



Bacon-Wrapped Basa with Potatoes

with carrots & ravigote sauce

Calorie Smart Family

Total time: 40 - 50 min.



Potatoes



Carrot



Onion



Bacon



Ravigote sauce



Basa fillet



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

Ravigote comes from the French verb ravigoter - to rouse, or invigorate. It is precisely this property that makes this refreshing sauce so suitable for pairing with fish.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Bacon* (slice(s))	3	6	9	12	15	18
Ravigote sauce* (g)	20	40	60	80	100	120
Basa fillet* (unit(s))	1	2	3	4	5	6

From your pantry

Sunflower oil (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½

Salt & pepper to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2841 /679	448 /107
Total fat (g)	37	6
of which saturated (g)	7,5	1,2
Carbohydrates (g)	51	8
of which sugars (g)	13,4	2,1
Fibre (g)	12	2
Protein (g)	33	5
Salt (g)	1,8	0,3

Allergens

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



1. Roast the potatoes

Preheat the oven to 220°C. Wash or peel the **potatoes** and slice into thin circles, then transfer to a bowl. Drizzle with sunflower oil and season with salt and pepper, then toss well to coat. Transfer the sliced **potatoes** to a parchment-lined baking sheet and roast in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.



2. Boil the carrots

Thoroughly wash or peel the **carrot** and chop into thin rounds. Transfer the **carrot** to a pot or saucepan, cover with a shallow layer of water and add a pinch of salt. Bring to a boil and allow the **carrot** to cook gently for 8 - 10 minutes, covered, then drain and set aside. Stir the extra virgin olive oil into the **carrots** and then season to taste with pepper (see Tip).

Tip: you can also use butter if preferred.



3. Prepare the basa

Chop the **onion**. Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the **onion** for 2 - 3 minutes. In the meantime, pat the fish dry with kitchen paper and then wrap it in the **bacon**.



4. Finish the carrots

Stir the fried **onion** into the **carrots** and set aside to keep warm until serving.

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



5. Fry the basa

Heat the olive oil in the same frying pan over medium-high heat. Fry the fish for 3 - 4 minutes per side or until done, then season to taste with pepper.



6. Serve

Serve the bacon-wrapped fish with the **potatoes** and **carrots**. Serve with the **ravigote sauce** alongside.

Enjoy!














Vegetable Lasagne with Mozzarella & Basil

with mascarpone sauce, courgette & carrot

Calorie Smart Family Veggie

Total time: 50 - 60 min.



-  Fresh lasagne sheets
-  Onion
-  Courgette
-  Carrot
-  Passata
-  Garlic
-  Fresh basil
-  Grated Gouda
-  Mascarpone
-  Sicilian-style herb mix
-  Shredded mozzarella



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

For even tastier lasagne, you can make this recipe the day before you intend to eat it. This way, the sauce will be less runny, and the flavours will be even more intense.

Before you begin

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

Utensils

Parchment-lined baking sheet, deep frying pan, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh lasagne sheets* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Passata (g)	200	390	590	780	980	1170
Garlic (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	10	25	40	50	65	75
Mascarpone* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
From your pantry						
Water for the sauce (ml)	50	100	150	200	250	300
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2929 / 700	494 / 118
Total fat (g)	28	5
of which saturated (g)	14,9	2,5
Carbohydrates (g)	84	14
of which sugars (g)	22,2	3,7
Fibre (g)	9	1
Protein (g)	25	4
Salt (g)	1,6	0,3

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. Chop the **onion** and crush or mince the **garlic**. Thinly slice the **courgette**.



2. Roast the courgette

Transfer the **courgette** to a parchment-lined baking sheet and drizzle with half of the olive oil. Season with salt and pepper, then roast in the oven for 8-10 minutes. Keep the oven on for the **lasagne**. Finely dice the **carrot** in the meantime.



3. Make the sauce

Heat the rest of the olive oil in a deep frying pan over medium-high heat. Fry the **onion**, **garlic** and **carrot** for 6 - 7 minutes, seasoning with salt and pepper. Stir in the **passata**, the sugar, the **Sicilian-style herbs** and the water for the sauce (see Tip). Allow to simmer for 3 - 4 minutes, then stir in the **mascarpone**.

Tip: after adding the passata, fill the empty pack with the water (see pantry for amount). Shake well before pouring the water into the pan, so as to easily clean the pack and get all of the passata.



4. Make the lasagne

Pour a shallow layer of sauce into an oven dish, then cover this with some of the **lasagne sheets**. Spread some sauce over the **lasagne sheets**, then place some **courgette** slices on top of that. Repeat so as to use all the ingredients, then finish with a layer of sauce. Scatter over the **Gouda** and the **mozzarella**.



5. Chop the basil

Bake the **lasagne** in the oven for 25 - 35 minutes. Finely chop the **basil** in the meantime.



6. Serve

Let the **lasagne** rest for 3 minutes before serving. Garnish the **lasagne** with the **basil**.

Enjoy!



Broccoli Quiche with Aged Gouda

with cherry tomatoes & Sicilian-style herbs

Family Veggie

Total time: 55 - 65 min.



Broccoli



Onion



Garlic



Red chili pepper



Egg



Cooking cream



Sicilian-style herb mix



Grated aged Gouda



Nutmeg



Red cherry tomatoes



Puff pastry



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Did you know that the word quiche comes from the German word for pie: kuchen?

Before you begin

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

Utensils

Large bowl, microplane, lidded pot or saucepan, parchment paper, oven dish, sieve, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli* (g)	100	200	360	400	560	600
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Egg* (unit(s))	2	4	6	8	10	12
Cooking cream (g)	75	150	225	300	375	450
Sicilian-style herb mix (sachet(s))	1	2	3	4	5	6
Grated aged Gouda* (g)	25	50	75	100	125	150
Nutmeg (pinch)	1	2	3	4	5	6
Red cherry tomatoes (g)	65	125	190	250	315	375
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2

From your pantry

Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
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)	3929 / 939	708 / 169
Total fat (g)	64	12
of which saturated (g)	31	5,6
Carbohydrates (g)	54	10
of which sugars (g)	12,5	2,3
Fibre (g)	13	2
Protein (g)	34	6
Salt (g)	2,7	0,5

Allergens

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1. Prepare

Preheat the oven to 210°C and boil plenty of salted water in a pot or saucepan. Cut the head of the **broccoli** into small florets and then dice the stem (see Tip). Slice the **onion** into thin half rings and crush or mince the **garlic**. Deseed and finely chop the **red chili pepper***. Grate a pinch of **nutmeg** as preferred.

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

Tip: be sure to cut the broccoli into small pieces so as to ensure it cooks quickly.



4. Make the filling

In a large bowl, beat the **eggs** with the **cream**. Add the **Sicilian-style herbs**, half of the **cheese** and a pinch of **nutmeg** as preferred. Season with plenty of salt and pepper, then whisk to combine. Halve the **cherry tomatoes**, then stir them into the **eggs**, along with the **broccoli**.



2. Fry the vegetables

Par-boil the **broccoli** for 2 - 4 minutes, covered. In the meantime, heat the olive oil in a frying pan over medium-high heat and fry the **onion**, **garlic** and **chili pepper** for 3 - 4 minutes. Crumble in the stock cube and mix well (see pantry for amount).



3. Fry the broccoli

Transfer the **broccoli** to the frying pan and fry for 1 minute over high heat until the excess liquid has evaporated. Transfer the vegetables to a sieve or colander and allow to cool.

Did you know... 🥦 broccoli is considered a superfood, and for good reason – not only is it high in vitamins B, C and E, it's also a great source of calcium, potassium and iron.



5. Make the quiche

Transfer the **puff pastry** (with its parchment paper) to a baking tin or oven dish (see Tip). Pierce the bottom of the **pastry** with a fork several times. Fill the **pastry** with the **egg** mixture and scatter over the rest of the **cheese**.

Tip: if you're cooking for more than three people, prepare two separate quiches. However, if you'd prefer to make one larger quiche for everyone, be sure to bake it for more time.



6. Serve

Bake the quiche in the oven for 35 - 40 minutes, or until done and starting to turn golden-brown (see Tip). Slice the quiche and serve.

Tip: to check if the quiche is done, use a skewer to pierce the centre. If the skewer comes out clean, then the quiche is ready. If the quiche is already turning golden-brown but not yet done, cover it with aluminium foil and continue baking.

Enjoy!



Bulgogi Pork Noodle Stir-Fry

with sweetheart cabbage, sesame seeds & scallions

Calorie Smart Family Nice & Fast

Total time: 25 - 30 min.



Fresh ginger

Garlic



Onion



Scallions



Farmer's sausage



Wholewheat noodles



Chopped sweetheart cabbage



Bulgogi sauce



Soy sauce



Sesame seeds



Bell pepper



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

We've already sliced the sweetheart cabbage in your box, so it's even easier to put a quick and tasty meal on the table

Before you begin

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

Utensils

Deep frying pan, microplane, pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Farmer's sausage* (unit(s))	1	2	3	4	5	6
Wholewheat noodles (g)	50	100	150	200	250	300
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Bulgogi sauce (g)	20	35	55	70	90	105
Soy sauce (ml)	10	15	25	30	40	45
Sesame seeds (sachet(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	2	2	3	3
From your pantry						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2552 / 610	535 / 128
Total fat (g)	28	6
of which saturated (g)	7,3	1,5
Carbohydrates (g)	59	12
of which sugars (g)	17,5	3,7
Fibre (g)	10	2
Protein (g)	30	6
Salt (g)	3,1	0,7

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **noodles**.
- Crush or mince the **garlic** and grate the **ginger** with a microplane.
- Chop the **onion** and cut the **bell pepper** into strips.
- Finely chop the **scallions** and set aside a small amount of the greens to use later as garnish.

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



2. Fry the meat

- Heat the sunflower oil in a deep frying pan over medium-high heat.
- Fry the **onion** with the **garlic** and **ginger** for 1 - 2 minutes (see Tip).
- Cut open the **sausage** and squeeze the **meat** out of the skin directly into the pan.
- Stir-fry for 2 - 3 minutes, separating the **meat** as you do so.

Tip: if you'd like to make it spicy, add some sambal from your pantry as preferred.



3. Cook the vegetables

- Add the **bulgogi sauce**, **scallions** and **bell pepper**, then stir-fry for 4-5 minutes over medium-high heat.
- In the meantime, boil the **noodles** for 1 - 2 minutes, then add the **cabbage** and cook for 1 more minute. Drain and transfer to the frying pan.
- Deglaze with the **soy sauce**, the white wine vinegar and the water (see pantry for amount).
- Mix well and cook for 1 more minute over high heat.



4. Serve

- Serve the stir-fry on plates.
- Garnish with the **sesame seeds** and the reserved **scallion** greens.

Enjoy!



No-Fish Burger on a Carrot Bun

with apple slaw, smoky potatoes & herb mayo

Plant-Based Nice & Fast

Total time: 20 - 25 min.



Lemon



Rainbow slaw mix



Diced potato



Apple



Smoked paprika



Fresh chives, dill & flat leaf parsley



Carrot bun



Vegan fish burger



Onion



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

This carrot roll has lots of fibre! The sandwich tastes the same, but is now even healthier!

Before you begin

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

Utensils

2x bowl, 2x frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Lemon* (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Diced potato* (g)	150	300	450	600	750	900
Apple* (unit(s))	½	1	1½	2	2½	3
Smoked paprika (tsp)	1½	3	4½	6	7½	9
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Carrot bun (unit(s))	1	2	3	4	5	6
Vegan fish burger* (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4067 /972	661 /158
Total fat (g)	55	9
of which saturated (g)	10,1	1,6
Carbohydrates (g)	96	16
of which sugars (g)	23	3,7
Fibre (g)	16	3
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. Prepare

- Preheat the oven to 180°C and bake the **bread** for 4 - 6 minutes.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the **potatoes** for 15 minutes, until golden-brown.
- Turn off the heat and season with the **smoked paprika**, along with salt and pepper.



2. Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the **burger** for 3 minutes per side until evenly golden-brown.
- Cut the **lemon** into wedges. Core and slice the **apple**.
- In a bowl, combine the **slaw mix** with the **apple** and some **lemon** juice as preferred. Season to taste with salt and pepper.



3. Make the sauce

- Finely chop the **onion** and the fresh herbs.
- In a bowl, combine the mayonnaise with the **onion**, the sugar and the fresh herbs.
- Add some **lemon juice** as preferred, then season to taste with salt and pepper.



4. Serve

- Cut open the **carrot bun** and spread both sides with some of the herb sauce, then top with the **burger**.
- Add the rest of the sauce to the slaw and mix well. Top the **burger** with some of the slaw.
- Serve with the **potatoes**, the rest of the slaw and the **lemon** wedges.
- Serve with extra mayonnaise as preferred.

Enjoy!



Wholewheat Veggie Quesadillas

with pico de gallo & chili mayo

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Onion



Courgette



Bell pepper



Tomato



Fresh coriander



Lime



Mexican-style spices



Sweet chili sauce



Wholewheat tortilla



Herbed cheese cubes



Ground paprika



Shredded mozzarella



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

Today, you'll make veggie quesadillas. The fresh coriander and sweet-and-spicy chilli sauce will give this dish so much flavour, you definitely won't miss meat.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, large bowl, small bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Mexican-style spices (sachet(s))	¼	½	¾	1	1¼	1½
Sweet chili sauce* (sachet(s))	¼	½	¾	1	1¼	1½
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Herbed cheese cubes* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1½	3	4½	6	7½	9
Shredded mozzarella* (g)	25	50	75	100	125	150
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2694 /644	543 /130
Total fat (g)	37	7
of which saturated (g)	12,5	2,5
Carbohydrates (g)	48	10
of which sugars (g)	13,2	2,7
Fibre (g)	14	3
Protein (g)	24	5
Salt (g)	2,1	0,4

Allergens

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



1. Prepare

- Preheat the oven to 220°C.
- Finely chop the **onion** and slice the **courgette** into crescents. Cut the **bell pepper** into strips.
- Transfer the **bell pepper** and **courgette** to a large bowl and drizzle lightly with olive oil.
- Add the **Mexican-style spices*** and the **paprika**. Season with salt and pepper, then toss well to coat.

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



2. Make the pico de gallo

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the vegetables for 4 - 5 minutes.
- Quarter the **lime**.
- Dice the **tomato** and finely chop the **coriander**.
- In a bowl, combine the **tomato** with the **coriander** and the **onion** (see Tip). Add the juice of 1 **lime wedge** per person and extra virgin olive oil as preferred. Season to taste with salt and pepper, then mix well to combine.

Tip: the onion is served raw, but you can also fry it with the vegetables instead if preferred.



3. Make the quesadillas

- Transfer the **tortillas** to a parchment-lined baking sheet.
- Top with the fried vegetables, leaving half of each **tortilla** empty.
- Add both **cheeses**, then fold the **tortilla** over and press down so as to seal the quesadillas.
- Bake the quesadillas on the top shelf of the oven for 6 - 8 minutes.



4. Serve

- In a small bowl, combine the mayonnaise with the **sweet chili sauce**.
- Serve the quesadillas with any remaining **lime wedges**.
- Serve the pico de gallo and the **chili** mayo alongside.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer in lycopene!

Enjoy!



Creamy Eggplant Conchiglie

with goat's cheese, fresh herbs & Romano pepper

Veggie

Total time: 30 - 40 min.



Onion



Garlic



Romano pepper



Tomato paste



Sicilian-style herb mix



Tomato



Fresh goat's cheese



Conchiglie



Cooking cream



Eggplant



Fresh flat leaf parsley & basil



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

Did you know that, due to their flavour and texture, eggplants are often used as a meat substitute? They are also an excellent source of fibre.

Before you begin

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

Utensils

Large deep frying pan with lid, pot or saucepan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Tomato paste (can)	⅓	⅔	1	1⅓	1⅔	2
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1	2	2	3
Fresh goat's cheese* (g)	50	75	125	150	200	225
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Eggplant* (unit(s))	½	1	2	2	3	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30

From your pantry

Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3021 /722	621 /148
Total fat (g)	28	6
of which saturated (g)	15,9	3,3
Carbohydrates (g)	90	19
of which sugars (g)	20,9	4,3
Fibre (g)	14	3
Protein (g)	24	5
Salt (g)	1,8	0,4

Allergens

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



1. Prepare

Boil plenty of water in a pot or saucepan for the **conchiglie**, then crumble in half of the stock cube (see pantry for amount). Chop the **onion** and crush or mince the **garlic**.



2. Chop the vegetables

Deseed the **Romano pepper** and slice it into thin strips. Chop the **eggplant** into 1cm chunks and then dice the **tomato**.



3. Boil the conchiglie

Boil the **conchiglie** for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.



4. Fry the vegetables

Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the **onion** with the **Romano pepper** and **eggplant** for 5 - 7 minutes or until the **eggplant** is golden-brown. Stir in the **garlic**, **Sicilian herbs** and **tomato paste** and fry for 2 - 3 more minutes. Season to taste with salt and pepper.



5. Make the sauce

Crumble in the rest of the stock cube, then add the **tomato**, **cream** and sugar, along with 45ml pasta water per person. Cover with the lid and allow to simmer for 6 - 8 minutes. Finely chop the fresh herbs in the meantime.



6. Serve

Stir the **conchiglie** into the vegetables and mix well to combine, then serve. Crumble over the **goat's cheese** and garnish with the fresh herbs.

Enjoy!



Forest Mushroom Orzotto

with herbed cheese & basil

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Onion



Garlic



Fresh basil



Orzo



Pre-cut mushroom mix



Herbed cheese cubes



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

You'll use orzo to make this risotto. Orzo takes less time than rice to cook, but the result is just as creamy. The herby cheese cubes make the dish extra luxurious.

Before you begin

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

Utensils

Lidded pot or saucepan, 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
Fresh basil* (g)	2½	5	7½	10	12½	15
Orzo (g)	75	150	225	300	375	450
Pre-cut mushroom mix* (g)	175	350	525	700	875	1050
Herbed cheese cubes* (g)	50	75	100	150	175	225
From your pantry						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2435 /582	441 /105
Total fat (g)	26	5
of which saturated (g)	16,5	3
Carbohydrates (g)	63	11
of which sugars (g)	7,2	1,3
Fibre (g)	12	2
Protein (g)	24	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. Prepare

- Prepare the stock.
- Chop the **onion** and crush or mince the **garlic**.

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



2. Boil the orzo

- Melt half of the butter in a pot or saucepan and fry the **onion** with the **garlic** for 2 minutes over medium-low heat.
- Add the **orzo** and fry for 1 more minute, then pour in the stock and cover with the lid.
- Boil for 10 - 12 minutes, stirring regularly. Add a splash of water if the **orzo** seems too dry.



3. Fry the mushrooms

- Melt the rest of the butter in a frying pan over medium-high heat and fry the **mushrooms** for 5 - 6 minutes.
- Meanwhile, tear the **basil** leaves into small pieces.
- Transfer the **mushrooms** to the **orzo**, along with half of the **herbed cheese cubes**.
- Mix well and allow the **cheese** to melt, then season to taste with salt and pepper.



4. Serve

- Serve the **orzo** on plates.
- Garnish with the **basil** and the rest of the **cheese**.

Enjoy!



Creamy Beef Penne

with tomato salsa, spinach & Gouda

Family Nice & Fast

Total time: 25 - 30 min.



Onion



Garlic



Penne



Beef mince with Italian seasoning



Dried oregano



Spinach



Herbed cream cheese



Tomato



Grated Gouda



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

Did you know that oregano is one of the most commonly used herbs worldwide? For example, oregano is a fixture in both Mediterranean and Mexican cuisine.

Before you begin

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

Utensils

Bowl, deep frying pan, lidded pot or saucepan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Penne (g)	90	180	270	360	450	540
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Dried oregano (sachet(s))	¼	½	¾	1	1¼	1½
Spinach* (g)	50	100	200	200	300	300
Herbed cream cheese* (g)	25	50	75	100	125	150
Tomato (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	15	25	40	50	65	75

From your pantry

Low sodium chicken stock cube (unit(s))	¼	¼	½	½	¾	¾
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White 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)	3389 / 810	793 / 190
Total fat (g)	38	9
of which saturated (g)	15,8	3,7
Carbohydrates (g)	76	18
of which sugars (g)	10,3	2,4
Fibre (g)	8	2
Protein (g)	38	9
Salt (g)	1,7	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 for the **penne**.
- Chop the **onion** and crush or mince the **garlic**.
- Cook the **penne** for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.



2. Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan.
- Fry the **onion** and **garlic** for 2 minutes, then add the **mince** and the **oregano**.
- Fry for 3 - 4 more minutes, then tear the **spinach** directly into the pan and allow to wilt and reduce.
- Add the **herbed cream cheese**, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.



3. Make the sauce

- Meanwhile, dice the **tomato** and transfer to a bowl.
- Add the extra virgin olive oil and white balsamic vinegar, then mix well to combine. Season to taste with salt and pepper.

Did you know... 🍅 tomatoes are high in vitamins A, C and E, as well as lycopene, an antioxidant which protects our cells against damage. The riper the tomato, the richer it is in lycopene!



4. Serve

- Stir the **penne** into the creamy **spinach** sauce and cook for 1 more minute, adding a splash of pasta water as necessary if the sauce is too thick.
- Serve the **penne** on plates.
- Garnish with the **tomato** salsa and the **grated cheese**.

Enjoy!



Goat's Cheese Naan Pizza with Vegetables

with tomato salad & basil crème

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Onion



Courgette



Sweet potato



Dried oregano



Passata



Naan bread



Fresh goat's cheese



Basil crème



Tomato



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

This naan pizza proves that homemade pizza doesn't have to take a long time. You decorate the pizza with the toppings, and then the oven does the rest!

Before you begin

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

Utensils

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

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	⅓	⅔	1	1½	1½	2
Sweet potato (g)	25	50	75	100	125	150
Dried oregano (sachet(s))	⅓	⅔	1	1½	1½	2
Passata (g)	50	100	150	200	250	300
Naan bread (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	50	75	100	125	175	200
Basil crème (ml)	10	15	24	30	39	45
Tomato (unit(s))	1	2	4	4	6	6
From your pantry						
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil				to taste		
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2866 /685	616 /147
Total fat (g)	29	6
of which saturated (g)	8,7	1,9
Carbohydrates (g)	82	18
of which sugars (g)	15,2	3,3
Fibre (g)	8	2
Protein (g)	21	5
Salt (g)	2	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.
- Slice half of the **onion** into thin half rings and finely chop the rest.
- Peel or thoroughly wash the **sweet potato**.
- Use a peeler or **cheese slicer** to shave the **sweet potato** and **courgette** into thin round slices.

Did you know... 🌱 the three different vegetables in this recipe provide variation, which is important for getting all necessary vitamins and minerals. The more variety, the better!



2. Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the **onion** half rings with the **sweet potato** and half of the **oregano** for 4 - 6 minutes.
- Add the **courgette** during the final minute of cooking and season to taste with salt and pepper.



3. Bake the naan pizza

- Transfer the naan to a parchment-lined baking sheet.
- Spread 2 tbsp **passata** onto each naan, then scatter over the rest of the **oregano**. Season with salt and pepper.
- Bake the naan in the oven for 2 minutes, then top with the fried **onion**, **sweet potato** and **courgette** (see Tip).
- Crumble over the **goat's cheese** and drizzle over some of the **basil crème**, then return to the oven for another 4 - 6 minutes.

Tip: if you have leftover toppings, cut them into smaller pieces and add to the salad, or keep them in the fridge to enjoy tomorrow.



4. Serve

- In the meantime, dice the **tomato** and transfer to a salad bowl, along with the rest of the **onion**.
- Add the white balsamic vinegar and the rest of the **basil crème**, along with extra virgin olive oil if preferred.
- Season to taste with salt and pepper, then toss well to combine.
- Slice the **naan pizza** and serve with the salad.

Enjoy!



Veggie Meatballs with Ras El Hanout Mash

Moroccan-inspired, with almonds, scallions & fresh herbs

Calorie Smart Plant-Based Nice & Fast

Total time: 25 - 30 min.



Unbelievaballs from the Vegetarian Butcher



Potatoes



Ras el hanout



Salted almonds



Passata



Scallions



Pre-cut carrot & onion



Fresh flat leaf parsley & mint



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

Ras el hanout is a classic Moroccan spice blend. The name literally means 'head of the shop' - a mix of the market merchant's best spices!

Before you begin

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

Utensils

Deep frying pan, pot or saucepan, potato masher

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Unbelievaballs from the Vegetarian Butcher* (unit(s))	5	10	15	20	25	30
Potatoes (g)	200	400	600	800	1000	1200
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Salted almonds (g)	10	20	30	40	50	60
Passata (g)	100	200	300	390	500	590
Scallions* (bunch)	½	1	1½	2	2½	3
Pre-cut carrot & onion* (g)	150	300	450	600	750	900
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
From your pantry						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	75	150	225	300	375	450
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk	splash					
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2577 /616	386 /92
Total fat (g)	26	4
of which saturated (g)	3,9	0,6
Carbohydrates (g)	61	9
of which sugars (g)	15,1	2,3
Fibre (g)	26	4
Protein (g)	24	4
Salt (g)	2,7	0,4

Allergens

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



1. Prepare

- Wash or peel the **potatoes** and cut them into rough chunks, then transfer to a pot or saucepan.
- Submerge with water and then crumble in half of the stock cube (see pantry for amount).
- Boil the **potatoes** for 10 minutes, then add the pre-cut vegetables and boil for 5 more minutes.
- Reserve some of the cooking liquid, then drain and set aside.



3. Mash the potatoes

- Mash the **potatoes** and vegetables with the mustard and the rest of the olive oil, along with a splash of milk or the reserved cooking liquid as preferred.
- Stir in the **scallion** greens and the rest of the **ras el hanout**, then season to taste with salt and pepper.
- Finely chop the fresh herbs and roughly chop the **almonds**.



2. Fry the veggie meatballs

- Finely chop the **scallions** and separate the white part from the greens.
- Heat half of the olive oil in a deep frying pan over medium-high heat. Fry the white part of the **scallions** with the **veggie meatballs** for 4 minutes.
- Add (per person) 1 tsp **ras el hanout** and fry for 1 more minute.
- Pour in the water and crumble in the rest of the stock cube (see pantry for amount). Add the **passata** and mix well, then allow to simmer for 5 minutes.



4. Serve

- Stir half of the fresh herbs into the **veggie meatballs**, then season to taste with salt and pepper.
- Serve the mash on plates and top with the **veggie meatballs** in their sauce.
- Garnish with the **almonds** and the rest of the fresh herbs.

Enjoy!



Roasted Vegetables with Pomegranate & Hummus

over bulgur with fresh herbs & Middle Eastern spices

Calorie Smart Plant-Based

Total time: 40 - 50 min.



Hummus



Bulgur



Middle Eastern
spice mix



Sweet potato



Cauliflower



Pomegranate



Fresh flat leaf parsley
& mint



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

Got leftover pomegranate seeds? Sprinkle them over your avocado toast. Pairing them with avocado is both delicious and pleasing to the eye.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, pot or saucepan, two small bowls

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Hummus* (g)	40	80	120	160	200	240
Bulgur (g)	40	75	110	150	185	225
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Sweet potato (g)	150	300	450	600	750	900
Cauliflower* (g)	250	500	750	1000	1250	1500
Pomegranate* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2757 / 659	384 / 92
Total fat (g)	28	4
of which saturated (g)	4,5	0,6
Carbohydrates (g)	73	10
of which sugars (g)	14,2	2
Fibre (g)	21	3
Protein (g)	14	2
Salt (g)	1,5	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 200°C. Wash or peel the **sweet potato** and slice it into 1cm thick crescents.
- Cut the head of the **cauliflower** into florets and dice the stem. Transfer both to a bowl and drizzle with the olive oil.
- Add the **Middle Eastern spices** and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 18 - 20 minutes.



2. Prepare the pomegranate

- Prepare the stock in a pot or saucepan. Cook the **bulgur** for 10 - 12 minutes, then drain and set aside.
- Meanwhile, roll the **pomegranate** over the countertop so as to release the seeds, then cut it open and scoop them out.



3. Make the dressing

- Finely chop the fresh herbs and transfer half to a small bowl.
- Add the extra virgin olive oil and white balsamic vinegar. Season to taste with salt and pepper, then mix well to combine.
- Transfer the **hummus** to another small bowl and add the water for the sauce (see pantry for amount).
- Season to taste with salt and pepper, then mix well to combine.



4. Serve

- Serve the **bulgur** on plates and top with the roasted vegetables.
- Drizzle with the **hummus** and herb dressing, then garnish with the **pomegranate seeds** and the rest of the fresh herbs.

Enjoy!



Crispy Panko Shrimp Wraps

with apple slaw & tomato

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Shrimp



Panko breadcrumbs



Mayonnaise



Tomato



Mini tortillas



Rainbow slaw mix



Apple



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

You'll give the shrimp an extra crunch with panko, a Japanese breadcrumb which has a large grain and a coarse texture.

Before you begin

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

Utensils

Aluminum foil, bowl, kitchen paper, salad bowl, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Panko breadcrumbs (g)	15	25	40	50	65	75
Mayonnaise* (g)	25	50	75	100	125	150
Tomato (unit(s))	1½	3	4	6	7	9
Mini tortillas (unit(s))	3	6	9	12	15	18
Rainbow slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	2	2	3	3
From your pantry						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2799 / 669	564 / 135
Total fat (g)	32	6
of which saturated (g)	6,8	1,4
Carbohydrates (g)	70	14
of which sugars (g)	18,6	3,8
Fibre (g)	9	2
Protein (g)	22	4
Salt (g)	1,9	0,4

Allergens

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



1. Prepare the shrimp

- Preheat the oven to 200°C.
- Pat the **shrimp** dry with kitchen paper, then transfer to a bowl and season with salt and pepper.
- Coat first with a third of the mayonnaise and then coat with the **panko**.
- Melt a knob of butter in a frying pan over medium-high heat and fry the **shrimp** for 4 - 6 minutes or until golden-brown (see Tip).

Tip: fry the rest of the panko as well to use later as garnish.



2. Make the slaw

- Core and dice the **apple**, then transfer to a salad bowl along with the **slaw mix** and the rest of the mayonnaise.
- Add the honey and white balsamic vinegar, then toss well to combine.
- Season to taste with salt and pepper.



3. Dice the tomato

- Wrap the **tortillas** in aluminium foil and heat in the oven for 3-4 minutes.
- Dice the **tomato** in the meantime.



4. Serve

- Top the **tortillas** with the slaw, the **panko shrimp** and the **tomato**.

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

Enjoy!



Sticky Tofu Poké Bowl with Avocado & Edamame

over rice with quick-pickled radish & chili-mayonaise

Plant-Based Nice & Fast

Total time: 15 - 20 min.



East Asian-style sauce



Avocado



Radish



Edamame



Jasmine rice



Sweet chili sauce



Garlic-ginger-chili mix



Furikake



Seasoned tofu cubes



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

The leaves of radishes are also edible, and they're actually very healthy! Rinse them well and add them to your bowl.

Before you begin

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

Utensils

Lidded pot or saucepan, small bowl, frying pan, two bowls

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
East Asian-style sauce* (sachet(s))	½	1	¾	1	1¾	2
Avocado (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
Edamame* (g)	50	100	150	200	250	300
Jasmine rice (g)	75	150	225	300	375	450
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Furikake (sachet(s))	½	1	1½	2	2½	3
Seasoned tofu cubes* (g)	90	180	270	360	450	540
From your pantry						
Sunflower oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3724 /890	843 /202
Total fat (g)	44	10
of which saturated (g)	5,5	1,2
Carbohydrates (g)	97	22
of which sugars (g)	30,5	6,9
Fibre (g)	4	1
Protein (g)	24	5
Salt (g)	2,4	0,5

Allergens

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



1. Boil the rice

- Boil plenty of salted water in a pot or saucepan and cook the **rice** for 10 - 12 minutes, covered, then drain and set aside (see Tip).
- Discard the **radish** leaves and then thinly slice the **radishes**.



2. Prepare the radish

- Transfer the **radishes** to a bowl, then add the white wine vinegar and half of the sugar. Toss well to combine, seasoning with salt and pepper. Set aside until serving.
- In a bowl, combine the **garlic-ginger-chili mix*** with the ketjap, the rest of the sugar and the **East Asian-style sauce**.

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



3. Slice the avocado

- Heat the sunflower oil in a frying pan over medium-high heat. Fry the **tofu** for 3 - 4 minutes.
- Meanwhile, halve and pit the **avocado**, then remove the skin and slice the flesh.
- Add the sauce to the **tofu** and lower the heat, then fry for 1 minute, ensuring it is uniformly coated.



4. Serve

- In a small bowl, combine the **sweet chili sauce** with the mayonnaise.
- Serve the **rice** on deep plates. Arrange the **radish, avocado, edamame** and **tofu** on top.
- Drizzle with the **chili** mayo as preferred and garnish with the **furikake**.

Enjoy!



Creamy Lentil Masala Soup with Naan

with fragrant yogurt sauce, coconut milk & shaved almonds

Nice & Fast

Total time: 10 - 15 min.



Passata



Garam Masala



Lentils



Coconut milk



Ginger paste



Naan bread with herbs



Pre-cut carrot & onion



Garlic



Organic full-fat yogurt



Fresh coriander & mint



Shaved almonds



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

Did you know that garam masala literally means 'spicy spice mixture' in Hindi?

Before you begin

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

Utensils

Immersion blender, small bowl, soup pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Passata (g)	100	200	300	390	500	590
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Ginger paste* (g)	2½	5	7½	10	12½	15
Naan bread with herbs (unit(s))	1	2	3	4	5	6
Pre-cut carrot & onion* (g)	100	200	300	400	500	600
Garlic (unit(s))	1	2	3	4	5	6
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander & mint* (g)	10	20	30	40	50	60
Shaved almonds (g)	5	10	15	20	25	30
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Boiled water (ml)	125	250	375	500	625	750
White wine vinegar (tsp)	1	2	3	4	5	6
Extra virgin 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)	3644 /871	488 /117
Total fat (g)	44	6
of which saturated (g)	22,6	3
Carbohydrates (g)	88	12
of which sugars (g)	14,6	2
Fibre (g)	21	3
Protein (g)	22	3
Salt (g)	3,5	0,5

Allergens

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



1. Prepare

- Preheat the oven to 200°C and boil the kettle.
- Bake the naan for 2 - 3 minutes.
- Meanwhile, roughly chop the **garlic**.
- Heat the olive oil in a soup pot over medium-high heat. Fry the **garlic** with the **ginger paste**, the pre-cut vegetables and the **garam masala*** for 1 minute.

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



2. Make the soup

- Open the **lentils** and add them directly to the soup (no need to drain them).
- Add the **passata** and the **coconut milk**.
- Pour in the boiling water and crumble in the stock cube (see pantry for amounts).
- Bring to a boil and allow to simmer gently for 5 - 7 minutes.



3. Make the yogurt sauce

- In the meantime, roughly chop both the **coriander** leaves and stems.
- Roughly chop the **mint** leaves.
- In a small bowl, combine the **yogurt** with the **mint** and half of the **coriander**. Season to taste with salt and pepper.



4. Serve

- Add the white wine vinegar to the soup. Process with an immersion blender until it reaches your preferred texture (see Tip). Season to taste with salt and pepper.
- Serve the soup in bowls and top with the **yogurt** sauce. Garnish with the **shaved almonds** and the rest of the **coriander**.
- Drizzle with the extra virgin olive and serve the naan alongside.

Tip: if the soup is still too thick, gradually add more water until the texture is to your liking.



Steak Strips with Wholewheat Noodles

with stir-fried vegetables & gomashio

Calorie Smart Nice & Fast

Total time: 15 - 20 min.



Steak strips



Garlic-ginger-chili mix



Vegetable mix with cabbage



Wholewheat noodles



East Asian-style sauce



Gomashio



Ginger stir fry sauce



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

We have already cut the ginger, garlic and red chili pepper for you, so this dish will be ready in no time!

Before you begin

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

Utensils

Aluminum foil, bowl, pot or saucepan, frying pan, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (sachet(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir fry sauce (g)	20	35	55	70	90	105
From your pantry						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2301 / 550	550 / 131
Total fat (g)	17	4
of which saturated (g)	5,8	1,4
Carbohydrates (g)	65	16
of which sugars (g)	24	5,7
Fibre (g)	8	2
Protein (g)	33	8
Salt (g)	2,4	0,6

Allergens

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



1. Prepare

- Boil plenty of water in a pot or saucepan for the **noodles**.
- Take the **steak strips** out of the fridge and allow to reach room temperature.
- Transfer the **steak strips** to a bowl along with the **ginger stir-fry sauce** and ketjap. Mix well to combine, then cover with aluminium foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the **garlic-ginger-chili pepper mix*** for 1 minute.

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



2. Fry the vegetables

- Stir in the **vegetable mix** and fry for 4 - 6 minutes.
- Boil the **noodles** for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the **East Asian-style sauce** and mix well to combine, then fry for 2 more minutes.



3. Fry the steak strips

- Melt a knob of butter in a frying pan over high heat.
- Fry the **steak strips** for 1 minute until evenly browned, seasoning to taste with salt and pepper.



4. Serve

- Serve the **noodles** and vegetables on deep plates and top with the **steak strips**.
- Drizzle with any remaining cooking juices from the pan.
- Garnish with the **gomashio**.

Did you know... 🌱 Chinese cabbage is high in calcium, folic acid and vitamin C. This helps your bones and muscles to stay strong and healthy.

Enjoy!



Chicken Schnitzel with Homemade Fries

with sauerkraut slaw, cranberry chutney & parsley

Total time: 45 - 55 min.



Potatoes



Apple



Carrot



Onion



Fresh curly parsley



Lemon



Sauerkraut



Cranberry chutney



Oranjehoen crispy chicken schnitzel



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

Did you know that sauerkraut is actually a superfood? It's packed with probiotics and vitamin C and helps boost your immune system.

Before you begin

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

Utensils

Parchment-lined baking sheet, bowl, grater, salad bowl, spoon, sieve, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Apple* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Sauerkraut* (g)	100	200	300	400	500	600
Cranberry chutney* (g)	40	80	120	160	200	240
Oranjestoof crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6

From your pantry

Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt & pepper						to taste

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3983 / 952	532 / 127
Total fat (g)	46	6
of which saturated (g)	12,4	1,7
Carbohydrates (g)	100	13
of which sugars (g)	33,1	4,4
Fibre (g)	18	2
Protein (g)	25	3
Salt (g)	3	0,4

Allergens

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



1. Make the fries

- Preheat the oven to 210°C.
- Peel or thoroughly wash the **potatoes** and then cut into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with the olive oil (see Tip). Season the fries with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 35 minutes or until golden-brown, tossing halfway.

Tip: you can also do this directly on the baking sheet if preferred.



3. Make the slaw

- To the **sauerkraut**, add the **carrot, onion, apple**, sugar and mayonnaise, along with half of the **parsley**.
- Season to taste with salt and pepper, then mix well to combine.
- Set aside in the fridge until serving.



2. Chop the vegetables

- Finely dice the **apple**. Grate the **carrot** and slice the **onion** into thin half rings.
- Finely chop the **parsley** and cut the **lemon** into wedges.
- Weigh the **sauerkraut**, then transfer to a sieve and rinse under cold water.
- Use a spoon to push out the excess liquid, then transfer the **sauerkraut** to a salad bowl.



4. Serve

- When the fries have 10 minutes left, melt the butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the **schnitzel** for 3 minutes per side or until golden-brown.
- Serve the **schnitzel** with the fries and the **sauerkraut** slaw.
- Serve the **cranberry chutney** and **lemon wedges** alongside. Garnish with the rest of the **parsley** to finish.

Enjoy!



Pork Escalope with Mangetout

with carrot mash & shallot jus

Calorie Smart Family

Total time: 35 - 45 min.



Shallot



Garlic



Potatoes



Carrot



Pork escalope



Mangetout



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

Carrots are rich in vitamin A, so your immune system and eyes will receive an extra boost from this dish.

Before you begin

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

Utensils

Oven dish, lidded pot or saucepan, potato masher, saucepan, frying pan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shallot (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	¾	2	2½	3	4½	5
Pork escalope* (unit(s))	1	2	3	4	5	6
Mangetout* (g)	100	150	200	250	350	400
From your pantry						
Low sodium beef stock (ml)	125	250	375	500	625	750
Balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2619 /626	346 /83
Total fat (g)	28	4
of which saturated (g)	17,5	2,3
Carbohydrates (g)	56	7
of which sugars (g)	14,5	1,9
Fibre (g)	17	2
Protein (g)	32	4
Salt (g)	1,2	0,2

Allergens

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



1. Prepare

Take the **pork escalope** out of the fridge and allow it to reach room temperature (see Tip). Preheat the oven to 160°C and prepare the stock. Boil plenty of water in a pot or saucepan for the vegetables. Chop the **shallot** and crush or mince the **garlic**. Peel or thoroughly wash the **potatoes** then cut them into rough pieces. Dice the **carrot** into 2cm chunks.

Tip: for the best result, take the pork out of the fridge 30 to 60 minutes before you start cooking. This way, the pork will be at room temperature when you eventually fry it.



4. Make the jus

Increase the heat under the frying pan and deglaze with the stock and balsamic vinegar. Stir in the mustard and season with pepper, then allow to cook for 4 – 6 minutes or until it has reduced by half. Shortly before serving, whisk the rest of the butter into the jus.



2. Cook the vegetables

Boil the **carrots** for 5 minutes, covered, then add the **potatoes** and cook for 15 minutes. Ensure the vegetables are fully submerged and season with salt and pepper. Reserve a small amount of the cooking liquid, then drain and set aside.

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



5. Boil the mangetout

Boil plenty of water in a saucepan and cook the **mangetout** for 4 – 6 minutes, then drain and rinse under cold water. Transfer the reserved **shallot** and **garlic** to the **carrot** and **potatoes** and mash until smooth. Add a splash of the reserved cooking liquid if necessary and then season to taste with salt and pepper.



3. Fry the pork

Melt half of the butter in a frying pan over medium heat and fry the **shallot** and **garlic** for 3–4 minutes. Season the **pork** with salt and pepper. Take half of the **shallot** and **garlic** out of the pan and set aside. Fry the **pork** in the same pan for 3–4 minutes until evenly browned, then transfer to an oven dish and roast for 6 – 8 minutes. Remove from the oven and then slice the **pork escalope**.



6. Serve

Serve the mash on plates and top with the **pork escalope** and the **mangetout**. Serve with the jus.

Enjoy!



Sticky Piri Piri Salmon with Carrot Ribbons

over giant couscous with coriander dressing

Nice & Fast

Total time: 20 - 25 min.



Salmon fillet



Piri piri seasoning



Giant couscous



Courgette



Onion



Carrot



Korean-style spice mix



Fresh coriander



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

Did you know that salmon, like flamingos, are pink because of their diet? They get this colour from the pigment they absorb from shrimp, for example.

Before you begin

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

Utensils

Bowl, deep frying pan, lidded pot or saucepan, kitchen paper, peeler or cheese slicer, frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
Piri piri seasoning (tsp)	1½	3	4½	6	7½	9
Giant couscous (g)	75	150	225	300	375	450
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	1	2	2	3
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
From your pantry						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1¼	2½	3¾	5	6¼	7½
Sugar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3686 / 881	576 / 138
Total fat (g)	46	7
of which saturated (g)	6,9	1,1
Carbohydrates (g)	82	13
of which sugars (g)	27,2	4,3
Fibre (g)	11	2
Protein (g)	31	5
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 in a pot or saucepan and boil the **giant couscous** for 12 - 14 minutes, covered.
- Drain if necessary and then set aside, still covered.
- Meanwhile, shave the **carrot** into thin ribbons using a peeler or **cheese slicer**.
- In a bowl, combine the sugar with the white wine vinegar. Add the **carrot** ribbons and toss well to combine, then set aside.



3. Fry the salmon

- Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **salmon** for 2 - 3 minutes on its skin, then for a further 2 minutes on the other side.
- Add the honey during the final minute of cooking.
- Stir the **Korean-style spices** and the fried vegetables into the **giant couscous**. Season to taste with salt and pepper.



2. Fry the vegetables

- Cut the **courgette** into crescents and slice the **onion** into half rings.
- Heat half of the olive oil in a deep frying pan over medium-high heat. Fry the **courgette** and **onion** for 5 - 7 minutes.
- Finely chop the **coriander** in the meantime.
- Pat the **salmon** dry with kitchen paper and then coat it with the **piri piri spices**.



4. Serve

- Serve the **giant couscous** on deep plates and top with the **carrot** ribbons and the **salmon**.
- To the residual pickling liquid, add the mayonnaise and half of the **coriander**. Mix well to combine.
- Drizzle with the dressing and then garnish with the rest of the **coriander** to finish.

Enjoy!



Veggie Picadillo with Lentils & Greek-Style Cheese

with olives, parsley & raisins

Calorie Smart Nice & Fast Veggie

Total time: 25 - 30 min.



Garlic



Bell pepper



Mexican-style spices



Lentils



Worcestershire sauce



Raisins



Fresh flat leaf parsley



Greek-style cheese



Onion



White long grain rice



Chopped tomatoes



Green olives



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

Picadillo is a Latin American dish, traditionally prepared with minced meat, tomatoes, sultanas and olives. Today, you'll make a vegetarian version of this dish!

Before you begin

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

Utensils

Pot or saucepan, sieve, wok or deep frying pan

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Lentils (pack)	⅓	⅔	1	1⅓	1⅔	2
Worcestershire sauce (ml)	10	15	25	30	40	45
Raisins (g)	10	20	30	40	50	60
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	1	2	2	3
White long grain rice (g)	75	150	225	300	375	450
Chopped tomatoes (pack)	⅓	⅔	1	1⅓	1⅔	2
Green olives (g)	15	30	50	70	80	100

From your pantry

Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt & pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2276 / 544	469 / 112
Total fat (g)	13	3
of which saturated (g)	5,3	1,1
Carbohydrates (g)	86	18
of which sugars (g)	12,9	2,7
Fibre (g)	11	2
Protein (g)	18	4
Salt (g)	3,2	0,7

Allergens

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



1. Boil the rice

- Boil plenty of water in a pot or saucepan and cook the **rice** for 12-15 minutes or until done.
- Meanwhile, chop the **onion** and crush or mince the **garlic**.
- Dice the **bell pepper**.



2. Chop the parsley

- Drain and rinse the lentils.
- Roughly chop the **parsley** (both the leaves and stems).

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.



3. Fry the vegetables

- Heat the olive oil in a wok or deep frying pan over low heat and fry the **onion** with the **garlic** for 2 minutes.
- Stir in the **bell pepper**, **raisins**, **Mexican-style spices*** and **diced tomatoes**, then fry for 5 minutes over medium-high heat.
- Add the **olives** and **Worcestershire sauce** and cook for 10 more minutes, stirring regularly.
- Finally, stir in the lentils and season to taste with salt and pepper.

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



4. Serve

- Serve the **rice** and picadillo on plates.
- Crumble over the **Greek-style cheese**.
- Garnish with the **parsley**.

Enjoy!



Flemish-Style Sausage Rolls

with homemade applesauce & crunchy slaw

Family

Total time: 45 - 55 min.



Onion



Fresh curly parsley



Panko breadcrumbs



Puff pastry



Apple



Purple carrot



Carrot



Seasoned minced meat blend



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

Before baking, you can brush the top of the puff pastry with a layer of beaten egg. This will give the pastry an appetising, shiny crust!

Before you begin

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

Utensils

Parchment-lined baking sheet, grater, large bowl, lidded saucepan, salad bowl

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Panko breadcrumbs (g)	10	15	20	25	35	40
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	1	2	3	4	5	6
Purple carrot* (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
From your pantry						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Mustard (tsp)	1	2	3	4	5	6
Water (ml)	30	60	90	120	150	180
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3824 /914	627 /150
Total fat (g)	56	9
of which saturated (g)	19	3,1
Carbohydrates (g)	72	12
of which sugars (g)	31,2	5,1
Fibre (g)	13	2
Protein (g)	26	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

- Preheat the oven to 210°C.
- Cut the **pastry** sheet in half (see ingredients for amount). Chop the **onion** and finely chop the **parsley**.
- In a large bowl, combine the **mince** with the **onion**, **panko**, mustard and half of the **parsley**. Season with salt and pepper and knead well to combine.
- Shape the **mince** into logs and transfer to the **pastry** so as to have one per person.



3. Make the applesauce

- Peel the **apple**, then core and dice it.
- Transfer to a saucepan, along with the honey and the water (see pantry for amounts).
- Bring to a boil and allow to cook gently over low heat for 12-14 minutes, covered.
- Remove from the heat and use a fork to mash the **apple**, then set aside until serving, covered.



2. Make the sausage rolls

- Fold the **pastry** around the **mince**, then brush the edge with water so as to better seal the rolls.
- Fold the **pastry** and seal the ends, then transfer to a parchment-lined baking sheet with the seam facing downwards.
- Score the surface of the **pastry** in a criss-cross pattern and season with salt and pepper.
- Bake in the oven for 25 - 30 minutes or until golden-brown (see Tip).

Tip: if the pastry isn't cooking evenly, turn the baking sheet halfway through cooking.



4. Serve

- Grate the **carrots**.
- In a salad bowl, combine the mayonnaise with the extra virgin olive oil and white wine vinegar. Season with salt and pepper, then add the grated **carrots** and the rest of the **parsley**.
- Toss well to combine with the dressing.
- Serve the sausage rolls with the slaw and the applesauce.

Enjoy!



Stuffed Portobello with Goat's Cheese & Walnuts

with potato wedges, cherry tomatoes & roasted bell pepper

Calorie Smart Veggie

Total time: 45 - 55 min.



Potatoes



Fresh rosemary



Onion



Red cherry tomatoes



Bell pepper



Portobello mushroom



Fresh goat's cheese



Chopped walnuts



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

Portobello is packed with vitamin B2, making it great as a meat substitute. You'll serve it with goat cheese and honey.

Before you begin

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

Utensils

Parchment-lined baking sheet, lidded deep frying pan, oven dish

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	300	600	900	1200	1500	1800
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Red cherry tomatoes (g)	65	125	190	250	315	375
Bell pepper* (unit(s))	½	1	2	2	3	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Fresh goat's cheese* (g)	40	75	100	125	175	200
Chopped walnuts (g)	10	20	30	40	50	60

From your pantry

Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil				to taste		
Black pepper				to taste		

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2556 /611	386 /92
Total fat (g)	28	4
of which saturated (g)	9,1	1,4
Carbohydrates (g)	67	10
of which sugars (g)	13,1	2
Fibre (g)	16	2
Protein (g)	19	3
Salt (g)	0,8	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 200°C. Discard the **rosemary** stalk and finely chop the leaves. Slice the **onion** into rings and dice the **bell pepper**. Halve the **cherry tomatoes**. Thoroughly wash the **potatoes** and then cut into wedges.



2. Fry the potatoes

Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the **potatoes** with **rosemary** for 15 - 20 minutes, covered, seasoning with pepper. Remove the lid and fry for a further 15 minutes.

Tip: increase the heat so as to cook the potatoes more quickly. Toss regularly and take care that they don't burn.



3. Bake the portobello

Transfer the **portobello** to a parchment-lined baking sheet, with the base facing upwards. Fill with the **goat's cheese** and season with pepper. Drizzle with the honey and then bake in the oven for 18-20 minutes.

Did you know... 🌱 *goat's cheese not only adds great flavour, but it's also lower in salt than other cheeses such as Gouda or Parmesan.*



4. Roast the vegetables

Transfer the **tomatoes, onion** and **bell pepper** to an oven dish and drizzle with olive oil. Add the balsamic vinegar and season with pepper, then toss well to coat. Bake in the oven alongside the **portobello** during the final 15 minutes of cooking time.



5. Finish the portobello

5 minutes before the end of the cooking time, top the **portobello** with the **walnuts**.



6. Serve

Serve the **potatoes** and **portobello** on plates. Serve the vegetables alongside and drizzle with extra virgin olive oil as preferred.

Did you know... 🌱 *mushrooms and portobellos are a great source of vitamin B2, which helps keep you energised. Vitamin B2 is most commonly found in animal products, so if you follow a vegetarian or vegan diet it's good to eat mushrooms regularly so as to prevent deficiency.*

Enjoy!



Italian-Inspired Chicken Soup

with pearl barley, basil crème, Gouda & spinach

Calorie Smart

Total time: 55 - 65 min.



Pearl barley



Chicken breast



Garlic



Onion



Italian vegetable mix



Spinach



Bay leaf



Italian seasoning



Grated Gouda



Basil crème



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

Did you know that you can steep bay leaves in water to make a tea that aids digestion?

Before you begin

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

Utensils

Lidded soup pot or large pot

Ingredients for 1-6 servings

	1p	2p	3p	4p	5p	6p
Pearl barley (g)	50	100	150	200	250	300
Chicken breast* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Italian vegetable mix* (g)	100	200	300	400	500	600
Spinach* (g)	50	100	200	200	300	300
Bay leaf (unit(s))	1	1	2	2	3	3
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	15	25	40	50	65	75
Basil crème (ml)	10	15	20	24	35	39
From your pantry						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	350	700	1050	1400	1750	2100
Salt & pepper	to taste					

*store in the fridge

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2234 /534	302 /72
Total fat (g)	20	3
of which saturated (g)	5,9	0,8
Carbohydrates (g)	48	6
of which sugars (g)	8,4	1,1
Fibre (g)	18	2
Protein (g)	37	5
Salt (g)	2,2	0,3

Allergens

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



1. Prepare the vegetables

- Prepare the stock.
- Chop the **onion** and crush or mince the **garlic**.
- Heat the olive oil in a soup pot or large pot over medium-high heat. Fry the **onion** and **garlic** for 1 - 2 minutes, then add the **vegetable mix** and fry for 3 - 4 minutes.



2. Poach the chicken

- Weigh the **pearl barley**.
- Add the stock to the soup pot and bring to the boil, then add the **bay leaf**, the **pearl barley** and the **chicken breast**.
- Cover with the lid and allow the **chicken** to poach gently for 8-10 minutes or until done, then remove from the soup and set aside.



3. Boil the soup

- To the soup, add the **Italian seasoning** and the **spinach**.
- Cover again with the lid and allow to cook for 10 - 15 minutes.
- Season to taste with salt and pepper as needed.

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.*



4. Serve

- Shred the **chicken** into smaller pieces, using your hands or two forks. Season with salt and pepper.
- Remove the **bay leaf** from the soup, then serve on deep plates and top with the **chicken**.
- Drizzle with the **basil crème** and garnish with the **cheese**.

Enjoy!



'Kapsalon' with Veggie Döner

with homemade fries, salad & garlic mayo

Family Veggie

Total time: 40 - 50 min.



Potatoes



Onion



Tomato



Little gem



Garlic



Mayonnaise



Veggie döner kebab



Grated Gouda



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

This vegetarian döner has as much flavour and bite as real meat. However, this product is 100% plant-based!

Before you begin

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

Utensils

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Little gem* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Mayonnaise* (g)	25	50	75	100	125	150
Veggie döner kebab* (g)	80	160	240	320	400	480
Grated Gouda* (g)	15	25	35	50	60	75
From your pantry						
Buttermilk (tbsp)	1½	3	4½	6	7½	9
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)	2954 / 706	469 / 112
Total fat (g)	43	7
of which saturated (g)	10,9	1,7
Carbohydrates (g)	53	8
of which sugars (g)	6,3	1
Fibre (g)	15	2
Protein (g)	23	4
Salt (g)	1,6	0,3

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. Peel the **potatoes** and cut into fries of no more than 1cm thickness, then transfer to a bowl. Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake in the oven for 25 - 35 minutes, tossing halfway. Bake longer if you would prefer the fries to be crispier.



2. Chop the vegetables

Slice the **onion** into half rings. Dice the **tomato**. Chop the **lettuce** into thin ribbons. Crush or mince the **garlic**.



3. Make the dressing

In a salad bowl, combine the buttermilk with the same amount of mayonnaise and season to taste with salt and pepper (see Tip). In a small bowl, combine the rest of the mayonnaise with the **garlic** (or use less **garlic** if preferred).

Tip: you can also use yogurt or regular milk instead of buttermilk.



4. Fry the veggie döner

Heat the rest of the olive oil in a frying pan over medium-high heat. Fry the **onion** for 2 minutes, then add the **veggie döner** and fry for 5 - 7 minutes.



5. Make the salad

In the meantime, transfer the **lettuce** and **tomato** to the salad bowl, then toss well to combine with the dressing.

Did you know... 🌱 this recipe provides over 200g of vegetables and is low in salt and saturated fat. It's a far cry from the classic kapsalon in the Dutch snackbars!



6. Serve

Serve the fries on plates. Top with the salad, the **veggie döner** and the **cheese**. Serve with the **garlic** mayonnaise (see Tip). If you would prefer the fries to stay crispy, serve them on the side.

Tip: you can also serve with sambal as preferred.

Enjoy!