



One-Pot Chicken Alfredo

with penne, broccoli & cheese

Total time: 25 - 35 min.

Family

Quick



Garlic



Cooking cream



Penne



Broccoli



Grated Gouda



Onion



Chicken breast



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	1	2	2	3	3
Cooking cream (g)	75	150	225	300	375	450
Penne (g)	90	180	270	360	450	540
Broccoli* (g)	180	360	500	720	860	1080
Grated Gouda* (g)	25	50	75	100	125	150
Onion (unit(s))	½	1	2	2	3	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Low sodium chicken stock (ml)	200	400	600	800	1000	1200
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3477 /831	469 /112
Total fat (g)	33	4
of which saturated(g)	15,8	2,1
Carbonhydrates (g)	74	10
of which sugars (g)	9	1,2
Fiber (g)	9	1
Protein (g)	56	8
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Prepare the stock. Chop the onion and crush or mince the garlic.
- Cut the chicken into rough chunks. Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the chicken for 3 - 4 minutes until evenly browned, then remove from the pan and set aside.
- Heat a light drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.



Finish

- Stir in the broccoli and cook for 7 minutes.
- Add the chicken and cook for 5 more minutes (see Tip).

Tip: if the sauce is too watery, turn up the heat and allow to reduce a little longer, uncovered.



Make the sauce

- Add the stock, the cream, the white wine vinegar and the pasta, then season with salt and pepper.
- Cover with the lid and cook over low heat for 4 minutes, stirring occasionally.
- Meanwhile, cut the head of the broccoli into small florets and finely dice the stem.



Serve

- Remove from the heat and stir in two thirds of the cheese, then season to taste with salt and pepper.
- Serve the pasta on deep plates and garnish with the rest of the cheese.



Homemade Chicken Nuggets & Fries

with sour cream salad & sweet chili sauce

Total time: 45 - 55 min.

Family

Health Conscious Choice



Potatoes



Chicken tenderloin



Cucumber



Kumato tomato



Organic sour cream



Ground paprika



Panko breadcrumbs



Sweet chili sauce



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Chicken tenderloin* (g)	100	200	300	400	500	600
Cucumber* (unit(s))	½	1	1½	2	2½	3
Kumato tomato* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Ground paprika (tsp)	1	2	3	4	5	6
Panko breadcrumbs (g)	25	50	75	100	125	150
Sweet chili sauce* (g)	35	70	105	140	175	210
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Sunflower oil (ml)	30	60	90	120	150	180

Salt and pepper to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3134 /749	428 /102
Total fat (g)	31	4
of which saturated(g)	5,6	0,8
Carbonhydrates (g)	82	11
of which sugars (g)	13,9	1,9
Fiber (g)	9	1
Protein (g)	37	5
Salt (g)	0,9	0,1

Allergens

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



Bake the fries

- Preheat the oven to 220°C.
- Wash or peel the potatoes and cut into fries of no more than 1cm thickness.
- Transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake in the oven for 30 - 40 minutes or until golden-brown, tossing halfway.

Did you know... *the potatoes in this recipe contain copper, a mineral that supports the immune system.*



Bread the nuggets

- Transfer the panko to a deep plate and season with salt and pepper.
- Coat the nuggets with the panko.



Make the nuggets

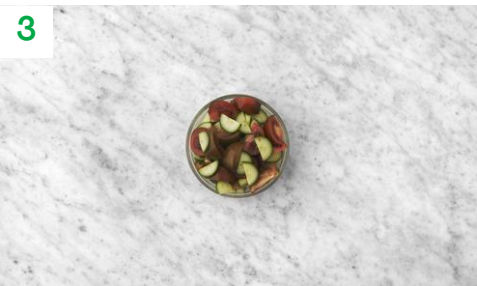
- In a bowl, combine half of the sour cream with the paprika and the mustard, then season with salt and pepper.
- Cut the chicken into 3cm uniform pieces, so as to make the nuggets.
- Coat the nuggets with the sour cream sauce.



Fry the nuggets

- Prepare a plate lined with kitchen paper.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the nuggets for 2 - 3 minutes per side or until golden-brown.
- Transfer the nuggets to the plate.

Air Fryer Option: *drizzle the chicken with oil and fry for 8 - 12 minutes at 190°C. Shake halfway and avoid overcrowding the basket.*



Make the salad

- Cut the tomato into wedges and slice the cucumber into crescents, then transfer both to a salad bowl.
- Add the extra virgin olive oil and the white balsamic vinegar, along with the rest of the sour cream.
- Toss well to combine, seasoning to taste with salt and pepper.





Casarecce Alla Norma with Parmigiano Reggiano

with eggplant, pecorino & fresh basil

Total time: 20 - 30 min.

Veggie

Quick

Health Conscious Choice



Garlic



Onion



Eggplant



Mini Roma tomatoes



Passata



Italian seasoning



Sicilian-style herb mix



Parmigiano Reggiano DOP



Grated Pecorino DOP



Fresh basil & oregano



Ricotta



Casarecce



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	1½	2	2½	3
Mini Roma tomatoes* (g)	62½	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Parmigiano Reggiano DOP* (g)	20	40	60	80	100	120
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Fresh basil & oregano* (g)	5	10	15	20	25	30
Ricotta* (g)	50	100	150	200	250	300
Casarecce (g)	90	180	270	360	450	540
Not included						
Olive oil (tbsp)	1	2	3	3	5	5
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3259 /779	599 /143
Total fat (g)	31	6
of which saturated(g)	13,2	2,4
Carbonhydrates (g)	88	16
of which sugars (g)	19,9	3,7
Fiber (g)	10	2
Protein (g)	29	5
Salt (g)	2,6	0,5

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Dice the eggplant into 1cm cubes and halve the tomatoes.
- Chop the onion and crush or mince the garlic. Roughly chop the basil.
- Boil the pasta for 13 - 15 minutes, then reserve some of the pasta water before draining and setting aside.



Make the sauce

- In the meantime, heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic and onion for 2 - 3 minutes, then add the tomatoes and fry for 2 more minutes.
- Deglaze with the passata and balsamic vinegar, then add the sugar and the Sicilian-style herbs.
- Season to taste with salt and pepper and allow to simmer for 4 - 5 minutes.



Fry the eggplant

- Heat a drizzle of olive oil in a large deep frying pan over high heat.
- Fry the eggplant for 10 - 12 minutes until golden-brown.
- Add the Italian seasoning and fry for 1 more minute.
- Meanwhile, grate the Parmigiano Reggiano and finely chop the oregano.

Did you know... the cheese in this recipe contains calcium, a nutrient that supports your nervous system to function efficiently.



Serve

- Transfer the pasta, the oregano and the eggplant to the tomato sauce, along with half each of the basil and pecorino.
- Add 30ml - 45ml pasta water per person and mix well to combine.
- Serve the pasta on deep plates, then garnish with the ricotta and the Parmigiano Reggiano, along with the rest of the basil and pecorino.



Fennel Curry with Coriander Yogurt Sauce

over brown rice with toasted almonds & coconut milk

Total time: 35 - 45 min.

Veggie Health Conscious Choice



Red chili pepper



Red onion



Ginger stir-fry sauce



Ground turmeric



Garlic



Fennel



Fresh coriander



Tomato paste



Quick-cook brown rice



Coconut milk



Organic full-fat yogurt



Bell pepper



Corn



Yellow mustard seeds



Shaved almonds



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Ginger stir-fry sauce (g)	20	35	50	70	85	105
Ground turmeric (tsp)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fennel* (unit(s))	½	1	2	2	3	3
Fresh coriander* (g)	2½	5	7½	10	12½	15
Tomato paste (can)	½	1	1½	2	2½	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Bell pepper* (unit(s))	½	1	1	2	2	3
Corn (g)	70	140	285	285	425	425
Yellow mustard seeds (sachet(s))	⅓	⅓	1	1½	1½	2
Shaved almonds (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	528 /126
Total fat (g)	34	6
of which saturated(g)	17	2,8
Carbonhydrates (g)	91	15
of which sugars (g)	26,7	4,5
Fiber (g)	13	2
Protein (g)	17	3
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan for the rice.
- Deseed and finely chop the chili pepper*. Chop the onion and crush or mince the garlic.
- Quarter the fennel and remove the tough core, then chop the fennel into strips.
- Cut the bell pepper into thin strips. Roughly chop the coriander.

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



Finish the curry

- Boil the rice for 10 minutes, covered, then drain and set aside.
- To the vegetables, add the coconut milk and crumble in the stock cube (see pantry for amount).
- Bring to a gentle boil, then cover with the lid and allow to simmer for 10 - 12 minutes.
- Taste the curry and season with salt and pepper as needed.



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over medium heat.
- Fry the onion with the garlic, mustard seeds, chili pepper* and turmeric for 1 - 2 minutes.
- Drain the corn and transfer to the pan, along with the tomato paste, ginger stir-fry sauce, fennel and bell pepper.
- Mix well and fry for 4 - 6 minutes.



Serve

- Heat a clean frying pan over high heat. Toast the almonds until golden brown, then remove from the pan and set aside.
- In a bowl, combine the yogurt with a third of the coriander. Season to taste with salt and pepper.
- Serve the rice on deep plates. Top with the curry and the yogurt sauce. Garnish with the almonds and the rest of the coriander.



Family Burger Night: Italian-Style Veggie Cheeseburger

stack your own & enjoy together!

Total time: 45 - 55 min.

Family Veggie



Potatoes



Tomato



Red onion



Basil crème



Unbelievabull burger from the Vegetarian Butcher®



Grated Gouda



Arugula & lamb's lettuce



White ciabatta



Persian cucumber



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Tomato (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1½	2	2½	3
Basil crème (ml)	10	15	24	30	39	45
Unbelievabull burger from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	15	25	40	50	65	75
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
White ciabatta (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3540 /846	505 /121
Total fat (g)	40	6
of which saturated(g)	11,9	1,7
Carbonhydrates (g)	92	13
of which sugars (g)	12,4	1,8
Fiber (g)	14	2
Protein (g)	26	4
Salt (g)	2,5	0,4

Allergens

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



Make the wedges

- Preheat the oven to 200°C.
- Wash the potatoes and cut them into wedges, then transfer to a bowl. Lightly drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 25 - 35 minutes or until done, tossing halfway.
- Bake the ciabatta alongside during the final 6 - 8 minutes.



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger with the onion for 3 minutes per side.
- Scatter the cheese over the burger during the final minute of cooking.
- Cut open the ciabatta and top with the cheeseburger.



Make the salsa

- Meanwhile, dice the tomato.
- Slice the onion into half rings. Slice the cucumber.
- In a bowl, combine the tomato with the extra virgin olive oil and the balsamic vinegar. Season to taste with salt and pepper, then set aside.
- In a small bowl, combine the mayonnaise with the basil crème.



Serve

- Serve the elements separately at the table and allow everyone to assemble their own burger and side salad (or, if preferred, plate it directly).
- Serve the potato wedges alongside.



Hot Smoked Salmon Bulgur Bowl

with pesto, broccoli rice & basil crème

Total time: 20 - 30 min.

Family

Quick

Health Conscious Choice



Broccoli rice



Bulgur



Hot smoked salmon flakes



Green pesto



Tomato



Cucumber



Basil crème



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Broccoli rice* (g)	50	100	150	200	250	300
Bulgur (g)	40	75	115	150	190	225
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Green pesto* (g)	20	40	60	80	100	120
Tomato (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1½	2	2½	3
Basil crème (ml)	10	15	24	30	39	45
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2251 /538	332 /79
Total fat (g)	33	5
of which saturated(g)	5,2	0,8
Carbonhydrates (g)	37	5
of which sugars (g)	5,6	0,8
Fiber (g)	8	1
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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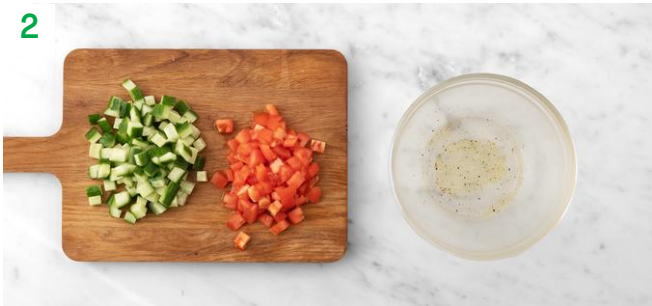
Prepare

- Prepare the stock in a pot or saucepan.
- Add the bulgur and cook for 9 minutes, stirring regularly.
- Add the broccoli rice and cook for 3 more minutes, then drain and then set aside.



Finish

- Transfer the tomato and the cucumber to the salad bowl, then toss well to combine with the dressing.
- Stir the pesto into the bulgur, then season to taste with salt and pepper.



Chop the vegetables

- Dice the cucumber and the tomato.
- In a bowl, combine the extra virgin olive oil with the white wine vinegar.
- Season to taste with salt and pepper.



Serve

- Serve the bulgur on plates, topped with the hot smoked salmon and the salad.
- Drizzle with the basil crème to finish.



Panko Chicken Bowl with Sweet Soy Mayo

over rice with edamame, broccoli & gomashio

Total time: 35 - 45 min.

Family



The edamame beans have a short use-by date. For best results, be sure to cook this recipe within two days of receiving your box. Enjoy!



Chicken thigh



Jasmine rice



Broccoli



Edamame



Mayonnaise



Panko breadcrumbs



Middle Eastern spice mix



Soy sauce



Gomashio



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh* (unit(s))	1	2	3	4	5	6
Jasmine rice (g)	75	150	225	300	375	450
Broccoli* (g)	250	360	610	720	970	1080
Edamame* (g)	25	50	75	100	125	150
Mayonnaise (g)	35	75	100	150	175	225
Panko breadcrumbs (g)	20	40	60	75	100	115
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Soy sauce (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						

Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6

Salt and pepper to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3782 / 904	819 / 196
Total fat (g)	48	10
of which saturated(g)	6,4	1,4
Carbonhydrates (g)	84	18
of which sugars (g)	5,6	1,2
Fiber (g)	8	2
Protein (g)	39	8
Salt (g)	2,1	0,5

Allergens

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



Chop the vegetables

- Preheat the oven to 210°C.
- Boil plenty of water in two pots or saucepans for the rice and the broccoli.
- Cut the head of the broccoli into florets and then dice the stem.
- Boil the broccoli for 5 minutes, then drain. Season to taste with salt and pepper, then set aside.



Prepare the chicken

- Cut the chicken into 2 - 3cm strips.
- Coat it first with the reserved mayonnaise and then with the panko.
- Heat a generous drizzle of sunflower oil in a frying pan over high heat. When the oil is nice and hot, fry the chicken for 1 - 2 minutes per side.
- Transfer to a parchment-lined baking sheet and bake for 10 - 12 minutes until done.



Boil the rice

- Meanwhile, boil the rice for 12 - 15 minutes, then drain and set aside.
- Set aside 0.5 tbsp mayonnaise per person to use in the next step, then transfer the rest to a small bowl.
- Add the soy sauce and the honey, then mix well to combine.
- On a plate, combine the panko with the Middle Eastern spices.



Serve

- Place the same pan over medium-high heat and stir-fry the broccoli for 4 minutes.
- Add the edamame and fry for 1 more minute, then season to taste with salt and pepper.
- Serve the rice on deep plates and arrange everything on top.
- Drizzle with the soy mayonnaise and garnish with the gomashio.



Brie & Caramelised Onion Sandwich

with onion chutney & potato-apple salad

Total time: 20 - 30 min.

Family

Veggie

Quick



Potatoes



White demi-baguette



Creamy French brie



Apple



Onion chutney



Red onion



Arugula & lamb's lettuce



Cucumber



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
White demi-baguette (unit(s))	1	2	3	4	5	6
Creamy French brie* (g)	50	100	150	200	250	300
Apple* (unit(s))	½	1	1½	2	2½	3
Onion chutney* (g)	40	80	120	160	200	240
Red onion (unit(s))	½	1	1½	2	2½	3
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Cucumber* (unit(s))	½	¾	1	1½	1¾	2
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4063 /971	567 /136
Total fat (g)	34	5
of which saturated(g)	17,1	2,4
Carbonhydrates (g)	141	20
of which sugars (g)	34,4	4,8
Fiber (g)	13	2
Protein (g)	26	4
Salt (g)	3,1	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C. Halve the potatoes or cut any larger ones into quarters.
- Transfer to a pot or saucepan, then submerge with water and crumble in the stock cube (see pantry for amount).
- Boil the potatoes for 12 - 15 minutes, covered, then drain and set aside.
- In the meantime, slice the onion into half-rings.



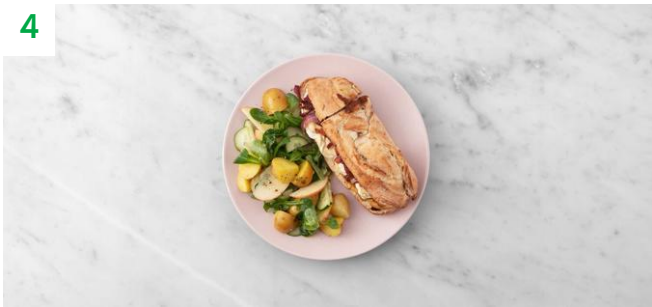
Prepare the sandwich

- Cut open the baguette and transfer to a parchment-lined baking sheet.
- Spread the bottom half of the baguette with the mustard and then top with the brie.
- Top the other half with the caramelised onion, then bake in the oven for 5 - 8 minutes, or until the brie has melted.



Fry the onion

- Melt a knob of butter in a frying pan over medium-high heat and fry the onion for 3 - 5 minutes.
- Deglaze with the balsamic vinegar, then stir in the onion chutney and fry for 2 - 3 minutes.
- Core and slice the apple.
- Slice the cucumber into crescents. Dice the brie.



Serve

- In a salad bowl, combine the white wine vinegar with the extra virgin olive oil and the honey, then season to taste with salt and pepper.
- Transfer the lettuce, the apple, the cucumber and the potatoes to the salad bowl. Toss well to combine with the dressing.
- Close the baguette and cut it in half.
- Serve the sandwich with the potato salad alongside.



Kid-Approved Fish Burger with Potatoes & Vegetables

& for parents, finish with tartar sauce, lemon & gomashio!

Total time: 25 - 35 min.

Family Quick



Potatoes



Carrot



Broccoli



Capers



Lemon



Potato seasoning mix



Fresh tarragon



Fresh chives



Gomashio-herb mix



Breaded fish burger

NEW
INGREDIENT

There's a new ingredient in your box! This fish burger is delicately flavoured and deliciously juicy; with garlic, onion and herbs in a crispy golden-brown coating, it's the perfect choice for dinner.
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Carrot* (unit(s))	1	2	3	4	5	6
Broccoli* (g)	150	300	450	600	750	900
Capers (g)	10	15	25	30	40	45
Lemon* (unit(s))	½	1	1½	2	2½	3
Potato seasoning mix (sachet(s))	½	1	1½	2	2½	3
Fresh tarragon* (g)	2½	5	7½	10	12½	15
Fresh chives* (g)	2½	5	7½	10	12½	15
Gomashio-herb mix (sachet(s))	½	1	1½	2	2½	3
Breaded fish burger* (unit(s))	1	2	3	4	5	6
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3740 /894	515 /123
Total fat (g)	46	6
of which saturated(g)	6	0,8
Carbonhydrates (g)	93	13
of which sugars (g)	16,8	2,3
Fiber (g)	18	2
Protein (g)	27	4
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Wash and dice the potatoes.
- Transfer to a deep frying pan and submerge with water. Cover with the lid and boil for 11 – 13 minutes, then drain and return to the pan.
- Drizzle with sunflower oil and add the potato seasoning, then fry for 3 - 5 minutes over medium-high heat. Season to taste with salt and pepper.



Fry the burger

- Heat a drizzle of sunflower oil in a frying pan over medium heat. Fry the burger for 3 - 4 minutes per side, or until evenly browned.
- Roughly chop the capers. Cut the lemon into six wedges.
- In a small bowl, combine the mayonnaise with the sugar, capers, fresh herbs and the juice of 1 lemon wedge per person. Season to taste with salt and pepper.



Boil the vegetables

- Boil plenty of salted water in a pot or saucepan.
- Cut the head of the broccoli into small florets and dice the stem. Slice the carrot into thin crescents.
- Cook the broccoli and carrot for 5 - 7 minutes, then drain. Season to taste with salt and pepper, then set aside.
- Meanwhile, finely chop the fresh herbs.



Serve

- Serve the potatoes, vegetables and burgers on plates.
- For kids: serve with some mayonnaise as preferred.
- For parents: serve with the tartar sauce and the rest of the lemon wedges. Garnish the vegetables with the gomashio-herb mix.



Fennel & Spinach Orzotto

with Greek-style cheese, lemon & pistachios

Total time: 25 - 35 min.

Veggie

Quick

Health Conscious Choice



Orzo



Garlic



Onion



Fennel



Spinach



Pistachio nuts



Lemon



Italian seasoning



Garlic & herb seasoning



Fresh basil, chives & flat leaf parsley



Fresco spalmabile - cream cheese



Greek-style cheese



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Orzo (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	2	2	3	3
Spinach* (g)	150	300	450	600	750	900
Pistachio nuts (g)	20	40	60	80	100	120
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2992 /715	451 /108
Total fat (g)	34	5
of which saturated(g)	13,5	2
Carbonhydrates (g)	70	11
of which sugars (g)	12,7	1,9
Fiber (g)	12	2
Protein (g)	28	4
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Prepare the stock in a saucepan.
- Quarter the fennel and remove the tough core, then slice into very thin strips. Set aside any fennel fronds to use later as garnish.
- Chop the onion and crush or mince the garlic.

Did you know... the fennel in this recipe contains folate, a vitamin that supports the immune system.



Prepare the garnishes

- Roughly chop the pistachios and the fresh herbs.
- Heat a clean frying pan over medium-high heat and toast the pistachios until golden-brown, then remove from the pan and set aside.
- When the orzo is almost done, tear the spinach directly into the pan, then add the cream cheese and half of the fresh herbs.
- Mix well and allow the spinach to wilt and reduce. Season to taste with salt and pepper.



Fry the vegetables

- Melt a knob of butter in a deep frying pan over medium-low heat.
- Drizzle with olive oil, then fry the fennel, onion, garlic, garlic & herb seasoning and Italian herbs for 4 minutes. Stir in the orzo and then deglaze with the white wine vinegar.
- Pour in the stock and bring to a boil, then cook the orzo over a low heat for 10 - 12 minutes, covered.
- Stir regularly and add a splash of water if the orzo seems too dry.



Serve

- Zest the lemon and cut it into wedges.
- Serve the orzo on plates and crumble over the cheese.
- Garnish with the lemon zest, the toasted pistachios and the rest of the fresh herbs. Serve with the lemon wedges.



Hot Smoked Salmon Salad with Courgette Ribbons

with potatoes, green beans & fresh dill

Total time: 25 - 35 min.

Quick

Health Conscious Choice



Green beans



Potatoes



Courgette



Red onion



Fresh dill



Hot smoked salmon flakes



Arugula & lamb's lettuce



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Green beans* (g)	75	150	300	300	450	450
Potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Fresh dill* (g)	5	10	15	20	25	30
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Not included						
Extra virgin olive oil (tbsp)	1½	3	4½	6	7½	9
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6

Salt and pepper to taste

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2791 /667	474 /113
Total fat (g)	41	7
of which saturated(g)	6,2	1,1
Carbonhydrates (g)	49	8
of which sugars (g)	10,1	1,7
Fiber (g)	9	2
Protein (g)	25	4
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan.
- Discard the tips of the green beans and then cut into thirds. Wash the potatoes and cut into quarters.
- Boil the potatoes for 5 minutes, covered, then add the green beans and boil for 7 - 10 more minutes.
- Drain when finished and rinse under cold water.



Season the courgette

- In a bowl, combine the white balsamic vinegar with two thirds of the extra virgin olive oil and half of the dill.
- Season to taste with salt and pepper, then add the courgette ribbons and toss well to combine. Set aside until serving.
- In a large bowl, combine the onion with the mayonnaise and white wine vinegar, along with the rest of the dill and extra virgin olive oil.



Chop the vegetables

- Shave the courgette into thin ribbons using a peeler or cheese slicer.
- Finely chop the onion and the dill (see Tip).

Tip: *the courgette and the onion are served raw, but you can also fry them if preferred; drizzle with olive oil and fry briefly, seasoning to taste with salt and pepper.*



Serve

- To the dressing, add the potatoes, the green beans and half of the salmon, then toss well to combine. Season to taste with salt and pepper.
- Serve the lettuce on plates. Top with the potato salad, the courgette ribbons and the rest of the salmon.
- Drizzle with extra virgin olive oil as preferred.



Pizza Bolognese with Buffalo Mozzarella & Basil

on Lebanese flatbread with bell pepper

Total time: 25 - 35 min.

Family Quick



Garlic



Onion



Pork mince



Italian seasoning



Passata



Buffalo mozzarella



Lebanese flatbread



Grated Gouda



Fresh basil



Bell pepper



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Pork mince* (g)	100	200	300	400	500	600
Italian seasoning (sachet(s))	¼	¾	1	1½	1½	2
Passata (g)	100	200	300	390	500	590
Buffalo mozzarella* (ball(s))	½	1	1½	2	2½	3
Lebanese flatbread (unit(s))	2	4	6	8	10	12
Grated Gouda* (g)	15	25	40	50	65	75
Fresh basil* (g)	2½	5	7½	10	12½	15
Bell pepper* (unit(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3778 /903	660 /158
Total fat (g)	44	8
of which saturated(g)	19,5	3,4
Carbonhydrates (g)	81	14
of which sugars (g)	16,7	2,9
Fiber (g)	8	1
Protein (g)	43	7
Salt (g)	2,4	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Chop the onion and crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mince for 3 minutes, separating it as you do so, then remove from the pan and set aside.



Make the pizza

- Transfer the flatbread to a parchment-lined baking sheet.
- Spread with the tomato sauce and top with the mince, the bell pepper, the mozzarella and the gouda (see Tip).

Health Tip: *this recipe is high in calories. If you're watching your calorie intake, use just half of the mozzarella. You can keep the rest to use another time.*



Make the sauce

- In the same pan, fry the onion with the garlic and the Italian seasoning for 2 - 3 minutes.
- Deglaze with the passata, the balsamic vinegar and the water for the sauce (see Tip).
- Season to taste with salt and pepper, then cover with the lid and allow to simmer for 5 - 6 minutes.
- Meanwhile, cut the bell pepper into strips and tear the mozzarella into rough pieces.

Tip: *double the water to make more sauce if preferred.*



Serve

- Bake the pizzas in the oven for 7 - 8 minutes.
- In the meantime, chop the basil leaves into ribbons.
- Serve the flatbread pizzas on plates.
- Garnish with the basil and drizzle with extra virgin olive oil as preferred.



Kofta Meatball Orecchiette

with mozzarella, basil crème & courgette

Total time: 25 - 35 min.

Quick



Beef meatballs with kofta seasoning



Orecchiette



Passata



Garlic



Courgette



Shredded mozzarella



Sicilian-style herb mix



Romano pepper



Basil crème



Tomato



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef meatballs with kofta seasoning* (unit(s))	4	8	12	16	20	24
Orecchiette (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Garlic (unit(s))	1	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Basil crème (ml)	10	15	24	30	39	45
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3653 /873	620 /148
Total fat (g)	40	7
of which saturated(g)	13,1	2,2
Carbonhydrates (g)	82	14
of which sugars (g)	15,7	2,7
Fiber (g)	8	1
Protein (g)	41	7
Salt (g)	2,4	0,4

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Slice the courgette into thin crescents and cut the Romano pepper into thin strips.
- Transfer both to separate sides of a parchment-lined baking sheet.
- Drizzle with olive oil and season with salt and pepper. Roast in the oven for 15 - 20 minutes or until done.



Make the sauce

- Halve the meatballs with a spatula. Lower the heat and cover with the lid, then fry for 5 - 6 more minutes.
- Add the garlic and the tomato, then fry for 1 more minute.
- Deglaze with the balsamic vinegar, then add the Sicilian-style herbs and the passata.
- Cover with the lid and allow to simmer for 2 - 3 minutes.



Fry the meatballs

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 16 - 18 minutes, then drain and set aside.
- In the meantime, crush or mince the garlic. Dice the tomato.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the meatballs for 2 - 3 minutes until evenly browned.



Serve

- Transfer the pasta and the vegetables to the sauce, then toss well to combine.
- Serve the pasta on plates and garnish with the mozzarella.
- Drizzle with the basil crème to finish.



Naked Cheeseburger Bowl with Baby Potatoes

with salad, pickles & fried onion

Total time: 35 - 45 min.

Health Conscious Choice



Baby potatoes



Butter lettuce



Tomato



Red onion



Chopped pickles



Worcestershire sauce



Grated cheddar



Hamburger from Meatier



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Butter lettuce* (head)	¼	½	¾	1	1¼	1½
Tomato (unit(s))	1½	3	5	6	8	9
Red onion (unit(s))	½	1	1	2	2	3
Chopped ¼" pickles* (g)	25	50	75	100	125	150
Worcestershire sauce (g)	10	15	20	30	35	45
Grated cheddar* (g)	15	25	40	50	65	75
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3125 / 747	511 / 122
Total fat (g)	47	8
of which saturated(g)	17,2	2,8
Carbonhydrates (g)	48	8
of which sugars (g)	12,8	2,1
Fiber (g)	10	2
Protein (g)	29	5
Salt (g)	2,9	0,5

Allergens

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



Fry the potatoes

- Wash the potatoes and cut them in half. Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the potatoes for 15 minutes, covered, tossing regularly.
- Remove the lid, then season with salt and pepper.
- Fry for 5 - 10 more minutes until done.

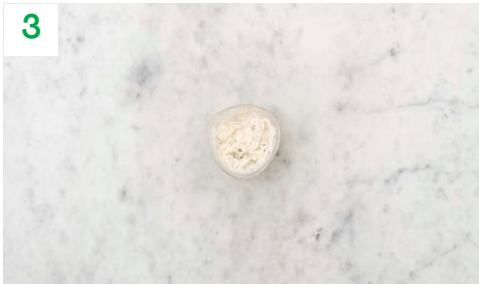
Air Fryer Option: *drizzle the potatoes with oil and fry for 15 - 25 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*



Chop the vegetables

- Meanwhile, roughly tear or shred the lettuce.
- Cut the tomato into wedges and slice the onion into half-rings.
- Finely chop the pickles.

Did you know... *the tomato in this recipe contains potassium, a mineral that contributes to normal muscle function.*



Make the sauce

- In a small bowl, combine the mayonnaise with the Worcestershire sauce and half of the chopped pickles.
- Add the white wine vinegar and the water for the sauce.
- Season with a pinch of salt and mix well, then set aside until serving.



Fry the burger

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes on one side.
- Add half of the onion, then flip the burger and top with the cheese.
- Fry for another 3 - 4 minutes.



Make the salad

- Transfer the lettuce and tomato to a salad bowl, along with the rest of the onion.
- Add half of the mayonnaise sauce and toss well to combine, seasoning to taste with salt and pepper.



Serve

- Serve the salad with the potatoes on deep plates.
- Top with the burger and the fried onion.
- Garnish with the rest of the pickles.
- Serve the rest of the sauce alongside.



Za'atar Tilapia with Zingy Orange Salsa

over fragrant giant couscous with fresh herbs

Total time: 20 - 30 min.

Quick

Health Conscious Choice



Giant couscous



Red onion



Persian cucumber



Tomato



Orange



Middle Eastern spice mix



Red chili pepper



Fresh flat leaf parsley & mint



Za'atar



Skin-on tilapia



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Orange* (unit(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley & mint* (g)	2½	5	7½	10	12½	15
Za'atar (sachet(s))	¼	½	¾	1	1¼	1½
Skin-on tilapia* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2937 /702	433 /103
Total fat (g)	31	5
of which saturated(g)	4,8	0,7
Carbonhydrates (g)	71	11
of which sugars (g)	17	2,5
Fiber (g)	8	1
Protein (g)	33	5
Salt (g)	1,5	0,2

Allergens

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



Boil the giant couscous

- Prepare the stock.
- Deseed and finely chop the red chili pepper*.
- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat and fry the chili pepper with the giant couscous for 1 minute.
- Pour in the stock, then bring to the boil and cook gently for 12 - 14 minutes, covered, then set aside.

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



Make the salsa

- Dice the tomato and the cucumber. Finely chop the fresh herbs
- Use a sharp knife to remove the skin and the white pith from the orange, then dice the flesh.
- Transfer all of this to a large bowl.
- Add the white wine vinegar and some extra virgin olive oil as preferred, then season to taste with salt and pepper. Toss well to combine.



Fry the fish

- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a large frying pan over medium-high heat and fry the onion for 2 - 3 minutes.
- Pat the fish dry with kitchen paper, then fry it with the onion for 3 minutes per side. Add the za'atar during the final minute of cooking.
- Season to taste with salt and pepper, then turn off the heat and set aside until serving, covered.



Serve

- Stir three quarters of the Middle Eastern spices into the giant couscous. Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the rest of the Middle Eastern spices.
- Serve the giant couscous in bowls with everything else on top.
- Drizzle with the mayonnaise to finish.



Shrimp & Mango Udon Salad

with cucumber & homemade sweet chili sauce

Total time: 35 - 45 min.

Family

Health Conscious Choice



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fish sauce (ml)	5	10	15	20	25	30
Shrimp* (g)	80	160	240	320	400	480
Fresh udon noodles (g)	165	330	495	660	825	990
Red onion (unit(s))	½	1	1	2	2	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	1½	3	4½	6	7½	9

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2665 /637	426 /102
Total fat (g)	22	3
of which saturated(g)	3,3	0,5
Carbonhydrates (g)	86	14
of which sugars (g)	39	6,2
Fiber (g)	9	1
Protein (g)	25	4
Salt (g)	2,8	0,5

Allergens

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



Prepare

- Heat a shallow layer of water in a saucepan, taking care it doesn't start to boil.
- Halve and deseed the red chili pepper*.
- Transfer the chili pepper to the saucepan and heat gently for 10 minutes.
- Reserve some of the cooking liquid, then drain and set aside.

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



Chop the vegetables

- Halve the cucumber lengthways and scoop out the seeds. Slice into crescents and then transfer to a salad bowl.
- Thinly slice the mango and add it to the cucumber, then toss well to combine.
- Juice half of the lime and cut the rest into wedges. Cut the Romano pepper into thin strips.
- Slice the onion into half-rings and crush or mince the garlic.



Make the sauce

- Finely chop the chili pepper and return it to the saucepan, along with 1 tbsp per person of the reserved cooking liquid.
- Add the garlic, the sugar, the white wine vinegar and a generous drizzle of olive oil.
- Bring to a gentle boil and allow to reduce for 5 - 10 minutes.
- Shortly before serving, stir in (per person) 1 tsp fish sauce* and 0.5 tbsp lime juice.

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



Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over high heat.
- Fry the shrimp with the onion and the Romano pepper for 3 - 4 minutes.



Finish

- Add the udon noodles and stir-fry for 1 - 2 minutes.
- Transfer the contents of the frying pan to the salad bowl.
- Add the homemade chili sauce and then toss well to combine.



Serve

- Serve the noodles with the lime wedges alongside.



Falafel with Zhoug & Greek-Style Cheese

with roasted vegetables, baby potatoes & parsley

Total time: 45 - 55 min.

Family

Veggie

Health Conscious Choice



Falafel



Baby potatoes



Courgette



Eggplant



Bell pepper



Red onion



Garlic



Middle Eastern spice mix



Zhoug



Greek-style cheese



Fresh flat leaf parsley



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Falafel* (unit(s))	4	8	12	16	20	24
Baby potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	½	1	1	2	2	3
Eggplant* (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Zhoug (g)	25	45	70	90	115	135
Greek-style cheese* (g)	25	50	75	100	125	150
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2862 /684	395 /94
Total fat (g)	34	5
of which saturated(g)	7,5	1
Carbonhydrates (g)	67	9
of which sugars (g)	21,1	2,9
Fiber (g)	19	3
Protein (g)	19	3
Salt (g)	2,6	0,4

Allergens

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



Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan.
- Halve the baby potatoes and parboil for 5 minutes, then drain and set aside.
- Quarter the onion and chop the bell pepper into thin strips.
- Slice the eggplant and the courgette into thin crescents. Crush or mince the garlic.

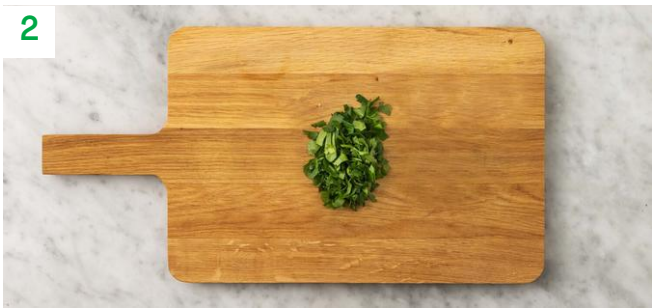
Did you know... *the courgette in this recipe contains vitamin C, a nutrient that contributes to the normal function of the immune system.*



Fry the falafel

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the falafel for 6 minutes.
- In a small bowl, combine the mayonnaise with the water for the sauce and the rest of the Middle Eastern spices.
- Drizzle half of the zhoug* over the vegetables and toss well to coat.

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



Roast the vegetables

- Transfer the vegetables, the garlic, the potatoes and three quarters of the Middle Eastern spices to a large bowl, then drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 30 minutes or until done, tossing halfway.
- Meanwhile, chop the parsley.



Serve

- Serve everything on deep plates.
- Crumble over the cheese and scatter over the parsley.
- Drizzle with the mayonnaise and the rest of the zhoug as preferred.



Hearty Spanish-Style Pork & Butterbean Stew

with roasted bell pepper sauce, lemon & parsley

Total time: 40 - 50 min.

Health Conscious Choice



Pork tenderloin tips



Potatoes



Butterbeans



Garlic



Onion



Romano pepper



Tomato



Tomato paste



Ground paprika



Garlic & herb seasoning



Toasted onion powder



Roasted bell pepper sauce



Fresh flat leaf parsley



Lemon



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin tips* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Butterbeans (pack)	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Ground paprika (tsp)	1½	3	4½	6	7½	9
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Toasted onion powder (sachet(s))	½	1	1½	2	2½	3
Roasted bell pepper sauce* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3247 /776	426 /102
Total fat (g)	35	5
of which saturated(g)	5,8	0,8
Carbonhydrates (g)	75	10
of which sugars (g)	18,2	2,4
Fiber (g)	19	3
Protein (g)	37	5
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Thoroughly wash the potatoes, then roughly dice and transfer to a bowl.
- Add the onion powder and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 35 minutes, or until golden-brown.

Did you know... *the potatoes in this recipe contain niacin, a vitamin that supports your nervous system.*



Make the stew

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic, the onion and the romano pepper for 3 - 4 minutes.
- Add the tomato paste and fry for 1 more minute.
- Stir in the tomato, the paprika, the garlic & herb seasoning and the butterbeans (including their aquafaba). Season with salt and pepper.
- Simmer until serving, covered.



Fry the pork

- Slice the onion into half-rings and crush or mince the garlic.
- Cut the bell pepper into strips and grate the tomato.
- Roughly chop the parsley and quarter the lemon.
- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat. Fry the pork for 4 - 5 minutes or until done, then remove from the pan and set aside.



Serve

- In a bowl, combine the mayonnaise with the juice of a quarter lemon per person. Season to taste with salt and pepper.
- Stir the pork into the stew, then serve on plates with the potatoes alongside.
- Drizzle with the roasted bell pepper sauce and the lemon mayonnaise.
- Garnish with the parsley and serve with the rest of the lemon wedges.



BBQ Wings with Ranch & Fries

with fresh herbs & cucumber-tomato salad

Total time: 45 - 55 min.



Chicken wings



Potatoes



Cucumber



Tomato



Lemon



Organic full-fat yogurt



BBQ spice rub



Dried oregano



Fresh dill & chives



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken wings* (unit(s))	3	6	9	12	15	18
Potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Organic full-fat yogurt* (g)	50	100	150	200	250	300
BBQ spice rub (sachet(s))	½	1	1½	2	2½	3
Dried oregano (sachet(s))	½	¾	1	1½	1¾	2
Fresh dill & chives* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil	to taste					
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4130 /987	469 /112
Total fat (g)	56	6
of which saturated(g)	15,7	1,8
Carbonhydrates (g)	61	7
of which sugars (g)	11,2	1,3
Fiber (g)	9	1
Protein (g)	63	7
Salt (g)	1,5	0,2

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Transfer the chicken wings to an oven dish and place it on one side of a parchment-lined baking sheet.
- Drizzle lightly with olive oil and coat with two thirds of the BBQ rub*. Season with salt and pepper.
- Roast in the oven for 5 minutes.

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



Make the ranch

- Cut the lemon into wedges and finely chop the fresh herbs.
- In a small bowl, combine the yogurt with the water for the sauce, the mayonnaise, half of the fresh herbs and some lemon juice as preferred (see Tip).
- Season to taste with salt and pepper.

Health Tip: *if you're watching your calorie intake, use just half of the mayonnaise.*



Make the fries

- Thoroughly wash the potatoes and cut into fries of no more than 1cm thickness.
- Transfer to the other side of the baking sheet, then drizzle with olive oil and scatter over the oregano.
- Season with salt and pepper, then toss well to coat.
- Return the baking sheet to the oven for 25 - 30 minutes until everything is until done, tossing halfway.



Serve

- Slice the cucumber into crescents and the tomato into wedges, then transfer both to a salad bowl.
- Add the mustard, the rest of the fresh herbs and some extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.
- Serve everything on plates with the ranch and any remaining lemon wedges alongside.



Steak Strips with Bulgur & Fresh Herbs

with mangetout & Middle Eastern spices

Total time: 30 - 40 min.

Health Conscious Choice



Bulgur



Red onion



Garlic



Fresh basil, chives & flat leaf parsley



Mangetout



Middle Eastern spice mix



Marinated steak strips



Bell pepper



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh basil, chives & flat leaf parsley* (g)	5	10	15	20	25	30
Mangetout* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	½	1	1½	1½	2
Marinated steak strips* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	1½	2	2½	3

Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2678 /640	423 /101
Total fat (g)	23	4
of which saturated(g)	4,3	0,7
Carbonhydrates (g)	76	12
of which sugars (g)	13,8	2,2
Fiber (g)	14	2
Protein (g)	36	6
Salt (g)	1,2	0,2

Allergens

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



Prepare the bulgur

- Prepare the stock in a pot or saucepan and boil the bulgur for 10 - 12 minutes, covered, stirring regularly.
- Cut the bell pepper into strips and slice the onion into half-rings.
- Crush or mince the garlic and remove the tips of the mangetout if necessary.
- Finely chop the fresh herbs, being sure to keep them separate.



Fry the steak strips

- In a bowl, combine the white wine vinegar with the basil, the parsley and the rest of the garlic.
- Season generously with salt and pepper, then transfer the steak strips to the bowl and mix well to combine.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the steak strips in their marinade for 1 minute, or until done.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium heat.
- Fry the bell pepper with the onion and half of the garlic for 10 - 12 minutes, or until soft.
- Stir regularly so as to ensure the vegetables don't burn.
- Add the mangetout and the Middle Eastern spices, then fry for 3 - 5 more minutes.

Did you know... the bell pepper in this recipe contains vitamin B6, a nutrient that supports the immune system.



Serve

- Transfer the bulgur, the vegetables and the chives to a salad bowl.
- Season to taste with salt and pepper, then toss well to combine.
- Serve everything on plates.
- Drizzle with any remaining cooking juices as preferred.



Teriyaki Salmon with Mushrooms & Gomashio

over giant couscous with courgette & scallions

Total time: 20 - 30 min.

Family

Quick

Health Conscious Choice



Garlic



Mushrooms



Salmon fillet



Giant couscous



Gomashio



Courgette



Scallions



Lemongrass paste



Teriyaki sauce



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	125	250	250	375
Salmon fillet* (unit(s))	1	2	3	4	5	6
Giant couscous (g)	75	150	225	300	375	450
Gomashio (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
Lemongrass paste (sachet(s))	½	1	1½	2	2½	3
Teriyaki sauce (g)	25	50	75	100	125	150

Not included						
Brown sugar (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	711 /170
Total fat (g)	32	7
of which saturated(g)	4,6	1
Carbonhydrates (g)	78	18
of which sugars (g)	23	5,2
Fiber (g)	6	1
Protein (g)	33	7
Salt (g)	2	0,5

Allergens

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



Prepare

- Crush or mince the garlic.
- In a bowl, combine teriyaki sauce with the sugar and half each of the garlic and the lemongrass paste.
- Add the fish and set aside to marinate until step 3 (see Tip).
- Boil plenty of water in a pot or saucepan and cook the giant couscous for 12 - 14 minutes, then drain and set aside.

Tip: if you have time, marinate the fish longer.



Fry the fish

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the fish for 2 - 3 minutes on its skin, keeping the marinade in the bowl.
- Lower the heat, then flip and fry for 2 more minutes.
- Add the marinade and cook for 1 more minute (see Tip).

Tip: if you want to make more sauce, add a splash of water to the pan.



Fry the vegetables

- Slice the courgette into crescents.
- Slice the mushrooms.
- Finely chop the scallions and separate the white part from the greens.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Fry the mushrooms with the courgette and the white part of the scallions for 3 - 4 minutes. Season to taste with salt and pepper.



Serve

- Deglaze the vegetables with the soy sauce, then stir in the rest of the garlic and the lemongrass paste. Fry for 2 - 3 more minutes.
- Serve the giant couscous on plates with everything else alongside.
- Pour the sauce over the giant couscous.
- Garnish with the gomashio and the scallion greens to finish.



Steak with Sweet Onion Jus

with potatoes & cucumber salad

Total time: 20 - 30 min.

Quick

Health Conscious Choice



Marinated steak



Potatoes



Red onion



Little gem



Persian cucumber



Dill, mint & flat leaf parsley



Italian seasoning



Yellow mustard seeds



More of what you love: based on your feedback, we've increased the portion of meat in this recipe to 120g.
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (unit(s))	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	481 /115
Total fat (g)	40	7
of which saturated(g)	15,9	2,6
Carbonhydrates (g)	52	9
of which sugars (g)	11,5	1,9
Fiber (g)	8	1
Protein (g)	35	6
Salt (g)	0,9	0,1

Allergens

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



Boil the potatoes

- Take the steak out of the fridge and allow it to reach room temperature.
- Peel or thoroughly wash the potatoes and cut them into quarters.
- Transfer to a deep frying pan and submerge with water, then boil for 12 - 15 minutes, covered.
- Reserve 40ml cooking liquid per person, then drain and return to the pan. Set aside until step 5.



Prepare the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mayonnaise and the mustard.
- Season to taste with salt and pepper.
- Thinly slice the cucumber and cut the lettuce into smaller pieces.
- Finely chop the fresh herbs, then set everything aside until step 5.



Fry the steak

- Slice the onion into half-rings.
- Melt a generous knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak with the onion for 1 - 3 minutes per side.
- Remove the steak from the pan and season with salt and pepper, then allow to rest for at least 3 minutes under aluminum foil.



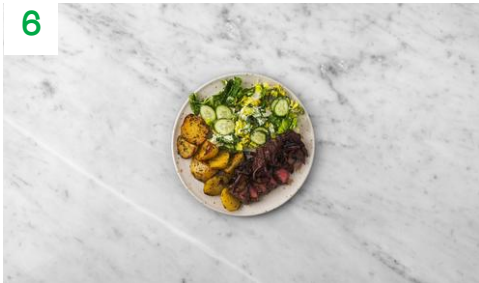
Make the sauce

- To the onion, add the ketjap and the reserved cooking liquid.
- Mix well and boil for 1 minute.
- Turn off the heat and then stir in the mustard seeds.



Finish the salad

- Add a knob of butter and the Italian seasoning to the potatoes, then fry for 1 - 2 minutes over medium-high heat.
- Season to taste with salt and pepper.
- Shortly before serving, transfer the cucumber, the lettuce and the fresh herbs to the salad bowl, then toss well to combine with the dressing.



Serve

- Serve the potatoes and the salad on plates.
- Thinly slice the steak and serve alongside.
- Top the steak with the onion sauce.



Salmon with Mango Chutney Glaze

over furikake rice with fresh dill & pickled onion

Total time: 35 - 45 min.

Family

Health Conscious Choice



Salmon fillet



White long grain rice



Red onion



Carrot



Cucumber



Mango chutney



Furikake



Fresh dill



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Salmon fillet* (unit(s))	1	2	3	4	5	6
White long grain rice (g)	60	120	180	240	300	360
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	2	2	3	3
Cucumber* (unit(s))	¼	½	¾	1	1¼	1½
Mango chutney* (g)	20	40	60	80	100	120
Furikake (sachet(s))	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2887 /690	665 /159
Total fat (g)	32	7
of which saturated(g)	5,1	1,2
Carbonhydrates (g)	75	17
of which sugars (g)	13,1	3
Fiber (g)	6	1
Protein (g)	25	6
Salt (g)	1,6	0,4

Allergens

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



Roast the carrot

- Preheat the oven to 200°C.
- Cut the carrot into thin crescents.
- Transfer the carrot to a parchment-lined baking sheet and drizzle lightly with olive oil. Season with salt and pepper, then toss well to coat.
- Roast in the oven for 15 - 18 minutes, then set aside to cool.



Boil the rice

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and set aside.
- Slice the onion into thin half rings.
- In a small bowl, combine the white wine vinegar and the sugar with half of the onion. Season to taste with salt and set aside.

Did you know... *the rice in this recipe contains copper, a mineral that supports the immune system.*



Make the dressing

- Finely chop the dill.
- In a large salad bowl, combine the extra virgin olive oil with the mustard and the dill.
- Add 1 tsp mango chutney per person, mix well and season to taste with salt and pepper.



Fry the fish

- In a small bowl, combine the rest of the mango chutney with the soy sauce, along with some sambal as preferred.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the fish on its skin with the rest of the onion for 2 - 3 minutes. Flip and then fry for 2 minutes on the other side.
- Lower the heat and add half of the mango chutney-soy sauce mixture.
- Fry the fish for 1 more minute, ensuring it is evenly coated.



Make the salad

- Dice the cucumber and transfer to the dressing.
- Add the carrot, then toss well to combine.
- To the rice, add the furikake and the pickling liquid from the onion. Mix well to combine.



Serve

- Serve the rice on deep plates and arrange everything on top.
- Drizzle over the rest of the mango chutney sauce.



Tyrolean Gröstl with Sausage & Fried Egg

with bacon lardons, cheese, potatoes & vegetables

Total time: 35 - 45 min.

Family



Potatoes



Carrot



Mushrooms



Romano pepper



Red onion



Garlic



Pork sausage



Grated Gouda



Egg



Bacon lardons



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	½	1	1	1	2	2
Mushrooms* (g)	65	125	250	250	375	375
Romano pepper* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Pork sausage* (unit(s))	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Egg* (unit(s))	1	2	3	4	5	6
Bacon lardons* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3916 /936	596 /142
Total fat (g)	62	9
of which saturated(g)	24,9	3,8
Carbonhydrates (g)	53	8
of which sugars (g)	11,5	1,7
Fiber (g)	9	1
Protein (g)	42	6
Salt (g)	2,5	0,4

Allergens

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



Prepare

- Peel or thoroughly wash the potatoes and then slice into rounds of no more than 1cm thickness.
- Slice the carrot into rounds of 0.5cm thickness.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the carrots and potatoes for 20 - 25 minutes, tossing regularly. Season to taste with salt and pepper.



Chop the vegetables

- Meanwhile, slice the mushrooms.
- Cut the Romano pepper into strips.
- Slice the onion into half rings and crush or mince the garlic.
- Cut open the sausage and squeeze the meat out of the skin.



Fry the bacon lardons

- Heat a large clean deep frying pan over high heat.
- Fry the bacon lardons for 3 - 4 minutes (see Tip).
- Lower the heat, then add the garlic, the onion, the sausage meat and a knob of butter.
- Fry for 3 - 4 minutes until evenly browned, separating the meat as you do so.

Health Tip: if you're watching your calorie intake, skip the bacon lardons and the cheese. You can keep them to use another time.



Fry the vegetables

- Add the Romano pepper and the mushrooms and fry for 6 - 8 more minutes.
- Toss regularly and season to taste with salt and pepper.



Fry the egg

- Stir in the carrots and potatoes.
- Fry for 2 more minutes over high heat, then lower the heat.
- Scatter over the cheese and allow to melt.
- Melt a knob of butter in the same pan you used for the potatoes and then fry the egg.



Serve

- Serve the Tyrolean gröstl on plates and top with the fried egg.



Fragrant Tandoori Turkey Curry

over rice with yogurt & coriander

Total time: 45 - 55 min.

Family



Garlic



Organic full-fat yogurt



Garam Masala



Onion



Bell pepper



Ground coriander



Passata



Coconut milk



Tomato



Turkey breast pieces with tandoori-style spices



Ginger paste



White long grain rice



Fresh coriander



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Coconut milk (ml)	90	180	250	360	430	540
Tomato (unit(s))	½	1	2	2	3	3
Turkey breast pieces with tandoori-style spices* (g)	100	200	300	400	500	600
Ginger paste* (g)	5	10	15	20	25	30
White long grain rice (g)	75	150	225	300	375	450
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
[Plant-based] butter (tbsp)	¾	½	¾	1	1¼	1½
White wine vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3494 /835	547 /131
Total fat (g)	38	6
of which saturated(g)	18,3	2,9
Carbonhydrates (g)	87	14
of which sugars (g)	17	2,7
Fiber (g)	8	1
Protein (g)	33	5
Salt (g)	1,6	0,3

Allergens

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



Marinate the turkey

- Preheat the oven to 220°C. Crush or mince the garlic.
- Transfer the turkey to an oven dish and drizzle with olive oil.
- Add the white wine vinegar, a pinch of salt and half each of the yogurt, the ginger paste, the garlic and both dried spices.
- Mix well, then cover with aluminum foil and transfer to the fridge.



Make the curry

- Add the tomato, along with the rest of the ginger paste and the garlic. Fry for 1 minute.
- Add the rest of the dried spices and fry for 1 more minute. Stir in the passata, then allow to simmer for 10 - 15 minutes.
- Take the oven dish out of the fridge and discard the foil, then roast in the oven for 10 - 15 minutes.
- Roughly chop the coriander.



Cook the rice

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, chop the onion.
- Dice the bell pepper and the tomato.
- Heat a light drizzle of olive oil with a small knob of butter in a frying pan over medium heat. Fry the onion and the bell pepper for 3 - 4 minutes.



Serve

- Transfer the coconut milk and the contents of the oven dish to the curry.
- Mix well to combine, then allow to cook gently for 3 - 4 minutes over a low heat. Season to taste with salt and pepper.
- Serve the rice on plates with the curry alongside.
- Garnish with the coriander and the rest of the yogurt.



Veggie No-Beef Empanadas

with cheddar, parsley & lime-dressed salad

Total time: 45 - 55 min.

Family Veggie



Garlic



Red onion



Romano pepper



Mexican-style spices



Passata



Roma tomato



Persian cucumber



Lime



Fresh flat leaf parsley



Grated cheddar



Puff pastry



Plant-based mince



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Mexican-style spices (sachet(s))	¼	½	1	1½	1½	2
Passata (g)	100	200	300	390	500	590
Roma tomato (unit(s))	½	1	2	2	3	3
Persian cucumber* (unit(s))	½	1	1	2	2	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grated cheddar* (g)	15	25	40	50	65	75
Puff pastry* (roll(s))	½	1	1½	2	2½	3
Plant-based mince* (g)	75	150	225	300	375	450
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3540 /846	612 /146
Total fat (g)	46	8
of which saturated(g)	23	4
Carbonhydrates (g)	75	13
of which sugars (g)	15,3	2,6
Fiber (g)	16	3
Protein (g)	28	5
Salt (g)	2,4	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Chop the onion and crush or mince the garlic.
- Finely dice the Romano pepper.



Fry the vegetables

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic, the onion and the Mexican-style spices* for around 1 minute, or until fragrant.
- Lower the heat, then add the mince and the Romano pepper. Fry for 6 more minutes.

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



Make the filling

- Add the passata and cover with the lid, then simmer for 8 minutes over low heat, stirring regularly.
- Remove the lid and allow the sauce to reduce for 2 minutes.
- Season to taste with salt and pepper, then remove from the heat and allow to cool.



Make the salad

- Meanwhile, dice the tomato and the cucumber.
- Finely chop the parsley and juice the lime.
- In a salad bowl, combine the lime juice with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Transfer the tomatoes, the cucumber and the parsley to the bowl, then toss well to combine with the dressing.



Make the empanadas

- Stir the cheese into the sauce.
- Roll out the the puff pastry onto a parchment-lined baking sheet and cut it into three squares per person (see Tip).
- Top each square with 2 tbsp of the filling, then fold the pastry over so as to make triangles.
- Carefully press the edges together with a fork.

Tip: if necessary, use a rolling pin to make the pastry thinner.



Serve

- Bake the empanadas in the oven for 10 - 15 minutes, or until golden-brown.
- Serve the empanadas with the salad alongside.



Squeaky Cheese Tacos with Mango & Sweet Chili

with coriander & crunchy salad

Total time: 30 - 40 min.

Veggie



Sweet chili sauce



Mango



Radish



Cucumber



Curry powder



Cypriot-style cheese



Fresh coriander



Wholewheat mini tortilla



Copacabana-style spice mix



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Mango* (unit(s))	½	1	1½	2	2½	3
Radish* (bunch)	½	1	1	2	2	3
Cucumber* (unit(s))	½	¾	1	1½	1½	2
Curry powder (sachet(s))	½	1	1½	2	2½	3
Cypriot-style cheese* (g)	100	200	300	400	500	600
Fresh coriander* (g)	5	10	15	20	25	30
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	¾	1½	2½	3	3¾	4½
White wine vinegar (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3891 /930	687 /164
Total fat (g)	50	9
of which saturated(g)	25,3	4,5
Carbonhydrates (g)	79	14
of which sugars (g)	32,4	5,7
Fiber (g)	14	2
Protein (g)	37	7
Salt (g)	4,7	0,8

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Dice the cheese into cubes of no more than 2cm (see Tip).
- Transfer to a bowl of cold water and set aside until further use.
- Finely chop the coriander and slice the cucumber into crescents.

Health Tip: if you're watching your salt intake, prepare just half of the cheese and keep the rest to use another time.



Fry the cheese

- Pat the cheese dry with kitchen paper.
- In a bowl, combine the cheese with the flour and the curry powder, then season with salt and pepper.
- Heat a generous drizzle of sunflower oil in a frying pan over high heat and fry the cheese for 4 minutes until lightly golden-brown.
- Transfer to a plate lined with kitchen paper.



Make the salad

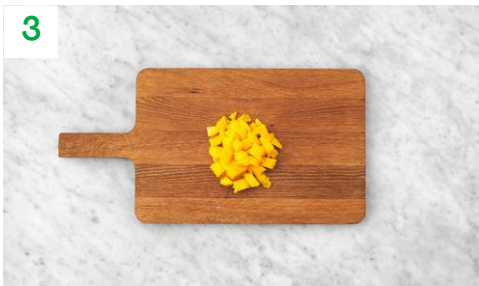
- Quarter the radishes (see Tip).
- In a salad bowl, combine the cucumber with the radishes, the sugar and half each of the coriander and the white wine vinegar.
- Season to taste with salt and pepper, mix well and set aside.

Tip: if your radishes have leaves, you can also add them to the salad as preferred! Wash the leaves and chop them into thin strips.



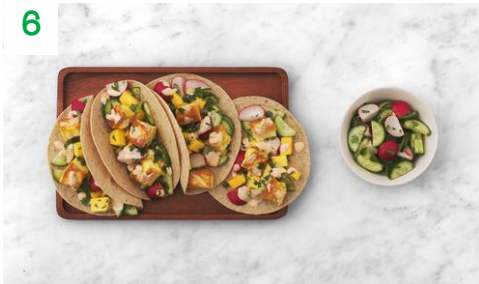
Make the sauce

- In a small bowl, combine the mayonnaise with the sweet chili sauce and the rest of the white wine vinegar, along with some sambal as preferred.
- Transfer half of the sauce to the cheese and toss well to coat.
- Combine the rest of the sauce with the water for the sauce.



Heat the tortillas

- Transfer the tortillas to a parchment-lined baking sheet.
- Dab the tortillas with water, then add the Copacabana-style spices.
- Heat the tortillas in the oven for 2 - 4 minutes.
- Meanwhile, peel and dice the mango.



Serve

- Serve the tortillas on plates and top with some of the salad, the mango and the cheese.
- Garnish with the rest of the coriander and the sauce.
- Serve the rest of the salad alongside.



Casarecce Alla Ragù Bianco

with beef, mushrooms & courgette

Total time: 25 - 35 min.

Family

Quick



Courgette



Mushrooms



Red onion



Beef mince with Italian seasoning



Grated Gouda



Cooking cream



Italian seasoning



Casarecce



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	1	2	2	3
Mushrooms* (g)	70	125	250	250	375	375
Red onion (unit(s))	½	1	2	2	3	3
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Grated Gouda* (g)	25	50	75	100	125	150
Cooking cream (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Casarecce (g)	90	180	270	360	450	540
Not included						
Low sodium vegetable stock (ml)	50	100	150	200	250	300
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3531 /844	674 /161
Total fat (g)	41	8
of which saturated(g)	16,5	3,1
Carbonhydrates (g)	74	14
of which sugars (g)	9,6	1,8
Fiber (g)	7	1
Protein (g)	41	8
Salt (g)	1,8	0,3

Allergens

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



Prepare

- Prepare the stock.
- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes, then drain and set aside.
- Meanwhile, chop the onion and quarter the mushrooms.
- Slice the courgette into crescents of 0.5cm thickness.



Make the sauce

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the onion for 2 minutes.
- Add the mince and fry for 3 more minutes, separating it as you do so.
- Add the stock, the cream and the white wine vinegar. Mix well to combine.
- Turn the heat to low and allow to simmer for 8 - 10 minutes, stirring regularly.



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the mushrooms for 4 - 6 minutes.
- Add the courgette and the Italian seasoning.
- Fry for another 4 - 6 minutes or until the vegetables are done.
- Season to taste with salt and pepper.



Serve

- Transfer the pasta to the sauce and toss well to combine.
- Stir in the vegetables and two thirds of the cheese, then season to taste with plenty of black pepper.
- Serve the pasta on deep plates and garnish with the rest of the cheese.



Tomato Orzotto with Kofta-Style Meatballs

with yogurt sauce, fresh herbs & roasted vegetables

Total time: 35 - 45 min.

Health Conscious Choice



Beef meatballs with kofta seasoning



Orzo



Passata



Middle Eastern spice mix



Courgette



Bell pepper



Garlic



Fresh flat leaf parsley & mint



Organic full-fat yogurt



Recipe Developer Sarah: "For this recipe, you'll roast the bell pepper and the courgette in the oven. Not only does this save some washing up, but the bell pepper also becomes extra sweet as it roasts – which pairs perfectly with the tangy yogurt sauce!"



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef meatballs with kofta seasoning* (unit(s))	4	8	12	16	20	24
Orzo (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	2	2	3	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3000 /717	461 /110
Total fat (g)	31	5
of which saturated(g)	12,7	2
Carbonhydrates (g)	72	11
of which sugars (g)	15,9	2,4
Fiber (g)	8	1
Protein (g)	32	5
Salt (g)	2,2	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Slice the courgette into crescents of 1cm thickness. Cut the bell pepper into rough chunks.
- Transfer both to a parchment-lined baking sheet, then drizzle with olive oil and add the Middle Eastern spices.
- Season with salt and pepper, then toss well to coat. Roast for 15 minutes, or until done.



Make the yogurt sauce

- Cook the orzotto for 10 - 12 minutes, stirring regularly, until the liquid has been absorbed.
- Add an extra splash of water as necessary if it seems too dry, then season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs.
- In a small bowl, combine the yogurt with half of the fresh herbs. Season to taste with salt and pepper.



Fry the meatballs

- Crush or mince the garlic.
- Melt a knob of butter in a deep frying pan over high heat and fry the meatballs for 2 - 3 minutes until evenly browned, then remove from the pan and set aside.
- In the same pan, fry the garlic with the orzo for 1 minute over medium heat.
- Add the stock, the passata and the meatballs, then cover with the lid.



Serve

- Serve the orzotto on plates with the roasted vegetables alongside.
- Drizzle with the yogurt sauce and garnish with the rest of the fresh herbs.



Chicken Sausage Bowl with Lemon Mayonnaise

with couscous, fresh herbs & courgette

Total time: 25 - 35 min.

Quick



Wholewheat couscous



Chicken sausage



Onion



Garlic



Carrot



Courgette



Tomato



Middle Eastern spice mix



African-inspired spice mix



Lemon



Lemon mayonnaise with black pepper



Dill, mint & flat leaf parsley



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	75	150	225	300	375	450
Chicken sausage* (unit(s))	2	4	6	8	10	12
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Lemon mayonnaise with black pepper* (g)	50	100	150	200	250	300
Dill, mint & flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	175	350	525	750	875	1100
Extra virgin olive oil	to taste					
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3590 /858	446 /107
Total fat (g)	48	6
of which saturated(g)	7,1	0,9
Carbonhydrates (g)	68	8
of which sugars (g)	17	2,1
Fiber (g)	20	2
Protein (g)	32	4
Salt (g)	3,2	0,4

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan. Take the pan off the heat and transfer the couscous to the stock.
- Allow to stand for 8 minutes, covered. Fluff through the couscous with a fork to separate the grains.
- Meanwhile, slice the onion into half rings and crush or mince the garlic.
- Slice the carrot and courgette into crescents. Dice the tomato.



Finish the couscous

- Add the African-inspired spices and cover with the lid. Fry for a further 6 minutes over medium heat or until done, turning regularly.
- Meanwhile, quarter the lemon and roughly chop the fresh herbs.
- To the couscous, add the Middle Eastern spices and the juice of a quarter lemon per person. Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.



Fry the vegetables

- Heat a drizzle of olive oil in a large frying pan over medium-high heat. Fry the garlic, onion, and carrot for 2 minutes.
- Add the courgette and tomato, then cover with the lid. Fry for 6 - 8 more minutes, stirring regularly. Season to taste with salt and pepper.
- Meanwhile, slice the sausages into 1cm rounds.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the sausages for 3 minutes until evenly browned.



Serve

- Transfer the couscous to the vegetables and mix well to combine.
- Serve everything on deep plates and drizzle with any residual cooking juices.
- Garnish with the fresh herbs and the lemon mayonnaise.
- Serve the rest of the lemon wedges alongside.



Lyonnaise Salad with Bacon & Gruyère Croutons

with a jammy egg, radish & pumpkin seeds

Total time: 30 - 40 min.

Health Conscious Choice



Bacon



Egg



White ciabatta



Garlic



Shallot



Radish



Cucumber



Mesclun



Fresh curly parsley



Pumpkin seeds



Grated Gruyère DOP



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bacon* (slice(s))	2	4	6	8	10	12
Egg* (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Shallot (unit(s))	½	1	1½	2	2½	3
Radish* (bunch)	⅓	⅔	1	1½	1¾	2
Cucumber* (unit(s))	⅓	⅔	1	1½	1¾	2
Mesclun* (g)	30	60	90	120	150	180
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Pumpkin seeds (g)	10	20	30	40	50	60
Grated Gruyère DOP* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2582 /617	612 /146
Total fat (g)	35	8
of which saturated(g)	11,8	2,8
Carbonhydrates (g)	45	11
of which sugars (g)	5,8	1,4
Fiber (g)	4	1
Protein (g)	31	7
Salt (g)	2	0,5

Allergens

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



Prepare

- Boil plenty of water in a saucepan. Carefully transfer the egg to the water and boil for 8 - 10 minutes. Rinse under cold water, then peel and halve the egg.
- Dice the cucumber and thinly slice the radishes.
- Cut the bacon into thin strips and dice the bread into 1cm cubes.
- Crush or mince the garlic and finely chop the parsley.



Make the croutons

- Fry the garlic and the bread in the same pan for 4 - 6 minutes over medium-high heat. Season to taste with salt and pepper.
- Add the cheese and fry for 1 more minute.
- In a salad bowl, combine the mustard with the red wine vinegar and some extra virgin olive oil as preferred. Season to taste with salt and pepper.



Fry the bacon

- Mince the shallot (see Tip).
- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop. Remove from the pan and set aside.
- Fry the bacon in the same pan for 4 - 7 minutes, over medium-high heat, then remove from the pan.

Tip: the shallot will be served raw, but if preferred you can also fry it here instead.



Serve

- Transfer the shallot, the cucumber, the lettuce and the radishes to the salad bowl, along with half each of the parsley and the croutons. Toss well to combine with the dressing.
- Serve the salad on plates and top with the bacon, the egg and the rest of the croutons.
- Garnish with the pumpkin seeds and the rest of the parsley.



Paneer Kathi Roll-Style Wraps

with homemade coriander chutney

Total time: 35 - 45 min.

Veggie



Paneer



Flour tortillas



Bell Pepper



Organic full-fat yogurt



Garlic



Lime



Fresh coriander



Potatoes



Apricot chutney



Red onion



Garam Masala



Ginger paste

NEW
INGREDIENT

There is a new ingredient in your box! Paneer is an Indian cheese with a mild flavour. It holds its shape perfectly while cooking, adding great texture to any dish.
Scan the QR code to let us know what you thought of the ingredient!



Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Paneer* (g)	100	200	300	400	500	600
Flour tortillas (unit(s))	2	4	6	8	10	12
Bell Pepper* (unit(s))	1	2	3	4	5	6
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Potatoes (g)	200	400	600	800	1000	1200
Apricot chutney (g)	25	50	75	100	125	150
Red onion (unit(s))	1	2	3	4	5	6
Garam Masala (sachet(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	¾	1½	2¼	3	3¾	4½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

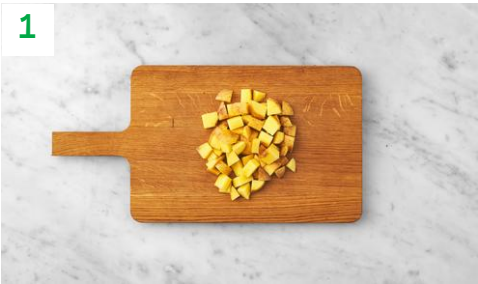
* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4176 /998	559 /134
Total fat (g)	45	6
of which saturated(g)	18	2,4
Carbonhydrates (g)	111	15
of which sugars (g)	24,5	3,3
Fiber (g)	15	2
Protein (g)	37	5
Salt (g)	2,4	0,3

Allergens

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



Prepare

- Preheat the oven to 210°C.
- Dice the potatoes into 2cm cubes.
- Transfer the potatoes to a bowl and drizzle lightly with olive oil.
- Add half of the garam masala* and season with salt and pepper, then toss well to coat.

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



Roast the potatoes

- Transfer to a parchment-lined baking sheet and roast for 25 - 35 minutes, tossing halfway (see Tip).
- Dice the cheese into 2cm cubes.
- Chop the onion and crush or mince the garlic.
- Cut the bell pepper into strips.

Health Tip: if you're watching your calorie intake, serve just two thirds of the potatoes and keep the rest to use another time.



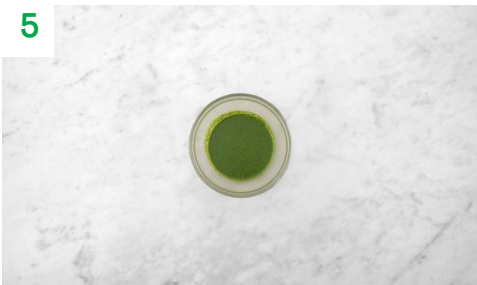
Fry the vegetables

- Heat a drizzle of olive oil in a large frying pan over medium-high heat.
- Fry the cheese with the bell pepper, the rest of the garam masala and half each of the onion, the garlic and the ginger paste for 4 - 5 minutes.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.



Make the curry

- Juice the lime in the meantime.
- Add the yogurt and half of the lime juice to the pan, then cook for another 4 - 5 minutes, stirring occasionally.
- Roughly chop the coriander.



Make the coriander chutney

- Transfer the coriander to a tall container.
- Add the water for the sauce and the extra virgin olive oil, along with the rest of the lime juice, the onion, the garlic and the ginger paste.
- Use an immersion blender to process until smooth. Season to taste with salt and pepper.



Serve

- Spread the tortillas with the apricot chutney and then top with the curry.
- Roll up the tortillas, then slice each one in half.
- Serve the kathi rolls on plates with the potatoes alongside.
- Drizzle with the coriander chutney and serve the rest alongside for dipping.