Loaded Nachos with Minced Meat

with homemade guacamole, jalapeños and cheese | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Organic sour cream* (g)	100
Jalapeño* (unit(s))	2
Scallions* (g)	125
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Tomato (unit(s))	1
Garlic (unit(s))	1
Copacabana-style spice mix (sachet(s))	½
Grated Gouda* (g)	150
Tortilla chips (g)	300
Seasoned beef mince* (g)	100
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	962 /230
Total fat (g)	15,4
of which saturated (g)	4,7
Carbohydrates (g)	16
of which sugars (g)	1,5
Fibre (g)	2,3
Protein (g)	6,2
Salt (g)	0,6

Allergens

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

1



Prepare

- Preheat the oven to 180°C. Finely slice the scallions.
- Heat the olive oil in a frying pan on medium-high heat. Add the minced meat and Copacabana-style spice mix* and fry for 3 - 4 minutes.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Scatter the minced meat, jalapeños* and two-thirds of the scallions over the tortilla chips, followed by the cheese.

**Take care, these ingredients are spicy! Use as preferred.*

2



Chop

- Bake the nachos for 10 - 15 minutes, or until the cheese has melted.
- Meanwhile, halve and pit the avocado, then dice the flesh and transfer to a large bowl.
- Finely dice the tomato. Cut the lime in half.
- Finely chop the shallot and press or mince the garlic.

3



Serve

- Mash the avocado with a fork until smooth. Add the tomato, shallot and garlic.
- Juice the lime into the bowl. Mix everything together and season with salt and pepper to taste.
- Take the nachos out of the oven. Serve on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions. Put the sour cream in a bowl, then serve the sour cream and guacamole to the side.

Enjoy!

Tear me out!

Vietnamese Spring Rolls with Chicken

with teriyaki sauce and fresh vegetables | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Ingredients

Rice paper (unit(s))	½
Carrot* (unit(s))	1
Persian cucumber* (unit(s))	1
Fresh coriander & mint* (g)	10
Chicken breast* (unit(s))	1
Teriyaki sauce (g)	25
Radicchio & iceberg lettuce* (g)	50
Peanut sauce* (g)	80
Sesame oil (ml)	10
Basmati rice (g)	75
From your pantry	
[Reduced salt] soy sauce (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
White wine vinegar (tbsp)	1
Sunflower oil (tbsp)	1

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	649 /155
Total fat (g)	6
of which saturated (g)	1
Carbohydrates (g)	20
of which sugars (g)	4,7
Fibre (g)	1
Protein (g)	7
Salt (g)	0,7

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside in the same pan.
- Drizzle the rice with sunflower oil. Mix well to combine, then set aside until further use.
- Grate the carrot. Finely chop the herbs. Cut the cucumber into small strips.
- Cut the chicken into small cubes.

2



Prepare the sauce

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

3



Serve

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

Enjoy!

Tear me out!

Quesadillas with Chicken Mince and Bell Pepper

with Mexican dipping sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients

Red onion (unit(s))	2
Bell Pepper* (unit(s))	1
Chicken mince with Mexican seasoning* (g)	200
Copacabana-style spice mix (sachet(s))	1
Tomato (unit(s))	2
Organic sour cream* (g)	50
Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2833 /677	570 /136
Total fat (g)	32	6,4
of which saturated (g)	20,1	4
Carbohydrates (g)	57	11,5
of which sugars (g)	11,3	2,3
Fibre (g)	9	1,8
Protein (g)	36	7,3
Salt (g)	3	0,6

Allergens

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

1



Make the filling

- Preheat the oven to 200°C.
- Slice the onion into half rings. Chop the bell pepper into strips.
- Heat the butter in a frying pan over medium-high heat, then fry the onion and bell pepper for 2 - 3 minutes.
- Add the mince and half of the Copacabana-style spice mix*, and fry for another 3 - 4 minutes, or until done. Season with salt and pepper.

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

2



Make the quesadillas

- In the meantime, thinly slice the tomato.
- Place the tortillas on a parchment-lined baking sheet and spread the veggie-mince filling over one half of each tortilla.
- Top with the grated cheese and 2 - 3 slices of tomato per tortilla, then fold the other side over the filling and press down so it doesn't open up again.
- Rub a little bit of olive oil over the top of each quesadilla.

3



Serve

- Put the quesadillas on the top shelf of the oven to bake for 5 - 7 minutes, until golden brown.
- In a small bowl, mix the sour cream with the rest of the Copacabana-style spice mix.
- In the meantime, finely chop the rest of the slices of tomato, then mix these with the sour cream and season with salt and pepper to taste.
- Serve the quesadillas with the sour cream dip.

Enjoy!

Tear me out!

Crispy Chicken Bites

with sriracha-mayo and mango dip | 4 servings

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients

Chicken breast* (unit(s))	3
Panko breadcrumbs (g)	50
Piri piri seasoning (tsp)	3
Mango chutney* (g)	40
Organic sour cream* (g)	50
Sriracha mayo* (g)	50
From your pantry	
[Plant-based] mayonnaise (tbsp)	2
Olive oil (tbsp)	2
Sambal (tsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	947 /226
Total fat (g)	14
of which saturated (g)	2,3
Carbohydrates (g)	10
of which sugars (g)	0,5
Fibre (g)	1
Protein (g)	16
Salt (g)	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Put the regular mayonnaise into a bowl.
- In a separate medium bowl, combine the panko breadcrumbs, piri piri seasoning* and 2 tbsp of olive oil. Season with salt and pepper.
- Cut the chicken breast into 3cm chunks.

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

2



Bake the chicken

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

3



Serve

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

Enjoy!

Tear me out!

Pan-Fried Shrimp Tossed with Garlic & Red Chili Pepper

with curry-style yogurt dip | to share

Appetizer

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Organic Greek yogurt* (g)	150
Yellow curry spices (sachet(s))	1
Garlic (unit(s))	2
Shaved almonds (g)	10
Lime* (unit(s))	1
Red chili pepper* (unit(s))	1
Jumbo shrimp* (g)	260
From your pantry	
Sunflower oil (tbsp)	¼
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	402 /96
Total fat (g)	5
of which saturated (g)	2
Carbohydrates (g)	3
of which sugars (g)	0,5
Fibre (g)	1
Protein (g)	12
Salt (g)	0,7

Allergens

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

1



Prepare

- Zest the lime, then cut into wedges.
- Crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the shrimp

- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Add the shrimp, season with salt and pepper and fry for 4 - 5 minutes.
- Add the garlic and red chili pepper, fry for another minute, then remove the pan from the heat.
- Add the lime zest to the shrimp.

3



Finish

- In a small bowl, mix together the Greek yogurt and curry spices. Season with salt and pepper.
- Spoon the curry yogurt into a serving bowl. Top with the shrimp, along with the garlic and red chili pepper.
- Sprinkle over the shaved almonds and serve with the lime wedges.

Enjoy!

Tear me out!

Bolognese Baguette

with grated cheese | to share

Appetizer

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Ingredients

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

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	777 /186
Total fat (g)	6
of which saturated (g)	2,2
Carbohydrates (g)	25
of which sugars (g)	1,8
Fibre (g)	2
Protein (g)	8
Salt (g)	0,8

Allergens

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

1



Prepare

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

2



Make the bolognese

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

3



Finish and serve

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

Enjoy!

Tear me out!

Smoked Salmon Flammekueche

with lemon, capers and sour cream | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Flammekueche* (unit(s))	2
Smoked salmon* (g)	120
Organic sour cream* (g)	100
Capers (g)	30
Red onion (unit(s))	1
Lemon* (unit(s))	1
Lamb's lettuce* (g)	80
From your pantry	
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1837 /439	565 /135
Total fat (g)	14	4
of which saturated (g)	4,7	1,4
Carbohydrates (g)	51	16
of which sugars (g)	4,3	1,3
Fibre (g)	3	1
Protein (g)	24	7
Salt (g)	2,9	0,9

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Place the flammekueche on a parchment-lined baking sheet.
- Chop the onion into half rings.

2



Add the toppings

- Reserve 1 tbsp of sour cream to use later, then spread the rest over the flammekueche.
- Top with the onion and capers, then season with salt and pepper.
- Bake the flammekueche for 8 - 10 minutes until golden brown.
- Cut the lemon into wedges in the meantime.

3



Serve

- Slice the flammekueche, then top with the smoked salmon and the reserved sour cream.
- Top with the lamb's lettuce.
- Serve with the lemon wedges alongside.

Enjoy!

Tear me out!

Baked Camembert in Puff Pastry

with onions, bacon and thyme twists | to share

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients

Camembert* (g)	240
Puff pastry* (roll(s))	1
Onion (unit(s))	2
Garlic (unit(s))	1
Fresh thyme* (g)	10
Bacon lardons* (g)	50
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1051 /251
Total fat (g)	16
of which saturated (g)	9,5
Carbohydrates (g)	17
of which sugars (g)	3,7
Fibre (g)	2
Protein (g)	9
Salt (g)	0,8

Allergens

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

1



Prepare

- Preheat the oven to 190°C.
- Chop the onion into half rings.
- Crush or mince the garlic.
- Pull the thyme leaves off the sprigs and discard the stalks.

2



Fry the onions and bacon

- Heat a frying pan over medium-high heat and fry the bacon and onions for 3 - 4 minutes.
- Add three-quarters of the thyme leaves and garlic during the last minute of cooking time. Season to taste with salt and pepper.
- In the meantime, make a few shallow cuts on top of the camembert and stuff the rest of the thyme leaves in the openings.
- Roll out the puff pastry onto a parchment-lined baking sheet.

3



Bake and serve

- Place the camembert in the middle of the dough, then cut 12 strips from the centre to the edges of the dough.
- Add a little of the onion-bacon mixture to each strip. Twist each strip twice, and alternate left and right between the strips.
- Bake for 14 - 16 minutes.
- Transfer to a platter and drizzle the honey on top, then serve.

Enjoy!

Tear me out!

Stuffed Halloween Bell Peppers

with pesto and grated Gouda | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Ingredients

Bell pepper* (unit(s))	4
Basmati rice (g)	150
Tomato paste (can)	1
Grated Gouda* (g)	50
Green pesto* (g)	40
Beef-pork mince with Italian herbs* (g)	200
From your pantry	
Olive oil (tbsp)	1
Low sodium beef stock cube (unit(s))	½
Boiled water (ml)	500
White wine vinegar (tsp)	2
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	413 /99
Total fat (g)	5
of which saturated (g)	1,6
Carbohydrates (g)	10
of which sugars (g)	2,5
Fibre (g)	1
Protein (g)	4
Salt (g)	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Boil the water in a pot or saucepan for the rice and crumble in the stock cube (see pantry for amounts).
- Cook the rice for 15 - 20 minutes.
- Cut the tops off the bell peppers but save the tops to use as a lid later. Deseed the bell peppers.

2



Carve the bell peppers

- Carefully cut triangular eyes and mouths out of the peppers to resemble scary jack-o'-lantern faces.
- Place the bell peppers on a parchment-lined baking sheet with the open side facing up. Season generously with salt. Bake in the oven for 10 - 15 minutes.
- Heat the olive oil in a deep frying pan over medium-high heat and fry the minced meat for 3 minutes, separating it as you do.
- Add the tomato paste and fry for one more minute.

3



Serve

- Drain the rice and transfer it to the deep frying pan. Fry for 2 minutes over medium-high heat, leaving it mostly undisturbed.
- Stir in the pesto, white wine vinegar and cheese. Season to taste with salt and pepper if necessary.
- Stuff the bell peppers with the rice and mince mixture.
- Add the lids on top and serve the Halloween bell peppers immediately.

Enjoy!

Tear me out!

Homemade Banana Bread

with dates and walnuts | to share

Baking

Total time: 60 - 70 min.



Tear me out!

Before you begin

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

Ingredients

Banana (unit(s))	4
Egg* (unit(s))	2
Baking powder (g)	8
Ground cinnamon (tsp)	1½
Flour (g)	200
Chopped walnuts (g)	80
Chopped dates (g)	80
From your pantry	
Sunflower oil (ml)	70
[Plant-based] milk (ml)	50
Honey [or plant-based alternative] (tbsp)	5
Salt (tsp)	¼

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1057 /253
Total fat (g)	12
of which saturated (g)	1,4
Carbohydrates (g)	31
of which sugars (g)	16,5
Fibre (g)	2
Protein (g)	5
Salt (g)	0,4

Allergens

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

1



Prepare

- Preheat the oven to 160°C. Grease a loaf tin or line it with parchment paper.
- Add three bananas to a mixing bowl and mash them with a fork.
- Add the sunflower oil, honey, milk and eggs to the banana, then mix with a handheld mixer until combined.
- Add the flour, cinnamon, baking powder and salt to the bowl and mix until combined. Mix in the chopped dates and walnuts.

2



Finish

- Pour the batter into the loaf tin.
- Cut the fourth banana in half lengthways and place each half face-up on top of the batter.
- Put the banana bread in the oven for 45 - 55 minutes.

3



Serve

- After 45 minutes, check if the cake is done by poking it with a skewer.
- If the skewer comes out clean, the cake is ready. Remove it from the oven and let the cake cool completely.
- Cut the cake into slices and serve.

Enjoy!

Tear me out!

Dark Chocolate Brownies with Chopped Peanuts

with blueberry jam | 9 pieces

Baking

Total time: 40 - 50 min.



Tear me out!

Before you begin

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

Ingredients

Chocolate cake mix (g)	400
Egg* (unit(s))	2
Salted peanuts (g)	40
Dark chocolate chips (g)	100
Blueberry fruit spread (g)	15
From your pantry	
[Plant-based] butter (g)	40
Water (ml)	80

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1459 /349
Total fat (g)	14
of which saturated (g)	6,8
Carbohydrates (g)	47
of which sugars (g)	31,1
Fibre (g)	3
Protein (g)	7
Salt (g)	1,3

Allergens

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

1



Prepare the batter

- Take the butter out of the fridge and cut it into cubes, then allow to come up to room temperature.
- Preheat the oven to 180°C. Line a 20 x 20cm baking tin or square oven dish with parchment paper (see Tip).
- In a large bowl, combine the cake mix with the water, butter and eggs. Keep mixing until the batter is smooth (see Tip).

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

2



Bake the brownies

- Roughly chop the peanuts. Stir half of the peanuts and half of the dark chocolate chips through the batter.
- Pour the batter into the baking tin. Dollop the jam over the batter and use a knife to swirl it in. Scatter the rest of the dark chocolate chips over the top.
- Bake in the oven for 20 - 25 minutes. The brownies are done when you see cracks starting to form on the surface.

3



Serve

- When it's ready, remove it from the oven and allow it to cool for about 5 minutes (see Tip).
- Cut the brownie into about 9 pieces, then transfer to a serving platter.
- Garnish with the rest of the peanuts.

Tip: *check if the brownie is done by sticking a skewer in it. It's fine if it's still a little bit sticky, but if the batter is very wet, then put the brownie back in the oven for a few more minutes.*

Enjoy!

Tear me out!

Carrot Cake with Lemon Cream Cheese Frosting

with grated coconut and pistachios | 10 pieces

Baking

Total time: 80 - 90 min.



Tear me out!

Before you begin

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

Ingredients

Unsalted butter* (g)	160
Carrot* (unit(s))	3
Granulated sugar (g)	200
Egg* (unit(s))	4
Flour (g)	200
Baking powder (g)	12
Ground cinnamon (tsp)	1½
Powdered sugar (g)	100
Fresco spalmabile - cream cheese* (g)	100
Lemon* (unit(s))	1
Nutmeg (pinch)	2
Desiccated coconut (g)	40
Pistachio nuts (g)	20
From your pantry	
Salt (tsp)	½

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1188 /284
Total fat (g)	14
of which saturated (g)	8,6
Carbohydrates (g)	33
of which sugars (g)	22,8
Fibre (g)	2
Protein (g)	5
Salt (g)	0,6

Allergens

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

1



Prepare

- Take the butter out of the fridge. Weigh out 160g of butter, cut it into cubes and let it come up to room temperature.
- Preheat the oven to 180°C. Grate the carrots.
- Line a round cake tin (24cm) with parchment paper.
- Put the butter, sugar and salt in a large bowl, then use a spatula or electric whisk to mix them together until light and creamy. Mix the eggs in one by one.

2



Mix the batter

- Using a spatula, gently fold in the flour, baking powder, cinnamon and 2 pinches of nutmeg. Fold the grated carrot and coconut through the batter.
- Pour the batter into the cake tin, then put it in the oven for 50 – 60 minutes.
- Roughly chop the pistachios.
- Put the powdered sugar in a bowl. Gradually add the cream cheese, then use a fork to mix until smooth.

3



Serve

- Zest and juice the lemon. Add the lemon zest to the cream cheese frosting, along with some lemon juice to taste.
- Check if the cake is done by piercing it with a skewer – if it comes out clean then the cake is ready.
- Take the cake out of the oven and allow it to cool down fully.
- Spread the lemon cream cheese over the top of the cake, then garnish with the pistachios.

Enjoy!

Tear me out!

Apple Crumble Cake

with walnuts and orange zest | to share

Baking

Total time: 75 - 85 min.



Tear me out!

Before you begin

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

Ingredients

Orange* (unit(s))	1
Unsalted butter* (g)	250
Apple* (unit(s))	2
Cane sugar (g)	200
Egg* (unit(s))	5
Flour (g)	380
Baking powder (g)	16
Ground cinnamon (tsp)	2
Chopped walnuts (g)	40
Heavy cream* (ml)	200

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1298 /310
Total fat (g)	19
of which saturated (g)	10,8
Carbohydrates (g)	29
of which sugars (g)	13,9
Fibre (g)	2
Protein (g)	6
Salt (g)	0,4

Allergens

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

1



Prepare

- Preheat the oven to 160°C. Zest the orange.
- Dice the butter and allow it to reach room temperature.
- Peel and core the apples, then cut them into wedges.
- Grease a deep 20cm round cake tin or line it with parchment paper.

2



Mix the filling

- Set aside 2 tbsp sugar for later, then mix the rest with the butter in a large bowl with an electric mixer until light and fluffy. Beat in the eggs, 250g flour, baking powder and half of the orange zest.
- To a bowl, add 3 tbsp of this mixture, along with the cinnamon, 1 tbsp sugar and 130g flour. Crumble the mixture with your hands.
- Fold the apples and walnuts into the large bowl. Transfer the batter to the cake tin and top with the crumble mix.

3



Serve

- Bake for 50 - 60 minutes, then set aside and allow to cool for 10 - 15 minutes.
- Meanwhile, whip the cream with 1 tbsp sugar and the rest of the orange zest in a tall bowl with an electric mixer until firm.
- Remove the cake from the tin and add it to a serving plate.
- Serve with the orange whipped cream.

Enjoy!

Tear me out!

Apple Galette with Shaved Almonds

with a citrusy lemon-cream cheese topping | to share

Baking

Total time: 45 - 55 min.



Tear me out!

Before you begin

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

Ingredients

Puff pastry* (roll(s))	1
Apple* (unit(s))	4
Shaved almonds (g)	60
Powdered sugar (g)	100
Lemon* (unit(s))	1
Fresco spalmabile - cream cheese* (g)	100
From your pantry	
[Plant-based] milk (tbsp)	1
Flour (tbsp)	2

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	846 /202
Total fat (g)	9,5
of which saturated (g)	4
Carbohydrates (g)	25
of which sugars (g)	14
Fibre (g)	2,6
Protein (g)	3,3
Salt (g)	0,2

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Core and slice the apple.
- In a bowl, mix the flour with half of the shaved almonds and half of the powdered sugar.
- Zest the lemon, then juice it into a small bowl.

2



Make the galette

- Roll out the puff pastry and transfer it to a parchment-lined baking sheet. Scatter the almond-sugar mix on top, leaving an empty border of 3 - 5 cm around the edges.
- Add the apple slices on top of the puff pastry in an even layer.
- Fold the pastry edges inward and brush them with the milk.
- Scatter the rest of the shaved almonds on top, using most of them for the folded edges first, then the remaining ones for the apples.

3



Bake and serve

- Bake the galette in the centre of the oven for 25 - 30 minutes or until golden brown. Let it cool for 5 - 10 minutes before serving.
- Meanwhile, mix the cream cheese with the lemon zest and lemon juice in a bowl.
- Set aside 1 tbsp of the powdered sugar to sprinkle as a garnish, then add the rest of the powdered sugar to the cream cheese and mix.
- Serve the galette with a dollop of cream cheese and sprinkle the reserved powdered sugar on top.

Enjoy!

Tear me out!

Toadstool Cupcakes from the Fairytale Forest

with mascarpone frosting | to share

Baking

Total time: 30 - 40 min.



Bring fairytales to the dinner tables

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

Before you begin

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

Utensils

Handheld mixer, 2x mixing bowl, muffin tin, parchment paper

Ingredients

	To share
Red velvet cake mix (pack)	1
Egg* (unit(s))	2
Mascarpone* (g)	200
Powdered sugar (g)	200
From your pantry	
Water (ml)	150
Sunflower oil (ml)	80

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1484 /355
Total fat (g)	14,4
of which saturated (g)	6
Carbohydrates (g)	52
of which sugars (g)	16,8
Fibre (g)	1
Protein (g)	4
Salt (g)	0,6

Allergens

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



1. Prepare the batter

- Preheat the oven to 180°C.
- Line a muffin tin with parchment paper by cutting squares large enough to fit in each muffin tin cup (see Tip).
- Add the red velvet cake mix, eggs, sunflower oil and water to a large mixing bowl.
- Mix well until it betcomes a smooth batter.

Tip: *if you have paper cupcake or muffin liners, use these instead.*



2. Bake the cupcakes

- Divide the batter over the muffin tin, filling each cup until it almost reaches the top.
- Bake in the oven for 15 - 20 minutes, until cooked through.
- Meanwhile, add the mascarpone and powdered sugar to a mixing bowl.
- Mix with a handheld mixer until you have firm peaks.



3. Decorate and serve

- Remove the cupcakes from the oven and allow to cool down completely, for about 30 minutes.
- Once the cupcakes have cooled, remove them from the tin.
- Spread the mascarpone frosting on top.
- Serve the cupcakes.

And they ate happily ever after...

Enjoy!

Little Red Riding Hood's Classic Dutch Apple Tart

with cinnamon whipped cream | 12 servings

Baking

Total time: 60 - 70 min.



Bring fairytales to the dinner tables

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

Before you begin

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

Utensils

Bowl, brush, 24cm cake tin, handheld mixer, 2x mixing bowl, kitchen paper, parchment paper, plastic wrap, 2x small bowl

Ingredients for 4 servings

	12 servings
Raisins (g)	80
Egg* (unit(s))	2
Unsalted butter* (g)	200
Flour (g)	300
Baking powder (g)	16
Apple* (unit(s))	3
Ground cinnamon (tsp)	3
Cane sugar (g)	200
Heavy cream* (ml)	200
From your pantry	
Sugar (tbsp)	2
Salt (tsp)	¼

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1283 /307
Total fat (g)	16,5
of which saturated (g)	10,3
Carbohydrates (g)	35
of which sugars (g)	21
Fibre (g)	2
Protein (g)	4
Salt (g)	0,5

Allergens

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



1. Prepare

- Preheat the oven to 180°C.
- Take the butter from the fridge and allow it to reach room temperature.
- Soak the raisins in a small bowl of lukewarm water for 15 minutes, then drain and pat them dry.



2. Make the dough

- In a mixing bowl, beat the butter with a handheld mixer for 2 minutes. Add one egg and continue beating for 1 - 2 more minutes.
- Add 180g cane sugar, the flour, baking powder and salt. Knead into a cohesive dough using either a mixer with dough hooks or your hands.
- Cover the bowl in plastic wrap and rest in the fridge for 10 minutes.



3. Core the apples

- Meanwhile, peel and core the apples, then dice into small cubes.
- In a bowl, mix the apples with the raisins, the rest of the cane sugar, three-quarters of the cinnamon and 1 tbsp of granulated sugar.



4. Assemble the pie

- Grease a round cake tin or line it with parchment paper. Use two-thirds of the dough to cover the bottom and sides of the tin.
- Add in the apple mixture and spread out evenly.
- Shape thin rolls from the rest of the dough to make the top crust of the pie. Arrange the thin rolls in a criss-cross pattern over the apple mixture.t



5. Bake

- Whisk an egg in a small bowl. Brush the dough with the egg.
- Bake the pie for 45 - 50 minutes or until the crust turns golden brown.



6. Serve

- Pour the cream into a mixing bowl and add 1 tbsp of granulated sugar and the rest of the cinnamon.
- Beat with an electric mixer or a whisk for 3 - 4 minutes, or until medium-firm peaks form.
- Serve the apple pie with the cinnamon whipped cream.

And they ate happily ever after...

Enjoy!

Haunted Halloween Cookies

with chocolate chips | 10 - 12 cookies

Baking

Total time: 45 - 55 min.



Tear me out!

Before you begin

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

Ingredients

Unsalted butter* (g)	130
Egg* (unit(s))	1
Flour (g)	200
Lemon* (unit(s))	½
Powdered sugar (g)	100
Chocolate chips (g)	50
From your pantry	
Sugar (g)	80
Water (tbsp)	¼
Salt (tsp)	½

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1732 /414
Total fat (g)	20
of which saturated (g)	12,3
Carbohydrates (g)	53
of which sugars (g)	27,8
Fibre (g)	2
Protein (g)	6
Salt (g)	0,4

Allergens

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

1



Prepare

- Zest and juice half of the lemon. Beat the egg in a small bowl.
- In a large bowl, combine the butter, granulated sugar, and lemon zest with a handheld mixer. Fold in the flour, salt, and egg, then knead together with your hands. Cover the bowl with plastic wrap and refrigerate for 30 minutes.
- Preheat the oven to 160°C.
- Dust the countertop with some flour, then roll out the cookie dough until it's about 0.5cm thick.

2



Make the cookies

- Use a knife to cut ghost-shaped cookies out of the dough (see Tip).
- Gather up the remaining dough and roll it out again, repeating until you have used it all.
- Transfer the cookies to a parchment-lined baking sheet. Leave plenty of space between them. If necessary, use a second baking sheet.

Tip: *you can also use a glass to cut round cookies out of the dough.*

3



Bake and serve

- Bake the cookies for 12 - 15 minutes, then remove them from the oven and let them rest on the baking sheet for 5 minutes.
- In a small bowl, mix 1 tbsp of lemon juice with the powdered sugar and 0.25 tbsp of water to make the icing (see Tip).
- Spread the icing over the cookies with a spoon.
- Place two chocolate chips on each cookie to create the ghost's eyes.

Tip: *substitute water for the lemon juice if you do not like the sour taste of lemon!*

Enjoy!

Tear me out!

Spooky Cupcakes

with cream cheese frosting | 10 cupcakes

Baking

Total time: 50 - 60 min.



Tear me out!

Before you begin

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

Ingredients for 4 servings

Baking powder (g)	16
Organic semi-skimmed milk* (ml)	120
White chocolate chips (g)	100
Chocolate chips (g)	100
Flour (g)	180
Egg* (unit(s))	2
Fresco spalmabile - cream cheese* (g)	100
Granulated sugar (g)	150
From your pantry	
Sunflower oil (ml)	15
[Plant-based] butter (g)	75
Salt (tsp)	½

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1472 /352
Total fat (g)	18
of which saturated (g)	10,2
Carbohydrates (g)	41
of which sugars (g)	16
Fibre (g)	1
Protein (g)	6
Salt (g)	1,1

Allergens

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

1



Prepare

- Take the butter out of the fridge, weigh it out and cut it into cubes. Let the butter come up to room temperature.
- Preheat the oven to 180°C.
- Line a muffin tin with baking paper by cutting squares large enough to fit in each muffin tin cup (see Tip).

Tip: *if you have paper cupcake or muffin liners, use these instead.*

2



Make the batter

- In a large bowl, beat the (soft) butter, sugar and sunflower oil with a handheld mixer on medium-high speed until pale and fluffy.
- Add the eggs one at a time and mix until evenly incorporated.
- Add the weighed flour to the wet mixture, along with the salt and baking powder, and mix until just combined.

3



Bake the cupcakes

- Gradually add the milk and mix softly until fully combined.
- Add 60 grams of the white chocolate chips and stir through with a spatula.
- Divide the batter over the lined muffin tin, filling each cup until it almost reaches the top.
- Bake in the oven for 18 - 20 minutes until cooked through and golden brown.

4



Melt the white chocolate

- Meanwhile, boil a shallow layer of water in a saucepan, then place a heatproof bowl on top, making sure it doesn't touch the water.
- Save 6 white chocolate chips for decorating.
- Add the rest of the white chocolate chips to the bowl and allow them to melt while stirring.

5



Melt the milk chocolate

- Take the cupcakes out of the tin and allow to cool before decorating.
- Mix the cream cheese with the melted white chocolate when it is cooled but still molten.
- Melt the milk chocolate in another heatproof bowl using the same method.

6



Serve

- When the cupcakes are completely cooled, cover the tops with a layer of frosting.
- Use a wooden skewer to decorate the cupcakes into spiderwebs or spooky monsters with the melted milk chocolate.

Enjoy!

Tear me out!

HELLO FRESH

Breakfast box

Kick-start your day!

1. American-Style Pancakes with Mango and Coconut
2. Ham & Herbed Cream Cheese Open-Faced Sandwiches
3. Greek Yogurt Bowl with Mango

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

American-Style Pancakes with Mango and Coconut

topped with honey mascarpone | 2 servings

20 min.



Utensils

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

Ingredients for 2 servings

Flour (g)	200
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
Desiccated coconut (g)	20
Mango* (unit(s))	1
Mascarpone* (g)	50
From your pantry	
Salt (tsp)	½
Sunflower oil (tbsp)	1
Sugar (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1

**store in the fridge*

Nutritional values

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

1. Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy (see Tip).
- In another bowl, add the flour, salt, sugar and 0.5 sachet baking powder.
- Using a spatula, fold the egg and buttermilk mixture into the flour.

Tip: *you should keep whisking until you can see lots of air bubbles.*

2. Fry the pancakes

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Pour a ladle full of batter into the pan. Fry the pancakes for about 2 minutes on each side until brown, then remove from the pan and cover with aluminium foil to keep warm.
- Repeat until you've used all the batter, adding more sunflower oil in between as needed.

3. Prepare the toppings

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

4. Serve

- Serve the pancakes on plates.
- Top with a dollop of mascarpone and the diced mango.
- Scatter the desiccated coconut over the pancakes and drizzle with extra honey if preferred.

Allergens

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

Ham & Herbed Cream Cheese Open-Faced Sandwiches

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 4 servings

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

**store in the fridge*

Nutritional values

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

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

Allergens

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

Greek Yogurt Bowl with Mango

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 4 serving

Greek yogurt* (g)	500
Mango* (unit(s))	1
Mixed nuts & pumpkin seeds (g)	40
From your pantry	
Honey [or plant-based alternative]	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	568 /136
Total fat (g)	9,3
of which saturated (g)	4,5
Carbohydrates (g)	7,4
of which sugars (g)	4,3
Fiber (g)	0,8
Protein (g)	4,5
Salt (g)	0,1

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

Enjoy!

Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Coconut milk (ml)	750
Banana (unit(s))	4
Pineapple* (g)	200
Lime* (unit(s))	1½
Desiccated coconut (g)	10
Blueberries* (g)	125
Cucumber* (unit(s))	½
Spinach* (g)	100
Mango* (unit(s))	1
From your pantry	
Honey [or plant-based alternative]	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	495 /118
Total fat (g)	6
of which saturated (g)	5,4
Carbohydrates (g)	9
of which sugars (g)	7,5
Fibre (g)	1
Protein (g)	1
Salt (g)	0

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

Allergens

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

1



Piña Colada Smoothie

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

2



Green Booster Smoothie

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

3



Blueberry & Coconut Smoothie

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

Enjoy!

Tear me out!

Halloween Smoothie Bowl

with mango & orange | 2 servings

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Mango* (unit(s))	2
Orange* (unit(s))	2
Coconut milk (ml)	180
Chia seeds (g)	20
From your pantry	
Honey [or plant-based alternative]	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	1757 /420	370 /88
Total fat (g)	20	4
of which saturated (g)	14,2	3
Carbohydrates (g)	52	11
of which sugars (g)	44,8	9,4
Fibre (g)	11	2
Protein (g)	6	1
Salt (g)	0	0

Allergens

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

1



Prepare

- Cut the oranges in half and juice into a blender (or a tall container if you're using an immersion blender).
- Peel the mango and finely chop the flesh.

2



Blend

- Add the mango and coconut milk to the blender, then blend into a thick smoothie.
- Pour the smoothie into two bowls.
- Add some honey to taste.

3



Serve

- Cut a small corner out of the chia seed sachet.
- Use the chia seeds to draw triangular eyes and scary-looking mouths on each smoothie bowl.
- Serve the Halloween Smoothie Bowls immediately.

Enjoy!

Tear me out!

Chia Seed Pudding 3 Ways

mango & pistachio, apple & raisins, blueberries & apple | 3 breakfasts for 2 people

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Coconut milk (ml)	500
Desiccated coconut (g)	10
Mango* (unit(s))	1
Apple* (unit(s))	1
Ground cinnamon (tsp)	1
Pistachio nuts (g)	20
Chia seeds (g)	100
Raisins (g)	20
Blueberries* (g)	125
Blueberry fruit spread (g)	30
From your pantry	
Water (ml)	100
Honey [or plant-based alternative] (tbsp)	2

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	680 /162
Total fat (g)	10
of which saturated (g)	6,5
Carbohydrates (g)	14
of which sugars (g)	9,5
Fibre (g)	4
Protein (g)	2
Salt (g)	0

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

Allergens

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

1



Variation 1: Mango & pistachio (2 servings)

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

2



Variation 2: Apple & raisins (2 servings)

- Finely dice half of the apple, then put it in a bowl and mix with 1 tsp of cinnamon.
- Grab two glasses of chia pudding and top with the apple.
- Garnish with the raisins.

3



Variation 3: Blueberry & apple (2 servings)

- Finely dice the other half of the apple.
- Grab two glasses of chia pudding and mix in the blueberry jam.
- Top with the blueberries and apple.
- Scatter over the desiccated coconut to finish.

Enjoy!

Tear me out!

Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 5 - 10 min.



Tear me out!

Before you begin

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

Ingredients

Organic Greek yogurt* (g)	1000
Blueberries* (g)	125
Apple* (unit(s))	2
Ground cinnamon (tsp)	3
Chopped pecans (g)	20
Orange* (unit(s))	1
Cranberry & walnut mix (g)	60
Desiccated coconut (g)	40
From your pantry	
Honey [or plant-based alternative]	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	581 /139
Total fat (g)	10
of which saturated (g)	5,2
Carbohydrates (g)	8
of which sugars (g)	4,8
Fibre (g)	1
Protein (g)	3
Salt (g)	0,1

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

Allergens

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

1



Greek yogurt with blueberries and desiccated coconut

- Divide a third of the yogurt over two bowls.
- Garnish with the blueberries and desiccated coconut.
- Add honey to taste.

2



Greek yogurt with apple and pecan nuts

- Core and dice the apple.
- Divide a third of the yogurt over two bowls.
- Garnish with the apple, pecan nuts and cinnamon.
- Add honey to taste.

3



Greek yogurt with orange, cranberries and walnuts

- Use a sharp knife to remove the skin and the white pith from the orange and then cut the flesh into segments.
- Divide a third of the yogurt over two bowls.
- Garnish with the orange and cranberry & walnut mix.
- Add honey to taste.

Enjoy!

Tear me out!

Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Avocado (unit(s))	2
Goat's Cheese* (g)	200
Tomato (unit(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Fresco spalmabile - cream cheese* (g)	100
Roast chicken slices* (g)	120
Greek-style cheese* (g)	50
From your pantry	
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	781 /187
Total fat (g)	14
of which saturated (g)	6,2
Carbohydrates (g)	3
of which sugars (g)	1
Fibre (g)	3
Protein (g)	11
Salt (g)	0,7

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

Allergens

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

1



Option 1: Avocado, Greek-style cheese and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin. Transfer the flesh to a small bowl and mash well. Season with salt and pepper.
- Spread the avocado over the crackers. Top with half of the roast chicken slices.
- Crumble the Greek-style cheese on top.

2



Option 2: Goat's cheese, tomato and cress

- Divide four crackers over two plates.
- Slice the tomato.
- Spread the goat's cheese on the crackers.
- Add the tomato to the crackers and season with salt and pepper. Garnish with half of the cress.

3



Option 3: Cream cheese, avocado and chicken

- Divide four crackers over two plates.
- Halve and pit 1 avocado, then remove the skin and slice the flesh.
- Spread the cream cheese on the crackers, then add half of the roast chicken slices.
- Place the avocado on top, then season with salt and pepper. Garnish with half of the cress.

Enjoy!

Tear me out!

Pancakes with White Chocolate & Mascarpone Sauce

with orange slices and pistachios | 2 servings

Breakfast

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Ingredients

Flour (g)	150
Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Baking powder (g)	8
Mascarpone* (g)	150
White chocolate chips (g)	100
Orange* (unit(s))	1
Pistachio nuts (g)	20
From your pantry	
Sugar (tbsp)	1
Honey [or plant-based alternative] (tbsp)	4
Sunflower oil (tbsp)	1
Salt (tsp)	½

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	5096 /1218	1042 /249
Total fat (g)	66	14
of which saturated (g)	35,8	7,3
Carbohydrates (g)	127	26
of which sugars (g)	40,1	8,2
Fibre (g)	6	1
Protein (g)	29	6
Salt (g)	3,4	0,7

Allergens

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

1



Make the batter

- Beat the eggs in a bowl, then add the buttermilk and whisk together until fluffy.
- In another bowl, mix 150g flour with 0.5 sachet baking powder, 0.5 tsp salt and 1 tbsp sugar.
- Using a spatula, fold the wet mixture into the dry and mix well.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.

2



Fry the pancakes

- Pour one ladle full of batter into the pan at a time and fry the pancakes for 2 minutes on each side until brown. Remove from the pan and cover with aluminium foil.
- In the meantime, boil a shallow layer of water in a saucepan, then place a heatproof bowl on top, making sure it doesn't touch the water.
- Add two-thirds of the chocolate and allow to melt while stirring.
- Let the chocolate cool down until it is still melted but not hot.

3



Prepare the toppings

- Zest the orange, then cut two slices and juice the rest into a small bowl.
- In another saucepan, simmer the orange juice, honey and pistachios until thickened into a sauce. Add a pinch of salt, if preferred.
- In a bowl, mix the mascarpone with the melted chocolate and 1 tbsp of orange zest.
- Stack the pancakes on plates. Pour over the white chocolate-mascarpone sauce and pistachio topping. Garnish with the orange slices and rest of the chocolate chips.

Enjoy!

Tear me out!

Sugar Bread French Toast

with yogurt & blueberries | 2 servings

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Sugar bread (unit(s))	½
Organic semi-skimmed milk* (ml)	150
Egg* (unit(s))	3
Ground cinnamon (tsp)	3
Organic Greek yogurt* (g)	150
Blueberries* (g)	125
From your pantry	
[Plant-based] butter (tbsp)	1
Honey [or plant-based alternative]	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2887 /690	686 /164
Total fat (g)	27	6
of which saturated (g)	13,8	3,3
Carbohydrates (g)	88	21
of which sugars (g)	46,5	11
Fibre (g)	4	1
Protein (g)	24	6
Salt (g)	1,4	0,3

Allergens

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

1



Prepare

- Slice the sugar bread into 1cm thick slices.
- In a deep plate, add the eggs, milk and cinnamon (see Tip). Whisk everything together thoroughly.
- Heat the butter in a frying pan over medium-high heat.
- Meanwhile, soak the sugar bread slices in the egg mixture two by two, until they are completely saturated.

Tip: *if desired, save some of the cinnamon for garnish.*

2



Make the French toast

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown.
- Repeat until all of the slices are done.

3



Serve

- Serve the sugar bread french toast on plates.
- Garnish with the yogurt and blueberries.
- Drizzle with honey to taste.

Enjoy!

Tear me out!

Eggs Benedict with Spinach and Bacon

on brioche bread with Hollandaise sauce | 2 servings

Breakfast

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Ingredients

Egg* (unit(s))	4
Hollandaise sauce* (g)	50
Brioche bun (unit(s))	2
Spinach* (g)	100
Bacon* (slice(s))	4
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	4
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2494 /596	777 /186
Total fat (g)	37	12
of which saturated (g)	9,8	3,1
Carbohydrates (g)	38	12
of which sugars (g)	5,7	1,8
Fibre (g)	4	1
Protein (g)	27	8
Salt (g)	2	0,6

Allergens

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

1



Poach the eggs

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

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

2



Prepare the spinach

- Preheat the oven to 180°C.
- Meanwhile, heat the sunflower oil in a frying pan over medium-high heat. Add the spinach to the pan with a pinch of salt and pepper. Fry for 1 minute until it starts to wilt, then remove from the pan.
- Add the bacon to the pan and fry for 4 - 5 minutes, or until it's crispy.
- Heat the Hollandaise sauce in a small saucepan for 1 - 2 minutes. Put the brioche rolls in the oven to bake for 3 - 4 minutes.

3



Serve

- Cut open the brioche rolls and top with the spinach and bacon.
- Carefully place the eggs on top and drizzle the Hollandaise sauce over the eggs.

Enjoy!

Tear me out!

Spooky Ghost Pancakes

with chocolate and banana | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients for 4 servings

Organic buttermilk* (ml)	200
Chocolate chips (g)	200
Egg* (unit(s))	2
Flour (g)	150
Baking powder (g)	8
Powdered sugar (g)	50
Banana (unit(s))	3
From your pantry	
Sunflower oil (tbsp)	1
Sugar (tbsp)	1
Salt (tsp)	½

**store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Mix the batter

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

3



Fry the pancakes

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

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

4



Make the icing

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

5



Melt the chocolate

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

6



Decorate and serve

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

Enjoy!

Tear me out!

Smoked Salmon Croissants

with avocado and herbed cream cheese | 4 pieces

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

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

**store in the fridge*

Nutritional values

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

Allergens

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

1



Bake the croissants

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

2



Prepare the toppings

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

3



Make the croissants

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

Enjoy!

Tear me out!

‘Kaiserschmarrn’ with Cranberry Compote

classic Austrian pancake with raisins | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients for 4 servings

Dried cranberries (g)	80
Granulated sugar (g)	60
Ground cinnamon (tsp)	1
Raisins (g)	20
Egg* (unit(s))	2
Organic semi-skimmed milk* (ml)	200
Flour (g)	100
Powdered sugar (g)	100
From your pantry	
Water (ml)	200
[Plant-based] butter (tbsp)	1
Salt	a pinch

**store in the fridge*

Nutritional values

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

Allergens

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

1



Prepare

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

2



Beat the eggs

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

3



Make the batter

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

4



Fry the kaiserschmarrn

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

5



Finish

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

6



Serve

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

Enjoy!

Tear me out!

Poké Bowl with Salmon

with sriracha mayo, edamame and furikake | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Ingredients

Sushi rice (g)	150
Salmon fillet* (unit(s))	2
Ponzu (g)	24
Sesame oil (ml)	10
Carrot* (unit(s))	1
Persian cucumber* (unit(s))	1
Edamame* (g)	50
Furikake (sachet(s))	1
Sriracha mayo* (g)	25
From your pantry	
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	½
Water (ml)	350
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2950 /705	551 /132
Total fat (g)	35	6
of which saturated (g)	4,8	0,9
Carbohydrates (g)	68	13
of which sugars (g)	8,3	1,5
Fibre (g)	3	1
Protein (g)	27	5
Salt (g)	1,2	0,2

Allergens

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

1



Boil the rice

- Boil the water in a lidded pot or saucepan (see pantry for amount).
- Boil the sushi rice for 12 – 15 minutes.
- Turn the heat off when finished, add the white wine vinegar and sugar and mix well.
- Leave the rice in the pan with the lid on until ready to serve.

2



Marinate

- Cut the salmon into small cubes.
- In a bowl, mix the salmon with the ponzu sauce, the sesame oil and some salt and pepper.
- Set aside and let the salmon marinate for 5 minutes.
- Grate the carrot. Finely dice the cucumber.

3



Serve

- Heat the sunflower oil in a frying pan over medium-high heat and fry the salmon for 2 - 3 minutes.
- Serve the sushi rice in bowls.
- Serve the carrot, cucumber, edamame and salmon on top of the rice.
- Drizzle the marinade on the top and garnish with the sriracha mayo and furikake.

Enjoy!

Tear me out!

Wraps with Tuna, Mango & Avocado

with coriander and scallions | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Tuna packed in water (can)	1
Mango* (unit(s))	1
Scallions* (g)	62½
Fresh coriander & mint* (g)	10
Little gem* (unit(s))	2
Avocado (unit(s))	1
Flour tortillas (unit(s))	4
From your pantry	
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2795 /668	589 /141
Total fat (g)	34	7
of which saturated (g)	5,9	1,2
Carbohydrates (g)	64	13
of which sugars (g)	20,6	4,3
Fibre (g)	8	2
Protein (g)	24	5
Salt (g)	1,7	0,3

Allergens

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

1



Prepare

- Roughly chop the coriander and mint.
- Cut the avocado in half, remove the pit and skin, then slice the flesh.
- Remove the core of the little gem and pull the leaves apart.
- Drain the tuna.

2



Make the tuna salad

- Finely slice the scallions into rings.
- Peel the mango and cut the flesh into strips.
- Put the tuna in a large bowl.
- Add the mayonnaise, scallions, coriander and mint and mix well. Season with salt and pepper to taste.

3



Serve

- Place 2 - 3 little gem leaves in the middle of each tortilla.
- Fill the tortillas with the tuna salad, mango and avocado.
- Roll up the tortillas and cut them in half before serving.

Enjoy!

Tear me out!

Banh Mi-Style Chicken Baguette

with sriracha mayo and slaw | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

White demi-baguette (unit(s))	2
Fresh coriander* (g)	10
Sriracha mayo* (g)	50
Shredded red cabbage* (g)	150
Pulled chicken* (g)	200
From your pantry	
[Reduced salt] soy sauce (tsp)	1
White wine vinegar (tsp)	1
Sunflower oil (tbsp)	½

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2619 /626	764 /183
Total fat (g)	24	7
of which saturated (g)	4,2	1,2
Carbohydrates (g)	70	20
of which sugars (g)	4,2	1,2
Fibre (g)	8	2
Protein (g)	30	9
Salt (g)	3	0,9

Allergens

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

1



Fry the chicken

- Preheat the oven to 200°C.
- Bake the bread for 5 - 6 minutes.
- Heat the sunflower oil in a frying pan over medium-high heat.
- Add the pulled chicken and fry for 5 - 6 minutes.

2



Make the coleslaw

- Finely chop the coriander.
- Add the cabbage to a bowl and combine with the coriander, white wine vinegar and soy sauce.

3



Serve

- Halve the baguettes and spread with the sriracha mayo.
- Top with the slaw, then add the chicken and serve.

Enjoy!

Tear me out!

Dutch Meatball Sandwich

with pickles, fried onions and smoky mayonnaise | 2 servings

Lunch

Total time: 35 - 45 min.



Tear me out!

Before you begin

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

Ingredients

Onion chutney* (g)	40
Panko breadcrumbs (g)	25
Smoky tomato ketchup* (g)	60
Brioche bun (unit(s))	2
Lamb's lettuce* (g)	40
Chopped pickles* (g)	50
Crispy fried onions (g)	30
Beef-pork mince with Italian herbs* (g)	200
From your pantry	
Mustard (tsp)	2
Flour (tbsp)	1
[Plant-based] butter (tbsp)	1
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3452 /825	1030 /246
Total fat (g)	47	14
of which saturated (g)	16,4	4,9
Carbohydrates (g)	70	21
of which sugars (g)	19,1	5,7
Fibre (g)	6	2
Protein (g)	29	9
Salt (g)	3,3	1

Allergens

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

1



Prepare

- In a large mixing bowl, combine the minced meat with the onion chutney, 1 tsp of mustard, the panko, and half of the smoky tomato ketchup. Season with salt and pepper.
- Knead together with your hands, evenly mixing the ingredients.
- Form two large meatballs. Transfer the flour to a deep plate, then roll the meatballs in the flour to coat them.

2



Fry the meatballs

- Slice the brioche buns in half.
- Melt a knob of butter in a deep frying pan over high heat.
- Place the brioche halves face down in the pan and toast for 1 - 2 minutes or until the edges start to slightly brown. Remove the buns from the pan and set aside.
- In the same pan, melt another knob of butter and sear the meatballs for 3 - 4 minutes, or until evenly browned.

3



Serve

- Set the heat to low, cover with a lid and simmer for 12 - 15 minutes.
- In a small bowl, mix the mayonnaise with the rest of the smoky tomato ketchup.
- Spread 1 tsp of mustard over the buns. Top each bun with some lamb's lettuce, pickles, smoky mayonnaise and a meatball.
- Garnish with some more smoky mayonnaise and the fried onions.

Enjoy!

Tear me out!

Bao Buns with BBQ Chicken

with sweet & sour cucumber, cabbage & carrot | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Bao buns (unit(s))	4
Persian cucumber* (unit(s))	1
BBQ Sauce (g)	50
Soy sauce (ml)	5
Slaw mix* (g)	50
Chicken thigh strips* (g)	100
From your pantry	
Sunflower oil (tbsp)	1
White wine vinegar (tbsp)	2
Sugar (tsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2067 /494	688 /164
Total fat (g)	21	7
of which saturated (g)	3,9	1,3
Carbohydrates (g)	58	19
of which sugars (g)	12,9	4,3
Fibre (g)	4	1
Protein (g)	17	6
Salt (g)	1,5	0,5

Allergens

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

1



Prepare the cucumber

- Slice the cucumber into thin sticks about 5cm long.
- In a bowl, mix 1 tsp sugar with 2 tbsp white wine vinegar. Add the cucumber and season with salt. Mix well and set aside until serving, stirring occasionally to combine the flavours.
- Heat 1 tbsp sunflower oil in a frying pan over medium-high heat. Add the chicken thigh strips and fry for 5 - 6 minutes until golden brown.
- Add the barbecue sauce and 1 tsp soy sauce and mix everything together.

2



Steam the bao buns

- Boil a shallow layer of water in a large pot or saucepan with a lid.
- Line a sieve or colander with some kitchen paper and place this over the pan, making sure it doesn't touch the water.
- Put the bao buns in the sieve/colander, then put the lid on and let them steam for 3 - 4 minutes (see Tip).

Tip: *take care that the buns don't get wet when you take the lid off the pan!*

3



Serve

- Spread the mayo onto the inside of both buns.
- Stuff the buns with the chicken, slaw mix and quick-pickled cucumber.

Enjoy!

Tear me out!

Lunch Box with Tuna Salad Wraps

with snack veggies and dip, fresh oranges and almonds | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Tuna packed in water (can)	1
Mango* (unit(s))	1
Scallions* (g)	62½
Fresh coriander & mint* (g)	10
Little gem* (unit(s))	2
Avocado (unit(s))	1
Flour tortillas (unit(s))	4
Hummus* (g)	160
Salted almonds (g)	40
Orange* (unit(s))	2
Cucumber* (unit(s))	1
Mini Roma tomatoes* (g)	125
From your pantry	
[Plant-based] mayonnaise (tbsp)	2
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	4540 /1085	484 /116
Total fat (g)	60	6
of which saturated (g)	8,5	0,9
Carbohydrates (g)	97	10
of which sugars (g)	40,9	4,4
Fibre (g)	17	2
Protein (g)	36	4
Salt (g)	2,5	0,3

Allergens

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

1



Make the tuna salad

- Finely chop the scallions. Chop the coriander and mint.
- Peel and dice the mango.
- Drain the tuna and add to a large bowl.
- Add the mayonnaise, scallions, and fresh herbs to the bowl and mix well. Season to taste with salt and pepper.

2



Make the wraps

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Remove the core of the little gem and pull the leaves apart.
- Add a few leaves to each tortilla. Divide the tuna salad, mango and avocado over the tortillas.
- Roll up the tortillas and add two wraps to the lunch box (see Tip).

Tip: *wrap the other two tortillas in plastic wrap and store in the fridge for the next day!*

3



Serve

- Halve the cucumber and then cut into batons.
- Peel the orange and pull it apart into smaller segments.
- Add the orange segments and almonds to the lunch box with the wraps.
- Add half of the mini Roma tomatoes and cucumber to the lunch box, along with the hummus, and eat them together as a snack (see Tip).

Tip: *you can also make two lunch boxes at once, so you're immediately ready for the next day!*

Enjoy!

Tear me out!

Kid-Friendly Spooky Hotdogs

with curry sauce & sausages | 4 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Ingredients

Curry sauce* (ml)	40
Hotdog bun (unit(s))	4
Chopped pickles* (g)	50
Tomato (unit(s))	1
Kalamata olives (g)	30
Pork sausage* (unit(s))	4
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
Sunflower oil (tbsp)	1

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	923 /221
Total fat (g)	13
of which saturated (g)	3,4
Carbohydrates (g)	17
of which sugars (g)	3,2
Fibre (g)	1
Protein (g)	10
Salt (g)	0,8

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Heat the sunflower oil in a frying pan over medium-high heat and fry the sausages for 2 - 3 minutes until evenly browned.
- Cover with the lid and fry further for 2 - 4 minutes over medium heat or until done, turning regularly.
- Slice the olives into rings (they will be used for the spooky eyes). Dice the tomato.

2



Bake the buns

- Bake the hotdog buns for 4 - 5 minutes.
- Slice the buns lengthways, making sure not to cut all the way through.
- Spread mayonnaise onto each bun, then fill the buns with the tomatoes and pickles, followed by the sausages.

3



Make the spooky hotdogs and serve

- Place the hotdogs on a plate.
- Before serving, drizzle the curry sauce in a zigzag pattern across the opening of the hotdogs so that it resembles a mouth.
- Add two olive slices to the top half of the bun to resemble the eyes.
- Serve the spooky hotdogs.

Enjoy!

Tear me out!

Chicken Orzo with Middle Eastern Spices

with mascarpone, pepper & leek

Total time: 25 - 35 min.




Red chili pepper


Onion


Garlic


Bell pepper


Leek


Orzo


Middle Eastern spice mix


Tomato paste


Seasoned chicken mince


Mascarpone


Grated Italian-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
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1	1	2	2	3	3
Bell pepper* (pcs)	1/2	1	1	2	2	3
Leek* (pcs)	1/2	1	2	2	3	3
Orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Tomato paste (can(s))	1/2	1	1 1/2	2	2 1/2	3
Seasoned chicken mince* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Grated Italian-style cheese* (g)	15	20	40	50	60	70
Not included						
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock (ml)	175	350	525	700	875	1050

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2976 /711	445 /106
Total fat(g)	27,2 g	4,1 g
of which saturated(g)	15,9	2,4
Carbohydrates (g)	76,2	11,4
of which sugars (g)	20,1	3
Fibre (g)	11,6	1,7
Protein (g)	36,2	5,4
Salt (g)	2,08	0,31

Allergens

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

1



Prepare

- Prepare the stock in a pot or saucepan.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the red chili pepper. Dice the bell pepper.
- Boil the orzo in the stock for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

Tip: *add a splash of water as necessary if the orzo seems too dry.*

2



Fry the mince

- Melt a knob of butter in a large deep frying pan over medium heat. Fry the onion with the garlic, chili pepper* and Middle Eastern spices for 2 minutes.
- Add the tomato paste and the mince and fry for 3 minutes, separating the mince as you do so.
- Meanwhile, cut the leek into half rings.

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

3



Finish

- Stir in the leek and the bell pepper, then fry for 5 minutes over medium heat, covered.
- Add the balsamic vinegar and the orzo and fry for 1 minute.
- Stir in half of the mascarpone and season to taste with salt and pepper.

4



Serve

- Serve the orzo on plates and top with the rest of the mascarpone.
- Garnish with the cheese to finish.

Bulgogi Chicken Noodle Stir-Fry

with sweetheart cabbage, sesame seeds & scallions

Total time: 25 - 35 min.




Wholewheat noodles


Seasoned chicken mince


Fresh ginger


Garlic


Chopped sweetheart cabbage


Bell pepper


Broccoli


Scallions


Bulgogi sauce


Soy sauce


Sesame seeds

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 noodles (g)	50	100	150	200	250	300
Seasoned chicken mince* (g)	100	200	300	400	500	600
Fresh ginger* (tsp)	1 1/4	2 1/2	3 3/4	5	6 1/4	7 1/2
Garlic (pcs)	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Bell pepper* (pcs)	1/2	1	2	2	3	3
Broccoli* (g)	125	250	360	500	610	750
Scallions* (g)	31 1/4	62 1/2	93 3/4	125	156 1/4	187 1/2
Bulgogi sauce (g)	35	70	105	140	175	210
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (g)	2 1/2	5	7 1/2	10	12 1/2	15
Not included						
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2343 /560	406 /97
Total fat(g)	16,9 g	2,9 g
of which saturated(g)	3,6	0,6
Carbohydrates (g)	63,7	11
of which sugars (g)	18,5	3,2
Fibre (g)	14,2	2,5
Protein (g)	34,5	6
Salt (g)	3,3	0,57

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem. Parboil the broccoli for 4 - 5 minutes.
- Meanwhile, cut the bell pepper into strips. Finely chop the scallions and set aside a small amount of the greens to use later as garnish.
- Crush or mince the garlic and grate the ginger with a microplane.

2



Stir-fry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic and the ginger for 1 - 2 minutes (see Tip).
- Add the mince and fry for 2 - 3 minutes, separating it as you do so.

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

3



Cook the noodles

- Add the bulgogi sauce, the scallions and the bell pepper, then stir-fry for 4 - 5 minutes over medium-high heat.
- Transfer the cabbage and the noodles to the broccoli, then cook for another 4 - 5 minutes.
- Drain and transfer to the frying pan.

Did you know... *the broccoli in this recipe contains potassium, a mineral that supports the nervous system.*

4



Serve

- Deglaze with the soy sauce, the white wine vinegar and the water for the sauce. Mix well and cook for 1 more minute over high heat.
- Serve the stir-fry on plates.
- Garnish with the sesame seeds and the reserved scallion greens.

Wholewheat Orzo Salad with Crispy Salami Ribbons

with zesty lemon cream cheese & mini Roma tomatoes

Total time: 25 - 35 min.




Wholewheat orzo


Salami


Garlic


Red onion


Courgette


Fresh celery leaves


Parmigiano Reggiano DOP


Fresh basil


Mini Roma tomatoes


Lemon


Fresco spalmabile - cream 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
Wholewheat orzo (g)	75	150	225	300	375	450
Salami* (slice(s))	3	6	9	12	15	18
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Courgette* (pcs)	1/2	1	1	2	2	3
Fresh celery leaves* (g)	5	10	15	20	25	30
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Fresh basil* (g)	5	10	15	20	25	30
Mini Roma tomatoes* (g)	62 1/2	125	250	250	375	375
Lemon* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock cube (pcs)	1/2	1	1 1/2	2	2 1/2	3
Balsamic vinegar (tsp)	1/2	1	1 1/2	2	2 1/2	3
White wine vinegar (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2947 /704	677 /162
Total fat(g)	36,8 g	8,5 g
of which saturated(g)	11,6	2,7
Carbohydrates (g)	66	15,2
of which sugars (g)	17,4	4
Fibre (g)	9,5	2,2
Protein (g)	23,1	5,3
Salt (g)	1,61	0,37

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, then drain and rinse under cold water.
- Meanwhile, cut the salami into ribbons. Chop the onion and crush or mince the garlic.
- Quarter the courgette lengthways and then thinly slice it. Finely chop the celery leaves.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the salami for 3 - 4 minutes until done, then transfer to a plate lined with kitchen paper.
- In the same pan, fry the onion with the garlic and courgette for 4 minutes.
- Add the celery leaves and fry for 1 more minute.
- Deglaze with the balsamic vinegar, then season to taste with salt and pepper.

3



Prepare the toppings

- Grate the Parmigiano Reggiano with a microplane.
- In a salad bowl, combine the extra virgin olive oil with the honey and white wine vinegar. Season to taste with salt and pepper.
- Finely chop the basil and cut the lemon into six wedges.
- In a small bowl, combine the cream cheese with the basil and the juice of one lemon wedge per person. Season to taste with salt and pepper.

4



Serve

- Halve the tomatoes and transfer to the salad bowl, along with the vegetables and the orzo. Toss well to combine, then serve on deep plates.
- Top with the cream cheese and scatter over the salami.
- Garnish with the Parmigiano Reggiano and serve the rest of the lemon wedges alongside.

Wholewheat Fusilli with Miso Mushrooms

with Grana Padano, spinach & gomashio

Total time: 25 - 35 min.




White miso paste


Mushrooms


Spinach


Garlic


Grana Padano flakes DOP


Cooking cream


Red chili pepper


Gomashio-herb mix


Wholewheat fusilli


Onion

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
White miso paste (g)	20	40	60	75	100	115
Mushrooms* (g)	125	250	400	400	650	650
Spinach* (g)	100	200	300	400	500	600
Garlic (pcs)	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Cooking cream (g)	75	150	225	300	375	450
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Gomashio-herb mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Wholewheat fusilli (g)	90	180	270	360	450	540
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2731 /653	579 /138
Total fat(g)	25 g	5,3 g
of which saturated(g)	11,1	2,4
Carbohydrates (g)	74,2	15,7
of which sugars (g)	13	2,8
Fibre (g)	13,1	2,8
Protein (g)	27,2	5,8
Salt (g)	2,87	0,61

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the pasta.
- Deseed and finely chop the red chili pepper*. Chop the onion and crush or mince the garlic. Quarter the mushrooms.
- Boil the pasta for 10 - 12 minutes, covered, then reserve 50ml pasta water per person. Drain and set aside.

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

2



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the mushrooms for 3 - 4 minutes, then stir in the garlic, onion and chili pepper and fry for 1 - 2 more minutes.
- Add the miso paste* and the cream, then cook for another 1 - 2 minutes.

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

Did you know... *the mushrooms in this recipe contain phosphorus, a mineral that helps to keep bones and teeth strong.*

3



Finish

- Stir in the spinach and cook for 2 - 3 minutes, or until the spinach has wilted and reduced.
- Transfer the pasta to the sauce and mix well to combine, adding a splash of pasta water as needed.
- Taste and season with salt and pepper if necessary.
- Meanwhile, in a small bowl combine the Grana Padano with the the gomashio-herb mix.

4



Serve

- Serve the pasta on plates.
- Garnish with the Grana Padano-gomashio topping.

Hearty Chicken & Root Vegetable Pie

with onion chutney & seed-studded mesclun salad

Total time: 50 - 60 min.




Puff pastry


Chicken mince with Mediterranean herbs


Garlic


Onion


Parsnip


Carrot


Nutmeg


Onion chutney


Fresh sage


Mesclun


Yellow mustard seeds


Sunflower seeds

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
Puff pastry* (roll(s))	1/3	2/3	1	1 1/3	1 2/3	2
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Parsnip* (pcs)	1/2	1	2	2	3	3
Carrot* (pcs)	1/2	1	1	2	2	3
Nutmeg (a pinch)	1	1	2	2	3	3
Onion chutney* (g)	20	40	60	80	100	120
Fresh sage* (g)	5	10	15	20	25	30
Mesclun* (g)	40	60	90	120	150	180
Yellow mustard seeds (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Sunflower seeds (g)	10	20	30	40	50	60
Not included						
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] milk (splash)	0	0	0	0	0	0
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Low sodium beef stock (ml)	50	100	150	200	250	300
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3411 /815	591 /141
Total fat(g)	43,3 g	7,5 g
of which saturated(g)	21,1	3,7
Carbohydrates (g)	71,6	12,4
of which sugars (g)	23,2	4
Fibre (g)	15,8	2,7
Protein (g)	31,2	5,4
Salt (g)	2,04	0,35

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Chop the onion and crush or mince the garlic. Wash or peel the parsnip and carrot, then finely dice both.
- Melt a knob of butter in a large wok or deep frying pan over medium-high heat.
- Fry the onion, garlic, carrot and parsnip for 5 - 7 minutes. Season generously with salt and pepper.

2



Chop the sage

- Add the mince and fry for 4 - 5 minutes, breaking it up as you do so.
- Finely chop the sage leaves.
- Grate a pinch of nutmeg directly into the pan, then add the sage, the onion chutney and the stock.
- Bring to a boil and cook for 2 - 3 minutes, or until reduced.

Tip: *if necessary, add 0.5 tbsp flour per person so as to thicken it.*

3



Assemble

- Transfer the filling to an oven dish (see Tip).
- Top with the pastry, then cut off the excess (and if preferred, use it to decorate the top of the pie).
- Use a fork to pierce the surface of the pie several times.

Tip: *use an extra oven dish if you're cooking for more than three people.*

4



Toast the sunflower seeds

- Brush the top of the pie with some milk, then bake in the oven for 20 - 25 minutes until golden-brown.
- In the meantime, heat a clean frying pan over medium-high heat and toast the sunflower seeds until golden-brown.
- Remove from the pan and set aside.

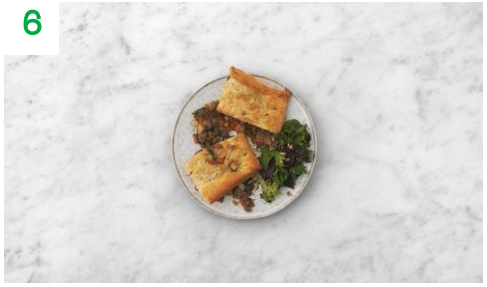
5



Finish

- In a small bowl, combine the white wine vinegar with the mustard seeds.
- Season to taste with a pinch of salt.
- In a bowl, combine the lettuce with some extra virgin olive oil as preferred.
- Season to taste with salt and pepper.

6



Serve

- Serve the pie with the salad alongside.
- Garnish the salad with the mustard seeds and the sunflower seeds.

Rosemary-Panko Cod with Roasted Vegetables

over giant couscous with fresh parsley

Total time: 35 - 45 min.




Cod fillet


Giant couscous


Panko breadcrumbs


Tomato ketchup


Courgette


Bell pepper


Red onion


Garlic


Fresh rosemary


Middle Eastern spice mix


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
Cod fillet* (pcs)	1	2	3	4	5	6
Giant couscous (g)	75	150	225	300	375	450
Panko breadcrumbs (g)	15	35	50	70	85	105
Tomato ketchup* (g)	30	60	90	120	150	180
Courgette* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Red onion (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh rosemary* (sprig(s))	1/2	1	1 1/2	2	2 1/2	3
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1 1/4	2 1/2	3 3/4	5	6 1/4	7 1/2
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt and pepper (to taste)	To Taste					
Extra virgin olive oil (to taste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2791 /667	418 /100
Total fat(g)	18,6 g	2,8 g
of which saturated(g)	3,2	0,5
Carbohydrates (g)	86,7	13
of which sugars (g)	18,6	2,8
Fibre (g)	8,8	1,3
Protein (g)	33,9	5,1
Salt (g)	1,45	0,22

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Quarter and deseed the bell pepper, then cut into rough pieces.
- Slice the courgette into crescents and slice the onion into half-rings.

2



Fry the vegetables

- Transfer the vegetables to a parchment-lined baking sheet.
- Scatter over half of the Middle Eastern spices and drizzle with olive oil.
- Season with salt and pepper, then toss well to combine.
- Roast the vegetables for 20 - 25 minutes, then transfer to a bowl and drizzle with the balsamic vinegar. Set aside to marinate.

3



Boil the giant couscous

- Meanwhile, prepare the stock and crush or mince the garlic.
- Heat a light drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the garlic with the rest of the Middle Eastern spices for 1 minute.
- Add the giant couscous and toast the grains for 1 minute, then pour in the stock.
- Cover with the lid and boil for 12 - 14 minutes until done.

4



Prepare the breading

- Discard the rosemary stalks and finely chop the leaves.
- On a deep plate, combine the panko with the rosemary and season with salt and pepper.
- Transfer the flour to another deep plate and the ketchup to a third.

5



Fry the fish

- Coat the fish first with the flour, then with the ketchup and finally with the panko.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and sear the fish for 1 minute per side.
- Transfer to an oven dish and bake for 6 - 8 minutes, or until done.

6



Serve

- Roughly chop the parsley in the meantime.
- Serve the giant couscous on plates with everything else alongside.
- Drizzle with the residual balsamic vinegar and some extra virgin olive oil as preferred.
- Garnish with the parsley to finish.

Surinamese-Style Bami with Chicken Tenderloin

with quick-pickled cucumber & crispy onions

Total time: 25 - 35 min.




Onion


Garlic


Fresh ginger


Persian cucumber


Surinamese-style spices


Chicken tenderloin


Tomato paste


Reduced salt soy sauce


Fresh celery leaves


Crispy fried onions


Bell Pepper


Linguine

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
Onion (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Surinamese-style spices (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Chicken tenderloin* (g)	100	200	300	400	500	600
Tomato paste (can(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Fresh celery leaves* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Bell Pepper* (pcs)	1/2	1	2	2	3	3
Linguine (g)	90	180	270	360	450	540
Not included						
Sambal (to taste)	0	0	0	0	0	0
[Reduced salt] ketjap manis (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium chicken stock cube (pcs)	1/8	1/4	1/3	1/2	4/7	3/4
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
White wine vinegar (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2907 /695	591 /141
Total fat(g)	15,6 g	3,2 g
of which saturated(g)	4,9	1
Carbohydrates (g)	92,8	18,9
of which sugars (g)	23,1	4,7
Fibre (g)	8,6	1,7
Protein (g)	42,3	8,6
Salt (g)	2,14	0,44

Allergens

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

1



Chop the vegetables

- Boil plenty of salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Grate the ginger. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents. Cut the bell pepper into strips.
- Cut the chicken into strips.

2



Prepare the cucumber

- In a salad bowl, combine the white wine vinegar with the sugar, then add the cucumber and toss well to combine.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, heat a drizzle of sunflower oil in a wok over medium-high heat. Fry the onion with the garlic, ginger and Surinamese-style spices for 2 - 3 minutes.

3



Finish

- Stir in the chicken and the bell pepper, then fry for 7 minutes.
- Stir in the tomato paste, soy sauce and ketjap, then crumble in the stock cube (see pantry for amount). Stir-fry for 1 minute.
- Transfer the linguine to the wok and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.

4



Serve

- Finely chop the celery leaves.
- Serve the bami on plates with some sambal as preferred. Garnish with the celery leaves and the crispy onions.
- Serve the quick-pickled cucumber alongside.

Chicken & Roasted Sweet Potato Bowl

with avocado & tomato salsa

Total time: 30 - 40 min.





Chicken thigh strips



Sweet potato



Carrot



Tomato



Avocado



Garlic



Fresh coriander



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
Chicken thigh strips* (g)	100	200	300	400	500	600
Sweet potato (g)	225	450	675	900	1125	1350
Carrot* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Tomato (pcs)	1	2	3	4	5	6
Avocado (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
Copacabana-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3105 /742	511 /122
Total fat(g)	43,6 g	7,2 g
of which saturated(g)	9,6	1,6
Carbohydrates (g)	61	10
of which sugars (g)	22,3	3,7
Fibre (g)	12,1	2
Protein (g)	23,7	3,9
Salt (g)	1,08	0,18

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Peel or thoroughly wash the sweet potato and cut it into wedges. Slice the carrot into crescents.
- Transfer the carrot, the sweet potato, half of the Copacabana-style spice spice mix* and a pinch of salt to a bowl.
- Drizzle lightly with olive oil, then toss well to coat.

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

2



Roast the vegetables

- Transfer the sweet potato and the carrot to a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.
- Peel the garlic clove in the meantime.
- Add the garlic to the baking sheet and toss well.
- Return to the oven for a further 5 - 10 minutes, or until the carrot and the sweet potato are golden-brown.

Did you know... *the sweet potato in this recipe contains thiamin, a vitamin that supports normal energy levels in the body.*

3



Fry the chicken

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chicken with the rest of the Copacabana-style spice mix for 7 minutes.
- Season to taste with salt and pepper.

4



Make the salsa

- Dice the tomato and roughly chop the coriander (see Tip).
- In a bowl, combine the tomato and the coriander with the extra virgin olive oil.
- Season to taste with salt and pepper.

Tip: *you can also serve the coriander separately so as to allow everyone to garnish as preferred.*

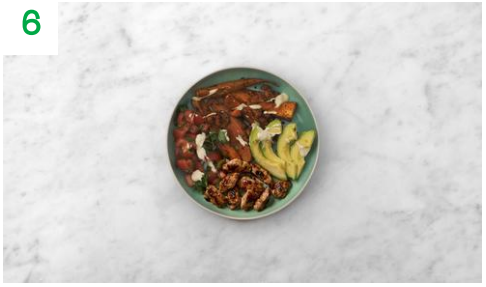
5



Make the dressing

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Crush or finely chop the roasted garlic clove.
- In a small bowl, combine the white wine vinegar with the mayonnaise, the garlic and the mustard.
- Season to taste with salt and pepper.

6



Serve

- Serve the roasted carrot and sweet potato on deep plates with everything else alongside.
- Drizzle with the dressing to finish.

Homemade Chicken Sausage Rolls with Baby Potatoes

with crunchy apple-cucumber salad

Total time: 45 - 55 min.





Puff pastry



Chicken mince with Mediterranean herbs



Grated Gouda



Red onion



Baby potatoes



Apple



Lamb's lettuce



Pumpkin seeds



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
Puff pastry* (roll(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Grated Gouda* (g)	15	25	40	50	65	75
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Baby potatoes (g)	125	250	375	500	625	750
Apple* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Lamb's lettuce* (g)	30	60	90	120	150	180
Pumpkin seeds (g)	5	10	15	20	25	30
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3266 /781	511 /122
Total fat(g)	40,4 g	6,3 g
of which saturated(g)	18,4	2,9
Carbohydrates (g)	66,7	10,4
of which sugars (g)	15,1	2,4
Fibre (g)	12,4	1,9
Protein (g)	32,6	5,1
Salt (g)	2,14	0,33

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Halve the necessary amount of pastry lengthways.
- Transfer the mince to the pastry, making a sausage shape.
- Scatter over the cheese and then dab one edge of the pastry with some water.

2



Make the sausage rolls

- Roll the dry side of the pastry towards the wet side and press well so as to seal it.
- Transfer the sausage rolls to a parchment-lined baking sheet with the seam facing down.
- Score the top of the sausage rolls diagonally and season with salt and pepper.
- Bake for 25 - 30 minutes or until the pastry turns golden-brown.

3



Fry the vegetables

- Prepare the stock. Chop the onion and halve the baby potatoes.
- Melt a small knob of butter in a deep frying pan over medium-high heat. Fry half of the onion for 2 minutes.
- Deglaze with the stock, then add the baby potatoes and cover with the lid.
- Allow to cook for 12 - 15 minutes, or until the potatoes are done. Drain and then rinse under cold water.

4



Toast the pumpkin seeds

- 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.
- Meanwhile, core and slice the apple.
- Dice the cucumber.

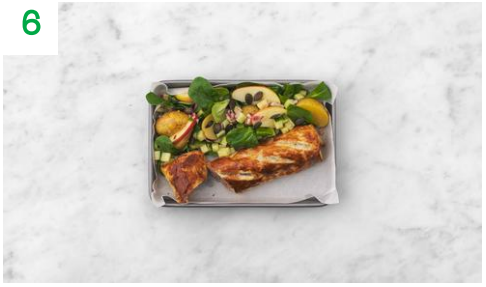
5



Make the vinaigrette

- In a salad bowl, combine the rest of the onion with the extra virgin olive oil, the mustard and the white wine vinegar.
- Season to taste with salt and pepper.
- Shortly before serving, add the cucumber, baby potatoes, lettuce and apple to the salad bowl.
- Toss well to combine with the dressing.

6



Serve

- Serve the sausage rolls with the salad and garnish with the pumpkin seeds.

Creamy Chicken Rigatoni with Parmigiano Reggiano

in mascarpone-tomato sauce with fresh basil

Total time: 30 - 40 min.




Red onion


Garlic


Tomato


Rigatoni


Passata


Fresh basil


Mascarpone


Parmigiano Reggiano DOP


Italian seasoning


Chicken mince with Mediterranean herbs


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
Red onion (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Rigatoni (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	5	10	15	20	25	30
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Bell pepper* (pcs)	1/2	1	2	2	3	3
Not included						
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Balsamic vinegar (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3245 /776	559 /134
Total fat(g)	27,2 g	4,7 g
of which saturated(g)	12,9	2,2
Carbohydrates (g)	89,5	15,4
of which sugars (g)	21,6	3,7
Fibre (g)	10,7	1,8
Protein (g)	39	6,7
Salt (g)	1,68	0,29

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 13 - 15 minutes, covered. Reserve at least 20ml pasta water per person, then drain and set aside.
- In the meantime, chop the onion and crush or mince the garlic.
- Dice the tomato and the bell pepper.
- Chop the basil into ribbons and grate the Parmigiano Reggiano.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the garlic for 1 - 2 minutes.
- Add the tomato and the bell pepper, then fry for 3 - 4 more minutes.
- Deglaze with the balsamic vinegar, then add the passata, the mascarpone and the sugar.
- Simmer for 6 minutes over medium heat, covered.

3



Fry the mince

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the mince with the Italian seasoning for 4 - 5 minutes, breaking it up as you do so.
- Season with salt and pepper, then transfer to the sauce.

4



Serve

- Transfer the pasta, the reserved pasta water and half of the basil to the sauce.
- Mix well to combine, adding an extra splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the pasta on plates. Garnish with the cheese and the rest of the basil.

Sweet & Spicy Salmon Stir-Fry

with organic salmon | over rice noodles with furikake & vegetables

Total time: 20 - 30 min.





Organic skin-on salmon fillet

Rice noodles



Red onion



Garlic



Carrot



Bell pepper



East Asian-style sauce



Ponzu



Furikake

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
Organic skin-on salmon fillet* (pcs)	1	2	3	4	5	6
Rice noodles (g)	75	150	225	300	375	450
Red onion (pcs)	1/2	1	2	2	3	3
Garlic (pcs)	1	2	3	4	5	6
Carrot* (pcs)	1/2	1	1	2	2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Ponzu (g)	12	24	36	48	60	72
Furikake (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Water (tbsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tsp)	2	4	6	8	10	12
Low sodium vegetable stock cube (pcs)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3747 /895	696 /166
Total fat(g)	41,2 g	7,7 g
of which saturated(g)	8,8	1,6
Carbohydrates (g)	95,9	17,8
of which sugars (g)	24,7	4,6
Fibre (g)	7,6	1,4
Protein (g)	33,8	6,3
Salt (g)	3,78	0,7

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the noodles and crumble in the stock cube (see pantry for amount).
- Crush or mince the garlic.
- Transfer the fish to a bowl and add the garlic, the East Asian-style sauce, the ponzu, the ketjap and the sambal.
- Mix well to combine, then cover with aluminum foil and transfer to the fridge to marinate.

2



Boil the noodles

- Slice the onion into half-rings and cut the bell pepper into strips
- Julienne the carrot (cut into matchsticks).
- Boil the noodles for 6 - 7 minutes until a dente. Reserve a small amount of the cooking liquid, then drain and rinse under cold water.
- Return the noodles to the pot and drizzle with sunflower oil, then toss well to coat so as to prevent the noodles from sticking together.

3



Fry the fish

- Heat a drizzle of sunflower oil in a wok or deep frying pan and stir-fry the vegetables for 6 - 7 minutes over medium-high heat.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish without its marinade for 2 - 3 minutes on its skin.
- Set the marinade aside to use in the next step.
- Flip the fish and add the water (see pantry for amount). Fry for 2 minutes on the other side.

4



Serve

- Transfer the noodles to the vegetables, then stir in the marinade and some of the cooking liquid as necessary.
- Fry for 1 more minute, seasoning to taste with salt and pepper.
- Serve everything in bowls or on deep plates and garnish with the furikake to finish.

Organic Steak | with Kohlrabi-Apple Salad

with potato wedges & fresh herbs

Total time: 25 - 35 min.





Organic steak



Potatoes



Kohlrabi



Apple



Onion chutney



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
Organic steak* (pcs)	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Kohlrabi* (pcs)	1/2	1	1	2	2	3
Apple* (pcs)	1/2	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Water for the potatoes (ml)	25	50	75	100	125	150
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (to taste)	0	0	0	0	0	0
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2857 /683	441 /105
Total fat(g)	29,3 g	4,5 g
of which saturated(g)	7,6	1,2
Carbohydrates (g)	71	10,9
of which sugars (g)	29,3	4,5
Fibre (g)	9,6	1,5
Protein (g)	33,9	5,2
Salt (g)	2,09	0,32

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Thoroughly wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan and pour in the water (see pantry for amount). Cover with the lid and allow to steam for 12 - 15 minutes over medium heat.
- Drain if necessary, then drizzle with olive oil and fry for 5 - 7 minutes or until done. Season to taste with salt and pepper.

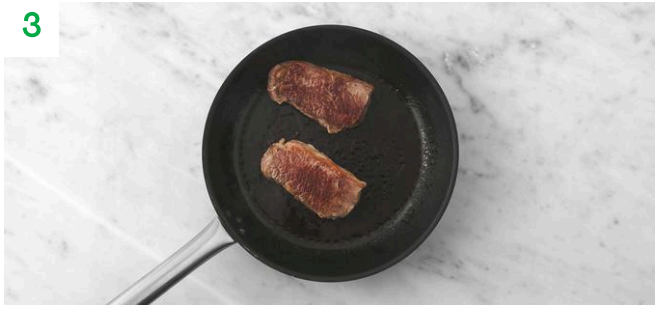
2



Make the salad

- Discard the top of the kohlrabi, then peel and grate it.
- Core and thinly slice the apple. Finely chop the fresh herbs.
- Transfer the kohlrabi and the apple to a salad bowl, then add the mayonnaise and the white wine vinegar.
- Add half of the fresh herbs, then drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.

3



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with salt and pepper, then allow to rest under aluminum foil.
- To the same pan, add the onion chutney and the water for the sauce.
- Mix well and cook for 1 minute over medium-high heat.

4



Serve

- Slice the steak against the grain.
- Serve the potato wedges with the kohlrabi salad and the steak.
- Top the steak with the onion sauce and garnish with the rest of the fresh herbs.

Organic Salmon | with Fennel Risotto

with roasted courgette, lemon & Gouda

Total time: 45 - 55 min.




Red onion


Garlic


Fennel


Courgette


Risotto rice


Organic skin-on salmon fillet


Grated Gouda


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
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1	1	2	2	3	3
Fennel* (pcs)	1/2	1	2	2	3	3
Courgette* (pcs)	1/2	1	1	2	2	3
Risotto rice (g)	75	150	225	300	375	450
Organic skin-on salmon fillet* (pcs)	1	2	3	4	5	6
Grated Gouda* (g)	25	50	75	100	125	150
Lemon* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
Olive oil (tbsp)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2
White wine vinegar (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

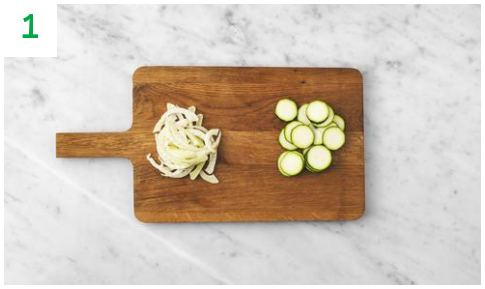
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3647 /872	413 /99
Total fat(g)	44,3 g	5 g
of which saturated(g)	14,2	1,6
Carbohydrates (g)	81,3	9,2
of which sugars (g)	13,8	1,6
Fibre (g)	5,8	0,7
Protein (g)	38,5	4,4
Salt (g)	1,75	0,2

Allergens

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

1



Chop the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Thinly slice the courgette and transfer to a parchment-lined baking sheet, then drizzle lightly with olive oil.
- Season with salt and pepper, then roast in the oven for 18 - 20 minutes.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips. Set aside any fennel fronds to use later as garnish.

2



Prepare the fennel

- Chop the onion and crush or mince the garlic.
- Melt a knob of butter in a wok or deep frying pan over medium-high heat. Fry the onion with three-quarters of the fennel for 4 - 5 minutes.
- Meanwhile, in a bowl combine the rest of the fennel with the sugar and two-thirds of the white wine vinegar.
- Season with a pinch of salt and set aside, stirring occasionally.

3



Make the risotto

- Add the garlic and the risotto rice to the pan and toast the grains for 2 minutes over low heat.
- Deglaze with the rest of the white wine vinegar, then gradually add the stock one ladle at a time.
- Allow the stock to slowly incorporate, stirring regularly.

4

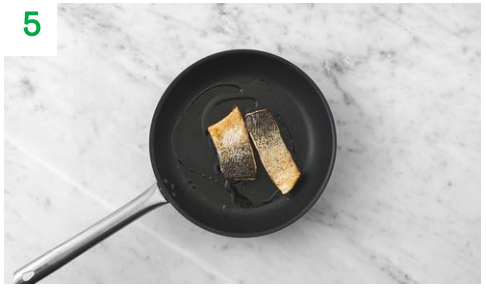


Finish the risotto

- The risotto is done when the rice is soft but still al dente, which should take around 18 - 20 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.
- Check the courgette (see Tip).

Tip: *if it's already done, turn off the oven and keep the courgette warm until serving.*

5



Fry the fish

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Pat the fish dry with kitchen paper and season with salt and pepper.
- Fry the fish for 2 - 3 minutes on its skin, then flip and fry for 2 minutes on the other side.
- Meanwhile, zest the lemon and then cut it into wedges.

6



Serve

- Stir the courgette into the risotto, along with half of the cheese and 0.5 tsp lemon zest per person. Mix well and season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the fish. Squeeze a lemon wedge over each portion and garnish with the rest of the cheese, along with any fennel fronds.
- Serve the fennel salad alongside.

Korean-Style Bulgogi Chicken Loaded Fries

with pickled cucumber, coriander & peanuts

Total time: 40 - 50 min.




Chicken thigh strips


Bulgogi sauce


Potatoes


Korean-style spice mix


Bell pepper


Red onion


Fresh coriander


Cucumber


Salted peanuts

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 strips* (g)	100	200	300	400	500	600
Bulgogi sauce (g)	20	35	55	70	90	105
Potatoes (g)	250	500	750	1000	1250	1500
Korean-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Red onion (pcs)	1/2	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Cucumber* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salted peanuts (g)	10	20	30	40	50	60
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sambal (to taste)	0	0	0	0	0	0
[Reduced salt] ketjap manis (tsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium chicken stock (ml)	25	50	75	100	125	150
Sugar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1/2	1	1 1/2	2	2 1/2	3
Sunflower oil (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3321 /794	480 /115
Total fat(g)	43,3 g	6,3 g
of which saturated(g)	8,1	1,2
Carbohydrates (g)	75,3	10,9
of which sugars (g)	24,4	3,5
Fibre (g)	10,6	1,5
Protein (g)	28	4
Salt (g)	1,88	0,27

Allergens

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

1



Make the fries

- Preheat the oven to 210°C.
- Peel or thoroughly wash the potatoes, then cut them into fries of no more than 1cm thickness.
- Transfer the fries to a parchment-lined baking sheet and drizzle with sunflower oil. Season with salt and pepper, then toss well to coat.
- Bake in the oven for 25 - 30 minutes, or until golden-brown, tossing halfway.

2



Pickle the cucumber

- Slice the cucumber into thin crescents.
- In a bowl, combine the white wine vinegar with the sugar.
- Add the cucumber and season to taste with salt.
- Toss well to combine and set aside, stirring occasionally.

3



Prepare the garnishes

- In a small bowl, combine the mayonnaise with the water for the sauce and some sambal as preferred.
- Finely chop the coriander.
- Roughly chop the peanuts.

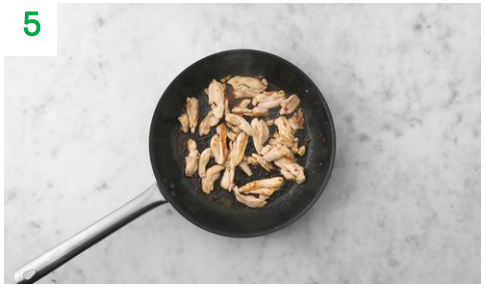
4



Chop the vegetables

- Cut the bell pepper into strips.
- Slice the onion into half-rings.
- Prepare the stock.

5



Fry the chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 2 minutes.
- Add the bell pepper and the onion, then fry for 4 - 6 minutes.
- Deglaze with the stock, then add the ketjap and the honey. Fry for 1 more minute.
- Turn off the heat and stir in the bulgogi sauce. Season to taste with salt and pepper.

6



Serve

- Scatter the Korean-style spice mix over the fries and toss well to coat.
- Serve the fries on plates with everything else alongside.
- Drizzle over the sambal mayonnaise, then garnish with the coriander and the peanuts.

Cheesy Eggplant & Courgette Al Forno

with wholewheat fusilli & basil

Total time: 45 - 55 min.





Eggplant



Garlic



Grated aged Gouda



Wholewheat fusilli



Fresh basil



Courgette



Chopped tomatoes with basil



Hello Buon Appetito

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
Eggplant* (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1	2	3	4	5	6
Grated aged Gouda* (g)	40	75	100	125	175	200
Wholewheat fusilli (g)	90	180	270	360	450	540
Fresh basil* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Courgette* (pcs)	1/4	1/2	1	1	1 1/2	1 1/2
Chopped tomatoes with basil (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Hello Buon Appetito (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Not included						
Salt and pepper (to taste)	To Taste					
Balsamic vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2742 /655	535 /128
Total fat(g)	21,4 g	4,2 g
of which saturated(g)	9,8	1,9
Carbohydrates (g)	79,4	15,5
of which sugars (g)	21,3	4,2
Fibre (g)	14	2,7
Protein (g)	26,2	5,1
Salt (g)	2,97	0,58

Allergens

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

1



Fry the vegetables

- Preheat the oven to 220°C.
- Thinly slice the eggplant and courgette lengthways.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the eggplant and courgette for 4 - 5 minutes per side (see Tip).
- Season to taste with salt and pepper.

Tip: *if preferred, you can also grill the vegetables instead.*

2



Make the sauce

- Crush or mince the garlic.
- In a bowl, combine the chopped tomatoes with the garlic, the balsamic vinegar, the sugar and the Hello Buon Appetito.
- Season to taste with salt and pepper.

3



Assemble

- Pour a layer of the sauce into an oven dish.
- Top with a layer of the eggplant, followed by a layer of the tomato sauce and then with a layer of the courgette.
- Repeat this process and finish with a layer of sauce.
- Scatter over the cheese and then bake in the oven for 20 - 25 minutes.

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

4



Serve

- In the meantime, boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes, covered. Drain, then drizzle with extra virgin olive oil as preferred and mix well.
- Chop the basil into thin ribbons.
- Serve the pasta on plates and top with the vegetables al forno. Garnish with the basil to finish.

Creamy Lemon Orzotto

with chestnut mushrooms, pecorino & fresh herbs

Total time: 30 - 40 min.





Red onion



Chestnut mushrooms



Fresh tarragon & chervil



Lemon



Wholewheat orzo



Grated Pecorino DOP



Leek



Fresco spalmabile - cream 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
Red onion (pcs)	1/2	1	2	2	3	3
Chestnut mushrooms* (g)	200	400	525	800	925	1200
Fresh tarragon & chervil* (g)	5	10	15	20	25	30
Lemon* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Wholewheat orzo (g)	75	150	225	300	375	450
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Leek* (pcs)	1/3	2/3	1	1 1/3	1 2/3	2
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2571 /614	385 /92
Total fat(g)	29 g	4,3 g
of which saturated(g)	12	1,8
Carbohydrates (g)	59,5	8,9
of which sugars (g)	10,7	1,6
Fibre (g)	14	2,1
Protein (g)	25,6	3,8
Salt (g)	1,91	0,29

Allergens

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

1



Prepare

- Prepare the stock and slice the leek into thin rings.
- Chop the onion and slice the mushrooms.
- Finely chop the chervil and roughly chop the tarragon.
- Zest and juice the lemon.

2



Fry the vegetables

- Heat a drizzle of olive oil in a large frying pan over medium heat and fry the onion with the leek for 5 - 7 minutes.
- Stir in the mushrooms and fry for 5 - 7 more minutes until browned.
- Season to taste with salt and pepper.

3



Make the orzotto

- In the meantime, heat a clean pot or saucepan over medium-high heat and toast the orzo for 1 minute.
- Add the stock, then reduce the heat and cover with the lid.
- Boil the orzo for 12 minutes until the stock has been absorbed.
- Drain if necessary, then fluff through the orzo with a fork and set aside.

4



Prepare the cream cheese

- Meanwhile, in a small bowl combine the cream cheese with the pecorino.
- Add (per person) a quarter teaspoon of lemon zest and half a teaspoon of lemon juice.
- Season generously with salt and pepper.

5



Finishing

- Transfer the orzotto to the mushrooms, along with half of the lemon cream cheese.
- Drizzle with olive oil and mix well to combine.
- Stir in some of the fresh herbs as preferred, keeping the rest aside to use as garnish (see Tip).

Tip: *chervil and tarragon are acquired tastes, so be sure to taste before you add them.*

6



Serve

- Serve the orzotto on plates and top with the rest of the lemon cream cheese.
- Finish with the rest of the fresh herbs, along with the remaining lemon zest and juice as preferred.

Steak Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

Total time: 15 - 25 min.





Red onion



Bell pepper strips



Filet mignon



Tomato



Fresh coriander



Greek-style cheese



Avocado



Smoky tomato ketchup



Flour tortillas

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 onion (pcs)	1/2	1	1	2	2	3
Bell pepper strips* (g)	50	100	150	200	250	300
Filet mignon* (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (pcs)	1/2	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Flour tortillas (pcs)	2	4	6	8	10	12
Not included						
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Red wine vinegar (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2908 /695	541 /129
Total fat(g)	30,6 g	5,7 g
of which saturated(g)	9,7	1,8
Carbohydrates (g)	61,2	11,4
of which sugars (g)	16,3	3
Fibre (g)	8,4	1,6
Protein (g)	42,3	7,9
Salt (g)	2,01	0,37

Allergens

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

1



Prepare

- Preheat the oven to 180°C (see Tip). Take the steak out of the fridge and allow it to reach room temperature.
- Finely chop the onion.
- In a bowl, combine the red wine vinegar with the sugar, half of the onion and a pinch of salt.
- Set aside until serving, stirring occasionally.

Tip: *you'll use the oven later to heat the tortillas, but you can also do this in the microwave or a frying pan if preferred. In this case, no need to preheat the oven.*

2



Heat the tortillas

- Pat the steak dry with kitchen paper and season with salt.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the steak with the rest of the onion and half of the bell pepper strips for 1 - 3 minutes per side.
- Shortly before serving, slice the steak against the grain.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

3



Make the salsa

- Dice the tomato and crumble the cheese, then transfer both to a bowl.
- Finely chop the coriander and add half of it to the bowl, then mix well to combine. Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

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

4



Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own fajitas as preferred.
- Use the rest of the bell pepper and coriander as toppings as well, along with the smoky ketchup.

Fish Burger with Ravigote-Dressed Salad

with baby potatoes & chive mayonnaise

Total time: 15 - 25 min.





Pre-cooked halved baby potatoes [skin-on]



Radicchio & romaine



Slaw mix



Apple



Persian cucumber



Ravigote sauce



Dried thyme



Fresh chives



Breaded fish burger



Sunflower seeds



Raisins



Mixed nuts & pumpkin seeds

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
Pre-cooked halved baby potatoes [skin-on]* (g)	200	400	600	800	1000	1200
Radicchio & romaine* (g)	25	50	100	100	150	150
Slaw mix* (g)	100	200	300	400	500	600
Apple* (pcs)	1/2	1	1	2	2	3
Persian cucumber* (pcs)	1/2	1	2	2	3	3
Ravigote sauce* (g)	20	40	60	80	100	120
Dried thyme (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh chives* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Breaded fish burger* (pcs)	1	2	3	4	5	6
Sunflower seeds (g)	5	10	15	20	25	30
Raisins (g)	10	20	30	40	50	60
Mixed nuts & pumpkin seeds (g)	10	20	30	40	50	60
Not included						
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4126 /986	599 /143
Total fat(g)	54,5 g	7,9 g
of which saturated(g)	7,7	1,1
Carbohydrates (g)	91,5	13,3
of which sugars (g)	27,4	4
Fibre (g)	14,4	2,1
Protein (g)	27	3,9
Salt (g)	1,52	0,22

Allergens

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

1



Fry the potatoes

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the baby potatoes for 9 minutes, covered, then remove the lid.
- Season with salt and pepper, then add the thyme and fry for 5 more minutes.
- Heat a clean frying pan over medium-high heat and toast all of the nuts and seeds for 2 - 3 minutes, then remove from the pan and set aside.

2



Fry the burger

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the burger for 3 minutes per side until golden-brown.
- Core and slice the apple.
- Slice the cucumber into crescents.
- In a salad bowl, combine the ravigote sauce with the extra virgin olive oil, the mustard and the sugar. Season to taste with salt and pepper.

3



Make the sauce

- Finely chop the chives or use scissors if preferred.
- In a small bowl, combine the mayonnaise with the chives and the white wine vinegar. Season to taste with salt and pepper.
- Transfer the lettuce, the slaw mix, the cucumber, the raisins and the apple to the salad bowl.
- Toss well to combine with the dressing.

4



Serve

- Serve the baby potatoes on plates with everything else alongside.
- Garnish the salad with the toasted seeds.
- Serve the chive mayonnaise alongside.

Hot Smoked Salmon Wraps with Lemon Yogurt Sauce

on wholewheat tortillas with crispy onions, spinach & tomato

Total time: 10 - 20 min.




Wholewheat tortilla


Hot smoked salmon flakes


Baby spinach


Crispy fried onions


Lemon


Tomato


Red onion


Carrot


Organic full-fat yogurt


Garlic & herb seasoning

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 tortilla (pcs)	2	4	6	8	10	12
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Baby spinach* (g)	62 1/2	125	187 1/2	250	312 1/2	375
Crispy fried onions (g)	15	30	45	60	75	90
Lemon* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Tomato (pcs)	1	2	3	4	5	6
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Carrot* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Garlic & herb seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Honey [or plant-based alternative] (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Mustard (tsp)	1	2	3	4	5	6
Extra virgin olive oil (to taste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2732 /653	533 /127
Total fat(g)	29,8 g	5,8 g
of which saturated(g)	8,2	1,6
Carbohydrates (g)	60,6	11,8
of which sugars (g)	21,1	4,1
Fibre (g)	13,9	2,7
Protein (g)	30,9	6
Salt (g)	2,39	0,47

Allergens

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

1



Prepare

- Chop the onion and grate the carrot.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the carrot and the garlic & herb seasoning for 4 - 6 minutes (see Tip).

Tip: *if preferred, you can also fry the salmon flakes here too.*

2



Make the sauce

- In the meantime, slice the tomato into wedges.
- Juice half of the lemon and cut the rest into wedges.
- In a small bowl, combine the yogurt with the mustard, the honey and half of the lemon juice. Season to taste with salt and pepper.

3



Finish

- Transfer the spinach to a bowl and drizzle with some extra virgin olive oil as preferred.
- Add the rest of the lemon juice, then toss well to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the crispy onions and serve the lemon wedges alongside.

Kung Pao No-Chicken Bowl

over rice with cashews & pickled cucumber

Total time: 15 - 25 min.





Basmati rice



Ginger stir-fry sauce



Sesame oil



Garlic



Onion



Bell pepper strips



Roasted cashew nuts



Cucumber



Plant-based chicken pieces

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
Basmati rice (g)	75	150	225	300	375	450
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Sesame oil (ml)	5	10	15	20	25	30
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Bell pepper strips* (g)	100	200	300	400	500	600
Roasted cashew nuts (g)	10	20	30	40	50	60
Cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Cornstarch [or flour] (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Water for the sauce (ml)	25	50	75	100	125	150
Low sodium vegetable stock (ml)	1/4	1/2	3/4	1	1 1/4	1 1/2
White wine vinegar (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Sambal (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3247 /776	562 /134
Total fat(g)	31,7 g	5,5 g
of which saturated(g)	4,2	0,7
Carbohydrates (g)	101,1	17,5
of which sugars (g)	24,5	4,2
Fibre (g)	7	1,2
Protein (g)	25,2	4,4
Salt (g)	2,91	0,5

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Slice the onion into half rings and crush or mince the garlic.

Did you know... *the rice in this recipe contains niacin, a vitamin that supports your memory function.*

2



Pickle the cucumber

- Heat a generous drizzle of sunflower oil in a wok or deep-frying pan over medium-high heat. Fry the plant-based chicken with the bell pepper and the onion for 7 - 8 minutes.
- Meanwhile, slice the cucumber into crescents.
- In a bowl, combine the cucumber with the white wine vinegar and the sugar.
- Season to taste with salt and pepper and set aside, stirring occasionally.

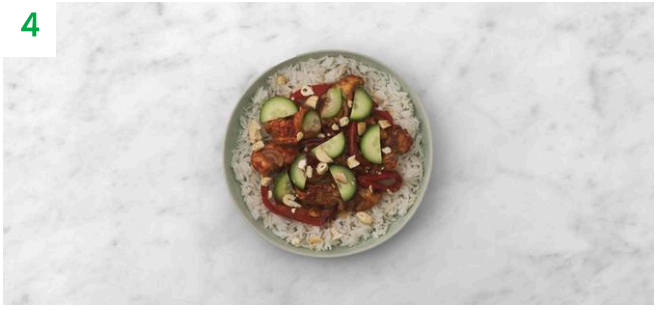
3



Make the sauce

- Crumble the stock cube into a small bowl (see pantry for amount).
- Add the garlic, the ginger stir-fry sauce, the sesame oil, the sambal, the cornstarch, the soy sauce and the water for the sauce. Mix well to combine.
- Transfer this sauce to the wok and stir-fry for 1 minute.

4



Serve

- Serve the rice in bowls.
- Top with the stir-fry and the cucumber.
- Garnish with the cashews to finish.

Creamy Chicken Spaghetti with Harissa

with spinach, Romano pepper & fresh parsley

Total time: 15 - 25 min.




Wholewheat spaghetti


Diced tomatoes with garlic & onion


Garlic


Romano pepper


Spinach


Harissa


Red chili pepper


Fresh flat leaf parsley


Fresco spalmabile - cream cheese


Seasoned chicken 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
Wholewheat spaghetti (g)	90	180	270	360	450	540
Diced tomatoes with garlic & onion (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	2	2	3	3
Spinach* (g)	50	100	100	200	200	300
Harissa* (g)	30	60	90	120	150	180
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh flat leaf parsley* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Seasoned chicken mince* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock cube (pcs)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2750 /657	491 /117
Total fat(g)	19,2 g	3,4 g
of which saturated(g)	9,4	1,7
Carbohydrates (g)	76	13,6
of which sugars (g)	18,7	3,3
Fibre (g)	15,5	2,8
Protein (g)	37,5	6,7
Salt (g)	3,76	0,67

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, cut the Romano pepper into strips and crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the mince

- Melt a knob of butter in a deep frying pan over high heat.
- Fry the Romano pepper with the garlic and the chili pepper for 1 - 2 minutes.
- Add the mince and fry for 2 - 3 minutes.

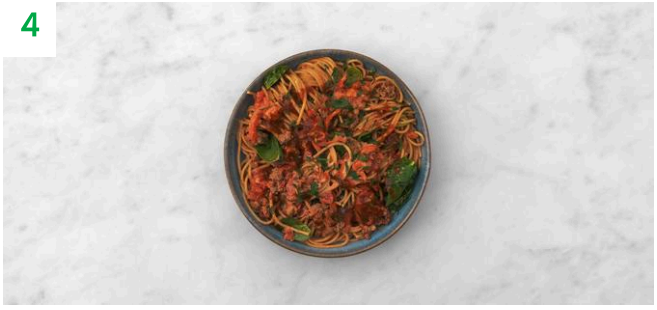
3



Make the sauce

- Add the diced tomatoes and fry for 2 - 3 more minutes.
- Meanwhile, finely chop the parsley.
- Reduce the heat and tear the spinach directly into the pan, in batches if necessary.
- Mix well so as to allow it to wilt and reduce.

4



Serve

- Stir in the cream cheese, then taste and season with salt and pepper as needed.
- Add the spaghetti and mix well to combine, adding a splash of pasta water as necessary if the sauce is too dry.
- Serve the spaghetti on deep plates.
- Drizzle with the harissa and garnish with the parsley to finish.

Doritos Loaded | with Chicken & Cheddar

with black beans, tomatoes, coriander & lime

Total time: 15 - 25 min.




Red onion


Bell pepper


Mini Roma tomatoes


Passata


Grated cheddar


Lime


Fresh coriander


Chicken mince with Mexican seasoning


Black beans


Tortilla chips


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
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Bell pepper* (pcs)	1/2	1	1	2	2	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Grated cheddar* (g)	40	75	115	150	190	225
Lime* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh coriander* (g)	5	10	15	20	25	30
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Black beans (pack(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Tortilla chips (g)	50	100	170	200	270	300
Copacabana-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3115 /745	533 /128
Total fat(g)	36,9 g	6,3 g
of which saturated(g)	15,9	2,7
Carbohydrates (g)	58,4	10
of which sugars (g)	18,1	3,1
Fibre (g)	16,1	2,8
Protein (g)	38,3	6,6
Salt (g)	2,88	0,49

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over high heat and fry the onion for 2 minutes.
- Add the Copacabana-style spice mix* and the mince, then fry for 3 more minutes.

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

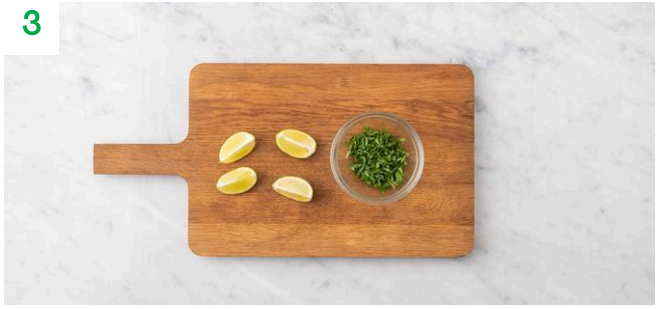
2



Make the sauce

- Meanwhile, dice the bell pepper and transfer to the pan, then fry for another 3 minutes.
- Halve the tomatoes, then drain and rinse the black beans.
- Transfer both to the pan, along with the passata.
- Mix well, then season to taste with salt and pepper.

3



Prepare the garnishes

- Transfer the sauce to an oven dish, then top with the tortilla chips and the cheese (see Tip).
- Bake in the oven for 3 minutes, or until the cheese has melted.
- Meanwhile, cut the lime into wedges and roughly chop the coriander.

Health Tip: *if you're watching your salt intake, use just half of the tortilla chips. You can save the rest for later.*

4



Serve

- Serve the nachos on plates.
- Garnish with the coriander and serve the lime wedges alongside.

Filet Mignon over Creamy Lemon Rice

with aglio e olio drizzle, tomatoes & courgette

Total time: 15 - 25 min.





Jasmine rice



Filet mignon



Chopped onion



Courgette



Mini Roma tomatoes



Lemon



Cooking cream



Aglio e olio



Italian seasoning

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
Jasmine rice (g)	75	150	225	300	375	450
Filet mignon* (pcs)	1	2	3	4	5	6
Chopped onion* (g)	25	50	50	100	100	150
Courgette* (pcs)	1/2	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Lemon* (pcs)	1/3	2/3	1	1 1/3	1 2/3	2
Cooking cream (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock (ml)	175	350	525	700	875	1050

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3544 /847	499 /119
Total fat(g)	42,8 g	6 g
of which saturated(g)	16	2,3
Carbohydrates (g)	79,4	11,2
of which sugars (g)	11,7	1,6
Fibre (g)	4,5	0,6
Protein (g)	41,4	5,8
Salt (g)	1,22	0,17

Allergens

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

1



Boil the rice

- Take the steak out of the fridge and allow it to reach room temperature.
- Prepare the stock in a pot or saucepan, then add the cream.
- Bring to a boil, then add the rice and cook for 10 - 12 minutes or until done. Drain if necessary and set aside.
- Meanwhile, cut the courgette into 5cm batons and halve the tomatoes.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the courgette with the tomatoes and the Italian seasoning for 5 - 7 minutes (see Tip).
- Season to taste with salt and pepper.

Tip: *if you don't like raw garlic, add the aglio e olio to the vegetables during the final 3 minutes of cooking time.*

3



Fry the steak

- Pat the steak dry with kitchen paper and season with salt.
- Melt a knob of butter in a frying pan over medium-high heat and fry the steak with the onion for 1 - 3 minutes per side. Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- In the meantime, zest the lemon.
- Juice half of the lemon and cut the rest into wedges.

4



Serve

- Stir as much lemon juice and zest as preferred into the rice. Season to taste with salt and pepper.
- Serve the rice on plates with everything else on top.
- Drizzle with the aglio e olio* and serve the rest of the lemon wedges alongside.

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

Signature Fish Burger with Loaded Tortilla Chips

fall in love again (and again!) with our most loved recipes

Total time: 10 - 20 min.





Multigrain fish burger



Hamburger bun with sesame seeds



Tomato



Red onion



Guacamole



Grated cheddar



Corn



Tortilla chips



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
Multigrain fish burger* (pcs)	1	2	3	4	5	6
Hamburger bun with sesame seeds (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Guacamole* (g)	40	80	120	160	200	240
Grated cheddar* (g)	15	25	40	50	65	75
Corn (g)	35	70	105	140	175	210
Tortilla chips (g)	40	75	115	150	190	225
Copacabana-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
[Plant-based] butter (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
White balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3618 /865	753 /180
Total fat(g)	39,7 g	8,3 g
of which saturated(g)	9,7	2
Carbohydrates (g)	91,3	19
of which sugars (g)	14,8	3,1
Fibre (g)	9,5	2
Protein (g)	32,9	6,8
Salt (g)	3,27	0,68

Allergens

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

1



Fry the burger

- Slice the onion into half rings.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the onion for 3 - 4 minutes.
- Add the burger and fry for 2 - 3 minutes per side.
- Top with the cheese, then cover the pan with the lid so as to allow the cheese to melt for 1 - 2 minutes.

2

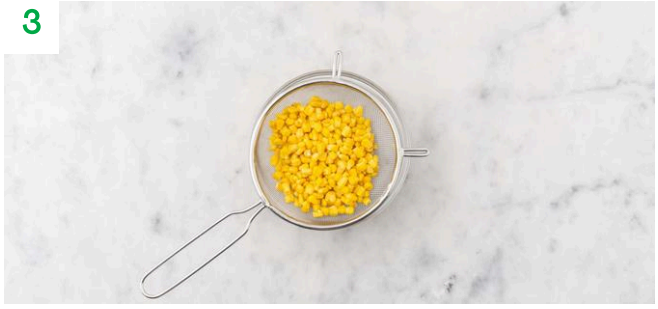


Make the avocado dip

- Dice the tomato.
- In a small bowl, combine the guacamole with half of the tomato.
- Add the white balsamic vinegar and half of the Copacabana-style spice mix*. Season to taste with salt and pepper.

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

3



Prepare the tortilla chips

- Drain the corn.
- Transfer the tortilla chips to a serving plate (see Tip).
- Top the chips with the corn, the avocado dip and the rest of the tomato.

Health Tip: *this recipe is high in both salt and calories. If you're watching your intake of these, serve just two thirds of the chips and keep the rest to use another time.*

4



Serve

- In a small bowl, combine the mayonnaise with the rest of the Copacabana-style spice mix.
- Cut open the bread roll and spread the bottom with half of the mayonnaise, then top with the burger and the onion.
- Serve the burger with the tortilla chips alongside.
- Drizzle the rest of the mayonnaise over the tortilla chips.

Signature Wholewheat Spaghetti with Chicken & Guanciale

fall in love again (and again!) with our most loved recipes

Total time: 15 - 25 min.





Chicken mince with Mediterranean herbs



Mascarpone



Fresh basil



Garlic



Romano pepper



Grana Padano flakes DOP



Onion



Passata



Wholewheat spaghetti



Guanciale

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 mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (pcs)	1	2	3	4	5	6
Romano pepper* (pcs)	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Passata (g)	100	200	300	400	500	600
Wholewheat spaghetti (g)	90	180	270	360	450	540
Guanciale* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Low sodium beef stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4022 /961	737 /176
Total fat(g)	50,5 g	9,3 g
of which saturated(g)	22,6	4,1
Carbohydrates (g)	74,9	13,7
of which sugars (g)	17	3,1
Fibre (g)	13,5	2,5
Protein (g)	45,3	8,3
Salt (g)	3,37	0,62

Allergens

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

1



Prepare

- Bring plenty of salted water in a pot or saucepan for the spaghetti (see Tip).
- Cut the Romano pepper into thin strips.
- Chop the onion and crush or mince the garlic.
- Boil the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.

Tip: *you can also use a kettle to save time.*

2



Make the sauce

- Heat a light drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the mince with the guanciale, the garlic and the onion for 4 - 5 minutes, separating the mince as you do so.
- Stir in the Romano pepper and the passata, then crumble in the stock cube (see pantry for amount).
- Cover with the lid and allow to simmer for 5 - 6 minutes.

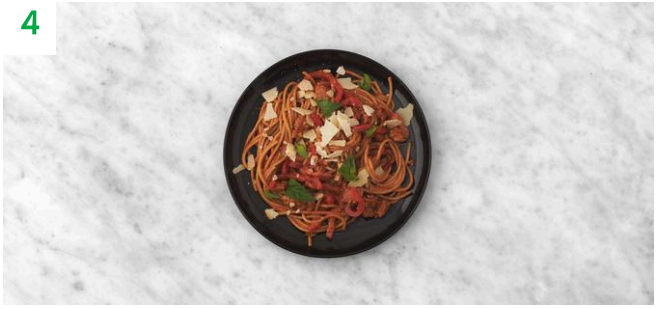
3



Finish

- Roughly chop the basil in the meantime.
- When the sauce is done, take the pan off the heat and then stir in the mascarpone.
- Add the spaghetti and 1 tbsp per person of the reserved pasta water, then toss well to combine. Add more pasta water as necessary if it seems too dry.
- Season generously with salt and pepper.

4



Serve

- Serve the spaghetti on plates.
- Garnish with the basil and the Grana Padano.

Signature Venison Steak in Creamy Mushroom Sauce

fall in love again (and again!) with our most loved recipes

Total time: 45 - 55 min.




Potatoes


Onion


Garlic


Mushrooms


Cooking cream


Green beans


Basil crème


Fresh chives


Venison steak

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
Onion (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1	2	3	4	5	6
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh chives* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Venison steak* (g)	120	240	360	480	600	720
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
Red wine vinegar (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3440 /822	478 /114
Total fat(g)	51,7 g	7,2 g
of which saturated(g)	21,1	2,9
Carbohydrates (g)	54,2	7,5
of which sugars (g)	10,3	1,4
Fibre (g)	10,2	1,4
Protein (g)	34,8	4,8
Salt (g)	1,82	0,25

Allergens

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

1



Roast the potatoes

- Preheat the oven to 210°C. Take the steak out of the fridge and allow it to reach room temperature.
- Wash the potatoes and cut them into quarters, then 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 roast in the oven for 25 – 30 minutes, tossing halfway.

2



Slice the mushrooms

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

3



Make the mushroom sauce

- Melt a knob of butter in a deep frying pan over medium-high heat.
- Fry half each of the garlic and the onion for 1 – 2 minutes.
- Add the mushrooms and fry for 4 – 6 minutes, then deglaze with the red wine vinegar and the stock.
- Stir in the mustard and the cream, then season to taste with salt and pepper. Allow to reduce for 8 - 9 minutes.

4



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side, or until cooked as preferred.
- Remove the steak from the pan and allow to rest under aluminum foil.
- Shortly before serving, slice the steak against the grain.

5



Prepare the green beans

- In the meantime, discard the tips of the green beans.
- Heat a drizzle of olive oil in a frying pan over high heat. Fry the green beans with the rest of the garlic and the onion for 2 - 3 minutes.
- Deglaze with a splash of water, then cover with the lid and allow to cook for 2 - 3 minutes over medium-low heat.
- Stir in the basil crème, then season to taste with salt and pepper.

6



Serve

- Finely chop the chives or use scissors if preferred.
- Serve the potatoes on plates with everything else alongside.
- Pour over the mushroom sauce and garnish with the chives.

Homemade Beef Döner with Sumac Salad & Fresh Herbs

bring the sensational food trend home!

Total time: 25 - 35 min.





Wholewheat Lebanese flatbread



Seasoned beef mince



Garlic



Red onion



Bell pepper



Tomato paste



Middle Eastern spice mix



Fresh flat leaf parsley & mint



Radicchio & iceberg lettuce



Persian cucumber



Tomato



Sumac



Ground cumin

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 Lebanese flatbread (pcs)	2	4	6	8	10	12
Seasoned beef mince* (g)	100	200	300	400	500	600
Garlic (pcs)	1	2	3	4	5	6
Red onion (pcs)	1/2	1	1	2	2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Tomato paste (can(s))	1/2	1	1 1/2	2	2 1/2	3
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Persian cucumber* (pcs)	1/2	1	1	2	2	3
Tomato (pcs)	1/2	1	2	2	3	3
Sumac (tsp)	1	2	3	4	5	6
Ground cumin (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3586 /857	582 /139
Total fat(g)	45,6 g	7,4 g
of which saturated(g)	11	1,8
Carbohydrates (g)	72,7	11,8
of which sugars (g)	19,8	3,2
Fibre (g)	15,6	2,5
Protein (g)	34,5	5,6
Salt (g)	2,86	0,46

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Slice the cucumber into crescents. Dice the tomato and mince half of the onion.
- In a bowl, combine the white wine vinegar with cucumber and the sugar.
- In another bowl, combine the onion with the tomato and the sumac.
- Season both to taste with salt and pepper, then set aside until serving, stirring occasionally.

2



Chop the vegetables

- Roughly chop the bell pepper, the garlic, the parsley and the rest of the onion.
- Transfer all four to a tall container and drizzle generously with olive oil.
- Add the tomato paste, the cumin and the Middle Eastern spices (see Tip).
- Process with an immersion blender until smooth.

Tip: *you can also add some sambal if preferred.*

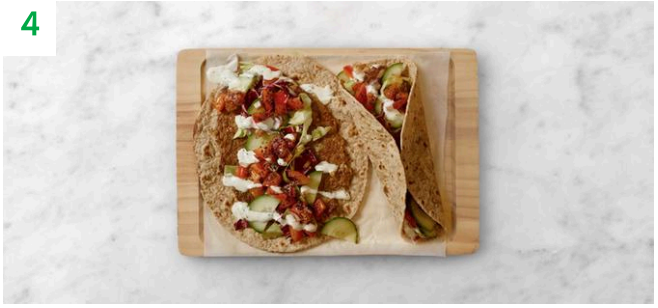
3



Make the döner

- Transfer the paste to a bowl and then add the mince.
- Knead well to combine, seasoning with salt and pepper.
- Spread an even layer of the mince mixture over each flatbread, then transfer to a parchment-lined baking sheet.
- Bake in the oven for 10 - 15 minutes, or until done.

4



Serve

- Finely chop the mint leaves.
- In a small bowl, combine the mint with the mayonnaise and a splash of water as preferred. Season to taste with salt and pepper.
- Top the homemade döner with the lettuce, the cucumber and the sumac salad.
- Drizzle with the herb sauce, then roll up the döner and serve.

SWICY EXPLOSION! Mango, Harissa Honey & Sweet Chili

savour the sweet heat of this chicken stir-fry with coconut rice

Total time: 25 - 35 min.




Jasmine rice


Chicken tenderloin


Coconut milk


Red onion


Red chili pepper


Green Romano pepper


Carrot


Mango


Sweet chili sauce


Hello Harissa

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
Jasmine rice (g)	75	150	225	300	375	450
Chicken tenderloin* (g)	100	200	300	400	500	600
Coconut milk (ml)	90	180	270	360	450	540
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red chili pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Green Romano pepper* (pcs)	1/2	1	2	2	3	3
Carrot* (pcs)	1/2	1	1	2	2	3
Mango* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Sweet chili sauce* (g)	17 1/2	35	52 1/2	70	87 1/2	105
Hello Harissa (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Water for the rice (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Honey [or plant-based alternative] (to taste)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3019 /721	412 /98
Total fat(g)	24,4 g	3,3 g
of which saturated(g)	15	2
Carbohydrates (g)	95,6	13,1
of which sugars (g)	30	4,1
Fibre (g)	7,3	1
Protein (g)	36,5	5
Salt (g)	1,01	0,14

Allergens

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

1



Prepare

- Boil the water for the rice in a pot or saucepan and then add the coconut milk.
- Cook the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered. Season to taste with salt.
- Deseed and finely chop the red chili pepper*.
- Slice the carrot into thin crescents.

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

2



Fry the chicken

- Dice the chicken into 1cm cubes.
- Roughly chop the Romano pepper and the onion.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the chicken with the vegetables and half of the chili pepper for 5 minutes, covered.
- Remove the lid and fry for another 5 minutes. Season to taste with salt and pepper.

3



Make the harissa honey

- Heat a light drizzle of sunflower oil in a saucepan over medium-high heat and fry the rest of the chili pepper for 2 minutes.
- Add half of the Hello Harissa* and some honey as preferred.
- Mix well to combine, then remove from the heat and set aside.
- Meanwhile, peel and slice the mango.

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

4



Serve

- Add the sweet chili sauce to the stir-fry, along with the rest of the Hello Harissa and a splash of water. Mix well to combine.
- Serve the coconut rice on deep plates, topped with the stir-fry and the mango.
- Drizzle with the harissa honey to finish.

Athlete's Choice: Rice with Sweet Potato-Chickpea Curry

with min. 115g carbohydrates per person

Total time: 30 - 40 min.




Quick-cook brown rice


Sweet potato


Chickpeas


Garlic-ginger-chili mix


Onion


Eggplant


Carrot


Lime


Fresh coriander


Coconut milk


Peanut sauce


Yellow curry spices


Salted peanuts

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
Quick-cook brown rice (g)	75	150	225	300	375	450
Sweet potato (g)	75	150	225	300	375	450
Chickpeas (pack(s))	1/3	2/3	1	1 1/3	1 2/3	2
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Onion (pcs)	1/2	1	1	2	2	3
Eggplant* (pcs)	1/2	1	2	2	3	3
Carrot* (pcs)	1	1	2	2	3	3
Lime* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh coriander* (g)	5	10	15	20	25	30
Coconut milk (ml)	90	180	250	360	430	540
Peanut sauce* (g)	40	80	120	160	200	240
Yellow curry spices (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Salted peanuts (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Flour (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Sunflower oil (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tbsp)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4114 /983	524 /125
Total fat(g)	45,4 g	5,8 g
of which saturated(g)	18,4	2,3
Carbohydrates (g)	113,9	14,5
of which sugars (g)	28,9	3,7
Fibre (g)	21,7	2,8
Protein (g)	23	2,9
Salt (g)	2,29	0,29

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 10 minutes, then drain and set aside (see Tip).
- Prepare the stock.
- Chop the onion and drain the chickpeas.
- Peel or thoroughly wash the sweet potato and carrot, then finely dice both.

Health Tip: *if you're watching your calorie intake, prepare just half of the rice. You can keep the rest to use another time.*

2



Make the curry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the onion with the sweet potato, the carrot, the yellow curry spices and the garlic-ginger-chili mix* for 3 - 4 minutes.
- Add the peanut sauce, the coconut milk, the stock and half of the ketjap, then bring to the boil.

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

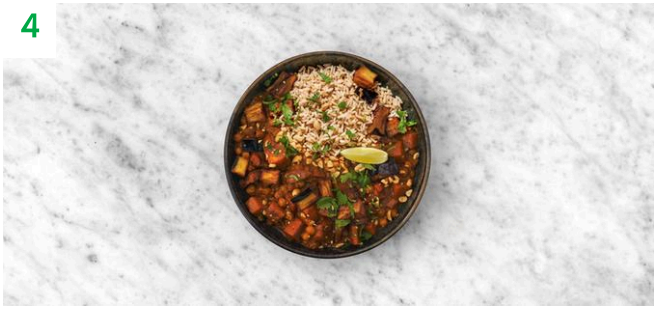
3



Fry the eggplant

- Add the chickpeas and allow to simmer for 12 minutes, covered.
- Finely dice the eggplant and transfer to a bowl. Add the flour and season with salt and pepper, then toss well to coat.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the eggplant for 8 - 9 minutes.
- Stir in the rest of the ketjap and fry for 1 more minute.

4



Serve

- Cut the lime into wedges. Roughly chop the peanuts and the coriander.
- Serve the rice on deep plates, topped with the curry and the eggplant.
- Garnish with the peanuts and the coriander. Serve the lime wedges alongside.

Wholewheat Orzo with Beef & Middle Eastern Spices

with mascarpone, pepper & leek

Total time: 25 - 35 min.





Red chili pepper



Onion



Garlic



Bell pepper



Leek



Wholewheat orzo



Middle Eastern spice mix



Tomato paste



Mascarpone



Beef mince with East Asian spices



Grated Italian-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
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1	1	2	2	3	3
Bell pepper* (pcs)	1/2	1	1	2	2	3
Leek* (pcs)	1/2	1	2	2	3	3
Wholewheat orzo (g)	75	150	225	300	375	450
Middle Eastern spice mix (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Tomato paste (can(s))	1/2	1	1 1/2	2	2 1/2	3
Mascarpone* (g)	25	50	75	100	125	150
Beef mince with East Asian spices* (g)	100	200	300	400	500	600
Grated Italian-style cheese* (g)	15	20	40	50	60	70
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Balsamic vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3306 /790	494 /118
Total fat(g)	37,5 g	5,6 g
of which saturated(g)	20,5	3,1
Carbohydrates (g)	71,5	10,7
of which sugars (g)	20,9	3,1
Fibre (g)	12,6	1,9
Protein (g)	36,9	5,5
Salt (g)	2,22	0,33

Allergens

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

1



Prepare

- Prepare the stock in a pot or saucepan.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the red chili pepper. Dice the bell pepper.
- Boil the orzo in the stock for 10 - 12 minutes over low heat, covered, stirring regularly (see Tip).

Tip: *add a splash of water as necessary if the orzo seems too dry.*

2



Fry the mince

- Melt a knob of butter in a large deep frying pan over medium heat. Fry the onion with the garlic, chili pepper* and Middle Eastern spices for 2 minutes.
- Add the tomato paste and the mince and fry for 3 minutes, separating the mince as you do so.
- Meanwhile, cut the leek into half rings.

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

3



Finish

- Stir in the leek and the bell pepper, then fry for 5 minutes over medium heat, covered.
- Add the balsamic vinegar and the orzo and fry for 1 minute.
- Stir in half of the mascarpone and season to taste with salt and pepper.

4



Serve

- Serve the orzo on plates and top with the rest of the mascarpone.
- Garnish with the cheese to finish.

Surinamese-Style Bami with Veggie Chicken

with quick-pickled cucumber & crispy onions

Total time: 25 - 35 min.





Onion



Garlic



Fresh ginger



Persian cucumber



Surinamese-style spices



Plant-based chicken pieces



Tomato paste



Reduced salt soy sauce



Fresh celery leaves



Crispy fried onions



Bell Pepper



Linguine

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
Onion (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Surinamese-style spices (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Tomato paste (can(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Fresh celery leaves* (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Bell Pepper* (pcs)	1/2	1	2	2	3	3
Linguine (g)	90	180	270	360	450	540
Not included						
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Reduced salt] ketjap manis (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock cube (pcs)	1/8	1/4	1/3	1/2	4/7	3/4
White wine vinegar (tbsp)	1	2	3	4	5	6
Sambal (to taste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3066 /733	650 /155
Total fat(g)	23,1 g	4,9 g
of which saturated(g)	5,4	1,1
Carbohydrates (g)	97,5	20,7
of which sugars (g)	23,3	4,9
Fibre (g)	10	2,1
Protein (g)	29,2	6,2
Salt (g)	2,89	0,61

Allergens

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

1



Chop the vegetables

- Boil plenty of salted water in a pot or saucepan for the linguine.
- Chop the onion and crush or mince the garlic.
- Grate the ginger. Halve the cucumber lengthways and scoop out the seeds, then slice into crescents.
- Cut the bell pepper into strips.

2



Prepare the cucumber

- In a salad bowl, combine the white wine vinegar with the sugar, then add the cucumber and toss well to combine.
- Boil the linguine for 9 - 11 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, heat a drizzle of sunflower oil in a wok over medium-high heat. Fry the onion with the garlic, ginger and Surinamese-style spices for 2 - 3 minutes.

3



Finish

- Stir in the veggie chicken and the bell pepper, then fry for 7 minutes.
- Stir in the tomato paste, soy sauce and ketjap, then crumble in the stock cube (see pantry for amount). Stir-fry for 1 minute.
- Transfer the linguine to the wok and toss well to combine, adding a splash of pasta water as necessary if it seems too thick.

4



Serve

- Finely chop the celery leaves.
- Serve the bami on plates with some sambal as preferred. Garnish with the celery leaves and the crispy onions.
- Serve the quick-pickled cucumber alongside.

Steak & Roasted Sweet Potato Bowl

with avocado & tomato salsa

Total time: 30 - 40 min.




Ribeye steak


Sweet potato


Carrot


Tomato


Avocado


Garlic


Fresh coriander


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
Ribeye steak* (pcs)	1	1	1	1	2	2
Sweet potato (g)	225	450	675	900	1125	1350
Carrot* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Tomato (pcs)	1	2	3	4	5	6
Avocado (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1	1	2	2	3	3
Fresh coriander* (g)	5	10	15	20	25	30
Copacabana-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Extra virgin olive oil (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salt and pepper (to taste)	To Taste					
White wine vinegar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

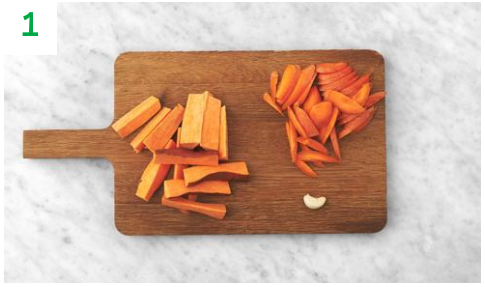
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3312 /792	518 /124
Total fat(g)	44,6 g	7 g
of which saturated(g)	14,1	2,2
Carbohydrates (g)	61,2	9,6
of which sugars (g)	22,4	3,5
Fibre (g)	12,1	1,9
Protein (g)	34	5,3
Salt (g)	1,04	0,16

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Take the steak out of the fridge and allow to reach room temperature.
- Peel or thoroughly wash the sweet potato and cut into wedges. Slice the carrot into crescents.
- Transfer the carrot, the sweet potato, half of the Copacabana-style spice mix* and a pinch of salt to a bowl. Drizzle lightly with olive oil, then toss well to coat.

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

2



Roast the vegetables

- Transfer the sweet potato and the carrot to a parchment-lined baking sheet and roast in the oven for 10 - 15 minutes.
- Peel the garlic clove in the meantime.
- Add the garlic to the baking sheet and toss well.
- Return to the oven for a further 5 - 10 minutes, or until the carrot and the sweet potato are golden-brown.

Did you know... *the sweet potato in this recipe contains thiamin, a vitamin that supports normal energy levels in the body.*

3



Make the salsa

- Dice the tomato and roughly chop the coriander (see Tip).
- In a bowl, combine the tomato and the coriander with the extra virgin olive oil.
- Season to taste with salt and pepper.

Tip: *you can also serve the coriander separately so as to allow everyone to garnish as preferred.*

4



Make the dressing

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Crush or finely chop the roasted garlic clove.
- In a small bowl, combine the white wine vinegar with the mayonnaise, the garlic and the mustard.
- Season to taste with salt and pepper.

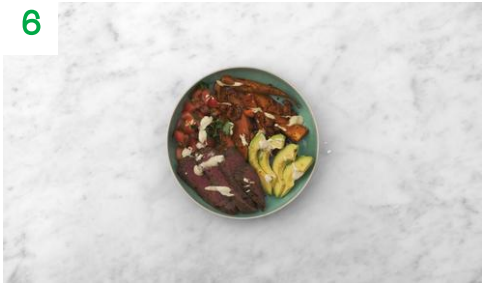
5



Fry the steak

- 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 rest of the Copacabana-style spice mix for either 3 - 4 minutes per side (for 120g or 240g), or 5 - 6 minutes per side (for 360g or 480g).
- Season with salt and pepper.
- Remove from the pan and allow to rest under aluminum foil for at least 3 minutes.

6



Serve

- Serve the roasted carrot and sweet potato on deep plates with everything else alongside.
- Drizzle with the dressing to finish.

Creamy Wholewheat Fusilli with Veggie Chicken

in mascarpone-tomato sauce with fresh basil

Total time: 30 - 40 min.




Red onion


Garlic


Tomato


Wholewheat fusilli


Passata


Fresh basil


Mascarpone


Parmigiano Reggiano DOP


Italian seasoning


Plant-based chicken pieces


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
Red onion (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Wholewheat fusilli (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Fresh basil* (g)	5	10	15	20	25	30
Mascarpone* (g)	25	50	75	100	125	150
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Bell pepper* (pcs)	1/2	1	2	2	3	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Water (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3422 /818	596 /142
Total fat(g)	36,2 g	6,3 g
of which saturated(g)	12,5	2,2
Carbohydrates (g)	84,5	14,7
of which sugars (g)	22,2	3,9
Fibre (g)	15,2	2,6
Protein (g)	31,9	5,6
Salt (g)	1,46	0,25

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 10 - 12 minutes, covered. Reserve at least 20ml pasta water per person, then drain and set aside.
- In the meantime, chop the onion and crush or mince the garlic.
- Dice the tomato and the bell pepper.
- Chop the basil into ribbons and grate the Parmigiano Reggiano.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the garlic for 1 - 2 minutes.
- Add the tomato and the bell pepper, then fry for 3 - 4 more minutes.
- Deglaze with the balsamic vinegar, then add the passata, the mascarpone and the sugar.
- Simmer for 6 minutes over medium heat, covered.

3



Fry the veggie chicken

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the veggie chicken with the Italian seasoning for 4 minutes until lightly browned, then stir in the water (see pantry for amount).
- Fry for 1 more minute until the water has evaporated.
- Season with salt and pepper, then transfer to the sauce.

4



Serve

- Transfer the pasta, the reserved pasta water and half of the basil to the sauce.
- Mix well to combine, adding an extra splash of pasta water as necessary if the sauce is too thick. Season to taste with salt and pepper.
- Serve the pasta on plates. Garnish with the cheese and the rest of the basil.

Chicken with Kohlrabi-Apple Salad

with potato wedges & fresh herbs

Total time: 25 - 35 min.





Chicken breast



Potatoes



Kohlrabi



Apple



Onion chutney



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
Chicken breast* (pcs)	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Kohlrabi* (pcs)	1/2	1	1	2	2	3
Apple* (pcs)	1/2	1	2	2	3	3
Onion chutney* (g)	40	80	120	160	200	240
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
White wine vinegar (tsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					
Water for the potatoes (ml)	25	50	75	100	125	150

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2855 /682	444 /106
Total fat(g)	28,9 g	4,5 g
of which saturated(g)	7,5	1,2
Carbohydrates (g)	69,8	10,8
of which sugars (g)	29,3	4,6
Fibre (g)	9,6	1,5
Protein (g)	37,3	5,8
Salt (g)	0,88	0,14

Allergens

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

1



Prepare

- Thoroughly wash the potatoes and cut them into wedges.
- Transfer to a deep frying pan and pour in the water (see pantry for amount).
- Cover with the lid and allow to steam for 12 - 15 minutes over medium heat.
- Drain if necessary, then drizzle with olive oil and fry for 5 - 7 minutes or until done. Season to taste with salt and pepper.

2



Fry the chicken

- Season the chicken with salt and pepper. Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 5 minutes per side, or until done.
- Remove from the pan and allow to rest under aluminum foil.
- To the same pan, add the onion chutney and the water for the sauce. Mix well and cook for 1 minute over medium-high heat.

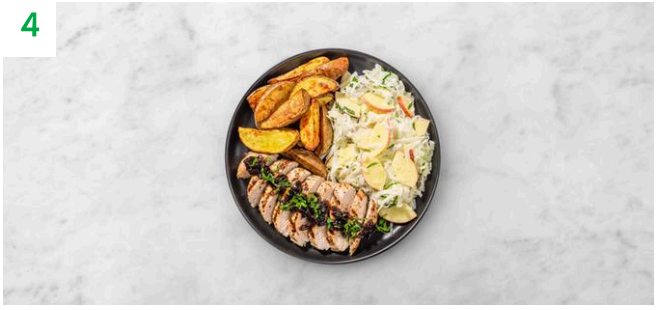
3



Make the salad

- Discard the top of the kohlrabi, then peel and grate it.
- Core and thinly slice the apple. Finely chop the fresh herbs.
- Transfer the kohlrabi and the apple to a salad bowl, then add the mayonnaise and the white wine vinegar.
- Add half of the fresh herbs, then drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper, then toss well to combine.

4



Serve

- Serve the potato wedges with the kohlrabi salad and the chicken.
- Top the chicken with the onion sauce and garnish with the rest of the fresh herbs.

Wholewheat Beef Fajitas with Avocado & Salsa

with smoky ketchup & quick-pickled onion

Total time: 15 - 25 min.




Red onion


Bell pepper strips


Seasoned beef mince


Tomato


Fresh coriander


Greek-style cheese


Avocado


Smoky tomato ketchup


Wholewheat tortilla

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 onion (pcs)	1/2	1	1	2	2	3
Bell pepper strips* (g)	50	100	150	200	250	300
Seasoned beef mince* (g)	100	200	300	400	500	600
Tomato (pcs)	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Greek-style cheese* (g)	25	50	75	100	125	150
Avocado (pcs)	1/2	1	2	2	3	3
Smoky tomato ketchup* (g)	30	60	90	120	150	180
Wholewheat tortilla (pcs)	2	4	6	8	10	12
Not included						
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Red wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3162 /756	611 /146
Total fat(g)	43,3 g	8,4 g
of which saturated(g)	15,5	3
Carbohydrates (g)	52,6	10,2
of which sugars (g)	17,6	3,4
Fibre (g)	13,9	2,7
Protein (g)	33,9	6,6
Salt (g)	2,83	0,55

Allergens

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

1



Prepare

- Preheat the oven to 180°C (see Tip).
- Finely chop the onion.
- In a bowl, combine the red wine vinegar with the sugar, half of the onion and a pinch of salt.
- Set aside until serving, stirring occasionally.

Tip: *you'll use the oven later to heat the tortillas, but you can also do this in the microwave or a frying pan if preferred. In this case, no need to preheat the oven.*

3



Make the salsa

- Dice the tomato and crumble the cheese, then transfer both to a bowl.
- Finely chop the coriander and add half of it to the bowl, then mix well to combine.
- Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

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

2



Heat the tortillas

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the rest of the onion with half of the bell pepper strips for 2 - 3 minutes (see Tip).
- Add the mince and fry for 3 more minutes, separating it as you do so. Season with salt and pepper.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

Tip: *if you don't like raw bell pepper, fry all of it.*

4



Serve

- Serve everything in separate bowls so as to allow everyone to assemble their own fajitas as preferred.
- Use the rest of the bell pepper and coriander as toppings as well, along with the smoky ketchup.

Creamy Beef Spaghetti with Harissa

with organic beef mince | spinach, Romano pepper & parsley

Total time: 15 - 25 min.





Wholewheat spaghetti



Diced tomatoes with garlic & onion



Garlic



Romano pepper



Spinach



Harissa



Red chili pepper



Fresh flat leaf parsley



Fresco spalmabile - cream cheese



Organic beef 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
Wholewheat spaghetti (g)	90	180	270	360	450	540
Diced tomatoes with garlic & onion (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	2	2	3	3
Spinach* (g)	50	100	100	200	200	300
Harissa* (g)	30	60	90	120	150	180
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh flat leaf parsley* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Organic beef mince* (g)	125	250	375	500	625	750
Not included						
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock cube (pcs)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3496 /836	597 /143
Total fat(g)	38 g	6,5 g
of which saturated(g)	18,4	3,1
Carbohydrates (g)	74	12,6
of which sugars (g)	18,7	3,2
Fibre (g)	13,8	2,4
Protein (g)	42,9	7,3
Salt (g)	4,28	0,73

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the spaghetti for 10 - 12 minutes, then reserve some of the pasta water before draining and setting aside.
- Meanwhile, cut the Romano pepper into strips and crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the mince

- Melt a knob of butter in a deep frying pan over high heat.
- Fry the Romano pepper with the garlic and the chili pepper for 1 - 2 minutes.
- Add the mince and fry for 2 - 3 minutes.

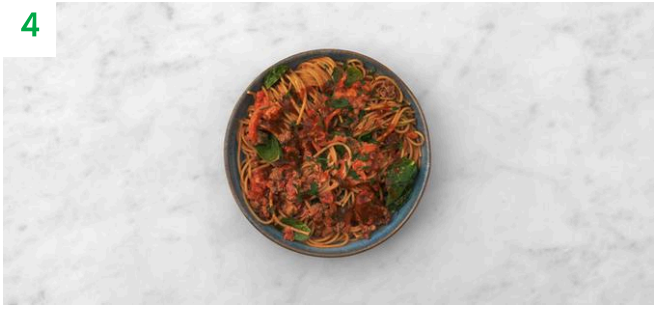
3



Make the sauce

- Add the diced tomatoes and fry for 2 - 3 more minutes.
- Meanwhile, finely chop the parsley.
- Reduce the heat and tear the spinach directly into the pan, in batches if necessary.
- Mix well so as to allow it to wilt and reduce.

4



Serve

- Stir in the cream cheese, then taste and season with salt and pepper as needed.
- Add the spaghetti and mix well to combine, adding a splash of pasta water as necessary if the sauce is too dry.
- Serve the spaghetti on deep plates.
- Drizzle with the harissa and garnish with the parsley to finish.

Doritos Loaded | with Beef & Cheddar

with organic beef mince | black beans, coriander & lime

Total time: 15 - 25 min.



- Red onion
- Bell pepper
- Mini Roma tomatoes
- Passata
- Grated cheddar
- Lime
- Fresh coriander
- Organic beef mince
- Black beans
- Tortilla chips
- 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
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Bell pepper* (pcs)	1/2	1	1	2	2	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Passata (g)	100	200	300	390	500	590
Grated cheddar* (g)	40	75	115	150	190	225
Lime* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Fresh coriander* (g)	5	10	15	20	25	30
Organic beef mince* (g)	125	250	375	500	625	750
Black beans (pack(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Tortilla chips (g)	50	100	170	200	270	300
Copacabana-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

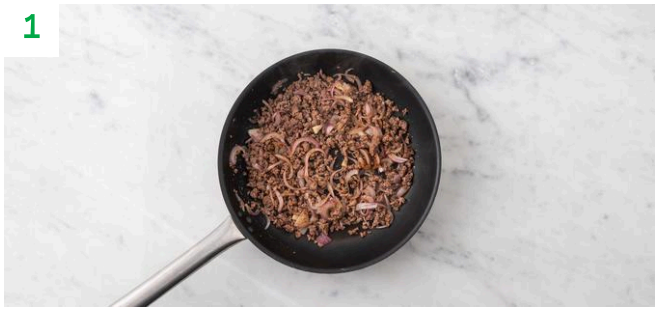
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3882 /928	637 /152
Total fat(g)	55,8 g	9,2 g
of which saturated(g)	21,3	3,5
Carbohydrates (g)	57,4	9,4
of which sugars (g)	17,9	2,9
Fibre (g)	14,4	2,4
Protein (g)	43,6	7,2
Salt (g)	3,47	0,57

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over high heat and fry the onion for 2 minutes.
- Add the Copacabana-style spice mix* and the mince, then fry for 3 more minutes.

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

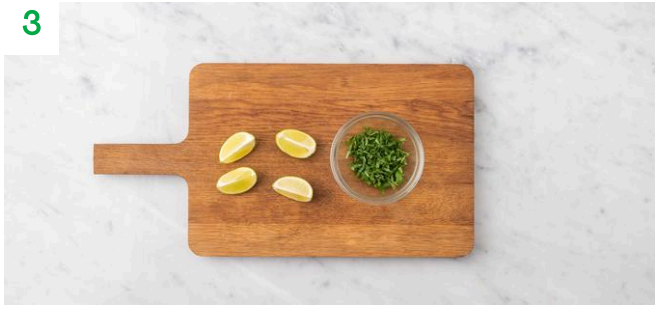
2



Make the sauce

- Meanwhile, dice the bell pepper and transfer to the pan, then fry for another 3 minutes.
- Halve the tomatoes, then drain and rinse the black beans.
- Transfer both to the pan, along with the passata.
- Mix well, then season to taste with salt and pepper.

3



Prepare the garnishes

- Transfer the sauce to an oven dish, then top with the tortilla chips and the cheese (see Tip).
- Bake in the oven for 3 minutes, or until the cheese has melted.
- Meanwhile, cut the lime into wedges and roughly chop the coriander.

Health Tip: *if you're watching your salt intake, use just half of the tortilla chips. You can save the rest for later.*

4



Serve

- Serve the nachos on plates.
- Garnish with the coriander and serve the lime wedges alongside.

Hake over Creamy Lemon Rice

with aglio e olio drizzle, tomatoes & courgette

Total time: 15 - 25 min.




Jasmine rice


Hake fillet


Chopped onion


Courgette


Mini Roma tomatoes


Lemon


Cooking cream


Aglio e olio


Italian seasoning

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
Jasmine rice (g)	75	150	225	300	375	450
Hake fillet* (pcs)	1	2	3	4	5	6
Chopped onion* (g)	25	50	50	100	100	150
Courgette* (pcs)	1/2	1	2	2	3	3
Mini Roma tomatoes* (g)	65	125	250	250	375	375
Lemon* (pcs)	1/3	2/3	1	1 1/3	1 2/3	2
Cooking cream (g)	75	150	225	300	375	450
Aglio e olio* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock (ml)	175	350	525	700	875	1050

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3369 /805	488 /117
Total fat(g)	42,1 g	6,1 g
of which saturated(g)	15,6	2,3
Carbohydrates (g)	79,4	11,5
of which sugars (g)	11,7	1,7
Fibre (g)	4,5	0,7
Protein (g)	31,9	4,6
Salt (g)	1,76	0,25

Allergens

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

1



Boil the rice

- Prepare the stock in a pot or saucepan, then add the cream.
- Bring to a boil, then add the rice and cook for 10 - 12 minutes or until done.
- Drain if necessary and set aside.
- Meanwhile, cut the courgette into 5cm batons and halve the tomatoes.

2

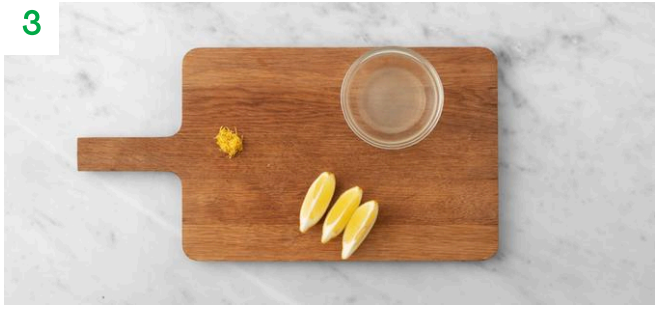


Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the courgette with the tomatoes and the Italian seasoning for 5 - 7 minutes (see Tip).
- Season to taste with salt and pepper.

Tip: *if you don't like raw garlic, add the aglio e olio to the vegetables during the final 3 minutes of cooking time.*

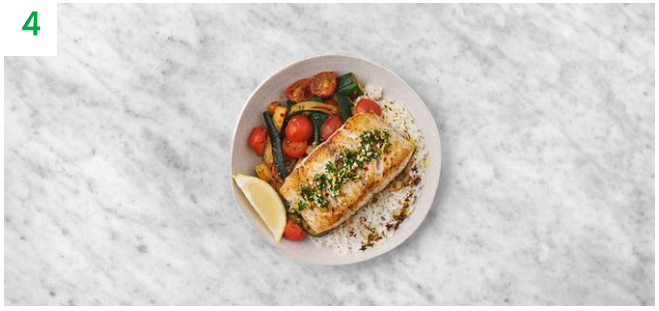
3



Fry the fish

- Melt a knob of butter in a frying pan over medium-high heat. Fry the fish with the onion for 3 minutes per side. Season with salt and pepper.
- In the meantime, zest the lemon.
- Juice half of the lemon and cut the rest into wedges.

4



Serve

- Stir as much lemon juice and zest as preferred into the rice. Season to taste with salt and pepper.
- Serve the rice on plates with everything else on top.
- Drizzle with the aglio e olio* and serve the rest of the lemon wedges alongside.

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

Homemade Chicken Döner with Sumac Salad & Fresh Herbs

bring the sensational food trend home!

Total time: 25 - 35 min.




Lebanese flatbread


Seasoned chicken mince


Garlic


Red onion


Bell pepper


Tomato paste


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Radicchio & iceberg lettuce


Persian cucumber


Tomato


Sumac


Ground cumin

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
Lebanese flatbread (pcs)	2	4	6	8	10	12
Seasoned chicken mince* (g)	100	200	300	400	500	600
Garlic (pcs)	1	2	3	4	5	6
Red onion (pcs)	1/2	1	1	2	2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Tomato paste (can(s))	1/2	1	1 1/2	2	2 1/2	3
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Persian cucumber* (pcs)	1/2	1	1	2	2	3
Tomato (pcs)	1/2	1	2	2	3	3
Sumac (tsp)	1	2	3	4	5	6
Ground cumin (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3477 /831	564 /135
Total fat(g)	35,7 g	5,8 g
of which saturated(g)	6,4	1
Carbohydrates (g)	88,9	14,4
of which sugars (g)	22,4	3,6
Fibre (g)	11,3	1,8
Protein (g)	34,8	5,6
Salt (g)	2,28	0,37

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Slice the cucumber into crescents. Dice the tomato and mince half of the onion.
- In a bowl, combine the white wine vinegar with cucumber and the sugar.
- In another bowl, combine the onion with the tomato and the sumac.
- Season both to taste with salt and pepper, then set aside until serving, stirring occasionally.

2



Chop the vegetables

- Roughly chop the bell pepper, the garlic, the parsley and the rest of the onion.
- Transfer all four to a tall container and drizzle generously with olive oil.
- Add the tomato paste, the cumin and the Middle Eastern spices (see Tip).
- Process with an immersion blender until smooth.

Tip: *you can also add some sambal if preferred.*

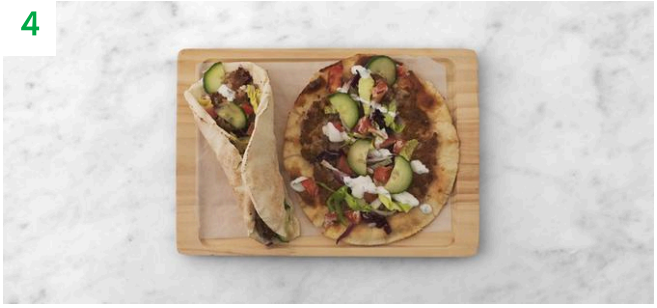
3



Make the döner

- Transfer the paste to a bowl and then add the mince.
- Knead well to combine, seasoning with salt and pepper.
- Spread an even layer of the mince mixture over each flatbread, then transfer to a parchment-lined baking sheet.
- Bake in the oven for 10 - 15 minutes, or until done.

4



Serve

- Finely chop the mint leaves.
- In a small bowl, combine the mint with the mayonnaise and a splash of water as preferred. Season to taste with salt and pepper.
- Top the homemade döner with the lettuce, the cucumber and the sumac salad.
- Drizzle with the herb sauce, then roll up the döner and serve.

SWICY EXPLOSION! Mango, Harissa Honey & Sweet Chili

savour the sweet heat of this pork stir-fry with brown rice

Total time: 25 - 35 min.




Quick-cook brown rice


Sticky pork belly


Coconut milk


Red onion


Red chili pepper


Green Romano pepper


Carrot


Mango


Sweet chili sauce


Hello Harissa

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
Quick-cook brown rice (g)	75	150	225	300	375	450
Sticky pork belly* (g)	120	240	360	480	600	720
Coconut milk (ml)	90	180	270	360	450	540
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red chili pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Green Romano pepper* (pcs)	1/2	1	2	2	3	3
Carrot* (pcs)	1/2	1	1	2	2	3
Mango* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Sweet chili sauce* (g)	17 1/2	35	52 1/2	70	87 1/2	105
Hello Harissa (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
Water for the rice (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Honey [or plant-based alternative] (to taste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4208 /1006	559 /134
Total fat(g)	57,6 g	7,7 g
of which saturated(g)	27,5	3,7
Carbohydrates (g)	91,9	12,2
of which sugars (g)	31	4,1
Fibre (g)	9	1,2
Protein (g)	27,9	3,7
Salt (g)	1,86	0,25

Allergens

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

1



Prepare

- Boil the water for the rice in a pot or saucepan and then add the coconut milk.
- Cook the rice for 10 - 12 minutes, covered, then turn off the heat and allow to stand for 5 minutes, still covered. Season to taste with salt.
- Deseed and finely chop the red chili pepper*.
- Slice the carrot into thin crescents.

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

2



Fry the pork

- Dice the pork into 1cm cubes.
- Roughly chop the Romano pepper and the onion.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat. Fry the pork with the vegetables and half of the chili pepper for 5 minutes, covered.
- Remove the lid and fry for another 5 minutes. Season to taste with salt and pepper.

3



Make the harissa honey

- Heat a light drizzle of sunflower oil in a saucepan over medium-high heat and fry the rest of the chili pepper for 2 minutes.
- Add half of the Hello Harissa* and some honey as preferred.
- Mix well to combine, then remove from the heat and set aside.
- Meanwhile, peel and slice the mango.

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

4



Serve

- Add the sweet chili sauce to the stir-fry, along with the rest of the Hello Harissa and a splash of water. Mix well to combine.
- Serve the coconut rice on deep plates, topped with the stir-fry and the mango.
- Drizzle with the harissa honey to finish.