Loaded Nachos with Homemade Guacamole

with jalapeños and sour cream | 4 servings

Appetizer

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Ingredients

Scallions* (g)	125
Avocado (unit(s))	2
Shallot (unit(s))	1
Lime* (unit(s))	1
Roma tomato (unit(s))	1
Garlic (unit(s))	1
Organic sour cream* (g)	100
Grated Gouda* (g)	150
Tortilla chips (g)	300
Jalapeño* (unit(s))	1
From your pantry	
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	966 /231
Total fat (g)	15
of which saturated (g)	4,6
Carbohydrates (g)	18
of which sugars (g)	1,4
Fibre (g)	2
Protein (g)	5
Salt (g)	0,5

Allergens

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

1



Make the nachos

- Preheat the oven to 180°C. Slice the scallions. Deseed and finely chop the jalapeño.
- Spread the tortilla chips over a parchment-lined baking sheet.
- Top the chips evenly with the jalapeños and two-thirds of the scallions, then scatter over the cheese.
- Bake for 10 - 15 minutes or until cheese has melted.

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

2



Prepare the guacamole

- Halve and pit the avocado, then dice the flesh and add it to a large bowl.
- Finely dice the tomato. Finely chop the shallot and press or mince the garlic. Cut the lime in half.
- Mash the avocado with a fork. Add the tomato, shallot and garlic.
- Squeeze the lime into the bowl. Mix everything together and season with salt and pepper.

3



Serve

- Take the nachos out of the oven and serve directly on the baking sheet or in a serving dish.
- Garnish with the rest of the scallions.
- Transfer the sour cream to a bowl.
- Serve the nachos with the sour cream and guacamole.

Enjoy!

Tear me out!

Vietnamese Spring Rolls

with hoisin sauce and fresh coriander | 10 pieces

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Ingredients

Jasmine rice (g)	150
Red onion (unit(s))	1
Shrimp* (g)	240
Fresh coriander & mint* (g)	10
Persian cucumber* (unit(s))	1
East Asian-style sauce* (g)	25
Carrot* (unit(s))	1
Rice paper (unit(s))	1
Fresh ginger* (tsp)	2
Hoisin sauce (g)	25
From your pantry	
Water (ml)	360
White wine vinegar (tbsp)	1
Sugar (tbsp)	½
Sunflower oil (tbsp)	½
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	422 /101
Total fat (g)	1
of which saturated (g)	0,2
Carbohydrates (g)	19
of which sugars (g)	2,5
Fibre (g)	1
Protein (g)	5
Salt (g)	0,5

Allergens

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

1



Prepare

- Boil the water (see pantry for amount) in a lidded saucepan. Cook the rice for 10 - 12 minutes, covered, then set aside to cool down.
- Grate the carrot and finely chop the onion.
- In a bowl, mix the white wine vinegar with the sugar and a pinch of salt. Mix in the onion and carrot and set aside. Stir regularly so that the flavours can sink in properly.

2



Chop the aromatics

- Finely grate 2 tsp of ginger.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Add the ginger and shrimp. Fry for 2 - 3 minutes and season with salt and pepper.
- Finely chop the fresh herbs. Cut the cucumber into thin sticks.
- Fill a large bowl or deep plate with lukewarm water. Soak one of the rice paper sheets in the water for 5 - 10 seconds, then immediately transfer to a plate.

3



Serve

- Place the shrimp in the middle of the rice paper, then top with some of the carrot, onion, cucumber, rice, sweet East Asian-style sauce and fresh herbs.
- Fold the bottom of the rice paper over the filling, then fold the sides and roll it up.
- Repeat these steps for the rest of the rice paper sheets.
- Serve on a large platter or plate, with the hoisin sauce.

Enjoy!

Tear me out!

Quesadillas with Pulled Chicken

with bell pepper and BBQ sauce | 2 servings

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients

Flour tortillas (unit(s))	4
Grated Gouda* (g)	75
BBQ Sauce (g)	50
Red onion (unit(s))	1
Bell Pepper* (unit(s))	1
Crème fraîche* (g)	50
Chicken breast* (unit(s))	2
From your pantry	
[Plant-based] butter (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2979 /712	709 /170
Total fat (g)	33	8
of which saturated (g)	18,1	4,3
Carbohydrates (g)	56	13
of which sugars (g)	9,1	2,2
Fibre (g)	5	1
Protein (g)	45	11
Salt (g)	2,1	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.
- Chop the bell pepper into strips.
- Slice the onion into half rings.

2



Fry the chicken

- Season the chicken with salt and pepper.
- Heat the butter in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side. Reduce the heat and fry for a further 4 - 5 minutes or until done.
- Remove the chicken from the pan and shred it using two forks.
- Add the chicken back to the pan, together with the bell pepper, onion and BBQ sauce. Simmer for 4 - 5 minutes on medium-high heat.

3



Serve

- Place the tortillas on a parchment-lined baking sheet. Add the pulled chicken and veggies to just half of each tortilla.
- Top with the grated cheese, then fold the other side over the filling and press down.
- Put the quesadillas in the oven and bake for 5 - 7 minutes, until golden brown.
- Serve the quesadillas with the crème fraîche on the side.

Enjoy!

Tear me out!

Chicken Saté with Quick-Pickled Cucumber

with fresh coriander and crispy onions | 4 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Fresh coriander* (g)	10
Hoisin sauce (g)	50
Peanut sauce* (g)	120
Crispy fried onions (g)	30
Persian cucumber* (unit(s))	1
Chicken thigh strips* (g)	400
From your pantry	
[Reduced salt] soy sauce (tbsp)	2½
[Reduced salt] ketjap manis (tbsp)	1
Sambal	to taste
[Plant-based] butter (tbsp)	½
White wine vinegar (tbsp)	2
Sugar (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	677 /162
Total fat (g)	10
of which saturated (g)	3,7
Carbohydrates (g)	7
of which sugars (g)	5,4
Fibre (g)	1
Protein (g)	10
Salt (g)	1,1

Allergens

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

1



Marinate the chicken

- Slice the chicken lengthways into smaller strips.
- In a bowl, combine the hoisin sauce with the soy sauce. Season to taste with salt and pepper. Add the chicken to this marinade and set aside until further use.
- Slice the cucumber into rounds.
- In a bowl, combine the white wine vinegar with the sugar and a pinch of salt. Add the cucumber and toss well to combine, then set aside, stirring occasionally.

2



Make the peanut sauce

- Transfer the peanut sauce and ketjap manis to a saucepan and combine well over low heat. Add some sambal to taste.
- Meanwhile, melt the butter in a frying pan and fry the chicken for 6 - 8 minutes over medium heat. Season with salt and pepper to taste.
- Finely chop the coriander.

3



Serve

- Place the chicken on a serving platter.
- Serve the peanut sauce to the side and garnish with the crispy onions.
- Scatter the coriander over the chicken.
- Serve with the quick-pickled cucumber.

Enjoy!

Tear me out!

Spicy Garlic Shrimp

with aioli, baguette & lemon | to share

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Fresh flat leaf parsley* (g)	10
Garlic (unit(s))	2
Red chili pepper* (unit(s))	1
Lemon* (unit(s))	1
Aioli (g)	75
Shrimp* (g)	360
White demi-baguette (unit(s))	2
From your pantry	
[Plant-based] butter (tbsp)	¾
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	747 /178
Total fat (g)	8
of which saturated (g)	1,6
Carbohydrates (g)	17
of which sugars (g)	0,8
Fibre (g)	1
Protein (g)	9
Salt (g)	0,8

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Finely chop the parsley stems, then roughly chop the leaves.
- Deseed and finely chop the red chili pepper*.
- Crush or mince the garlic.

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

2



Cook the shrimp

- Transfer the shrimp to an oven dish along with the butter, parsley stems, chili pepper and garlic.
- Mix well to combine and season with salt and pepper.
- Bake the shrimp, with the baguettes alongside on the same oven rack, for 6 - 8 minutes or until the shrimp are done.

3



Serve

- Cut the lemon into wedges in the meantime.
- Transfer the shrimp to a serving dish and garnish with the parsley leaves.
- Serve immediately, with the baguettes, aioli and lemon wedges alongside.

Enjoy!

Tear me out!

Tomato & Mozzarella Baguette

with Italian herbs and fresh basil | 2 servings

Appetizer

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Ingredients

White demi-baguette (unit(s))	2
Fresh basil* (g)	10
Passata (g)	200
Italian seasoning (sachet(s))	1
Mozzarella* (ball(s))	1
Mini Roma tomatoes* (g)	250
From your pantry	
Extra virgin olive oil (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2536 /606	588 /141
Total fat (g)	20	5
of which saturated (g)	8,9	2,1
Carbohydrates (g)	78	18
of which sugars (g)	12,2	2,8
Fibre (g)	8	2
Protein (g)	24	6
Salt (g)	2,2	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.
- Cut the baguette in half lengthways.
- Finely chop the basil.
- In a small bowl, mix the passata with the Italian herbs, half of the basil, 1 tbsp extra virgin olive oil and salt and pepper to taste.

2



Add the toppings

- Cut the tomatoes in half.
- Tear the mozzarella into small pieces.
- Place the baguette on a parchment-lined baking sheet.
- Spread the passata over the bread and top with the mozzarella and tomato.

3



Bake and serve

- Bake the bread in the oven for 6 - 8 minutes, or until the cheese has melted.
- Garnish with the rest of the basil, then season with salt and pepper to taste.
- Slice the bread and serve on a large plate or dish.

Enjoy!

Tear me out!

Flammekueche with Bacon, Courgette & Red Onion

with crème fraîche & arugula | 2 servings

Appetizer

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Flammekueche* (unit(s))	2
Crème fraîche* (g)	100
Chopped red onion* (g)	75
Arugula* (g)	40
Courgette* (unit(s))	½
Bacon lardons* (g)	80

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2117 /506	736 /176
Total fat (g)	27	9
of which saturated (g)	13,5	4,7
Carbohydrates (g)	48	17
of which sugars (g)	6,3	2,2
Fibre (g)	2	1
Protein (g)	16	6
Salt (g)	2,1	0,7

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.
- Transfer the flammekueche dough to a parchment-lined baking sheet.
- Slice the courgette into crescents.

2



Add the toppings

- Spread the crème fraîche over the dough, then scatter over the bacon lardons, courgette and pre-chopped red onion.

3



Serve

- Bake the flammekueche in the oven for 8 - 10 minutes.
- Slice the flammekueche and garnish with the arugula.

Enjoy!

Tear me out!

Tear ‘n Share Camembert Ciabatta

with rosemary and garlic | to share

Appetizer

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients

Fresh rosemary* (sprig)	2
Garlic (unit(s))	3
Camembert* (g)	240
White ciabatta (unit(s))	3
From your pantry	
Honey [or plant-based alternative] (tbsp)	1
Olive oil (tbsp)	2
[Plant-based] butter (g)	30
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1305 /312
Total fat (g)	19
of which saturated (g)	9,9
Carbohydrates (g)	23
of which sugars (g)	2,7
Fibre (g)	1
Protein (g)	12
Salt (g)	1,1

Allergens

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

1



Prepare the ciabatta

- Preheat the oven to 200°C.
- Slice the ciabatta diagonally at 2cm intervals, moving widthways and making sure not to cut the whole way through. Repeat this step in the opposite direction to create a criss-cross pattern.
- Mince or crush the garlic. Pick the rosemary leaves from their stalks and roughly chop them.
- Slice the camembert into 1cm thick slices, then cut these to be approximately 2 - 3cm long.

2



Make the rosemary-garlic oil

- Heat a small saucepan on medium-high heat and add the olive oil and butter.
- Allow the butter to melt, then add the garlic and rosemary and cook for 1 minute. Remove from the heat, then season with salt and pepper.
- Transfer the ciabatta to a parchment-lined baking sheet and use a teaspoon to drizzle the rosemary-garlic oil into each cut.
- Push a camembert slice into each cut.

3



Bake the bread and serve

- Drizzle over the ciabatta with honey and a little more olive oil if preferred, then sprinkle over some salt and pepper.
- Bake the bread for 10 - 12 minutes, or until the cheese is melted.
- Remove the bread from the oven and transfer to a serving platter to share.

Enjoy!

Tear me out!

Banana Bread

with apple and raisins | 10 slices

Baking

Total time: 70 - 80 min.



Tear me out!

Before you begin

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

Ingredients

Banana (unit(s))	3
Apple* (unit(s))	1
Raisins (g)	40
Banana bread mix (g)	400
Ground cinnamon (tsp)	3
From your pantry	
Water (ml)	60
Sunflower oil (tbsp)	3

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	941 /225
Total fat (g)	5
of which saturated (g)	1,2
Carbohydrates (g)	39
of which sugars (g)	22,7
Fibre (g)	2
Protein (g)	4
Salt (g)	0,5

Allergens

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

1



Prepare

- Preheat the oven to 180°C. Mash 2 bananas with a fork in a deep plate (see Tip).
- Wash the apple and then roughly chop it (peel it first if the skin is very tough).
- Roughly chop the raisins.

Tip: *the riper the bananas are, the sweeter the cake will be. You can speed things up by storing the bananas next to an avocado or by wrapping them in newspaper.*

2



Make the batter

- Grease or line a loaf tin.
- In a large bowl, mix the bananas with the banana bread mix, apple, cinnamon, 3 tbsp sunflower oil and 60ml water.
- Mix everything together using an immersion blender, then add the raisins and mix them into the batter.
- Pour the batter into the loaf tin. Cut the third banana in half lengthways and place each half face-up on top of the batter.

3



Serve

- Bake the banana bread for 45 - 55 minutes.
- Check if the banana bread is done by sticking a skewer into the middle; if it comes out dry then the cake is done.
- Leave the banana bread in the tin to cool down for 15 minutes after you take it out of the oven (see Tip).

Tip: *if you're having a slice of banana bread the next day, try warming it up in the oven or toaster for a few minutes for that freshly baked feeling.*

Enjoy!

Tear me out!

Sinterklaas Homemade Truffles

with ‘kruidnoten’ and white chocolate | to share

Baking

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Ingredients

Kruidnoten (g)	200
Mascarpone* (g)	100
White chocolate chips (g)	100

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1904 /455
Total fat (g)	25
of which saturated (g)	15,3
Carbohydrates (g)	52
of which sugars (g)	16,6
Fibre (g)	1
Protein (g)	6
Salt (g)	0,8

Allergens

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

1



Prepare

- Grind the kruidnoten into crumbs using a food processor (see Tip).
- Add 1 tbsp of the crumbs to a small bowl and set aside for later.
- Transfer the rest of the crumbs to a bowl and mix in the mascarpone.
- Continue mixing until it becomes a firm mixture.

Tip: *If you do not have a food processor at home, add the kruidnoten to a ziplock bag and smash them with a rolling pin until they become crumbs.*

2



Melt the chocolate

- Scoop 1 tbsp of the mixture and squeeze it together with your hands, then roll it into a ball. Repeat this step until you have shaped around 20 balls.
- Transfer the truffles to a fridge and chill for at least 30 minutes.
- Boil a shallow layer of water in a saucepan, then place a heat-resistant bowl on top, making sure it doesn't touch the water.
- Add the white chocolate and allow to melt while stirring.

3



Serve

- Dip the truffles into the white chocolate one at a time to coat them.
- Transfer the truffles back to the fridge to chill for 5 minutes, or until the chocolate has set.
- Garnish the truffles with the reserved kruidnoten crumbs.
- Transfer to a serving platter.

Enjoy!

Tear me out!

Kruidnoten Carrot Cake

with mascarpone-orange frosting | 10 servings

Baking

Total time: 70 - 80 min.



Tear me out!

Before you begin

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

Ingredients

Carrot* (unit(s))	2
Cake mix (g)	400
Speculaas spices (sachet(s))	1
Orange* (unit(s))	1
Mascarpone* (g)	100
Powdered sugar (g)	100
Kruidnoten (g)	200
From your pantry	
Sunflower oil (tbsp)	1

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1213 /290
Total fat (g)	7
of which saturated (g)	3,9
Carbohydrates (g)	52
of which sugars (g)	28,2
Fibre (g)	2
Protein (g)	3
Salt (g)	0,7

Allergens

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

1



Prepare

- Preheat the oven to 180°C. Grease or line a 25cm long rectangular cake tin.
- Grate the carrot.
- Roughly chop half of the kruidnoten.
- Add the cake mix to a large bowl along with the speculaas spices, 160ml of cold water, and the sunflower oil. Whisk together with a handheld mixer until the batter is smooth and even.

2



Bake the cake

- Add the grated carrot and half of the chopped kruidnoten to the batter, then mix well.
- Pour the batter into the cake tin, then bake in the oven for 50 - 55 minutes.
- In the meantime, juice half of the orange into a small bowl. Mix the mascarpone with the orange juice, then add 3 tbsp icing sugar and beat together until light and fluffy. Keep in the fridge until ready to use.

3



Serve

- Check if the cake is done by piercing it with a skewer; if the skewer comes out clean, then the cake is ready. Remove from the oven and let it cool completely.
- Spread the mascarpone-orange frosting on top, then scatter over the rest of the chopped kruidnoten.
- Slice the cake before serving.

Enjoy!

Tear me out!

Apple & Pear Crumble with Kruidnoten Topping

with whipped cream | to share

Baking

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients

Kruidnoten (g)	200
Apple* (unit(s))	2
Pear* (unit(s))	1
Heavy cream* (ml)	200
Speculaas spices (sachet(s))	1
Cane sugar (g)	110
From your pantry	
[Plant-based] butter (tbsp)	5
Flour (tbsp)	1

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1168 /279
Total fat (g)	16
of which saturated (g)	10,1
Carbohydrates (g)	32
of which sugars (g)	21,3
Fibre (g)	1
Protein (g)	2
Salt (g)	0,3

Allergens

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

1



Make the filling

- Preheat the oven to 180°C.
- Core and dice the apples and pear.
- Add them to a large bowl and mix with 1 tbsp of flour, 100g of sugar and the speculaas spices.
- Transfer the filling to an oven dish.

2



Make the crumble

- Add the kruidnoten to a food processor and roughly grind into crumbs (see Tip).
- Add the crumbs to the large bowl and mix with the butter until it reaches a sandy, crumbled texture and sticks together when squeezed.
- Make coarse crumbs of about 1cm by rubbing and pressing the dough between your fingers.

Tip: *if you do not have a food processor at home, add the kruidnoten to a ziplock bag and smash them with a rolling pin until they become crumbs.*

3



Bake

- Scatter the crumble topping evenly over the apple and pear mixture.
- Bake the crumble for 20 - 25 minutes in the oven until golden brown.
- Meanwhile, add the cream and 10g of sugar into a bowl or tall container and whip with an electric mixer until firm.
- Serve the kruidnoten crumble. Top with whipped cream as preferred.

Enjoy!

Tear me out!

Mini Sinterklaas Cheesecakes

with kruidnoten and chocolate chips | to share

Baking

Total time: 60 - 70 min.



Tear me out!

Before you begin

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

Ingredients

Kruidnoten (g)	200
Orange* (unit(s))	1
Chocolate chips (g)	100
Fresco spalmabile - cream cheese* (g)	300
From your pantry	
Sugar (g)	50
[Plant-based] butter (g)	50

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1238 /296
Total fat (g)	16
of which saturated (g)	10,4
Carbohydrates (g)	32
of which sugars (g)	15,6
Fibre (g)	1
Protein (g)	5
Salt (g)	0,6

Allergens

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

1



Prepare the base

- Grease the muffin tin or cut little circles out of parchment paper to use as lining for the muffin tin.
- Melt the butter and chocolate chips in a saucepan on medium heat for 4 - 5 minutes.
- Meanwhile, add two-thirds of the kruidnoten to a food processor and pulse until you have small crumbs (see Tip).

Tip: *instead of using a food processor, you can also add the speculaas pieces to a ziplock bag and smash it with a rolling pin until you have small crumbs.*

2



Make the base

- Mix the crushed kruidnoten with the melted chocolate.
- Divide the melted chocolate and kruidnoten mixture over the muffin tin. Press the mixture down with the back of a spoon. Transfer to the refrigerator and let chill while preparing the filling.
- Zest the orange.
- Use a sharp knife to peel the orange, cutting off the pith as well, then cut the orange into thin slices.

3



Serve

- Add the cream cheese, orange zest and sugar to a mixing bowl and whisk until fluffy.
- Divide the cream cheese over the bases in the muffin tin and let chill in the refrigerator for 3 - 4 hours.
- Remove the mini cheesecakes from the refrigerator and transfer to a serving plate.
- Garnish with the orange slices and the rest of the kruidnoten.

Enjoy!

Tear me out!

Chocolate Chip Cookies

with Tony Chocolonely salted caramel | 20 pieces

Baking

Total time: 75 - 85 min.



Tear me out!

Before you begin

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

Ingredients

Egg* (unit(s))	1
Flour (g)	270
Baking powder (g)	8
Cane sugar (g)	120
Unsalted butter* (g)	180
Tony's Chocolonely - Caramel sea salt (unit(s))	1
From your pantry	
Sugar (tbsp)	8
Salt (tsp)	½

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	1914 /457
Total fat (g)	24
of which saturated (g)	14,6
Carbohydrates (g)	55
of which sugars (g)	32,9
Fibre (g)	1
Protein (g)	6
Salt (g)	0,8

Allergens

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

1



Prepare

- Dice the butter into small cubes and allow it to come up to room temperature.
- Roughly chop the chocolate bar. Whisk the egg in a small bowl.
- Mix the flour and baking powder together in a large bowl, then mix in a pinch of salt and all of the chocolate.
- In another bowl, mix the butter with both types of sugar with a handheld mixer for about 5 minutes until light and fluffy.

2



Make the dough

- Add the butter-sugar mixture and the whisked egg to the flour.
- Mix everything together with a spoon until well combined, then knead the dough with your hands until it has an even texture.
- Roll the dough into a ball, wrap it in plastic film, and refrigerate it for at least 30 minutes.
- Preheat the oven to 190°C. Divide the dough into about 20 pieces, roll into small balls about 3cm thick, and arrange them in rows on a parchment-lined baking sheet.

3



Serve

- Bake the cookies for 12 - 15 minutes.
- They should still be soft when they come out of the oven.
- Allow them to cool on the baking sheet for at least 10 minutes, then serve.

Enjoy!

Tear me out!

HELLO FRESH

Breakfast box

Kick-start your day!

1 **American Pancakes with Blueberries**
topped with honey mascarpone

2 **Boiled Eggs & Cress Crackers**

3 **Greek Yogurt Bowl with Apple & Strawberry Sauce**

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

American Pancakes with Blueberries

20 min. topped with honey mascarpone | 2 servings



Utensils
Large frying pan, small bowl, two bowls, whisk

Ingredients for 2 servings

Flour (g)	200
Mascarpone* (g)	50
Blueberries* (g)	125
Organic buttermilk* (ml)	200
Baking powder (g)	8
Egg* (unit(s))	2
From your pantry	
Salt (tsp)	½
Sunflower oil (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
Sugar (tbsp)	1

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2874 /687	778 /186
Total fat (g)	24	6
of which saturated (g)	10	2,7
Carbohydrates (g)	95	26
of which sugars (g)	24,1	6,5
Fiber (g)	6	2
Protein (g)	25	7
Salt (g)	3,2	0,9

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

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

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

3. Make the topping
- Mix the **mascarpone** with the honey in a small bowl.

4. Serve
- Serve the pancakes on plates.
- Top with a dollop of **mascarpone** and scatter the **blueberries** over the pancakes.
- Drizzle with extra honey if preferred.

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

Boiled Eggs & Cress Crackers

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

Saucepan

Ingredients for 2 servings

Cream cheese* (g)	100
Curry powder (sachet(s))	1
Cress* (g)	20
Crackers (unit(s))	12
Egg* (unit(s))	6
From your pantry	
Salt and pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	719 /172
Total fat (g)	11
of which saturated (g)	3,1
Carbohydrates (g)	2
of which sugars (g)	0,6
Fiber (g)	4
Protein (g)	8
Salt (g)	0,5

1. Boil plenty of water in a saucepan. Carefully transfer 3 **eggs** to the water and boil for 8 - 10 minutes (see Tip).
2. Rinse the **eggs** under cold water, then remove the shell and cut the **eggs** in half.
3. Serve 3 **crackers** per person on plates. Spread half of the **cream cheese** on the **crackers**, then top with the **egg** halves.
4. Sprinkle with half of the **curry spices** and garnish with half of the **cress**. Season to taste with salt and pepper.

Tip: *you can also boil 6 eggs to prepare tomorrow's breakfast in advance!*

Allergens

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

Greek Yogurt Bowl with Apple & Strawberry Sauce

2 days of breakfast for 2 persons | 4 servings

10 min.



Utensils

-

Ingredients for 2 serving

Greek yogurt* (g)	500
Apple* (unit(s))	2
Chia seeds (g)	20
Strawberry sauce (ml)	50

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	116 /100
Total fat (g)	6,5
of which saturated (g)	3,6
Carbohydrates (g)	9,7
of which sugars (g)	5,3
Fiber (g)	1,6
Protein (g)	3,1
Salt (g)	0,1

1. Core one **apple**. Slice half of an **apple** per person.
2. Serve 125g **Greek yogurt** per person in bowls.
3. Top each bowl with the sliced **apple** and a quarter each of the **chia seeds** and **strawberry sauce**.
4. Repeat the recipe for a second breakfast the next day.

Enjoy!

Smoothie Box

3 fresh smoothies | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Coconut milk (ml)	500
Spinach* (g)	100
Avocado (unit(s))	1
Banana (unit(s))	4
Kiwi* (unit(s))	1
Pineapple* (g)	200
Orange* (unit(s))	2
Blueberries* (g)	250
Mango* (unit(s))	2
Desiccated coconut (g)	10
Organic semi-skimmed milk* (ml)	250

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	432 /103
Total fat (g)	5
of which saturated (g)	3,2
Carbohydrates (g)	10
of which sugars (g)	8,4
Fibre (g)	1
Protein (g)	1
Salt (g)	0

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

Allergens

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

1



Blueberry & Mango Smoothie

- Peel 1 banana and 1 mango, then slice them into smaller pieces and add to the blender or a tall container (if you're using an immersion blender).
- Add 250ml coconut milk and 125g blueberries, then blend into a thick smoothie.
- Pour the smoothie into two glasses and serve.

2



Tutti-Frutti Smoothie

- Peel and slice 1 banana. Juice the oranges into a blender or tall container (if you're using an immersion blender).
- Add the banana, pineapple, 250ml of milk and 125g blueberries, setting aside a few blueberries to use as garnish. Blend into a thick smoothie.
- Pour the smoothie into two glasses to serve.

3



Green Vegan Smoothie Bowl

- Halve and pit the avocado, then remove the skin and dice the flesh. Peel and dice 1 kiwi and 1 mango. Peel and slice 2 bananas.
- Set all of the kiwi and a third each of the mango and banana aside for the garnish.
- Add the avocado, spinach, 250ml coconut milk and rest of the banana and mango to a blender (or tall container if you're using an immersion blender), then blend into a thick smoothie. Pour the smoothie into two bowls. Garnish with the coconut and the reserved fruit.

Enjoy!

Tear me out!

Passion Fruit Smoothie

with mango and yogurt | 2 servings

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Passion fruit* (unit(s))	4
Mango* (unit(s))	1
Organic full-fat yogurt* (g)	100
Organic semi-skimmed milk* (ml)	200
From your pantry	
Honey [or plant-based alternative]	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	841 /201	239 /57
Total fat (g)	4	1
of which saturated (g)	2,4	0,7
Carbohydrates (g)	28	8
of which sugars (g)	23	6,5
Fibre (g)	5	1
Protein (g)	8	2
Salt (g)	0,2	0,1

Allergens

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

1



Prepare

- Peel and dice 1 mango.
- Halve 3 passion fruits and scoop out the flesh.

2



Blend

- Add the mango and passion fruits to a blender (or tall container, if you're using an immersion blender).
- Add the yogurt and milk, then blend until smooth.

3



Serve

- Add honey to taste.
- Pour the smoothie into two glasses.
- Halve 1 passion fruit and scoop out the flesh to add on top of the smoothies.

Enjoy!

Tear me out!

Festive Sinterklaas Overnight Oats

with kruidnoten, apple and mandarin | 4 servings

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Organic semi-skimmed milk* (ml)	200
Kruidnoten (g)	100
Apple* (unit(s))	1
Mandarin* (unit(s))	2
Oats (g)	150
Speculaas spices (sachet(s))	1
From your pantry	
[Plant-based] butter (tbsp)	½
Honey [or plant-based alternative] (tbsp)	1
Salt	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	727 /174
Total fat (g)	4
of which saturated (g)	1,7
Carbohydrates (g)	29
of which sugars (g)	9,6
Fibre (g)	2
Protein (g)	4
Salt (g)	0,2

Allergens

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

1



Prepare the oats

- In a bowl, mix the oats with the milk and a pinch of salt.
- Cover the bowl with plastic wrap, put it in the fridge and leave the oats to soak for at least 6 hours, or overnight.

2



Make the caramelised apple

- Peel, core and slice the apple.
- Heat a knob of butter in a frying pan on medium-high heat and add the apple, a drizzle of honey and the speculaas spices.
- Fry for 5 - 6 minutes or until the apple is soft.

3



Serve

- Peel the mandarin and pull it apart into pieces.
- Roughly chop the kruidnoten.
- Divide the overnight oats over four bowls.
- Add the caramelised apple, kruidnoten and mandarin. Drizzle with honey to taste.

Enjoy!

Tear me out!

Breakfast Bowls with Greek Yogurt and Fresh Fruit

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Blueberries* (g)	125
Apple* (unit(s))	2
Mango* (unit(s))	2
Desiccated coconut (g)	20
Chopped walnuts (g)	20
Organic Greek yogurt* (g)	1000
Mixed nuts & pumpkin seeds (g)	20
From your pantry	
Honey [or plant-based alternative]	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	483 /115
Total fat (g)	7
of which saturated (g)	4
Carbohydrates (g)	8
of which sugars (g)	5,6
Fibre (g)	1
Protein (g)	3
Salt (g)	0,1

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

Allergens

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

1



Greek yogurt with blueberries, apple, pumpkin seeds & nuts

- Core and dice 1 apple.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the apple, half of the blueberries and the mixed nuts and pumpkin seeds.
- Add honey to taste.

2



Greek yogurt with mango, apple and desiccated coconut

- Peel and dice 1 mango. Core and dice 1 apple.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the mango, apple and desiccated coconut.
- Add honey to taste.

3



Greek yogurt with blueberries, mango and walnuts

- Peel and dice 1 mango.
- Divide a third of the Greek yogurt into two bowls.
- Garnish with the mango, half of the blueberries and walnuts.
- Add honey to taste.

Enjoy!

Tear me out!

Savoury Breakfast Crackers

with three variations of toppings | 2 servings each

Breakfast

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Ham* (slice(s))	4
Herbed cream cheese* (g)	100
Lamb's lettuce* (g)	40
Avocado (unit(s))	2
Tomato (unit(s))	1
Egg* (unit(s))	4
Curry powder (sachet(s))	½
Cress* (g)	20
Fresco spalmabile - cream cheese* (g)	100
Crackers (unit(s))	12
Sliced Gouda* (unit(s))	4
From your pantry	
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	781 /187
Total fat (g)	14
of which saturated (g)	5,6
Carbohydrates (g)	2
of which sugars (g)	1,1
Fibre (g)	3
Protein (g)	10
Salt (g)	0,6

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

Allergens

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

1



Option 1: Herbed cream cheese, ham and lamb's lettuce

- Divide four crackers over two plates.
- Spread the herbed cream cheese on the crackers.
- Divide the ham over the crackers and garnish with the lamb's lettuce.

2



Option 2: Smashed avocado, cheese and tomato

- Divide four crackers over two plates.
- Halve and pit the avocado, then scoop out the flesh, transfer to a small bowl and mash well. Slice the tomato.
- Spread the smashed avocado on the crackers. Top with the tomato and cheese slices.
- Season with salt and pepper.

3



Option 3: Boiled eggs, cress and curry spices

- Boil plenty of water in a saucepan. Carefully transfer the eggs to the water and boil for 5 - 7 minutes.
- Rinse the egg under cold water, then remove the shell and cut the egg in half.
- Divide four crackers over two plates. Spread the cream cheese on the crackers.
- Add the eggs on top, sprinkle the curry spices and season with salt and pepper to taste. Garnish with the cress.

Enjoy!

Tear me out!

American-Style Gingerbread Pancakes

with cream cheese filling & ginger syrup | 2 servings

Breakfast

Total time: 25 - 30 min.



Tear me out!

Before you begin

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

Ingredients

Egg* (unit(s))	2
Organic buttermilk* (ml)	200
Flour (g)	150
Baking powder (g)	8
Speculaas spices (sachet(s))	1
Fresh ginger* (tsp)	5
Banana (unit(s))	1
Fresco spalmabile - cream cheese* (g)	50
From your pantry	
Sugar (tbsp)	2
Sunflower oil (tbsp)	1
Honey [or plant-based alternative] (tbsp)	2
[Plant-based] butter (tbsp)	1
Water for the sauce (tbsp)	4

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2883 /689	698 /167
Total fat (g)	23	6
of which saturated (g)	9,3	2,3
Carbohydrates (g)	98	24
of which sugars (g)	34,1	8,3
Fibre (g)	6	1
Protein (g)	23	6
Salt (g)	2,2	0,5

Allergens

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

1



Prepare the ginger syrup

- Peel the banana, then slice it and set aside to use later. Peel and finely grate the ginger.
- Add the honey, water for the sauce, sugar, ginger and a quarter of the speculaas spices to a small pot or saucepan.
- Simmer on medium-high heat for 6 - 8 minutes.
- Turn off the heat, then stir in a generous knob of butter until melted. Cover and keep warm until ready to serve.

2



Make the batter

- Beat the eggs in a bowl.
- Add the buttermilk to the eggs, then whisk together until light and fluffy (see Tip).
- Weigh out 150g flour, then transfer to a bowl and add 0.5 sachet of baking powder and the rest of the speculaas spices.
- Fold the egg and buttermilk mixture into the flour with a spatula.

Tip: *the egg mixture is ready when you can see lots of air bubbles.*

3



Fry the pancakes and serve

- Heat a generous drizzle of sunflower oil in a frying pan over medium-high heat.
- Pour a soup ladle full of batter into the pan. Add a small dollop of cream cheese and fry the pancake for about 2 minutes on each side.
- Remove from the pan and cover with aluminium foil to keep warm.
- Repeat with the rest of the batter, adding some sunflower oil in between each pancake if the pan dries out.
- Stack the pancakes on plates, drizzle over the ginger syrup and top with the banana slices.

Enjoy!

Tear me out!

French Toast with Crispy Bacon and Fresh Blueberries

with crème fraîche | 2 servings

Breakfast

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Ingredients

Blueberries* (g)	125
Bacon* (slice(s))	4
Crème fraîche* (g)	50
Brioche bun (unit(s))	2
Ground cinnamon (tsp)	1½
Egg* (unit(s))	2
Maple-flavoured syrup (g)	50
From your pantry	
[Plant-based] milk (ml)	100
Brown sugar (tbsp)	½
[Plant-based] butter (tbsp)	½

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2481 /593	758 /181
Total fat (g)	26	8
of which saturated (g)	12,1	3,7
Carbohydrates (g)	68	21
of which sugars (g)	35,7	10,9
Fibre (g)	5	1
Protein (g)	21	6
Salt (g)	1,6	0,5

Allergens

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

1



Prepare

- Halve the brioche buns.
- In a deep plate, add the eggs, milk, sugar and cinnamon and whisk together thoroughly.
- Heat a knob of butter in a frying pan over medium-high heat.
- Meanwhile, soak the brioche slices in the egg mixture two by two, until they are completely saturated.

2



Make the French toast

- Add the slices directly to the pan and fry for 4 minutes on each side or until golden brown.
- Repeat until all of the slices are done.
- Meanwhile, heat a small frying pan on medium-high heat and fry the bacon for 4 - 5 minutes.

3



Serve

- Serve the French toast on plates.
- Top with a dollop of crème fraîche.
- Garnish with the blueberries and bacon. Drizzle with the maple-flavoured syrup to taste.

Enjoy!

Tear me out!

Smoked Salmon and Scrambled Eggs Deluxe

with fresh avocado, chives and ciabatta | 2 servings

Breakfast

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Egg* (unit(s))	4
Smoked salmon* (g)	120
Avocado (unit(s))	1
Fresh chives* (g)	5
Wholegrain ciabatta (unit(s))	2
From your pantry	
[Plant-based] butter (tbsp)	½
[Plant-based] milk	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2678 /640	777 /186
Total fat (g)	38	11
of which saturated (g)	9,8	2,8
Carbohydrates (g)	32	9
of which sugars (g)	2,5	0,7
Fibre (g)	8	2
Protein (g)	39	11
Salt (g)	2,7	0,8

Allergens

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

1



Make the scrambled eggs

- Preheat the oven to 200°C.
- In a bowl, beat the eggs with a splash of milk, then season with salt and pepper.
- Melt the butter in another frying pan over medium-high heat and then scramble the eggs for 2 - 3 minutes, or until the eggs are softly set.

2



Bake the ciabatta

- Cut the ciabatta open, then place it face-up on a parchment-lined baking sheet.
- Bake in the oven for 4 - 5 minutes.
- Halve and pit the avocado, then remove the skin and slice the flesh.

3



Serve

- Finely chop the chives.
- Top the ciabatta with the smoked salmon, scrambled eggs and avocado.
- Garnish the toast with the chives and season with black pepper as preferred.

Enjoy!

Tear me out!

Chicken Poké Bowl with Avocado

with sesame seeds & cucumber | 2 servings

Lunch

Total time: 20 - 25 min.



Tear me out!

Before you begin

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

Ingredients

Sushi rice (g)	150
Persian cucumber* (unit(s))	1
Slaw mix* (g)	100
Avocado (unit(s))	1
Soy sauce (ml)	20
Sesame seeds (g)	10
Chicken breast* (unit(s))	2
From your pantry	
White wine vinegar (tbsp)	2
Sugar (tsp)	2
[Plant-based] butter (tbsp)	1
Honey [or plant-based alternative] (tbsp)	1
[Plant-based] mayonnaise (tbsp)	1
Salt & pepper	to taste
Water (ml)	350

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3146 /752	512 /122
Total fat (g)	32	5
of which saturated (g)	9,2	1,5
Carbohydrates (g)	76	12
of which sugars (g)	15,6	2,5
Fibre (g)	5	1
Protein (g)	38	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



Prepare the sushi rice

- Boil 350ml water with a pinch of salt in a lidded pot or saucepan, then boil the sushi rice for 12 – 15 minutes over a low heat.
- Turn off the heat and set aside until serving, leaving the lid on.
- In a bowl, combine 1 tbsp of white wine vinegar with 1 tsp of sugar.
- Transfer the slaw mix to the bowl and season to taste with salt and pepper, then toss well to combine. Set aside until serving, stirring occasionally.

2



Fry the chicken

- Cut the chicken into small chunks and season with salt and pepper.
- Melt the butter in a frying pan over medium-high heat and fry the chicken for 4 - 5 minutes, or until done. Season with salt and pepper.
- In a small bowl, combine the honey with half of the soy sauce, then stir this into the chicken so as to evenly coat it. Allow to caramelise for 1 - 2 minutes, then stir in half of the sesame seeds.
- Take the pan off the heat.

3



Serve

- Dice the cucumber. Halve and pit the avocado, then remove the skin and slice the flesh.
- In a small bowl, combine the mayonnaise with the rest of the soy sauce.
- Add the rest of the vinegar and sugar to the rice and then fluff through with a fork.
- Serve the rice in bowls and top with the chicken, cucumber, avocado and slaw. Drizzle over the soy mayo and garnish with the rest of the sesame seeds.

Enjoy!

Tear me out!

Smoked Salmon Wraps

with mango & avocado salsa and mint | 2 servings

Lunch

Total time: 10 - 15 min.



Tear me out!

Before you begin

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

Ingredients

Flour tortillas (unit(s))	4
Mango chutney* (g)	40
Avocado (unit(s))	1
Hot smoked salmon flakes* (g)	150
Fresh mint* (g)	10
Little gem* (unit(s))	1
Lemon mayonnaise with black pepper* (g)	50
From your pantry	
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2858 /683	879 /210
Total fat (g)	40	12
of which saturated (g)	6,5	2
Carbohydrates (g)	54	17
of which sugars (g)	3,1	1
Fibre (g)	6	2
Protein (g)	25	8
Salt (g)	1,9	0,6

Allergens

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

1



Prepare

- Halve and pit the avocado, then remove the skin and dice the flesh.
- Discard the mint stalks and finely chop the leaves.

2



Make the salsa

- Mix the diced avocado with the chopped mint and the mango chutney in a bowl.
- Season to taste with salt and pepper.

3



Serve

- Mix the salmon flakes with the lemon mayonnaise.
- Divide the lettuce leaves over the tortillas.
- Spread the salmon on top.
- Garnish with the avocado salsa, and then roll up the tortillas (see Tip).

Tip: *you can also wrap the tortillas in aluminium foil for lunch on-the-go!*

Enjoy!

Tear me out!

Mediterranean-Style Chicken on Turkish Bread

with tomato tapenade and garlic-yogurt sauce | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Mini Turkish bread (unit(s))	2
Garlic (unit(s))	½
Tomato (unit(s))	2
Fresh flat leaf parsley* (g)	10
Arugula & lamb's lettuce* (g)	40
Organic full-fat yogurt* (g)	50
Tomato tapenade* (g)	80
Chicken breast with Mediterranean herbs* (unit(s))	2
From your pantry	
Olive oil (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2423 /579	602 /144
Total fat (g)	20	5
of which saturated (g)	3,2	0,8
Carbohydrates (g)	59	15
of which sugars (g)	6,6	1,6
Fibre (g)	6	2
Protein (g)	40	10
Salt (g)	2,9	0,7

Allergens

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

1



Fry the chicken

- Preheat the oven to 180°C.
- Bake the Turkish bread for 5 – 8 minutes in the oven.
- Cut the chicken in smaller pieces.
- Heat the olive oil in a frying pan and cook the chicken for 6 – 8 minutes on medium-high heat.

2



Prepare the toppings

- In the meantime, dice the tomato. In a bowl, mix the tomato tapenade with the fresh tomato.
- Mince the garlic and finely chop the parsley.
- In another small bowl, mix the yogurt with the garlic and half of the parsley.
- Season both the tapenade mix and the yogurt sauce to taste with salt and pepper.

3



Serve

- Cut open the Turkish bread and fill it with the arugula & lamb's lettuce, tapenade mix and chicken.
- Drizzle over the yogurt sauce.
- Top with the rest of the parsley.

Enjoy!

Tear me out!

Ciabatta with Burrata and Prosciutto Crudo

with pesto and tomato salsa | 2 servings

Lunch

Total time: 15 - 20 min.

We've replaced the green pesto in this recipe. The green pesto you are receiving contains different allergens. Always remember to check the ingredient label for the most accurate information regarding allergens and traces. Enjoy!



Tear me out!

Before you begin

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

Ingredients

White ciabatta (unit(s))	2
Tomato (unit(s))	1
Arugula* (g)	40
Burrata* (ball(s))	1
Prosciutto crudo* (g)	25
Green pesto* (g)	80
From your pantry	
Extra virgin olive oil (tbsp)	1
White balsamic vinegar (tbsp)	½
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2807 /671	1105 /264
Total fat (g)	46,2	18,2
of which saturated (g)	11,2	4,4
Carbohydrates (g)	42,5	16,7
of which sugars (g)	3,6	1,4
Fibre (g)	5,2	2
Protein (g)	19,5	7,7
Salt (g)	3,1	1,2

Allergens

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

1



Bake the ciabatta

- Preheat the oven to 180°C.
- Place the ciabatta on a parchment-lined baking sheet and bake for 8 - 10 minutes.

2



Marinate the tomato

- Dice the tomato and put it in a small bowl.
- Mix it with the extra virgin olive oil, the white balsamic vinegar and salt and pepper to taste.

3



Serve

- Cut the ciabatta in half and spread the pesto onto it.
- Top each half of the bread with the arugula and prosciutto, followed by the burrata.
- Garnish with the tomato salsa.
- Season with salt and pepper to taste before serving.

Enjoy!

Tear me out!

Shrimp Bao Buns with Coleslaw

with sriracha mayo and gomashio | 2 servings

Lunch

Total time: 15 - 20 min.



Tear me out!

Before you begin

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

Ingredients

Fresh coriander* (g)	10
Rainbow slaw mix* (g)	100
Sriracha mayo* (g)	50
Bao buns (unit(s))	4
Shrimp* (g)	160
Gomashio (sachet(s))	1
Persian cucumber* (unit(s))	1
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tbsp)	1
Sugar (tsp)	1
Sunflower oil (tbsp)	1
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	2372 /567	669 /160
Total fat (g)	28	8
of which saturated (g)	3	0,8
Carbohydrates (g)	54	15
of which sugars (g)	11,4	3,2
Fibre (g)	5	1
Protein (g)	22	6
Salt (g)	1,9	0,5

Allergens

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

1



Make the coleslaw

- Preheat the oven to 180°C.
- Finely chop the coriander.
- In a bowl, combine the rainbow slaw mix with the mayonnaise, white wine vinegar, sugar, half of the coriander and half of the sriracha mayo. Season with salt and pepper to taste, toss well and set aside until serving.
- Bake the bao buns in the oven for 4 - 5 minutes.

2



Fry the shrimp

- Heat the sunflower oil in a frying pan over medium-high heat.
- Fry the shrimp for 3 minutes until done. Season to taste with salt and pepper.
- In the meantime, dice the cucumber.

3



Serve

- Carefully open the bao buns.
- Fill the bao buns with the coleslaw and shrimp.
- Garnish with the rest of the coriander, cucumber, sriracha mayo and gomashio.

Enjoy!

Tear me out!

Lunch Box with Roast Chicken & Pesto Mayo Wraps

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

Lunch

Total time: 15 - 20 min.

We've replaced the green pesto in this recipe. The green pesto you are receiving contains different allergens. Always remember to check the ingredient label for the most accurate information regarding allergens and traces. Enjoy!



Tear me out!

Before you begin

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

Ingredients

Flour tortillas (unit(s))	4
Cucumber* (unit(s))	1
Orange* (unit(s))	2
Salted almonds (g)	40
Hummus* (g)	160
Mixed leaves of radicchio, arugula & lettuce* (g)	40
Roast chicken slices* (g)	120
Mini Roma tomatoes* (g)	250
Green pesto* (g)	40
From your pantry	
[Plant-based] mayonnaise (tbsp)	1
White wine vinegar (tsp)	2
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy (kJ/kcal)	3961 /947	550 /131
Total fat (g)	53,6	7,4
of which saturated (g)	6,5	0,9
Carbohydrates (g)	81	11,2
of which sugars (g)	25	3,5
Fibre (g)	14,4	2
Protein (g)	31,7	4,4
Salt (g)	3,6	0,5

Allergens

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

1



Assemble the wraps

- Chop half of the mini Roma tomatoes into quarters.
- Mix the pesto with the mayonnaise and white wine vinegar, then season with salt and pepper.
- Spread the pesto-mayo on the wraps, then fill the wraps with the chicken and chopped tomatoes. Finish with the mixed greens.
- Roll up the tortillas and add two wraps to each lunch box.

2



Prepare the lunch box

- Halve the cucumber and then cut into batons.
- Peel the orange and pull it apart into smaller segments.

3



Serve

- Add half of the cucumber, orange segments, almonds and remaining mini Roma tomatoes to each lunch box.
- Add in the hummus and eat with the veggies as a snack.

Enjoy!

Tear me out!

Festive Gourmet Box

recipes with grilled vegetables, meat and seafood | serves 4

Gourmet

Total time: 75 - 85 min.



Tear me out!

Ingredients for 4 servings

Bacon* (slice(s))	6
Chicken breast* (unit(s))	2
Shrimp* (g)	240
Salmon fillet* (unit(s))	2
Teriyaki sauce (g)	50
White demi-baguette (unit(s))	4
Unsalted butter* (g)	150
Fresh flat leaf parsley & chives* (g)	40
Garlic (unit(s))	3
Courgette* (unit(s))	1
Bell pepper* (unit(s))	2
Middle Eastern spice mix (sachet(s))	1
Potato wedges* (g)	600
Peanut sauce* (g)	120
Cocktail sauce* (g)	120
Apple* (unit(s))	2
Chocolate cookie dough* (pack)	½
Mini Roma tomatoes* (g)	500
Lemon mayonnaise with black pepper* (g)	100
Ground cinnamon (tsp)	1.5
Beef mince with Italian seasoning (g)	200
Steak* (unit(s))	2
Pork sausage with marjoram & garlic* (unit(s))	2
From your pantry	
Olive oil (tbsp)	4
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	728 /174
Total fat (g)	11
of which saturated (g)	3,6
Carbohydrates (g)	11
of which sugars (g)	2,9
Fibre (g)	2
Protein (g)	8
Salt (g)	0,5

Allergens

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

2026-W46

1



Prepare the garlic butter & bread

- Preheat the oven to 200°C and let the butter come to room temperature.
- Finely chop the chives and parsley. Mince the garlic.
- In a small bowl, mix 125g of the butter with two-thirds of the herbs and two-thirds of the garlic. Season with salt and pepper, then set aside to serve with the bread at the table.
- Bake the bread in the oven for 6 - 8 minutes.

2



Roast the potatoes

- Add the potatoes and 2 tbsp of olive oil to an oven dish. Add salt and pepper to taste and mix well.
- Roast in the oven for 6 - 8 minutes.

At the table:

- Add the potatoes and 1 tbsp of the garlic butter to a gourmet pan. Bake for a couple of minutes.

3



Prepare the seafood

- Add the shrimp to a bowl and mix with 25g of butter and the rest of the fresh herbs and garlic. Season with salt and pepper.
- Cut the salmon into 4cm cubes and add to a bowl. Mix with half of the teriyaki sauce.

At the table:

- Fry the shrimp and salmon on the gourmet.

4



Prepare the meat

- Add the mince to a bowl and season with salt and pepper, then shape into small meatballs and add to a plate.
- Cut the sausages into smaller pieces and halve the bacon, then wrap each sausage in bacon and add to a plate.
- Slice the chicken into 4 cm pieces and mix with the other half of the teriyaki sauce in a bowl.
- Slice the beef steaks into 4 cm pieces and add to a plate.
- Heat the peanut sauce in a saucepan over medium-high heat.

At the table:

- Fry the meat on the gourmet and serve with the peanut sauce, lemon mayonnaise and cocktail sauce.

5



Prepare the vegetables

- Cut the bell peppers into strips.
- Slice the courgette.
- Add to a bowl and mix with 2 tbsp of olive oil and the Middle Eastern spice mix. Add salt and pepper to taste.
- Add the tomatoes to a bowl and serve during the gourmet.

At the table:

- Fry the courgette and bell pepper on the gourmet.

6



Prepare the dessert

- Core and dice the apples.
- Add to a bowl and mix with 1 tsp of cinnamon.
- Crumble half of the cookie dough and add to a plate (see Tip).

Tip: *you only use half of the cookie dough. Follow the instructions on the package to make cookies from the leftover dough! At the table: Add the apple to a gourmet pan and fry for a couple of minutes, until the apple becomes soft. Add a layer of the crumbled cookie dough and bake for a few minutes, or until the dough becomes crispy.*

Enjoy!

Tear me out!

Fondue Box | Homemade Cheese Fondue with Three Cheeses

with demi-baguettes, fresh veggies & charcuterie | 4 servings

Gourmet

Total time: 30 - 40 min.



Tear me out!

Before you begin

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

Ingredients for 4 servings

Grated emmentaler* (g)	400
Grated Gruyère DOP* (g)	300
Grated Gouda* (g)	100
White wine (ml)	374
Nutmeg (pinch)	2
Garlic (unit(s))	1
Chestnut mushrooms* (g)	250
Broccoli* (g)	360
Romano pepper* (unit(s))	1
Baby potatoes (g)	400
Ham* (slice(s))	8
Lemon* (unit(s))	¼
Italian seasoning (sachet(s))	½
Mini Roma tomatoes* (g)	250
White demi-baguette (unit(s))	4
Prosciutto crudo* (g)	100
From your pantry	
Olive oil (tbsp)	1
Low sodium vegetable stock cube (unit(s))	½
Flour (tbsp)	½
Salt & pepper	to taste

**store in the fridge*

Nutritional values

	Per 100g
Energy (kJ/kcal)	726 /173
Total fat (g)	8
of which saturated (g)	5,3
Carbohydrates (g)	12
of which sugars (g)	0,9
Fibre (g)	2
Protein (g)	10
Salt (g)	0,7

Allergens

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

1



Boil the baby potatoes

- Preheat the oven to 200°C. Boil plenty of water in a lidded pot or saucepan for the baby potatoes and crumble in the stock cube.
- In the meantime, wash the baby potatoes and cut any larger ones in half.
- Transfer to the pot and cook for 12 - 15 minutes, covered. Drain when finished and set aside without the lid.

2



Cook the broccoli

- Boil plenty of salted water in another lidded pot or saucepan.
- Cut the broccoli into florets, then boil for 4 - 6 minutes, covered.
- Drain and set aside without the lid when finished.

3



Fry the mushrooms

- Heat a drizzle of olive oil in a frying pan over medium-high heat, then fry the mushrooms for 4 - 6 minutes.
- Add the Italian herbs halfway through and season with salt and pepper.
- Put the baguettes in the preheated oven and bake for 5 - 6 minutes, until golden brown and crunchy.

4



Chop the Romano pepper

- Crush or mince the garlic.
- Deseed the Romano pepper and cut it into 2 - 3cm chunks (they need to be big enough for your fondue fork). Cut the lemon into 4 wedges and juice 1 wedge into a bowl.
- In another bowl, mix the flour with 0.5 tbsp water. Stir well, making sure there are no clumps left.
- Grate about 2 pinches of nutmeg.

5



Make the fondue

- Heat a drizzle of olive oil in a fondue pan or large saucepan over medium-high heat, then fry the garlic for 1 - 2 minutes.
- Deglaze with the white wine and lemon juice, then bring to a boil. Add the nutmeg.
- Gradually add the cheeses and allow to melt. Stir well using a whisk (see Tip).
- Add the flour mixture and keep stirring. Gently bring to a boil, but turn the heat to low once it starts bubbling. Simmer for 1 - 2 minutes over low heat.

Tip: *keep the heat on medium-high while adding the cheese, so that it melts properly.*

6



Serve

- Serve the cheese fondue in the pan on the table. Use a tea light or food warmer to keep it warm (see Tip).
- Serve the broccoli, mushrooms, Romano pepper, cherry tomatoes and baby potatoes in separate bowls.
- Roll up the ham and prosciutto and arrange on a plate, then slice up the baguettes. Serve with the rest of the lemon wedges.

Tip: *if the cheese starts to set and you don't have a tea light or food warmer, place the pan back on the heat and briefly warm up the fondue while stirring.*

Enjoy!

Tear me out!

Creamy Chicken Penne

with tomato salsa, spinach & Gouda

Total time: 25 - 35 min.



- Penne
- Red onion
- Garlic
- Dried oregano
- Spinach
- Tomato
- Herbed cream cheese
- Grated Gouda
- Chicken mince with Mediterranean herbs

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
Penne (g)	90	180	270	360	450	540
Red onion (pcs)	1/2	1	2	2	3	3
Garlic (pcs)	1	2	3	4	5	6
Dried oregano (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Spinach* (g)	75	150	200	300	350	450
Tomato (pcs)	1	2	3	4	5	6
Herbed cream cheese* (g)	35	75	110	150	185	225
Grated Gouda* (g)	15	25	40	50	65	75
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Not included						
White balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Low sodium chicken stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3271 /782	687 /164
Total fat(g)	33,1 g	7 g
of which saturated(g)	14,2	3
Carbohydrates (g)	77,7	16,3
of which sugars (g)	10,8	2,3
Fibre (g)	8,7	1,8
Protein (g)	40	8,4
Salt (g)	2,08	0,44

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 pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

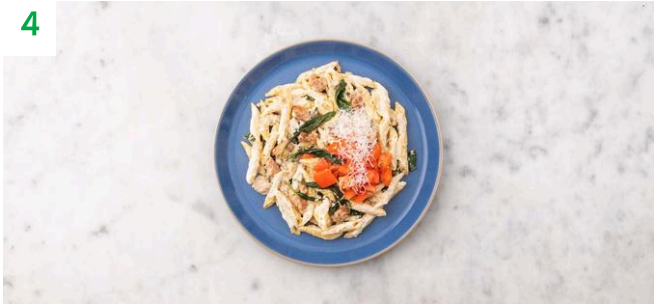
3



Make the salsa

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

4



Serve

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

Bang Bang Cauliflower with Chili Mayo

over brown rice with crunchy vegetables

Total time: 35 - 45 min.



- Sweet chili sauce
- Panko breadcrumbs
- Cauliflower florets
- Garlic
- Quick-cook brown rice
- Spinach
- Carrot
- Red onion
- Persian cucumber
- Soy sauce
- Sesame seeds
- Mayonnaise

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sweet chili sauce* (g)	35	70	105	140	175	210
Panko breadcrumbs (g)	25	50	50	75	100	125
Cauliflower florets* (g)	100	200	300	400	500	600
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Spinach* (g)	75	150	200	300	350	450
Carrot* (pcs)	1/2	1	1	1	2	2
Red onion (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Persian cucumber* (pcs)	1/2	1	2	2	3	3
Soy sauce (ml)	10	20	30	40	50	60
Sesame seeds (g)	10	20	30	40	50	60
Mayonnaise (g)	25	50	75	100	125	150
Not included						
Olive oil (tbsp)	1 1/4	2 1/2	3 3/4	5	6 1/4	7 1/2
Water for the rice (ml)	250	500	750	1000	1250	1500
White wine vinegar (tsp)	1	2	3	4	5	6
Salt (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3557 /850	466 /111
Total fat(g)	43,7 g	5,7 g
of which saturated(g)	5,6	0,7
Carbohydrates (g)	93,8	12,3
of which sugars (g)	14,6	1,9
Fibre (g)	10,7	1,4
Protein (g)	17,3	2,3
Salt (g)	2,34	0,31

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.
- In a large bowl, combine the mayonnaise with the sweet chili sauce.
- Transfer half of this to a small bowl and set aside.
- In a second large bowl, combine the panko with a pinch of salt and a light drizzle of olive oil.

2



Roast the cauliflower

- Transfer the cauliflower florets to the large bowl and coat with the chili mayonnaise.
- Transfer to the panko and toss well to coat.
- Transfer the cauliflower to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.

Air Fryer Option: *drizzle the cauliflower with oil and fry for 10 - 15 minutes at 200°C. Shake halfway and avoid overcrowding the basket.*

3



Cook the rice

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a pot or saucepan over a low heat. Fry the garlic for 1 - 2 minutes, then add the rice and the water (see pantry for amount).
- Boil the rice for 10 - 12 minutes, covered, then take the pan off the heat and allow to rest for 5 minutes.
- Drain if necessary and set aside.

4



Chop the vegetables

- Roughly chop the spinach and remove any thick stems.
- Cut the carrot into thin crescents and chop the onion.
- Thinly slice the cucumber.

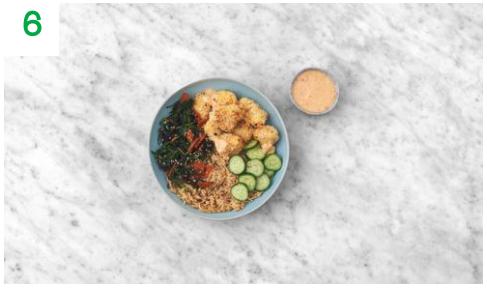
5



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the carrot for 4 - 6 minutes.
- Stir in the spinach, onion and soy sauce and fry for 2 more minutes.
- Meanwhile, make the 'bang bang' sauce by combining the reserved chili mayonnaise with the white wine vinegar.

6



Serve

- Serve the garlic rice on deep plates.
- Top with the fried vegetables and panko cauliflower.
- Serve with the 'bang bang' sauce and the cucumber. Garnish with the sesame seeds.

Hake with Giant Couscous & Herbed Cheese Cubes

with lamb's lettuce, cucumber & bell pepper

Total time: 20 - 30 min.




Hake fillet


Giant couscous


Persian cucumber


Bell pepper


Red onion


Lamb's lettuce


Herbed cheese cubes


Sicilian-style herb mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Hake fillet* (pcs)	1	2	3	4	5	6
Giant couscous (g)	75	150	225	300	375	450
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Red onion (pcs)	1/2	1	1	2	2	3
Lamb's lettuce* (g)	20	40	60	80	100	120
Herbed cheese cubes* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Extra virgin olive oil (tbsp)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	440 /105
Total fat(g)	26,9 g	4,2 g
of which saturated(g)	9	1,4
Carbohydrates (g)	68	10,7
of which sugars (g)	15,5	2,4
Fibre (g)	7,2	1,1
Protein (g)	36,1	5,7
Salt (g)	2,29	0,36

Allergens

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

1



Boil the giant couscous

- Prepare the stock in a pot or saucepan.
- Boil the giant couscous for 12 - 14 minutes, covered.
- Fluff through the giant couscous with a fork and then set aside.
- Slice the onion into half-rings and dice the bell pepper (see Tip).

Tip: *the bell pepper will be served raw, but if preferred you can fry it in the next step instead.*

2



Fry the fish

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the fish with the onion and the Sicilian-style herbs for 3 minutes per side.
- Season to taste with salt and pepper.

3



Make the salad

- Meanwhile, dice the cucumber.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the honey and the mustard.
- Season to taste with salt and pepper.
- Add the lamb's lettuce, the cucumber, the bell pepper, the onion, the cheese and the giant couscous, then toss well to combine.

4



Serve

- Serve everything on plates.

Wholewheat Spaghetti with Homemade Spinach Pesto

with roasted tomatoes & pecorino

Total time: 25 - 35 min.





Wholewheat spaghetti



Garlic



Red onion



Mini Roma tomatoes



Baby spinach



Arugula



Fresh basil



Lemon



Roasted cashew nuts



Grated Pecorino DOP

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat spaghetti (g)	90	180	270	360	450	540
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Baby spinach* (g)	60	125	180	250	305	375
Arugula* (g)	20	40	60	80	100	120
Fresh basil* (g)	10	20	30	40	50	60
Lemon* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Roasted cashew nuts (g)	10	20	30	40	50	60
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Not included						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Olive oil (tbsp)	1 1/4	2 1/2	3 3/4	5	6 1/4	7 1/2
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3724 /890	811 /194
Total fat(g)	54,4 g	11,9 g
of which saturated(g)	11,6	2,5
Carbohydrates (g)	70,7	15,4
of which sugars (g)	13,2	2,9
Fibre (g)	13,7	3
Protein (g)	24	5,2
Salt (g)	1,01	0,22

Allergens

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

1



Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan.
- Halve the tomatoes and crush or mince the garlic.
- Slice the onion into half rings. Pull the basil leaves off the stems and juice the lemon.
- Boil the spaghetti for 10 - 12 minutes. Reserve some of the pasta water, then drain and set aside.

2



Roast the tomatoes

- In an oven dish, combine the tomatoes with the onion, the balsamic vinegar and a generous drizzle of olive oil.
- Season generously with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the spinach for 3 - 4 minutes, or until wilted and reduced.

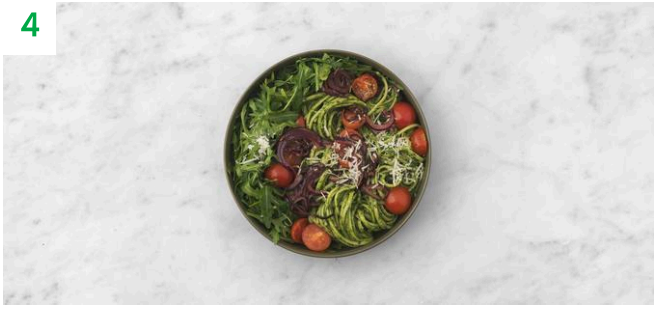
3



Make the pesto

- Transfer the spinach, garlic, basil and cashews to a tall container, along with half of the cheese.
- Add the extra virgin olive oil, along with (per person) 1 tbsp lemon juice and 0.5 tbsp pasta water.
- Use an immersion blender to process into a smooth pesto. Taste and season with salt and pepper as needed.
- Add as much pesto as preferred to the spaghetti and mix well to combine.

4



Serve

- Serve the arugula on plates, topped with the spaghetti and the roasted tomatoes.
- Drizzle with the cooking juices from the oven dish.
- Garnish with the rest of the cheese to finish.

Teriyaki Wild Boar Burger with Spicy Slaw on Ciabatta

with gomashio potatoes & quick-pickled cucumber

Total time: 40 - 50 min.





Wild boar burger



White ciabatta



Potatoes



Red onion



Cucumber



Rainbow slaw mix



Teriyaki sauce



Gomashio

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wild boar burger* (pcs)	1	2	3	4	5	6
White ciabatta (pcs)	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Rainbow slaw mix* (g)	50	100	150	200	250	300
Teriyaki sauce (g)	25	50	75	100	125	150
Gomashio (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Honey [or plant-based alternative] (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
White wine vinegar (tsp)	2	4	6	8	10	12

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4136 /988	576 /138
Total fat(g)	50,3 g	7 g
of which saturated(g)	14,6	2
Carbohydrates (g)	103	14,3
of which sugars (g)	24,9	3,5
Fibre (g)	9,6	1,3
Protein (g)	31,9	4,4
Salt (g)	4,09	0,57

Allergens

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

1



Roast the potatoes

- Preheat the oven to 200°C.
- Dice the potatoes and transfer to a parchment-lined baking sheet. Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Roast in the oven for 25 - 30 minutes or until golden-brown, tossing halfway.
- Meanwhile, slice the cucumber.

2



Make the slaw

- In a bowl, combine the cucumber with the sugar, half of the white wine vinegar and a pinch of salt.
- In another bowl, combine the mayonnaise with the sambal and the rest of the vinegar.
- Add the slaw mix and toss well to combine. Season to taste with salt and pepper.
- Heat the bread roll in the oven for 5 - 7 minutes.

3



Fry the burger

- In a small bowl, combine the honey with the teriyaki sauce.
- Slice the onion.
- Melt a knob of butter in a frying pan over medium-high heat. When the pan is nice and hot, fry the burger with the onion for 2 minutes per side.
- Add the teriyaki sauce and fry for 1 - 2 more minutes per side.

4



Serve

- Cut open the bread roll and top with the burger and the onion, along with some of the cucumber and the slaw.
- Serve the rest of the cucumber and the slaw alongside.
- Garnish the potatoes with the gomashio.

Fish Burger with Creamy Yogurt-Dill Potato Salad

with radish-mesclun salad & lemon wedges

Total time: 20 - 30 min.





Breaded fish burger



Baby potatoes



Cucumber



Lemon



Fresh dill



Onion



Radish



Organic full-fat yogurt



Mesclun

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
Breaded fish burger* (pcs)	1	2	3	4	5	6
Baby potatoes (g)	250	500	750	1000	1250	1500
Cucumber* (pcs)	1/2	1	1	2	2	3
Lemon* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh dill* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Onion (pcs)	1/2	1	1	2	2	3
Radish* (bunch(es))	1/2	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Mesclun* (g)	40	90	120	180	210	270
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salt and pepper (to taste)	To Taste					
Water (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4158 /994	497 /119
Total fat(g)	57,5 g	6,9 g
of which saturated(g)	8,8	1,1
Carbohydrates (g)	86,4	10,3
of which sugars (g)	18	2,2
Fibre (g)	14,7	1,8
Protein (g)	27,6	3,3
Salt (g)	1,78	0,21

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.
- Wash the baby potatoes and slice them into rounds of 1cm thickness.
- Cook the baby potatoes for 12 - 15 minutes and then drain. Rinse under cold water and set aside.
- Thinly slice the cucumber and transfer to a large bowl. Add a pinch of salt and toss well to combine. Allow to stand for 10 minutes, then drain the excess liquid.

2



Fry the burger

- Heat a drizzle of sunflower oil in a frying pan over medium heat. Fry the burger for 3 minutes per side, or until evenly browned.
- Meanwhile, finely chop the onion and the dill.
- Juice half of the lemon and then cut the rest into wedges.
- Remove and discard the radish leaves, then slice the radishes.

3



Make the radish salad

- In a large salad bowl, combine the extra virgin olive oil and the sugar with half each of the onion and the white wine vinegar.
- Add the mesclun, the radishes and some lemon juice as preferred.
- Season to taste with salt and pepper, then toss well to combine. Set aside until serving.

4



Serve

- In a large bowl, combine the yogurt with the mayonnaise, the dill and the mustard, along with the rest of the onion and the white wine vinegar. Add the water and crumble in the stock cube (see pantry for amounts).
- Add the cucumber and the baby potatoes, then mix well to combine. Season with salt and pepper.
- Serve everything on plates with the lemon wedges alongside.

Naked Veggie Cheeseburger Bowl with Baby Potatoes

with salad, pickles & fried onion

Total time: 35 - 45 min.





Baby potatoes



Butter lettuce



Tomato



Red onion



Chopped pickles



Worcestershire sauce



Grated cheddar



Unbelievabull burger from the Vegetarian Butcher®

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Baby potatoes (g)	200	400	600	800	1000	1200
Butter lettuce* (head(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Tomato (pcs)	1 1/2	3	5	6	8	9
Red onion (pcs)	1/2	1	1	2	2	3
Chopped pickles* (g)	25	50	75	100	125	150
Worcestershire sauce (g)	10	15	20	30	35	45
Grated cheddar* (g)	15	25	40	50	65	75
Unbelievabull burger from the Vegetarian Butcher®* (pcs)	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Water for the sauce (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2793 /668	472 /113
Total fat(g)	40,1 g	6,8 g
of which saturated(g)	11,7	2
Carbohydrates (g)	50,2	8,5
of which sugars (g)	12,7	2,1
Fibre (g)	14,7	2,5
Protein (g)	19,5	3,3
Salt (g)	2,14	0,36

Allergens

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

1



Fry the potatoes

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

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

2



Chop the vegetables

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

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

3



Make the sauce

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

4



Fry the burger

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

5



Make the salad

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

6



Serve

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

Za'atar Chicken Wraps with Fresh Herbs

with orange cream cheese, zesty salsa & sumac

Total time: 25 - 35 min.




Flour tortillas


Za'atar


Sumac


Onion


Tomato


Orange


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Green Romano pepper


Seasoned chicken mince


Fresco spalmabile - cream cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (pcs)	2	4	6	8	10	12
Za'atar (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Sumac (tsp)	1 1/2	3	4 1/2	6	7 1/2	9
Onion (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Orange* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Green Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Seasoned chicken mince* (g)	100	200	300	400	500	600
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (to taste)	0	0	0	0	0	0
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Water (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2925 /699	535 /128
Total fat(g)	34,6 g	6,3 g
of which saturated(g)	10,1	1,8
Carbohydrates (g)	64,1	11,7
of which sugars (g)	17,6	3,2
Fibre (g)	8,9	1,6
Protein (g)	30,8	5,6
Salt (g)	2,92	0,53

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the Romano pepper into thin rings. Dice the tomato.
- Juice half of the orange and then dice the rest. Finely chop the fresh herbs.
- In a bowl, combine the tomato with the diced orange and the extra virgin olive oil. Season to taste with salt and pepper, then set aside.

2



Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the Romano pepper and the Middle Eastern-style spices for 3 minutes.
- Add the mince to the vegetables and fry for 3 minutes, then taste and season with salt and pepper.
- Set aside until serving, covered to keep warm.

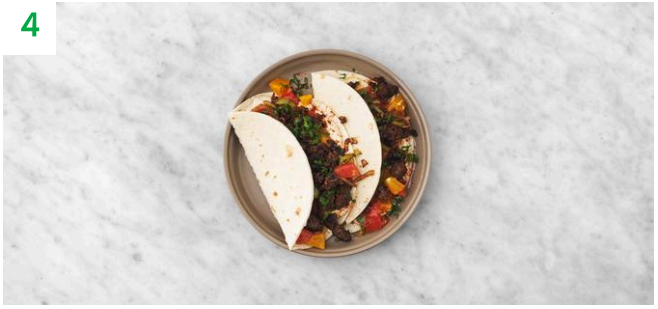
3



Heat the tortillas

- In a small bowl, combine the water with a drizzle of olive oil (see pantry for amounts). Spread this over one side of the tortillas and then top with the za'atar.
- Transfer to a parchment-lined baking sheet and bake in the oven for 3 minutes.
- Meanwhile, in a bowl combine the cream cheese with two thirds of the sumac and 1.5 tbsp orange juice per person.

4



Serve

- Spread the empty side of the tortillas with the cream cheese.
- Serve all the toppings separately and allow everyone to fill their own tortillas.
- Garnish with the fresh herbs and the rest of the sumac. Drizzle with honey as preferred, then fold over the tortillas.

Cheat's Bolognese with Parmigiano Reggiano

with organic beef mince | penne, basil & mini Roma tomatoes

Total time: 25 - 35 min.




Mini Roma tomatoes


Organic beef mince


Fresh basil


Garlic


Penne


Carrot


Tomato paste


Worcestershire sauce


Parmigiano Reggiano DOP


Onion


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
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Organic beef mince* (g)	125	250	375	500	625	750
Fresh basil* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Penne (g)	90	180	270	360	450	540
Carrot* (pcs)	1/2	1	2	2	3	3
Tomato paste (can(s))	1/2	1	1 1/2	2	2 1/2	3
Worcestershire sauce (g)	10	15	25	30	40	45
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Onion (pcs)	1/2	1	1	2	2	3
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
[Plant-based] milk (ml)	30	60	90	120	150	180
Balsamic vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium beef stock (ml)	75	150	225	300	375	450

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3665 /876	590 /141
Total fat(g)	37,5 g	6 g
of which saturated(g)	15,3	2,5
Carbohydrates (g)	88	14,2
of which sugars (g)	22,9	3,7
Fibre (g)	9,3	1,5
Protein (g)	43,9	7,1
Salt (g)	2,37	0,38

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Grate the carrot.

2



Boil the pasta

- Boil the pasta for 11 - 13 minutes, then drain and set aside.
- In the meantime, halve the tomatoes and prepare the stock.
- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic the carrot and the onion for 4 - 5 minutes, covered.
- Add the mince and the Italian seasoning, then fry for 3 more minutes.

3



Finish the sauce

- Add the stock, the tomato paste, the milk, the Worcestershire sauce, the balsamic vinegar and the tomatoes.
- Mix well to combine and allow to simmer for 6 - 7 minutes.
- Season to taste with salt and pepper.

4



Serve

- Chop the basil into ribbons.
- Serve the pasta on plates and top with the sauce.
- Grate the cheese directly over the pasta.
- Garnish with the basil to finish.

Organic Salmon | with Hoisin Sauce & Sticky Soy Vegetables

over furikake rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min.





Organic skin-on salmon fillet



Hoisin sauce



Jasmine rice



Onion



Courgette



Furikake



Sesame oil



Gomashio



Lime



Garlic



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
Organic skin-on salmon fillet* (pcs)	1	2	3	4	5	6
Hoisin sauce (g)	15	25	40	50	65	75
Jasmine rice (g)	75	150	225	300	375	450
Onion (pcs)	1/2	1	1	2	2	3
Courgette* (pcs)	1/2	1	2	2	3	3
Furikake (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Sesame oil (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12
Sambal (tsp)	1/2	1	1 1/2	2	2 1/2	3
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3268 /781	646 /155
Total fat(g)	34,1 g	6,7 g
of which saturated(g)	4,8	0,9
Carbohydrates (g)	89,3	17,7
of which sugars (g)	21,6	4,3
Fibre (g)	5,7	1,1
Protein (g)	36,7	7,3
Salt (g)	3,1	0,61

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 water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

Did you know... *the Romano pepper in this recipe contains vitamin C, a nutrient that supports your nervous system.*

2



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 7 minutes.
- Meanwhile, spread two thirds of the hoisin sauce over the fish.
- Place the fish skin-side down among the vegetables, then return the baking sheet to the oven for a further 10 - 15 minutes.

3



Boil the rice

- Boil the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic.
- In a small bowl, combine the garlic with the soy sauce, the sambal and half of the honey.
- Pour this over the roasted vegetables and toss well to combine, then return to the oven until done.

4



Serve

- Cut the lime into six wedges. In a small bowl, combine the sesame oil with the rest of the honey and hoisin sauce, along with the juice of one lime wedge per person.
- Stir the furikake into the rice. Serve the rice on plates and arrange everything on top.
- Drizzle with the hoisin dressing and garnish with the gomashio. Serve the rest of the lime wedges alongside.

Organic Steak | with Greek-Style Cheese & Pickled Onion

over bulgur with spinach, bell pepper & tomato

Total time: 15 - 25 min.




Red onion


Bell pepper


Tomato


Greek-style cheese


Italian seasoning


Spinach


Organic steak


Bulgur

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (pcs)	1/2	1	1	2	2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Tomato (pcs)	1/2	1	1	2	2	3
Greek-style cheese* (g)	25	50	75	100	125	150
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Spinach* (g)	50	100	150	200	250	300
Organic steak* (pcs)	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Not included						
Red wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Balsamic vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock cube (pcs)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (tbsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3807 /910	731 /175
Total fat(g)	48,9 g	9,4 g
of which saturated(g)	11,2	2,1
Carbohydrates (g)	77,3	14,8
of which sugars (g)	15,9	3,1
Fibre (g)	12,7	2,4
Protein (g)	44	8,4
Salt (g)	3,27	0,63

Allergens

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

1



Prepare

- Remove the steak from the fridge and allow it to reach room temperature.
- Transfer the bulgur to a pot or saucepan and submerge with water, then crumble in the stock cube (see pantry for amount).
- Bring to the boil and cook the bulgur for 10 minutes until done, then drain and set aside.
- Meanwhile, slice the onion into thin half-rings.

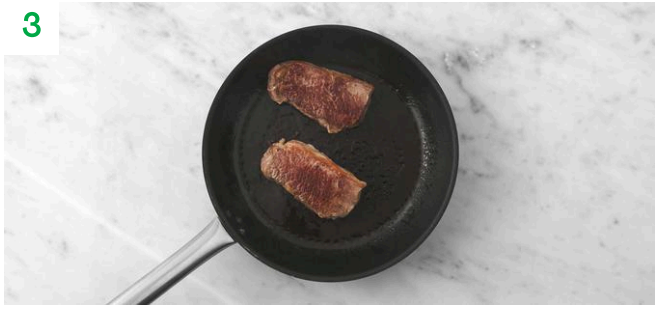
2



Pickle the onion

- In a bowl, combine the sugar with half of the red wine vinegar.
- Add half of the onion, then season with salt and pepper. Toss well to combine and then set aside, stirring occasionally.
- Dice the bell pepper and the tomato.
- In a bowl, combine the mayonnaise with the rest of the red wine vinegar.

3



Fry the steak

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the steak for 1 - 3 minutes per side.
- Remove from the pan and season with pepper, then allow to rest under aluminum foil.
- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the bell pepper, the Italian seasoning and the rest of the onion for 3 - 4 minutes.

4



Serve

- Transfer the spinach, the tomato, the pickled onion, the balsamic vinegar and the extra virgin olive oil to the bulgur, then mix well to combine.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the mayonnaise and crumble over the cheese to finish.

Organic Salmon | in Honey-Mustard Sauce with Baby Potatoes

with rainbow carrots & fresh thyme

Total time: 40 - 50 min.





Baby potatoes



Carrot



Organic skin-on salmon fillet



Garlic



Fresh thyme



Yellow carrot



Red 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
Baby potatoes (g)	200	400	600	800	1000	1200
Carrot* (pcs)	1	1	2	2	3	3
Organic skin-on salmon fillet* (pcs)	1	2	3	4	5	6
Garlic (pcs)	1	2	3	4	5	6
Fresh thyme* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Yellow carrot* (pcs)	1	2	3	4	5	6
Red onion (pcs)	1/2	1	2	2	3	3
Not included						
Mustard (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Brown sugar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Honey [or plant-based alternative] (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2978 /712	424 /101
Total fat(g)	32,8 g	4,7 g
of which saturated(g)	4,8	0,7
Carbohydrates (g)	66,9	9,5
of which sugars (g)	22,2	3,2
Fibre (g)	15,7	2,2
Protein (g)	31,6	4,5
Salt (g)	0,59	0,08

Allergens

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

1



Roast the potatoes

- Preheat the oven to 220°C.
- Prepare the stock.
- Wash the baby potatoes and cut them in half, or any larger ones into quarters.
- Transfer to a bowl and drizzle with olive oil. Season to taste with salt and pepper, then toss well to coat.

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



Chop the vegetables

- Transfer to one side of a parchment-lined baking sheet and roast for 30 - 35 minutes, tossing halfway.
- Halve the carrots lengthways and cut into crescents of 1cm thickness.
- Slice the onion into half rings and crush or mince the garlic.
- Pull the leaves off of half a sprig of thyme per person, then roughly chop. In a small bowl, combine the honey with the mustard.

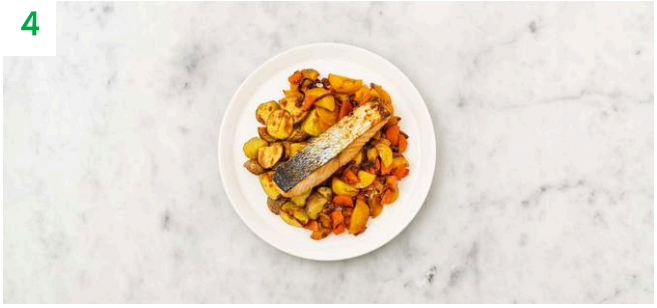
3



Stew the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion with the carrot for 1 minute.
- Add the garlic, thyme, sugar and stock, then cover with the lid and allow to stew for 10 - 12 minutes.
- Remove the lid and then cook for 2 more minutes.

4



Serve

- Pat the fish dry with kitchen paper and season with salt and pepper, then spread with the honey-mustard sauce.
- Transfer to the baking sheet alongside the potatoes and return to the oven for 10 - 12 minutes.
- Serve the fish with the potatoes and carrots.

Asian-Inspired Noodle Salad with Veggie Mince

with peanuts & fresh coriander

Total time: 25 - 35 min.



- Garlic
- Ginger paste
- Plant-based mince
- Lime
- East Asian-style sauce
- Ketjap manis
- Red chili pepper
- Red onion
- Cucumber
- Roma tomato
- Fresh coriander
- Unsalted peanuts
- Fresh udon noodles

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 (pcs)	1/2	1	1 1/2	2	2 1/2	3
Ginger paste* (g)	5	10	15	20	25	30
Plant-based mince* (g)	75	150	225	300	375	450
Lime* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
East Asian-style sauce* (g)	35	70	105	140	175	210
Ketjap manis (g)	20	40	60	80	100	120
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Roma tomato (pcs)	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Unsalted peanuts (g)	10	20	30	40	50	60
Fresh udon noodles (g)	110	220	330	440	550	660
Not included						
Sunflower oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Reduced salt] soy sauce (to taste)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2063 /493	375 /90
Total fat(g)	12,1 g	2,2 g
of which saturated(g)	1,6	0,3
Carbohydrates (g)	68,7	12,5
of which sugars (g)	25,7	4,7
Fibre (g)	11,8	2,1
Protein (g)	25,2	4,6
Salt (g)	3,24	0,59

Allergens

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

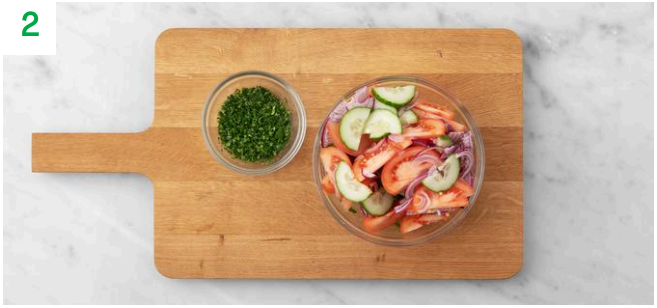
1



Prepare

- Crush or mince the garlic. Quarter the lime.
- In a small bowl, combine the East Asian-style sauce with the ketjap, garlic, ginger paste and sugar.
- Add the juice of a quarter lime per person, then mix well to combine.

2



Make the salad

- Slice the cucumber into crescents.
- Cut the tomato into wedges and the onion into half rings (see Tip).
- Finely chop the coriander.
- Transfer all of this to a salad bowl and toss well to combine.

Tip: *if you don't like raw onion, fry it in step 3.*

Did you know... *the cucumber in this recipe contains vitamin K, a nutrient that helps to keep bones strong.*

3



Fry the mince

- Heat a light drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the mince for 4 - 5 minutes.
- Add the noodles and two thirds of the sauce, then mix well and fry for 2 more minutes.
- Meanwhile, roughly chop the peanuts and slice the red chili pepper* into thin rings.

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

4



Serve

- Transfer the noodles to the salad bowl and toss well to combine.
- Serve on plates and garnish with the peanuts. Serve any remaining lime wedges alongside.
- Drizzle with the rest of the sauce and season to taste with pepper.
- Finish with the chili pepper and/or some soy sauce as preferred.

Ghanaian-Inspired Beef & Peanut Stew

with organic beef mince | rice, sweet potato, lime & spinach

Total time: 20 - 30 min.




Basmati rice


Carrot


Spinach


Tagine paste


Sweet potato


Red onion


Peanut butter


African-inspired spice mix


Organic beef mince


Lime

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Carrot* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Spinach* (g)	100	200	300	400	500	600
Tagine paste (g)	22 1/2	45	67 1/2	90	112 1/2	135
Sweet potato (g)	75	150	225	300	375	450
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Peanut butter (tub(s))	1	2	3	4	5	6
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Organic beef mince* (g)	125	250	375	500	625	750
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium beef or vegetable stock (ml)	125	250	375	500	625	750
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3968 /948	460 /110
Total fat(g)	45,2 g	5,2 g
of which saturated(g)	14,4	1,7
Carbohydrates (g)	97,3	11,3
of which sugars (g)	15,1	1,7
Fibre (g)	10,8	1,3
Protein (g)	41,1	4,8
Salt (g)	3,59	0,42

Allergens

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

1



Prepare

- Prepare the stock.
- Boil the water for the rice in a pot or saucepan and cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Peel or thoroughly wash the sweet potato and the carrot, then dice both into 1cm cubes.

2



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over high heat. Fry the carrot and the sweet potato with a splash of water for 5 minutes, covered.
- Meanwhile, chop the onion and transfer to the pan.
- Add the mince and fry for 2 - 3 minutes, separating it as you do so.
- Stir in the African-inspired spices and fry for 1 more minute.

3



Finish

- Gradually add the spinach, tearing it directly into the pan. Season to taste with salt and pepper.
- Add the stock, the peanut butter and the tagine paste, then mix well and bring to the boil.
- Cover with the lid and simmer for 4 minutes over medium-high heat, or until serving.
- Zest the lime and cut it into wedges.

4



Serve

- Serve the rice on plates and top with the stew.
- Garnish with some lime zest as preferred and serve the lime wedges alongside.

Harira-Style Soup with Roasted Chickpeas

with African-inspired spices, labneh & wholewheat pita bread

Total time: 35 - 45 min.




Lentils


African-inspired spice mix


Red onion


Carrot


Fresh ginger


Fresh flat leaf parsley


Labneh


Chickpeas


BBQ spice rub


Chopped dates


Wholewheat pita bread


Chopped tomatoes


Garlic


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
Lentils (pack(s))	1/2	1	1	2	2	3
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1	2	3	4	5	6
Carrot* (pcs)	1	1	2	2	3	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Labneh* (g)	40	80	120	150	200	230
Chickpeas (pack(s))	1/2	1	2	2	3	3
BBQ spice rub (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Chopped dates (g)	20	40	60	80	100	120
Wholewheat pita bread (pcs)	2	4	6	8	10	12
Chopped tomatoes (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Olive oil (tbsp)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3522 /842	353 /84
Total fat(g)	25,9 g	2,6 g
of which saturated(g)	4	0,4
Carbohydrates (g)	104,8	10,5
of which sugars (g)	36,9	3,7
Fibre (g)	36,1	3,6
Protein (g)	32,4	3,2
Salt (g)	4,04	0,4

Allergens

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

1



Prepare

- Preheat the oven to 220°C and prepare the stock (see Tip).
- Grate the ginger and roughly chop the onion.
- Crush or mince the garlic and cut the carrot into crescents.
- Finely dice the Romano pepper.

Health Tip: *this recipe is high in salt. If you're watching your salt intake, substitute the stock for boiling water.*

2



Make the soup

- Heat a drizzle of olive oil in a soup pot over medium-high heat.
- Fry the ginger, garlic, onion, carrot, Romano pepper and chopped dates for 2 - 3 minutes.
- Add the chopped tomatoes and the stock, then bring to a boil and cook for 8 - 10 minutes, covered.

3



Prepare the chickpeas

- Drain the chickpeas and set aside half to use later.
- Pat the rest of the chickpeas dry with kitchen paper, then transfer to a bowl.
- Add the BBQ spice rub* and a light drizzle of olive oil.
- Season with salt and pepper, then toss well to coat.

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

4



Bake the pitas

- Transfer the chickpeas to a parchment-lined baking sheet and roast in the oven for 20 minutes, or until golden-brown and crunchy.
- Bake the pitas in the oven for 4 - 6 minutes, or use a toaster if preferred.
- Roughly chop the parsley and drain the lentils.

Air Fryer Option: *heat the bread for 2 - 4 minutes at 180°C. Avoid overcrowding the basket for the best result.*

5



Finish

- Add the African-inspired spices to the soup and then process until smooth with an immersion blender.
- Stir in the lentils and the reserved chickpeas.
- Taste the soup and season with salt and pepper if necessary, then cook for 2 - 3 more minutes.

6



Serve

- Serve the soup on deep plates.
- Top with the roasted chickpeas and garnish with the parsley and labneh.
- Serve with the pitas on the side.

Butternut Squash Tikka Masala with Mango Chutney

over brown rice with shaved almonds & green beans

Total time: 40 - 50 min.




Butternut squash


Quick-cook brown rice


Garlic


Onion


Green beans


Tomato paste


Tikka masala paste


Crème fraîche


Mango chutney


Shaved almonds

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Butternut squash* (pcs)	1/3	2/3	1	1 1/3	1 2/3	2
Quick-cook brown rice (g)	75	150	225	300	375	450
Garlic (pcs)	1	2	3	4	5	6
Onion (pcs)	1/2	1	2	2	3	3
Green beans* (g)	75	150	200	300	350	450
Tomato paste (can(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Tikka masala paste (g)	37 1/2	75	112 1/2	150	187 1/2	225
Crème fraîche* (g)	25	50	75	100	125	150
Mango chutney* (g)	20	40	60	80	100	120
Shaved almonds (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1	2	3	4	5	6
Water for the rice (ml)	175	350	525	700	875	1050

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3579 /855	421 /101
Total fat(g)	34,7 g	4,1 g
of which saturated(g)	8,8	1
Carbohydrates (g)	113,9	13,4
of which sugars (g)	15,9	1,9
Fibre (g)	15,7	1,8
Protein (g)	15,5	1,8
Salt (g)	2,73	0,32

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.
- Boil the water for the rice in a pot or saucepan.
- 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.

2



Roast the butternut squash

- Transfer the butternut squash to a parchment-lined baking sheet and drizzle with olive oil, then season with salt and pepper.
- Toss well to coat and roast for 18 - 20 minutes, tossing halfway.
- Meanwhile, slice the onion into half-rings and crush or mince the garlic.
- Discard the tips of the green beans and then cut into thirds.

3



Cook the rice

- Boil the rice for 10 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.
- Meanwhile, heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 4 - 5 minutes.
- Add the garlic, the tomato paste and the tikka masala paste. Fry for 1 minute, then add the stock and the green beans.

4



Serve

- Bring the curry to a simmer, then lower the heat and cook for 8 - 10 minutes.
- Remove from the heat, then stir in the crème fraîche, the butternut squash, the mango chutney and a splash of water if necessary.
- Serve the rice in bowls and top with the curry.
- Garnish with the almonds to finish.

Korean-Style Gochujang Chicken Bibimbap Bowl

bring the sensational food trend home!

Total time: 30 - 40 min.





Carrot



Garlic



Green beans



Gochujang



Jasmine rice



Seasoned chicken mince



Red 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
Carrot* (pcs)	1/2	1	2	2	3	3
Garlic (pcs)	1	2	3	4	5	6
Green beans* (g)	100	200	300	400	500	600
Gochujang* (g)	15	25	40	50	65	75
Jasmine rice (g)	75	150	225	300	375	450
Seasoned chicken mince* (g)	100	200	300	400	500	600
Red onion (pcs)	1/2	1	1	2	2	3
Not included						
Honey [or plant-based alternative] (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Water for the rice (ml)	150	300	450	600	750	900
[Reduced salt] soy sauce (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt (to taste)	To Taste					
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Water for the sauce (ml)	25	50	75	100	125	150

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2453 /586	407 /97
Total fat(g)	15,6 g	2,6 g
of which saturated(g)	3,2	0,5
Carbohydrates (g)	87,2	14,5
of which sugars (g)	19,8	3,3
Fibre (g)	7,6	1,3
Protein (g)	29,7	4,9
Salt (g)	2,46	0,41

Allergens

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

1



Prepare

- Boil the water for the rice in a pot or saucepan (see pantry for amount).
- Cook the rice for 10 - 12 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.

2



Chop the vegetables

- Slice the onion into half-rings.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- In a small bowl, combine the carrot with the onion, the white wine vinegar, the sugar and a pinch of salt. Set aside until further use.
- Crush or mince the garlic and discard the tips of the green beans.

Did you know... *the green beans in this recipe contain contains fibre, a nutrient that contributes to digestive regularity.*

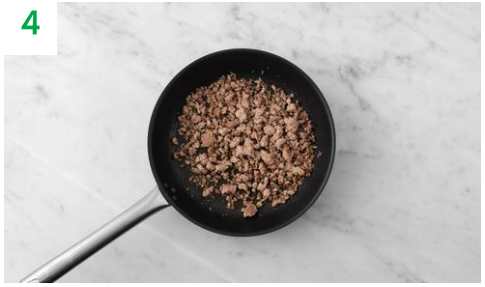
3



Stir-fry the green beans

- Heat a drizzle of sunflower oil in a large frying pan over high heat and fry the green beans for 2 - 3 minutes.
- Reduce the heat to medium-high, then add half of the garlic and stir-fry for 1 minute.
- Add a splash of water and cook for 4 - 5 minutes, covered.
- Remove from the pan and set aside under aluminum foil.

4



Fry the mince

- In the same pan, fry the mince for 3 minutes over medium-high heat, separating it as you do so.
- Stir in the rest of the garlic and fry for 1 more minute.

5



Make the sauce

- In a bowl, combine the soy sauce with the honey, the gochujang* and the water for the sauce.
- Transfer this sauce to the frying pan and mix well, then bring to the boil.
- Lower the heat and allow to simmer for 2 - 3 minutes, or until thickened and reduced.

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

6



Serve

- Transfer the pickling liquid from the carrots to the rice, then fluff through with a fork.
- Serve the rice in bowls with everything else alongside.

Shrimp Bulgur Bowl with Orange Vinaigrette

with Greek-style cheese, carrot & raisins

Total time: 25 - 35 min.




Bulgur


Greek-style cheese


Orange


Shrimp


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Greek-style cheese* (g)	25	50	75	100	125	150
Orange* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Shrimp* (g)	80	160	240	320	400	480
Raisins (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Spinach* (g)	50	100	200	200	300	300
Onion (pcs)	1/2	1	1	2	2	3
Carrot* (pcs)	1/2	1	1	2	2	3
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Extra virgin olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Low sodium vegetable stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Red wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2532 /605	495 /118
Total fat(g)	18,3 g	3,6 g
of which saturated(g)	9,5	1,9
Carbohydrates (g)	83,4	16,3
of which sugars (g)	21,8	4,3
Fibre (g)	14,5	2,8
Protein (g)	31	6,1
Salt (g)	2,36	0,46

Allergens

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

1



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook the bulgur for 10 minutes, then drain and set aside.
- Meanwhile, chop the onion and slice the carrot.
- Dice half of the orange and then juice the rest. Dice the cucumber.

2



Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Melt a knob of butter in a frying pan over medium-high heat and fry the carrot with the onion for 6 - 8 minutes.
- Add the shrimp and half of the African-inspired spices, then fry for 3 more minutes.
- Stir in half of the spinach and allow to wilt and reduce.

3



Make the vinaigrette

- In a small bowl, combine the orange juice with the mustard, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- In a large bowl, combine the bulgur with the rest of the spinach and the African-inspired spices, along with half of the orange vinaigrette.
- Season to taste with salt and pepper.

4



Serve

- Serve the bulgur on deep plates with everything else on top.
- Garnish with the raisins, the cucumber and the orange.
- Crumble over the Greek-style cheese and drizzle with the rest of the vinaigrette to finish.

Chicken Curry Vol Au Vents

with parsley, arugula-cucumber salad & Romano pepper

Total time: 25 - 35 min.




Puff pastry cup


Romano pepper


Onion


Garlic


Chicken tenderloin


Carrot


Curry powder


Arugula


Fresh flat leaf parsley


Persian cucumber

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry cup (pcs)	2	4	6	8	10	12
Romano pepper* (pcs)	1/2	1	1	2	2	3
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Chicken tenderloin* (g)	100	200	300	400	500	600
Carrot* (pcs)	1/2	1	1	1	2	2
Curry powder (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Arugula* (g)	30	60	90	120	150	180
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Honey [or plant-based alternative] (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Low sodium chicken stock (ml)	75	150	225	300	375	450
Flour (tbsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Mustard (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
[Plant-based] milk (ml)	75	150	225	300	375	450
Extra virgin olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3301 /789	557 /133
Total fat(g)	47,4 g	8 g
of which saturated(g)	23,1	3,9
Carbohydrates (g)	53,6	9,1
of which sugars (g)	16,7	2,8
Fibre (g)	7,2	1,2
Protein (g)	36,2	6,1
Salt (g)	1,16	0,2

Allergens

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

1



Prepare

- Preheat the oven to 180°C. Slice the carrot into crescents and cut the chicken into strips.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the chicken with the carrot for 3 minutes.
- Meanwhile, cut the Romano pepper into thin strips. Chop the onion and crush or mince the garlic.
- Transfer all three to the pan and fry for 4 minutes.

3



Make the salad

- Transfer the pastry cups to a parchment-lined baking sheet and heat in the oven for 5 - 8 minutes.
- Meanwhile, roughly chop the parsley.
- Slice the cucumber into thin crescents.
- In a salad bowl, combine the mustard with the honey and the extra virgin olive oil. Season to taste with salt and pepper.

2



Make the curry

- Prepare the stock.
- Stir the flour, the curry spices and a knob of butter into the vegetables, then fry for 1 - 2 minutes.
- Add the stock and the milk, then mix well until smooth.
- Allow to reduce over low heat for 6 - 8 minutes. Season to taste with salt and pepper (see Tip).

Tip: *increase the heat if it seems too watery.*

4



Serve

- Shortly before serving, transfer the arugula and the cucumber to the salad bowl, then toss to combine with the dressing.
- Stir half of the parsley into the curry.
- Stuff the puff pastry cups with the curry and serve the salad alongside.
- Garnish with the rest of the parsley.

Chicken with Orzotto Alla Melanzane

with eggplant, Parmigiano Reggiano & Italian herbs

Total time: 40 - 50 min.





Wholewheat orzo



Garlic



Red onion



Eggplant



Italian seasoning



Parmigiano Reggiano DOP



Chopped tomatoes with basil



Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat orzo (g)	75	150	225	300	375	450
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1/2	1	1	2	2	3
Eggplant* (pcs)	1/2	1	2	2	3	3
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Chopped tomatoes with basil (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Chicken breast with Mediterranean herbs* (pcs)	1	2	3	4	5	6
Not included						
Balsamic vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9
Flour (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

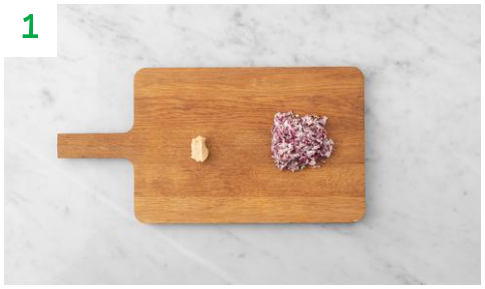
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3429 /819	449 /107
Total fat(g)	32,9 g	4,3 g
of which saturated(g)	10,5	1,4
Carbohydrates (g)	79,9	10,5
of which sugars (g)	25,3	3,3
Fibre (g)	12,4	1,6
Protein (g)	45,1	5,9
Salt (g)	2,43	0,32

Allergens

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

1



Prepare

- Prepare the stock.
- Dice the eggplant into 1cm cubes and transfer to a bowl, along with the flour.
- Season with salt and pepper, then toss well to coat.
- Chop the onion and crush or mince the garlic.

2



Fry the eggplant

- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the eggplant for 8 - 10 minutes until evenly browned, then remove from the pan and set aside.

3



Make the sauce

- Heat a drizzle of olive oil in another frying pan over medium-high heat.
- Fry the onion with the Italian seasoning for 3 - 4 minutes.
- Stir in the garlic and the orzo, then fry for 1 more minute.
- Deglaze with the diced tomatoes and the balsamic vinegar, then stir in the sugar and allow to reduce for 2 - 3 minutes.

4



Make the orzotto

- Pour in the stock, then bring to a boil.
- Lower the heat and allow to reduce gently for 15 - 17 minutes, or until the orzo is done.
- Stir regularly so as to prevent the orzo from sticking to the bottom of the pan.
- Add more water as necessary if it seems too dry.

5



Fry the chicken

- Melt a knob of butter in the same pan you used for the eggplant over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 4 minutes per side, or until done.
- Turn off the heat and set aside until serving, covered.
- Meanwhile, grate the Parmigiano Reggiano.

6



Serve

- When the orzotto is done, stir in half each of the eggplant and the Parmigiano Reggiano. Season to taste with salt and pepper.
- Serve the orzotto on plates with everything else alongside.
- Garnish with the rest of the Parmigiano Reggiano to finish.

Venison Steak with Creamy Portobello Sauce

with garlic mash & carrot fries

Total time: 35 - 45 min.




Potatoes


Yellow carrot


Carrot


Portobello mushroom


Onion


Garlic


Venison steak


Yellow mustard seeds


Cooking cream

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
Yellow carrot* (pcs)	3/4	1	1	2	2	3
Carrot* (pcs)	1/2	1	1	1	2	2
Portobello mushroom* (pcs)	1	2	3	4	5	6
Onion (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Venison steak* (g)	120	240	360	480	600	720
Yellow mustard seeds (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Cooking cream (g)	75	150	225	300	375	450
Not included						
[Plant-based] milk (splash)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					
Red wine vinegar (tsp)	1	2	3	4	5	6
Flour (tsp)	1/2	1	1 1/2	2	2 1/2	3
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1 1/2	3	4 1/2	6	7 1/2	9

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3564 /852	530 /127
Total fat(g)	53,3 g	7,9 g
of which saturated(g)	24,1	3,6
Carbohydrates (g)	61	9,1
of which sugars (g)	10,4	1,5
Fibre (g)	10,5	1,6
Protein (g)	33,1	4,9
Salt (g)	1,37	0,2

Allergens

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

1



Roast the carrots

- Take the steak out of the fridge and allow it to reach room temperature.
- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan for the potatoes.
- Cut the carrots into fries of around 1 - 2cm thickness and transfer to a bowl.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat. Transfer to a parchment-lined baking sheet and bake for 25 - 35 minutes.

2



Chop the vegetables

- Peel or thoroughly wash the potatoes and cut into rough chunks.
- Finely dice the portobello. Chop the onion and peel the garlic clove.
- Boil the potatoes for 10 minutes, then add the garlic clove and cook for 5 more minutes until done.
- Reserve some of the cooking liquid, then drain.

3



Mash the potatoes

- Mash the potatoes with the garlic clove, a knob of butter and a splash of milk or the cooking liquid.
- Season to taste with salt and pepper, then set aside to keep warm over a low heat.

4



Fry the steak

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, fry the steak for 1 - 3 minutes per side, or until cooked as preferred.
- Remove the steak from the pan and allow to rest under aluminum foil.

5



Make the sauce

- Melt a generous knob of butter in the same pan over medium-high heat.
- Fry the onion with the portobello and mustard seeds for 3 - 4 minutes, then deglaze with the red wine vinegar.
- Stir in the flour and cook for 1 minute or until the vinegar has evaporated, then add the cream and season with salt and pepper.
- Mix well, then allow to thicken and reduce for 1 - 2 minutes.

6



Serve

- Slice the steak against the grain.
- Serve the steak with the garlic mash.
- Top with the creamy portobello sauce and serve the carrot fries alongside.

Sweet & Sticky Squeaky Cheese Orzo Salad

with tomatoes, lemon & thyme

Total time: 20 - 30 min.




Wholewheat orzo


Red onion


Garlic


Cucumber


Sicilian-style herb mix


Fresh flat leaf parsley


Cypriot-style cheese


Dried thyme


Lemon


Mini Roma tomatoes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat orzo (g)	75	150	225	300	375	450
Red onion (pcs)	1/2	1	1	2	2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Cucumber* (pcs)	1/4	1/2	1	1	1 1/2	1 1/2
Sicilian-style herb mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Cypriot-style cheese* (g)	100	200	300	400	500	600
Dried thyme (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Lemon* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Not included						
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Extra virgin olive oil (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium vegetable stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Balsamic vinegar (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3406 /814	690 /165
Total fat(g)	38,3 g	7,8 g
of which saturated(g)	24	4,9
Carbohydrates (g)	77,1	15,6
of which sugars (g)	28	5,7
Fibre (g)	10,5	2,1
Protein (g)	36,6	7,4
Salt (g)	3,57	0,72

Allergens

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

1

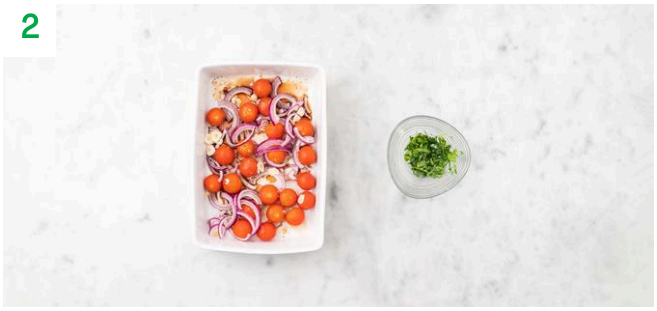


Prepare

- Preheat the oven to 220°C.
- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the orzo for 10 - 12 minutes, then drain and set aside (see Tip).
- Cut the onion into half rings and thinly slice the garlic. Dice the cucumber.

Tip: *if preferred, you can also rinse the orzo under cold water at this stage.*

2



Roast the tomatoes

- Transfer the onion, the garlic and the tomatoes to an oven dish, then drizzle with olive oil and the balsamic vinegar. Season with salt and pepper, then toss well to coat.
- Roast the vegetables in the oven for 15 minutes.
- Pat the cheese dry with kitchen paper and cut into three slabs per person.
- Juice the lemon and finely chop the parsley.

3



Fry the cheese

- Heat a clean non-stick frying pan over medium-high heat. Fry the cheese for 2 - 3 minutes per side (see Tip).
- Stir in half of the honey, then add the thyme and season with pepper.
- Deglaze the pan with 0.5 tbsp of lemon juice per person.

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

4



Serve

- In a salad bowl, combine the orzo with the cucumber, the roasted vegetables, the Sicilian-style herbs, the extra virgin olive oil, the rest of the honey, two thirds of the parsley and 1 tbsp lemon juice per person.
- Serve the orzo on deep plates and top with the cheese.
- Garnish with the rest of the parsley to finish.

Shrimp Stir-Fry with Noodles & East Asian-Style Sauce

with cabbage, coriander & sesame seeds

Total time: 10 - 20 min.




Shrimp


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

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
Shrimp* (g)	80	160	240	320	400	480
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Fresh coriander* (g)	5	10	15	20	25	30
Sesame seeds (g)	5	10	15	20	25	30
Wholewheat noodles (g)	75	150	200	300	350	450
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Not included						
White wine vinegar (tsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2543 /608	573 /137
Total fat(g)	17,4 g	3,9 g
of which saturated(g)	5,4	1,2
Carbohydrates (g)	83,8	18,9
of which sugars (g)	15,6	3,5
Fibre (g)	10,5	2,4
Protein (g)	27,4	6,2
Salt (g)	4,9	1,1

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 for the noodles.
- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium heat and fry the garlic for 1 minute.
- Add the vegetable mix and fry for 4 - 5 minutes.

2



Boil the noodles

- Meanwhile, boil the noodles for 4 - 5 minutes until al dente.
- Drain the noodles and transfer to the vegetables.
- Add the East Asian-style sauce, then toss well to combine and fry for 1 more minute.

3



Fry the shrimp

- Melt a knob of butter in a frying pan over medium-high heat and fry the shrimp for 3 minutes until done. Season to taste with salt and pepper.
- Add the white wine vinegar, the sugar, the sambal and the soy sauce (see Tip).
- Stir-fry for 1 minute.

Health Tip: *if you're watching your salt intake, use just half of the soy sauce.*

4



Serve

- Roughly chop the coriander.
- Serve the noodles on deep plates with everything else alongside.
- Drizzle with any residual sauce from the frying pans.
- Garnish with the coriander and the sesame seeds to finish.

Sweet & Sticky Chicken Thigh Strips with Yogurt Sauce

over bulgur with fresh herbs, cucumber & bell pepper

Total time: 15 - 25 min.




Bulgur


Chicken thigh strips


Garlic


Red onion


Bell pepper


Cucumber


Fresh flat leaf parsley & mint


Organic full-fat yogurt


Mango ketchup


Za'atar


African-inspired spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Chicken thigh strips* (g)	100	200	300	400	500	600
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1/2	1	1	2	2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Mango ketchup* (g)	30	60	90	120	150	180
Za'atar (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Low sodium beef or vegetable stock (ml)	175	350	525	700	875	1050

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3094 /740	412 /99
Total fat(g)	34,9 g	4,7 g
of which saturated(g)	11,3	1,5
Carbohydrates (g)	80,4	10,7
of which sugars (g)	18,4	2,5
Fibre (g)	13	1,7
Protein (g)	31,4	4,2
Salt (g)	1,57	0,21

Allergens

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

1



Prepare the bulgur

- Prepare the stock in a pot or saucepan and bring to a boil.
- Cook the bulgur in the stock for 8 - 10 minutes or until done.
- Stir the za'atar into the bulgur and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Meanwhile, slice the onion into half rings and crush or mince the garlic. Cut the bell pepper into strips.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the vegetables with the garlic and the African-inspired spices for 6 - 8 minutes. Season to taste with salt and pepper.
- Dice the cucumber and transfer to a bowl.
- Add the white wine vinegar and the sugar, then toss well to combine.

3



Fry the chicken

- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- Lower the heat, then add the mango ketchup and fry for 1 more minute. Season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs, being sure to keep them separate.

4



Serve

- In a bowl, combine the mint with the yogurt and the mayonnaise, along with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur in bowls and arrange everything on top.
- Garnish with the parsley and the yogurt sauce.

Spicy No-Chicken Curry in Richly Fragrant Coconut Sauce

over rice with coriander & bell pepper

Total time: 15 - 25 min.




Jasmine rice


Bell pepper


Coconut milk


Soy sauce


African-inspired spice mix


Tinned cherry tomatoes


Fresh coriander


Chopped onion


Yellow curry spices


Garlic


Red chili pepper


Ginger paste


Plant-based chicken pieces

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Bell pepper* (pcs)	1/2	1	2	2	3	3
Coconut milk (ml)	90	180	250	360	430	540
Soy sauce (ml)	5	10	15	20	25	30
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Tinned cherry tomatoes (can(s))	1/2	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Chopped onion* (g)	25	50	100	100	150	150
Yellow curry spices (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1	2	3	4	5	6
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Ginger paste* (g)	5	10	15	20	25	30
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Not included						
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3113 /744	520 /124
Total fat(g)	31,6 g	5,3 g
of which saturated(g)	15,7	2,6
Carbohydrates (g)	90,9	15,2
of which sugars (g)	17,7	3
Fibre (g)	9,7	1,6
Protein (g)	26,3	4,4
Salt (g)	3,04	0,51

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 12 - 15 minutes, then drain and set aside.
- Crush or mince the garlic and cut the bell pepper into strips.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the veggie chicken

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the onion with the yellow curry spices for 1 minute.
- Stir in the veggie chicken, the African-inspired spices, the bell pepper, the ginger paste, the chili pepper and the garlic.
- Fry for 5 minutes, seasoning to taste with salt and pepper.

3



Make the curry

- Deglaze the pan with the soy sauce (see Tip).
- Add the tomatoes, the coconut milk and the sugar.
- Mix well and allow to simmer for 3 - 4 minutes, then season to taste with salt and pepper.

Tip: *if you'd prefer it to be spicier, add some sambal from your pantry as preferred.*

4



Serve

- Meanwhile, finely chop the coriander.
- Serve the rice on plates and top with the curry.
- Garnish with the coriander to finish.

Criss-Cross Courgette with Creamy Bean Stew

over brown rice with Grana Padano & green pesto

Total time: 15 - 25 min.




Bell pepper strips


Courgette


Red onion


Garlic


Passata


Grana Padano flakes DOP


Quick-cook brown rice


Crème fraîche


Sicilian-style herb mix


Butterbeans


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
Bell pepper strips* (g)	50	100	150	200	250	300
Courgette* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Passata (g)	100	200	300	400	500	600
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Quick-cook brown rice (g)	75	150	225	300	375	450
Crème fraîche* (g)	25	50	75	100	125	150
Sicilian-style herb mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Butterbeans (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Green pesto (g)	20	40	60	80	100	120
Not included						
Water (ml)	30	60	90	120	150	180
Low sodium vegetable stock (ml)	25	50	75	100	125	150
Balsamic vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3645 /871	562 /134
Total fat(g)	42,3 g	6,5 g
of which saturated(g)	12,8	2
Carbohydrates (g)	89,7	13,8
of which sugars (g)	17,8	2,7
Fibre (g)	16,7	2,6
Protein (g)	24,2	3,7
Salt (g)	2,27	0,35

Allergens

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

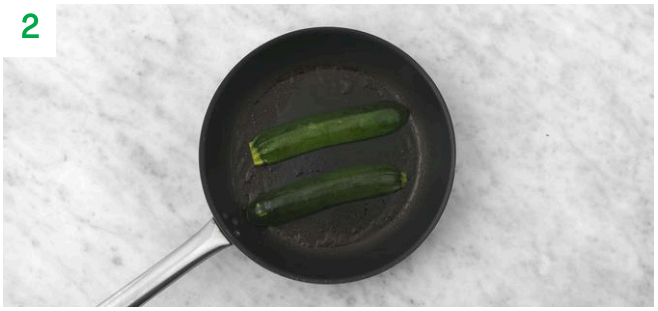
1



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the rice for 10 minutes, then drain and set aside.
- Meanwhile, halve the courgette lengthways and then score the flesh, making a criss-cross pattern. Be sure not to cut too deep, so as to keep the skin intact.
- Season with salt and pepper.

2



Fry the courgette

- Heat a drizzle of olive oil in a frying pan over high heat. Sear the courgette face-down for 2 - 3 minutes.
- Add the water (see pantry for amount).
- Flip the courgette and cover with the lid, then allow to cook for 7 - 8 minutes.
- Meanwhile, prepare the stock.

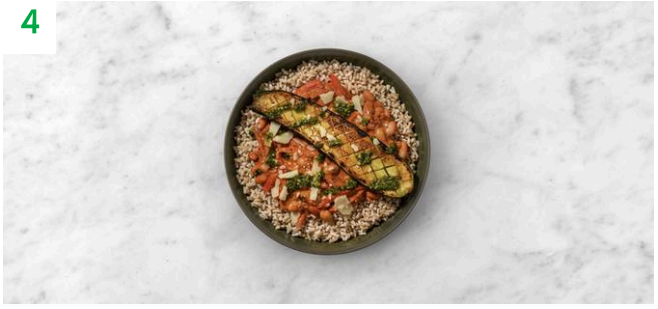
3



Make the stew

- Crush or mince the garlic and drain the beans. Slice the onion.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the bell pepper strips with the onion, the garlic and the Sicilian-style herbs for 1 minute.
- Stir in the passata, the stock, the balsamic vinegar, the beans and the sugar. Bring to the boil and allow to reduce gently for 4 - 5 minutes, covered.

4



Serve

- Stir in the crème fraîche and half of the Grana Padano, then return briefly to the boil.
- Take the pan off the heat, then season to taste with salt and pepper.
- Serve the rice on plates, topped with the stew and the criss-cross courgette.
- Drizzle with the pesto and garnish with the rest of the Grana Padano.

5-Minute Chicken Tacos with Guacamole & Greek-Style Cheese

fresh & tasty in a flash!

Total time: 5 - 15 min.





Chicken mince with Mexican seasoning



Birria paste



Lime



Peruvian-style spice mix



Guacamole



Corn



Greek-style cheese



Mini tortillas



Rainbow slaw mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mexican seasoning* (g)	100	200	300	400	500	600
Birria paste (g)	20	40	60	80	100	120
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Peruvian-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Guacamole* (g)	40	80	120	160	200	240
Corn (g)	70	140	210	285	350	425
Greek-style cheese* (g)	25	50	75	100	125	150
Mini tortillas (pcs)	4	8	12	16	20	24
Rainbow slaw mix* (g)	100	200	300	400	500	600
Not included						
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3487 /833	683 /163
Total fat(g)	41,6 g	8,1 g
of which saturated(g)	14,9	2,9
Carbohydrates (g)	73,4	14,4
of which sugars (g)	11,7	2,3
Fibre (g)	13	2,5
Protein (g)	37,2	7,3
Salt (g)	4,57	0,9

Allergens

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

1



Fry the mince

- Drain the corn.
- Heat a drizzle of olive oil in a frying-pan over medium-high heat.
- Fry the mince with the corn, the birria paste and half of the Peruvian-style spices for 4 minutes, separating the mince as you do so.
- Season to taste with salt and pepper.

2



Make the slaw

- In a salad bowl, combine the mayonnaise with the rest of the Peruvian-style spices.
- Add the slaw mix and toss well to combine.
- Season to taste with salt and pepper.

3



Finish

- Transfer the tortillas to a heatproof plate and microwave for 30 seconds on high.
- Cut the lime into wedges.
- Crumble the cheese.

4



Serve

- Serve all of the elements separately at the table.
- Allow everyone to assemble their own tacos as preferred.

Signature Wholewheat Spaghetti with Chicken & Guanciale

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

Total time: 15 - 25 min.




Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Wholewheat spaghetti


Guanciale

Before you start

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

Ingredients for 1 - 6 servings

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

* store in the fridge

Nutritional values

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

Allergens

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

1



Prepare

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

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

2



Make the sauce

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

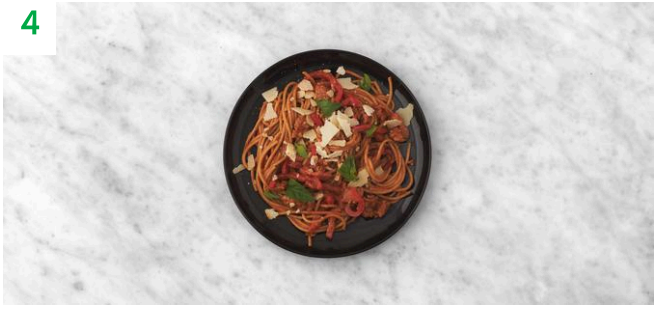
3



Finish

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

4



Serve

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

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

with min. 115g carbohydrates per person

Total time: 35 - 45 min.




Quick-cook brown rice


Sweet potato


Chickpeas


Garlic


Onion


Fresh ginger


Spinach


Chopped tomatoes


Fresh coriander & mint


Coconut milk


Mango chutney


Yellow curry spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Sweet potato (g)	150	300	450	600	750	900
Chickpeas (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh ginger* (tsp)	1 1/2	3	4 1/2	6	7 1/2	9
Spinach* (g)	100	200	300	400	500	600
Chopped tomatoes (pack(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Coconut milk (ml)	90	180	250	360	430	540
Mango chutney* (g)	20	40	60	80	100	120
Yellow curry spices (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Low sodium vegetable stock (ml)	75	150	225	300	375	450
White wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3851 /920	425 /102
Total fat(g)	29,1 g	3,2 g
of which saturated(g)	15,9	1,8
Carbohydrates (g)	129,4	14,3
of which sugars (g)	22,8	2,5
Fibre (g)	25	2,8
Protein (g)	23,9	2,6
Salt (g)	1,87	0,21

Allergens

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

1



Prepare

- Prepare the stock.
- Dice the sweet potatoes into 1cm chunks. Chop the onion and crush or mince the garlic.
- Grate the ginger and drain the chickpeas.
- Heat a drizzle of sunflower oil in a soup pot over medium-high heat. Fry the ginger, garlic and onion with the curry spices for 1 - 2 minutes, then stir in the sweet potato and fry for 2 - 3 more minutes.

2



Make the curry

- Deglaze with the stock and the white wine vinegar, then add the chopped tomatoes and the coconut milk.
- Bring to the boil, then reduce the heat and cover with the lid.
- Allow to cook over low heat for 15 minutes.
- Stir in the chickpeas and cook for 5 more minutes, uncovered (see Tip).

Tip: *if the curry is still too watery, allow to reduce further for 5 minutes, uncovered.*

3



Boil the rice

- Meanwhile, boil plenty of salted water in a pot or saucepan.
- Cook the rice for 10 minutes until done, then drain and set aside.
- Tear the mint leaves from the stems.
- Finely chop both the mint and the coriander.

4



Serve

- Gradually stir the spinach into the curry and allow to wilt and reduce. Season to taste with salt and pepper.
- Serve the rice and curry on deep plates.
- Garnish with the fresh herbs and serve with the mango chutney.

Athlete's Choice: Double Chicken Cheeseburgers Marinara-Style

with min. 50g protein per person

Total time: 35 - 45 min.




Chicken mince with Mediterranean herbs


Ricotta


Garlic


White ciabatta


Passata


Hello Buon Appetito


Parsnip


Carrot


Shredded mozzarella


Hello Provence


Arugula & lamb's lettuce


Potatoes


Garlic & herb seasoning


Greek-style cheese


Panko breadcrumbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	150	300	450	600	750	900
Ricotta* (g)	50	100	150	200	250	300
Garlic (pcs)	1	2	3	4	5	6
White ciabatta (pcs)	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Hello Buon Appetito (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Parsnip* (pcs)	1/2	1	2	2	3	3
Carrot* (pcs)	1/2	1	1	2	2	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Hello Provence (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Arugula & lamb's lettuce* (g)	20	40	60	80	100	120
Potatoes (g)	75	150	225	300	375	450
Garlic & herb seasoning (sachet(s))	1/3	2/3	1	1 1/3	1 2/3	2
Greek-style cheese* (g)	20	40	60	80	100	120
Panko breadcrumbs (g)	6 1/4	12 1/2	18 3/4	25	31 1/4	37 1/2
Not included						
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3661 /875	526 /126
Total fat(g)	32,7 g	4,7 g
of which saturated(g)	15,3	2,2
Carbohydrates (g)	86,8	12,5
of which sugars (g)	16,3	2,3
Fibre (g)	13,5	1,9
Protein (g)	54	7,8
Salt (g)	4,84	0,7

Allergens

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

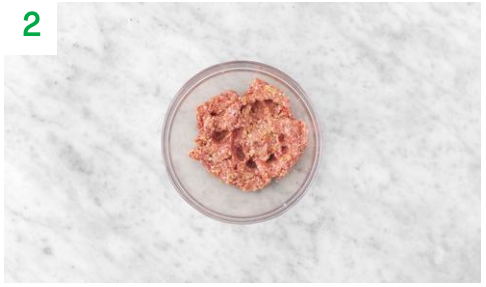
1



Prepare

- Preheat the oven to 210°C.
- Cut the potatoes, the carrot and the parsnip into fries of no more than 1cm thickness.
- Transfer to a parchment-lined baking sheet and drizzle lightly with olive oil, then scatter over the Hello Provence. Season with salt and pepper, then toss well to coat.
- Bake for 20 – 25 minutes until golden brown, tossing halfway.

2



Make the burgers

- Crush or mince the garlic.
- In a bowl, combine the mince with the panko, the ricotta and half of each of the fresh garlic and the garlic & herb seasoning. Season with salt and pepper.
- Shape the mixture into 2 burger patties per person.

3



Fry the burgers

- Heat a light drizzle of olive oil in a large frying pan over medium-high heat. Fry the burgers for 2 – 3 minutes per side (see Tip).
- Remove the burgers from the pan and set aside.
- Fry the rest of the garlic in the same pan for 1 minute.

Tip: *the burgers don't need to be fully cooked yet, as they will finish in the sauce later.*

4



Make the sauce

- Deglaze with half of the balsamic vinegar, then add the passata and the Hello Buon Appetito. Mix well and bring to a boil.
- Reduce the heat to low, then cover with the lid and simmer for 2 – 3 minutes.
- Transfer the burgers to the sauce and top with the mozzarella.
- Cover with the lid and simmer for 4 - 5 minutes, or until done.

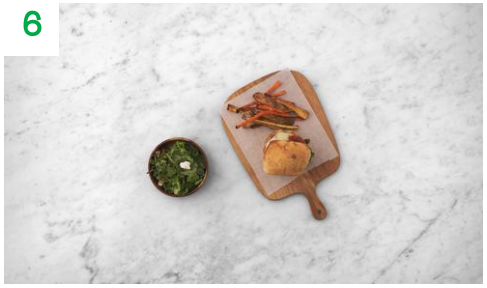
5



Finish

- Cut open the bread roll and heat in the oven for 3 - 5 minutes.
- In a bowl, combine the lettuce with the rest of the balsamic vinegar and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Scatter the rest of the garlic & herb seasoning over the fries and toss well to coat.

6



Serve

- Top the base of the bread roll with some of the salad.
- Top with the burgers and the sauce.
- Serve the burgers with the fries and the rest of the salad alongside.
- Crumble the Greek-style cheese over the salad.

Wholewheat Fusilli with Beef Mince

with tomato salsa, spinach & Gouda

Total time: 25 - 35 min.




Wholewheat fusilli


Red onion


Garlic


Dried oregano


Spinach


Tomato


Herbed cream cheese


Grated Gouda


Beef mince with 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
Wholewheat fusilli (g)	90	180	270	360	450	540
Red onion (pcs)	1/2	1	2	2	3	3
Garlic (pcs)	1	2	3	4	5	6
Dried oregano (sachet(s))	1/4	1/2	3/4	1	1 1/4	1 1/2
Spinach* (g)	75	150	200	300	350	450
Tomato (pcs)	1	2	3	4	5	6
Herbed cream cheese* (g)	35	75	110	150	185	225
Grated Gouda* (g)	15	25	40	50	65	75
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Not included						
Low sodium chicken stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Extra virgin olive oil (tsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salt and pepper (to taste)	To Taste					

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3528 /843	741 /177
Total fat(g)	43,4 g	9,1 g
of which saturated(g)	18,5	3,9
Carbohydrates (g)	68,2	14,3
of which sugars (g)	11,3	2,4
Fibre (g)	12,4	2,6
Protein (g)	39,7	8,3
Salt (g)	2,04	0,43

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 pasta.
- Chop the onion and crush or mince the garlic.
- Cook the pasta for 10 - 12 minutes, covered, then reserve some of the pasta water before draining and setting aside.

2



Fry the mince

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and garlic for 2 minutes, then add the mince and the oregano.
- Fry for 3 minutes, separating it as you do so, then tear the spinach directly into the pan and allow to wilt and reduce.
- Add the cream cheese, then crumble in the stock cube (see pantry for amount). Mix well and season to taste with salt and pepper.

3



Make the salsa

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

4



Serve

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

Wholewheat Wraps with Pork & Fresh Herbs

with orange cream cheese, zesty salsa & sumac

Total time: 25 - 35 min.




Wholewheat tortilla


Za'atar


Sumac


Onion


Tomato


Orange


Middle Eastern spice mix


Fresh flat leaf parsley & mint


Green Romano pepper


Pork mince


Fresco spalmabile - cream cheese

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat tortilla (pcs)	2	4	6	8	10	12
Za'atar (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Sumac (tsp)	1 1/2	3	4 1/2	6	7 1/2	9
Onion (pcs)	1	2	3	4	5	6
Tomato (pcs)	1	2	3	4	5	6
Orange* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Middle Eastern spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Green Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Pork mince* (g)	100	200	300	400	500	600
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Water (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (to taste)	0	0	0	0	0	0
Salt and pepper (to taste)	To Taste					
Extra virgin olive oil (to taste)	0	0	0	0	0	0

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3166 /757	579 /138
Total fat(g)	43,9 g	8 g
of which saturated(g)	14,2	2,6
Carbohydrates (g)	54,5	10
of which sugars (g)	18,4	3,4
Fibre (g)	14	2,6
Protein (g)	31,5	5,8
Salt (g)	2,88	0,53

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Slice the onion into half rings. Cut the Romano pepper into thin rings. Dice the tomato.
- Juice half of the orange and then dice the rest. Finely chop the fresh herbs.
- In a bowl, combine the tomato with the diced orange and the extra virgin olive oil. Season to taste with salt and pepper, then set aside.

2



Fry the vegetables

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat.
- Fry the onion with the Romano pepper and the Middle Eastern-style spices for 3 minutes.
- Add the mince to the vegetables and fry for 3 minutes, then taste and season with salt and pepper.
- Set aside until serving, covered to keep warm.

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

3



Heat the tortillas

- In a small bowl, combine the water with a drizzle of olive oil (see pantry for amounts). Spread this over one side of the tortillas and then top with the za'atar.
- Transfer to a parchment-lined baking sheet and bake in the oven for 3 minutes.
- Meanwhile, in a bowl combine the cream cheese with two thirds of the sumac and 1.5 tbsp orange juice per person.

4



Serve

- Spread the empty side of the tortillas with the cream cheese.
- Serve all the toppings separately and allow everyone to fill their own tortillas.
- Garnish with the fresh herbs and the rest of the sumac. Drizzle with honey as preferred, then fold over the tortillas.

Cheat's Bolognese with Parmigiano Reggiano

with wholewheat fusilli, basil & mini Roma tomatoes

Total time: 25 - 35 min.





Mini Roma tomatoes



Beef mince with Italian seasoning



Fresh basil



Garlic



Wholewheat fusilli



Carrot



Tomato paste



Worcestershire sauce



Parmigiano Reggiano DOP



Onion



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
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Fresh basil* (g)	2 1/2	5	7 1/2	10	12 1/2	15
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Wholewheat fusilli (g)	90	180	270	360	450	540
Carrot* (pcs)	1/2	1	2	2	3	3
Tomato paste (can(s))	1/2	1	1 1/2	2	2 1/2	3
Worcestershire sauce (g)	10	15	25	30	40	45
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Onion (pcs)	1/2	1	1	2	2	3
Italian seasoning (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
[Plant-based] milk (ml)	30	60	90	120	150	180
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Balsamic vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Low sodium beef stock (ml)	75	150	225	300	375	450

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3163 /756	531 /127
Total fat(g)	29 g	4,9 g
of which saturated(g)	10,5	1,8
Carbohydrates (g)	80,1	13,4
of which sugars (g)	23,5	3,9
Fibre (g)	14,6	2,4
Protein (g)	38,3	6,4
Salt (g)	1,94	0,33

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan for the pasta.
- Chop the onion and crush or mince the garlic.
- Grate the carrot.

2



Boil the pasta

- Boil the pasta for 10 - 12 minutes, then drain and set aside.
- In the meantime, halve the tomatoes and prepare the stock.
- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the garlic the carrot and the onion for 4 - 5 minutes, covered.
- Add the mince and the Italian seasoning, then fry for 3 more minutes.

3



Finish the sauce

- Add the stock, the tomato paste, the milk, the Worcestershire sauce, the balsamic vinegar and the tomatoes.
- Mix well to combine and allow to simmer for 6 - 7 minutes.
- Season to taste with salt and pepper.

4



Serve

- Chop the basil into ribbons.
- Serve the pasta on plates and top with the sauce.
- Grate the cheese directly over the pasta.
- Garnish with the basil to finish.

Hoisin Salmon with Sticky Soy Vegetables

over brown rice with gomashio, lime & sesame dressing

Total time: 30 - 40 min.





Salmon fillet



Hoisin sauce



Quick-cook brown rice



Onion



Courgette



Furikake



Sesame oil



Gomashio



Lime



Garlic



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
Salmon fillet* (pcs)	1	2	3	4	5	6
Hoisin sauce (g)	15	25	40	50	65	75
Quick-cook brown rice (g)	75	150	225	300	375	450
Onion (pcs)	1/2	1	1	2	2	3
Courgette* (pcs)	1/2	1	2	2	3	3
Furikake (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Sesame oil (ml)	5	10	15	20	25	30
Gomashio (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Romano pepper* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Salt and pepper (to taste)	To Taste					
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sambal (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	2	4	6	8	10	12

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3146 /752	648 /155
Total fat(g)	33,2 g	6,8 g
of which saturated(g)	5,1	1,1
Carbohydrates (g)	82,8	17,1
of which sugars (g)	21,2	4,4
Fibre (g)	7,3	1,5
Protein (g)	28,1	5,8
Salt (g)	3,19	0,66

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 water in a pot or saucepan.
- Cut the onion into wedges.
- Slice the courgette into crescents. Cut the Romano pepper into strips.
- Transfer the vegetables to a large bowl and drizzle with sunflower oil. Season to taste with salt and pepper, then toss well to coat.

Did you know... *the Romano pepper in this recipe contains vitamin C, a nutrient that supports your nervous system.*

2



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet and roast in the oven for 7 minutes.
- Meanwhile, spread two thirds of the hoisin sauce over the fish.
- Place the fish skin-side down among the vegetables, then return the baking sheet to the oven for a further 10 - 15 minutes.

3



Boil the rice

- Boil the rice for 10 minutes, then drain and set aside.
- Meanwhile, crush or mince the garlic.
- In a small bowl, combine the garlic with the soy sauce, the sambal and half of the honey.
- Pour this over the roasted vegetables and toss well to combine, then return to the oven until done.

4



Serve

- Cut the lime into six wedges. In a small bowl, combine the sesame oil with the rest of the honey and hoisin sauce, along with the juice of one lime wedge per person.
- Stir the furikake into the rice. Serve the rice on plates and arrange everything on top.
- Drizzle with the hoisin dressing and garnish with the gomashio. Serve the rest of the lime wedges alongside.

No-Chicken Bulgur Bowl with Orange Vinaigrette

with Greek-style cheese, carrot & raisins

Total time: 25 - 35 min.




Bulgur


Greek-style cheese


Plant-based chicken pieces


Orange


Raisins


African-inspired spice mix


Spinach


Onion


Carrot


Persian cucumber

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Greek-style cheese* (g)	25	50	75	100	125	150
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Orange* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Raisins (g)	10	20	30	40	50	60
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Spinach* (g)	50	100	200	200	300	300
Onion (pcs)	1/2	1	1	2	2	3
Carrot* (pcs)	1/2	1	1	2	2	3
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Mustard (tsp)	1/2	1	1 1/2	2	2 1/2	3
Red wine vinegar (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Extra virgin olive oil (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2880 /688	563 /135
Total fat(g)	26 g	5,1 g
of which saturated(g)	10,3	2
Carbohydrates (g)	88,2	17,2
of which sugars (g)	22	4,3
Fibre (g)	15,9	3,1
Protein (g)	29,9	5,8
Salt (g)	2,53	0,49

Allergens

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

1



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of water, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook the bulgur for 10 minutes, then drain and set aside.
- Meanwhile, chop the onion and slice the carrot.
- Dice half of the orange and then juice the rest. Dice the cucumber.

2



Fry the veggie chicken

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the veggie chicken with the carrot and half of the African-inspired spices for 6 - 8 minutes. Season with salt and pepper, then remove from the pan and set aside.
- Fry the onion in the same pan for 2 - 3 minutes.
- Stir in half of the spinach and allow to wilt and reduce.

3



Make the vinaigrette

- In a small bowl, combine the orange juice with the mustard, the red wine vinegar and the extra virgin olive oil. Season to taste with salt and pepper.
- In a large bowl, combine the bulgur with the rest of the spinach and the African-inspired spices, along with half of the orange vinaigrette.
- Season to taste with salt and pepper.

4



Serve

- Serve the bulgur on deep plates with everything else on top.
- Garnish with the raisins, the cucumber and the orange.
- Crumble over the Greek-style cheese and drizzle with the rest of the vinaigrette to finish.

Shrimp Curry Vol Au Vents

with parsley, arugula-cucumber salad & Romano pepper

Total time: 25 - 35 min.




Puff pastry cup


Romano pepper


Onion


Garlic


Shrimp


Carrot


Curry powder


Arugula


Fresh flat leaf parsley


Persian cucumber

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry cup (pcs)	2	4	6	8	10	12
Romano pepper* (pcs)	1/2	1	1	2	2	3
Onion (pcs)	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Shrimp* (g)	80	160	240	320	400	480
Carrot* (pcs)	1/2	1	1	1	2	2
Curry powder (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Arugula* (g)	30	60	90	120	150	180
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Persian cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Not included						
Mustard (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2
Salt and pepper (to taste)	To Taste					
Low sodium chicken stock (ml)	75	150	225	300	375	450
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] milk (ml)	75	150	225	300	375	450
Flour (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Honey [or plant-based alternative] (tbsp)	1/4	1/2	3/4	1	1 1/4	1 1/2

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3087 /738	539 /129
Total fat(g)	46,1 g	8,1 g
of which saturated(g)	22,6	3,9
Carbohydrates (g)	53,6	9,4
of which sugars (g)	16,7	2,9
Fibre (g)	7,2	1,3
Protein (g)	25,6	4,5
Salt (g)	1,78	0,31

Allergens

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

1



Prepare

- Preheat the oven to 180°C. Slice the carrot into crescents.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the carrot for 3 minutes.
- Meanwhile, cut the Romano pepper into thin strips. Chop the onion and crush or mince the garlic.
- Transfer all three to the pan, then add the shrimp and fry for 4 minutes.

2



Make the curry

- Prepare the stock.
- Stir the flour, the curry spices and a knob of butter into the vegetables, then fry for 1 - 2 minutes.
- Add the stock and the milk, then mix well until smooth.
- Allow to reduce over low heat for 6 - 8 minutes. Season to taste with salt and pepper (see Tip).

Tip: *increase the heat if it seems too watery.*

3



Make the salad

- Transfer the pastry cups to a parchment-lined baking sheet and heat in the oven for 5 - 8 minutes.
- Meanwhile, roughly chop the parsley.
- Slice the cucumber into thin crescents.
- In a salad bowl, combine the mustard with the honey and the extra virgin olive oil. Season to taste with salt and pepper.

4



Serve

- Shortly before serving, transfer the arugula and the cucumber to the salad bowl, then toss to combine with the dressing.
- Stir half of the parsley into the curry.
- Stuff the puff pastry cups with the curry and serve the salad alongside.
- Garnish with the rest of the parsley.

Veggie Chicken Stir-Fry with Noodles & East Asian-Style Sauce

with cabbage, coriander & sesame seeds

Total time: 10 - 20 min.




Plant-based chicken pieces


Garlic


East Asian-style sauce


Fresh coriander


Sesame seeds


Wholewheat noodles


Vegetable mix with cabbage

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
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
East Asian-style sauce* (g)	35	70	105	140	175	210
Fresh coriander* (g)	5	10	15	20	25	30
Sesame seeds (g)	5	10	15	20	25	30
Wholewheat noodles (g)	75	150	200	300	350	450
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Not included						
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sambal (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Salt and pepper (to taste)	To Taste					
White wine vinegar (tsp)	1	2	3	4	5	6

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2891 /691	652 /156
Total fat(g)	25 g	5,6 g
of which saturated(g)	6,2	1,4
Carbohydrates (g)	88,6	20
of which sugars (g)	15,8	3,6
Fibre (g)	11,9	2,7
Protein (g)	26,3	5,9
Salt (g)	5,07	1,14

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium heat and fry the garlic for 1 minute.
- Add the vegetable mix and fry for 4 - 5 minutes.

2



Boil the noodles

- Meanwhile, boil the noodles for 4 - 5 minutes until al dente.
- Drain the noodles and transfer to the vegetables.
- Add the East Asian-style sauce, then toss well to combine and fry for 1 more minute.

3

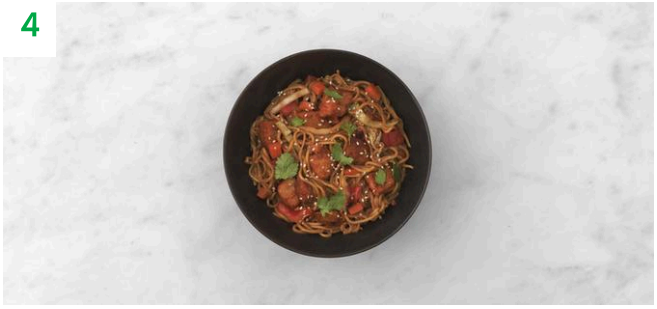


Fry the veggie chicken

- Melt a knob of butter in a frying pan over medium-high heat and fry the veggie chicken for 6 minutes, stirring occasionally. Season to taste with salt and pepper.
- Add the white wine vinegar, the sugar, the sambal and the soy sauce (see Tip).
- Stir-fry for 1 minute.

Health Tip: *if you're watching your salt intake, use just half of the soy sauce.*

4



Serve

- Roughly chop the coriander.
- Serve the noodles on deep plates with everything else alongside.
- Drizzle with any residual sauce from the frying pans.
- Garnish with the coriander and the sesame seeds to finish.

Sweet & Sticky Shrimp with Yogurt Sauce

over bulgur with fresh herbs, cucumber & bell pepper

Total time: 15 - 25 min.




Bulgur


Shrimp


Garlic


Red onion


Bell pepper


Cucumber


Fresh flat leaf parsley & mint


Organic full-fat yogurt


Mango ketchup


Za'atar


African-inspired spice mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bulgur (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Garlic (pcs)	1/2	1	1 1/2	2	2 1/2	3
Red onion (pcs)	1/2	1	1	2	2	3
Bell pepper* (pcs)	1/2	1	2	2	3	3
Cucumber* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Mango ketchup* (g)	30	60	90	120	150	180
Za'atar (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Not included						
Low sodium beef or vegetable stock (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (to taste)	0	0	0	0	0	0
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] butter (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2659 /635	364 /87
Total fat(g)	24,5 g	3,4 g
of which saturated(g)	7,5	1
Carbohydrates (g)	80,4	11
of which sugars (g)	18,4	2,5
Fibre (g)	13	1,8
Protein (g)	27,5	3,8
Salt (g)	2,09	0,29

Allergens

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

1



Prepare the bulgur

- Prepare the stock in a pot or saucepan and bring to a boil.
- Cook the bulgur in the stock for 8 - 10 minutes or until done.
- Stir the za'atar into the bulgur and drizzle with extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Meanwhile, slice the onion into half rings and crush or mince the garlic. Cut the bell pepper into strips.

2



Fry the vegetables

- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the vegetables with the garlic and the African-inspired spices for 6 - 8 minutes. Season to taste with salt and pepper.
- Dice the cucumber and transfer to a bowl.
- Add the white wine vinegar and the sugar, then toss well to combine.

3



Fry the shrimp

- Melt a knob of butter in a frying pan over medium-high heat and fry the shrimp for 3 minutes until done.
- Lower the heat, then add the mango ketchup and fry for 1 more minute. Season to taste with salt and pepper.
- Meanwhile, finely chop the fresh herbs, being sure to keep them separate.

4



Serve

- In a bowl, combine the mint with the yogurt and the mayonnaise, along with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur in bowls and arrange everything on top.
- Garnish with the parsley and the yogurt sauce.

Spicy Chicken Curry in Richly Fragrant Coconut Sauce

over brown rice with coriander & bell pepper

Total time: 15 - 25 min.





Bell pepper



Quick-cook brown rice



Coconut milk



Soy sauce



African-inspired spice mix



Tinned cherry tomatoes



Fresh coriander



Chopped onion



Yellow curry spices



Garlic



Red chili pepper



Ginger paste



Chicken thigh strips

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
Bell pepper* (pcs)	1/2	1	2	2	3	3
Quick-cook brown rice (g)	75	150	225	300	375	450
Coconut milk (ml)	90	180	250	360	430	540
Soy sauce (ml)	5	10	15	20	25	30
African-inspired spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Tinned cherry tomatoes (can(s))	1/2	1	1	2	2	3
Fresh coriander* (g)	5	10	15	20	25	30
Chopped onion* (g)	25	50	100	100	150	150
Yellow curry spices (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Garlic (pcs)	1	2	3	4	5	6
Red chili pepper* (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Ginger paste* (g)	5	10	15	20	25	30
Chicken thigh strips* (g)	100	200	300	400	500	600
Not included						
Salt and pepper (to taste)	To Taste					
Low sodium vegetable stock cube (pcs)	1/4	1/2	3/4	1	1 1/4	1 1/2
Sunflower oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
Sugar (tsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3233 /773	523 /125
Total fat(g)	35,6 g	5,8 g
of which saturated(g)	19,2	3,1
Carbohydrates (g)	79,7	12,9
of which sugars (g)	17,1	2,8
Fibre (g)	10	1,6
Protein (g)	28,6	4,6
Salt (g)	2,36	0,38

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the rice for 10 minutes, then drain and set aside.
- Crush or mince the garlic and cut the bell pepper into strips.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the chicken

- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat.
- Fry the onion with the yellow curry spices for 1 minute.
- Stir in the chicken, the African-inspired spices, the bell pepper, the ginger paste, the chili pepper and the garlic.
- Fry for 5 minutes, seasoning to taste with salt and pepper.

3



Make the curry

- Deglaze the pan with the soy sauce (see Tip).
- Add the tomatoes, the coconut milk and the sugar.
- Mix well and allow to simmer for 3 - 4 minutes, then season to taste with salt and pepper.

Tip: *if you'd prefer it to be spicier, add some sambal from your pantry as preferred.*

4



Serve

- Meanwhile, finely chop the coriander.
- Serve the rice on plates and top with the curry.
- Garnish with the coriander to finish.

5-Minute Beef Tacos with Guacamole & Greek-Style Cheese

fresh & tasty in a flash!

Total time: 5 - 15 min.





Seasoned beef mince



Birria paste



Lime



Peruvian-style spice mix



Guacamole



Corn



Greek-style cheese



Wholewheat mini tortilla



Rainbow slaw mix

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Seasoned beef mince* (g)	100	200	300	400	500	600
Birria paste (g)	20	40	60	80	100	120
Lime* (pcs)	1/2	1	1 1/2	2	2 1/2	3
Peruvian-style spice mix (sachet(s))	1/2	1	1 1/2	2	2 1/2	3
Guacamole* (g)	40	80	120	160	200	240
Corn (g)	70	140	210	285	350	425
Greek-style cheese* (g)	25	50	75	100	125	150
Wholewheat mini tortilla (pcs)	4	8	12	16	20	24
Rainbow slaw mix* (g)	100	200	300	400	500	600
Not included						
Salt and pepper (to taste)	To Taste					
Olive oil (tbsp)	1/2	1	1 1/2	2	2 1/2	3
[Plant-based] mayonnaise (tbsp)	1/2	1	1 1/2	2	2 1/2	3

* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3742 /894	733 /175
Total fat(g)	51,4 g	10,1 g
of which saturated(g)	15,9	3,1
Carbohydrates (g)	62,3	12,2
of which sugars (g)	13,1	2,6
Fibre (g)	18,8	3,7
Protein (g)	38,7	7,6
Salt (g)	4,61	0,9

Allergens

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

1



Fry the mince

- Drain the corn.
- Heat a drizzle of olive oil in a frying-pan over medium-high heat.
- Fry the mince with the corn, the birria paste and half of the Peruvian-style spices for 4 minutes, separating the mince as you do so.
- Season to taste with salt and pepper.

2



Make the slaw

- In a salad bowl, combine the mayonnaise with the rest of the Peruvian-style spices.
- Add the slaw mix and toss well to combine.
- Season to taste with salt and pepper.

3



Finish

- Transfer the tortillas to a heatproof plate and microwave for 30 seconds on high.
- Cut the lime into wedges.
- Crumble the cheese.

4



Serve

- Serve all of the elements separately at the table.
- Allow everyone to assemble their own tacos as preferred.