Hearty Beef & Pork Pie with BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Health Conscious Choice




Beef-pork mince with Italian herbs


Worcestershire sauce


BBQ spice rub


Puff pastry


Tomato


Mix of carrot, onion and celery

Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3180 /760	577 /138
Total fat (g)	48	9
of which saturated(g)	23,6	4,3
Carbonhydrates (g)	53	10
of which sugars (g)	12,3	2,2
Fiber (g)	7	1
Protein (g)	26	5
Salt (g)	2,3	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 3 more minutes, separating it as you do so.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Harissa Shrimp Linguine with Parmigiano Reggiano

with fresh basil & Romano pepper

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



- Romano pepper
- Garlic
- Red onion
- Tomato
- Fresh basil
- Parmigiano Reggiano DOP
- Linguine
- Passata
- Harissa
- Shrimp
- Hello Provence

+ Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Hello Provence (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2623 /627	564 /135
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	82	18
of which sugars (g)	16,1	3,5
Fiber (g)	7	1
Protein (g)	32	7
Salt (g)	1,7	0,4

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan. Cook the linguine for 9 - 11 minutes, then drain and set aside.
- Cut the Romano pepper into rings.
- Chop the onion and crush or mince the garlic.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.

2



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 3 - 4 minutes.
- Stir in the shrimp and fry for 3 more minutes, seasoning to taste with salt and pepper.
- Remove everything from the pan and set aside under aluminum foil.

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

3



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.
- Add the passata, the tomato, the Hello Provence, the harissa, the red wine vinegar and the sugar.
- Mix well, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.

4



Serve

- Transfer the linguine and the Romano pepper mixture to the sauce and toss well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the linguine on plates. Garnish with the basil and the Parmigiano Reggiano.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Creamy Mushroom Rigatoni

with truffle-style oil, broccolini & spinach

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



- Rigatoni
- Broccolini
- Mushrooms
- Grated Pecorino DOP
- Truffle-style olive oil
- Garlic
- Red onion
- Spinach
- Hello Umami
- Fresco spalmabile - cream cheese

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Mushrooms* (g)	125	250	400	500	650	750
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	75	150	200	300	350	450
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2720 /650	585 /140
Total fat (g)	23	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	78	17
of which sugars (g)	9,7	2,1
Fiber (g)	10	2
Protein (g)	29	6
Salt (g)	2	0,4

Allergens

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

1



Cook the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the broccolini for 4 - 6 minutes, or until evenly browned.

2



Chop the vegetables

- Deglaze the broccolini with a splash of water, then cover with the lid and allow to cook for 4 - 5 minutes over medium-low heat.
- Season to taste with salt and pepper.
- Meanwhile, slice the mushrooms.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the mushrooms and the garlic for 6 - 8 minutes. Season to taste with salt and pepper.
- Reduce the heat, then add the cream cheese, the mustard and the pasta water.
- Crumble in the stock cube and mix well (see pantry for amount).

4



Serve

- Tear the spinach directly into the pan, then bring to the boil and allow to simmer for 1 minute.
- Remove from the heat and stir in the pecorino, the Hello Umami and the pasta. Season to taste with salt and pepper.
- Serve the pasta on plates and top with the broccolini.
- Drizzle with the truffle-style olive oil to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Cheesy Beef Taquitos

on wholewheat tortillas with tomato salsa & yogurt

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



- Wholewheat mini tortilla
- Red onion
- Roma tomato
- Organic full-fat yogurt
- Fresh coriander
- Bell Pepper
- Passata
- Smoked paprika
- Shredded mozzarella
- Seasoned beef mince
- Garlic & herb seasoning

KITCHEN STORIES

Recipe Developer Sarah: "The word 'taquito' translates to 'small taco'. In Mexico, they are also called 'flautas', which means 'flute' and refers to their thin, rolled shape. They can be filled with different types of meat - in this case, seasoned ground beef!"

+ Seasoned minced beef

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Red onion (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Bell Pepper* (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	400	500	600
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Seasoned beef mince* (g)	100	200	300	400	500	600
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3138 /750	590 /141
Total fat (g)	36	7
of which saturated(g)	13,4	2,5
Carbonhydrates (g)	61	11
of which sugars (g)	17,3	3,3
Fiber (g)	16	3
Protein (g)	37	7
Salt (g)	3,1	0,6

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Chop the onion and dice the bell pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the bell pepper with two thirds of the onion for 3 - 5 minutes.
- Add the mince and the garlic & herb seasoning and fry for another 3 minutes, separating it as you do so.

2



Make the sauce

- Add the smoked paprika, sugar and passata, then bring to a boil and cook for 2 - 3 minutes. Season to taste with salt and pepper.
- Top the tortillas with the sauce and the cheese.
- Roll up the tortillas into thin, tight taquitos and transfer to a parchment-lined baking sheet with the open side facing downwards.

Did you know... *the cheese in this recipe contains vitamin B12, a nutrient that supports the immune system.*

3



Make the salsa

- Bake the taquitos in the oven for 8 - 10 minutes.
- In the meantime, dice the tomato and chop the coriander.
- In a bowl, combine the tomato and the coriander with the rest of the onion.
- Add the white wine vinegar and season to taste with salt and pepper.

4



Serve

- Serve the taquitos on plates.
- Top with the yogurt and the tomato salsa.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Veggie Schnitzel over Garlic-Ginger Rice

with quick-pickled slaw, East Asian-style sauce & gomashio

Total time: 20 - 30 min. Family Quick Plant-Based




Carrot


Chopped sweetheart cabbage


Basmati rice


Scallions


Gomashio


East Asian-style sauce


Vegan schnitzel


Garlic


Ginger paste

Vegan schnitzel

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	1	2	2	3	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Basmati rice (g)	75	150	225	300	375	450
Scallions* (g)	62½	125	125	250	250	375
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	35	70	105	140	175	210
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3962 /947	550 /131
Total fat (g)	43	6
of which saturated(g)	5,6	0,8
Carbonhydrates (g)	116	16
of which sugars (g)	25,2	3,5
Fiber (g)	14	2
Protein (g)	22	3
Salt (g)	3,8	0,5

Allergens

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

1



Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Chop the scallions into thin rings and keep the white part separate from the greens.

2



Boil the rice

- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the garlic with the ginger paste and the white part of the scallion for 1 - 2 minutes.
- Add the rice and the stock, then bring to a boil.
- Lower the heat and cook the rice for 10 minutes, covered.
- Remove from the heat when finished and set aside until ready to serve.

3



Make the sauce

- Grate the carrot. Chop the cabbage into smaller pieces if preferred. In a bowl, combine the sugar and white wine vinegar with some salt and pepper.
- Add the carrot and the sweetheart cabbage. Toss well to combine and then keep in the fridge until serving.
- In a small bowl, combine the mayonnaise with the East Asian-style sauce and the water for the sauce.

4



Serve

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the schnitzel for 3 minutes per side or until golden-brown.
- Serve the garlic-ginger rice on plates. Top with the schnitzel and drizzle over the sauce.
- Garnish with the gomashio and the scallion greens. Serve the crunchy slaw alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Chicken Bulgur Bowl with Yogurt Sauce

with parsley, lime & Romano beans

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




Roma tomato


Carrot


Garlic


Fresh flat leaf parsley


Lime


Bulgur


Organic full-fat yogurt


Middle Eastern spice mix


Chicken thigh strips with kebab spices


Pre-cut Romano beans

Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Roma tomato (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Bulgur (g)	75	150	225	300	375	450
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Pre-cut Romano beans* (g)	50	100	150	200	250	300
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2778 /664	438 /105
Total fat (g)	29	5
of which saturated(g)	6,1	1
Carbonhydrates (g)	74	12
of which sugars (g)	11,7	1,8
Fiber (g)	15	2
Protein (g)	32	5
Salt (g)	2	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Dice the tomato and the carrot.
- Crush or mince the garlic.
- Roughly chop the parsley and cut the lime into wedges.

2



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic, the Romano beans and the carrot for 3 - 4 minutes.
- Add the bulgur and fry for 1 more minute.
- Pour in the stock and bring to the boil, then cover with the lid and cook for 8 - 10 minutes.

3



Fry the chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- When the bulgur is done, add the tomato, two thirds of the Middle Eastern spices and half of the parsley.
- Mix well and season to taste with salt and pepper.

4



Serve

- In a small bowl, combine the yogurt with the extra virgin olive oil and the rest of the Middle Eastern spices. Season to taste with salt and pepper.
- Serve everything on plates and top with the yogurt sauce.
- Garnish with the rest of the parsley and serve the lime wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Hamburger with Fries & Aioli

with green bean salad & onion jus

Total time: 40 - 50 min. Family





Potatoes



Green beans



Red onion



BBQ spice rub



Mixed leaves of radicchio, arugula & lettuce



Aioli



Hamburger from Meatier

Hamburger from Meatier

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Aioli (g)	25	50	75	100	125	150
Hamburger from Meatier* (unit(s))	1	2	3	4	5	6
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4038 /965	563 /135
Total fat (g)	64	9
of which saturated(g)	23,9	3,3
Carbonhydrates (g)	65	9
of which sugars (g)	14,9	2,1
Fiber (g)	13	2
Protein (g)	29	4
Salt (g)	2,2	0,3

Allergens

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

1



Bake the fries

- Preheat the oven to 200°C.
- Peel or wash the potatoes and cut into fries of no more than 1cm thickness.
- Pat the fries dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 20 - 25 minutes, tossing halfway.

2



Boil the green beans

- In the meantime, discard the tips of the green beans.
- Fill a pot or saucepan with a shallow layer of water and add a pinch of salt, then add the green beans.
- Cover with the lid and bring to a boil, then allow to simmer gently for 6 - 8 minutes until al dente.
- Drain the beans and rinse under cold water so as to stop them cooking further, then set aside to cool.

3



Make the jus

- Prepare the stock and slice the onion into half-rings.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the onion for 6 - 7 minutes.
- Deglaze with the balsamic vinegar, then add the BBQ rub* and the stock.
- Mix well and then allow to reduce over low heat for 5 - 8 minutes.

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

4



Fry the burger

- Melt a knob of butter in another frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes per side, then remove from the pan and set aside under aluminum foil.

5



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mustard and the honey.
- Season to taste with salt and pepper.
- Transfer the green beans and the mixed leaves to the bowl, then toss well to combine with the dressing.

6



Serve

- Serve the fries on plates with everything else alongside.
- Serve with the onion jus and the aioli.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Brie Portobello with Balsamic Blueberry Sauce

over mashed potatoes with apple, leek & pecans

Total time: 25 - 35 min. Quick Vegetarian




Creamy French brie


Potatoes


Leek


Chopped pecans


Dried thyme


Portobello mushroom


Apple


Red onion


Blueberry fruit spread

Pork sausage with marjoram & garlic

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Creamy French brie* (g)	50	100	160	200	260	300
Potatoes (g)	250	500	750	1000	1250	1500
Leek* (unit(s))	½	1	2	2	3	3
Chopped pecans (g)	15	30	40	60	70	90
Dried thyme (sachet(s))	½	1	1½	2	2½	3
Portobello mushroom* (unit(s))	1	2	3	4	5	6
Apple* (unit(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Blueberry fruit spread (g)	15	30	45	60	75	90
Not included						
Honey [or plant-based alternative] (tbsp)	2	4	6	8	10	12
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	50	100	150	200	250	300
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Mustard (tsp)	2	4	6	8	10	12
[Plant-based] milk (splash)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3958 /946	525 /126
Total fat (g)	48	6
of which saturated(g)	25	3,3
Carbonhydrates (g)	107	14
of which sugars (g)	51,6	6,8
Fiber (g)	13	2
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.

1



Boil the potatoes

- Peel or thoroughly wash the potatoes and cut into rough pieces.
- Transfer to a pot or saucepan and cover with water, then crumble in half of the stock cube (see pantry for amount).
- Boil for 12 - 15 minutes, then reserve a small amount of cooking liquid before draining and setting aside.
- Meanwhile, slice the leek into thin half-rings.

2



Fry the leek

- Melt a knob of butter in a frying pan over medium-high heat. Fry the leek for 10 - 12 minutes until soft.
- Meanwhile, chop the onion.
- Melt a small knob of butter in another frying pan over medium-high heat. Fry the onion with the portobello (face-down) for 3 - 4 minutes.
- Flip the portobello and fry for 3 - 4 minutes, covered.

3



Slice the brie

- Slice the brie.
- Top the portobello with the brie and allow to melt, then remove from the pan and set aside.
- Melt another knob of butter in the same pan, then deglaze with the balsamic vinegar.

4



Make the sauce

- Add the blueberry spread, the thyme and the water for the sauce.
- Crumble in the rest of the stock cube and mix well to combine.
- Allow the sauce to simmer for 1 - 2 minutes.

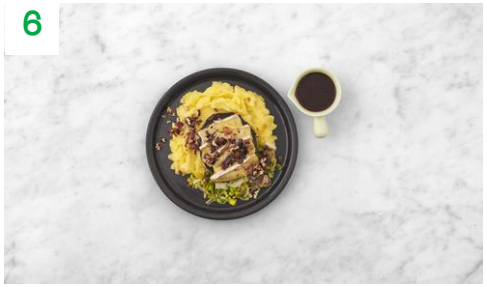
5



Mash the potatoes

- Dice the apple in the meantime.
- Mash the potatoes with a small knob of butter and a splash of milk or cooking liquid as preferred.
- Stir in the apple and the mustard, then season to taste with salt and pepper.

6



Serve

- Top the mash with the leek and the portobello.
- Drizzle the portobello with the honey and then garnish with the pecans.
- Serve with the balsamic blueberry sauce.

Fry the sausage, turning regularly until evenly browned and fully cooked. Serve on top.
Check the nutritional values and allergens on the ingredient label.

Cheese & Onion Pizza with BBQ Sauce

with fresh pizza dough & Greek-style cheese

Total time: 30 - 40 min. Family Vegetarian




Red onion


Onion


Garlic


Pizza dough


Passata


Grated Gouda


Greek-style cheese


BBQ Sauce

Prosciutto crudo

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Red onion (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Pizza dough* (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Grated Gouda* (g)	50	100	150	200	250	300
Greek-style cheese* (g)	50	100	150	200	250	300
BBQ Sauce (g)	25	50	75	100	125	150
Not included						
[Plant-based] butter (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4121 /985	822 /196
Total fat (g)	39	8
of which saturated(g)	22,9	4,6
Carbonhydrates (g)	120	24
of which sugars (g)	15,1	3
Fiber (g)	6	1
Protein (g)	39	8
Salt (g)	6,8	1,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- Slice the onions into half-rings.
- Crush or mince the garlic.
- Melt a small knob of butter in a frying pan over medium-high heat. Fry the garlic with half of the onion for 4 - 5 minutes.

Tip: *keep the pizza dough in the fridge until step 3, so as to ensure the best results after baking.*

2



Make the sauce

- Add the passata and simmer gently for 1 minute.
- Season to taste with salt and pepper.
- Crumble the Greek-style cheese into a bowl, then add the grated cheese and mix well to combine (see Tip).

Health Tip: *if you're watching your salt intake, use just half of the Greek-style cheese. You can keep the rest in the fridge to use tomorrow.*

3



Make the pizza

- Roll out the pizza dough onto a parchment-lined baking sheet.
- Spread with the tomato sauce, then top with the cheese mixture and the rest of the onion.
- Bake the pizza in the oven for 12 - 14 minutes, or until the cheese has melted and turned golden-brown.

4



Serve

- Slice the pizza and drizzle over the BBQ sauce.
- Serve on plates or on a large cutting board.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Smoky Orzo with Greek-Style Cheese & Basil

with garlic bread & roasted vegetables

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



- Fresh basil & oregano
- Romano pepper
- Courgette
- Eggplant
- Orzo
- Onion
- Garlic
- Passata
- Smoked paprika
- Greek-style cheese
- Wholewheat multigrain bread roll
- Hello Buon Appetito

NEW INGREDIENT

There is a new ingredient in your box! This whole wheat multigrain roll is not only delicious, but also nutritious. Rich in fibre, it helps support healthy digestion.
Scan the QR code to let us know what you thought of the ingredient!

Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh basil & oregano* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	1	2	2	3
Orzo (g)	40	75	115	150	190	225
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Smoked paprika (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Greek-style cheese* (g)	25	50	75	100	125	150
Wholewheat multigrain bread roll (unit(s))	½	1	1½	2	2½	3
Hello Buon Appetito (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
Sugar (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2703 /646	484 /116
Total fat (g)	33	6
of which saturated(g)	8,4	1,5
Carbonhydrates (g)	64	11
of which sugars (g)	20,7	3,7
Fiber (g)	11	2
Protein (g)	19	3
Salt (g)	1,7	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Roughly chop the oregano leaves and cut the Romano pepper into strips.
- Dice the eggplant and the courgette into 1cm chunks.
- Transfer the vegetables and the oregano to a large bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.

2



Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet, leaving enough space to add the bread later (see Tip).
- Roast for 20 - 25 minutes, or until done.

Tip: *use two baking sheets if you're cooking for three or more people.*

3



Boil the orzo

- In the meantime, boil plenty of water in a pot or saucepan.
- Cook the orzo for 10 - 12 minutes until al dente, then drain and set aside.
- Chop the onion and crush or mince the garlic.

4



Make the sauce

- Heat a drizzle of olive oil in a saucepan over medium-high heat.
- Fry the onion with half of the garlic for 3 minutes, then deglaze with the balsamic vinegar and the passata.
- Add the smoked paprika and the sugar and allow to simmer for 5 - 7 minutes. Season to taste with salt and pepper.

5



Prepare the topping

- Cut open the bread roll and drizzle generously with olive oil. Scatter over the Hello Buon Appetito and the rest of the garlic, then season to taste with salt and pepper.
- Bake the bread alongside the vegetables for 8 minutes.
- Crumble the cheese and roughly chop the basil.
- Transfer both to a bowl and season to taste with pepper.

6



Serve

- Stir the roasted vegetables into the orzo.
- Serve the smoky tomato sauce on plates and top with the orzo.
- Garnish with the cheesy basil topping.
- Cut the bread into strips and serve alongside.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Moroccan-Style Stew with Steak Strips

with dried apricot & ras el hanout

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



- Marinated steak strips
- Carrot
- Onion
- Garlic
- Ras el hanout
- Bulgur
- Tomato paste
- Fresh flat leaf parsley
- Eggplant
- Dried apricot pieces

+ Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Tomato paste (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Eggplant* (unit(s))	½	1	2	2	3	3
Dried apricot pieces (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	150	300	450	600	750	900
Red wine vinegar (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2485 /594	396 /95
Total fat (g)	11	2
of which saturated(g)	2,5	0,4
Carbonhydrates (g)	90	14
of which sugars (g)	28	4,5
Fiber (g)	17	3
Protein (g)	37	6
Salt (g)	0,9	0,1

Allergens

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

1



Prepare

- In a bowl, combine the red wine vinegar with the steak strips and a pinch of salt. Prepare the stock.
- Chop the onion and crush or mince the garlic. Slice the carrot into crescents. Dice the eggplant into 1cm cubes.
- Heat a drizzle of olive oil in a soup pot over medium-high heat and fry the steak strips for 2 minutes.
- Add the eggplant, the carrot, the onion and the garlic, then fry for another 2 minutes.

2



Make the stew

- Add the ras el hanout and the tomato paste, then fry for 2 - 3 more minutes.
- Add the stock, the honey and the dried apricots. Mix well, then lower the heat and cover with the lid.
- Allow to simmer for 25 - 30 minutes, stirring occasionally.
- Remove the lid and simmer for 5 more minutes. Season to taste with salt and pepper.

3



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of salted water.
- Bring to a boil and cook the bulgur for 10 minutes until done.
- Chop the parsley in the meantime.

4



Serve

- Drain the bulgur and stir in half of the parsley.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the bulgur on deep plates and top with the stew.
- Garnish with the rest of the parsley.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Chicken Breast with Tzatziki & Sumac Salad

over bulgur with fresh herbs & za'atar

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




Chicken breast with Mediterranean herbs


Bulgur


Red onion


Tomato


Persian cucumber


Radish


Tzatziki


Za'atar


Sumac


Fresh flat leaf parsley & mint

Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1½	2	2½	3
Tzatziki* (g)	25	50	75	100	125	150
Za'atar (sachet(s))	½	1	2	2	3	3
Sumac (tsp)	1½	3	3	6	6	9
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2406 /575	352 /84
Total fat (g)	16	2
of which saturated(g)	6	0,9
Carbonhydrates (g)	71	10
of which sugars (g)	9	1,3
Fiber (g)	12	2
Protein (g)	41	6
Salt (g)	1,9	0,3

Allergens

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

1



Boil the bulgur

- Prepare the stock in a pot or saucepan.
- Transfer the bulgur to the stock, then boil gently for 10 minutes or until done.
- Drizzle with some extra virgin olive oil as preferred, then season with salt and pepper. Set aside until serving.

2



Fry the chicken

- Meanwhile, slice the onion into half-rings.
- Melt knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat, then add the onion and fry for a further 4 minutes per side or until done. Season with salt and pepper.
- Slice the chicken shortly before serving.

3



Chop the vegetables

- In a small bowl, combine the tzatziki with the water for the sauce.
- Dice the cucumber and the tomato.
- Quarter the radishes and roughly chop the fresh herbs.

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

4



Serve

- In a salad bowl, combine the vegetables with the sumac, the za'atar, half of the fresh herbs and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the tzatziki and garnish with the rest of the fresh herbs.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Savoury Chicken-Turkey & Vegetable Strudel

with tomato salad & Greek-style cheese

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



- Puff pastry
- Chicken-turkey mince
- Onion
- Carrot
- Tomato
- Fresco spalmabile - cream cheese
- Greek-style cheese
- Lamb's lettuce
- Italian seasoning

SPECIAL INGREDIENT

There is a special ingredient in your box! This chicken-turkey mince is a leaner and higher-protein alternative to traditional mince.
Scan the QR code to let us know what you thought of the ingredient!

Chicken-turkey mince

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	¼	½	¾	1	1¼	1½
Chicken-turkey mince* (g)	100	200	300	400	500	600
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Greek-style cheese* (g)	25	50	75	100	125	150
Lamb's lettuce* (g)	40	80	120	160	200	240
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Mustard (tsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2941 /703	572 /137
Total fat (g)	41	8
of which saturated(g)	19,1	3,7
Carbonhydrates (g)	48	9
of which sugars (g)	16,6	3,2
Fiber (g)	11	2
Protein (g)	35	7
Salt (g)	2,4	0,5

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Grate the carrot.
- Finely chop the onion.

Did you know... *the carrot in this recipe contains vitamin A, a nutrient that supports the maintenance of normal vision.*

2



Fry the mince

- Heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the mince for 2 minutes.
- Add the carrot and the onion to the mince and fry for another 2 minutes (see Tip).

Tip: *the mince doesn't need to be completely done yet, as it will finish cooking in the oven.*

3



Make the filling

- Drain and return to the pan (see Tip).
- Add the Italian seasoning, the cream cheese, the mustard and the honey.
- Mix well to combine.

Tip: *be sure to drain completely, so as to prevent the pastry from getting soggy later.*

4



Bake the strudel

- Roll out the pastry and transfer to a parchment-lined baking sheet.
- Transfer the filling to the middle of the pastry.
- Cut strips along both sides of the pastry and then fold the strips over the filling (see Tip).
- Bake in the oven for 19 - 22 minutes.

Tip: *if preferred, you can brush the top of the pastry with some milk to create a shiny crust.*

5



Make the salad

- Cut the tomato into wedges.
- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar. Season to taste with salt and pepper (see Tip).
- Add the lettuce and the tomato, then toss well to combine with the dressing.

Tip: *if preferred, you can also add some honey.*

6



Serve

- Serve the strudel on plates with the salad alongside.
- Crumble the Greek-style cheese over the salad.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Steak Strips with Mango Salsa

over rice with rainbow slaw & African-inspired spices

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




Marinated steak strips


Jasmine rice


Onion


Rainbow slaw mix


Mango


Persian cucumber


African-inspired spice mix

Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	50	100	100	200	200	300
Mango* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2912 /696	444 /106
Total fat (g)	26	4
of which saturated(g)	4,1	0,6
Carbonhydrates (g)	89	14
of which sugars (g)	24,1	3,7
Fiber (g)	6	1
Protein (g)	34	5
Salt (g)	1,2	0,2

Allergens

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

1



Prepare

- Take the steak strips out of the fridge (see Tip).

Tip: *for the best result, take the steak strips out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.*

2



Boil the rice

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

3



Make the slaw

- In a large bowl, combine the slaw mix with the mayonnaise and half of the white wine vinegar.
- Season to taste with salt and pepper, then set aside until serving.
- Finely chop the onion and dice the cucumber.
- Peel and dice the mango.

4



Make the salsa

- In a salad bowl, combine the cucumber with the mango, onion and honey (see Tip).
- Stir in the rest of the white wine vinegar and some sambal as preferred. Season to taste with salt and pepper.

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

5



Fry the steak strips

- Heat a drizzle of olive oil in a frying pan over high heat.
- Fry the steak strips with the African-inspired spice mix for 1 – 2 minutes until evenly browned. Season to taste with salt and pepper.

6



Serve

- Serve the rice on deep plates.
- Top with the steak strips, the salsa and the slaw.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Creamy Italian-Style Chicken Soup

with Parmigiano Reggiano, basil & giant couscous

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




Chicken thigh strips with Mediterranean herbs


Giant couscous


Garlic


Onion


Courgette


Tomato


Fresh basil


Cooking cream


Parmigiano Reggiano DOP


Italian seasoning


Garlic & herb seasoning

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips with Mediterranean herbs* (g)	100	200	300	400	500	600
Giant couscous (g)	40	75	115	150	190	225
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	½	1	1	2	2	3
Courgette* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Fresh basil* (g)	5	10	15	20	25	30
Cooking cream (g)	50	100	150	200	250	300
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Italian seasoning (sachet(s))	½	1	1	2	2	3
Garlic & herb seasoning (sachet(s))	½	1	2	2	3	3
Not included						
Low sodium chicken stock (ml)	240	480	720	960	1200	1440
Olive oil (tbsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2264 /541	318 /76
Total fat (g)	25	4
of which saturated(g)	10,9	1,5
Carbonhydrates (g)	45	6
of which sugars (g)	13,8	1,9
Fiber (g)	5	1
Protein (g)	31	4
Salt (g)	2,1	0,3

Allergens

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

1



Boil the giant couscous

- Prepare the stock.
- Transfer the giant couscous and 90ml stock per person to a pot or saucepan. Boil for 12 - 14 minutes, covered, then drain if necessary and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Tear the basil leaves off of the stems, then set aside the leaves and finely chop the stems.

2



Make the soup

- Dice the courgette and the tomato.
- Heat a light drizzle of olive oil in a pot over medium-high heat and fry the courgette with the onion and the garlic for 2 - 3 minutes.
- Deglaze with the white balsamic vinegar, then add the tomato, the basil stems and the rest of the stock.
- Mix well to combine, then boil gently for 5 - 6 minutes.

3



Prepare the garnishes

- In the meantime, grate the cheese and roughly chop the basil leaves.
- When the soup is done, turn off the heat.
- Add the cream, the garlic & herb seasoning and the Italian seasoning, then mix well to combine.
- Season generously with salt and pepper.

4



Serve

- In the meantime, heat a light drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 7 minutes.
- Serve the giant couscous in deep plates or bowls.
- Pour over the soup and top with the chicken.
- Garnish with the basil and the cheese to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Veggie Spag Bol with Grana Padano

with tomatoes & parsley

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



- Spaghetti
- Onion
- Garlic
- Carrot
- Mini Roma tomatoes
- Plant-based mince
- Passata
- Dried oregano
- Hello Umami
- Worcestershire sauce
- Fresh flat leaf parsley
- Grana Padano flakes DOP

There is a special ingredient in your box! This tuna from Fish Tales is sustainably caught using only a rod and line; one by one, fish by fish. Feels special, right?
Scan the QR code to learn more about this supplier!

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Plant-based mince* (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2795 /668	466 /111
Total fat (g)	17	3
of which saturated(g)	5,4	0,9
Carbonhydrates (g)	87	15
of which sugars (g)	19,5	3,3
Fiber (g)	15	2
Protein (g)	36	6
Salt (g)	2,9	0,5

Allergens

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

1



Prepare

- Prepare the stock.
- Boil plenty of salted water in a pot or saucepan. Cook the spaghetti for 11 - 13 minutes, or until al dente. Drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Grate the carrot and halve the tomatoes.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and the garlic for 3 minutes.
- Add the carrot, the tomatoes, the mince, the passata, the Hello Umami, the Worcestershire sauce, the soy sauce and the oregano.
- Mix well to combine, then season to taste with salt and pepper.

3



Finish

- Pour in the stock, then turn the heat to low and allow to simmer for 8 - 10 minutes, covered (see Tip).
- Roughly chop the parsley.

Tip: *if you can, simmer the sauce for more time, as this deepens the flavour. Add a splash of water as necessary if it seems too thick.*

4



Serve

- Serve the spaghetti on plates and top with the sauce.
- Garnish with the cheese and the parsley to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Sweet Potato Buddha Bowl with Tuna & Avocado

bring the sensational food trend home!

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

IMPORTANT: discard any mussels that do not open upon heating. Beware of sharp edges or broken shells.



- Tuna packed in water
- Red onion
- Carrot
- Lentils
- Avocado
- Apple
- Fresh chives, dill & flat leaf parsley
- Lemon
- Organic full-fat yogurt
- Pumpkin seeds
- Sunflower seeds
- Sweet potato

NEW INGREDIENT

There is a new ingredient in your box! These Scottish mussels are cultivated on the western coast and in Shetland waters, producing delicious shellfish.
Scan the QR code to let us know what you thought of the ingredient!

Hot smoked salmon flakes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tuna packed in water (can)	1	1	2	2	3	3
Red onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Lentils (pack)	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Apple* (unit(s))	½	1	1	2	2	3
Fresh chives, dill & flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Pumpkin seeds (g)	5	10	15	20	25	30
Sunflower seeds (g)	10	20	30	40	50	60
Sweet potato (g)	225	450	675	900	1125	1350
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] mayonnaise			to taste			
Salt and pepper			to taste			

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3134 /749	450 /107
Total fat (g)	29	4
of which saturated(g)	5,6	0,8
Carbonhydrates (g)	86	12
of which sugars (g)	28,1	4
Fiber (g)	19	3
Protein (g)	29	4
Salt (g)	1,9	0,3

Allergens

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

1



Fry the sweet potato

- Dice the sweet potato into 1cm cubes.
- Heat a clean frying pan over high heat. Toast both types of seeds until lightly browned, then remove from the pan and set aside.
- Heat a light drizzle of olive oil in the same pan over medium-high heat.
- Fry the sweet potato for 15 - 18 minutes, seasoning to taste with salt and pepper.

2



Make the tuna salad

- Core and dice the apple.
- Finely chop the onion (see Tip).
- Drain the tuna.
- In a bowl, combine the tuna with some mayonnaise as preferred, along with half each of the onion and the apple. Season to taste with salt and pepper.

Tip: *if you don't like raw onion, add it to the sweet potato instead.*

3



Make the lentil salad

- Quarter the lemon and chop the fresh herbs. Drain the lentils.
- Use a peeler or cheese slicer to shave the carrot into thin ribbons.
- In a bowl, combine the extra virgin olive oil with the juice of a quarter lemon per person. Season to taste with salt and pepper.
- Add the lentils, the carrot, half of the fresh herbs and the rest of the onion and apple. Toss well to combine.

4



Serve

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Serve the sweet potato on deep plates with everything else alongside.
- Drizzle with the yogurt, then garnish with the toasted seeds and the rest of the fresh herbs. Serve any remaining lemon wedges alongside.

Add the extra ingredient to the dish as preferred.
Check the nutritional values and allergens on the ingredient label.

Linguine with Mussels & Chorizo

in smoky tomato sauce with fennel & fresh herbs

Total time: 30 - 40 min. Health Conscious Choice



- Cooked mussels
- Diced chorizo
- Passata
- Mini Roma tomatoes
- Garlic
- Onion
- Linguine
- Fresh flat leaf parsley & basil
- Red chili pepper
- Fennel
- Lemon
- Smoked paprika
- Garlic & herb seasoning

Diced chorizo

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Cooked mussels* (g)	125	250	375	500	625	750
Diced chorizo* (g)	45	90	135	180	225	270
Passata (g)	100	200	300	390	500	590
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1	2	2	3
Linguine (g)	90	180	270	360	450	540
Fresh flat leaf parsley & basil* (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Fennel* (unit(s))	½	1	2	2	3	3
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Smoked paprika (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3046 /728	508 /121
Total fat (g)	22	4
of which saturated(g)	6	1
Carbonhydrates (g)	92	15
of which sugars (g)	20,6	3,4
Fiber (g)	10	2
Protein (g)	37	6
Salt (g)	3,1	0,5

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan and cook the linguine for 9 - 11 minutes. Reserve some of the pasta water, then drain and set aside.
- Meanwhile, halve the tomatoes.
- Quarter the fennel and remove the tough core, then chop the fennel into thin strips.
- Slice the onion into half-rings and crush or mince the garlic.

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

2



Fry the chorizo

- Deseed and finely chop the red chili pepper*.
- Heat a drizzle of olive oil in a deep frying pan over medium-high heat and fry the chorizo for 2 - 3 minutes, then remove from the pan and set aside.
- In the same pan, fry the onion and the fennel for 3 minutes.

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

3



Make the sauce

- Add the garlic and the chili pepper, then fry for 1 more minute.
- Deglaze with the balsamic vinegar and the passata.
- Add the sugar, the tomatoes, the smoked paprika and the garlic & herb seasoning, then allow to simmer for 4 - 5 minutes.
- Meanwhile, roughly chop the fresh herbs and cut the lemon into wedges.

4



Serve

- Add the mussels and the chorizo, then simmer gently for 5 minutes, covered.
- Add the linguine, a splash of pasta water and half of the fresh herbs, then toss well to combine. Season to taste with salt and pepper.
- Serve the linguine on plates and garnish with the rest of fresh herbs.
- Serve the lemon wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Fusion Risotto with Miso Mushrooms & Pak Choi

with sesame seeds, cream cheese & chili pepper

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



- Risotto rice
- Red onion
- Garlic
- White miso paste
- Fresco spalmabile - cream cheese
- Pak choi
- Red chili pepper
- Korean-style spice mix
- Roasted cashew nuts
- Chestnut mushrooms
- Sesame seeds
- Scallions

+ Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Risotto rice (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
White miso paste (g)	15	25	40	50	65	75
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Pak choi* (unit(s))	½	1	2	2	3	3
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Korean-style spice mix (sachet(s))	½	1	1½	2	2½	3
Roasted cashew nuts (g)	15	30	40	60	70	90
Chestnut mushrooms* (g)	125	250	400	400	650	650
Sesame seeds (g)	5	10	15	20	25	30
Scallions* (g)	62½	125	125	250	250	375
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
Low sodium mushroom or vegetable stock (ml)	300	600	900	1200	1500	1800
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2966 /709	376 /90
Total fat (g)	33	4
of which saturated(g)	13,5	1,7
Carbonhydrates (g)	88	11
of which sugars (g)	11,2	1,4
Fiber (g)	9	1
Protein (g)	20	3
Salt (g)	3	0,4

Allergens

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

1



Prepare

- Prepare the stock.
- Slice the onion into half rings and crush or mince the garlic. Deseed and finely chop the red chili pepper*.
- Slice the mushrooms. Finely chop the scallions and separate the white part from the greens.
- Remove and discard the base of the pak choi and then finely chop, making sure to keep the stem and leaves separate.

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

2



Make the risotto

- Melt a knob of butter in a pot or saucepan over medium-high heat.
- Fry the garlic with the white part of the scallions for 1 minute.
- Stir in the risotto rice and toast the grains for 1 minute.
- Pour in a third of the stock and allow to slowly incorporate, stirring regularly.

3



Finish the risotto

- 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 25 - 30 minutes.
- Add extra water and cook longer if you'd prefer the risotto to be less al dente.

4



Fry the mushrooms

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the mushrooms with the onion for 3 minutes.
- Add the chili pepper and fry for 2 - 3 more minutes.
- Take the pan off the heat, then stir in the miso paste* and transfer to a bowl. Set aside until ready to serve.

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

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

5



Fry the pak choi

- Heat a light drizzle of sunflower oil in the same pan over medium-high heat.
- Fry the pak choi stems for 1 - 2 minutes.
- Add the leaves and fry for 1 more minute.

6



Serve

- Take the risotto off the heat and stir in the pak choi, the cream cheese and the Korean-style spices. Season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the miso mushrooms.
- Garnish with the sesame seeds, the cashews and the scallion greens.

+ Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Tomato Soup with Cheese Straws & Basil Crème

with hidden veggies for kids: carrot, celery & onion

Total time: 35 - 45 min. Family Vegetarian




Puff pastry


Grated Gouda


Dried thyme


Garlic


Basil crème


Crème fraîche


Bay leaf


Chopped tomatoes with basil


Tomato paste


Tomato


Mix of carrot, onion and celery


Hello Buon Appetito

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Grated Gouda* (g)	15	25	40	50	65	75
Dried thyme (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Garlic (unit(s))	½	1	1½	2	2½	3
Basil crème (ml)	10	15	24	30	39	45
Crème fraîche* (g)	25	50	75	100	125	150
Bay leaf (unit(s))	1	1	2	2	3	3
Chopped tomatoes with basil (pack)	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Tomato (unit(s))	2	4	6	8	10	12
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Hello Buon Appetito (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
Honey [or plant-based alternative] (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3335 /797	366 /87
Total fat (g)	46	5
of which saturated(g)	22,4	2,5
Carbonhydrates (g)	75	8
of which sugars (g)	31,4	3,4
Fiber (g)	11	1
Protein (g)	17	2
Salt (g)	3,3	0,4

Allergens

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

1



Prepare

- Pre-heat the oven to 200°C.
- Roll out the sheet of puff pastry.
- Cut it in half and then scatter the cheese and the thyme over one half. Season to taste with salt and pepper.
- Place the other half on top and press together carefully, then cut downwards into long strips of around 2cm width.

2



Make the cheese straws

- Hold one of the strips at both ends and carefully twist one end several times, so as to make a cheese straw.
- Transfer to a parchment-lined baking sheet and then repeat this process with the rest of the strips.
- Bake the cheese straws in the oven for 13 - 15 minutes.

3



Fry the vegetables

- Prepare the stock (see Tip).
- Roughly chop the tomato and the garlic.
- Heat a light drizzle of olive oil in a soup pot over medium-high heat and fry the garlic with the tomato paste for 1 minute.
- Add the vegetable mix and fry for 2 more minutes.

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

4



Allow to simmer

- Stir in the fresh tomato and the chopped tomatoes from the pack and cook for 1 - 2 more minutes.
- Add the honey, the stock, the bay leaf and the Hello Buon Appetito.
- Mix well to combine, then allow the soup to simmer gently over a low heat for 15 - 20 minutes.

5



Finish

- Take the soup off the heat, then remove the bay leaf and discard.
- Use an immersion blender to process until smooth.
- Add an extra splash of water as necessary if it seems too thick.
- Taste the soup, then season with salt and pepper as needed.

6



Serve

- Serve the soup in bowls or deep plates.
- Garnish with the basil crème and the crème fraîche.
- Serve the cheese straws alongside.

Fry the meatballs, turning regularly until evenly browned and fully cooked. Serve on top.
Check the nutritional values and allergens on the ingredient label.

Salmon with Fragrant Coconut Curry Sauce

over rice with chives & roasted vegetables

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



- Basmati rice
- Carrot
- Purple carrot
- Courgette
- Salmon fillet
- Coconut milk
- Fish sauce
- Yellow curry spices
- Garlic & herb seasoning
- Fresh chives

KITCHEN STORIES

Recipe developer Selma: "Couscous is very popular these days, but bulgur is still not as well-known. Personally, I'm a big fan: it has a bit more flavour and (especially) more bite than couscous."

+ Fillet of salmon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	2	2	3	3
Purple carrot* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Salmon fillet* (unit(s))	1	2	3	4	5	6
Coconut milk (ml)	90	180	250	360	430	540
Fish sauce (ml)	5	10	15	20	25	30
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3243 /775	458 /110
Total fat (g)	40	6
of which saturated(g)	17,4	2,5
Carbonhydrates (g)	78	11
of which sugars (g)	11,3	1,6
Fiber (g)	7	1
Protein (g)	28	4
Salt (g)	2,7	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Boil the water for the rice in a pot or saucepan.
- Cut the carrots into batons and slice the courgette into crescents of around 1cm thickness.
- Transfer both to a parchment-lined baking sheet, then drizzle with olive oil and scatter over the garlic & herb seasoning. Season with salt and pepper, then roast for 10 minutes.

2



Boil the rice

- Pat the fish dry with kitchen paper, then season with salt and pepper.
- Make some space on the centre of the baking sheet among the vegetables, then add the fish. Roast for 10 - 15 minutes, or until done.
- Boil the rice for 10 - 12 minutes, covered, then turn off the heat.
- Season with salt and pepper, then allow to stand until serving, still covered.

3



Make the sauce

- Transfer the coconut milk to a small saucepan over medium heat.
- Add the fish sauce* and the yellow curry spices, then mix well to combine.
- Turn off the heat when the sauce has reached your desired thickness.
- Meanwhile, finely chop the chives or use scissors if preferred.

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

4



Serve

- Serve the rice on plates with everything else alongside.
- Drizzle with the coconut curry sauce and garnish with the chives to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Steak with Rosemary Eggplant & Parsley Mayonnaise

over bulgur with Romano pepper & Middle Eastern spices

Total time: 35 - 45 min. Family




Fresh rosemary


Eggplant


Red onion


Romano pepper


Bulgur


Marinated steak


Fresh flat leaf parsley


Middle Eastern spice mix

Marinated steak

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Bulgur (g)	75	150	225	300	375	450
Marinated steak* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium beef stock (ml)	175	350	525	700	875	1050
Olive oil (ml)	20	40	60	80	100	120
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3828 /915	573 /137
Total fat (g)	52	8
of which saturated(g)	13,7	2
Carbonhydrates (g)	75	11
of which sugars (g)	15,8	2,4
Fiber (g)	13	2
Protein (g)	40	6
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Take the steak out of the fridge and allow it to reach room temperature.
- Slice the eggplant into rounds of 0.5cm thickness. Discard the rosemary stalks and finely chop the leaves.
- In a bowl, combine the olive oil with half of the balsamic vinegar and three quarters of the rosemary. Season with salt and pepper.

2



Roast the vegetables

- Transfer the eggplant to a parchment-lined baking sheet and drizzle with three quarters of the oil.
- Roast the eggplant for 12 minutes.
- Meanwhile, slice the onion into half rings and cut the Romano pepper into strips.
- Transfer both to another parchment-lined baking sheet. Drizzle with the rest of the oil, then transfer to the oven.

3



Cook the bulgur

- Turn over the eggplant, then return it to the oven. Roast everything for 6 - 8 minutes.
- Prepare the stock.
- Melt a knob of butter in a pot or saucepan over medium-high heat. Fry the rest of the rosemary for 1 minute, then add the bulgur and mix well so as to coat it with the butter.
- Add the stock, then lower the heat and boil for 10 - 12 minutes, covered.

4



Fry the steak

- Melt another knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side.
- Deglaze with the rest of the balsamic vinegar, then stir in the honey.
- Remove from the pan, then season to taste with salt and pepper. Allow to rest for at least 3 minutes under aluminum foil.

5



Make the sauce

- While the steak is resting, chop the parsley and transfer half of it to a small bowl.
- Add the mayonnaise and the white wine vinegar, then mix well to combine. Season to taste with salt and pepper.
- Transfer the cooking juices from the steak to the bulgur, then add the Middle Eastern spice mix, the onion and the Romano pepper.
- Toss well to combine, then season to taste with salt and pepper.

6



Serve

- Slice the steak against the grain.
- Serve the bulgur on plates, topped with the roasted eggplant and the steak.
- Drizzle with the sauce and garnish with the rest of the parsley to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Sesame-Crusted Salmon & Noodles

in oyster sauce with stir-fried vegetables

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




Wholewheat noodles


Salmon fillet


Garlic


Onion


Courgette


Spinach


Oyster sauce


Sweet chili sauce


Sesame seeds

Fillet of salmon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Oyster sauce (g)	12½	25	37½	50	62½	75
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Sesame seeds (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	25	50	75	100	125	150
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2900 /693	640 /153
Total fat (g)	39	9
of which saturated(g)	5,4	1,2
Carbonhydrates (g)	54	12
of which sugars (g)	11,7	2,6
Fiber (g)	6	1
Protein (g)	30	7
Salt (g)	2,5	0,5

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the noodles for 4 - 5 minutes. Drain and rinse under cold water, then set aside.
- Slice the courgette into thin crescents.
- Slice the onion into half-rings and crush or mince the garlic.
- In a bowl, combine the oyster sauce with the sweet chilli sauce, the soy sauce and the water for the sauce.

2



Fry the fish

- On a plate, combine the sesame seeds with some salt and pepper.
- Drizzle the fish with sunflower oil and coat it with the sesame seeds.
- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat. Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes.
- Remove from the pan and set aside under aluminum foil.

3



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in the same pan over medium-high heat. Stir-fry the onion and the courgette for 4 - 5 minutes.
- Add the garlic and the spinach, tearing it directly into the pan. Allow the spinach to wilt and reduce.
- Deglaze with the white wine vinegar, then add the noodles and the sauce mixture. Toss well to combine.

4



Serve

- Serve everything on deep plates.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Hoisin Duck Thigh Confit with Pak Choi Stir-Fry

over rice with East Asian-style sauce & sesame seeds

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




Boneless duck thigh confit


Jasmine rice


Garlic


Pak choi


Scallions


Yellow carrot


Hoisin sauce


East Asian-style sauce


Sesame seeds


Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Boneless duck thigh confit* (g)	100	200	300	400	500	600
Jasmine rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Pak choi* (unit(s))	½	1	1½	2	2½	3
Scallions* (g)	65	125	190	250	315	375
Yellow carrot* (unit(s))	½	1	1	1	2	2
Hoisin sauce (g)	25	50	75	100	125	150
East Asian-style sauce* (g)	17½	35	52½	70	87½	105
Sesame seeds (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3155 /754	719 /172
Total fat (g)	37	8
of which saturated(g)	11,4	2,6
Carbonhydrates (g)	85	19
of which sugars (g)	13,7	3,1
Fiber (g)	7	2
Protein (g)	30	7
Salt (g)	2,4	0,5

Allergens

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

1



Cook the rice

- Boil the water for the rice in a pot or saucepan.
- Cook the rice for 10 - 12 minutes, covered. Turn off the heat and allow to stand for 5 minutes, still covered.
- Meanwhile, slice the carrot into thin crescents and crush or mince the garlic.
- Finely chop the scallions and separate the white part from the greens.

2



Fry the vegetables

- Discard the base of the pak choi and finely chop both the leaves and the stems, being sure to keep them separate.
- Heat a drizzle of sunflower oil in a wok or deep friying pan over medium-high heat and fry the carrot for 3 minutes.
- Add the white part of the scallions and the pak choi stems, then fry for 4 minutes.

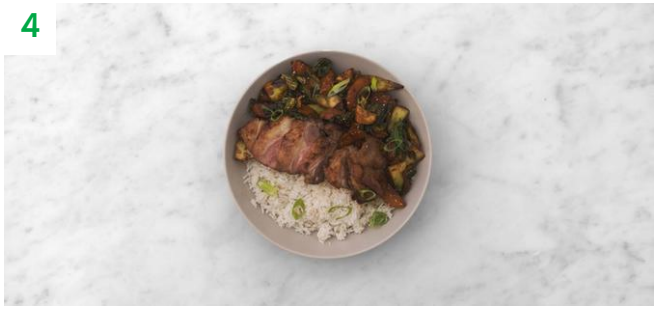
3



Fry the duck

- In the meantime, melt a knob of butter in a frying pan over medium-high heat. Fry the duck in its juices for 2 - 3 minutes per side, covered.
- Coat the duck with the hoisin sauce, then season with salt and pepper.
- Remove from the heat and set aside until serving, covered.

4



Serve

- To the vegetables, add the pak choi leaves and the garlic. Fry for 1 more minute, seasoning with salt and pepper.
- Stir in the East-Asian style sauce, the sesame seeds and some sambal as preferred.
- Serve the rice in bowls with everything else alongside.
- Garnish with the scallion greens to finish.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Caril de Peixe: Mozambican-Style Fish Curry

over golden rice with lime & courgette

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




White long grain rice


Onion


Fresh ginger


Courgette


Tomato


Lime


Pollock


Tomato paste


African-inspired spice mix


Ground turmeric


Coconut milk

Pollock

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Fresh ginger* (tsp)	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Pollock* (unit(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Ground turmeric (tsp)	1	2	3	4	5	6
Coconut milk (ml)	90	180	250	360	430	540
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	100	200	300	400	500	600
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2824 /675	427 /102
Total fat (g)	25	4
of which saturated(g)	15,1	2,3
Carbonhydrates (g)	82	12
of which sugars (g)	14,3	2,2
Fiber (g)	6	1
Protein (g)	29	4
Salt (g)	1	0,2

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the rice for 12 - 15 minutes, then drain and set aside.
- Meanwhile, prepare the stock.
- Chop the onion and dice the tomato. Finely grate the ginger
- Slice the courgette into rounds of 0.5cm thickness.

2



Make the curry

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the onion and the courgette for 7 - 9 minutes.
- Add the ginger, the tomato, the tomato paste, the African-inspired spices and the turmeric. Mix well and fry for 2 - 3 minutes.
- Stir in the stock and the coconut milk, then allow to simmer for 4 - 5 minutes.

3



Poach the fish

- In the meantime, dice the fish into 3cm cubes. Season to taste with salt and pepper.
- Transfer the fish to the curry and poach for 6 - 8 minutes, or until done.
- Zest the lime, then juice half of it and cut the rest into wedges.
- Add as much lime juice to the curry as preferred.

4



Serve

- Stir the turmeric into the rice, along with some lime zest as preferred. Season to taste with salt and pepper.
- Serve the rice on plates and top with the curry.
- Serve the lime wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Creamy Pesto Rosso Shrimp with Parmigiano Reggiano

over giant couscous with mushrooms & smoked paprika

Total time: 15 - 25 min. Quick Health Conscious Choice




Giant couscous


Cooking cream


Garlic


Shrimp


Parmigiano Reggiano DOP


Smoked paprika


Vegetable mix with mushrooms


Italian seasoning


Pesto rosso

Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Giant couscous (g)	75	150	225	300	375	450
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Vegetable mix with mushrooms* (g)	200	400	600	800	1000	1200
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Pesto rosso (g)	25	50	75	100	125	150
Not included						
Low sodium vegetable stock (ml)	90	180	270	360	450	540
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3376 /807	589 /141
Total fat (g)	42	7
of which saturated(g)	13,9	2,4
Carbonhydrates (g)	69	12
of which sugars (g)	11,2	2
Fiber (g)	9	2
Protein (g)	33	6
Salt (g)	1,9	0,3

Allergens

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

1



Boil the couscous

- Prepare the stock in a pot or saucepan.
- Add the giant couscous and boil for 12 - 14 minutes, covered, then drain if necessary and set aside.
- Crush or mince the garlic in the meantime.

2



Fry the vegetables

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the garlic with the vegetable mix, the Italian seasoning and half of the smoked paprika for 6 minutes.
- Remove from the heat, then transfer the couscous to the vegetables and mix well to combine.

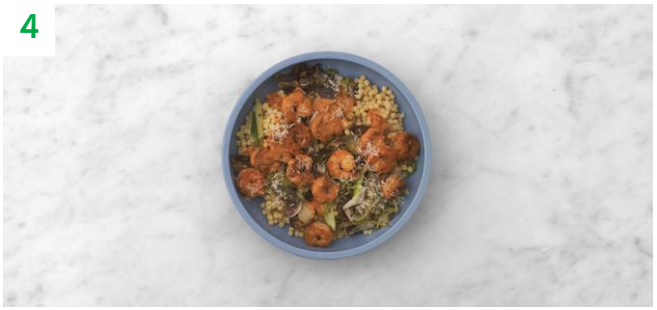
3



Fry the shrimp

- In the meantime, heat a drizzle of olive oil in another frying pan over medium-high heat. Fry the shrimp with the rest of the smoked paprika for 3 minutes until done.
- Add the pesto rosso and the cream, then mix well and cook for 3 more minutes, covered.

4



Serve

- Serve everything on deep plates and pour over the creamy pesto rosso sauce from the pan.
- Grate the cheese directly over each portion to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Curried Chicken Wraps with Mango Chutney

with coriander yogurt sauce & tomato salsa

Total time: 30 - 40 min. Health Conscious Choice




Mini tortillas


Chicken breast


Curry powder


Red onion


Bell pepper


Tomato


Garlic


Organic full-fat yogurt


Mango chutney


Fresh coriander

Chicken breast

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Mini tortillas (unit(s))	4	8	12	16	20	24
Chicken breast* (unit(s))	1	2	3	4	5	6
Curry powder (sachet(s))	½	1	1½	2	2½	3
Red onion (unit(s))	½	1	1	2	2	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Mango chutney* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2636 /630	508 /121
Total fat (g)	17	3
of which saturated(g)	3,4	0,7
Carbonhydrates (g)	77	15
of which sugars (g)	14,7	2,8
Fiber (g)	8	2
Protein (g)	42	8
Salt (g)	1,4	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- Slice half of the onion into rings and set the rest aside.
- Cut the bell pepper into strips and crush or mince the garlic.

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

2



Fry the chicken

- Dice the chicken.
- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the chicken with the garlic, the onion and the bell pepper for 3 - 6 minutes. Season to taste with salt and pepper.
- Add the curry powder and fry for 1 more minute, then lower the heat. Keep warm until serving.

3



Finish

- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.
- Dice the tomato in the meantime.
- Finely chop the coriander and the rest of the onion.
- In a bowl, combine the tomato with the white wine vinegar, the rest of the onion and half of the coriander. Season to taste with salt and pepper.

4



Serve

- Transfer the yogurt to a tall container, along with the honey and the rest of the coriander.
- Process with an immersion blender until smooth, adding a splash of water as needed. Season to taste with salt and pepper.
- Serve all the toppings separately at the table, so as to allow everyone to assemble their own wraps as preferred.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Za'atar-Lemon Chicken with Parsley Yogurt Sauce

with giant couscous, raisins & roasted vegetables

Total time: 25 - 35 min. Quick



- Lemon
- Garlic
- Za'atar
- Middle Eastern spice mix
- Organic full-fat yogurt
- Raisins
- Courgette
- Romano pepper
- Chicken thigh
- Fresh flat leaf parsley
- Smoked paprika
- Giant couscous
- Red onion
- Gomashio

+ Chicken thigh fillet

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Za'atar (sachet(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Raisins (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chicken thigh* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Smoked paprika (sachet(s))	¼	½	¾	1	1¼	1½
Giant couscous (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3406 /814	632 /151
Total fat (g)	39	7
of which saturated(g)	11,4	2,1
Carbonhydrates (g)	79	15
of which sugars (g)	22,6	4,2
Fiber (g)	9	2
Protein (g)	35	6
Salt (g)	1,3	0,2

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Boil plenty of water in a large pot or saucepan, then crumble in the stock cube (see pantry for amount).
- Boil the giant couscous with the raisins for 12 - 14 minutes, then drain and set aside.
- Meanwhile, slice the courgette into crescents and cut the Romano pepper into thin strips.

2



Roast the vegetables

- Transfer the courgette and the Romano pepper to a parchment-lined baking sheet. Drizzle with olive oil and scatter over the Middle Eastern spices.
- Season with salt and pepper, then roast for 12 - 15 minutes until golden brown.
- Meanwhile, chop the onion and crush or mince the garlic.
- Juice half of the lemon and cut the rest into wedges.

3



Finish the giant couscous

- In a small bowl, combine the honey with half each of the lemon juice, the smoked paprika and the garlic (see Tip).
- Stir the gomashio, a knob of butter and the rest of the smoked paprika into the giant couscous.
- Keep warm until serving, covered.

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

4



Fry the chicken

- In a bowl, coat the chicken with the za'atar and half of the lemon juice.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the chicken for 5 - 6 minutes per side, or until done. Season with salt and pepper.
- Coat the chicken with the honey mixture and fry for 1 more minute, then remove from the heat.

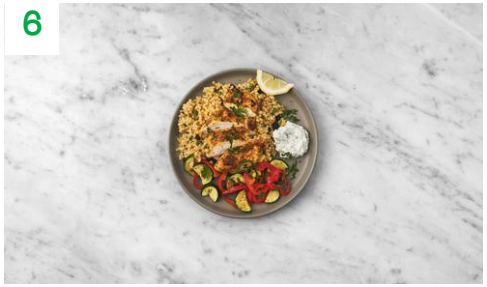
5



Make the sauce

- Roughly chop the parsley in the meantime.
- In a small bowl, combine the yogurt with the rest of the garlic and half of the parsley.
- Season to taste with salt and pepper.

6



Serve

- Serve the giant couscous on plates with everything else alongside.
- Dollop with the yogurt sauce and garnish with the rest of the parsley.
- Serve with the lemon wedges.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Giant Couscous with Greek-Style Cheese & Yogurt Sauce

with roasted bell pepper, almonds & parsley

Total time: 40 - 50 min. Vegetarian

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



- Bell pepper
- Garlic
- Fresh curly parsley
- Greek-style cheese
- Salted almonds
- Giant couscous
- Ground cumin
- Organic full-fat yogurt
- Sliced carrots

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bell pepper* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Greek-style cheese* (g)	50	100	150	200	250	300
Salted almonds (g)	15	30	45	60	75	90
Giant couscous (g)	75	150	225	300	375	450
Ground cumin (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Sliced carrots* (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3448 /824	550 /131
Total fat (g)	45	7
of which saturated(g)	13,6	2,2
Carbonhydrates (g)	75	12
of which sugars (g)	18,5	2,9
Fiber (g)	11	2
Protein (g)	26	4
Salt (g)	2	0,3

Allergens

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

1



Roast the bell pepper

- Preheat the oven to 220°C and prepare the stock.
- Deseed the bell pepper and chop into strips, then transfer to a parchment-lined baking sheet.
- Drizzle with sunflower oil and then roast for 20 - 25 minutes or until soft, tossing halfway.

2



Prepare the toppings

- Crush or mince the garlic and roughly chop the almonds.
- Finely chop the parsley and crumble the Greek-style cheese.
- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat and toast the giant couscous for 1 minute.
- Pour in the stock, then set the heat to low and boil the giant couscous for 13 - 15 minutes until done.

3



Fry the carrot

- Heat a drizzle of olive oil in a wok or deep frying pan over medium-low heat. Fry the garlic for 1 minute, then stir in the carrot and cumin and turn the heat to medium-high.
- Fry for 7 - 10 minutes or until the carrot is done, then season to taste with salt and pepper.
- Meanwhile, in a bowl combine the yogurt with the extra virgin olive oil and the honey. Season to taste with salt and pepper.

4



Serve

- Transfer the carrot to the giant couscous, along with half each of the cheese, bell pepper, parsley and almonds.
- Mix well to combine, then serve on plates and drizzle with the yogurt sauce.
- Top with the rest of the bell pepper, then garnish with the rest of the cheese, parsley and almonds.

Fry the meatballs, turning regularly until evenly browned and fully cooked. Serve on top.
Check the nutritional values and allergens on the ingredient label.

Tortelloni in Creamy Pesto Sauce with Bacon Lardons

with oyster mushrooms & Grana Padano flakes

Total time: 20 - 30 min. Quick

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

Enjoy!



- Tortelloni with ricotta & spinach
- Lemon
- Bacon lardons
- Cooking cream
- Carrot
- Onion
- Spinach
- Oyster mushrooms
- Grana Padano flakes DOP
- Green pesto

Bacon lardons

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Tortelloni with ricotta & spinach* (g)	150	300	450	600	750	900
Lemon* (unit(s))	½	1	1½	2	2½	3
Bacon lardons* (g)	40	80	120	160	200	240
Cooking cream (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	50	100	150	200	250	300
Oyster mushrooms* (g)	100	200	300	400	500	600
Grana Padano flakes DOP* (g)	10	20	30	40	50	60
Green pesto (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3929 /939	682 /163
Total fat (g)	53	9
of which saturated(g)	18,5	3,2
Carbonhydrates (g)	81	14
of which sugars (g)	16	2,8
Fiber (g)	10	2
Protein (g)	32	6
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the tortelloni.
- Heat a large clean frying pan over medium-high heat and fry the bacon lardons for 4 minutes, then remove from the pan and set aside.
- Meanwhile, chop the onion and dice the carrot.
- Cut or tear the mushrooms into smaller pieces.

2



Boil the tortelloni

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the onion, the carrot and the mushrooms for 5 - 7 minutes.
- Meanwhile, boil the tortelloni for 2 - 3 minutes.
- Reserve 60ml pasta water per person, then drain and set aside.
- Return the bacon to the frying pan, then deglaze with the pasta water.

3



Finish

- Lower the heat under the frying pan, then add the cream and the pesto.
- Allow to simmer for 1 - 2 minutes, or until the sauce has thickened and reduced. Season to taste with salt and pepper.
- Gradually add the spinach, tearing it directly into the pan. Allow to wilt and reduce.
- Meanwhile, cut the lemon into wedges.

4



Serve

- Transfer the tortelloni to the sauce and mix well to combine.
- Serve the tortelloni in bowls and garnish with the cheese.
- Serve the lemon wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Chicken Tagine with Eggplant & Romano Pepper

over parsley potatoes with olives & lemon

Total time: 50 - 60 min. Health Conscious Choice




Potatoes


Onion


Garlic


Fresh ginger


Romano pepper


Eggplant


African-inspired spice mix


Chicken breast


Fresh flat leaf parsley


Lemon


Carrot


Green olives


Chicken breast

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
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
Romano pepper* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	2	2	3	3
African-inspired spice mix (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken breast* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Lemon* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	1	2	2
Green olives (g)	30	50	70	100	120	150
Not included						
Brown sugar (tbsp)	¼	½	¾	1	1¼	1½
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Water (ml)	50	100	150	200	250	300
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2582 /617	356 /85
Total fat (g)	24	3
of which saturated(g)	4,1	0,6
Carbonhydrates (g)	64	9
of which sugars (g)	21,4	2,9
Fiber (g)	12	2
Protein (g)	38	5
Salt (g)	1,4	0,2

Allergens

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

1



Prepare

- Boil plenty of generously salted water in a pot or saucepan.
- Peel or thoroughly wash the potatoes and cut them into rough chunks.
- Slice the onion into half-rings and crush or mince the garlic. Grate the ginger.
- Cut the Romano pepper into thin strips. Dice the eggplant into 1cm - 2cm cubes. Slice the carrot into crescents.

2



Cook the potatoes

- Boil the potatoes for 12 - 15 minutes or until done, then drain and set aside, covered.
- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat. Fry the eggplant, the carrot, the onion, the garlic and the ginger for 3 - 4 minutes.
- Stir in the sugar and fry for 1 - 2 more minutes.

3

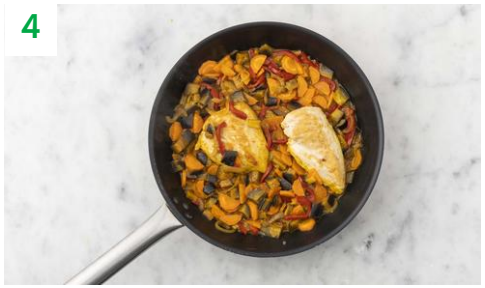


Fry the chicken

- Create some space in the centre of the pan, then add the chicken and the Romano pepper (see Tip).
- Season the chicken with salt and pepper, then fry for 2 minutes per side or until evenly browned.
- Remove the chicken from the pan and set aside briefly.
- Stir in the African-inspired spices and the honey, then return the chicken to the pan.

Tip: *if you don't have enough space in the pan, you can also fry the chicken separately.*

4



Simmer

- Pour in the water so as to cover two thirds of the vegetables (see pantry for amount).
- Cover with the lid and then allow to simmer for 12 - 15 minutes over medium heat.

5



Finish

- Meanwhile, finely chop the parsley.
- Quarter the lemon and halve the olives.
- When the tagine is done, add the olives and squeeze as much lemon juice as preferred directly into the pan.
- Allow to cook for 5 - 6 minutes over medium-high heat, uncovered. Season to taste with salt and pepper.

6



Serve

- Drizzle the potatoes with the extra virgin olive oil and add two thirds of the parsley. Season to taste with salt and pepper, then toss well to combine.
- Serve the potatoes on deep plates and top with the tagine.
- Garnish with the rest of the parsley and serve any remaining lemon wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Chicken Wings in Creamy Peanut Sauce

with roast potatoes & Romano pepper

Total time: 45 - 55 min.



- Potatoes
- Chicken wings
- Garlic
- Onion
- Tomato
- Romano pepper
- Fresh flat leaf parsley
- African-inspired spice mix
- Peanut butter
- Unsalted peanuts

Chicken wings

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Chicken wings* (unit(s))	3	6	9	12	15	18
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Peanut butter (tub)	1	2	3	4	5	6
Unsalted peanuts (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	150	300	450	600	750	900
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

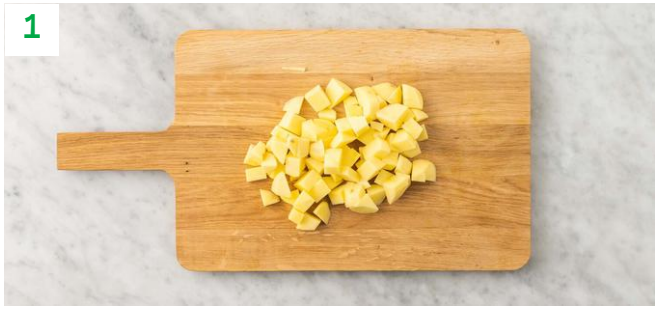
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4109 /982	444 /106
Total fat (g)	54	6
of which saturated(g)	15,5	1,7
Carbonhydrates (g)	58	6
of which sugars (g)	16,1	1,7
Fiber (g)	10	1
Protein (g)	66	7
Salt (g)	1,7	0,2

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Dice the potatoes into 2cm cubes, then transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 35 - 40 minutes, tossing halfway.

2



Chop the vegetables

- Halve the Romano pepper lengthways and transfer to a parchment-lined baking sheet.
- Drizzle with the honey, then roast in the oven for 15 minutes.
- In the meantime, prepare the stock and dice the tomato.
- Chop the onion and crush or mince the garlic.

3



Fry the chicken

- Heat a drizzle of olive oil in a large deep frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Add the onion and the garlic, then fry for 2 - 4 more minutes.
- Add the stock and boil for 8 - 10 minutes, covered.
- Add the tomato, the white wine vinegar and the African-inspired spices. Simmer for 4 - 6 minutes.

4



Serve

- Add the peanut butter and mix well, then simmer for another 4 - 6 minutes.
- In the meantime, roughly chop the parsley and the peanuts.
- Serve the potatoes on deep plates with everything else alongside.
- Garnish with the peanuts and the parsley to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Steak Bowl with Teriyaki Eggplant

over rice with carrot slaw & gomashio

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




White long grain rice


Garlic


Eggplant


Carrot


Teriyaki sauce


Gomashio


Fresh coriander


Marinated steak

Marinated steak

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	1	2	2	3
Teriyaki sauce (g)	25	50	75	100	125	150
Gomashio (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Marinated steak* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	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
Water (ml)	30	60	90	120	150	180
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

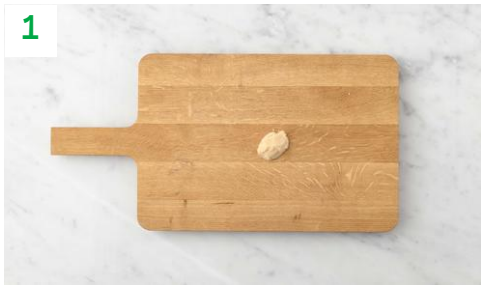
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3008 /719	451 /108
Total fat (g)	26	4
of which saturated(g)	7,4	1,1
Carbonhydrates (g)	83	12
of which sugars (g)	15,5	2,3
Fiber (g)	7	1
Protein (g)	36	5
Salt (g)	2,5	0,4

Allergens

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

1



Prepare

- Prepare the stock. Take the steak out of the fridge and allow it to reach room temperature.
- Crush or mince the garlic.
- Heat a light drizzle of sunflower oil in a pot or saucepan over low heat and fry the garlic for 1 - 2 minutes.
- Stir in the rice, then pour in the stock.

2



Boil the rice

- Boil the rice for 10 - 12 minutes over low heat, covered. Take the pan off the heat and allow to rest for 5 minutes.
- Drain the rice if necessary, then season to taste with salt and pepper.
- Halve the eggplant lengthways, then cut each half into four long wedges.
- Heat a light drizzle of sunflower oil in a deep frying pan over high heat. Fry the eggplant for 3 - 4 minutes, turning regularly.

3



Steam the eggplant

- Lower the heat to medium and add the water (see pantry for amount).
- Cover with the lid and then steam the eggplant for 4 - 6 minutes.
- Remove the lid and add the teriyaki sauce, then fry for 1 more minute (see Tip).
- Season to taste with salt and pepper.

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

4



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove the steak from the pan and season with salt and pepper, then allow to rest under aluminum foil.
- Meanwhile, stir the cooking juices from the frying pan into the eggplant.

5

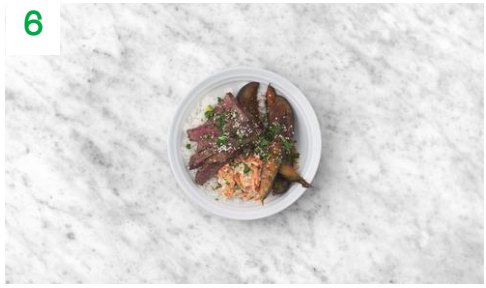


Make the carrot slaw

- Meanwhile, grate the carrot and chop the coriander.
- In a bowl, combine the carrot with the mayonnaise, the white wine vinegar and half of the coriander.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.

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

6



Serve

- Slice the steak against the grain.
- Serve the rice in bowls and top with the eggplant, the carrot slaw and the steak.
- Garnish with the gomashio and the rest of the coriander.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Creamy Chorizo Casarecce

with guacamole & tomatoes

Total time: 15 - 25 min. Family Quick



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

- Casarecce
- Diced chorizo
- Onion
- Mini Roma tomatoes
- Guacamole
- Herbed cream cheese
- Grated Gouda
- Romano pepper

Avocado dip

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Casarecce (g)	90	180	270	360	450	540
Diced chorizo* (g)	45	90	135	180	225	270
Onion (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Guacamole* (g)	40	80	120	160	200	240
Herbed cream cheese* (g)	25	50	75	100	125	150
Grated Gouda* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	½	1	2	2	3	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3548 /848	770 /184
Total fat (g)	43	9
of which saturated(g)	16,7	3,6
Carbonhydrates (g)	78	17
of which sugars (g)	14,2	3,1
Fiber (g)	9	2
Protein (g)	34	7
Salt (g)	2,3	0,5

Allergens

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

1



Boil the pasta

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 11 - 13 minutes, then drain and set aside.
- Chop the onion in the meantime.
- Cut the Romano pepper into strips.

2



Fry the chorizo and vegetables

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the chorizo for 2 - 3 minutes.
- Halve the tomatoes and transfer to the frying pan, along with the Romano pepper.
- Fry for 4 - 5 minutes, seasoning to taste with salt and pepper.

3



Finish the sauce

- Stir in the herbed cream cheese and half of the grated cheese.
- Allow to melt, then add the pasta and mix well to combine.
- Cook for 1 more minute over high heat, seasoning to taste with salt and pepper.

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

4



Serve

- Serve the pasta on plates.
- Garnish with the rest of the cheese.
- Finish with the guacamole.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Sticky No-Chicken & Gochujang Noodle Salad

with edamame, peanuts & lime

Total time: 15 - 25 min. Quick Plant-Based Health Conscious Choice




Wholewheat noodles


Plant-based chicken pieces


Carrot


Edamame


Shredded red cabbage


Bell pepper


Lime


East Asian-style sauce


Gochujang


Sesame oil


Sesame seeds


Salted peanuts


Veggie chicken pieces

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Carrot* (unit(s))	½	1	1	2	2	3
Edamame* (g)	25	50	75	100	125	150
Shredded red cabbage* (g)	100	200	300	400	500	600
Bell pepper* (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	½	1	1½	2	2½	3
East Asian-style sauce* (g)	20	35	55	70	90	105
Gochujang* (g)	15	25	40	50	65	75
Sesame oil (ml)	5	10	15	20	25	30
Sesame seeds (g)	5	10	15	20	25	30
Salted peanuts (g)	15	30	40	60	70	90
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2937 /702	546 /130
Total fat (g)	31	6
of which saturated(g)	3,9	0,7
Carbonhydrates (g)	76	14
of which sugars (g)	23,5	4,4
Fiber (g)	16	3
Protein (g)	30	6
Salt (g)	3,1	0,6

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan for the noodles.
- Cook the noodles for 3 minutes or until al dente, then drain and rinse under cold water.
- Meanwhile, grate the carrot.
- Cut the bell pepper into thin strips.

Did you know... *the carrot in this recipe contains vitamin A, a nutrient that supports the maintenance of normal vision.*

2



Fry the veggie chicken

- Heat a light drizzle of sunflower oil in a deep frying pan over medium-high heat.
- Fry the veggie chicken pieces for 7 - 8 minutes.
- Season with salt and pepper, then turn off the heat and stir in the ketjap.
- In the meantime, quarter the lime.

3



Make the salad

- In a large salad bowl, combine the gochujang* with the East Asian-style sauce, the sesame oil and the juice of 1 lime wedge per person.
- Transfer the carrot, the bell pepper, the red cabbage and the noodles to the bowl, then toss well to combine with the dressing.

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

4



Serve

- Roughly chop the peanuts.
- Serve everything on deep plates and drizzle over any remaining ketjap from the frying pan.
- Scatter over the edamame, the peanuts and the sesame seeds.
- Serve with the rest of the lime wedges.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Bulgur Bowl with Fried Egg & Avocado

with corn salsa & beetroot tortilla chips

Total time: 15 - 25 min. Quick Vegetarian Health Conscious Choice



- Egg
- Beetroot tortilla chips
- Bulgur
- Corn
- Radicchio & iceberg lettuce
- Organic full-fat yogurt
- Fresh coriander
- Tomato
- Avocado
- Red onion
- Lime
- Greek-style cheese
- Garlic
- African-inspired spice mix

+ Seasoned minced beef

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Egg* (unit(s))	1	2	3	4	5	6
Beetroot tortilla chips (g)	25	50	75	100	125	150
Bulgur (g)	40	75	115	150	190	225
Corn (g)	70	140	140	285	280	425
Radicchio & iceberg lettuce* (g)	50	100	150	200	250	300
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Fresh coriander* (g)	5	10	15	20	25	30
Tomato (unit(s))	1	2	3	4	5	6
Avocado (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	2	2	3	3
Lime* (unit(s))	½	1	1½	2	2½	3
Greek-style cheese* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3117 /745	555 /133
Total fat (g)	42	8
of which saturated(g)	11,9	2,1
Carbonhydrates (g)	66	12
of which sugars (g)	13,4	2,4
Fiber (g)	15	3
Protein (g)	25	5
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Transfer the bulgur to a pot or saucepan and submerge with water.
- Crumble in the stock cube (see pantry for amount).
- Bring to a boil and cook for 10 minutes, or until done.
- Drain, then stir in the African-inspired spice mix and set aside.

2



Make the salsa

- Finely chop the onion and dice the tomato. Drain the corn.
- Roughly chop the coriander. Cut the lime into 6 wedges.
- In a bowl, combine the onion with the tomato, the coriander, the corn and the juice of 1 lime wedge per person. Season to taste with salt and pepper.
- Halve and pit the avocado, then remove the skin and slice the flesh.

3



Make the yogurt sauce

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the egg as preferred.
- Finely grate the garlic.
- In a small bowl, combine the yogurt with the garlic and the juice of 1 lime wedge per person.
- Season to taste with salt and pepper.

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

4



Serve

- Serve the bulgur in bowls or deep plates.
- Top with the corn salsa, the lettuce, the avocado and the fried egg.
- Drizzle with the yogurt sauce and crumble over the Greek-style cheese.
- Serve the tortilla chips and any remaining lime wedges alongside.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Panko Shrimp Wraps

with rainbow apple slaw & tomato

Total time: 15 - 25 min. Quick




Shrimp


Tomato


Rainbow slaw mix


Apple


Mini tortillas


Panko breadcrumbs


Mayonnaise


Peruvian-style spice mix

Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Tomato (unit(s))	1½	3	4½	6	7½	9
Rainbow slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	1½	2	2½	3
Mini tortillas (unit(s))	4	8	12	16	20	24
Panko breadcrumbs (g)	25	50	75	100	125	150
Mayonnaise (g)	35	75	100	150	175	225
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (ml)	25	50	75	100	125	150
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4092 /978	659 /158
Total fat (g)	50	8
of which saturated(g)	5,4	0,9
Carbonhydrates (g)	94	15
of which sugars (g)	20,1	3,2
Fiber (g)	10	2
Protein (g)	34	5
Salt (g)	3,1	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- Transfer the panko to a large bowl and half of the mayonnaise to a small bowl. Season both with salt and pepper.
- Prepare a plate lined with kitchen paper.

Tip: *the oven will be used later to heat the tortillas, but you can also do this in the microwave if preferred. In this case, skip preheating the oven.*

2



Fry the shrimp

- Coat the shrimp with the Peruvian-style spices and then with the mayonnaise, then finally with the panko.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, carefully fry the shrimp for 3 - 4 minutes or until golden-brown.
- Transfer to the plate and set aside.

3



Heat the tortillas

- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes (see Tip).
- In the meantime, core and dice the apple.
- Dice the tomato.

Tip: *if using the microwave, transfer the tortillas to a microwave-safe plate and heat for 30 second intervals until done.*

4



Serve

- In a salad bowl, combine the honey with the white balsamic vinegar and the rest of the mayonnaise.
- Add the apple and the slaw mix, then toss well to combine. Season to taste with salt and pepper.
- Serve all the toppings separately and allow everyone to assemble their own tortillas as preferred.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Chicken Wraps with Kiwi & Smashed Avocado

with rainbow slaw, lamb's lettuce, coriander & lime

Total time: 15 - 25 min. Quick Health Conscious Choice




Flour tortillas


Marinated diced chicken


Kiwi


Avocado


Rainbow slaw mix


Lamb's lettuce


Fresh coriander


Lime


Peruvian-style spice mix

Avocado

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Marinated diced chicken* (g)	100	200	300	400	500	600
Kiwi* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3063 /732	629 /150
Total fat (g)	39	8
of which saturated(g)	6,8	1,4
Carbonhydrates (g)	59	12
of which sugars (g)	10,7	2,2
Fiber (g)	10	2
Protein (g)	33	7
Salt (g)	2,7	0,5

Allergens

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

1



Fry the chicken

- Preheat the oven to 200°C.
- Cut any larger pieces of chicken smaller as needed.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the chicken with the Peruvian-style spice mix for 6 minutes, or until done. Season with salt and pepper.

2



Make the slaw

- Roughly chop the coriander.
- In a bowl, combine the mayonnaise with the white wine vinegar, the slaw mix and half of the coriander. Season to taste with salt and pepper.
- Peel and dice the kiwi.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

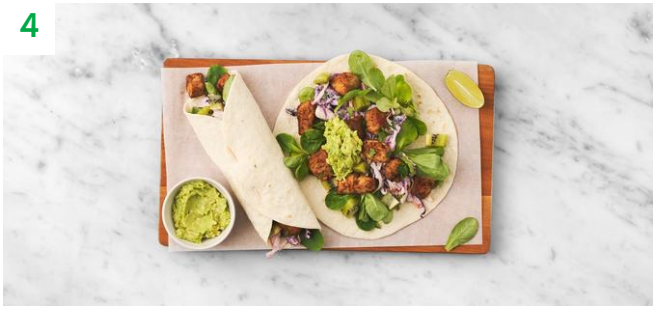
3



Smash the avocado

- Juice half of the lime and cut the rest into wedges.
- Halve and pit the avocado, then remove the skin and transfer the flesh to a small bowl.
- Add the lime juice and some extra virgin olive oil as preferred, then mash with a fork to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the elements separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the rest of the coriander and serve with the lime wedges.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Gnocchi with Creamy Blue Cheese Sauce

with pear, courgette & walnuts

Total time: 15 - 25 min. Quick Vegetarian



- Gnocchi
- Blue cheese cubes
- Chopped walnuts
- Courgette
- Pear
- Onion
- Spinach
- Cooking cream

+ Bacon lardons

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Gnocchi (g)	200	400	600	800	1000	1200
Blue cheese cubes* (g)	40	75	115	150	190	225
Chopped walnuts (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	1½	2	2½	3
Pear* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	100	200	300	400	500	600
Cooking cream (g)	75	150	225	300	375	450
Not included						
[Plant-based] butter (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tsp)	1	2	3	4	5	6
Mustard (tsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3569 /853	540 /129
Total fat (g)	44	7
of which saturated(g)	23,8	3,6
Carbonhydrates (g)	86	13
of which sugars (g)	17,3	2,6
Fiber (g)	6	1
Protein (g)	26	4
Salt (g)	3,7	0,6

Allergens

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

1



Chop the vegetables

- Chop the onion and slice the pear.
- Cut the courgette into crescents.

2



Fry the vegetables

- Melt a knob of butter in a large frying pan over medium-high heat.
- Fry the onion with the courgette and the pear for 5 - 7 minutes.
- Meanwhile, heat a clean frying pan over high heat and toast the walnuts for 1 - 2 minutes, then remove from the pan and set aside.
- Melt a knob of butter in the same pan and fry the gnocchi for 6 - 8 minutes until golden-brown.

3



Make the sauce

- Deglaze the vegetables with the white balsamic vinegar.
- Stir in the cream, the blue cheese and the mustard, along with some honey as preferred. Allow the cheese to melt.
- Season the sauce to taste with salt and pepper.

4



Serve

- Reduce the heat and gradually add the spinach, tearing it directly into the pan. Mix well, allowing it to wilt and reduce.
- Serve the sauce on plates and top with the gnocchi.
- Garnish with the walnuts to finish.

+ Fry the bacon in a frying pan over medium-high heat until crispy, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hot Smoked Salmon Wraps

with avocado, corn salsa & red cabbage slaw

Total time: 15 - 25 min. Quick Health Conscious Choice




Wholewheat mini tortilla


Hot smoked salmon flakes


Shredded red cabbage


Corn


Avocado


Tomato


Lamb's lettuce


Lime


Scallions


Hot smoked salmon flakes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Shredded red cabbage* (g)	50	100	150	200	250	300
Corn (g)	70	140	210	285	350	425
Avocado (unit(s))	½	1	1½	2	2½	3
Tomato (unit(s))	1	2	3	4	5	6
Lamb's lettuce* (g)	20	40	60	80	100	120
Lime* (unit(s))	½	1	1½	2	2½	3
Scallions* (g)	41¼	82½	125	166¼	207½	248¾
Not included						
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3151 /753	561 /134
Total fat (g)	38	7
of which saturated(g)	7,1	1,3
Carbonhydrates (g)	63	11
of which sugars (g)	15,8	2,8
Fiber (g)	19	3
Protein (g)	33	6
Salt (g)	2,1	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- In a salad bowl, combine the sugar with the mayonnaise and the red cabbage.
- Set aside, stirring occasionally.

Tip: *the oven will be used later for the tortillas, but you can also do this in a frying pan or in the microwave instead. In this case, you can skip preheating the oven.*

2



Heat the tortillas

- Halve and pit the avocado, then remove the skin and slice the flesh.
- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes.

3



Make the salsa

- Finely chop the scallions and separate the white part from the greens.
- Juice half of the lime and cut the rest into wedges.
- Drain the corn and dice the tomatoes, then transfer both to a bowl.
- Add the white part of the scallions and the lime juice, then mix well to combine. Season to taste with salt and pepper.

4



Serve

- In a bowl, combine the lettuce with some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve all of the toppings separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the scallion greens and serve the lime wedges alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Creamy Eggplant Farfalle with Chicken Breast

& for parents: parsley & Kalamata olives

Total time: 15 - 25 min. Family Quick



- Farfalle
- Kalamata olives
- Italian seasoning
- Cooking cream
- Garlic
- Tomato paste
- Eggplant
- Onion
- Grated Gouda
- Fresh flat leaf parsley
- Chicken breast with Mediterranean herbs

KITCHEN STORIES

Recipe Developer Babette: "Combining tahini with the ginger stir-fry sauce and the bulgogi sauce makes this noodle dish deliciously creamy!"

+ Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Farfalle (g)	90	180	270	360	450	540
Kalamata olives (g)	15	30	55	70	85	100
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Grated Gouda* (g)	15	25	40	50	65	75
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	2	4	6	8	10	12
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3724 /890	620 /148
Total fat (g)	34	6
of which saturated(g)	13,6	2,3
Carbonhydrates (g)	92	15
of which sugars (g)	23,6	3,9
Fiber (g)	9	1
Protein (g)	50	8
Salt (g)	2	0,3

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the pasta for 9 - 11 minutes, then drain and set aside.
- Dice the eggplant and season with salt and pepper.
- Slice the onion into half-rings.
- Transfer the flour to a deep plate. Halve the chicken lengthways, then coat it with the flour. Season with salt and pepper.

2



Fry the eggplant and chicken

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the eggplant with the onion for 4 - 5 minutes or until done, tossing regularly.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side.
- Reduce the heat and fry for 4 - 5 more minutes, or until done.

3



Finish the sauce

- Prepare the stock. Crush or mince the garlic.
- Deglaze the eggplant with the white balsamic vinegar, then add the tomato paste and the garlic. Fry for 1 more minute.
- Add the cream, the stock, the honey and the Italian seasoning, then allow to simmer for 1 - 2 minutes.
- Transfer the pasta to the sauce and toss well to combine.

4



Serve

- Finely chop the parsley.
- Serve the pasta on plates.
- For kids: slice the chicken into strips and serve on top of the pasta. Garnish with the cheese.
- For parents: serve the whole piece of chicken on top of the pasta. Garnish with the cheese, the olives and the parsley.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Bulgogi Pork Noodles with Stir-Fried Vegetables

with coriander, tahini & sesame seeds

Total time: 10 - 20 min. Quick




Pork mince


Garlic


Vegetable mix with cabbage


Tahini


Ginger stir-fry sauce


Fresh coriander


Bulgogi sauce


Sesame seeds


Crispy fried onions


Wholewheat noodles


Pork mincemeat

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Pork mince* (g)	100	200	300	400	500	600
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Tahini (g)	15	25	40	50	65	75
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Fresh coriander* (g)	5	10	15	20	25	30
Bulgogi sauce (g)	20	35	55	70	90	105
Sesame seeds (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4171 /997	820 /196
Total fat (g)	43	8
of which saturated(g)	11,8	2,3
Carbonhydrates (g)	114	22
of which sugars (g)	25,2	5
Fiber (g)	13	3
Protein (g)	38	7
Salt (g)	4,2	0,8

Allergens

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

1



Boil the noodles

- Boil plenty of salted water in a pot or saucepan.
- Cook the noodles for 4 - 5 minutes until al dente.
- Reserve 50ml cooking liquid per person, then drain and return to the pot.

2



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Crush or mince the garlic.
- When the oil is nice and hot, fry the mince with the garlic for 2 minutes.
- Add the vegetable mix and stir-fry for 4 - 6 minutes. Season to taste with salt and pepper.

3



Make the sauce

- In a bowl, combine the tahini with the ginger stir-fry sauce, the bulgogi sauce, the white wine vinegar, the reserved cooking liquid, some sambal as preferred and the ketjap.
- Transfer the sauce to the noodles and mix well to combine.

4



Serve

- Finely chop the coriander.
- Serve the noodles in bowls. Top with the stir-fry.
- Garnish with the coriander, the sesame seeds and the crispy onions.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Steak Strips with Wholewheat Noodles

with stir-fried vegetables & gomashio

Total time: 15 - 25 min. Quick Health Conscious Choice




Marinated steak strips


Garlic-ginger-chili mix


Vegetable mix with cabbage


Wholewheat noodles


East Asian-style sauce


Gomashio


Ginger stir-fry sauce

Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2339 /559	559 /134
Total fat (g)	18	4
of which saturated(g)	5,9	1,4
Carbonhydrates (g)	65	16
of which sugars (g)	18,7	4,5
Fiber (g)	9	2
Protein (g)	33	8
Salt (g)	2,7	0,6

Allergens

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

1



Prepare

- Take the steak strips out of the fridge and allow to reach room temperature.
- In a bowl, combine the steak strips with the ginger stir-fry sauce and the ketjap.
- Cover with aluminum foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic-ginger-chili mix* for 1 minute.

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

2



Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.

3



Fry the steak strips

- Melt a knob of butter in a frying pan over high heat.
- Fry the steak strips for 1 minute until evenly browned, seasoning to taste with salt and pepper.

4



Serve

- Serve everything on deep plates and drizzle with any residual juices from the pan.
- Garnish with the gomashio to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Signature Risotto with Brandt & Levie Sausage

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

Total time: 35 - 45 min. Family




Onion


Pork sausage with marjoram & garlic


Fennel


Risotto rice


Mascarpone


Grated Gouda


Italian seasoning

Pork sausage with marjoram & garlic

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Pork sausage with marjoram & garlic* (unit(s))	1	2	3	4	5	6
Fennel* (unit(s))	1	2	3	4	5	6
Risotto rice (g)	75	150	225	300	375	450
Mascarpone* (g)	25	50	75	100	125	150
Grated Gouda* (g)	15	25	40	50	65	75
Italian seasoning (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Low sodium vegetable stock (ml)	350	700	1050	1400	1750	2100
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	1	2	3	4	5	6
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3615 /864	448 /107
Total fat (g)	48	6
of which saturated(g)	25,7	3,2
Carbonhydrates (g)	82	10
of which sugars (g)	13,7	1,7
Fiber (g)	7	1
Protein (g)	26	3
Salt (g)	2,4	0,3

Allergens

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

1



Chop the vegetables

- Chop the onion and quarter the fennel.
- Discard the tough core and then slice into very thin strips.
- Set aside any fennel fronds to use later as garnish.

2



Make the stock

- In a bowl, combine the white wine vinegar with the sugar, a pinch of salt and a third of the fennel. Set aside until serving, stirring occasionally.
- Prepare the stock in a saucepan.

3



Fry the sausage

- Cut open the sausage and squeeze the meat out of the skin.
- Melt a knob of butter in a wok or deep frying pan over high heat.
- Fry the onion with the Italian seasoning, the sausage meat and the rest of the fennel for 3 minutes, separating the meat as you do so.
- Cover with the lid and fry for 4 - 5 minutes over medium-low heat.

4



Add the stock

- Stir the risotto rice into the meat and toast the grains for 2 minutes over low heat.
- Gradually add the stock, one ladle at a time.
- Allow the stock to slowly incorporate, stirring regularly (see Tip).

Tip: *a classic risotto is made with white wine. If you have it, deglaze the pan with a splash before adding the stock.*

5



Make the risotto

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

6



Serve

- Stir in the mascarpone and the majority of the grated cheese, then season to taste with salt and pepper.
- Serve the risotto on deep plates and top with the fennel salad.
- Garnish with the rest of the cheese and any reserved fennel fronds.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Signature Shakshuka with Fresh Goat's Cheese

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

Total time: 30 - 40 min. Vegetarian Health Conscious Choice




Onion


Garlic


Red chili pepper


Carrot


Fresh curly parsley


Middle Eastern spice mix


Egg


Chopped tomatoes


Tomato


Bell pepper


Poppyseed roll


Goat's Cheese


Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Carrot* (unit(s))	½	1	1	1	2	2
Fresh curly parsley* (g)	2½	5	7½	10	12½	15
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Egg* (unit(s))	2	4	6	8	10	12
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Tomato (unit(s))	½	1	1½	2	2½	3
Bell pepper* (unit(s))	½	1	2	2	3	3
Poppyseed roll* (unit(s))	1	2	3	4	5	6
Goat's Cheese* (g)	50	100	150	200	250	300
Not included						
Low sodium vegetable stock cube (unit(s))	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3297 /788	460 /110
Total fat (g)	42	6
of which saturated(g)	14,9	2,1
Carbonhydrates (g)	62	9
of which sugars (g)	21,6	3
Fiber (g)	16	2
Protein (g)	37	5
Salt (g)	3,2	0,4

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Chop the onion and crush or mince the garlic.
- Deseed and finely chop the chili pepper*. Dice the carrot, the tomato and the bell pepper.
- Heat a generous drizzle of olive oil in a deep frying pan over medium-high heat. Fry the carrot for 3 - 4 minutes, then add the rest of the chopped ingredients and the Middle Eastern spices. Fry for 2 more minutes.

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

2



Make the sauce

- Finely chop the parsley.
- Stir in the diced tomatoes and half of the parsley, then crumble in the stock cube (see pantry for amount).
- Bring to a boil and allow to simmer gently for 5 - 7 minutes, uncovered (see Tip).
- Season to taste with salt and pepper.

Tip: *allow the sauce to reduce as much as possible; the eggs will poach more easily in a thicker sauce.*

3



Poach the eggs

- Make small wells in the sauce for each egg.
- Crack the eggs directly into the wells so as to mostly submerge them with the sauce, then season the eggs with salt and pepper.
- Crumble over the cheese, then cover with the lid and allow to poach for 4 - 6 minutes (see Tip).

Tip: *the cooking time depends on your pan. Check the eggs regularly and cook for more or less time as preferred.*

4



Serve

- Remove the lid, then turn up the heat and poach for a further 2 - 4 minutes so as to allow any excess liquid to evaporate.
- In the meantime, bake the bread roll in the oven for 6 - 8 minutes.
- Serve the shakshuka on plates and garnish with the rest of the parsley.
- Serve the bread roll alongside.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Signature Shrimp Poké Bowl with Ponzu Mayo

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

Total time: 15 - 25 min. Family Quick Health Conscious Choice




Ponzu


Sushi rice


Shrimp


Persian cucumber


Slaw mix


Sesame oil


Garlic


Mango


Gomashio


Reduced salt soy sauce

Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Ponzu (g)	12	24	36	48	60	72
Sushi rice (g)	75	150	225	300	375	450
Shrimp* (g)	80	160	240	320	400	480
Persian cucumber* (unit(s))	½	1	2	2	3	3
Slaw mix* (g)	50	100	150	200	250	300
Sesame oil (ml)	5	10	15	20	25	30
Garlic (unit(s))	½	1	1½	2	2½	3
Mango* (unit(s))	½	1	1	2	2	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Reduced salt soy sauce (ml)	10	20	30	40	50	60
Not included						
Water for the rice (ml)	175	350	525	700	875	1050
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	¾	1½	2¼	3	3¾	4½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2837 /678	451 /108
Total fat (g)	27	4
of which saturated(g)	6,9	1,1
Carbonhydrates (g)	84	13
of which sugars (g)	23,4	3,7
Fiber (g)	5	1
Protein (g)	22	4
Salt (g)	2,8	0,4

Allergens

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

1



Boil the rice

- Boil the water in a pot or saucepan (see pantry for amount).
- Add a pinch of salt, then cook the rice for 12 - 13 minutes over low heat, covered. Add an extra splash of water as necessary if the rice seems too dry.
- Turn off the heat, then stir in half each of the white wine vinegar and the sugar.
- Set aside until serving, covered.

2



Prepare the toppings

- In a bowl, combine the slaw mix with the sesame oil. Season to taste with salt and pepper.
- Dice the cucumber and transfer to another bowl. Add the rest of the white wine vinegar and sugar and toss well to combine.
- Peel and dice the mango.

3



Fry the shrimp

- Crush or mince the garlic.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the shrimp with the garlic for 3 minutes (see Tip). Season to taste with salt and pepper.
- In a small bowl, combine the mayonnaise with the ponzu.

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

4



Serve

- Serve the rice in bowls and arrange everything on top.
- Garnish with the gomashio, then drizzle with the soy sauce and the ponzu mayo to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Signature Chicken Tagliatelle with Guanciale

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

Total time: 15 - 25 min. Family Quick




Chicken mince with Mediterranean herbs


Mascarpone


Fresh basil


Garlic


Romano pepper


Grana Padano flakes DOP


Onion


Passata


Fresh tagliatelle


Guanciale

Chicken mince with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Fresh tagliatelle* (g)	125	250	375	500	625	750
Guanciale* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4184 /1000	721 /172
Total fat (g)	52	9
of which saturated(g)	23,5	4
Carbonhydrates (g)	85	15
of which sugars (g)	14,3	2,5
Fiber (g)	9	2
Protein (g)	45	8
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

- Boil plenty of salted water in a pot or saucepan for the tagliatelle (see Tip).
- Cut the Romano pepper into thin strips.
- Chop the onion and crush or mince the garlic.
- Boil the tagliatelle for 4 - 6 minutes, then reserve some of the pasta water before draining and setting aside.

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

2



Make the sauce

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

3



Finish

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

4



Serve

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

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Signature Dahl with Crispy Chickpeas & Naan

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

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



- Onion
- Carrot
- Tomato paste
- Coconut milk
- Red split lentils
- Spinach
- Naan with herbs
- Lime
- Chickpeas
- African-inspired spice mix
- Fresh coriander
- Fresh ginger
- Curry powder
- Organic full-fat yogurt

+ Naan bread with herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
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)	100	200	300	400	500	600
Naan with herbs (unit(s))	½	1	1½	2	2½	3
Lime* (unit(s))	¼	½	¾	1	1¼	1½
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
Organic full-fat yogurt* (g)	25	50	75	100	125	150
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3251 /777	413 /99
Total fat (g)	37	5
of which saturated(g)	17,1	2,2
Carbonhydrates (g)	74	9
of which sugars (g)	20,2	2,6
Fiber (g)	28	3
Protein (g)	28	4
Salt (g)	1,9	0,2

Allergens

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

1



Prepare

- Preheat the oven to 180°C 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.*

2



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.

3



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.

4



Roast the chickpeas

- Drain and rinse the chickpeas, then pat them dry with kitchen paper.
- Transfer to a bowl 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.

5



Finish

- Bake the naan for 3 - 4 minutes, then cut into triangles.
- Finely chop the coriander.
- Zest the lime and cut it into 6 wedges.
- In a bowl, combine the yoghurt with some lime zest as preferred. Season to taste with salt and pepper.

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

6



Serve

- When the dahl is done, squeeze in one lime wedge per person. Mix well and season to taste with salt and pepper.
- Serve the dahl in bowls and top with the crispy chickpeas.
- Drizzle with the yogurt sauce and garnish with the coriander.
- Serve with the naan and the rest of the lime wedges.

Bake the bread in a preheated oven until lightly toasted, then serve with the dish.
Check the nutritional values and allergens on the ingredient label.

Signature Chicken Meatballs in Creamy Mushroom Sauce

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

Total time: 40 - 50 min. Health Conscious Choice




Potatoes


Onion


Garlic


Mushrooms


Cooking cream


Green beans


Basil crème


Fresh chives


Chicken meatballs with Mediterranean herbs

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh chives* (g)	2½	5	7½	10	12½	15
Chicken meatballs with Mediterranean herbs* (unit(s))	3	6	9	12	15	18
Not included						
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[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
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3243 /775	461 /110
Total fat (g)	48	7
of which saturated(g)	20,8	3
Carbonhydrates (g)	55	8
of which sugars (g)	10,3	1,5
Fiber (g)	12	2
Protein (g)	31	4
Salt (g)	1,8	0,3

Allergens

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

1



Roast the potatoes

- Preheat the oven to 210°C.
- Wash the potatoes and cut them into quarters, then transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 – 30 minutes, tossing halfway.

2



Slice the mushrooms

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

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

3



Fry the mushrooms

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

4



Fry the meatballs

- Meanwhile, halve the meatballs.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the meatballs for 6 - 8 minutes until evenly browned.

5



Prepare the green beans

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

6



Serve

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

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Miljuschka's Quick One-Pot Pasta Bolognese

with mozzarella & basil

Total time: 25 - 35 min. | Quick | Family



Miljuschka:

"Bolognese has been a firm family favourite in our house for years. And we're not the only ones — it's one of the recipes you've made the most from me. That's why I created an easy one-pan version of my tried-and-truerecipe just for HelloFresh. Just as delicious, with a lot less washing up. Win-win!"

Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Penne (g)	90	180	270	360	450	540
Garlic (unit(s))	1	2	3	4	5	6
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Mix of carrot, onion and celery* (g)	100	200	300	400	500	600
Tomato paste (can)	½	1	1½	2	2½	3
Passata (g)	100	200	300	390	500	590
Shredded mozzarella* (g)	25	50	75	100	125	150
Organic semi-skimmed milk* (ml)	50	100	150	200	250	300
Fresh basil* (g)	2½	5	7½	10	12½	15
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium beef stock (ml)	150	300	450	600	750	900
Olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3418 /817	511 /122
Total fat (g)	32	5
of which saturated(g)	12,3	1,8
Carbonhydrates (g)	88	13
of which sugars (g)	16,8	2,5
Fiber (g)	6	1
Protein (g)	42	6
Salt (g)	2,8	0,4

Allergens

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

1



Prepare

- Heat a drizzle of olive oil in a large pot over medium-high heat. Fry the vegetable mix for 5 - 6 minutes, covered, stirring occasionally.
- In the meantime, prepare the stock.
- Crush or mince the garlic.
- Deseed and finely chop the red chili pepper*.

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

2



Fry the mince

- Add the mince, the garlic and the chili pepper, then fry for 3 more minutes, separating the mince as you do so.
- Add the tomato paste and fry for 1 minute.
- Add the Hello Buon Appetito, then season with salt and pepper.

3



Finish

- Add the milk, the passata, the stock and the pasta, then mix well to combine.
- Cover with the lid and simmer for 15 minutes, stirring regularly.
- Add a splash of water as necessary if it seems too dry.
- Season to taste with salt and pepper.

4



Serve

- Roughly chop the basil in the meantime.
- Serve the pasta on deep plates.
- Garnish with the basil and the cheese to finish.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Miljuschka's Fusion Chicken Traybake with Herb Dressing

with potato wedges, yogurt & coconut green beans

Total time: 40 - 50 min.

Health Conscious



Miljuschka:

"This is meat, potatoes and veg the way I like it: easy, generous, and without three pans on the stove. Chicken thighs, green beans and baby potatoes all go into the oven together and come out beautifully golden and absolutely delicious. It's one of those easy meals that secretly looks like you've gone to loads of effort, and we love that."

Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Yellow mustard seeds (sachet(s))	½	1	1½	2	2½	3
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Desiccated coconut (g)	10	20	30	40	50	60
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh coriander & mint* (g)	5	10	15	20	25	30
Red chili pepper* (unit(s))	¼	½	¾	1	1¼	1½
Not included						
White wine vinegar (tbsp)	1	2	3	4	5	6
Sugar (tbsp)	½	1	1½	2	2½	3
Olive oil (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2632 /629	415 /99
Total fat (g)	27	4
of which saturated(g)	10,7	1,7
Carbonhydrates (g)	66	10
of which sugars (g)	14,7	2,3
Fiber (g)	14	2
Protein (g)	30	5
Salt (g)	1,5	0,2

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Cut the potatoes into wedges.
- Transfer to a parchment-lined baking sheet and drizzle with olive oil. Season with salt and pepper, then toss well to coat. Parbake in the oven for 10 minutes.
- In the meantime, discard the tips of the green beans and then cut in half.

2



Assemble

- In a bowl, combine the green beans with the chicken, the curry spices, the dessicated coconut, the mustard seeds and a drizzle of olive oil.
- Move the wedges to one side of the baking sheet, then place the green beans and the chicken alongside (or use a second baking sheet if necessary).
- Roast in the oven for 18 - 23 minutes, or until done.

3



Make the dressing

- Meanwhile, chop the onion and crush or mince the garlic.
- Finely chop the fresh herbs.
- Deseed and finely chop the red chili pepper*.
- Transfer all four to a bowl, then add the white wine vinegar, the sugar and a pinch of salt. Mix well to combine.

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

4



Serve

- Serve the traybake on plates.
- Dollop over the yogurt and drizzle with the herb dressing.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Miljuschka's Spicy Nduja Pasta with Crispy Sage

with pumpkin & mascarpone

Total time: 25 - 35 min.

Quick



Miljuschka:

"One-pan pasta is always a good idea, especially when pumpkin and 'nduja are involved. The pumpkin makes the sauce creamy and silky, while the Italian sausage adds a little kick. Everything cooks together in one pan, the flavours come together effortlessly, and you'll have more time for more important things than washing up."

Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Onion (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Hello Buon Appetito (sachet(s))	½	1	1½	2	2½	3
Diced pumpkin* (g)	150	300	450	600	750	900
Nduja* (g)	20	40	60	80	100	120
Farfalle (g)	90	180	270	360	450	540
Mascarpone* (g)	25	50	75	100	125	150
Fresh sage* (g)	5	10	15	20	25	30
Tomato paste (can)	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3389 /810	514 /123
Total fat (g)	43	7
of which saturated(g)	18,6	2,8
Carbonhydrates (g)	82	12
of which sugars (g)	15,9	2,4
Fiber (g)	7	1
Protein (g)	20	3
Salt (g)	1,7	0,3

Allergens

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

1



Prepare

- Chop the onion and crush or mince the garlic.
- Prepare the stock.
- 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 nduja* and fry for 2 more minutes.

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

2



Cook the pasta

- Increase the heat, then add the pumpkin, the garlic, the tomato paste, the balsamic vinegar and the Hello Buon Appetito. Mix well and fry for 3 - 5 minutes.
- Transfer the pasta to the pan, then pour in the stock.
- Bring to the boil and simmer for 15 minutes, covered.
- Remove the lid and simmer for 5 more minutes, or until the liquid has evaporated.

3



Fry the sage

- Prepare a plate lined with kitchen paper.
- Tear the sage leaves off of the stalks.
- Heat a drizzle of olive oil with a knob of butter in a small frying pan over medium-high heat. Fry the sage leaves until crispy, then transfer to the plate. Season to taste with salt.
- Stir the residual sage butter from the frying pan into the pasta.

4



Serve

- Transfer the mascarpone to the pasta.
- Season to taste with salt and pepper, then mix well to combine.
- Serve the pasta on deep plates and garnish with the crispy sage to finish.

Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Creamy Hot Smoked Salmon Gratin

with cheese, leek, courgette & dill

Total time: 55 - 65 min. Family




Potatoes


Courgette


Leek


Fresh dill


Grated Gouda


Hot smoked salmon flakes


Cooking cream

Hot smoked salmon flakes

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Courgette* (unit(s))	½	1	2	2	3	3
Leek* (unit(s))	½	1	1	2	2	3
Fresh dill* (g)	2½	5	7½	10	12½	15
Grated Gouda* (g)	15	25	40	50	65	75
Hot smoked salmon flakes* (g)	75	150	225	300	375	450
Cooking cream (g)	75	150	225	300	375	450
Not included						
Low sodium vegetable stock (ml)	125	250	375	500	625	750
Flour (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
[Plant-based] butter (tbsp)	2	4	6	8	10	12
Water (ml)	30	60	90	120	150	180
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3410 /815	450 /108
Total fat (g)	52	7
of which saturated(g)	28,8	3,8
Carbonhydrates (g)	57	8
of which sugars (g)	10,5	1,4
Fiber (g)	8	1
Protein (g)	30	4
Salt (g)	1,5	0,2

Allergens

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

1



Prepare

- Preheat the oven to 200°C and prepare the stock.
- Boil plenty of salted water in a pot or saucepan. Peel or wash the potatoes and cut into 2cm chunks.
- Boil the potatoes for 10 - 13 minutes, then drain and set aside.
- Meanwhile, dice the courgette and thinly slice the leek.

2



Fry the vegetables

- Melt a generous knob of butter in a frying pan over medium-high heat.
- Fry the leek with the courgette for 3 - 4 minutes, then add the water (see pantry for amount).
- Cover with the lid and allow to stew for 6 - 8 minutes, stirring regularly. Season to taste with salt and pepper.
- Meanwhile, roughly chop the dill.

3



Make the sauce

- Melt a generous knob of butter in a saucepan over medium heat. Fry the flour for 2 - 3 minutes, stirring continuously.
- Lower the heat, then pour in the cream and whisk continuously to incorporate.
- Repeat with the stock, then turn up the heat. Allow to simmer gently for 3 - 4 minutes until thickened and reduced.
- Stir in two thirds of the dill and season to taste with salt and pepper.

4



Serve

- Grease an oven dish with a light drizzle of olive oil. Transfer the leek and courgette to the oven dish, then top with the fish and cover with the potatoes.
- Scatter over the cheese and then pour over the sauce. Bake the gratin for 15 - 25 minutes, or until golden-brown.
- Serve the gratin on plates and garnish with the rest of the dill.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Classic Belgian Quiche Lorraine

with Gouda, bacon & tomato-arugula salad

Total time: 50 - 60 min. Family



- Bacon lardons
- Egg
- Puff pastry
- Cooking cream
- Grated Gouda
- Nutmeg
- Onion
- Arugula & lamb's lettuce
- Tomato

NEW INGREDIENT

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

+ Bacon lardons

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bacon lardons* (g)	50	100	150	200	250	300
Egg* (unit(s))	1½	3	4½	6	7½	9
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Cooking cream (g)	75	150	225	300	375	450
Grated Gouda* (g)	25	50	75	100	125	150
Nutmeg (pinch)	1	1	2	2	3	3
Onion (unit(s))	1	2	3	4	5	6
Arugula & lamb's lettuce* (g)	20	40	60	90	100	130
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4159 /994	743 /178
Total fat (g)	70	12
of which saturated(g)	33,7	6
Carbonhydrates (g)	54	10
of which sugars (g)	14,7	2,6
Fiber (g)	8	1
Protein (g)	36	6
Salt (g)	2,9	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Heat a clean frying pan over medium-high heat and fry the bacon lardons for 4 minutes. Remove from the pan and set aside.
- Fry the onion in the same pan for 5 - 10 minutes over medium-high heat.
- In a large bowl, whisk the eggs with the cream. Season with salt and pepper, then grate in a pinch of nutmeg as preferred.

2



Prepare the pastry

- Transfer the puff pastry in its the paper to a baking tin or oven dish (see Tip).
- Cut off any excess, then use a fork to pierce the surface of the pastry several times.

Health Tip: *if you're watching your calorie intake, use just a third of the pastry and keep the rest to use another time.*

3



Bake the quiche

- Pour the egg mixture into the pastry, then top with the bacon lardons and the onion.
- Scatter over the cheese.
- Bake the quiche in the oven for 30 - 35 minutes, or until it is fully cooked and the top has started to turn golden-brown.
- In a salad bowl, combine the extra virgin olive oil with the balsamic vinegar. Season to taste with salt and pepper.

4



Serve

- Slice the tomato into wedges.
- Shortly before serving, transfer the lettuce and the tomato to the salad bowl. Toss well to combine with the dressing.
- Slice the quiche and serve on plates with the salad alongside.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Fusion Paneer Masala Bao Buns

with yogurt, pickled onion & coriander

Total time: 25 - 35 min. Quick Vegetarian





Bao buns



Paneer



Tikka masala paste



Red onion



Persian cucumber



Tomato



Fresh coriander



Organic full-fat yogurt

Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Bao buns (unit(s))	3	6	9	12	15	18
Paneer* (g)	100	200	300	400	500	600
Tikka masala paste (g)	40	75	115	150	190	225
Red onion (unit(s))	½	1	1	2	2	3
Persian cucumber* (unit(s))	½	1	2	2	3	3
Tomato (unit(s))	1½	3	4	6	7	9
Fresh coriander* (g)	5	10	15	20	25	30
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Not included						
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3874 /926	659 /157
Total fat (g)	44	7
of which saturated(g)	17,6	3
Carbonhydrates (g)	91	16
of which sugars (g)	24,1	4,1
Fiber (g)	9	2
Protein (g)	39	7
Salt (g)	3,8	0,6

Allergens

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

1



Prepare

- Preheat the oven to 180°C.
- Chop half of the onion and slice the rest into half-rings.
- In a bowl, combine the white wine vinegar with the sugar, the onion rings and a pinch of salt. Set aside, stirring occasionally.
- Dice the tomato. Cut the paneer into cubes of no more than 2cm.

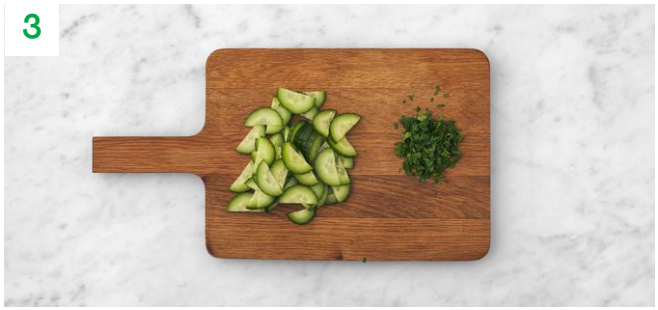
2



Fry the paneer

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. Fry the paneer with the rest of the onion for 6 - 8 minutes, or until crispy and evenly browned.
- Add the tikka masala paste, half of the tomato and a splash of water. Mix well to coat the paneer and fry for 2 more minutes.
- Remove from the heat, then stir in half of the yogurt.

3



Make the salad

- Heat the bao buns in the oven for 4 - 5 minutes.
- Slice the cucumber into crescents and finely chop the coriander.
- Set aside some of the cucumber to use later when serving, then transfer the rest to a bowl.
- Add the extra virgin olive oil, the rest of tomato and half of the coriander. Season to taste with salt and pepper, then toss well to combine.

4



Serve

- Stuff the bao buns with the paneer, the pickled onion, the reserved cucumber and the rest of the coriander.
- Drizzle with the rest of the yogurt.
- Add any remaning pickled onion to the salad and toss well to combine, then serve alongside the bao buns.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Moroccan-Inspired Chicken Harira

with orzo, lentils & coriander

Total time: 40 - 50 min. Health Conscious Choice




Chicken breast


Fresh coriander


Garlic


Chopped tomatoes


Tomato paste


Ras el hanout


Red split lentils


Orzo


Onion


Carrot


Chicken breast

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken breast* (unit(s))	1	2	3	4	5	6
Fresh coriander* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	1	2	2	3	3
Chopped tomatoes (pack)	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Red split lentils (g)	40	80	120	160	200	240
Orzo (g)	50	100	150	200	250	300
Onion (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
Low sodium chicken stock (ml)	250	500	750	1000	1250	1500
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2954 /706	360 /86
Total fat (g)	18	2
of which saturated(g)	3,7	0,5
Carbonhydrates (g)	81	10
of which sugars (g)	23,5	2,9
Fiber (g)	17	2
Protein (g)	50	6
Salt (g)	1,6	0,2

Allergens

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

1



Prepare

- Prepare the stock.
- Heat a drizzle of olive oil in a soup pot over medium-high heat. Fry the chicken for 3 - 4 minutes per side, or until evenly browned.
- Season with salt and pepper, then remove from the pot and set aside (it will finish cooking later).
- Meanwhile, slice the carrot into crescents. Chop the onion and crush or mince the garlic.

2



Fry the vegetables

- Heat a drizzle of olive oil in the same pot and fry the garlic, the onion, the carrot, the tomato paste and the ras el hanout for 2 - 3 minutes.
- Add the chopped tomatoes and enough water so as to barely submerge the vegetables, then bring to the boil.
- Cook for 10 - 15 minutes, or until the vegetables are done. Season to taste with salt and pepper.

3



Blend the vegetables

- Add the stock and most of the coriander, being sure to reserve some of the leaves for garnish.
- Process with an immersion blender until smooth.
- Stir in the lentils, the chicken and the sugar. Simmer over low heat for 20 - 25 minutes.
- Boil plenty of water in a pot or saucepan and cook the orzo for 10 - 12 minutes, then drain and set aside.

4



Serve

- Remove the chicken from the soup and use two forks to shred it, then return it to the pot.
- Add the orzo and mix well, seasoning to taste with salt and pepper.
- Serve the soup in bowls and garnish with the reserved coriander leaves.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Athlete's Choice: XL Spaghetti in Spicy Tomato Sauce

with min. 115g carbohydrates per person

Total time: 30 - 40 min. Vegetarian




Spaghetti


Garlic


Onion


Diced pumpkin


Tomato


Tomato paste


Cooking cream


Cypriot-style cheese


Peruvian-style spice mix


Fresh curly parsley & thyme


BBQ spice rub

Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	130	260	390	520	650	780
Garlic (unit(s))	½	1	1½	2	2½	3
Onion (unit(s))	1	2	3	4	5	6
Diced pumpkin* (g)	75	150	225	300	375	450
Tomato (unit(s))	1	2	3	4	5	6
Tomato paste (can)	½	1	1½	2	2½	3
Cooking cream (g)	50	100	150	200	250	300
Cypriot-style cheese* (g)	100	200	300	400	500	600
Peruvian-style spice mix (sachet(s))	½	1	1	2	2	3
Fresh curly parsley & thyme* (g)	5	10	15	20	25	30
BBQ spice rub (sachet(s))	½	1	2	2	3	3
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4167 /996	738 /176
Total fat (g)	38	7
of which saturated(g)	27,9	4,9
Carbonhydrates (g)	115	20
of which sugars (g)	21,9	3,9
Fiber (g)	10	2
Protein (g)	48	8
Salt (g)	3,7	0,6

Allergens

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

1



Prepare

- Chop the onion and crush or mince the garlic.
- Heat a light drizzle of olive oil in a frying pan over medium-high heat. Fry the pumpkin, the onion and the garlic for 2 - 3 minutes.
- Deglaze with a splash of water, then add a pinch of salt.
- Cover with the lid and steam for 8 - 10 minutes.

2



Boil the spaghetti

- Meanwhile, boil plenty of salted water in a pot or saucepan and cook the spaghetti for 10 - 12 minutes. Reserve 100ml pasta water per person, then drain and set aside.
- Meanwhile, roughly chop the parsley. Dice the tomato.
- Discard the thyme sprigs and finely chop the leaves.
- Dice the cheese into cubes of no more than 2cm, then pat dry with kitchen paper.

3



Fry the cheese

- Heat a clean non-stick frying pan over medium-high heat and fry the cheese for 6 - 8 minutes until evenly golden-brown.
- Lower the heat, then add the thyme and some honey as preferred.
- Toss well to coat, then keep warm until serving.
- Deglaze the pumpkin with the balsamic vinegar, then stir in the tomato paste and the tomato. Fry for 2 minutes.

4



Serve

- Stir in the cream, both spice mixes and the pasta water. Season generously with salt and pepper, then simmer for 3 minutes.
- Transfer the spaghetti to the sauce and toss well to combine.
- Serve the spaghetti on deep plates and top with the fried cheese.
- Garnish with the parsley to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hearty Chicken Pie with BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Health Conscious Choice





Chicken mince with Mediterranean herbs



Worcestershire sauce



BBQ spice rub



Mix of carrot, onion and celery



Puff pastry



Tomato

Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	509 /122
Total fat (g)	37	7
of which saturated(g)	19,6	3,6
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,2
Fiber (g)	8	1
Protein (g)	27	5
Salt (g)	2,4	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 4 - 5 more minutes, separating it as you do so.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Harissa Shrimp with Wholewheat Spaghetti

with fresh basil & Romano pepper

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




Romano pepper


Garlic


Red onion


Tomato


Fresh basil


Parmigiano Reggiano DOP


Wholewheat spaghetti


Passata


Harissa


Shrimp


Hello Provence

Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Hello Provence (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2536 /606	545 /130
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	73	16
of which sugars (g)	16,1	3,5
Fiber (g)	12	3
Protein (g)	31	7
Salt (g)	1,7	0,4

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan. Cook the spaghetti for 10 - 12 minutes, then drain and set aside.
- Cut the Romano pepper into rings.
- Chop the onion and crush or mince the garlic.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.

2



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 3 - 4 minutes.
- Stir in the shrimp and fry for 3 more minutes, seasoning to taste with salt and pepper.
- Remove everything from the pan and set aside under aluminum foil.

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

3



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.
- Add the passata, the tomato, the Hello Provence, the harissa, the red wine vinegar and the sugar.
- Mix well, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.

4



Serve

- Transfer the spaghetti and the Romano pepper mixture to the sauce and toss well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the spaghetti on plates. Garnish with the basil and the Parmigiano Reggiano.

Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Wholewheat Fusilli in Creamy Mushroom Sauce

with truffle-style oil, broccolini & spinach

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




Wholewheat fusilli


Broccolini


Mushrooms


Grated Pecorino DOP


Truffle-style olive oil


Garlic


Red onion


Spinach


Hello Umami


Fresco spalmabile - cream cheese

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Mushrooms* (g)	125	250	400	500	650	750
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	75	150	200	300	350	450
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2632 /629	566 /135
Total fat (g)	24	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	70	15
of which sugars (g)	10,2	2,2
Fiber (g)	15	3
Protein (g)	28	6
Salt (g)	2	0,4

Allergens

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

1



Cook the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the broccolini for 4 - 6 minutes, or until evenly browned.

2



Chop the vegetables

- Deglaze the broccolini with a splash of water, then cover with the lid and allow to cook for 4 - 5 minutes over medium-low heat.
- Season to taste with salt and pepper.
- Meanwhile, slice the mushrooms.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the mushrooms and the garlic for 6 - 8 minutes. Season to taste with salt and pepper.
- Reduce the heat, then add the cream cheese, the mustard and the pasta water.
- Crumble in the stock cube and mix well (see pantry for amount).

4



Serve

- Tear the spinach directly into the pan, then bring to the boil and allow to simmer for 1 minute.
- Remove from the heat and stir in the pecorino, the Hello Umami and the pasta. Season to taste with salt and pepper.
- Serve the pasta on plates and top with the broccolini.
- Drizzle with the truffle-style olive oil to finish.

+ Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Cheesy Chicken Taquitos

on wholewheat tortillas with tomato salsa & yogurt

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



- Wholewheat mini tortilla
- Red onion
- Roma tomato
- Organic full-fat yogurt
- Fresh coriander
- Bell Pepper
- Passata
- Smoked paprika
- Shredded mozzarella
- Chicken mince with Mediterranean herbs
- Garlic & herb seasoning

+ Seasoned minced beef

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Red onion (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Bell Pepper* (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	400	500	600
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2791 /667	525 /125
Total fat (g)	26	5
of which saturated(g)	9,1	1,7
Carbonhydrates (g)	62	12
of which sugars (g)	16,9	3,2
Fiber (g)	17	3
Protein (g)	37	7
Salt (g)	3,2	0,6

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Chop the onion and dice the bell pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the bell pepper with two thirds of the onion for 3 - 5 minutes.
- Add the mince and the garlic & herb seasoning and fry for another 3 minutes, separating it as you do so.

2



Make the sauce

- Add the smoked paprika, sugar and passata, then bring to a boil and cook for 2 - 3 minutes. Season to taste with salt and pepper.
- Top the tortillas with the sauce and the cheese.
- Roll up the tortillas into thin, tight taquitos and transfer to a parchment-lined baking sheet with the open side facing downwards.

Did you know... *the cheese in this recipe contains vitamin B12, a nutrient that supports the immune system.*

3



Make the salsa

- Bake the taquitos in the oven for 8 - 10 minutes.
- In the meantime, dice the tomato and chop the coriander.
- In a bowl, combine the tomato and the coriander with the rest of the onion.
- Add the white wine vinegar and season to taste with salt and pepper.

4



Serve

- Serve the taquitos on plates.
- Top with the yogurt and the tomato salsa.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Veggie Schnitzel over Brown Rice

with quick-pickled slaw, East Asian-style sauce & gomashio

Total time: 20 - 30 min. Family Quick Plant-Based




Carrot


Chopped sweetheart cabbage


Quick-cook brown rice


Scallions


Gomashio


East Asian-style sauce


Vegan schnitzel


Garlic


Ginger paste

Vegan schnitzel

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Carrot* (unit(s))	1	1	2	2	3	3
Chopped sweetheart cabbage* (g)	100	200	300	400	500	600
Quick-cook brown rice (g)	75	150	225	300	375	450
Scallions* (g)	62½	125	125	250	250	375
Gomashio (sachet(s))	¼	½	¾	1	1¼	1½
East Asian-style sauce* (g)	35	70	105	140	175	210
Vegan schnitzel* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Ginger paste* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	180	360	540	720	900	1080
Sugar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tbsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3996 /955	555 /133
Total fat (g)	45	6
of which saturated(g)	6,1	0,8
Carbonhydrates (g)	110	15
of which sugars (g)	25,5	3,5
Fiber (g)	15	2
Protein (g)	21	3
Salt (g)	3,8	0,5

Allergens

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

1



Prepare

- Prepare the stock.
- Crush or mince the garlic.
- Chop the scallions into thin rings and keep the white part separate from the greens.

2



Boil the rice

- Heat a drizzle of olive oil in a pot or saucepan over medium-high heat. Fry the garlic with the ginger paste and the white part of the scallion for 1 - 2 minutes.
- Add the rice and the stock, then bring to a boil.
- Lower the heat and cook the rice for 10 minutes, covered.
- Remove from the heat when finished and set aside until ready to serve.

3



Make the sauce

- Grate the carrot. Chop the cabbage into smaller pieces if preferred. In a bowl, combine the sugar and white wine vinegar with some salt and pepper.
- Add the carrot and the sweetheart cabbage. Toss well to combine and then keep in the fridge until serving.
- In a small bowl, combine the mayonnaise with the East Asian-style sauce and the water for the sauce.

4



Serve

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat. When the pan is nice and hot, fry the schnitzel for 3 minutes per side or until golden-brown.
- Serve the garlic-ginger rice on plates. Top with the schnitzel and drizzle over the sauce.
- Garnish with the gomashio and the scallion greens. Serve the crunchy slaw alongside.

Fry the veggie protein in a frying pan over medium heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

No-Chicken Bulgur Bowl with Yogurt Sauce

with parsley, lime & Romano beans

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




Roma tomato


Carrot


Garlic


Fresh flat leaf parsley


Lime


Bulgur


Organic full-fat yogurt


Middle Eastern spice mix


Plant-based chicken pieces


Pre-cut Romano beans


Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Roma tomato (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Bulgur (g)	75	150	225	300	375	450
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Pre-cut Romano beans* (g)	50	100	150	200	250	300
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2828 /676	460 /110
Total fat (g)	31	5
of which saturated(g)	4,8	0,8
Carbonhydrates (g)	77	13
of which sugars (g)	12	2
Fiber (g)	16	3
Protein (g)	25	4
Salt (g)	1,9	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Dice the tomato and the carrot.
- Crush or mince the garlic.
- Roughly chop the parsley and cut the lime into wedges.

2



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic, the Romano beans and the carrot for 3 - 4 minutes.
- Add the bulgur and fry for 1 more minute.
- Pour in the stock and bring to the boil, then cover with the lid and cook for 8 - 10 minutes.

3



Fry the veggie chicken

- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the veggie chicken for 7 - 8 minutes.
- When the bulgur is done, add the tomato, two thirds of the Middle Eastern spices and half of the parsley.
- Mix well and season to taste with salt and pepper.

4



Serve

- In a small bowl, combine the yogurt with the extra virgin olive oil and the rest of the Middle Eastern spices. Season to taste with salt and pepper.
- Serve everything on plates and top with the yogurt sauce.
- Garnish with the rest of the parsley and serve the lime wedges alongside.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Venison Steak with Fries & Aioli

with green bean salad & onion jus

Total time: 40 - 50 min. Family



- Potatoes
- Green beans
- Red onion
- BBQ spice rub
- Mixed leaves of radicchio, arugula & lettuce
- Aioli
- Venison steak

NEW INGREDIENT

There is a new ingredient in your box! This whole wheat multiseed roll is not only delicious, but also nutritious. Rich in fibre, it helps support healthy digestion.
Scan the QR code to let us know what you thought of the ingredient!

+ Hamburger from Meatier

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
Aioli (g)	25	50	75	100	125	150
Venison steak* (g)	120	240	360	480	600	720
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3891 /930	528 /126
Total fat (g)	59	8
of which saturated(g)	18,9	2,6
Carbonhydrates (g)	65	9
of which sugars (g)	14,2	1,9
Fiber (g)	13	2
Protein (g)	34	5
Salt (g)	1,8	0,2

Allergens

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

1



Bake the fries

- Preheat the oven to 200°C. Take the steak out of the fridge and allow it to reach room temperature.
- Peel or wash the potatoes and cut into fries of no more than 1cm thickness.
- Pat the fries dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 20 - 25 minutes, tossing halfway.

2



Boil the green beans

- In the meantime, discard the tips of the green beans.
- Fill a pot or saucepan with a shallow layer of water and add a pinch of salt, then add the green beans.
- Cover with the lid and bring to a boil, then allow to simmer gently for 6 - 8 minutes until al dente.
- Drain the beans and rinse under cold water so as to stop them cooking further, then set aside to cool.

3



Make the jus

- Prepare the stock and slice the onion into half-rings.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the onion for 6 - 7 minutes.
- Deglaze with the balsamic vinegar, then add the BBQ rub* and the stock.
- Mix well and then allow to reduce over low heat for 5 - 8 minutes.

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

4



Fry the steak

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

5



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mustard and the honey.
- Season to taste with salt and pepper.
- Transfer the green beans and the mixed leaves to the bowl, then toss well to combine with the dressing.

6



Serve

- Serve the fries on plates with everything else alongside.
- Serve with the onion jus and the aioli.

Fry the burger in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Wholewheat Orzo with Greek-Style Cheese & Basil

with garlic bread & roasted vegetables

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




Fresh basil & oregano


Romano pepper


Courgette


Eggplant


Wholewheat orzo


Onion


Garlic


Passata


Smoked paprika


Greek-style cheese


Wholewheat multigrain bread roll


Hello Buon Appetito


Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh basil & oregano* (g)	5	10	15	20	25	30
Romano pepper* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	2	2	3	3
Eggplant* (unit(s))	½	1	1	2	2	3
Wholewheat orzo (g)	40	75	115½	150	190½	225
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Passata (g)	100	200	300	390	500	590
Smoked paprika (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Greek-style cheese* (g)	25	50	75	100	125	150
Wholewheat multigrain bread roll (unit(s))	½	1	1½	2	2½	3
Hello Buon Appetito (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Not included						
Olive oil (tbsp)	2	4	6	8	10	12
Sugar (tsp)	½	1	1½	2	2½	3
Balsamic vinegar (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2694 /644	482 /115
Total fat (g)	33	6
of which saturated(g)	8,5	1,5
Carbonhydrates (g)	61	11
of which sugars (g)	21,2	3,8
Fiber (g)	12	2
Protein (g)	20	4
Salt (g)	1,6	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Roughly chop the oregano leaves and cut the Romano pepper into strips.
- Dice the eggplant and the courgette into 1cm chunks.
- Transfer the vegetables and the oregano to a large bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.

2

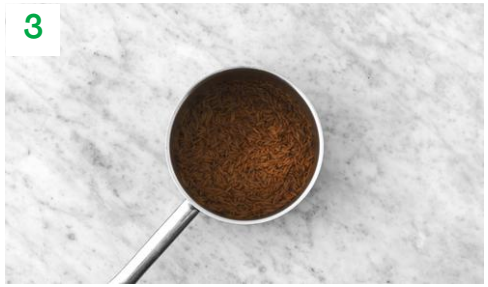


Roast the vegetables

- Transfer the vegetables to a parchment-lined baking sheet, leaving enough space to add the bread later (see Tip).
- Roast for 20 - 25 minutes, or until done.

Tip: *use two baking sheets if you're cooking for three or more people.*

3



Boil the orzo

- In the meantime, boil plenty of water in a pot or saucepan.
- Cook the orzo for 10 - 12 minutes until al dente, then drain and set aside.
- Chop the onion and crush or mince the garlic.

4



Make the sauce

- Heat a drizzle of olive oil in a saucepan over medium-high heat.
- Fry the onion with half of the garlic for 3 minutes, then deglaze with the balsamic vinegar and the passata.
- Add the smoked paprika and the sugar and allow to simmer for 5 - 7 minutes. Season to taste with salt and pepper.

5



Prepare the topping

- Cut open the bread roll and drizzle generously with olive oil. Scatter over the Hello Buon Appetito and the rest of the garlic, then season to taste with salt and pepper.
- Bake the bread alongside the vegetables for 8 minutes.
- Crumble the cheese and roughly chop the basil.
- Transfer both to a bowl and season to taste with pepper.

6



Serve

- Stir the roasted vegetables into the orzo.
- Serve the smoky tomato sauce on plates and top with the orzo.
- Garnish with the cheesy basil topping.
- Cut the bread into strips and serve alongside.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Moroccan-Style Chicken Stew

with dried apricot & ras el hanout

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




Chicken thigh strips with kebab spices


Carrot


Onion


Garlic


Ras el hanout


Bulgur


Tomato paste


Fresh flat leaf parsley


Eggplant


Dried apricot pieces

Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken thigh strips with kebab spices* (g)	100	200	300	400	500	600
Carrot* (unit(s))	½	1	1	1	2	2
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Ras el hanout (sachet(s))	½	1	1½	2	2½	3
Bulgur (g)	75	150	225	300	375	450
Tomato paste (can)	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Eggplant* (unit(s))	½	1	2	2	3	3
Dried apricot pieces (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	150	300	450	600	750	900
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2536 /606	412 /98
Total fat (g)	14	2
of which saturated(g)	3,7	0,6
Carbonhydrates (g)	91	15
of which sugars (g)	28	4,5
Fiber (g)	17	3
Protein (g)	32	5
Salt (g)	1,6	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Chop the onion and crush or mince the garlic. Slice the carrot into crescents. Dice the eggplant into 1cm cubes.
- Heat a drizzle of olive oil in a soup pot over medium-high heat and fry the chicken for 2 minutes.
- Add the eggplant, the carrot, the onion and the garlic, then fry for another 2 minutes.

2



Make the stew

- Add the ras el hanout and the tomato paste, then fry for 2 - 3 more minutes.
- Add the stock, the honey and the dried apricots. Mix well, then lower the heat and cover with the lid.
- Allow to simmer for 25 - 30 minutes, stirring occasionally.
- Remove the lid and simmer for 5 more minutes. Season to taste with salt and pepper.

3



Cook the bulgur

- Transfer the bulgur to a pot or saucepan and submerge with plenty of salted water.
- Bring to a boil and cook the bulgur for 10 minutes until done.
- Chop the parsley in the meantime.

4



Serve

- Drain the bulgur and stir in half of the parsley.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the bulgur on deep plates and top with the stew.
- Garnish with the rest of the parsley.

+ Fry the beef in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Duck Thigh Confit with Tzatziki & Sumac Salad

over bulgur with fresh herbs & za'atar

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




Boneless duck thigh confit


Bulgur


Red onion


Tomato


Persian cucumber


Radish


Tzatziki


Za'atar


Sumac


Fresh flat leaf parsley & mint

Chicken breast with
Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Boneless duck thigh confit* (unit(s))	1	2	3	4	5	6
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1½	2	2½	3
Tzatziki* (g)	25	50	75	100	125	150
Za'atar (sachet(s))	½	1	2	2	3	3
Sumac (tsp)	1½	3	3	6	6	9
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Not included						
Low sodium chicken stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3096 /740	454 /108
Total fat (g)	35	5
of which saturated(g)	11,2	1,6
Carbonhydrates (g)	71	10
of which sugars (g)	9	1,3
Fiber (g)	11	2
Protein (g)	40	6
Salt (g)	1,7	0,2

Allergens

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

1



Boil the bulgur

- Prepare the stock in a pot or saucepan.
- Transfer the bulgur to the stock, then boil gently for 10 minutes or until done.
- Drizzle with some extra virgin olive oil as preferred, then season with salt and pepper. Set aside until serving.

2



Fry the duck

- Meanwhile, slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the onion with the duck in its juices for 2 - 3 minutes per side, covered.
- Remove the duck from the pan and set aside under aluminum foil.

3



Chop the vegetables

- In a small bowl, combine the tzatziki with the water for the sauce.
- Dice the cucumber and the tomato.
- Quarter the radishes and roughly chop the fresh herbs.

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

4



Serve

- In a salad bowl, combine the vegetables with the sumac, the za'atar, half of the fresh herbs and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the tzatziki and garnish with the rest of the fresh herbs.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Shrimp Bowl with Mango Salsa

over rice with rainbow slaw & African-inpired spices

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




Shrimp


Jasmine rice


Onion


Rainbow slaw mix


Mango


Persian cucumber


African-inspired spice mix

Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Jasmine rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	50	100	100	200	200	300
Mango* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2665 /637	419 /100
Total fat (g)	23	4
of which saturated(g)	3,3	0,5
Carbonhydrates (g)	89	14
of which sugars (g)	24,1	3,8
Fiber (g)	6	1
Protein (g)	24	4
Salt (g)	1,6	0,2

Allergens

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

1



Boil the rice

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

2



Make the slaw

- In a large bowl, combine the slaw mix with the mayonnaise and half of the white wine vinegar.
- Season to taste with salt and pepper, then set aside until serving.
- Finely chop the onion and dice the cucumber.
- Peel and dice the mango.

3



Make the salsa

- In a salad bowl, combine the cucumber with the mango, onion and honey (see Tip).
- Stir in the rest of the white wine vinegar and some sambal as preferred. Season to taste with salt and pepper.

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

4



Serve

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the shrimp with the African-inspired spice mix for 3 minutes until done.
- Serve the rice on deep plates.
- Top with the shrimp, the salsa and the slaw.

+ Fry the beef in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Veggie Spag Bol with Grana Padano

with wholewheat spaghetti, tomatoes & parsley

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




Wholewheat spaghetti


Onion


Garlic


Carrot


Mini Roma tomatoes


Plant-based mince


Passata


Dried oregano


Hello Umami


Worcestershire sauce


Fresh flat leaf parsley


Grana Padano flakes DOP

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Plant-based mince* (g)	75	150	225	300	375	450
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2707 /647	452 /108
Total fat (g)	18	3
of which saturated(g)	5,3	0,9
Carbonhydrates (g)	78	13
of which sugars (g)	19,5	3,3
Fiber (g)	20	3
Protein (g)	35	6
Salt (g)	2,9	0,5

Allergens

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

1



Prepare

- Prepare the stock.
- Boil plenty of salted water in a pot or saucepan. Cook the spaghetti for 11 - 13 minutes, or until al dente. Drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Grate the carrot and halve the tomatoes.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion and the garlic for 3 minutes.
- Add the carrot, the tomatoes, the mince, the passata, the Hello Umami, the Worcestershire sauce, the soy sauce and the oregano.
- Mix well to combine, then season to taste with salt and pepper.

3



Finish

- Pour in the stock, then turn the heat to low and allow to simmer for 8 - 10 minutes, covered (see Tip).
- Roughly chop the parsley.

Tip: *if you can, simmer the sauce for more time, as this deepens the flavour. Add a splash of water as necessary if it seems too thick.*

4



Serve

- Serve the spaghetti on plates and top with the sauce.
- Garnish with the cheese and the parsley to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Organic Salmon | with Fragrant Coconut Curry Sauce

over rice with chives & roasted vegetables

Total time: 25 - 35 min. Quick




Basmati rice


Carrot


Purple carrot


Courgette


Organic skin-on salmon fillet


Coconut milk


Fish sauce


Yellow curry spices


Garlic & herb seasoning


Fresh chives

Fillet of salmon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Basmati rice (g)	75	150	225	300	375	450
Carrot* (unit(s))	½	1	2	2	3	3
Purple carrot* (unit(s))	½	1	2	2	3	3
Courgette* (unit(s))	½	1	1	2	2	3
Organic skin-on salmon fillet* (unit(s))	1	2	3	4	5	6
Coconut milk (ml)	90	180	250	360	430	540
Fish sauce (ml)	5	10	15	20	25	30
Yellow curry spices (sachet(s))	½	1	1½	2	2½	3
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Fresh chives* (g)	2½	5	7½	10	12½	15
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Water for the rice (ml)	175	350	525	700	875	1050
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3393 /811	466 /111
Total fat (g)	42	6
of which saturated(g)	17,4	2,4
Carbonhydrates (g)	78	11
of which sugars (g)	11,3	1,6
Fiber (g)	7	1
Protein (g)	34	5
Salt (g)	2,6	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Boil the water for the rice in a pot or saucepan.
- Cut the carrots into batons and slice the courgette into crescents of around 1cm thickness.
- Transfer both to a parchment-lined baking sheet, then drizzle with olive oil and scatter over the garlic & herb seasoning. Season with salt and pepper, then roast for 10 minutes.

2



Boil the rice

- Pat the fish dry with kitchen paper, then season with salt and pepper.
- Make some space on the centre of the baking sheet among the vegetables, then add the fish. Roast for 10 - 15 minutes, or until done.
- Boil the rice for 10 - 12 minutes, covered, then turn off the heat.
- Season with salt and pepper, then allow to stand until serving, still covered.

3



Make the sauce

- Transfer the coconut milk to a small saucepan over medium heat.
- Add the fish sauce* and the yellow curry spices, then mix well to combine.
- Turn off the heat when the sauce has reached your desired thickness.
- Meanwhile, finely chop the chives or use scissors if preferred.

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

4



Serve

- Serve the rice on plates with everything else alongside.
- Drizzle with the coconut curry sauce and garnish with the chives to finish.

Pat the fish dry with kitchen paper. Fry the fish in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Organic Steak | Rosemary Eggplant & Parsley Mayonnaise

over bulgur with Romano pepper & Middle Eastern spices

Total time: 35 - 45 min. Family




Fresh rosemary


Eggplant


Red onion


Romano pepper


Bulgur


Organic steak


Fresh flat leaf parsley


Middle Eastern spice mix

Marinated steak

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Bulgur (g)	75	150	225	300	375	450
Organic steak* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Low sodium beef stock (ml)	175	350	525	700	875	1050
Olive oil (ml)	20	40	60	80	100	120
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3778 /903	561 /134
Total fat (g)	50	7
of which saturated(g)	13,3	2
Carbonhydrates (g)	76	11
of which sugars (g)	15,8	2,3
Fiber (g)	13	2
Protein (g)	39	6
Salt (g)	2,7	0,4

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Take the steak out of the fridge and allow it to reach room temperature.
- Slice the eggplant into rounds of 0.5cm thickness. Discard the rosemary stalks and finely chop the leaves.
- In a bowl, combine the olive oil with half of the balsamic vinegar and three quarters of the rosemary. Season with salt and pepper.

2



Roast the vegetables

- Transfer the eggplant to a parchment-lined baking sheet and drizzle with three quarters of the oil.
- Roast the eggplant for 12 minutes.
- Meanwhile, slice the onion into half rings and cut the Romano pepper into strips.
- Transfer both to another parchment-lined baking sheet. Drizzle with the rest of the oil, then transfer to the oven.

3



Cook the bulgur

- Turn over the eggplant, then return it to the oven. Roast everything for 6 - 8 minutes.
- Prepare the stock.
- Melt a knob of butter in a pot or saucepan over medium-high heat. Fry the rest of the rosemary for 1 minute, then add the bulgur and mix well so as to coat it with the butter.
- Add the stock, then lower the heat and boil for 10 - 12 minutes, covered.

4



Fry the steak

- Melt another knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side.
- Deglaze with the rest of the balsamic vinegar, then stir in the honey.
- Remove from the pan, then season to taste with salt and pepper. Allow to rest for at least 3 minutes under aluminum foil.

5



Make the sauce

- While the steak is resting, chop the parsley and transfer half of it to a small bowl.
- Add the mayonnaise and the white wine vinegar, then mix well to combine. Season to taste with salt and pepper.
- Transfer the cooking juices from the steak to the bulgur, then add the Middle Eastern spice mix, the onion and the Romano pepper.
- Toss well to combine, then season to taste with salt and pepper.

6



Serve

- Slice the steak against the grain.
- Serve the bulgur on plates, topped with the roasted eggplant and the steak.
- Drizzle with the sauce and garnish with the rest of the parsley to finish.

Fry the protein 1 - 3 minutes per side in a frying pan over medium-high heat, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Organic Salmon | with Sesame Coating & Noodles

in oyster sauce with stir-fried vegetables

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




Wholewheat noodles


Organic skin-on salmon fillet


Garlic


Onion


Courgette


Spinach


Oyster sauce


Sweet chili sauce


Sesame seeds

Fillet of salmon

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat noodles (g)	50	100	150	200	250	300
Organic skin-on salmon fillet* (unit(s))	1	2	3	4	5	6
Garlic (unit(s))	1	2	3	4	5	6
Onion (unit(s))	½	1	1½	2	2½	3
Courgette* (unit(s))	½	1	1½	2	2½	3
Spinach* (g)	50	100	150	200	250	300
Oyster sauce (g)	12½	25	37½	50	62½	75
Sweet chili sauce* (g)	17½	35	52½	70	87½	105
Sesame seeds (g)	5	10	15	20	25	30
Not included						
Sunflower oil (tbsp)	1½	3	4½	6	7½	9
Water for the sauce (ml)	25	50	75	100	125	150
[Reduced salt] soy sauce (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3054 /730	646 /154
Total fat (g)	41	9
of which saturated(g)	5,4	1,1
Carbonhydrates (g)	54	12
of which sugars (g)	11,7	2,5
Fiber (g)	6	1
Protein (g)	35	7
Salt (g)	2,4	0,5

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the noodles for 4 - 5 minutes. Drain and rinse under cold water, then set aside.
- Slice the courgette into thin crescents.
- Slice the onion into half-rings and crush or mince the garlic.
- In a bowl, combine the oyster sauce with the sweet chilli sauce, the soy sauce and the water for the sauce.

2



Fry the fish

- On a plate, combine the sesame seeds with some salt and pepper.
- Drizzle the fish with sunflower oil and coat it with the sesame seeds.
- Heat a drizzle of sunflower oil in a large frying pan over medium-high heat. Fry the fish on its skin for 2 - 3 minutes, then flip and fry for 2 more minutes.
- Remove from the pan and set aside under aluminum foil.

3



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in the same pan over medium-high heat. Stir-fry the onion and the courgette for 4 - 5 minutes.
- Add the garlic and the spinach, tearing it directly into the pan. Allow the spinach to wilt and reduce.
- Deglaze with the white wine vinegar, then add the noodles and the sauce mixture. Toss well to combine.

4



Serve

- Serve everything on deep plates.

Pat the fish dry with kitchen paper. Fry the fish in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Za'atar-Lemon Chicken with Parsley Yogurt Sauce

with giant couscous, raisins & roasted vegetables

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



- Lemon
- Garlic
- Za'atar
- Middle Eastern spice mix
- Organic full-fat yogurt
- Raisins
- Courgette
- Romano pepper
- Chicken breast
- Fresh flat leaf parsley
- Smoked paprika
- Giant couscous
- Red onion
- Gomashio

+ Chicken thigh fillet

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Za'atar (sachet(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Raisins (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Chicken breast* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Smoked paprika (sachet(s))	¼	½	¾	1	1¼	1½
Giant couscous (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock cube (unit(s))	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3335 /797	597 /143
Total fat (g)	32	6
of which saturated(g)	9,6	1,7
Carbonhydrates (g)	79	14
of which sugars (g)	22,6	4
Fiber (g)	9	2
Protein (g)	46	8
Salt (g)	1,2	0,2

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Boil plenty of water in a large pot or saucepan, then crumble in the stock cube (see pantry for amount).
- Boil the giant couscous with the raisins for 12 - 14 minutes, then drain and set aside.
- Meanwhile, slice the courgette into crescents and cut the Romano pepper into thin strips.

2



Roast the vegetables

- Transfer the courgette and the Romano pepper to a parchment-lined baking sheet. Drizzle with olive oil and scatter over the Middle Eastern spices.
- Season with salt and pepper, then roast for 12 - 15 minutes until golden brown.
- Meanwhile, chop the onion and crush or mince the garlic.
- Juice half of the lemon and cut the rest into wedges.

3



Finish the giant couscous

- In a small bowl, combine the honey with half each of the lemon juice, the smoked paprika and the garlic (see Tip).
- Stir the gomashio, a knob of butter and the rest of the smoked paprika into the giant couscous.
- Keep warm until serving, covered.

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

4



Fry the chicken

- In a bowl, coat the chicken with the za'atar and half of the lemon juice.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat.
- Fry the onion with the chicken for 7 minutes per side, or until done. Season with salt and pepper.
- Coat the chicken with the honey mixture and fry for 1 more minute, then remove from the heat.

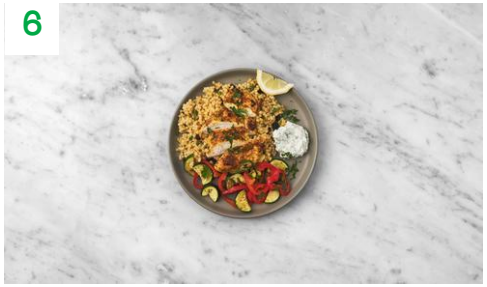
5



Make the sauce

- Roughly chop the parsley in the meantime.
- In a small bowl, combine the yogurt with the rest of the garlic and half of the parsley.
- Season to taste with salt and pepper.

6



Serve

- Serve the giant couscous on plates with everything else alongside.
- Dollop with the yogurt sauce and garnish with the rest of the parsley.
- Serve with the lemon wedges.

+ Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Organic Steak | with Teriyaki Eggplant

over rice with carrot slaw & gomashio

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




White long grain rice


Garlic


Eggplant


Carrot


Teriyaki sauce


Gomashio


Fresh coriander


Organic steak

Marinated steak

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
White long grain rice (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Carrot* (unit(s))	1	1	1	2	2	3
Teriyaki sauce (g)	25	50	75	100	125	150
Gomashio (sachet(s))	½	1	1½	2	2½	3
Fresh coriander* (g)	5	10	15	20	25	30
Organic steak* (unit(s))	1	2	3	4	5	6
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
Sunflower oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	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
Water (ml)	30	60	90	120	150	180
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

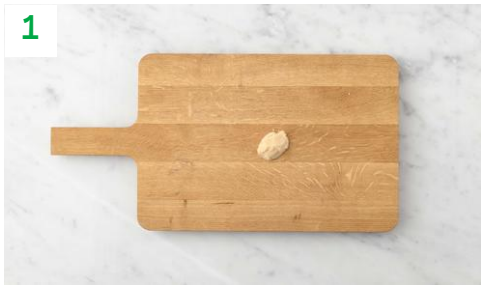
Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2958 /707	440 /105
Total fat (g)	25	4
of which saturated(g)	7	1
Carbonhydrates (g)	84	12
of which sugars (g)	15,5	2,3
Fiber (g)	7	1
Protein (g)	36	5
Salt (g)	3,5	0,5

Allergens

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

1



Prepare

- Prepare the stock. Take the steak out of the fridge and allow it to reach room temperature.
- Crush or mince the garlic.
- Heat a light drizzle of sunflower oil in a pot or saucepan over low heat and fry the garlic for 1 - 2 minutes.
- Stir in the rice, then pour in the stock.

2



Boil the rice

- Boil the rice for 10 - 12 minutes over low heat, covered. Take the pan off the heat and allow to rest for 5 minutes.
- Drain the rice if necessary, then season to taste with salt and pepper.
- Halve the eggplant lengthways, then cut each half into four long wedges.
- Heat a light drizzle of sunflower oil in a deep frying pan over high heat. Fry the eggplant for 3 - 4 minutes, turning regularly.

3



Steam the eggplant

- Lower the heat to medium and add the water (see pantry for amount).
- Cover with the lid and then steam the eggplant for 4 - 6 minutes.
- Remove the lid and add the teriyaki sauce, then fry for 1 more minute (see Tip).
- Season to taste with salt and pepper.

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

4



Fry the steak

- Melt a knob of butter in a frying pan over medium-high heat.
- When the butter is nice and hot, fry the steak for 1 - 3 minutes per side.
- Remove the steak from the pan and season with salt and pepper, then allow to rest under aluminum foil.
- Meanwhile, stir the cooking juices from the frying pan into the eggplant.

5

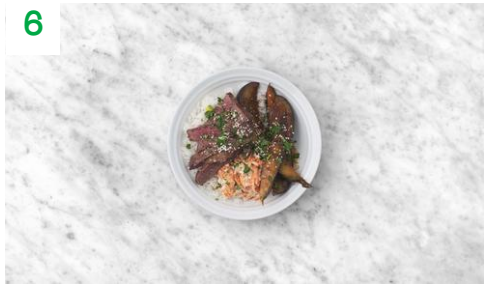


Make the carrot slaw

- Meanwhile, grate the carrot and chop the coriander.
- In a bowl, combine the carrot with the mayonnaise, the white wine vinegar and half of the coriander.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.

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

6



Serve

- Slice the steak against the grain.
- Serve the rice in bowls and top with the eggplant, the carrot slaw and the steak.
- Garnish with the gomashio and the rest of the coriander.

Fry the protein 1 - 3 minutes per side in a frying pan over medium-high heat, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Wholewheat Fusilli in Creamy Chorizo Sauce

with guacamole & tomatoes

Total time: 15 - 25 min. Family Quick




Wholewheat fusilli


Diced chorizo


Onion


Mini Roma tomatoes


Guacamole


Herbed cream cheese


Grated Gouda


Romano pepper

Avocado dip

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Diced chorizo* (g)	45	90	135	180	225	270
Onion (unit(s))	½	1	1	2	2	3
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Guacamole* (g)	40	80	120	160	200	240
Herbed cream cheese* (g)	25	50	75	100	125	150
Grated Gouda* (g)	25	50	75	100	125	150
Romano pepper* (unit(s))	½	1	2	2	3	3
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3464 /828	751 /180
Total fat (g)	43	9
of which saturated(g)	16,7	3,6
Carbonhydrates (g)	70	15
of which sugars (g)	14,6	3,2
Fiber (g)	14	3
Protein (g)	33	7
Salt (g)	2,3	0,5

Allergens

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

1



Boil the pasta

- Boil plenty of salted water in a pot or saucepan and cook the pasta for 11 - 13 minutes, then drain and set aside.
- Chop the onion in the meantime.
- Cut the Romano pepper into strips.

2



Fry the chorizo and vegetables

- Heat a drizzle of sunflower oil in a large deep frying pan over medium-high heat.
- Fry the onion with the chorizo for 2 - 3 minutes.
- Halve the tomatoes and transfer to the frying pan, along with the Romano pepper.
- Fry for 4 - 5 minutes, seasoning to taste with salt and pepper.

3



Finish the sauce

- Stir in the herbed cream cheese and half of the grated cheese.
- Allow to melt, then add the pasta and mix well to combine.
- Cook for 1 more minute over high heat, seasoning to taste with salt and pepper.

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

4



Serve

- Serve the pasta on plates.
- Garnish with the rest of the cheese.
- Finish with the guacamole.

Serve with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Panko Shrimp Wraps

with rainbow apple slaw & tomato

Total time: 15 - 25 min. Quick




Shrimp


Tomato


Rainbow slaw mix


Apple


Wholewheat mini tortilla


Panko breadcrumbs


Mayonnaise


Peruvian-style spice mix

Shrimp

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	120	240	360	480	600	720
Tomato (unit(s))	1½	3	4½	6	7½	9
Rainbow slaw mix* (g)	100	200	300	400	500	600
Apple* (unit(s))	½	1	1½	2	2½	3
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Panko breadcrumbs (g)	25	50	75	100	125	150
Mayonnaise (g)	35	75	100	150	175	225
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Sunflower oil (ml)	25	50	75	100	125	150
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3992 /954	643 /154
Total fat (g)	50	8
of which saturated(g)	5,6	0,9
Carbonhydrates (g)	82	13
of which sugars (g)	21,2	3,4
Fiber (g)	17	3
Protein (g)	36	6
Salt (g)	3	0,5

Allergens

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

1



Prepare

- Preheat the oven to 200°C (see Tip).
- Transfer the panko to a large bowl and half of the mayonnaise to a small bowl. Season both with salt and pepper.
- Prepare a plate lined with kitchen paper.

Tip: *the oven will be used later to heat the tortillas, but you can also do this in the microwave if preferred. In this case, skip preheating the oven.*

2



Fry the shrimp

- Coat the shrimp with the Peruvian-style spice mix and then with the mayonnaise, then finally with the panko.
- Heat the sunflower oil in a frying pan over medium-high heat.
- When the oil is nice and hot, carefully fry the shrimp for 3 - 4 minutes or until golden-brown.
- Transfer to the plate and set aside.

3



Heat the tortillas

- Wrap the tortillas in aluminum foil and heat in the oven for 3 - 4 minutes (see Tip).
- In the meantime, core and dice the apple.
- Dice the tomato.

Tip: *if using the microwave, transfer the tortillas to a microwave-safe plate and heat for 30 second intervals until done.*

4



Serve

- In a salad bowl, combine the honey with the white balsamic vinegar and the rest of the mayonnaise.
- Add the apple and the slaw mix, then toss well to combine. Season to taste with salt and pepper.
- Serve all the toppings separately and allow everyone to assemble their own tortillas as preferred.

Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Chicken Wraps with Kiwi & Smashed Avocado

with rainbow slaw, lamb's lettuce, coriander & lime

Total time: 15 - 25 min. Quick Health Conscious Choice




Wholewheat tortilla


Marinated diced chicken


Kiwi


Avocado


Rainbow slaw mix


Lamb's lettuce


Fresh coriander


Lime


Peruvian-style spice mix

Avocado

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat tortilla (unit(s))	2	4	6	8	10	12
Marinated diced chicken* (g)	100	200	300	400	500	600
Kiwi* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2954 /706	607 /145
Total fat (g)	38	8
of which saturated(g)	6,9	1,4
Carbonhydrates (g)	50	10
of which sugars (g)	11,6	2,4
Fiber (g)	15	3
Protein (g)	34	7
Salt (g)	2,5	0,5

Allergens

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

1



Fry the chicken

- Preheat the oven to 200°C.
- Cut any larger pieces of chicken smaller as needed.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the chicken with the Peruvian-style spice mix for 6 minutes, or until done. Season with salt and pepper.

2



Make the slaw

- Roughly chop the coriander.
- In a bowl, combine the mayonnaise with the white wine vinegar, the slaw mix and half of the coriander. Season to taste with salt and pepper.
- Peel and dice the kiwi.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

3



Smash the avocado

- Juice half of the lime and cut the rest into wedges.
- Halve and pit the avocado, then remove the skin and transfer the flesh to a small bowl.
- Add the lime juice and some extra virgin olive oil as preferred, then mash with a fork to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the elements separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the rest of the coriander and serve with the lime wedges.

Halve and pit the avocado, then remove the skin and dice the flesh. Serve on top of the dish.
Check the nutritional values and allergens on the ingredient label.

Wholewheat Fusilli with Eggplant & Chicken Breast

& for parents: parsley & Kalamata olives

Total time: 15 - 25 min. Family Quick




Wholewheat fusilli


Kalamata olives


Italian seasoning


Cooking cream


Garlic


Tomato paste


Eggplant


Onion


Grated Gouda


Fresh flat leaf parsley


Chicken breast with Mediterranean herbs

Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Kalamata olives (g)	15	30	55	70	85	100
Italian seasoning (sachet(s))	½	1	1½	2	2½	3
Cooking cream (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Tomato paste (can)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Onion (unit(s))	½	1	1	2	2	3
Grated Gouda* (g)	15	25	40	50	65	75
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Not included						
Olive oil (tbsp)	1	2	3	4	5	6
White balsamic vinegar (tbsp)	½	1	1½	2	2½	3
Low sodium chicken stock (ml)	50	100	150	200	250	300
Flour (tbsp)	2	4	6	8	10	12
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3636 /869	605 /145
Total fat (g)	35	6
of which saturated(g)	13,6	2,3
Carbonhydrates (g)	84	14
of which sugars (g)	24	4
Fiber (g)	14	2
Protein (g)	49	8
Salt (g)	2	0,3

Allergens

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

1



Prepare

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes, then drain and set aside.
- Dice the eggplant and season with salt and pepper.
- Slice the onion into half-rings.
- Transfer the flour to a deep plate. Halve the chicken lengthways, then coat it with the flour. Season with salt and pepper.

2



Fry the eggplant and chicken

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the eggplant with the onion for 4 - 5 minutes or until done, tossing regularly.
- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the chicken for 2 - 3 minutes per side.
- Reduce the heat and fry for 4 - 5 more minutes, or until done.

3



Finish the sauce

- Prepare the stock. Crush or mince the garlic.
- Deglaze the eggplant with the white balsamic vinegar, then add the tomato paste and the garlic. Fry for 1 more minute.
- Add the cream, the stock, the honey and the Italian seasoning, then allow to simmer for 1 - 2 minutes.
- Transfer the pasta to the sauce and toss well to combine.

4



Serve

- Finely chop the parsley.
- Serve the pasta on plates.
- For kids: slice the chicken into strips and serve on top of the pasta. Garnish with the cheese.
- For parents: serve the whole piece of chicken on top of the pasta. Garnish with the cheese, the olives and the parsley.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Bulgogi Noodles with Veggie Mince & Stir-Fried Vegetables

with coriander, tahini & sesame seeds

Total time: 10 - 20 min. Quick Vegetarian




Plant-based mince


Garlic


Vegetable mix with cabbage


Tahini


Ginger stir-fry sauce


Fresh coriander


Bulgogi sauce


Sesame seeds


Crispy fried onions


Wholewheat noodles


Pork mincemeat

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based mince* (g)	75	150	225	300	375	450
Garlic (unit(s))	½	1	1½	2	2½	3
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Tahini (g)	15	25	40	50	65	75
Ginger stir-fry sauce (g)	35	70	105	140	175	210
Fresh coriander* (g)	5	10	15	20	25	30
Bulgogi sauce (g)	20	35	55	70	90	105
Sesame seeds (g)	5	10	15	20	25	30
Crispy fried onions (g)	15	30	45	60	75	90
Wholewheat noodles (g)	100	200	300	400	500	600
Not included						
Sunflower oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3556 /850	736 /176
Total fat (g)	27	6
of which saturated(g)	5,9	1,2
Carbonhydrates (g)	116	24
of which sugars (g)	25,1	5,2
Fiber (g)	18	4
Protein (g)	33	7
Salt (g)	3,9	0,8

Allergens

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

1



Boil the noodles

- Boil plenty of salted water in a pot or saucepan.
- Cook the noodles for 4 - 5 minutes until al dente.
- Reserve 50ml cooking liquid per person, then drain and return to the pot.

2



Stir-fry the vegetables

- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat. Crush or mince the garlic.
- When the oil is nice and hot, fry the mince with the garlic for 2 minutes.
- Add the vegetable mix and stir-fry for 4 - 6 minutes. Season to taste with salt and pepper.

3



Make the sauce

- In a bowl, combine the tahini with the ginger stir-fry sauce, the bulgogi sauce, the white wine vinegar, the reserved cooking liquid, some sambal as preferred and the ketjap.
- Transfer the sauce to the noodles and mix well to combine.

4



Serve

- Finely chop the coriander.
- Serve the noodles in bowls. Top with the stir-fry.
- Garnish with the coriander, the sesame seeds and the crispy onions.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Duck Confit with Wholewheat Noodles

with stir-fried vegetables & gomashio

Total time: 15 - 25 min. Quick Health Conscious Choice




Boneless duck thigh confit


Garlic-ginger-chili mix


Vegetable mix with cabbage


Wholewheat noodles


East Asian-style sauce


Gomashio


Ginger stir-fry sauce

Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Boneless duck thigh confit* (unit(s))	1	2	3	4	5	6
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3042 /727	694 /166
Total fat (g)	35	8
of which saturated(g)	10,6	2,4
Carbonhydrates (g)	65	15
of which sugars (g)	18,7	4,3
Fiber (g)	9	2
Protein (g)	36	8
Salt (g)	2,9	0,7

Allergens

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

1



Prepare

- In a bowl, combine the duck and its juices with the ginger stir-fry sauce and the ketjap.
- Cover with aluminum foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic-ginger-chili mix* for 1 minute.

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

2



Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.

3



Fry the duck

- Melt a knob of butter in a frying pan over medium-high heat.
- Fry the duck for 2 - 3 minutes per side, covered.

4



Serve

- Serve everything on deep plates and drizzle with any residual juices from the pan.
- Garnish with the gomashio to finish.

Fry the beef in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Signature Wholewheat Spaghetti with Chicken & Guanciale

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

Total time: 15 - 25 min. Family Quick



- Chicken mince with Mediterranean herbs
- Mascarpone
- Fresh basil
- Garlic
- Romano pepper
- Grana Padano flakes DOP
- Onion
- Passata
- Wholewheat spaghetti
- Guanciale

+ Chicken mince with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Mascarpone* (g)	25	50	75	100	125	150
Fresh basil* (g)	5	10	15	20	25	30
Garlic (unit(s))	1	2	3	4	5	6
Romano pepper* (unit(s))	1	2	3	4	5	6
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Onion (unit(s))	½	1	1½	2	2½	3
Passata (g)	100	200	300	400	500	600
Wholewheat spaghetti (g)	90	180	270	360	450	540
Guanciale* (g)	40	80	120	160	200	240
Not included						
Olive oil (tbsp)	¼	½	¾	1	1¼	1½
Low sodium beef stock cube (unit(s))	¼	½	¾	1	1¼	1½
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	4021 /961	737 /176
Total fat (g)	50	9
of which saturated(g)	22,6	4,1
Carbonhydrates (g)	75	14
of which sugars (g)	17	3,1
Fiber (g)	14	2
Protein (g)	45	8
Salt (g)	3,4	0,6

Allergens

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

1



Prepare

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

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

2



Make the sauce

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

3



Finish

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

4



Serve

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

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Signature Venison Steak in Creamy Mushroom Sauce

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

Total time: 45 - 55 min.




Potatoes


Onion


Garlic


Mushrooms


Cooking cream


Green beans


Basil crème


Fresh chives


Venison steak

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	200	400	600	800	1000	1200
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	1	2	3	4	5	6
Mushrooms* (g)	65	125	250	250	375	375
Cooking cream (g)	75	150	225	300	375	450
Green beans* (g)	100	200	300	400	500	600
Basil crème (ml)	10	15	18	24	33	39
Fresh chives* (g)	2½	5	7½	10	12½	15
Venison steak* (g)	120	240	360	480	600	720
Not included						
Low sodium mushroom or vegetable stock (ml)	50	100	150	200	250	300
[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
Red wine vinegar (tbsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3439 /822	478 /114
Total fat (g)	52	7
of which saturated(g)	21,1	2,9
Carbonhydrates (g)	54	8
of which sugars (g)	10,3	1,4
Fiber (g)	10	1
Protein (g)	35	5
Salt (g)	1,8	0,3

Allergens

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

1



Roast the potatoes

- Preheat the oven to 210°C. Take the steak out of the fridge and allow it to reach room temperature.
- Wash the potatoes and cut them into quarters, then transfer to a bowl and drizzle with olive oil.
- Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and roast in the oven for 25 – 30 minutes, tossing halfway.

2



Slice the mushrooms

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

3



Make the mushroom sauce

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

4



Fry the steak

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

5



Prepare the green beans

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

6



Serve

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

Fry the meatballs, turning regularly until evenly browned and fully cooked. Serve on top.
Check the nutritional values and allergens on the ingredient label.

Hearty Pie with Veggie Mince & BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Vegetarian Health Conscious Choice




Plant-based mince


Worcestershire sauce


BBQ spice rub


Puff pastry


Tomato


Mix of carrot, onion and celery

Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based mince* (g)	75	150	225	300	375	450
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Low sodium vegetable stock (ml)	50	100	150	200	250	300

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2607 /623	494 /118
Total fat (g)	33	6
of which saturated(g)	17,7	3,4
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,3
Fiber (g)	12	2
Protein (g)	21	4
Salt (g)	2	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 3 more minutes.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Cheesy Beef Taquitos

with organic beef mince | wholewheat tortillas & yogurt

Total time: 25 - 35 min. Family Quick



- Wholewheat mini tortilla
- Red onion
- Roma tomato
- Organic full-fat yogurt
- Fresh coriander
- Bell Pepper
- Passata
- Smoked paprika
- Shredded mozzarella
- Organic beef mince
- Garlic & herb seasoning

+ Seasoned minced beef

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat mini tortilla (unit(s))	4	8	12	16	20	24
Red onion (unit(s))	½	1	2	2	3	3
Roma tomato (unit(s))	½	1	2	2	3	3
Organic full-fat yogurt* (g)	25	50	75	100	125	150
Fresh coriander* (g)	5	10	15	20	25	30
Bell Pepper* (unit(s))	½	1	1	2	2	3
Passata (g)	100	200	300	400	500	600
Smoked paprika (sachet(s))	½	1	1½	2	2½	3
Shredded mozzarella* (g)	25	50	75	100	125	150
Organic beef mince* (g)	125	250	375	500	625	750
Garlic & herb seasoning (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
White wine vinegar (tsp)	½	1	1½	2	2½	3
Sugar (tsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3552 /849	638 /152
Total fat (g)	45	8
of which saturated(g)	18,1	3,2
Carbonhydrates (g)	60	11
of which sugars (g)	16,8	3
Fiber (g)	15	3
Protein (g)	43	8
Salt (g)	3,5	0,6

Allergens

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

1



Prepare

- Preheat the oven to 220°C.
- Chop the onion and dice the bell pepper.
- Heat a drizzle of olive oil in a frying pan over medium-high heat. Fry the bell pepper with two thirds of the onion for 3 - 5 minutes.
- Add the mince and the garlic & herb seasoning and fry for another 3 minutes, separating it as you do so.

2



Make the sauce

- Add the smoked paprika, sugar and passata, then bring to a boil and cook for 2 - 3 minutes. Season to taste with salt and pepper.
- Top the tortillas with the sauce and the cheese.
- Roll up the tortillas into thin, tight taquitos and transfer to a parchment-lined baking sheet with the open side facing downwards.

Did you know... *the cheese in this recipe contains vitamin B12, a nutrient that supports the immune system.*

3



Make the salsa

- Bake the taquitos in the oven for 8 - 10 minutes.
- In the meantime, dice the tomato and chop the coriander.
- In a bowl, combine the tomato and the coriander with the rest of the onion.
- Add the white wine vinegar and season to taste with salt and pepper.

4



Serve

- Serve the taquitos on plates.
- Top with the yogurt and the tomato salsa.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Shrimp Bulgur Bowl with Yogurt Sauce

with parsley, lime & Romano beans

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




Roma tomato


Carrot


Garlic


Fresh flat leaf parsley


Lime


Bulgur


Organic full-fat yogurt


Middle Eastern spice mix


Shrimp


Pre-cut Romano beans

Chicken thigh strips with kebab spices

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Roma tomato (unit(s))	1	2	3	4	5	6
Carrot* (unit(s))	1	1	2	2	3	3
Garlic (unit(s))	½	1	1½	2	2½	3
Fresh flat leaf parsley* (g)	2½	5	7½	10	12½	15
Lime* (unit(s))	¼	½	¾	1	1¼	1½
Bulgur (g)	75	150	225	300	375	450
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Shrimp* (g)	80	160	240	320	400	480
Pre-cut Romano beans* (g)	50	100	150	200	250	300
Not included						
Sunflower oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	150	300	450	600	750	900
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2481 /593	404 /97
Total fat (g)	23	4
of which saturated(g)	4	0,7
Carbonhydrates (g)	73	12
of which sugars (g)	11,7	1,9
Fiber (g)	15	2
Protein (g)	27	4
Salt (g)	1,7	0,3

Allergens

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

1



Prepare

- Prepare the stock.
- Dice the tomato and the carrot.
- Crush or mince the garlic.
- Roughly chop the parsley and cut the lime into wedges.

2



Fry the vegetables

- Heat a drizzle of sunflower oil in a deep frying pan over medium-high heat. Fry the garlic, the Romano beans and the carrot for 3 - 4 minutes.
- Add the bulgur and fry for 1 more minute.
- Pour in the stock and bring to the boil, then cover with the lid and cook for 8 - 10 minutes.

3



Fry the shrimp

- Pat the shrimp dry with kitchen paper.
- Heat a drizzle of sunflower oil in a frying pan over medium-high heat and fry the shrimp for 3 minutes until done.
- When the bulgur is done, add the tomato, two thirds of the Middle Eastern spices and half of the parsley.
- Mix well and season to taste with salt and pepper.

4



Serve

- In a small bowl, combine the yogurt with the extra virgin olive oil and the rest of the Middle Eastern spices. Season to taste with salt and pepper.
- Serve everything on plates and top with the yogurt sauce.
- Garnish with the rest of the parsley and serve the lime wedges alongside.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Chicken Burger with Fries & Aioli

with green bean salad & onion jus

Total time: 40 - 50 min. Family





Potatoes



Green beans



Red onion



Mixed leaves of radicchio, arugula & lettuce



BBQ spice rub



Chicken burger from Oranjehoen



Aioli

Hamburger from Meatier

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Potatoes (g)	250	500	750	1000	1250	1500
Green beans* (g)	150	300	450	600	750	900
Red onion (unit(s))	½	1	1½	2	2½	3
Mixed leaves of radicchio, arugula & lettuce* (g)	20	40	60	90	100	130
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Chicken burger from Oranjehoen* (unit(s))	1	2	3	4	5	6
Aioli (g)	25	50	75	100	125	150
Not included						
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
Olive oil (tbsp)	½	1	1½	2	2½	3
Balsamic vinegar (tbsp)	1½	3	4½	6	7½	9
Mustard (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1½	3	4½	6	7½	9
Extra virgin olive oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Low sodium chicken stock (ml)	50	100	150	200	250	300

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3715 /888	518 /124
Total fat (g)	55	8
of which saturated(g)	18	2,5
Carbonhydrates (g)	67	9
of which sugars (g)	14,2	2
Fiber (g)	13	2
Protein (g)	30	4
Salt (g)	1,6	0,2

Allergens

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

1



Bake the fries

- Preheat the oven to 200°C.
- Peel or wash the potatoes and cut into fries of no more than 1cm thickness.
- Pat the fries dry with kitchen paper, then transfer to a bowl and drizzle with olive oil. Season with salt and pepper, then toss well to coat.
- Transfer to a parchment-lined baking sheet and bake for 20 - 25 minutes, tossing halfway.

2



Boil the green beans

- In the meantime, discard the tips of the green beans.
- Fill a pot or saucepan with a shallow layer of water and add a pinch of salt, then add the green beans.
- Cover with the lid and bring to a boil, then allow to simmer gently for 6 - 8 minutes until al dente.
- Drain the beans and rinse under cold water so as to stop them cooking further, then set aside to cool.

3



Make the jus

- Prepare the stock and slice the onion into half-rings.
- Melt a generous knob of butter in a frying pan over medium-high heat and fry the onion for 6 - 7 minutes.
- Deglaze with the balsamic vinegar, then add the BBQ rub* and the stock.
- Mix well and then allow to reduce over low heat for 5 - 8 minutes.

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

4



Fry the burger

- Melt a knob of butter in another frying pan over medium-high heat.
- Fry the burger for 3 - 4 minutes per side, then remove from the pan and set aside under aluminum foil.

5



Make the salad

- In a salad bowl, combine the extra virgin olive oil with the white wine vinegar, the mustard and the honey.
- Season to taste with salt and pepper.
- Transfer the green beans and the mixed leaves to the bowl, then toss well to combine with the dressing.

6



Serve

- Serve the fries on plates with everything else alongside.
- Serve with the onion jus and the aioli.

Fry the burger in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Veggie Chicken with Tzatziki & Sumac Salad

over bulgur with fresh herbs & za'atar

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




Plant-based chicken pieces


Bulgur


Red onion


Tomato


Persian cucumber


Radish


Tzatziki


Za'atar


Sumac


Fresh flat leaf parsley & mint

Chicken breast with Mediterranean herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Bulgur (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	1	2	3	4	5	6
Persian cucumber* (unit(s))	½	1	2	2	3	3
Radish* (bunch)	½	1	1½	2	2½	3
Tzatziki* (g)	25	50	75	100	125	150
Za'atar (sachet(s))	½	1	2	2	3	3
Sumac (tsp)	1½	3	3	6	6	9
Fresh flat leaf parsley & mint* (g)	5	10	15	20	25	30
Not included						
Low sodium vegetable stock (ml)	175	350	525	700	875	1050
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Extra virgin olive oil	to taste					
Water for the sauce (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2498 /597	389 /93
Total fat (g)	23	4
of which saturated(g)	6,4	1
Carbonhydrates (g)	75	12
of which sugars (g)	9,2	1,4
Fiber (g)	13	2
Protein (g)	25	4
Salt (g)	1,9	0,3

Allergens

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

1



Boil the bulgur

- Prepare the stock in a pot or saucepan.
- Transfer the bulgur to the stock, then boil gently for 10 minutes or until done.
- Drizzle with some extra virgin olive oil as preferred, then season with salt and pepper. Set aside until serving.

2



Fry the veggie chicken

- Meanwhile, slice the onion into half-rings.
- Melt a knob of butter in a frying pan over medium-high heat and fry the onion with the veggie chicken for 7 - 8 minutes.
- Season to taste with salt and pepper.

3



Chop the vegetables

- In a small bowl, combine the tzatziki with the water for the sauce.
- Dice the cucumber and the tomato.
- Quarter the radishes and roughly chop the fresh herbs.

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

4



Serve

- In a salad bowl, combine the vegetables with the sumac, the za'atar, half of the fresh herbs and some extra virgin olive oil as preferred. Season to taste with salt and pepper.
- Serve the bulgur on deep plates with everything else alongside.
- Drizzle with the tzatziki and garnish with the rest of the fresh herbs.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Steak Strips with Mango Salsa

over brown rice with rainbow slaw & African-inspired spices

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




Marinated steak strips


Quick-cook brown rice


Onion


Rainbow slaw mix


Mango


Persian cucumber


African-inspired spice mix

Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Marinated steak strips* (g)	100	200	300	400	500	600
Quick-cook brown rice (g)	75	150	225	300	375	450
Onion (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	50	100	100	200	200	300
Mango* (unit(s))	½	1	1½	2	2½	3
Persian cucumber* (unit(s))	½	1	1½	2	2½	3
African-inspired spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Water for the rice (ml)	180	360	540	720	900	1080
Olive oil (tbsp)	½	1	1½	2	2½	3
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
White wine vinegar (tsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	½	1	1½	2	2½	3
Sambal	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2941 /703	448 /107
Total fat (g)	27	4
of which saturated(g)	4,5	0,7
Carbonhydrates (g)	82	13
of which sugars (g)	23,8	3,6
Fiber (g)	7	1
Protein (g)	31	5
Salt (g)	1,2	0,2

Allergens

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

1



Prepare

- Take the steak strips out of the fridge (see Tip).

Tip: *for the best result, take the steak strips out of the fridge 30 - 60 minutes before you start cooking. Remove from the packaging and pat dry with kitchen paper.*

2



Boil the rice

- Boil the water in a pot or saucepan (see pantry for amount).
- Add a pinch of salt and then cook the rice for 10 minutes, covered.
- Turn off the heat and allow to stand for 5 minutes, still covered.

3



Make the slaw

- In a large bowl, combine the slaw mix with the mayonnaise and half of the white wine vinegar.
- Season to taste with salt and pepper, then set aside until serving.
- Finely chop the onion and dice the cucumber.
- Peel and dice the mango.

4



Make the salsa

- In a salad bowl, combine the cucumber with the mango, onion and honey (see Tip).
- Stir in the rest of the white wine vinegar and some sambal as preferred. Season to taste with salt and pepper.

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

5



Fry the steak strips

- Heat a drizzle of olive oil in a frying pan over high heat.
- Fry the steak strips with the African-inspired spice mix for 1 – 2 minutes until evenly browned. Season to taste with salt and pepper.

6



Serve

- Serve the rice on deep plates.
- Top with the steak strips, the salsa and the slaw.

Fry the beef in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Spag Bol with Grana Padano

with tomatoes & parsley

Total time: 25 - 35 min. Quick



- Spaghetti
- Onion
- Garlic
- Carrot
- Mini Roma tomatoes
- Seasoned beef mince
- Passata
- Dried oregano
- Hello Umami
- Worcestershire sauce
- Fresh flat leaf parsley
- Grana Padano flakes DOP

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Spaghetti (g)	90	180	270	360	450	540
Onion (unit(s))	½	1	1	2	2	3
Garlic (unit(s))	½	1	1½	2	2½	3
Carrot* (unit(s))	½	1	1	1	2	2
Mini Roma tomatoes* (g)	125	250	375	500	625	750
Seasoned beef mince* (g)	100	200	300	400	500	600
Passata (g)	100	200	300	390	500	590
Dried oregano (sachet(s))	½	1	1½	2	2½	3
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Worcestershire sauce (g)	10	15	25	30	40	45
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Grana Padano flakes DOP* (g)	20	40	60	80	100	120
Not included						
Olive oil (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock (ml)	75	150	225	300	375	450
[Reduced salt] soy sauce (tsp)	1	2	3	4	5	6
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3364 /804	539 /129
Total fat (g)	31	5
of which saturated(g)	11,8	1,9
Carbonhydrates (g)	87	14
of which sugars (g)	20	3,2
Fiber (g)	10	2
Protein (g)	42	7
Salt (g)	3,3	0,5

Allergens

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

1



Prepare

- Prepare the stock.
- Boil plenty of salted water in a pot or saucepan. Cook the spaghetti for 11 - 13 minutes, or until al dente. Drain and set aside.
- Meanwhile, chop the onion and crush or mince the garlic.
- Grate the carrot and halve the tomatoes.

2



Make the sauce

- Heat a drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the garlic and the mince for 3 minutes, separating it as you do so.
- Add the carrot, the tomatoes, the passata, the Hello Umami, the Worcestershire sauce, the soy sauce and the oregano.
- Mix well to combine, then season to taste with salt and pepper.

3



Finish

- Pour in the stock, then turn the heat to low and allow to simmer for 8 - 10 minutes, covered (see Tip).
- Roughly chop the parsley.

Tip: *if you can, simmer the sauce for more time, as this deepens the flavour. Add a splash of water as necessary if it seems too thick.*

4



Serve

- Serve the spaghetti on plates and top with the sauce.
- Garnish with the cheese and the parsley to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Chicken with Rosemary Eggplant & Parsley Mayonnaise

over bulgur with Romano pepper & Middle Eastern spices

Total time: 35 - 45 min. Family




Fresh rosemary


Eggplant


Red onion


Romano pepper


Bulgur


Chicken breast with Mediterranean herbs


Fresh flat leaf parsley


Middle Eastern spice mix

Marinated steak

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Fresh rosemary* (sprig)	½	1	1½	2	2½	3
Eggplant* (unit(s))	½	1	2	2	3	3
Red onion (unit(s))	½	1	1	2	2	3
Romano pepper* (unit(s))	½	1	1	2	2	3
Bulgur (g)	75	150	225	300	375	450
Chicken breast with Mediterranean herbs* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (ml)	20	40	60	80	100	120
Balsamic vinegar (tbsp)	½	1	1½	2	2½	3
[Plant-based] butter (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Honey [or plant-based alternative] (tsp)	1	2	3	4	5	6
White wine vinegar (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Low sodium chicken stock (ml)	175	350	525	700	875	1050

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3740 /894	560 /134
Total fat (g)	49	7
of which saturated(g)	13	1,9
Carbonhydrates (g)	76	11
of which sugars (g)	15,8	2,4
Fiber (g)	13	2
Protein (g)	40	6
Salt (g)	2,2	0,3

Allergens

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

1



Prepare

- Preheat the oven to 200°C.
- Slice the eggplant into rounds of 0.5cm thickness. Discard the rosemary stalks and finely chop the leaves.
- In a bowl, combine the olive oil with half of the balsamic vinegar and three quarters of the rosemary. Season with salt and pepper.

2



Roast the vegetables

- Transfer the eggplant to a parchment-lined baking sheet and drizzle with three quarters of the oil.
- Roast the eggplant for 12 minutes.
- Meanwhile, slice the onion into half rings and cut the Romano pepper into strips.
- Transfer both to another parchment-lined baking sheet. Drizzle with the rest of the oil, then transfer to the oven.

3



Cook the bulgur

- Turn over the eggplant, then return it to the oven. Roast everything for 6 - 8 minutes.
- Prepare the stock.
- Melt a knob of butter in a pot or saucepan over medium-high heat. Fry the rest of the rosemary for 1 minute, then add the bulgur and mix well so as to coat it with the butter.
- Add the stock, then lower the heat and boil for 10 - 12 minutes, covered.

4



Fry the chicken

- Melt another knob of butter in a frying pan over medium-high heat and fry the chicken for 2 minutes per side.
- Reduce the heat and fry for a further 5 minutes per side, or until done.
- Deglaze with the rest of the balsamic vinegar, then stir in the honey.

5



Make the sauce

- Meanwhile, chop the parsley and transfer half of it to a small bowl.
- Add the mayonnaise and the white wine vinegar, then mix well to combine. Season to taste with salt and pepper.
- Transfer the cooking juices from the chicken to the bulgur, then add the Middle Eastern spice mix, the onion and the Romano pepper.
- Toss well to combine, then season to taste with salt and pepper.

6



Serve

- Serve the bulgur on plates, topped with the roasted eggplant and the chicken.
- Drizzle with the sauce and garnish with the rest of the parsley to finish.

Fry the protein 1 - 3 minutes per side in a frying pan over medium-high heat, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Za'atar-Lemon Hake with Parsley Yogurt Sauce

with giant couscous, raisins & roasted vegetables

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




Lemon


Garlic


Za'atar


Middle Eastern spice mix


Organic full-fat yogurt


Raisins


Courgette


Romano pepper


Hake fillet


Fresh flat leaf parsley


Smoked paprika


Giant couscous


Red onion


Gomashio

Chicken thigh fillet

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Lemon* (unit(s))	½	1	1½	2	2½	3
Garlic (unit(s))	1	2	3	4	5	6
Za'atar (sachet(s))	½	1	1½	2	2½	3
Middle Eastern spice mix (sachet(s))	½	1	1½	2	2½	3
Organic full-fat yogurt* (g)	50	100	150	200	250	300
Raisins (g)	10	20	30	40	50	60
Courgette* (unit(s))	½	1	1½	2	2½	3
Romano pepper* (unit(s))	½	1	1½	2	2½	3
Hake fillet* (unit(s))	1	2	3	4	5	6
Fresh flat leaf parsley* (g)	5	10	15	20	25	30
Smoked paprika (sachet(s))	¼	½	¾	1	1¼	1½
Giant couscous (g)	75	150	225	300	375	450
Red onion (unit(s))	½	1	1½	2	2½	3
Gomashio (sachet(s))	½	1	1½	2	2½	3
Not included						
Olive oil (tbsp)	1½	3	4½	6	7½	9
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Low sodium vegetable stock cube (unit(s))	½	1	1½	2	2½	3
Honey [or plant-based alternative]	to taste					
Salt and pepper	to taste					

* *store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3159 /755	586 /140
Total fat (g)	32	6
of which saturated(g)	9,5	1,8
Carbonhydrates (g)	79	15
of which sugars (g)	22,6	4,2
Fiber (g)	9	2
Protein (g)	34	6
Salt (g)	1,8	0,3

Allergens

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

1



Prepare

- Preheat the oven to 210°C.
- Boil plenty of water in a large pot or saucepan, then crumble in the stock cube (see pantry for amount).
- Boil the giant couscous with the raisins for 12 - 14 minutes, then drain and set aside.
- Meanwhile, slice the courgette into crescents and cut the Romano pepper into thin strips.

2



Roast the vegetables

- Transfer the courgette and the Romano pepper to a parchment-lined baking sheet. Drizzle with olive oil and scatter over the Middle Eastern spices.
- Season with salt and pepper, then roast for 12 - 15 minutes until golden brown.
- Meanwhile, chop the onion and crush or mince the garlic.
- Juice half of the lemon and cut the rest into wedges.

3



Finish the giant couscous

- In a small bowl, combine the honey with half each of the lemon juice, the smoked paprika and the garlic (see Tip).
- Stir the gomashio, a knob of butter and the rest of the smoked paprika into the giant couscous.
- Keep warm until serving, covered.

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

4



Fry the fish

- In a bowl, coat the fish with the za'atar and half of the lemon juice.
- Heat a generous drizzle of olive oil in a frying pan over medium-high heat and fry the onion for 3 minutes.
- Add the fish and fry for 3 minutes per side until done. Season with salt and pepper.
- Coat the fish with the honey mixture and fry for 1 more minute, then remove from the heat.

5



Make the sauce

- Roughly chop the parsley in the meantime.
- In a small bowl, combine the yogurt with the rest of the garlic and half of the parsley.
- Season to taste with salt and pepper.

6



Serve

- Serve the giant couscous on plates with everything else alongside.
- Dollop with the yogurt sauce and garnish with the rest of the parsley.
- Serve with the lemon wedges.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Plant-Based Chicken Wraps with Kiwi & Smashed Avocado

with rainbow slaw, lamb's lettuce, coriander & lime

Total time: 15 - 25 min. Quick Plant-Based Health Conscious Choice





Flour tortillas



Plant-based chicken pieces



Kiwi



Avocado



Rainbow slaw mix



Lamb's lettuce



Fresh coriander



Lime



Peruvian-style spice mix

Avocado

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Flour tortillas (unit(s))	2	4	6	8	10	12
Plant-based chicken pieces* (g)	80	160	240	320	400	480
Kiwi* (unit(s))	½	1	1½	2	2½	3
Avocado (unit(s))	½	1	1½	2	2½	3
Rainbow slaw mix* (g)	100	200	300	400	500	600
Lamb's lettuce* (g)	20	40	60	80	100	120
Fresh coriander* (g)	5	10	15	20	25	30
Lime* (unit(s))	½	1	1½	2	2½	3
Peruvian-style spice mix (sachet(s))	½	1	1½	2	2½	3
Not included						
Sunflower oil (tbsp)	¼	½	¾	1	1¼	1½
White wine vinegar (tbsp)	1	2	3	4	5	6
[Plant-based] mayonnaise (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3205 /766	686 /164
Total fat (g)	46	10
of which saturated(g)	7,1	1,5
Carbonhydrates (g)	62	13
of which sugars (g)	11	2,4
Fiber (g)	12	2
Protein (g)	23	5
Salt (g)	2,6	0,6

Allergens

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

1



Fry the plant-based chicken

- Preheat the oven to 200°C.
- Heat a light drizzle of sunflower oil in a frying pan over medium-high heat.
- Fry the plant-based chicken with the Peruvian-style spice mix for 7 - 8 minutes. Season with salt and pepper.

2



Make the slaw

- Roughly chop the coriander.
- In a bowl, combine the mayonnaise with the white wine vinegar, the slaw mix and half of the coriander. Season to taste with salt and pepper.
- Peel and dice the kiwi.
- Wrap the tortillas in aluminum foil and heat in the oven for 2 - 3 minutes.

3



Smash the avocado

- Juice half of the lime and cut the rest into wedges.
- Halve and pit the avocado, then remove the skin and transfer the flesh to a small bowl.
- Add the lime juice and some extra virgin olive oil as preferred, then mash with a fork to combine.
- Season to taste with salt and pepper.

4



Serve

- Serve all the elements separately at the table and allow everyone to assemble their own wraps as preferred.
- Garnish with the rest of the coriander and serve with the lime wedges.

Halve and pit the avocado, then remove the skin and dice the flesh. Serve on top of the dish.
Check the nutritional values and allergens on the ingredient label.

Shrimp with Wholewheat Noodles

with stir-fried vegetables & gomashio

Total time: 15 - 25 min. Quick Health Conscious Choice




Shrimp


Garlic-ginger-chili mix


Vegetable mix with cabbage


Wholewheat noodles


East Asian-style sauce


Gomashio


Ginger stir-fry sauce

Marinaded steak strips

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Shrimp* (g)	80	160	240	320	400	480
Garlic-ginger-chili mix* (g)	10	20	30	40	50	60
Vegetable mix with cabbage* (g)	200	400	600	800	1000	1200
Wholewheat noodles (g)	50	100	150	200	250	300
East Asian-style sauce* (g)	20	35	55	70	90	105
Gomashio (sachet(s))	½	1	1½	2	2½	3
Ginger stir-fry sauce (g)	20	35	55	70	90	105
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
[Reduced salt] ketjap manis (tbsp)	½	1	1½	2	2½	3
Sunflower oil (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2096 /501	526 /126
Total fat (g)	15	4
of which saturated(g)	5,1	1,3
Carbonhydrates (g)	65	16
of which sugars (g)	18,7	4,7
Fiber (g)	9	2
Protein (g)	23	6
Salt (g)	3	0,8

Allergens

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

1



Prepare

- Pat the shrimp dry with kitchen paper.
- In a bowl, combine the shrimp with the ginger stir-fry sauce and the ketjap.
- Cover with aluminum foil and set aside until step 3.
- Heat a drizzle of sunflower oil in a wok or deep frying pan over medium-high heat and fry the garlic-ginger-chili mix* for 1 minute.

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

2



Fry the vegetables

- Stir in the vegetable mix and fry for 4 - 6 minutes.
- Meanwhile, boil plenty of water in a pot or saucepan.
- Cook the noodles for 3 - 4 minutes, then drain and transfer to the vegetables.
- Add the East Asian-style sauce and mix well to combine, then fry for 2 more minutes.

3



Fry the shrimp

- Melt a knob of butter in a frying pan over high heat.
- Fry the shrimp for 3 minutes until done, seasoning to taste with salt and pepper.

4



Serve

- Serve everything on deep plates and drizzle with any residual juices from the pan.
- Garnish with the gomashio to finish.

Fry the beef in a frying pan over medium-high heat until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hearty Beef & Pork Pie with BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Health Conscious Choice




Beef-pork mince with Italian herbs


Worcestershire sauce


BBQ spice rub


Puff pastry


Tomato


Mix of carrot, onion and celery

Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3180 /760	577 /138
Total fat (g)	48	9
of which saturated(g)	23,6	4,3
Carbonhydrates (g)	53	10
of which sugars (g)	12,3	2,2
Fiber (g)	7	1
Protein (g)	26	5
Salt (g)	2,3	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 3 more minutes, separating it as you do so.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Harissa Shrimp Linguine with Parmigiano Reggiano

with fresh basil & Romano pepper

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




Romano pepper


Garlic


Red onion


Tomato


Fresh basil


Parmigiano Reggiano DOP


Linguine


Passata


Harissa


Shrimp


Hello Provence


Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Hello Provence (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil			to taste			
Salt and pepper			to taste			

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2623 /627	564 /135
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	82	18
of which sugars (g)	16,1	3,5
Fiber (g)	7	1
Protein (g)	32	7
Salt (g)	1,7	0,4

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan. Cook the linguine for 9 - 11 minutes, then drain and set aside.
- Cut the Romano pepper into rings.
- Chop the onion and crush or mince the garlic.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.

2



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 3 - 4 minutes.
- Stir in the shrimp and fry for 3 more minutes, seasoning to taste with salt and pepper.
- Remove everything from the pan and set aside under aluminum foil.

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

3



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.
- Add the passata, the tomato, the Hello Provence, the harissa, the red wine vinegar and the sugar.
- Mix well, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.

4



Serve

- Transfer the linguine and the Romano pepper mixture to the sauce and toss well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the linguine on plates. Garnish with the basil and the Parmigiano Reggiano.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Creamy Mushroom Rigatoni

with truffle-style oil, broccolini & spinach

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



- Rigatoni
- Broccolini
- Mushrooms
- Grated Pecorino DOP
- Truffle-style olive oil
- Garlic
- Red onion
- Spinach
- Hello Umami
- Fresco spalmabile - cream cheese

+ Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Mushrooms* (g)	125	250	400	500	650	750
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	75	150	200	300	350	450
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2720 /650	585 /140
Total fat (g)	23	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	78	17
of which sugars (g)	9,7	2,1
Fiber (g)	10	2
Protein (g)	29	6
Salt (g)	2	0,4

Allergens

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

1



Cook the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the broccolini for 4 - 6 minutes, or until evenly browned.

2



Chop the vegetables

- Deglaze the broccolini with a splash of water, then cover with the lid and allow to cook for 4 - 5 minutes over medium-low heat.
- Season to taste with salt and pepper.
- Meanwhile, slice the mushrooms.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the mushrooms and the garlic for 6 - 8 minutes. Season to taste with salt and pepper.
- Reduce the heat, then add the cream cheese, the mustard and the pasta water.
- Crumble in the stock cube and mix well (see pantry for amount).

4



Serve

- Tear the spinach directly into the pan, then bring to the boil and allow to simmer for 1 minute.
- Remove from the heat and stir in the pecorino, the Hello Umami and the pasta. Season to taste with salt and pepper.
- Serve the pasta on plates and top with the broccolini.
- Drizzle with the truffle-style olive oil to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hearty Chicken Pie with BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Health Conscious Choice





Chicken mince with Mediterranean herbs



Worcestershire sauce



BBQ spice rub



Mix of carrot, onion and celery



Puff pastry



Tomato

Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	509 /122
Total fat (g)	37	7
of which saturated(g)	19,6	3,6
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,2
Fiber (g)	8	1
Protein (g)	27	5
Salt (g)	2,4	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 4 - 5 more minutes, separating it as you do so.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Harissa Shrimp with Wholewheat Spaghetti

with fresh basil & Romano pepper

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




Romano pepper


Garlic


Red onion


Tomato


Fresh basil


Parmigiano Reggiano DOP


Wholewheat spaghetti


Passata


Harissa


Shrimp


Hello Provence


Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Hello Provence (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2536 /606	545 /130
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	73	16
of which sugars (g)	16,1	3,5
Fiber (g)	12	3
Protein (g)	31	7
Salt (g)	1,7	0,4

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan. Cook the spaghetti for 10 - 12 minutes, then drain and set aside.
- Cut the Romano pepper into rings.
- Chop the onion and crush or mince the garlic.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.

2



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 3 - 4 minutes.
- Stir in the shrimp and fry for 3 more minutes, seasoning to taste with salt and pepper.
- Remove everything from the pan and set aside under aluminum foil.

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

3



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.
- Add the passata, the tomato, the Hello Provence, the harissa, the red wine vinegar and the sugar.
- Mix well, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.

4



Serve

- Transfer the spaghetti and the Romano pepper mixture to the sauce and toss well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the spaghetti on plates. Garnish with the basil and the Parmigiano Reggiano.

Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Wholewheat Fusilli in Creamy Mushroom Sauce

with truffle-style oil, broccolini & spinach

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




Wholewheat fusilli


Broccolini


Mushrooms


Grated Pecorino DOP


Truffle-style olive oil


Garlic


Red onion


Spinach


Hello Umami


Fresco spalmabile - cream cheese

Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Mushrooms* (g)	125	250	400	500	650	750
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	75	150	200	300	350	450
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2632 /629	566 /135
Total fat (g)	24	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	70	15
of which sugars (g)	10,2	2,2
Fiber (g)	15	3
Protein (g)	28	6
Salt (g)	2	0,4

Allergens

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

1



Cook the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the broccolini for 4 - 6 minutes, or until evenly browned.

2



Chop the vegetables

- Deglaze the broccolini with a splash of water, then cover with the lid and allow to cook for 4 - 5 minutes over medium-low heat.
- Season to taste with salt and pepper.
- Meanwhile, slice the mushrooms.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the mushrooms and the garlic for 6 - 8 minutes. Season to taste with salt and pepper.
- Reduce the heat, then add the cream cheese, the mustard and the pasta water.
- Crumble in the stock cube and mix well (see pantry for amount).

4



Serve

- Tear the spinach directly into the pan, then bring to the boil and allow to simmer for 1 minute.
- Remove from the heat and stir in the pecorino, the Hello Umami and the pasta. Season to taste with salt and pepper.
- Serve the pasta on plates and top with the broccolini.
- Drizzle with the truffle-style olive oil to finish.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hearty Pie with Veggie Mince & BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Vegetarian Health Conscious Choice




Plant-based mince


Worcestershire sauce


BBQ spice rub


Puff pastry


Tomato


Mix of carrot, onion and celery

Beef-pork mince with Italian herbs

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based mince* (g)	75	150	225	300	375	450
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Low sodium vegetable stock (ml)	50	100	150	200	250	300

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2607 /623	494 /118
Total fat (g)	33	6
of which saturated(g)	17,7	3,4
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,3
Fiber (g)	12	2
Protein (g)	21	4
Salt (g)	2	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 3 more minutes.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hearty Beef & Pork Pie with BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Health Conscious Choice





Beef-pork mince with Italian herbs



Worcestershire sauce



BBQ spice rub



Puff pastry



Tomato



Mix of carrot, onion and celery

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Beef-pork mince with Italian herbs* (g)	100	200	300	400	500	600
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	3180 /760	577 /138
Total fat (g)	48	9
of which saturated(g)	23,6	4,3
Carbonhydrates (g)	53	10
of which sugars (g)	12,3	2,2
Fiber (g)	7	1
Protein (g)	26	5
Salt (g)	2,3	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 3 more minutes, separating it as you do so.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Garnish the dish with the extra ingredient. Prepare your extra ingredient as instructed in the recipe.
Check the nutritional values and allergens on the ingredient label.

Harissa Shrimp Linguine with Parmigiano Reggiano

with fresh basil & Romano pepper

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




Romano pepper


Garlic


Red onion


Tomato


Fresh basil


Parmigiano Reggiano DOP


Linguine


Passata


Harissa


Shrimp


Hello Provence


Shrimp, Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Linguine (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Hello Provence (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil			to taste			
Salt and pepper			to taste			

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2623 /627	564 /135
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	82	18
of which sugars (g)	16,1	3,5
Fiber (g)	7	1
Protein (g)	32	7
Salt (g)	1,7	0,4

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan. Cook the linguine for 9 - 11 minutes, then drain and set aside.
- Cut the Romano pepper into rings.
- Chop the onion and crush or mince the garlic.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.

2



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 3 - 4 minutes.
- Stir in the shrimp and fry for 3 more minutes, seasoning to taste with salt and pepper.
- Remove everything from the pan and set aside under aluminum foil.

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

3



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.
- Add the passata, the tomato, the Hello Provence, the harissa, the red wine vinegar and the sugar.
- Mix well, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.

4



Serve

- Transfer the linguine and the Romano pepper mixture to the sauce and toss well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the linguine on plates. Garnish with the basil and the Parmigiano Reggiano.

Prepare your extra ingredient as instructed in the recipe. Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Creamy Mushroom Rigatoni

with truffle-style oil, broccolini & spinach

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



- Rigatoni
- Broccolini
- Mushrooms
- Grated Pecorino DOP
- Truffle-style olive oil
- Garlic
- Red onion
- Spinach
- Hello Umami
- Fresco spalmabile - cream cheese

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Rigatoni (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Mushrooms* (g)	125	250	400	500	650	750
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	75	150	200	300	350	450
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2720 /650	585 /140
Total fat (g)	23	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	78	17
of which sugars (g)	9,7	2,1
Fiber (g)	10	2
Protein (g)	29	6
Salt (g)	2	0,4

Allergens

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

1



Cook the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the broccolini for 4 - 6 minutes, or until evenly browned.

2



Chop the vegetables

- Deglaze the broccolini with a splash of water, then cover with the lid and allow to cook for 4 - 5 minutes over medium-low heat.
- Season to taste with salt and pepper.
- Meanwhile, slice the mushrooms.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the mushrooms and the garlic for 6 - 8 minutes. Season to taste with salt and pepper.
- Reduce the heat, then add the cream cheese, the mustard and the pasta water.
- Crumble in the stock cube and mix well (see pantry for amount).

4



Serve

- Tear the spinach directly into the pan, then bring to the boil and allow to simmer for 1 minute.
- Remove from the heat and stir in the pecorino, the Hello Umami and the pasta. Season to taste with salt and pepper.
- Serve the pasta on plates and top with the broccolini.
- Drizzle with the truffle-style olive oil to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish. Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hearty Chicken Pie with BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Health Conscious Choice





Chicken mince with Mediterranean herbs



Worcestershire sauce



BBQ spice rub



Mix of carrot, onion and celery



Puff pastry



Tomato

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Chicken mince with Mediterranean herbs* (g)	100	200	300	400	500	600
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Not included						
Low sodium beef stock (ml)	50	100	150	200	250	300
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2803 /670	509 /122
Total fat (g)	37	7
of which saturated(g)	19,6	3,6
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,2
Fiber (g)	8	1
Protein (g)	27	5
Salt (g)	2,4	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 4 - 5 more minutes, separating it as you do so.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Garnish the dish with the extra ingredient. Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Harissa Shrimp with Wholewheat Spaghetti

with fresh basil & Romano pepper

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




Romano pepper


Garlic


Red onion


Tomato


Fresh basil


Parmigiano Reggiano DOP


Wholewheat spaghetti


Passata


Harissa


Shrimp


Hello Provence

Shrimp, Burrata

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Romano pepper* (unit(s))	½	1	2	2	3	3
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Tomato (unit(s))	½	1	1½	2	2½	3
Fresh basil* (g)	2½	5	7½	10	12½	15
Parmigiano Reggiano DOP* (g)	10	20	30	40	50	60
Wholewheat spaghetti (g)	90	180	270	360	450	540
Passata (g)	100	200	300	390	500	590
Harissa* (g)	15	30	45	60	75	90
Shrimp* (g)	80	160	240	320	400	480
Hello Provence (sachet(s))	¼	½	¾	1	1¼	1½
Not included						
Red wine vinegar (tsp)	¼	½	¾	1	1¼	1½
Sugar (tsp)	¼	½	¾	1	1¼	1½
Olive oil (tbsp)	1	2	3	4	5	6
Extra virgin olive oil	to taste					
Salt and pepper	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2536 /606	545 /130
Total fat (g)	18	4
of which saturated(g)	4,4	0,9
Carbonhydrates (g)	73	16
of which sugars (g)	16,1	3,5
Fiber (g)	12	3
Protein (g)	31	7
Salt (g)	1,7	0,4

Allergens

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

1



Chop the vegetables

- Boil plenty of water in a pot or saucepan. Cook the spaghetti for 10 - 12 minutes, then drain and set aside.
- Cut the Romano pepper into rings.
- Chop the onion and crush or mince the garlic.
- Finely dice the tomato. Cut the basil leaves into thin ribbons.

2



Fry the Romano pepper

- Heat a drizzle of olive oil in a frying pan over medium-high heat and fry the Romano pepper for 3 - 4 minutes.
- Stir in the shrimp and fry for 3 more minutes, seasoning to taste with salt and pepper.
- Remove everything from the pan and set aside under aluminum foil.

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

3



Make the sauce

- Heat a drizzle of olive oil in the same pan over medium-high heat. Fry the garlic and onion for 1 - 2 minutes.
- Add the passata, the tomato, the Hello Provence, the harissa, the red wine vinegar and the sugar.
- Mix well, then cover with the lid and allow to simmer for 6 - 8 minutes.
- Grate the Parmigiano Reggiano in the meantime.

4



Serve

- Transfer the spaghetti and the Romano pepper mixture to the sauce and toss well to combine.
- Drizzle with extra virgin olive oil as preferred, then season to taste with salt and pepper.
- Serve the spaghetti on plates. Garnish with the basil and the Parmigiano Reggiano.

Fry the shrimp in a frying pan over medium-high heat until fully cooked, then add to the dish. Garnish the dish with the extra ingredient.
Check the nutritional values and allergens on the ingredient label.

Wholewheat Fusilli in Creamy Mushroom Sauce

with truffle-style oil, broccolini & spinach

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




Wholewheat fusilli


Broccolini


Mushrooms


Grated Pecorino DOP


Truffle-style olive oil


Garlic


Red onion


Spinach


Hello Umami


Fresco spalmabile - cream cheese

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Wholewheat fusilli (g)	90	180	270	360	450	540
Broccolini* (g)	50	100	200	200	300	300
Mushrooms* (g)	125	250	400	500	650	750
Grated Pecorino DOP* (g)	20	40	60	80	100	120
Truffle-style olive oil (ml)	4	8	12	16	20	24
Garlic (unit(s))	1	2	3	4	5	6
Red onion (unit(s))	½	1	1	2	2	3
Spinach* (g)	75	150	200	300	350	450
Hello Umami (sachet(s))	½	1	1½	2	2½	3
Fresco spalmabile - cream cheese* (g)	25	50	75	100	125	150
Not included						
Mustard (tsp)	1	2	3	4	5	6
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	to taste					

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2632 /629	566 /135
Total fat (g)	24	5
of which saturated(g)	9,1	2
Carbonhydrates (g)	70	15
of which sugars (g)	10,2	2,2
Fiber (g)	15	3
Protein (g)	28	6
Salt (g)	2	0,4

Allergens

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

1



Cook the pasta

- Boil plenty of water in a pot or saucepan and cook the pasta for 10 - 12 minutes.
- Reserve 50ml pasta water per person, then drain and set aside.
- Heat a light drizzle of olive oil in a frying pan over high heat.
- Fry the broccolini for 4 - 6 minutes, or until evenly browned.

2



Chop the vegetables

- Deglaze the broccolini with a splash of water, then cover with the lid and allow to cook for 4 - 5 minutes over medium-low heat.
- Season to taste with salt and pepper.
- Meanwhile, slice the mushrooms.
- Chop the onion and crush or mince the garlic.

3



Make the sauce

- Heat a light drizzle of olive oil in a deep frying pan over medium-high heat.
- Fry the onion, the mushrooms and the garlic for 6 - 8 minutes. Season to taste with salt and pepper.
- Reduce the heat, then add the cream cheese, the mustard and the pasta water.
- Crumble in the stock cube and mix well (see pantry for amount).

4



Serve

- Tear the spinach directly into the pan, then bring to the boil and allow to simmer for 1 minute.
- Remove from the heat and stir in the pecorino, the Hello Umami and the pasta. Season to taste with salt and pepper.
- Serve the pasta on plates and top with the broccolini.
- Drizzle with the truffle-style olive oil to finish.

Fry the chicken in a frying pan over medium-high heat until fully cooked, then add to the dish. Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.

Hearty Pie with Veggie Mince & BBQ Rub

with carrot, tomato & celery

Total time: 40 - 50 min. Family Vegetarian Health Conscious Choice




Plant-based mince


Worcestershire sauce


BBQ spice rub


Puff pastry


Tomato


Mix of carrot, onion and celery

You have ordered extras

Before you start

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

Ingredients for 1 - 6 servings

	1p	2p	3p	4p	5p	6p
Plant-based mince* (g)	75	150	225	300	375	450
Worcestershire sauce (g)	10	15	25	30	40	45
BBQ spice rub (sachet(s))	⅓	⅔	1	1⅓	1⅔	2
Puff pastry* (roll(s))	⅓	⅔	1	1⅓	1⅔	2
Tomato (unit(s))	1	2	3	4	5	6
Mix of carrot, onion and celery* (g)	200	400	600	800	1000	1200
Not included						
[Plant-based] butter (tbsp)	½	1	1½	2	2½	3
Salt and pepper	to taste					
Low sodium vegetable stock (ml)	50	100	150	200	250	300

** store in the fridge*

Nutritional values

	Per serving	Per 100g
Energy(kJ/kcal)	2607 /623	494 /118
Total fat (g)	33	6
of which saturated(g)	17,7	3,4
Carbonhydrates (g)	54	10
of which sugars (g)	11,9	2,3
Fiber (g)	12	2
Protein (g)	21	4
Salt (g)	2	0,4

Allergens

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

1



Fry the vegetables

- Preheat the oven to 200°C and prepare the stock.
- Melt a knob of butter in a deep frying pan over medium-high heat and fry the vegetable mix for 4 - 5 minutes.
- Dice the tomato in the meantime.

2



Make the filling

- Stir in the mince and fry for 3 more minutes.
- Add the tomato, the Worcestershire sauce, the BBQ spice rub* and the stock.
- Bring to the boil and allow to reduce for 2 - 3 minutes, or as needed.
- Season to taste with salt and pepper.

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

3



Assemble

- Transfer the filling to an oven dish.
- Top with the puff pastry and use a fork to pierce the surface several times.
- Bake the pie in the oven for 20 - 25 minutes or until the pastry is golden-brown.

4



Serve

- Serve the pie on plates.

Garnish the dish with the extra ingredient. Fry the mince in a frying pan over medium-high heat, separating it as you do until fully cooked, then add to the dish.
Check the nutritional values and allergens on the ingredient label.