

## 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

## Ingredients

Low-fat quark* (g)	1000
Pear* (unit(s))	2
Apple* (unit(s))	2
Chia seeds (g)	100
Blueberry jam (g)	15
Oats (g)	150
Blueberries* (g)	125

### From your pantry

Honey to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	439 / 105
Total fat (g)	2,3
of which saturated (g)	0,3
Carbohydrates (g)	13,6
of which sugars (g)	6,5
Fibre (g)	3,3
Protein (g)	5,8
Salt (g)	0,1

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

## Allergens

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

# Breakfast Bowls with Quark and Fresh Fruit with three variations of toppings | 2 servings per day



Breakfast Total time: 5 - 10 min.



### 1. Quark with blueberries and chia seeds

- Divide a third of the **quark** over two bowls.
- Garnish with the **blueberries** and a third of the **chia seeds**.
- Add honey to taste.

### 2. Quark with pear, oatmeal and chia seeds

- Peel and core the **pear**, then slice the flesh.
- Divide a third of the **quark** over two bowls.
- Garnish with the **pear, oats** and a third of the **chia seeds**.
- Add honey to taste.

### 3. Quark with apple, blueberry jam and chia seeds

- Core and slice the **apple**.
- Divide a third of the **quark** over two bowls.
- Garnish with the **apple, blueberry jam** and a third of the **chia seeds**.
- Add honey to taste.

Enjoy!



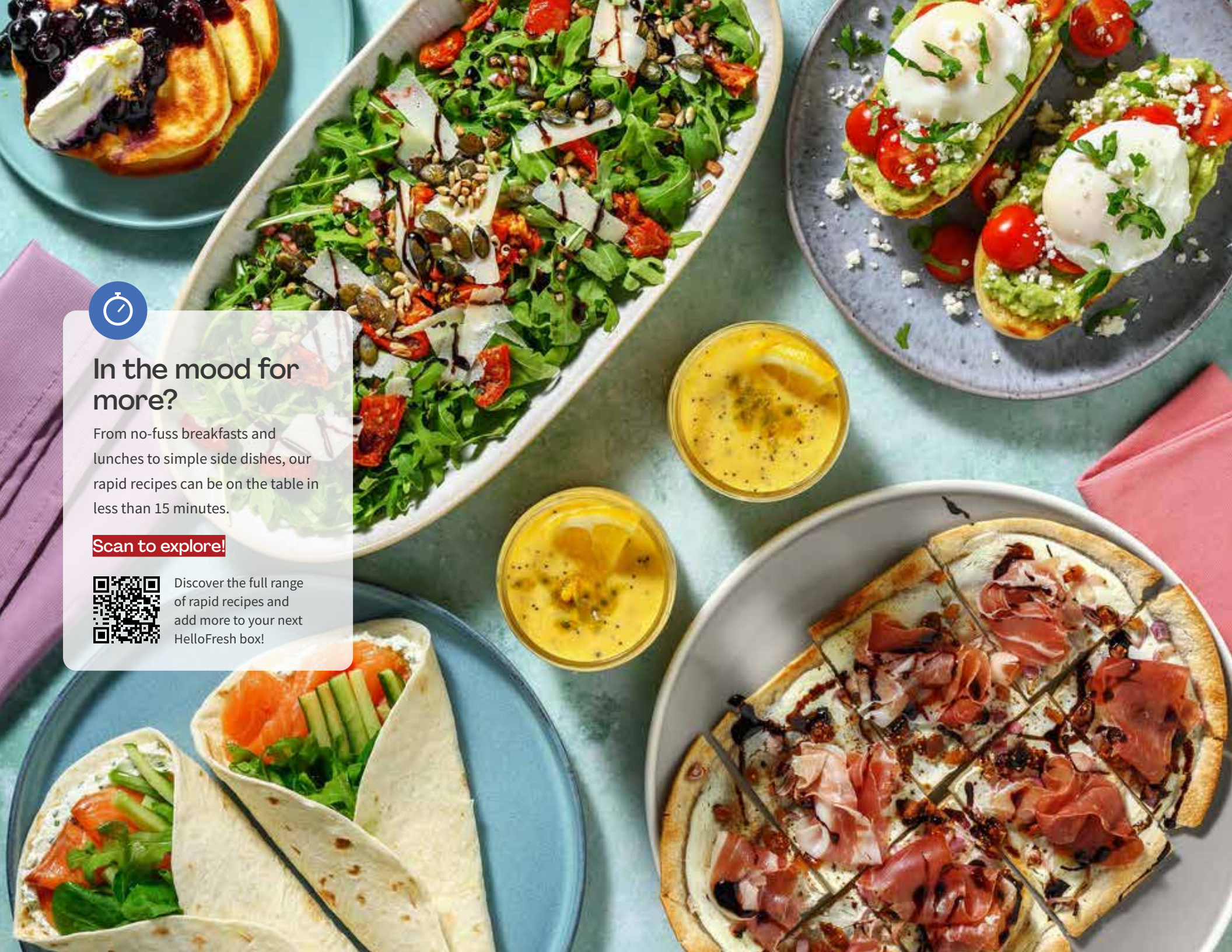
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## Utensils

25cm loaf tin, deep plate, large bowl, immersion blender

## Ingredients

Banana (unit(s))	3
Apple* (unit(s))	1
Raisins (g)	40
Banana bread mix (g)	400
Ground cinnamon (tsp)	3
From your pantry	
Water (ml)	60
Sunflower oil (tbsp)	3
*store in the fridge	

## Nutritional values

	Per 100g
Energy (kJ/kcal)	938 / 224
Total fat (g)	5
of which saturated (g)	1,2
Carbohydrates (g)	39
of which sugars (g)	22,4
Fibre (g)	2
Protein (g)	4
Salt (g)	0,6

## Allergens

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# Banana Bread

with apple and raisins | 10 slices



**Baking** Total time: 70 min.



## 1. Prepare

- Preheat the oven to 180°C. Mash 2 **bananas** with a fork in a deep plate (see Tip).
- Wash the **apple** and then roughly chop it (peel it first if the skin is very tough).
- Roughly chop the **raisins**.

*Tip: the riper the bananas are, the sweeter the cake will be. You can speed things up by storing the bananas next to an avocado or by wrapping them in newspaper.*

## 3. Bake the banana bread

- Pour the batter into the loaf tin.
- Cut the third **banana** in half lengthways and place each half face-up on top of the batter.
- Bake the **banana bread** for 45 - 55 minutes.

## 2. Make the batter

- Grease or line a loaf tin.
- In a large bowl, mix the **bananas** with the **banana bread mix**, **apple**, **cinnamon**, 3 tbsp sunflower oil and 60ml water.
- Mix everything together using an immersion blender, then add the **raisins** and mix them into the batter.

## 4. Serve

- Check if the **banana bread** is done by sticking a skewer into the middle; if it comes out dry, then the cake is done.
- Leave the **banana bread** in the tin to cool down for 15 minutes after you take it out of the oven (see Tip).

*Tip: if you're having a slice of banana bread the next day, try warming it up in the oven or toaster for a few minutes for that freshly baked feeling.*

Enjoy!



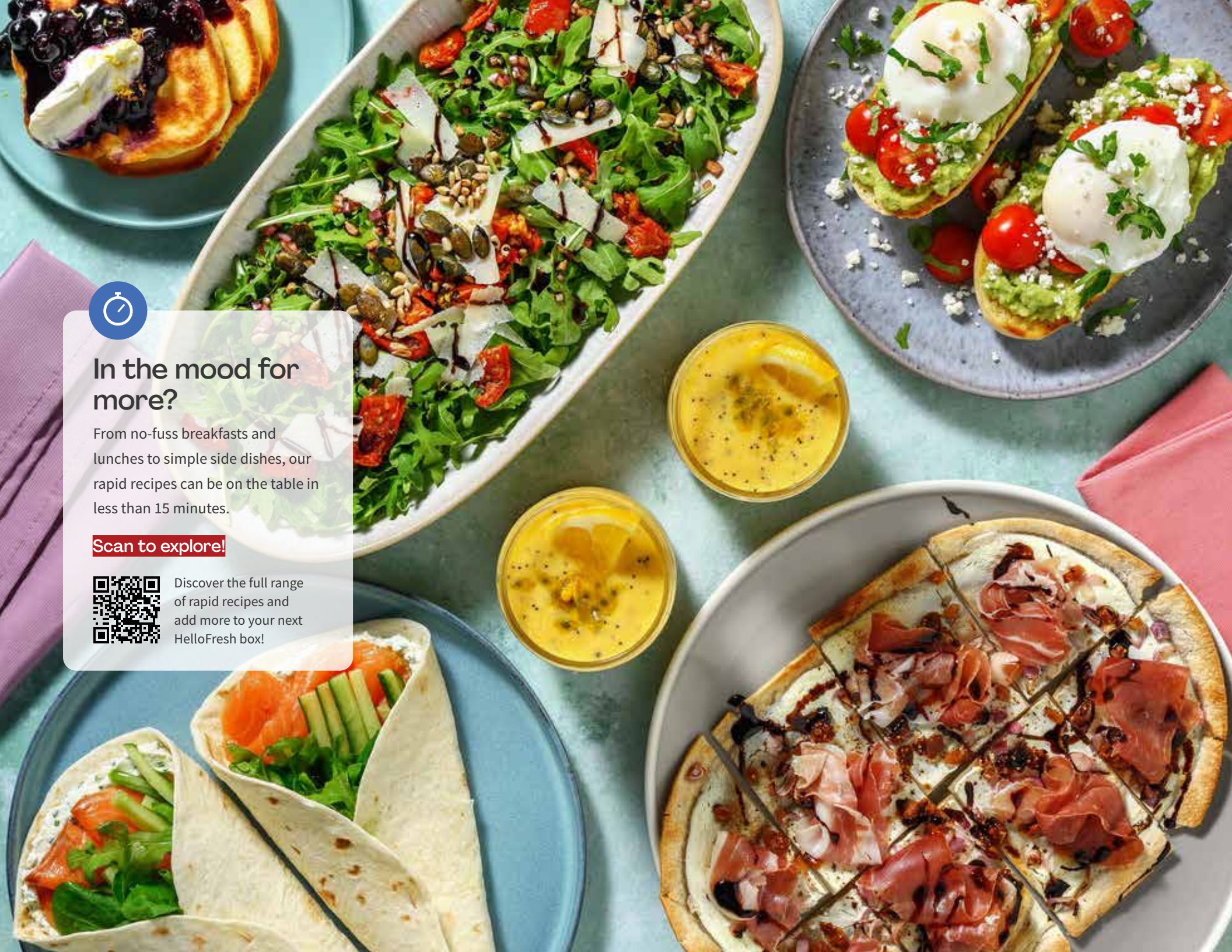
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## Utensils

Bowl, 24cm cake tin, fork, grater, handheld mixer, large bowl, parchment paper, skewers, spatula, zester

## Ingredients

Butter* (g)	160
Carrot* (unit(s))	3
Granulated sugar (g)	200
Egg* (unit(s))	4
Flour (g)	200
Baking powder (g)	12
Ground cinnamon (tsp)	1½
Powdered sugar (g)	100
Cream cheese* (g)	100
Lemon* (unit(s))	1
Nutmeg (pinch)	2
Desiccated coconut (g)	40
Pistachio nuts (g)	20

### From your pantry

Salt (tsp)	½
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\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1193 /285
Total fat (g)	14
of which saturated (g)	8,7
Carbohydrates (g)	33
of which sugars (g)	22,8
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

## Allergens

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

# Carrot Cake with Lemon Cream Cheese Frosting

with grated coconut and pistachios | 10 pieces



**Baking** Total time: 80 min.



## 1. Prepare

- Take the **butter** out of the fridge. Weigh out 160g of **butter**, cut it into cubes and let it come up to room temperature.
- Preheat the oven to 180°C.
- Grate the **carrots**.
- Line a round cake tin (24cm) with parchment paper.

## 2. Mix the batter

- Put the **butter**, **sugar** and salt in a large bowl, then use a spatula or electric whisk to mix them together until light and creamy.
- Mix the **eggs** in one by one.
- Using a spatula, gently fold in the **flour**, **baking powder**, **cinnamon** and 2 pinches of **nutmeg**.
- Fold the grated **carrot** and **coconut** through the batter.
- Pour the batter into the cake tin, then put it in the oven for 50 – 60 minutes.

## 3. Prepare the toppings

- Put the **powdered sugar** in a bowl. Gradually add the **cream cheese**, then use a fork to mix until smooth.
- Zest and juice the **lemon**. Add the **lemon zest** to the **cream cheese** frosting, along with some **lemon juice** to taste.
- Roughly chop the **pistachios**.

## 4. Serve

- Check if the cake is done by piercing it with a skewer – if it comes out clean then the cake is ready.
- Take the cake out of the oven and allow it to cool down fully.
- Spread the **lemon cream cheese** over the top of the cake, then garnish with the **pistachios**.

Enjoy!



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## Utensils

Large bowl, handheld mixer, oven dish, parchment paper

## Ingredients

Egg* (unit(s))	2
Chocolate cake mix (g)	400
Salted almonds (g)	40
White chocolate chips (g)	100
From your pantry	
[Plant-based] butter (g)	40
*store in the fridge	

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1652 /395
Total fat (g)	16
of which saturated (g)	7,5
Carbohydrates (g)	54
of which sugars (g)	35,8
Fibre (g)	2
Protein (g)	8
Salt (g)	1,7

## Allergens

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# Brownies with White Chocolate

with salted almonds | 9 pieces



**Baking** Total time: 40 - 50 min.



## 1. Prepare

- Take the butter out of the fridge, weigh it out and cut it into cubes. Leave to come up to room temperature.
- Preheat the oven to 180°C.
- Line a 20 x 20cm baking tin with baking paper (see Tip).

**Tip:** if you don't have a baking tin at home, use a square oven dish instead.

## 2. Make the batter

- Roughly chop the **almonds**.
- In a large bowl, combine the **chocolate cake mix** with 80ml water, the butter and **eggs**. Keep mixing until the batter is smooth (see Tip).
- Add half of the **almonds** and half of the **white chocolate chips** and stir them through the batter.

**Tip:** if you have a mixer or electric whisk, use this to mix the batter for about 4 minutes on a low setting.

## 3. Bake the brownie

- Pour the batter into the baking tin.
- Scatter the rest of the **almonds** and **white chocolate** over the top.
- Put the brownie in the oven for 20 - 25 minutes.
- The brownie is done when you see cracks start to form on the surface.

## 4. Serve

- Take the brownie out of the oven and let it cool down for about 5 minutes (see Tip).
- Cut the brownie into about 9 pieces, then take them out of the baking tin one by one.

**Tip:** Check if the brownie is done by sticking a skewer in it. It's fine if it's still a little bit sticky, but if the batter is very wet then put the brownie back in the oven for a few more minutes.

**Enjoy!**



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## Utensils

2x bowl, plastic wrap, 2x small bowl, microplane

## Ingredients

Apple* (unit(s))	1
Lime* (unit(s))	½
Mango* (unit(s))	1
Lemon* (unit(s))	½
White chocolate chips (g)	100
Dried cranberries (g)	20
Mango chutney* (g)	80
Chia seeds (g)	100
Desiccated coconut (g)	10
Organic semi-skimmed milk* (ml)	500
Greek yogurt* (g)	150
Chopped pecans (g)	20
From your pantry	
Water (ml)	100
Honey (tbsp)	2
Honey	to taste
Salt (tsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	621 /148
Total fat (g)	7
of which saturated (g)	2,9
Carbohydrates (g)	16
of which sugars (g)	12,7
Fibre (g)	3
Protein (g)	3
Salt (g)	0,5

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

## Allergens

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# Chia Seed Pudding: 3 Variations

sticky mango, white chocolate & cranberry, green apple & lime | serves 2 per day



Breakfast Total time: 15 min.



### 1. Basic chia pudding

- In a bowl, mix the **chia seeds** with the organic semi-skimmed **milk**, water, **greek yogurt**, 2 tbsp honey and salt.
- Cover the bowl with plastic wrap, put it in the fridge and leave to soak for at least 4 hours, or overnight.

### 2. Variation 1: Sticky mango (2 servings)

- Peel the **mango** and cut the flesh into strips.
- In a bowl, mix a third of the chia pudding with half of the **desiccated coconut**.
- Divide the **mango chutney** between two glasses.
- Add the chia pudding you mixed with the **desiccated coconut** on top.
- Garnish with the **mango** and the rest of the **coconut**.

### 3. Variation 2: Cranberry & white chocolate (2 servings)

- Zest the **lemon**, then juice it into a small bowl.
- Roughly chop the **cranberry** and the **white chocolate**.
- Divide a third of the chia pudding between two glasses. Mix the **lemon** juice, zest, half of the **white chocolate** and **cranberries** into the chia pudding.
- Garnish with the rest of the **cranberries** and **white chocolate** on top (see Tip).

**Tip:** If you prefer a healthier breakfast, leave out the white chocolate and add some honey to taste for some extra sweetness.

### 4. Variation 3: Green apple & lime (2 servings)

- Finely dice the **apple**. Zest the **lime**. Juice the **lime** into a small bowl and mix half of it with the diced **apple**.
- Divide a third of the chia pudding between two glasses. Mix the rest of the **lime** juice into the chia pudding.
- Garnish with the **apple**, the **lime** zest, and **pecans**.
- Drizzle some honey to taste on top.

Enjoy!



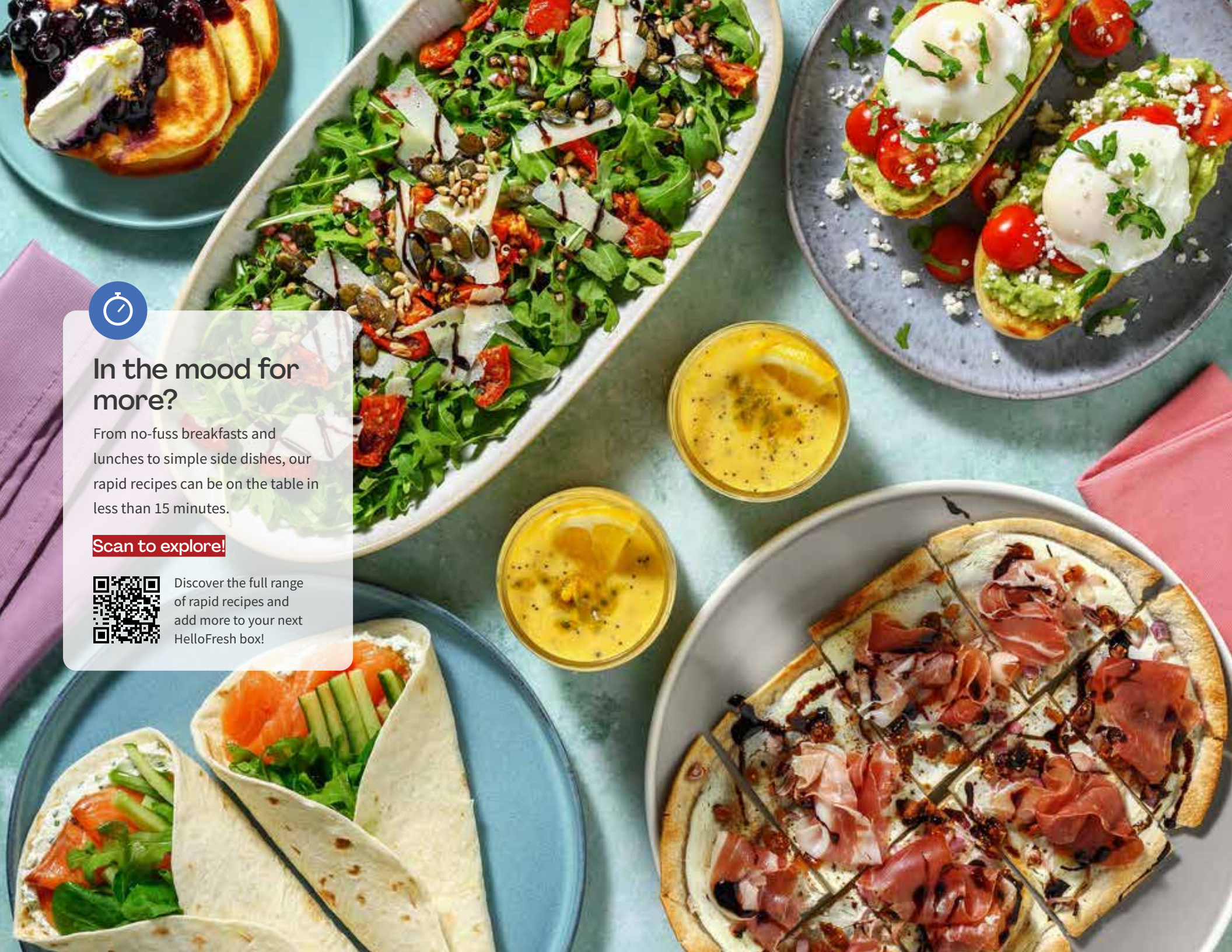
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## Utensils

Saucepan, small bowl

## Ingredients

Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Arugula* (g)	20
Avocado (unit(s))	2
Grana Padano flakes DOP* (g)	20
Tomato (unit(s))	1
Egg* (unit(s))	4
Curry powder (sachet(s))	½
Cress* (g)	20
Cream cheese* (g)	100
Crackers (unit(s))	12

### From your pantry

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	754 /180
Total fat (g)	14
of which saturated (g)	4,3
Carbohydrates (g)	2
of which sugars (g)	0,9
Fibre (g)	3
Protein (g)	6
Salt (g)	0,5

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

## Allergens

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# Savoury Breakfast Crackers

with three variations of toppings | serves 2 per day



Breakfast Total time: 10 - 15 min.



### 1. Option 1: Herbed cream cheese, ham and lamb's lettuce

- Divide four **crackers** over two plates.
- Spread the herbed **cream cheese** on the **crackers**.
- Divide the **ham** over the **crackers** and garnish with the **arugula**.

### 2. Option 2: Smashed avocado, Grana Padano and tomato

- Divide four **crackers** over two plates.
- Halve and pit the **avocado**, then scoop out the flesh, transfer to a small bowl and mash well. Slice the **tomato**.
- Spread the smashed **avocado** on the **crackers**. Top with the **tomato** slices.
- Season with salt and pepper and garnish with the **Grana Padano**.

### 3. Option 3: Boiled eggs, cress and curry spices

- Boil plenty of water in a saucepan. Carefully transfer the **eggs** to the water and boil for 5 - 7 minutes.
- Rinse the **egg** under cold water, then remove the shell and cut the **egg** in half.
- Divide four **crackers** over two plates. Spread the **cream cheese** on the **crackers**.
- Add the **eggs** on top, sprinkle the **curry spices** and season with salt and pepper to taste. Garnish with the **cress**.

Enjoy!



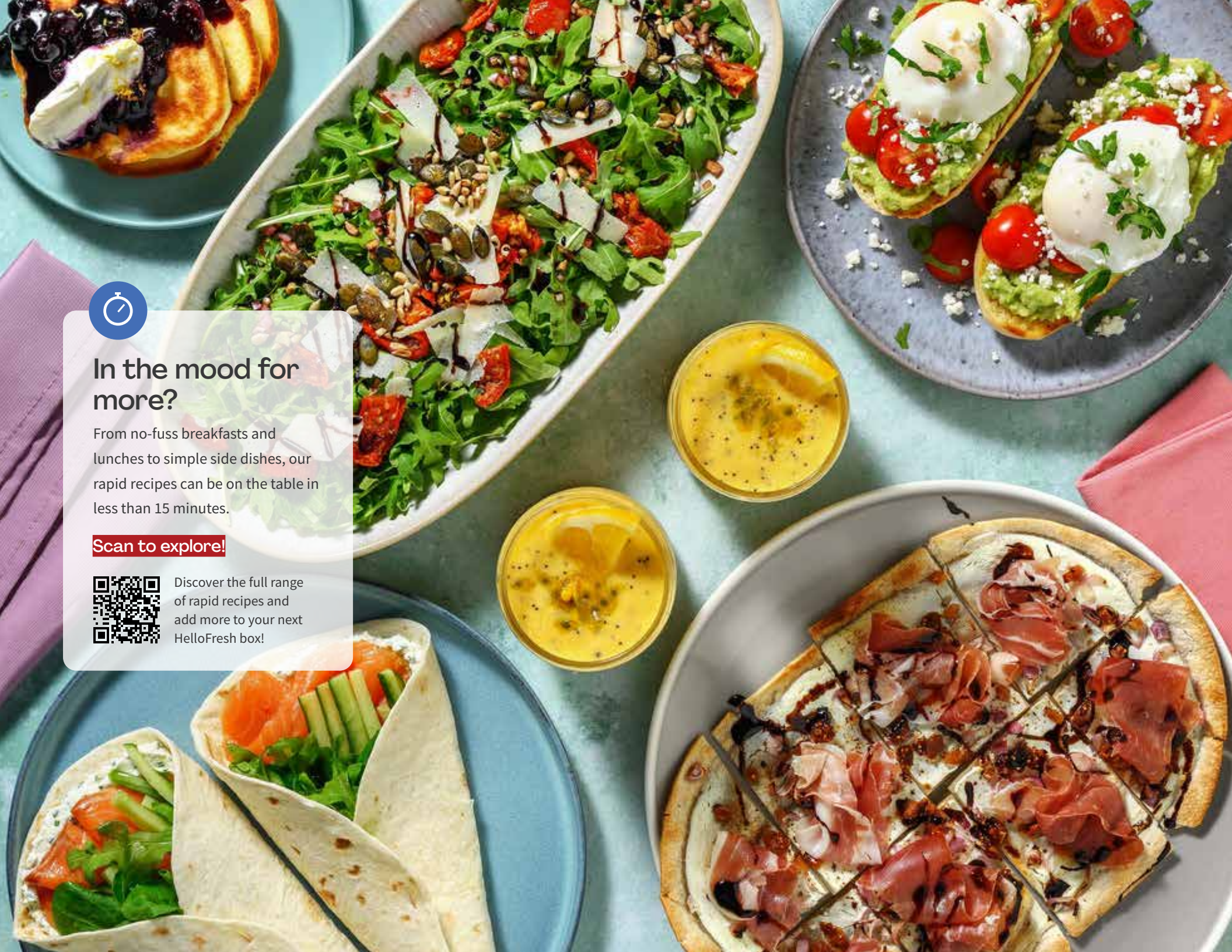
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## Utensils

Lidded frying pan

## Ingredients

Brioche bun (unit(s))	2
Serrano ham* (g)	40
Brie* (g)	200
Mango chutney* (g)	40
Arugula* (g)	20
Tomato ketchup* (g)	60
From your pantry	
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2644 /632	1037 /248
Total fat (g)	35	14
of which saturated (g)	21,6	8,5
Carbohydrates (g)	48	19
of which sugars (g)	14,6	5,7
Fibre (g)	4	1
Protein (g)	31	12
Salt (g)	3,5	1,4

## Allergens

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

# Brioche Grilled Cheese with Brie and Serrano Ham

with mango chutney and arugula | 2 servings



Lunch Total time: 15 min.



### 1. Prepare

- Slice open the **brioche**.
- Cut the **brie** into slices.

### 2. Assemble

- Spread the **mango chutney** on the **brioche**.
- Layer the **brie**, **serrano ham** and **arugula** inside the **brioche**.

### 3. Toast

- Heat the sandwich maker or panini press and place the grilled **cheese** sandwich in it (see Tip).
- Grill for 5 - 6 minutes or until the **cheese** has melted.

*Tip: If you do not have a sandwich maker at home, you could also make the grilled cheese in a lidded frying pan. Heat a knob of butter in the pan over medium heat and toast the grilled cheese for 2 - 3 minutes on each side.*

### 4. Serve

- Slice the grilled **cheese brioche** sandwich in half diagonally and serve with the ketchup on the side.

Enjoy!



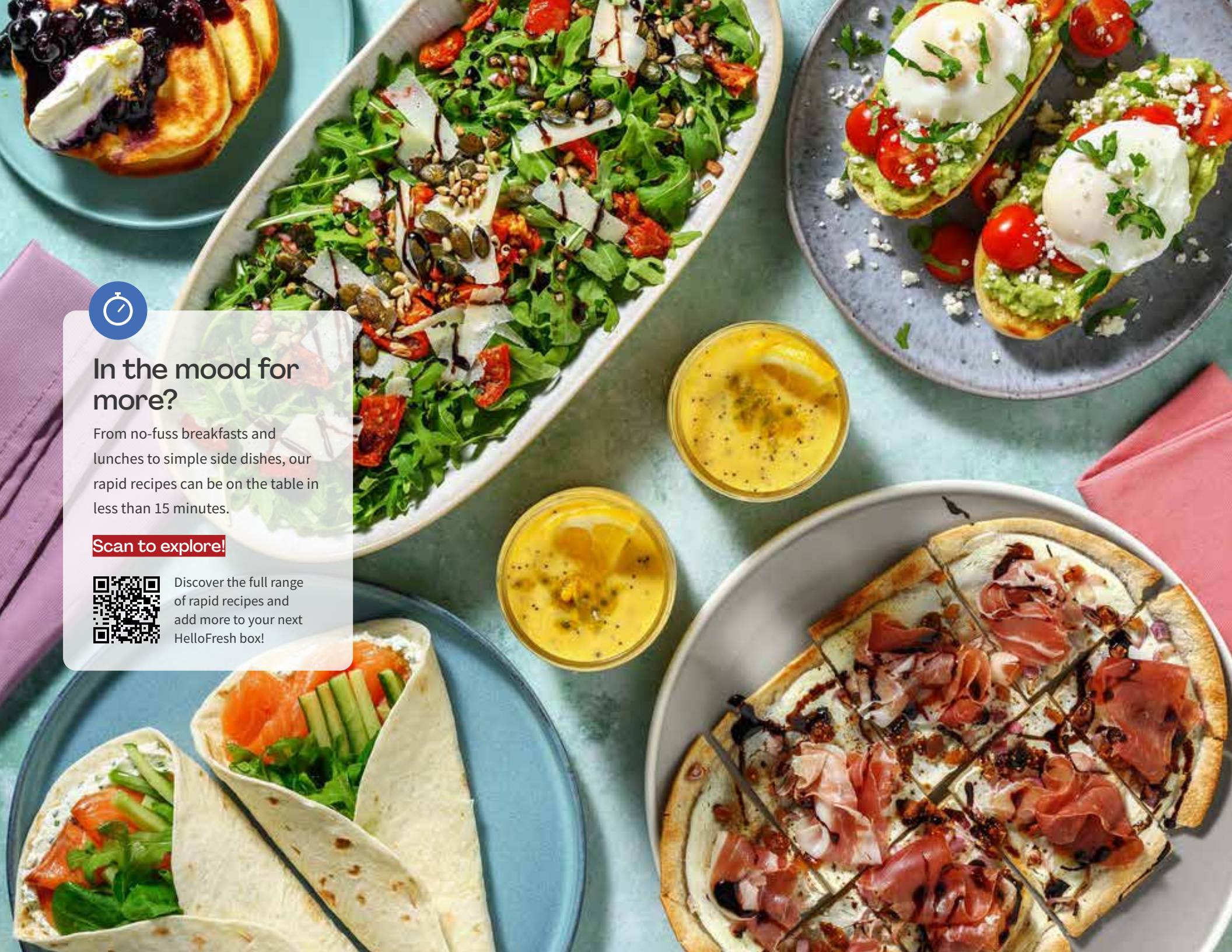
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# Fondue Box | Homemade Cheese Fondue with Three Cheeses

with demi-baguettes, fresh veggies & charcuterie | 4 servings

Total time: 30 - 40 min.



- |   |   |
|---|---|
|    |    |
| Grated emmentaler   | Grated Gruyère DOP  |
|    |    |
| Grated Gouda  | White wine  |
|    |    |
| Nutmeg  | Garlic  |
|    |    |
| Chestnut mushrooms  | Broccoli  |
|    |    |
| Romano pepper   | Ham   |
|  |  |
| Baby potatoes   | Serrano ham   |
|  |  |
| Lemon   | Italian seasoning   |
|  |  |
| Red cherry tomatoes   | White demi-baguettes  |



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

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## Utensils

Large pot or saucepan, microplane, 2x lidded pot or saucepan, frying pan, two bowls, whisk

## Ingredients for 4 servings

Grated emmentaler* (g)	400
Grated Gruyère DOP* (g)	300
Grated Gouda* (g)	100
White wine (ml)	374
Nutmeg (pinch)	2
Garlic (unit(s))	1
Chestnut mushrooms* (g)	250
Broccoli* (g)	360
Romano pepper* (unit(s))	1
Serrano ham* (g)	80
Baby potatoes (g)	400
Ham* (slice(s))	8
Lemon* (unit(s))	¼
Italian seasoning (sachet(s))	½
Red cherry tomatoes (g)	250
White demi-baguette (unit(s))	4

### From your pantry

Olive oil (tbsp)	1
Low sodium vegetable stock cube (unit(s))	½
Flour (tbsp)	½
Salt & pepper	to taste

*\*store in the fridge*

## Nutritional values

	Per 100g
Energy (kJ/kcal)	664 / 159
Total fat (g)	9
of which saturated (g)	5,4
Carbohydrates (g)	10
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	10
Salt (g)	0,8

## Allergens

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### 1. Boil the baby potatoes

Preheat the oven to 200°C. Boil plenty of water in a lidded pot or saucepan for the **baby potatoes** and crumble in the stock cube. In the meantime, wash the baby potatoes and cut any larger ones in half. Transfer to the pot and cook for 12 - 15 minutes, covered. Drain when finished and set aside without the lid.



### 2. Cook the broccoli

Boil plenty of salted water in another lidded pot or saucepan. Cut the **broccoli** into florets, then boil for 4 - 6 minutes, covered. Drain and set aside without the lid when finished.



### 3. Fry the mushrooms

Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the **mushrooms** for 4 - 6 minutes. Add the **Italian herbs** halfway through and season with salt and pepper. Put the **baguettes** in the preheated oven and bake for 5 - 6 minutes, until golden brown and crunchy.



### 4. Prepare

Crush or mince the **garlic**. Deseed the **Romano pepper** and cut it into 2 - 3cm chunks (they need to be big enough for your fondue fork). Cut the **lemon** into 4 wedges and juice 1 wedge into a bowl. In another bowl, mix the flour with 0.5 tbsp water. Stir well, making sure there are no clumps left. Grate about 2 pinches of **nutmeg**.



### 5. Make the fondue

Heat a drizzle of olive oil in a fondue pan or large saucepan over medium-high heat, then fry the **garlic** for 1 - 2 minutes. Deglaze with the **white wine** and **lemon juice**, then bring to a boil. Add the **nutmeg**. Gradually add the **cheeses** and allow to melt. Stir well throughout using a whisk (see Tip). Add the flour mixture and keep stirring. Gently bring to a boil, but turn the heat to low once it starts bubbling. Simmer for 1 - 2 minutes over low heat.

**Tip:** keep the heat on medium-high while adding the cheese, so that it melts properly.



### 6. Serve

Serve the cheese fondue in the pan on the table. Use a tea light or food warmer to keep it warm (see Tip). Serve the **broccoli**, **mushrooms**, **Romano pepper**, **cherry tomatoes** and **baby potatoes** in separate bowls. Roll up the **ham** and **Serrano ham** and arrange on a plate, then slice up the **baguettes**. Serve with the rest of the **lemon wedges**.

**Tip:** if you don't have anything to keep the fondue warm and the cheese starts to set, put the pan back on the heat briefly and warm it up while stirring until the cheese melts.

## Enjoy!



Smoothie box

Kick-start your day!

**1** Passion Fruit Smoothie  
with mango and yogurt

**2** Mango Smoothie with  
Desiccated Coconut  
with fresh yogurt

**3** Blueberry-Passion Fruit  
Smoothie  
with orange juice

# Passion Fruit Smoothie

with mango and yogurt | 2 servings

10 min.



### Utensils

Blender or an immersion blender with a tall container

### Ingredients for 2 servings

Passion fruit* (unit(s))	4
Mango* (unit(s))	1
Organic full-fat yogurt* (g)	100
Organic semi-skimmed milk* (ml)	200

#### From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

\*store in the fridge

### Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	841 /201	239 /57
Total fat (g)	4	1
of which saturated (g)	2,2	0,6
Carbohydrates (g)	28	8
of which sugars (g)	27,6	7,8
Fiber (g)	5	1
Protein (g)	8	2
Salt (g)	0,2	0,1

### Allergens

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

1. Peel and dice 1 **mango**. Halve 3 **passion fruits** and scoop out the flesh.
2. Add the **mango** and **passion fruits** to a blender (or tall container, if you're using an immersion blender). Add the **yogurt** and **milk**, then blend until smooth.
3. Add honey to taste.
4. Pour the smoothie into two glasses. Halve 1 **passion fruit** and scoop out the flesh to add on top of the smoothies.

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



Smoothie box

# Mango Smoothie with Desiccated Coconut

with fresh yogurt | 2 servings

10 min.



## Utensils

Blender or an immersion blender with a tall container

## Ingredients for 2 servings

Mango* (unit(s))	2
Organic full-fat yogurt* (g)	100
Organic semi-skimmed milk* (ml)	200
Desiccated coconut (g)	10

### From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1096 /262	288 /69
Total fat (g)	7	2
of which saturated (g)	5	1,3
Carbohydrates (g)	39	10
of which sugars (g)	38,4	10,1
Fiber (g)	4	1
Protein (g)	7	2
Salt (g)	0,2	0

## Allergens

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

1. Peel and dice 2 **mangoes**.
2. Add the **mango** to a blender (or tall container, if you're using an immersion blender).
3. Add the **yogurt** and **milk**, then blend until smooth.
4. Add honey to taste.
5. Pour the smoothie into two glasses and garnish with the **desiccated coconut**.

# Blueberry-Passion Fruit Smoothie

with orange juice | 2 servings

5 min.



## Utensils

Blender or an immersion blender with a tall container

## Ingredients for 2 serving

Blueberries* (g)	125
Passion fruit* (unit(s))	2
Easy peel orange* (unit(s))	4

### From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	644 /154	207 /49
Total fat (g)	0	0
of which saturated (g)	0	0
Carbohydrates (g)	28	9
of which sugars (g)	25,7	8,3
Fiber (g)	8	3
Protein (g)	4	1
Salt (g)	0	0

1. Cut 4 **oranges** in half.
2. Juice the **oranges**. Halve 2 **passion fruits**.
3. Scoop the flesh out of the **passion fruits** and add to the blender (or a tall container, if you're using an immersion blender).
4. Add the **orange juice** and two-thirds of the **blueberries**, then blend until smooth.
5. Add honey to taste.
6. Pour the smoothie into two glasses and garnish with the rest of the **blueberries**.

Enjoy!

## 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, large bowl

## Ingredients

Grated Gouda* (g)	150
Sliced jalapeños* (g)	60
Scallions* (bunch)	1
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Organic sour cream* (g)	100
Sweet chili tortilla chips (g)	300

### From your pantry

Salt & pepper	to taste
---------------	----------

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	949 / 227
Total fat (g)	13,8
of which saturated (g)	4
Carbohydrates (g)	18,1
of which sugars (g)	2,8
Fibre (g)	1,3
Protein (g)	6
Salt (g)	0,7

## Allergens

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

# Loaded Nachos with Homemade Guacamole with jalapeños and sour cream | 4 servings



**Appetizer** Total time: 30 min.



### 1. Make the nachos

- Preheat the oven to 180°C.
- Slice the **scallions** into fine rings.
- Spread the **tortilla chips** over a parchment-lined baking sheet.
- Top the chips evenly with the **jalapeños\*** and two-thirds of the **scallions**, then scatter over the **cheese**.
- Bake for 10 - 15 minutes or until **cheese** has melted.

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

### 2. Prepare the toppings

- Cut the **avocado** in half and remove the pit and skin.
- Dice the **avocado** and put it in a large bowl.
- Finely dice the **tomato**. Finely chop the **shallot** and press or mince the **garlic**.
- Cut the **lime** in half.

### 3. Make the guacamole

- Mash the **avocado** with a fork.
- Add the **tomato, shallot and garlic**.
- Squeeze the **lime** into the bowl.
- Mix everything together and season with salt and pepper.

### 4. Serve

- Take the nachos out of the oven and serve directly on the baking sheet or in a serving dish.
- Garnish with the remaining **scallions**.
- Transfer the **sour cream** to a bowl.
- Serve the nachos with the **sour cream** and guacamole.

Enjoy!



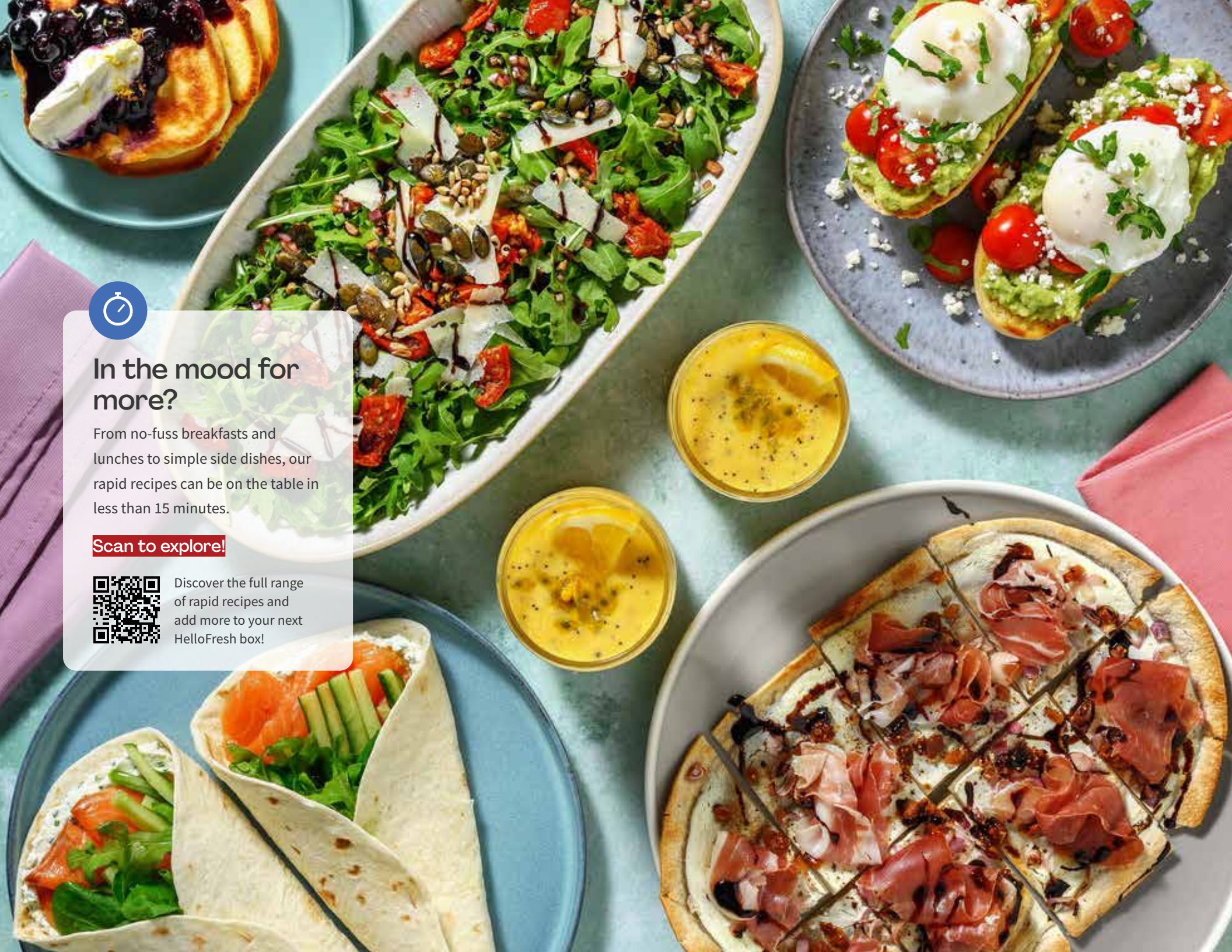
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## Before you begin

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

## Utensils

Large bowl, plastic wrap

## Ingredients

Tuna packed in water (can)	1
Mango* (unit(s))	1
Scallions* (bunch)	½
Fresh coriander & mint* (g)	10
Little gem* (unit(s))	2
Avocado (unit(s))	1
Flour tortillas (unit(s))	4
Hummus* (g)	160
Red cherry tomatoes (g)	125
Salted almonds (g)	40
Easy peel orange* (unit(s))	2
[Persian] cucumber* (unit(s))	1

### From your pantry

[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

*\*store in the fridge*

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4619 /1104	519 /124
Total fat (g)	63	7
of which saturated (g)	7,8	0,9
Carbohydrates (g)	86	10
of which sugars (g)	34,3	3,9
Fibre (g)	20	2
Protein (g)	33	4
Salt (g)	2,7	0,3

## Allergens

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

# Bento Box with Tuna Salad Wraps

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



**Lunch** Total time: 15 min.



## 1. Make the tuna salad

- Finely chop the **scallions**. Chop the **coriander** and **mint**.
- Peel and dice the **mango**.
- Drain the **tuna** and add to a large bowl.
- Add the mayonnaise, **scallions**, and **fresh herbs** to the bowl and mix well. Season to taste with salt and pepper.

## 2. Make the wraps

- Halve and pit the **avocado**, then remove the skin and slice the flesh.
- Remove the core of the **little gem** and pull the leaves apart.
- Add a few leaves to each **tortilla**. Divide the **tuna** salad, **mango** and **avocado** over the **tortillas**.
- Roll up the **tortillas** and add two wraps to the lunch box (see Tip).

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

## 3. Prepare the bento box

- Halve the **cucumber** and then cut into batons.
- Peel the **orange** and pull it apart into smaller segments.

## 4. Serve

- Add the **orange** segments and **almonds** to the lunch box with the wraps.
- Add half of the **cherry tomatoes** and **cucumber** to the lunch box, along with the **hummus**, and eat them together as a snack (see Tip).

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

Enjoy!



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## Before you begin

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

## Utensils

Plastic wrap, frying pan

## Ingredients

Flour tortillas (unit(s))	4
Avocado (unit(s))	1
[Persian] cucumber* (unit(s))	2
Feta* (g)	50
Arugula & lamb's lettuce* (g)	40
BBQ spice rub (sachet(s))	1
Chicken thigh strips* (g)	100
Hummus* (g)	160
Salted almonds (g)	40
Red cherry tomatoes (g)	125
Easy peel orange* (unit(s))	2

### From your pantry

Sunflower oil (tsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4222/1009	577/138
Total fat (g)	61	8
of which saturated (g)	12,5	1,7
Carbohydrates (g)	69	9
of which sugars (g)	18,2	2,5
Fibre (g)	16	2
Protein (g)	32	4
Salt (g)	2,6	0,4

## Allergens

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

# Bento Box with Chicken & Avocado Wraps

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



Lunch Total time: 15 min.



## 1. Prepare

- Halve the **mini-cucumber** lengthways and then cut into batons.
- Halve and pit the **avocado**, then slice the flesh.
- Crumble the **feta**.

## 2. Assemble the wraps

- Heat the sunflower oil in a frying pan over medium heat.
  - Fry the **chicken thigh strips** with the **BBQ spice rub**\* for 4 - 6 minutes. Season with salt and pepper.
  - Fill the wraps with the **chicken, avocado, feta** and the **mini-cucumber**. Finish with the salad leaves.
  - Roll up the **tortillas** and add two wraps to the lunch box (see Tip).
- \*Take care, this ingredient is spicy! Use as preferred.*

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

## 3. Prepare the bento box

- Halve the **cucumber** and then cut into batons.
- Peel the **orange** and pull it apart into smaller segments.

## 4. Serve

- Add the **orange** segments and **almonds** to the lunch box with the wraps.
- Add half of the **cherry tomatoes** and **cucumber** to the lunch box, along with the hummus, and eat them together as a snack (see Tip).

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

Enjoy!



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## Before you begin

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

## Utensils

2x parchment-lined baking sheet, bowl, mixing bowl

## Ingredients

Oats (g)	200
Speculaas spices (sachet(s))	1
Chopped pecans (g)	50
Salted almonds (g)	40
Pumpkin seeds (g)	40
Peanut butter (tub)	1
Apple* (unit(s))	1
From your pantry	
Olive oil (tbsp)	2
Honey [or plant-based alternative] (tbsp)	5
Brown sugar (tbsp)	2
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1575 /376
Total fat (g)	20
of which saturated (g)	2,6
Carbohydrates (g)	38
of which sugars (g)	17,5
Fibre (g)	5
Protein (g)	9
Salt (g)	0,5

## Allergens

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

# Homemade Winter Granola

with speculaas spices, nuts, seeds and apple | 8 - 10 servings



Breakfast Total time: 60 min.



### 1. Prepare

- Preheat the oven to 160°C.
- Roughly chop the **almonds**.
- Core and dice the **apple**.
- Add the **apple** to a parchment-lined baking sheet and spread into an even layer.

### 2. Mix the granola

- Add the **oats**, sugar, **speculaas spices**, **salted almonds**, **pecans** and **pumpkin seeds** to a large mixing bowl.
- Add the **peanut butter**, olive oil and honey to a bowl. Mix well and add a pinch of salt.
- Pour the peanut butter mixture into a large mixing bowl and combine it with the granola.

### 3. Bake the granola

- Transfer the granola to a parchment-lined baking sheet and spread it into an even layer.
- Bake the granola in the oven for 40 - 45 minutes.
- Stir and mix the granola every 10 - 15 minutes until it is toasted all around.
- Bake the **apple** in the oven for 15 - 20 minutes, or until it is dried, then remove and set aside to cool.

### 4. Serve

- Remove the granola from the oven and let cool completely (see Tip).
- Mix in the dried **apple**.
- Store in an airtight container.

*Tip: once the granola has cooled down completely, it will become nice and crunchy!*

Enjoy!



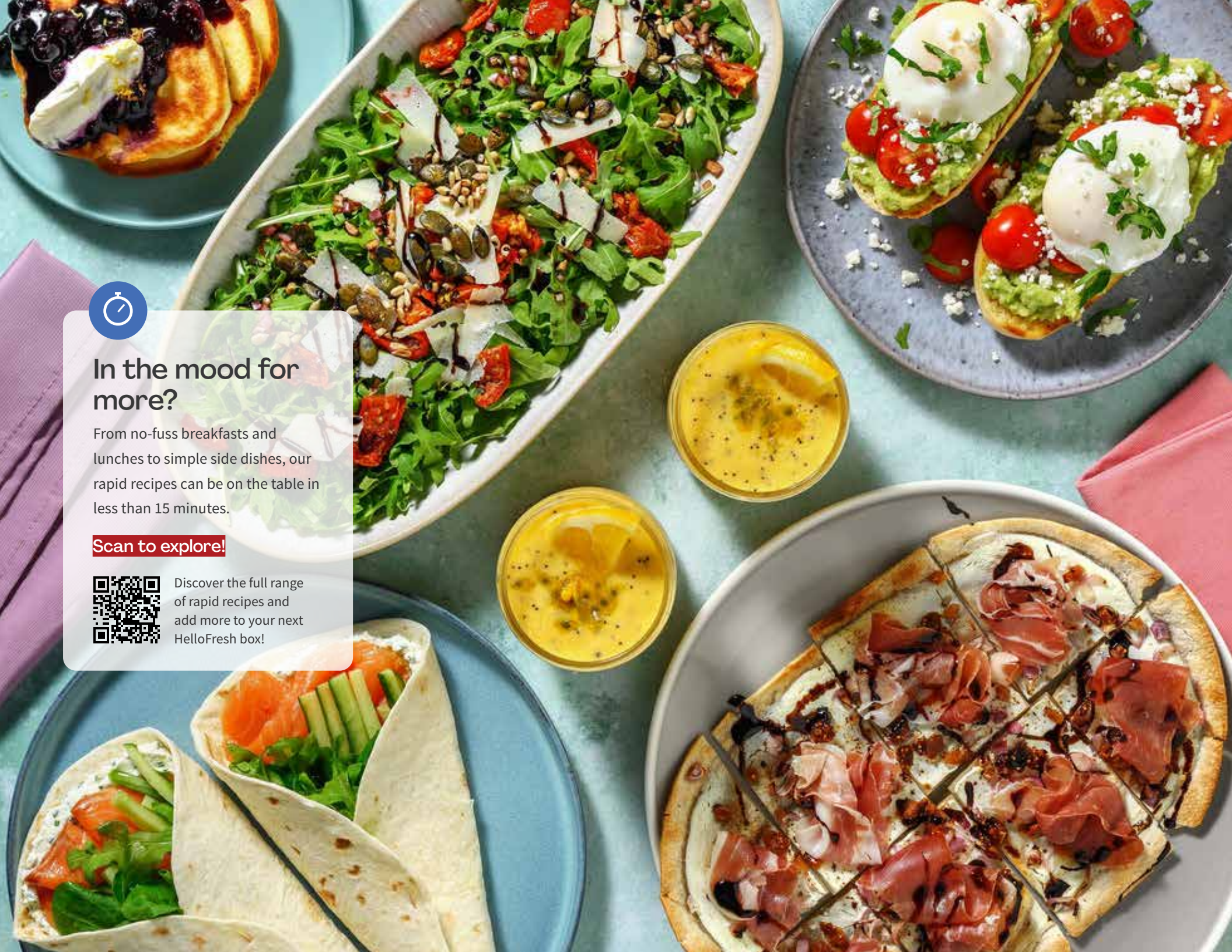
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## Before you begin

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

## Utensils

Bowl, small bowl, frying pan

## Ingredients

Mini Turkish bread (unit(s))	2
Garlic (unit(s))	½
Bruschetta spread* (g)	80
Tomato (unit(s))	1
Chicken thigh strips with Mediterranean herbs* (g)	200
Fresh flat leaf parsley* (g)	10
Arugula & lamb's lettuce* (g)	40
Organic full-fat yogurt* (g)	50

### From your pantry

Salt & pepper	to taste
Olive oil (tbsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2033 / 486	607 / 145
Total fat (g)	17	5
of which saturated (g)	4,2	1,3
Carbohydrates (g)	54	16
of which sugars (g)	7,2	2,2
Fibre (g)	4	1
Protein (g)	29	9
Salt (g)	2,4	0,7

## Allergens

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

# Mediterranean-Style Chicken on Turkish Bread

with bruschetta spread and garlic yogurt sauce | 2 servings



Lunch Total time: 15 min.



## 1. Prepare

- Preheat the oven to 180°C.
- Bake the **Turkish bread** for 5 - 8 minutes in the oven.

## 2. Fry the chicken

- Heat the olive oil in a frying pan and cook the **chicken** for 6 – 8 minutes on medium-high heat.

## 3. Prepare the toppings

- In the meantime, dice the **tomato**.
- In a bowl, mix the **bruschetta dip** with the **tomato**.
- Mince the **garlic** and finely chop the **parsley**.
- In another small bowl, mix the **yogurt** with the **garlic** and half of the **parsley**.
- Season both the **bruschetta-tomato mix** and the **yogurt sauce** to taste with salt and pepper.

## 4. Serve

- Cut open the **Turkish bread** and fill it with the **arugula & lamb's lettuce**, **bruschetta-tomato mix** and **chicken**.
- Drizzle over the **yogurt sauce**.
- Top with the rest of the **parsley**.

Enjoy!



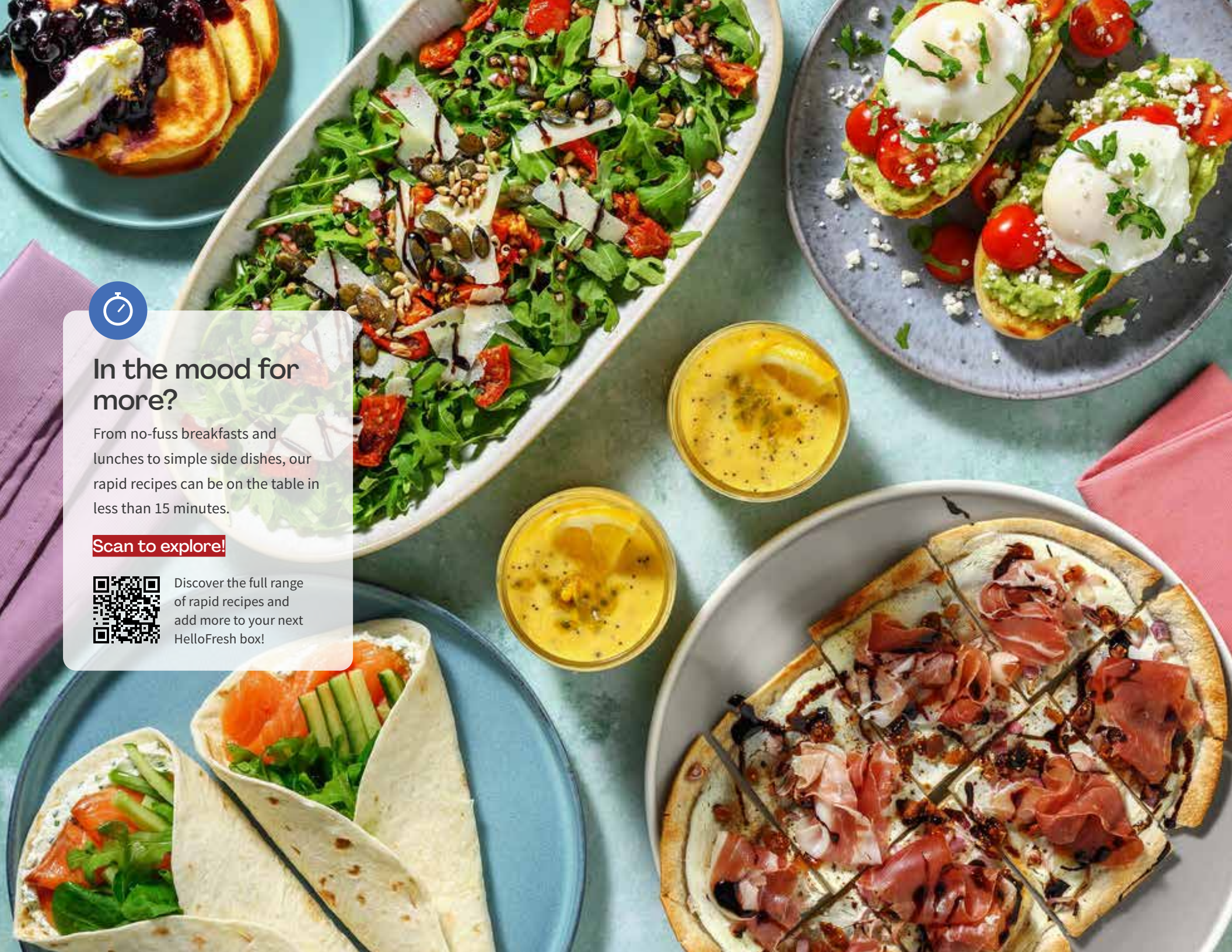
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## Before you begin

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

## Utensils

Parchment-lined baking sheet, bowl, frying pan

## Ingredients

Egg* (unit(s))	4
Avocado (unit(s))	2
Cress* (g)	20
White ciabatta (unit(s))	2
Tomato (unit(s))	1
From your pantry	
[Plant-based] milk (splash)	1
[Plant-based] butter (tbsp)	1
Olive oil (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3079 /736	748 /179
Total fat (g)	50	12
of which saturated (g)	11,2	2,7
Carbohydrates (g)	43	10
of which sugars (g)	3,8	0,9
Fibre (g)	6	2
Protein (g)	25	6
Salt (g)	1,2	0,3

## Allergens

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

# Avocado & Scrambled Eggs on Toast

with cress and tomato | 2 servings



Breakfast Total time: 20 - 25 min.



## 1. Prepare

- Preheat the oven to 200°C.
- Cut the **avocado** in half, then remove the pit and the skin. Thinly slice the **avocado**.
- Slice the **tomato**.

## 2. Toast the bread

- Cut the **ciabatta** in half lengthways and drizzle the olive oil over each half.
- Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.

## 3. Make the scrambled eggs

- Beat the **eggs** in a bowl with the milk and season with salt and pepper.
- Melt the butter in a frying pan on medium heat and scramble the **eggs** for 5 - 6 minutes.

## 4. Serve

- Place the toast onto plates and spread over the **avocado**.
- Top with the **tomato** and scrambled **eggs**.
- Garnish with the **cress**.
- Season with extra salt or pepper as preferred.

Enjoy!



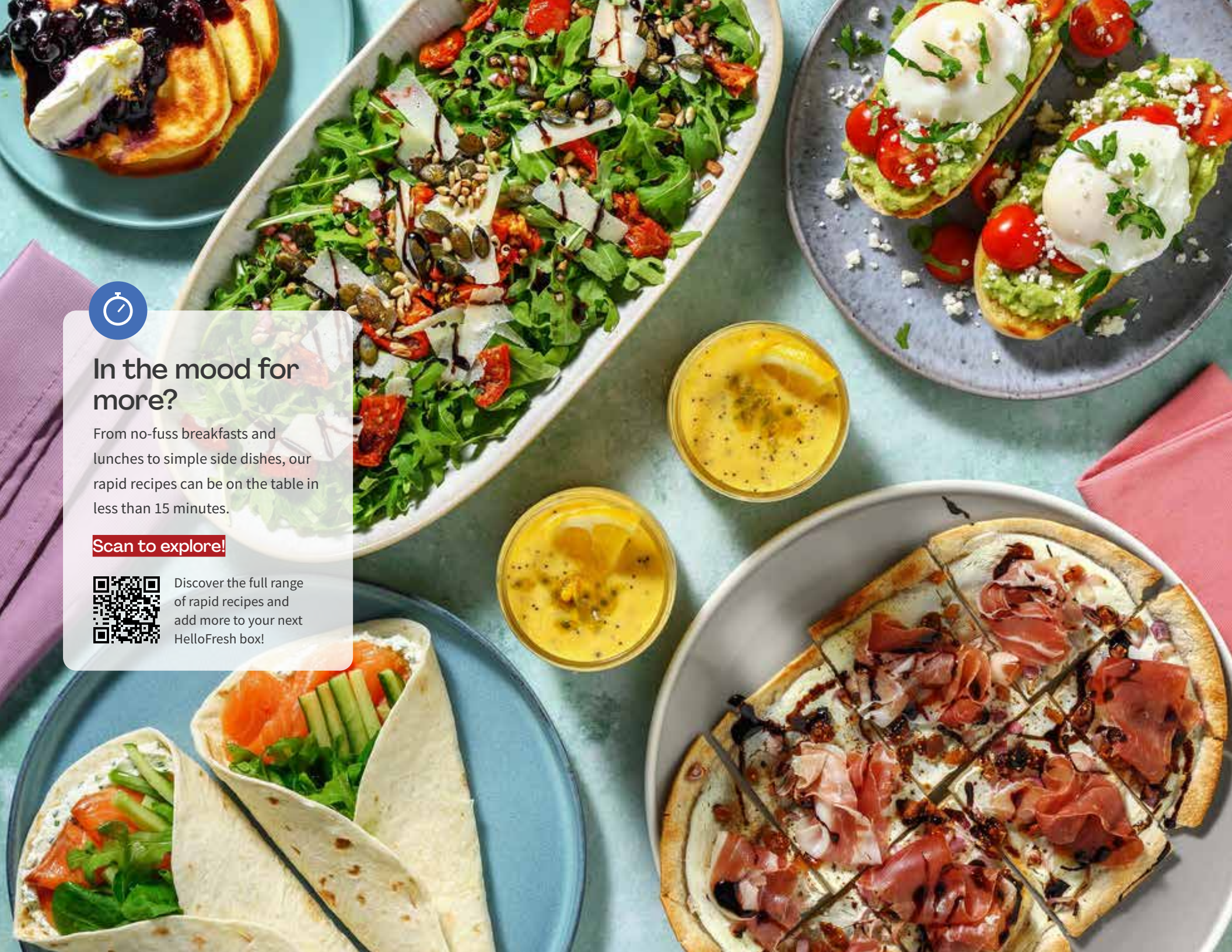
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## Before you begin

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

## Utensils

Bowl, plastic wrap

## Ingredients

Oats (g)	400
Organic semi-skimmed milk* (ml)	1000
Organic Greek yogurt* (g)	150
Chia seeds (g)	100
Cranberry & walnut mix (g)	120
Apple* (unit(s))	2
Mango* (unit(s))	1
Pistachio nuts (g)	40
Pumpkin seeds (g)	40
Blueberry jam (g)	30
Blueberries* (g)	125

### From your pantry

Honey [or plant-based alternative]	to taste
Salt (tsp)	½

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	720 / 172
Total fat (g)	7
of which saturated (g)	1,4
Carbohydrates (g)	20
of which sugars (g)	7,8
Fibre (g)	4
Protein (g)	6
Salt (g)	0,2

## Allergens

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

# Overnight Oats

apple & walnut | mango & pistachio | apple & blueberry



Breakfast Total time: 10 min.



## 1. Basic overnight oats

- In a bowl, mix the **oats** with the **milk**, **yogurt**, **chia seeds** and a pinch of salt.
- Cover the bowl with plastic wrap, put it in the fridge and leave to soak for at least 6 hours, or overnight.

## 2. Option 1: Apple & walnut (2 servings)

- Divide a third of the overnight **oats** between two bowls.
- Core and dice 1 **apple**.
- Mix two-thirds of the **apple**, the **walnut-cranberry mix**, and honey to taste into the **oats**.
- Garnish with the rest of the **apple**.

## 3. Option 2: Mango & pistachio (2 servings)

- Divide a third of the overnight **oats** between two bowls.
- Peel and dice the **mango**.
- Mix half of the **mango** into the **oats**.
- Top with the rest of the **mango** and the **pistachios**. Drizzle with honey to taste.

## 4. Option 3: Apple & blueberry

- Squash half of the **blueberries** in two bowls.
- Divide a third of the overnight **oats** between two bowls.
- Core and dice 1 **apple**.
- Mix the blueberry **jam** and half of the **apple** into the **oats**, then top with the rest of the **blueberries** and **apple**. Garnish with the **pumpkin seeds**.

Enjoy!



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Sweet & Savoury Breakfast box

Kick-start your day!

- 1 American Pancakes with Blueberries  
topped with honey mascarpone
- 2 Boiled Eggs & Cress Crackers
- 3 Greek Yogurt Bowl with Apple & Blueberry Jam

# American Pancakes with Blueberries

topped with honey mascarpone | 2 servings

20 min.



## Utensils

Large frying pan, small bowl, two bowls, whisk

## Ingredients for 2 servings

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

\*store in the fridge

## Nutritional values

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

## 1. Make the batter

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

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

## 2. Fry the pancakes

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

## 3. Make the topping

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

## 4. Serve

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

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

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



# Boiled Eggs & Cress Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

Saucepan

## Ingredients for 2 servings

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

### From your pantry

Salt and pepper to taste

\*store in the fridge

## Nutritional values

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

## Allergens

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

1. Boil plenty of water in a saucepan. Carefully transfer 3 **eggs** to the water and boil for 8 - 10 minutes (see Tip).
2. Rinse the **eggs** under cold water, then remove the shell and cut the **eggs** in half.
3. Serve 3 **crackers** per person on plates. Spread half of the **cream cheese** on the **crackers**, then top with the **egg** halves.
4. Sprinkle with half of the **curry spices** and garnish with half of the **cress**. Season to taste with salt and pepper.

*Tip: you can also boil 6 eggs to prepare tomorrow's breakfast in advance!*

# Greek Yogurt Bowl with Apple & Blueberry Jam

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 2 serving

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

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	504 / 120
Total fat (g)	7
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	8,3
Fiber (g)	2
Protein (g)	3
Salt (g)	0,1

1. Core one **apple**. Slice half of an **apple** per person.
2. Serve 125g **Greek yogurt** per person in bowls.
3. Top each bowl with the sliced **apple** and a quarter each of the **chia seeds** and **blueberry jam**.
4. Repeat the recipe for a second breakfast the next day.

Enjoy!

## Before you begin

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

## Utensils

Immersion blender, soup pot

## Ingredients

Diced pumpkin* (g)	450
Onion (unit(s))	1
Garlic (unit(s))	1
Sliced carrots* (g)	150
Sicilian-style herb mix (sachet(s))	1
Cooking cream (g)	150
Lemon-infused olive oil (ml)	8
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste
Low sodium vegetable stock (ml)	1000

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	150 /36
Total fat (g)	3
of which saturated (g)	1,1
Carbohydrates (g)	2
of which sugars (g)	0,9
Fibre (g)	1
Protein (g)	1
Salt (g)	0,2

## Allergens

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

# Quick Homemade Pumpkin Soup

with vegetables and Sicilian herbs | 4 servings



Lunch Total time: 15 min.



### 1. Prepare

- Prepare the stock.
- Roughly chop the **onion** and **garlic**.
- Heat the olive oil in a large soup pot and fry the **onion** and **garlic** for 2 minutes on low heat.

### 2. Add the vegetables

- Add the **diced pumpkin** and **sliced carrot**.
- Add the **Sicilian-style herbs** and season with the salt and pepper.
- Fry for 1 minute, then add the stock.
- Bring the soup to a boil.

### 3. Make the soup

- Let the soup boil for 6 - 8 minutes or until the vegetables are soft.
- Use an immersion blender to process into a smooth soup.
- Add the **cooking cream** and season to taste.

### 4. Serve

- Serve the soup in bowls and drizzle with the **lemon-infused olive oil**.

Enjoy!



## In the mood for more?

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## Before you begin

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## Utensils

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

## Ingredients

Chicken breast* (unit(s))	1
Spinach* (g)	100
Bell pepper* (unit(s))	1
Red cherry tomatoes (g)	125
Greek-style spice mix (sachet(s))	1
Giant couscous (g)	75
Feta* (g)	50
Green pesto* (g)	40

### From your pantry

Extra virgin olive oil (tbsp)	2
Red wine vinegar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2318 /554	652 /156
Total fat (g)	34	10
of which saturated (g)	8,3	2,3
Carbohydrates (g)	33	9
of which sugars (g)	6,8	1,9
Fibre (g)	6	2
Protein (g)	25	7
Salt (g)	1,1	0,3

## Allergens

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

# Salad with Chicken and Pesto Dressing

with feta, giant couscous and fresh vegetables | 2 servings



Lunch Total time: 15 min.



### 1. Boil the giant couscous

- Boil plenty of water in a pot or saucepan and cook the **giant couscous** for 12 - 14 minutes, covered, then drain and set aside.

### 2. Fry the chicken

- Cut the **chicken breast** filet into cubes, then add it to a bowl.
- Mix in half of the **Greek-style spice mix** and season with salt and pepper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the **chicken** for 5 - 6 minutes until done, then remove from the pan and set aside.

### 3. Prepare the vegetables

- Dice the **bell pepper**.
- Quarter the **cherry tomatoes**.
- Roughly chop the **spinach**.
- In a small bowl, add the extra virgin olive oil, **pesto**, red wine vinegar and the rest of the **Greek-style spices**. Mix well and season with salt and pepper.

### 4. Make the salad jars

- Crumble the **feta**.
- Pour the dressing into two jars.
- Add the ingredients to the jars in the following order: **bell pepper, cherry tomatoes, giant couscous, spinach, chicken** and **feta** (see Tip).

**Tip:** by following the above order, the ingredients will not get soggy. The salad will stay fresh for you to enjoy during the day or later that week!

Enjoy!



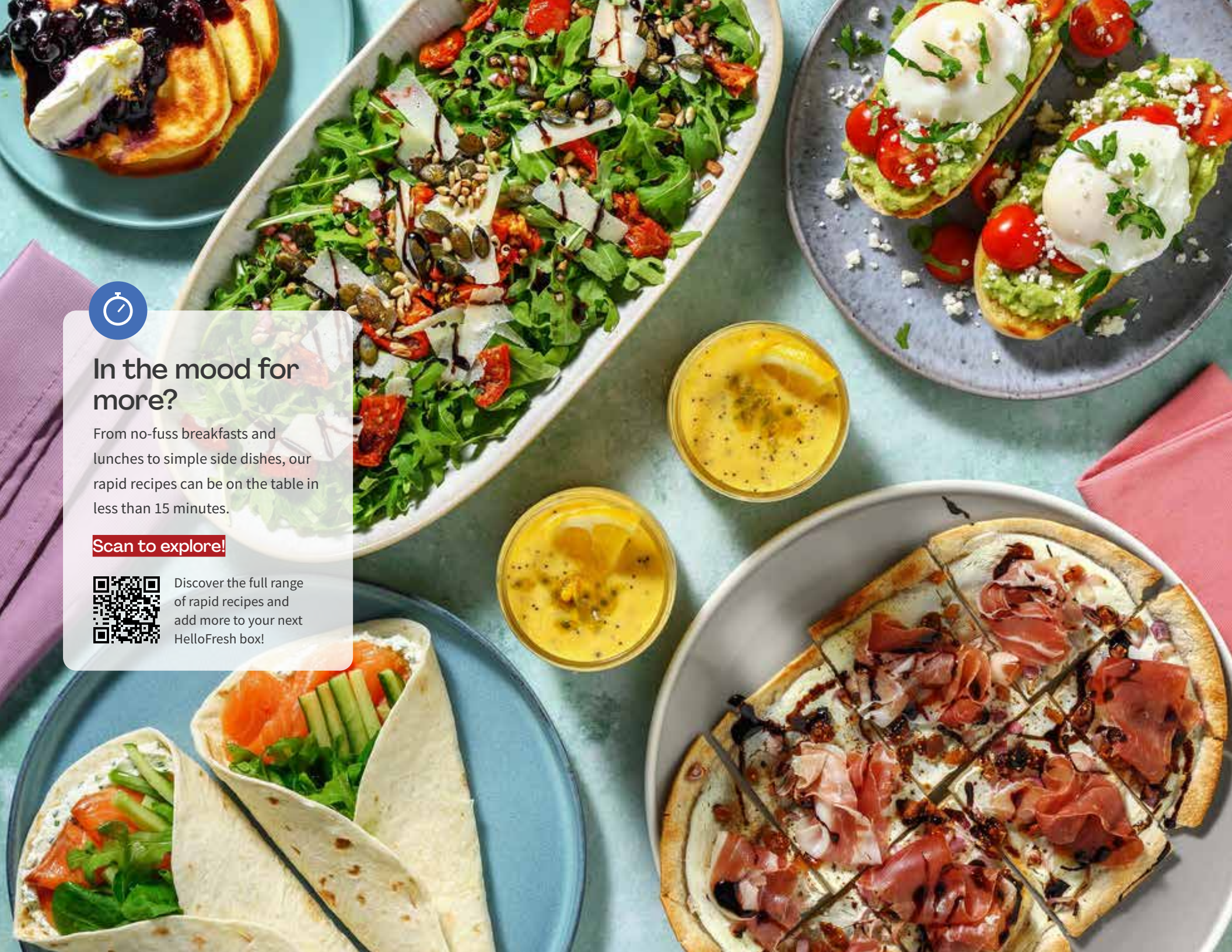
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## Before you begin

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## Utensils

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

## Ingredients

Lime* (unit(s))	1
Mascarpone* (g)	100
Heavy cream* (ml)	200
Passion fruit* (unit(s))	2
Speculaas pieces (g)	120
Mango* (unit(s))	1
From your pantry	
Sugar (tbsp)	4

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	913 / 218
Total fat (g)	14
of which saturated (g)	9
Carbohydrates (g)	20
of which sugars (g)	14,4
Fibre (g)	1
Protein (g)	2
Salt (g)	0,2

## Allergens

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

# Passion Fruit & Mango Cheesecake in a Glass

with lime and speculaas pieces | 4 servings



Dessert Total time: 25 min.



### 1. Prepare

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

### 2. Mix

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

### 3. Finishing

- Set out four glasses and use half of the **speculaas pieces** to add a base layer to them.
- Divide half of the mousse over the speculaas layer.
- Top with half of the **mango** purée.
- Repeat the steps one more time to create a second layer of toppings.

### 4. Serve

- Halve the **passion fruit**.
- Scoop out the **passion fruit pulp** and top each glass.

Enjoy!



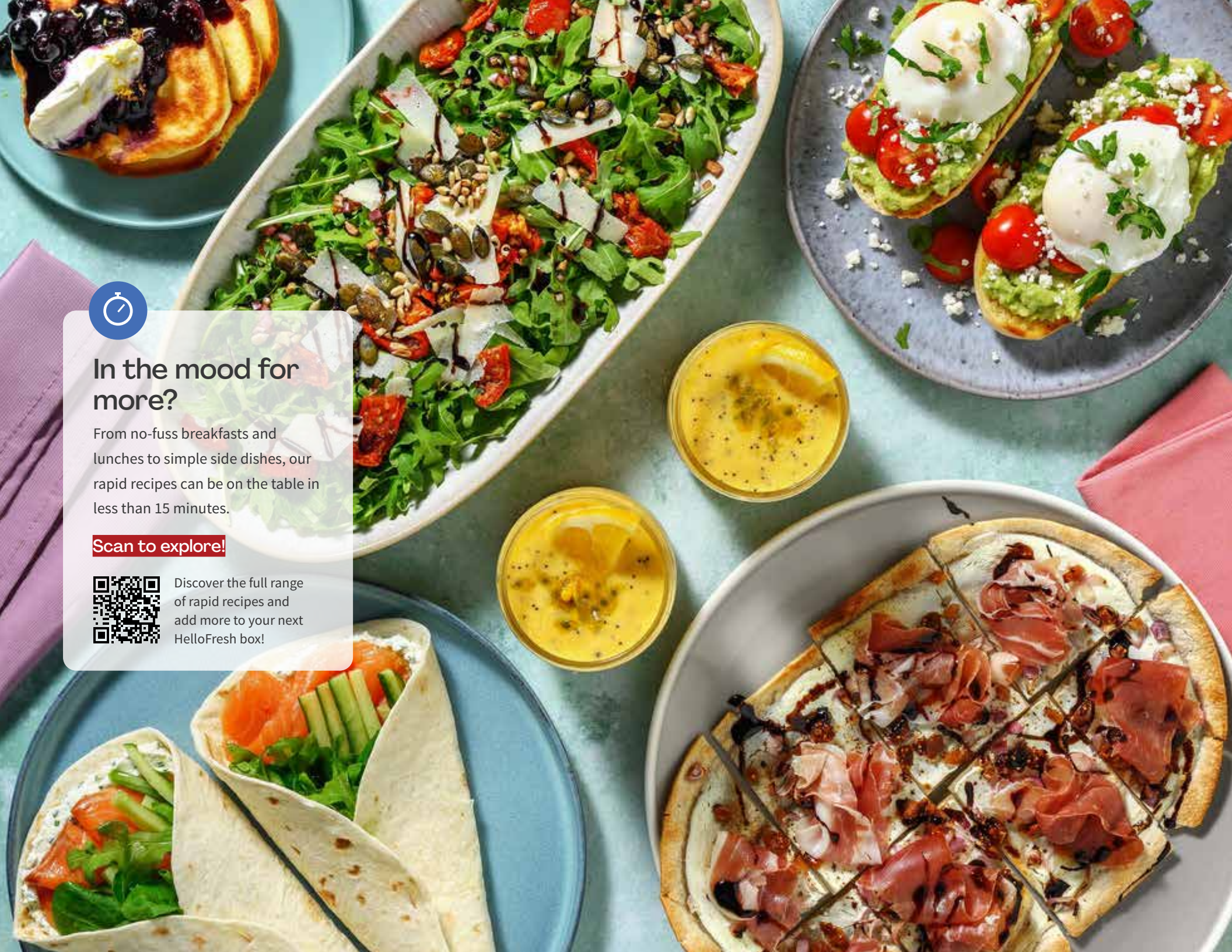
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## Before you begin

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## Utensils

blender or an immersion blender with a tall container, 2x bowl, 2x sieve

## Ingredients

Fresh ginger* (tsp)	20
Easy peel orange* (unit(s))	4
Lemon* (unit(s))	1
Apple* (unit(s))	2

### From your pantry

Honey [or plant-based alternative]	to taste
------------------------------------	----------

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	231 /55
Total fat (g)	0
of which saturated (g)	0
Carbohydrates (g)	12
of which sugars (g)	8,1
Fibre (g)	3
Protein (g)	1
Salt (g)	0

## Allergens

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

# Homemade Ginger Shots

ginger-orange & ginger-lemon | 2x 700 ml bottles



Total time: 20 - 25 min.



### 1. Prepare the ginger and orange

- Peel or thoroughly wash half of the **ginger** and cut it into smaller chunks.
- Use a sharp knife to remove the skin from the **orange** and then dice the flesh.

### 2. Make the ginger-orange juice

- Add the **ginger, orange**, and 100ml of water to a tall container (see Tip). Blend as smoothly as possible using an immersion blender.
- Place a sieve above a bowl, pour in the mixture, and press down with a spoon to squeeze out the juice.
- Add honey to taste.

*Tip: if you have a non-immersion blender at home, you can also use this to blend the ingredients.*

### 3. Prepare the ginger and lemon

- Peel or thoroughly wash the other half of the **ginger** and cut it into smaller chunks.
- Peel and core the **apple**, then cut it into wedges.
- Use a sharp knife to remove the skin from the **lemon** and then dice the flesh.

### 4. Make the ginger-lemon juice

- Add the **ginger** to a tall container, along with the **apple, lemon** and 150ml water. Blend as smoothly as possible using an immersion blender.
- Place a sieve above a bowl, pour in the mixture, and press down with a spoon to squeeze out the juice.
- Add honey to taste.
- Pour one small shot of juice in the morning for a good start to your day. Store the rest in airtight bottles in the fridge.

Enjoy!



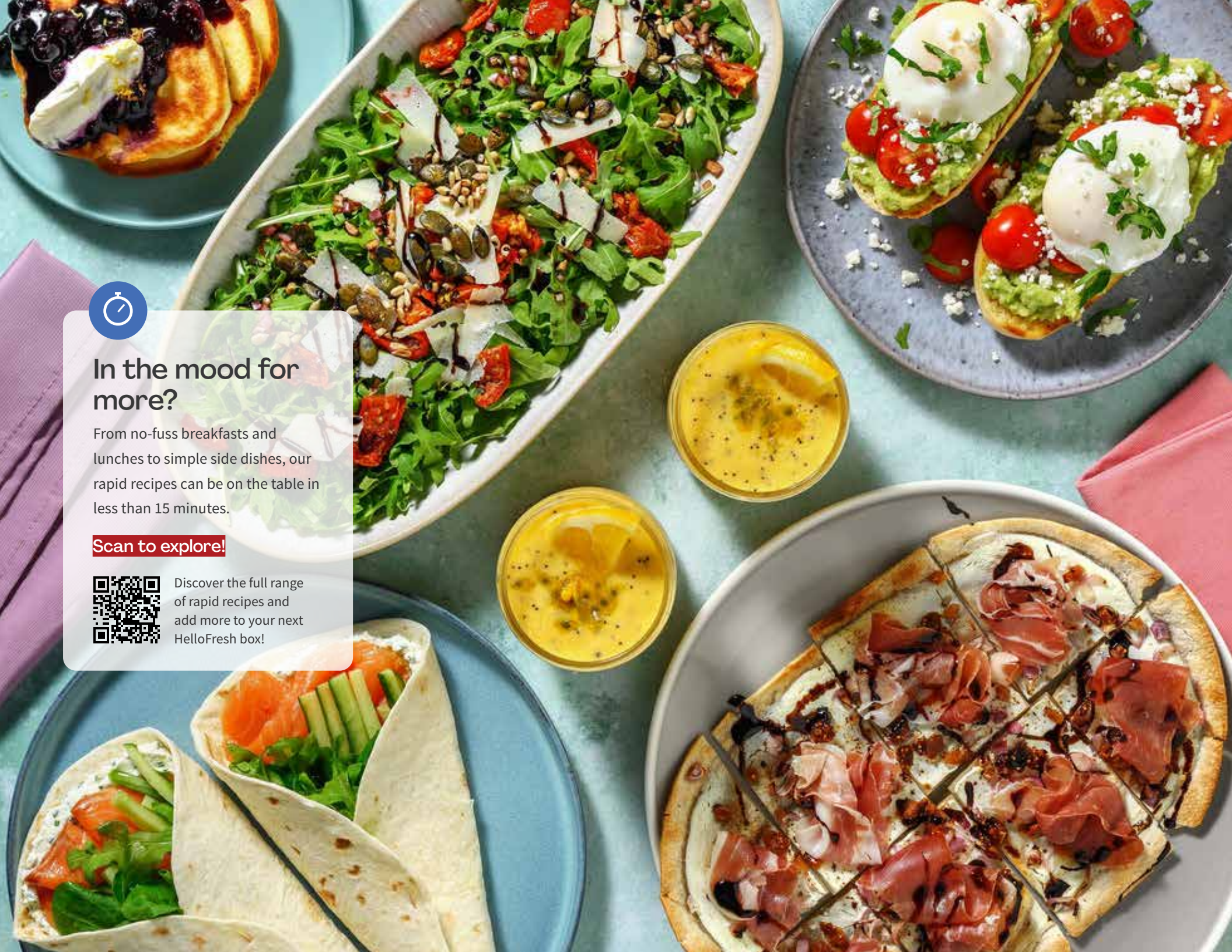
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## Before you begin

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## Utensils

2x bowl, immersion blender, kettle or saucepan, large bowl

## Ingredients

Oats (g)	150
Chopped dates (g)	80
Peanut butter (tub)	4
Chopped walnuts (g)	80
Ground cinnamon (tsp)	1
Desiccated coconut (g)	80

### From your pantry

Honey [or plant-based alternative]	to taste
Salt	to taste

*\*store in the fridge*

## Nutritional values

	Per 100g
Energy (kJ/kcal)	2156 /515
Total fat (g)	34
of which saturated (g)	13,1
Carbohydrates (g)	38
of which sugars (g)	15,3
Fibre (g)	8
Protein (g)	12
Salt (g)	0,1

## Allergens

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

# Energy Bites with Peanut Butter and Coconut

with walnuts | 12 pieces



Total time: 75 – 85 min.



### 1. Soak the dates

- Boil plenty of water in a kettle or saucepan. Place the chopped **dates** in a bowl and pour the hot water over them.
- Allow them to soak for 10 minutes and then drain, reserving 4 tbsp of the water.
- Use an immersion blender or food processor to blend the **dates** with the reserved water.

### 2. Make the energy bites

- Chop the **walnuts**.
- Add the **walnuts, oats, cinnamon, peanut butter** and puréed **dates** to a large bowl. Add a pinch of salt and honey to taste.
- Mix everything together, then roll the mixture into small balls to form the energy bites (see Tip).

*Tip: wet your hands to prevent the mixture from sticking to your skin.*

### 3. Coat in coconut

- Add the desiccated **coconut** to a bowl.
- Coat the energy balls in the desiccated **coconut**.

### 4. Serve

- Transfer the energy bites to the refrigerator and chill for at least one hour.
- Serve the energy bites on a serving platter.

Enjoy!



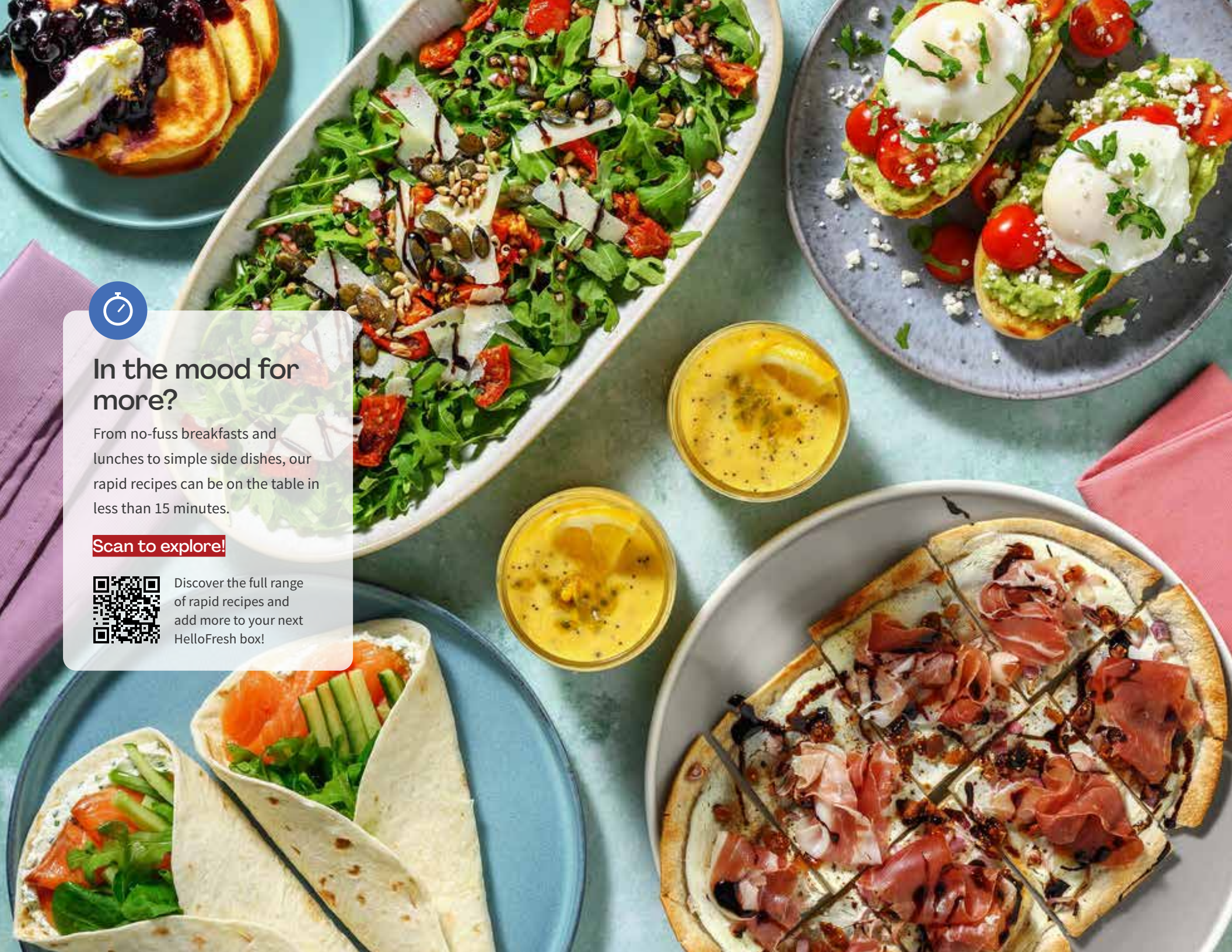
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## Before you begin

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## Utensils

Blender or an immersion blender with a tall container

## Ingredients

Passion fruit* (unit(s))	4
Mango* (unit(s))	1
Organic full-fat yogurt* (g)	100
Organic semi-skimmed milk* (ml)	200
From your pantry	
Honey [or plant-based alternative]	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	841 /201	239 /57
Total fat (g)	4	1
of which saturated (g)	2,2	0,6
Carbohydrates (g)	28	8
of which sugars (g)	27,6	7,8
Fibre (g)	5	1
Protein (g)	8	2
Salt (g)	0,2	0,1

## Allergens

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

# Passion Fruit Smoothie

with mango and yogurt | 2 servings



Total time: 10 - 15 min.



## 1. Prepare

- Peel and dice 1 **mango**.
- Halve 3 passion fruits and scoop out the flesh.

## 2. Blend

- Add the **mango** and **passion fruit** to a blender (or tall container, if you're using an immersion blender).
- Add the **yogurt** and **milk**, then blend until smooth.

## 3. Finish

- Add honey to taste.

## 4. Serve

- Pour the smoothie into two glasses.
- Halve 1 **passion fruit** and scoop out the flesh to add on top of the smoothies.

Enjoy!



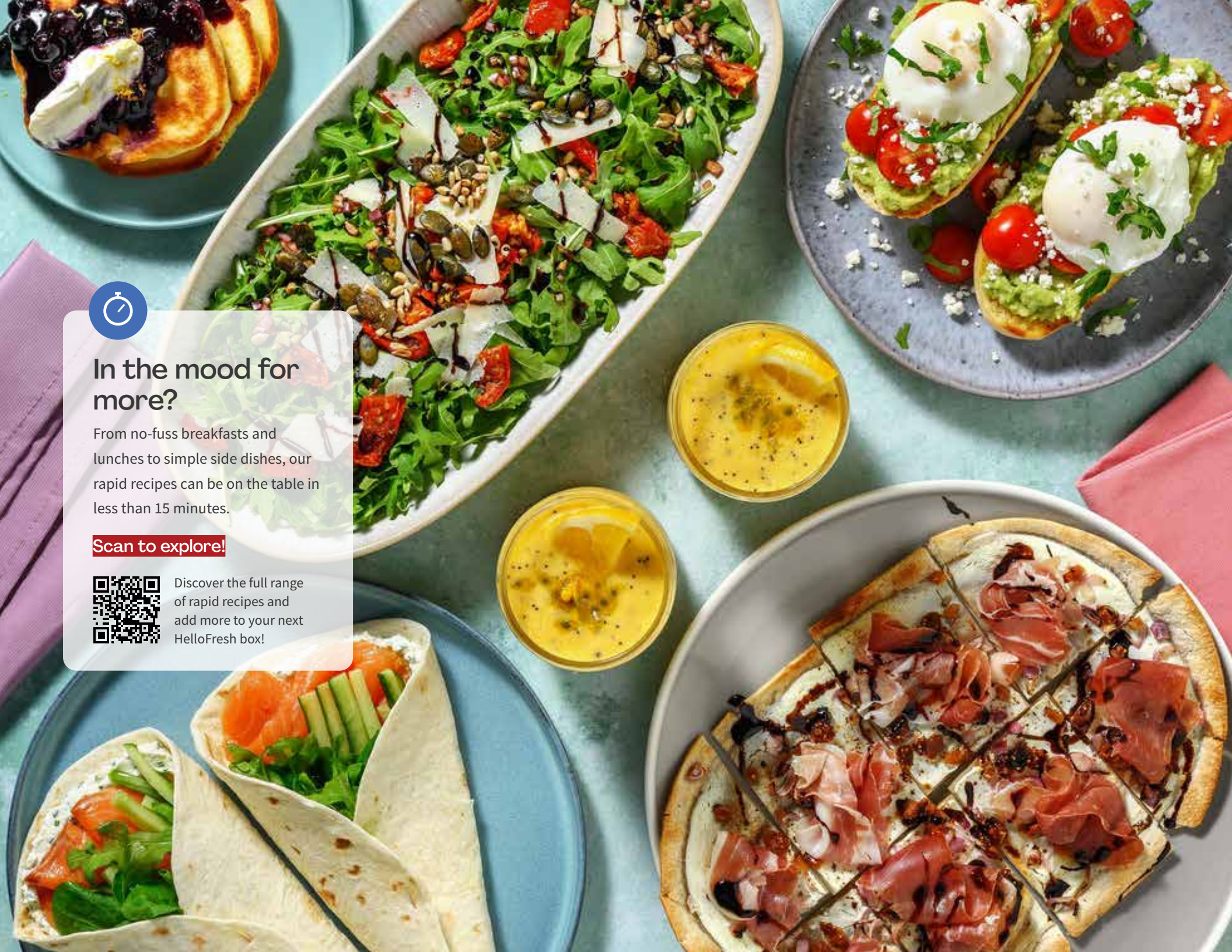
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## Utensils

Bowl, lidded pot or saucepan, frying pan

## Ingredients

Sushi rice (g)	150
Diced tempeh* (g)	160
East Asian-style sauce* (sachet(s))	1
[Persian] cucumber* (unit(s))	1
Rainbow slaw mix* (g)	100
Edamame* (g)	100
Sesame seeds (sachet(s))	1
From your pantry	
Water (ml)	350
White wine vinegar (tbsp)	2
Sugar (tsp)	2
Sunflower oil (tbsp)	1
[Reduced salt] soy sauce (tbsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt (tsp)	½
Sambal	to taste
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3063 /732	782 /187
Total fat (g)	29	8
of which saturated (g)	4,3	1,1
Carbohydrates (g)	83	21
of which sugars (g)	20,5	5,2
Fibre (g)	5	1
Protein (g)	31	8
Salt (g)	3,3	0,8

## Allergens

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

# Poké Bowl with Tempeh

with rainbow slaw and sesame seeds | 2 servings



Total time: 15 – 20 min.



### 1. Cook the rice

- Boil the water in a pot or saucepan, then cook the **rice** with the lid on for 12 - 15 minutes over low heat.
- Once cooked, turn the heat off, add half of the white wine vinegar, half of the sugar and the salt, and mix well.
- Leave the **rice** in the pan with the lid on until serving.

### 2. Fry the tempeh

- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the **tempeh** for 4 - 5 minutes.
- In the last minute, add the **East Asian-style sauce** and the soy sauce (see Tip).

*Tip: you can add some sambal from your pantry if you'd like the dish spicier.*

### 3. Make the slaw

- In a bowl, mix the **rainbow slaw mix** with the mayonnaise, the rest of the white wine vinegar and the sugar. Season with salt and pepper to taste.
- Dice the **cucumber**.

### 4. Serve

- Serve the **rice** in bowls.
- Serve the sticky **tempeh**, **cucumber**, **edamame** and **slaw** on top.
- Garnish with the **sesame seeds**.

Enjoy!



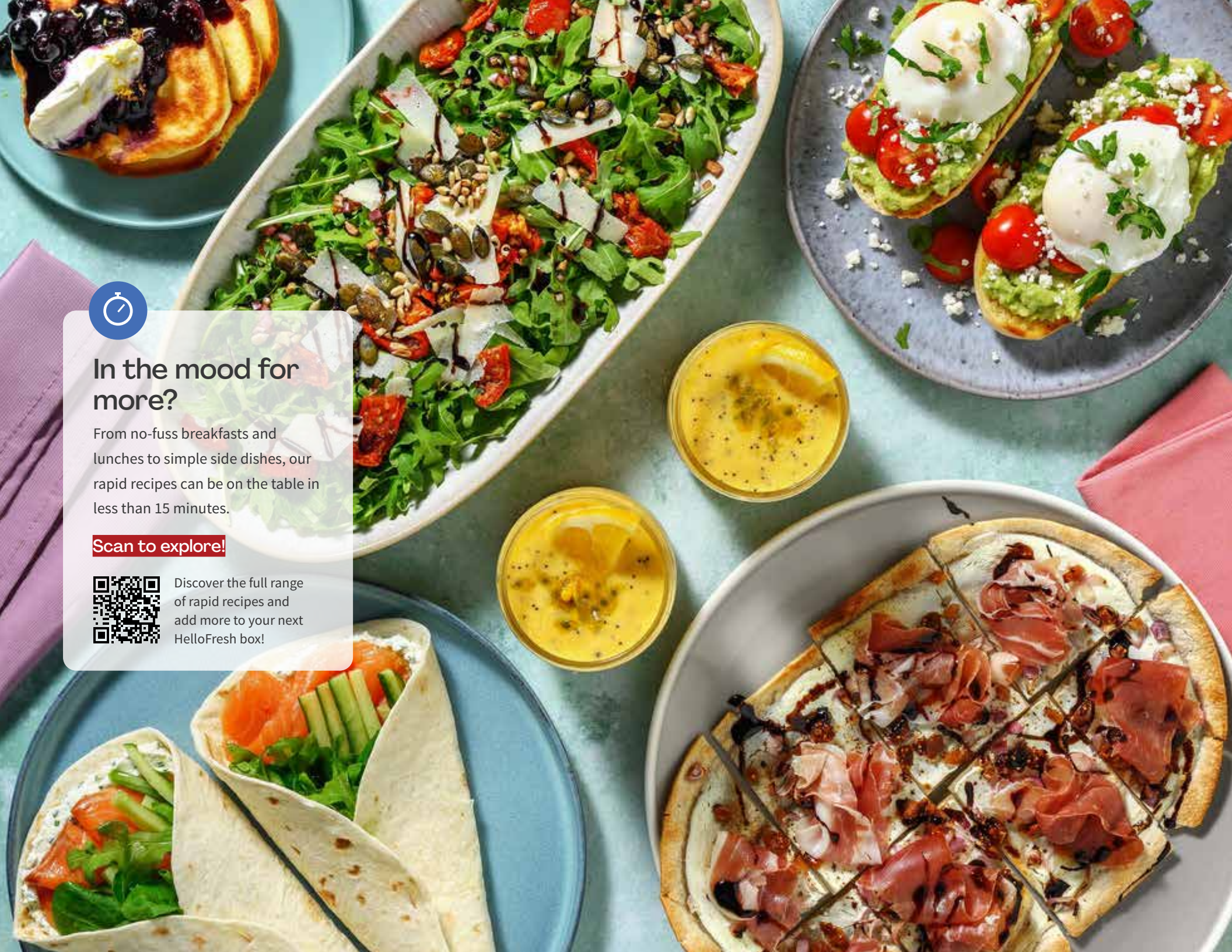
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## Before you begin

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## Utensils

Bowl, tall container, immersion blender, large bowl, handheld mixer, oven dish, parchment paper, saucepan, heatproof bowl

## Ingredients

Oats (g)	150
Chocolate chips (g)	100
Chopped dates (g)	80
Dried cranberries (g)	40
Dried apricot pieces (g)	40
Chopped pecans (g)	50
Pumpkin seeds (g)	40
Chia seeds (g)	20
Tahini (g)	50
Egg* (unit(s))	2
From your pantry	
Honey [or plant-based alternative] (tbsp)	2
Olive oil (tbsp)	2

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1788 / 427
Total fat (g)	23
of which saturated (g)	5,7
Carbohydrates (g)	42
of which sugars (g)	24,9
Fibre (g)	5
Protein (g)	10
Salt (g)	0,1

## Allergens

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

# Homemade Oat Bars

with dried fruits, pecans, seeds and chocolate | 12 pieces



Total time: 45 - 55 min.



## 1. Prepare

- Preheat the oven to 175°C.
- Add the **dates** along with 4 tbsp of water to a tall container and process until smooth using an immersion blender.

## 2. Mix the oats

- In a large bowl, mix together the dried fruit with the **pecans, oats, pumpkin** and **chia seeds**, and blended **dates**.
- Separate the **egg** whites from the yolks. Transfer the **egg** whites to a clean bowl, and beat them with a handheld mixer until firm.
- Add the **tahini**, honey and olive oil and mix well to combine.
- Add this mixture to the bowl with the **oats** and gently mix everything together.

## 3. Bake the oat bars

- Line a rectangular or square oven dish of about 15 x 20cm with baking paper.
- Spread the mixture over the baking dish and press down firmly with a spoon.
- Bake the oat mixture for about 25 - 30 minutes in the oven.
- Once cooled, carefully remove the mixture from the dish and use a sharp knife to cut it into thick slices.

## 4. Finish the bars

- Boil a shallow layer of water in a saucepan and place a heat-resistant bowl on top, ensuring it does not touch the water. Add the **chocolate chips** to the bowl and allow them to melt, stirring regularly.
- Dip the bottom of each oat bar in the melted **chocolate**.
- Transfer the oat bars to the refrigerator and chill for at least one hour or until the **chocolate** has set.

Enjoy!



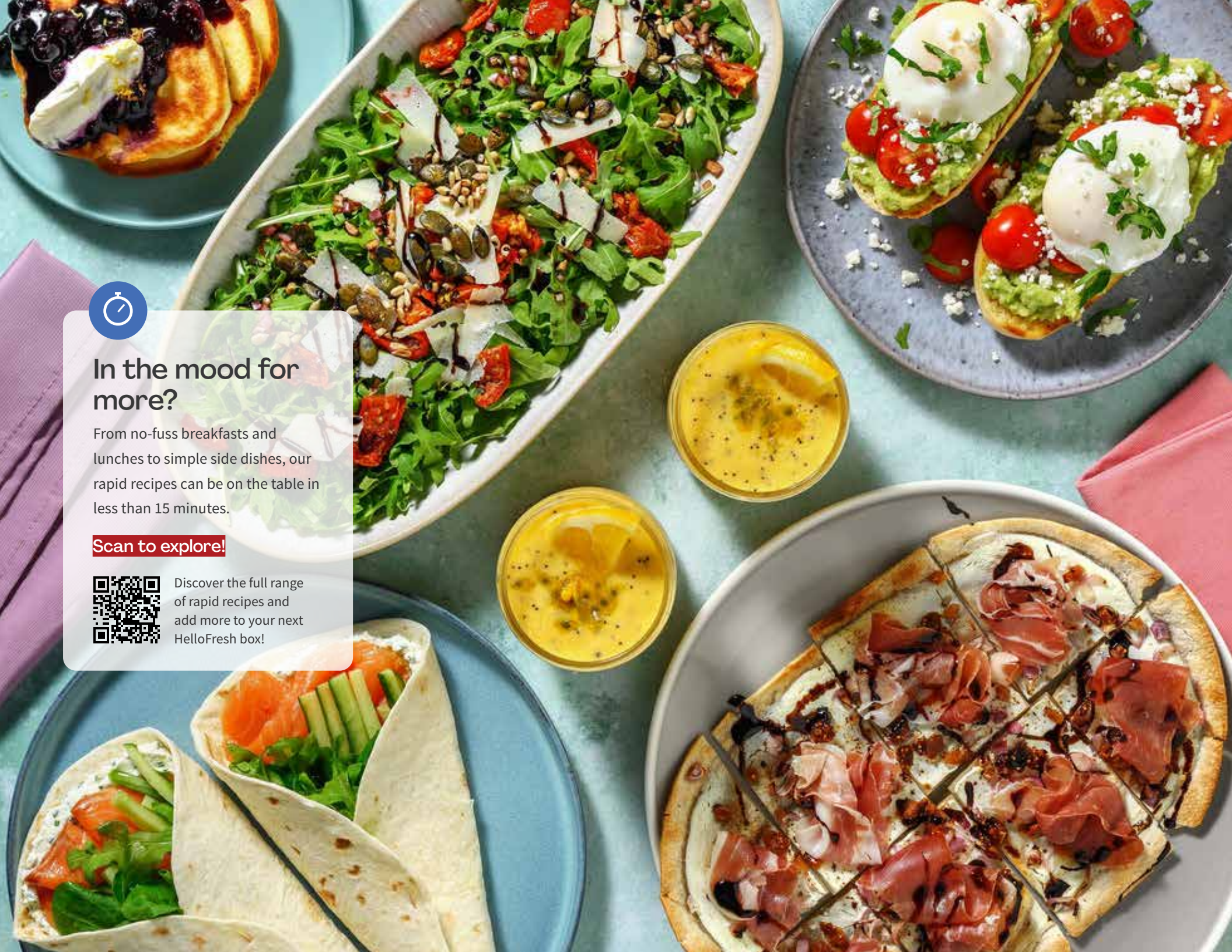
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## Utensils

Parchment-lined baking sheet, plate, small frying pan

## Ingredients

Sesame seeds (sachet(s))	1
Soy sauce (ml)	20
White miso paste (g)	25
Lime* (unit(s))	½
Red chili pepper* (unit(s))	1
Broccolini* (g)	200

### From your pantry

Honey [or plant-based alternative] (tbsp)	½
Olive oil (tbsp)	¼

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	661 /158	407 /97
Total fat (g)	9	6
of which saturated (g)	1,2	0,7
Carbohydrates (g)	9	5
of which sugars (g)	4,3	2,6
Fibre (g)	2	1
Protein (g)	8	5
Salt (g)	2,4	1,5

## Allergens

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

# Honey-Miso Roasted Broccolini

with toasted sesame seeds | 2 servings



Total time: 25 - 30 min.



## 1. Roast the broccolini

- Preheat your oven to 200°C.
- If any of the **broccolini** are especially thick, cut them in half lengthways. Transfer the **broccolini** to a parchment-lined baking sheet.
- Lightly drizzle the **broccolini** with olive oil and roast on the top shelf of your oven for 8 - 12 minutes, or until they are tender and starting to brown.

## 2. Toast the sesame seeds

- Heat a small frying pan without oil on medium-high heat.
- Add the **sesame seeds** and toast, stirring frequently, for 2 - 3 minutes or until golden-brown.
- Remove the frying pan from the heat and transfer the **sesame seeds** to a plate to cool.

## 3. Make the sauce

- Halve the **red chili pepper**\* lengthways, deseed and then finely chop.
- Zest and halve the **lime**.
- Return the frying pan used to toast the **sesame seeds** to the heat and add the **miso paste**, honey and **soy sauce**. Mix well and heat for 2 - 3 minutes (see Tip).
- Remove from the heat, then add the **red chilli pepper**, **lime zest** and a squeeze of **lime juice**.

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

**Tip:** If you're watching your salt intake, add the miso paste as preferred.

## 4. Serve

- Transfer the **broccolini** to a serving dish.
- Drizzle the **miso** sauce on top.
- Garnish with the **sesame seeds**.

Enjoy!



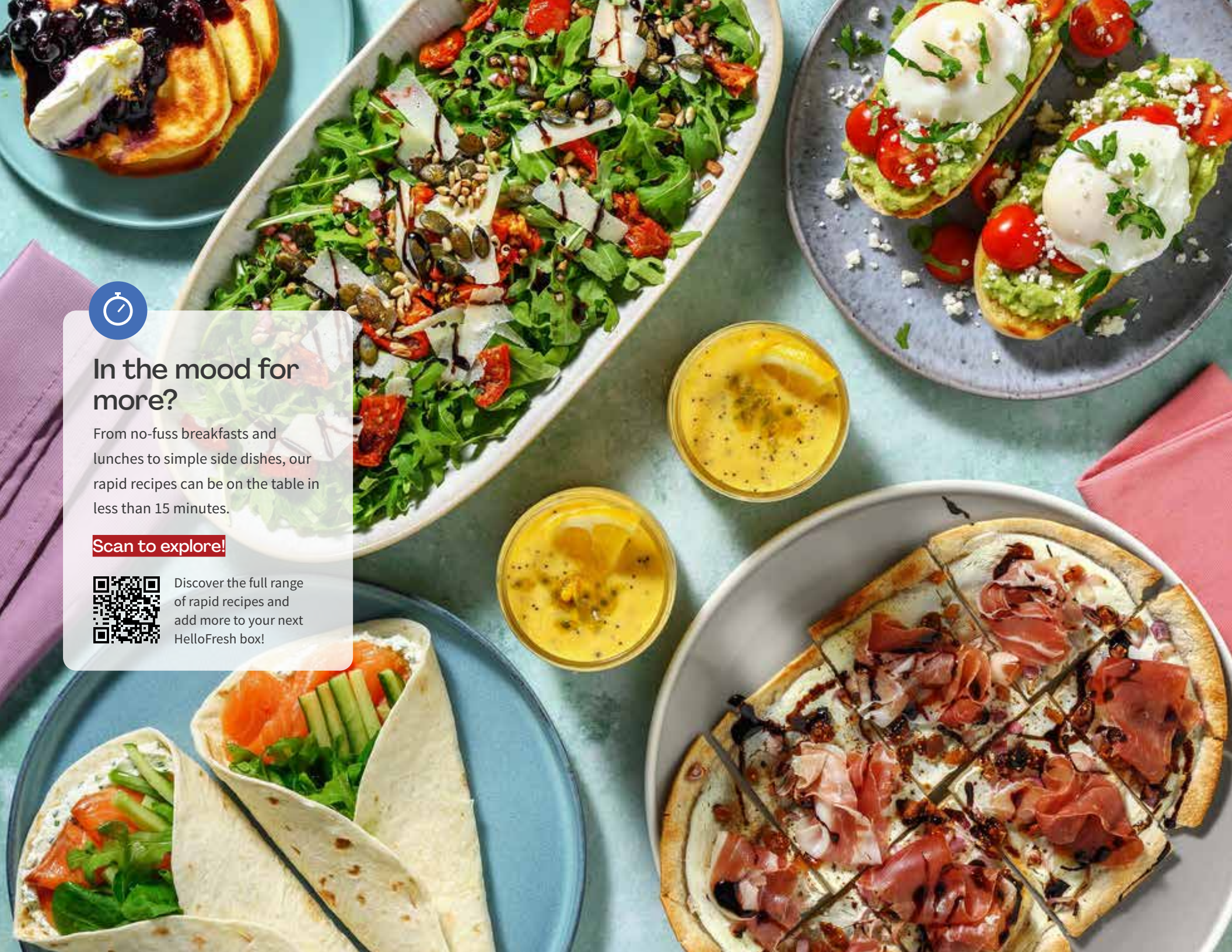
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## Before you begin

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## Utensils

Parchment-lined baking sheet, bowl

## Ingredients

Garlic (unit(s))	2
Grated Gouda (g)	150
Green pesto* (g)	40
White demi-baguette (unit(s))	4
From your pantry	
Olive oil (tbsp)	4

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	1348 /322
Total fat (g)	15,8
of which saturated (g)	5,3
Carbohydrates (g)	34,8
of which sugars (g)	0,8
Fibre (g)	2,4
Protein (g)	9,9
Salt (g)	1,2

## Allergens

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

# Super Cheesy Pesto Garlic Baguettes

with Gouda | to share



Appetizer Total time: 20 min.



### 1. Prepare

- Preheat the oven to 200°C.
- Crush or mince the **garlic**.
- In a medium bowl, mix together the **garlic, cheese, pesto** and olive oil.

### 2. Prepare the baguettes

- Slice the **demi-baguettes** into pieces, taking care not to cut the whole way through, and transfer them to a parchment-lined baking sheet.
- Use a spoon to scoop two-thirds of the **pesto** mixture equally into each cut in the **baguettes** (see Tip).

*Tip: don't worry if the bread breaks when doing this. The cheese will melt and stick it back together in the oven.*

### 3. Bake the baguettes

- Spread the rest of the **pesto** mixture over the top of the **baguettes**.
- Bake for 10 - 12 minutes, or until the **cheese** is melted and slightly golden.

### 4. Serve

- Transfer the **baguettes** to a serving platter.
- Allow to cool for a couple of minutes, then tear and share.

Enjoy!



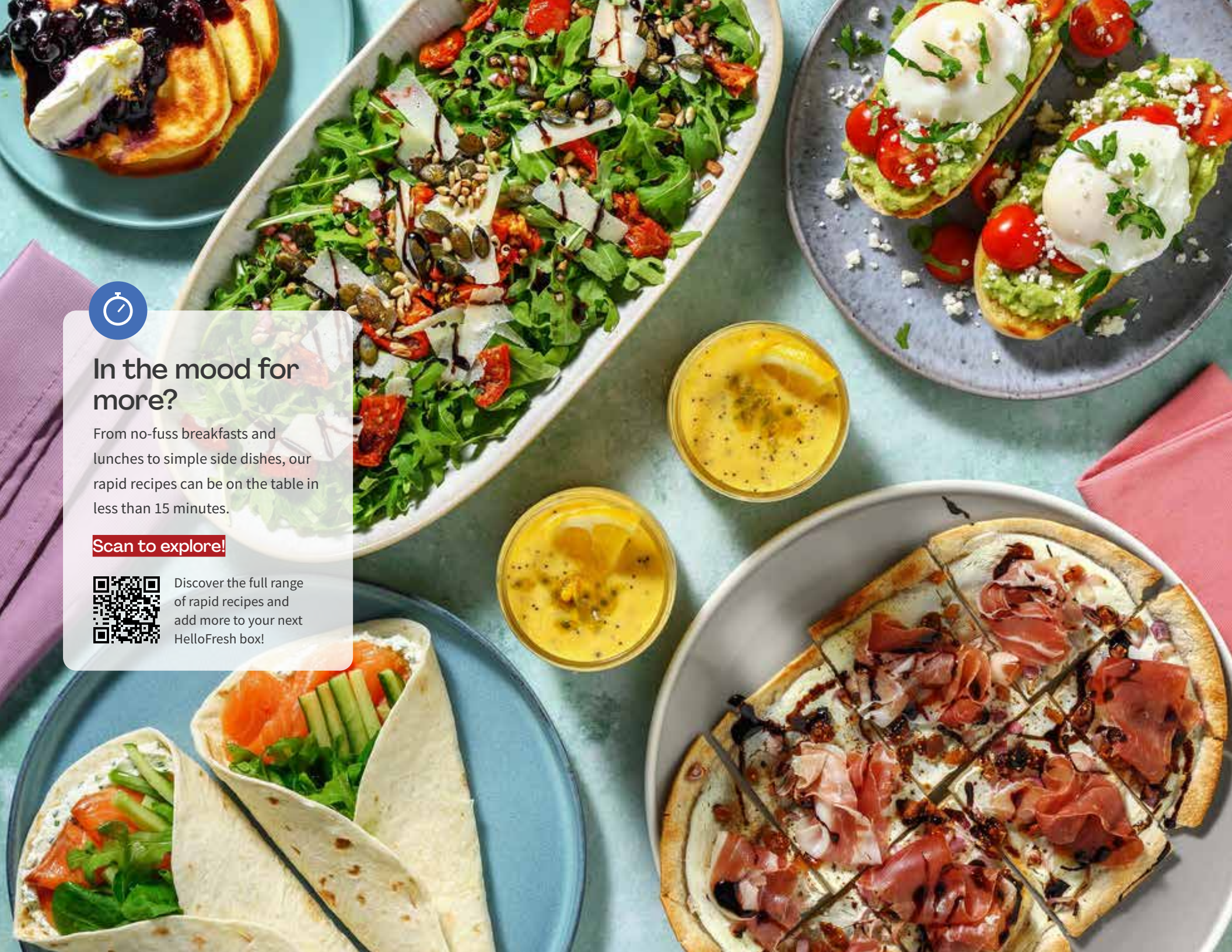
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## Before you begin

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## Utensils

Bowl, frying pan, whisk

## Ingredients

Blueberries* (g)	125
Banana (unit(s))	4
Egg* (unit(s))	6
Ground cinnamon (tsp)	3
Desiccated coconut (g)	40
From your pantry	
Sunflower oil (tbsp)	1
Honey (tbsp)	1
Flour (tbsp)	1
Salt (tsp)	1

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3188 / 762	592 / 141
Total fat (g)	38	7
of which saturated (g)	17,2	3,2
Carbohydrates (g)	71	13
of which sugars (g)	54,5	10,1
Fibre (g)	11	2
Protein (g)	27	5
Salt (g)	3	0,6

## Allergens

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

# Banana Pancakes

with blueberries, cinnamon & honey | 2 servings



Breakfast Total time: 25 min.



## 1. Prepare

- Mash three **bananas** in a bowl (see Tip).
- Slice the other **banana** and set aside to use later.

*Tip: it's best to use ripe bananas for this recipe, but if yours aren't ripe yet, feel free to put them through the blender first to speed things up.*

## 2. Make the batter

- Add the **eggs, cinnamon, flour** and a pinch of salt to the mashed **bananas** and whisk into a batter.
- Add three-quarters of the **blueberries** and half of the grated **coconut** (see Tip) and mix well to combine.

*Tip: if you're not a fan of blueberries or coconut, go ahead and leave them out. Just add 1 tbsp flour to replace the coconut.*

## 3. Fry the pancakes

- Heat the sunflower oil in a frying pan over medium-high heat.
- Use a ladle to pour the batter into the pan, then fry the pancakes for 2 minutes on each side.
- Repeat until the rest of the batter is used up. Add some more oil to the pan if needed.

## 4. Serve

- Stack the pancakes on top of each other and garnish with the rest of the grated **coconut**.
- Top with the rest of the **blueberries** and the rest of the **banana**.
- Drizzle over some honey to finish.

Enjoy!



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## 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

Microplane, pot or saucepan, small bowl

## Ingredients

Fresh ravioli with spinach & ricotta* (g)	280
Green pesto* (g)	80
Parmigiano Reggiano DOP* (unit(s))	1
Arugula* (g)	40
Sundried tomatoes (g)	50

### From your pantry

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2469 / 590	1008 / 241
Total fat (g)	34	14
of which saturated (g)	10	4,1
Carbohydrates (g)	47	19
of which sugars (g)	5,1	2,1
Fibre (g)	4	2
Protein (g)	20	8
Salt (g)	2	0,8

## Allergens

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

# Fresh Ravioli with Green Pesto

with sundried tomatoes, arugula & Parmigiano Reggiano

2 servings

**Lunch** Total time: 10 - 15 min.



## 1. Prepare

- Boil plenty of water in a pot or saucepan. Cut the **sundried tomatoes** into strips.

## 2. Boil the ravioli

- Carefully separate the **ravioli**, then put them in the saucepan and boil for 4 - 6 minutes. Drain and set aside when finished.

## 3. Stir in the pesto

- Carefully stir the **green pesto** and **sundried tomatoes** through the ravioli and season with salt and pepper to taste. Grate the **Parmigiano Reggiano** into a small bowl.

## 4. Serve

- Serve the **ravioli** on plates. Scatter over the **cheese** and garnish with the **arugula**.

Enjoy!





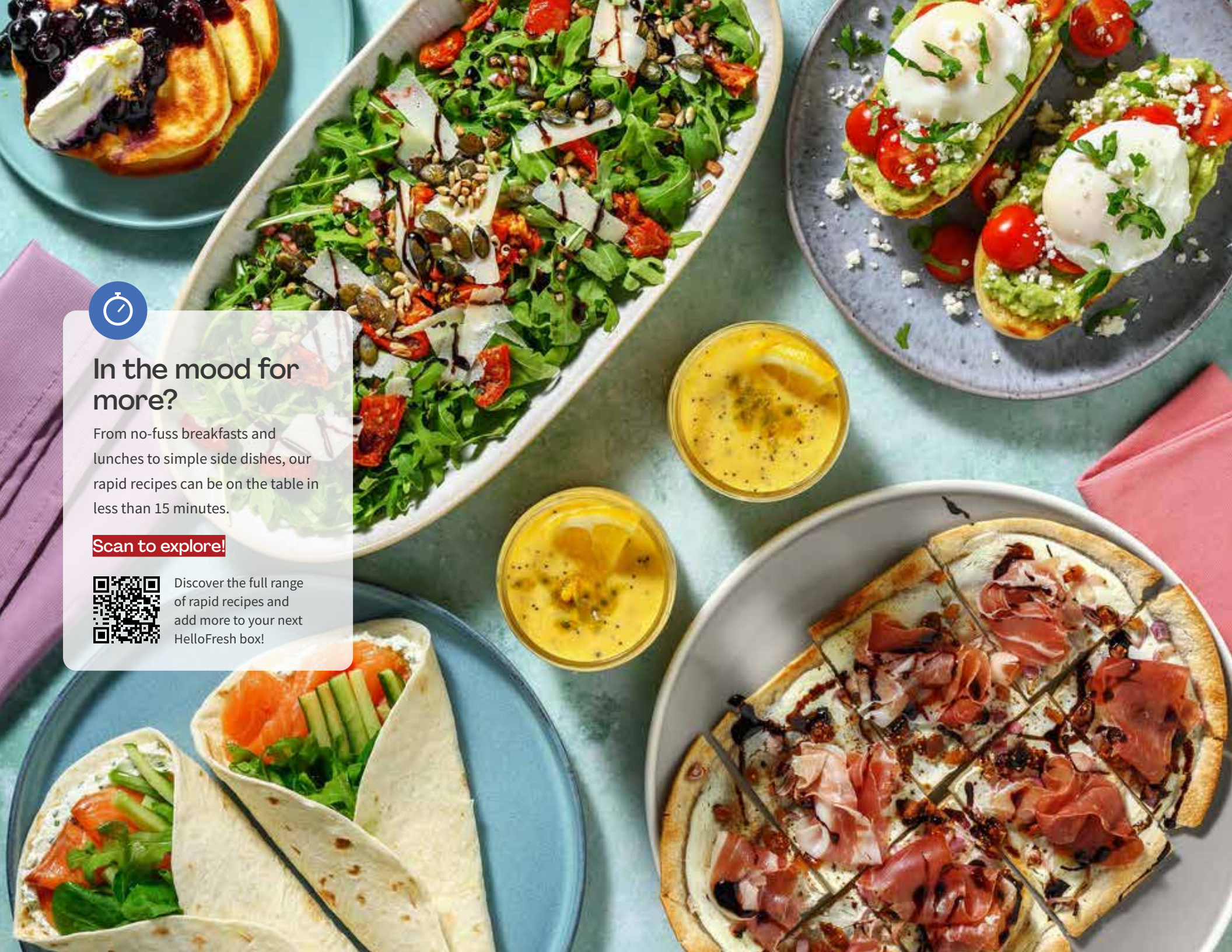
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## Utensils

Aluminum foil

## Ingredients

Flour tortillas (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	75
Arugula & lamb's lettuce* (g)	90
Cucumber* (unit(s))	1

### From your pantry

Extra virgin olive oil	to taste
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2151 / 514	742 / 177
Total fat (g)	26	9
of which saturated (g)	9,9	3,4
Carbohydrates (g)	45	16
of which sugars (g)	2,8	1
Fibre (g)	4	1
Protein (g)	24	8
Salt (g)	2	0,7

## Allergens

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# Smoked Salmon & Herbed Cream Cheese Wraps

with arugula, lamb's lettuce and cucumber | 2 servings



**Lunch** Total time: 10 - 15 min.



## 1. Prepare

- Preheat the oven to 180°C.

## 2. Slice the cucumber

- Cut the **cucumber** in half lengthways, then into strips.

## 3. Heat up the tortillas

- Wrap the **tortillas** in aluminium foil, then put them in the oven for 3 - 4 minutes.

## 4. Serve

- Spread the **herbed cream cheese** over the wraps. Add the **smoked salmon** and **cucumber** followed by the **mixed salad leaves**, then drizzle with extra virgin olive oil to taste.

Enjoy!



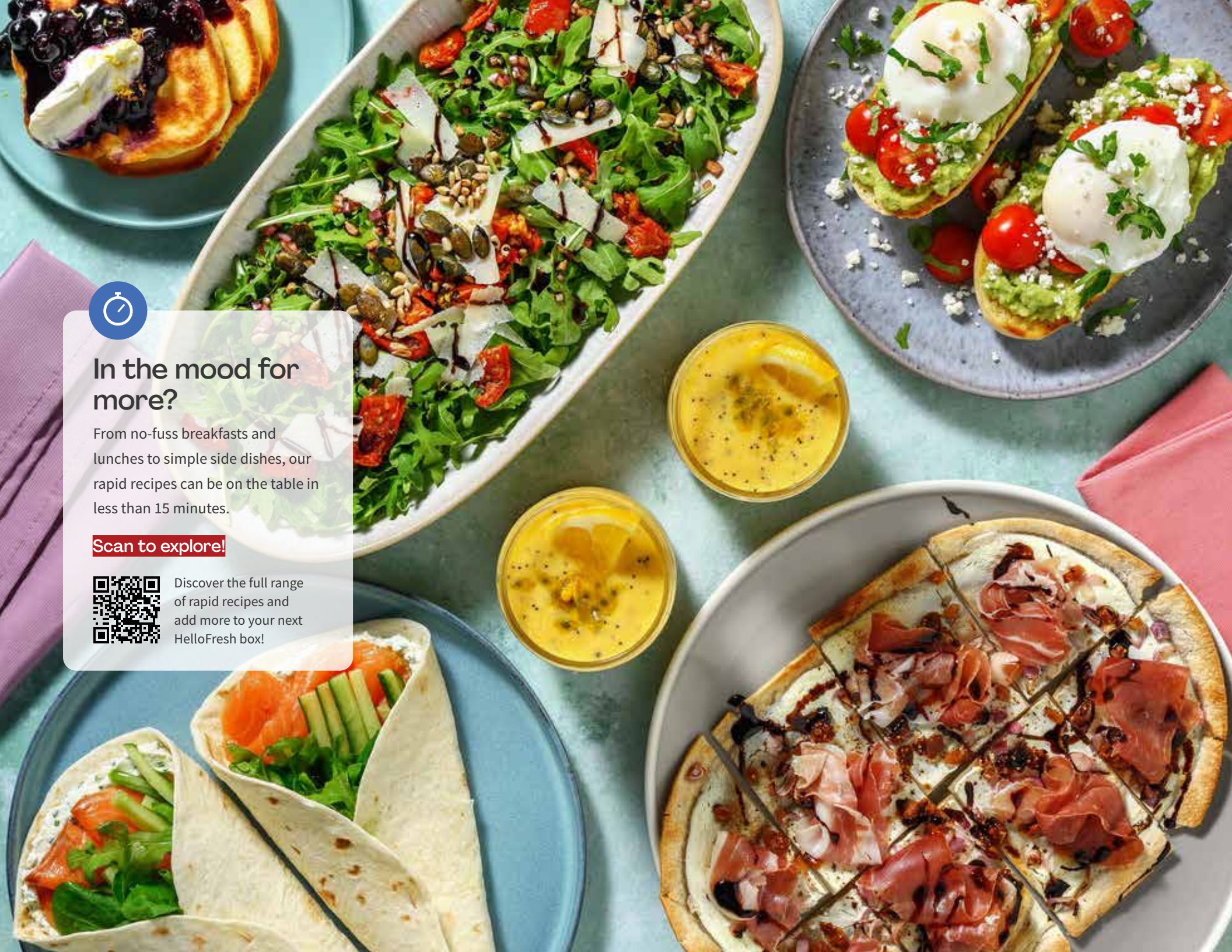
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## Before you begin

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## Utensils

Bowl, sieve or colander, lidded pot or saucepan, parchment paper, frying pan

## Ingredients

Bao buns* (unit(s))	4
Cucumber* (unit(s))	1
BBQ Sauce (g)	50
Soy sauce (ml)	5
Slaw mix* (g)	50
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	2
Sugar (tsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2088 /499	695 /166
Total fat (g)	20,7	7
of which saturated (g)	4,3	1,4
Carbohydrates (g)	62,6	20,8
of which sugars (g)	16,1	5,3
Fibre (g)	2,8	0,9
Protein (g)	15,6	5,2
Salt (g)	1,5	0,5

## Allergens

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# Bao Buns with BBQ Chicken

with sweet & sour cucumber, cabbage and carrot | 2 servings



**Lunch** Total time: 15 - 20 min.



### 1. Prepare the cucumber

- Slice the **cucumber** into thin sticks about 5cm long.
- In a bowl, mix 1 tsp sugar with 2 tbsp white wine vinegar.
- Add the **cucumber** and season with salt.
- Mix well and set aside until serving, stirring now and again so the flavours can combine.

### 2. Fry the chicken

- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat.
- Add the **chicken thigh strips** and fry for 5 - 6 minutes until golden brown.
- Add the **barbecue sauce** and 1 tsp **soy sauce** and mix everything together.

### 3. Steam the bao buns

- Boil a shallow layer of water in a large pot or saucepan with a lid.
- Line a sieve or colander with some kitchen paper and place this over the pan, making sure it doesn't touch the water.
- Put the **bao buns** in the sieve/colander, then put the the lid on and let them steam for 3 - 4 minutes (see tip).

**Tip:** take care that the buns don't get wet when you take the lid off the pan!

### 4. Serve

- Spread the mayo onto the inside of both **buns**.
- Stuff the **buns** with the **chicken**, **slaw mix** and quick-pickled **cucumber**.

**Enjoy!**



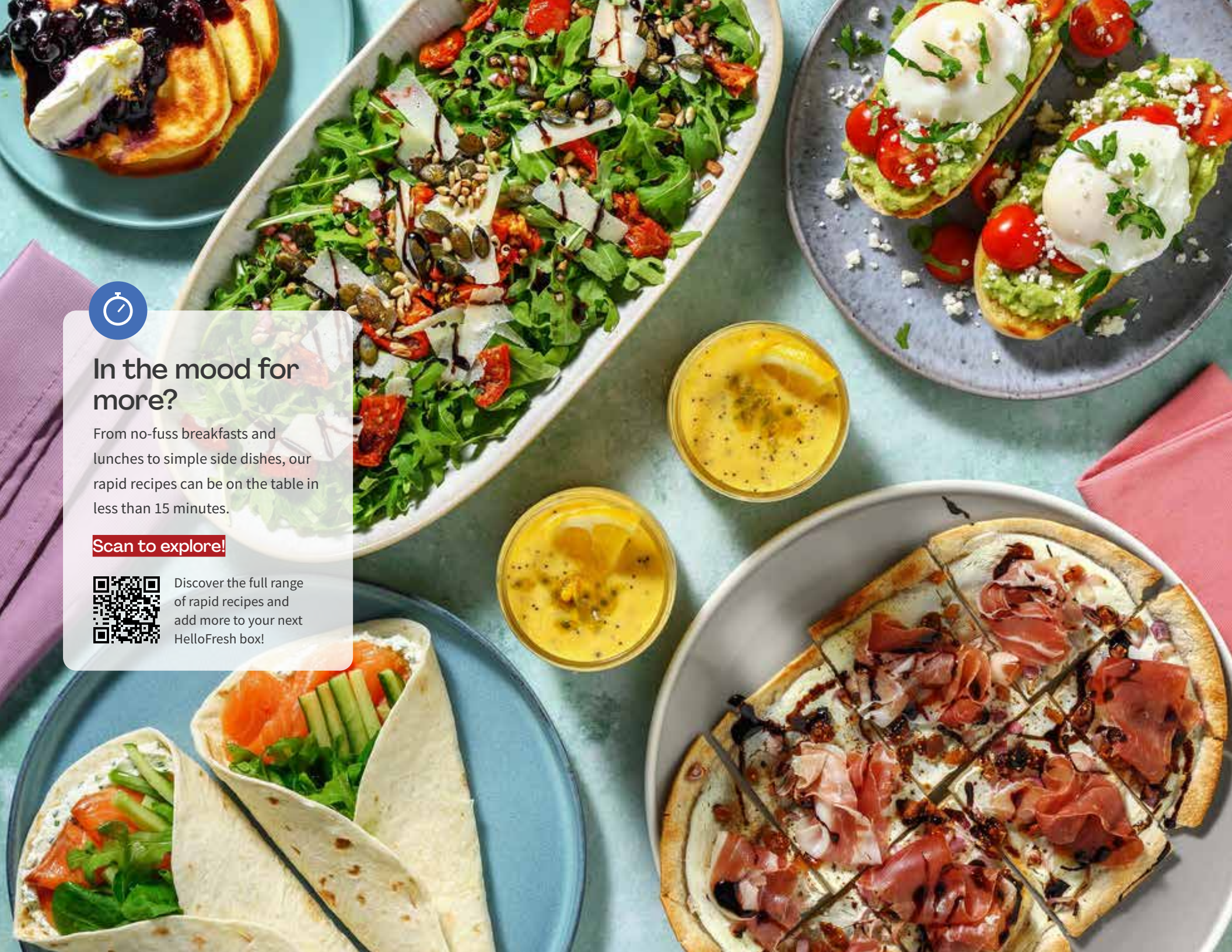
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## Utensils

Bowl, large bowl, grater, lidded pot or saucepan, plate, frying pan

## Ingredients

Jasmine rice (g)	150
Onion (unit(s))	1
Shrimp* (g)	240
Fresh coriander & mint* (g)	10
Cucumber* (unit(s))	1
East Asian-style sauce* (sachet(s))	1
Hoisin sauce (g)	75
Carrot* (unit(s))	1
Rice paper (unit(s))	1
Fresh ginger* (tsp)	2
From your pantry	
Low sodium vegetable stock cube (unit(s))	¼
White wine vinegar (tbsp)	1
Sugar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	571/136
Total fat (g)	1
of which saturated (g)	0,2
Carbohydrates (g)	26
of which sugars (g)	5,4
Fibre (g)	1
Protein (g)	5
Salt (g)	1

## Allergens

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

# Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces



Appetizer Total time: 20 min.



### 1. Prepare

- Boil 360ml water with a quarter of the stock cube in a saucepan with a lid. Boil the **rice** for 10 -12 minutes with the lid on, then leave to cool down.
- Grate the **carrot** and finely chop the **onion**.
- In a bowl, mix the white wine vinegar with the sugar and a pinch of salt. Mix in the **onion** and **carrot** and set aside. Stir regularly so that the flavours can sink in properly.

### 3. Chop the herbs

- Finely chop the fresh herbs.
- Cut the **cucumber** into thin sticks.
- Fill a large bowl or deep plate with lukewarm water. Soak one of the **rice paper** sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

### 2. Fry the shrimp

- Finely grate 2 tsp of **ginger**.
- Heat a drizzle of sunflower oil in a skillet over medium-high heat.
- Add the **ginger** and the **shrimp**.
- Fry for 2 - 3 minutes and season with salt and pepper.

### 4. Serve

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

Enjoy!



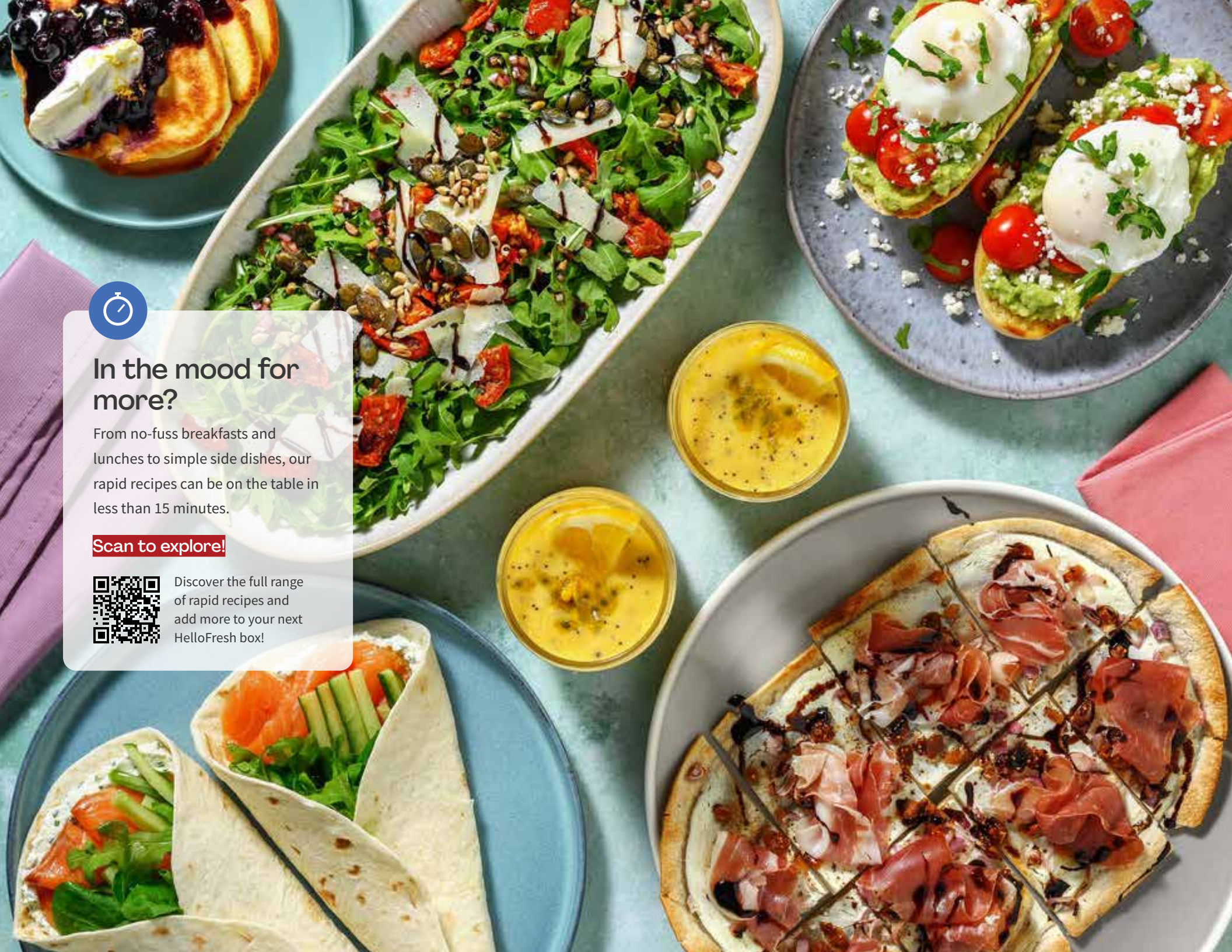
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## Utensils

Oven dish

## Ingredients

Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	2
Red chili pepper* (unit(s))	1
Lemon* (unit(s))	1
Aioli* (g)	50
Shrimp* (g)	360
White demi-baguette (unit(s))	2
From your pantry	
[Plant-based] butter (tbsp)	¾
Salt & pepper	to taste

\*store in the fridge

## Nutritional values

	Per 100g
Energy (kJ/kcal)	684 / 163
Total fat (g)	6
of which saturated (g)	1,2
Carbohydrates (g)	18
of which sugars (g)	0,8
Fibre (g)	2
Protein (g)	9
Salt (g)	0,9

## Allergens

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

# Spicy Garlic Shrimp

with aioli, baguette & lemon | to share



Appetizer Total time: 15 - 20 min.



### 1. Prepare

- Preheat the oven to 200°C.
- Finely chop the **parsley** stems, then roughly chop the leaves.
- Deseed and finely chop the **red chili pepper**\*.
- Crush or mince the **garlic**.

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

### 2. Cook the shrimp

- Transfer the **shrimp** to an oven dish along with the butter, **parsley** stems, **chili pepper** and **garlic**.
- Mix well to combine and season with salt and pepper.

### 3. Bake the baguettes

- Bake the **shrimp** with the **baguettes** alongside for 6 - 8 minutes or until the **shrimp** are done.
- Cut the **lemon** into wedges in the meantime.

### 4. Serve

- Transfer the **shrimp** to a serving dish and garnish with the **parsley** leaves.
- Serve immediately, with the **baguettes**, **aioli** and **lemon** wedges alongside.

Enjoy!



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