



# Garlic Shrimp over Eggplant Orzotto

with Greek-style cheese & parsley

Calorie Smart

Total time: 30 - 40 min.



Garlic



Onion



Eggplant



Tomato



Fresh flat leaf  
parsley & basil



Orzo



Italian seasoning



Dried oregano



Tomato paste



Greek-style cheese



Shrimp



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

It is best to store eggplants in a cool, dark place that is around 15°C. So preferably not in the fridge, but rather in a cool cellar or pantry.

## Before you begin

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

## Utensils

Lidded deep frying pan, frying pan or grill pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	1	2	3	4	5	6
Eggplant* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Orzo (g)	75	150	225	300	375	450
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Dried oregano (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato paste (can)	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Shrimp* (g)	80	160	240	320	400	480

### From your pantry

Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper				to taste		

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2778 /664	409 /98
Total fat (g)	26	4
of which saturated (g)	7,7	1,1
Carbohydrates (g)	73	11
of which sugars (g)	14,4	2,1
Fibre (g)	13	2
Protein (g)	30	4
Salt (g)	2	0,3

## Allergens

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



### 1. Prepare

Prepare the stock. Chop the **onion** and crush or **mince** the **garlic**. Dice the **eggplant** into 1cm cubes. Finely chop the **parsley** and dice the **tomato**.



### 4. Prepare the garnishes

Dice the **Greek-style cheese** and cut the **basil** into ribbons.



### 2. Fry the eggplant

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the orzo for 1 - 2 minutes, seasoning with salt and pepper, then remove from the pan and set aside. Add another drizzle of olive oil to the pan, then fry the **onion** with half of the **garlic** for 2 minutes. Stir in the **eggplant**, **oregano** and half of the **Italian seasoning**, then fry for 6-8 minutes.



### 5. Fry the shrimp

Heat a drizzle of olive oil in a frying pan or grill pan over medium high heat. Fry the **shrimp** with the rest of the **garlic** and Italian seasoning for 1 - 2 minutes per side.

**Did you know...** 🍤 shrimp may be low in calories, but they are rich in protein and calcium.



### 3. Cook the orzo

Stir in the **tomato**, **parsley**, **tomato paste** and the stock, then add the **orzo** and mix well to combine. Cover with the lid and allow to cook for 12-15 minutes, stirring regularly (see Tip). Season to taste with salt and pepper.

**Tip:** add more water as necessary if the orzo becomes too dry.



### 6. Serve

Serve the **orzo** on plates and top with the **shrimp** and the **Greek-style cheese**. Drizzle with the cooking juices from the pan, then garnish with the **basil**.

Enjoy!





# Bulgur Bowl with Avocado Dip and Greek-Style Cheese

with fresh herbs, shaved almonds & dried cranberries

Calorie Smart Veggie

Total time: 35 - 45 min.



Onion



Tomato



Cucumber



Bulgur



Ground coriander



Fresh flat leaf  
parsley & mint



Shaved almonds



Greek-style cheese



Dried cranberries



Red chili pepper



Bell pepper



Avocado dip



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

Did you know that bulgur is made of wheat grains? This makes it a whole-grain product, full of fibre, iron and B-vitamins.

## Before you begin

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

## Utensils

Lidded pot or saucepan, salad bowl, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1	1	2	2
Bulgur (g)	75	150	225	300	375	450
Ground coriander (tsp)	½	1	1½	2	2½	3
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Shaved almonds (g)	10	20	30	40	50	60
Greek-style cheese* (g)	25	50	75	100	125	150
Dried cranberries (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	1	2	2	3
Avocado dip* (g)	40	80	120	160	200	240

### From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Water (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2548 /609	385 /92
Total fat (g)	24	4
of which saturated (g)	6,3	1
Carbohydrates (g)	70	11
of which sugars (g)	14	2,1
Fibre (g)	21	3
Protein (g)	20	3
Salt (g)	1,4	0,2

## Allergens

Always remember to check the ingredient label for the most



### 1. Prepare

In a pot or saucepan, boil the water and crumble in the stock cube (see pantry for amounts). In the meantime, slice the **onion** into thin rings. Dice the **cucumber, bell pepper** and **tomato**. Deseed and finely chop the **red chili pepper**.\*

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



### 4. Prepare the toppings

In the meantime, tear the **mint** leaves from the stems and chop into thin ribbons. Roughly chop the **parsley** and crumble the **Greek-style cheese**.



### 2. Cook the bulgur

Boil the **bulgur** for 10 - 12 minutes, covered, until done. Stir regularly, then drain when finished and set aside. Meanwhile, in a salad bowl combine the **tomato** and **cucumber** with the **ground coriander** and white wine vinegar. Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



### 5. Make the salad

Transfer the **bulgur**, fried vegetables and two thirds of the fresh herbs to the salad bowl and mix well to combine. Season to taste with salt and pepper.

**Did you know...** 🌱 this recipe is low in saturated fat and rich in unsaturated plant-based fats, thanks to the avocado and olive oil. These ingredients are not only delicious, but they also help lower cholesterol and benefit cardiovascular health overall.



### 3. Fry the vegetables

Heat a clean frying pan over medium-high heat and toast the **shaved almonds** until golden-brown, then remove from the pan and set aside. Fry the **onion** and **bell pepper** in the same pan for 3 - 4 minutes, adding a generous pinch of salt. Stir regularly so as to prevent them from burning. Add the olive oil, then reduce the heat allow to caramelize for 6 - 8 minutes.



### 6. Serve

Serve the salad on plates and top with the **avocado dip**. Garnish with the **shaved almonds, Greek-style cheese, dried cranberries** and **red chili pepper**. Finish with the rest of the fresh herbs and then drizzle over some extra virgin olive oil as preferred.

Enjoy!





# Chicken Stir-Fry with Noodles & Pak Choi

with courgette, chili pepper & gomashio

Family Nice & Fast

Total time: 25 - 35 min.



Garlic



Fresh ginger



Red chili pepper



Soy sauce



East Asian-style sauce



Courgette



Pak choi



Onion



Ground paprika



Mie noodles



Gomashio



Carrot



Chicken mince with Asian-style seasoning



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

From sweet to savoury, from tea to cake, ginger is incredibly versatile. Ginger combines excellently with slightly sweet ingredients like carrot and pumpkin, as well as with other spices like aniseed and chilli.

## Before you begin

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

## Utensils

Bowl, grater, pot or saucepan, 2x wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Soy sauce (ml)	10	15	25	30	40	45
East Asian-style sauce* (sachet(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Mie noodles (g)	50	100	150	200	250	300
Gomashio (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Chicken mince with Asian-style seasoning* (g)	100	200	300	400	500	600
From your pantry						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2724 /651	535 /128
Total fat (g)	29	6
of which saturated (g)	8,9	1,7
Carbohydrates (g)	62	12
of which sugars (g)	17,6	3,5
Fibre (g)	7	1
Protein (g)	30	6
Salt (g)	3,9	0,8

## Allergens

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



### 1. Prepare

Boil plenty of water in a pot or saucepan and cook the **noodles** for 3 - 4 minutes, then drain and set aside. Crush or mince the **garlic**. Grate the **ginger** with a microplane. Deseed and finely chop the **red chili pepper**.\* In a bowl, combine the **garlic** with the **ginger, chili pepper, soy sauce** and **East Asian-style sauce**.

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



### 2. Fry the vegetables

Slice the **courgette** and the **carrot** into thin crescents. Discard the base of the **pak choi** and then finely chop both the stem and the leaves. Chop the **onion**. Heat a generous drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the vegetables with the **paprika** for 6 - 8 minutes, seasoning to taste with salt and pepper.



### 3. Add the chicken

Heat a drizzle of sunflower oil in another wok or deep frying pan over medium-high heat. Fry the **chicken** for 3 - 4 minutes until done, then transfer it to the vegetables. Add the sauce and fry for 1 more minute, then add the **noodles** and mix well to combine. Fry for 1 more minute over high heat.

**Did you know...** 🥒 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.



### 4. Serve

Serve the **noodles** on plates and garnish with the **gomashio**.

Enjoy!





# Homemade Chicken Tostadas

with cheddar & tomato-corn salad

Family Nice & Fast

Total time: 20 - 30 min.



Tomato



Onion



Corn



Mexican-style spices



Chicken mince with Mexican seasoning



Passata



Mini tortillas



Grated cheddar



Lime



Lamb's lettuce



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With these tostadas, you can imagine that you're in Latin America for a while! A tostada is a toasted or deep-fried tortilla, which you'll top with other tasty ingredients.

## Before you begin

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

## Utensils

Parchment-lined baking sheet, sieve or colander, salad bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Corn (g)	70	140	210	285	350	425
Mexican-style spices (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Passata (g)	100	200	300	390	500	590
Mini tortillas (unit(s))	3	6	9	12	15	18
Grated cheddar* (g)	40	75	115	150	190	225
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Lamb's lettuce* (g)	30	60	80	100	140	160
From your pantry						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3230 / 772	562 / 134
Total fat (g)	38	7
of which saturated (g)	17	3
Carbohydrates (g)	65	11
of which sugars (g)	13,1	2,3
Fibre (g)	11	2
Protein (g)	39	7
Salt (g)	3,5	0,6

## Allergens

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



### 1. Prepare

Preheat the oven to 220°C. Chop the onion and dice the tomato. Drain the corn.

**Did you know...** 🌽 corn is rich in magnesium, which plays an important role in the formation of bones and muscles. Other good sources of magnesium include peanuts, pulses, bananas, wholegrains and cocoa.



### 2. Make the sauce

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion for 1 - 2 minutes. Add the Mexican spices\* and fry for 1 minute, then add the chicken mince and fry for 3 minutes, separating it as you do so. Add the passata and half each of the corn and tomato, then allow to simmer for 4 - 5 minutes.

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



### 3. Make the tostadas

In the meantime, transfer the tortillas to a parchment-lined baking sheet and bake in the oven for 2 - 3 minutes. Spread the sauce over the tortillas, then top with the cheddar. Return to the oven for 4 - 5 minutes so as to allow the cheese to melt. In the meantime, cut the lime into wedges.



### 4. Serve

In a salad bowl, combine the extra virgin olive oil with the juice of 1 lime wedge per person. Season to taste with salt and pepper. Add the lamb's lettuce, along with the rest of the corn and tomato, then toss well to combine with the dressing. Serve the tostadas with the salad and the rest of the lime wedges.

Enjoy!





# Pumpkin-Peanut Butter Soup

with flatbread & a jammy egg

Calorie Smart Veggie

Total time: 30 - 40 min.



Garlic



Carrot



Onion



Diced pumpkin



Curry powder



Egg



Wholewheat  
Lebanese flatbread



Peanut butter



Soy sauce



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

Traditionally, Lebanese flatbreads are baked in a convex pan called a 'saj', but they can also be baked in the oven or in a pancake pan.

## Before you begin

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

## Utensils

Kettle, saucepan, lidded soup pot, immersion blender, frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	150	300	450	600	750	900
Curry powder (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Wholewheat Lebanese flatbread (unit(s))	1	2	3	4	5	6
Peanut butter (tub)	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60

### From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Water (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2079 /497	276 /66
Total fat (g)	24	3
of which saturated (g)	5,1	0,7
Carbohydrates (g)	47	6
of which sugars (g)	11,4	1,5
Fibre (g)	14	2
Protein (g)	20	3
Salt (g)	2,8	0,4

## Allergens

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



## 1. Prepare

Crush or **mince** the **garlic** and boil the water (see pantry for amount).

**Did you know...** 🌱 this recipe provides over 250g of vegetables, thanks mainly to the pumpkin, which is a great source of potassium as well as vitamins C and E. Together, these nutrients help boost immunity and support blood pressure health.



## 4. Boil the egg

In the meantime, boil plenty of water in a lidded saucepan and boil the **eggs** for 6 - 8 minutes, covered. Rinse under cold water, then peel off the shell and cut the **eggs** in half.

**Did you know...** 🌱 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.



## 2. Chop the vegetables

Slice the **carrot** and chop the **onion**.



## 5. Blend the soup

In the meantime, heat the **flatbread** for 30 seconds per side in a dry frying pan over medium-high heat (see Tip). Remove the soup pot from the heat, add the **peanut butter** and then process into a smooth soup with an immersion blender. Add some more water if you would prefer the soup to be thinner. Season to taste with pepper, along with **soy sauce** as preferred.

**Tip:** to make the flatbread crispy, drizzle with olive oil and fry for 3 - 4 minutes, seasoning with salt.



## 3. Make the soup

Heat the olive oil in a lidded soup pot over high heat and fry the **garlic** with the **onion**, **carrot**, **diced pumpkin** and the **curry powder** for 2 minutes. Add the hot water and crumble in the stock cube. Cover with the lid and bring to a boil, then allow to simmer gently for 14 - 16 minutes.



## 6. Serve

Serve the soup in bowls and top with the **egg**. Serve with the **flatbread**.

Enjoy!





# Veggie Schnitzel with Creamy Mushroom Sauce

with baby potatoes & cucumber salad

Veggie Nice & Fast

Total time: 20 - 30 min.



Baby potatoes



Onion



Garlic



Mushrooms



Cooking cream



Vegan schnitzel



Fresh chives



Cucumber



Arugula & lamb's lettuce



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When slicing chives, hold them against your chopping board in a tight bundle with one hand. With the other, chop them using your knife. This ensures even cuts and stops them from flying around the kitchen.

## Before you begin

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

## Utensils

Deep frying pan, pot or saucepan, salad bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	50	100	150	200	250	300
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Fresh chives* (g)	2½	5	7½	10	12½	15
Cucumber* (unit(s))	½	1	1	1	2	2
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Water for the sauce (ml)	30	60	90	120	150	180
White balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3573 / 854	529 / 127
Total fat (g)	48	7
of which saturated (g)	13,6	2
Carbohydrates (g)	79	12
of which sugars (g)	13,9	2,1
Fibre (g)	20	3
Protein (g)	20	3
Salt (g)	2,4	0,4

## Allergens

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



### 1. Prepare

Boil plenty of salted water in a pot or saucepan. Thoroughly wash the baby potatoes and cut them in half, or any larger ones into quarters. Slice the onion into half rings, crush or mince the garlic and slice the mushrooms. Boil the baby potatoes for 10 - 12 minutes, then drain and set aside.



### 2. Make the sauce

Melt the butter in a deep frying pan over medium-high heat and fry the garlic, onion and mushrooms for 2 - 4 minutes. Deglaze the pan with the cream and two thirds of the white balsamic vinegar. Add the water and then crumble in the stock cube (see pantry for amounts). Season the sauce to taste with black pepper, then allow to reduce for 8 - 10 minutes.



### 3. Make the salad

In the meantime, heat a drizzle of olive oil in a frying pan over medium-high heat and fry the schnitzel for 3 minutes per side. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents. Finely chop the chives. In a salad bowl, combine the extra virgin olive oil with the mustard and the rest of the white balsamic vinegar. Season to taste with salt and pepper, then add the cucumber, lettuce and half of the chives. Toss well to combine.



### 4. Serve

Serve the baby potatoes on plates with the veggie schnitzel and salad. Garnish with the rest of the chives and serve with a dollop of mayonnaise. Serve the mushroom sauce in a small bowl alongside.

**Did you know...** 🥒 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.

Enjoy!





# Veggie Burger with Mushrooms

with potato wedges & arugula

Veggie

Total time: 40 - 50 min.



Potatoes



Hamburger bun with sesame seeds



Arugula & lamb's lettuce



Onion



Mushrooms



Veggie burger from The Vegetarian Butcher



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

## Before you begin

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

## Utensils

Parchment-lined baking sheet, bowl, kitchen paper, salad bowl, small bowl, 2x frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Onion (unit(s))	½	1	1½	2	2½	3
Mushrooms* (g)	125	250	375	500	625	750
Veggie burger from The Vegetarian Butcher* (unit(s))	1	2	3	4	5	6
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Honey (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4213 / 1007	678 / 162
Total fat (g)	58	9
of which saturated (g)	12	1,9
Carbohydrates (g)	86	14
of which sugars (g)	9,2	1,5
Fibre (g)	16	3
Protein (g)	30	5
Salt (g)	2,8	0,5

## Allergens

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



### 1. Make the wedges

Preheat the oven to 220°C. Thoroughly wash the **potatoes** and cut them into wedges. Pat the **potato** wedges dry with kitchen paper or a clean kitchen towel. Transfer the **potato** wedges to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking tray and bake in the oven for 30 - 35 minutes, tossing halfway.



### 2. Make the salad

In a salad bowl, combine the extra virgin olive oil with balsamic vinegar. Season to taste with salt and pepper. Shortly before serving, toss the lettuce mix with the dressing.



### 3. Make the sauce

In a small bowl, combine the mayonnaise with the honey, then season to taste with salt and pepper (see Tip).

**Tip:** 🌱 are you watching your calorie intake? You can substitute some of the mayonnaise for yogurt; per person, use 1 tsp mayonnaise and 2 tbsp yogurt. You can also serve half of the potatoes and keep the rest to use another time.



### 4. Fry the mushrooms

Cut the **onion** into thin half rings and slice the **mushrooms**. Melt half of the butter in a frying pan over medium-high heat and fry the **onion** with the **mushrooms** for 5 - 6 minutes. Season with salt and pepper, then take the pan off the heat and set aside to keep warm.

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



### 5. Fry the burger

Melt the rest of the butter in a frying pan over medium-high heat and fry the **veggie burger** for 2-3 minutes per side.



### 6. Serve

Cut open the **burger bun** and spread with half of the honeyed mayonnaise. Top with the **burger** and half of the fried vegetables. Serve the **burger** with the **potato** wedges and the salad. Serve the rest of the fried vegetables and the honeyed mayonnaise alongside.

Enjoy!





# Sweet Potato Stampot with Greek-Style Cheese

with caramelised onion, arugula & pecans

Veggie Nice & Fast

Total time: 25 - 35 min.



Potatoes



Sweet potato



Onion



Red cherry tomatoes



Italian seasoning



Chopped pecans



Greek-style cheese



Arugula & lamb's lettuce



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

Both sweet potatoes and regular potatoes are packed with vitamins and minerals, including vitamin A, which contributes to healthy eyes and a strong immune system.

## Before you begin

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

## Utensils

Bowl, oven dish, pot or saucepan, potato masher, frying pan

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Sweet potato (g)	75	150	225	300	375	450
Onion (unit(s))	1	2	3	4	5	6
Red cherry tomatoes (g)	125	250	375	500	625	750
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Chopped pecans (g)	10	20	30	40	50	60
Greek-style cheese* (g)	50	100	150	200	250	300
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
From your pantry						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1½	3	4½	5	7½	8
[Plant-based] milk (splash)					splash	
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3008 / 719	455 / 109
Total fat (g)	39	6
of which saturated (g)	12,5	1,9
Carbohydrates (g)	68	10
of which sugars (g)	13,7	2,1
Fibre (g)	16	2
Protein (g)	20	3
Salt (g)	2	0,3

## Allergens

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



### 1. Boil the potatoes

Preheat the oven to 220°C. Weigh out the **potatoes** and **sweet potatoes**, then peel and cut into rough pieces. Transfer to a pot or saucepan and cover with water. Crumble in the stock cube and then boil for 12 – 15 minutes until done. Reserve some of the cooking liquid, then drain and set aside.

*Did you know...🌱 boiling the potatoes in stock not only boosts the flavour but also helps keep the salt levels in check, since you discard most of the stock after cooking.*



### 4. Mash the potatoes

Mash the **potatoes** and **sweet potatoes** with a splash of milk or the reserved stock. Stir in the mustard and season to taste with salt and pepper.



### 2. Toast the pecans

Slice the **onion** into half rings. In an oven dish, combine the **cherry tomatoes** with the balsamic vinegar and half each of the **onion** and olive oil. Season with salt and pepper, then roast in the oven for 15 - 17 minutes, tossing halfway. Chop the **pecans** into smaller pieces if preferred. Heat a clean frying pan over high heat and toast the **pecans** until evenly browned, then remove from the pan and set aside.



### 5. Finish the stampot

Stir the **onion** and half of the **Greek-style cheese** into the mash. If preferred, briefly heat the pan so as to allow the **cheese** to melt. Add the **cherry tomatoes** and the **lettuce**, then mix well to combine.



### 3. Fry the onion

In a bowl, combine the extra virgin olive oil with the Italian seasoning. Dice the **Greek-style cheese** into 1cm cubes, then transfer to the bowl and toss well to coat with the oil. Set aside until serving. Heat the rest of the olive oil in the same frying pan over medium heat. Fry the rest of the **onion** for 6–8 minutes, seasoning with salt and pepper.



### 6. Serve

Serve the stampot on plates and garnish with the **pecans** and the rest of the **Greek-style cheese**.

*Did you know...🌱 onion provides numerous benefits. Not only is it rich in fibre and B vitamins, onion is also rich in antioxidants and vitamin C.*

Enjoy!





# Beef Merguez Bowl with Yogurt Sauce

over vadouvan rice with garlicky spinach

Family Nice & Fast

Total time: 25 - 35 min.



Jasmine rice



Vadouvan



Beef merguez sausage



Greek yogurt



Apple



Shallot



Baby spinach



Fresh mint



Cucumber



Garlic



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

Merguez owes its colour, aroma and flavour to the specific spices used in its preparation - paprika, chili, coriander, cumin, ginger and even more!

## Before you begin

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

## Utensils

Bowl, lidded frying pan, lidded pot or saucepan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Vadouvan (sachet(s))	⅓	⅔	1	1½	1¾	2
Beef merguez sausage* (unit(s))	2	4	6	8	10	12
Greek yogurt* (g)	75	150	225	300	375	450
Apple* (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1	2	2	3
Baby spinach* (g)	65	125	190	250	315	375
Fresh mint* (g)	5	10	15	20	25	30
Cucumber* (unit(s))	½	1	1	1	2	2
Garlic (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	180	360	540	720	900	1080
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3326 /795	478 /114
Total fat (g)	37	5
of which saturated (g)	13,4	1,9
Carbohydrates (g)	80	12
of which sugars (g)	14,5	2,1
Fibre (g)	9	1
Protein (g)	31	4
Salt (g)	1,8	0,3

## Allergens

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



### 1. Prepare

Chop the shallot and crush or mince the garlic. Prepare the stock. Heat a drizzle of olive oil in a pot or saucepan over medium-high heat and fry the vadouvan with half each of the garlic and shallot for 1 - 2 minutes.



### 2. Boil the rice

Add the rice and pour in the stock, then bring to the boil. Reduce the heat to low and cover with the lid, then allow the rice to cook for 12-15 minutes. Stir occasionally so as to prevent it from sticking, then remove from the heat and allow to stand until serving, still covered. Meanwhile, core and dice the apple. Slice the cucumber into crescents.



### 3. Fry the sausages

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sausages for 2 - 3 minutes until evenly browned. Cover with the lid and fry for 2 - 4 more minutes or until done, turning regularly. Remove from the pan and set aside. In the same pan, fry the rest of the garlic and shallot for 1 minute, then add the spinach and fry for 2 - 4 minutes.



### 4. Serve

Finely chop the mint and transfer to a bowl, then add the yogurt. Mix well to combine, seasoning to taste with salt and pepper. Serve the rice on deep plates or bowls and top with the apple, cucumber, spinach and sausages. Drizzle over the yogurt sauce.

**Did you know...** 🍏 apple contains pectin, a fermentable fibre which boosts gut health, cholesterol and immunity.

Enjoy!





# Fragrant Coconut Fish Stew

inspired by Brazilian moqueca, over rice with coriander

Nice & Fast

Total time: 25 - 35 min.



Onion



Carrot



Mexican-style spices



Coconut milk



Chopped tomatoes



White long grain rice



Fresh coriander



Pollock



Garlic



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

This recipe is inspired by Brazilian moqueca. In Brazil, this seafood stew is always prepared in an earthenware pot called a cassole.

## Before you begin

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

## Utensils

Lidded pot or saucepan, kitchen paper, lidded wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Chopped tomatoes (pack)	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Fresh coriander* (g)	2½	5	7½	10	12½	15
Pollock* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
From your pantry						
Low sodium fish stock cube (unit(s))	⅓	⅔	1	1½	1½	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3117 / 745	505 / 121
Total fat (g)	32	5
of which saturated (g)	24,8	4
Carbohydrates (g)	81	13
of which sugars (g)	12,8	2,1
Fibre (g)	11	2
Protein (g)	31	5
Salt (g)	2,1	0,3

## Allergens

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



### 1. Prepare

Chop the onion and dice the carrot. Crush or mince the garlic. Boil plenty of salted water in a lidded pot or saucepan for the rice.



### 2. Make the stew

Melt the butter in a wok or deep frying pan over medium heat. Fry the garlic, onion and Mexican spices\* for 2 minutes. Stir in the carrot, coconut milk and chopped tomatoes, then crumble in the stock cube (see pantry for amount). Allow to simmer gently over medium-low heat for 10 - 12 minutes, covered.

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



### 3. Boil the rice

Boil the rice for 10 - 12 minutes, covered, then drain and set aside. Finely chop the coriander (see Tip 1). Pat the fish dry and cut into 3cm chunks. Shortly before serving, transfer the fish to the stew and poach gently for 2 - 3 minutes. Season to taste with salt and pepper (see Tip 2).

**Tip 1:** coriander stalks are also full of flavour. Don't discard them, but be sure to chop them extra fine.

**Tip 2:** if you'd prefer the stew to be spicier, you can add sambal from your pantry!



### 4. Serve

Serve the rice with the fish stew. Garnish with the fresh coriander.

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

Enjoy!





# Speedy Chicken Linguine in Pesto Rosso Sauce

with spinach & cherry tomatoes

Family Nice & Fast

Total time: 20 - 30 min.



Linguine



Onion



Red cherry tomatoes



Chicken mince with Italian seasoning



Spinach



Pesto rosso



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

According to Italians, each variety of pasta goes with a certain kind of sauce. For instance, linguine, the thicker brother of spaghetti, goes perfectly with a light oil-based sauce.

## Before you begin

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

## Utensils

Lidded deep frying pan, pot or saucepan, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Chicken mince with Italian seasoning* (g)	100	200	300	400	500	600
Spinach* (g)	50	100	200	200	300	300
Pesto rosso* (g)	40	80	120	160	200	240
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3615 /864	763 /182
Total fat (g)	43	9
of which saturated (g)	9,8	2,1
Carbohydrates (g)	79	17
of which sugars (g)	9	1,9
Fibre (g)	11	2
Protein (g)	36	8
Salt (g)	1,1	0,2

## Allergens

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



### 1. Boil the linguine

Boil plenty of water in a pot or saucepan and cook the linguine for 12-14 minutes. Reserve some of the pasta water, then drain and set aside. In the meantime, chop the onion and halve the cherry tomatoes.

**Did you know...** 🍎 most of us eat less than 150g vegetables per day, which is much lower than the RDA. Thankfully however, this recipe contains over 200g per serving.



### 2. Fry the cherry tomatoes

Heat a drizzle of olive oil in a deep frying pan over high heat and fry the onion for 2 minutes, seasoning with salt and pepper. Add the cherry tomatoes, then cover with the lid. Set the heat to medium and fry for 3 more minutes.



### 3. Finish

In the meantime, melt a knob of butter in a frying pan over medium-high heat. Add the chicken mince and fry for 3 minutes, separating it as you do so, then transfer to the vegetables. Add the spinach, linguine and pesto. Add a splash of pasta water, then mix well to combine and fry for 1 minute or until the spinach has wilted.



### 4. Serve

Serve the chicken linguine on plates.

Enjoy!





# Cheese & Onion BBQ Pizza

with fresh pizza dough & Greek-style cheese

Family Veggie

Total time: 30 - 40 min.



Onion



Garlic



Pizza dough



Passata



Grated Gouda



Greek-style cheese



BBQ Sauce



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

Calling all Cheese & Onion-lovers! This week, you'll find a delicious pizza in your box with 2 different types of cheese and onion. Top it off with the barbecue sauce for a really tasty treat.

## Before you begin

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

## Utensils

Parchment-lined baking sheet, bowl, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	50	100	150	200	250	300
BBQ Sauce (g)	25	50	75	100	125	150
From your pantry						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4134 /988	825 /197
Total fat (g)	40	8
of which saturated (g)	23,3	4,6
Carbohydrates (g)	112	22
of which sugars (g)	16,8	3,4
Fibre (g)	6	1
Protein (g)	40	8
Salt (g)	5,3	1,1

## 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 (see Tip). Slice the onions into half rings. Crush or mince the garlic.

**Tip:** keep the pizza dough in the fridge until step 3, so as to ensure the best results after baking.



### 2. Make the sauce

Melt the butter in a frying pan over medium-high heat. Fry the garlic with half of the onion for 4 - 5 minutes, then add the passata and simmer gently for 1 minute. Season to taste with salt and pepper. Crumble the Greek-style cheese into a bowl, add the grated cheese and mix well to combine (see Tip).

**Tip:** 🌱 if you're watching your salt intake, use just half of the Greek-style cheese. You can keep the rest in the fridge to use tomorrow.



### 3. Make the pizza

Roll out the pizza dough onto a parchment-lined baking sheet. Spread with the tomato sauce, then top with the cheese mixture and the rest of the onion. Bake the pizza in the oven for 12 - 14 minutes, or until the cheese is golden-brown and melted.

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



### 4. Serve

Slice the pizza and drizzle over the barbecue sauce. Serve on plates or on a large cutting board.

Enjoy!





# BBQ Oyster Mushroom Pitas with Aioli

with banana pepper & slaw

Veggie Nice & Fast

Total time: 15 - 20 min.



Oyster mushrooms



BBQ Sauce



Onion



Garlic



Pita bread



BBQ spice rub



Aioli



Rainbow slaw mix



Fresh flat leaf parsley & chives



Banana pepper



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

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

## Before you begin

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

## Utensils

Bowl, large deep frying pan, small bowl

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Oyster mushrooms* (g)	200	400	600	800	1000	1200
BBQ Sauce (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Pita bread (unit(s))	2	4	6	8	10	12
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Aioli* (g)	25	50	75	100	125	150
Rainbow slaw mix* (g)	50	100	150	200	250	300
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Banana pepper* (unit(s))	½	1	2	2	3	3
From your pantry						
[Reduced salt] soy sauce (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Water (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3372 / 806	622 / 149
Total fat (g)	46	8
of which saturated (g)	11,4	2,1
Carbohydrates (g)	71	13
of which sugars (g)	16,3	3
Fibre (g)	17	3
Protein (g)	18	3
Salt (g)	3,1	0,6

## Allergens

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



### 1. Prepare

Preheat the oven to 200°C and bake the pitas for 6 - 8 minutes, or use a toaster if preferred. Slice the onion into half rings and crush or mince the garlic. Cut the banana pepper into thin rings.



### 2. Fry the oyster mushrooms

Heat a clean large frying pan over high heat. Tear the oyster mushrooms into strips of around 2cm thickness and fry for 2 - 3 minutes until golden-brown. Stir in a generous knob of butter along with the BBQ rub\*, garlic, onion and banana pepper, then fry for 5 - 6 more minutes.

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



### 3. Make the slaw

Roughly chop the fresh herbs and set half aside, then transfer the rest to a bowl along with the slaw mix, mayonnaise and white wine vinegar. Mix well to combine and season to taste with salt and pepper. In a small bowl, combine the BBQ sauce with the honey, soy sauce and half a tablespoon of water per person (see Tip). Remove the frying pan from the heat and stir the sauce into the mushrooms.

**Tip:** if you'd like to make it spicier, add some sambal or chili flakes as preferred!



### 4. Serve

Cut open the pitas and spread with some of the aioli as preferred, then fill with the slaw and oyster mushrooms. Serve the rest alongside the pitas and garnish with the rest of the fresh herbs. Serve the rest of the aioli alongside.

**Did you know...** 🌱 compared to other vegetables, red cabbage is very high in calcium, fibre and vitamin C.

Enjoy!





# Steak Udon in Mascarpone-Teriyaki Sauce

with mushrooms, leek & Thai basil

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Fresh udon noodles



Mascarpone



Teriyaki sauce



Vegetable mix with mushrooms



Garlic



Soy sauce



Salted peanuts



Mint, coriander & Thai basil



Steak strips



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

Did you know that mascarpone is considered a fresh cheese, just like cottage cheese, cream cheese and fresh meikaas? If the cheese production lacks maturation, then it is classified as a fresh cheese.

## Before you begin

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

## Utensils

Aluminum foil, large wok or deep frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Teriyaki sauce (g)	25	50	75	100	125	150
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Soy sauce (ml)	10	20	30	40	50	60
Salted peanuts (g)	10	20	30	40	50	60
Mint, coriander & Thai basil* (g)	5	10	15	20	25	30
Steak strips* (g)	100	200	300	400	500	600
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2431 /581	503 /120
Total fat (g)	24	5
of which saturated (g)	10	2,1
Carbohydrates (g)	52	11
of which sugars (g)	16,7	3,5
Fibre (g)	6	1
Protein (g)	36	7
Salt (g)	3,4	0,7

## Allergens

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



### 1. Prepare

Take the steak strips out of the fridge and allow to reach room temperature. Crush or mince the garlic.



### 2. Fry the vegetables

Heat a drizzle of olive oil in a large wok or deep frying pan over high heat. Fry the steak strips for 1 minute until evenly browned, then remove from the pan and set aside under aluminium foil (see Tip). In the same pan, fry the garlic with the vegetable mix for 4 - 6 minutes.

*Tip: fry the steak strips for more or less time as preferred, depending on how rare you'd like them. Do not cook them for too long in any case, however, as they will become tough.*



### 3. Chop the herbs

Stir in the mascarpone, teriyaki sauce and soy sauce, then add the udon noodles and cook for 3 more minutes. Season to taste with salt and pepper. Roughly chop the fresh herbs in the meantime.

**Did you know...** 🍄 mushrooms are high in phosphorus, which works with calcium to strengthen bones and teeth.



### 4. Serve

Serve the udon noodles on deep plates and top with the steak strips. Garnish with the peanuts and the fresh herbs.

Enjoy!





# Beef Pasta Bake with a Greek Twist

with courgette, Romano pepper & sour cream

Family

Total time: 45 - 55 min.



Penne



Onion



Garlic



Courgette



Romano pepper



Tomato



Dried oregano



Beef mince with kofta seasoning



Tomato paste



Greek-style cheese



Organic sour cream



Greek-style spice mix



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

The minced beef in this dish is already seasoned with köfte spices - this spice mix with cumin, cardamom and mint will fill your kitchen with delicious aromas!

## Before you begin

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

## Utensils

Bowl, oven dish, pot or saucepan, wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Penne (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	2	2	3	3
Dried oregano (sachet(s))	⅓	⅔	1	1½	1½	2
Beef mince with kofta seasoning* (g)	100	200	300	400	500	600
Tomato paste (can)	⅓	⅔	1	1½	1½	2
Greek-style cheese* (g)	25	50	75	100	125	150
Organic sour cream* (g)	50	100	150	200	250	300
Greek-style spice mix (sachet(s))	½	1	1½	2	2½	3
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3736 /893	669 /160
Total fat (g)	41	7
of which saturated (g)	16,6	3
Carbohydrates (g)	84	15
of which sugars (g)	15,5	2,8
Fibre (g)	9	2
Protein (g)	42	7
Salt (g)	2,1	0,4

## Allergens

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



### 1. Boil the penne

Preheat the oven to 220°C. Boil plenty of water in a pot or saucepan and cook the **penne** for 8 - 10 minutes (see Tip). Reserve the pasta water, then drain and set aside.

*Tip: this recipe is high in calories. Are you watching your calorie intake? Prepare all of the penne but then just serve two thirds. You can keep the rest of it in the fridge to use the next day.*



### 4. Make the topping

In the meantime, crumble the **Greek-style cheese** into a bowl, stir in the **sour cream** and season to taste with salt and pepper.



### 2. Chop the vegetables

Meanwhile, chop the **onion** and crush or mince the **garlic**. Dice the **courgette** into 1cm chunks, then deseed the **Romano pepper** and cut into thin strips. Dice the **tomato**. Heat the olive oil in a wok or deep frying pan over medium-high heat, then fry the onion with the **oregano** and the **Greek-style spices** for 2 minutes.



### 5. Assemble

Stir a quarter of the **sour cream** mixture into the **penne**, then transfer to an oven dish. Pour over the sauce and top with the rest of the **sour cream** mixture, then bake in the oven for 10 - 15 minutes.

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



### 3. Make the sauce

Stir in the **courgette** and the **Romano pepper** and fry for 8 - 10 minutes. Add the **garlic** and the **tomato** when there is 1 minute left, then add the **minced beef** and fry for 5 more minutes, separating it as you do so. Add the **tomato paste** when there are 2 minutes left, along with 50ml pasta water per person. Season to taste with salt and pepper.



### 6. Serve

Serve the pasta bake on plates.

*Did you know... 🍆 courgettes are technically classified as a fruit, as are cucumbers, pumpkins and tomatoes. Courgettes are high in iron, vitamin C and calcium.*

Enjoy!





# Fragrant Rice Pilaf with Steamed Cod

with Romano pepper & fresh parsley

Calorie Smart

Total time: 45 - 55 min.



Onion



Red chili pepper



Garlic



Carrot



Fresh ginger



Basmati rice



Spinach



Fresh curly parsley



Cod fillet



Surinamese-style spices



Romano pepper



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

Pilaf refers to a rice dish originally from the Middle East. Today, turn it into a full meal with colourful vegetables and fish!

## Before you begin

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

## Utensils

Lidded deep frying pan, grater, kitchen paper, small bowl

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Fresh ginger* (tsp)	1	2	3	4	5	6
Basmati rice (g)	75	150	225	300	375	450
Spinach* (g)	100	200	300	400	500	600
Fresh curly parsley* (g)	5	10	15	20	25	30
Cod fillet* (unit(s))	1	2	3	4	5	6
Surinamese-style spices (sachet(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3

### From your pantry

Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2536 /606	362 /87
Total fat (g)	22	3
of which saturated (g)	9,6	1,4
Carbohydrates (g)	70	10
of which sugars (g)	6,1	0,9
Fibre (g)	11	2
Protein (g)	30	4
Salt (g)	1,5	0,2

## Allergens

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



## 1. Prepare

Prepare the stock. Chop the **onion** and crush or **mince** the **garlic**. Deseed and finely chop the **red chili pepper**\*. Dice the **carrot** and **Romano pepper**, then finely grate the **ginger** (see Tip).

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

**Tip:** you can leave the ginger unpeeled.



## 4. Prepare the fish

In the meantime, roughly tear or chop the **spinach**. Pat the fish dry with kitchen paper and season with salt and pepper.



## 2. Fry the vegetables

Melt the butter in a deep frying pan and fry the **onion** with the ginger and the **chili pepper**\* for 3 minutes over medium heat. Add the **Surinamese-style spices** and the **garlic** and fry for 1 more minute. Turn up the heat and stir in the **Romano pepper** and **carrot**. Fry for 1 more minute and then stir in the rice.



## 5. Finish

Gradually stir in the **spinach** and allow to wilt and reduce, then season to taste with salt and pepper. Place the fish on top of the **rice** and then cover the pan with the lid. Allow to steam for 8 – 10 minutes, or until done (see Tip). In the meantime, finely chop the **parsley** and transfer to a small bowl. Drizzle with extra virgin olive oil and season to taste with salt and pepper, then mix well to combine.

**Tip:** use a skewer to check the fish. If it goes through easily, then it's done.



## 3. Cook the rice

Add the stock and bring to a boil, then reduce the heat to medium-low and allow to cook gently for 10–12 minutes, covered. Stir regularly so as to prevent the **rice** from sticking to the bottom of the pan (see Tip).

**Tip:** add more water or stock as necessary if the rice is too dry.



## 6. Serve

Serve the **rice** on plates and top with the fish. Garnish the fish with the herb oil.

**Did you know...** 🌱 spinach is full of nutrients but it is particularly rich in iron, which is essential for transporting oxygen throughout the body. This helps us feel energised.

Enjoy!





# Mediterranean-Style Scrambled Eggs

with Greek-style cheese & potato wedges

Family Veggie

Total time: 40 - 50 min.



Potatoes



Cucumber



Tomato



Scallions



Mesclun



Egg



Greek-style cheese



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

Scrambled eggs for dinner? Why not? This vitamin-rich dish can be used as a tasty base for any meal.

## Before you begin

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

## Utensils

Bowl, deep frying pan, salad bowl, frying pan, lidded wok or deep frying pan

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (unit(s))	½	1	1¾	2	2¾	3
Tomato (unit(s))	1½	3	4	6	7	9
Scallions* (bunch)	¼	¼	½	½	¾	¾
Mesclun* (g)	20	40	60	80	100	120
Egg* (unit(s))	2	4	6	8	10	12
Greek-style cheese* (g)	50	100	150	200	250	300

### From your pantry

Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3

[Plant-based] mayonnaise to taste

Salt & pepper to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3113 / 744	423 / 101
Total fat (g)	43	6
of which saturated (g)	17,5	2,4
Carbohydrates (g)	55	8
of which sugars (g)	7,5	1
Fibre (g)	11	1
Protein (g)	32	4
Salt (g)	1,9	0,3

## Allergens

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



## 1. Fry the potatoes

Peel or thoroughly wash the **potatoes** and then cut into wedges. Heat the sunflower oil in a wok or deep frying pan over medium-high heat and fry the **potatoes** for 20 minutes, covered. Remove the lid and fry for a further 5 - 10 minutes. Toss regularly, seasoning to taste with salt and pepper.



## 4. Fry the vegetables

Melt the butter in a frying pan over medium-high heat and fry the **scallions** with the rest of the **tomato** for 3 - 4 minutes.



## 2. Chop the vegetables

In the meantime, slice the **cucumber** into crescents and finely chop the **scallions**. Dice the **tomato** and crumble the **Greek-style cheese**.

*Did you know...* 🍏 this recipe provides over 300g of vegetables!



## 5. Scramble the eggs

In a bowl, beat the **eggs** and season with salt and pepper. Transfer to the frying pan along with the rest of the **Greek-style cheese**, then scramble the **eggs** until done.

*Did you know...* 🍳 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.



## 3. Make the salad

In a salad bowl, combine the extra virgin olive oil with the white wine vinegar. Season to taste with salt and pepper, then add the **cucumber** and the **mesclun**, along with half each of the **Greek-style cheese** and **tomato**.



## 6. Serve

Serve the scrambled **eggs** on plates with the **potato** wedges, salad and mayonnaise.

Enjoy!





# Pork Sausages with Honey Mustard Dressing

with rosemary baby potatoes & carrots

Calorie Smart

Total time: 40 - 50 min.



Baby potatoes



Fresh rosemary



Onion



Pork sausage with tomato & rosemary



Honey-mustard dressing



Carrot



Yellow carrot



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

You can't eat the stems of all fresh herbs. There are some herbs, like thyme and rosemary, with hard, inedible stems.

## Before you begin

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

## Utensils

Parchment-lined baking sheet, 2x bowl, lidded deep frying pan, lidded frying pan, oven dish, whisk

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Fresh rosemary* (sprig)	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Pork sausage with tomato & rosemary* (unit(s))	2	4	6	8	10	12
Honey-mustard dressing* (g)	40	80	120	160	200	240
Carrot* (unit(s))	½	1	1	2	2	3
Yellow carrot* (unit(s))	1	2	3	4	5	6
From your pantry						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Extra virgin olive oil (totaste)	to taste					
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2933 /701	414 /99
Total fat (g)	37	5
of which saturated (g)	12,9	1,8
Carbohydrates (g)	61	9
of which sugars (g)	8,3	1,2
Fibre (g)	18	2
Protein (g)	25	4
Salt (g)	1,7	0,2

## Allergens

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



### 1. Prepare

Preheat the oven to 220°C and prepare the stock. Cut the **baby potatoes** in half and any larger ones into quarters. Cut the **onion** into 8 wedges. Strip the **rosemary** leaves from the stems and roughly chop the leaves. Transfer the **potatoes** to a bowl along with half of the **rosemary** and then lightly drizzle with olive oil. Season with salt and pepper, then toss well to coat and transfer to a parchment-lined baking sheet. Roast in the oven for 25 minutes, tossing halfway. Lightly drizzle the **onion** with olive oil and toss well to coat, then add to the baking sheet alongside the **potatoes** and return to the oven for another 10 - 15 minutes until done.



### 2. Prepare the sausages

Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the sausages for 2 - 3 minutes until evenly browned, then lower the heat and cover with the lid. Fry for 5 more minutes, turning regularly. Transfer the sausages to an oven dish and top with half of the honey mustard dressing, then bake alongside the potatoes during the final 5 minutes of cooking time.



### 3. Stew the carrots

Cut the carrots into crescents of around 2cm thickness and transfer to a deep frying pan. Pour in the stock and bring to the boil, then cover with the lid and allow to stew for 12 - 15 minutes until soft. Remove the lid and continue cooking for 3 - 5 more minutes (see Tip 1). Stir in the rest of the rosemary and extra virgin olive oil as preferred (see Tip 2). Season to taste with salt and pepper.

**Tip 1:** if there is still too much liquid, drain and then return the carrots to the pan.



### 4. Serve

Serve the potatoes, onion and carrots on deep plates. Top with the sausages and drizzle with the rest of the honey mustard dressing.

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

Enjoy!





# Wholewheat Spaghetti in Roasted Pepper Sauce

with goat's cheese, courgette & fresh basil

Family Calorie Smart Veggie

Total time: 50 - 60 min.



Bell pepper



Courgette



Sicilian-style herb mix



Garlic



Onion



Fresh basil



Fresh goat's cheese



Wholewheat spaghetti



Passata



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

Passata di pomodoro is made from fresh, ripe tomatoes that are cooked and then strained. It makes the perfect base for a variety of pasta sauces.

## Before you begin

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

## Utensils

Aluminum foil, parchment-lined baking sheet, deep frying pan, tall container, pot or saucepan, immersion blender

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Fresh goat's cheese* (g)	50	100	150	200	250	300
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2853 / 682	484 / 116
Total fat (g)	26	4
of which saturated (g)	11,1	1,9
Carbohydrates (g)	78	13
of which sugars (g)	16,4	2,8
Fibre (g)	14	2
Protein (g)	26	4
Salt (g)	1,4	0,2

## Allergens

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



## 1. Roast the vegetables

Preheat the oven to 220°C. Quarter and deseed the **bell pepper** and then dice the **courgette**. Transfer both to a parchment-lined baking sheet and drizzle with olive oil. Scatter over a third of the Sicilian herbs, then toss well to combine. Cover the vegetables loosely with aluminium foil, then roast in the oven for 15 - 20 minutes. Remove the foil and then return to the oven for a further 10 minutes.



## 2. Chop the vegetables

Boil plenty of water in a pot or saucepan for the spaghetti. In the meantime, chop the **onion** and crush or mince the **garlic**. Roughly chop the **basil** and crumble the **goat's cheese**.



## 3. Boil the spaghetti

Boil the **spaghetti** for 10 - 12 minutes until done, then drain and set aside. Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **garlic** and **onion** with the rest of the Sicilian herbs for 2 minutes. Deglaze with the **passata**, balsamic vinegar and water (see pantry for amount). Lower the heat and allow to simmer gently for 6-8 minutes.



## 4. Make the sauce

Transfer the **roasted bell pepper** to a tall container and use an immersion blender to process into a smooth sauce. Transfer this to the frying pan along with the roasted **courgette**. Season to taste with salt and pepper and leave to simmer for another 4-6 minutes over medium heat.



## 5. Finish

Transfer the **spaghetti** to the sauce and mix well to combine.

**Did you know...** 🍆 bell peppers are a good source of vitamin E. This antioxidant protects our cells from free radicals, which are harmful substances produced by UV radiation and air pollution.



## 6. Serve

Serve the **spaghetti** on plates. Top with the **goat's cheese** and garnish with the **basil**.

Enjoy!





# Sweet Potato & Lentil Curry with Naan Bread

with spinach salad & fragrant labneh sauce

Calorie Smart Veggie

Total time: 35 - 45 min.



Sweet potato



Garlic



Onion



Fresh ginger



Spinach



Tomato



Fresh flat leaf parsley & coriander



Lentils



Naan bread



Labneh



Yellow curry spices



Coconut milk



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

In Indian cuisine, naan is used to scoop up other dishes. You can try this tonight, while eating this lentil stew.

## Before you begin

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

## Utensils

Lidded deep frying pan, grater, peeler, salad bowl, sieve or colander, small bowl

## Ingredients for 1 – 6 servings

	1p	2p	3p	4p	5p	6p
Sweet potato (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Spinach* (g)	75	150	200	300	350	450
Tomato (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & coriander* (g)	5	10	10	10	20	20
Lentils (pack)	½	1	1½	2	2½	3
Naan bread (unit(s))	½	1	1½	2	2½	3
Labneh* (g)	20	40	60	80	100	120
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	50	100	150	180	250	280
From your pantry						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2602 /622	385 /92
Total fat (g)	26	4
of which saturated (g)	13,5	2
Carbohydrates (g)	70	10
of which sugars (g)	10,3	1,5
Fibre (g)	16	2
Protein (g)	19	3
Salt (g)	2,9	0,4

## Allergens

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



## 1. Prepare

Preheat the oven to 200°C and prepare the stock. Peel the **sweet potato** and dice it into 1 – 2cm chunks. Chop the **onion** and crush or **mince** the **garlic**. Grate or finely chop the **ginger**.



## 4. Make the salad

Meanwhile, tear or cut the **spinach** into small pieces. In a salad bowl, combine the extra virgin olive oil with the white wine vinegar and then season to taste with salt and pepper. Quarter the **tomatoes** and transfer to the bowl, along with half of the **spinach**. Toss well to combine with the dressing. Roughly chop the **parsley** and **coriander**. Drain the lentils.



## 2. Fry the aromatics

Heat a clean deep frying pan over medium-high heat. Bloom the **curry spices** for 1 – 2 minutes or until fragrant, then stir in the butter and allow to melt. Add the **onion, ginger** and three quarters of the **garlic**, then fry for 2 – 3 minutes.



## 5. Finish

Add the lentils and the rest of the **spinach** to the curry. Mix well and allow the **spinach** to wilt and reduce. Simmer for 3 – 5 minutes over low heat, or longer if the stew needs to reduce further. Meanwhile, bake the naan in the oven for 2–3 minutes. In a small bowl, combine the **labneh** with the rest of the **garlic** and a third of the fresh herbs. Add extra virgin olive oil as preferred and season to taste with salt and pepper.



## 3. Make the curry

Add the **sweet potato** and cover with the lid, then fry for 1 - 2 minutes over medium-high heat. Add the stock and the **coconut milk** and allow to cook gently over low heat for 10 minutes. Remove the lid and cook for 5 more minutes, or longer if the curry needs to reduce further.



## 6. Serve

Serve the curry with the naan and the salad alongside. Garnish with the rest of the fresh herbs and serve the **labneh** sauce on the side.

**Did you know...** 🌱 lentils contain more iron than all other pulses. Like spinach, they're also rich in fibre and potassium. Potassium helps to maintain a healthy blood pressure.

Enjoy!





# Hoisin Chicken Burger with Cucumber Slaw

on a carrot bun with potato wedges & beansprouts

Family

Total time: 40 - 50 min.



Carrot bun



Hoisin sauce



Cucumber



Onion



Chicken burger



Beansprouts



Potatoes



Fresh coriander



Nasi-bami spice mix



Carrot



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

Hoisin sauce is a thick, sweet sauce commonly found in Cantonese cuisine. Today, you'll use it to glaze a chicken burger, and you'll also make a tangy hoisin mayo. Enjoy your meal!

## Before you begin

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

## Utensils

Parchment-lined baking sheet, 2x bowl, grater, frying pan or grill pan, peeler or cheese slicer, small bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot bun (unit(s))	1	2	3	4	5	6
Hoisin sauce (g)	25	50	75	100	125	150
Cucumber* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Chicken burger* (unit(s))	1	2	3	4	5	6
Beansprouts* (g)	25	50	75	100	125	150
Potatoes (g)	200	400	600	800	1000	1200
Fresh coriander* (g)	5	10	15	20	25	30
Nasi-bami spice mix (sachet(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
From your pantry						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Honey (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4113 /983	612 /146
Total fat (g)	51	8
of which saturated (g)	10,4	1,5
Carbohydrates (g)	95	14
of which sugars (g)	21,1	3,1
Fibre (g)	15	2
Protein (g)	30	4
Salt (g)	3,2	0,5

## Allergens

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



### 1. Make the wedges

Preheat the oven to 210°C. Peel or thoroughly wash the **potatoes** and then cut them into wedges. Transfer to a parchment-lined baking sheet and lightly drizzle with olive oil. Season with salt and pepper, then toss well to coat. Bake in the oven for 30 - 35 minutes or until golden-brown, tossing halfway (see Tip).

**Tip:** this recipe is high in calories. Are you watching your calorie intake? Prepare all of the potatoes, but then just serve two thirds. You can keep the rest in the fridge to use the next day.



### 4. Fry the burger

Bake the **carrot bun** for 4 - 6 minutes in the oven. Slice the **onion** into thin half rings. Melt a knob of butter in a frying pan or grill pan over medium heat. Fry the **chicken burger** for 7 - 8 minutes, pressing with a spatula. Flip it over and add the **onion**, then fry for 6 - 7 minutes.



### 2. Prepare the cucumber

Use a peeler or cheese slicer to shave the **cucumber** into thin ribbons. In a bowl, combine the red wine vinegar with the sugar. Add the **cucumber** and toss well to combine, seasoning to taste with salt and pepper. Set aside until serving, stirring occasionally.



### 5. Finish

Add the **beansprouts**, honey and two thirds of the **hoisin sauce**. Mix well and fry for 1 more minute, flipping the **burger** a few times so as to coat it. Transfer the slaw to the **cucumber** ribbons and toss well to combine. In a small bowl, combine the rest of the mayonnaise with the rest of the **hoisin sauce**.



### 3. Make the slaw

Grate the **carrot** and finely chop the **coriander**, then transfer to a bowl. Add half of the mayonnaise and season to taste with salt and pepper, then mix well to combine.

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



### 6. Serve

Cut open the **carrot bun** and spread with the hoisin mayo. Top with the **onion**, **beansprouts** and **chicken burger**, as well as some of the **cucumber** slaw. Scatter the **nasi-bami spice mix** over the **potato** wedges and serve alongside the **burger**. Serve with extra mayo as preferred and serve with the rest of the **cucumber** slaw alongside.

Enjoy!





# Hearty Beef & Pork Pie with BBQ Rub

with crunchy cucumber salad

Total time: 40 - 50 min.



Onion



Carrot



Seasoned minced meat blend



Worcestershire sauce



BBQ spice rub



Puff pastry



Arugula & lamb's lettuce



Cucumber



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

Did you know that cucumbers can lower blood and body temperature? That's where the saying 'cool as a cucumber' comes from!

## Before you begin

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

## Utensils

Deep frying pan, oven dish, salad bowl

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Seasoned minced meat blend* (g)	100	200	300	400	500	600
Worcestershire sauce (ml)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1½	1¾	2
Puff pastry* (roll(s))	⅓	⅔	1	1½	1¾	2
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Cucumber* (unit(s))	½	1	1	1	2	2
From your pantry						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Honey (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3443 / 823	654 / 156
Total fat (g)	56	11
of which saturated (g)	25,4	4,8
Carbohydrates (g)	47	9
of which sugars (g)	16,8	3,2
Fibre (g)	8	2
Protein (g)	26	5
Salt (g)	2,5	0,5

## Allergens

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



### 1. Fry the vegetables

Preheat the oven to 200°C and prepare the stock. Chop the **onion**. Wash or peel the **carrot** and then dice it. Melt a knob of butter in a deep frying pan over medium-high heat and fry the **onion** with the **carrot** for 4 - 5 minutes.



### 4. Make the dressing

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



### 2. Make the filling

Stir in the **mince** and fry for 3 - 4 more minutes, separating it as you do so. Add the **BBQ rub\***, **Worcestershire sauce** and the stock. Bring to the boil and allow to reduce for 2 - 3 minutes or as needed. Season to taste with salt and pepper.

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



### 5. Make the salad

Halve the **cucumber** lengthways, remove the seeds and then slice into crescents. Add the **cucumber** and **lettuce** to the salad bowl and toss well to combine with the dressing.



### 3. Assemble

Transfer the filling to an oven dish. Top with the **puff pastry** and use a fork to pierce the surface several times. Bake the pie in the oven for 20 - 25 minutes or until the **pastry** is golden-brown.



### 6. Serve

Serve the pie on plates with the salad alongside.

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

Enjoy!





# Fusion Fish Tacos with Hoisin Cod

with cucumber, slaw & crispy onions

Calorie Smart Nice & Fast

Total time: 20 - 30 min.



Cod fillet



Hoisin sauce



Onion



Mini tortillas



Carrot



Cucumber



Red chili pepper



Crispy fried onions



Fresh coriander



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

The taco originated in Mexican silver mines. Originally it referred to the sheet of paper around a stick of dynamite. Nowadays, tacos still cause flavour explosions!

## Before you begin

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

## Utensils

Aluminum foil, 3x bowl, grater, frying pan

## Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Cod fillet* (unit(s))	1	2	3	4	5	6
Hoisin sauce (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	3	6	9	12	15	18
Carrot* (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	1	1	2	2
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Crispy fried onions (g)	15	30	45	60	75	90
Fresh coriander* (g)	5	10	15	20	25	30

### From your pantry

[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)					to taste	
Salt & pepper						to taste

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2925 / 699	615 / 147
Total fat (g)	34	7
of which saturated (g)	6,8	1,4
Carbohydrates (g)	66	14
of which sugars (g)	16,8	3,5
Fibre (g)	8	2
Protein (g)	28	6
Salt (g)	2,8	0,6

## Allergens

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



### 1. Prepare

Preheat the oven to 200°C (see Tip). Slice the onion into half rings. Deseed and finely chop the red chili pepper\*. Finely chop the coriander. Dice the cucumber and grate the carrot.

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

**Tip:** You will heat the tortillas in the oven later. However, you can alternatively use a frying pan if preferred.



### 2. Make the salad

In a medium bowl, combine the cucumber with half of the coriander and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper. In another bowl, combine the carrot with the mayonnaise, sugar and two thirds of the white wine vinegar. Season to taste with salt and pepper. Wrap the tortillas in aluminium foil and heat in the oven for 2 - 4 minutes.



### 3. Prepare the fish

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the onion with the chili pepper for 2 - 3 minutes. Add the fish and fry for 1 - 2 minutes per side. Use a spatula to break the fish into chunks. Stir in the hoisin sauce, soy sauce and the rest of the white wine vinegar. Season to taste with salt and pepper.



### 4. Serve

Serve the tortillas on plates. Fill with the slaw, the cod and the cucumber salad. Garnish with the crispy onions and the rest of the coriander.

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

Enjoy!





# Honey Mustard Pork with Potato Wedges

with basil crème, eggplant & bell pepper

Calorie Smart

Total time: 50 - 60 min.



Pork tenderloin



Carrot



Onion



Bell pepper



Eggplant



Fresh rosemary



Potatoes



Garlic



Basil crème



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

Pork tenderloin is the most tender piece of pork. Did you know that this is the only piece of pork which can be eaten cooked medium?

## Before you begin

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

## Utensils

Parchment-lined baking sheet, bowl, lidded frying pan, large wok or deep frying pan, whisk

## Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	1	2	3	4	5	6
Basil crème* (ml)	10	15	24	30	39	45
From your pantry						
Mustard (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Honey (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

\*store in the fridge

## Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2636 / 630	398 / 95
Total fat (g)	26	4
of which saturated (g)	4,3	0,7
Carbohydrates (g)	65	10
of which sugars (g)	20,6	3,1
Fibre (g)	14	2
Protein (g)	30	5
Salt (g)	1,3	0,2

## Allergens

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



## 1. Prepare

Preheat the oven to 200°C. Wash or peel the **potatoes** and cut them into wedges. Cut the **carrot** into batons of 3 - 4cm. Transfer both to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat and bake for 35 - 45 minutes.



## 2. Make the marinade

Add the honey and the mustard to a bowl and whisk to combine. Season to taste with salt and pepper.



## 3. Chop the vegetables

In the meantime, dice the **bell pepper** and **eggplant** into 1 - 2cm chunks. Crush or **mince** the **garlic** and cut the **onion** into wedges. Discard the **rosemary** stalks and finely chop the leaves.



## 4. Fry the vegetables

Heat a drizzle of olive oil in a large wok or deep frying pan over medium-high heat. Fry the **bell pepper**, **eggplant**, **onion**, **garlic** and **rosemary** for 12 - 15 minutes, or until done. Season to taste with salt and pepper.



## 5. Fry the pork tenderloin

Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **pork** for 2 - 3 minutes per side. Reduce the heat to medium, then cover with the lid and fry for 4 - 5 minutes. Remove the lid, add the honey mustard sauce and fry for 1-2 more minutes.



## 6. Serve

Stir the **basil crème** into the vegetables. Slice the **pork** and serve alongside the vegetables and **potatoes**. Drizzle with the honey mustard sauce to finish.

*Did you know...🌿 the basil crème is not just tasty, it's also low in salt!*

Enjoy!