



# Teriyaki Steak Stir-Fry

over wholewheat noodles with quick-pickled cucumber

Calorie Smart

Total time: 30 - 40 min.



Steak strips



Leek



Carrot



Garlic



Fresh ginger



Teriyaki sauce



Wholewheat noodles



East Asian-style sauce



[Persian] cucumber



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

Teriyaki sauce comes from a Japanese cooking technique where meat or fish is coated with a shiny (teri) glaze and grilled (yaki) on a hot plate.

## 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 bowl, microplane, pot or saucepan, frying pan, wok or deep frying pan

## Ingredients for 1 - 6 servings

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

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2272 /543	488 /117
Total fat (g)	16	3
of which saturated (g)	2,2	0,5
Carbohydrates (g)	67	14
of which sugars (g)	25,6	5,5
Fibre (g)	8	2
Protein (g)	32	7
Salt (g)	2,1	0,4

## Allergens

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



### 1. Prepare

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



### 2. Prepare the cucumber

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



### 3. Fry the vegetables

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



### 4. Fry the steak strips

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

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



### 5. Finish the stir-fry

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

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



### 6. Serve

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

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

Enjoy!



# Veggie Burger with Blue Cheese

with balsamic pear salad & homemade fries

Veggie

Total time: 35 - 45 min.



Potatoes



Veggie burger from The Vegetarian Butcher



Hamburger bun with sesame seeds



Blue cheese cubes



Onion



Arugula



Pear



Carrot



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

Pears are both delicious and nutritious! They're packed with fibre, vitamin C, and potassium, which are good for your digestion, immune system and blood pressure.

## Utensils

Parchment-lined baking sheet, bowl, deep frying pan, lidded frying pan, peeler or cheese slicer, salad bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	100	200	300	400	500	600
Veggie burger from The Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Blue cheese cubes* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1½	2	2½	3
Arugula* (g)	20	40	60	80	100	120
Pear* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3

From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3586 / 857	685 / 164
Total fat (g)	44	8
of which saturated (g)	17,5	3,3
Carbohydrates (g)	80	15
of which sugars (g)	23,4	4,5
Fibre (g)	15	3
Protein (g)	30	6
Salt (g)	2,7	0,5

## Allergens

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



### 1. Make the fries

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and cut them into fries of no more than 1cm thickness. Transfer the fries to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 30 minutes or until golden brown, tossing halfway.



### 4. Fry the burgers

When the fries have 10 more minutes, cut open the **burger buns** and bake in the oven for 4 - 6 minutes. Melt a knob of butter in a frying pan over medium-high heat. Fry the **burger** for 2 - 3 minutes per side or until evenly browned. Lower the heat, then top the **burgers** with half of the **blue cheese**. Cover with the lid and allow the **cheese** to melt for 1 minute.



### 2. Chop the vegetables

Peel and core the pear, then slice half and dice the rest. Slice the onion into half rings. Use a peeler or cheese slicer to shave the carrot into thin ribbons.



### 5. Make the salad

Shortly before serving, transfer the **arugula** to the vegetables in the salad bowl, along with the diced **pear**, mustard, extra virgin olive oil and the rest of the balsamic vinegar. Toss well to combine, seasoning to taste with salt and pepper.



### 3. Fry the vegetables

Melt a knob of butter in a deep frying pan over medium-low heat. Fry the **onion** for 7 - 9 minutes. Increase the heat to medium-high, then add the **carrot** and fry for 1 more minute. Deglaze with the honey and half of the balsamic vinegar. Transfer the vegetables to a salad bowl and set aside to cool.



### 6. Serve

Spread the **burger buns** with some mayonnaise, then add some of the salad. Top with the **pear** slices and the **burger**. Serve the rest of the salad alongside, garnished with the rest of the **blue cheese**. Serve the fries with mayonnaise as preferred.

Enjoy!



# Creamy Rigatoni with Veggie No-Chicken

in mascarpone-tomato sauce with fresh basil

Veggie

Total time: 30 - 40 min.



Onion



Garlic



Tomato



Rigatoni



Veggie chicken pieces



Passata



Fresh basil



Mascarpone



Parmigiano Reggiano DOP



Italian seasoning



Romano pepper



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

## Before you begin

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

## Utensils

Bowl, large deep frying pan with lid, microplane, lidded pot or saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Tomato (unit(s))	1	2	3	4	5	6
Rigatoni (g)	90	180	270	360	450	540
Veggie chicken pieces* (g)	80	160	240	320	400	480
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	5	10	15	20	25	30
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3

### From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3456 / 826	656 / 157
Total fat (g)	33	6
of which saturated (g)	12,4	2,4
Carbohydrates (g)	92	17
of which sugars (g)	17	3,2
Fibre (g)	10	2
Protein (g)	36	7
Salt (g)	1,4	0,3

## Allergens

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



### 1. Prepare

Boil plenty of salted water in a pot or saucepan and cook the **rigatoni** for 13 - 15 minutes, covered. Reserve some of the pasta water, then drain and set aside. Meanwhile, crush or **mince** the **garlic** and transfer half to a bowl. Add the **Italian herbs** and the **veggie chicken pieces**, then mix well to combine.



### 4. Chop the basil

In the meantime, chop the **basil** into ribbons and grate the **Parmigiano Reggiano**.



### 2. Fry the veggie chicken

Heat half of the olive oil in a large deep frying pan over medium-high heat. Fry the veggie chicken for 4 - 5 minutes, or until golden-brown. Season with salt and pepper, then remove from the pan and set aside. In the meantime, chop the onion. Dice the tomato and the Romano pepper.



### 5. Finish

Add 20ml pasta water per person to the sauce. Stir in half of the **basil**, then add the **rigatoni** and **veggie chicken**. Mix well to combine, adding an extra splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.



### 3. Make the sauce

Heat the rest of the olive oil in the same pan over medium-high heat. Fry the **onion** with the rest of the **garlic** for 1 - 2 minutes, then add the **tomato** and the **Romano pepper** and fry for 3 - 4 minutes. Deglaze with the balsamic vinegar, then add the **passata**, **mascarpone** and sugar. Reduce the heat to medium and cover with the lid, then allow to simmer gently for 6 minutes.



### 6. Serve

Serve the **rigatoni** on plates. Garnish with the **Parmigiano Reggiano** and the rest of the **basil**.

**Did you know...** 🍅 tomatoes are a good source of the antioxidant lycopene. Antioxidants protect our cells and organs against free radicals, which are harmful substances produced by UV radiation and air pollution.

Enjoy!



# Linguine with Wild Boar Ragu

with Gouda & Italian herbs

Family

Total time: 35 - 45 min.



Garlic



Onion



Carrot



Wild boar burgers



Linguine



Tinned cherry tomatoes



Italian seasoning



Bay leaf



Grated Gouda



Tomato paste



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

## Before you begin

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

## Utensils

Deep frying pan, pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Wild boar burgers* (unit(s))	1	2	3	4	5	6
Linguine (g)	90	180	270	360	450	540
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Grated Gouda* (g)	15	25	40	50	65	75
Tomato paste (can)	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3477 / 831	641 / 153
Total fat (g)	35	6
of which saturated (g)	12,8	2,4
Carbohydrates (g)	89	16
of which sugars (g)	21,1	3,9
Fibre (g)	13	2
Protein (g)	38	7
Salt (g)	1,8	0,3

## Allergens

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



### 1. Prepare

- Boil plenty of salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Quarter the carrot lengthways, then thinly slice it.
- Boil the linguine for 12 - 14 minutes, then reserve some of the pasta water before draining and set aside.



### 2. Fry the vegetables

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic, onion and carrot for 4 minutes, then add the tomato paste and fry for 1 more minute.
- Add the wild boar burger and Italian herbs and fry for 3 - 4 minutes, breaking the burger apart as you do so.



### 3. Make the sauce

- To the frying pan, add the cherry tomatoes, bay leaf and sugar, then crumble in the stock cube (see pantry for amount). Mix well to combine.
- Add 2 - 3 tbsp pasta water per person, then cover with the lid and allow to cook gently for 12 - 14 minutes. Season to taste with salt and pepper.
- Take the bay leaf out of the sauce when finished.



### 4. Serve

- Serve the linguine on plates and top with the wild boar ragu.
- Garnish with the cheese to finish.

**Did you know...** 🌱 tinned tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe provides more than 300g of vegetables!

Enjoy!





# Garlic Shrimp Orzo

with courgette, fresh herbs & shaved almonds

Calorie Smart Family

Total time: 35 - 45 min.



Garlic



Onion



Shaved almonds



Fresh basil, chives & flat leaf parsley



Courgette



Diced tomatoes with garlic & onion



Orzo



Lemon



Shrimp



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

## Before you begin

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

## Utensils

Pot or saucepan, wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Shaved almonds (g)	5	10	15	20	25	30
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Courgette* (unit(s))	½	1	2	2	3	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Orzo (g)	75	150	225	300	375	450
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Shrimp* (g)	80	160	240	320	400	480
From your pantry						
Sugar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2577 /616	453 /108
Total fat (g)	17	3
of which saturated (g)	3	0,5
Carbohydrates (g)	82	14
of which sugars (g)	21,8	3,8
Fibre (g)	12	2
Protein (g)	27	5
Salt (g)	2,9	0,5

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan and cook the orzo for 10 - 12 minutes, then drain and set aside.
- Slice the onion into half rings and crush or mince the garlic.
- Tear the basil and parsley leaves from their stems, then finely chop these, along with the chives.
- Dice the courgette and cut the lemon into wedges.



### 2. Fry the shrimp

- In the meantime, heat half of the olive oil in a wok or deep frying pan over low heat.
- Fry the garlic and onion for 1 - 2 minutes, then add the shrimp and half each of the shaved almonds and fresh herbs.
- Mix well and fry for 2 - 3 minutes over medium-high heat. Season to taste with salt and pepper, then remove from the pan and set aside.

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



### 3. Make the sauce

- Heat the rest of the olive oil in the same pan and fry the courgette for 2 - 3 minutes over medium-high heat.
- Add the chopped tomatoes and the sugar, then crumble in the stock cube (see pantry for amount). Season to taste with salt and pepper.
- Allow to cook for 5 - 6 minutes over medium-low heat, or until the courgette is done.



### 4. Serve

- Transfer the orzo and the shrimp to the sauce, mix well to combine and cook for 1 more minute over high heat.
- Squeeze in one lemon wedge per person and season to taste with salt and pepper.
- Serve the orzo on plates and garnish with the rest of the shaved almonds and fresh herbs.
- Serve the rest of the lemon wedges alongside.

Enjoy!



# Chicken Fajitas with Cheese & Chili Mayo

with Mexican-style spices, bell pepper & lettuce

Calorie Smart Family Nice & Fast

Total time: 15 - 20 min.



Tomato



Chicken fillets



Mini tortillas



Little gem



Grated Gouda



Mexican-style spices



Sweet chili sauce



Tomato paste



Bell pepper



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

The fajita is a real Tex-Mex classic. Tex stands for Texas, and Mex points towards the Tejanos, the Spanish-Mexican inhabitants of this state who established this cuisine.

## Before you begin

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

## Utensils

Aluminum foil, lidded deep frying pan, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Chicken fillets* (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
Grated Gouda* (g)	15	25	40	50	65	75
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Bell pepper* (unit(s))	1	2	3	4	5	6

### From your pantry

Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2803 /670	452 /108
Total fat (g)	30	5
of which saturated (g)	6,4	1
Carbohydrates (g)	58	9
of which sugars (g)	16,5	2,7
Fibre (g)	11	2
Protein (g)	38	6
Salt (g)	2,2	0,3

## Allergens

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



### 1. Fry the bell pepper

- Preheat the oven to 180°C. Cut the bell pepper into thin strips.
- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the bell pepper with a generous pinch of salt for 3 - 4 minutes, covered.
- Add the tomato paste and the Mexican-style spices\* and fry for 1 - 2 more minutes.

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



### 2. Prepare the toppings

- Dice the tomato and finely chop the lettuce.
- In a small bowl, combine the sweet chili sauce with the mayonnaise.



### 3. Heat the tortillas

- Wrap the tortillas in aluminium foil and keep warm in the oven until serving.
- Dice the chicken into 2cm cubes, then add to the bell pepper and fry for 3 - 4 minutes.
- Season to taste with salt and pepper.



### 4. Serve

- Serve the chicken, tortillas, lettuce, tomato, chili mayo and cheese in separate dishes.
- Allow everyone to assemble their own wraps.

**Did you know...** 🍅 tomato paste is a good source of fibre, calcium, vitamin C and iron. Just one small can provides almost twice as much iron as 100g of chicken or pork!

Enjoy!



# Mozzarella Meatball Melts

on Turkish bread with basil & arugula salad

Family Nice & Fast

Total time: 15 - 20 min.



Garlic



Beef-pork meatballs with Spanish-style seasoning



Passata



Mozzarella



Arugula



Fresh basil



Tomato



Mini Turkish bread



Onion



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

Did you know that basil was once called a royal herb? It gets its name from the Ancient Greek word for king: basileus.

## Before you begin

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

## Utensils

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

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Beef-pork meatballs with Spanish-style seasoning* (unit(s))	4	8	12	16	20	24
Passata (g)	100	200	300	390	500	590
Mozzarella* (ball(s))	½	1	1½	2	2½	3
Arugula* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
Mini Turkish bread (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
From your pantry						
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	2	4	6	8	10	12
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3448 / 824	633 / 151
Total fat (g)	42	8
of which saturated (g)	16,3	3
Carbohydrates (g)	66	12
of which sugars (g)	13,9	2,6
Fibre (g)	7	1
Protein (g)	42	8
Salt (g)	3	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.
- Slice the onion into half-rings and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion with the garlic for 30 seconds, then add the meatballs and fry for 3 - 4 minutes until evenly browned.



### 2. Finish the sauce

- Deglaze with the passata and half of the balsamic vinegar, then add the sugar and allow to reduce for 3 minutes over high heat.
- Taste and season with salt and pepper as needed.



### 3. Bake the bread

- In the meantime, cut open the Turkish bread and thinly slice the mozzarella.
- Transfer the bread to a parchment-lined baking sheet and top with the mozzarella, then bake in the oven for 5 - 6 minutes.
- Meanwhile, cut the tomato into wedges and roughly chop the basil.



### 4. Serve

- In a salad bowl, combine the extra virgin olive oil with the rest of the balsamic vinegar, then season to taste with salt and pepper.
- Add the arugula, tomato wedges and half of the basil, then toss well to combine.
- Serve the Turkish bread on plates and top with the meatballs.
- Garnish with the rest of the basil and serve the salad alongside.

Enjoy!



# Chicken Breast over Creamy Lemon Rice

with aglio e olio drizzle, cherry tomatoes & courgette

Nice & Fast

Total time: 15 - 20 min.



Jasmine rice



Chicken breast with Mediterranean herbs



Chopped onion



Courgette



Red cherry tomatoes



Lemon



Cooking cream



Aglio e olio



Sicilian-style herb mix



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

While courgettes are often treated as vegetables, they're actually fruits. They are low in calories and rich in vitamin C and fibre, making them a healthy choice for a variety of meals!

## 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, 2x frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Chopped onion* (g)	25	50	50	100	100	150
Courgette* (unit(s))	½	1	2	2	3	3
Red cherry tomatoes (g)	65	125	250	250	375	375
Lemon* (unit(s))	⅓	⅔	1	1½	1½	2
Cooking cream (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3

### From your pantry

Water (ml)	175	350	525	700	875	1050
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3448 /824	496 /119
Total fat (g)	41	6
of which saturated (g)	15,4	2,2
Carbohydrates (g)	75	11
of which sugars (g)	11	1,6
Fibre (g)	7	1
Protein (g)	33	5
Salt (g)	1,8	0,3

## Allergens

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



### 1. Boil the rice

- Transfer the cream and the water to a pot or saucepan (see pantry for amount).
- Bring to a boil, then crumble in the stock cube and cook the rice for 10 - 12 minutes or until done.
- Drain if necessary and set aside.



### 2. Fry the vegetables

- Meanwhile, cut the courgette into 5cm batons and halve the cherry tomatoes.
- Heat the olive oil in a frying pan over medium-high heat. Fry the courgette and cherry tomatoes with the Sicilian-style herbs for 5 - 7 minutes (see Tip).
- Season to taste with salt and pepper.

*Tip: if you don't like raw garlic, add the aglio e olio to the vegetables during the final 3 minutes.*



### 3. Fry the chicken

- Cut the chicken breast into three strips.
- Melt the butter in another frying pan over medium-high heat. Fry the chicken and onion for 4 - 5 minutes or until done. Season with salt and pepper.
- Meanwhile, zest the lemon and cut it into 6 wedges.
- Squeeze 1 lemon wedge per person into the rice, then add as much lemon zest as preferred and mix well. Season to taste with salt and pepper.



### 4. Serve

- Serve the rice on plates and top with the chicken and vegetables.
- Drizzle with the aglio e olio\* and serve the rest of the lemon wedges alongside.

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

**Enjoy!**





# Cottage Pie with Pork & Aged Cheese

with courgette, bell pepper & sweetcorn

Family

Total time: 35 - 45 min.



Potatoes



Farmer's mincemeat



Corn



Passata



Grated aged Gouda



Belgian spice mix



Courgette



Sicilian-style herb mix



Bell pepper



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

You'll season the mince dish with Sicilian herbs. This mix includes tomato, onion, pepper, basil and oregano.

## Before you begin

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

## Utensils

Deep 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
Farmer's mincemeat* (g)	100	200	300	400	500	600
Corn (g)	50	100	140	200	240	300
Passata (g)	100	200	300	390	500	590
Grated aged Gouda* (g)	25	50	75	100	125	150
Belgian spice mix (tsp)	1½	3	4½	6	7½	9
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] milk				splash		
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3364 / 804	430 / 103
Total fat (g)	42	5
of which saturated (g)	21	2,7
Carbohydrates (g)	66	8
of which sugars (g)	15,2	1,9
Fibre (g)	18	2
Protein (g)	36	5
Salt (g)	4	0,5

## Allergens

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



### 1. Prepare

Preheat the oven to 220°C and boil plenty of water in a pot or saucepan. Peel the **potatoes** and cut into rough pieces, then boil for 12 - 15 minutes until done, covered. Drain and set aside.

**Did you know...** 🥔 potatoes are very healthy; besides being a good source of fibre and complex carbohydrates, they're also rich in potassium and high in vitamins C, B6 and B11.



### 4. Mash the potatoes

Mash the **potatoes** with a knob of butter and a splash of milk. Add the Sicilian herbs and the mustard and mix well, seasoning to taste with salt and pepper.



### 2. Fry the mince

Melt a knob of butter in a deep frying pan over medium-high heat. Fry the mince with the Belgian spices for 3 - 4 minutes, separating it as you do so. Remove from the pan and set aside. Slice the courgette into crescents and dice the bell pepper, then transfer both to the pan and fry for 6-8 minutes.



### 5. Assemble

Add the **mince** back to the frying pan and mix well. Transfer the filling to an oven dish and top with the mashed **potatoes** and the **grated cheese**. Bake in the oven for 10 - 12 minutes or until the **cheese** is golden-brown.



### 3. Allow to simmer

Add the **corn**, **passata** and balsamic vinegar, then crumble in the stock cube (see Tip). Mix well and allow to simmer for 2 - 4 minutes, then season to taste with salt and pepper.

**Tip:** if you're watching your salt intake, omit the stock cube or use a low sodium variety.



### 6. Serve

Serve the cottage pie on plates.

Enjoy!



# Shrimp with Zesty Peanut Dressing

over rice with broccoli & peanuts

Calorie Smart Family

Total time: 30 - 40 min.



Jasmine rice



Lime



Salted peanuts



Garlic



Onion



Soy sauce



Shrimp



Furikake



Chopped  
sweetheart cabbage



Broccoli



Ginger paste



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

Sweetheart cabbage is nutritious and rich in vitamin C, K and fibre. With its mild flavour, sweetheart cabbage is a versatile ingredient and ideal for a balanced diet!

## 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, idded pot or saucepan, pot or saucepan, kitchen paper, frying pan, wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Lime* (unit(s))	½	1	1½	2	2½	3
Salted peanuts (g)	10	20	30	40	50	60
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Shrimp* (g)	80	160	240	320	400	480
Furikake (sachet(s))	¼	½	¾	1	1¼	1½
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Broccoli* (g)	100	200	300	400	500	600
Ginger paste* (g)	5	10	15	20	25	30

### From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2803/670	551/132
Total fat (g)	23	5
of which saturated (g)	2,9	0,6
Carbohydrates (g)	84	16
of which sugars (g)	17,3	3,4
Fibre (g)	10	2
Protein (g)	28	5
Salt (g)	2,6	0,5

## Allergens

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



### 1. Boil the rice

Boil plenty of water in a pot or saucepan and cook the **rice** for 12 - 15 minutes, covered, then drain and set aside.



### 2. Chop the vegetables

Boil plenty of water in another pot or saucepan for the broccoli and cabbage. Juice the lime and roughly chop the peanuts. Chop the onion and crush or mince the garlic. Cut the head of the broccoli into florets and dice the stem.



### 3. Boil the vegetables

Boil the **broccoli** and **cabbage** for 3 minutes, then drain and rinse under cold water. Meanwhile, in a bowl combine the **soy sauce** with the white balsamic vinegar and the honey, along with half each of the **ginger** paste and the sunflower oil. Add 2 tsp **lime** juice per person along with the **peanuts**, then mix well to combine.



### 4. Stir-fry the vegetables

Heat the rest of the sunflower oil in a wok or deep frying pan over medium-high heat. Fry the **onion**, **broccoli** and **cabbage** for 6 - 7 minutes, then stir in the rest of the **ginger** paste and fry for 1 more minute. Season to taste with salt and pepper.



### 5. Fry the shrimp

In the meantime, pat the **shrimp** dry with kitchen paper. Heat the olive oil in a frying pan over medium-high heat and fry the **garlic** with the **shrimp** for 3 - 4 minutes. Season to taste with salt and pepper.



### 6. Serve

Serve the **rice** on plates and top with the vegetables and the **shrimp**. Drizzle with the **peanut** dressing and garnish with the **furikake**.

Enjoy!



# Veggie No-Chicken Stir-Fry

over rice with green beans & quick-pickled cucumber

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Green beans



Jasmine rice



Veggie chicken pieces



[Persian] cucumber



Onion



Soy sauce



Sweet chili sauce



Garlic



East Asian-style sauce



Fresh coriander



Crispy fried onions



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

Did you know that green beans, or princess beans, are officially legumes? They're considered vegetables due to their similar health benefits.

## Before you begin

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

## Utensils

2x bowl, deep frying pan, lidded pot or saucepan, slotted spoon

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Veggie chicken pieces* (g)	80	160	240	320	400	480
[Persian] cucumber* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	10	20	30	40	50	60
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¼	2
Fresh coriander* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90

### From your pantry

Sugar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2795 /668	600 /144
Total fat (g)	19	4
of which saturated (g)	4,9	1,1
Carbohydrates (g)	90	19
of which sugars (g)	17,5	3,8
Fibre (g)	8	2
Protein (g)	29	6
Salt (g)	3,4	0,7

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan for the green beans.
- Discard the tips of the green beans and then cut in half.
- Finely chop the coriander and crush or mince the garlic. In a bowl, combine the soy sauce with the garlic, East Asian-style sauce and the sunflower oil. Season with salt and pepper.
- Cut the veggie chicken pieces into smaller pieces and transfer to the marinade. Mix well to combine and then transfer the bowl to the fridge.

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



### 2. Boil the rice & beans

- Boil the green beans with a pinch of salt for 4 - 6 minutes until al dente.
- In the meantime, finely chop the onion.
- Remove the green beans from the pan with a slotted spoon and set aside.
- Boil the rice in the same pan for 12 - 15 minutes, covered, then drain and set aside.
- Quarter the cucumber lengthways and then cut into 3cm batons.



### 3. Fry the veggie chicken

- In a bowl, combine the cucumber with the white wine vinegar and sugar. Set aside until serving, stirring occasionally.
- Heat a deep frying pan over medium heat. Fry the onion with the veggie chicken in its marinade for 4 minutes.



### 4. Serve

- Stir in the green beans and sweet chili sauce and fry for 2 - 3 more minutes.
- Serve the rice on plates and top with the veggie chicken and the green beans (see Tip).
- Garnish with the coriander and crispy onions.
- Serve the quick-pickled cucumber alongside.

**Tip:** if you'd prefer the stir-fry to be spicier, add some sambal from your pantry!

Enjoy!



# Homemade 'Boomstammetjes'

with potato wedges, mangetout & carrots

Family

Total time: 45 - 55 min.



Potatoes



Egg



Farmer's mincemeat



Panko breadcrumbs



Grated aged Gouda



Dried rosemary



Carrot



Mangetout



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

Boomstammetjes (meaning tree trunks) are a Dutch recipe in which minced meat and cheese are formed into a sausage shape, like a tree trunk! They're then breaded and baked in the oven, which makes them extra crunchy.

## 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

Lidded deep frying pan, deep plate, large bowl, oven dish, pot or saucepan, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Egg* (unit(s))	½	1	1½	2	2½	3
Farmer's mincemeat* (g)	100	200	300	400	500	600
Panko breadcrumbs (g)	25	50	75	100	125	150
Grated aged Gouda* (g)	15	25	40	50	65	75
Dried rosemary (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	50	100	150	200	250	300
From your pantry						
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3753 / 897	552 / 132
Total fat (g)	49	7
of which saturated (g)	14,9	2,2
Carbohydrates (g)	76	11
of which sugars (g)	11,2	1,6
Fibre (g)	16	2
Protein (g)	36	5
Salt (g)	2,2	0,3

## Allergens

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



### 1. Make the wedges

Preheat the oven to 180°C. Thoroughly wash the **potatoes** and cut them into long thin wedges (see Tip). Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potato** wedges for 20 minutes, covered, then remove the lid and fry for another 10 - 15 minutes. Season to taste with salt and pepper.



### 4. Boil the vegetables

Thinly slice the **carrot**. Boil plenty of water in a pot or saucepan and cook the **carrot** for 4 minutes, then add the **mangetout** and continue boiling for another 4 minutes (see Tip). Drain the vegetables and rinse under cold water.

**Tip:** the tips of mangetout can sometimes be tough, so be sure to remove and discard these.



### 2. Make the 'boomstammetjes'

Transfer the mince, cheese, egg and three quarters of the panko to a large bowl. Season with salt and pepper, then knead well to combine. Roll two 'boomstammetjes' per person (see photo for the shape).



### 5. Fry the vegetables

Heat a drizzle of olive oil in the same frying pan over medium-high heat. Fry the vegetables for 1 minute, then deglaze with the white balsamic vinegar and season to taste with salt and pepper.

**Did you know...** 🥕 carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs



### 3. Bake the 'boomstammetjes'

Transfer the rest of the **panko** to a deep plate, along with the **rosemary**. Mix well to combine, then coat the boomstammetjes in this mixture. Melt a small knob of butter in a frying pan over medium-high heat and fry the boomstammetjes for 2 - 3 minutes until evenly browned, then transfer to an oven dish. Set the frying pan aside to use again in step 5. Bake the boomstammetjes in the oven for 12 - 16 minutes (see Tip).

**Tip:** thicker boomstammetjes will take longer to cook. Check them carefully and bake for more time if necessary. If preferred, you can cut one of them open before serving to check.



### 6. Serve

Serve the boomstammetjes with the **potato** wedges and vegetables. Serve the mayonnaise alongside.

## Enjoy!





# Fish Burger with Ravigote Sauce

with spinach-leek mash & parsley

Family

Total time: 35 - 45 min.



Potatoes



Leek



Fresh curly parsley



Spinach



Multigrain fish burger



Ravigote sauce



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

Spinach contains many nutrients, including iron. This is essential for carrying oxygen throughout your body, making sure that you feel energised.

## 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

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

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Leek* (unit(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Spinach* (g)	100	200	300	400	500	600
Multigrain fish burger* (unit(s))	1	2	3	4	5	6
Ravigote sauce* (g)	20	40	60	80	100	120
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] milk					splash	
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water (ml)	30	60	90	120	150	180
Mustard (tsp)	1	2	3	4	5	6
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3054 / 730	492 / 118
Total fat (g)	39	6
of which saturated (g)	11,3	1,8
Carbohydrates (g)	63	10
of which sugars (g)	6	1
Fibre (g)	11	2
Protein (g)	27	4
Salt (g)	1,8	0,3

## Allergens

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



### 1. Prepare

Boil plenty of water in a pot or saucepan for the **potatoes**. Peel or thoroughly wash the **potatoes** and cut them into rough chunks. Slice the **leeks** into thin rings and finely chop the **curly parsley**. Finely chop the **spinach**.



### 2. Boil the potatoes

Boil the potatoes for 12 - 15 minutes, covered, then drain and set aside.



### 3. Fry the vegetables

Melt a knob of butter in a lidded deep frying pan over medium-high heat. Fry the **leek** for 3 - 4 minutes, then add the water (see pantry for amount). Lower the heat and allow to simmer for 6 - 8 minutes, covered. Add an extra splash of water as necessary if the **leek** browns too quickly. Stir in the **spinach** and fry for 3 - 4 minutes, allowing it to wilt and reduce.



### 4. Fry the fish burger

Meanwhile, heat the sunflower oil in a frying pan over medium-high heat. When the oil is nice and hot, fry the **fish burger** for 3 minutes per side until golden-brown.



### 5. Mash the potatoes

Mash the **potatoes** with a knob of butter and a splash of milk, then stir in the mustard, the **parsley** and the **spinach-leek** mixture. Season to taste with salt and pepper.



### 6. Serve

Serve the mash on plates and top with the fish **burger**. Serve the **ravigote sauce** alongside.

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

Enjoy!



# Hawai'i-Style Burger with Sticky Mushrooms

inspired by loco moco, over rice with a fried egg

Total time: 35 - 45 min.



Garlic



Mushrooms



Onion



Jasmine rice



Soy sauce



Egg



Beef-pork burger



Tomato paste



Romano pepper



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

This dish is inspired by Hawai'iian loco moco. A fusion between American and Asian cuisine, it was first created in 1949. It was named by local teenagers who were among the first to order the dish.

## Before you begin

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

## Utensils

Aluminum foil, large bowl, lidded pot or saucepan, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Onion (unit(s))	½	1	1	2	2	3
Jasmine rice (g)	75	150	225	300	375	450
Soy sauce (ml)	10	20	30	40	50	60
Egg* (unit(s))	1	2	3	4	5	6
Beef-pork burger* (unit(s))	1	2	3	4	5	6
Tomato paste (can)	¼	½	¾	1	1¼	1½
Romano pepper* (unit(s))	½	1	2	2	3	3

### From your pantry

Sugar (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	100	200	300	400	500	600
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3556 /850	570 /136
Total fat (g)	39	6
of which saturated (g)	13,4	2,1
Carbohydrates (g)	86	14
of which sugars (g)	17,2	2,8
Fibre (g)	8	1
Protein (g)	37	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. Prepare

Prepare the stock. Boil plenty of water in a pot or saucepan for the **rice**. Slice the **onion** into thin half rings and crush or **mince** the **garlic**. Slice the **mushrooms** and dice the **Romano pepper**.

**Did you know...** 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth. Phosphorus is mainly found in meat, fish and dairy, but along with mushrooms there are also other plant-based sources such as pulses and wholegrains.



## 4. Fry the burger

Heat a drizzle of olive oil in another frying pan over medium-high heat. Fry the **burger** for 2 - 3 minutes per side or until done. Season to taste with salt and pepper, then remove from the pan and keep warm under aluminium foil.



## 2. Fry the mushrooms

Boil the rice for 10 - 12 minutes, covered, then drain and set aside. Melt a knob of butter in a frying pan over medium-high heat and fry the garlic and onion for 2 - 3 minutes. Stir in the mushrooms and Romano Pepper and fry for 4 - 5 more minutes.



## 5. Fry the egg

Fry the **egg** in the same pan (see Tip).

**Tip:** add a small knob of butter as necessary if there isn't enough oil left in the pan.



## 3. Make the sticky vegetables

Meanwhile, in a large bowl combine the stock with the **tomato paste**, ketjap, flour, sugar and **soy sauce**. Transfer this to the vegetables and mix well, then bring to the boil. Allow to reduce over low heat for 5 - 8 minutes, stirring regularly. When it starts sticking to the spoon, it's done.



## 6. Serve

Serve the **rice** and **burgers** on plates. Top with the sticky vegetables and the fried **egg**.

Enjoy!



# Italian-Inspired Cheeseburger

with bruschetta dip, Parmigiano Reggiano & fries

Nice & Fast

Total time: 25 - 30 min.



Veal burger



Bruschetta spread



White ciabatta



Italian seasoning



Mozzarella



French fries



Parmigiano Reggiano DOP



Courgette



Tomato



Onion



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

Did you know that Parmigiano Reggiano gets its name from the region where it is produced? Namely the Italian provinces of Parma and Reggio Emilia.

## Utensils

2x parchment-lined baking sheet, lidded frying pan, microplane, salad bowl, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veal burger* (unit(s))	1	2	3	4	5	6
Bruschetta spread* (g)	40	80	120	160	200	240
White ciabatta (unit(s))	1	2	3	4	5	6
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Mozzarella* (ball(s))	½	1	1½	2	2½	3
French fries* (g)	250	500	750	1000	1250	1500
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Courgette* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3

### From your pantry

Balsamic vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5720 / 1367	678 / 162
Total fat (g)	77	9
of which saturated (g)	27,9	3,3
Carbohydrates (g)	111	13
of which sugars (g)	12,9	1,5
Fibre (g)	11	1
Protein (g)	52	6
Salt (g)	3	0,4

## Allergens

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



### 1. Prepare

Preheat the oven to 220°C. Transfer the fries to a parchment-lined baking sheet and bake for 20-25 minutes or until golden-brown, tossing halfway. Meanwhile, slice **onion** into half rings and the **courgette** into thin rounds. Slice half each of the **tomato** and **mozzarella**, then dice the rest.



### 4. Prepare the courgette

In a small bowl, combine the olive oil with the Italian seasoning. Transfer the **courgette** to a parchment-lined baking sheet and combine with half of the oil. Season with salt and pepper. Cut open the **ciabatta** and spread with the rest of the oil, then bake alongside the **courgette** for 5-6 minutes.



### 2. Fry the burger

Melt the butter in a frying pan over medium-high heat. Fry the onion for 1 - 2 minutes, then add the burger and fry for 5 minutes. Flip the burger and top with the sliced mozzarella. Season with salt and pepper, then cover with the lid and fry for another 5 minutes. Remove the burger from the pan and set aside.



### 5. Assemble

Top the **ciabatta** with some of the **courgette**, then add the sliced **tomato**, the **cheeseburger**, the fried **onion** and the bruschetta dip. Transfer the rest of the **courgette** to the salad bowl. Add the diced **tomato** and **mozzarella**, then toss well to combine.



### 3. Make the dressing

To the **onion**, add the sugar and half of the balsamic vinegar. Mix well and fry for 1 more minute. In a salad bowl, combine the extra virgin olive oil with the rest of the balsamic vinegar. Season to taste with salt and pepper, then set aside.

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



### 6. Serve

Serve the fries on plates and grate the **Parmigiano Reggiano** directly over (see Tip). Season to taste with salt and pepper. Serve the **burger** with the salad and fries, along with mayonnaise as preferred.

Tip: if you have extra cheese, you can also add some to the burger.

Enjoy!



# Poached Salmon with Beurre Blanc

with baby potatoes, dill & capers

Premium Family Nice & Fast

Total time: 25 - 30 min.



Green beans



Baby potatoes



Lemon



Onion



Fresh dill



Garlic



Capers



Beurre blanc



Salmon fillet



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

Capers are a source of fibre and vitamins. They contain vitamin B6 and B12 as well as vitamins A, C and D. But you'd have to eat a lot of these flower buds to get enough vitamins.

## Before you begin

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

## Utensils

Lidded saucepan, pot or saucepan, lidded pot or saucepan, saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	200	400	600	800	1000	1200
Baby potatoes (g)	200	400	600	800	1000	1200
Lemon* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Fresh dill* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Capers (g)	10	20	30	40	50	60
Beurre blanc* (g)	50	100	150	200	250	300
Salmon fillet* (unit(s))	1	2	3	4	5	6
From your pantry						
Mustard (tsp)	1	2	3	4	5	6
Low sodium fish or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3569 /853	506 /121
Total fat (g)	55	8
of which saturated (g)	16,5	2,3
Carbohydrates (g)	48	7
of which sugars (g)	6	0,9
Fibre (g)	19	3
Protein (g)	36	5
Salt (g)	2,2	0,3

## Allergens

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



### 1. Prepare

- Boil plenty of water in a pot or saucepan for the baby potatoes. Halve any larger baby potatoes and then cook for 12 - 15 minutes until al dente.
- Finely chop the onion.
- Trim the ends off of the green beans and transfer to another pot or saucepan. Fill the pot with a shallow layer of water, add a pinch of salt and cover with the lid. Bring to a boil and allow the green beans to simmer for 8 - 10 minutes.
- Drain both the potatoes and the green beans and set aside, uncovered.



### 3. Heat the sauce

- Melt the butter in a saucepan over low heat. Add the beurre blanc and heat for 4 - 6 minutes.
- Stir regularly so as to prevent the sauce from sticking to the bottom of the pan. Season to taste with salt and pepper.
- Meanwhile, crush or mince the garlic. Stir the garlic into the green beans.
- Add the mustard and the rest of the onion to the baby potatoes and toss well to combine. Season both to taste with salt and pepper.



### 2. Poach the salmon

- Cut half of the lemon into wedges and then slice the rest. Finely chop the dill.
- Fill a saucepan with enough water to cover the salmon, then add the stock cube and the lemon slices, as well as half each of the dill and onion.
- Bring to a gentle boil, then transfer the salmon to the saucepan and cover with the lid.
- Poach the salmon for 2 minutes, then remove the pan from the heat and allow to rest for 5 minutes so as to allow the salmon to continue cooking, still covered.



### 4. Serve

- Serve the poached salmon with the lemon wedges.
- Top with the beurre blanc, then garnish with the capers and the rest of the dill.
- Serve the green beans, baby potatoes and mayonnaise alongside.

Enjoy!





# Steak with Truffled Veal Jus

over cheesy mash with mangetout & green beans

Nice & Fast

Total time: 25 - 30 min.



Veal jus



Marinated steak



Potatoes



Garlic



Onion



Mangetout



Green beans



Fresh curly parsley



Grated aged Gouda



Truffle-style mayonnaise



Truffle-style olive oil



Shaved almonds



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

Did you know that green beans, or princess beans, are officially legumes? They're considered vegetables due to their similar health benefits.

## Before you begin

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

## Utensils

Aluminum foil, lidded deep frying pan, pot or saucepan, potato masher, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Veal jus* (g)	60	120	180	240	300	360
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Mangetout* (g)	50	100	150	200	250	300
Green beans* (g)	100	200	300	400	500	600
Fresh curly parsley* (g)	5	10	15	20	25	30
Grated aged Gouda* (g)	15	25	40	50	65	75
Truffle-style mayonnaise* (g)	25	50	75	100	125	150
Truffle-style olive oil (ml)	4	8	12	16	20	24
Shaved almonds (g)	5	10	15	20	25	30
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3833 /916	536 /128
Total fat (g)	53	7
of which saturated (g)	16,6	2,3
Carbohydrates (g)	55	8
of which sugars (g)	6,7	0,9
Fibre (g)	16	2
Protein (g)	48	7
Salt (g)	1,8	0,3

## Allergens

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

2024-W38



### 1. Make the mashed potatoes

Take the **steak** out of the fridge and allow it to reach room temperature. Peel or thoroughly wash the **potatoes** and cut into rough pieces, then transfer to a pot or saucepan and submerge with water. Crumble in the stock cube, then boil for 12-15 minutes. Reserve a small amount of the cooking liquid, then drain and set aside.



### 4. Fry the steak

Melt half of the butter in the same pan over medium-high heat. When the pan is nice and hot, fry the **steak** for 1 - 3 minutes per side. Remove from the pan and season with pepper, then allow to rest under aluminium foil. Fry the rest of the **onion** in the same pan for 2 - 3 minutes, then add the veal jus and cook for another 2 - 3 minutes.



### 2. Prepare the vegetables

Meanwhile, discard the tips of the green beans and, if preferred, carefully discard the tough ends of the mangetout. Transfer the green beans and mangetout to a deep frying pan and cover with a shallow layer of water. Add a pinch of salt and allow to cook for 4 - 6 minutes, covered, then drain and return to the pan.



### 5. Mash the potatoes

Turn off the heat and stir in the truffle mayonnaise. Season to taste with salt and pepper. Meanwhile, finely chop the **parsley**. Mash the **potatoes** with the rest of the butter and a splash of cooking liquid as preferred. Stir in the Gouda, the mustard and two thirds of the **parsley**. Season to taste with salt and pepper.



### 3. Toast the almonds

Meanwhile, chop the **onion** and crush or **mince** the **garlic**. Drizzle the vegetables with the olive oil, then add the **garlic** and half of the **onion**. Fry for 3-5 minutes over medium-high heat and season to taste with salt and pepper. Meanwhile, heat a clean frying pan over high heat and toast the **shaved almonds** until golden-brown. Remove from the pan and set aside.



### 6. Serve

Slice the **steak** against the grain. Serve the mashed **potatoes**, vegetables and **steak** on plates. Top the **steak** with the veal jus and drizzle with the truffle oil. Garnish the vegetables with the **shaved almonds** and the rest of the **parsley**.

Enjoy!



# Spicy Chicken Thigh with Roti

with boiled egg, haricots verts & quick-pickled cucumber

Premium

Total time: 45 - 55 min.



Chicken thigh fillet



Potatoes



Onion



Garlic



Red chili pepper



Egg



Surinamese-style spices



[Persian] cucumber



Haricots verts



Roti



Romano pepper



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

This Surinamese-style spice mix is packed with delicious spices such as turmeric, cumin, fenugreek, cinnamon and chilli. As such, the mix ensures an supreme taste experience!

## 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, lidded deep frying pan, saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh fillet* (unit(s))	1	2	3	4	5	6
Potatoes (g)	150	300	450	600	750	900
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Egg* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	1	2	3	4	5	6
[Persian] cucumber* (unit(s))	1	¾	1	1	1¾	1¾
Haricots verts* (g)	100	200	400	400	600	600
Roti* (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	½	1	1	2	2	3
From your pantry						
Mayonnaise (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
White wine vinegar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3468 / 829	357 / 85
Total fat (g)	31	3,2
of which saturated (g)	6,8	0,7
Carbohydrates (g)	86,8	8,9
of which sugars (g)	11	1,1
Fibre (g)	19,8	2,4
Protein (g)	42,7	4,1
Salt (g)	2,53	0,26

## Allergens

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



## 1. Prepare

Preheat the oven to 160°C. Finely chop half of the **onion** and slice the rest into half rings. Crush or **mince** the **garlic**. Dice the **Romano pepper**. Deseed and finely chop the **red chili pepper**.\* Wash or peel the **potatoes** and cut into rough pieces. Discard the tips of the haricots verts and then cut in half.

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



## 4. Boil the eggs

Bring plenty of water to the boil in a saucepan (or use a kettle if preferred). Boil the **egg** for 8-10 minutes, then rinse under cold water and peel off the shell.



## 2. Fry the chicken thigh

Season the chicken thigh with salt and pepper. Heat the sunflower oil in a deep frying pan over medium-high heat. Fry the chicken for 2 - 3 minutes per side, then remove from the pan and set aside. In the same pan, fry the onion, garlic, chili pepper and Romano pepper for 1 minute.



## 5. Prepare the cucumber

Meanwhile, halve the **cucumber** and scoop out the seeds, then slice into crescents. In a bowl, combine the white wine vinegar with the same amount of water, then add the sugar, **cucumber** and **onion** rings. Toss well to combine, seasoning to taste with salt and pepper. Set aside, stirring occasionally. Bake the **roti** in the oven for 3 minutes.



## 3. Boil the potatoes

Prepare the stock. Add the **potatoes**, stock and Surinamese-style **spices** to the vegetables and cook for 5 minutes, covered. Add the haricots verts and the **chicken thigh** and cook for another 10 minutes, still covered.

*Did you know...* 🌱 haricots verts are high in potassium, which helps maintain a healthy blood pressure. They're also a good source of iron and folic acid, both of which help us feel more energised.



## 6. Serve

Serve the **potatoes** and haricots verts on deep plates, pour over the sauce and then top with the **chicken thigh**. Serve with the boiled **egg**, **roti** and quick-pickled **cucumber**.

Enjoy!



# Cod & Crispy Bacon over Creamy Fennel Risotto

with haricots verts, capers, Parmigiano Reggiano & spinach

Premium

Total time: 45 - 55 min.



Garlic



Onion



Fennel



Risotto rice



Spinach



Parmigiano Reggiano DOP



Cod fillet



Mascarpone



Fresh lemon thyme



Haricots verts



Bacon



Capers



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

Did you know that Parmigiano Reggiano gets its name from the region where it is produced? Namely the Italian provinces of Parma and Reggio Emilia.

## 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, microplane, lidded pot or saucepan, kitchen paper, frying pan, parchment-lined baking sheet, wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	1½	2	2½	3
Risotto rice (g)	75	150	225	300	375	450
Spinach* (g)	50	100	200	200	300	300
Parmigiano Reggiano DOP* (unit(s))	½	1	¾	1	1¾	2
Cod fillet* (unit(s))	1	2	3	4	5	6
Mascarpone* (g)	25	50	75	100	125	150
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Haricots verts* (g)	40	75	115	150	190	225
Bacon* (slice(s))	2	4	6	8	10	12
Capers (g)	15	30	45	60	75	90
From your pantry						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3531/844	405/97
Total fat (g)	41	5
of which saturated (g)	24,3	2,8
Carbohydrates (g)	75	9
of which sugars (g)	11	1,3
Fibre (g)	14	2
Protein (g)	40	5
Salt (g)	2,6	0,3

## Allergens

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

2024-W38



## 1. Prepare

Preheat the oven to 200°C. Prepare the stock. Chop the **onion** and crush or **mince** the **garlic**. Quarter the **fennel** and discard the core, then chop the **fennel** into very thin strips. Set aside the **fennel** fronds to use later as garnish. Tear the **lemon thyme** leaves off the stems.



## 4. Boil the haricots verts

Fill a pot or saucepan with a shallow layer of water, then add a pinch of salt and the haricots verts. Cover with the lid and bring to the boil, then cook the haricots verts for 6 - 8 minutes until al dente. Drain and then stir in a knob of butter. Season to taste with salt and pepper, then set aside.



## 2. Prepare the risotto

Melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the garlic, onion and lemon thyme for 1 - 2 minutes, then stir in half of the fennel and fry for 5 - 7 more minutes. Stir in the risotto rice and toast the grains for 2 minutes, then add half of the white wine vinegar and a third of the stock. Allow the stock to slowly incorporate, stirring regularly.



## 5. Fry the cod

Transfer the **bacon** to a parchment-lined baking sheet and bake in the oven for 8 - 10 minutes. Pat the **cod** dry with kitchen paper and season with salt and pepper. Shortly before serving, melt a knob of butter in a frying pan over medium-high heat and fry the **cod** for 1 - 2 minutes per side. Stir in the **capers** during the final minute of cooking time.



## 3. Cook the risotto

Repeat with the rest of the stock, adding it in two more batches, and continue cooking over medium-high heat for around 20 - 25 minutes. Meanwhile, in a bowl combine the rest of the **fennel** with the sugar and the rest of the white wine vinegar. Set aside until serving. Discard the tips of the haricots verts and then cut in half. Grate the **Parmigiano Reggiano**.



## 6. Serve

Tear the **spinach** directly into the risotto and mix well, allowing it to wilt and reduce. Stir in the **mascarpone** and half of the **Parmigiano Reggiano**, then season to taste with pepper. Serve the risotto on plates and top with the haricots verts, the **cod**, the **capers** and the **bacon**. Serve with the **fennel** salad. Garnish with the rest of the **Parmigiano Reggiano** and the reserved **fennel** fronds.

Enjoy!



# Loaded Penne with a Mexican-Inspired Twist

with chorizo, cheddar & courgette

Family Nice & Fast

Total time: 20 - 25 min.



Seasoned minced beef



Diced chorizo



Mexican-style spices



Onion



Garlic



Bell pepper



Penne



Passata



Grated Gouda



Grated cheddar



Organic sour cream



Courgette



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

The Mexican spice mix in this dish includes dried chili, jalapeño and smoked paprika. These spices will definitely give this pasta dish a nice kick!

## Before you begin

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

## Utensils

Lidded deep frying pan, lidded pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Seasoned minced beef* (g)	100	200	300	400	500	600
Diced chorizo* (g)	25	50	75	100	125	150
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Penne (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	25	50	75	100	125	150
Grated cheddar* (g)	15	25	40	50	65	75
Organic sour cream* (g)	25	50	75	100	125	150
Courgette* (unit(s))	½	¾	1	1½	1¾	2
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3987 / 953	680 / 162
Total fat (g)	46	8
of which saturated (g)	20,3	3,5
Carbohydrates (g)	81	14
of which sugars (g)	12,9	2,2
Fibre (g)	8	1
Protein (g)	50	8
Salt (g)	3,5	0,6

## Allergens

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



### 1. Prepare

- Boil plenty of salted water in a pot or saucepan for the pasta.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the beef mince with the chorizo and the Mexican-style spices\* for 4 - 5 minutes.
- Remove from the pan and set aside, leaving the cooking juices in the pan.

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



### 2. Make the sauce

- In the meantime, chop the onion and crush or mince the garlic. Dice the bell pepper and courgette.
- Boil the pasta for 10 - 12 minutes, covered, then drain and set aside.
- Reheat the frying pan over medium-high heat and fry the garlic and onion for 1 - 2 minutes.
- Add the bell pepper, courgette and passata and fry for another 6 - 8 minutes, covered.

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



### 3. Finish

- Transfer the pasta, mince and chorizo to the frying pan, along with half of the Gouda.
- Mix well and season to taste with salt and pepper, then allow to cook for 2 - 3 minutes.



### 4. Serve

- Serve the pasta on plates and top with the sour cream.
- Garnish with the cheddar and the rest of the Gouda.

Enjoy!





# Korean-Inspired Chicken Bao Buns

with kimchi sauce, gomashio slaw & coriander

Premium Family

Total time: 35 - 45 min.



Bao buns



Chicken breast



Kimchi sauce



Korean-style spice mix



Gomashio



[Persian] cucumber



Fresh coriander



Garlic



Soy sauce



Sesame oil



Slaw mix



Onion



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

Gomashio comes from Japanese cuisine and is used to season dishes. It is made from 90% goma (sesame seeds) and 10% sio (sea salt).

## Utensils

Bowl, frying pan, large bowl, kitchen paper, plate, salad bowl, saucepan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns* (unit(s))	3	6	9	12	15	18
Chicken breast* (unit(s))	1	2	3	4	5	6
Kimchi sauce (g)	20	40	60	80	100	120
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
[Persian] cucumber* (unit(s))	1	¾	1	1	1¾	1¾
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Sesame oil (ml)	5	10	15	20	25	30
Slaw mix* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
Mayonnaise (tbsp)	1	2	3	4	5	6
Flour (g)	25	50	75	100	125	150
Sunflower oil (ml)	30	60	90	120	150	180
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	2	4	6	8	10	12

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4447 / 1063	641 / 153
Total fat (g)	40,6	5,9
of which saturated (g)	6	0,9
Carbohydrates (g)	128,5	18,5
of which sugars (g)	37,8	5,2
Fibre (g)	8,3	1,2
Protein (g)	44,3	6,4
Salt (g)	3,64	0,52

## Allergens

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



### 1. Prepare

Preheat the oven to 180°C. In a bowl, combine the white wine vinegar with the sugar. Slice the **cucumber** and cut the **onion** into half rings, then transfer both to the bowl. Season to taste with salt, then toss well to combine. Set aside until serving, stirring occasionally.



### 4. Fry the chicken

Prepare a plate lined with kitchen paper. Coat the **chicken** with the batter and then transfer carefully to the frying pan (see Tip). Fry the **chicken** for 5 - 6 minutes until golden-brown, carefully turning halfway.

**Tip:** if the oil spatters, reduce the heat and carefully cover with the lid.



### 2. Make the slaw

In a salad bowl, combine the mayonnaise with the slaw mix and the gomashio. Season to taste with salt and pepper.

**Did you know...** 🌱 Carrots are rich in vitamin A, which not only supports growth but is also good for your skin, hair, nails, eyes and immune system. You can also find vitamin A in kale, spinach, broccoli and eggs.



### 5. Make the sauce

Crush or **mince** the **garlic** and transfer to a saucepan over medium-high heat. Add the **sesame oil, soy sauce, kimchi sauce\*** and honey, then mix well to combine. Allow to reduce gently for 1-2 minutes into a thick sauce. Meanwhile, bake the **bao buns** in the oven for 4 - 5 minutes. Roughly chop the **coriander** in the meantime.

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



### 3. Prepare the chicken

Pat the **chicken** dry with kitchen paper and then cut into 2cm chunks. Season to taste with salt and pepper. In a large bowl, combine the Korean-style **spices** with the flour and the water, so as to make a batter (see pantry for amounts). Heat the sunflower oil in a frying pan over medium-high heat. Check if the oil is hot enough by adding a drop of batter to the pan. If it starts bubbling immediately, it's hot enough to fry the **chicken**.



### 6. Serve

Spread some of the sauce inside the **bao buns** and then fill with the pickled vegetables, the slaw and the fried **chicken**. Drizzle over the rest of the sauce and garnish with the **coriander**.

**Enjoy!**