




# Loaded Nachos with Homemade Guacamole

with jalapeños and sour cream | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out! 

## Before you begin

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

## Utensils

Parchment-lined baking sheet, large bowl

## Ingredients

|                         |          |
|-------------------------|----------|
| Jalapeño* (unit(s))     | 2        |
| Scallions* (bunch)      | 1        |
| Avocado (unit(s))       | 2        |
| Shallot (unit(s))       | 1        |
| Lime* (unit(s))         | 1        |
| Roma tomato (unit(s))   | 1        |
| Garlic (unit(s))        | 1        |
| Organic sour cream* (g) | 100      |
| Grated Gouda* (g)       | 150      |
| Tortilla chips (g)      | 300      |
| From your pantry        |          |
| Salt & pepper           | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 952 /227 |
| Total fat (g)          | 14       |
| of which saturated (g) | 4,1      |
| Carbohydrates (g)      | 19       |
| of which sugars (g)    | 1,9      |
| Fibre (g)              | 3        |
| Protein (g)            | 6        |
| Salt (g)               | 0,5      |

## Allergens

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

1



2



3



## 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.

## Prepare the guacamole

- Halve and pit the avocado, then dice the flesh and add it to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- 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.

## Serve

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

Enjoy!






# Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out! 

### Before you begin

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

### Utensils

Bowl, grater, large bowl, lidded saucepan, microplane, plate, frying pan

### Ingredients

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

\*store in the fridge

### Nutritional values

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

### Allergens

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



### Prepare

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

### Chop the aromatics

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

### Serve

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

### Enjoy!





# Quesadillas with Pulled Chicken

with bell pepper and BBQ sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out! 

### Before you begin

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

### Utensils

Parchment-lined baking sheet, frying pan

### Ingredients

|                           |    |
|---------------------------|----|
| Flour tortillas (unit(s)) | 4  |
| Grated Gouda* (g)         | 75 |
| Chicken breast* (unit(s)) | 2  |
| BBQ Sauce (g)             | 50 |
| Red onion (unit(s))       | 1  |
| Bell Pepper* (unit(s))    | 1  |
| Crème fraîche* (g)        | 50 |

#### From your pantry

|                             |          |
|-----------------------------|----------|
| [Plant-based] butter (tbsp) | 1        |
| Salt & pepper               | to taste |

\*store in the fridge

### Nutritional values

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

### Allergens

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

1



2



3



### Prepare

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

### Fry the chicken

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

### Serve

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

### Enjoy!





# Crispy Korean-Style Chicken Bites

with sweet chili sauce | 4 servings

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl, two bowls

Ingredients

|                                    |          |
|------------------------------------|----------|
| Sweet chili sauce* (sachet(s))     | 1        |
| Korean-style spice mix (sachet(s)) | 1        |
| Sesame seeds (sachet(s))           | 1        |
| Scallions* (bunch)                 | ½        |
| Panko breadcrumbs (g)              | 50       |
| Chicken fillets* (g)               | 400      |
| From your pantry                   |          |
| Buttermilk (tbsp)                  | 5        |
| Sunflower oil (tbsp)               | 2        |
| Salt & pepper                      | to taste |

\*store in the fridge

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 655 /157 |
| Total fat (g)          | 6        |
| of which saturated (g) | 0,9      |
| Carbohydrates (g)      | 8        |
| of which sugars (g)    | 1,7      |
| Fibre (g)              | 1        |
| Protein (g)            | 17       |
| Salt (g)               | 0,3      |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Add the buttermilk to a bowl.
- In a separate bowl, combine the panko breadcrumbs, sesame seeds, half of the Korean-style spices, and the sunflower oil. Season with salt and pepper.
- Cut the chicken into 3cm chunks.

Bake the chicken

- Add the chicken to the buttermilk, season with salt and pepper and mix well.
- Dip the chicken into the breadcrumbs and make sure they are completely coated. Transfer to a parchment-lined baking sheet.
- Bake the chicken on the top rack of the oven for 15 - 20 minutes, until slightly golden brown and cooked through.

Serve

- Finely chop the scallions.
- Add the sweet chilli sauce to a small bowl.
- Place the chicken bites on a serving plate. Sprinkle the rest of the Korean-style spices over the top.
- Scatter over the scallions. Serve with the sweet chili sauce alongside.

Enjoy!





# Crispy Shrimp

with sriracha mayo & mango dip | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, small bowl, two bowls

Ingredients

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

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 798 /191 |
| Total fat (g)          | 12       |
| of which saturated (g) | 2        |
| Carbohydrates (g)      | 10       |
| of which sugars (g)    | 3        |
| Fibre (g)              | 1        |
| Protein (g)            | 10       |
| Salt (g)               | 0,9      |

Allergens

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

1



2



3



Prepare

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

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

Bake the shrimp

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

Serve

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

Enjoy!





# Bolognese Baguette

with grated cheese | to share

Appetizer

Total time: 30 - 40 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet, large frying pan

Ingredients

|                                        |          |
|----------------------------------------|----------|
| Tomato (unit(s))                       | 1        |
| Red onion (unit(s))                    | 1        |
| Garlic (unit(s))                       | 1        |
| Grated Gouda* (g)                      | 50       |
| Tomato paste (can)                     | ½        |
| Italian seasoning (sachet(s))          | 1        |
| White demi-baguette (unit(s))          | 4        |
| Beef mince with Italian seasoning* (g) | 200      |
| From your pantry                       |          |
| Olive oil (tbsp)                       | 1        |
| Water (ml)                             | 150      |
| Salt & pepper                          | to taste |

\*store in the fridge

Nutritional values

|                        |          |
|------------------------|----------|
|                        | Per 100g |
| Energy (kJ/kcal)       | 778 /186 |
| Total fat (g)          | 6        |
| of which saturated (g) | 2,3      |
| Carbohydrates (g)      | 25       |
| of which sugars (g)    | 1,8      |
| Fibre (g)              | 2        |
| Protein (g)            | 8        |
| Salt (g)               | 0,8      |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Dice the tomato.
- Chop the onion into half rings. Mince or crush the garlic.
- Carefully cut the top off the baguettes, then scoop out some of the inside of the bread with a spoon.

Make the bolognese

- Heat the olive oil in a large frying pan over medium heat. Fry the minced meat, onion and garlic for 6 - 8 minutes.
- Add the Italian seasoning, then season with salt and pepper. Add the tomatoes and tomato paste to the pan and stir for 1 - 2 minutes.
- Pour in the water and allow to simmer for 5 - 6 minutes.
- Season to taste with salt and pepper.

Finish and serve

- Transfer the baguettes to a parchment-lined baking sheet.
- Spoon the bolognese in the baguettes and sprinkle the cheese on top.
- Bake in the oven for 5 - 6 minutes, or until the cheese is melted.
- Portion the baguettes as desired and serve.

Enjoy!






# Flammekueche with Bacon, Courgette & Red Onion

with crème fraîche & arugula | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Parchment-lined baking sheet

Ingredients

|                         |     |
|-------------------------|-----|
| Flammekueche* (unit(s)) | 2   |
| Crème fraîche* (g)      | 100 |
| Chopped red onion* (g)  | 75  |
| Arugula* (g)            | 40  |
| Courgette* (unit(s))    | ½   |
| Bacon lardons* (g)      | 80  |

\*store in the fridge

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2113 /505   | 735 /176 |
| Total fat (g)          | 27          | 9        |
| of which saturated (g) | 13,4        | 4,7      |
| Carbohydrates (g)      | 48          | 17       |
| of which sugars (g)    | 4           | 1,4      |
| Fibre (g)              | 2           | 1        |
| Protein (g)            | 16          | 6        |
| Salt (g)               | 2,1         | 0,7      |

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 flammekueche dough to a parchment-lined baking sheet.
- Slice the courgette into crescents.

2



Add the toppings

- Spread the crème fraîche over the dough, then scatter over the bacon lardons, courgette and pre-chopped red onion.

3



Serve

- Bake the flammekueche in the oven for 8 - 10 minutes.
- Slice the flammekueche and garnish with the arugula.

Enjoy!






# Baked Camembert

with baguette, onion chutney & walnuts | to share

Appetizer

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Oven dish

Ingredients

|                                           |          |
|-------------------------------------------|----------|
| Garlic (unit(s))                          | 1        |
| Fresh rosemary* (sprig)                   | 1        |
| Chopped walnuts (g)                       | 20       |
| Onion chutney* (g)                        | 40       |
| White demi-baguette (unit(s))             | 2        |
| Camembert* (g)                            | 240      |
| From your pantry                          |          |
| Extra virgin olive oil (tbsp)             | ½        |
| Honey [or plant-based alternative] (tbsp) | ½        |
| Salt & pepper                             | to taste |

\*store in the fridge

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1128 /270 |
| Total fat (g)          | 13        |
| of which saturated (g) | 6,6       |
| Carbohydrates (g)      | 27        |
| of which sugars (g)    | 3,8       |
| Fibre (g)              | 2         |
| Protein (g)            | 12        |
| Salt (g)               | 1,2       |

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Take the Camembert out of its packaging and transfer to an oven dish.
- Use the tip of a knife to score a criss-cross diamond pattern over the surface of the Camembert, taking care to not cut all the way through (see Tip).
- Thinly slice the garlic and tear the rosemary leaves from the stalks.

Tip: make sure not to cut too far, otherwise the camembert will melt through the skin.

Garnish the Camembert

- Stuff the Camembert with the rosemary leaves and the slices of garlic.
- Top with the walnuts and drizzle with the extra virgin olive oil and the honey.
- Bake the baguettes for 8 - 10 minutes
- Bake the Camembert for the last 7 minutes.

Serve

- Slice the baguettes and serve alongside the camembert.
- Season the Camembert to taste with salt and pepper.
- Serve with the onion chutney.

Enjoy!





# Banana Bread with Ginger

with orange and chopped pecans | 12 slices

Baking

Total time: 85 - 95 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

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

\*store in the fridge

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1009 /241 |
| Total fat (g)          | 8         |
| of which saturated (g) | 1,4       |
| Carbohydrates (g)      | 36        |
| of which sugars (g)    | 21,3      |
| Fibre (g)              | 2         |
| Protein (g)            | 4         |
| Salt (g)               | 0,5       |

Allergens

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



Prepare

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

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

Make the batter

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

Serve

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

Enjoy!





# Brownies with White Chocolate

with salted almonds | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out! 

Before you begin

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

Utensils

Large bowl, 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  |
| Water (ml)                | 80  |

\*store in the fridge

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1483 /354 |
| Total fat (g)          | 14        |
| of which saturated (g) | 6,8       |
| Carbohydrates (g)      | 48        |
| of which sugars (g)    | 32,1      |
| Fibre (g)              | 2         |
| Protein (g)            | 7         |
| Salt (g)               | 1,3       |

Allergens

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



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).
- Roughly chop the almonds.
- In a large bowl, combine the cake mix with 80ml water, the butter and 2 eggs.

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

Make the batter

- 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.
- 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.

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

Serve

- The brownie is done when you see cracks start to form on the surface.
- 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!






# Carrot Cake Swiss Roll

with cream cheese, walnuts & orange zest | to share

Baking

Total time: 50 - 60 min.



Tear me out! 

### Before you begin

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

### Utensils

Parchment-lined baking sheet, 2x bowl, grater, handheld mixer, tall container, large bowl, microplane, frying pan, tea towel

### Ingredients

|                       |     |
|-----------------------|-----|
| Flour (g)             | 100 |
| Egg* (unit(s))        | 3   |
| Carrot* (unit(s))     | 1   |
| Ground cinnamon (tsp) | 2   |
| Granulated sugar (g)  | 150 |
| Baking powder (g)     | 8   |
| Cream cheese* (g)     | 100 |
| Heavy cream* (ml)     | 200 |
| Orange* (unit(s))     | 1   |
| Chopped walnuts (g)   | 40  |
| Nutmeg (pinch)        | 1   |
| From your pantry      |     |
| Salt (tsp)            | ½   |
| Sunflower oil (ml)    | 45  |
| *store in the fridge  |     |

### Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1179 /282 |
| Total fat (g)          | 14        |
| of which saturated (g) | 4,9       |
| Carbohydrates (g)      | 25        |
| of which sugars (g)    | 17,2      |
| Fibre (g)              | 1         |
| Protein (g)            | 5         |
| Salt (g)               | 0,7       |

### Allergens

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



### Prepare

- Preheat the oven to 180°C. Zest the orange and grate the carrots.
- In a bowl, combine the flour with the cinnamon, baking powder and salt. Grate a pinch of nutmeg directly into the bowl.
- In a large bowl, beat the eggs with 130g sugar. Add the carrot, sunflower oil and two-thirds of the orange zest, then mix briefly.
- Use a spatula to carefully fold in the dry ingredients.

### Bake the cake

- Transfer the batter to a parchment-lined baking sheet and shape it into a rectangle of around 30cm x 35cm. Bake in the oven for 10 - 13 minutes.
- Transfer the cake on its parchment paper to a cold, lightly damp tea towel.
- Place another sheet of parchment paper on top of the cake, then gently roll it up. Transfer to the fridge and allow to cool.
- Heat a clean frying pan over high heat and toast the walnuts until lightly browned.

### Serve

- In a bowl, gradually beat the cream cheese with the rest of the sugar until stiff peaks form, keeping the mixer on its lowest setting.
- Unroll the cake and spread three-quarters of the frosting on top, keeping the edges free.
- Carefully roll up the cake (without the parchment paper).
- Top the cake with the rest of the frosting. Garnish with the walnuts and the rest of the orange zest.

### Enjoy!






# Classic Apple Crumble

with cinnamon and raisins | 10 servings

Baking

Total time: 45 - 55 min.



Tear me out! 

## Before you begin

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

## Utensils

Bowl, large bowl, oven dish

## Ingredients

|                       |     |
|-----------------------|-----|
| Unsalted butter* (g)  | 150 |
| Apple* (unit(s))      | 3   |
| Ground cinnamon (tsp) | 3   |
| Raisins (g)           | 40  |
| Flour (g)             | 200 |
| Baking powder (g)     | 8   |
| Granulated sugar (g)  | 100 |
| Egg* (unit(s))        | 1   |
| From your pantry      |     |
| Brown sugar (tbsp)    | 3   |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 1135 /271 |
| Total fat (g)          | 13        |
| of which saturated (g) | 7,9       |
| Carbohydrates (g)      | 35        |
| of which sugars (g)    | 20,1      |
| Fibre (g)              | 2         |
| Protein (g)            | 4         |
| Salt (g)               | 0,3       |

## Allergens

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

1



2



3



## Prepare the crumble topping

- Weigh out the butter and dice, then allow it to come up to room temperature.
- Set aside 1 tbsp of flour for later. In a large bowl, combine the rest of the flour with the baking powder, sugar, butter and 1.5 tsp of cinnamon. Add the egg and use your hands to combine.
- Keep kneading until it reaches a sandy, crumbly texture and sticks together when squeezed. Allow to cool in the fridge while you prepare the filling.

## Prepare the filling

- Preheat the oven to 180°C.
- Peel and core the apple, then dice into 2cm cubes.
- In a bowl, mix the apple with the raisins, the rest of the cinnamon, the reserved flour and the brown sugar.
- Grease or line a 20 x 20cm oven dish.

## Bake the crumble

- Transfer the filling to the oven dish, then spread the crumble topping over it. Make sure the crumbs are evenly distributed and the apples are completely covered.
- Bake the crumble in the oven for 30 – 35 minutes, or until golden brown.
- Let the apple crumble cool down for 5 minutes before serving.

Enjoy!





## Pumpkin Loaf Cake

with cream cheese frosting & pecans | 8 - 10 slices

Baking

Total time: 65 - 75 min.



Tear me out!

Before you begin

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

Utensils

Bowl, 25cm loaf tin, handheld mixer, large bowl, lidded pot or saucepan, parchment paper, skewers, frying pan

Ingredients

|                              |     |
|------------------------------|-----|
| Diced pumpkin* (g)           | 150 |
| Unsalted butter* (g)         | 160 |
| Granulated sugar (g)         | 200 |
| Egg* (unit(s))               | 4   |
| Flour (g)                    | 200 |
| Baking powder (g)            | 8   |
| Speculaas spices (sachet(s)) | 1   |
| Powdered sugar (g)           | 100 |
| Cream cheese* (g)            | 50  |
| Chopped pecans (g)           | 50  |
| From your pantry             |     |
| Salt (tsp)                   | ½   |

\*store in the fridge

Nutritional values

|                        |           |
|------------------------|-----------|
|                        | Per 100g  |
| Energy (kJ/kcal)       | 1409 /337 |
| Total fat (g)          | 17        |
| of which saturated (g) | 8,6       |
| Carbohydrates (g)      | 39        |
| of which sugars (g)    | 26,8      |
| Fibre (g)              | 1         |
| Protein (g)            | 6         |
| Salt (g)               | 0,6       |

Allergens

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



Prepare

- Preheat the oven to 200°C. Bring plenty of water to a boil in a lidded pot or saucepan. Cook the diced pumpkin, covered, for 15 - 17 minutes.
- Meanwhile, take the butter out of the fridge and weigh it out. Cut it into cubes and let it come up to room temperature.
- Drain the pumpkin and leave to cool before mashing it up with a fork.
- Line a 25cm rectangular loaf tin with parchment paper.

Bake the loaf

- In a large bowl, use a spatula or handheld mixer to combine the butter with the granulated sugar and salt. Keep mixing until light and creamy.
- Mix the eggs into the batter one by one, then add the mashed pumpkin.
- Gently fold in the flour, baking powder and speculaas spices.
- Pour the batter into the cake tin, then bake for 40 - 45 minutes.

Serve

- Pour the powdered sugar into a bowl. Gradually add the cream cheese, then beat with a fork until smooth.
- Heat a clean frying pan over high heat and toast the pecans until lightly browned. Remove from the pan and set aside.
- Check the cake by piercing it with a skewer; it's ready if the skewer comes out clean. Allow to cool completely.
- Top with the frosting and the pecans.

Enjoy!






# Homemade Granola

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

Baking

Total time: 60 - 70 min.



Tear me out! 

Before you begin

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

Utensils

2x parchment-lined baking sheet, 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) | 2,7       |
| 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.



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.
- Bake the apple in the oven for 15 - 20 minutes, or until it is dried, then remove and set aside to cool.

Bake 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 and combine it with 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.

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!





# Quick Homemade Spicy Thai Soup

with pre-chopped sweet potato and carrot | 4 servings

Lunch

Total time: 25 - 30 min.



Tear me out! 

Before you begin

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

Utensils

Immersion blender, large pot or saucepan

Ingredients

|                                 |          |
|---------------------------------|----------|
| Diced sweet potato* (g)         | 300      |
| Scallions* (bunch)              | 1        |
| Yellow curry spices (sachet(s)) | 1        |
| Coconut milk (ml)               | 180      |
| Sliced carrots* (g)             | 300      |
| Hot honey peanuts (g)           | 20       |
| Lime* (unit(s))                 | 1        |
| Garlic (unit(s))                | 1        |
| Fresh ginger* (tsp)             | 1        |
| Red chili pepper* (unit(s))     | ½        |
| From your pantry                |          |
| Olive oil (tbsp)                | ½        |
| Low sodium vegetable stock (ml) | 500      |
| Salt & pepper                   | to taste |

\*store in the fridge

Nutritional values

|                        |          |
|------------------------|----------|
|                        | Per 100g |
| Energy (kJ/kcal)       | 265 /63  |
| Total fat (g)          | 3        |
| of which saturated (g) | 2        |
| Carbohydrates (g)      | 7        |
| of which sugars (g)    | 2        |
| 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.



Fry

- Prepare the stock. Peel the fresh ginger and garlic, then finely chop along with the red chili pepper\*.
- Chop the scallions. Halve the lime. Roughly chop the hot honey peanuts.
- Heat a drizzle of olive oil in a large pot and fry the ginger, garlic and red chili pepper for 2 minutes over low heat.
- Add the diced sweet potato and sliced carrot, then fry for 2 minutes.

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

Cook

- Add the scallions to the pot, setting aside some of the green parts for garnish. Add the yellow curry spices and season with salt and pepper.
- Fry for 1 minute, then add the stock as well as the juice of one lime half.
- Allow the soup to boil for 15 minutes or until the vegetables are soft, then turn off the heat.
- Use an immersion blender to process into a smooth texture.

Finish and serve

- Stir three-quarters of the coconut milk into the soup. Add some extra lime juice to taste, along with salt and pepper as preferred (see Tip).
- Serve the soup in bowls.
- Drizzle over the remaining coconut milk.
- Garnish with the hot honey peanuts and reserved scallions.

*Tip: feel free to add some extra stock if the soup is still too thick.*

Enjoy!



Breakfast box

Kick-start your day!

**1** American-Style Pancakes with Mango and Coconut

**2** Ham & Herbed Cream Cheese Open-Faced Sandwiches

**3** Greek Yogurt Bowl with Mango

## American-Style Pancakes with Mango and Coconut

topped with honey mascarpone | 2 servings

20 min.



### Utensils

Large frying pan, small bowl, two bowls, aluminum foil

### Ingredients for 2 servings

|                          |     |
|--------------------------|-----|
| Flour (g)                | 200 |
| Organic buttermilk* (ml) | 200 |
| Baking powder (g)        | 8   |
| Egg* (unit(s))           | 2   |
| Desiccated coconut (g)   | 20  |
| Mango* (unit(s))         | 1   |
| Mascarpone* (g)          | 50  |

### From your pantry

|                                           |   |
|-------------------------------------------|---|
| Salt (tsp)                                | ½ |
| Sunflower oil (tbsp)                      | 1 |
| Sugar (tbsp)                              | 1 |
| Honey [or plant-based alternative] (tbsp) | 1 |

\*store in the fridge

### Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 3330 / 796  | 776 / 185 |
| Total fat (g)          | 30          | 7         |
| of which saturated (g) | 15,7        | 3,7       |
| Carbohydrates (g)      | 105         | 24        |
| of which sugars (g)    | 34,1        | 7,9       |
| Fiber (g)              | 8           | 2         |
| Protein (g)            | 26          | 6         |
| Salt (g)               | 3,2         | 0,8       |

### 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. Prepare the toppings

- Peel and dice the mango.
- Mix the mascarpone with the honey in a small bowl.

### 4. Serve

- Serve the pancakes on plates.
- Top with a dollop of mascarpone and the diced mango.
- Scatter the desiccated coconut over the pancakes and 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!



# Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 4 servings

|                               |          |
|-------------------------------|----------|
| Ham* (slice(s))               | 8        |
| Herbed cream cheese* (g)      | 100      |
| Lamb's lettuce* (g)           | 40       |
| Wholegrain ciabatta (unit(s)) | 4        |
| From your pantry              |          |
| Black pepper                  | to taste |

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 882 / 211 |
| Total fat (g)          | 8         |
| of which saturated (g) | 3,9       |
| Carbohydrates (g)      | 20        |
| of which sugars (g)    | 1,5       |
| Fiber (g)              | 4         |
| Protein (g)            | 12        |
| Salt (g)               | 1,1       |

## Allergens

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

1. Bake half of the bread in a preheated oven at 180°C for 8 - 10 minutes.
2. Slice the baked bread lengthways, then spread half of the cream cheese on it.
3. Divide half of the ham over the slices, garnish with half of the lamb's lettuce and season with black pepper to taste.
4. Repeat the recipe for a second breakfast the next day.

# Greek Yogurt Bowl with Mango

2 days of breakfast for 2 persons | 4 servings

10 min.



## Utensils

-

## Ingredients for 4 serving

|                   |     |
|-------------------|-----|
| Greek yogurt* (g) | 500 |
| Mango* (unit(s))  | 1   |
| Pumpkin seeds (g) | 40  |

### From your pantry

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

\*store in the fridge

## Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 562 / 134 |
| Total fat (g)          | 9         |
| of which saturated (g) | 4,5       |
| Carbohydrates (g)      | 7         |
| of which sugars (g)    | 6,7       |
| Fiber (g)              | 1         |
| Protein (g)            | 5         |
| Salt (g)               | 0,1       |

1. Peel and dice the mango.
2. Serve 125g Greek yogurt per person in bowls.
3. Top each bowl with a quarter of the mango and pumpkin seeds. Drizzle with honey to taste.
4. Repeat the recipe for a second breakfast the next day.

## Enjoy!





## Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Utensils

Blender or an immersion blender with a tall container, small bowl

Ingredients

|                        |     |
|------------------------|-----|
| Coconut milk (ml)      | 750 |
| Banana (unit(s))       | 4   |
| Pineapple* (g)         | 200 |
| Lime* (unit(s))        | 1½  |
| Desiccated coconut (g) | 10  |
| Blueberries* (g)       | 125 |
| Cucumber* (unit(s))    | ½   |
| Spinach* (g)           | 100 |
| Mango* (unit(s))       | 1   |

| From your pantry                   |          |
|------------------------------------|----------|
| Honey [or plant-based alternative] | to taste |
| *store in the fridge               |          |

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 420 /100 |
| Total fat (g)          | 6        |
| of which saturated (g) | 5,4      |
| Carbohydrates (g)      | 9        |
| of which sugars (g)    | 7,5      |
| Fibre (g)              | 1        |
| Protein (g)            | 1        |
| Salt (g)               | 0        |

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

Allergens

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



Piña Colada Smoothie

- Peel and slice 1 banana. Juice 1 lime into a small bowl.
- Add the banana, pineapple, lime juice and 250ml coconut milk to a blender (or tall container, if you’re using an immersion blender) and blend until smooth.
- Add some honey as preferred, blend it through and then pour the smoothie into two glasses. Garnish with the desiccated coconut.

Green Booster Smoothie

- Chop the cucumber into small pieces. Peel and slice 1 banana. Peel and finely chop the mango. Juice half a lime into a blender (or tall container, if you’re using an immersion blender).
- Add the banana, spinach, cucumber, two-thirds of the mango and 250ml coconut milk, then blend into a thick smoothie. Add some honey to taste, then briefly blend the smoothie again.
- Pour the smoothie into two glasses and garnish with the reserved mango.

Blueberry & Coconut Smoothie

- Peel 2 bananas and cut them into smaller pieces. Add them to a blender or a tall container (if you’re using an immersion blender), along with 250ml coconut milk.
- Set aside a few of the blueberries for the garnish, then add the rest to the container and blend into a thick smoothie. If preferred, add some honey to taste.
- Pour the smoothie into two glasses and garnish with the rest of the blueberries.

Enjoy!






# Mango Smoothie with Pomegranate Seeds

with quark | 2 servings

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Blender or an immersion blender with a tall container

Ingredients

|                                    |          |
|------------------------------------|----------|
| Pomegranate* (unit(s))             | 1        |
| Mango* (unit(s))                   | 2        |
| Organic low-fat quark* (ml)        | 250      |
| From your pantry                   |          |
| Honey [or plant-based alternative] | to taste |
| *store in the fridge               |          |

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 1163 /278   | 274 /65  |
| Total fat (g)          | 2           | 0        |
| of which saturated (g) | 0,3         | 0,1      |
| Carbohydrates (g)      | 49          | 12       |
| of which sugars (g)    | 40,3        | 9,5      |
| Fibre (g)              | 6           | 1        |
| Protein (g)            | 12          | 3        |
| Salt (g)               | 0,1         | 0        |

Allergens

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



Prepare

- Roll 1 pomegranate over the countertop so as to release the seeds, then cut it open and scoop them out.

Blend

- Peel and dice 2 mangos.
- Transfer the mango to a blender (or tall container, if you’re using an immersion blender), then add two-thirds of the pomegranate seeds and the quark. Blend until smooth.
- Add some honey to taste.

Serve

- Pour the smoothie into two glasses and garnish with the rest of the pomegranate seeds.

Enjoy!





## Chia Seed Pudding 3 Ways

summer fruits, cinnamon & apple, mango & passion fruit | 3 breakfasts for 2 people

Breakfast

Total time: 15 - 20 min.



Tear me out! 

Before you begin

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

Utensils

Large bowl

Ingredients

|                                           |     |
|-------------------------------------------|-----|
| Coconut milk (ml)                         | 500 |
| Desiccated coconut (g)                    | 10  |
| Mango* (unit(s))                          | 1   |
| Apple* (unit(s))                          | 1   |
| Chopped pecans (g)                        | 10  |
| Ground cinnamon (tsp)                     | 1   |
| Pistachio nuts (g)                        | 20  |
| Passion fruit* (unit(s))                  | 1   |
| Strawberry sauce (ml)                     | 50  |
| Blueberries* (g)                          | 125 |
| Chia seeds (g)                            | 100 |
| From your pantry                          |     |
| Water (ml)                                | 100 |
| Honey [or plant-based alternative] (tbsp) | 2   |

\*store in the fridge

Nutritional values

|                        | Per 100g |
|------------------------|----------|
| Energy (kJ/kcal)       | 666 /159 |
| Total fat (g)          | 10       |
| of which saturated (g) | 6,3      |
| Carbohydrates (g)      | 13       |
| of which sugars (g)    | 8,2      |
| Fibre (g)              | 4        |
| Protein (g)            | 2        |
| Salt (g)               | 0        |

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

Allergens

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



Variation 1: Summer fruit & pistachio

- Add the chia seeds to a large bowl, along with the coconut milk, 100 ml water and honey. Mix well, allow to rest for 10 minutes, then stir once more.
- Divide the chia pudding between 6 glasses, leaving room for the toppings.
- Cover the glasses, then put them in the fridge and leave to set for at least 4 hours, or overnight.
- Roughly chop the pistachios.
- Grab two glasses of chia pudding and top with the strawberry sauce.
- Garnish with the blueberries and pistachios.

Variation 2: Apple pie

- Finely dice the apple, then put it in a bowl and mix with 1 tsp cinnamon (see Tip).
- Grab two glasses of chia pudding and serve the apple over the top.
- Garnish with the chopped pecans.

*Tip: this recipe also works with caramelised apple! Fry the apple in a frying pan with 1 tbsp butter for 4 - 5 minutes until lightly browned. Turn up the heat, add 0.5 tsp honey, 1 tsp cinnamon and the chopped pecans, and let the apple caramelise for 1 - 2 minutes.*

Variation 3: Tropical

- Peel the mango and dice the flesh.
- Grab two glasses of chia pudding and serve a quarter of the mango into each glass (see Tip).
- Cut the passion fruit in half and scoop the flesh onto the mango.
- Scatter over the grated coconut to finish.

*Tip: if there's enough room in the glasses, go ahead and use the whole mango, and otherwise you can serve the rest separately.*

Enjoy!





# Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Before you begin

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

Utensils

Ingredients

|                           |      |
|---------------------------|------|
| Blueberries* (g)          | 125  |
| Apple* (unit(s))          | 2    |
| Pumpkin seeds (g)         | 20   |
| Mango* (unit(s))          | 2    |
| Desiccated coconut (g)    | 20   |
| Chopped walnuts (g)       | 20   |
| Organic Greek yogurt* (g) | 1000 |

From your pantry

Honey [or plant-based alternative] to taste

\*store in the fridge

Nutritional values

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

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

Allergens

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

1



Greek yogurt with blueberries, apple and pumpkin seeds

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

2



Greek yogurt with mango, apple and desiccated coconut

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

3



Greek yogurt with blueberries, mango and walnuts

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

Enjoy!






# Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Saucepan, small bowl

Ingredients

|                             |     |
|-----------------------------|-----|
| Crackers (unit(s))          | 12  |
| Ham* (slice(s))             | 4   |
| Herbed cream cheese* (g)    | 100 |
| Persian cucumber* (unit(s)) | 1   |
| Avocado (unit(s))           | 3   |
| Fresh goat's cheese* (g)    | 100 |
| Egg* (unit(s))              | 2   |

From your pantry

Salt & pepper to taste

\*store in the fridge

Nutritional values

|                        | Per 100g  |
|------------------------|-----------|
| Energy (kJ/kcal)       | 787 / 188 |
| Total fat (g)          | 15        |
| of which saturated (g) | 4,8       |
| Carbohydrates (g)      | 2         |
| of which sugars (g)    | 1,2       |
| Fibre (g)              | 3         |
| Protein (g)            | 10        |
| Salt (g)               | 0,5       |

\*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.

1



Option 1: Ham, cucumber and cream cheese

- Slice the cucumber.
- Divide four crackers over two plates.
- Spread the cream cheese over the crackers.
- Divide the ham over the crackers and top with the cucumber.

2



Option 2: Smashed avocado and boiled eggs

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes.
- Rinse the egg under cold water, then remove the shell and cut the egg in half.
- Halve and pit 1 avocado, then scoop out the flesh, transfer to a small bowl and mash well.
- Divide four crackers over two plates, spread the mashed avocado over them, top with the eggs and season to taste with salt and pepper.

3



Option 3: Fresh goat's cheese and avocado

- Divide four crackers over two plates.
- Halve, pit and slice 2 avocados.
- Spread the goat's cheese over the crackers.
- Top with the sliced avocado and season to taste with black pepper.

Enjoy!





# Pancake Stacks with Lemon Mascarpone

with blueberries and lemon zest | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out! 

Before you begin

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

Utensils

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

Ingredients

|                                    |          |
|------------------------------------|----------|
| Flour (g)                          | 150      |
| Egg* (unit(s))                     | 2        |
| Organic buttermilk* (ml)           | 200      |
| Baking powder (g)                  | 8        |
| Mascarpone* (g)                    | 50       |
| Blueberries* (g)                   | 125      |
| Powdered sugar (g)                 | 20       |
| Lemon* (unit(s))                   | 1        |
| From your pantry                   |          |
| Sunflower oil (tbsp)               | 1        |
| Honey [or plant-based alternative] | to taste |
| Sugar (tsp)                        | 1        |

\*store in the fridge

Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2611 / 624  | 682 / 163 |
| Total fat (g)          | 24          | 6         |
| of which saturated (g) | 10          | 2,6       |
| Carbohydrates (g)      | 82          | 21        |
| of which sugars (g)    | 22          | 5,7       |
| Fibre (g)              | 6           | 1         |
| Protein (g)            | 22          | 6         |
| Salt (g)               | 2           | 0,5       |

Allergens

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



Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy (see Tip).
- Weigh out 150g of flour and add it to another bowl, along with 0.5 sachet of baking powder and 1 tsp of granulated sugar.
- 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.

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 (see Tip). 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 some more sunflower oil in between as needed.

Tip: the pancakes in this recipe are meant to be small, as it is easier to stack them up.

Serve

- In the meantime, zest the lemon and then juice it into a small bowl.
- In a bowl, mix together the mascarpone with the powdered sugar and add in the lemon juice and lemon zest as preferred.
- Stack the pancakes, adding dollops of mascarpone cream and blueberries in between each layer.
- Finish the stacks with a final dollop of mascarpone on top and sprinkle any remaining lemon zest on top, as well as a drizzle of honey if preferred.

Enjoy!





# Brioche French Toast with Caramelised Apple

with speculaas and blueberries | 2 servings

Breakfast

Total time: 25 - 30 min.



### Before you begin

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

### Utensils

Deep plate, frying pan, whisk

### Ingredients

|                                 |     |
|---------------------------------|-----|
| Brioche bun (unit(s))           | 2   |
| Blueberries* (g)                | 125 |
| Apple* (unit(s))                | 1   |
| Speculaas spices (sachet(s))    | 1   |
| Mascarpone* (g)                 | 25  |
| Egg* (unit(s))                  | 2   |
| Organic semi-skimmed milk* (ml) | 125 |

#### From your pantry

|                                           |   |
|-------------------------------------------|---|
| Sugar (tbsp)                              | 1 |
| Honey [or plant-based alternative] (tbsp) | 1 |
| [Plant-based] butter (tsp)                | 2 |

\*store in the fridge

### Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2188 / 523  | 599 / 143 |
| Total fat (g)          | 19          | 5         |
| of which saturated (g) | 9,7         | 2,7       |
| Carbohydrates (g)      | 69          | 19        |
| of which sugars (g)    | 30,6        | 8,4       |
| Fibre (g)              | 7           | 2         |
| Protein (g)            | 17          | 5         |
| Salt (g)               | 1           | 0,3       |

### Allergens

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

1



2



3



### Fry the apple

- Core and dice the apple. Halve the brioche.
- In a large deep plate, mix the eggs, milk, sugar and half of the speculaas spices, whisking thoroughly.
- Heat a knob of butter in a frying pan on medium-high heat and add the apple.
- Add the rest of the speculaas spices and 1 tbsp of honey, then fry for 5 - 6 minutes. Remove from the pan and set aside until serving.

### Make the French toast

- Heat the rest of the butter in the same frying pan over medium-high heat.
- Soak the brioche slices in the egg mixture two by two, until they are completely saturated.
- Add the slices to the pan and fry directly for 4 minutes on each side or until golden brown. Repeat until all of the slices are done.

### Serve

- Serve the French toast on two plates.
- Top with the caramelized apple and a dollop of the mascarpone.
- Garnish with the blueberries and drizzle with honey to taste.

### Enjoy!





# Smashed Avocado Toast with Egg and Cherry Tomatoes

with fresh herbs, lime and Greek-style cheese | 2 servings

Lunch

Total time: 25 - 30 min.



Tear me out! 

### Before you begin

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

### Utensils

Parchment-lined baking sheet, large pot or saucepan, kitchen paper, plate, small bowl, whisk

### Ingredients

|                                          |          |
|------------------------------------------|----------|
| Avocado (unit(s))                        | 2        |
| White demi-baguette (unit(s))            | 2        |
| Egg* (unit(s))                           | 4        |
| Lime* (unit(s))                          | 1        |
| Red cherry tomatoes (g)                  | 125      |
| Garlic (unit(s))                         | 1        |
| Fresh flat leaf parsley & coriander* (g) | 10       |
| Greek-style cheese* (g)                  | 50       |
| From your pantry                         |          |
| Olive oil (tbsp)                         | 1        |
| White wine vinegar (tbsp)                | 4        |
| Salt & pepper                            | to taste |

\*store in the fridge

### Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 3515 /840   | 691 /165 |
| Total fat (g)          | 46          | 9        |
| of which saturated (g) | 10,7        | 2,1      |
| Carbohydrates (g)      | 75          | 15       |
| of which sugars (g)    | 6,5         | 1,3      |
| Fibre (g)              | 10          | 2        |
| Protein (g)            | 32          | 6        |
| Salt (g)               | 2,5         | 0,5      |

### Allergens

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

1



2



3



### Prepare

- Preheat the oven to 220°C.
- Halve the baguette lengthways and place on a parchment-lined baking sheet. Drizzle the olive oil on top, then bake in the oven for 5 - 7 minutes.
- Halve and pit the avocado, then remove the skin. Transfer the flesh to a small bowl and mash well. Squeeze in the juice of half the lime, season with salt and pepper, and mix well.
- Cut the other half of the lime into wedges.

### Poach the eggs

- Boil plenty of water in a large pot. Once boiling, add the vinegar.
- Use a whisk to swirl the water and create a small whirlpool. Carefully crack the eggs into the whirlpool one at a time, then turn the heat to low and cook until the white part has fully set; this should take 2 - 3 minutes for runny egg yolks (see Tip).
- Remove with a slotted spoon and add to a plate lined with kitchen paper to absorb excess water.

*Tip: instead of poaching the eggs, you can also boil them for 6 minutes if you prefer soft-boiled, or 10 minutes for hard-boiled.*

### Serve

- Serve the toast on plates.
- Peel the garlic, cut it in half and rub it on the toast.
- Cut the cherry tomatoes in half. Spread the avocado mixture over the toast, then top with the cherry tomatoes.
- Finely chop the parsley and coriander. Crumble the Greek-style cheese over the toast and garnish with the fresh herbs.

### Enjoy!





# Steak Salad with Avocado

with Greek-style cheese | 2 servings

Lunch

Total time: 25 - 30 min.



Tear me out!

## Before you begin

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

## Utensils

Oven dish, salad bowl, small bowl, frying pan

## Ingredients

|                               |     |
|-------------------------------|-----|
| Steak* (unit(s))              | 2   |
| White ciabatta (unit(s))      | 2   |
| Garlic (unit(s))              | 1   |
| Avocado (unit(s))             | 1   |
| Greek-style cheese* (g)       | 100 |
| Onion (unit(s))               | 2   |
| Fresh flat leaf parsley* (g)  | 10  |
| Arugula & lamb's lettuce* (g) | 90  |
| From your pantry              |     |
| Red wine vinegar (tsp)        | 1   |
| Extra virgin olive oil (tbsp) | 1   |
| [Plant-based] butter (tbsp)   | ½   |

\*store in the fridge

## Nutritional values

|                        | Per serving | Per 100g  |
|------------------------|-------------|-----------|
| Energy (kJ/kcal)       | 2812 / 672  | 678 / 162 |
| Total fat (g)          | 35          | 8         |
| of which saturated (g) | 13,7        | 3,3       |
| Carbohydrates (g)      | 47          | 11        |
| of which sugars (g)    | 6,2         | 1,5       |
| Fibre (g)              | 6           | 1         |
| Protein (g)            | 42          | 10        |
| Salt (g)               | 2,4         | 0,6       |

## Allergens

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

1



2



3



## Prepare

- Preheat the oven to 200°C.
- Roughly chop the onions. Cut the ciabatta into smaller chunks.
- Finely chop the parsley. Peel and mince the garlic. Halve and pit the avocado, then remove the skin and slice the flesh.
- Add the parsley and garlic to a small bowl and mix with the red wine vinegar and half of the extra virgin olive oil. Season with salt and pepper.

## Fry

- Take the steak out of the fridge and allow it to reach room temperature.
- Transfer the onion and ciabatta to an oven dish. Season with salt and pepper and drizzle with the rest of the extra virgin olive oil, then bake for 8 - 10 minutes.
- Add the butter to a frying pan on medium-high heat and fry the steak for 2 - 3 minutes on each side.
- Season with salt and pepper, then remove from the pan and let it rest for a couple of minutes.

## Serve

- In a salad bowl, mix the salad leaves with the onion, ciabatta and half of the homemade dressing. Serve the salad in bowls.
- Slice the steak and place on top of the salad, then add the avocado slices.
- Crumble over the Greek-style cheese.
- Garnish with the rest of the dressing.

## Enjoy!





# Smoked Salmon Wraps

with mango & avocado salsa and mint | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

Before you begin

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

Utensils

Bowl

Ingredients

|                                         |     |
|-----------------------------------------|-----|
| Flour tortillas (unit(s))               | 4   |
| Mango chutney* (g)                      | 40  |
| Avocado (unit(s))                       | 1   |
| Hot smoked salmon flakes* (g)           | 150 |
| Fresh mint* (g)                         | 10  |
| Little gem* (unit(s))                   | 1   |
| Lemon mayonnaise with black pepper* (g) | 50  |

From your pantry

Salt & pepper to taste

\*store in the fridge

Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2699 /645   | 885 /211 |
| Total fat (g)          | 36          | 12       |
| of which saturated (g) | 4,7         | 1,5      |
| Carbohydrates (g)      | 52          | 17       |
| of which sugars (g)    | 9           | 3        |
| Fibre (g)              | 5           | 2        |
| Protein (g)            | 25          | 8        |
| Salt (g)               | 1,9         | 0,6      |

Allergens

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

1



2



3



Prepare

- Halve and pit the avocado, then remove the skin and dice the flesh.
- Discard the mint stalks and finely chop the leaves.

Make the salsa

- Mix the diced avocado with the chopped mint and the mango chutney in a bowl.
- Season to taste with salt and pepper.

Serve

- Mix the salmon flakes with the lemon mayonnaise.
- Divide the lettuce leaves over the tortillas.
- Spread the salmon on top.
- Garnish with the avocado salsa, and then roll up the tortillas (see Tip).

Tip: you can also wrap the tortillas in aluminium foil for lunch on-the-go!

Enjoy!





# Chicken Gyros on Turkish Bread

with garlic-yogurt sauce, Greek-style cheese & tomato | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out! 

## Before you begin

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

## Utensils

2x small bowl, frying pan

## Ingredients

|                                             |          |
|---------------------------------------------|----------|
| Mini Turkish bread (unit(s))                | 2        |
| Roma tomato (unit(s))                       | 2        |
| Red onion (unit(s))                         | 1        |
| Radicchio & iceberg lettuce* (g)            | 50       |
| Organic Greek yogurt* (g)                   | 150      |
| Fresh flat leaf parsley* (g)                | 10       |
| Garlic (unit(s))                            | 1        |
| Chicken thigh strips with kebab spices* (g) | 200      |
| Greek-style cheese* (g)                     | 50       |
| From your pantry                            |          |
| Red wine vinegar (tsp)                      | 2        |
| Olive oil (tbsp)                            | ½        |
| Salt & pepper                               | to taste |
| *store in the fridge                        |          |

## Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2515 /601   | 558 /133 |
| Total fat (g)          | 24          | 5        |
| of which saturated (g) | 11,9        | 2,6      |
| Carbohydrates (g)      | 58          | 13       |
| of which sugars (g)    | 7,5         | 1,7      |
| Fibre (g)              | 5           | 1        |
| Protein (g)            | 37          | 8        |
| Salt (g)               | 3           | 0,7      |

## Allergens

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

1



2



3



## Prepare

- Preheat the oven to 180°C. Slice the onion into half rings and crush or mince the garlic.
- Crumble up the Greek-style cheese and dice the tomato.
- Finely chop the parsley.

## Fry the chicken

- Heat the olive oil in a frying pan over medium-high heat. Fry the chicken with half of the onion for 6 - 8 minutes (see Tip).
- Meanwhile, in a small bowl combine the rest of the onion with the red wine vinegar.
- Season to taste with salt and pepper.

**Tip:** the rest of the onion is served raw, but you can also fry it all here if preferred.

## Serve

- In another small bowl, combine the yogurt with the garlic and the parsley.
- Season to taste with salt and pepper.
- Bake the Turkish bread for 5 - 8 minutes in the oven.
- Cut open the Turkish bread and fill with the chicken, yogurt sauce and Greek-style cheese, along with the tomato, lettuce, and quick-pickled onion.

## Enjoy!






# Pulled Chicken and Avocado Pitas

with bell pepper and Gouda | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out! 

### Before you begin

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

### Utensils

Parchment-lined baking sheet, bowl, frying pan

### Ingredients

|                         |          |
|-------------------------|----------|
| Pita bread (unit(s))    | 4        |
| Pulled chicken* (g)     | 200      |
| Avocado (unit(s))       | 1        |
| Bell pepper strips* (g) | 100      |
| Grated Gouda* (g)       | 50       |
| Lemon* (unit(s))        | 1        |
| From your pantry        |          |
| Olive oil (tbsp)        | 1        |
| Salt & pepper           | to taste |
| *store in the fridge    |          |

### Nutritional values

|                        | Per serving | Per 100g |
|------------------------|-------------|----------|
| Energy (kJ/kcal)       | 2782 /665   | 750 /179 |
| Total fat (g)          | 32          | 9        |
| of which saturated (g) | 10,2        | 2,7      |
| Carbohydrates (g)      | 55          | 15       |
| of which sugars (g)    | 6           | 1,6      |
| Fibre (g)              | 6           | 2        |
| Protein (g)            | 35          | 9        |
| Salt (g)               | 2,5         | 0,7      |

### Allergens

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

1



2



3



### Fry the pulled chicken

- Preheat the oven to 180°C.
- Heat the olive oil in a frying pan over medium heat and fry the bell pepper for 2 - 3 minutes.
- Set the bell pepper aside, then add the pulled chicken to the pan along with 2 tbsp of water and cook for 3 - 4 minutes.
- Season with salt and pepper.

### Bake the bread

- Meanwhile, cut the pitas in half and place them on a baking sheet lined with parchment paper.
- Cover half of them with the grated cheese.
- Bake the pitas for 4 - 5 minutes in the top oven rack, or until the cheese has melted.
- In the meantime, halve and pit the avocado, then remove the skin and dice the flesh.

### Serve

- Cut the lemon in half. Juice half of the lemon into a bowl.
- Add the avocado and mash everything with a fork until it becomes a thick purée. Season with salt and pepper.
- Spread the smashed avocado over the pita halves without cheese.
- Add the bell pepper and pulled chicken on top, then close with the cheesy pita halves. Serve while hot.

### Enjoy!





# Shrimp Bao Buns with Coleslaw

with sriracha mayo and gomashio | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!



Before you begin

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

Utensils

Bowl, frying pan

Ingredients

|                             |     |
|-----------------------------|-----|
| Fresh coriander* (g)        | 10  |
| Rainbow slaw mix* (g)       | 100 |
| Sriracha mayo* (g)          | 50  |
| Bao buns (unit(s))          | 4   |
| Shrimp* (g)                 | 160 |
| Gomashio (sachet(s))        | 1   |
| Persian cucumber* (unit(s)) | 1   |

| From your pantry                |          |
|---------------------------------|----------|
| [Plant-based] mayonnaise (tbsp) | 1        |
| White wine vinegar (tbsp)       | 1        |
| Sugar (tsp)                     | 1        |
| Sunflower oil (tbsp)            | 1        |
| Salt & pepper                   | to taste |
| <i>*store in the fridge</i>     |          |

Nutritional values

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

Allergens

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



Make the coleslaw

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

Fry the shrimp

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

Serve

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

Enjoy!