



Sesame-Panko Chicken with Spicy Broccoli

with sambal-soy potato salad

Total time: 40 - 50 min.



Chicken fillets



Red potatoes



Broccoli



Garlic



Onion



Ground coriander



Soy sauce



Sesame seeds



Panko breadcrumbs



Korean-style spice mix



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

The sesame chicken is crispy on the outside and tender on the inside. This is because you make it from chicken fillet - the most tender and sought-after piece of chicken breast.

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, 2x deep plate, 2x lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken fillets* (unit(s))	1	2	3	4	5	6
Red potatoes (g)	250	500	750	1000	1250	1500
Broccoli* (g)	165	300	500	615	800	915
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (sachet(s))	½	1	1	1	2	2
Panko breadcrumbs (g)	10	20	30	40	50	60
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	2	4	6	8	10	12
Sambal (tsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3607 /862	567 /136
Total fat (g)	48	8
of which saturated (g)	7,2	1,1
Carbohydrates (g)	63	10
of which sugars (g)	7,3	1,1
Fibre (g)	16	3
Protein (g)	39	6
Salt (g)	2	0,3

Allergens

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



Boil the potatoes

Preheat the oven to 200°C and boil plenty of water in a lidded pot or saucepan. Peel or wash the **potatoes** and cut into rough pieces. Boil the **potatoes** for 12 - 25 minutes, covered, then drain and set aside.



Bread the chicken

On a deep plate, combine half of the olive oil with a pinch of salt. On another deep plate, combine the **sesame seeds** with the **panko** and Korean-style **spices**. Coat the **chicken** first with the olive oil and then with the **panko**.



Prepare the broccoli

Meanwhile, cut the head of the **broccoli** into florets and then dice the stem. Transfer to a pot or saucepan and submerge with water, then cover with the lid. Bring to a boil and allow to cook gently for 3 - 4 minutes, then drain and rinse under cold water.

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



Cook the chicken

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **chicken** for 2 minutes per side or until golden-brown. Transfer to a parchment-lined baking sheet and then bake in the oven for 6 - 8 minutes. Meanwhile, clean the pan and heat another drizzle of olive oil over medium-high heat. Stir-fry the **broccoli** with half of the dressing for 3 - 5 minutes.



Make the dressing

Chop the **onion** and crush or mince the **garlic**. In a bowl, combine the **soy sauce** with the **ground coriander**, sambal and white wine vinegar. Add the **garlic** and **onion**, then season to taste with salt and pepper.



Serve

Combine the rest of the dressing with the mayonnaise and then stir into the **potatoes**. Season to taste with salt and pepper, then serve the **potato** salad on plates. Serve with the **broccoli** and the **chicken**.

Enjoy!



Roasted Vegetable Bulgur Salad

with pumpkin seeds and goat's cheese

Calorie Smart Veggie

Total time: 45 - 55 min.



Sweet potato



Middle Eastern
spice mix



Cauliflower



Carrot



Onion



Bulgur



Ground cumin



Pumpkin seeds



Fresh mint



Arugula & lamb's lettuce



Fresh goat's cheese



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

The pumpkin seed is the champion among seeds and nuts due to its high magnesium content. Among other benefits, this mineral is essential for healthy blood pressure.

Utensils

Parchment-lined baking sheet, large bowl, lidded pot or saucepan, salad bowl, small bowl, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Cauliflower* (g)	200	400	600	750	1000	1150
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Bulgur (g)	40	75	115	150	190	225
Ground cumin (sachet(s))	⅓	⅔	1	1½	2	3
Pumpkin seeds (g)	5	10	15	20	25	30
Fresh mint* (g)	2½	5	7½	10	12½	15
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Fresh goat's cheese* (g)	25	50	75	100	125	150

From your pantry						
[Low sodium] mushroom or vegetable stock (ml)	175	350	525	700	875	1050
Mustard (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2192 /524	328 /78
Total fat (g)	22	3
of which saturated (g)	6,8	1
Carbohydrates (g)	56	8
of which sugars (g)	11,9	1,8
Fibre (g)	16	2
Protein (g)	18	3
Salt (g)	2,2	0,3

Allergens

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



Roast the sweet potato

Preheat the oven to 200°C and prepare the stock. Peel the **sweet potato** and dice it into 1cm cubes, then transfer to a large bowl along with half of the Middle Eastern-style **spices**. Drizzle with half of the olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and roast in the oven for 15 minutes.



Toast the pumpkin seeds

Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside. Crumble the **goat's cheese** and set aside. Finely chop the **mint** and transfer to a salad bowl, then add the **lettuce** and toss well to combine.



Prepare the vegetables

Meanwhile, cut the **cauliflower** into florets and chop the **carrot** into 0.5cm thick crescents. Slice the **onion** into half rings. Transfer the vegetables to the same bowl and drizzle with the rest of the olive oil. Add the rest of the Middle Eastern-style **spices** and season with salt and pepper, then toss well to coat.



Make the dressing

In a small bowl, combine the extra virgin olive oil with the balsamic vinegar and the mustard. Season to taste with salt and pepper. Transfer the roasted vegetables, the dressing and the **bulgur** to the salad bowl and toss well to combine. Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.



Cook the bulgur

Toss the **sweet potato** and then add the vegetables to the baking sheet (or use a second baking sheet if necessary). Return to the oven for a further 20 - 25 minutes, tossing halfway. In a pot or saucepan, combine the **bulgur** with the **cumin** and toast for 1 minute over medium heat, stirring continuously. Pour in the stock and cover with the lid, then boil for 10 minutes over low heat. Drain and then fluff through the **bulgur** with a fork.



Serve

Serve the salad on plates and top with the **goat's cheese**. Garnish with the **pumpkin seeds**.

Did you know... 🍏 bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).

Enjoy!



Roasted Pepper Risotto with Honeyed Goat's Cheese

with walnuts & tomato-basil salsa

Veggie

Total time: 35 - 45 min.



Risotto rice



Romano pepper



Grana Padano flakes



Onion



Garlic



Fresh goat's cheese



Chopped walnuts



Tomato



Smoked paprika



Fresh basil



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

A particularly delicious addition to this recipe is the goat cheese au gratin. You prepare this in the oven with honey and chopped walnuts.

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, tall container, lidded pot or saucepan, immersion blender

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	25	50	75	100	125	150
Chopped walnuts (g)	10	20	30	40	50	60
Tomato (unit(s))	1	2	3	4	5	6
Smoked paprika (tsp)	⅓	¾	1	1½	1	2¼
Fresh basil* (g)	5	10	15	20	25	30
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Low sodium] vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Honey (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3494 / 835	491 / 117
Total fat (g)	44	6
of which saturated (g)	15,5	2,2
Carbohydrates (g)	86	12
of which sugars (g)	23	3,2
Fibre (g)	6	1
Protein (g)	21	3
Salt (g)	2,8	0,4

Allergens

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



Prepare

Preheat the oven to 220°C. Deseed the **Romano pepper** and then cut into rough pieces. Transfer to a parchment-lined baking sheet along with half of the **garlic**. Drizzle with olive oil and toss well to combine, seasoning generously with salt. Roast in the oven for 10 - 15 minutes or until lightly browned, tossing halfway.



Make the sauce

Peel the roasted **garlic** and transfer to a tall container along with the **Romano pepper** and **Grana Padano**, along with a drizzle of olive oil and a pinch of **smoked paprika** (see Tip). Use an immersion blender to process into a thick paste, then stir this into the risotto. Allow to reduce if the risotto is too watery.

Tip: smoked paprika can be overpowering. Add it gradually, tasting as you do so.



Chop the vegetables

Dice the **tomato**. Chop the **onion** and crush or **mince** the rest of the **garlic**. Prepare the stock.



Bake the goat's cheese

Transfer the **goat's cheese** to the same parchment-lined baking sheet and season to taste with salt and pepper. Drizzle the **cheese** with the honey and top with the **walnuts**, then bake in the oven for 5 - 10 minutes or until golden-brown. Roughly chop the **basil** leaves and transfer half to a bowl, along with the **tomatoes**. Drizzle with extra virgin olive oil and season to taste with salt and pepper, then mix well to combine.



Make the risotto

Melt a knob of butter in a pot or saucepan and fry the **garlic** and **onion** for 1 - 2 minutes over low heat. Stir in the **risotto rice** and toast the grains for 1 minute, then pour in a third of the stock. Allow the stock to slowly incorporate, stirring regularly. Repeat with the rest of the stock, adding it in two more batches. The risotto is done when the **rice** is soft but still al dente. This should take around 20 - 25 minutes.



Serve

Serve the risotto on deep plates and top with the **goat's cheese** and **walnuts**. Garnish with the rest of the **basil** and serve with the **tomato-basil** salsa.

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

Enjoy!



Sicilian-Style Chicken Orzo with Pecorino

with pumpkin seeds, raisins & broccoli

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Broccoli



Orzo



Raisins



Pumpkin seeds



Chicken mince with Italian seasoning



Sicilian-style herb mix



Grated Pecorino



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

Pecorino and raisins are very typical for Sicilian dishes: they show the Middle Eastern influence on this cuisine.

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, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Broccoli* (g)	200	400	720	800	1120	1200
Orzo (g)	75	150	225	300	375	450
Raisins (g)	10	20	30	40	50	60
Pumpkin seeds (g)	10	20	30	40	50	60
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grated Pecorino* (g)	10	20	30	40	50	60
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2705 /646	585 /140
Total fat (g)	19,5	5
of which saturated (g)	6,4	1,3
Carbohydrates (g)	70,5	15
of which sugars (g)	13,4	2,9
Fibre (g)	14,2	3
Protein (g)	40,4	8
Salt (g)	1,6	0,4

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the **broccoli** and the **orzo**.
- Slice the **onion** into half rings and crush or mince the **garlic**.
- Cut the head of the **broccoli** into florets and dice the stem.
- Crumble in the stock cube (see pantry for amount). Boil the **orzo** for 4 minutes, covered.



Cook the orzo

- Add the **broccoli** and boil for another 4 minutes, then add the **raisins**.
- Continue cooking for 2 - 4 more minutes or until done, then drain and set aside.



Fry the mince

- Heat the olive oil in a deep frying pan over low heat and fry the **onion** with the **garlic** and **pumpkin seeds** for 2 minutes.
- Add the **chicken mince** and fry for 4 - 5 minutes, separating it as you do so.
- Stir in the **broccoli**, **orzo**, **raisins** and Sicilian herbs, along with the majority of the **pecorino**. Fry for 2 - 3 minutes over high heat, seasoning to taste with salt and pepper.



Serve

- Serve the **chicken orzo** on plates.
 - Garnish with the rest of the **pecorino**.
- Did you know... 🍏 this recipe provides over 250g of vegetables and contains more vitamin C than the RDA!

Enjoy!



Pizza Bianco with Courgette & Green Pesto

with mushrooms & mature cheese

Veggie

Total time: 40 - 50 min.



Courgette



Onion



Mushrooms



Green pesto



Organic crème fraîche



Grated mature cheese



Pizza dough



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

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

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, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Green pesto* (g)	20	40	60	80	100	120
Organic crème fraîche* (g)	25	50	75	100	125	150
Grated mature cheese* (g)	25	50	75	100	125	150
Pizza dough* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3912 /935	777 /186
Total fat (g)	43	8
of which saturated (g)	14,8	2,9
Carbohydrates (g)	100	20
of which sugars (g)	10,2	2
Fibre (g)	6	1
Protein (g)	28	6
Salt (g)	3,1	0,6

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Thinly slice the **courgette**. Slice the **onion** into thin half rings and slice the **mushrooms**.
- Heat half of the olive oil in a frying pan over high heat and fry the **mushrooms** for 3 - 5 minutes.
- Season with salt and pepper, then remove from the pan and set aside.



Make the pizza

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



Fry the vegetables

- Heat the rest of the olive oil in the same pan over high heat.
 - Fry the **courgette** for 4 - 5 minutes and season 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.



Serve

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

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

Enjoy!



Asian-Inspired Fusion Salad with Veggie No-Beef

with udon noodles, peanuts & chili pepper

Calorie Smart Veggie Nice & Fast

Total time: 20 - 30 min.



Garlic



Ginger paste



Lime



East Asian-style sauce



Soy sauce



Tomato



Onion



Fresh udon noodles



Salted peanuts



Red chili pepper



Cucumber



Vegetarian beef-style pieces



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

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

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, salad bowl, small bowl, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Soy sauce (ml)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	¼	½	1	1	1½	1½
Fresh udon noodles (g)	100	200	300	400	500	600
Salted peanuts (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Cucumber* (unit(s))	½	1	1½	2	2½	3
Vegetarian beef-style pieces* (g)	80	160	240	320	400	480
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2226 /532	428 /102
Total fat (g)	18	3
of which saturated (g)	2,1	0,4
Carbohydrates (g)	62	12
of which sugars (g)	20,9	4
Fibre (g)	5	1
Protein (g)	28	5
Salt (g)	3,9	0,7

Allergens

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



Prepare

- Crush or mince the **garlic** and quarter the **lime**. In a small bowl, combine the **East Asian-style sauce** with the **soy sauce, ginger paste** and **garlic** (see Tip). Add the sugar and the juice of a quarter lime per person, then mix well to combine. Transfer the **veggie beef** to another bowl and add two thirds of the marinade, then mix well and set aside.

Tip: 🍋 if you’re watching your salt intake, omit the soy sauce and be sure to rinse the noodles before adding them in step 3. You can add soy sauce as preferred when serving.



Fry the noodles

- Heat the sunflower oil in a wok or deep frying pan over medium-high heat. Stir-fry the **veggie beef** for 2 - 3 minutes, then add the **udon noodles** and continue stir-frying for another 2 - 3 minutes. In the meantime, roughly chop the **peanuts** and cut the **red chili pepper*** into thin rings.

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



Make the salad

- Slice the **cucumber** into crescents and cut the **tomato** into wedges. Slice the **onion** into thin half rings, then transfer the vegetables to a salad bowl and toss well.



Serve

- Transfer the **udon noodles** and **veggie beef** to the salad bowl. Toss well to combine, then serve on plates. Garnish with the **peanuts** and the **chili pepper**. Drizzle with the rest of the marinade as preferred and serve with any remaining **lime wedges**.

Enjoy!



Eggplant & Courgette Al Forno

in tomato sauce with casarecce & basil

Calorie Smart Veggie

Total time: 45 - 55 min.



Eggplant



Chopped tomatoes



Garlic



Grated aged Gouda



Casarecce



Fresh basil



Sicilian-style herb mix



Courgette



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

Casarecce derived from the Italian word casereccio, which means homemade. Casarecce gets its shape by rolling the fresh pasta around a small stick.

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, oven dish, lidded pot or saucepan, frying pan

Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Grated aged Gouda* (g)	50	75	100	125	175	200
Casarecce (g)	90	180	270	360	450	540
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Courgette* (unit(s))	¼	½	¾	1	1¼	1½
From your pantry						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	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)	2707 /647	526 /126
Total fat (g)	20	4
of which saturated (g)	9,6	1,9
Carbohydrates (g)	87	17
of which sugars (g)	20,7	4
Fibre (g)	9	2
Protein (g)	25	5
Salt (g)	1,9	0,4

Allergens

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



Prepare

Preheat the oven to 220°C. Cut the **eggplant** and **courgette** lengthways into slices of 0.5cm thickness. Crush or mince the **garlic**.



Assemble

Pour a layer of the sauce into an oven dish and top with a layer of **eggplant**, then with a layer of **courgette**. Repeat this process so as to use all the vegetables and then finish with a layer of sauce. Scatter over the **grated cheese** and bake in the oven for 20 - 25 minutes.



Fry the vegetables

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **eggplant** and **courgette** for 4 - 5 minutes per side (see Tip). Season to taste with salt and pepper.

Tip: if preferred, you can also grill the vegetables instead of frying them.



Boil the casarecce

In the meantime, boil plenty of water in a pot or saucepan and cook the **casarecce** for 10 - 12 minutes, covered. Drain, then drizzle with extra virgin olive oil as preferred and mix well. Chop the **basil** into thin ribbons.



Make the sauce

In a bowl, combine the **chopped tomatoes** and **garlic** with the balsamic vinegar, sugar and Sicilian **spices**. Season to taste with salt and pepper.



Serve

Serve the **casarecce** on plates and top with the vegetables al forno. Garnish with the **basil**.
Did you know... 🍅tinned tomatoes contain almost as many vitamins and minerals as fresh ones. In total, this recipe contains more than 300g of vegetables per portion.

Enjoy!



Spinach-Coconut Curry with Fried Egg

over golden rice with a cashew-coconut topping

Veggie Nice & Fast

Total time: 25 - 35 min.



Onion



Garlic



Chopped tomatoes



White long grain rice



Chopped cashews



Dessicated coconut



Coconut milk



Egg



Spinach



Red chili pepper



Fresh coriander



Yellow curry spices



Ground turmeric



Lime



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

Turmeric is a plant with beautiful flowers. Only the root of the plant is edible. Turmeric in Dutch is sometimes called 'geelwortel' which means 'yellow root'.

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
Onion (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Chopped tomatoes (pack)	¼	½	¾	1	1¼	1½
White long grain rice (g)	75	150	225	300	375	450
Chopped cashews (g)	20	40	60	80	100	120
Dessicated coconut (g)	5	10	15	20	25	30
Coconut milk (ml)	50	100	150	200	250	300
Egg* (unit(s))	1	2	3	4	5	6
Spinach* (g)	100	200	300	400	500	600
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh coriander* (g)	2½	5	7½	10	12½	15
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Ground turmeric (tsp)	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	200	400	600	800	1000	1200
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)	3623 /866	493 /118
Total fat (g)	47	6
of which saturated (g)	16,9	2,3
Carbohydrates (g)	84	11
of which sugars (g)	11,1	1,5
Fibre (g)	8	1
Protein (g)	24	3
Salt (g)	2,9	0,4

Allergens

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



Prepare

- Chop the **onion** and crush or mince the **garlic**. Cut the **lime** into wedges. Deseed the **red chili pepper***, then finely chop a quarter of the chili per person.
- Heat half of the olive oil in a pot or saucepan over medium heat and fry the **onion** for 2 minutes. Add the **turmeric** and fry for 1 minute.
- Add the **rice**, then pour in the water and crumble in half of the stock cube (see pantry for amounts).
- Bring to the boil and cook the **rice** for 12 - 15 minutes, covered. Add some extra water if necessary and set aside when done.

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



Add the spinach

- In the meantime, heat the rest of the olive oil in a frying pan over medium-high heat and fry the **egg**.
- Tear the **spinach** into the curry and mix well, allowing the **spinach** to wilt and reduce.
- Simmer gently for 1 - 2 minutes and then stir in the juice of 1 **lime** wedge per person. Season with salt and pepper if necessary.
- Roughly chop the **coriander** in the meantime.



Make the curry

- In the meantime, heat a clean wok or deep frying pan over medium-high heat. Toast the **cashews** for 1 minute, then add the **dessicated coconut** and toast until golden-brown.
- Remove from the pan and set aside. Allow the pan to cool slightly, then add the sunflower oil. Fry the **garlic** with the **yellow curry spices** and **red chili pepper** for 1 - 2 minutes over medium heat.
- Add the **chopped tomatoes** and the **coconut milk**. Crumble in the rest of the stock cube and bring to the boil.



Serve

- Serve the **rice** on plates and top with the **spinach** curry and the fried **egg**.
- Garnish with the **cashew-coconut** topping and the **coriander**.
- Serve with the rest of the **lime wedges**.

Did you know... 🌿 *spinach is a great source of iron, which helps us feel more energised. If you don't eat meat, it's important to be mindful of your iron intake. As well as spinach and other leafy greens, other good sources of iron include nuts, seeds, tofu and pulses.*

Enjoy!



Giant Couscous with Chorizo & Courgette

with cranberry chutney, sundried tomatoes & salad

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Giant couscous



Onion



Courgette



Garlic



Diced chorizo



Cranberry chutney



Radicchio & iceberg lettuce



Greek-style cheese



Sundried tomatoes



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

Chorizo is a type of Spanish sausage that owes its flavour and red colour to the liberal use of paprika.

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, lidded pot or saucepan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Onion (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Diced chorizo* (g)	40	75	115	150	190	225
Cranberry chutney* (g)	20	40	60	80	100	120
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	25	50	75	100	125	150
Sundried tomatoes (g)	15	30	50	70	80	100
From your pantry						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Low sodium] vegetable stock (ml)	130	260	390	520	650	780
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2686 / 642	459 / 110
Total fat (g)	23	4
of which saturated (g)	9,6	1,6
Carbohydrates (g)	76	13
of which sugars (g)	20,9	3,6
Fibre (g)	7	1
Protein (g)	28	5
Salt (g)	3,1	0,5

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan, then gently boil the **giant couscous** for 12 - 14 minutes, covered (see Tip).
- Fluff through the grains with a fork and then set aside.
- Slice the **onion** into thin half rings and crush or mince the **garlic**.
- Slice the **courgette** into thin crescents.

Tip: 🍏 if you're watching your salt intake, substitute half of the stock with boiling water.



Make the salad

- Transfer the **lettuce** and the white wine vinegar to a salad bowl.
- Season with salt pepper, then toss well to combine.
- Cut the sundried **tomatoes** into thin strips.



Fry the vegetables

- In the meantime, heat the olive oil in a frying pan over medium-high heat.
- Fry the **chorizo**, **onion** and **garlic** for 3 minutes, then add the **courgette** and continue frying for 6 - 8 minutes or until the **courgette** is done.
- Stir in the **cranberry chutney** and the **giant couscous** and cook for another minute.
- Season to taste with salt and pepper.



Serve

- Serve the **giant couscous** on plates with the salad alongside.
- Garnish with the sundried **tomatoes** and crumble over the **Greek-style cheese**.

Did you know... 🍏 most of us eat less than 150g vegetables per day, which is much lower than the RDA. Thankfully however, this recipe contains over 250g per serving.

Enjoy!



Eggplant Naan Pizza

with mushrooms & mozzarella

Family Calorie Smart Veggie Nice & Fast

Total time: 25 - 35 min.



Eggplant



Mushrooms



Garlic



Mozzarella



Passata



Italian seasoning



Naan bread



Arugula



Basil crème



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

Feel like serving twice as much pizza? Then cut the naan bread open along the side and top both halves. You also won't have to bake the pizzas for so long!

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, sieve or colander, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	2	2	3	3
Mushrooms* (g)	65	125	125	250	250	375
Garlic (unit(s))	1	1	2	2	3	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Passata (g)	50	100	150	200	250	300
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Naan bread (unit(s))	1	2	3	4	5	6
Arugula* (g)	20	40	60	80	100	120
Basil crème* (ml)	10	15	24	30	39	45
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2619 /626	592 /141
Total fat (g)	30	7
of which saturated (g)	10,1	2,3
Carbohydrates (g)	61	14
of which sugars (g)	10,3	2,3
Fibre (g)	8	2
Protein (g)	25	6
Salt (g)	1,8	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Thinly slice the **eggplant** and **mushrooms**.
- Crush or mince the **garlic**.



Fry the eggplant

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Season the **eggplant** with salt and fry for 3 - 4 minutes per side.
- Transfer the **naan bread** to a parchment-lined baking sheet and bake for 2 - 3 minutes.
- In the meantime, tear the **mozzarella** into rough pieces and allow to drain.



Make the pizza

- In a bowl, combine the **passata** with the **Italian herbs** and the **garlic**.
- Take the **naan bread** out of the oven and spread 2 tbsp of the **passata** mixture onto each naan.
- Top with the **eggplant**, **mushrooms** and **mozzarella**, then season with salt and pepper (see Tip).
- Bake the naan pizza in the oven for 8 - 10 minutes.

Tip: if you can't fit all the vegetables on the pizza, cut them into smaller pieces and add to the salad in the next step.



Serve

- In a salad bowl, combine the white balsamic vinegar with the extra virgin olive oil.
- Add the **arugula** to the dressing and toss well to combine, seasoning with salt and pepper.
- Drizzle the **basil crème** over the naan pizza and serve the salad alongside.

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

Enjoy!



Sticky Mushroom Stir-Fry with Sriracha Mayo

over rice with courgette & peanuts

Calorie Smart Veggie Nice & Fast

Total time: 20 - 30 min.



White long grain rice



Sriracha mayo



Pre-cut mushroom mix



Korean-style spice mix



Courgette



Slaw mix



Salted peanuts



Lime



Garlic



Ginger paste



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

Ginger is incredibly versatile. From sweet to savoury and from tea to cake. Ginger combines excellently with slightly sweet ingredients like carrot and pumpkin, as well as other spices like aniseed and chilli.

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

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Sriracha mayo* (g)	25	50	75	100	125	150
Pre-cut mushroom mix* (g)	90	175	350	350	525	525
Vietnamese-style sauce* (sachet(s))	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Slaw mix* (g)	50	100	200	200	300	300
Salted peanuts (g)	20	40	60	80	100	120
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2920 /698	682 /163
Total fat (g)	34	8
of which saturated (g)	4	0,9
Carbohydrates (g)	74	17
of which sugars (g)	8,9	2,1
Fibre (g)	7	2
Protein (g)	17	4
Salt (g)	2,4	0,6

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes, then drain and set aside.
- Cut the **lime** into quarters.
- Slice the **courgette** into crescents of 0.5cm thickness.
- Crush or mince the **garlic**.

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.



Make the sticky mushrooms

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the **mushrooms** with the **courgette** for 6 - 8 minutes until golden-brown.
- Add the **Vietnamese-style sauce** during the final 2 minutes and season to taste with salt and pepper.



Fry the rice

- Heat another drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the **garlic** and **ginger** paste with the **slaw mix** and Korean-style **spices** for 4 - 6 minutes.
- Add the **rice** and fry for 2 - 4 minutes, seasoning to taste with salt and pepper.



Serve

- Serve the **rice** on deep plates and top with the **mushrooms** and **courgette**.
- Garnish with the **salted peanuts**.
- Drizzle with the **sriracha mayo*** and then squeeze over 1 **lime** wedge per person.

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

Enjoy!



Creamy Chickpea Wraps with Yogurt Sauce

with cucumber salad & gomashio

Calorie Smart Veggie

Total time: 35 - 45 min.



Garlic



Onion



Chickpeas



Korean-style spice mix



Tomato paste



Coconut milk



Cucumber



Arugula & lamb's lettuce



Wholewheat mini tortilla



Organic full-fat yogurt



Fresh mint



Gomashio



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

You'll finish this colourful dish with gomashio. This sesame-based Japanese seasoning provides the perfect finishing touch!

Before you begin

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

Utensils

Sieve or colander, large bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Chickpeas (pack)	½	1	1½	2	2½	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	45	90	135	180	225	270
Cucumber* (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	45	90	135	180	225	270
Wholewheat mini tortilla (unit(s))	3	6	9	12	15	18
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh mint* (g)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	25	50	75	100	125	150
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2824 /675	483 /115
Total fat (g)	33	6
of which saturated (g)	14,5	2,5
Carbohydrates (g)	65	11
of which sugars (g)	17,2	2,9
Fibre (g)	19	3
Protein (g)	22	4



Prepare

Chop the **onion** and crush or mince the **garlic**. Drain and rinse the **chickpeas**. Pull the **mint** leaves off the stems and then chop them into thin ribbons.

Did you know... 🍌 not only are chickpeas high in fibre, protein and complex carbohydrates, they're also full of vitamins and minerals. They're particularly rich in vitamin E, which helps keep your immune system strong. Chickpeas contain 4 to 5 times more vitamin E than other beans and pulses.



Make the yogurt sauce

In a small bowl, combine the **yogurt** with half of the chopped **mint** and extra virgin olive oil to taste. Season to taste with salt and pepper.



Fry the chickpeas

Preheat the oven to 200°C (see Tip). Melt the butter in a frying pan over medium heat and fry the **onion** with the **garlic** for 3 - 5 minutes. Add the Korean-style **spices**, **tomato paste** and **chickpeas** and fry for 1 - 2 minutes, or until fragrant.

Tip: you will heat the tortillas in the oven later on, however you can alternatively use a frying pan if preferred.



Finish the chickpeas

Add the **coconut milk** and the water, then crumble in the stock cube (see pantry for amounts). Allow the sauce to thicken and reduce over medium heat, stirring occasionally. Squash the **chickpeas** gently with the back of a spoon if preferred. Season to taste with salt and pepper.



Make the salad

Slice the **cucumber** into thin crescents. In a large bowl, combine the white wine vinegar with the honey and extra virgin olive oil. Season to taste with salt and pepper, then add the **lettuce** and **cucumber**. Toss well to combine. Meanwhile, heat the mini **tortillas** in the oven for 2 - 3 minutes (see Tip).

Tip: if you would prefer softer tortillas, wrap them in foil and heat for the same amount of time.



Serve

Fill the **tortillas** with some of the **cucumber** salad and the **chickpeas**. Top with the **yogurt** sauce and serve the rest of the **cucumber** salad alongside.. Garnish with the **gomashio** and the rest of the **mint**.

Enjoy!



Penne in Creamy Goat's Cheese Sauce

with leek, mushrooms & almonds

Veggie Nice & Fast

Total time: 15 - 20 min.



Penne



Garlic



Vegetable mix
with mushrooms



Cooking cream



Fresh goat's cheese



Salted almonds



Grated mature
goat's cheese



Fresh thyme & oregano



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

Did you know that fresh goat cheese is not only a great flavour booster, but also a perfect lower-salt alternative to hard cheeses like Gouda or Parmesan?

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, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Cooking cream (g)	75	150	225	300	375	450
Fresh goat's cheese* (g)	50	75	125	150	200	225
Salted almonds (g)	10	20	30	40	50	60
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Fresh thyme & oregano* (g)	5	10	15	20	25	30
From your pantry						
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Low sodium] mushroom or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey (tsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3523 /842	764 /183
Total fat (g)	42	9
of which saturated (g)	21,4	4,6
Carbohydrates (g)	81	18
of which sugars (g)	12,7	2,8
Fibre (g)	6	1
Protein (g)	32	7
Salt (g)	2,1	0,5

Allergens

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



Boil the penne

- Boil plenty of water in a pot or saucepan for the penne and crumble in the stock cube (see pantry for amount). Boil the **penne** for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.



Fry the vegetables

- Crush or mince the **garlic**. Tear the **oregano** and **thyme** leaves off the stems and then finely chop. Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **garlic** with the **vegetable mix** and the fresh herbs for 3 - 5 minutes. In the meantime, roughly chop the **almonds**.

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



Make the sauce

- Stir the **cream**, soft **goat's cheese**, honey, white wine vinegar and mustard into the vegetables. Add a splash of pasta water if necessary and cook for 2 - 3 minutes, seasoning to taste with salt and pepper. Transfer the **penne** to the sauce and mix well to combine.



Serve

- Serve the creamy **penne** on deep plates. Garnish with the **grated goat's cheese** and the chopped **almonds**.

Enjoy!



Chicken Bulgur Bowl with Mexican Spices

with avocado, tomato & beetroot tortilla chips

Nice & Fast

Total time: 15 - 20 min.



Chicken mince with Mexican seasoning



Tomato



Bulgur



Mexican-style spices



Lime



Avocado



Chopped red onion



Beetroot tortilla chips



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

We have already seasoned the minced chicken with Mexican spices for you. This way, you can put a real fiesta of flavours on the table tonight!

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, pot or saucepan, lidded wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Avocado (unit(s))	½	1	2	2	3	3
Chopped red onion* (g)	40	75	75	150	150	225
Beetroot tortilla chips (g)	25	50	75	100	125	150
From your pantry						
[Low sodium] vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3678 / 879	610 / 146
Total fat (g)	47	8
of which saturated (g)	11	1,8
Carbohydrates (g)	73	12
of which sugars (g)	5,5	0,9
Fibre (g)	18	3
Protein (g)	32	5
Salt (g)	2,8	0,5

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan and boil the **bulgur** for 10 - 12 minutes until done, stirring regularly (see Tip).
- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Dice the **tomato**.

Tip: 🍌 this recipe is high in calories. Are you watching your calorie intake? Prepare all of the bulgur but then just serve two thirds. You can keep the rest of it in the fridge to use the next day.

Did you know... 🍌 if your avocado isn't ripe yet, try storing it with a banana in a paper bag to speed up the process.



Fry the mince

- Heat the olive oil in a wok or deep frying pan over medium-high heat and fry the **onion** for 1 minute.
- Add the **chicken mince** and fry for 3 minutes, separating it as you do so.



Make the sauce

- Cut the **lime** into wedges.
- In a small bowl, combine the mayonnaise with the **Mexican-style spices*** and (per person) the juice of 1 **lime** wedge and 1 tsp water. Season to taste with salt and pepper.

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



Serve

- Serve the **bulgur** in bowls or deep plates.
- Top with the **chicken mince**, **tomato**, **avocado** and **tortilla** chips.
- Garnish with the rest of the **lime wedges**.
- Drizzle over the dressing and season to taste with salt and pepper.

Did you know... 🍌 bulgur is a type of wholegrain. Wholegrains are richer in fibre than refined grains and contain up to five times more vitamins and minerals (such as potassium, magnesium and iron, as well as vitamins B1 and B2).

Enjoy!



Hake with Mediterranean-style Stewed Peppers

with fried baby potatoes and Leccino olives

Calorie Smart

Total time: 45 - 55 min.



Onion



Bell pepper



Garlic



Baby potatoes



Skin-on hake fillet



Leccino olives



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

Today, make your own stew combining sweet and sour peppers with the salty flavours of hake fillet and leccino olives.

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 lidded deep frying pan, kitchen paper, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Baby potatoes (g)	200	400	600	800	1000	1200
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Leccino olives* (g)	10	20	30	40	50	60
From your pantry						
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (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)	2330 /557	389 /93
Total fat (g)	24	4
of which saturated (g)	7,3	1,2
Carbohydrates (g)	54	9
of which sugars (g)	14,4	2,4
Fibre (g)	12	2
Protein (g)	27	4
Salt (g)	2,1	0,3

Allergens

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



Prepare

- Wash the **baby potatoes** and cut them in half, or any larger ones into quarters.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potatoes** for 20 minutes, covered, tossing regularly.
- Remove the lid and season to taste with salt and pepper, then continue frying for 5 - 10 more minutes.

Did you know... 🌱 thanks to the potatoes and bell pepper, this recipe provides more than three times the RDA of vitamin C per serving!



Stew the peppers

- Deseed the **bell pepper** and chop into very thin strips.
- Chop the **onion** and crush or **mince** the **garlic**.
- Heat another drizzle of olive oil in a deep frying pan over medium-high heat and fry the **garlic** for 1 minute.
- Add the **bell pepper** and **onion** and season with salt and pepper, then cover with the lid and allow to stew for 15 minutes, tossing regularly.



Fry the hake

- Remove the lid and deglaze with the balsamic vinegar, then crumble in the stock cube (see pantry for amount).
- Add the sugar and fry for 5 more minutes over medium heat.
- Pat the **hake** dry with kitchen paper.
- Melt the butter in a frying pan over medium-high heat and fry the **hake** for 2 - 3 minutes per side. Season to taste with salt and pepper.



Serve

- Stir the **Leccino olives** into the stewed peppers. Taste and then season with salt and pepper as needed.
- Serve the stewed peppers with the **potatoes** and the hake.
- Drizzle the hake with balsamic vinegar as preferred.

Enjoy!



Teriyaki Boekoeloekoe Burger

with sambal slaw, quick-pickled cucumber & potatoes

Veggie

Total time: 40 - 50 min.



Boekoeloekoe burger mix



Egg



Onion



Grated mature cheese



Teriyaki sauce



Slaw mix



Cucumber



Potatoes



White ciabatta



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

While it looks rustic, ciabatta is more modern than you might think. It was first developed in 1982 by Arnaldo Cavallari. Its name means slipper in Italian as it's shaped just like a slipper!

Before you begin

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

Utensils

Parchment-lined baking sheet, 3x bowl, large bowl, salad bowl, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Boekoeloekoe burger mix (g)	20	40	60	80	100	120
Egg* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Grated mature cheese* (g)	15	25	40	50	65	75
Teriyaki sauce (g)	25	50	75	100	125	150
Slaw mix* (g)	50	100	150	200	250	300
Cucumber* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
White ciabatta (unit(s))	1	2	3	4	5	6
From your pantry						
White wine vinegar (tsp)	1½	3	4½	6	7½	9
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Honey (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Plant-based] milk	splash					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3577 /855	537 /128
Total fat (g)	37	6
of which saturated (g)	7,8	1,2
Carbohydrates (g)	104	16
of which sugars (g)	24,1	3,6
Fibre (g)	11	2
Protein (g)	22	3
Salt (g)	4,2	0,6

Allergens

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



Prepare

Preheat the oven to 200°C. Beat the **egg** in a bowl. Chop the **onion** very finely. Transfer the **boekeloekoe mix** to another bowl (see table for amount). Add the **grated cheese**, the **onion**, two-thirds of the **teriyaki sauce** and 1 tbsp per person of the beaten **egg**. Mix well to combine, adding a splash of milk if the mixture seems too dry, then transfer to the fridge for 15 minutes.



Fry the burger

Bake the **ciabatta** in the oven for 5 - 7 minutes. Meanwhile, in a small bowl combine the honey with the rest of the **teriyaki sauce**. Heat a light drizzle of olive oil in a frying pan over medium-high heat. Shape the boekeloekoe mixture into burger patties. When the pan is nice and hot, fry the burgers for 3 minutes per side. Pour over the **teriyaki sauce** and fry for 1 - 2 more minutes per side.



Prepare the potatoes

Peel or wash the **potatoes**, then dice them and transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake for 25 - 30 minutes or until golden-brown, tossing halfway.



Make the slaw

In a bowl, combine the rest of the white wine vinegar with the mayonnaise and the sambal (see Tip). Add the **slaw mix** and toss well to combine, seasoning to taste with salt and pepper.

Tip: skip the sambal if preferred.



Prepare the cucumber

Meanwhile, cut the **cucumber** into thin slices. In a salad bowl, combine 1 tsp per person of white wine vinegar and sugar, then season with a pinch of salt. Add the **cucumber** and toss well to combine.

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.



Serve

Cut open the **ciabatta** and top with the boekeloekoe burger, some of the quick-pickled **cucumber** and the sambal slaw (see Tip). Serve the **potatoes** and the rest of the **cucumber** alongside.

Tip: if there's too much slaw for the burger, serve the rest alongside.

Enjoy!



No-Fish Finger Traybake

with sweet potato wedges, chili mayo & broccoli

Calorie Smart Plant-Based

Total time: 35 - 45 min.



Sweet potato



Broccoli



Scallions



Vegan fish fingers



Sweet chili sauce



Fresh flat leaf
parsley & chives



Korean-style spice mix



Chopped cashews



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

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

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, small bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	200	400	600	800	1000	1200
Broccoli* (g)	200	360	620	720	980	1080
Scallions* (bunch)	½	1	1	2	2	3
Vegan fish fingers* (unit(s))	3	6	9	12	15	18
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Chopped cashews (g)	10	20	30	40	50	60
From your pantry						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2883 /689	486 /116
Total fat (g)	32	5
of which saturated (g)	3,9	0,7
Carbohydrates (g)	75	13
of which sugars (g)	20,1	3,4
Fibre (g)	17	3
Protein (g)	18	3
Salt (g)	1,7	0,3

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Peel or wash the **sweet potato** and cut into wedges.
- Cut the head of the **broccoli** into florets and dice the stem.
- Finely chop the greens of one **scallion** per person and set aside until step 4. Cut the rest of the **scallions** into 3cm chunks.



Prepare the toppings

- In a small bowl, combine the mayonnaise with the **sweet chili sauce**.
- Finely chop the fresh herbs.
- Transfer the roasted vegetables back to the same bowl. Add the Korean-style **spices** and then toss well to coat.

Did you know... 🥔 potatoes and sweet potatoes are rich in vitamins and minerals such as zinc, iron and potassium, as well as vitamins B and C. Sweet potatoes are also high in vitamin A, which supports eye health and boosts the immune system.



Make the traybake

- Transfer the **sweet potato** wedges, **broccoli** and **scallions** to a large bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet. Set aside the bowl until step 4.
- Place the **no-fish fingers** among the vegetables on the same baking sheet.
- Bake in the oven for 20 - 25 minutes, tossing halfway.



Serve

- Serve the vegetables on plates with the **no-fish fingers** alongside.
- Garnish with the **cashews**, fresh herbs and the reserved **scallion** greens.
- Drizzle with the **chili** mayo.

Enjoy!



Caramelised Pear Salad with Blue Cheese

with courgette ribbons, potatoes & walnuts

Calorie Smart Veggie

Total time: 40 - 50 min.



Potatoes



Courgette



Pear



Onion



Chopped walnuts



Mixed leaves of lamb's lettuce, arugula & baby spinach



Blue cheese cubes



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

Pears are not only delicious, but also nutritious! They are packed with fibre, vitamin C, and potassium, which are good for your digestion, immune system and blood pressure.

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, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	¾	1½	2	3	3½	4½
Pear* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	10	20	30	40	50	60
Mixed leaves of lamb's lettuce, arugula & baby spinach* (g)	30	60	90	120	150	180
Blue cheese cubes* (g)	40	75	100	125	175	200
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (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)	2644 /632	447 /107
Total fat (g)	34	6
of which saturated (g)	12	2
Carbohydrates (g)	58	10
of which sugars (g)	13,1	2,2
Fibre (g)	12	2
Protein (g)	19	3
Salt (g)	1,5	0,3

Allergens

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



Prepare

Preheat the oven to 180°C. Thoroughly wash the **potatoes** and give them a 1cm dice. Shave the **courgette** into thin ribbons using a peeler or **cheese** slicer. Core the **pear** then cut into wedges. Chop the **onion**.



Prepare the courgette

Transfer the **courgette** ribbons 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 8 - 10 minutes or until done, then transfer to a salad bowl along with the white wine vinegar and the **onion** (see Tip). Season to taste with salt and pepper, then mix well to combine.

Tip: if you don't like raw onion, fry it with the potatoes in step 3.



Fry the potatoes

Heat a clean frying pan over medium-high heat and toast the **walnuts**, then remove from the pan and set aside. Heat a drizzle of olive oil in the same pan and fry the **potatoes** for 15 - 20 minutes.



Fry the pear

Melt the butter in another frying pan over medium-high heat and fry the **pear** for 8 - 16 minutes or until soft and golden-brown. This will take longer if the **pear** isn't ripe yet. Deglaze with the balsamic vinegar, remove from the pan and set aside.

Did you know...🍏 not only are pears delicious, they're also an excellent source of fibre; just one pear provides a sixth of the RDA. They're a great addition to a meal or to enjoy on their own as a snack.



Make the salad

Add the **lettuce** to the **courgette** and toss well to combine. Add a splash of extra virgin olive oil as preferred and season to taste with salt and pepper.



Serve

Serve the **potatoes** with the salad alongside. Top the salad with the **pear** and then garnish with the **blue cheese** and the toasted **walnuts**.

Enjoy!



Haddock with Bacon & Caramelised Onion

over parsnip-spinach mash

Calorie Smart Nice & Fast

Total time: 25 - 35 min.



Potatoes



Onion



Bacon lardons



Fillet of haddock



Garlic



Spinach



Parsnip



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

Parsnips are actually one of the oldest vegetables we know. They were grown as far back as ancient times and were often used as sweeteners for 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

Aluminum foil, lidded pot or saucepan, kitchen paper, plate, potato masher, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	25	50	75	100	125	150
Fillet of haddock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Spinach* (g)	50	100	200	200	300	300
Parsnip* (g)	100	200	200	400	400	600
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
[Low sodium] vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk				splash		
Honey				to taste		
Salt & pepper				to taste		
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2255 /539	356 /85
Total fat (g)	18	3
of which saturated (g)	7,6	1,2
Carbohydrates (g)	57	9
of which sugars (g)	13,5	2,1
Fibre (g)	14	2
Protein (g)	34	5
Salt (g)	1,9	0,3

Allergens

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



Boil the potatoes

- Boil plenty of water in a pot or saucepan and then crumble in the stock cube (see pantry for amount).
- Peel the **potatoes** and then cut both these and the **parsnip** into rough chunks.
- Boil the **potatoes** and **parsnip** for 12 - 15 minutes until done, then drain and set aside, covered.
- Meanwhile, slice the **onion** into thin half rings and crush or mince the **garlic**.



Fry the fish

- Melt a knob of butter in another frying pan over medium-high heat.
- Season the **fish** with salt and pepper on both sides. When the butter starts foaming, fry the fish for 1 - 2 minutes per side, then remove from the pan and set aside under aluminium foil.
- In the same pan, fry the **garlic** for 1 minute and then add the **spinach**.
- Allow the **spinach** to wilt and reduce. Meanwhile, mash the **potatoes** and **parsnip**, then stir in the **spinach** and a splash of milk. Season to taste with salt and pepper.



Fry the bacon

- Heat a light drizzle of sunflower oil in a frying pan and fry the **bacon lardons** for 2 - 4 minutes until done. Transfer to a plate lined with kitchen paper and set aside.
- Fry the **onion** for 9 - 12 minutes in the same pan over medium-high heat, stirring occasionally (see Tip).
- Deglaze the **onion** with the balsamic vinegar and then stir in some honey as preferred. Mix well and then turn off the heat.



Serve

- Serve the mash on plates and top with the caramelised **onion** and then with the fish.
- Finish with the **bacon lardons**.

Did you know...🍌the fish in this recipe is rich in iodine, which is important for the thyroid, metabolism and growth in children.

Enjoy!



Teriyaki Steak Stir-Fry

over wholewheat noodles with quick-pickled cucumber

Calorie Smart

Total time: 30 - 40 min.



Steak strips



Leek



Carrot



Garlic



Fresh ginger



Teriyaki sauce



Wholewheat noodles



East Asian-style sauce



Cucumber



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

The lower end of the leek is the tastiest part. Cut off the root and slice the rest. Remove the outer leaves and the top part, which is tougher and not as tasty.

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 bowl, grater, lidded pot or saucepan, frying pan, lidded wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Leek* (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Teriyaki sauce (g)	15	30	50	60	80	90
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Cucumber* (unit(s))	½	1	1	1	2	2
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Extra virgin olive oil	to taste					
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2272 /543	488 /117
Total fat (g)	16	3
of which saturated (g)	2,2	0,5
Carbohydrates (g)	67	14
of which sugars (g)	26	5,6
Fibre (g)	8	2
Protein (g)	32	7
Salt (g)	2,1	0,4

Allergens

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



Prepare

Crush or mince the **garlic** and finely grate the **ginger**. In a bowl, prepare the marinade by combining the **teriyaki sauce**, **garlic** and **ginger** with a fifth of the white wine vinegar, along with salt and pepper to taste. Transfer the **steak strips** to the bowl, mix well to combine and set aside to marinate.



Fry the steak strips

Heat another drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the **steak strips** in their marinade for 1 minute until evenly browned, leaving them slightly rare if preferred (see Tip).

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



Prepare the cucumber

Thinly slice the **cucumber**. Transfer to a bowl along with the sugar and the rest of the white wine vinegar. Add a pinch of salt, then mix well and set aside.



Finish the stir-fry

In the meantime, boil the **noodles** for 3 - 4 minutes, then drain and transfer to the vegetables. Stir in the **East Asian-style sauce** and cook for 1 more minute, then drizzle with extra virgin olive oil as preferred.

Did you know... 🌱 wholegrains contain more fibre than white grains, as well as 3 - 5 times more vitamins and minerals; such as calcium, magnesium and iron, along with vitamins B1, B2 and E.



Fry the vegetables

Boil plenty of water in a pot or saucepan for the **noodles**. Chop the **leek** into thin half rings and finely dice the **carrot**. Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the **carrot** and **leek** for 6 - 8 minutes, seasoning with salt and pepper.



Serve

Serve the **noodles** and vegetables on plates and top with the **steak strips**. Serve the quick-pickled **cucumber** on the side.

Did you know... 🍖 steak is not only high in iron, it's also rich in potassium, which benefits blood pressure. Other good sources of potassium are bananas, potatoes, wholegrains, pulses, nuts, vegetables, salmon and milk.

Enjoy!



Cabbage Rolls with Veggie Mince

with fried rice, East Asian-style sauce & scallions

Calorie Smart Plant-Based

Total time: 35 - 45 min.



Jasmine rice



Veggie mince



Garlic



Scallions



Chinese cabbage



Carrot



Nasi-bami spice mix



East Asian-style sauce



Soy sauce



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

Jasmine rice is similar to basmati rice in texture, appearance and nutritional value. Yet they are not the same. In fact, jasmine rice has a slightly stronger flavour.

Before you begin

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

Utensils

Large wok or deep frying pan, lidded pot or saucepan, kitchen paper, plate, sieve or colander, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Veggie mince* (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Scallions* (bunch)	⅓	⅔	1	1⅓	1¾	2
Chinese cabbage* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	¾	1	1¾	2
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	1	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2577 /616	389 /93
Total fat (g)	13	2
of which saturated (g)	1,4	0,2
Carbohydrates (g)	88	13
of which sugars (g)	17,1	2,6
Fibre (g)	19	3
Protein (g)	28	4
Salt (g)	3,8	0,6

Allergens

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



Prepare

Boil plenty of water in a pot or saucepan. Set aside three **cabbage** leaves per person and then finely chop the rest. Crush or mince the **garlic**. Finely chop the **scallions** and separate the white part from the greens. Finely dice the **carrot**.



Boil the cabbage

Boil the whole **cabbage** leaves for 1 minute, then rinse under cold water and transfer to a sieve. Set aside and allow to drain. Boil the **rice** for 10 - 12 minutes, covered, then drain and set aside.

Did you know...🍏 Chinese cabbage is high in calcium, folic acid and vitamin C. This helps your bones and muscles to stay strong and healthy.



Fry the vegetables

Heat a drizzle of sunflower oil in a large wok or deep frying pan over medium-high heat. Fry the **garlic** with the **carrot** and the white part of the **scallions** for 3 - 4 minutes. Stir in the chopped **cabbage** and fry for 1 - 2 more minutes. Meanwhile, in a small bowl combine the **soy sauce** with the **East Asian-style sauce**.



Fry the mince

Stir in the **veggie mince** and fry for 2 - 3 minutes, then add two-thirds of the sauce and mix well to combine (see Tip). Fry for 1 more minute, then taste and season with pepper as needed.

Tip: 🍏 if you're watching your salt intake, add just one third of the sauce. You can add more as preferred later when serving.



Make the cabbage rolls

Transfer the **cabbage** leaves to a plate and top each leaf with 1 - 2 tbsp of the filling, placing it in the middle. Roll up the **cabbage**, folding in the sides so as to seal the rolls. Repeat with the rest of the **cabbage** leaves, then pat them dry with kitchen paper. Heat a drizzle of sunflower oil in a frying pan over high heat and fry the **cabbage** rolls for 1 - 2 minutes per side. Season to taste with salt and pepper.



Serve

Meanwhile, stir the **rice** and the **nasi-bami spice mix** into the rest of the **mince**. Fry for 1 minute over high heat and season to taste with salt and pepper as needed. Serve the **rice** on plates and top with the **cabbage** rolls. Drizzle with the rest of the sauce and garnish with the reserved **scallion** greens.

Enjoy!



Vegetable Lasagne with Tomato & Mascarpone Sauce

with courgette, fresh basil & carrot

Family

Calorie Smart

Veggie

Total time: 50 - 60 min.



Fresh lasagne sheets



Onion



Courgette



Carrot



Italian seasoning



Passata



Garlic



Fresh basil



Grated mature cheese



Mascarpone



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

Today you will prepare an Italian lasagne with fresh lasagne sheets and lots of vegetables. This dish will please everyone.

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, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Passata (g)	200	390	590	780	980	1170
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Grated mature cheese* (g)	15	25	40	50	65	75
Mascarpone* (g)	25	50	75	100	125	150
From your pantry						
Water for the sauce (ml)	50	100	150	200	250	300
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)	2866 /685	501 /120
Total fat (g)	28	5
of which saturated (g)	12,1	2,1
Carbohydrates (g)	82	14
of which sugars (g)	19,2	3,4
Fibre (g)	9	2
Protein (g)	19	3
Salt (g)	1	0,2

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 **onion** and crush or mince the **garlic**. Thinly slice the **courgette**.



Roast the courgette

Transfer the **courgette** to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then roast in the oven for 8 - 10 minutes. Keep the oven on for the **lasagne**. Finely dice the **carrot** in the meantime.



Make the sauce

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **onion**, **garlic** and **carrot** for 6 - 7 minutes, seasoning with salt and pepper. Stir in the **passata**, the **Italian herbs** and the water (see Tip). Allow to simmer for 3 - 4 minutes, then stir in the **mascarpone**.

Tip: 🍷 after adding the passata, fill the empty pack with the water (see pantry for amount). Shake well before pouring the water into the pan, so as to easily clean the pack and get all of the passata.



Make the lasagne

Pour a shallow layer of sauce into an oven dish, then cover this with some of the **lasagne sheets**. Spread some sauce over the **lasagne sheets**, then place some **courgette** slices on top of that. Repeat so as to use all the ingredients, then finish with a layer of sauce and scatter over the **grated cheese**.



Chop the basil

Bake the **lasagne** in the oven for 25 - 35 minutes. Finely chop the **basil** in the meantime.



Serve

Let the **lasagne** rest for 3 minutes before serving. Garnish the **lasagne** with the **basil**.

Enjoy!



Courgette Soup with Toasted Pumpkin Seeds

with Easter bunny bread & wild mushroom pesto

Family Veggie

Total time: 35 - 45 min.



Onion



Potatoes



Courgette



Pumpkin seeds



Wild mushroom pesto



Grated mature cheese



Truffle-style olive oil



Novelty bread roll



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Did you know that this truffle oil is made from Coratina and Peranzana olives? These are harvested by hand in the Puglia area.

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

Immersion blender, peeler or cheese slicer, lidded soup pot, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Potatoes (g)	100	200	300	400	500	600
Courgette* (unit(s))	1	2	3	4	5	6
Pumpkin seeds (g)	5	10	15	20	25	30
Wild mushroom pesto* (g)	40	80	120	160	200	240
Grated mature cheese* (g)	25	50	75	100	125	150
Truffle-style olive oil (ml)	4	8	12	16	20	24
Novelty bread roll* (unit(s))	1	2	3	4	5	6
From your pantry						
[Low sodium] vegetable stock cube (unit(s))	¾	1½	2¼	3	3¾	4½
Boiled water (ml)	300	600	900	1200	1500	1800
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)	3527 /843	429 /102
Total fat (g)	54	7
of which saturated (g)	13,4	1,6
Carbohydrates (g)	58	7
of which sugars (g)	11,3	1,4
Fibre (g)	9	1
Protein (g)	24	3
Salt (g)	4	0,5

Allergens

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Prepare

Preheat the oven to 200°C and boil the water (see pantry for amount). Finely chop the **onion**. Thoroughly wash or peel the **potatoes**, then finely dice them. Use a peeler or **cheese** slicer to shave 3 **courgette** ribbons per person, then dice the rest of the **courgette**.



Bake the bread

Cut open the **bread roll** and spread with half of the **mushroom pesto**. Top with half of the **grated cheese**, then bake in the oven for 5 - 7 minutes.



Toast the pumpkin seeds

Heat a clean frying pan over high heat and toast the **pumpkin seeds** until they start to pop, then remove from the pan and set aside. Heat half of the olive oil in a soup pot over low heat and fry the **onion** for 2 minutes. Stir in the diced **courgette**, turn the heat to medium-low and fry for 3 minutes.

Did you know... 🍠 pumpkin seeds are rich in zinc, which supports growth and the immune system. Zinc is found primarily in animal products, so if you're vegetarian it's therefore very important to be aware of your zinc intake.



Blend the soup

Take the soup off the heat and use an immersion blender to process until smooth, adding some more boiling water if it's too thick. Stir the rest of the **pesto** and **cheese** into the soup, then season to taste with salt and pepper.



Make the soup

Add the **potatoes** and the boiling water to the soup pot, then crumble in the stock cube (see Tip). Cover with the lid and boil for 10 minutes over low heat. In the meantime, heat the rest of the olive oil in the same pan you used for the **pumpkin seeds**. Fry the **courgette** ribbons for 5 minutes over medium-low heat, turning halfway.

Tip: see pantry for amount, or if you're watching your salt intake, use just a third or half of the stock cube per person.



Serve

Serve the soup in bowls and top with the **courgette** ribbons. Garnish with the **pumpkin seeds**, then drizzle over the **truffle-style oil** as preferred. Serve with the Easter bunny **bread** alongside.

Enjoy!



Sticky Sweet Pork with Cucumber Salad

over fragrant coriander-lime rice with gomashio

Calorie Smart

Total time: 30 - 40 min.



Scallions



Garlic



Lime



Basmati rice



Cucumber



Fresh coriander & mint



Fresh ginger



Organic full-fat yogurt



Pork tenderloin tips



Soy sauce



Lamb's lettuce



Gomashio



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Wondering how ginger grows? Ginger is a root and will grow just like a potato if you put it in the potting soil.

Before you begin

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

Utensils

Lidded deep frying pan, grater, salad bowl, 2x small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Basmati rice (g)	75	150	225	300	375	450
Cucumber* (unit(s))	½	1	2	2	3	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Fresh ginger* (tsp)	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Pork tenderloin tips* (g)	100	200	300	400	500	600
Soy sauce (ml)	10	20	30	40	50	60
Lamb's lettuce* (g)	20	40	60	80	100	120
Gomashio (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	30	60	90	120	150	180
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					
*store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2678 /640	520 /124
Total fat (g)	23	4
of which saturated (g)	7,3	1,4
Carbohydrates (g)	73	14
of which sugars (g)	9,4	1,8
Fibre (g)	5	1
Protein (g)	33	6
Salt (g)	2,4	0,5

Allergens

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



Prepare

Finely chop the **scallions** and separate the white part from the greens. Crush or mince the **garlic** and juice the **lime** into a small bowl. Heat the sunflower oil in a deep frying pan over medium heat and fry the white part of the **scallions** with half of the **garlic** for 2 - 3 minutes. Set aside the **scallion** greens to use later as garnish. Grate the **ginger** with a microplane and set aside.



Fry the pork

Melt the butter in a wok or deep frying pan over medium-high heat. Halve the **pork tenderloin tips** and fry with the **ginger** for 1 - 2 minutes until evenly browned. Stir in the **soy sauce**, the sugar and the water (see pantry for amount). Mix well, then reduce the heat and allow to simmer for 3 - 4 minutes until thickened and reduced.



Boil the rice

Stir the **rice** into the aromatics and fry for 2 - 3 minutes, then add (per person) 200ml water and 0.5 tsp **lime** zest. Add a pinch of salt, then cover and bring to a boil. Reduce the heat and cook the **rice** for 12 - 15 minutes or until done. Stir regularly and add extra water if necessary.



Finish

Finely chop the **coriander**. Stir the rest of the **lime** juice and half of the **coriander** into the **rice** and allow to rest until serving, covered. In a salad bowl, combine the **cucumber** with the **lamb's lettuce**, the **mint** and the **yogurt dressing**.



Make the yogurt sauce

Slice the **cucumber** into crescents. Discard the stems of the **mint** and finely chop the leaves. In a small bowl, combine the **yogurt** with the extra virgin olive oil, a third of the **lime** juice and the rest of the **garlic**. Mix well and season to taste with salt and pepper.

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.



Serve

Serve the rice on plates and top with the sticky **pork tenderloin tips**. Garnish with the **gomashio**, the rest of the **coriander** and the **scallion** greens. Serve the **cucumber** salad alongside.

Enjoy!