



# Hake à La Meunière with Carrot & Lentil Purée

with spinach & toasted almonds

Family

Total time: 35 - 45 min.



Carrot



Onion



Garlic



Lemon



Red split lentils



Shaved almonds



Smoked paprika



Spinach



Skin-on hake fillet



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

You'll make a variation of the classic fish à la meunière - fish prepared "in the manner of the miller's wife". You'll dust the fish with flour, fry it and finish it with a touch of fresh lemon.

Tear me out!



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.

Equipment

Aluminum foil, lidded deep frying pan, kitchen paper, plate, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	¾	1½	2	3	3¾	4½
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Red split lentils (g)	30	60	90	120	150	180
Shaved almonds (g)	10	20	30	40	50	60
Smoked paprika (tsp)	½	1	1½	2	2½	3
Spinach* (g)	100	200	300	400	500	600
Skin-on hake fillet* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Olive oil (tbsp)	½	1	1½	2	2½	3
Flour (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Salt and pepper (totaste)	to taste					

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2360 /564	387 /92
Total fat (g)	30	5
of which saturated(g)	11	1,8
Carbonhydrates (g)	32	5
of which sugars (g)	12,9	2,1
Fiber (g)	14	2
Protein (g)	38	6
Salt (g)	1,4	0,2

Allergens

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



Prepare

- Prepare the stock.
- Cut the carrot into crescents.
- Slice the onion into half rings and crush or mince the garlic.
- Cut the lemon into wedges.



Make the purée

- When the carrot and lentils are done, remove from the heat and process until smooth with an immersion blender.
- Add the smoked paprika and a knob of butter, then season to taste with salt and pepper.
- Keep the purée warm over a low heat, covered.



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium heat. Fry the carrot, onion and garlic for 3 - 4 minutes, seasoning to taste with salt and pepper.
- Add the lentils and the stock, then cover with the lid and bring to a boil.
- Allow to stew for 15 - 20 minutes, or until the lentils are done.



Fry the fish

- Melt a knob of butter in the same pan you used for the almonds over medium-high heat.
- Fry the fish on its skin for 3 minutes, then flip and fry for another 3 minutes.
- Remove from the pan and set aside under aluminum foil.
- Fry the spinach in the same pan, allowing it to wilt and reduce.



Toast the almonds

- Heat a clean frying pan over high heat and toast the almonds until golden-brown. Remove from the pan and set aside.
- Transfer the flour to a plate.
- Pat the fish dry with kitchen paper and season with salt and pepper.
- Coat it with the flour and tap off any excess, then set aside until later use.



Serve

- Serve the lentil purée on plates, topped with the spinach and the fish.
- Squeeze a lemon wedge over each portion and garnish with the toasted almonds.
- Serve the rest of the lemon wedges alongside.

Enjoy!





# Linguine with Homemade Spinach Pesto

with roasted cherry tomatoes & pecorino

Family Veggie Quick

Total time: 25 - 30 min.



Linguine



Garlic



Red onion



Red cherry tomatoes



Spinach



Arugula



Fresh basil



Lime



Roasted cashew nuts



Grated Pecorino DOP



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

Spinach pesto is milder than traditional basil pesto, with a hint of sweetness from the spinach. Its subtle flavour won't overpower delicate ingredients, so it's a great choice for lighter dishes like fish or pasta.



Tear me out!



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.

Equipment

Tall container, oven dish, pot or saucepan, immersion blender, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Linguine (g)	90	180	270	360	450	540
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Red cherry tomatoes (g)	125	250	375	500	625	750
Spinach* (g)	50	100	150	200	250	300
Arugula* (g)	20	40	60	80	100	120
Fresh basil* (g)	10	20	30	40	50	60
Roasted cashew nuts (g)	10	20	30	40	50	60
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Olive oil (tbsp)	1¼	2½	3¾	5	6¼	7½
Balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	2	4	6	8	10	12
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3799 /908	853 /204
Total fat (g)	54	12
of which saturated(g)	12	2,7
Carbonhydrates (g)	79	18
of which sugars (g)	12,8	2,9
Fiber (g)	9	2
Protein (g)	25	6
Salt (g)	1,1	0,2

Allergens

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



Prepare

- Preheat the oven to 200°C. Boil plenty of salted water in a pot or saucepan.
- Halve the tomatoes and crush or mince the garlic.
- Slice the onion into half rings. Pull the basil leaves off the stems and juice the lime.
- Boil the linguine for 9 - 11 minutes. Reserve some of the pasta water, then drain and set aside.



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 lime juice and ½ 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 linguine and mix well to combine.



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.



Serve

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

Enjoy!





# 'Huevos Ahogados' with Avocado & Cheese

Mexican-style poached eggs in tomato sauce

Veggie Calorie Smart

Total time: 30 - 40 min.



Babette's favorite

**Our recipe developer Babette says:**

"Huevos ahogados is similar to shakshuka, but with Mexican influence: with sweet potato, herbs and toppings like avocado, pickled onion and cheddar. The flavours and textures complement each other well, and the presentation itself is very nice and colourful. After all, you eat with your eyes too!"



Diced sweet potato



Egg



Red onion



Romano pepper



Avocado



Lime



Diced tomatoes with garlic & onion



Mexican-style spices



Ground paprika



Grated cheddar



Fresh flat leaf parsley



Before you start

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

Equipment

Deep frying pan, lid, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Diced sweet potato* (g)	150	300	450	600	750	900
Egg* (unit(s))	2	4	6	8	10	12
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	2	2	3	3
Avocado (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	½	1	1½	2	2½	3
Diced tomatoes with garlic & onion (pack)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	2	2	3	3
Ground paprika (tsp)	1½	3	3	6	6	9
Grated cheddar* (g)	15	25	40	50	65	75
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the sauce (ml)	50	100	150	200	250	300
Sugar (tsp)	1	2	3	4	5	6
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2753 /658	381 /91
Total fat (g)	34	5
of which saturated(g)	8,3	1,1
Carbonhydrates (g)	58	8
of which sugars (g)	31	4,3
Fiber (g)	13	2
Protein (g)	26	4
Salt (g)	2,8	0,4

Allergens

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



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the sweet potato for 4 minutes.
- Chop the Romano pepper into strips.
- Add the Romano pepper to the sweet potato and fry for 6 - 8 minutes.



Poach the eggs

- Make small wells in the vegetable mixture for each egg.
- Crack the eggs into the wells so as to mostly submerge them with the sauce.
- Cover with the lid and allow to poach for 4 - 6 minutes over medium heat.



Make the sauce

- Add the chopped tomatoes, the paprika, the water for the sauce, the **Mexican-style spices**\* and half of the sugar.
- Fry for 3 - 4 more minutes over high heat. Season to taste with salt and pepper.
- Meanwhile, halve and pit the avocado, then remove the skin and slice the flesh.

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



Finish

- Remove the lid and turn up the heat.
- Poach the eggs for a further 2 - 3 minutes so as to allow any excess liquid to evaporate (see Tip).
- Season with salt and pepper, then scatter over the cheese and cook for 1 more minute.

**Tip:** the cooking time depends on your pan. Check the eggs and poach for more or less time as needed.



Pickle the onion

- Slice the onion into half rings and transfer to a small bowl.
- Add the red wine vinegar, a pinch of salt and the rest of the sugar. Toss well to combine and then set aside, stirring occasionally.
- Roughly chop the fresh herbs.
- Cut the lime into six wedges.



Serve

- Squeeze some of the lime wedges directly over the huevos ahogados, then top with the avocado and the pickled onion.
- Garnish with the fresh herbs.
- Serve the rest of the lime wedges alongside.

Enjoy!





# Homemade Bruschetta Cheeseburger

with balsamic potatoes & cucumber salad

Family Quick

Total time: 25 - 30 min.



Tomato



Fresh basil



Garlic



Red onion



Grated Gouda



Beef mince with Italian seasoning



Potatoes



Cucumber



Hamburger bun with sesame seeds



Chiara's favorite

## Our recipe developer Chiara says:

*This burger was inspired by bruschetta, a traditional Italian snack. You rub the hamburger buns with garlic and top the homemade Italian-style burger with tomato, basil and olive oil."*



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.

Equipment

2x bowl, lidded frying pan, lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tomato (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	2½	5	7½	10	12½	15
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	2	2	3	3
Grated Gouda* (g)	15	25	40	50	65	75
Beef mince with Italian seasoning* (g)	100	200	300	400	500	600
Potatoes (g)	200	400	600	800	1000	1200
Cucumber* (unit(s))	½	1	1	2	2	3
Hamburger bun with sesame seeds (unit(s))	1	2	3	4	5	6
Not included						
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	2	4	6	8	10	12
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4063 /971	565 /135
Total fat (g)	54	7
of which saturated(g)	17	2,4
Carbonhydrates (g)	87	12
of which sugars (g)	15,7	2,2
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	2,6	0,4

Allergens

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



Boil the potatoes

- Preheat the oven to 200°C.
- Chop the onion. Peel the garlic and set aside half for later use, then crush or mince the rest.
- Peel or thoroughly wash the potatoes and then slice them into rounds of 0.5cm thickness.
- Transfer to a pot or saucepan and submerge with water. Boil the potatoes for 6 - 7 minutes, covered, then drain.



Make the burger

- Cut the cucumber into thin matchsticks and transfer to a salad bowl.
- Add the mustard and white balsamic vinegar, along with half of the mayonnaise.
- Mix well, seasoning to taste with salt and pepper, then set aside.
- In a bowl, combine the mince with the rest of the onion. Shape this mixture into a burger patty.



Fry the potatoes

- Melt a knob of butter in a frying pan over medium-high heat and fry the potatoes for 7 minutes until golden-brown.
- Add the minced garlic, along with half each of the onion and and balsamic vinegar.
- Fry for 3 more minutes, seasoning to taste with salt and pepper.



Fry the burger

- Cut open the burger bun and toast in the oven for 4 - 5 minutes.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat.
- Fry the burger for 2 - 3 minutes per side, then top with the grated cheese.
- Reduce the heat and cover with the lid so as to allow the cheese to melt.



Make the bruschetta topping

- Dice the tomato and chop the basil into ribbons, then transfer both to a bowl.
- Add the extra virgin olive oil and the rest of the balsamic vinegar, then toss well to combine.
- Season to taste with salt and pepper, then set aside.



Serve

- Rub the insides of the burger bun with the reserved garlic.
- Spread with the rest of the mayonnaise, then add the burger patty and the bruschetta topping.
- Serve the burger with the cucumber salad and potato rounds alongside.

Enjoy!





# Goat's Cheese & Beetroot Flammekueche

with pear, lemon thyme & arugula salad

Veggie Quick

Total time: 25 - 30 min.



There is a special ingredient in your box! Our organic sour cream comes from Klaas' dairy farm.

Here, the cows decide for themselves when they want to be milked.

Scan the QR code to learn more about this supplier!



Red onion



Pear



Pre-cooked beetroot



Fresh lemon thyme



Flammekueche



Organic sour cream



Arugula & lamb's lettuce



Honeyed goat's cheese pearls



Pumpkin seeds



Roma tomato



Before you start

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

Equipment

Parchment-lined baking sheet, salad bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Pear* (unit(s))	½	1	2	2	3	3
Pre-cooked beetroot* (g)	125	250	375	500	625	750
Fresh lemon thyme* (g)	2½	5	7½	10	12½	15
Flammekueche* (unit(s))	1	2	3	4	5	6
Organic sour cream* (g)	25	50	75	100	125	150
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Honeyed goat's cheese pearls* (g)	25	50	75	100	125	150
Pumpkin seeds (g)	10	20	30	40	50	60
Roma tomato (unit(s))	½	1	1½	2	2½	3
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sugar (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (totaste)	to taste					
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2791 /667	570 /136
Total fat (g)	27	6
of which saturated(g)	11,7	2,4
Carbonhydrates (g)	82	17
of which sugars (g)	34,7	7,1
Fiber (g)	8	2
Protein (g)	19	4
Salt (g)	1,3	0,3

Allergens

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



Prepare

- Preheat the oven to 220°C.
- Slice the onion into half rings. Core and thinly slice the pear. Dice the tomato.
- Thinly slice three quarters of the beetroot and then dice the rest into 1cm chunks.
- Pull the lemon thyme leaves off the stems.



Make the salad

- Scatter the goat's cheese and lemon thyme over the flammekueche, then bake in the oven for 8 - 10 minutes.
- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop. Remove from the pan and set aside.
- In a salad bowl, combine the extra virgin olive oil with the red wine vinegar. Season to taste with salt and pepper.



Make the flammekueche

- Melt a knob of butter in a frying pan over medium-high heat and fry the pear with the onion for 2 - 3 minutes.
- Stir in the sugar and fry for another 2 - 3 minutes or until golden-brown.
- Transfer the flammekueche to a parchment-lined baking sheet.
- Spread with the sour cream and season generously with salt and pepper, then top with the sliced beetroot, the onion and the pear.



Serve

- Shortly before serving, transfer the diced beetroot, pumpkin seeds, tomato and lettuce to the salad bowl. Toss well to combine with the dressing.
- Slice the flammekueche and drizzle with some honey as preferred.
- Serve with the salad alongside.

Enjoy!





# Avocado Bulgur Bowl with Greek-Style Cheese

with fresh herbs, shaved almonds & dried cranberries

Family Veggie

Total time: 35 - 45 min.



Red onion



Tomato



Persian cucumber



Bulgur



Fresh flat leaf  
parsley & mint



Shaved almonds



Avocado



Greek-style cheese



Dried cranberries



Red chili pepper



Bell pepper



Ground coriander



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

Did you know that the word “cranberry” is derived from the German “kraanbere”? This is because  
the plant’s flowers are reminiscent of a crane!



Tear me out!

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.

Equipment

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	1	2	2	4	4	6
Tomato (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Bulgur (g)	75	150	225	300	375	450
Fresh flat leaf parsley & mint* (g)	10	20	30	40	50	60
Shaved almonds (g)	10	20	30	40	50	60
Avocado (unit(s))	¼	½	1	1	1½	1½
Greek-style cheese* (g)	25	50	75	100	125	150
Dried cranberries (g)	10	20	30	40	50	60
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Bell pepper* (unit(s))	½	1	1	2	2	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2456 /587	375 /90
Total fat (g)	22	3
of which saturated(g)	6,2	0,9
Carbonhydrates (g)	82	13
of which sugars (g)	19,5	3
Fiber (g)	16	2
Protein (g)	19	3
Salt (g)	1,2	0,2

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan.
- In the meantime, slice the onion into thin rings.
- Dice the cucumber, the bell pepper and the tomato.
- Deseed and finely chop the **red chili pepper**.\*

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



Prepare the toppings

- In the meantime, tear the mint leaves from the stems and chop into thin ribbons.
- Roughly chop the parsley and crumble the Greek-style cheese.
- Halve and pit the avocado, then remove the skin and slice the flesh.



Cook the bulgur

- Boil the bulgur in the stock for 10 - 12 minutes or until done, covered. Stir regularly, then drain and set aside.
- In a salad bowl, combine the tomato with the cucumber, the ground coriander and the white wine vinegar.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.



Make the salad

- Transfer the bulgur, fried vegetables and two thirds of the fresh herbs to the salad bowl and mix well to combine.
- Season to taste with salt and pepper.

Did you know... 🌱 this recipe is low in saturated fat and rich in unsaturated plant-based fats, thanks to the avocado and olive oil. These ingredients are not only delicious, but they also help lower cholesterol and benefit cardiovascular health overall.



Fry the vegetables

- Heat a clean frying pan over medium-high heat and toast the shaved almonds until golden-brown, then remove from the pan and set aside.
- Fry the onion and bell pepper in the same pan for 3 - 4 minutes, adding a generous pinch of salt.
- Stir regularly so as to prevent them from burning.
- Drizzle lightly with olive oil, then reduce the heat allow to caramelise for 6 - 8 minutes.



Serve

- Serve the salad on plates and top with the avocado.
- Garnish with the shaved almonds, Greek-style cheese, dried cranberries and **red chili pepper**.
- Finish with the rest of the fresh herbs and then drizzle over some extra virgin olive oil as preferred.

Enjoy!





# Asian-Inspired Chicken Udon Salad

with peanuts & fresh coriander

Quick

Total time: 25 - 30 min.



Fresh udon noodles



Seasoned chicken mince



Garlic



Ginger paste



Lime



East Asian-style sauce



Reduced salt soy sauce



Red chili pepper



Red onion



Cucumber



Roma tomato



Fresh coriander



Unsalted peanuts



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

Udon noodles are Japan's thickest noodles. They can be eaten in many different ways: in soups, curries or, in the summer, cold with a dipping sauce!



Tear me out!

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.

Equipment

Salad bowl, small bowl, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh udon noodles (g)	110	220	330	440	550	660
Seasoned chicken mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Lime* (unit(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	35	70	105	140	175	210
Reduced salt soy sauce (ml)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Red onion (unit(s))	½	1	1½	2	2½	3
Cucumber* (unit(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Unsalted peanuts (g)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2243 /536	398 /95
Total fat (g)	19	3
of which saturated(g)	3,8	0,7
Carbonhydrates (g)	58	10
of which sugars (g)	16,7	3
Fiber (g)	8	1
Protein (g)	30	5
Salt (g)	3,2	0,6

Allergens

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



Prepare

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



Fry the mince

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat.
- Fry the mince for 4 - 5 minutes, separating it as you do so.
- 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.*



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.*



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 finish with the **chili pepper** as preferred. Season to taste with salt and pepper.

Enjoy!





# Veggie Bulgogi Burger with Spicy Kimchi Sauce

over rice with broccoli & green beans

Veggie Quick

Total time: 25 - 30 min.



Unbelievabull burger from the Vegetarian Butcher®



White long grain rice



Garlic



Red onion



Green beans



Broccoli



Bulgogi sauce



Kimchi sauce



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

Kimchi sauce is a spicy, tangy sauce inspired by Korean kimchi, made with fermented chili, garlic, and ginger. It adds bold and zesty flavour to stir-fries, marinades, and dips.



Tear me out!

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.

Equipment

Lidded deep frying pan, pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Unbelievabull burger from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	100	200	300	400	500	600
Broccoli* (g)	125	250	360	500	610	750
Bulgogi sauce (g)	20	35	55	70	90	105
Kimchi sauce (g)	20	40	60	80	100	120
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Water (ml)	25	50	75	100	125	150
[Plant-based] mayonnaise (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2837 /678	547 /131
Total fat (g)	26	5
of which saturated(g)	4,3	0,8
Carbonhydrates (g)	81	16
of which sugars (g)	11	2,1
Fiber (g)	15	3
Protein (g)	21	4
Salt (g)	1,9	0,4

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan. Cook the rice for 12 - 15 minutes, then drain and set aside.
- Cut the head of the broccoli into florets and dice the stem.
- Discard the tips of the green beans and then cut in half.
- Slice the onion into half-rings and crush or mince the garlic.



Fry the burger

- Heat a drizzle of sunflower oil in a frying pan over medium heat.
- When the oil is nice and hot, fry the burger for 3 minutes per side.
- Turn off the heat and coat the burger with the bulgogi sauce.
- In a small bowl, combine the mayonnaise with the white wine vinegar and the rest of the **kimchi sauce**.



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the broccoli, the green beans and the onion for 5 - 7 minutes.
- Add the garlic and fry for 1 minute, then deglaze with the water (see pantry for amount).
- Cook for 4 - 5 minutes over medium-low heat, covered.
- Add half of the **kimchi sauce**\* and mix well to combine. Season to taste with salt and pepper.

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



Serve

- Serve the rice on plates.
- Top with the vegetables and the bulgogi burger.
- Drizzle with the spicy **kimchi sauce** to finish.

Enjoy!





# Crispy Chicken Schnitzel over Garlic-Ginger Rice

with East Asian-style sauce, scallions & crunchy slaw

Quick

Total time: 25 - 30 min.



Jasmine rice



Garlic



Chopped  
sweetheart cabbage



Carrot



East Asian-style sauce



Scallions



Fresh ginger



Oranjevoen crispy  
chicken schnitzel



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

Schnitzel originated in Austria, and is the national dish there; in Austrian-German, the word "schnitzel" means "slice", referring to the way the meat is thinly sliced before cooking.

Tear me out!



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.

Equipment

Bowl, grater, microplane, lidded pot or saucepan, small bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	1	2	3	4	5	6
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	1	1	2	2
East Asian-style sauce* (g)	20	35	55	70	90	105
Scallions* (bunch)	½	1	1	2	2	3
Fresh ginger* (tsp)	1	2	3	4	5	6
Oranjestien crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sugar (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Sunflower oil (tbsp)	1	2	3	4	5	6
Water for the sauce (tbsp)	¾	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3891 /930	591 /141
Total fat (g)	41	6
of which saturated(g)	5,3	0,8
Carbohydrates (g)	114	17
of which sugars (g)	19,6	3
Fiber (g)	7	1
Protein (g)	31	5
Salt (g)	2,7	0,4

Allergens

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



Prepare

- Grate the carrot.
- In a bowl, combine the sugar with the white wine vinegar and season with salt and pepper.
- Add the carrot and the cabbage, then toss well to combine (see Tip). Set aside in the fridge until serving.
- Prepare the stock. Finely grate the ginger and crush or mince the garlic.

Tip: you can chop the cabbage more finely if preferred.



Boil the rice

- Bring to a boil, then lower the heat and cook the rice for 10 - 12 minutes, adding more water if necessary.
- Remove from the heat and allow to rest until serving, covered.
- Meanwhile, in a small bowl combine the mayonnaise with the East Asian-style sauce and the water for the sauce.



Fry the aromatics

- Chop the scallions into thin rings, keeping the white part separate from the greens.
- Heat a drizzle of sunflower oil in a pot or saucepan over medium-high heat. Fry the garlic with the ginger and the white part of the scallion for 1 - 2 minutes.
- Add the rice and the stock (see Tip).

Health Tip 🥗 if you're watching your calorie intake, prepare just two thirds of the rice. You can keep the rest of it to use another time.



Serve

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the schnitzel for 5 minutes until golden-brown, turning regularly.
- Serve the garlic-ginger rice on deep plates with the slaw alongside.
- Top with the schnitzel, then garnish with the scallion greens and drizzle with the sauce.

Enjoy!





# Coconut Curry Noodle Soup

with fresh udon, coriander & peanuts

Quick Plant-Based

Total time: 20 - 25 min.



Red chili pepper



Garlic



Red onion



Yellow curry spices



Vegetable mix with mushrooms



Coconut milk



Fresh coriander



Salted peanuts



Fresh udon noodles



Soy sauce



Crispy fried onions



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

The advantage of using fresh udon noodles is that they're quick to prepare, and therefore easy to cook in the soup!



Tear me out!

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.

Equipment

Soup pot

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red chili pepper* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1½	2	2½	3
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Coconut milk (ml)	125	250	375	500	625	750
Fresh coriander* (g)	2½	5	7½	10	12½	15
Salted peanuts (g)	20	40	60	80	100	120
Fresh udon noodles (g)	110	220	330	440	550	660
Soy sauce (ml)	10	20	30	40	50	60
Crispy fried onions (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock (ml)	200	400	600	800	1000	1200
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2787 /666	372 /89
Total fat (g)	41	6
of which saturated(g)	23,5	3,1
Carbonhydrates (g)	52	7
of which sugars (g)	10,8	1,4
Fiber (g)	11	1
Protein (g)	19	3
Salt (g)	3,4	0,5

Allergens

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



Prepare

- Prepare the stock.
- Deseed and finely chop the **red chili pepper**.\*
- Chop the onion and crush or mince the garlic.

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



Make the soup

- Add the coconut milk and the stock, then allow to simmer gently for 4 minutes over medium heat.
- Meanwhile, finely chop the coriander and roughly chop the peanuts.
- Add the udon noodles and the soy sauce, then cook for 3 more minutes.



Fry the vegetables

- Heat a light drizzle of sunflower oil in a soup pot over high heat.
- Fry the onion with the garlic, the **chili pepper** and the yellow curry spices for 1 minute.
- Stir in the vegetable mix and fry for 4 more minutes.



Serve

- Season the soup to taste with salt and pepper, then serve in bowls.
- Garnish with the coriander, the peanuts and the crispy onions.

Enjoy!





# Mushroom Tortelloni Al Forno in Blue Cheese Sauce

with courgette, leek & Italian seasoning

Veggie

Total time: 50 - 60 min.



If you've received ricotta & spinach tortelloni instead of mushroom tortelloni, don't worry! The preparation remains the same.

Enjoy!



Courgette



Onion



Blue cheese cubes



Cooking cream



Leek



Mushroom tortelloni



Italian seasoning



## ENJOY LA DOLCE VITA WITH PERONI 0.0

Ciao tutti! Italian cuisine is all about quick, simple, and super tasty. Just what we love! And long, cosy dinners with family, of course paired with a refreshing Peroni Nastro Azzurro 0,0%. Salute!



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.

Equipment

Deep frying pan, oven dish, saucepan, whisk

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Courgette* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1½	2	2½	3
Blue cheese cubes* (g)	40	75	120	150	195	225
Cooking cream (g)	75	150	225	300	375	450
Leek* (unit(s))	½	1	1	2	2	3
Mushroom tortelloni (g)	150	300	450	600	750	900
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	250	500	750	1000	1250	1500
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (g)	20	40	60	80	100	120
Flour (g)	20	40	60	80	100	120

Black pepper (totaste) to taste

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4096 /979	498 /119
Total fat (g)	55	7
of which saturated(g)	30	3,6
Carbonhydrates (g)	87	11
of which sugars (g)	17,5	2,1
Fiber (g)	6	1
Protein (g)	31	4
Salt (g)	3,7	0,4

Allergens

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



Prepare

- Preheat the oven to 220°C and prepare the stock.
- Slice the courgette into crescents. Slice the onion and the leek into half rings.
- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat. Fry the courgette for 2 - 3 minutes.
- Add the onion and the leek, then fry for 5 - 6 more minutes.



Combine

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



Make the sauce

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



Serve

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

Enjoy!





# Dahl with Crispy Chickpeas & Naan

with coconut milk, spinach & lime

Plant-Based

Total time: 35 - 45 min.



Onion



Carrot



Tomato paste



Coconut milk



Red split lentils



Spinach



Lime



Yellow carrot



Chickpeas



African-inspired  
spice mix



Fresh coriander



Fresh ginger



Curry powder



Naan



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

The lentils in this recipe are split, meaning that they've had their skin removed before being cut in half. This significantly reduces cooking time, and helps the lentils to break down into a mashed consistency when cooked.



Tear me out!

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.

Equipment

Parchment-lined baking sheet, bowl, large deep frying pan with lid, microplane, kitchen paper, sieve or colander

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	2	2	3	3
Tomato paste (can)	½	1	1½	2	2½	3
Coconut milk (ml)	90	180	250	360	430	540
Red split lentils (g)	25	50	75	100	125	150
Spinach* (g)	50	100	150	200	250	300
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Yellow carrot* (unit(s))	1	1	2	2	3	3
Chickpeas (pack)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Fresh ginger* (tsp)	1¼	2½	3¾	5	6¼	7½
Curry powder (sachet(s))	½	1	1½	2	2½	3
Naan (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3393 /811	412 /99
Total fat (g)	38	5
of which saturated(g)	16,6	2
Carbonhydrates (g)	84	10
of which sugars (g)	18,8	2,3
Fiber (g)	24	3
Protein (g)	25	3
Salt (g)	2	0,2

Allergens

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



Prepare

- Preheat the oven to 180°C and prepare the stock.
- Chop the onion and finely grate the ginger.
- Dice the carrots into 1cm chunks (see Tip).

Tip: be sure to finely dice the carrots, otherwise they will take longer to cook.



Roast the chickpeas

- Drain and rinse the chickpeas, then pat them dry with kitchen paper.
- Transfer to a bowl along and add the rest of the African-inspired spices.
- Drizzle with olive oil and season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 15 - 20 minutes.



Make the dahl

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the carrot and ginger for 2 - 3 minutes, then stir in the curry powder, the tomato paste and half of the African-inspired spices.
- Fry for 2 more minutes, then add the coconut milk and the stock and bring to a boil.



Finish

- Bake the naan for 3 - 4 minutes, then cut into triangles.
- Finely chop the coriander and cut the lime into six wedges.
- When the dahl is done, squeeze in one lime wedge per person.
- Mix well and season to taste with salt and pepper.



Add the lentils

- Add the lentils and season with salt and pepper, then cover with the lid.
- Allow the dahl to cook for 10 minutes, covered, then add the spinach.
- Mix well and cook for another 10 minutes, or until the lentils are done.
- Add a splash of water if the dahl seems too dry.



Serve

- Serve the dahl in bowls and top with the crispy chickpeas.
- Garnish with the coriander.
- Serve with the naan and the rest of the lime wedges.

Enjoy!





# Smoky Chorizo Mafaldine

in creamy tomato sauce with pecorino & spinach

Express

Total time: 10 - 15 min.



Mafaldine



Diced chorizo



Garlic



Chopped onion



Spinach



Sicilian-style herb mix



Fresco spalmabile  
- cream cheese



Tinned cherry tomatoes



Grated Pecorino DOP



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

Pecorino is made from sheep's milk. The name "pecorino" is derived from the Italian word for sheep: "pecora".



Tear me out!

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.

Equipment

Pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mafaldine (g)	90	180	270	360	450	540
Diced chorizo* (g)	30	60	90	120	150	180
Garlic (unit(s))	½	1	1½	2	2½	3
Chopped Onion* (g)	25	50	75	100	125	150
Spinach* (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	50	100	150	200	250	300
Tinned cherry tomatoes (can)	½	1	1½	2	2½	3
Grated Pecorino DOP* (g)	10	20	30	40	50	60
Not included						
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3021 /722	572 /137
Total fat (g)	27	5
of which saturated(g)	11,7	2,2
Carbonhydrates (g)	85	16
of which sugars (g)	15,3	2,9
Fiber (g)	8	2
Protein (g)	30	6
Salt (g)	2,7	0,5

Allergens

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



Boil the mafaldine

- Boil plenty of water in a pot or saucepan and crumble in the stock cube (see pantry for amount).
- Cook the mafaldine for 7 minutes, then add the spinach and cook for 2 more minutes.
- Reserve some of the cooking water, then drain and set aside.



Make the sauce

- Deglaze the pan with the balsamic vinegar.
- Add the tinned cherry tomatoes, the cream cheese, the Sicilian-style herbs and the sugar, along with 25ml pasta water per person.
- Mix well to combine, then season to taste with salt and pepper. Allow to simmer until the mafaldine is done.

Did you know... 🍅 tinned tomatoes contain almost as many vitamins and minerals as fresh ones. Altogether, this recipe contains more than 300g of vegetables!



Fry the aromatics

- Crush or mince the garlic.
- Heat a drizzle of olive oil in a frying pan over medium-high heat.
- Fry the chorizo with the garlic and the onion for 2 - 3 minutes.



Serve

- Transfer the mafaldine and the spinach to the sauce and toss well to combine.
- Add some more pasta water as necessary if the sauce is too thick.
- Serve the mafaldine on plates and garnish with the Pecorino to finish.

Enjoy!





# Giant Couscous with Guacamole & Greek-Style Cheese

with tomato, fresh herbs & pumpkin seeds

Veggie Express

Total time: 15 - 20 min.



Red onion



Tomato



Giant couscous



Lemon-flavoured olive oil



Pumpkin seeds



Lamb's lettuce



Greek-style cheese



Guacamole



Fresh flat leaf parsley & chives



Persian cucumber



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

Vinaigrettes and dressings can be used much the same way, but vinaigrettes - made with oil and vinegar, or citrus juice - tend to be lighter. An easy and refreshing way to make your meal even tastier!



Tear me out!

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.

Equipment

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1½	3	5	6	8	9
Giant couscous (g)	75	150	225	300	375	450
Lemon-flavoured olive oil (ml)	4	8	12	16	20	24
Pumpkin seeds (g)	10	20	30	40	50	60
Lamb's lettuce* (g)	40	60	80	100	140	160
Greek-style cheese* (g)	40	75	100	150	175	225
Guacamole* (g)	40	80	120	160	200	240
Fresh flat leaf parsley & chives* (g)	5	10	15	20	25	30
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
White balsamic vinegar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2690 /643	364 /87
Total fat (g)	30	4
of which saturated(g)	10,8	1,5
Carbonhydrates (g)	67	9
of which sugars (g)	12,5	1,7
Fiber (g)	8	1
Protein (g)	24	3
Salt (g)	2,3	0,3

Allergens

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



Prepare

- Prepare the stock in a pot or saucepan.
- Cook the giant couscous for 12 - 14 minutes, covered, stirring occasionally so as to prevent it from sticking.
- Drain when finished and rinse under cold water.



Combine

- Heat a light drizzle of olive oil in the same frying pan over medium-high heat. Fry the onion for 3 - 4 minutes.
- In a salad bowl, combine the white balsamic vinegar with the honey and the lemon-infused olive oil.
- Transfer the giant couscous and the onion to the bowl and mix well to combine with the vinaigrette.
- Drizzle with extra virgin olive oil as preferred.



Toast the pumpkin seeds

- Mince the onion.
- Dice the tomato and the cucumber.
- Finely chop the fresh herbs.
- Heat a clean frying pan over high heat and toast the pumpkin seeds until they start to pop, then remove from the pan and set aside.



Serve

- Transfer the tomato, the cucumber, the fresh herbs and the lamb's lettuce to the giant couscous and mix well to combine. Season to taste with salt and pepper.
- Serve the giant couscous salad on plates and top with the guacamole.
- Crumble over the Greek-style cheese and garnish with the pumpkin seeds.

Enjoy!





# Quick Spaghetti with Garlic Shrimp

in creamy tomato sauce with arugula

Family Quick

Total time: 15 - 20 min.



Shrimp



Spaghetti



Red cherry tomatoes



Cooking cream



Arugula



Red onion



Lime



Garlic



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

A single strand of spaghetti is called a "spaghettino", which means "thin string" in Italian.



Tear me out!

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.

Equipment

Deep frying pan, pot or saucepan, small bowl

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Spaghetti (g)	90	180	270	360	450	540
Red cherry tomatoes (g)	125	250	375	500	625	750
Cooking cream (g)	75	150	225	300	375	450
Arugula* (g)	20	40	60	80	100	120
Red onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2707 /647	546 /130
Total fat (g)	22	4
of which saturated(g)	9,6	1,9
Carbonhydrates (g)	82	17
of which sugars (g)	15	3
Fiber (g)	8	2
Protein (g)	29	6
Salt (g)	1,3	0,3

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan for the spaghetti.
- Halve the tomatoes and slice the onion into half rings.
- Crush or mince the garlic. Cut half of the lime into wedges and juice the rest into a small bowl.
- Boil the spaghetti for 10 - 12 minutes, then reserve a small amount of the pasta water before draining and setting aside.



Make the sauce

- Add the cream and crumble in the stock cube (see pantry for amount).
- Allow the sauce to reduce for 1 minute (see Tip).
- Add the spaghetti and cook for 1 more minute, seasoning to taste with salt and pepper.

**Tip:** add a splash of the reserved pasta water as necessary if the sauce is too thick.



Fry the shrimp

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the onion for 1 - 2 minutes.
- Add the tomatoes, the shrimp, the garlic and half of the lime juice, then fry for 3 more minutes.

**Did you know...** 🌱 onions provide numerous benefits. Not only are they rich in fibre and B vitamins, they are also high in antioxidants and vitamin C.



Serve

- Serve the spaghetti on deep plates.
- Top with the arugula and drizzle with the rest of the lime juice.
- Garnish with the rest of the lime wedges.

Enjoy!





# Basa with Fragrant Green Curry

over rice with cashews, fresh herbs & lime

Quick

Total time: 15 - 20 min.



Coconut milk



White long grain rice



Vegetable mix with cabbage



Fresh flat leaf parsley & coriander



Roasted cashew nuts



Lime



Green curry spices



Basa fillet



Yellow curry spices



Garlic



Ginger paste



Fish sauce



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

The green curry spices you'll use to season this dish is full of fragrant spices like ginger, star anise and lemongrass - the perfect blend of flavours for a delicious green curry!



Tear me out!

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.

Equipment

Lidded deep frying pan, pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Coconut milk (ml)	90	180	250	360	430	540
White long grain rice (g)	75	150	225	300	375	450
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Fresh flat leaf parsley & coriander* (g)	5	10	15	20	25	30
Roasted cashew nuts (g)	10	20	30	40	50	60
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Green curry spices (sachet(s))	½	1	1½	2	2½	3
Basa fillet* (unit(s))	1	2	3	4	5	6
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ginger paste* (g)	5	10	15	20	25	30
Fish sauce (ml)	10	20	30	40	50	60
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	50	100	150	200	250	300
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3326 /795	552 /132
Total fat (g)	36	6
of which saturated(g)	16,9	2,8
Carbonhydrates (g)	81	13
of which sugars (g)	10,8	1,8
Fiber (g)	9	1
Protein (g)	34	6
Salt (g)	4	0,7

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 14 minutes, then drain and set aside.
- Meanwhile, prepare the stock (see Tip).

**Health Tip** 🍋 if you're watching your salt intake, substitute the stock with the same amount of water.



Prepare the garnishes

- Meanwhile, finely chop the fresh herbs.
- Cut the lime into six wedges.
- To the curry, add the fish sauce\* and the juice of one lime wedge per person.
- Taste and season as necessary with salt and pepper.

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



Make the curry

- Crush or mince the garlic.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic with the ginger paste for 1 minute.
- Add the vegetable mix and fry for 4 - 5 minutes, then add the green curry spices and fry for 1 more minute.
- Add the coconut milk and the stock. Lower the heat and allow to cook for 2 - 3 minutes, covered.



Serve

- Pat the fish dry with kitchen paper and coat with the yellow curry spices.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the fish for 3 minutes per side.
- Serve the rice on plates and top with the curry and the fish.
- Garnish with the fresh herbs and the cashews. Serve the rest of the lime wedges alongside.

Enjoy!





# Chicken Schnitzel with Homemade Fries

with sauerkraut slaw, cranberry chutney & parsley

Total time: 45 - 55 min.



Potatoes



Apple



Carrot



Red onion



Fresh curly parsley



Lemon



Sauerkraut



Cranberry chutney



Oranجهoen crispy chicken schnitzel



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

Sauerkraut is a versatile ingredient that can easily bring a simple dish to the next level, with an extra kick thanks to its tangy, sour and salty flavour profile.

Tear me out!



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.

Equipment

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Apple* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	½	1	¾	1	1¼	2
Red onion (unit(s))	½	1	1	2	2	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Sauerkraut* (g)	100	200	300	400	500	600
Cranberry chutney* (g)	40	80	120	160	200	240
Oranjestoof crispy chicken schnitzel* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4017 / 960	537 / 128
Total fat (g)	45	6
of which saturated(g)	12,2	1,6
Carbonhydrates (g)	113	15
of which sugars (g)	35,5	4,7
Fiber (g)	14	2
Protein (g)	25	3
Salt (g)	3	0,4

Allergens

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



Make the fries

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



Make the slaw

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



Chop the vegetables

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



Serve

- Melt a generous knob of butter in a frying pan over medium-high heat and fry the schnitzel for 5 minutes, turning regularly.
- Serve the schnitzel with the fries and the sauerkraut slaw.
- Serve the cranberry chutney and lemon wedges alongside.
- Garnish with the rest of the parsley to finish.

Enjoy!





# Chicken Sausages with Carrot Mash

with broccoli, ketjap jus & gomashio

Family

Total time: 35 - 45 min.



Potatoes



Carrot



Red onion



Chicken sausage



Broccoli



Ketjap manis



Gomashio



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

The most commonly used variety of ketjap is ketjap manis. Did you know that “manis” means “sweet” in Indonesian?



Tear me out!

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.

Equipment

Lidded frying pan, 2x pot or saucepan, potato masher

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Carrot* (unit(s))	1	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Chicken sausage* (unit(s))	2	4	6	8	10	12
Broccoli* (g)	125	250	360	500	610	750
Ketjap manis (ml)	10	20	30	40	50	60
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium chicken stock (ml)	60	120	180	240	300	360
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Mustard (tbsp)	1	2	3	4	5	6
[Plant-based] milk	splash					
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2218 /530	333 /79
Total fat (g)	21	3
of which saturated(g)	7,4	1,1
Carbonhydrates (g)	59	9
of which sugars (g)	17	2,5
Fiber (g)	14	2
Protein (g)	27	4
Salt (g)	2,7	0,4

Allergens

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



Boil the vegetables

- Prepare the stock.
- Wash or peel the potatoes and carrots, then cut into rough pieces.
- Transfer to a pot or saucepan and cover with water, then boil for 12 - 15 minutes.
- Reserve some of the cooking liquid when finished, then drain and set aside.



Make the jus

- Add a knob of butter to the sausages, along with the ketjap and half of the mustard.
- Mix well, then deglaze with the stock.
- Set the heat to low and allow to reduce until serving.



Fry the sausages

- Slice the onion into half rings.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the sausages for 3 - 4 minutes until evenly browned.
- Add the onion, then cover with the lid and reduce the heat to medium. Fry for 6 - 7 minutes or until the sausages are done, turning regularly.



Mash the vegetables

- Mash the potatoes and carrots with the rest of the mustard and a splash of milk or cooking liquid as preferred.
- Season to taste with salt and pepper.



Boil the broccoli

- Boil plenty of salted water in a pot or saucepan.
- Cut the head of the broccoli into florets and dice the stem.
- Boil the broccoli for 5 - 7 minutes.
- Drain and season with salt and pepper, then set aside.

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



Serve

- Serve the carrot mash and the broccoli on plates.
- Garnish with the gomashio and serve the sausages alongside.
- Pour over the jus to finish.

Enjoy!





# Pork Tenderloin with Panko-Truffle Coating

with garlicky green beans & potatoes

Quick

Total time: 25 - 30 min.



Pork tenderloin



Potatoes



Garlic



Onion



Green beans



Truffle-style  
mayonnaise



Panko breadcrumbs



Dried thyme



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

Green beans are a young, tender variety of beans, and are also called “princess beans” due to their delicate flavour.



Tear me out!

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.

Equipment

Aluminum foil, lidded deep frying pan, deep plate, lidded pot or saucepan, kitchen paper, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork tenderloin* (unit(s))	1	2	3	4	5	6
Potatoes (g)	200	400	600	800	1000	1200
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1½	2	2½	3
Green beans* (g)	150	300	400	600	700	900
Truffle-style mayonnaise* (g)	25	50	75	100	125	150
Panko breadcrumbs (g)	15	25	40	50	65	75
Dried thyme (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2812 /672	503 /120
Total fat (g)	33	6
of which saturated(g)	8,4	1,5
Carbonhydrates (g)	58	10
of which sugars (g)	7,3	1,3
Fiber (g)	11	2
Protein (g)	32	6
Salt (g)	0,9	0,2

Allergens

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



Prepare

- Boil plenty of water in a pot or saucepan.
- Thoroughly wash the potatoes and cut them into rough pieces, then cook for 12 - 15 minutes, covered. Drain and season to taste with salt and pepper, then set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Transfer the panko to a deep plate and season with salt and pepper.



Fry the vegetables

- Meanwhile, discard the tips of the green beans and transfer to a deep frying pan.
- Submerge with a shallow layer of water and add a pinch of salt, then cover with the lid. Bring to a boil and allow to cook gently for 4 - 6 minutes, then drain and return to the pan.
- Drizzle with olive oil, then add the garlic, the onion and the thyme.
- Fry for 3 - 4 minutes over medium-high heat and season to taste with salt and pepper.



Fry the pork tenderloin

- Pat the pork dry with kitchen paper.
- Use half of the truffle-style mayonnaise to coat the pork and then coat it with the panko.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the pork for 10 - 13 minutes, then remove from the pan and allow to rest under aluminum foil until serving.



Serve

- Serve the potatoes on plates with everything else alongside.
- Combine the rest of the truffle-style mayonnaise with a teaspoon of water per person. Drizzle this over the potatoes to finish.

Enjoy!





# Cheesy Eggplant & Courgette Al Forno

with casarecce, tomato & basil

Family Veggie

Total time: 45 - 55 min.



Eggplant



Tomato



Garlic



Passata



Grated aged Gouda



Casarecce



Fresh basil



Sicilian-style herb mix



Courgette



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

Casarecce is derived from the Italian word “casereccio”, which means “homemade”. Casarecce gets its shape from rolling fresh pasta around a small stick.



Tear me out!

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.

Equipment

Bowl, oven dish, lidded pot or saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Eggplant* (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	400	500	600
Grated aged Gouda* (g)	50	75	100	125	175	200
Casarecce (g)	90	180	270	360	450	540
Fresh basil* (g)	2½	5	7½	10	12½	15
Sicilian-style herb mix (sachet(s))	⅓	⅓	1	1⅓	1⅓	2
Courgette* (unit(s))	¼	½	1	1	1½	1½
Not included						
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2648 /633	527 /126
Total fat (g)	20	4
of which saturated(g)	9,6	1,9
Carbonhydrates (g)	83	17
of which sugars (g)	17,2	3,4
Fiber (g)	8	2
Protein (g)	26	5
Salt (g)	1,4	0,3

Allergens

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



Fry the vegetables

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

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



Assemble

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



Make the sauce

- Slice the tomato and crush or mince the garlic.
- In a bowl, combine the passata and garlic with the balsamic vinegar, the sugar and the Sicilian-style herbs.
- Season to taste with salt and pepper.



Serve

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

Enjoy!





# Pumpkin-Peanut Butter Soup

with starry bread & a jammy egg

Veggie Calorie Smart

Total time: 30 - 40 min.



Garlic



Carrot



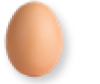
Onion



Diced pumpkin



Curry powder



Egg



Peanut butter



Soy sauce



Novelty bread roll



There is a special ingredient in your box! With this star-shaped bread roll, your meal will shine even more for the festive season. Happy holidays!

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



Before you start

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

Equipment

Lidded saucepan, lidded soup pot, immersion blender

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	1	2	2	3	3
Onion (unit(s))	1	2	3	4	5	6
Diced pumpkin* (g)	150	300	450	600	750	900
Curry powder (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	1	2	3	4	5	6
Peanut butter (tub)	1	2	3	4	5	6
Soy sauce (ml)	10	20	30	40	50	60
Novelty bread roll* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2075 /496	274 /65
Total fat (g)	24	3
of which saturated(g)	5,1	0,7
Carbonhydrates (g)	47	6
of which sugars (g)	14,7	1,9
Fiber (g)	8	1
Protein (g)	21	3
Salt (g)	3,4	0,5

Allergens

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



Make the soup

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Slice the carrot.
- Heat a drizzle of olive oil in a soup pot over high heat and fry the garlic with the onion, carrot, diced pumpkin and curry powder for 2 minutes.
- Add the stock, then cover with the lid and bring to a boil. Allow to simmer gently for 14 - 16 minutes.



Blend the soup

- Meanwhile, heat the bread in the oven for 3 – 5 minutes.
- Remove the soup pot from the heat and add the peanut butter. Use an immersion blender to process into a smooth soup. Add some more water if you would prefer the soup to be thinner.
- Add the soy sauce and season to taste with pepper.



Boil the egg

- Preheat the oven to 200°C
- In the meantime, boil plenty of water in a saucepan.
- Boil the egg for 6 - 8 minutes, covered.
- Rinse under cold water, then peel off the shell and cut the eggs in half.

Did you know... 🥚 eggs are one of the few ingredients that are rich in vitamin D, which aids with calcium absorption. Many of us however don't get enough vitamin D, particularly during the darker winter months.



Serve

- Serve the soup in bowls and top with the egg.
- Serve the bread roll alongside.

Enjoy!





# Butternut Squash with Pecorino & Crispy Sage

over creamy pearl barley risotto with mushrooms

Veggie

Total time: 50 - 60 min.



Mushrooms



Red onion



Garlic



Butternut squash



Fresh sage



Pearl barley



Mascarpone



Grated Pecorino DOP



SEASONAL  
INGREDIENT



There is a special ingredient in your box! Butternut squash, a sweet autumn and winter vegetable, is perfect for soups, casseroles and mash.

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



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.

Equipment

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

Ingredients for 1 - 6 servings

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

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3443 /823	476 /114
Total fat (g)	44	6
of which saturated(g)	19,6	2,7
Carbonhydrates (g)	82	11
of which sugars (g)	9	1,2
Fiber (g)	13	2
Protein (g)	18	3
Salt (g)	2,3	0,3

Allergens

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



Chop the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Halve the mushrooms and quarter the onion.
- Halve the butternut squash lengthways.
- Scoop out the seeds and the stringy part of the flesh, then cut into wedges (see Tip).

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



Make the risotto

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



Roast the butternut squash

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



Fry the mushrooms

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

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



Fry the aromatics

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



Serve

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

Enjoy!





# Huevos Rancheros with Tortilla Chips

with guacamole, Greek-style cheese & fresh coriander

Veggie Quick

Total time: 15 - 20 min.



- Quick-cook brown rice
- Black beans
- Mexican-style spices
- Roma tomato
- Corn
- Scallions
- Egg
- Greek-style cheese
- Guacamole
- Sweet chilli tortilla chips
- Fresh coriander



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

This versatile breakfast has come a long way from the Mexican ranch (hence the name) to trendy brunch and dinner menus!



Tear me out!

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.

Equipment

Bowl, lidded pot or saucepan, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Quick-cook brown rice (g)	75	150	225	300	375	450
Black beans (pack)	½	1	1½	2	2½	3
Mexican-style spices (sachet(s))	½	1	1½	2	2½	3
Roma tomato (unit(s))	1½	3	4½	6	7½	9
Corn (g)	70	140	215	285	355	425
Scallions* (bunch)	¼	½	¾	1	1¼	1½
Egg* (unit(s))	1	2	3	4	5	6
Greek-style cheese* (g)	25	50	75	100	125	150
Guacamole* (g)	40	80	120	160	200	240
Sweet chilli tortilla chips (g)	40	75	100	150	175	225
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4155 /993	563 /134
Total fat (g)	44	6
of which saturated(g)	11,4	1,5
Carbonhydrates (g)	107	14
of which sugars (g)	11,8	1,6
Fiber (g)	20	3
Protein (g)	34	5
Salt (g)	3,3	0,4

Allergens

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



Cook the rice

- Prepare the stock.
- Finely chop the scallions and separate the white part from the greens. Drain the black beans.
- Heat half of the olive oil in a pot or saucepan over medium-high heat. Fry the white part of the scallions for 1 - 2 minutes, then add the rice and pour in the stock.
- Bring to the boil and cook for 8 minutes. Remove from the heat and stir in the black beans, then allow to stand for 5 minutes, covered.



Fry the egg

- Heat the rest of the olive oil in a frying pan over medium-high heat.
- Crumble the Greek-style cheese and spread evenly over the pan (see Tip).
- Crack in the egg and fry until done.
- Season to taste with salt and pepper.

Health Tip 🍏 if you're watching your calorie intake, serve just half of the cheese and keep the rest in the fridge to use the next day.



Make the salsa

- Drain the corn and dice the tomato.
- Finely chop the coriander. Transfer all three to a bowl, along with the scallion greens and white wine vinegar.
- Drizzle with extra virgin olive oil as preferred and mix well to combine. Season to taste with salt and pepper.



Serve

- Stir the **Mexican-style spices**\* into the rice and beans.
- Serve on plates and top with the egg, salsa and guacamole.
- Serve with the tortilla chips.

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

Enjoy!





# Sticky Steak Strips in Black Garlic Sauce with Gomashio

over rice with quick-pickled cucumber

Quick

Total time: 25 - 30 min.



Steak strips



Jasmine rice



Onion



Garlic



Fresh ginger



Persian cucumber



Bell pepper



Carrot



Gomashio



Black garlic marinade



Reduced salt soy sauce



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

The black garlic marinade in this recipe is made using real black garlic, which adds a lovely caramelised, umami flavour to this dish.



Tear me out!

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.

Equipment

Microplane, pot or saucepan, kitchen paper, small bowl, two bowls, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Fresh ginger* (tsp)	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Black garlic marinade* (g)	15	30	45	60	75	90
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Not included						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	1	2	3	4	5	6
Flour (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	100	200	300	400	500	600
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2761 /660	453 /108
Total fat (g)	17	3
of which saturated(g)	2,8	0,5
Carbonhydrates (g)	95	16
of which sugars (g)	23,3	3,8
Fiber (g)	7	1
Protein (g)	37	6
Salt (g)	2,7	0,4

Allergens

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



Marinate the steak strips

- Pat the steak strips dry with kitchen paper (see Tip).
- In a bowl, combine the ketjap with the flour and the steak strips.
- Season with salt and pepper, then set aside.

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



Fry the steak strips

- Heat a drizzle of sunflower oil in a wok or deep frying pan over high heat.
- When the oil is nice and hot, fry the steak strips for 4 minutes, then remove from the pan and set aside.
- Heat a drizzle of sunflower oil in the same pan over medium-high heat.
- Fry the garlic with the ginger, the onion, the bell pepper and the carrot for 5 - 7 minutes.



Prepare the cucumber

- Boil plenty of water in a pot or saucepan for the rice.
- Slice the cucumber.
- In a bowl, combine the cucumber with the sugar and the white wine vinegar.
- Season with salt and pepper, then set aside until serving, stirring occasionally.



Finish

- In a small bowl, combine the soy sauce with the black garlic marinade (see Tip).
- Deglaze the vegetables with the stock and a splash of white wine vinegar, then stir in the sauce.
- Bring to the boil and allow to reduce for 2 - 3 minutes over medium-high heat.

Tip: if you'd like to make it spicier, add some sambal as preferred.



Boil the rice

- Boil the rice for 10 - 12 minutes, then drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Cut the bell pepper into strips and finely grate the ginger.
- Slice the carrot into thin crescents and prepare the stock.



Serve

- Finally, return the steak strips to the pan and mix well to combine.
- Serve the rice on plates, topped with the steak strips and the vegetables.
- Drizzle with any residual sauce from the pan.
- Garnish with the gomashio and serve the cucumber alongside.

Enjoy!





# Smoked Sausage with 'Sinterklaas Stampptot'

with bacon lardons, onion jus & apple

Total time: 35 - 45 min.



Potatoes



Red onion



Onion chutney



Shredded kale



Smoked pork sausage



Apple



Bacon lardons



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

This is Sinterklaas' favourite recipe when he's in the Netherlands! You can even see Bakpiet preparing this 'stampptot' in 'The Sinterklaas Club Film: A Crazy Animal Farm', in cinemas now!



Tear me out!

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.

Equipment

Pot or saucepan, potato masher, small saucepan, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	1	2	3	4	5	6
Onion chutney* (g)	40	80	120	160	200	240
Shredded kale* (g)	75	150	225	300	375	450
Smoked pork sausage* (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	25	50	80	100	130	150
Not included						
Low sodium beef stock (ml)	75	150	225	300	375	450
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1¼	2½	3¾	5	6¼	7½
Mustard (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3690 /882	497 /119
Total fat (g)	49	7
of which saturated(g)	22,3	3
Carbonhydrates (g)	85	11
of which sugars (g)	31,2	4,2
Fiber (g)	12	2
Protein (g)	26	4
Salt (g)	3,8	0,5

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan. Wash or peel the potatoes and cut into rough chunks.
- Parboil the potatoes with the kale for 8 - 10 minutes.
- Take the smoked sausage out of its packaging, then transfer to the pot.
- Cook alongside for 7 minutes, then drain everything and set aside.



Fry the apple

- In the meantime, dice the apple.
- Melt a knob of butter in a frying pan over medium-high heat (see Tip).
- Fry the bacon lardons with the apple for 3 - 4 minutes per side.
- Drizzle with the honey, then remove from the heat.

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



Make the jus

- Prepare the stock and slice the onion into half rings.
- Melt a knob of butter in a small saucepan over medium heat and fry the onion for 2 - 3 minutes.
- Add the onion chutney, the stock and the balsamic vinegar.
- Bring to the boil, then allow to reduce gently for 8 - 10 minutes.



Serve

- Mash the potatoes and the kale with the mustard, a small knob of butter and a splash of milk. Season to taste with salt and pepper.
- Serve the 'stamppot' on plates with the apple and bacon lardons alongside.
- Slice up the sausage and arrange on top in an 'S' shape (or if preferred, just halve it and serve normally).
- Finish with the onion jus.

Enjoy!





# Tomato Risotto with Shrimp

with arugula salad, basil & lemon

Family Calorie Smart

Total time: 35 - 45 min.



Garlic



Onion



Lemon



Tomato paste



Tinned cherry tomatoes



Shrimp



Fresh basil



Arugula



Risotto rice

  
**CHRISTMAS  
SELECTION**

Build your perfect festive feast with our special Christmas selection! This delicious main course is one of many recipes you can mix and match to create your ideal holiday meal. Browse all the options in the Christmas category.



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.

Equipment

Bowl, microplane, oven dish, kitchen paper, salad bowl, 2x small bowl, sieve, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Tomato paste (can)	¼	½	¾	1	1¼	1½
Tinned cherry tomatoes (can)	¼	¾	1	1½	1½	2
Shrimp* (g)	80	160	240	320	400	480
Fresh basil* (g)	2½	5	7½	10	12½	15
Arugula* (g)	20	40	60	80	100	120
Risotto rice (g)	75	150	225	300	375	450
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	300	600	900	1200	1500	1800
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2594 /620	352 /84
Total fat (g)	24	3
of which saturated(g)	7,3	1
Carbonhydrates (g)	82	11
of which sugars (g)	12,6	1,7
Fiber (g)	6	1
Protein (g)	21	3
Salt (g)	1,9	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Chop the onion and crush or mince the garlic. Zest the lemon and cut it into six wedges, then juice one wedge per person into a small bowl.
- Pat the shrimp dry with kitchen paper and transfer to a bowl.
- Drizzle with olive oil, then add half each of the garlic and lemon zest. Toss well to combine.



Make the salad

- Drain the cherry tomatoes and transfer to an oven dish. Drizzle with olive oil.
- Add the balsamic vinegar and season with salt and pepper, then mix well to combine.
- Roast in the oven for 15 minutes.
- Meanwhile, in a salad bowl combine the arugula with the lemon juice and the extra virgin olive oil. Season to taste with salt and pepper.



Prepare the risotto

- Melt a knob of butter in a large pot over medium-high heat.
- Fry the onion with the rest of the garlic for 1 - 2 minutes.
- Add the risotto rice and toast the grains for 1 - 2 minutes, then stir in the tomato paste.



Finish the risotto

- Heat a clean frying pan over medium-high heat. Fry the shrimp for 3 minutes until done, then remove from the pan and set aside.
- Finely chop the basil and transfer to a small bowl, along with the rest of the lemon zest.
- Add half of this to the risotto, along with the tomatoes and shrimp in their cooking juices. Mix well to combine.



Cook the risotto

- Pour in a third of the stock and allow to slowly incorporate, stirring regularly.
- Repeat with the rest of the stock, adding it in two more batches.
- The risotto is done when the rice is soft but still al dente. This should take around 20 - 25 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.



Serve

- Serve the risotto on plates with the arugula salad alongside.
- Garnish with the rest of the lemon-basil mixture.
- Serve with the lemon wedges.

Enjoy!





# Salmon Fillet with Stir-Fried Broccoli

with sambal potato salad & sesame seeds

Family

Total time: 30 - 40 min.



Potatoes



Broccoli



Garlic



Ground coriander



Onion



Soy sauce



Sesame seeds



Salmon fillet



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

Sesame seeds are one of the oldest cultivated crops. Although popular in East Asia, sesame seeds are actually native to Africa, with evidence of cultivation going back thousands of years!

Tear me out!



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.

Equipment

Kitchen paper, salad bowl, frying pan, two pots or saucepans, wok or deep frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Broccoli* (g)	225	360	610	720	970	1080
Garlic (unit(s))	½	1	1½	2	2½	3
Ground coriander (tsp)	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Soy sauce (ml)	5	10	15	20	25	30
Sesame seeds (g)	5	10	15	20	25	30
Salmon fillet* (unit(s))	1	2	3	4	5	6
Not included						
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2983 /713	494 /118
Total fat (g)	41	7
of which saturated(g)	6,1	1
Carbonhydrates (g)	56	9
of which sugars (g)	5,8	1
Fiber (g)	12	2
Protein (g)	30	5
Salt (g)	1,3	0,2

Allergens

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



Boil the potatoes

- Boil plenty of water in two pots or saucepans.
- Peel or thoroughly wash the potatoes and then cut into rough pieces.
- Boil the potatoes for 12 - 15 minutes, then drain and rinse under cold water.
- Set the potatoes aside until later use.



Stir-fry the broccoli

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-high heat.
- Stir-fry the broccoli with half each of the dressing, the garlic and the onion for 3 - 5 minutes, or until al dente (see Tip).
- Stir in half of the sesame seeds.

Tip: the rest of the garlic and onion will be served raw, but if preferred you can fry all of them here instead.



Prepare the broccoli

- In the meantime, cut the head of the broccoli into small florets and then finely dice the stem.
- Parboil the broccoli for 2 - 3 minutes, then drain and rinse under cold water.
- Set the broccoli aside until later use.



Fry the fish

- Pat the fish dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the fish for 2 - 3 minutes on its skin.
- Flip and fry for 2 more minutes.
- Season to taste with salt and pepper.



Make the dressing

- In a salad bowl, combine the ground coriander with the sambal, the white wine vinegar and the soy sauce.
- Season to taste with salt and pepper.
- Chop the onion and crush or mince the garlic.



Serve

- Add the mayonnaise to the salad bowl, along with the rest of the garlic and onion. Mix well to combine with the rest of the dressing.
- Add the potatoes and toss well to combine.
- Serve the potato salad with everything else alongside.
- Garnish with the rest of the sesame seeds.

Enjoy!





# Steak with Roasted Rainbow Carrots & Hazelnuts

over mashed potatoes with onion jus

Total time: 35 - 45 min.



Marinated steak



Potatoes



Red onion



Purple carrot



Carrot



Dried thyme



Roasted hazelnuts

  
**CHRISTMAS  
SELECTION**

Build your perfect festive feast with our special Christmas selection! This delicious main course is one of many recipes you can mix and match to create your ideal holiday meal. Browse all the options in the Christmas category.



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.

Equipment

Aluminum foil, parchment-lined baking sheet, large bowl, pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak* (unit(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	½	1	1½	2	2½	3
Purple carrot* (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	1	2	3	4	5	6
Dried thyme (sachet(s))	¼	¾	1	1½	1¾	2
Roasted hazelnuts (g)	10	20	30	40	50	60
Not included						
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Red wine vinegar (tsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	40	80	120	160	200	240
Mustard (tsp)	1	2	3	4	5	6
[Plant-based] milk	splash					
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3226 / 771	492 / 118
Total fat (g)	41	6
of which saturated(g)	15,5	2,4
Carbonhydrates (g)	71	11
of which sugars (g)	20,1	3,1
Fiber (g)	12	2
Protein (g)	32	5
Salt (g)	0,8	0,1

Allergens

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

1



Prepare

- Preheat the oven to 220°C. Take the steak out of the fridge and allow it to reach room temperature.
- In a large bowl, combine the honey with the red wine vinegar and the thyme.
- Cut the carrots into batons, then transfer to the bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.

4



Fry the steak

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

2



Roast the carrots

- Transfer the carrots to a parchment-lined baking sheet and roast in the oven for 20 - 25 minutes.
- Toss the carrots halfway through cooking and drizzle with some more olive oil if necessary.
- The carrots are done when the tips are lightly brown and the insides are soft.

5



Make the jus

- Deglaze the pan with the stock and stir in half of the mustard, then keep warm over a low heat until serving.
- Mash the potatoes with a knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the rest of the mustard, then season to taste with salt and pepper.

3



Boil the potatoes

- Meanwhile, peel or thoroughly wash the potatoes and then cut into rough chunks.
- Transfer to a pot or saucepan and submerge with water.
- Boil the potatoes for 12 - 15 minutes.
- Reserve some of the cooking liquid, then drain and return to the pot.

6



Serve

- Roughly chop the hazelnuts in the meantime.
- Serve the mash on plates, topped with the carrots and the steak.
- Top the steak with the onion jus and garnish the carrots with the hazelnuts.

Enjoy!





# Bacon-Wrapped Chicken with Roasted Brussels Sprouts

with herbaceous mashed potatoes & fried onion

Total time: 35 - 45 min.



Chicken breast



Bacon



Potatoes



Red onion



Brussels sprouts



Grana Padano flakes DOP



Fresh curly parsley



Italian seasoning



Build your perfect festive feast with our special Christmas selection! This delicious main course is one of many recipes you can mix and match to create your ideal holiday meal. Browse all the options in the Christmas category.



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.

Equipment

Parchment-lined baking sheet, deep frying pan, pot or saucepan, potato masher, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Bacon* (slice(s))	1	2	3	4	5	6
Potatoes (g)	250	500	750	1000	1250	1500
Red onion (unit(s))	½	1	1½	2	2½	3
Brussels sprouts* (g)	150	300	450	600	750	900
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Fresh curly parsley* (g)	5	10	15	20	25	30
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
[Plant-based] milk	splash					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3071 /734	490 /117
Total fat (g)	33	5
of which saturated(g)	13,7	2,2
Carbonhydrates (g)	70	11
of which sugars (g)	15,3	2,4
Fiber (g)	13	2
Protein (g)	40	6
Salt (g)	0,7	0,1

Allergens

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



Prepare

- Preheat the oven to 210°C and boil plenty of water in a pot or saucepan.
- Halve the Brussels sprouts and parboil for 2 - 3 minutes, then remove from the pan with a slotted spoon.
- Keep the pot of water to use later for the potatoes.



Fry the chicken

- Meanwhile, season the chicken with salt and pepper, then wrap it in the bacon.
- Melt a knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 4 minutes per side, or until done.



Boil the potatoes

- Transfer the sprouts to a parchment-lined baking sheet and drizzle with olive oil.
- Season with salt and pepper, then roast in the oven for 12 - 15 minutes.
- Peel the potatoes and cut into rough chunks.
- Boil for 12 - 15 minutes, then drain and return to the pot.



Fry the onion

- Chop the onion in the meantime.
- Heat a drizzle of olive oil in a deep frying pan over medium heat and fry the onion for 5 - 7 minutes.
- Deglaze with the balsamic vinegar and stir in the honey, then season to taste with salt and pepper.
- Add the sprouts and mix well to combine.



Mash the potatoes

- Roughly chop the parsley in the meantime.
- Mash the potatoes with a knob of butter and a splash of milk as preferred.
- Stir in the mustard, the parsley and the Italian seasoning, then season to taste with salt and pepper.



Serve

- Serve the mash on plates and top with the sprouts.
- Garnish with the Grana Padano.
- Finish with the bacon-wrapped chicken.

Enjoy!





# Couscous Salad with Chicken Thigh Strips

with cauliflower rice, raisins & yogurt dressing

Quick

Total time: 15 - 20 min.



Wholewheat couscous



Cauliflower Rice



Tomato



Persian cucumber



Raisins



Red onion



Chicken thigh strips



Sicilian-style herb mix



Fresh curly parsley



Pumpkin seeds



Yogurt dressing



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

Couscous, a North African staple, may look like a grain, but it's actually a type of tiny pasta made from semolina flour! It's quick to cook and perfectly soaks up flavour in any dish.

Tear me out!



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.

Equipment

Lidded pot or saucepan, salad bowl, frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat couscous (g)	40	75	115	150	190	225
Cauliflower Rice* (g)	100	200	300	400	500	600
Tomato (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Raisins (g)	20	40	60	80	100	120
Red onion (unit(s))	½	1	1	2	2	3
Chicken thigh strips* (g)	100	200	300	400	500	600
Sicilian-style herb mix (sachet(s))	½	1	1½	2	2½	3
Fresh curly parsley* (g)	5	10	15	20	25	30
Pumpkin seeds (g)	10	20	30	40	50	60
Yogurt dressing* (g)	20	40	60	80	100	120
Not included						
Low sodium chicken stock (ml)	90	180	270	360	450	540
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water (ml)	25	50	75	100	125	150
Extra virgin olive oil (totaste)	to taste					
Salt and pepper (totaste)	to taste					
* store in the fridge						

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2527 /604	418 /100
Total fat (g)	29	5
of which saturated(g)	10,1	1,7
Carbonhydrates (g)	49	8
of which sugars (g)	25,8	4,3
Fiber (g)	12	2
Protein (g)	31	5
Salt (g)	1,1	0,2

Allergens

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



Prepare the couscous

- Prepare the stock in a pot or saucepan.
- Remove the pan from the heat, then transfer the couscous, the raisins and the cauliflower rice to the stock. Allow to stand for 8 minutes, covered.
- Fluff through the couscous with a fork to separate the grains.



Make the salad

- Chop the parsley.
- Transfer the tomato, the cucumber, the parsley and the couscous to a salad bowl.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper. Toss well to combine.

Did you know... 🥒 cucumbers are low in calories and mostly made up of water, but they still contain vitamins and minerals. They're a great way to stay hydrated and get your essential nutrients at the same time.



Fry the chicken

- Slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the chicken with the onion and the Sicilian-style herbs for 7 minutes.
- Deglaze with the water (see pantry for amount). Season to taste with salt and pepper.
- Dice the tomato and slice the cucumber into thin crescents.



Serve

- Serve the couscous salad in bowls and top with the chicken.
- Garnish with the pumpkin seeds and drizzle with the yogurt dressing.

Enjoy!





# No-Chicken Burger with Mango & Sweet Chili Mayo

on ciabatta with curried potatoes & side salad

Quick Plant-Based

Total time: 15 - 20 min.



Happy go Clucky from the Vegetarian Butcher®



White ciabatta



Diced potato



Curry powder



Red onion



Mango



Cucumber



Lamb's lettuce



Sweet chili sauce



Steffi's favorite

## Our recipe developer Steffi says:

"This is one of my favourite burger recipes: a crispy, plant-based chicken burger with sweet mango and fresh cucumber. Anything that doesn't fit on your bun, you can simply eat as a side salad. The slightly spicy chili mayo really completes the burger!"



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.

Equipment

Parchment-lined baking sheet, salad bowl, small bowl, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Happy go Clucky from the Vegetarian Butcher®* (unit(s))	1	2	3	4	5	6
White ciabatta (unit(s))	1	2	3	4	5	6
Diced potato* (g)	150	300	450	600	750	900
Curry powder (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Mango* (unit(s))	½	1	1	2	2	3
Cucumber* (unit(s))	½	1	2	2	3	3
Lamb's lettuce* (g)	20	40	60	80	100	120
Sweet chili sauce* (sachet(s))	½	1	1½	2	2½	3
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3837 /917	535 /128
Total fat (g)	44	6
of which saturated(g)	11,3	1,6
Carbonhydrates (g)	102	14
of which sugars (g)	29,2	4,1
Fiber (g)	15	2
Protein (g)	21	3
Salt (g)	2,4	0,3

Allergens

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



Prepare

- Preheat the oven to 200°C.
- Melt a knob of butter in a frying pan over medium-high heat and fry the potatoes for 14 minutes, or until golden-brown.
- Add the curry powder and fry for 1 more minute. Season to taste with salt and pepper.
- Cut open the bread roll and transfer to a parchment-lined baking sheet. Heat in the oven for 6 - 8 minutes.



Make the salad

- Peel and slice the mango.
- Slice the cucumber.
- Transfer half each of the lettuce, the mango and the cucumber to the salad bowl. Drizzle with the extra virgin olive oil and season to taste with salt and pepper, then toss well to combine.
- In a small bowl, combine the mayonnaise with the sweet chili sauce.



Fry the burger

- Slice the onion into half-rings.
- In a salad bowl, combine the white wine vinegar with the sugar.
- Add half of the onion and season with salt, then mix well to combine. Set aside, stirring occasionally.
- Melt a knob of butter in a frying pan over medium-high heat. Fry the burger with the rest of the onion for 3 minutes per side, or until evenly golden-brown.



Serve

- Spread the bread roll with the sweet chili mayonnaise.
- Top with the burger and the fried onion, as well as the rest of the mango, the cucumber and the lettuce.
- Serve with the salad and the potatoes, along with any remaining sweet chili mayo.

Enjoy!





# Sticky Chicken with Double Sesame Stir-Fry

over rice with lime & mangetout

Express

Total time: 15 - 20 min.



Mangetout



Ginger paste



Onion



Garlic



Jasmine rice



Sesame oil



Carrot



Sesame seeds



Chicken breast



Lime



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

Sesame oil is a staple in Asian cuisine, loved for its rich, nutty flavour. It's often used as a finishing touch over dishes, but it can also be used as a cooking oil, especially in recipes requiring gentle heat.



Tear me out!

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.

Equipment

Pot or saucepan, plate, 2x frying pan

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Sugar snap peas* (g)	100	200	300	400	500	600
Ginger paste* (g)	5	10	15	20	25	30
Onion (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	½	1	1½	2	2½	3
Jasmine rice (g)	75	150	225	300	375	450
Sesame oil (ml)	5	10	15	20	25	30
Carrot* (unit(s))	½	1	1½	2	2½	3
Sesame seeds (g)	5	10	15	20	25	30
Chicken breast* (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
Flour (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	50	100	150	200	250	300
Sunflower oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tbsp)	1	2	3	4	5	6
[Reduced salt] soy sauce (tbsp)	1	2	3	4	5	6
[Reduced salt] ketjap manis (tsp)	1	2	3	4	5	6
Sambal (totaste)	to taste					
Salt and pepper (totaste)	to taste					

\* store in the fridge

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3084 /737	540 /129
Total fat (g)	24	4
of which saturated(g)	3,5	0,6
Carbonhydrates (g)	103	18
of which sugars (g)	31,4	5,5
Fiber (g)	9	2
Protein (g)	40	7
Salt (g)	2,6	0,5

Allergens

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



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Cut the onion into thin wedges and crush or mince the garlic.
- Slice the carrot into thin crescents and prepare the stock.
- If preferred, carefully discard the tough ends of the mangetout.



Fry the vegetables

- Heat a drizzle of sunflower oil in a frying pan over high heat and fry the onion with the garlic, the carrot and the mangetout for 2 minutes.
- Lower the heat, then add the stock and boil for 3 - 4 minutes.
- Add the ginger paste, the soy sauce, the honey and some sambal as preferred. Stir-fry for 1 minute.
- Cut the lime into wedges.



Fry the chicken

- Transfer the flour to a plate. Season the chicken with salt and pepper, then coat it with the flour.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Lower the heat and fry for 4 more minutes per side.
- Add the ketjap and a splash of water, then fry for 1 more minute.



Serve

- Serve the rice on deep plates with everything else alongside.
- Drizzle with the sesame oil and squeeze a lime wedge over each portion.
- Garnish with the sesame seeds and serve with the rest of the lime wedges.

Enjoy!