



# Wild Boar Cheeseburger with Onion Chutney

with homemade fries & tomato-arugula salad

Family

Total time: 45 - 55 min.



Potatoes



Red onion



Tomato



Grated Gouda



Arugula



Onion chutney



Wild boar burger



Hamburger bun with sesame seeds



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

Wild boar is praised for its unique, gamey flavour. This is due to the boar's varied diet; they're omnivores, just like pigs!



Tear me out!



## Before you start

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.

## Equipment

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1½	3	4	6	7	9
Grated Gouda* (g)	15	25	40	50	65	75
Arugula* (g)	40	80	120	160	200	240
Onion chutney* (g)	20	40	60	80	100	120
Wild boar burger* (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6

### Not included

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4163 /995	642 /154
Total fat (g)	58	9
of which saturated(g)	19,2	3
Carbonhydrates (g)	85	13
of which sugars (g)	18,2	2,8
Fiber (g)	13	2
Protein (g)	35	5
Salt (g)	2,4	0,4

## Allergens

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



### 1. Bake the fries

Preheat the oven to 220°C. Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness (see Tip). Transfer to a bowl and drizzle with olive oil. Season the fries with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes.

**Health Tip** 🍌 this recipe is high in calories. If you're watching your calorie intake, serve the burger without the fries. You can keep them to use another time instead.



### 4. Fry the burger

Melt the butter in the same frying pan over medium-high heat. Fry the **burger** for 3 - 5 minutes per side (see Tip). Top with the **cheese** during the final minute of cooking and allow to melt.

**Tip:** fry the burger for more or less time as preferred, depending on how rare you'd like it.



### 2. Fry the onion

Slice the **onion** into half rings. Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the **onion** with a generous pinch of salt for 6 - 8 minutes until soft, then remove from the pan and set aside. Dice the **tomato** in the meantime.

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



### 5. Make the salad

Transfer the **tomato** and the **arugula** to the salad bowl. Add half of the fried **onion**, then toss well to combine.



### 3. Make the dressing

In a salad bowl, combine the extra virgin olive oil with the balsamic vinegar and the mustard. Season to taste with salt and pepper.



### 6. Serve

Serve the fries on plates. Cut open the **burger bun** and fill with the **cheeseburger**, **onion chutney** and the rest of the fried **onion**. Serve with the salad alongside.

Enjoy!



# Veggie Meatballs with Roasted Vegetables & Baby Potatoes

with Greek-style cheese, herb dressing & Middle Eastern spices

Family Veggie Calorie Smart

Total time: 45 - 55 min.



Greek-style cheese



Bell pepper



Eggplant



Red onion



Pre-cooked halved baby potatoes [skin-on]



Middle Eastern spice mix



Garlic



Unbelievaballs from the Vegetarian Butcher



Fresh flat leaf parsley & mint



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

Roasting bell peppers in the oven deepens their flavour, pairing perfectly with fresh herbs and savoury spices!



Tear me out!





## Before you start

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.

## Equipment

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Greek-style cheese* (g)	25	50	75	100	125	150
Bell pepper* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Unbelievaballs from the Vegetarian Butcher* (unit(s))	5	10	15	20	25	30
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
White wine vinegar (tsp)	2	4	6	8	10	12
Water (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2828 /676	450 /107
Total fat (g)	35	6
of which saturated(g)	8,3	1,3
Carbonhydrates (g)	62	10
of which sugars (g)	18,9	3
Fiber (g)	16	3
Protein (g)	24	4
Salt (g)	2,1	0,3

## Allergens

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



### 1. Prepare

- Preheat the oven to 200°C.
- Quarter the **onion** and chop the **bell pepper** into thin strips.
- Slice the **eggplant** into thin crescents. Crush or mince the **garlic**.
- Transfer all of this to a large bowl. Add the **baby potatoes** and the **Middle Eastern spices** and drizzle with half of the olive oil. Season to taste with salt and pepper, then toss well to combine.



### 2. Make the herb dressing

- Transfer to a parchment-lined baking sheet and roast in the oven for 30 - 40 minutes or until done, tossing halfway.
- Finely chop the fresh herbs and transfer to a small bowl.
- Add the extra virgin olive oil and half each of the honey and white balsamic vinegar. Season to taste with salt and pepper, then mix well to combine.

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



### 3. Fry the veggie meatballs

- Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **veggie meatballs** for 5 - 6 minutes, tossing regularly.
- Add the water, along with the rest of the honey and white wine vinegar (see pantry for amounts).
- Mix well and allow to reduce for 1 minute.



### 4. Serve

- Meanwhile, crumble the **cheese**.
- Serve the roasted vegetables and **veggie meatballs** on plates.
- Top with the **cheese** and drizzle with the herb dressing to finish.

Enjoy!



# Chicken Sausages with Cheesy Mash

with braised red cabbage, apple & nutmeg

Total time: 60 - 70 min.



Onion



Apple



Nutmeg



Shredded red cabbage



Ground cinnamon



Potatoes



Grated Gouda



Chicken sausage



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

Did you know that red cabbage retains its nice colour better if you add something acidic when cooking it, like vinegar or lemon juice?



Tear me out!





## Before you start

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.

## Equipment

Lidded deep frying pan, lidded frying pan, microplane, lidded pot or saucepan, potato masher

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Nutmeg (pinch)	1	2	3	4	5	6
Shredded red cabbage* (g)	100	200	300	400	500	600
Ground cinnamon (tsp)	½	1	1½	2	2½	3
Potatoes (g)	250	500	750	1000	1250	1500
Grated Gouda* (g)	25	50	75	100	125	150
Chicken sausage* (unit(s))	2	4	6	8	10	12
Not included						
Mustard (tsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Brown sugar (tbsp)	1	2	3	4	5	6
Water (ml)	120	240	360	480	600	720
[Plant-based] milk (splash)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3259 / 779	442 / 106
Total fat (g)	33	4
of which saturated(g)	20	2,7
Carbonhydrates (g)	80	11
of which sugars (g)	30,6	4,1
Fiber (g)	20	3
Protein (g)	34	5
Salt (g)	2,6	0,4

## Allergens

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



### 1. Prepare

- Chop the **onion**. Peel and core the **apple**, then dice it.
- Grate a pinch of **nutmeg** with a microplane.
- Melt a knob of butter in a deep frying pan over medium-high heat. Fry the **onion** with half of the **nutmeg** for 2 – 3 minutes, then gradually stir in the **red cabbage**.
- Add the **apple** and the white balsamic vinegar and fry for 4 – 5 minutes over low heat, covered.



### 2. Stew the red cabbage

- Add the brown sugar, the **cinnamon** and a generous pinch of salt, then pour in the water (see pantry for amount).
- Mix well, then cover with the lid and allow to stew for 45 minutes over medium-high heat, or until the **cabbage** is soft (see Tip).
- Stir regularly, adding more water as necessary if it gets too dry. Season to taste with salt and pepper.

*Tip: if it isn't done yet, continue cooking and add extra water as necessary.*



### 3. Boil the potatoes

- Boil plenty of water in a lidded pot or saucepan and crumble in the stock cube (see pantry for amount).
- Thoroughly wash or peel the **potatoes** and cut them into rough pieces.
- Boil the **potatoes** for 12 – 15 minutes until done, then drain.
- Mash with the **cheese** and the mustard, along with a splash of milk and a knob of butter. Season to taste with salt and pepper, then stir in the rest of the grated **nutmeg** as preferred.



### 4. Serve

- Melt a knob of butter in a frying pan over medium-high heat. Fry the **chicken sausages** for 2 - 3 minutes until evenly browned.
- Cover with the lid and fry for another 4 - 6 minutes, turning regularly.
- Serve the mashed **potatoes** and braised **cabbage** on plates.
- Top with the **chicken sausages**.

Enjoy!



# Sausage Linguine with Harissa

with Parmigiano Reggiano, Romano pepper & fresh basil

Family

Total time: 35 - 45 min.



Romano pepper



Garlic



Red onion



Tomato



Fresh basil



Parmigiano Reggiano DOP



Farmer's sausage



Linguine



Passata



Dried oregano



Harissa



**Cook and win a getaway week-end**  
Restore your balance with a week-end getaway by cooking with us in January. Scan and join the challenge!





## Before you start

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.

## Equipment

Lidded frying pan, microplane, lidded pot or saucepan, spatula

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¼	2
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Harissa* (g)	10	15	25	30	40	45
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3305 /790	700 /167
Total fat (g)	35	7
of which saturated(g)	10,3	2,2
Carbonhydrates (g)	82	17
of which sugars (g)	15,6	3,3
Fiber (g)	7	2
Protein (g)	36	8
Salt (g)	1,7	0,4

## Allergens

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



## 1. Prepare

Cut the **Romano pepper** into rings. Chop the **onion** and crush or mince the **garlic**. Finely dice the **tomato**. Cut the **basil** leaves into thin ribbons.

*Did you know...* 🍌 as well as vitamin C, Romano peppers are also high in vitamin E, which protects our cells and organs. This antioxidant is also found in sunflower oil, wholegrain products, nuts, seeds and green vegetables.



## 4. Make the sauce

Cut open the **sausages** and squeeze the **meat** out of the skin directly into the pan. Fry for 2 minutes, using a spatula to break up the **sausage meat** as you do so. Lower the heat and add the **passata**, fresh **tomato**, **oregano**, **harissa**, red wine vinegar and sugar. Cover with the lid and allow to simmer for 6 - 8 minutes. Grate the **Parmigiano Reggiano** in the meantime.



## 2. Fry the Romano pepper

Heat half of the olive oil in a frying pan over medium-high heat and fry the **Romano pepper** for 6 - 7 minutes. Season to taste with salt and pepper, then remove from the pan and set aside.



## 5. Finish

Transfer the **linguine** and half of the **Romano pepper** to the sauce and mix well to combine. Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



## 3. Boil the linguine

In the meantime, boil plenty of water in a pot or saucepan. Cook the **linguine** for 11 - 13 minutes, covered, then drain and set aside. Meanwhile, heat the rest of the olive oil in the same frying pan used for the **Romano pepper**, then fry the **garlic** and **onion** for 2 minutes.



## 6. Serve

Serve the **linguine** on plates and top with the rest of the **Romano pepper**. Garnish with the **basil** and the **Parmigiano Reggiano**.

Enjoy!





# Cheesy Cottage Pie

with leek, carrot & thyme

Family

Total time: 50 - 60 min.



Potatoes



Carrot



Onion



Garlic



Leek



Bay leaf



Tomato paste



Fresh thyme



Worcestershire sauce



Grated cheddar



Beef-pork mince with Italian herbs



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

What's the difference between Shepherd's pie and Cottage pie? Shepherd's pie usually contains lamb, while Cottage pie is usually made using beef.



Tear me out!



## Before you start

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.

## Equipment

Deep frying pan, oven dish, lidded pot or saucepan, potato masher

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Leek* (unit(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Fresh thyme* (g)	2	3	4	5	7	8
Worcestershire sauce (ml)	15	30	45	60	75	90
Grated cheddar* (g)	25	50	75	100	125	150
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Not included						
[Plant-based] milk (splash)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	75	150	225	300	375	450
Mustard (tsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3406 /814	428 /102
Total fat (g)	40	5
of which saturated(g)	20,5	2,6
Carbonhydrates (g)	72	9
of which sugars (g)	20,7	2,6
Fiber (g)	18	2
Protein (g)	36	5
Salt (g)	2,5	0,3

## Allergens

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



### 1. Prepare

- Preheat the oven to 200°C.
- Wash or peel the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan.
- Submerge with water and boil for 12 - 15 minutes until done, covered, then drain and set aside.
- Finely dice the **carrot**. Chop the **onion** and crush or mince the **garlic**. Finely chop the **leek**.



### 2. Make the filling

- Melt half of the butter in a deep frying pan over medium-high heat and fry the **carrot** and **leek** for 2 - 3 minutes.
- Add the **onion** and **garlic** and fry for 2 more minutes, then add the **mince** and fry for 3 - 4 minutes, separating it as you do so.
- Prepare the stock in the meantime.
- Remove the **thyme** leaves from the sprigs and set aside some to use later as garnish.



### 3. Mash the potatoes

- To the frying pan, add the **bay leaf**, **tomato paste**, **Worcestershire sauce**, **thyme** and flour. Mix well to combine, then pour in the stock.
- Allow to cook gently for 8 - 10 minutes, seasoning to taste with salt and pepper.
- Mash the **potatoes** with the mustard, the rest of the butter and a splash of milk. Season to taste with salt and pepper.



### 4. Serve

- Discard the **bay leaf**, then transfer the sauce to an oven dish.
- Top with the mashed **potato** and the **cheese**, then bake in the oven for 15 - 20 minutes or until golden-brown.
- Serve the cottage pie on plates.
- Garnish with the reserved **thyme** to finish.

Enjoy!





# Teriyaki Boekoeloekoe Burger on a Charcoal Bun

with sambal slaw, quick-pickled cucumber & potatoes

Veggie

Total time: 40 - 50 min.



Boekoeloekoe burger mix



Egg



Red onion



Grated Gouda



Teriyaki sauce



Slaw mix



[Persian] cucumber



Potatoes



Charcoal burger bun



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

Did you know that this boekoeloekoe mix contains more than 15 different spices and vegetables?



Tear me out!



## Before you start

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.

## Equipment

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
Red onion (unit(s))	⅓	⅔	1	1½	1½	2
Grated Gouda* (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
[Persian] cucumber* (unit(s))	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Charcoal burger bun (unit(s))	½	1	1	2	2	3
Not included						
White wine vinegar (tsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] milk (splash)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3209 /767	494 /118
Total fat (g)	35	5
of which saturated(g)	7,6	1,2
Carbonhydrates (g)	90	14
of which sugars (g)	26,3	4,1
Fiber (g)	11	2
Protein (g)	21	3
Salt (g)	3,8	0,6

## Allergens

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



## 1. Prepare

Preheat the oven to 200°C. Beat the **egg** in a bowl. Chop the **onion** very finely. Transfer the **boekoeloekoe mix** to a large bowl (see ingredients 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. The mixture should be sticky enough to form a **burger** patty. Transfer to the fridge for 15 minutes.



## 4. Fry the burger

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



## 2. Prepare the potatoes

Peel or wash the **potatoes**, then dice them and transfer to a bowl. 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 bake for 25 - 30 minutes or until golden-brown, tossing halfway.



## 5. 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.



## 3. Prepare the cucumber

Meanwhile, thinly slice the **cucumber**. In a salad bowl, combine the white wine vinegar with the 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.



## 6. Serve

Cut open the **burger bun** and top with the **boekoeloekoe 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!





# Chicken Burger with a Mexican-Inspired Twist

on brioche with bacon, avocado dip, cheddar & potato wedges

Quick Comfort Food Deluxe

Total time: 25 - 30 min.



Potato wedges



Brioche bun



Chicken burger from Oranjehoen



Grated cheddar



Avocado dip



Red onion



Little gem



Romano pepper



Tomato



Green chili pepper



Fresh coriander



Bacon



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

Green chili peppers add a bright, zesty heat to dishes. They're packed with vitamin C and spice up every bite!



Tear me out!



## Before you start

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.

## Equipment

Bowl, large frying pan, lid, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potato wedges* (g)	200	400	600	800	1000	1200
Brioche bun (unit(s))	1	2	3	4	5	6
Chicken burger from Oranjestad* (unit(s))	1	2	3	4	5	6
Grated cheddar* (g)	25	50	75	100	125	150
Avocado dip* (g)	40	80	120	160	200	240
Red onion (unit(s))	½	1	1½	2	2½	3
Little gem* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1	2	2	3
Green chili pepper* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Bacon* (slice(s))	2	4	6	8	10	12
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4159 /994	589 /141
Total fat (g)	54	8
of which saturated(g)	20	2,8
Carbonhydrates (g)	86	12
of which sugars (g)	17,8	2,5
Fiber (g)	13	2
Protein (g)	39	6
Salt (g)	3,2	0,5

## Allergens

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



### 1. Prepare

Slice half of the **onion** into crescents and then finely chop the rest. Halve the **Romano pepper** lengthways, remove the seeds and then cut into thin strips. Chop the **green chili pepper\*** into rings. In a small bowl, combine the white wine wine vinegar with the **sugar** and season with salt and pepper. Add the **green chili pepper** and mix well, then set aside, stirring every so often.

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



### 4. Make the salsa

In the meantime, dice the **tomato** and finely chop the **coriander**. Transfer both to a bowl along with the rest of the **onion**. Drizzle with extra virgin olive oil, then mix well to combine. Season to taste with salt and pepper. Cut off the base of the **lettuce** and separate the leaves.



### 2. Fry the bacon

Heat a clean frying pan over high heat and fry the **bacon** for 3 - 5 minutes, then remove from the pan and set aside. Heat the olive oil in the same frying pan over medium-high heat. Fry the **potato wedges** for 15 - 20 minutes, seasoning to taste with salt and pepper.



### 5. Assemble

Cut open the **brioche bun** and spread the bottom with the **avocado dip**. Top with the **burger**, fried vegetables and several **little gem** leaves. Add the **green chili pepper** as preferred.



### 3. Fry the burger

Melt the butter in a large frying pan over medium-high heat and fry the **chicken burger** for 4 - 6 minutes on one side, along with the **Romano pepper** and the **onion** crescents (see Tip). Flip the **burger** over and top with the **cheddar** and **bacon**, then cover with the lid so as to allow the **cheese** to melt. Reduce the heat and cook for 4 - 6 minutes or until done. Season with salt and pepper.

*Tip: if you're cooking for more than two people, fry the vegetables separately. If you don't like raw onion, fry all of it here.*



### 6. Serve

Serve the **chicken burgers** with the **potato wedges**. Garnish the wedges with the **tomato** salsa and serve with mayonnaise as preferred.

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

Enjoy!





# Gnocchi with Burrata & Chicken Breast

in tomato sauce with courgette & fresh basil

Quick Premium

Total time: 20 - 25 min.



Gnocchi



Courgette



Red onion



Garlic



Burrata



Passata



Italian seasoning



Fresh basil



Crema di balsamico



Chicken breast with Mediterranean herbs



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

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



Tear me out!



## Before you start

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.

## Equipment

Deep frying pan, saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi* (g)	175	350	525	700	875	1050
Courgette* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Burrata* (ball(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Fresh basil* (g)	5	10	15	20	25	30
Crema di balsamico (ml)	4	8	12	16	20	24
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3556 /850	566 /135
Total fat (g)	31	5
of which saturated(g)	9,9	1,6
Carbonhydrates (g)	101	16
of which sugars (g)	19,9	3,2
Fiber (g)	10	2
Protein (g)	39	6
Salt (g)	3,5	0,6

## Allergens

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



### 1. Make the sauce

- Chop the **onion** and crush or mince the **garlic**.
- Heat a drizzle of olive oil in a saucepan over medium heat and fry the **garlic** and **onion** for 2 - 3 minutes.
- Stir in the **Italian herbs**, **passata**, balsamic vinegar, sugar and water (see pantry for amounts).
- Bring to the boil, then lower the heat and allow to simmer gently for 10 minutes, stirring regularly, until it has thickened and reduced. Season to taste with salt and pepper.



### 2. Fry the gnocchi

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **gnocchi** for 6 - 8 minutes until golden-brown (see Tip).
- Meanwhile, slice the **courgette** into thin crescents.
- Cut the **chicken** into thin strips.

**Tip:** for the best result, leave the gnocchi mostly undisturbed.



### 3. Fry the chicken & courgette

- Heat another drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the **chicken** and **courgette** for 5 - 7 minutes until done, seasoning with salt and pepper.
- Finely chop the **fresh basil** in the meantime.



### 4. Serve

- Serve the **gnocchi** and **tomato** sauce on deep plates.
- Top with the **chicken** and **courgette**, then drizzle with the **crema di balsamico**.
- Top with the burrata and garnish with the **basil** to finish.

Enjoy!





# Venison Steak with Balsamic Strawberry Sauce

with rainbow root vegetables, hazelnuts & fresh herbs

Premium

Total time: 35 - 45 min.



Venison steak



Strawberry sauce



Potatoes



Organic crème fraîche



Red onion



Purple carrot



Parsnip



Easy peel orange



Fresh flat leaf parsley, coriander & oregano



Fresh rosemary



Hazelnuts



There is a special ingredient in your box! The game season has started again: enjoy this tender venison steak, an artisanal and lean piece of meat with a mild gamey flavour.

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



## Before you start

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.

## Equipment

Aluminum foil, parchment-lined baking sheet, microplane, pot or saucepan, potato masher, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Venison steak* (g)	120	240	360	480	600	720
Strawberry sauce (ml)	25	50	75	100	125	150
Potatoes (g)	250	500	750	1000	1250	1500
Organic crème fraîche* (g)	25	50	75	100	125	150
Red onion (unit(s))	½	1	1	2	2	3
Purple carrot* (unit(s))	1	2	3	4	5	6
Parsnip* (unit(s))	½	1	2	2	3	3
Easy peel orange* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley, coriander & oregano* (g)	5	10	15	20	25	30
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Hazelnuts (g)	10	20	30	40	50	60

### Not included

Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	2	3	4	6	7	9
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4443 /1062	591 /141
Total fat (g)	62	8
of which saturated(g)	20	2,7
Carbonhydrates (g)	81	11
of which sugars (g)	27,2	3,6
Fiber (g)	19	2
Protein (g)	35	5
Salt (g)	1,7	0,2

## Allergens

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



## 1. Roast the pumpkin

Preheat the oven to 200°C. Boil plenty of water in a pot or saucepan. Quarter the **carrot** lengthways and transfer to one side of a parchment-lined baking sheet. Drizzle with half of the olive oil and season with salt and pepper, then roast in the oven for 10 - 15 minutes. Discard the **rosemary** stalk and finely chop the leaves. Chop the **hazelnuts** and toast them in a clean frying pan over high heat for 2 - 3 minutes, then remove from the pan and set aside.



## 4. Make the jus

Meanwhile, chop the **onion**. Zest and juice the **orange**. Remove the **steak** from the pan and season with pepper, then allow to rest under aluminum foil. Fry the **onion** with the rest of the **rosemary** in the same pan for 2 - 3 minutes over medium-high heat. Lower the heat, then add the **strawberry sauce** and (per person) ½ tsp white balsamic vinegar and 30ml **orange juice**. Season with salt and pepper, then mix well and allow to simmer gently



## 2. Roast the parsnip

Meanwhile, cut the **parsnip** lengthways into sixths and boil for 3 - 4 minutes. Transfer the **parsnip** to the other side of the baking sheet. Set aside the pot of water to use again later. Drizzle the **parsnip** with the honey and the rest of the olive oil, then scatter over half of the **rosemary**. Season with salt and pepper, then return the baking sheet to the oven for another 15 minutes.



## 5. Finish

Finely chop the fresh herbs and transfer to a small bowl. Add the extra virgin olive oil, the rest of the white balsamic vinegar and ½ tsp **orange zest** per person. Mix well and season with salt and pepper. Mash the **potatoes** with the **crème fraîche** and a splash of cooking liquid as preferred. Stir in the mustard and season to taste with salt and pepper. Stir the rest of the butter into the jus and remove from the heat.



## 3. Cook the potatoes

Meanwhile, peel or thoroughly wash the **potatoes** and cut into rough pieces. Transfer to the same pot you used earlier and add a pinch of salt, then boil for 12 - 15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside. Melt half of the butter in the same frying pan you used earlier over high heat. When the butter is nice and hot, fry the venison **steak** for 2 minutes on each side.



## 6. Serve

Slice the venison **steak** against the grain. Serve the mashed **potatoes** on plates. Top with the venison **steak** and the roasted vegetables. Drizzle the **steak** with the **strawberry jus** and garnish the vegetables with the herb dressing and the **hazelnuts**.

Enjoy!





# Thai-Inspired Yellow Fish Curry

over rice with vegetables in fragrant coconut sauce

Global Cuisine

Total time: 30 - 40 min.



Scallions



Fresh ginger



Garlic



Vegetable mix with mushrooms



Yellow curry spices



Coconut milk



Red chili pepper



Lime



Fish medley: salmon, cod & pollock



Fish sauce



Basmati rice



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

Did you know that coconut milk doesn't come directly from the nut itself? The white flesh of the coconut is first mixed with water, and then the coconut milk is squeezed out.



Tear me out!



## Before you start

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.

## Equipment

Lidded deep frying pan, grater, pot or saucepan, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Scallions* (bunch)	½	1	1½	2	2½	3
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fish medley: salmon, cod & pollock* (g)	130	260	390	520	650	780
Fish sauce (ml)	10	20	30	40	50	60
Basmati rice (g)	75	150	225	300	375	450
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3293 /787	459 /110
Total fat (g)	37	5
of which saturated(g)	21,4	3
Carbohydrates (g)	78	11
of which sugars (g)	9,1	1,3
Fiber (g)	10	1
Protein (g)	36	5
Salt (g)	3,5	0,5

## Allergens

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



## 1. Prepare

Prepare the stock. Boil plenty of salted water in a pot or saucepan for the **rice**. Grate the **ginger** and crush or mince the **garlic**. Finely chop the **scallions** and separate the white part from the greens.



## 4. Make the curry

Add the **coconut milk** and the stock, then bring to the boil. Reduce the heat to medium-low, then cover with the lid and allow to reduce gently for 6 - 7 minutes. Remove the lid and reduce further until the sauce reaches your preferred texture. Shortly before serving, stir in the **fish medley** and poach for 1 - 2 minutes.



## 2. Boil the rice

Add half of the **ginger** to the saucepan and boil the **rice** for 10 minutes until done, then drain and set aside. Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the white part of the **scallions** with the **garlic**, the **curry spices** and the rest of the **ginger** for 1 - 2 minutes.



## 5. Season the curry

Season the curry with (per person) 1 tsp **fish sauce\*** and the juice of one **lime wedge**, then cook for 1 more minute. Taste and add the **chili pepper** as preferred, along with more **fish sauce** or **lime juice** if necessary. Season to taste with salt and pepper. *\*Take care, this ingredient is salty! Use as preferred.*



## 3. Fry the vegetables

Stir in the **vegetable mix** and fry for 6 - 8 minutes over medium-high heat, or until done. Meanwhile, chop the **chili pepper\*** into rings and cut the **lime** into wedges.

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



## 6. Serve

Transfer a portion of **rice** to a small bowl and pack it tightly, then turn it out onto a plate. Repeat with the rest of the **rice**. Serve the curry with the **rice** and garnish with the **scallion** greens, the rest of the **lime wedges** and some **chili pepper** as preferred.

Enjoy!





# Garlic Shrimp with Goat's Cheese Pearls

over giant couscous with olives, walnuts & fresh herbs

Quick Premium

Total time: 25 - 30 min.



-  Lemon-infused olive oil
-  Garlic
-  Shrimp
-  Fresh tarragon & chervil
-  Giant couscous
-  Courgette
-  Fennel
-  Chopped walnuts
-  Kalamata olives
-  Honeyed goat's cheese pearls



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

The Kalamata olive is a typical Greek olive. It gets its name from the city of Kalamata, which is located in southern Greece.



Tear me out!



## Before you start

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.

## Equipment

Bowl, deep frying pan, lidded pot or saucepan, salad bowl, small bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lemon-infused olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	120	240	360	480	600	720
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Giant couscous (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	2	2	3	3
Fennel* (unit(s))	½	1	1	2	2	3
Chopped walnuts (g)	20	40	60	80	100	120
Kalamata olives (g)	15	30	50	70	80	100
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3489 /834	477 /114
Total fat (g)	47	6
of which saturated(g)	12,8	1,8
Carbonhydrates (g)	63	9
of which sugars (g)	7,3	1
Fiber (g)	12	2
Protein (g)	36	5
Salt (g)	2,6	0,4

## Allergens

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



### 1. Marinate the shrimp

- Prepare the stock in a pot or saucepan and boil the **giant couscous** for 12 - 14 minutes, covered, then drain and briefly rinse under warm water.
- Crush or mince the **garlic** and transfer to a bowl along with the **shrimp**.
- Drizzle with the olive oil, then mix well to combine and set aside to marinate until step 3.
- In the meantime, slice the **courgette** into crescents of no more than 0.5cm thickness.



### 3. Make the topping

- Roughly chop the **walnuts**.
- Heat a clean frying pan over medium-high heat and toast the **walnuts** until golden-brown. Remove from the pan and transfer to a small bowl.
- Discard the **tarragon** stalks and roughly chop the leaves. Finely chop the **chervil**, then transfer half of both herbs to the **walnuts** and mix well to combine.
- Heat the same frying pan over medium-high heat. Fry the **shrimp** in their marinade for 3 minutes or until done.



### 2. Fry the vegetables

- Quarter the **fennel** and discard the tough core. Set aside any **fennel** fronds to use later, then finely dice the **fennel**.
- Melt the butter in a deep frying pan over medium-high heat and fry the **fennel** for 5 minutes (see Tip).
- Add the **courgette** and fry for 10 - 12 minutes or until they are done.

**Tip:** use extra pans as necessary if you're cooking for more than two people.



### 4. Serve

- Slice the **olives**.
- In a salad bowl, combine the **giant couscous** with the **olives**, **courgette** and **fennel**, along with the rest of the **chervil** and **tarragon**. Season to taste with salt and pepper.
- Serve the **giant couscous** on plates and top with the **shrimp** and the **goat's cheese pearls**.
- Drizzle with the **lemon-infused olive oil** and garnish with the **walnuts** and any **fennel** fronds.

Enjoy!





# Burrata & Oyster Mushrooms over Orzotto

with herbed cheese cubes & oregano

Veggie Quick Calorie Smart Premium

Total time: 25 - 30 min.



Orzo



Garlic



Red onion



Pre-cut mushroom mix



Oyster mushrooms



Herbed cheese cubes



Burrata



Fresh oregano



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

Oyster mushrooms are a great meat substitute! Tearing them, rather than chopping them, preserves their delicate, unique texture.



Tear me out!



## Before you start

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.

## Equipment

Lidded pot or saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	1	2	3	4	5	6
Pre-cut mushroom mix* (g)	90	175	260	350	435	525
Oyster mushrooms* (g)	100	200	300	400	500	600
Herbed cheese cubes* (g)	25	50	75	100	125	150
Burrata* (ball(s))	½	1	1½	2	2½	3
Fresh oregano* (g)	2½	5	7½	10	12½	15
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	0	0	0	0	0	0
Salt and pepper (totaste)	0	0	0	0	0	0

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2820 /674	459 /110
Total fat (g)	31	5
of which saturated(g)	16,8	2,7
Carbonhydrates (g)	67	11
of which sugars (g)	12,1	2
Fiber (g)	15	2
Protein (g)	29	5
Salt (g)	1,6	0,3

## Allergens

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



### 1. Prepare

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

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



### 2. Fry the mushrooms

- Meanwhile, melt the rest of the butter in a frying pan over medium-high heat. Fry the pre-cut **mushroom mix** for 5 - 6 minutes.
- Finely chop the **oregano** in the meantime.
- Deglaze the **mushrooms** with the white wine vinegar, then transfer to the **orzo** when it's done.
- Add the **herbed cheese cubes** and half of the **oregano**. Mix well and allow the **cheese** to melt, then season to taste with salt and pepper.



### 3. Fry the oyster mushrooms

- Meanwhile, tear the oyster **mushrooms** into thin pieces.
- Heat the sunflower oil in the same frying pan you used earlier over high heat. Fry the oyster **mushrooms** for 4 - 6 minutes.
- Turn off the heat, then stir in the ketjap. Season to taste with salt and pepper.



### 4. Serve

- Serve the **mushroom orzotto** on plates.
- Top with the oyster **mushrooms** and the **burrata**.
- Garnish with the rest of the **oregano**.
- Drizzle the burrata with extra virgin olive oil as preferred, then season to taste with salt and pepper.

Enjoy!





# Sweet Soy Salmon Fusion Tacos

with mango salad, zesty garlic mayo & homemade fries

Street food

Total time: 40 - 50 min.



Salmon fillet



Mini tortillas



Little gem



Potatoes



Red onion



Mango



Korean-style spice mix



East Asian-style sauce



Garlic



Lemon



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

The combination of seafood and Mexican cuisine has its roots in Mexico's coastal regions, where fresh fish and shellfish are abundant.



Tear me out!



## Before you start

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.

## Equipment

2x parchment-lined baking sheet, 2x bowl, medium bowl, microplane, kitchen paper, salad bowl, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Mini tortillas (unit(s))	3	6	9	12	15	18
Little gem* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Mango* (unit(s))	½	1	2	2	3	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Not included						
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6

\* store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	5347 /1278	673 /161
Total fat (g)	73	9
of which saturated(g)	9,8	1,2
Carbohydrates (g)	111	14
of which sugars (g)	32,6	4,1
Fiber (g)	14	2
Protein (g)	37	5
Salt (g)	4,8	0,6

## Allergens

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



### 1. Pickle the onion

Preheat the oven to 210°C. Slice the **onion** into thin half rings. In a bowl, combine the sugar with half of the red wine vinegar. Add the **onion** and season with salt and pepper, then mix well to combine. Set aside until serving, stirring occasionally.



### 4. Make the salad

Meanwhile, heat the **tortillas** in the oven for 2 - 3 minutes. Peel the **mango** and cut into batons. Roughly chop the **lettuce**. In a salad bowl, combine the rest of the sunflower oil and red wine vinegar with half each of the **soy sauce** and mayonnaise.



### 2. Make the fries

Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness. Transfer to a bowl and drizzle with a third of the sunflower oil, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 15 - 20 minutes. Add half of the **Korean-style spices** and toss well to coat, then return to the oven for another 15 - 20 minutes.



### 5. Finish the salmon

Zest the **lemon** and then juice it into a bowl. When the **salmon** is done, peel off the skin and discard. Transfer the **salmon** to the bowl and use two forks to shred it into large, rough flakes. Add the **East Asian-style sauce** and the rest of the **soy sauce**. Squeeze the roasted **garlic** into a small bowl. Add the rest of the mayonnaise and 1 tsp **lemon zest** per person. Mix well to combine, then season to taste with salt and pepper.



### 3. Prepare the salmon

Pat the **salmon** dry with kitchen paper and coat with the rest of the **Korean-style spices**. Season with salt and pepper, then drizzle with another third of the sunflower oil. Transfer to a parchment-lined baking sheet, skin-down. Place the unpeeled **garlic clove** alongside, then bake in the oven for 10 - 12 minutes.



### 6. Serve

Transfer the **mango** and **lettuce** to the salad bowl, then toss well to combine with the dressing. Fill the **tortillas** with some of the salad, the **salmon** and the pickled **onion**. Drizzle with some of the **garlic** mayonnaise and serve the rest with the fries. Serve the rest of the salad alongside.

Enjoy!