to combine.



6. Serve

Transfer the **noodles** to the salad bowl and toss well to combine. Serve the **noodle** salad on plates. Top with the **shrimp**, the fish and the **broccolini**, then drizzle over the **orange** sauce. Garnish with the **peanuts** and serve with the rest of the **lime wedges**.

Enjoy!



Creamy Mushroom Rigatoni

with broccolini, blue cheese & walnuts

Total time: 25 - 30 min.



Rigatoni



Broccolini



Chopped walnuts



Mascarpone



Pre-cut mushroom mix



Truffle-style olive oil



Garlic



Shallot



Blue cheese cubes



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

Rigatoni is derived from the Italian word rigato, which means striped.

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, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Chopped walnuts (g)	10	20	30	40	50	60
Mascarpone* (g)	25	50	75	100	125	150
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Shallot (unit(s))	½	1	1	2	2	3
Blue cheese cubes* (g)	25	50	75	100	125	150
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3071 / 734	706 / 169
Total fat (g)	37	9
of which saturated (g)	14,6	3,4
Carbohydrates (g)	73	17
of which sugars (g)	6,3	1,4
Fibre (g)	12	3
Protein (g)	25	6
Salt (g)	1,5	0,3

Allergens

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



1. Boil the rigatoni

- Boil plenty of water in a pot or saucepan. Cut the **broccolini** into 5cm pieces or halve any thicker pieces lengthways.
- Boil the **rigatoni** for 10 minutes, then add the **broccolini** and continue cooking for 3 - 5 more minutes.
- Reserve a small amount of the pasta water, then drain and set aside.



2. Fry the mushrooms

- Chop the **shallot** and crush or mince the **garlic**.
- Cut any larger **mushrooms** into smaller pieces.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **shallot** with the **garlic** and **mushrooms** for 6 - 8 minutes, seasoning to taste with salt and pepper.



3. Make the sauce

- Reduce the heat and add the **mascarpone**, mustard and 60ml per person of the reserved pasta water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and allow to simmer for 1 minute, then stir in the **blue cheese** and allow to melt.
- Stir in the **rigatoni** and **broccolini**, then season to taste with salt and pepper.



4. Serve

- Serve the **mushroom rigatoni** on plates.
- Garnish with the **walnuts** and drizzle with the **truffle-style oil**.

Enjoy!



Loaded Sweet Potato with Bacon & Smoky Sour Cream

with avocado, pork mince, cherry tomato salad & lime

Total time: 50 - 60 min.



Sweet potato



Bacon lardons



Farmer's mincemeat



Scallions



Little gem



Corn



Avocado



Red cherry tomatoes



Lime



Organic sour cream



Mexican-style spices



Smoked paprika



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

Did you know that the sweet potato contains more beta-carotene, also known as pro-vitamin A, than regular potatoes? This substance accounts for the sweet potato's orange colour.

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, salad bowl, small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	300	600	900	1200	1500	1800
Bacon lardons* (g)	50	100	150	200	250	300
Farmer's mincemeat* (g)	100	200	300	400	500	600
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Little gem* (unit(s))	1	2	3	4	5	6
Corn (g)	70	140	210	285	350	425
Avocado (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Lime* (unit(s))	½	1	1½	2	2½	3
Organic sour cream* (g)	50	100	150	200	250	300
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

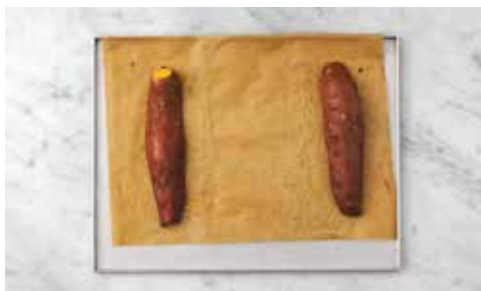
*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4665 / 1115	533 / 127
Total fat (g)	67	8
of which saturated (g)	24,6	2,8
Carbohydrates (g)	86	10
of which sugars (g)	29,8	3,4
Fibre (g)	17	2
Protein (g)	36	4
Salt (g)	3,4	0,4

Allergens

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



1. Bake the potatoes

Preheat the oven to 200°C. Thoroughly wash the **sweet potato** and pierce all over with a fork, then halve it lengthways. Drizzle half of the olive oil onto a parchment-lined baking sheet and scatter over some salt and pepper. Place the **sweet potato** on top, face-down. Drizzle the top with the rest of the olive oil, then season with salt and pepper. Bake in the oven for 35 - 45 minutes, or until crisp and tender.



4. Make the sauce

In a small bowl, combine the **sour cream** with the **lime zest** and the rest of the **smoked paprika**. Season to taste with salt and pepper. Halve and pit the **avocado**, then remove the skin and thinly slice the flesh. Serve the **avocado** on plates and squeeze over one **lime wedge** per person. Season to taste with salt and pepper.



2. Fry the corn

Continue with the recipe when the **potato** has 25 minutes left. Zest the **lime**, then cut it into six wedges. Drain the **corn**. Melt half of the butter in a frying pan over medium-high heat. Fry the **corn** with the **Mexican-style spices*** for 3 - 4 minutes, stirring regularly. Deglaze with the juice of one **lime wedge** per person, then transfer to a salad bowl.

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



5. Make the salad

Transfer the **lettuce** and **cherry tomatoes** to the salad bowl and toss well to combine with the **corn**. Add some extra virgin olive oil as preferred and season to taste with salt and pepper.



3. Fry the meat

Meanwhile, finely chop the **scallions** and separate the white part from the greens. Melt the rest of the butter in the same frying pan over medium-high heat. Fry the **bacon lardons** with the **mince**, the white part of the **scallions** and half of the **smoked paprika** for 6 - 8 minutes. Meanwhile, roughly chop the **lettuce** and quarter the **cherry tomatoes**.



6. Serve

Serve the **potatoes** alongside the **avocado**. Top with the **bacon**, the **mince** and the **sour cream**. Garnish with the **scallion** greens. Serve with the salad and the rest of the **lime wedges**.

Enjoy!