Fragrant Coconut Fish Stew

inspired by Brazilian moqueca, over rice with coriander

Total time: 25 - 35 min. Quick Health Conscious Choice



- Pollock
- White long grain rice
- Garlic
- Red onion
- Carrot
- Romano pepper
- Chopped tomatoes
- Mexican-style spices
- Coconut milk
- Fresh coriander

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pollock* (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	1	1	2	2	3	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Coconut milk (ml)	125	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Not included						
Low sodium fish stock cube (unit(s))	⅓	⅔	1	1⅓	1⅔	2
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3213 /768	467 /112
Total fat (g)	32	5
of which saturated(g)	23,8	3,5
Carbonhydrates (g)	89	13
of which sugars (g)	19,6	2,8
Fiber (g)	9	1
Protein (g)	29	4
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan. Cook the rice for 10 - 12 minutes, covered, then drain and set aside.
- Meanwhile, dice the Romano pepper.
- Chop the onion and finely dice the carrot.
- Crush or mince the garlic.

2



Make the stew

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

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

3



Add the fish

- Pat the fish dry with kitchen paper and cut into 3cm chunks.
- Shortly before serving, transfer the fish to the stew and poach gently for 2 - 3 minutes. Season to taste with salt and pepper (see Tip).
- Finely chop the coriander in the meantime.

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

4



Serve

- Serve the rice with the stew in bowls or deep plates.
- Garnish with the coriander to finish.

Brandt & Levie Sausage with Roast Potatoes

with sage, apple, carrot & homemade onion jus

Total time: 50 - 60 min. Family Health Conscious Choice



- Potatoes
- Pork sausage with Cheddar and red onion
- Red onion
- Parsley root
- Carrot
- Apple
- Fresh sage
- Onion chutney

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
Pork sausage with Cheddar and red onion* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Parsley root* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Apple* (unit(s))	½	1	2	2	3	3
Fresh sage* (g)	5	10	15	20	25	30
Onion chutney* (g)	20	40	60	80	100	120
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	25	50	75	100	125	150
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2874 /687	471 /113
Total fat (g)	36	6
of which saturated(g)	14,4	2,4
Carbonhydrates (g)	72	12
of which sugars (g)	24,3	4
Fiber (g)	11	2
Protein (g)	24	4
Salt (g)	1,3	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.
- Cut the onion into chunky half rings. Core the apple and cut into wedges.
- Cut the carrot and the parsley root into 5cm long batons of around 1cm thickness.
- Wash the potatoes and dice into 2cm chunks. Roughly chop the sage.

2



Prepare the vegetables

- Transfer the potatoes, the vegetables and the apple to a bowl (see Tip).
- Lightly drizzle with olive oil and season with salt and pepper, then toss well to coat.

Tip: *to save time washing up, you can also transfer the vegetables directly to the parchment-lined baking sheet.*

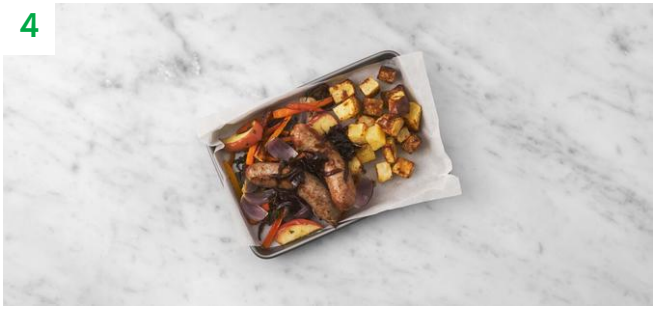
3



Roast the vegetables

- Transfer the vegetables and the apple to a parchment-lined baking sheet.
- Roast in the oven for 20 - 25 minutes.
- Add the sage and toss well to combine.
- Return to the oven for 10 - 15 more minutes, or until golden-brown.

4



Serve

- Melt a knob of butter in a frying pan over medium-high heat. Fry the sausage for 2 - 3 minutes until evenly browned, then cover with the lid. Cook for 8 - 10 minutes over medium heat, turning regularly.
- Add the onion chutney and the stock, then bring to the boil and simmer for 1 minute.
- Serve the roasted vegetables with the sausage and pour over the jus.

Creamy Spaghetti with Veggie Mince & Pecorino

in mascarpone-tomato sauce with Romano pepper & fresh basil

Total time: 25 - 35 min. Family Quick Vegetarian




Spaghetti


Romano pepper


Garlic


Diced tomatoes with garlic & onion


Fresh basil


Grated Pecorino DOP


Mascarpone


Italian seasoning


Plant-based mince


Tomato


Mix of carrot, onion and celery

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
Spaghetti (g)	90	180	270	360	450	540
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Fresh basil* (g)	5	10	15	20	25	30
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Mascarpone* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Plant-based mince* (g)	75	150	225	300	375	450
Tomato (unit(s))	½	1	1½	2	2½	3
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Water (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3569 /853	560 /134
Total fat (g)	34	5
of which saturated(g)	14,5	2,3
Carbonhydrates (g)	94	15
of which sugars (g)	25,2	4
Fiber (g)	14	2
Protein (g)	36	6
Salt (g)	3,6	0,6

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the spaghetti.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the mince with half of the Italian seasoning for 3 minutes, then add the water (see pantry for amount).
- Fry for 1 more minute until the water has evaporated, then remove from the pan and set aside.
- Crush or mince the garlic and dice the Romano pepper.

3



Finish the sauce

- Deglaze with the balsamic vinegar, then add the diced tomatoes from the pack, along with the sugar and the rest of the Italian seasoning.
- Season to taste with salt and pepper, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Stir in the mascarpone and the mince, then simmer for 2 - 3 more minutes.
- Add the spaghetti and 1 tbsp pasta water per person, then mix well to combine.

2



Make the sauce

- Boil the spaghetti for 10 - 12 minutes until done, then reserve some of the pasta water before draining and setting aside.
- Finely chop the basil and dice the tomato.
- Heat a drizzle of olive oil in the same frying pan over medium-high heat. Fry the garlic with the vegetable mix for 3 - 4 minutes, covered.
- Add the Romano pepper and fry for 1 - 2 more minutes.

4



Serve

- Serve the spaghetti on deep plates and top with the tomato.
- Garnish with the pecorino and the basil.

Fakir's Flying Wraps with Chicken and Mango Chutney

with crunchy apple slaw & tomato

Total time: 45 - 55 min.



- Ground paprika
- Mango chutney
- Tomato
- Red onion
- Apple
- Panko breadcrumbs
- Slaw mix
- Mini tortillas
- Organic full-fat yoghurt
- Chicken breast with Mediterranean herbs

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NUTRI-SCORE A B C D E

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
Ground paprika (tsp)	1	2	3	4	5	6
Mango chutney* (g)	20	40	60	80	100	120
Tomato (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	¼	½	¾	1	1¼	1½
Apple* (unit(s))	½	1	1½	2	2½	3
Panko breadcrumbs (g)	15	25	40	50	65	75
Slaw mix* (g)	100	200	300	400	500	600
Mini tortillas (unit(s))	4	8	12	16	20	24
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tsp)	1	2	3	4	5	6
Sunflower oil (ml)	60	120	180	240	300	360
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4004 /957	646 /154
Total fat (g)	45	7
of which saturated(g)	7	1,1
Carbonhydrates (g)	92	15
of which sugars (g)	19,4	3,1
Fiber (g)	10	2
Protein (g)	42	7
Salt (g)	2,2	0,4

Allergens

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

1



Marinate the chicken

- Preheat the oven to 200°C (see Tip).
- Cut the chicken into uniform pieces of around 3cm, then transfer to a bowl.
- Add the paprika and a third of the yogurt, then season with salt and pepper.
- Mix well to combine and then set aside to marinate until step 3.

Tip: *you will use the oven later to heat the tortillas, but if preferred you can also do this in a frying pan instead. In this case, skip preheating the oven.*

2



Prepare the toppings

- In a small bowl, combine the mango chutney with another third of the yogurt.
- Season to taste with salt and pepper.
- Dice the tomato and mince the onion (see Tip).
- Peel and finely dice the apple.

Tip: *the onion will be served raw, but if preferred you can fry it with a drizzle of oil for 2 - 3 minutes.*

3



Fry the chicken

- Transfer the panko to a deep plate and use it to coat the chicken.
- Heat the sunflower oil in a frying pan over high heat.
- When the oil is nice and hot, fry the chicken for 2 - 3 minutes per side, or until golden-brown (see Tip).
- Transfer the chicken to a plate lined with kitchen paper.

Tip: *frying chicken requires a larger amount of oil, so as to ensure the panko gets as crispy as possible.*

4



Serve

- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes.
- In a bowl, combine the slaw mix with the apple, the onion, the extra virgin olive oil, the white balsamic vinegar and the rest of the yogurt. Season to taste with salt and pepper.
- Serve the tortillas with all of the fillings as preferred.

Butternut Squash with Pecorino & Crispy Sage

over creamy pearl barley risotto with mushrooms

Total time: 50 - 60 min. Vegetarian



- Mushrooms
- Red onion
- Garlic
- Butternut squash
- Fresh sage
- Pearl barley
- Mascarpone
- Grated Pecorino DOP

SEASONAL INGREDIENT

There is a special ingredient in your box! Butternut squash, a sweet autumn and winter vegetable, is perfect for soups, casseroles and mash.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

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
Mushrooms* (g)	65	125	250	250	375	375
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Butternut squash* (unit(s))	¼	½	¾	1	1¼	1½
Fresh sage* (g)	5	10	15	20	25	30
Pearl barley (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3489 /834	483 /115
Total fat (g)	45	6
of which saturated(g)	19,4	2,7
Carbonhydrates (g)	83	12
of which sugars (g)	9,9	1,4
Fiber (g)	13	2
Protein (g)	18	3
Salt (g)	2,2	0,3

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.
- Halve the mushrooms and quarter the onion.
- Halve the butternut squash lengthways.
- Scoop out the seeds and the stringy part of the flesh, then cut into wedges (see Tip).

Tip: *butternut squash can be difficult to cut. If you have time, transfer it to the oven for 5 minutes so as to soften it.*

2



Roast the butternut squash

- Transfer the onion and butternut squash to a large bowl and drizzle generously with olive oil.
- Season to taste with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast for 20 - 30 minutes, or until the edges are lightly browned. Toss occasionally.

3



Fry the aromatics

- Set aside half of the sage leaves and then cut the rest into thin ribbons.
- Crush or mince the garlic.
- Melt a knob of butter in a pot or saucepan over medium-high heat.
- Fry the chopped sage and pearl barley with half of the garlic for 1 minute, then pour in the stock.

4



Make the risotto

- Bring to the boil, then cover with the lid and cook the pearl barley for around 25 - 30 minutes until done.
- Stir regularly so as to prevent it from sticking, adding extra water as necessary if it seems too dry.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sage leaves for 3 - 4 minutes until crispy.
- Transfer to a sheet of kitchen paper and set aside.

5



Fry the mushrooms

- In the same pan, fry the mushrooms with the rest of the garlic for 5 - 7 minutes or until golden-brown (see Tip).
- Season to taste with salt and pepper.

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

6



Serve

- When the pearl barley is done, stir in the mascarpone and half of the cheese.
- Serve the pearl barely risotto on plates, topped with the butternut squash, the mushrooms and the onion.
- Garnish with the crispy sage and the rest of the cheese.

Smoked Sausage with Sauerkraut & Bacon Lardons

with apple & mashed potatoes

Total time: 30 - 40 min. Family




Red onion


Sauerkraut


Potatoes


Apple


Smoked pork sausage


Bacon lardons

SEASONAL INGREDIENT

There is a special ingredient in your box! Sauerkraut is a true seasonal classic. Fermentation, a traditional method to preserve cabbage, adds a delicious tang to the sauerkraut in your box.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

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 (unit(s))	½	1	1	2	2	3
Sauerkraut* (g)	125	250	375	500	625	750
Potatoes (g)	250	500	750	1000	1250	1500
Apple* (unit(s))	½	1	2	2	3	3
Smoked pork sausage* (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	80	100	130	150
Not included						
Mustard (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Brown sugar (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3535 /845	533 /127
Total fat (g)	51	8
of which saturated(g)	24,1	3,6
Carbonhydrates (g)	72	11
of which sugars (g)	19,1	2,9
Fiber (g)	12	2
Protein (g)	25	4
Salt (g)	5,1	0,8

Allergens

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

1



Boil the potatoes

- Wash or peel the potatoes and cut into rough pieces, then transfer to a pot or saucepan.
- Submerge with water, then cover with the lid and boil for 8 minutes.
- Take the smoked sausage out of its packaging and transfer to the potatoes.
- Cook for 7 more minutes, then drain and set aside.

2



Chop the vegetables

- In the meantime, slice the onion into half rings.
- Drain the sauerkraut and rinse under cold water if you'd prefer it to taste milder (see Tip).
- Core and dice the apple.

Health Tip: *if you're watching your salt intake, serve just half of the sauerkraut. You can keep the rest to enjoy another time.*

3



Fry the bacon lardons

- Heat a large clean frying pan over medium-high heat.
- Fry the bacon lardons for 4 minutes until done, then remove from the pan and set aside.
- Melt a knob of butter in the same pan and fry the onion with the apple for 2 minutes.

4



Cook the sauerkraut

- Stir in the sauerkraut and the brown sugar, then cover with the lid.
- Allow to stew gently for 6 - 8 minutes, then stir in another knob of butter.
- Season to taste with salt and pepper (see Tip).

Tip: *if the sauerkraut is still too strong for your liking, add more butter and/or sugar as preferred.*

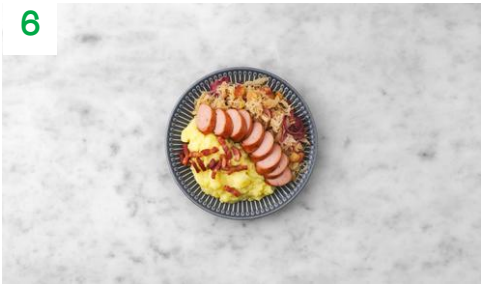
5



Mash the potatoes

- Mash the potatoes with a knob of butter and a splash of milk.
- Stir in the mustard and half of the bacon lardons.
- Taste and season with salt and pepper as needed.

6



Serve

- Cut the smoked sausage in half.
- Serve the mashed potatoes on plates and top with the rest of the bacon lardons.
- Serve with the sausage and the sauerkraut.

Teriyaki Meatballs with Stir-Fried Vegetables

over rice with peanuts & scallions

Total time: 25 - 35 min. Quick




Garlic


Scallions


Jasmine rice


Vegetable mix with cabbage


Sesame oil


Soy sauce


Beef-pork meatballs with Thai seasoning


Teriyaki sauce


Unsalted 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
Garlic (unit(s))	1	2	3	4	5	6
Scallions* (g)	31¼	62½	93¾	125	156¼	187½
Jasmine rice (g)	75	150	225	300	375	450
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Sesame oil (ml)	5	10	15	20	25	30
Soy sauce (ml)	10	20	30	40	50	60
Beef-pork meatballs with Thai seasoning* (unit(s))	4	8	12	16	20	24
Teriyaki sauce (g)	25	50	75	100	125	150
Unsalted peanuts (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (ml)	30	60	90	120	150	180
Brown sugar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3368 /805	669 /160
Total fat (g)	38	7
of which saturated(g)	9,1	1,8
Carbonhydrates (g)	89	18
of which sugars (g)	20,6	4,1
Fiber (g)	8	2
Protein (g)	32	6
Salt (g)	3,6	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 rice.
- Crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.
- Boil the rice for 12 - 15 minutes, covered, then drain and set aside.

2



Fry the vegetables

- Meanwhile, heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the garlic with the white part of the scallions for 1 - 2 minutes.
- Add the vegetable mix and fry for 2 - 3 minutes over high heat.
- Add half each of the sesame oil and the soy sauce, then toss well to combine. Season to taste with salt and pepper.

3



Fry the meatballs

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the meatballs for 2 - 3 minutes until evenly browned, then stir in the sugar and allow to dissolve.
- Fry for 3 more minutes over medium heat, covered.
- Stir in the teriyaki sauce and the water for the sauce, along with the rest of the soy sauce and the sesame oil. Fry for 2 more minutes until done.

4



Serve

- Roughly chop the peanuts.
- Serve the rice on deep plates with everything else on top.
- Pour over the teriyaki sauce from the pan, then garnish with the peanuts and the scallion greens.

Double Pesto Mac & Cheese

with Gruyère & tomato-cucumber salad

Total time: 25 - 35 min. Family Quick Vegetarian




Conchiglie


Cooking cream


Pesto cheese cubes


Grated Gruyère DOP


Tomato


Cucumber


Fresh basil


Green pesto

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
Conchiglie (g)	90	180	270	360	450	540
Cooking cream (g)	75	150	225	300	375	450
Pesto cheese cubes* (g)	25	50	75	100	125	150
Grated Gruyère DOP* (g)	25	50	75	100	125	150
Tomato (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Green pesto* (g)	20	40	60	80	100	120
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Plant-based] butter (g)	10	20	30	40	50	60
Flour (g)	15	30	45	60	75	90
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4105 /981	700 /167
Total fat (g)	56	9
of which saturated(g)	27	4,6
Carbonhydrates (g)	88	15
of which sugars (g)	13,3	2,3
Fiber (g)	6	1
Protein (g)	32	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 pasta

- Boil plenty of water in a pot or saucepan and boil the pasta for 10 - 12 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Meanwhile, prepare the stock and preheat the oven to 220°C.

2



Make the sauce

- Melt the butter in a saucepan over medium-high heat.
- Whisk in the flour and then fry for 2 - 3 minutes, or until fragrant.
- Gradually add the cream and the stock, whisking continuosly to incorporate.
- Add the pesto cheese and half of the Gruyère.

3



Combine

- Mix well and allow to melt until smooth (see Tip).
- Transfer the pasta to the cheese sauce and mix well to combine.
- Season to taste with salt and pepper, then stir in the pesto.

Tip: *if the sauce is too thick, add a splash of pasta water; or if it isn't thick enough, allow to reduce for several minutes.*

4



Bake the mac and cheese

- Transfer the cheesy pasta to an oven dish and top with the rest of the Gruyère.
- Bake on the top shelf of the oven for 5 - 7 minutes until the cheese is melted and golden-brown, or use the broiling function.

5



Make the salad

- Cut the tomato into wedges and slice the cucumber.
- Finely chop the basil.
- In a bowl, combine the extra virgin olive oil with the balsamic vinegar and the honey. Season to taste with salt and pepper.
- Add the tomato, the cucumber and the basil, then toss well to combine with the dressing.

6



Serve

- Serve the mac and cheese on deep plates.
- Serve the salad alongside.

Cheesy Lentil Bake with Veggie Mince & Eggplant

with Middle Eastern spices, yogurt & tomato

Total time: 45 - 55 min. Vegetarian




Eggplant


Lentils


Onion


Carrot


Middle Eastern spice mix


Grated Gouda


Chopped tomatoes


Organic full-fat yogurt


Tomato


Plant-based mince


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
Eggplant* (unit(s))	½	1	2	2	3	3
Lentils (pack)	¼	½	¾	1	1¼	1½
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Grated Gouda* (g)	25	50	75	100	125	150
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	75	150	225	300	375	450
Tomato (unit(s))	½	1	2	2	3	3
Plant-based mince* (g)	75	150	225	300	375	450
Hello Harissa (sachet(s))	½	1	1½	2	2½	3
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1½	3	4½	6	7½	9
Low sodium vegetable stock cube (unit(s))	⅙	¼	⅓	½	⅔	¾
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2485 /594	355 /85
Total fat (g)	32	5
of which saturated(g)	10,2	1,5
Carbonhydrates (g)	39	6
of which sugars (g)	24,7	3,5
Fiber (g)	16	2
Protein (g)	29	4
Salt (g)	3,8	0,5

Allergens

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

1



Prepare the eggplant

- Preheat the oven to 200°C.
- Dice the eggplant and transfer to a parchment-lined baking sheet.
- Drizzle generously with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 17 - 20 minutes.

2



Fry the vegetables

- Chop the onion and dice the carrot into 1cm chunks (see Tip).
- Heat a drizzle of olive oil in a large frying pan over medium-high heat.
- Fry the onion with the carrot for 3 - 5 minutes.
- Meanwhile, dice the tomato.

Tip: *be sure to dice the carrot finely, otherwise it will take longer to cook.*

3



Fry the mince

- Stir in the fresh tomato, the mince, the sugar, the Hello Harissa* and the Middle Eastern spices, then crumble in the stock cube (see pantry for amount).
- Fry for 3 - 4 more minutes, then deglaze with the balsamic vinegar.

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

4



Prepare the sauce

- Drain and rinse the lentils, then transfer to the frying pan, along with the chopped tomatoes.
- Mix well to combine and season to taste with salt and pepper.
- Allow the sauce to reduce for 3 - 4 minutes over low heat.

5



Assemble

- Transfer half of the sauce to an oven dish and top with half of the eggplant.
- Cover with the rest of the sauce and then top with the rest of the eggplant.
- Dollop over the yogurt and season with pepper, then scatter over the cheese.
- Bake in the oven for 15 - 20 minutes or until golden-brown.

6



Serve

- Serve on plates.

HELLO FRESH

Jokie's Favourite Pasta

with mozzarella, basil & bell pepper

Total time: 25 - 30 min.

efteling



- Onion
- Garlic
- Middle Eastern spice mix
- Conchiglie
- Tomato
- Passata
- Smoky tomato ketchup
- Fresh basil
- Grated Gouda
- Shredded mozzarella
- Bell pepper

Bring fairytales to the dinner tables

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NUTRI-SCORE A B C D E

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 (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Conchiglie (g)	90	180	270	360	450	540
Tomato (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Passata (g)	100	200	300	400	500	600
Smoky tomato ketchup* (g)	20	40	60	80	100	120
Fresh basil* (g)	5	10	15	20	25	30
Grated Gouda* (g)	20	40	60	80	100	120
Shredded mozzarella* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2925 /699	554 /132
Total fat (g)	22	4
of which saturated(g)	12,5	2,4
Carbonhydrates (g)	88	17
of which sugars (g)	20,1	3,8
Fiber (g)	9	2
Protein (g)	34	6
Salt (g)	2,2	0,4

Allergens

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

1



Marinate the chicken

- Preheat the oven to 200°C (see Tip).
- Cut the chicken into uniform pieces of around 3cm, then transfer to a bowl.
- Add the paprika and a third of the yogurt, then season with salt and pepper.
- Mix well to combine and then set aside to marinate until step 3.

Tip: *you will use the oven later to heat the tortillas, but if preferred you can also do this in a frying pan instead. In this case, skip preheating the oven.*

2



Prepare the toppings

- In a small bowl, combine the mango chutney with another third of the yogurt.
- Season to taste with salt and pepper.
- Dice the tomato and mince the onion (see Tip).
- Peel and finely dice the apple.

Tip: *the onion will be served raw, but if preferred you can fry it with a drizzle of oil for 2 - 3 minutes.*

3



Fry the chicken

- Transfer the panko to a deep plate and use it to coat the chicken.
- Heat the sunflower oil in a frying pan over high heat.
- When the oil is nice and hot, fry the chicken for 2 - 3 minutes per side, or until golden-brown (see Tip).
- Transfer the chicken to a plate lined with kitchen paper.

Tip: *frying chicken requires a larger amount of oil, so as to ensure the panko gets as crispy as possible.*

4



Serve

- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes.
- In a bowl, combine the slaw mix with the apple, the onion, the extra virgin olive oil, the white balsamic vinegar and the rest of the yogurt. Season to taste with salt and pepper.
- Serve the tortillas with all of the fillings as preferred.

Tandoori-Style Turkey Salad

with mango chutney dressing, potatoes & pickled radish

Total time: 20 - 30 min. Family Quick Health Conscious Choice




Potatoes


Turkey breast pieces with tandoori-style spices


Red onion


Persian cucumber


Radish


Little gem


Mango chutney

KITCHEN STORIES

Recipe Developer Babette: "I think the tandoori-style spices which season the meat complement the sweetness of the mango chutney and the tanginess of the pickled onion very nicely. The fresh vegetables and little gem add a nice crunch to the salad, and the potatoes make sure you leave the table feeling satisfied."

NUTRI-SCORE A B C D E

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)	100	200	300	400	500	600
Turkey breast pieces with tandoori-style spices* (g)	100	200	300	400	500	600
Red onion (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1	2	2	3
Little gem* (unit(s))	1	2	3	4	5	6
Mango chutney* (g)	20	40	60	80	100	120
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	30	60	90	120	150	180
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

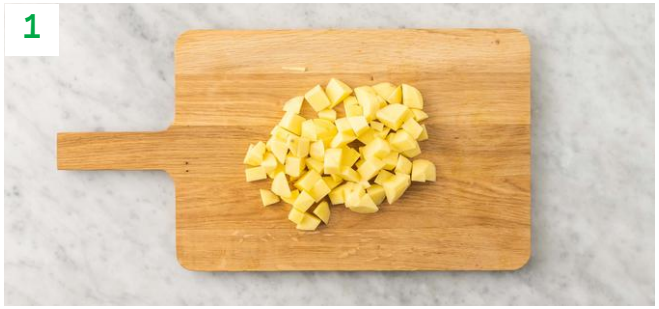
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2276 /544	394 /94
Total fat (g)	28	5
of which saturated(g)	2,6	0,4
Carbonhydrates (g)	46	8
of which sugars (g)	17,3	3
Fiber (g)	6	1
Protein (g)	26	5
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Peel or thoroughly wash the potatoes and cut them into cubes.
- Transfer to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Boil the potatoes for 12 - 15 minutes, covered, then drain and set aside.

Did you know... *the potatoes in this recipe contain potassium, a mineral that contributes to the maintenance of normal blood pressure.*

2



Prepare the radish

- Discard the radish leaves and then thinly slice the radishes.
- In a bowl, combine the white wine vinegar with the sugar, then add the radishes and set aside.
- Slice the onion into half rings.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the turkey and onion for 5 - 6 minutes, or until done.

3



Fry the potatoes

- In the meantime, finely chop the lettuce and dice the cucumber.
- In a small bowl, combine the mango chutney with the mayonnaise, along with as much pickling liquid from the radishes as preferred.
- Deglaze the frying pan with the water (see pantry for amount).
- Stir in the potatoes and the honey, then fry for 1 more minute. Season to taste with salt and pepper.

4



Serve

- Serve the lettuce on plates and arrange everything on top.
- Drizzle with the mango chutney dressing to finish.

Tuna-Stuffed Peppers with Greek-Style Cheese

over fragrant couscous with yogurt & parsley

Total time: 25 - 35 min. Quick Health Conscious Choice




Romano pepper


Courgette


Onion


Skipjack tuna in sunflower oil


Sicilian-style herb mix


Wholewheat couscous


Peruvian-style spice mix


Fresh flat leaf parsley


Organic full-fat yogurt


Greek-style cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	1	2	3	4	5	6
Courgette* (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Skipjack tuna in sunflower oil (can)	1	1	2	2	3	3
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Wholewheat couscous (g)	75	150	225	300	375	450
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	25	50	75	100	125	150
Not included						
Water (ml)	125	250	375	500	625	750
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2247 /537	381 /91
Total fat (g)	16	3
of which saturated(g)	6,8	1,2
Carbonhydrates (g)	59	10
of which sugars (g)	14,7	2,5
Fiber (g)	14	2
Protein (g)	34	6
Salt (g)	1,9	0,3

Allergens

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

1



Chop the vegetables

- Boil the water (see pantry for amount).
- Drain the tuna, being sure to reserve the oil.
- Halve the Romano pepper lengthways and remove the seeds. Chop the onion and dice the courgette.
- Heat a drizzle of the reserved oil in a frying pan over medium-high heat. Fry the courgette, the onion and the Sicilian-style herbs for 5 - 6 minutes.

2



Prepare the couscous

- In a bowl, combine the couscous with the Peruvian-style spices and the boiling water.
- Set aside for 10 minutes or until done, covered.
- Fluff through the couscous with a fork, then season to taste with salt and pepper.
- Transfer the tuna to the courgette, then season to taste with salt and pepper.

Did you know... *the fish in this recipe contains phosphorus, which supports normal energy levels in the body.*

3



Fry the Romano pepper

- Heat the rest of the reserved oil in a large deep frying pan over medium-high heat. Fry the Romano pepper for 2 - 3 minutes per side, covered.
- In a bowl, combine the yogurt with the honey and the mustard. Season to taste with salt and pepper.
- Fill the Romano pepper with the tuna mixture, then fry for 1 - 2 more minutes, covered.

4



Serve

- Finely chop the parsley, then transfer to the couscous and mix well to combine.
- Serve the couscous on plates and top with the stuffed Romano pepper.
- Drizzle with the honey-mustard yogurt sauce and crumble over the cheese to finish.

Flammekueche with Goat's Cheese Pearls & Date Compote

with courgette, basil crème & arugula salad

Total time: 35 - 45 min. Vegetarian Health Conscious Choice




Flammekueche


Honeyed goat's cheese pearls


Italian seasoning


Garlic


Red onion


Courgette


Arugula & lamb's lettuce


Basil crème


Pumpkin seeds


Chopped dates


Ricotta

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
Flammekueche* (unit(s))	1	2	3	4	5	6
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	30	60	90	120	150	180
Basil crème (ml)	10	15	25	30	40	45
Pumpkin seeds (g)	10	20	30	40	50	60
Chopped dates (g)	20	40	60	80	100	120
Ricotta* (g)	50	100	150	200	250	300
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Balsamic vinegar (tbsp)	¾	1½	2¼	3	3¾	4½
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

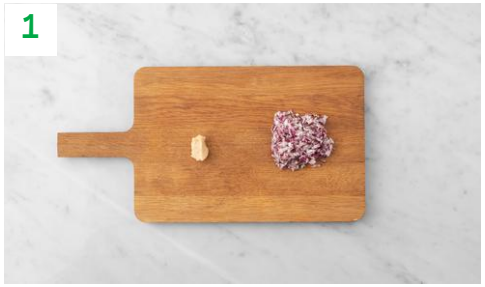
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3163 /756	602 /144
Total fat (g)	38	7
of which saturated(g)	11	2,1
Carbonhydrates (g)	76	15
of which sugars (g)	29,5	5,6
Fiber (g)	6	1
Protein (g)	22	4
Salt (g)	1,5	0,3

Allergens

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

1



Prepare

- Preheat the oven to 230°C.
- Soak the dates in a small bowl of lukewarm water.
- Chop the onion and crush or mince the garlic.
- In a small bowl, combine the ricotta with the Italian seasoning, garlic and the water for the sauce. Season to taste with salt and pepper.

2



Make the compote

- Heat a drizzle of olive oil in a small pot or saucepan over medium-low heat and fry the onion for 10 minutes.
- Drain the dates and transfer to the saucepan, then fry for 4 more minutes.
- Deglaze with two thirds of the balsamic vinegar, then stir in the sugar.
- Season to taste with salt and pepper, then cook for 1 more minute.

3



Prepare the flammekueche

- Use a peeler or cheese slicer to shave the courgette into thin ribbons.
- Transfer a third of the courgette ribbons to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper.
- Transfer the flammekueche to another parchment-lined baking sheet and spread with the ricotta.

4



Bake the flammekueche

- Top the flammekueche with the rest of the courgette ribbons, then season with salt and pepper.
- Transfer both baking sheets to the oven for 9 - 11 minutes.
- Meanwhile, heat a clean frying pan over high heat.
- Toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.

5



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the honey and the rest of the balsamic vinegar.
- Season to taste with salt and pepper.
- Shortly before serving, transfer the lettuce to the salad bowl, along with the roasted courgette. Toss well to combine with the dressing.

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

6



Serve

- Serve the flammekueche on plates with the salad alongside.
- Top the flammekueche with the date compote and the cheese, then drizzle with the basil crème.
- Garnish the salad with the pumpkin seeds.

Creamy Beef Conchiglie with Mozzarella

with bacon, basil & crispy onions

Total time: 25 - 35 min. Family Quick




Beef mince with Italian seasoning


Conchiglie


Garlic


Onion


Carrot


Passata


Cooking cream


Dried oregano


Bacon


Crispy fried onions


Fresh basil


Shredded mozzarella

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Conchiglie (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Cooking cream (g)	75	150	225	300	375	450
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Bacon* (slice(s))	1	2	3	4	5	6
Crispy fried onions (g)	15	30	45	60	75	90
Fresh basil* (g)	5	10	15	20	25	30
Shredded mozzarella* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4130 /987	726 /173
Total fat (g)	48	8
of which saturated(g)	23,3	4,1
Carbonhydrates (g)	93	16
of which sugars (g)	20	3,5
Fiber (g)	10	2
Protein (g)	44	8
Salt (g)	2,8	0,5

Allergens

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

1



Prepare

- Dice the carrot.
- Heat a light drizzle of olive oil in a large deep frying pan over medium-high heat and fry the carrot for 2 - 3 minutes.
- Chop the onion and crush or mince the garlic, then transfer both to the carrot.
- Mix well to combine and fry for 1 - 2 more minutes.

2



Boil the pasta

- Add the mince and for 3 minutes over medium-high heat, separating it as you do so. Add the passata and fry for 1 more minute.
- In the meantime, boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the pasta for 11 - 13 minutes.
- Reserve some of the pasta water, then drain and set aside.

3



Make the sauce

- Reduce the heat under the frying pan to medium, then add the cream and the oregano. Mix well and allow to simmer until serving.
- Meanwhile, cut the bacon into strips. Heat a clean frying pan over medium-high heat and fry the bacon for 2 - 4 minutes.
- Chop the basil.
- Transfer the pasta and the bacon to the sauce, along with some pasta water as needed. Toss well to combine, seasoning to taste with salt and pepper.

4



Serve

- Serve the pasta in bowls.
- Garnish with the basil, the cheese and the crispy onions.

Flammekueche with Apple & Brie

with potatoes & a crunchy cucumber salad

Total time: 35 - 45 min. Vegetarian Health Conscious Choice




Onion


Cucumber


Apple


Creamy French brie


Flammekueche


Organic sour cream


Potatoes


Radicchio & romaine

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 (unit(s))	1	2	3	4	5	6
Cucumber* (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	⅓	⅔	1	1⅓	1⅔	2
Creamy French brie* (g)	50	100	150	200	250	300
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	50	100	150	200	250	300
Potatoes (g)	100	200	300	400	500	600
Radicchio & romaine* (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3004 /718	473 /113
Total fat (g)	33	5
of which saturated(g)	16	2,5
Carbonhydrates (g)	84	13
of which sugars (g)	17,1	2,7
Fiber (g)	7	1
Protein (g)	22	3
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

- Preheat the oven to 220°C.
- Wash or peel the potatoes and dice into 1cm chunks.
- Transfer to a pot or saucepan and cover with water, then boil for 10 - 15 minutes until done.
- Slice the onion into thin half-rings. Core and then thinly slice the apple.

2



Fry the onion and apple

- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the apple and a generous pinch of salt for 10 - 12 minutes, or until the apple is golden-brown and soft.
- Thinly slice the cheese in the meantime.

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

3



Prepare the flammekueche

- Transfer the flammekueche to a parchment-lined baking sheet and spread with the sour cream.
- Top with the onion, the apple and the cheese, then drizzle with some honey as preferred.
- Season with salt and pepper, then bake in the oven for 8 - 10 minutes.
- In the same pan, fry the potatoes for 5 - 7 minutes over medium-high heat. Season to taste with salt and pepper.

4



Serve

- Meanwhile, in a salad bowl combine the extra virgin olive oil with the white balsamic vinegar. Season the dressing to taste with salt and pepper.
- Dice the cucumber and transfer to the bowl, along with the lettuce. Toss well to combine.
- Slice the flammekueche and serve with the potatoes and the salad alongside.

Chicken Sausage Mezze Plate with Zhoug Courgette

with baby potatoes over hummus & tomato salad

Total time: 30 - 40 min. Health Conscious Choice




Zhoug


Hummus


Baby potatoes


Courgette


Za'atar


Chicken sausage


Red onion


Fresh coriander


Roma tomato


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
Zhoug (g)	20	45	65	90	110	135
Hummus* (g)	40	80	120	160	200	240
Baby potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	½	1	2	2	3	3
Za'atar (sachet(s))	½	1	1½	2	2½	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Roma tomato (unit(s))	1	2	3	4	5	6
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2925 /699	465 /111
Total fat (g)	39	6
of which saturated(g)	6	1
Carbonhydrates (g)	54	9
of which sugars (g)	14,6	2,3
Fiber (g)	13	2
Protein (g)	28	4
Salt (g)	2,1	0,3

Allergens

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

1



Roast the baby potatoes

- Preheat the oven to 200°C.
- Transfer the baby potatoes to a parchment-lined baking sheet and drizzle with sunflower oil. Season with salt and pepper, then toss well to coat.
- Roast the baby potatoes in the oven for 16 - 20 minutes, tossing halfway.

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

2



Roast the courgette

- Slice the courgette into crescents.
- Transfer the courgette to another parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Roast the courgette in the oven for 10 - 12 minutes.
- Transfer the courgette to a bowl and add the zhoug*, then toss well to coat.

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

3



Quick-pickle the onion

- Finely chop the onion.
- Cut half of the lemon into wedges and juice the rest into a salad bowl.
- Add the sugar, extra virgin olive oil and onion to the salad bowl. Mix well to combine, then set aside, stirring occasionally.

4



Fry the sausages

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sausages for 3 - 4 minutes, or until evenly browned.
- Cover with the lid and fry for a further 6 - 7 minutes over medium heat, or until done, turning regularly.

5



Make the salad

- Roughly chop the coriander.
- Cut the tomato into wedges.
- Add the tomato and coriander to the salad bowl. Season to taste with salt and pepper, then toss well to combine.

6



Serve

- Spread the hummus over a deep plate and arrange everything on top.
- Serve with the lemon wedges and scatter over the za'atar to finish.

Hearty Bolognese Pie

with Gouda topping & Italian herbs

Total time: 55 - 65 min.




Onion


Carrot


Diced tomatoes with garlic & onion


Bay leaf


Puff pastry


Grated Gouda


Italian seasoning


Beef-pork mince with Italian herbs


Fresh celery leaves


Romano 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
Onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Bay leaf (unit(s))	1	1	2	2	3	3
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Grated Gouda* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Fresh celery leaves* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3799 /908	637 /152
Total fat (g)	56	9
of which saturated(g)	28,8	4,8
Carbonhydrates (g)	64	11
of which sugars (g)	23,1	3,9
Fiber (g)	12	2
Protein (g)	34	6
Salt (g)	3,8	0,6

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Chop the onion and the celery leaves.
- Dice the carrot and the Romano pepper.

2



Make the sauce

- Melt a knob of butter in a large deep frying pan over medium-high heat.
- Fry the onion, the celery leaves, the carrot and the Romano pepper with a pinch of salt for 6 - 8 minutes until soft.
- Add the mince and fry for 3 more minutes, separating it as you do so.
- Deglaze with the balsamic vinegar, then add the chopped tomatoes, the Italian seasoning and the bay leaf.

3



Assemble

- Season to taste with salt and pepper, then allow to reduce for 9 - 11 minutes (see Tip).
- Transfer the pastry in its baking paper to an oven dish or a baking tin.
- Pierce the surface of the pastry several times with a fork, then fill the pastry with the bolognese sauce.

Tip: *if the sauce is still too watery, increase the heat and allow to simmer further as needed.*

4



Serve

- Scatter over the cheese and bake in the middle of the oven for 25 - 35 minutes, or until done.
- Slice the pie and serve.

Three Cheese Pizza

with burrata, blue cheese & goat's cheese

Total time: 35 - 45 min. Vegetarian




Pizza dough


Garlic


Passata


Dried oregano


Blue cheese cubes


Grated mature goat's cheese


Burrata

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
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	25	50	75	100	125	150
Grated mature goat's cheese* (g)	25	50	75	100	125	150
Burrata* (ball(s))	½	1	1½	2	2½	3
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

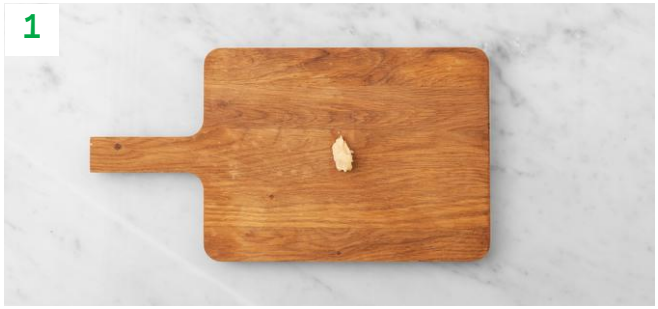
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3941 /942	945 /226
Total fat (g)	40	9
of which saturated(g)	19,8	4,7
Carbonhydrates (g)	110	26
of which sugars (g)	11,4	2,7
Fiber (g)	5	1
Protein (g)	35	8
Salt (g)	5,5	1,3

Allergens

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

1



Fry the garlic

- Preheat the oven to 200°C.
- Crush or mince the garlic.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat. Fry the garlic with half of the oregano for 1 minute or until fragrant.
- Deglaze with the balsamic vinegar.

2



Make the sauce

- Stir in the passata and the sugar, then season to taste with salt and pepper.
- Allow to simmer gently over low heat for 5 - 7 minutes.
- Roll the pizza dough out onto a baking sheet (see Tip).

Tip: *the dough already comes in parchment paper, so no need to use any extra.*

3



Prepare the pizza

- Spread the tomato sauce over the dough.
- Scatter the goat's cheese over the pizza.
- Cut the blue cheese cubes into smaller pieces, then scatter over the pizza.
- Sprinkle over the rest of the oregano and crack over some black pepper.

4



Serve

- Bake the pizza for 13 - 15 minutes, or until the cheese is golden-brown and melted.
- Top the pizza with the burrata, then crack over some black pepper and serve.

Creamy Blue Cheese Rigatoni

with mixed mushrooms, endive & parsley

Total time: 20 - 30 min. Quick Vegetarian Health Conscious Choice




Rigatoni


Onion


Garlic


Endive


Pre-cut mushroom mix


Blue cheese cubes


Cooking cream


Fresh curly 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
Rigatoni (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Endive* (unit(s))	1	2	3	4	5	6
Pre-cut mushroom mix* (g)	100	175	350	350	525	525
Blue cheese cubes* (g)	25	50	75	100	125	150
Cooking cream (g)	75	150	225	300	375	450
Fresh curly parsley* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3096 /740	591 /141
Total fat (g)	34	6
of which saturated(g)	14,9	2,8
Carbonhydrates (g)	81	15
of which sugars (g)	15,5	3
Fiber (g)	8	2
Protein (g)	25	5
Salt (g)	1,6	0,3

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rigatoni for 13 - 15 minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Remove the tough base of the endive and discard.
- Halve the endive lengthways and then cut into thin strips.

3



Make the sauce

- Add the cream and half of the blue cheese, then crumble in the stock cube (see pantry for amount).
- Stir in the honey and mustard, then allow to cook for 3 minutes over medium-low heat.
- Taste and then season with salt and pepper as needed (see Tip).

Tip: *if the sauce is not thick enough, allow to reduce for a further 3 - 5 minutes. If the sauce is too thick, add some of the reserved pasta water.*

2



Fry the vegetables

- Heat a generous drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic and onion for 2 - 3 minutes.
- Stir in the mushrooms and the majority of the endive, then fry for 4 - 6 minutes over medium-high heat (see Tip).
- Deglaze with the white balsamic vinegar.

Tip: *the rest of the endive will be served raw, but if preferred you can fry all of it here instead.*

4



Serve

- Finely chop the parsley.
- Transfer the rigatoni to the sauce and mix well to combine. Season to taste with salt and pepper, then serve on deep plates.
- Top with the rest of the endive and blue cheese. Garnish with the parsley to finish.

Chicken Breast with Fragrant Green Curry

over brown rice with carrot & broccoli

Total time: 25 - 35 min. Quick




Onion


Coconut milk


Green curry spices


Fish sauce


Broccoli


Quick-cook brown rice


Carrot


Chicken breast


Lemongrass paste

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 (unit(s))	½	1	1	2	2	3
Coconut milk (ml)	90	180	250	360	430	540
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Fish sauce (ml)	10	20	30	40	50	60
Broccoli* (g)	200	360	500	720	860	1080
Quick-cook brown rice (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	1	1	2	2
Chicken breast* (unit(s))	1	2	3	4	5	6
Lemongrass paste (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3272 /782	361 /86
Total fat (g)	35	4
of which saturated(g)	20,4	2,3
Carbonhydrates (g)	70	8
of which sugars (g)	9,8	1,1
Fiber (g)	11	1
Protein (g)	44	5
Salt (g)	5,3	0,6

Allergens

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

1



Prepare

- Prepare the stock in a pot or saucepan and reserve 50ml per person to use in step 3.
- Chop the onion and crush or mince the garlic.
- Cut the head of the broccoli into florets and dice the stem. Cut the carrot into crescents.
- Boil the rice in the stock for 10 minutes, then drain if necessary and set aside.

2



Fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the lemongrass paste with the carrot and the onion for 2 minutes.
- Add the broccoli, the fish sauce* and the green curry spices, then mix well to combine.

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

3



Make the curry

- Pour in the coconut milk and the reserved stock.
- Allow to simmer gently for 8 - 10 minutes (see Tip).
- Season the curry to taste with salt and pepper.

Tip: *if the curry seems too watery, allow to simmer for more time as needed.*

4



Serve

- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side, seasoning with salt and pepper.
- Reduce the heat and fry for a further 4 minutes per side, or until done.
- Serve the rice on deep plates with the curry alongside.
- Slice the chicken and serve it on top.

Salmon with Baby Potato & Fennel Salad

with apple, dill, arugula & lamb's lettuce

Total time: 25 - 35 min. Quick Health Conscious Choice




Fennel


Apple


Red onion


Arugula & lamb's lettuce


Baby potatoes


Salmon fillet


Fresh dill

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fennel* (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Baby potatoes (g)	200	400	600	800	1000	1200
Salmon fillet* (unit(s))	1	2	3	4	5	6
Fresh dill* (g)	2½	5	7½	10	12½	15
Not included						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2561 /612	453 /108
Total fat (g)	31	5
of which saturated(g)	7,7	1,4
Carbonhydrates (g)	51	9
of which sugars (g)	15,7	2,8
Fiber (g)	12	2
Protein (g)	26	5
Salt (g)	0,6	0,1

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.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Boil the potatoes for 12 - 15 minutes, covered, then drain and rinse under cold water.

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

3



Make the salad

- In a salad bowl, combine the mayonnaise with the mustard, the white wine vinegar and the dill.
- Season to taste with salt and pepper.
- Transfer the baby potatoes, apple, fennel and lettuce to the salad bowl and toss well to combine with the dressing.
- Season to taste with salt and pepper.

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

2



Chop the vegetables

- Quarter the fennel and remove the tough core, then chop the fennel into strips (see Tip).
- Core and dice the apple.
- Slice the onion into half rings and finely chop the dill.

Tip: *the fennel will be served raw, but if preferred you can also fry it instead. Melt a knob of butter in a frying pan over medium-high heat and fry for 5 - 7 minutes.*

4



Fry the fish and serve

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the onion with the fish for 2 - 3 minutes on its skin, then flip and fry for 2 more minutes. Season to taste with salt and pepper.
- Serve the fish on plates. Stir the onion into the salad and serve alongside.

Steak with Lemon Mayonnaise & Basil

over spicy giant couscous with courgette & Sicilian-style herbs

Total time: 20 - 30 min. Quick Health Conscious Choice




Marinated steak


Red onion


Carrot


Courgette


Giant couscous


Lemon mayonnaise with black pepper


Red chili pepper


Sicilian-style herb mix


Fresh basil


Dried thyme

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Carrot* (unit(s))	½	1	1	1	2	2
Courgette* (unit(s))	½	1	2	2	3	3
Giant couscous (g)	75	150	225	300	375	450
Lemon mayonnaise with black pepper* (g)	25	50	75	100	125	150
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Sicilian-style herb mix (sachet(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3234 /773	500 /119
Total fat (g)	37	6
of which saturated(g)	8,8	1,4
Carbonhydrates (g)	68	10
of which sugars (g)	13,2	2
Fiber (g)	7	1
Protein (g)	40	6
Salt (g)	2,1	0,3

Allergens

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

1



Prepare

- Take the steak out of the fridge and allow it to reach room temperature.
- Prepare the stock.
- Cut the top off of the red chili pepper* and then roll it in your hands so as to release the seeds. Allow the seeds to fall out as preferred, then slice into thin rings.
- Separate the basil leaves from the stems.

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

2



Boil the giant couscous

- Heat a drizzle of olive oil in a pot or saucepan over medium heat.
- Fry the chili pepper with the giant couscous and basil stems for 1 minute, then pour in the stock and cover with the lid.
- Reduce the heat to low and boil the giant couscous for 12 - 14 minutes.
- Remove the basil stems, then fluff through the grains with a fork and set aside.

3



Fry the vegetables

- Slice the carrot and courgette into crescents.
- Slice the onion into half-rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the carrot for 2 minutes.
- Add the onion, the courgette and the thyme, then mix well and fry for 3 - 4 more minutes. Deglaze with the white wine vinegar.

Did you know... *the courgette in this recipe contains vitamin C, a nutrient that contributes to the reduction of tiredness and fatigue.*

4



Fry the steak

- Melt a knob of butter in another frying pan over medium-high heat.
- When the butter 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 for at least 3 minutes under aluminum foil.

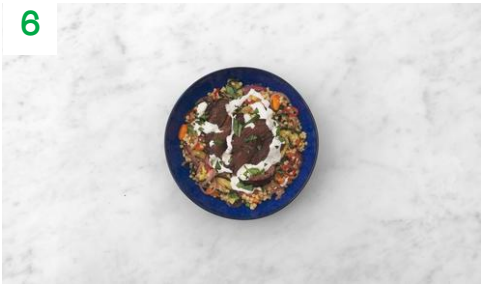
5



Finish

- Finely chop the basil leaves.
- To the vegetables, add the giant couscous, the Sicilian-style herbs and half of the basil.
- Mix well to combine and drizzle with extra virgin olive oil as preferred.
- Season to taste with salt and pepper.

6



Serve

- Slice the steak against the grain.
- Serve everything on plates.
- Drizzle with the lemon mayo and garnish with the rest of the basil to finish.

Salmon with Dill Mayo & Roast Potatoes

with turnip & bell pepper

Total time: 40 - 50 min. Family




Potatoes


Garlic & herb seasoning


Red onion


Garlic


Bell pepper


Turnip


Copacabana-style spice mix


Fresh dill


Salmon fillet


Yogurt dressing

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1	2	2	3
Turnip* (unit(s))	½	1	1½	2	2½	3
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Salmon fillet* (unit(s))	1	2	3	4	5	6
Yogurt dressing* (g)	20	40	60	80	100	120
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Mustard (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3556 /850	572 /137
Total fat (g)	52	8
of which saturated(g)	7	1,1
Carbonhydrates (g)	69	11
of which sugars (g)	19,5	3,1
Fiber (g)	11	2
Protein (g)	26	4
Salt (g)	1,5	0,2

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Thoroughly wash the potatoes and cut into rough chunks, then transfer to a bowl.
- Drizzle with olive oil and scatter over the garlic & herb seasoning. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 - 35 minutes, or until golden-brown.

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

2



Chop the vegetables

- Chop the onion and crush or mince the garlic.
- Dice the bell pepper and finely dice the turnip.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the onion for 1 - 2 minutes.
- Add the bell pepper, the turnip, the garlic and the Copacabana-style spices. Mix well and fry for 10 - 12 minutes, or until done. Season with salt and pepper.

3



Fry the fish

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

4



Serve

- Meanwhile, finely chop the dill.
- In a small bowl, combine the yogurt dressing with the mayonnaise, the mustard, the honey and the dill.
- Serve the roast potatoes on plates with everything else alongside.
- Finish with the dill yogurt sauce.

Sticky Turkey Skewers with Coconut Green Beans

over rice with chili pepper & yellow curry spices

Total time: 40 - 50 min.




Garlic


Red onion


Red chili pepper


Lime


Turkey breast


Coconut milk


Green beans


Yellow curry spices


White long grain rice


Ginger paste

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Turkey breast* (unit(s))	1	2	3	4	5	6
Coconut milk (ml)	50	100	150	200	250	300
Green beans* (g)	150	300	400	600	700	900
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
White long grain rice (g)	75	150	225	300	375	450
Ginger paste* (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
[Reduced salt] ketjap manis (tbsp)	3	6	9	12	15	18

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3469 /829	575 /137
Total fat (g)	24	4
of which saturated(g)	9,7	1,6
Carbonhydrates (g)	109	18
of which sugars (g)	37,8	6,3
Fiber (g)	9	1
Protein (g)	42	7
Salt (g)	3,3	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 8 - 11 minutes, then drain and set aside.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the red chili pepper*. Juice the lime into a bowl.
- Cut the turkey into uniform pieces of around 3cm.

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

2



Marinate the turkey

- To the lime juice, add the ketjap, the honey and half each of the ginger paste, chili pepper and garlic.
- Mix well to combine.
- Add the turkey and mix well, ensuring it is well coated (see Tip).

Tip: *the turkey will absorb more flavour and become more tender the longer you marinate it. If you have time, allow it to marinate for 15 - 20 minutes.*

3



Fry the aromatics

- Prepare the stock.
- Discard the tips of the green beans and cut into thirds.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the onion and yellow curry spices with the rest of the garlic, ginger paste and chili pepper for 2 minutes.

4



Prepare the green beans

- Add the coconut milk and the stock. Mix well, then add the green beans and cover with the lid.
- Allow to cook gently for 15 - 18 minutes.
- Thread the turkey onto the skewers (see Tip).

Tip: *to save time, you can also skip making skewers and just fry the turkey directly.*

5



Fry the skewers

- Heat a drizzle of sunflower oil in a frying pan or grill pan over medium-high heat.
- Fry the skewers for 4 - 5 minutes per side or until done.
- Add the marinade to the pan and fry for 1 minute, taking care that it doesn't burn. Lower the heat if necessary.
- When finished, transfer the empty pan directly to the sink and fill with water.

6



Serve

- Serve the rice and coconut green beans on plates.
- Top with the skewers.

Roasted Vegetable Bulgur with Honeyed Goat's Cheese Pearls

with fresh mint, pumpkin seeds & sweet potato

Total time: 45 - 55 min. Vegetarian Health Conscious Choice




Honeyed goat's cheese pearls


Bulgur


Sweet potato


Red onion


Romano pepper


Kumato tomato


Fennel


Arugula & lamb's lettuce


Fresh mint


Middle Eastern spice mix


Ground cumin


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
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Bulgur (g)	50	100	150	200	250	300
Sweet potato (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	1	2	3	4	5	6
Kumato tomato* (unit(s))	½	1	1	2	2	3
Fennel* (unit(s))	½	1	2	2	3	3
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Fresh mint* (g)	2½	5	7½	10	12½	15
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Ground cumin (sachet(s))	⅙	⅓	½	⅔	⅚	1
Pumpkin seeds (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Mustard (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2423 /579	361 /86
Total fat (g)	25	4
of which saturated(g)	7,2	1,1
Carbonhydrates (g)	71	11
of which sugars (g)	19,6	2,9
Fiber (g)	15	2
Protein (g)	18	3
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Peel the sweet potato and dice it into 1cm cubes, then transfer to a large bowl along with half of the Middle Eastern-style spices.
- Drizzle lightly with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 minutes.

2



Chop the vegetables

- Meanwhile, prepare the stock.
- Cut the Romano pepper into strips and slice the onion into half-rings.
- Quarter the fennel and remove the tough core, then chop the fennel into strips.
- Transfer all three to the same bowl and drizzle lightly with olive oil. Add the rest of the Middle Eastern-style spices and season with salt and pepper, then toss well to coat.

3



Prepare the bulgur

- Toss the sweet potato, then add the vegetables alongside (or use another baking sheet). Roast for 20 - 25 minutes, tossing halfway.
- In a pot or saucepan, toast the bulgur with the cumin for 1 minute over medium heat, stirring continuously.
- Add the stock and boil for 10 minutes over low heat, covered.
- Drain and then fluff through the bulgur with a fork.

4



Toast the pumpkin seeds

- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.
- Dice the tomato and finely chop the mint, then transfer both to a salad bowl.
- Add the lettuce and toss well to combine.

5



Finish the salad

- In a small bowl, combine the extra virgin olive oil with the balsamic vinegar and the mustard. Season to taste with salt and pepper.
- Transfer the roasted vegetables, the dressing and the bulgur to the salad bowl and toss well to combine.
- Drizzle with extra virgin olive oil as preferred and season to taste with salt and pepper.

6



Serve

- Serve the salad on plates and top with the goat's cheese.
- Garnish with the pumpkin seeds to finish.

Athlete's Choice: Chicken Breast with Giant Couscous

with min. 50g protein per person

Total time: 30 - 40 min. Health Conscious Choice



- Giant couscous
- Chicken breast with Mediterranean herbs
- Apricot chutney
- Fennel
- Courgette
- Carrot
- Fresh flat leaf parsley & basil
- Mixed nuts & pumpkin seeds
- African-inspired spice mix
- Organic full-fat yogurt

NEW INGREDIENT

There's a new ingredient in your box! This crunchy mix of almonds, cashews, pumpkin seeds and pistachios is the perfect topping for this recipe.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Apricot chutney (g)	25	50	75	100	125	150
Fennel* (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Mixed nuts & pumpkin seeds (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Not included						
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	382 /91
Total fat (g)	19	3
of which saturated(g)	5,5	0,7
Carbonhydrates (g)	79	11
of which sugars (g)	22,3	3
Fiber (g)	10	1
Protein (g)	44	6
Salt (g)	2,1	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Prepare the stock in a pot or saucepan for the giant couscous.
- Quarter the fennel and remove the tough core.
- Dice the fennel, the courgette and the carrot.
- Transfer all three to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then roast for 18 - 23 minutes, tossing halfway.

2



Boil the giant couscous

- Boil the giant couscous for 12 - 14 minutes, covered. Add a splash of water as necessary if it seems too dry.
- Drain if necessary, then fluff through the grains with a fork and set aside.
- Heat a clean frying pan over high heat.
- Toast the mixed nuts and pumpkin seeds until they start to pop, then remove from the pan and set aside.

3



Fry the chicken

- Melt a small knob of butter in the same frying pan over medium-high heat.
- Fry the chicken for 2 minutes per side, seasoning with salt and pepper.
- Coat the chicken with the apricot chutney and fry for 5 more minutes or until done, covered.
- Roughly chop the fresh herbs.

4



Serve

- In a bowl, combine the roasted vegetables with the giant couscous, the white balsamic vinegar, the African-inspired spices and half of the fresh herbs. Season to taste with salt and pepper.
- Serve everything on deep plates and drizzle with the yogurt.
- Garnish with the toasted nuts and seeds, along with the rest of the fresh herbs.

Shrimp over Fragrant Butternut Squash Soup

with zesty chili butter, rice noodles & coriander

Total time: 35 - 45 min. Health Conscious Choice



- Butternut squash
- Shrimp
- Coconut milk
- Fresh coriander
- Lime
- Curry powder
- Rice noodles
- Ginger paste
- Garlic
- Red chili pepper

SEASONAL INGREDIENT

There is a special ingredient in your box! Butternut squash, a sweet autumn and winter vegetable, is perfect for soups, casseroles and mash.
Scan the QR code to let us know what you thought of the ingredient!

NUTRI-SCORE A B C D E

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
Butternut squash* (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Coconut milk (ml)	90	180	250	360	430	540
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Curry powder (sachet(s))	½	1	1½	2	2½	3
Rice noodles (g)	50	100	150	200	250	300
Ginger paste* (g)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

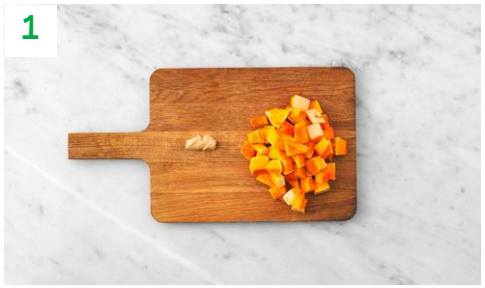
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3184 /761	346 /83
Total fat (g)	31	3
of which saturated(g)	19,4	2,1
Carbonhydrates (g)	92	10
of which sugars (g)	10	1,1
Fiber (g)	10	1
Protein (g)	23	2
Salt (g)	2,5	0,3

Allergens

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

1



Prepare

- Prepare the stock. Boil plenty of water in a pot or saucepan for the noodles.
- Peel the butternut squash, then cut the neck off of the round base.
- Halve the base lengthways, then scoop out the seeds and the stringy part of the flesh.
- Dice the butternut squash into 1cm cubes and crush or mince the garlic.

2



Make the soup

- Heat a drizzle of sunflower oil in a soup pot over medium-high heat. Fry the garlic with the curry powder and the ginger paste for 1 minute.
- Add the butternut squash and then pour in the stock.
- Bring to the boil, then cover with the lid.
- Allow to simmer for 20 minutes, or until the butternut squash is done.

3



Boil the noodles

- Boil the noodles for 4 - 5 minutes, or until al dente. Drain and rinse under cold water, then set aside.
- Meanwhile, roughly chop the coriander.
- Zest the lime, then juice half of it and cut the rest into wedges.
- Deseed the red chili pepper* and slice into thin rings.

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

4



Fry the shrimp

- Melt a knob of butter in a frying pan over medium-high heat.
- Set aside some of the chili pepper to use later as garnish, then fry the shrimp with the rest of the chili pepper for 3 minutes until done.
- Remove the pan from the heat and stir in some lime zest as preferred.
- Season to taste with salt and pepper.

5



Finish

- Remove the soup from the heat, then add the coconut milk and the lime juice.
- Use an immersion blender to process until smooth, adding a splash of water as preferred if it seems too thick.
- Season to taste with salt and pepper.

6



Serve

- Serve the noodles in bowls and pour over the soup, then add the toppings.
- Drizzle with any residual chili butter from the frying pan.
- Scatter over any remaining lime zest and serve the lime wedges alongside.

Supergreen Squeaky Cheese Couscous with Olives & Mint

with raisins, bell pepper & spinach

Total time: 25 - 35 min. Quick Vegetarian




Red onion


Bell pepper


Garlic


Wholewheat couscous


Raisins


Spinach


Fresh mint


Kalamata olives


Cypriot-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 onion (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Wholewheat couscous (g)	37½	75	112½	150	187½	225
Raisins (g)	10	20	30	40	50	60
Spinach* (g)	50	100	150	200	250	300
Fresh mint* (g)	5	10	15	20	25	30
Kalamata olives (g)	15	30	50	70	80	100
Cypriot-style cheese* (g)	100	200	300	400	500	600
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3188 /762	621 /149
Total fat (g)	48	9
of which saturated(g)	25,2	4,9
Carbonhydrates (g)	44	9
of which sugars (g)	20,3	4
Fiber (g)	12	2
Protein (g)	33	6
Salt (g)	3,9	0,8

Allergens

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

1



Prepare

- Prepare the stock in a salad bowl.
- Add the couscous and allow to stand for 10 minutes, covered.
- Slice the onion into half-rings and roughly chop the garlic (see Tip).
- Cut the bell pepper into thin strips.

Tip: *the garlic will be served raw, but you can also fry it with the vegetables in step 2 if preferred. In this case, crush or mince it.*

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium heat and fry the onion for 2 - 3 minutes.
- Add the bell pepper and fry for 5 - 7 more minutes.
- Pat the cheese dry with kitchen paper and cut it into thick slabs.
- Heat a drizzle of olive oil in a frying pan over medium heat and fry the cheese for 2 - 3 minutes per side until evenly golden-brown.

3



Make the dressing

- Pull the mint leaves off of the stems.
- Halve the olives and roughly chop the raisins.
- Transfer the garlic and the extra virgin olive oil to a tall container, along with half each of the spinach and the mint.
- Use an immersion blender to process until smooth, adding a splash of water if necessary. Season to taste with salt and pepper.

4



Serve

- Fluff through the couscous with a fork to separate the grains, the stir in the raisins and the dressing.
- Serve the rest of the spinach on plates, topped with the couscous, the vegetables and the cheese.
- Garnish with the olives and the rest of the mint.

Mushroom Tortelloni Al Forno in Blue Cheese Sauce

with courgette, leek & Italian seasoning

Total time: 50 - 60 min. Vegetarian




Courgette


Onion


Blue cheese cubes


Cooking cream


Leek


Mushroom tortelloni


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
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	40	75	120	150	195	225
Cooking cream (g)	75	150	225	300	375	450
Leek* (unit(s))	½	1	1	2	2	3
Mushroom tortelloni* (g)	150	300	450	600	750	900
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (g)	20	40	60	80	100	120
Flour (g)	20	40	60	80	100	120
Black pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4088 /977	506 /121
Total fat (g)	55	7
of which saturated(g)	30	3,7
Carbonhydrates (g)	86	11
of which sugars (g)	17,1	2,1
Fiber (g)	9	1
Protein (g)	30	4
Salt (g)	3,7	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 220°C and prepare the stock.
- Slice the courgette into crescents. Slice the onion and the leek into half rings.
- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the courgette for 2 - 3 minutes.
- Add the onion and the leek, then fry for 5 - 6 more minutes.

2



Make the sauce

- Melt the butter in a saucepan over medium-high heat. Whisk in the flour and fry until golden, then add a third of the stock.
- Whisk to incorporate, then repeat with the rest of the stock, adding it in two more batches.
- Whisk until smooth and bring to the boil, then allow to reduce for 1 - 2 minutes. Season to taste with pepper.

3



Combine

- To the sauce, add the cream, the Italian seasoning and half of the cheese.
- Cook for 2 - 3 minutes, then transfer to the vegetables and mix well to combine.

4



Serve

- Transfer a third of the sauce to an oven dish. Top with the uncooked tortelloni and then cover with the rest of the sauce (or make more layers if preferred).
- Crumble over the rest of the cheese, then bake in the oven for 15 - 18 minutes.
- Allow to rest for at least 3 minutes, then serve the tortelloni on plates.

UMAMI EXPLOSION! Miso, Parmigiano & Truffle-Style Oil

discover the rich intensity of umami with this pork & garlicky mash

Total time: 35 - 45 min. Health Conscious Choice



- Leek
- Parsnip
- White miso paste
- Potatoes
- Parmigiano Reggiano DOP
- Garlic
- Pork escalope
- Truffle-style olive oil
- Fresh chives
- Roasted hazelnuts
- 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
Leek* (unit(s))	½	1	2	2	3	3
Parsnip* (unit(s))	½	1	1	2	2	3
White miso paste (g)	12½	25	37½	50	62½	75
Potatoes (g)	250	500	750	1000	1250	1500
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Garlic (unit(s))	2	4	6	8	10	12
Pork escalope* (unit(s))	1	2	3	4	5	6
Truffle-style olive oil (ml)	4	8	12	16	20	24
Fresh chives* (g)	5	10	15	20	25	30
Roasted hazelnuts (g)	10	20	30	40	50	60
Onion (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	75	150	225	300	375	450
[Plant-based] milk	splash					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3310 /791	445 /106
Total fat (g)	36	5
of which saturated(g)	14,2	1,9
Carbonhydrates (g)	74	10
of which sugars (g)	14,6	2
Fiber (g)	14	2
Protein (g)	42	6
Salt (g)	2,3	0,3

Allergens

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

1



Prepare

- Take the pork out of the fridge and allow it to reach room temperature.
- In a bowl, combine the miso* with the water for the sauce and the white wine vinegar.
- Slice the leek into chunky half-rings of around 2 - 3cm. Slice the onion into wedges.
- Peel the parsnip and cut into thin batons.

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

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the garlic cloves (unpeeled) with the leek, the onion and the parsnip for 3 - 4 minutes, or until golden-brown.
- Deglaze with the miso mixture and then allow to simmer over low heat for 20 - 25 minutes, covered.
- Peel or thoroughly wash the potatoes and cut into rough chunks.

3



Boil the potatoes

- Transfer the potatoes to a pot or saucepan and submerge with water, then boil for 12 - 15 minutes. Drain and set aside.
- Meanwhile, finely grate the cheese.
- Roughly chop the hazelnuts and finely chop the chives.

4



Fry the pork

- Season the pork with salt and pepper.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the pork for 8 minutes until evenly browned, turning regularly.
- Slice the pork shortly before serving.

5



Mash the potatoes

- Take the garlic out of the pan and squeeze the cloves out of their skins.
- Use a knife or a fork to crush the garlic into a paste-like consistency.
- Mash the potatoes with a knob of butter, the crushed garlic, half of the cheese and a splash of milk as preferred.
- Season to taste with salt and pepper.

6



Serve

- Serve the mashed potatoes on plates with everything else alongside.
- Drizzle with the truffle-style olive oil and any remaining miso sauce from the pan.
- Garnish with the chives, the hazelnuts and the rest of the cheese.

Duck Confit Rigatoni in Roasted Tomato Sauce

with pecorino & Sicilian-style herbs

Total time: 30 - 40 min. Health Conscious Choice



- Boneless duck thigh confit
- Onion
- Garlic
- Sicilian-style herb mix
- Grated Pecorino DOP
- Tomato paste
- Rigatoni
- Mini Roma tomatoes

KITCHEN STORIES

Recipe Developer Sarah: "Restaurant-worthy pasta with just 10 minutes in the kitchen? Yes, please! Mix all the sauce ingredients in an baking dish, pop it in the oven and this delicious pasta will be on the table in no time. The sweet sauce pairs perfectly with the salty kick of pecorino!"

NUTRI-SCORE A B C D E

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
Boneless duck thigh confit* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Grated Pecorino DOP* (g)	10	20	30	40	50	60
Tomato paste (can)	½	1	1½	2	2½	3
Rigatoni (g)	90	180	270	360	450	540
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3142 /751	730 /174
Total fat (g)	32	7
of which saturated(g)	9,5	2,2
Carbonhydrates (g)	81	19
of which sugars (g)	16,5	3,8
Fiber (g)	8	2
Protein (g)	36	8
Salt (g)	1,9	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Boil plenty of salted water in a pot or saucepan and cook the pasta for 13 - 15 minutes.
- Reserve some of the pasta water, then drain and set aside.
- Chop the onion and crush or mince the garlic.

2



Make the sauce

- Transfer everything except the pasta and the cheese to an oven dish.
- Drizzle with olive oil, then season with salt and pepper.
- Mix well to combine and then roast for 15 - 17 minutes, tossing halfway.
- Use two forks to shred the duck into smaller pieces. Add a splash of pasta water to make it saucier if preferred.

3



Finish

- Transfer the pasta to the oven dish and mix well to combine.
- Add another splash of pasta water as needed.
- Season to taste with salt and pepper.

4



Serve

- Serve the pasta on plates and scatter over the cheese.

Tortillas with Garlic & Lemon Shrimp

with avocado, bell pepper and mango chutney

Total time: 20 - 30 min. Quick



- Avocado
- Mango chutney
- Red onion
- Fresh coriander
- Carrot
- Wholewheat mini tortilla
- Shrimp
- Garlic
- Bell pepper
- Tomato
- Lemon
- Copacabana-style spice mix

Recipe Developer Sylvie: "My love for the combination of sweet and savoury shows in this recipe. I chose to combine the fresh shrimp, sweet mango chutney and slightly spicy Mexican-style spices with creamy avocado."

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
Avocado (unit(s))	½	1	2	2	3	3
Mango chutney* (g)	20	40	60	80	100	120
Red onion (unit(s))	½	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Carrot* (unit(s))	½	1	1	1	2	2
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Shrimp* (g)	80	160	240	320	400	480
Garlic (unit(s))	1	2	3	4	5	6
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	½	1	1½	2	2½	3
Copacabana-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] mayonnaise (tbsp)	2	4	6	8	10	12
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4134 /988	676 /162
Total fat (g)	63	10
of which saturated(g)	9,7	1,6
Carbonhydrates (g)	71	12
of which sugars (g)	18,1	3
Fiber (g)	19	3
Protein (g)	28	5
Salt (g)	2,8	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Crush or mince the garlic. Juice half of the lemon and cut the rest into wedges.
- In a bowl, combine the shrimp with the garlic and half of the lemon juice, then drizzle with olive oil and set aside.
- Slice the onion into half-rings and cut the bell pepper into strips. Grate the carrot.

2



Make the salad

- Finely chop the coriander.
- In a bowl, combine the mayonnaise with the rest of the lemon juice.
- Add the carrot and half of the coriander, then toss well to combine. Season to taste with salt and pepper, then set aside until serving.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 4 minutes.

3



Fry the shrimp

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the onion and the bell pepper for 3 - 5 minutes.
- Add the Copacabana-style spices* and the shrimp in their marinade, then fry for 3 minutes.

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

4



Serve

- Dice the tomato.
- Spread the tortillas with the mango chutney.
- Serve the toppings in separate bowls so as to allow everyone to assemble their own tortillas as preferred.
- Garnish with the rest of the coriander and serve the lemon wedges alongside.