



Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheese | 4 servings

Appetizer

Total time: 15 - 20 min.



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(s), large bowl, frying pan

Ingredients

Organic sour cream* (g)	100
Jalapeño* (unit(s))	2
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Mexican-style spices (sachet(s))	½
Grated Gouda* (g)	150
Sweet chilli tortilla chips (g)	300
Beef-pork mince with Italian herbs* (g)	100
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	949 /227
Total fat (g)	15
of which saturated (g)	4,5
Carbohydrates (g)	16
of which sugars (g)	2,2
Fibre (g)	3
Protein (g)	7
Salt (g)	0,7

Allergens

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



Prepare

- Preheat the oven to 180°C. Finely slice the scallions.
- Heat the olive oil in a frying pan on medium-high heat. Add the minced meat and Mexican-style spices* and fry for 3 - 4 minutes.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Scatter the minced meat, jalapeños* and two-thirds of the scallions over the tortilla chips, followed by the cheese.

*Take care, these ingredients are spicy! Use as preferred.

Chop

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Meanwhile, halve and pit the avocado, then dice the flesh and transfer to a large bowl.
- Finely dice the tomato. Cut the lime in half.
- Finely chop the shallot and press or mince the garlic.

Serve

- Mash the avocado with a fork until smooth. Add the tomato, shallot and garlic.
- Juice the lime into the bowl. Mix everything together and season with salt and pepper to taste.
- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions. Put the sour cream in a bowl, then serve the sour cream and guacamole to the side.

Enjoy!



Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces

Appetizer

Total time: 20 - 25 min.



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(s), grater, large bowl, (lidded) saucepan(s), microplane, plate, frying pan

Ingredients

Jasmine rice (g)	150
Red onion (unit(s))	1
Shrimp* (g)	240
Fresh coriander & mint* (g)	10
Persian cucumber* (unit(s))	1
East Asian-style sauce* (g)	25
Carrot* (unit(s))	1
Rice paper (unit(s))	1
Fresh ginger* (tsp)	2
Hoisin sauce (g)	25
From your pantry	
Water (ml)	360
White wine vinegar (tbsp)	1
Sugar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	411 /98
Total fat (g)	1
of which saturated (g)	0,2
Carbohydrates (g)	19
of which sugars (g)	2,5
Fibre (g)	1
Protein (g)	5
Salt (g)	0,5

Allergens

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



Prepare

- Boil the water (see pantry for amount) in a lidded saucepan. Cook the rice for 10 - 12 minutes, covered, then set aside to cool down.
- Grate the carrot and finely chop the onion.
- In a bowl, mix the white wine vinegar with the sugar and a pinch of salt. Mix in the onion and carrot and set aside. Stir regularly so that the flavours can sink in properly.

Chop the aromatics

- Finely grate 2 tsp of ginger.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the ginger and shrimp. Fry for 2 - 3 minutes and season with salt and pepper.
- Finely chop the fresh herbs. Cut the cucumber into thin sticks.
- Fill a large bowl or deep plate with lukewarm water. Soak one of the rice paper sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

Serve

- Place the shrimp in the middle of the rice paper, then top with some of the carrot, onion, cucumber, rice, sweet East Asian-style sauce and fresh herbs.
- Fold the bottom of the rice paper over the filling, then fold the sides and roll it up.
- Repeat these steps for the rest of the rice paper sheets.
- Serve on a large platter or plate, with the hoisin sauce.

Enjoy!



Quesadillas with Pulled Chicken

with bell pepper and BBQ sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



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(s), frying pan

Ingredients

Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
Chicken breast* (unit(s))	2
BBQ Sauce (g)	50
Red onion (unit(s))	1
Bell Pepper* (unit(s))	1
Crème fraîche* (g)	50
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2870 /686	718 /172
Total fat (g)	32	8
of which saturated (g)	18	4,5
Carbohydrates (g)	56	14
of which sugars (g)	12,1	3
Fibre (g)	5	1
Protein (g)	42	10
Salt (g)	2,1	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Chop the bell pepper into strips.
- Slice the onion into half rings.

Fry the chicken

- Season the chicken with salt and pepper.
- Heat the butter in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side. Reduce the heat and fry for a further 4 - 5 minutes or until done.
- Remove the chicken from the pan and shred it using two forks.
- Add the chicken back to the pan, together with the bell pepper, onion and BBQ sauce. Simmer for 4 - 5 minutes on medium-high heat.

Serve

- Place the tortillas on a parchment-lined baking sheet. Add the pulled chicken and veggies to just half of each tortilla.
- Top with the grated cheese, then fold the other side over the filling and press down.
- Put the quesadillas in the oven and bake for 5 - 7 minutes, until golden brown.
- Serve the quesadillas with the crème fraîche on the side.

Enjoy!



Tandoori-Style Chicken Skewers

with mango chutney mayonnaise | 4 servings

Appetizer

Total time: 15 - 20 min.



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(s), microplane, skewers, small bowl, frying pan

Ingredients

Garam Masala (sachet(s))	1
Organic full-fat yogurt* (g)	50
Tomato paste (can)	½
Mango chutney* (g)	40
Garlic (unit(s))	1
Chicken thigh strips* (g)	400
Fresh coriander* (g)	10
Fresh ginger* (tsp)	2½
From your pantry	
Olive oil (tbsp)	1
[Plant-based] mayonnaise (tbsp)	2
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	815/195
Total fat (g)	14
of which saturated (g)	3,6
Carbohydrates (g)	5
of which sugars (g)	1,5
Fibre (g)	1
Protein (g)	12
Salt (g)	1,1

Allergens

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



Prepare

- Crush or mince the garlic. Finely grate the ginger.
- Slice the chicken lengthways into smaller strips.
- In a bowl, mix the tomato paste, yogurt, garlic, ginger, garam masala*, salt, and half of the olive oil.
- Add the chicken to this marinade and mix well, then set aside until further use.

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

Fry the chicken

- Heat the rest of the olive oil in a frying pan over medium-high heat.
- Thread the chicken onto skewers.
- Fry the chicken for 8 - 10 minutes or until done.

Serve

- In a small bowl, mix the mayonnaise with the mango chutney.
- Finely chop the coriander.
- Place the chicken skewers on a serving platter and garnish with the coriander.
- Serve with the mango chutney mayonnaise on the side.

Enjoy!



Crispy Shrimp

with sriracha mayo & mango dip | to share

Appetizer

Total time: 15 - 20 min.



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(s), small bowl, two bowls

Ingredients

Shrimp* (g)	320
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
Olive oil (tbsp)	2
Sambal (tsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	806/193
Total fat (g)	12
of which saturated (g)	2
Carbohydrates (g)	11
of which sugars (g)	0,8
Fibre (g)	1
Protein (g)	10
Salt (g)	0,9

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Transfer the regular mayonnaise to a bowl.
- In a separate bowl, combine the panko, piri piri seasoning* and 2 tbsp of olive oil.

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

Bake the shrimp

- Add the shrimp to the mayonnaise, season with salt and pepper and toss well to coat.
- Coat the shrimp in the breadcrumbs, making sure they are completely covered, then transfer to a parchment-lined baking sheet.
- Bake the shrimp on the top shelf of the oven for 10 - 15 minutes, until lightly golden and done.

Serve

- Mix the mango chutney and sour cream in a small bowl.
- Add the sambal and season with salt and pepper to taste.
- Place the crispy shrimp on a serving plate.
- Serve the mango dip and sriracha mayo on the side for dipping.

Enjoy!



Mozzarella Garlic Bread

with homemade parsley-garlic butter | to share

Appetizer

Total time: 10 - 15 min.



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(s)

Ingredients

Mozzarella* (ball(s))	1
Grated Gouda* (g)	75
Fresh flat leaf parsley* (g)	10
Unsalted butter* (g)	125
Garlic (unit(s))	1
White demi-baguette (unit(s))	2
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1505 /360
Total fat (g)	25
of which saturated (g)	16,1
Carbohydrates (g)	23
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	10
Salt (g)	0,9

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Take the butter out of the fridge and allow it to reach room temperature.
- Press or mince the garlic and finely chop the parsley.

Make the garlic butter

- Transfer the softened butter to a bowl.
- Mix the butter with the garlic and two-thirds of the parsley.
- Season with salt and pepper.
- Roughly chop the mozzarella.

Serve

- Partially slice the demi-baguettes on a diagonal, ensuring the base remains intact.
- Spread the garlic butter on the inside of the bread and add some of both cheeses, then scatter the rest of the cheese over the top.
- Pop the baguettes in the oven for 10 minutes, or until the cheese is golden-brown.
- Transfer the garlic bread to a serving dish. Scatter the rest of the parsley over the bread to finish.

Enjoy!



Serrano Ham Flammekueche

with dried dates & crema di balsamico | 2 servings

Appetizer

Total time: 15 - 20 min.



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(s), small bowl

Ingredients

Flammekueche* (unit(s))	2
Serrano ham* (g)	60
Shallot (unit(s))	1
Organic sour cream* (g)	100
Crema di balsamico (ml)	16
Red cherry tomatoes (g)	125
Arugula* (g)	40
Chopped dates (g)	20

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1803 /431	595 /142
Total fat (g)	10	3
of which saturated (g)	4,2	1,4
Carbohydrates (g)	62	20
of which sugars (g)	15,9	5,2
Fibre (g)	3	1
Protein (g)	21	7
Salt (g)	2,6	0,8

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Transfer the flammekueche to a parchment-lined baking sheet.
- In a small bowl, soak the dates in some water and set aside.
- Slice the shallot into half rings. Halve the cherry tomatoes.

Bake

- Spread the sour cream over the flammekueche and top with the shallot.
- Bake the flammekueche in the oven for 8 - 10 minutes until golden brown.
- Drain the dates, then add to the flammekueche during the final 2 minutes of cooking time.

Serve

- Slice the flammekueche and top with the Serrano ham.
- Garnish with the arugula and cherry tomatoes.
- Drizzle over the crema di balsamico and serve.

Enjoy!



Baked Camembert in Puff Pastry

with onions, bacon and thyme twists | to share

Appetizer

Total time: 25 - 30 min.



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(s), frying pan

Ingredients

Camembert* (g)	240
Puff pastry* (roll(s))	1
Onion (unit(s))	2
Garlic (unit(s))	1
Fresh thyme* (g)	10
Bacon lardons* (g)	50
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1049 /251
Total fat (g)	16
of which saturated (g)	9,5
Carbohydrates (g)	17
of which sugars (g)	3,7
Fibre (g)	2
Protein (g)	9
Salt (g)	0,8

Allergens

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



Prepare

- Preheat the oven to 190°C.
- Chop the onion into half rings.
- Crush or mince the garlic.
- Pull the thyme leaves off the sprigs and discard the stalks.

Fry the onions and bacon

- Heat a frying pan over medium-high heat and fry the bacon and onions for 3 - 4 minutes.
- Add three-quarters of the thyme leaves and garlic during the last minute of cooking time. Season to taste with salt and pepper.
- In the meantime, make a few shallow cuts on top of the camembert and stuff the rest of the thyme leaves in the openings.
- Roll out the puff pastry onto a parchment-lined baking sheet.

Bake and serve

- Place the camembert in the middle of the dough, then cut 12 strips from the centre to the edges of the dough.
- Add a little of the onion-bacon mixture to each strip. Twist each strip twice, and alternate left and right between the strips.
- Bake for 14 - 16 minutes.
- Transfer to a platter and drizzle the honey on top, then serve.

Enjoy!



Banana Bread with Ginger

with orange and chopped pecans | 12 slices

Baking

Total time: 85 - 95 min.



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

25cm loaf tin, large bowl, handheld mixer, parchment paper

Ingredients

Banana bread mix (g)	400
Banana (unit(s))	4
Fresh ginger* (tsp)	5
Orange* (unit(s))	1
Chopped pecans (g)	50
Ground cinnamon (tsp)	2
Nutmeg (pinch)	2
From your pantry	
Honey [or plant-based alternative] (tbsp)	3
Water (ml)	50
Sunflower oil (ml)	50

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1007 /241
Total fat (g)	8
of which saturated (g)	1,4
Carbohydrates (g)	36
of which sugars (g)	21,4
Fibre (g)	1
Protein (g)	4
Salt (g)	0,5

Allergens

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



Prepare

- Preheat the oven to 160°C.
- Grate the ginger.
- Zest and juice the orange into a large bowl.
- Add three bananas to the bowl and mash them with a fork, then mix in the honey, ginger, and cinnamon. Grate in 0.5 tsp of nutmeg (see Tip).

Tip: the riper the bananas, the sweeter the banana bread will be. You can help the bananas ripen up by wrapping them in newspaper or storing them next to an avocado. If they're still too hard, you can always use a blender to purée them.

Make the batter

- In the same bowl, use a handheld mixer to combine the mashed banana with the banana bread mix, sunflower oil and water. Stir in the chopped pecans.
- Grease a loaf tin or line it with parchment paper. Pour the batter into the loaf tin.
- Cut the fourth banana in half lengthways and place each half face-up on top of the batter.
- Put the banana bread in the oven for 45 - 55 minutes.

Serve

- After 55 minutes, check if the cake is done by poking it with a skewer.
- If the skewer comes out clean, the cake is ready. Remove it from the oven and let the cake cool completely.
- Cut the cake into slices and serve.

Enjoy!



Speculaas Brownies

with almonds and chocolate chips | 9 pieces

Baking

Total time: 40 - 50 min.



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 bowl, oven dish, parchment paper, whisk

Ingredients

Salted almonds (g)	40
Chocolate cake mix (g)	400
Egg* (unit(s))	2
Chocolate chips (g)	100
Speculaas pieces (g)	120
From your pantry	
[Plant-based] butter (g)	80
Water (ml)	80

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1570 /375
Total fat (g)	17
of which saturated (g)	9,2
Carbohydrates (g)	47
of which sugars (g)	29,3
Fibre (g)	3
Protein (g)	6
Salt (g)	1,2

Allergens

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



Prepare

- Weigh out the butter, dice it and let it come up to room temperature.
- Preheat the oven to 180°C.
- Line a 20 x 20cm baking tin with parchment paper (see Tip).
- Roughly chop the salted almonds.

Tip: you can also use a square oven dish if you don't have a baking tin.

Mix the batter

- In a large bowl, mix the cake mix, eggs, butter and water together until smooth (see Tip).
- Add the chocolate chips and chopped almonds and stir well.

Tip: if you have a mixer or an electric whisk, mix the batter with this for 4 minutes on a low speed.

Serve

- Pour the batter into the cake tin and scatter over the speculaas pieces.
- Bake the brownie for 20 - 25 minutes. The brownie is done when you start to see cracks in the surface.
- Take the brownie out of the oven and let it cool down for 5 minutes.
- Cut it into roughly 9 pieces and take them out of the tin one by one.

Enjoy!



Carrot Cake Energy Bites

with dates, pecan nuts & pistachios | 16 pieces

Baking

Total time: 25 - 30 min.



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(s), large bowl, microplane, saucepan, small saucepan, heatproof bowl

Ingredients

Chopped dates (g)	80
Carrot* (unit(s))	1
Chopped pecans (g)	100
Ground cinnamon (tsp)	1½
White chocolate chips (g)	100
Raisins (g)	40
Oats (g)	150
Pistachio nuts (g)	20

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1683 /402
Total fat (g)	22
of which saturated (g)	5,2
Carbohydrates (g)	43
of which sugars (g)	26,1
Fibre (g)	5
Protein (g)	7
Salt (g)	0,1

Allergens

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



Prepare

- Boil plenty of water in a kettle or saucepan. Place the chopped dates and raisins in a bowl and pour the hot water over them.
- Allow to soak for 10 minutes and then drain. In the meantime, finely grate the carrot.
- Finely chop the raisins, dates and pecans, then put them in a large bowl (see Tip).

Tip: if you have an electric mixer, use that to mix all the ingredients together.

Mix

- Add the carrot, oats and cinnamon to the large bowl.
- Mix everything together, then roll the mixture into small balls (see Tip).
- Bring plenty of water to a boil in a small saucepan.
- Put the chocolate chips in a heat-resistant glass bowl that is larger than the saucepan.

Tip: if the mixture is a bit too sticky, put it in the fridge to chill for a little bit. This will help the mixture to set and will make it easier to handle.

Serve

- Place the bowl on top of the saucepan and allow the chocolate to melt, stirring continuously. Finely chop the pistachios.
- Dip the energy bites in the chocolate before sprinkling over the chopped pistachios (see Tip).
- Serve the energy balls on a serving platter.

Tip: the energy bites are quite sweet thanks to the dates and raisins, so feel free to leave out the chocolate if you're trying to cut down on sugar!

Enjoy!



Apple Ginger Crisp

with whipped crème fraîche | to share

Baking

Total time: 45 - 55 min.



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

Medium bowl, microplane, mixing bowl, oven dish, whisk

Ingredients

Apple* (unit(s))	4
Fresh ginger* (tsp)	5
Flour (g)	200
Cane sugar (g)	200
Unsalted butter* (g)	250
Crème fraîche* (g)	50
Ground cinnamon (tsp)	2
From your pantry	
Sugar (tbsp)	1
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1221 /292
Total fat (g)	17
of which saturated (g)	10,6
Carbohydrates (g)	33
of which sugars (g)	20,7
Fibre (g)	2
Protein (g)	2
Salt (g)	0

Allergens

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



Prepare the filling

- Preheat the oven to 180 °C.
- Peel, core and dice the apples into 2cm pieces. Grate the ginger.
- Add the apple and ginger to a mixing bowl and combine together with half of the cane sugar and 2 tbsp of flour. Transfer the apple mixture to an oven dish.
- Add the rest of the flour, rest of the cane sugar, cinnamon and a pinch of salt to the mixing bowl. Dice the butter and add to the bowl.

Make the crumble

- Using your hands, fold the butter into the flour mixture until it reaches a sandy, crumbly texture and sticks together when squeezed.
- Sprinkle the flour topping over the apple mixture.
- Bake in the oven until the topping is golden brown, for about 40 - 45 minutes.

Serve

- Meanwhile, in a medium bowl, combine the crème fraîche with 1 tbsp of granulated sugar.
- Whisk together until thick, for 1 - 2 minutes.
- Serve the crumble in bowls with a dollop of the whipped crème fraîche.

Enjoy!



Oatmeal Cookies

with cinnamon & chopped dates | to share

Baking

Total time: 90 - 100 min.



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(s), large bowl, plastic wrap, small bowl

Ingredients

Egg* (unit(s))	1
Ground cinnamon (tsp)	3
Chopped dates (g)	40
Peanut butter (tub)	1
Flour (g)	200
Oats (g)	150
Cane sugar (g)	100
From your pantry	
[Plant-based] butter (g)	40

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1559 /373
Total fat (g)	10
of which saturated (g)	4,4
Carbohydrates (g)	60
of which sugars (g)	22,4
Fibre (g)	4
Protein (g)	10
Salt (g)	0

Allergens

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



Prepare the dough

- Weigh and dice the butter, then allow to come up to room temperature. Beat the egg in a small bowl.
- In a large bowl, mix the flour, oats and sugar with the cinnamon and chopped dates.
- Using your hands, knead in the butter, peanut butter and egg until the dough has an even texture.

Make the cookies

- Lay out some plastic wrap on the counter and transfer the dough onto it. Shape the dough into a long roll of 5cm thickness and wrap the plastic film all around. Chill in the fridge for at least an hour.
- Preheat the oven to 160°C. Unwrap the dough, then cut it into 1.5cm slices.
- Place the cookies on a parchment-lined baking sheet in rows, making sure there is enough room between them.

Bake the cookies and serve

- Put the oatmeal cookies in the oven for 15 – 18 minutes.
- They should still be slightly soft when they come out of the oven.
- Let the cookies cool down on the baking sheet for at least 30 minutes, then store them in an air-tight container (see Tip).

Tip: if the cookies have gone soft the next day, put them back in the oven at 160°C for 5 minutes.

Enjoy!



Scones with Homemade Clotted Cream

with strawberry jam | 10 servings

Baking

Total time: 40 - 50 min.



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(s), bowl(s), large bowl, microplane, handheld mixer, small bowl

Ingredients

Spelt flour (g)	260
Baking powder (g)	8
Raisins (g)	40
Organic buttermilk* (ml)	150
Heavy cream* (ml)	200
Mascarpone* (g)	100
Lemon* (unit(s))	1/4
Strawberry jam (g)	60
From your pantry	
[Plant-based] butter (g)	70
Sugar (g)	55
Salt (tsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1355 /324
Total fat (g)	15
of which saturated (g)	9,9
Carbohydrates (g)	34
of which sugars (g)	14,5
Fibre (g)	1
Protein (g)	4
Salt (g)	0,9

Allergens

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



Prepare the dough

- Preheat the oven to 200°C. Take the butter out of the refrigerator.
- In a large bowl, mix the flour, baking powder, salt and 40g of sugar.
- Knead the butter and dry ingredients together until you have bread crumbs.
- Add the buttermilk and raisins and knead together until well combined. The dough should have a smooth, consistent texture.

Make the scones

- Shape the dough into little balls, using roughly 2 tbsp of the dough for each one.
- Transfer to a parchment-lined baking sheet.
- Bake the scones in the oven for 10 - 15 minutes.
- Zest the lemon, then juice a quarter of it into a small bowl. Add the strawberry jam and mix well, then store in the fridge until ready to use.

Serve

- Add the cream and 15g of sugar to a bowl and whip with a handheld mixer until fluffy. Add the mascarpone and lemon zest and mix once more, then store in the fridge until ready to serve.
- Let the scones cool down thoroughly, then serve on a plate with the mascarpone cream and the strawberry jam.

Enjoy!



Granola Bars

with cranberries, mixed nuts and sesame seeds | 12 pieces

Baking

Total time: 45 - 55 min.



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(s), large bowl, handheld mixer, oven dish, parchment paper

Ingredients

Oats (g)	150
Dried cranberries (g)	80
Salted peanuts (g)	40
Pistachio nuts (g)	40
Chopped pecans (g)	50
Sesame seeds (g)	10
Ground cinnamon (tsp)	3
Egg* (unit(s))	2
Tahini (g)	100
Peanut butter (tub)	3
From your pantry	
Honey [or plant-based alternative] (tbsp)	3
Salt	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1873 /448
Total fat (g)	28
of which saturated (g)	4,1
Carbohydrates (g)	35
of which sugars (g)	15
Fibre (g)	5
Protein (g)	14
Salt (g)	0,2

Allergens

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



Mix the granola

- Preheat the oven to 165°C.
- Roughly chop the peanuts, pistachios and dried cranberries, and transfer them to a large bowl, along with the chopped pecans.
- Add the oats, sesame seeds and ground cinnamon to the same bowl and mix.
- Separate the egg whites from the yolks. Transfer the egg whites to a clean bowl, then beat them with an electric whisk until firm.

Bake the granola bars

- Add the tahini, peanut butter and honey and mix well to combine.
- Add this mixture to the bowl with the oats and gently mix everything together.
- Line a square oven dish with parchment paper.
- Transfer the granola mixture to the oven dish, pressing it down firmly with the back of a spoon (see Tip).

Tip: this will make the mixture stick together so the granola bars don't crumble or fall apart later on.

Serve

- Drizzle with extra honey to taste and sprinkle with a pinch of salt if preferred.
- Bake for 20 – 25 minutes.
- Once the baked granola mixture has cooled down, carefully remove it from the tin, then use a sharp knife to cut it into thick slices.
- Serve the granola bars.

Enjoy!



Passion Fruit & Mango Cheesecake in a Glass

with lime and speculaas pieces | 4 servings

Dessert

Total time: 25 - 30 min.



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

Blender or immersion blender (with a tall container), large bowl, microplane, handheld mixer

Ingredients

Lime* (unit(s))	1
Mascarpone* (g)	100
Heavy cream* (ml)	200
Passion fruit* (unit(s))	2
Speculaas pieces (g)	120
Mango* (unit(s))	1
Vanilla sugar (g)	5
From your pantry	
Sugar (tbsp)	2

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	985 /235
Total fat (g)	12
of which saturated (g)	8,3
Carbohydrates (g)	19
of which sugars (g)	13,2
Fibre (g)	1
Protein (g)	2
Salt (g)	0,2

Allergens

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



Prepare

- Zest and juice the lime.
- Peel and dice the mango.
- Add the mango to a tall container and purée with an immersion blender until smooth.

Mix

- In a large bowl, combine the mascarpone with the vanilla sugar and regular granulated sugar.
- Add 2 tsp lime juice and 1 tsp lime zest.
- Use a whisk or handheld mixer to beat until smooth.
- Gradually incorporate the cream and whisk for 3 - 6 minutes into a firm mousse.

Serve

- Set out four glasses and use half of the speculaas pieces to add a base layer to them.
- Divide half of the mousse over the speculaas layer. Top with half of the mango puree.
- Repeat the steps one more time to create a second layer of toppings.
- Halve the passion fruit. Scoop out the passion fruit pulp and top each glass.

Enjoy!

Breakfast box

Kick-start your day!

1 American Pancakes with Blueberries

topped with honey mascarpone

2 Boiled Eggs & Cress Crackers

3 Greek Yogurt Bowl with Apple & Strawberry Jam

American Pancakes with Blueberries

20 min. topped with honey mascarpone | 2 servings



Utensils

Large frying pan, small bowl, two bowls, whisk

Ingredients for 2 servings

Flour (g)	200
Mascarpone* (g)	50
Blueberries* (g)	125
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
From your pantry	
Salt (tsp)	½
Sunflower oil (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
Sugar (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2874 /687	778 /186
Total fat (g)	24	6
of which saturated (g)	10	2,7
Carbohydrates (g)	95	26
of which sugars (g)	24,1	6,5
Fiber (g)	6	2
Protein (g)	25	7
Salt (g)	3,2	0,9

1. Make the batter

- Beat the **eggs** in a bowl, then add the **buttermilk** and whisk together until fluffy (see Tip).
- In another bowl, add the **flour**, salt, sugar and 0.5 sachet **baking powder**.
- Using a spatula, fold the **egg** and **buttermilk** mixture into the flour.

Tip: you should keep whisking until you can see lots of air bubbles.

2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

3. Make the topping

- Mix the **mascarpone** with the honey in a small bowl.

4. Serve

- Serve the pancakes on plates.
- Top with a dollop of **mascarpone** and scatter the **blueberries** over the pancakes.
- Drizzle with extra honey if preferred.

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



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

Boiled Eggs & Cress Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Saucepan

Ingredients for 2 servings

Cream cheese* (g)	100
Curry powder (sachet(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Egg* (unit(s))	6

From your pantry

Salt and pepper to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	719 /172
Total fat (g)	11
of which saturated (g)	3,1
Carbohydrates (g)	2
of which sugars (g)	0,6
Fiber (g)	4
Protein (g)	8
Salt (g)	0,5

Allergens

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

Greek Yogurt Bowl with Apple & Strawberry Jam

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 2 serving

Greek yogurt* (g)	500
Apple* (unit(s))	2
Chia seeds (g)	20
Strawberry jam (g)	30

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	504 /120
Total fat (g)	7
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	6
Fiber (g)	2
Protein (g)	3
Salt (g)	0,1

1. Core one **apple**. Slice half of an **apple** per person.

2. Serve 125g **Greek yogurt** per person in bowls.

3. Top each bowl with the sliced **apple** and a quarter each of the **chia seeds** and **strawberry jam**.

4. Repeat the recipe for a second breakfast the next day.

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



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

Blender or immersion blender (with a tall container)

Ingredients

Pomegranate* (unit(s))	2
Pineapple* (g)	200
Mango* (unit(s))	3
Organic low-fat quark* (ml)	500
Orange* (unit(s))	2
Coconut milk (ml)	250
Chia seeds (g)	10
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	321 /77
Total fat (g)	2
of which saturated (g)	1,8
Carbohydrates (g)	10
of which sugars (g)	8,2
Fibre (g)	1
Protein (g)	2
Salt (g)	0

*The nutritional values are based on the average of the three variations.

Allergens

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



Mango & Pomegranate Smoothie

- Peel and dice 2 mangos.
- Roll 1 pomegranate over the countertop to release the seeds, then cut it open and scoop them out.
- Add the mango to a blender (or tall container, if you're using an immersion blender), along with two-thirds of the pomegranate, 250g quark and honey to taste. Blend into a thick smoothie.
- Serve in two glasses and garnish with the rest of the pomegranate seeds.

Tropical Smoothie

- Peel and dice 1 mango.
- Peel the oranges and roughly chop or pull them apart into smaller pieces.
- Add the mango, orange and coconut milk to a blender (or tall container, if you're using an immersion blender), then blend into a thick smoothie.
- Serve in two glasses and garnish with the chia seeds.

Pomegranate & Pineapple Smoothie

- Roll 1 pomegranate over the countertop to release the seeds, then cut it open and scoop them out.
- Add two-thirds of the pomegranate to a blender (or tall container, if you're using an immersion blender), along with the pineapple, 250g quark and honey to taste. Blend into a thick smoothie.
- Serve in two glasses and garnish with the rest of the pomegranate seeds.

Enjoy!



Green Smoothie

with spinach, avocado & mint | 2 servings

Breakfast

Total time: 10 - 15 min.



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(s), food processor, tall container

Ingredients

Avocado (unit(s))	1
Banana (unit(s))	2
Spinach* (g)	50
Fresh mint* (g)	10
Orange* (unit(s))	5
From your pantry	
Honey [or plant-based alternative] (tsp)	2

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1787 /427	296 /71
Total fat (g)	12	2
of which saturated (g)	2,8	0,5
Carbohydrates (g)	66	11
of which sugars (g)	56	9,3
Fibre (g)	6	1
Protein (g)	7	1
Salt (g)	0	0

Allergens

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



Prepare the fruit

- Juice 5 oranges into a bowl (see Tip).
- Peel and slice 2 bananas.

Tip: if you don't have an orange juicer, you can also put the oranges straight into the blender and blend them up with the rest of the smoothie.

Slice the avocado

- Cut an avocado in half, remove the pit and skin and then slice the flesh.
- Pull the mint leaves off the strips (see Tip).

Tip: if you're not a fan of mint, feel free to leave it out.

Blend

- Put the orange juice, mint leaves, avocado, banana, 50g spinach and the honey in a blender (or a tall container if you're using an immersion blender).
- Blend into a thick smoothie, adding some water or a splash of milk if needed.
- Pour the smoothie into glasses and serve.

Enjoy!



Chia Seed Pudding: 3 Ways

peanut butter & jam, apple & hazelnuts, chocolate & hazelnuts | 3 breakfasts for 2 people

Breakfast

Total time: 10 - 15 min.



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(s), plastic wrap, 2x small bowl

Ingredients

Organic semi-skimmed milk* (ml)	500
Chia seeds (g)	100
Chocolate chips (g)	50
Chopped pecans (g)	20
Peanut butter (tub)	2
Blueberries* (g)	125
Blueberry jam (g)	30
Organic Greek yogurt* (g)	150
Roasted hazelnuts (g)	80
Apple* (unit(s))	1
Ground cinnamon (tsp)	1
From your pantry	
Honey [or plant-based alternative] (tbsp)	2
Salt (tsp)	½

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	825 / 197
Total fat (g)	12
of which saturated (g)	2,9
Carbohydrates (g)	14
of which sugars (g)	7,8
Fibre (g)	5
Protein (g)	5
Salt (g)	0,3

**The nutritional values are based on the average of the three variations.*

Allergens

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



Variation 1: Peanut butter & jam (2 servings)

- In a bowl, mix the chia seeds with the milk, yogurt, honey and a pinch of salt. Cover with plastic wrap and refrigerate for at least 4 hours, or overnight.
- Set out two small glasses to serve the pudding in. Add the blueberry jam to the bottom of the glasses, splitting it evenly.
- From one-third of the base chia seed pudding, scoop half on top of the jam, then add a layer of peanut butter, followed by the rest of this portion.
- Top with the blueberries and serve.

Variation 2: Apple & hazelnuts (2 servings)

- Core and dice the apple.
- In a small bowl, mix a third of the base chia seed pudding with the cinnamon, three-quarters of the apple and half of the hazelnuts. Set aside some nuts to use as garnish.
- Serve the apple-chia seed pudding in two bowls or glasses.
- Top it off with the rest of the apple and garnish with some hazelnuts. If you'd like, drizzle some extra honey on top.

Variation 3: Chocolate & hazelnuts (2 servings)

- Roughly chop the rest of the hazelnuts and one-third of the chocolate chips.
- In a small bowl, melt the rest of the chocolate chips and stir in a third of the base chia seed pudding (see Tip).
- Mix in two-thirds of the chopped chocolate, hazelnuts and pecans.
- Serve the pudding in two bowls or glasses and top with the rest of the chopped chocolate and nuts.

Tip: add the melted chocolate just before serving so that no chocolate lumps will form.

Enjoy!

Tear me out!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



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

Ingredients

Blueberries* (g)	125
Apple* (unit(s))	2
Pumpkin seeds (g)	20
Mango* (unit(s))	2
Desiccated coconut (g)	20
Chopped walnuts (g)	20
Organic Greek yogurt* (g)	1000
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	482 /115
Total fat (g)	7
of which saturated (g)	4
Carbohydrates (g)	8
of which sugars (g)	5,6
Fibre (g)	1
Protein (g)	3
Salt (g)	0,1

*The nutritional values are based on the average of the three variations.

Allergens

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



Greek yogurt with blueberries, apple and pumpkin seeds

- Core and dice 1 apple.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the apple, half of the blueberries and pumpkin seeds.
- Add honey to taste.

Greek yogurt with mango, apple and desiccated coconut

- Peel and dice 1 mango. Core and dice 1 apple.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the mango, apple and desiccated coconut.
- Add honey to taste.

Greek yogurt with blueberries, mango and walnuts

- Peel and dice 1 mango.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the mango, half of the blueberries and walnuts.
- Add honey to taste.

Enjoy!



Savoury Breakfast Crackers

with three variations of toppings | 2 servings per day

Breakfast

Total time: 10 - 15 min.



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

Saucepan, small bowl

Ingredients

Herbed cream cheese* (g)	100
Cress* (g)	20
Avocado (unit(s))	1
Egg* (unit(s))	4
Ham* (slice(s))	8
Fresco spalmabile - cream cheese* (g)	100
Radish* (bunch)	1
Crackers (unit(s))	12
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	684/164
Total fat (g)	12
of which saturated (g)	4,2
Carbohydrates (g)	3
of which sugars (g)	1,5
Fibre (g)	3
Protein (g)	10
Salt (g)	0,6

*The nutritional values are based on the average of the three variations.

Allergens

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



Option 1: Ham and herbed cream cheese

- Divide four crackers over two plates.
- Spread the herbed cream cheese onto the crackers.
- Divide half of the ham over the crackers and garnish with the cress.

Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes (see Tip).
- Rinse the eggs under cold water, then remove the shells. Cut the eggs in half.
- Halve and pit the avocado, then transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Divide four crackers over two plates. Spread the avocado on the crackers. Garnish with the eggs and cress.

Tip: you can also boil the eggs in advance and keep them in the fridge. Peel them in the morning to add to your crackers.

Option 3: Cream cheese, ham and radishes

- Divide four crackers over two plates.
- Finely slice a handful of radishes.
- Spread the crackers with the cream cheese.
- Divide half of the ham over the crackers and garnish with the radishes. Season with salt and pepper.

Enjoy!



Blueberry Cheesecake Pancakes

with cream cheese filling and warm blueberry sauce | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Utensils

Aluminum foil, microplane, saucepan, small bowl, frying pan, two bowls, whisk

Ingredients

Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Fresco spalmabile - cream cheese* (g)	80
Flour (g)	150
Baking powder (g)	4
Blueberries* (g)	125
Lemon* (unit(s))	1
From your pantry	
Sugar (tbsp)	2
Sunflower oil (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2406 /575	611 /146
Total fat (g)	19	5
of which saturated (g)	6,5	1,7
Carbohydrates (g)	79	20
of which sugars (g)	19,5	5
Fibre (g)	6	1
Protein (g)	24	6
Salt (g)	1,5	0,4

Allergens

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



Prepare

- Zest the lemon and squeeze the juice into a small bowl. Beat the eggs in another bowl.
- Add the buttermilk and 1 tbsp lemon juice to the eggs, then whisk together until light and fluffy.
- Weigh 150g of flour, then transfer to a bowl and add the baking powder and 1 tbsp sugar.
- Fold the egg and buttermilk mixture into the flour with a spatula.

Fry the pancakes

- Weigh 80g of cream cheese, then gradually add small amounts to the batter. Stir gently to keep the cream cheese pieces intact.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Pour in a ladle of batter at a time and fry the pancakes for 2 minutes on each side, adding a bit more oil in between the batches if the pan dries out. Remove from the pan when done and cover with aluminium foil to keep warm.

Serve

- In the meantime, add half of the blueberries to a saucepan with 4 tbsp water and 1 tbsp sugar.
- Simmer for 4 - 5 minutes over medium-high heat, or until the sauce has a thick, syrupy texture.
- Stack the pancakes on plates and pour the blueberry sauce on top.
- Garnish with the rest of the blueberries and lemon zest to taste.

Enjoy!



Classic French Toast

with blueberries | 2 servings

Breakfast

Total time: 25 - 30 min.



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 plate, frying pan, whisk

Ingredients

Brioche bun (unit(s))	2
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	100
Ground cinnamon (tsp)	1½
Blueberries* (g)	125
From your pantry	
[Plant-based] butter (tbsp)	1½
Cane sugar (tbsp)	2

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1916 / 458	716 / 171
Total fat (g)	18	7
of which saturated (g)	9,2	3,4
Carbohydrates (g)	56	21
of which sugars (g)	21,2	7,9
Fibre (g)	5	2
Protein (g)	16	6
Salt (g)	0,9	0,4

Allergens

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



1



2



3

Prepare

- Halve the brioche buns.
- In a deep plate, add the eggs, milk, 1.5 tbsp of sugar and the cinnamon. Whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the brioche slices in the egg mixture two by two, until they are completely saturated.

Make the French toast

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown.
- Repeat until all of the slices are done.

Serve

- Serve the French toast on plates.
- Sprinkle with the rest of the sugar.
- Garnish with the blueberries.

Enjoy!



Middle Eastern-Inspired Avocado Toast

with feta, pomegranate & pistachios | 2 servings

Breakfast

Total time: 15 - 20 min.



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(s), microplane, 2x small bowl

Ingredients

Wholegrain ciabatta (unit(s))	2
Avocado (unit(s))	2
Feta* (g)	50
Pomegranate* (unit(s))	1
Pistachio nuts (g)	20
Middle Eastern spice mix (sachet(s))	2/3
Lemon* (unit(s))	1
From your pantry	
Olive oil (tbsp)	1
Extra virgin olive oil (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3347 / 800	891 / 213
Total fat (g)	55	15
of which saturated (g)	13,3	3,5
Carbohydrates (g)	49	13
of which sugars (g)	13,5	3,6
Fibre (g)	14	4
Protein (g)	20	5
Salt (g)	1,7	0,5

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Cut the bread rolls in half and drizzle the olive oil over the inside. Put the bread on a parchment-lined baking sheet and toast for 6 - 8 minutes.
- Cut the avocado in half, remove the pit and skin, then mash up the flesh with a fork.
- Zest the lemon and cut it in half. Juice one half, then cut the other into 4 wedges.

Prepare the toppings

- Add the lemon juice and 2 tsp Middle Eastern-style spices to the avocado, mix well and season with salt and pepper to taste.
- Roll the pomegranate over the counter to loosen the seeds, then cut it in half and scoop the seeds out.
- Roughly chop the pistachios.
- In a small bowl, mix the lemon zest with 2 tbsp extra virgin olive oil.

Serve

- Serve the toast on two plates and spread the mashed avocado over it.
- Crumble up the feta.
- Scatter the feta, pomegranate seeds and pistachios over the toast and serve with a lemon wedge.
- Finish off by drizzling over the lemon oil.

Enjoy!



Smoked Salmon Croissants

with avocado and herbed cream cheese | 4 pieces

Breakfast

Total time: 10 - 15 min.



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(s)

Ingredients

Bake-off croissants (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	50
Avocado (unit(s))	1
From your pantry	
Black pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1210 /289
Total fat (g)	18
of which saturated (g)	8,6
Carbohydrates (g)	21
of which sugars (g)	3,6
Fibre (g)	2
Protein (g)	10
Salt (g)	1,2

Allergens

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



Bake the croissants

- Preheat the oven to 200°C.
- Transfer the croissants to a parchment-lined baking sheet.
- Bake in the oven for 6 - 8 minutes.



Prepare the toppings

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Cut open the croissants.



Make the croissants

- Spread the herbed cream cheese onto each croissant.
- Add the smoked salmon to the croissants.
- Top with the avocado and season with black pepper.

Enjoy!



Chicken Poké Bowl with Avocado

with sesame seeds & cucumber | 2 servings

Lunch

Total time: 20 - 25 min.



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(s), lidded pot or saucepan, 2x small bowl, frying pan

Ingredients

Sushi rice (g)	150
Persian cucumber* (unit(s))	1
Slaw mix* (g)	100
Avocado (unit(s))	1
Chicken breast* (unit(s))	2
Soy sauce (ml)	20
Sesame seeds (g)	10
From your pantry	
White wine vinegar (tbsp)	2
Sugar (tsp)	2
[Plant-based] butter (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste
Water (ml)	350

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2979 /712	507 /121
Total fat (g)	30	5
of which saturated (g)	8,8	1,5
Carbohydrates (g)	76	13
of which sugars (g)	15,1	2,6
Fibre (g)	5	1
Protein (g)	35	6
Salt (g)	1,9	0,3

Allergens

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



Prepare the sushi rice

- Boil 350ml water with a pinch of salt in a lidded pot or saucepan, then boil the sushi rice for 12 – 15 minutes over a low heat.
- Turn off the heat and set aside until serving, leaving the lid on.
- In a bowl, combine 1 tbsp of white wine vinegar with 1 tsp of sugar.
- Transfer the slaw mix to the bowl and season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.

Fry the chicken

- Cut the chicken into small chunks and season with salt and pepper.
- Melt the butter in a frying pan over medium-high heat and fry the chicken for 4 - 5 minutes, or until done. Season with salt and pepper.
- In a small bowl, combine the honey with half of the soy sauce, then stir this into the chicken so as to evenly coat it. Allow to caramelise for 1 - 2 minutes, then stir in half of the sesame seeds.
- Take the pan off the heat.

Serve

- Dice the cucumber. Halve and pit the avocado, then remove the skin and slice the flesh.
- In a small bowl, combine the mayonnaise with the rest of the soy sauce.
- Add the rest of the vinegar and sugar to the rice and then fluff through with a fork.
- Serve the rice in bowls and top with the chicken, cucumber, avocado and slaw. Drizzle over the soy mayo and garnish with the rest of the sesame seeds.

Enjoy!



Wraps with Tuna, Mango & Avocado

with coriander and scallions | 2 servings

Lunch

Total time: 15 - 20 min.



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 bowl, sieve

Ingredients

Tuna packed in water (can)	1
Mango* (unit(s))	1
Scallions* (bunch)	½
Fresh coriander & mint* (g)	10
Little gem* (unit(s))	2
Avocado (unit(s))	1
Flour tortillas (unit(s))	4
From your pantry	
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2770 /662	592 /142
Total fat (g)	33	7
of which saturated (g)	5,5	1,2
Carbohydrates (g)	64	14
of which sugars (g)	19,2	4,1
Fibre (g)	9	2
Protein (g)	24	5
Salt (g)	1,7	0,4

Allergens

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



Prepare

- Roughly chop the coriander and mint.
- Cut the avocado in half, remove the pit and skin, then slice the flesh.
- Remove the core of the little gem and pull the leaves apart.
- Drain the tuna.

Make the tuna salad

- Finely slice the scallions into rings.
- Peel the mango and cut the flesh into strips.
- Put the tuna in a large bowl.
- Add the mayonnaise, scallions, coriander and mint and mix well. Season with salt and pepper to taste.

Serve

- Place 2 - 3 little gem leaves in the middle of each tortilla.
- Fill the tortillas with the tuna salad, mango and avocado.
- Roll up the tortillas and cut them in half before serving.

Enjoy!



Banh Mi-Style Chicken Baguette

with sriracha mayo and slaw | 2 servings

Lunch

Total time: 15 - 20 min.



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(s), frying pan

Ingredients

White demi-baguette (unit(s))	2
Fresh coriander* (g)	10
Sriracha mayo* (g)	50
Shredded red cabbage* (g)	150
Pulled chicken* (g)	200
From your pantry	
[Reduced salt] soy sauce (tsp)	1
White wine vinegar (tsp)	1
Sunflower oil (tbsp)	½

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2611 /624	761 /182
Total fat (g)	24	7
of which saturated (g)	4,3	1,3
Carbohydrates (g)	70	20
of which sugars (g)	4,9	1,4
Fibre (g)	8	2
Protein (g)	31	9
Salt (g)	3	0,9

Allergens

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



Fry the chicken

- Preheat the oven to 200°C.
- Bake the bread for 5 - 6 minutes.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Add the pulled chicken and fry for 5 - 6 minutes.

Make the coleslaw

- Finely chop the coriander.
- Add the cabbage to a bowl and combine with the coriander, white wine vinegar and soy sauce.

Serve

- Halve the baguettes and spread with the sriracha mayo.
- Top with the slaw, then add the chicken and serve.

Enjoy!



Avocado Toast with Serrano Ham and Burrata

with tomato and basil | 2 servings

Lunch

Total time: 15 - 20 min.



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(s), small bowl

Ingredients

Avocado (unit(s))	1
Serrano ham* (g)	80
Roma tomato (unit(s))	2
Burrata* (ball(s))	1
White demi-baguette (unit(s))	2
Fresh basil* (g)	10
From your pantry	
Balsamic vinegar (tsp)	2
Olive oil	to taste
Extra virgin olive oil	to taste
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2690 /643	731 /175
Total fat (g)	25	7
of which saturated (g)	9,8	2,7
Carbohydrates (g)	71	19
of which sugars (g)	4,9	1,3
Fibre (g)	8	2
Protein (g)	32	9
Salt (g)	3,6	1

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Cut the demi-baguette in half lengthways and brush olive oil over it as preferred. Season with salt and pepper.
- Place the half baguettes cut side up on a parchment-lined baking sheet and toast for 5 - 7 minutes in the oven (see Tip).
- Cut the avocado in half and remove the pit and skin. Cut the avocado lengthways into thin slices.

Tip: you can also toast the baguette in a toaster or toastie maker if you have one.

Make the tomato salsa

- Finely chop the basil.
- Dice the tomato.
- In a small bowl, combine the balsamic vinegar with extra virgin olive oil as preferred, then season with salt and pepper. Add the tomato and basil and mix well.

Serve

- Tear the burrata into small pieces.
- Serve the toast onto plates and top with the Serrano ham and tomato salsa, followed by the avocado and burrata.
- Season with plenty of salt and pepper.

Enjoy!



Shrimp Bao Buns with Coleslaw

with sriracha mayo and gomashio | 2 servings

Lunch

Total time: 15 - 20 min.



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(s), frying pan

Ingredients

Fresh coriander* (g)	10
Rainbow slaw mix* (g)	100
Sriracha mayo* (g)	50
Bao buns (unit(s))	4
Shrimp* (g)	160
Gomashio (sachet(s))	1
Persian cucumber* (unit(s))	1
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2406 /575	679 /162
Total fat (g)	27	8
of which saturated (g)	2,9	0,8
Carbohydrates (g)	59	17
of which sugars (g)	12,8	3,6
Fibre (g)	5	1
Protein (g)	21	6
Salt (g)	1,9	0,5

Allergens

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



Make the coleslaw

- Preheat the oven to 180°C.
- Finely chop the coriander.
- In a bowl, combine the rainbow slaw mix with the mayonnaise, white wine vinegar, sugar, half of the coriander and half of the sriracha mayo. Season with salt and pepper to taste, toss well and set aside until serving.
- Bake the bao buns in the oven for 4 - 5 minutes.

Fry the shrimp

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the shrimp for 3 minutes until done. Season to taste with salt and pepper.
- In the meantime, dice the cucumber.

Serve

- Carefully open the bao buns.
- Fill the bao buns with the coleslaw and shrimp.
- Garnish with the rest of the coriander, cucumber, sriracha mayo and gomashio.

Enjoy!



Lunch Box with Chicken & Avocado Wraps

with snack veggies and dip, fresh oranges and almonds | 2 servings

Lunch

Total time: 15 - 20 min.



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

Plastic wrap, frying pan

Ingredients

Flour tortillas (unit(s))	4
Avocado (unit(s))	1
Persian cucumber* (unit(s))	1
Cucumber* (unit(s))	1
Feta* (g)	100
Arugula & lamb's lettuce* (g)	40
BBQ spice rub (sachet(s))	1
Hummus* (g)	160
Salted almonds (g)	40
Red cherry tomatoes (g)	125
Orange* (unit(s))	2
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4310 /1030	575 /137
Total fat (g)	63	8
of which saturated (g)	17	2,3
Carbohydrates (g)	73	10
of which sugars (g)	19,2	2,6
Fibre (g)	12	2
Protein (g)	37	5
Salt (g)	3,3	0,4

Allergens

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



Prepare

- Heat the sunflower oil in a frying pan over medium heat.
- Fry the chicken thigh strips with the BBQ spice rub* for 4 - 6 minutes. Season with salt and pepper.
- Halve the mini-cucumber lengthways and then cut into batons.

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

Make the wraps

- Halve and pit the avocado, then slice the flesh.
- Crumble the feta.
- Fill the wraps with the chicken, avocado, feta and the mini-cucumber. Finish with the salad leaves.
- Roll up the tortillas and add two wraps to the lunch box (see Tip).

Tip: wrap the other two tortillas in plastic wrap and store in the fridge for the next day!

Serve

- Halve the cucumber and then cut into batons.
- Peel the orange and pull it apart into smaller segments.
- Add the orange segments and almonds to the lunch box with the wraps.
- Add half of the cherry tomatoes and cucumber to the lunch box, along with the hummus, and eat them together as a snack (see Tip).

Tip: you can also make two lunch boxes at once, so you're immediately ready for the next day!

Enjoy!