



# Cheddar Sausage from Brandt & Levie

with roast potatoes, carrot, apple & homemade onion jus

Family Calorie Smart

Total time: 50 - 60 min.



Onion



Apple



Carrot



Yellow carrot



Potatoes



Fresh sage



Pork sausage with Cheddar and red onion



Onion chutney



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

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

## Before you begin

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

## Utensils

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Apple* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Yellow carrot* (unit(s))	½	1	2	2	3	3
Potatoes (g)	150	300	450	600	750	900
Fresh sage* (g)	5	10	15	20	25	30
Pork sausage with Cheddar and red onion* (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	25	50	75	100	125	150
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)	2841 / 679	504 / 120
Total fat (g)	38	7
of which saturated (g)	14,8	2,6
Carbohydrates (g)	57	10
of which sugars (g)	20,6	3,7
Fibre (g)	12	2
Protein (g)	22	4
Salt (g)	1,6	0,3

## Allergens

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



## 1. Prepare

Preheat the oven to 200°C. Chop the **onion** into chunky half rings. Core the **apple** and cut into wedges. Cut the **carrots** into 5cm long batons of around 1cm thickness. Wash the **potatoes** and dice into 2cm chunks. Roughly chop the **sage**.



## 4. Fry the sausage

Melt a knob of butter in a frying pan over medium-high heat. Fry the **sausage** for 2 - 3 minutes until evenly browned, then cover with the lid. Allow the **sausage** to cook for 10 - 12 minutes over medium heat, turning regularly.



## 2. Mix the vegetables

Transfer the **potatoes**, **carrots**, **onion** and **apple** to a bowl (see Tip). Drizzle with olive oil and season with salt and pepper, then toss well to coat. Prepare the stock in the meantime.

**Tip:** to save time washing up, you can also transfer the vegetables directly to the parchment-lined baking sheet.



## 5. Make the jus

Add the **onion chutney** and the **chicken** stock, then bring to a boil and simmer for 1 minute. Taste and season with salt and pepper as necessary, then take the pan off the heat and set aside, covered.



## 3. Roast the vegetables

Transfer the vegetables to a parchment-lined baking sheet and roast for 15 - 20 minutes, then add the **sage** and toss well. Return to the oven for another 15 - 20 minutes or until golden-brown.



## 6. Serve

Serve the roasted vegetables with the **sausage** and pour over the jus.

**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.

Enjoy!



# Cypriot-Style Cheese with Fragrant Yogurt Sauce

over rice with mushrooms & mixed peppers

Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



White long grain rice



Garlic



Cypriot-style cheese



Mushrooms



Lemon



Middle Eastern  
spice mix



Bell pepper



Fresh flat leaf parsley



Organic full-fat yogurt



Romano pepper



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

This Cypriot-style cheese is made from goat's, cow's and sheep's milk. Its high melting point makes this cheese very suitable for grilling.

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Cypriot-style cheese* (g)	65	130	200	260	330	390
Mushrooms* (g)	65	125	250	250	375	375
Lemon* (unit(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	½	1	1	2	2	3

### From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[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)	3134 /749	632 /151
Total fat (g)	37	7
of which saturated (g)	24,1	4,9
Carbohydrates (g)	76	15
of which sugars (g)	11,3	2,3
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	2,9	0,6

## Allergens

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



### 1. Boil the rice

Slice half of the **onion** into rings and finely chop the rest. Melt a knob of butter in a pot or saucepan over medium-high heat and fry the finely chopped **onion** for 2 - 3 minutes over medium-high heat. Stir in the **rice** and fry for 2 more minutes, then crumble in the stock cube (see pantry for amount). Pour in plenty of water and boil the rice for 10 - 12 minutes, covered, then drain and set aside.



### 2. Fry the vegetables

Crush or mince the **garlic**. Pat the **cheese** dry with kitchen paper and dice into 1 - 2cm cubes. Quarter the **mushrooms** and juice the **lemon**. Deseed both the **Romano pepper** and the **bell pepper**, then cut both into thin strips. Melt a knob of butter in a deep frying pan over medium-high heat and fry the **garlic** with the rest of the **onion** for 3-4 minutes. Stir in the **Middle Eastern spices**, **mushrooms**, **bell pepper** and **Romano pepper** and fry for 6-8 minutes. Add 1 tsp **lemon** juice per person and season to taste with salt and pepper.



### 3. Fry the cheese

Finely chop the **parsley** and transfer half to a bowl. Add the **yogurt**, extra virgin olive oil and 1 tsp **lemon** juice per person, then mix well to combine. Season to taste with salt and pepper. Heat a clean non-stick frying pan over medium-high heat and fry the **cheese** for 3-4 minutes until evenly golden-brown (see Tip).

**Tip:** fry the Cypriot-style cheese when everything else is almost ready. This way you can serve the cheese as soon as it's done and at its tastiest.



### 4. Serve

Serve the **rice** on plates and top with the vegetables and the **Cypriot-style cheese**. Top with the **yogurt** sauce and garnish with the rest of the **parsley**.

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

Enjoy!





# Goat's Cheese Omelette with Patatas Bravas

with roasted peppers & aioli

Veggie

Total time: 45 - 55 min.



-  Potatoes
-  Ground paprika
-  Banana pepper
-  Romano pepper
-  Garlic
-  Red chili pepper
-  Passata
-  Egg
-  Grated mature goat's cheese
-  Aioli



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

In Spain, they eat patatas bravas as tapas alongside other dishes. Today, combine them with a spicy tomato sauce, a goat cheese omelette and Romano peppers.



## Before you begin

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

## Utensils

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Ground paprika (tsp)	1	2	3	4	5	6
Banana pepper* (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Passata (g)	50	100	150	200	250	300
Egg* (unit(s))	2	4	6	8	10	12
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Aioli* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
[Plant-based] milk				splash		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3916 /936	583 /139
Total fat (g)	63	9
of which saturated (g)	14,4	2,1
Carbohydrates (g)	61	9
of which sugars (g)	9,1	1,4
Fibre (g)	12	2
Protein (g)	30	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 the potatoes

Preheat the oven to 220°C. Wash or peel the **potatoes** and dice into 1 - 2cm chunks, then transfer to a bowl. Add the **paprika** and drizzle generously with olive oil. Season with salt and pepper, then toss well to coat. Fry the **potatoes** in a deep frying pan over medium-high heat for 20 minutes, covered. Remove the lid from the pan and continue frying for 15 minutes.



### 2. Roast the peppers

Transfer the peppers to a parchment-lined baking sheet and drizzle with olive oil. Season generously with salt (see Tip). Roast in the oven for 10 - 15 minutes or until they begin to darken, turning halfway.

*Tip: if you have flaky sea salt, use this to season the peppers. This type of salt will retain its shape and the peppers will not absorb it so much.*



### 3. Prepare the aromatics

In the meantime, crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**.\*

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



### 4. Make the sauce

Heat a light drizzle of olive oil in a saucepan over medium-high heat. Fry the **garlic** and **red chili pepper** for 1 - 2 minutes. Reduce the heat, then add the **passata** and allow to thicken and reduce for 5 minutes. Add more water if the sauce is too thick and season to taste with salt and pepper.



### 5. Make the omelette

In a bowl, whisk the **eggs** with a splash of milk and the **goat's cheese**, then season with salt and pepper. Heat a drizzle of olive oil in a frying pan over medium-high heat and pour in the **eggs**. Fry the omelette for 5 - 8 minutes, then carefully fold in half.

*Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.*



### 6. Serve

Serve the roasted peppers with the omelette and the patatas bravas. Serve with the spicy tomato sauce and a dollop of **aioli** (see Tip).

*Tip: this recipe is high in calories. If you're watching your calorie intake, serve just half of the aioli and potatoes. You can keep the rest in the fridge to use the next day.*

Enjoy!



# Teriyaki Meatballs with Stir Fried Vegetables

over rice with peanuts & scallions

Family Nice & Fast

Total time: 25 - 35 min.



Garlic



Scallions



Jasmine rice



Vegetable mix:  
pepper, leek,  
cabbage and carrot



Sesame oil



Soy sauce



Beef-pork meatballs  
with Thai seasoning



Teriyaki sauce



Unsalted peanuts



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

The green tips of scallions have a more mild flavour compared to the white part. This makes the white parts better for cooking and the green parts better for garnishing.

## Before you begin

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

## Utensils

Lidded pot or saucepan, frying pan, wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Jasmine rice (g)	75	150	225	300	375	450
Vegetable mix: pepper, leek, cabbage and carrot* (g)	200	400	600	800	1000	1200
Sesame oil (ml)	5	10	15	20	25	30
Soy sauce (ml)	10	20	30	40	50	60
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Teriyaki sauce (g)	25	50	75	100	125	150
Unsalted peanuts (g)	5	10	15	20	25	30
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Brown sugar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3402 / 813	719 / 172
Total fat (g)	37	8
of which saturated (g)	8,8	1,9
Carbohydrates (g)	88	18
of which sugars (g)	22,9	4,8
Fibre (g)	7	2
Protein (g)	29	6
Salt (g)	4,2	0,9

## 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. Crush or mince the **garlic**. Finely chop the **scallions**, keeping the white part separate from the greens. Boil the **rice** for 12 - 15 minutes, covered, then drain and set aside (see Tip).



### 2. Fry the vegetables

Meanwhile, heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **garlic** with the white part of the **scallions** for 1 - 2 minutes, then add the **vegetable mix** and fry for 2-3 minutes over high heat. Add half each of the **sesame oil** and **soy sauce** and toss well to combine. Season to taste with salt and pepper.



### 3. Fry the meatballs

Heat another drizzle of sunflower oil in a frying pan over medium-high heat. Fry the **meatballs** for 3 - 5 minutes until evenly browned, then stir in the brown sugar and allow to dissolve. Deglaze with the **teriyaki sauce** and the rest of the **soy sauce** and **sesame oil**, then add the water and cook for 2 more minutes.



### 4. Serve

Roughly chop the **peanuts**. Serve the **rice** on deep plates and top with the vegetables and the teriyaki **meatballs**. Pour over the **teriyaki sauce** from the pan and then garnish with the **peanuts** and the **scallion** greens.

Enjoy!





# Greek-Style Cheese in Rosemary-Panko Coating

with onion chutney, baby potatoes & courgette salad

Family Veggie Nice & Fast

Total time: 25 - 35 min.



Greek-style cheese



Panko breadcrumbs



Baby potatoes



Dried rosemary



Garlic



Tomato



Onion chutney



Onion



Arugula & lamb's lettuce



Courgette



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

Panko has a coarser texture than regular breadcrumbs, giving the Greek-style cheese an extra crispy crust.

## Before you begin

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

## Utensils

2x deep plate, lidded pot or saucepan, kitchen paper, peeler, salad bowl, saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Greek-style cheese* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	15	25	40	50	65	75
Baby potatoes (g)	200	400	600	800	1000	1200
Dried rosemary (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Onion (unit(s))	½	1	1	2	2	3
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Courgette* (unit(s))	½	1	1½	2	2½	3

### From your pantry

[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Water (ml)	30	60	90	120	150	180
Flour (g)	25	50	75	100	125	150
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4251 / 1016	617 / 147
Total fat (g)	55	8
of which saturated (g)	25	3,6
Carbohydrates (g)	96	14
of which sugars (g)	30,3	4,4
Fibre (g)	12	2
Protein (g)	31	5
Salt (g)	3,2	0,5

## Allergens

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



### 1. Boil the potatoes

Slice the **onion** into half rings and crush or mince the **garlic**. Wash the **baby potatoes** and cut them in half, or any larger ones into quarters. Transfer to a pot or saucepan and submerge with water, then cover with the lid and bring to a boil. Cook the **baby potatoes** for 15 - 17 minutes until done, then drain and set aside. Melt a knob of butter in a saucepan over medium-high heat and fry the onion for 6 - 8 minutes (see Tip). Stir in the **onion chutney** and continue cooking for 2 - 3 more minutes.

**Tip:** 🌱 if you're watching your calorie intake, use just half of the indicated amount of butter.



### 3. Prepare the cheese

On a deep plate, combine the flour with the water (see pantry for amounts). On another deep plate, combine the **panko** with 0.5 tsp **rosemary** per person. Pat the **Greek-style cheese** dry with kitchen paper, then coat it first with the batter and then with the **panko**. Heat a generous drizzle of olive oil in a frying pan over medium-high heat. Fry the **cheese** for 2 - 3 minutes per side or until golden-brown, then remove from the pan and set aside.



### 2. Make the salad

Use a peeler to shave the **courgette** into thin ribbons and dice the **tomato**. In a salad bowl, combine the white wine vinegar with the honey and extra virgin olive oil, then add the **courgette**, **tomato** and **lettuce**. Toss well to combine, seasoning to taste with salt and pepper.

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



### 4. Serve

Heat a drizzle of olive oil in the same pan and fry the **garlic** for 1 minute. Add the **baby potatoes** and 1 tsp **rosemary** per person and fry for 3 minutes. Serve the salad and the **baby potatoes** on plates. Top with the **Greek-style cheese** and the **onion chutney**.

Enjoy!



# Creamy Cauliflower Fusilli

with spinach & grated cheese

Family Veggie

Total time: 30 - 40 min.



Spinach



Onion



Garlic



Grated mature cheese



Cauliflower



Cooking cream



Belgian spice mix



Grated Gruyère



Wholewheat fusilli



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

Did you know that cauliflower really is a flower? If the leaves don't cover the cauliflower, then the florets turn yellow from the sun.

## Before you begin

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

## Utensils

Parchment-lined baking sheet, deep frying pan, pot or saucepan, whisk

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spinach* (g)	50	100	200	200	300	300
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Grated mature cheese* (g)	25	50	75	100	125	150
Cauliflower* (g)	125	250	375	500	625	750
Cooking cream (g)	75	150	225	300	375	450
Belgian spice mix (tsp)	½	¾	1	1½	1¾	2¼
Grated Gruyère* (g)	15	25	40	50	65	75
Wholewheat fusilli (g)	90	180	270	360	450	540

### From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Flour (tbsp)	1	2	3	4	5	6
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3351 / 801	550 / 132
Total fat (g)	38	6
of which saturated (g)	21	3,4
Carbohydrates (g)	80	13
of which sugars (g)	10	1,6
Fibre (g)	14	2
Protein (g)	29	5
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

Preheat the oven to 220°C and prepare the stock. Boil plenty of water in a pot or saucepan for the pasta. Cut the head of the **cauliflower** into florets and dice the stem. Chop the **onion** and crush or mince the **garlic**.



## 2. Roast the cauliflower

Transfer the **cauliflower** to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Roast in the oven for 14 - 16 minutes.

*Did you know...* 🥦 cauliflower is very nutrient-dense; it contains calcium for strong bones and teeth, vitamin C for a healthy immune system, potassium for healthy blood pressure and fibre for gut health.



## 3. Boil the pasta

Boil the pasta for 10 - 12 minutes, then reserve 50ml pasta water per person before draining and setting aside. Melt a knob of butter in a deep frying pan over medium-high heat and fry the **garlic** and **onion** for 1 - 2 minutes. Whisk in the flour to incorporate (see Tip).

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



## 4. Make the roux

Pour in a third of the stock and whisk until fully incorporated. Repeat this twice more with the rest of the stock. Keep whisking until smooth, then bring to a boil and allow to thicken and reduce for 1-2 minutes. Season to taste with some pepper.



## 5. Finish

Stir in the **spinach** and the **Belgian spice mix** and then allow the **spinach** to wilt and reduce. Add the **cream**, both **cheeses** and the reserved pasta water. Mix well and allow to reduce for 2 - 3 minutes, then stir in the pasta and half of the **cauliflower**.



## 6. Serve

Serve the pasta on plates and top with the rest of the **cauliflower**.

Enjoy!



# Smoky Orzo with Roasted Vegetables

with garlic bread, Greek-style cheese & basil

Calorie Smart Veggie

Total time: 35 - 45 min.



Fresh basil & oregano



Romano pepper



Courgette



Eggplant



Orzo



Onion



Garlic



Passata



Smoked paprika



Italian seasoning



Wholegrain ciabatta



Greek-style cheese



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

You serve this dish with garlic bread made from ciabatta and a homemade garlic herb oil. The bread is perfect for dipping in the tomato sauce!



## Before you begin

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

## Utensils

Parchment-lined baking sheet, large bowl, pot or saucepan, saucepan, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh basil & oregano* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	1	2	2	3
Orzo (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Smoked paprika (tsp)	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Wholegrain ciabatta (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2757 /659	497 /119
Total fat (g)	32	6
of which saturated (g)	8,4	1,5
Carbohydrates (g)	64	12
of which sugars (g)	20,5	3,7
Fibre (g)	12	2
Protein (g)	20	4
Salt (g)	1,4	0,3

## Allergens

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



## 1. Prepare

Boil plenty of water in a pot or saucepan. Preheat the oven to 200°C. Roughly chop the **oregano** leaves and cut the **Romano pepper** into strips. Dice the **eggplant** and **courgette** into 2cm chunks. Transfer the vegetables and **oregano** to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Boil the **orzo** for 10 - 12 minutes over low heat until al dente, then drain and set aside.



## 4. Make the garlic bread

In a small bowl, combine the rest of the **garlic** with the **Italian herbs** and a generous drizzle of olive oil. Cut open the **ciabatta** and spread with the **garlic** oil, then season to taste with salt and pepper. Bake the **ciabatta** alongside the vegetables for 8 minutes.



## 2. Roast the vegetables

Transfer the vegetables to a parchment-lined baking sheet, leaving some space to add the **ciabatta** later (see Tip). Roast the vegetables for 15 - 20 minutes or until done.

**Tip:** use two baking sheets if you're cooking for three or more people.



## 5. Prepare the topping

Roughly chop the **basil** and transfer to the same bowl you used previously. Crumble in the **Greek-style cheese** and season with pepper, then mix well to combine.



## 3. Make the sauce

Chop the **onion** and crush or mince the **garlic**. Heat a drizzle of olive oil in a saucepan over medium-high heat. Fry the **onion** with half of the **garlic** for 3 minutes, then deglaze with the balsamic vinegar and **passata**. Add the **smoked paprika** and the sugar and allow to simmer for 5 - 7 minutes. Season to taste with salt and pepper.



## 6. Serve

Stir the roasted vegetables into the orzo. Serve the smoky tomato sauce on plates and top with the orzo. Garnish with the **basil** and **Greek-style cheese**. Cut the **ciabatta** into strips and serve alongside.

Enjoy!



# Penne in Creamy Eggplant Sauce with Parmigiano Reggiano

with sundried tomatoes, fresh basil & arugula

Veggie Nice & Fast

Total time: 20 - 30 min.



Onion



Garlic



Eggplant



Sundried tomatoes



Penne



Cooking cream



Fresh basil



Arugula



Parmigiano Reggiano



Sicilian-style herb mix



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

This pasta is full of flavours, like sundried tomatoes, basil and arugula. You can set this delicious dish on the table in just 20 minutes!

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	2	4	4	6
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Sundried tomatoes* (g)	30	50	70	100	120	150
Penne (g)	90	180	270	360	450	540
Cooking cream (g)	50	100	150	200	250	300
Fresh basil* (g)	5	10	15	20	25	30
Arugula* (g)	20	40	60	80	100	120
Parmigiano Reggiano* (unit(s))	½	1	¾	1	1¼	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
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
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3059 /731	594 /142
Total fat (g)	31	6
of which saturated (g)	10,2	2
Carbohydrates (g)	87	17
of which sugars (g)	17,9	3,5
Fibre (g)	8	2
Protein (g)	21	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

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

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



### 2. Boil the pasta

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



### 3. Make the sauce

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



### 4. Serve

Cut the **basil** into ribbons and grate the **Parmigiano Reggiano**. Stir the pasta and the **eggplant** into the sauce, along with half each of the **Parmigiano Reggiano** and the **basil**. Season to taste with salt and pepper. Serve the pasta and the **arugula** on deep plates. Garnish with the rest of the **Parmigiano Reggiano** and **basil**.

**Did you know...** 🍌 eating less meat is beneficial for your health; in particular, it reduces the risk of cardiovascular diseases.

Enjoy!



# Chicken Chop Suey

over brown rice with mushrooms & beansprouts

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Mushrooms



Romano pepper



Green bell pepper



Quick-cook brown rice



Chicken thigh strips with kebab spices



Ketjap manis



Beansprouts



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

Chop Suey is an Asian-American stir-fry dish of meat and a variety of chopped vegetables in a thick, glossy sauce. Today, you'll make a version with chicken.



## Before you begin

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

## Utensils

Lidded pot or saucepan, wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	190	250	315	375
Romano pepper* (unit(s))	½	1	1	2	2	3
Green bell pepper* (unit(s))	½	1	1½	2	2½	3
Quick-cook brown rice (g)	60	120	180	240	300	360
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Ketjap manis (ml)	20	40	60	80	100	120
Beansprouts* (g)	25	50	75	100	125	150
From your pantry						
Flour (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
Low sodium chicken 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)	2280 /545	474 /113
Total fat (g)	14	3
of which saturated (g)	3,4	0,7
Carbohydrates (g)	71	15
of which sugars (g)	19,5	4,1
Fibre (g)	11	2
Protein (g)	28	6
Salt (g)	2,6	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 (see Tip). Roughly chop the **onion** and crush or mince the **garlic**. Slice the **mushrooms**. Deseed the **Romano pepper** and the **bell pepper**, then cut both into strips.

*Tip: to save time, use a kettle instead.*



### 2. Boil the rice

Boil the **rice** for 10 minutes, covered, then drain and set aside. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **onion** with the **garlic** for 2 - 3 minutes, then add the **chicken** and the flour. Stir-fry for 3 - 4 minutes.



### 3. Make the sauce

Crumble in the stock cube (see pantry for amount). Add the **Romano pepper**, **bell pepper** and **mushrooms** and fry for 5 - 7 minutes. Stir in the ketjap and the water (see pantry for amount). Mix well to combine and allow to reduce for 2 - 3 minutes over medium-high heat. Add the **beansprouts** and fry for 1 - 2 more minutes, then season to taste with salt and pepper.



### 4. Serve

Serve the rice on plates and top with the chop suey.

*Did you know...* 🌱 much fibre as its white counterpart. Fibre is important for overall gut health and helps you feel more satiated.

Enjoy!





# Bulgogi Pork Stir-Fry

with noodles, sweetheart cabbage & sesame seeds

Family Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Fresh ginger



Garlic



Onion



Scallions



Farmer's sausage



Chopped sweetheart cabbage



Bulgogi sauce



Soy sauce



Sesame seeds



Red chili pepper



Bell pepper



Mie noodles



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.

## Before you begin

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

## Utensils

Deep frying pan, grater, lidded 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
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
Red chili pepper* (unit(s))	½	¼	¼	½	¾	¾
Bell pepper* (unit(s))	½	1	2	2	3	3
Mie noodles (g)	50	100	150	200	250	300
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2569 / 614	537 / 128
Total fat (g)	28	6
of which saturated (g)	8,1	1,7
Carbohydrates (g)	57	12
of which sugars (g)	14,8	3,1
Fibre (g)	9	2
Protein (g)	30	6
Salt (g)	3	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. Deseed and finely chop the **red chili pepper**. \* Finely chop the **scallions** and set aside a small amount of the greens to use later as garnish.

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



### 2. Fry the pork

Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the **ginger** with the **garlic**, **red chili pepper** and **onion** for 1-2 minutes. 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. In the meantime, boil the **noodles** for 1 - 2 minutes, then add the **cabbage** and cook for 1 more minute.



### 3. Fry the vegetables

Add the **bulgogi sauce**, **scallions** and **bell pepper**, then stir-fry for 4-5 minutes over medium-high heat. Drain the **noodles** and **cabbage** and then transfer to the frying pan. Deglaze with the **soy sauce**, white wine vinegar and 1 tbsp water per person. 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.

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

Enjoy!



# Courgette & Leek Soup with Pesto Crostini

with sour cream, croutons & fresh herbs

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Garlic



Courgette



Leek



Wholegrain ciabatta



Green pesto



Organic sour cream



Sicilian-style herb mix



Potatoes



Italian seasoning



Fresh chives, dill & flat leaf parsley



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

Sour cream is made by fermenting fresh cream with lactic acid. Its fresh and tangy flavour makes it an excellent accompaniment for both savoury and sweet dishes.



## Before you begin

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

## Utensils

Parchment-lined baking sheet, lidded soup pot, immersion blender, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	1	2	3	4	5	6
Leek* (unit(s))	½	1	1½	2	2½	3
Wholegrain ciabatta (unit(s))	1	2	3	4	5	6
Green pesto* (g)	20	40	60	80	100	120
Organic sour cream* (g)	50	100	150	200	250	300
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Potatoes (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2682 /641	325 /78
Total fat (g)	30	4
of which saturated (g)	7,1	0,9
Carbohydrates (g)	59	7
of which sugars (g)	12,5	1,5
Fibre (g)	20	2
Protein (g)	22	3
Salt (g)	2,4	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. Crush or mince the **garlic** and cut the **leek** into rings. Dice the **courgette**. Peel the **potatoes** and then cut into rough pieces.



## 4. Make the croutons

In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the diced **ciabatta** with the Sicilian herbs for 6 - 7 minutes until evenly browned. Add some extra oil as necessary if they start sticking to the pan. Season to taste with salt and pepper.



## 2. Make the soup

Heat a light drizzle of olive oil in a soup pot over medium heat. Fry the **garlic** with the **leek**, **potatoes** and **courgette** for 4 - 6 minutes. Pour in the stock and add the **Italian herbs**, then lower the heat and allow to simmer gently for 8 - 10 minutes. Season to taste with salt and pepper.

*Did you know... 🍷 just 100g of leek provides more than a third of the RDA of folic acid, which plays an essential role in our bodies' growth and function.*



## 5. Finish the soup

Season the vegetables generously with salt and pepper. Add half of the fresh herbs, then use an immersion blender to process into a smooth soup. Add some more stock or water as preferred if the soup is too thick for your liking, then stir in the rest of the **pesto**.



## 3. Prepare the crostini

In the meantime, cut half of the **ciabatta** into 1cm thick slices and dice the rest. Transfer the slices to a parchment-lined baking sheet and spread with half of the **pesto**. Drizzle with some olive oil as preferred and then bake in the oven for 8 - 10 minutes. Finely chop the fresh herbs in the meantime.



## 6. Serve

Serve the soup in bowls and top with the **sour cream** and croutons. Garnish with the rest of the fresh herbs and drizzle with extra virgin olive oil as preferred. Serve with the **pesto** crostini alongside.

Enjoy!



# Spicy Udon with Marinated Eggs

with hot honey peanuts, green beans & cucumber salad

Veggie

Total time: 45 - 55 min.



Fresh ginger



Red chili pepper



Egg



Hot honey peanuts



Yellow curry spices



Fresh udon noodles



Green beans



Cucumber



Peanut butter



Soy sauce



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

In this recipe, you marinate boiled eggs in a spicy sauce made with curry and honey peanuts. If you like it extra spicy, then you can add in another scoop of sambal!



## Before you begin

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

## Utensils

Bowl, grater, lidded saucepan, pot or saucepan, plastic wrap, salad bowl, lidded wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh ginger* (tsp)	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Egg* (unit(s))	2	4	6	8	10	12
Hot honeyed peanuts (g)	10	20	30	40	50	60
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Fresh udon noodles (g)	200	400	600	800	1000	1200
Green beans* (g)	100	200	300	400	500	600
Cucumber* (unit(s))	½	1	1½	2	2½	3
Peanut butter (tub)	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60

### From your pantry

White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	1½	2	2½	3½	4
[Reduced salt] ketjap manis (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	45	90	135	180	225	270
Honey (tsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3410 /815	529 /126
Total fat (g)	36	6
of which saturated (g)	6,7	1
Carbohydrates (g)	87	13
of which sugars (g)	21,5	3,3
Fibre (g)	7	1
Protein (g)	34	5
Salt (g)	4,5	0,7

## Allergens

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



## 1. Prepare

Boil plenty of water in a saucepan for the **eggs**. Finely grate the **ginger**. Deseed and finely chop the **red chili pepper**.\* Boil the **eggs** for 6 - 8 minutes, then rinse under cold water. Peel the **eggs** and set aside.

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



## 4. Boil the green beans

Boil the **green beans** for 3 - 4 minutes until al dente, then add the **udon noodles** and boil for 1 minute. Drain and set aside. Heat the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **ginger** with the **chili pepper** and the rest of the **yellow curry spices** for 1 - 2 minutes.



## 2. Marinate the eggs

Finely chop a quarter of the **spicy honeyed peanuts** and transfer to a bowl. Add a third of the **yellow curry spices** and 0.5 tbsp water per person, then mix well to combine. Transfer the boiled **eggs** to the bowl and carefully mix until well-coated. Cover the bowl with plastic wrap and set aside, stirring occasionally.



## 5. Stir-fry

Add the **peanut butter**, **soy sauce**, ketjap and water (see pantry for amount). Turn the heat to high and mix well to combine. Add the **green beans** and the **noodles** and stir-fry over medium-high heat for 2-3 minutes (see Tip).

**Tip:** add more water as necessary if the sauce becomes too dry.



## 3. Prepare the cucumber

Boil plenty of water in a pot or saucepan for the **green beans**. Discard the tips of the **green beans** and then cut into thirds. Slice the **cucumber** into crescents. In a salad bowl, combine the honey with the white balsamic vinegar. Add the **cucumber** and toss well to combine. Season to taste with salt and pepper, then set aside.



## 6. Serve

Serve the **noodles** and **green beans** on plates. Garnish with the rest of the **honeyed peanuts** and top with the curried **eggs**. Serve the **cucumber** salad alongside.

Enjoy!



# Plant-Based Ponzu Bowl with 'Mince' & Fresh Herbs

over rice with salted peanuts & salad

Nice & Fast Plant-Based

Total time: 15 - 20 min.



Basmati rice



Mint, coriander & Thai basil



Lime



Vegan mince



Chopped red onion



East Asian-style sauce



Ponzu



Cucumber



Butter lettuce



Salted peanuts



Garlic



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

## Before you begin

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

## Utensils

Deep frying pan, grater, kettle, lidded pot or saucepan, salad bowl, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Mint, coriander & Thai basil* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Vegan mince* (g)	80	160	240	320	400	480
Chopped red onion* (g)	75	150	225	300	375	450
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¼	2
Ponzu (g)	15	24	40	48	64	72
Cucumber* (unit(s))	¾	1	1	1	2	2
Butter lettuce* (head)	½	¾	1	1½	1¾	2¼
Salted peanuts (g)	10	20	30	40	50	60
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	1	2	3	4	5	6
Boiled water (ml)	180	360	540	720	900	1080
White wine vinegar (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)	2925 / 699	457 / 109
Total fat (g)	26	4
of which saturated (g)	3,1	0,5
Carbohydrates (g)	88	14
of which sugars (g)	18,6	2,9
Fibre (g)	8	1
Protein (g)	26	4
Salt (g)	2,5	0,4

## Allergens

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



### 1. Boil the rice

Boil the water in a kettle (see pantry for amount). Transfer the **rice** to a pot or saucepan and pour in the water, then crumble in the stock cube (see pantry). Bring to a boil, then lower the heat and cook the **rice** for 10 minutes. Crush or mince the **garlic** and finely chop the **fresh herbs**. Zest the **lime** and then cut it into wedges.



### 2. Fry the mince

Heat a generous drizzle of sunflower oil in a deep frying pan over high heat. Fry half of the **garlic** with the chopped **red onion** for 1 minute. Add the **plant-based mince** and fry for 2 minutes, then add the **East Asian-style sauce** and half of the **ponzu**. Pour in 30ml water per person, mix well and fry for 1 minute. Take the pan off the heat and squeeze in 1 **lime** wedge per person. Stir in the fresh herbs, **lime** zest and sambal as preferred, then season to taste with salt and pepper.



### 3. Make the salad

Slice the **cucumber** into thin crescents. Roughly tear the **butter lettuce** (see Tip). In a salad bowl, toss the **lettuce** with the **cucumber**. In a small bowl, combine the rest of the **garlic** with the sugar, white wine vinegar and the rest of the **ponzu**, along with 1 tbsp water per person. Mix well.

**Tip:** if you want to make lettuce cups, set aside several large butter lettuce leaves.



### 4. Serve

Serve the rice on plates and top with the plant-based mince and salad. Garnish with the **peanuts**. Serve with the garlic dressing and any remaining **lime wedges** as preferred.

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

Enjoy!



# Beef Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

Nice & Fast

Total time: 15 - 20 min.



Onion



Bell pepper strips



Beef mince with Mexican seasoning



Tomato



Fresh coriander



Greek-style cheese



Avocado



Smoky tomato ketchup



Flour tortillas



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

Did you know that avocados ripen faster if you keep them next to a banana in your fruit bowl? To speed things up, store them together in a closed paper bag.

## Before you begin

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

## Utensils

Aluminum foil, 2x bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Bell pepper strips* (g)	50	100	150	200	250	300
Beef mince with Mexican seasoning* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (unit(s))	½	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Flour tortillas (unit(s))	2	4	6	8	10	12
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
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)	3226 / 771	639 / 153
Total fat (g)	44	9
of which saturated (g)	13,8	2,7
Carbohydrates (g)	58	12
of which sugars (g)	11,2	2,2
Fibre (g)	8	2
Protein (g)	33	6
Salt (g)	3	0,6

## Allergens

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



### 1. Quick-pickle the onion

Preheat the oven to 180°C (see Tip 1). Finely chop the **onion**. In a bowl, combine the red wine vinegar with half of the **onion** and a pinch of salt (see Tip 2). Set aside until serving, stirring occasionally.

*Tip 1: you can also heat the tortillas in the microwave or in a frying pan if preferred. In this case, no need to use the oven or aluminium foil for this recipe.*

*Tip 2: you can also add a pinch of sugar if preferred.*



### 2. Warm up the tortillas

Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the rest of the **onion** with half of the **bell pepper** for 2 - 3 minutes (see Tip). Add the **mince** and fry for 3 - 5 minutes, separating it as you do so. In the meantime, wrap the **tortillas** in aluminium foil and heat in the oven for 2 - 3 minutes.

*Tip: if you don't like raw bell pepper, fry all of it.*



### 3. Make the salsa

Dice the **tomato** and crumble the **Greek-style cheese**, then transfer both to a bowl. Finely chop the **coriander** and add half of it to the bowl, then mix well to combine. Halve and pit the **avocado**, then remove the skin and slice the flesh.



### 4. Serve

Serve everything in separate bowls so as to allow everyone to assemble their own fajitas. Use the rest of the **bell pepper** and the rest of the **coriander** as toppings as well, along with the smoky ketchup. Serve the **tortillas** on plates.

Enjoy!





# Poké Bowl with Fried Chicken

with avocado, orange & cucumber

Total time: 25 - 35 min.



Chicken fillets



Soy sauce



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. Once you open it, you should store it in the fridge and it will stay fresh for as long as possible.

## Before you begin

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

## Utensils

Lidded frying pan, large bowl, pot or saucepan, 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
Cucumber* (unit(s))	½	1	1	2	2	3
Avocado (unit(s))	½	1	2	2	3	3
Easy peel orange* (unit(s))	½	1	1½	2	2½	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						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Flour (g)	25	50	70	100	120	150
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Water (ml)	180	360	540	720	900	1080
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3736/893	588/141
Total fat (g)	41	7
of which saturated (g)	7,2	1,1
Carbohydrates (g)	89	14
of which sugars (g)	11,7	1,8
Fibre (g)	12	2
Protein (g)	39	6
Salt (g)	2,8	0,4

## Allergens

Always remember to check the ingredient label for the most



### 1. Prepare

Use a sharp knife to remove the skin and the white pith from the **orange** and then dice the flesh. Dice the **cucumber** and slice the **avocado**.



### 4. 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. Boil the rice

Crush or mince the **garlic**. Melt a small knob of butter in a pot or saucepan over medium-high heat. Fry the **garlic** for 1 - 2 minutes, then stir in the **rice**. Pour in the water and crumble in the stock cube (see pantry for amounts). Bring to a boil, then lower the heat and cook the **rice** for 10 minutes until done.



### 5. Make the dressing

In a small bowl, combine the **soy sauce** with the mayonnaise and the honey. Stir the white wine vinegar into the **rice**.



### 3. 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 30ml water per person so as to make a batter. Heat the sunflower oil in a frying pan over medium-high heat (see Tip).

**Tip:** you can also use a fryer instead.



### 6. Serve

Serve the **rice** in bowls or deep plates and top with the fried **chicken**, **cucumber**, **avocado** and **orange**. Drizzle with the sauce and garnish with the **black sesame seeds**.

**Did you know...** 🥑 avocado is rich in unsaturated fat, which is good for cholesterol levels and overall cardiovascular health.

Enjoy!



# Fragrant Chickpea Stew with Pita & Yogurt

with spinach & Greek-style cheese

Veggie

Total time: 55 - 65 min.



Onion



Garlic



Red chili pepper



Chickpeas



Ground turmeric



Coconut milk



Spinach



Organic full-fat yogurt



Greek-style cheese



Pita bread



Ginger paste



Yellow curry spices



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

Did you know that chickpeas, in comparison to other legumes, contain 4 - 5 times more vitamin E? This antioxidant protects the body from harmful external influences.

## Before you begin

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

## Utensils

Lidded dutch oven or deep frying pan, sieve or colander, potato masher

## 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
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Chickpeas (pack)	½	1	1½	2	2½	3
Ground turmeric (tsp)	¾	1½	2¼	3	3¾	4½
Coconut milk (ml)	125	250	375	500	625	750
Spinach* (g)	150	300	500	600	800	900
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Pita bread (unit(s))	2	4	6	8	10	12
Ginger paste* (g)	5	10	15	20	25	30
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	100	200	300	400	500	600
Low sodium vegetable stock (ml)	100	200	300	400	500	600

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3414 /816	418 /100
Total fat (g)	41	5
of which saturated (g)	26,5	3,2
Carbohydrates (g)	76	9
of which sugars (g)	9,8	1,2
Fibre (g)	16	2
Protein (g)	29	4
Salt (g)	3,1	0,4

## Allergens

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



### 1. Prepare

Chop the **onion** and crush or mince the **garlic**. Deseed and finely chop the **red chili pepper**.\* Drain the **chickpeas**.

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



### 2. Fry the chickpeas

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion**, **garlic**, **ginger** paste and **chili pepper** for 3 - 4 minutes, or until the **onion** is translucent and the **garlic** is golden-brown. Stir in the **chickpeas** and the **yellow curry spices** and continue frying for 6 - 7 minutes, or until the **chickpeas** get crispy.



### 3. Finish the chickpeas

Set aside around a third of the **chickpeas** to use later as garnish. Use a **potato** masher or the back of a ladle to roughly squash the rest of the **chickpeas** in the pan.



### 4. Make the stew

Prepare the stock and add it to the **chickpeas**, along with the **turmeric**, **coconut milk**, and water (see pantry for amount). Mix well so as to ensure the pan is thoroughly deglazed, then bring to a boil. Allow to simmer for around 25 - 30 minutes, uncovered, or until the stew has thickened and reduced. Stir in the **spinach** and allow to wilt and reduce.



### 5. Bake the pitas

Preheat the oven to 200°C and bake the **pitas** in the oven for 6 - 8 minutes until golden-brown. You can also use a toaster if preferred.



### 6. Serve

Cut the **pitas** into smaller pieces. Serve the chickpea stew in deep plates and top with the **yogurt** and the reserved **chickpeas**. Crumble over the **Greek-style cheese** and serve the **pitas** on the side.

Enjoy!



# Risotto Caprese

with mozzarella, chili pepper & spinach

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Tomato



Risotto rice



Red chili pepper



Fresh basil



Sicilian-style herb mix



Grana Padano flakes



Mozzarella



Crema di balsamico



Spinach



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

Did you know that mozzarella takes its name from the Italian word mozzare, which describes the way that the cheese is torn to form spheres?



## Before you begin

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

## Utensils

Lidded pot or saucepan

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1½	3	5	6	8	9
Risotto rice (g)	75	150	225	300	375	450
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Grana Padano flakes* (g)	20	40	60	80	100	120
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Crema di balsamico (ml)	4	8	12	16	20	24
Spinach* (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2728 /652	394 /94
Total fat (g)	26	4
of which saturated (g)	12,7	1,8
Carbohydrates (g)	72	10
of which sugars (g)	9,4	1,4
Fibre (g)	11	2
Protein (g)	29	4
Salt (g)	1,8	0,3

## Allergens

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



### 1. Prepare

Prepare the stock. Chop the **onion**. Heat a drizzle of olive oil in a pot or saucepan over medium-low heat and fry the **onion** for 2 minutes.



### 2. Dice the tomato

In the meantime, dice the **tomato** into 1cm chunks and set aside. Add the **risotto rice** to the **onion** and fry for 1 minute, stirring continuously.



### 3. Prepare the risotto

Pour in a third of the stock and allow to slowly incorporate, stirring regularly (see Tip). Repeat with another third of the stock. In the meantime, deseed and finely chop the **red chili pepper**.\*

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

Tip: if preferred, substitute a third of the stock for white wine.



### 4. Finish the risotto

Stir the **tomato** into the risotto, then pour in the rest of the stock and allow to incorporate, stirring continuously. The risotto is done when the **rice** is soft but still al dente. This should take around 20-25 minutes (see Tip). When the risotto is almost done, tear the **spinach** directly into the pot and mix well, allowing it to wilt and reduce.

Tip: you may need more or less liquid depending on the size of your pan. Taste and then add the stock or water accordingly.



### 5. Season the risotto

Roughly chop the **basil**. When the risotto is finished, take the pan off the heat and stir in the Sicilian herbs, along with half each of the **basil** and **Grana Padano**. Season to taste with salt and pepper, then cover with the lid and allow to stand for 2 minutes.



### 6. Serve

Tear the **mozzarella** into smaller pieces. Serve the risotto on plates and top with the **mozzarella**. Garnish with the rest of the **Grana Padano** and **basil**, along with some **red chili pepper** as preferred. Drizzle with the **crema di balsamico** to finish.

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

Enjoy!



# Goat's Cheese Naan Pizza with Vegetables

with tomato salad & basil crème

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



Courgette



Sweet potato



Dried oregano



Passata



Naan bread



Fresh goat's cheese



Basil crème



Tomato



Arugula & lamb's lettuce



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. You decorate the pizza with the toppings, and then the oven does the rest!

## Before you begin

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

## Utensils

Parchment-lined baking sheet, 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))	½	1	1	2	2	3
Sweet potato (g)	25	50	75	100	125	150
Dried oregano (sachet(s))	⅓	⅔	1	1½	1¾	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	39	39	54
Tomato (unit(s))	1	2	4	4	6	6
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
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)	2498 / 597	508 / 121
Total fat (g)	24	5
of which saturated (g)	8,4	1,7
Carbohydrates (g)	69	14
of which sugars (g)	12	2,4
Fibre (g)	8	2
Protein (g)	20	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 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 five 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 **lettuce** and the rest of the **onion**. Add the white balsamic vinegar and the rest of the **basil crème**, along with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine. Slice the naan pizza and serve with the salad.

Enjoy!



# Pork Escalope with Zesty Lemon Dressing

with roasted baby potatoes & green beans

Calorie Smart

Total time: 40 - 50 min.



Pork escalope



Fresh thyme



Baby potatoes



Green beans



Onion



Lemon



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

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



## Before you begin

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

## Utensils

Aluminum foil, parchment-lined baking sheet, lidded deep frying pan, sieve or colander, grater, 2x small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork escalope* (unit(s))	1	2	3	4	5	6
Fresh thyme* (g)	2½	5	7½	10	12½	15
Baby potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	¾	1½	2¼	3	3¾	4½

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2741 /655	404 /96
Total fat (g)	27	4
of which saturated (g)	9,4	1,4
Carbohydrates (g)	64	9
of which sugars (g)	12,9	1,9
Fibre (g)	17	3
Protein (g)	34	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 baby potatoes

Take the **pork escalope** out of the fridge and allow it to reach room temperature. Preheat the oven to 220°C. Pull the **thyme** leaves off of the stems. Wash the **baby potatoes** and cut in half, then transfer to a parchment-lined baking sheet along with the **thyme**. Lightly drizzle with olive oil and season with salt and pepper, then toss well to coat. Roast in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.

**Did you know...** 🍌 *baby potatoes are always eaten with the skin on, which means they provide more fibre and vitamins; in particular vitamin B6, which is important for metabolic health.*



### 4. Make the dressing

In a small bowl, combine the mustard with the honey and extra virgin olive oil, along with (per person) 0.5 tsp **lemon** zest and 0.5 tbsp **lemon** juice. Season to taste with salt and pepper, then set aside.



### 2. Prepare

Discard the tips of the **green beans** and then cut in half. Fill a deep frying pan with a shallow layer of water, then add a pinch of salt and bring to the boil. Slice the **onion** into half rings, then zest and juice the **lemon** into a small bowl. Parboil the **green beans** for 6 - 8 minutes, covered, then drain and rinse under cold water.



### 5. Fry the green beans

In the meantime, melt a small knob of butter in the same pan from step 3 and fry the **onion** with the **green beans** for 4 - 6 minutes or until the **beans** are al dente. Take the pan off the heat and stir in half of the **lemon** dressing.



### 3. Fry the pork escalope

Melt a knob of butter in a frying pan over medium-high heat and fry the **pork escalope** for 5 - 7 minutes until evenly browned, turning regularly. Remove from the pan and set aside under aluminium foil to rest until serving.



### 6. Serve

Cut the **pork escalope** into strips and combine its juices with the rest of the **lemon** dressing. Serve the **pork** with the **baby potatoes** and **green beans**. To finish, drizzle the rest of the **lemon** dressing over the **pork** (see Tip).

*Tip: you can also garnish the pork with the rest of the lemon zest if preferred.*

Enjoy!



# Salami & Courgette Tart

with Greek-style cheese & cucumber-pear salad

Family

Total time: 35 - 45 min.



Pear



Onion



Courgette



Puff pastry



Organic crème fraîche



Salami



Greek-style cheese



Cucumber



Fresh flat leaf parsley & mint



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

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

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pear* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	⅓	⅔	1	1½	1½	2
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Organic crème fraîche* (g)	25	50	75	100	125	150
Salami* (slice(s))	3	6	9	12	15	18
Greek-style cheese* (g)	25	50	75	100	125	150
Cucumber* (unit(s))	½	1	1	2	2	3
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil				to taste		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4054 / 969	804 / 192
Total fat (g)	68	13
of which saturated (g)	33,9	6,7
Carbohydrates (g)	64	13
of which sugars (g)	18,6	3,7
Fibre (g)	6	1
Protein (g)	21	4
Salt (g)	2,9	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. Use a peeler or cheese slicer to shave the **courgette** into thin ribbons. Roll out the **puff pastry** onto a parchment-lined baking sheet (see Tip).

**Tip:** 🍏 *this recipe is high in calories. If you're watching your calorie intake, use just a third of the pastry roll per person. You can use the rest for another recipe tomorrow.*



### 2. Bake the tart

Spread the **crème fraîche** over the **pastry** and season with plenty of pepper. Top with the **courgette** ribbons and drizzle with olive oil as preferred. Core and dice the **pear**, then top the tart with two thirds of it and set the rest aside. Slice the **onion** into half rings and arrange on the tart, along with the **salami**. Crumble over the **Greek-style cheese** and then bake the tart in the oven for 20 - 25 minutes.



### 3. Make the salad

In a salad bowl, combine the extra virgin olive oil with the white balsamic vinegar and season with salt and pepper. Shave the **cucumber** into thin ribbons and add to the dressing, along with the rest of the **pear**. Toss well to combine with the dressing. Finely chop the fresh herbs and add to the salad.



### 4. Serve

Serve the tart with the **cucumber-pear** salad.

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

Enjoy!



# Creamy Courgette Spaghetti

with mini Roma tomatoes & walnut-basil topping

Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Courgette



Mini Roma tomatoes



Grated mature cheese



Herbed cream cheese



Fresh basil



Chopped walnuts



Spaghetti



Basil crème



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



## Before you begin

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

## Utensils

Deep frying pan, grater, pot or saucepan, 2x small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Mini Roma tomatoes (g)	100	200	300	400	500	600
Grated mature cheese* (g)	25	50	75	100	125	150
Herbed cream cheese* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Chopped walnuts (g)	10	20	30	40	50	60
Spaghetti (g)	90	180	270	360	450	540
Basil crème* (ml)	10	15	24	30	39	45
From your pantry						
Balsamic vinegar (tsp)	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)	3205 /766	727 /174
Total fat (g)	36	8
of which saturated (g)	12,7	2,9
Carbohydrates (g)	78	18
of which sugars (g)	13,6	3,1
Fibre (g)	8	2
Protein (g)	25	6
Salt (g)	0,9	0,2

## Allergens

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



### 1. Prepare

Boil plenty of salted water in a pot or saucepan for the spaghetti. Chop the **onion** and crush or mince the **garlic**. Grate the **courgette** and halve the **tomatoes**.



### 2. Boil the spaghetti

Boil the **spaghetti** for 10 - 12 minutes, then drain and set aside. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** for 2 - 3 minutes, then add the **tomatoes** and fry for 3-4 minutes. Add the **courgette** and fry for another 3 - 4 minutes.



### 3. Prepare the topping

In a small bowl, combine the **cream cheese** and the **basil crème** with half of the **mature cheese**. Finely chop the **basil** and transfer to another small bowl. Add the **walnuts** and the rest of the **cheese**, then mix well to combine. Set aside to use later as garnish.



### 4. Serve

Transfer the **spaghetti** to the vegetables, along with the **cream cheese** mixture and the balsamic vinegar. Mix well to combine and season to taste with salt and pepper. Serve on deep plates and garnish with the **walnut-basil topping**.

Enjoy!



# Chili Sin Carne Tacos with Avocado Dip

on hard-shell tacos with corn salsa & sour cream

Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Lentils



Taco shells



Passata



Corn



Onion



Mexican-style spices



Green bell pepper



Organic sour cream



Avocado dip



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

The avocado dip in your box is made from avocados that, otherwise, would have been thrown away. Now that is responsible enjoyment!

## Before you begin

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

## Utensils

Parchment-lined baking sheet, bowl, deep frying pan, sieve or colander

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lentils (pack)	½	1	1½	2	2½	3
Taco shells (unit(s))	4	8	12	16	20	24
Passata (g)	100	200	300	390	500	590
Corn (g)	70	140	215	285	355	425
Onion (unit(s))	½	1	1	2	2	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Green bell pepper* (unit(s))	½	1	2	2	3	3
Organic sour cream* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2803 / 670	494 / 118
Total fat (g)	30	5
of which saturated (g)	9,7	1,7
Carbohydrates (g)	76	13
of which sugars (g)	16,1	2,8
Fibre (g)	17	3
Protein (g)	13	2
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

Preheat the oven to 200°C. Dice the bell pepper and chop the **onion**.



## 2. Make the chili sin carne

Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry two thirds of the **onion** with half of the **bell pepper** for 2-3 minutes (see Tip). Drain and rinse the lentils, then transfer to the frying pan along with the **Mexican-style spices\*** and fry for 3-4 minutes over high heat. Deglaze with the **passata** and crumble in the stock cube (see pantry for amount). Allow to simmer gently for 1-2 minutes.

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

**Tip:** the rest of the onion is served raw, but if preferred you can also fry it here instead.



## 3. Make the salsa

Drain the **corn** and stir half of it into the **chili sin carne**. Allow to simmer gently until serving, adding a splash of water as necessary if the **chili** becomes too thick. In the meantime, combine the rest of the **onion**, **corn** and **bell pepper** with the white wine vinegar. Add extra virgin olive oil as preferred, then season to taste with salt and pepper.

**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.



## 4. Serve

Transfer the **taco shells** to a parchment-lined baking sheet and heat in the oven for 4 - 5 minutes. Serve the **chili sin carne**, salsa, **avocado dip** and **sour cream** in separate bowls. Serve the **taco shells** on plates and allow everyone to assemble their own **tacos**.

Enjoy!



# Chimichurri Steak Strips with Mafaldine

with Grana Padano, courgette & tomato

Nice & Fast

Total time: 20 - 30 min.



Steak strips



Mafaldine



Courgette



Onion



Tomato



Garlic



Red chili pepper



Fresh flat leaf parsley,  
coriander & oregano



Grana Padano flakes



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

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



## Before you begin

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

## Utensils

Deep frying pan, tall container, immersion blender, pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Mafaldine (g)	90	180	270	360	450	540
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley, coriander & oregano* (g)	10	20	30	40	50	60
Grana Padano flakes* (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3180 /760	699 /167
Total fat (g)	31	7
of which saturated (g)	9,7	2,1
Carbohydrates (g)	76	17
of which sugars (g)	8,3	1,8
Fibre (g)	5	1
Protein (g)	41	9
Salt (g)	0,3	0,1

## Allergens

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



### 1. Prepare

Take the **steak strips** out of the fridge and allow to reach room temperature. Boil plenty of salted water in a pot or saucepan and cook the **mafaldine** for 7 - 9 minutes. Reserve some of the pasta water, then drain and set aside. Meanwhile, chop the **onion**. Slice the **courgette** into crescents and dice the **tomato**. Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes. Season with salt and pepper.



### 2. Make the chimichurri

Peel the **garlic** and transfer to a tall container, along with the fresh herbs. Deseed the **red chili pepper\*** and add some as preferred. Add the red wine vinegar and extra virgin olive oil, along with 30ml pasta water per person. Use an immersion blender to process into a smooth paste.

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



### 3. Fry the steak strips

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



### 4. Serve

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

**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!



# Sumac Cod with Zesty Salsa

over fragrant giant couscous with orange mayo

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Cod fillet



Giant couscous



Sumac



Onion



Cucumber



Tomato



Easy peel orange



Dill, mint & flat leaf parsley



Middle Eastern spice mix



Red chili pepper



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

Sumac is a spice made from the dried red berries of the sumac plant. The flavour is fresh and sour like citrus, but a bit more herbal. Ideal for this dish!

## Before you begin

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

## Utensils

Lidded frying pan, grater, large bowl, pot or saucepan, kitchen paper

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Giant couscous (g)	75	150	225	300	375	450
Sumac (tsp)	1½	3	4½	6	7½	9
Onion (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	1	1	2	2
Tomato (unit(s))	1	2	3	4	5	6
Easy peel orange* (unit(s))	½	1	1½	2	2½	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Water (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[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)	2711 /648	417 /100
Total fat (g)	26	4
of which saturated (g)	3,5	0,5
Carbohydrates (g)	70	11
of which sugars (g)	14,5	2,2
Fibre (g)	10	2
Protein (g)	30	5
Salt (g)	1,5	0,2

## Allergens

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



### 1. Boil the giant couscous

Deseed and finely chop the **red chili pepper**. \* Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat and fry the **chili pepper** with the **giant couscous** for 1 minute. Add the water and crumble in the stock cube (see pantry for amount). Bring to a boil and cook gently for 12 - 14 minutes, covered, then set aside.

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



### 2. Prepare the fish

Slice the **onion** into half rings. Heat a drizzle of olive oil in a large frying pan over medium-high heat and fry the **onion** for 3-5 minutes. Pat the fish dry with kitchen paper and season with the **sumac**, then fry for 1 - 2 minutes per side. Season to taste with salt and pepper, then turn off the heat and set aside until serving, covered.



### 3. Make the salsa

Meanwhile, dice the **tomato** and the **cucumber**. Finely chop the **herbs**, then transfer everything to a large bowl. Zest the **orange** and set aside. Use a sharp knife to remove the skin and the white pith from the **orange**, then dice the flesh and transfer to the bowl. Add the white wine vinegar and some extra virgin olive oil as preferred, then season to taste with salt and pepper. Toss well to combine.



### 4. Serve

Stir the **Middle Eastern spices** into the **giant couscous** and drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper. Serve the **giant couscous** in bowls and top with the fish, **onion** and salsa. In the bowl you used for the salsa, combine the residual juices with the mayonnaise and some **orange zest** as preferred. Drizzle the **orange mayo** over the fish and vegetables to finish.

Enjoy!