



Nachos with Cheese and Scallions

with sweet chilli-sour cream sauce | 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.

Ingredients

Grated Gouda* (g)	100
Scallions* (g)	125
Organic sour cream* (g)	50
Mexican-style spices (sachet(s))	1
Sweet chili sauce* (g)	35
Tortilla chips (g)	300

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1340 /320
Total fat (g)	17
of which saturated (g)	5
Carbohydrates (g)	33
of which sugars (g)	2,4
Fibre (g)	3
Protein (g)	7
Salt (g)	1

Allergens

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



Prepare

- Preheat the oven to 180°C.
- Thinly slice the scallions.

Make the sauce

- In a bowl, mix the sour cream with the sweet chilli sauce.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Scatter half of the scallions over the chips, followed by the cheese and Mexican-style spices*.
- Dollop the sauce on top.

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

Serve

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Take the nachos out of the oven.
- Serve on the baking sheet or on a platter.
- Garnish with the rest of the scallions.

Enjoy!



Vietnamese Spring Rolls with Shrimp

with fresh vegetables and peanut-soy sauce | 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.

Ingredients

Rice paper (unit(s))	1
Shrimp* (g)	160
Persian cucumber* (unit(s))	1
Shredded red cabbage* (g)	100
Bell pepper* (unit(s))	1
Peanut sauce* (g)	80
Sesame oil (ml)	10
Rice noodles (g)	100
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1
[Reduced salt] soy sauce (tsp)	1
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	619 /148
Total fat (g)	4
of which saturated (g)	0,7
Carbohydrates (g)	21
of which sugars (g)	3,6
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.

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Prepare

- Boil plenty of water in a pot or saucepan. Cook the rice noodles for 6 - 7 minutes, then drain and rinse under cold water.
- Transfer the rice noodles back to the same saucepan and drizzle with sunflower oil. Mix well to combine, then set aside until further use.
- Cut the cucumber and bell pepper into small strips.

Prepare the sauce

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp and fry for 3 - 4 minutes.
- Add the peanut sauce and sesame oil to a small bowl, then mix in the soy sauce, white wine vinegar and honey.
- Fill a deep plate with lukewarm water. Soak one of the rice sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

Serve

- Place the shrimp in the middle of the rice sheet, then top with some cabbage, bell pepper, cucumber and noodles.
- Fold the bottom of the rice sheet over the filling, then fold in the sides and roll it up.
- Repeat these steps for the rest of the rice sheets.
- Serve on a large platter or plate, with the peanut-soy sauce on the side.

Enjoy!



Mexican-Style Shrimp Tostadas

with homemade guacamole | 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.

Ingredients

Lime* (unit(s))	1
Avocado (unit(s))	2
Shrimp* (g)	160
Mexican-style spices (sachet(s))	1
Sriracha mayo* (g)	50
Flour tortillas (unit(s))	4
Tomato (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)	3176 / 759	769 / 184
Total fat (g)	50	12
of which saturated (g)	8,9	2,2
Carbohydrates (g)	51	12
of which sugars (g)	4,1	1
Fibre (g)	9	2
Protein (g)	23	6
Salt (g)	2,3	0,6

Allergens

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

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Prepare

- Preheat the oven to 200°C.
- Place the tortillas on a parchment-lined baking sheet. Drizzle some olive oil on each tortilla.
- Bake for 4 - 5 minutes until golden, then remove from the oven and set aside to cool.
- Halve and pit the avocado, then scoop out the flesh and add to a bowl.

Fry the shrimp

- Cut the lime into wedges. Dice the tomato.
- Mash the avocado with a fork.
- Mix the avocado with the tomato and the juice of one lime wedge, then season with salt and pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the shrimp with the Mexican-style spices* for 3 - 4 minutes.

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

Serve

- Transfer the crispy tortillas to a plate and spread the guacamole evenly on top of each one.
- Top with the shrimp and finish with a drizzle of the Sriracha mayo.
- Garnish with the rest of the lime wedges.

Enjoy!



Flemish Meatballs

with veal jus and onion chutney | to share

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.

Ingredients

Beef-pork meatballs* (unit(s))	12
Onion (unit(s))	1
Onion chutney* (g)	80
Veal jus* (g)	60
Bay leaf (unit(s))	1
Fresh curly parsley* (g)	5
From your pantry	
Brown sugar (tbsp)	1
Red wine vinegar (tbsp)	1
Low sodium beef stock (ml)	100
[Plant-based] butter (tbsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	677 / 162
Total fat (g)	11
of which saturated (g)	5,1
Carbohydrates (g)	7
of which sugars (g)	6,2
Fibre (g)	1
Protein (g)	9
Salt (g)	0,3

Allergens

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

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Fry the meatballs

- Melt the butter in a frying pan over medium-high heat and fry the meatballs for 3 - 4 minutes until evenly browned.
- In the meantime, finely chop the onion and the parsley.
- Lower the heat to medium, add the onion and cover with the lid, then fry for a further 5 - 6 minutes or until the meatballs are done.

Prepare the sauce

- Prepare the stock.
- Remove the meatballs from the pan, add the brown sugar and caramelize the onions for 1 - 2 minutes over high heat.
- Deglaze the onions with the red wine vinegar.
- Add the veal jus, beef stock and bay leaf and reduce the sauce on high heat for 5 - 7 minutes.

Finish and serve

- Remove the bay leaf, add the onion chutney and meatballs, and cook for 2 more minutes (see Tip).
- Season to taste with salt and pepper.
- Serve the Flemish meatballs and sauce in a bowl.
- Garnish with the fresh parsley.

Tip: do you have “Luikse stroop” at home? Replace the onion chutney with 1 - 2 tbsp of it. Enjoy!

Enjoy!



Tandoori-Style Marinated Shrimp

with mango chutney and lime | to share

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.

Ingredients

Shrimp* (g)	360
Curry powder (sachet(s))	1
Garam Masala (sachet(s))	¼
Lime* (unit(s))	1
Mango chutney* (g)	80
Organic full-fat yogurt* (g)	50
From your pantry	
Sunflower oil (tbsp)	1
Flour (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	369 /88
Total fat (g)	2
of which saturated (g)	0,5
Carbohydrates (g)	8
of which sugars (g)	0,6
Fibre (g)	1
Protein (g)	9
Salt (g)	0,6

Allergens

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



Make the marinade

- Cut the lime into 6 wedges.
- In a bowl, combine the yogurt, curry powder, garam masala*, and the juice of 2 lime wedges to make a marinade.
- Season to taste with salt and pepper.

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

Marinate the shrimp

- Transfer the flour to a deep plate. Pat the shrimp dry with kitchen paper and then coat it with flour.
- Transfer the shrimp to the marinade.
- Mix well, being sure to fully cover the shrimp.
- Set aside and marinate the shrimp for at least 10 minutes (see Tip).

Tip: the shrimp will absorb more flavour the longer you marinate them. If you have time, prepare the marinade in the morning and keep in the fridge so as to allow the shrimp to marinate all day.

Serve

- Heat the sunflower oil in a grill pan or frying pan over high heat.
- Add the shrimp to the pan and fry for 2 - 3 minutes, until the shrimp are done.
- Serve the shrimp with the mango chutney on the side and garnish with the rest of the lime wedges.

Enjoy!



Tomato-Mozzarella Baguettes

with Italian herbs & fresh basil | to share

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.

Ingredients

Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mozzarella* (ball(s))	1
Tomato (unit(s))	2
White demi-baguette (unit(s))	4

From your pantry

Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	724 /173
Total fat (g)	4
of which saturated (g)	1,7
Carbohydrates (g)	27
of which sugars (g)	2,1
Fibre (g)	2
Protein (g)	7
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 220°C.
- Cut the demi-baguettes in half lengthways.
- Finely chop the basil.
- In a small bowl, combine the passata with the Italian herbs, the extra virgin olive oil, half of the basil and some salt and pepper.

Add the toppings

- Dice the tomatoes.
- Tear the mozzarella into small pieces.
- Transfer the baguettes to a parchment-lined baking sheet and evenly spread the tomato sauce, then top with the mozzarella and tomatoes.

Serve

- Bake the baguettes in the oven for 8 - 10 minutes or until the cheese has melted.
- Garnish the baguettes with the rest of the basil and season to taste with salt and pepper.
- Slice up the baguettes and serve.

Enjoy!



Prosciutto Flammekueche

with dried dates & crema di balsamico | 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.

Ingredients

Flammekueche* (unit(s))	2
Shallot (unit(s))	1
Organic sour cream* (g)	100
Crema di balsamico (ml)	16
Arugula* (g)	40
Chopped dates (g)	20
Prosciutto crudo* (g)	60
Mini Roma tomatoes* (g)	125

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1791 /428	606 /145
Total fat (g)	12	4
of which saturated (g)	4,8	1,6
Carbohydrates (g)	60	20
of which sugars (g)	14,8	5
Fibre (g)	2	1
Protein (g)	19	6
Salt (g)	2,6	0,9

Allergens

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Prepare

- Preheat the oven to 220°C.
- Transfer the flammekueche to a parchment-lined baking sheet.
- In a small bowl, soak the dates in some water and set aside.
- Slice the shallot into half rings. Halve the mini Roma tomatoes.

Bake

- Spread the sour cream over the flammekueche and top with the shallot.
- Bake the flammekueche in the oven for 8 - 10 minutes until golden brown.
- Drain the dates, then add to the flammekueche during the final 2 minutes of cooking time.

Serve

- Slice the flammekueche and top with the prosciutto.
- Garnish with the arugula and mini Roma tomatoes.
- Drizzle over the crema di balsamico and serve.

Enjoy!



Camembert & Caramelised Onion Baguettes

with fresh rosemary | 2 servings

Lunch

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.

Ingredients

Onion (unit(s))	1
Onion chutney* (g)	40
Camembert* (g)	240
Fresh rosemary* (sprig)	1
Garlic (unit(s))	3
White demi-baguette (unit(s))	2
From your pantry	
Sugar (tsp)	½
Olive oil (tbsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3176 / 759	985 / 235
Total fat (g)	33	10
of which saturated (g)	19,1	5,9
Carbohydrates (g)	80	25
of which sugars (g)	11,7	3,6
Fibre (g)	6	2
Protein (g)	35	11
Salt (g)	3,4	1,1

Allergens

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

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Prepare

- Preheat your oven to 200°C.
- Slice the onion into thin half rings. Pick the rosemary leaves from their stalks and roughly chop them.
- Heat a generous drizzle of olive oil in a frying pan on medium heat.
- Add the onion and the rosemary and fry for 6 - 8 minutes. Season with salt and pepper.

Caramelize the onions

- Meanwhile, dice the camembert.
- Peel and finely chop the garlic.
- Add the sugar, garlic and chutney to the pan and fry for a further 1 - 2 minutes.

Bake and serve

- Halve the baguettes and transfer to a parchment-lined baking sheet.
- Spread the caramelised onions on the bread, then top with the camembert cubes.
- Bake in the oven for 6 - 8 minutes, or until the cheese has melted, and serve.

Enjoy!



Banana Bread

with walnuts & coconut | 10 slices

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.

Ingredients

Banana (unit(s))	3
Banana bread mix (g)	400
Desiccated coconut (g)	30
Chopped walnuts (g)	40
From your pantry	
Sunflower oil (ml)	100
Water (ml)	90
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1295 /310
Total fat (g)	16
of which saturated (g)	3,8
Carbohydrates (g)	36
of which sugars (g)	19,3
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

Allergens

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

1



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Prepare

- Preheat the oven to 160°C.
- Mash up two of the bananas with a fork (see Tip). Cut the other banana in half lengthways and set aside.
- Grease a loaf tin or line it with parchment paper.

Tip: the bananas will ripen faster if you store them next to an avocado or wrap them in newspaper. If the bananas are still a bit too hard to mash by hand, you can always use a blender instead.

Make the batter

- In a large bowl, mix the mashed banana with the banana bread mix, 100ml sunflower oil and 90ml water.
- Use an electric mixer or whisk to mix everything together until well combined.
- Add the chopped walnuts and two-thirds of the grated coconut and mix well.
- Pour the batter into the cake tin. Put the two halves of the other banana on top and gently press them into the batter a little bit, making sure they're still visible.

Serve

- Put the banana bread in the oven and bake for 45 - 55 minutes.
- Check if the banana bread is done by piercing it with a skewer - if it comes out dry, then the banana bread is ready. Remove from the oven and leave it in the tin to cool down for 15 minutes.
- Garnish with the rest of the grated coconut and then cut into slices (see Tip).

Tip: if you're having a slice of banana bread the next day, quickly pop it in the oven or toaster to warm it up!

Enjoy!



Speculaas Brownies

with almonds and chocolate chips | 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.

Ingredients

Salted almonds (g)	40
Chocolate cake mix (g)	400
Egg* (unit(s))	2
Chocolate chips (g)	100
Speculaas pieces (g)	120

From your pantry

[Plant-based] butter (g)	80
Water (ml)	80

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1578 /377
Total fat (g)	17
of which saturated (g)	9,2
Carbohydrates (g)	48
of which sugars (g)	24,7
Fibre (g)	2
Protein (g)	6
Salt (g)	1,2

Allergens

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

1



Prepare

- Weigh out the butter, dice it and let it come up to room temperature.
- Preheat the oven to 180°C.
- Line a 20 x 20cm baking tin with parchment paper (see Tip).
- Roughly chop the salted almonds.

Tip: you can also use a square oven dish if you don't have a baking tin.

2



Mix the batter

- In a large bowl, mix the cake mix, eggs, butter and water together until smooth (see Tip).
- Add the chocolate chips and chopped almonds and stir well.

Tip: if you have a mixer or an electric whisk, mix the batter with this for 4 minutes on a low speed.

3



Serve

- Pour the batter into the cake tin and scatter over the speculaas pieces.
- Bake the brownie for 20 - 25 minutes. The brownie is done when you start to see cracks in the surface.
- Take the brownie out of the oven and let it cool down for 5 minutes.
- Cut it into roughly 9 pieces and take them out of the tin one by one.

Enjoy!



Carrot Cake with Cream Cheese Frosting

8 - 10 servings

Baking

Total time: 80 - 90 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.

Ingredients

Unsalted butter* (g)	160
Carrot* (unit(s))	4
Granulated sugar (g)	200
Egg* (unit(s))	4
Flour (g)	200
Baking powder (g)	10
Ground cinnamon (tsp)	1½
Powdered sugar (g)	100
Fresco spalmabile - cream cheese* (g)	50
From your pantry	

Salt to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1128 /270
Total fat (g)	12
of which saturated (g)	7,1
Carbohydrates (g)	35
of which sugars (g)	24,3
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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

1



2



3



Prepare

- Take the butter out of the fridge and weigh out 160g. Cut the butter into cubes and then leave to come up to room temperature.
- Preheat the oven to 200°C. Grate the carrot.
- Line a 25cm long loaf tin with parchment paper.
- In a large bowl, mix together the butter, sugar and a pinch of salt with a spatula or electric mixer until it has a light and creamy texture.

Make the batter

- Add the eggs one by one and mix them into the batter.
- Add the flour, baking powder and cinnamon, then carefully fold into the batter using a spatula.
- Set aside 1 tbsp of the grated carrot to decorate the cake, then fold the rest through the batter.
- Transfer the batter to the loaf tin, then put the cake in the oven for 50 – 60 minutes.

Serve

- Put the powdered sugar in a bowl. Add the cream cheese spoonful by spoonful and mix together with a fork until evenly combined.
- Check if the cake is done by piercing it with a skewer – if it comes out clean then the cake is done.
- Take the cake out of the oven and leave to cool down fully.
- Spread the cream cheese frosting over the cake and scatter over the reserved grated carrot.

Enjoy!



Salted Caramel Apple Crumble

with homemade whipped cream | to share

Baking

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.

Ingredients

Apple* (unit(s))	4
Ground cinnamon (tsp)	3
Cane sugar (g)	100
Chopped walnuts (g)	80
Heavy cream* (ml)	200
Cookie dough salted caramel* (pack)	1

From your pantry

Flour (tbsp)	1
Sugar (tbsp)	1

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1099 /263
Total fat (g)	15
of which saturated (g)	7,2
Carbohydrates (g)	29
of which sugars (g)	22,2
Fibre (g)	2
Protein (g)	3
Salt (g)	0,1

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 mixing bowl, whisk the cream with 1 tbsp of sugar using a handheld mixer until firm and thick.
- Fold in half of the cinnamon.

2



Make the filling

- Grease an oven dish or line it with parchment paper.
- Core and dice the apple, then add to a bowl. Mix with the walnuts, cane sugar, rest of the cinnamon and 1 tbsp of flour.
- Transfer the apple mixture to the oven dish.

3



Bake the crumble

- Crumble the cookie dough on top of the filling. 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.
- Allow to cool down for 5 minutes before serving.

Enjoy!



Nibble, Nibble, Little Mouse: Hansel & Gretel's Cheesecake Bites

with blueberries & speculaas | 9 servings



Baking

Total time: 60 - 70 min.



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Before you begin

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

Utensils

Baking paper, blender or immersion blender, medium bowl, microplane, oven dish, 2x saucepan

Ingredients

	9 portions
Egg* (unit(s))	1
Lemon* (unit(s))	1
Cream cheese* (g)	400
Blueberries* (g)	125
Speculaas pieces (g)	300
From your pantry	
Sugar (tbsp)	2½
Water for the sauce (tbsp)	2
[Plant-based] butter (g)	80
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	1032 /247
Total fat (g)	15
of which saturated (g)	10,3
Carbohydrates (g)	23
of which sugars (g)	12,8
Fibre (g)	1
Protein (g)	5
Salt (g)	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 180°C.
- Line a 25cm square oven dish with parchment paper. Leave enough paper hanging over the edges to grab later as you lift the squares out of the oven dish.
- Melt the butter in a saucepan over low heat.
- Add the speculaas biscuit chunks to a food processor or blender and pulse to form crumbs (see Tip). Add the crumbs to the butter and mix through.

Tip: if you don't have a food processor, put the speculaas biscuit chunks in a plastic bag and crumble them gently with a rolling pin or with your hands.



2. Make the topping

- Spread the mixture in an even layer in the oven dish and press down firmly with the back of a spoon or the bottom of a glass.
- Bake for 8 minutes and let it cool when done.
- In the meantime, add the blueberries, water for the sauce and 1 tbsp of sugar to a saucepan. Cook for 5 minutes on medium heat. Break up the blueberries to your preference using a fork.
- Zest and juice the lemon. In a medium bowl, mix the cream cheese with the lemon zest, lemon juice, egg and the rest of the sugar.

6. Serve

- Add the cream cheese filling to the oven dish and spread evenly over the baked speculaas biscuit base. Drizzle over the blueberry topping. You can use a knife or toothpick to create a swirly pattern if you'd like.
- Bake the cheesecake in the oven for 30 - 35 minutes.
- Let the cheesecake cool completely. If you have time, it's better to refrigerate for 1 hour after baking.
- Slice the cheesecake into 9 squares and serve.

And they ate happily ever after...

Enjoy!



Breakfastbox

Kick-start your day!

1 Poached Eggs and Bacon on Baked Baguettes with avocado

2 Avocado & Goat's Cheese Open-Faced Sandwiches

3 Mango & Spinach Smoothie

Poached Eggs and Bacon on Baked Baguettes

20 min. with avocado | 2 servings



Utensils

Parchment-lined baking sheet, pot or saucepan, kitchen paper, plate, slotted spoon

Ingredients for 2 servings

Bacon* (slice(s))	4
Egg* (unit(s))	4
White demi-baguette (unit(s))	2
Avocado (unit(s))	1
From your pantry	
Salt and pepper	to taste
White wine vinegar (tsp)	1

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2724 / 651	842 / 201
Total fat (g)	29	9
of which saturated (g)	6,6	2
Carbohydrates (g)	67	21
of which sugars (g)	1,9	0,6
Fiber (g)	6	2
Protein (g)	29	9
Salt (g)	2,4	0,7

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

1. Prepare

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

2. Bake the bread

- Add the **baguettes** and **bacon** to a parchment-lined baking sheet.
- Bake in the oven for 5 - 7 minutes.

3. Poach the eggs

- Boil plenty of water in a pot or saucepan. Add the white wine vinegar once the water is boiling.
- Crack the **eggs** into individual glasses. Stir the water so that you have a whirlpool.
- Carefully drop one **egg** at a time into the water and lower the heat to medium-low.
- Boil for 2 - 3 minutes or until the egg whites are set. Use a slotted spoon to carefully remove the **eggs** from the pan and let them rest on a plate lined with a paper towel.

4. Serve

- Slice the **baguettes** lengthways and spread the avocado over each half.
- Top with the bacon and poached eggs. Season with salt and pepper to taste.

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



Avocado & Goat's Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Ingredients for 4 servings

Fresh goat's cheese* (g)	100
Avocado (unit(s))	2
Cress* (g)	20
Wholegrain ciabatta (unit(s))	4
From your pantry	
Salt and pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	913 /218
Total fat (g)	11
of which saturated (g)	3,5
Carbohydrates (g)	19
of which sugars (g)	0,8
Fiber (g)	5
Protein (g)	9
Salt (g)	0,7

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. Halve and pit one **avocado**, then remove the skin and slice the flesh.
3. Slice the baked **bread** lengthways, then spread the **goat's cheese** on each half.
4. Top with the **avocado** slices, then garnish with the **cress** and season with salt and pepper to taste.
5. Repeat the recipe for a second breakfast the next day.

Mango & Spinach Smoothie

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Blender or an immersion blender with a tall container

Ingredients for 4 servings

Mango* (unit(s))	2
Organic semi-skimmed milk* (ml)	500
Organic Greek yogurt* (g)	150
Spinach* (g)	200
From your pantry	
Honey [or plant-based alternative]	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	251 /60
Total fat (g)	2
of which saturated (g)	1,1
Carbohydrates (g)	7
of which sugars (g)	7,1
Fiber (g)	1
Protein (g)	3
Salt (g)	0,1

1. Peel and dice 1 **mango**.
2. Add the **mango** to a blender, along with 250 ml of **milk**, 75g of **Greek yogurt**, and half of the **spinach**.
3. Blend until smooth (see Tip).
4. Repeat the recipe for a second breakfast the next day.

Tip: Mix some honey through the smoothie to taste.

Enjoy!



Smoothie Box

3 fresh smoothies | 2 servings each

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.

Ingredients

Orange* (unit(s))	1
Mango* (unit(s))	3
Passion fruit* (unit(s))	1
Organic semi-skimmed milk* (ml)	200
Chia seeds (g)	10
Banana (unit(s))	4
Coconut milk (ml)	500
Blueberries* (g)	250
Avocado (unit(s))	1
Kiwi* (unit(s))	1
Spinach* (g)	100
Desiccated coconut (g)	10

From your pantry

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

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	393 /94
Total fat (g)	5
of which saturated (g)	3,4
Carbohydrates (g)	10
of which sugars (g)	8,6
Fibre (g)	2
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.

1



Orange Dream Smoothie

- Cut the orange in half and juice it into a small bowl. Peel 2 mangos and finely chop the flesh. Halve the passion fruit and scoop out the flesh.
- Put the fruit in a blender or tall container (if using an immersion blender). Add the semi-skimmed milk and the orange juice, then blend into a thick smoothie and add some honey to taste.
- Pour the smoothie into two glasses and finish off with the chia seeds.

2



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.

3



Green Smoothie Bowl

- Halve and pit the avocado, then remove the skin and dice the flesh. Peel 1 mango, 2 bananas and the kiwi, then slice them. Set aside all of the kiwi and some of the mango and banana for garnishing.
- Add the avocado, spinach, mango, banana and 250ml coconut milk to a blender or tall container (if using an immersion blender) and mix into a thick smoothie.
- Serve the smoothie in bowls and garnish with the reserved fruit and the desiccated coconut.

Enjoy!



Baron 1898's Goldmine Fruit Smoothie

with passion fruit, mango & yogurt | 2 servings

Breakfast

Total time: 10 - 15 min.



Bring fairytales to the dinner tables

Cook this magical recipe and win an unforgettable stay at the Efteling Loonsche Land!
Scan the QR code for more information as well as the terms and conditions.



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

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

*store in the fridge

Nutritional values

	Per portion	Per 100g
Energy (kJ/kcal)	841 /201	239 /57
Total fat (g)	4	1
of which saturated (g)	2,4	0,7
Carbohydrates (g)	28	8
of which sugars (g)	23	6,5
Fibre (g)	5	1
Protein (g)	8	2
Salt (g)	0,2	0,1

Allergens

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



1. Prepare

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

2. Blend

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

3. Serve

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

And they ate happily ever after...

Enjoy!



Overnight Oats

apple pie, blueberry pie, and carrot cake

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.

Ingredients

Organic semi-skimmed milk* (ml)	1000
Oats (g)	400
Chia seeds (g)	20
Organic Greek yogurt* (g)	150
Apple* (unit(s))	1
Raisins (g)	80
Ground cinnamon (tsp)	3
Speculaas pieces (g)	30
Blueberries* (g)	125
Carrot* (unit(s))	½
Chopped walnuts (g)	80
From your pantry	
Water (tbsp)	7
Honey [or plant-based alternative] (tsp)	1
Sugar (tbsp)	1
Salt (tsp)	½
[Plant-based] butter (tbsp)	½
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	664 / 159
Total fat (g)	6
of which saturated (g)	1,7
Carbohydrates (g)	20
of which sugars (g)	5,8
Fibre (g)	2
Protein (g)	5
Salt (g)	0,2

*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



2



3



Option 1: Carrot cake (2 servings)

- In a bowl, mix the oatmeal with the milk, yogurt, chia seeds and salt. Cover the bowl with plastic wrap, then refrigerate for at least 6 hours, or overnight.
- Heat a clean frying pan over high heat and toast the walnut pieces until golden brown, then remove from the pan and store in a closed container.
- Divide a third of the overnight oats between two bowls. Grate the carrot and add to the bowls, along with half of the cinnamon and some honey to taste. Mix well.
- Top the oats with half of the walnut pieces and half of the raisins.

Option 2: Blueberry pie (2 servings)

- Divide a third of the overnight oats between two bowls.
- Add two-thirds of the blueberries to a saucepan over medium-high heat. Add 4 tbsp of water and the sugar. Simmer for 4 - 5 minutes over medium-high heat, or until the sauce has a thick, syrupy texture (see Tip).
- Top the oats with the blueberry jam, the rest of the blueberries and the speculaas pieces.

Tip: you can also make the blueberry syrup in advance and store it in an airtight container in the fridge until use.

Option 3: Apple pie (2 servings)

- Divide a third of the overnight oats between two bowls.
- Core and dice the apple.
- Melt a knob of butter in a frying pan over medium-high heat, add the apple, half of the raisins and half the cinnamon along with 3 tbsp of water and 1 tsp honey. Fry for 4 - 5 minutes (see Tip).
- Top the oats with the apples and half of the toasted walnuts.

Tip: you can also make the apple pie base in advance and store it in an airtight container in the fridge until use.

Enjoy!



Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 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.

Ingredients

Organic Greek yogurt* (g)	1000
Mango* (unit(s))	2
Blueberries* (g)	125
Chopped pecans (g)	30
Apple* (unit(s))	1
Chia seeds (g)	100
Mixed nuts & pumpkin seeds (g)	20

From your pantry

Honey [or plant-based alternative] to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	595 /142
Total fat (g)	9
of which saturated (g)	3,7
Carbohydrates (g)	10
of which sugars (g)	4,9
Fibre (g)	3
Protein (g)	4
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 mango, pumpkin and chia seeds

- Peel and dice 1 mango.
- Divide a third of the yogurt over two bowls.
- Garnish with the mango, pumpkin seeds, mixed nuts and a third of the chia seeds.
- Add honey to taste.

2



Greek yogurt with blueberries, pecan nuts and chia seeds

- Divide a third of the yogurt over two bowls.
- Garnish with the blueberries, pecan nuts and a third of the chia seeds.
- Add honey to taste.

3



Greek yogurt with apple, mango and chia seeds

- Core and slice the apple. Peel and dice 1 mango.
- Divide a third of the yogurt over two bowls.
- Garnish with the apple, mango and a third of the chia seeds.
- 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.

Ingredients

Crackers (unit(s))	12
Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Persian cucumber* (unit(s))	1
Avocado (unit(s))	3
Egg* (unit(s))	2
Sliced Gouda* (unit(s))	4
Goat's Cheese* (g)	100
From your pantry	
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	837 / 200
Total fat (g)	16
of which saturated (g)	6,3
Carbohydrates (g)	2
of which sugars (g)	0,8
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 cheese slices 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!



American Pancakes with Bacon

with cranberry sauce & hazelnuts | 2 servings

Breakfast

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.

Ingredients

Flour (g)	150
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Baking powder (g)	4
Bacon* (slice(s))	4
Cranberry chutney* (g)	40
Roasted hazelnuts (g)	30
Maple-flavoured syrup (g)	50
From your pantry	
Honey [or plant-based alternative] (tbsp)	1½
Water for the sauce (ml)	30
Sugar (tsp)	½
[Plant-based] butter (tsp)	1
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2975 / 711	850 / 203
Total fat (g)	25	7
of which saturated (g)	6,3	1,8
Carbohydrates (g)	96	27
of which sugars (g)	37,9	10,8
Fibre (g)	5	1
Protein (g)	27	8
Salt (g)	1,8	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.
- Transfer the bacon to a parchment-lined baking sheet, leaving some room for the hazelnuts, and bake for 8 - 12 minutes.
- Chop the hazelnuts and bake along with the bacon during the last 4 - 5 minutes of cooking time.

Fry the pancakes

- Combine the eggs and buttermilk in a large mixing bowl.
- Add the flour, baking powder and sugar, then mix until just combined.
- Melt the butter in a 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 golden brown, then remove from the pan and cover with aluminium foil to keep warm.

Make the sauce

- Add the water for the sauce, honey and cranberry chutney to a saucepan over medium-high heat and stir to combine. Heat the sauce for 2 - 3 minutes, or until it reaches the desired thickness.
- Serve the pancakes on plates and top with the bacon and hazelnuts.
- Drizzle over the cranberry-honey syrup.
- Serve with the maple-flavoured syrup.

Enjoy!



Brioche French Toast with Chocolate & Banana

with mascarpone & peanut butter | 2 servings

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.

Ingredients

Banana (unit(s))	1
Brioche bun (unit(s))	2
Mascarpone* (g)	25
Egg* (unit(s))	2
Peanut butter (tub)	2
Organic semi-skimmed milk* (ml)	150
Chocolate chips (g)	30

From your pantry

Honey [or plant-based alternative]	to taste
Sugar (tsp)	2
Sunflower oil (tbsp)	¼

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2690 /643	836 /200
Total fat (g)	30	9
of which saturated (g)	12,2	3,8
Carbohydrates (g)	68	21
of which sugars (g)	21,4	6,6
Fibre (g)	5	1
Protein (g)	22	7
Salt (g)	1,1	0,3

Allergens

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

1



2



3



Mix

- Peel and slice the banana.
- Crack the egg into a deep plate and whisk in the milk and sugar.
- Cut open the brioche bun.

Fry the French toast

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Dip the brioche briefly in the egg mixture, taking care not to leave it too long.
- Fry the brioche for 4 minutes on each side or until golden brown.
- Roughly chop the chocolate chips in the meantime.

Serve

- Serve the French toast on plates and top with the banana and mascarpone.
- Garnish with the peanut butter and chocolate chips.
- Drizzle over honey as preferred to finish.

Enjoy!



Avocado, Smoked Salmon & Poached Eggs on Toast

with lemon mayonnaise | 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.

Ingredients

White ciabatta (unit(s))	2
Avocado (unit(s))	1
Egg* (unit(s))	4
Smoked salmon* (g)	120
Lemon mayonnaise with black pepper* (g)	25
Cress* (g)	20
From your pantry	
White 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)	3000 / 717	841 / 201
Total fat (g)	44	12
of which saturated (g)	8,7	2,4
Carbohydrates (g)	41	12
of which sugars (g)	2,1	0,6
Fibre (g)	4	1
Protein (g)	36	10
Salt (g)	2,9	0,8

Allergens

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

1



2



3



Prepare the avocado

- Preheat the oven to 200°C.
- Cut the avocado in half, then remove the pit and the skin. Mash the flesh in a small bowl together with the lemon mayonnaise. Season with salt and pepper.
- Cut the ciabatta in half lengthways and drizzle over the olive oil.
- Transfer to a parchment-lined baking sheet and bake for 5 - 7 minutes in the oven.

Poach the eggs

- Boil plenty of water in a large pan. Add the white wine vinegar once the water is boiling.
- Crack the eggs into individual glasses. Stir the water so that you have a whirlpool.
- Carefully drop one egg at a time into the water and lower the heat to medium-low.
- Boil for 2 - 3 minutes or until the egg whites are set. Use a slotted spoon to carefully remove the eggs from the pan and let them rest on a plate lined with kitchen paper.

Serve

- Place the toast onto plates and spread over the avocado.
- Top with the smoked salmon and poached eggs.
- Garnish with the cress.
- Season with extra black pepper as preferred.

Enjoy!



Spooky Ghost Pancakes

with chocolate and banana | 2 servings

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.

Ingredients for 4 servings

Organic buttermilk* (ml)	200
Chocolate chips (g)	200
Egg* (unit(s))	2
Flour (g)	150
Baking powder (g)	8
Powdered sugar (g)	50
Banana (unit(s))	3
Not included	
Sunflower oil (tbsp)	1
Sugar (tbsp)	1
Salt (tsp)	½

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From your pantry	
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	949 / 227
Total fat (g)	9
of which saturated (g)	4,3
Carbohydrates (g)	31
of which sugars (g)	10,8
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

Allergens

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



Prepare

- Heat the buttermilk in a saucepan over medium-low heat. Add 190g of chocolate chips and stir until the chocolate has completely melted.
- Remove the pan from the heat and set aside to cool.
- Whisk the eggs into a bowl until light and fluffy.



Mix the batter

- Pour the flour into another bowl and add 0.5 sachet baking powder, 0.5 tsp salt and 1 tbsp granulated sugar.
- Fold the melted chocolate and buttermilk into the eggs, then add this to the flour bowl and mix into a smooth batter.



Fry the pancakes

- Heat a generous drizzle of sunflower oil in a frying pan over medium-high heat.
- Pour a ladle full of batter into the pan (see Tip). Fry the pancakes for about 2 minutes per side, then remove from the pan and keep warm under aluminium foil.
- Repeat until you've used all the batter, adding some more sunflower oil in between pancakes if needed.

Tip: the pancakes in this recipe are meant to be small.



Make the icing

- Pour 50g powdered sugar into a bowl. Add 1 tbsp water and mix well until you have a smooth icing.
- Pour the icing into a piping bag or freezer bag.
- Cut off a small corner from the bottom of the bag, so that you have a narrow opening.
- Use the icing to draw a spider web pattern on the pancakes.



Melt the chocolate

- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the rest of the chocolate chips and melt while stirring.



Decorate and serve

- Halve the bananas lengthways and then cut into diagonal slices.
- Using a spoon, draw ghost faces on the slices of banana with the melted chocolate.
- Serve the spiderweb pancakes with the banana ghosts.

Enjoy!



Smoked Salmon Croissants

with avocado and herbed cream cheese | 4 pieces

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.

Ingredients

Bake-off croissants (unit(s))	4
Smoked salmon* (g)	120
Herbed cream cheese* (g)	50
Avocado (unit(s))	1
From your pantry	
Black pepper	to taste

*store in the fridge

Nutritional values

	Per 100g
Energy (kJ/kcal)	1200 /287
Total fat (g)	18
of which saturated (g)	8,5
Carbohydrates (g)	21
of which sugars (g)	3,5
Fibre (g)	2
Protein (g)	10
Salt (g)	1,1

Allergens

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



Bake the croissants

- Preheat the oven to 200°C.
- Transfer the croissants to a parchment-lined baking sheet.
- Bake in the oven for 6 - 8 minutes.



Prepare the toppings

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Cut open the croissants.



Make the croissants

- Spread the herbed cream cheese onto each croissant.
- Add the smoked salmon to the croissants.
- Top with the avocado and season with black pepper.

Enjoy!



'Kaiserschmarrn' with Cranberry Compote

classic Austrian pancake with raisins | 2 servings

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.

Ingredients for 4 servings

Dried cranberries (g)	80
Granulated sugar (g)	60
Ground cinnamon (tsp)	1
Raisins (g)	20
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	200
Flour (g)	100
Powdered sugar (g)	100
Not included	
Water (ml)	200
[Plant-based] butter (tbsp)	1
Salt (tsp)	0

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From your pantry

Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per 100g
Energy (kJ/kcal)	796 /190
Total fat (g)	3
of which saturated (g)	1,5
Carbohydrates (g)	36
of which sugars (g)	25,5
Fibre (g)	1
Protein (g)	4
Salt (g)	0,1

Allergens

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



Prepare

- Transfer the cranberries, the cinnamon and the water to a saucepan (see pantry for amount). Add 2 tbsp of the granulated sugar and place the saucepan over medium heat.
- Simmer gently for 10 - 15 minutes until the cranberries burst, stirring frequently. Set aside to cool down and thicken.



Beat the eggs

- Meanwhile, soak the raisins in a small bowl of water.
- Separate the egg white from the yolk and transfer both to separate large bowls.
- Add a pinch of salt to the egg whites, then use a handheld mixer to beat into stiff peaks.



Make the batter

- Beat the egg yolks with 20g granulated sugar for 4 - 5 minutes until light and airy.
- Gradually beat in the milk and the flour.
- Use a spatula to carefully fold in the egg whites until smooth.



Fry the kaiserschmarrn

- Melt half of the butter in a frying pan with a thick base over medium heat.
- Pour in the batter, then cover with the lid and cook for 3 minutes.
- Scatter over the raisins and cook for 2 more minutes, or until golden-brown.
- Quarter the kaiserschmarrn, then flip and cook for another 3 minutes or until golden-brown.



Finish

- Tear the kaiserschmarrn into bite-sized pieces.
- Add 1 tbsp granulated sugar and the rest of the butter to the pan.
- Increase the heat to medium-high and toss the kaiserschmarrn for 3 - 4 minutes until the sugar has caramelised.



Serve

- Serve the kaiserschmarrn on deep plates.
- Scatter over the powdered sugar and serve with the cranberry compote alongside.

Enjoy!



Salad with Chicken and Pesto Dressing

with Greek-style cheese, giant couscous and fresh vegetables | 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.

Ingredients

Chicken breast* (unit(s))	1
Spinach* (g)	100
Bell pepper* (unit(s))	1
Greek-style spice mix (sachet(s))	1
Giant couscous (g)	75
Greek-style cheese* (g)	50
Mini Roma tomatoes* (g)	125
Green pesto* (g)	40
From your pantry	
Extra virgin olive oil (tbsp)	2
Red wine vinegar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2381 / 569	651 / 156
Total fat (g)	35	9
of which saturated (g)	8,3	2,3
Carbohydrates (g)	35	10
of which sugars (g)	8,8	2,4
Fibre (g)	6	2
Protein (g)	28	8
Salt (g)	1,2	0,3

Allergens

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

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Fry the chicken

- Boil plenty of water in a pot or saucepan and cook the giant couscous for 12 - 14 minutes, covered, then drain and set aside.
- Cut the chicken breast filet into cubes, then add it to a bowl.
- Mix in half of the Greek-style spice mix and season with salt and pepper.
- Heat the sunflower oil in a frying pan over medium-high heat. Fry the chicken for 5 - 6 minutes until done, then remove from the pan and set aside.

Prepare the vegetables

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

Make the salad jars

- Crumble the Greek-style cheese.
- Pour the dressing into two jars.
- Add the ingredients to the jars in the following order: bell pepper, mini Roma tomatoes, giant couscous, spinach, chicken and Greek-style cheese (see Tip).

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

Enjoy!



Classic Falafel Wrap

with aioli, Greek-style cheese and za'atar | 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.

Ingredients

Falafel* (unit(s))	8
Lebanese flatbread (unit(s))	2
Persian cucumber* (unit(s))	1
Aioli (g)	75
Za'atar (sachet(s))	1
Greek-style cheese* (g)	50
Tomato (unit(s))	1
Red onion (unit(s))	1
Lamb's lettuce* (g)	40

From your pantry

White wine vinegar (tbsp)	1
Sugar (tsp)	1
Olive oil (tbsp)	1
Sambal	to taste
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2900 / 693	754 / 180
Total fat (g)	43	11
of which saturated (g)	8,9	2,3
Carbohydrates (g)	56	15
of which sugars (g)	11,7	3
Fibre (g)	8	2
Protein (g)	18	5
Salt (g)	1,9	0,5

Allergens

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

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Prepare

- Preheat the oven to 180°C.
- Chop the onion into half rings.
- In a small bowl, combine the white wine vinegar with the sugar.
- Transfer the onion to the bowl and season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.

Fry the falafel

- Dice the tomato. Slice the cucumber into crescents. Crumble the Greek-style cheese.
- Heat a drizzle of olive oil in a frying pan and fry the falafel for 2 - 4 minutes over high heat.
- Drizzle some water on the flatbread and sprinkle some za'atar on top.
- Bake the flatbread in the oven for 2 - 3 minutes or until crunchy.

Serve

- Cut the flatbread lengthways and spread the aioli on the inside (see Tip).
- Fill with the lettuce, tomato and cucumber.
- Add the falafel on top of the vegetables.
- Garnish with the pickled onion, the Greek-style cheese and the rest of the za'atar.

Tip: if you like spicy food, feel free to add some sambal to taste to your wrap.

Enjoy!



Spicy Pulled Chicken Sandwich

on Turkish bread with sriracha mayo | 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.

Ingredients

Red onion (unit(s))	1
Persian cucumber* (unit(s))	1
Bell pepper* (unit(s))	1
Garlic (unit(s))	1
Pulled chicken* (g)	100
Sweet chili sauce* (g)	35
Mini Turkish bread (unit(s))	2
Sriracha mayo* (g)	100
Radicchio & iceberg lettuce* (g)	50
From your pantry	
[Reduced salt] ketjap manis (tbsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste
*store in the fridge	

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2749 / 657	610 / 146
Total fat (g)	33	7
of which saturated (g)	4,1	0,9
Carbohydrates (g)	67	15
of which sugars (g)	17,3	3,8
Fibre (g)	7	2
Protein (g)	21	5
Salt (g)	2,6	0,6

Allergens

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

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Prepare

- Preheat the oven to 180°C.
- Finely chop the onion and cut the bell pepper into strips.
- Press or mince the garlic.

Fry the pulled chicken

- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat.
- Fry the garlic and onion for 2 minutes, then add the bell pepper and pulled chicken and fry for 4 minutes.
- Add the sweet chili sauce and ketjap, then continue to cook for another 2 minutes.
- Season with salt and pepper to taste.

Serve

- Put the Turkish bread in the oven for 5 - 8 minutes.
- Slice the cucumber.
- Cut open the Turkish bread and top with the pulled chicken, cucumber and mixed leaves.
- Drizzle over the sriracha mayo and serve.

Enjoy!



Avocado Toast with Prosciutto and Burrata

with tomato and basil | 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.

Ingredients

Avocado (unit(s))	1
Roma tomato (unit(s))	2
Burrata* (ball(s))	1
White demi-baguette (unit(s))	2
Fresh basil* (g)	10
Prosciutto crudo* (g)	100
From your pantry	
Balsamic vinegar (tsp)	2
Olive oil	to taste
Extra virgin olive oil	to taste
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2879 / 688	748 / 179
Total fat (g)	30	8
of which saturated (g)	11,4	3
Carbohydrates (g)	70	18
of which sugars (g)	4,7	1,2
Fibre (g)	8	2
Protein (g)	33	8
Salt (g)	4,2	1,1

Allergens

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

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Prepare

- Preheat the oven to 200°C.
- Cut the demi-baguette in half lengthways and brush olive oil over it as preferred. Season with salt and pepper.
- Place the half baguettes cut side up on a parchment-lined baking sheet and toast for 5 - 7 minutes in the oven (see Tip).
- Cut the avocado in half and remove the pit and skin. Cut the avocado lengthways into thin slices.

Tip: you can also toast the baguette in a toaster or toastie maker if you have one.

Make the tomato salsa

- Finely chop the basil.
- Dice the tomato.
- In a small bowl, combine the balsamic vinegar with extra virgin olive oil as preferred, then season with salt and pepper. Add the tomato and basil and mix well.

Serve

- Tear the burrata into small pieces.
- Serve the toast onto plates and top with the prosciutto and tomato salsa, followed by the avocado and burrata.
- Season with plenty of salt and pepper.

Enjoy!



Butter Chicken Fusion Bao Buns

with pickled onion & coriander | 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.

Ingredients

Bao buns (unit(s))	4
Chicken thigh* (unit(s))	2
Cooking cream (g)	150
Curry powder (sachet(s))	1
African-inspired spice mix (sachet(s))	1
Tomato paste (can)	1
Fresh coriander* (g)	10
Red onion (unit(s))	1
From your pantry	
[Plant-based] butter (tbsp)	2
Honey [or plant-based alternative] (tbsp)	1
Red wine vinegar (tbsp)	2
Sugar (tsp)	2
Salt & pepper	to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3063 / 732	740 / 177
Total fat (g)	35	8
of which saturated (g)	18,7	4,5
Carbohydrates (g)	73	18
of which sugars (g)	28,4	6,9
Fibre (g)	6	1
Protein (g)	31	8
Salt (g)	1,2	0,3

Allergens

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

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Prepare

- Preheat the oven to 180°C.
- Slice the onion into thin half rings.
- In a bowl, combine the red wine vinegar and sugar. Add the onion and season with salt and pepper to taste. Mix everything together and set aside, stirring occasionally so the flavours can sink in.

Fry

- Melt the butter in a frying pan over medium-high heat. Add the curry powder and African-inspired spice mix and fry for 1 minute, then add the tomato paste and fry for a further minute.
- Meanwhile, dice the chicken into 1cm chunks. Add the chicken to the pan and fry for 3 - 4 minutes.
- Add the cooking cream and the honey. Stir to combine, then turn up the heat and cook for 1 - 2 minutes. Season to taste with salt and pepper.

Serve

- Meanwhile, bake the bao buns in the oven for 4 - 5 minutes.
- Finely chop the coriander.
- Carefully open the bao buns and fill them with the chicken and creamy sauce.
- Garnish with the pickled onion and the coriander.

Enjoy!



Grilled Cheese with Brie and Prosciutto Crudo

with mango chutney and arugula | 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.

Ingredients

Creamy French brie* (g)	175
Mango chutney* (g)	40
Arugula* (g)	40
Tomato ketchup* (g)	60
Tomato (unit(s))	2
Prosciutto crudo* (g)	50
Brioche bun (unit(s))	2

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2456 / 587	744 / 178
Total fat (g)	30	9
of which saturated (g)	18,8	5,7
Carbohydrates (g)	53	16
of which sugars (g)	11	3,3
Fibre (g)	4	1
Protein (g)	28	8
Salt (g)	3,5	1,1

Allergens

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

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Assemble

- Cut the brie into slices. Slice the tomato.
- Slice the bread in half and spread the mango chutney on top.
- Add a layer of brie, tomato, prosciutto crudo and arugula, then close the sandwich.

2



Toast

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

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

3



Serve

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

Enjoy!